

City Life

by TMG

Issue No.12 - July 2025

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NEIGHBORHOOD

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SUMMER IN THE CITY



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ACCESS
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SCAN
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City Life



How time flies! *City Life* is already celebrating its 3rd Anniversary, and is thrilled to continue to serve a vast number of readers with news, features, and inspirational lifestyle content that makes each day special, in a multitude of ways. Even when life around us becomes challenging, we look for the joy and positivity of belonging to a warm, inclusive and supportive community.

Summer brings the chance to shake off old habits and recharge our batteries, to celebrate the sea and sun, and that holiday vibe. This issue has bundled up a treasure trove of fashion, leisure ideas, and all those gadgets and beach accessories that you hadn't realised you can't survive without, until now!

We learn more about the events across our communities, where residents showcase their talents in sport and culture, and meet more of our neighbors for one-on-one chats. This month we also throw the spotlight on two up-and-coming stars, read on to see who they are...

Have you tried TMG Life App yet? This is set to revolutionize the way we live, connecting us and seamlessly integrating daily functions into one handy place. Get instant notifications for everything happening around you, from new store openings and limited-time offers, to social events, public updates, and more. You'll always be one step ahead.

The summer mood continues with an introduction to SouthMED, a perfect getaway on Egypt's South Mediterranean coastline, and KYMA, the beach where life takes on a Greek flavor. And if you are staying closer to home, delve into our guide to what shouldn't be missed right on your doorstep.

We look forward to our fourth year of quarterly issues packed to the brim with entertaining and useful topics that will enhance your TMG living experience. We again 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. We wish you and your loved ones a wonderful summer, with peace, relaxation, and good times to treasure. .

C O N T E N T S

July 2025

CELEBRITY FEATURE:

Lina Sophia

Jayda Mansour



FASHION & BEAUTY:

Summer Fashion

The Eyes Have It



TMG Life

SouthMed

Noor

Al Rehab Hills Center

Pavilion

Central Walk

Eden

TMG News



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



GETAWAY:
Beach Essentials
KYMA



Art Exhibition

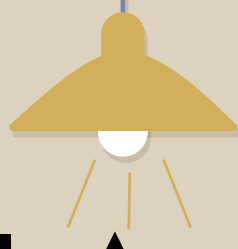
Summer and Pets
Learn new skills
Summer Camps close to home



Orion
NFC Charging



LINA SOPHIA



Lights up Our Screens



Fresh, young, and talented, with an enchanting French, Egyptian and Moroccan heritage, Lina Sophia is already creating a buzz. Vivacious, sparkling, and passionate, Lina is fluent in Arabic, French, English and Spanish, an asset in the world of cinema and the small screen. Grabbing attention in *Kamel El Adad++* for her portrayal of flirtatious Farida, she opened up to us about her thoughts on love, and life, in a candid chat.

Tell us something that people don't know about Lina Sophia.

I raised a snake named Medusa, which I got from Souq el Gom3a, but it died not long after.

With the great success that *Kamel El Adad++* Season 3 achieved, can you tell us how it differs from previous seasons?

It's different in many ways. We're now a bigger family, with many more talented, fun actors. The characters will be placed in situations they've never faced before, and I'm sure these situations would have happened to real people.

What's one behind-the-scenes situation that happened that you won't forget?

A lot of things happened. Every time we saw Dina El Sherbiny and Sherif Salama acting in front of us, it was amazing. They have great chemistry and strong improvisation skills, which always made us laugh

The characters will be placed in situations they've never faced before.

Many actors joined *Kamel El Adad++*, but who were you most excited to act with?

Hussein Fahmy, of course.

What is something you enjoy about Farida's character?

When Farida loves, she loves deeply; when she's sad, she feels it intensely; and when she's angry, her emotions are fierce. Her feelings are always intense.

In real life, who do you prefer more, Seif or Aly, your love interests in the series that had everyone talking?

For me, I like good boys in real life, which is why I prefer Seif. However, I haven't been in many relationships. I am still discovering myself, and until now, I haven't been in a situation where I had to choose between two guys, so I still don't know.



This or That Love Edition.

Would you choose someone who is jealous, or someone who is easygoing and doesn't get jealous easily?

Someone who is easygoing and doesn't get jealous easily. I really hate jealousy

Plan for every date, or leave it spontaneous?

Plan for every date; I love having plans.

Apologize even if you're not wrong, or stand up for yourself?

No, I'll stand up for myself.

Fancy restaurant or coffee date?

It depends on the occasion, but I prefer a coffee date. I enjoy keeping things simple, though of course, from time to time, I like going on a fancy date.

Do you prefer making the first move, or do you prefer when he does?

He should most definitely be the one to make the first move.

Would you give a second chance, or is losing your trust the end of it?

It would depend on the situation, but I don't really believe in second chances.

If he's someone who usually makes big mistakes, I'm not the one who's going to change him.



A Bundle of Talent Meet

JAYDA MANSOUR

Fresh and articulate, young Alexandria-born actress Jayda Mansour is grabbing attention for her commanding presence in a diverse range of roles. We explored further with a heart-to-heart chat about her life and career.

Do you think your life has changed since you started acting?

Things changed inside me. I feel that I'm carrying a bigger responsibility. I had a goal to start acting, and when I achieved this goal, I started thinking about what is next.

Was there a certain moment in your life when you felt that change?

I think last year's Cairo Film Festival was the moment I realized that something was happening. It was the first time I had attended the festival and my movie *Meen Ysadaa* was screened. People that I wished I could just act in a scene with gave me comments about the movie and congratulated me. That was the moment that I realized I had truly arrived inside this field.

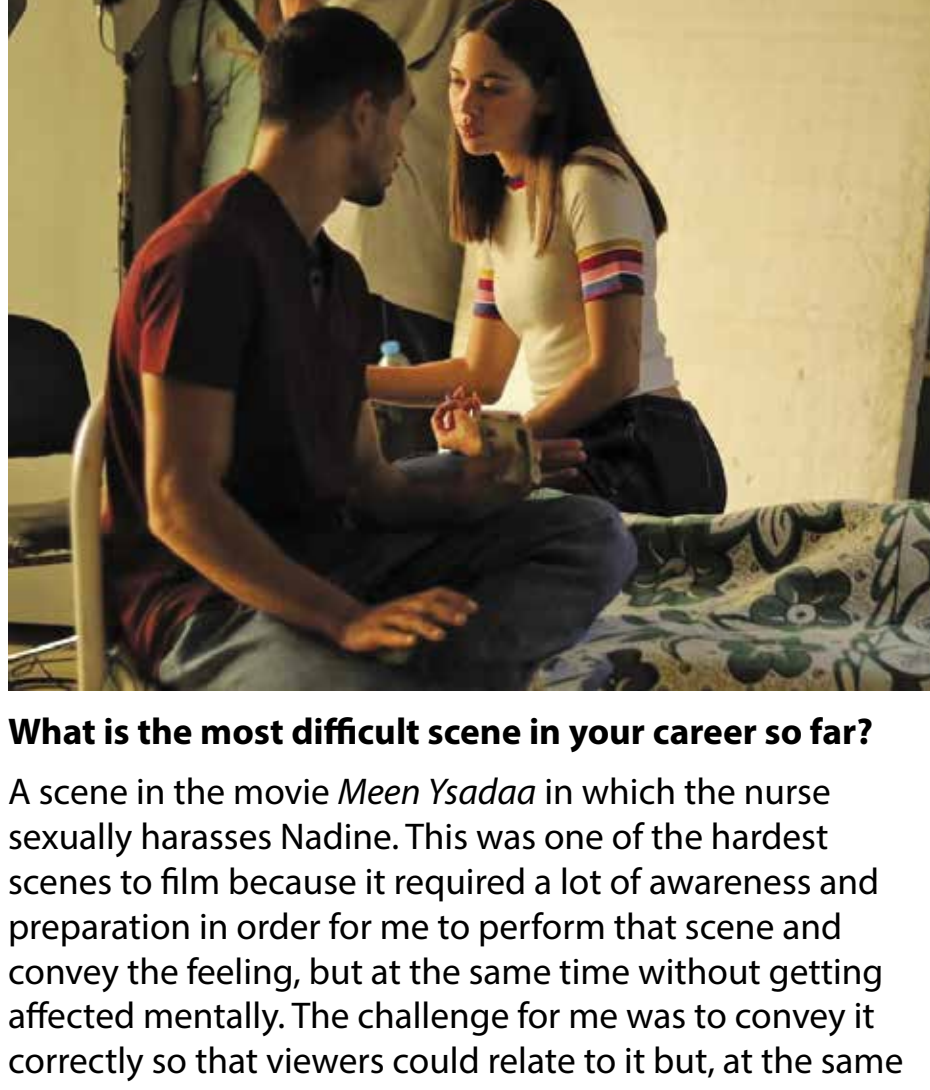
To start from the beginning, who have been your mentors and greatest supporters?

It all started with advertisements and workshops. I would come from Alexandria to Cairo to attend workshops and return back again, because the next day I would have university classes. My mom was very supportive, because she would make the trip with me at least twice a week. Then, I met Ramsi Lehner, my acting coach, when I started attending improvising workshops. Ramsi taught me a lot of things.



What do you think is most challenging about being an actress?

That you maintain your mental stability, because in acting you enter a character that is very different from you, you study it until you believe it, and then suddenly you are expected to quit this character and return to your original self because filming is over. There are always some remnants of the character inside you. So, to me, the biggest challenge is to maintain your original self even after working on multiple projects in a row.



What is the most difficult scene in your career so far?

A scene in the movie *Meen Ysadaa* in which the nurse sexually harasses Nadine. This was one of the hardest scenes to film because it required a lot of awareness and preparation in order for me to perform that scene and convey the feeling, but at the same time without getting affected mentally. The challenge for me was to convey it correctly so that viewers could relate to it but, at the same time, not so vividly that viewers might be triggered.

Who is your celebrity crush?

Timothee Chalamet. To me, if I saw him, that's it, I don't want anything else!

What about an Egyptian childhood celebrity crush?

I feel like I have never perceived Egyptian cinema in that way. I think I've always perceived it as work that I want to do. So, ever since I was a child I had a professional perception of it.

IN ACTING YOU ENTER A CHARACTER THAT IS VERY DIFFERENT FROM YOU, YOU STUDY IT UNTIL YOU BELIEVE IT

So far, you've worked in romance, mystery, and social genres, is there any genre or role you want to play in the future?

I want to play the role of a farm girl, because it is a different culture than the one I was raised in, and also a different dialect. I love doing accents!

Tell us something people would be surprised to know about you?

I love knitting. I love hand-made activities. I like making accessories, knitting, and anything DIY.

Is there anything you are wearing now that you've made yourself?

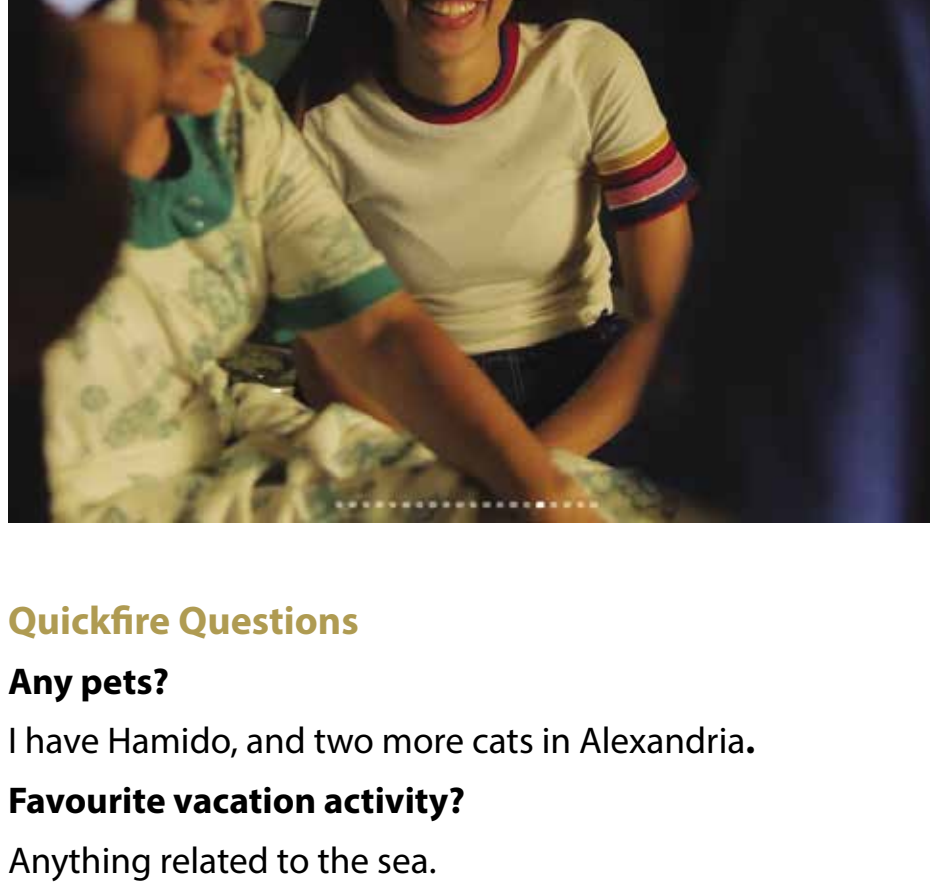
I was going to show it to you, but took it off before going out. It was a necklace. But I always make accessories.

Tell us any advice you would like to give to teens and youth, since you teach acting classes, about how they can find out what they want to do in life?

For me, when I was a child, I knew what I wanted to do. However, if someone is not there yet and is still lost, he or she should try everything. I always feel like parents think their children have to play a sport, if they are a bit creative, they make their children learn a musical instrument or dancing. I believe these things are important, but they should also encourage them to attend acting workshops. Mainly it's about experiencing and trying different things, and not saying "I won't do that!"

Is there anything you would like to say to your fans and people that are getting to know you?

Wow, fans. Such a big word! I was surprised recently, especially after the release of my movie, some people started sending me messages, so this really makes me happy. Also, I get so happy when someone takes his time and energy to tell me "I have watched this and you're skilled," or "I liked this and didn't like this."



Quickfire Questions

Any pets?

I have Hamido, and two more cats in Alexandria.

Favourite vacation activity?

Anything related to the sea.

Comfort food?

Pizza.

Early riser or night owl?

Currently, night owl.

Song on repeat on your playlist right now?

Of all time, not just now, 'I Follow Rivers', by Lykke Li.

Favourite sport?

Tennis.

Who knows your closest secrets?

My best friend, and he is also an actor, Ahmed Shalaby. He was in *Hareefa 2*. We have known each other for a long time, since before acting.

Goal for 2025?

I want to work in plays again; I would like to have a play script. I don't script write, so I need to receive a script and work in a play.

SUMMER FASHION *Women*



Raffia Bucket
Hat - ZARA



Beaded Tote
Bag - ZARA



Strappy Dress - H&M



Cotton Dress - H&M



Wide Legging
Trousers - H&M



Contrast Woven
Visor - ZARA

Crochet Top with
Flowers - MANGO



LINEN DRESS -
MASSIMO DUTTI



Long Combined
Knit Dress - ZARA



Flutter-Sleeve
Dress - H&M



Red Linen Dress -
MASSIMO DUTTI

Leather Sandals
with Cross Strap -
MANGO



SUMMER FASHION *Men*

**Slim Fit Cargo
Joggers - H&M**

**Short-Sleeved T-Shirt With
Linen Jacket - MASSIMO DUTTI**

**Crochet Textured
Shirt - ZARA**



**Double Strap Leather
Sandals - ZARA**

**Cotton Knitted Polo
Shirt - MANGO**

Mesh Cap - H&M



Linen Cargo
Trousers - MANGO



Sunglasses - H&M

Gen

Printed T-Shirt -
PULL & BEAR



Cotton-Linen Jogger Trousers - MANGO



Hot Wheels Mattel
Printed T-Shirt - ZARA

Smocked
Dress - H&M



Natural-Fibre Double-
Handle Bucket Bag -
MANGO



The Eyes Have It

When sea and sun take over, your signature look should be a naturally sun kissed complexion, and glossy, lustrous lashes and brows. Summer 2025 says goodbye to overly sculpted, sharp-edged brows, and welcomes brows that look soft and voluminous, without being too sculpted or sharp.

Aromatherapy
Eyebrow Oil -
AREEJ

Lashes Treatment Serum
- **CAPIXY**

Lashes Treatment Serum
- **CAPIXY**

Eyelash Follicle Booster Gel -
RAW AFRICAN

Lift Me Up
Eyebrow Gel -
BUEND

Eyebrow Enhancing Serum -
INFINITY PHARMA

LastBond Building
Serum 4.5ml - **OLAPLEX**

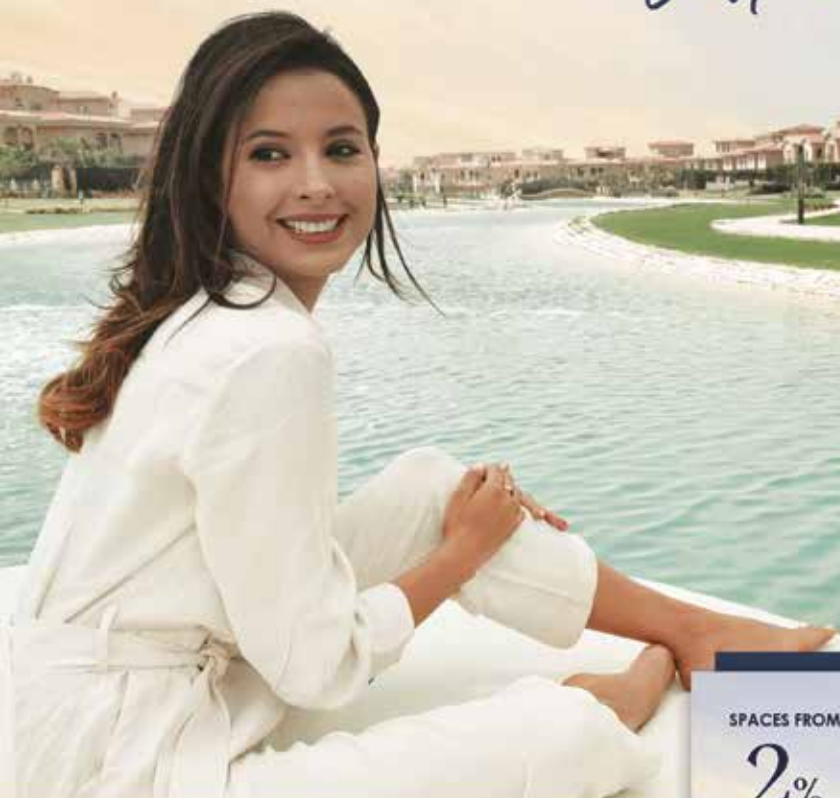
Browbond Building Serum
- **OLAPLEX**

Find these items at:

- Colors - **Rehab Mall 2**
- Lola beauty shop - **Gateway Mall**
- Abo Youssef - **Rehab Mall 2**
- Abo Youssef - **All Seasons Mall**
- So Much store - **All Seasons Mall**
- Falvie - **East Hub**
- Kiko Milano - **Open Air Mall**
- Ramfa - **Open Air Mall**
- Faces - **Open Air Mall**

Immerse Yourself
IN ULTIMATE SERENITY

V26 *Villas*



EXCLUSIVE VILLAS ARE NOW AVAILABLE
IN MADINATY WITH STUNNING LAKE VIEWS,
SURROUNDED BY LUSH GREEN SPACES.

A Peaceful Escape. Perfected!

SPACES FROM 211 TO 424 SQM

2% | **UP TO 13** *Years*
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TMG Life®

Your Community Connection

Your new gateway to enhanced, improved living is here.



The wait is over - TMG Life App is officially live! Whether you call Al Rehab, Madinaty, or Celia home, visit often, or just want a sneak peek into Egypt's most vibrant communities, this app is your all-access pass to everything happening inside the cities.

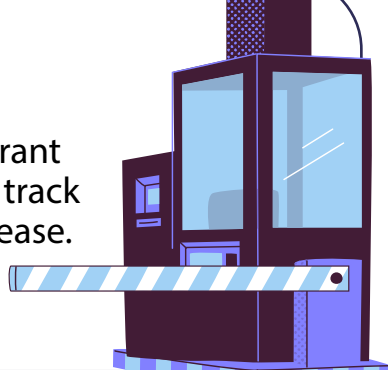
From real-time updates to hidden gems, it's more than just an app—it's how you live TMG.

Once You're In... It Gets Better

If you're a registered resident, the app unlocks smart, exclusive features designed to make everyday life smoother, safer, and more convenient:

Gate Access in Al Rehab

Forget long queues and manual approvals. With the app, you can grant or manage gate access for visitors, track entries, and move in and out with ease. It's secure, quick, and fully digital.



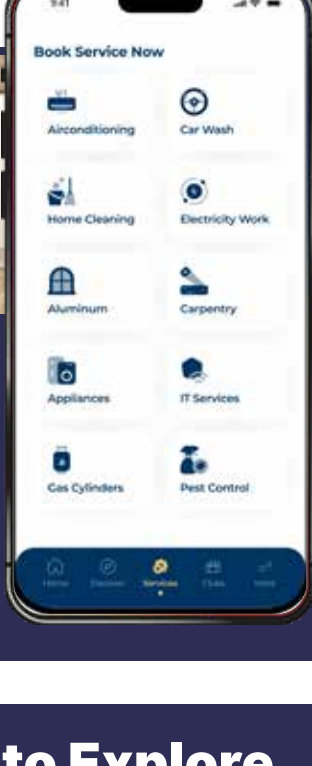
Recharge Electricity in Madinaty

With NFC technology, Madinaty residents can recharge their electricity cards straight from their phones - anytime, anywhere. No kiosks. No waiting. Just tap and go.



Submit Service Requests through Orion

Need maintenance? Immediate help with a plumbing or similar problem? Residents can now submit support requests through the app, powered by Orion. Track the status, get updates, and enjoy reliable service without picking up the phone.

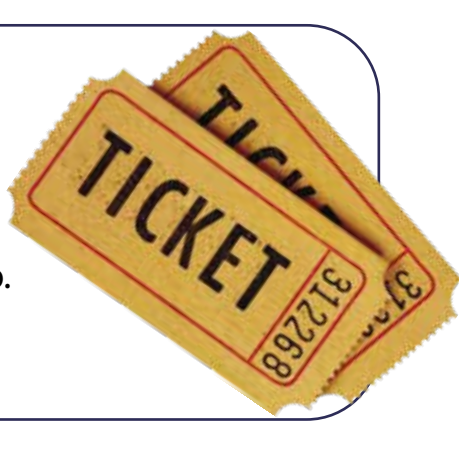


But Wait There's More to Explore

The TMG Life App isn't just for residents. Everyone, resident or not, can dive into the full experience of Al Rehab, Madinaty, and Celia with a range of exciting tools and features:

Book Events & Concert Tickets

From community festivals to major concerts, you can book tickets directly through the app. Never miss a performance or celebration again!



Stay in the Know

Get instant notifications for everything happening around you - new store openings, limited-time offers, social events, public updates, and more.

You'll always be one step ahead.



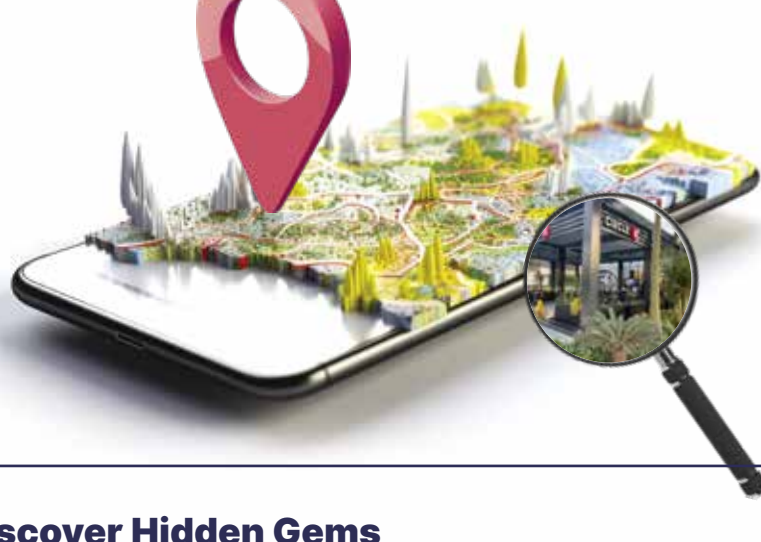
Find What You're Craving

Looking for a cosy café, a new spot for dinner, or that trending dessert place everyone's posting about? The app shows you all the stores, restaurants, and cafes in all cities - plus contact details, locations, and social links.



Navigate with Confidence

Browse our cities to locate clinics, banks, gyms, schools, parks, and malls, plus get directions, working hours, and direct phone numbers.



Discover Hidden Gems

Think you know everything about Al Rehab, Madinaty and Celia? Think again. The TMG Life App helps you explore new places, uncover local favourites, and find services you didn't know existed.



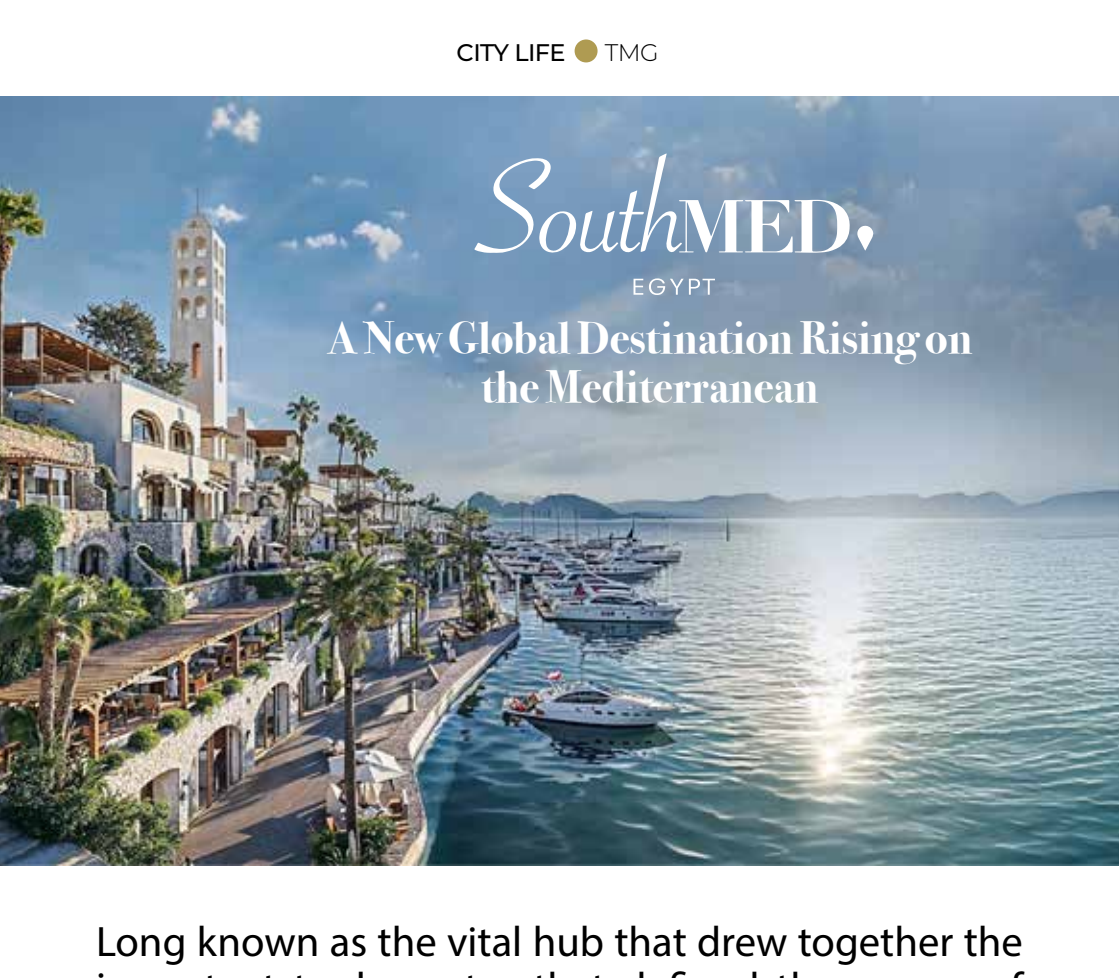
Download Now – Your City Awaits

The TMG Life App is available now on iOS and Android. Search for "TMG Life" in your app store and start exploring Al Rehab, Madinaty and Celia like never before..

Welcome to TMG Life

Where everything you need is right in your pocket.

www.tmglife.talaatmoustafa.com



SouthMED,

EGYPT

A New Global Destination Rising on the Mediterranean

Long known as the vital hub that drew together the important trade routes that defined the course of Europe and the great African continent, the pristine coastline of the Southern Mediterranean now attracts discerning travellers looking for an idyllic home in this unspoilt locale. Celebrating all that this storied region has to offer, **SouthMED** encapsulates the essence of sea, sun, and the indefinable *joie de vivre* that comes from finding an escape from the stress of daily life.



A SHORT FLIGHT AWAY

Each year the coastline of North Egypt beckons to an increasing number of travellers seeking an escape from overcrowded hotspots. Nestled in a prime position in this sought-after vacation paradise, SouthMED is easily accessible, within a flight distance of 2 to 3 hours from Europe and the Gulf countries. The Al Alamein Airport is just an 18-minute drive away, ensuring seamless travel connections for residents and visitors alike. Of course, the drive from Cairo takes a mere couple of hours, making it perfect for weekend getaways.



EXCEPTIONAL DESIGN CONCEPTS HARMONIZE WITH NATURE

The serenity of breath-taking nature blends effortlessly with the talents of leading award-winning architects OBMI and SWA to create an exquisitely designed, luxurious, and integrated project spanning 23 million square meters. Sympathetic, sustainable design embraces the gently elevated and terraced topography, affording enchanting views and valued privacy.

DISCREETLY SECURE

The highest level of security technology has been integrated into this haven. From the impressive main entrance to the strategically placed gates to each enclave, the gentle sweep of access roads, to the convenient positioning of services at the project's perimeter.

MOVE WITH EASE

Transportation is seamlessly silent as residents use the latest in electric-powered transportation for eco-friendly easy access to any location within the project.

Savour each moment, and discover a world of refined amenities, created with you in mind.

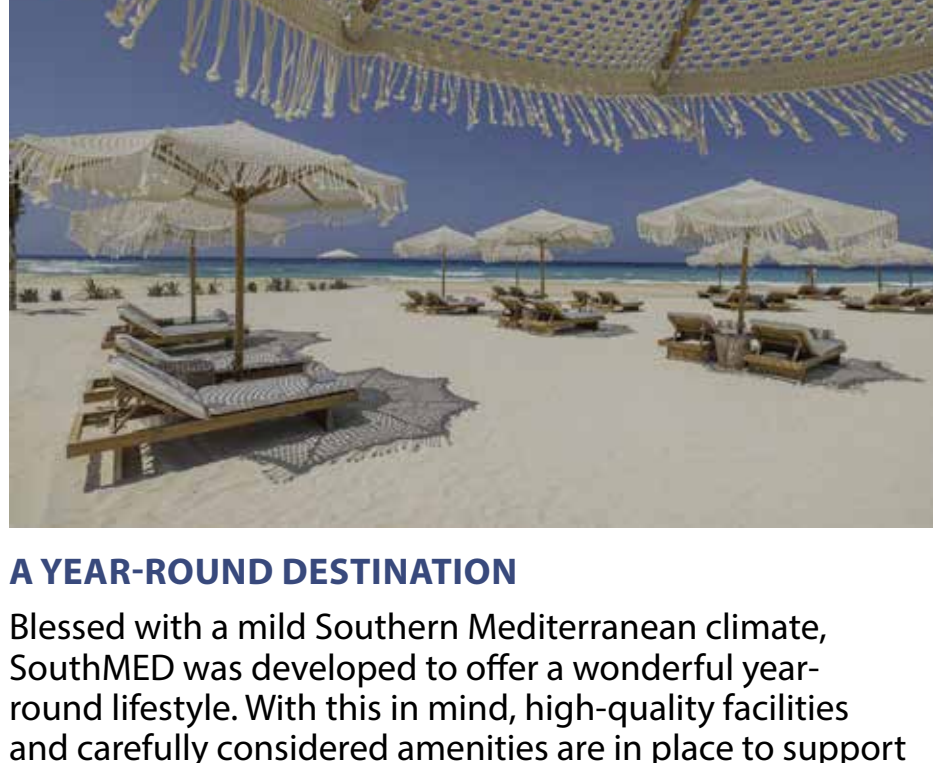
HOMES TO SURPASS ALL DREAMS

We each have our unique perception of what our perfect beachside home should offer. SouthMED has envisioned this by catering to a diverse range of homeowners, from singles and young couples, to families and retirees, with an unmatched offering of luxury villas with private beaches, lagoon villas and chalets, units overlooking world-class golf courses, Marina apartments, and hotel-serviced apartments.



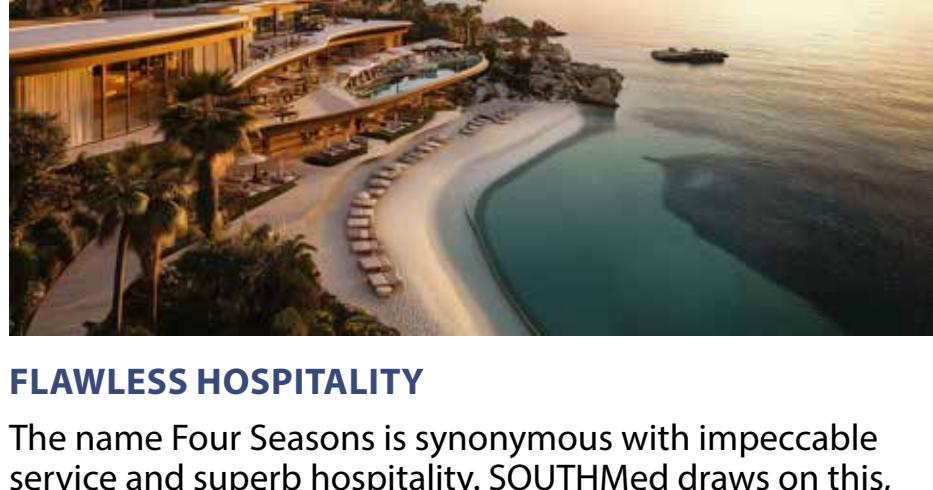
LIFE IS A BEACH

One shared feature though, is the seemingly endless seafront that extends for 8 kilometres, enhanced by 107 kilometres of stunning lagoon beaches. Each SouthMED resident can luxuriate in a personal beach space of 10 metres, four times the global standard, placing it well ahead of other top global tourism destinations. SouthMED is planned to accommodate several international beach clubs for an upscale waterfront experience, and celebrating the start of a great summer season, KYMA Beach Club has already opened within the project, promising sophisticated dining, international events and a vibrant nightlife.



A YEAR-ROUND DESTINATION

Blessed with a mild Southern Mediterranean climate, SouthMED was developed to offer a wonderful year-round lifestyle. With this in mind, high-quality facilities and carefully considered amenities are in place to support residents throughout an exceptional stay. A 2.5 km long beachfront promenade features unique shopping, dining, and entertainment facilities, while an international standard theme park will rival the world's leading entertainment destinations. Shoppers will delight in The Village, with its wide range of top global brands. A large regional shopping centre will offer unique retail and dining options, showcasing the best of international and local brands, creating a distinctive SouthMED experience.



FLAWLESS HOSPITALITY

The name Four Seasons is synonymous with impeccable service and superb hospitality. SOUTHMed draws on this, alongside several unique boutique hotel properties, to offer 2,000 hotel rooms that elevate the concept of luxury hospitality on the Mediterranean coast. Expanding on the indulgent experience, the service also covers hotel-serviced residential units, delivering an exceptional stay, and a sustainable investment return in a desirable year-round destination.

MAKING LEISURE A PLEASURE

MED Marina, soon to be the largest international marina on the Mediterranean, boasts a world-class yacht harbour with a capacity of 400 yachts, accommodating lengths of up to 100 metres. The marina also offers some of the world's most renowned brands in luxury shopping, fine dining, and entertainment.



An outstanding international golf course, designed by top global consultants Robert Trent Jones, consists of 18 holes, and offers stunning sea views, with gradual elevations using a slope system. Additionally, a golf club, the first of its kind on the North Coast, will be designed and managed by the world's leading brand Troon Golf.

IN PURSUIT OF WELLNESS

There will always be an opportunity to get your game on, as the project features sports courts for all types of sports, social and recreational activities, as well as a fully equipped gym and a world-class spa.



SouthMED invites you into an adventure for the senses, where every creature comfort is integrated into a world where nature, history, and Southern Mediterranean heritage reign sublimely.



THE SMART COMMUNITY



NOOR has effortlessly ticked all the boxes for a desirable lifestyle. What makes it the perfect location for you? Starting out in married life, pushing forward in your career, building your own family; it can be a challenging time. So choosing a home in the first fully integrated smart city in Egypt is the best decision you could make. A tech-savvy generation appreciates the advanced smart home systems, and the eco-credentials of renewable and sustainable energy sources.



**IT MAKES
SENSE TO CHOOSE
AN ERGONOMICALLY
DESIGNED
APARTMENT, STARTING
FROM**

67 M²

No detail has been overlooked. When life gets busy, it can be the smallest things that make the biggest difference. You will love the convenience of a smart city with a seamless blend of residential and service zones linked by intelligent road planning with the highest safety standards. EV-transportation with electric charging stations can put you minutes away from all the essential services that you can't do without.



HOMES TAILORED FOR INDIVIDUAL PREFERENCES

Starting out, it makes sense to choose an thoughtfully designed apartment, starting from 67 sqm. They have everything you need, and allow plenty of free time to get out, mix and mingle, and live your best life. And the option of going on to purchase a spacious villa as your family grows won't break the solid friendships you have built within the community. From 195 sqm upwards, and available in different configurations, your home truly becomes your sanctuary.



SHARED VISION AND SHARED CONVENIENCE

United by a dream of living an eco-friendly lifestyle, in a high-technology, green smart city oasis of residential comforts with a plethora of educational and commercial amenities, along with healthcare, a 90-acre sports club and cultural facilities, as a member of the NOOR community you will find it a breeze to meet up with other residents who share your vision.. And did we mention the comprehensive security infrastructure, giving you peace of mind and a sense of togetherness with the area around you?

EASE OF COMMUNICATION

Seamless living needs city-wide Wi-Fi coverage, and the 5 G-enabled smart city also enjoys a Noor Smart City mobile application, keeping everyone in the loop with important announcements... and many other useful services. A quick tap takes you to Customer Service, Club Court Reservation, Transportation Booking Services, and Club Membership Renewal. Want to monitor and pay water and electricity usage, along with other monthly invoices? It couldn't be easier. And the social calendar tab with upcoming events will make sure you don't have a dull moment.



Time and energy-saving connectivity gives you the gift of more time to do the things that matter. Live, love, and laugh!

**LIFE BEGINS IN
NOOR SMART CITY IN 2026.**

AL-REHAB HILLS CENTER

Signals New Chapter



Since its inception, Al Rehab has firmly entrenched itself as the epitome of contemporary community living. Now, new additions to the city and its infrastructure are set to elevate residents' lifestyles in an exciting way. One of the new projects, Al Rehab Hills Center, is strategically located in an easily accessible area in Phase 06, next to Fatma Al-Zahra Mosque and nursery.



Benefitting from good visibility and great public transportation connections, as well as plenty of parking areas, Al Rehab Hills Center is set to create a vibrant hub for shopping that caters to the needs and preferences of the residents of Al Rehab. This focal destination aims to become a magnet for shopping, socializing, and diverse community services.

AL-REHAB

Pavilion

Sets the Style



A new gem in Al Rehab, Al Rehab PAVILION is an eye-catching architectural project that has been designed to encapsulate innovation, functionality, and aesthetic appeal. Spacious and airy, the three-story mall offers 6,300 sqm on the ground floor, 6,250 sqm on the first floor, and 6,280 sqm on the second floor, with the ground floor dedicated to commercial spaces, including retail shops, cafes, and restaurants, while the first and second floors are dedicated to clinics and medical facilities, including a medical laboratory and an X-ray center.



Essential services and facilities include a bank, supermarket, pharmacy, and spacious F&B terrace, creating a convenient hub for the surrounding community.



The project stands out for its incorporation of premium materials and finishes into the build process, with seamless integration of essential building services, with well-considered planning ensuring a harmonious balance between architecture, complementary landscaping, and the surrounding environment.



Central Walk

M A D I N A T Y



TAKE A STROLL THROUGH CENTRAL WALK

Perfectly positioned in the heart of Madinaty, Central Walk celebrates the joys of urban living. Encapsulating the essence of a luxury lifestyle, alongside premium commercial spaces, and spanning an impressive 29,600 sqm, Central Walk embraces thoughtful design in mixed-use structures that encompass numerous uses.

CHIC DESIGN MEETS CREATIVE CUISINE

Browsing along the ground and first floors reveals a rich selection of retail outlets and venues offering culinary discoveries, all curated to appeal to discerning tastes and a sophisticated palate. Diverse tastes and whims are catered for, with panache and innovation.



GLOBAL STANDARD HEALTHCARE

The second floor houses an exclusive medical hub, professionally designed to host state-of-the-art clinics that exemplify today's healthcare. Integrating innovation, comfort, and efficiency, the serene spaces complement the vibrant atmosphere below while ensuring world class medical care.



UNIQUE INVESTMENT OPPORTUNITIES

This exceptional environment not only promises a seamless fusion of leisure and wellness, but also presents an opportunity for interested investors to reap higher market values.

The studied blend of retail havens, gourmet dining spots, and state-of-the-art clinic spaces delivers a holistic lifestyle experience, where every corner of Central Walk showcases efficient layouts and contemporary architectural brilliance.



AESTHETIC DESIGN

Capturing contemporary design trends, Central Walk ensures not just optimal functionality, but also exudes an aesthetic appeal that will leave a lasting impression on all who visit, work, or reside here.



EDEN

A New Approach to Luxury Living in Al Rehab



Why settle for less when you can have the best of both worlds? EDEN combines the comforts and familiarity of home-style living with all the benefits of fully serviced apartments. When convenience and upscale contemporary living come with impeccable 'green' credentials, and the stress of taking care of the daily domestic routine is lifted from your shoulders, you have found your nirvana, right in the heart of Al Rehab.



AMBIENCE

EDEN celebrates nature with luxuriant plazas, and the soothing tinkle of cooling waterfalls interspersed amongst pedestrian walkways. Shady corners enjoy gentle breezes, giving natural ventilation for an idyllic, relaxing lifestyle. Careful planning and design has ensured that buildings benefit from the natural airflow, with luxuriant greenery providing privacy, while separate access to below-grade parking, creates car-free and noise-free living.



EXCLUSIVE APARTMENTS

A diverse range of luxurious serviced units has been created to meet the needs of a selective clientele. From contemporary compact living with 68 sqm, up to generous 268 sqm spaces offering the ultimate in sophisticated design, each home offers the highest level of attentive pampering and lifestyle amenities.



LEISURE, SHOPPING, AND WORLD-CLASS DINING

Situated just north and south of Al Rehab Sporting Club, EDEN is perfectly positioned for enjoying life to the full. With top-notch sporting facilities so close to hand, fitness is a breeze, and with a choice of charming cafes and gourmet restaurants set in amongst glorious scenery, each meal will become a memorable occasion.

SUPERB HOSPITALITY

EDEN becomes a signature experience with the impeccable care served by Kempinski. Relaxed in the comfort of your own home, you benefit from a full complement of luxury amenities and attentive concierge services.

SHOPPING, ANYONE?

Just a few minutes' walk from your front door, there is a treasure-trove of stylish boutiques and concept stores, offering trend-setting fashion, stylish accessories, and covetable homewares just waiting to be discovered.



CAR-FREE AND CAREFREE

With cars conveniently placed in designated underground parking, EDEN is a haven to be explored on foot. Immerse yourself in enchanting landscaping; indulge in innovative cuisine, and exceptional shopping. Get ready to live your best life!



MMC Phase 2



Work is surging ahead on the fully equipped, state-of-the-art Madinaty Medical Center being built to serve the needs of the surrounding community. Expected to be handed over in 2027, the project is spread over four floors, and a basement level. The facility will be fully equipped to handle a broad range of medical specialties, surgical procedures, and intensive care, in addition to offering a



ground level Accident and Emergency Department.

Located in Madinaty North Sector, the integrated, one hundred-and-forty-six-bed Medical Center will meet the highest international standards, and provides a multidisciplinary cardiovascular program that collects a highly qualified team from cardiology, cardiac and vascular surgery, and Interventional radiology departments, all supported by advanced technology.

The center contains outpatient clinics, an Accident & Emergency Department, imaging diagnostic, endoscopy, renal dialysis, and a visitors' cafe. Advanced medical services, with surgical suites, intensive care and in-patient nursing wards, as well as an Obstetrical/Gynaecology Unit, with a Labor & Delivery department are supported by a Laboratory and skilled administrative services. Adding to the high level of medical care already available for Madinaty residents, the MMC will bring advanced specialized services right to their doorstep.

TMG in BUE Career Fair



As part of the ongoing commitment to support young people and provide real opportunities for professional development, the TMG Learning and Development HR team participated in the Career Fair recently held at the British University in Egypt.



During the event, the team engaged with hundreds of students and graduates who were eager to learn more about careers with TMG. The TMG team presented a variety of summer Internship opportunities to help applicants gain hands-on experience in a professional work environment, as well as allowing them to learn about several available job opportunities in different fields.

French Charm in Al Rehab

Elodie Gonthier

A vacation in Egypt turned into a whole new life for Elodie Gonthier. After enjoying the scenery, she ended up accepting a job offer, fell in love with Egypt, and the rest is history. Elodie shares her experience of life in Al Rehab with us.



When did you come to Egypt, and how long have you lived in Al Rehab?

I've been living in Rehab for 14 years now, ever since I arrived in Egypt. I came here on vacation initially, but ended up staying for work.

Do you live with family, or solo?

I live with my family. I'm a mother of two children, a girl and a boy, and their father is Egyptian.

“I enjoy catching up with friends over coffee”



Are you working close to Al Rehab, and what do you do?

I'm a teacher at a French school in Smart Village, 6th of October City, so it involves quite a long drive each day.

How do you spend your leisure time in Al Rehab?

When I'm not working, you can find me hitting the gym at the Rehab Club.

Do you have a favourite spot for meeting up with friends?

I enjoy catching up with friends over coffee, lunch, or dinner, at Mall Avenue or The Yard.

Why you think Al Rehab is such a good fit for anyone wanting a comfortable lifestyle?

Life in Al Rehab compound offers a secure atmosphere and convenient amenities. The malls allow for shopping and leisure activities with family and the nearby schools make education easily accessible for kids. The community is very friendly and makes daily life enjoyable.

As an expat, what benefits are there to living in a community environment?

As an expat, I particularly appreciate the ease of life that Al Rehab city offers.

The malls, grocery stores, restaurants, and club are easily accessible, making daily life very convenient. The medical centre is also a major asset in case of need. But what I appreciate the most is the security and impeccable cleanliness of the compound, which allows me to live peacefully.

Has the new TMG Life App made it easier to enjoy everything that Al Rehab has to offer?

I'm hoping this app will simplify my life, so I'll be testing it out.

What are the things you love most about life in Al Rehab?

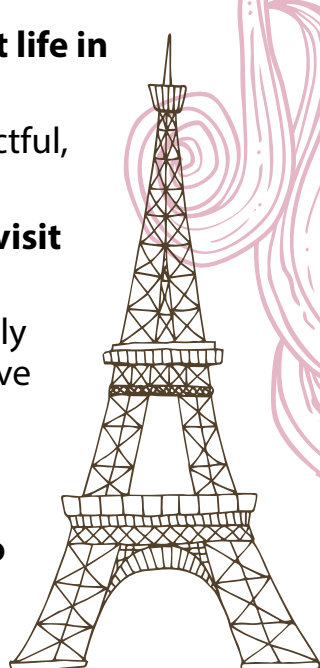
The community is very pleasant and respectful, making integration easy.

Do members of your family and friends visit you here?

Although the French community is relatively small, my friends often visit me here, and I've noticed that more and more foreigners are settling in the compound every year.

Would you recommend Al Rehab as a great place to live to anyone planning to stay in Egypt?

Of course, I highly recommend Al Rehab for its exceptional quality of life.





Living the Dream in Al Rehab

Dr. Sherif Salah Abdel Aziz

Owner of Al Rehab Specialized Hospital, Dr. Sherif Salah Abdel Aziz is a 60-year-old biomedicine research scientist, and a consultant clinical pathologist with a PhD in Immunology, a diploma in clinical pathology, and a diploma in bacteriology. Add on a prolific output of published articles and books on HIV, cancer, Parkinson's disease, Alzheimer's disease, and coronavirus, in addition to participation as a speaker in various conferences in the USA, and you can easily see his commitment and dedication to his field.

With characteristic insight, there was no doubt in Dr. Sherif's mind about where he wanted to establish his home and raise his family; Al Rehab matched his needs and expectations. He shares his thoughts with us in a candid chat.

Dr. Sherif, what prompted your decision to move to Al Rehab?

When Al Rehab City first emerged, Egypt was still in the early stages of modern urban development. From the very first visit, I felt that we had finally found a place where the beauty of nature harmonizes perfectly with outstanding urban planning. Building a fully integrated city that balances green spaces and construction was not merely a real estate project; it was a visionary approach to creating a new way of life.

I take pride in having offered my family a secure and thriving environment

What is the background of your hospital in Al Rehab?

As a consultant in medical laboratory sciences, my immediate thought was to establish my professional practice in this promising environment. Thanks to the city's advanced infrastructure, I found well-equipped medical centers, which enabled me to set up a fully integrated medical unit at Rehab Medical Center No. 2.

What services does it cover?

Over time, this evolved into a small-scale hospital featuring advanced operating rooms, intensive care units, a 24/7 emergency center, post-operative recovery suites, and outpatient clinics providing high-quality healthcare to the residents.



How has Al Rehab as a location contributed to your work?

This success was not by chance—it was the result of a nurturing environment that fosters innovation, productivity, and healthy living.

Do you have a favorite spot for relaxing with family and friends?

Al Rehab Sports Club, a shining example of a modern urban lifestyle, offers me and my family a place to engage in sports, forge strong social bonds, and create beautiful memories that my children and grandchildren will cherish for a lifetime.

Why you think Al Rehab offers such a great lifestyle for young people?

I take pride in having offered my family a secure and thriving environment, where they can appreciate the importance of both hard work and recreational activities.

Would you recommend Al Rehab as a great place to live to friends?

Walking through Al Rehab's streets, it becomes clear that this city does not need promotion—its charm, organization, and vibrant spirit speak volumes.

How has the new TMG Life App enhanced your lifestyle in Al Rehab?

I must also commend the modern technological tools that have enhanced the residential experience, such as the "Talaat Moustafa Group" App, which smartly connects residents to the city's services and facilities.



What stands out most for you as an Al Rehab resident?

The 25-year journey of Al Rehab City stands as living proof that building a dream city in Egypt is entirely achievable. I sincerely hope this unique model will inspire and spread across all of Egypt's cities and governorates. A single visit to Al Rehab is enough to redefine our expectations of quality living.

ELIJAH JOHN SAAD KEEPING HIS EYE ON THE BALL



My family enjoys sports for fun. While I'm the only one who competes at a professional level



Joining the ranks of young residents who are making their mark within the community, Elijah John Saad shares his story with *City Life* in our summer edition.

When did you and your family come to live in Madinaty?

We moved to Madinaty three years ago so I could train and compete at Madinaty Club (TM Sports). It was a big decision, but the facilities, environment, and support system here made it the perfect place to focus on my squash career.

How did you become interested in playing squash?

My grandfather introduced me to squash. He was a professional player who won titles in tournaments for the 50+ age group. Watching his passion and determination—even at an older age—really inspired me. His love for the game was contagious, and it's what got me started.

What championships have you won?

One of my proudest achievements so far is winning the Malta Open. It was a rewarding experience and definitely a big step in my squash journey.

Do you come from a 'sporty' family?

Yes, my family enjoys sports for fun. While I'm the only one who competes at a professional level, we've always had a love for staying active and being outdoors. Their encouragement and support have meant a lot.



How do you balance practicing with your studies?

I make sure to focus on my academics during school hours so that I can dedicate time afterward to training. It's all about staying consistent and organized, and having a good routine helps me manage both areas effectively.

What are your plans after leaving school?

I plan to travel abroad to continue both my squash career and my studies. Competing internationally while pursuing education will give me the exposure and experience I need to grow as both an athlete and a student. It's a journey I'm really excited about.

**Madinaty Club
Has Excellent
Courts And
Coaching, And
The Whole City
Is Built In A Way
That Makes
Everything
Accessible.**



Does living in Madinaty make it easier to train in squash?

Definitely, Madinaty Club has excellent courts and coaching, and the whole city is built in a way that makes everything accessible. There's a strong sporting culture here, and it motivates me to keep pushing myself.

Do you have squash players who inspire you?

Yes—Ali Farag is a huge inspiration to me. I really admire his personality, work ethic, and how he carries himself both on and off the court. My grandfather is also one of my biggest role models. He showed me what it means to fight hard, stay humble, and never give up.

What are your favourite places in Madinaty to chill out with friends and family?

The Open Air Mall is one of my favorite spots—there's always a good vibe, plenty of open space, nice cafés, and shops to explore. I also like spending time at the Strip Mall, especially in the evenings when the atmosphere is lively and relaxed.

What other hobbies do you enjoy?

Besides squash, I love playing the guitar. It's a great way to unwind and express myself creatively outside of sports.

What do you love most about living in Madinaty?

I love the culture, the sense of community, and how everything is so well-organized—from transportation to food to daily life. It's clean, peaceful, and full of energy at the same time. It really feels like home.



From Spark to Soul

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Evolution



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“We were drawing the map as we walked it. Everything was new—and everything mattered.”



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Madinaty Golf Club Hosts Top Regional Event



Madinaty Golf Club recently played host to women and junior golfers from across the region in an exciting tournament that showcased golfing skills and emerging talent on its world class greens. A total of over 110 players took part in this significant tournament on the Arab Golf Federation (AGF) calendar with representation from 12 Arab nations, including: Bahrain, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Palestine, Qatar, Saudi Arabia, the UAE and Egypt.



Spread across four action-packed days, the calendar also included the world famous Trick Shot Show, exclusive live music, games, and food at Boom Room and Open Air Mall, boosting the festive atmosphere of the event.



TMG plays an active role in supporting sport within the Egyptian and regional communities, and during the event, **Omar Hisham Talaat Moustafa**, Chairman of the Egyptian Golf Federation, emphasized that Egypt has all the makings of a world-class golf destination, boasting world-class courses, and a moderate climate throughout the year. He noted that the Egyptian Golf Federation seeks to put Egypt on the world map as a global golf tourism destination. With world class gold courses, supported by top-notch amenities and clubhouses, in the west and east of Cairo, as well as the North Coast and Red Sea areas, golf has become a magnet for investment.



At the heart of the action, *City Life* met with many of the competitors to learn about their golfing journey.



NICK HORROCKS

United Kingdom

I represent Golfway, and I work on global golf development projects with different federations, and the global governing body.

What is your involvement with golf?

The intention is to introduce golf, at a basic first touch level, to as many children as possible, and give them a pathway to progress in the sport. I've got development projects and that's expanded now into global development work, and obviously there is a massive opportunity here in Egypt, and it's great that everybody is on board to make this a success.

How do you approach training young golfers?

I focus on motor skills and coordination, being the most important aspect of introducing children to golf. We don't get very technical; it's about developing movement before we focus on the technical aspects. I like to keep children in a development space for as long as they need, and not try to rush the process. Every time I see a child come through a development programme I've been involved in, and see them enjoying the game it is the best feeling you can have as a coach.

What do you think of the organization of this event?

To see it all come off, all the smiling faces, the competitors obviously enjoying the golf course, the fantastic food and drink that has been on offer, and the opening ceremony which was also fantastic. I think it's all been a massive success.

How would you recommend golf as a sport?

It's a game for everybody, an inclusive sport with great social elements as well.



KEVIN CARPENTER

United Kingdom

I am here at this event to perform my Trick Shot Show.

What is a Trick Shot Show, and how did you get into it?

I was working at a golf resort in the U.K. where I first saw a Trick Shot Show, and I really enjoyed it. On the back of watching such fun I thought I would like to give that a try, and that inspired me to do what I am doing today.

How did you first learn golf?

I had some golf lessons when I first started, but in terms of Trick Shots I am self-taught.

What would you like to do next?

I have three young children, and if I could have them follow in my footsteps, that would be nice.



HENRY ISMAEL

15 years - Palestine

I am competing in the 16 years age group, and this is my first time playing in the Pan Arab Junior Championship.

When did you start playing golf?

I first started playing golf when I was five years old.

What motivates you?

The opportunity to represent my country, and the kids who need help.

Have you visited Egypt before?

No, this is my first time in Egypt.

What have you enjoyed most?

I would say the people around, that is the best part. Everyone is very supportive.

What is your goal?

For Palestine to make it to the top three, and really make a statement.



HALA GHANDOUR The mother of Daher Ghandour, - Lebanon

He is playing in the under 16 age group in this great event.

We love the place and organization. Egypt is so beautiful. The hospitality and service are amazing.

Tell us more about what you think of Madinaty's organizing of the event.

Madinaty is incredible, I was really surprised and impressed with all the great things in it - the atmosphere, everything was great! Thank you so much.

What is your favourite thing about Egypt?

The service is very good. I love the Egyptians so much! They are so nice and they are always trying to help us in every way.

How do you support and motivate Daher in preparation for the game?

I always encourage my son to be positive because this sport is very difficult. I also encourage him to be patient and focused. I tell him it doesn't matter how well he performs, the most important thing is that he participated in this event, and I'm glad he did.

How often does he train?

Daily, unless he has exams. However, during the war, he didn't train at all, because the location of the golf practice in Lebanon was very close to the location of the war.

Do you think if he lived here in Madinaty, it would be better for him and his future in golf?

Definitely, Egypt is a country that has no security problems, so he wouldn't face any problems when playing.

How do you feel about your son participating in the championship?

Proud, and very happy as well.



TAREK EL HUSSENY The Chairman of the Palestinian Golf Association

It's not my first time to visit Egypt, but it's my first time at Madinaty.

We are able to connect with players of Palestinian origin who live outside Palestine, for example, in America, Russia and Arab countries. So, we were able to create a team of three boys and a girl that are now participating in the event.

How do you rate the teams?

I know that Egyptian players are very skilled, but haven't watched any of them. I also know that Moroccan players are skilled from my past experience. Many teams are promising, like Emirates, Saudi Arabia, Oman, and Tunisia.

What do you think of the course, and Madinaty as a venue?

Madinaty is impressive; you won't find anything like it in Europe and America. When the project is fully completed, it will take its final look as a great course.



Madinaty is impressive; you won't find anything like it in Europe and America.




ABDALLAH ABDELAZIZ MEHANADY

18 years - Qatar

I came to Egypt to participate in the Arab Championship.

It's my first time to visit Egypt and the weather is beautiful.

What do you think about the course?

It's very good. It's one of the best courses I've played on.

Is this your first time playing in Egypt?

This is my first championship in Egypt. I also participated in a championship in Jeddah, in the Gulf region.


OMAR HANY SAMIR

Egypt

I play in the under 18 age group in the national team.

How long have you been playing golf?

I've been playing golf for 2 and a half years. My golf handicap is 5.

Tell us what you think of the organizing of the event in Madinaty? And was the course good?

Honestly, Madinaty's course is very good and the organizing is of the highest level. It's my first time to attend a championship of this size.

What do you think of the atmosphere? And how do the spectators affect your performance?

To be honest, the spectators encourage the player and make him play better, and I'd like to thank the organizers and the Egyptian Golf Association.

To see it all come off, all the smiling faces, the competitors obviously enjoying the golf course.


LILIAN MEGAHEED

15 years - Jordan

I've been playing golf since I was 5 years old.

Is this your first time entering a championship in Madinaty?

Yes, this is the first time I have played on this course.

Have you won any championships before?

I won first place in all the championships I entered.


SALIM AL ABSHAL

17 years - Kuwait

I started playing golf when I was 8 years old, and started taking it seriously when I was 12, and haven't stopped from that point.

How have you enjoyed the course here?

It is quite hard, you need to think a lot. I think the organization is great, it is one of the best I have been to, at least one of the top three.

What do you think of Madinaty?

It is amazing, I really like it a lot.

What inspires you to keep playing golf?

My dad!


DANIIL SOKOLOV

14 years - Qatar

I've been playing golf for 8 years now; I started when I was six.

What had been your biggest achievement so far?

I won the Abu Dhabi Amateurs, last month.

How have you enjoyed playing here?

The tournament was organized very well. I think when there is a lot of competition I feel motivated to play my best. It was my first time playing in Egypt and definitely I want to come back.

Visit our latest online edition at citylife.talaatmoustafa.com to meet more of the players in the 2025 Pan Arab Junior and Ladies Golf Championship



MADINATY 2025 HALF MARATHON



For a fifth fantastic edition, in partnership with Talaat Moustafa Group, organizer Trifactory recently brought us the 2025 Madinaty Half-Marathon.



“IT’S ONE OF THE BEST VENUES, HONESTLY.”



“IT’S BEAUTIFUL - THE GARDENS, THE ROADS, THE SAFETY, I LOVE MADINATY.”

The iconic landscaping of Madinaty once again provided the perfect setting for the popular event, which was held under the auspices of the Ministry of Youth & Sports, with HE Dr. Ashraf Sobhy, Minister of Youth & Sports, personally participating in the 5 km race!



The popular event attracted runners from many points in Egypt, and offered participants the choice of three competitive running races of 5 Km, 10 Km, and 21 Km, and a 2 Km Fun Run. The day was a high-adrenalin mix of running, socialising, and glorious weather and of course, *City Life* was there to get first –hand accounts from the runners.



**MARIAN BALMAN****SOUTH AFRICAN - WINNER 21 KM****Is running a good way to get to know others in our community?**

Absolutely. I mean, we moved to Egypt 12 years ago. Well, that's how most of my friends are runners. And sisters!

What do you think about Madinaty as a venue for the half-marathon?

Oh, I run here every day. This is where I exercise every day, here in Madinaty. It's beautiful - the gardens, the roads, the safety, I love Madinaty.

SHERIF AHMED**EGYPTIAN - 21 KM****What inspired you to participate in the marathon?**

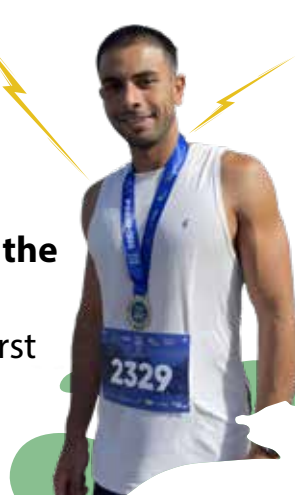
I'm from El Mansoura and this is the first Madinaty marathon I have taken part in.

When did you take up running, and do you participate in any other sports?

I've been playing handball professionally for 14 years, but I started running in marathons two years ago.

What is your favourite thing about running?

It makes you feel better. You can run when you're happy or sad. Running is honestly amazing.

**LOBNA ESSAM****EGYPTIAN WINNER - 10 KM****What inspired you to join in the marathon?**

I participate every year. I already try to participate in all the events, and not miss any running events, and also swimming, in the triathlon.

When did you take up running, and do you participate in any other sports?

I used to run alone, but I started running with the running community in around 2015. I also practice swimming and cycling.

What is your favourite thing about running?

First thing is the flexibility, the health it provides. It gives you strength to beat the daily stress. It makes me happy, and lets me make friends in the running community.

LULU**ZAMBIAN EXPAT - 10 KM****Is running a good way to get to know others in our community?**

Definitely, running is one of the ways to get to know others. You know, I'm a Cairo Runner. I love to run. We runners have got that language. We don't know each other but when we're in the race, we are one.

What do you think about Madinaty as a venue for the half marathon?

I think it's perfect. You know why? I love the scenery, it's beautiful. And it was well-organised. We didn't have that much disturbance with traffic, because sometimes when they block the streets, you have one or two people. But today was perfect. I just love it.

Do you plan to attend next year?

Definitely, I'm a Cairo Runner, running makes me happy.

**MATTEO****ITALIAN EXPAT - 21 KM****How did you choose running as a sport?**

Running is great. It's a way to get together, to enjoy the day, and also relax your body.

How was the event organized?

It was nice, very well-arranged, there were a lot of stations and beverages, which was great.

Was running in Madinaty a positive experience?

Amazing, I would like to live here.

**SALMA****EGYPTIAN INDIVIDUAL****What inspired you to participate in the marathon?**

I'm a Madinaty resident and I've always wanted to take part in a marathon, so I thought a 2 km run is a good way to start.

What is your favourite thing about running?

I like the fact that I just focus on my pace, or a distance and it sort of tunes everything else out. So, I just like that. The energy is contagious, it's so much fun.

**INAS TWEBY****EGYPTIAN WINNER - 10 KM****What drew you to the marathon?**

I like to always participate in marathons. I love the vibes of these events.

Are you a resident of Madinaty or Al Rehab?

No, I live in 6th October. Imagine!

When did you take up running, and do you participate in any other sports?

I've been training for one or one and a half years, but I used to participate in marathons for fun five years ago. I also practice crossfit.



MOHSEN ABDELMAABOUD

EGYPTIAN INDIVIDUAL AND RUNNING COACH - 21 KM

What inspired you to join in the marathon?

I participated in all the previous versions of the event and my team also sometimes participates in international events outside Egypt. I live in May 15, but I come here because this event is special, and we look forward to it every year.

When did you take up running, and are you involved in any other sports?

I've been running for 10 years, and then I created a team called 'Night Runners' because we run every day after work during weekdays. Not everyone can wake up early every day to run before work, that's why we worked on the idea and we grew bigger in numbers. I practice swimming and cycling too but mainly running, and of course going to the gym.

DARIO

GERMAN INDIVIDUAL - 5 KM

Is running a good way to get to know others in our community?

Yes, definitely, you get to know a lot of people who share the same passion as you, so it's perfect. People in Egypt are very welcoming.

Do you plan to attend next year?

If I am in Egypt, I will definitely attend.



MOHAMED MAHROUS

EGYPTIAN INDIVIDUAL - 21 KM

What inspired you to participate in the marathon?

This is my first time, it was a spontaneous idea in a group chat and we all went for it.

When did you take up running, and do you participate in any other sports?

I never ran as a sport before this time, but I go to the gym for crossfit. Running with other people motivates you to run.

REHAM, SHERINE, AND YOUNNA - GROUP

How did you hear about the event?

We are in the Mansoura Runners Team, so we're always updated on any running events happening.

Do you compete every year? If not, will you do it again and why?

Yes, we compete in this event every year and will participate next year because the event is incredible! It is well-organised and we love the landscape.



NOHA ABUZAID

EGYPTIAN WINNER - 21 KM

What do you think about Madinaty as a venue for the half-marathon?

Madinaty in general is very nice, and the open air mall is very spacious. After we finish the race, the venue is always lovely. Along the route, it's very calm, there aren't many cars. The place is very secure, so it's one of the best venues, honestly.

Have you won before, or is this a first?

Last year, I landed first place too.

How much training was involved?

I practice triathlon - running, swimming and cycling. Around two months before the marathon we start extra training and preparation for the marathon; however, we train all year, we never stop training.

What would you say to encourage others to start running?

I would like to say that when you start exercising your life generally changes for several reasons - your mood gets better, you start the day with better energy.

MAYA KHALIFA

EGYPTIAN WINNER - 10 KM

Do you regularly compete in the Madinaty Half Marathon?

Yes, I participate in the marathon every year. I run different distances, for example, last year I ran the 21 Km, and I won third place overall, and the year before that also, third place in the 21 Km. I'm always training. The commitment of training regularly prepares me for any marathon at any time.

What do you think about Madinaty as a venue for the half-marathon?

It's beautiful, I love it. Its streets are wide and the greenery here is beautiful, so I love to run here a lot.

How important is it to incorporate exercise into your daily routine?

It's the most important thing in life! It fixes your mood, body and it organises your day, everything. It's a lifestyle, not just a way to lose weight or fun. It's really the best thing in life, honestly.



NOURAN SHABANA

EGYPTIAN INDIVIDUAL - 5 KM

What attracted you to the marathon?

I love to participate in this event every year. I have also been practicing power sports for seven years and every time we change the distances and try new roads.

What is your favourite thing about running?

Enjoying the view and gaining positive energy.



SALLY - CHILD

How old are you, and is this your first time to run in the event?

I am 10 years old, and yes, it's my first time.

How did you learn about the half - marathon?

From my mom and dad.

Are you running here with friends or other family members?

With my friends.

When did you start running as a sport?

I started a year ago.

Do you plan to compete again next year?

Yes, I like it.



ESSAM - CHILD

How old are you, and is this your first time to run in the event?

Seven years old and it's the first time.

How did you learn about the half -marathon?

From my mom.

Are you running here with friends or other family members?

With my mom.

Did you enjoy the running experience here in Madinaty, and was the course tough, or had you trained a lot?

Yes, I enjoyed it and the course was easy.



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Unforgettable Experience
for the *Whole Family*



Experience one of the largest open-air shopping centers in Egypt and MENA. Featuring hopping, leisure, dining, and entertainment, creating a new trend of outdoor recreational spaces indulged by lush greenery, distinctive architecture, and water elements along with iconic indoor anchors for an ultimate experience.



Shop, Dine & Entertain

Madinaty Gate 2



Open Air Mall



Open Air Mall

Liverpool International Academy Celebrates Success

The final day of the Premier League brought anticipation and excitement to our very own Liverpool International Academy as our young players gathered to view the final season matches.



Already firmly in place for top ranking, Liverpool won the League, followed by Arsenal, with defending champions Manchester City holding on to third place. Egypt's hero, Mohamed Salah, was awarded the Golden Boot, yet another accolade to add to his record of stellar performances on the field.



Liverpool Academy's young players also received their season certificates, something to treasure and urge them on to new levels as the next season approaches.



The partnership between Liverpool International Football Academy and Talaat Mostafa Group began in 2013, becoming a highly successful collaboration in three locations - Madinaty Sporting Club, Al Rabwa, and Rehab Sporting Club. The academy offers top-notch facilities for training and development. With state-of-the-art training grounds, well-equipped gyms, and modern sports facilities that provide an ideal environment for young footballers to up their skills.



Madinaty Celebrates the Launch of

EAST HUB MALL



East Hub Mall opened in style on the 18th April 2025. The grand opening was eagerly awaited by the community, and it met every expectation, as popular singer Ahmed Saad blew everyone away with a truly amazing performance, capturing the adrenaline-packed atmosphere with his music and vibrant energy. After such a spectacular opening, the new retail and dining destination promises to be a magnet for both local residents and visitors, offering exceptional shopping and relaxing venues with innovative menus.



East Hub Mall is located in a prime location in the southeast of Madinaty, near the Administrative Capital and Future City. It consists of 8 commercial buildings, with 5 connected buildings and 3 separate buildings, which include approximately 670 commercial units for a wide range of activities, including leading name retail outlets, bank branches, medical clinics, and restaurants. It also includes an underground garage with a capacity of about 1,200 cars, in addition to parking spaces in front of the Mall buildings.



**Make it your place to
be found this summer!**

HAVE A TECH-FRIENDLY SUMMER

It's time to throw some shade, beat the heat andchill.



Chillshark Precision-Engineered At-Home Cold Plunge Solution

Experience the power of cold therapy with Chillshark Precision-Engineered At-Home Cold Plunge Solution, designed for rapid cooling. Reduce inflammation, boost circulation, and speed up muscle repair after intense workouts. Just what your bathtub needs.

EcoFlow WAVE 3

Stay cool anywhere, any time, with the EcoFlow WAVE 3. It's a powerful portable air conditioner and heater designed for off-grid comfort.



Ray-Ban Meta Wayfarer Smart Glasses

The sunglasses, made in collaboration with Meta, the parent company of Facebook, also contain headphones so you can listen to music, hear notifications and make calls. But the video is the biggest innovation. You can save its footage direct to an app and upload it live to social media.



Ninja Swirl by CREAMi: Soft Serve and Ice Cream Machine

The Ninja Swirl by CREAMi takes frozen treats to the next level. It turns almost anything into ice cream, soft serve, and more with the touch of a button

Shark FlexBreeze

The Shark FlexBreeze FA222 is a cooling solution for both indoor and outdoor environments. Its cordless capability ensures portability, while the InstaCool misting attachment provides immediate relief during hot days.



2 WEEK TONE UP

Summer is here... and so is unwanted flab that crept on over the winter. While “six-pack” abs take a while, this simple and effective routine will have you looking beach ready within a couple of weeks. A combination of targeted ab exercises, a healthy diet, sufficient rest, and determination, it’s more about improving core strength and reducing overall belly fat.

WORKOUT TIPS

Abdominal Exercises:

Incorporate exercises like crunches, planks, leg raises, and side planks to strengthen the core muscles.



Cardio:

Include cardio exercises like running, swimming, or cycling to burn calories and fat.



Strength Training:

Focus on exercises that work the entire body, as this helps build overall muscle and reduce fat.



Dietary Considerations:

Reduce your daily calorie intake slightly to burn more fat than you consume.

Prioritize lean protein, fruits, vegetables, and whole grains.

Limit processed foods and sugar as these can contribute to fat storage.

STEPS TO SUCCESS

Consistency is key, regularly performing your workouts and following a healthy diet are essential.

Listen to your body, rest when needed and don't push yourself too hard, especially when starting.

Be realistic. Two weeks isn't enough to build significant muscle mass, but it can improve tone and reduce belly fat.

WORKOUT ROUTINE

(Adjust to your fitness level):

Day 1-7:

Abdominal exercises: crunches, planks, leg raises (3 sets of 10-12 reps).

Cardio: 30 minutes of moderate-intensity exercise (running, cycling, swimming).

Day 8-14:

Repeat the abdominal exercises from Day 1-7.

Cardio: 30 minutes of moderate-intensity exercise.

Incorporate a short strength training routine (e.g., squats, push-ups, lunges).



SUMMER

in the City

Imagine your perfect day. Multiply it by seven, but switch things around a little, to make a perfect week. The best news is that you can live that dream within a few minutes from your front door. Young or hmm... a little older, sporty or more laid back, sociable or appreciate some space, Al Rehab and Madinaty can roll out exciting shopping, adventurous munching, adrenalin boosting sports, and family-focused entertainment to tick all the right boxes.

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An Arcade rolling out the ultimate gaming experience, and a **skill-testing game of pool** waiting at **354 Club**.

Madinaty residents have it made, with so much idyllic outdoor space to enjoy. When family life feels a bit hectic, we suggest that mom and dad slip away to relax over a **scrumptious breakfast at Madinaty Golf Club**. A perfect start to a great day...

Then why not team up with the kids for a **tram tour at Open Air Mall** to take in some scenery before the day heats up?

With a big day ahead, they will be eager to cruise the big variety of entertainment venues on offer. The Strip is a magnet, with



Within easy reach, **Victory Land** at **All Seasons Mall** will keep young ones busy for hours, with rides galore, giving mom and dad a chance to escape to the handy **Renaissance Cinema** at **Open Air Mall** to catch one of the newly released blockbuster movies. And your littlest ones will play and learn to their heart's content at **Smurfs**, the adorable spot in **East Hub**.

While you are there, a visit to **Readers Corner** may be an inspiring way to lure the kids away from screens of all kinds; they will learn that books rock!



WHEN YOU HAVE BUILT UP A HEALTHY APPETITE YOU HAVE A WEALTH OF TEMPTING PLACES FOR LUNCH, OR JUST A TASTY SNACK.



The Strip is home to **1980**, with amazing coffee may we say, **ARA** for Boba fans, and Yew Bakery where you should stock up on pastries to take home.

And don't forget **Shabby Chic**, the pet-friendly spot for yummy food and a chill atmosphere. If you are close to **East Hub**, pop into **Cello** for coffee and pastries, or **Contento Café**.

Hot weather calls for cool treats, and **Dara's ice cream selection** and **Taiyaki** at Open Air Mall will have you coming back for seconds.

LET MOM TAKE SOME "ME" TIME

Dad, here's your chance to be a hero, take charge of the kids, and let mom take some "me" time for a little pampering at **Moroccan Spa** in All Seasons Mall, or maybe **Nouvel Age Clinics** at The Strip.

Ladies who lunch have it made in Madinaty. What's better than getting together with your BFF and treating yourselves to a fresh seafood feast at **Little Ocean Restaurant**?



Then you can discuss plans to update your Sahel homes, and plan a visit to excellent furniture and accessory places right next to you in East Hub. Be inspired by what **Kabnouri**, **Sera**, **Scandi Home**, **Cashmere** and **Sol Shade** have on display.



LIFE IN AL REHAB OFFERS EVERYTHING YOU NEED FOR A SUMMER TO REMEMBER.



Kids won't have a chance to feel bored with an adrenalin-packed option like **Padel** at the **Al Rehab Club**, followed by a refreshing swim in the pool.

It's game on at **Gateway Mall** with **Planet VR** and a place to unwind at **Grey Den**.

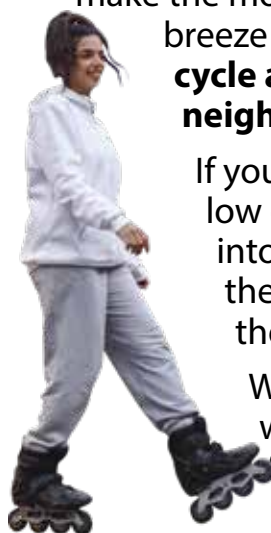
Take time for coffee at **Seelaz**, you can thank us later. Or if tea is your thing, a visit to **Chiao Boba** is a must. Just pop into **Gateway Mall**.



Don't miss out on **East Court**, just beside Gate 22, with two floors covering cafes, restaurants, laboratories, banks, pharmacies, women's and men's beauty salons, gaming stores, a kids' playground, sea food, international fast-food chains, Asian food, desserts, pizza, and delicious Oriental and grilled food. Not just a convenient spot to shop or dine in, it has an ambience that keeps drawing you back, with water fountains, huge screens where you can watch your favorite team playing, and spacious outdoor areas where you can enjoy your summer nights.

Mall 1 has all the latest films at **Renaissance Cinemas**, then as the evening approaches make the most of the cool breeze with a **leisurely cycle around your neighbourhood**.

If you are feeling a bit low on energy, pop into **Loop** and try out their electric scooters, they are fun on wheels!



Wind up a memorable day with a bite at one of Al Rehab's favourite places; we love **Obba Restaurant**, at Avenue Mall, where traditional dishes are elevated into a luxury experience.

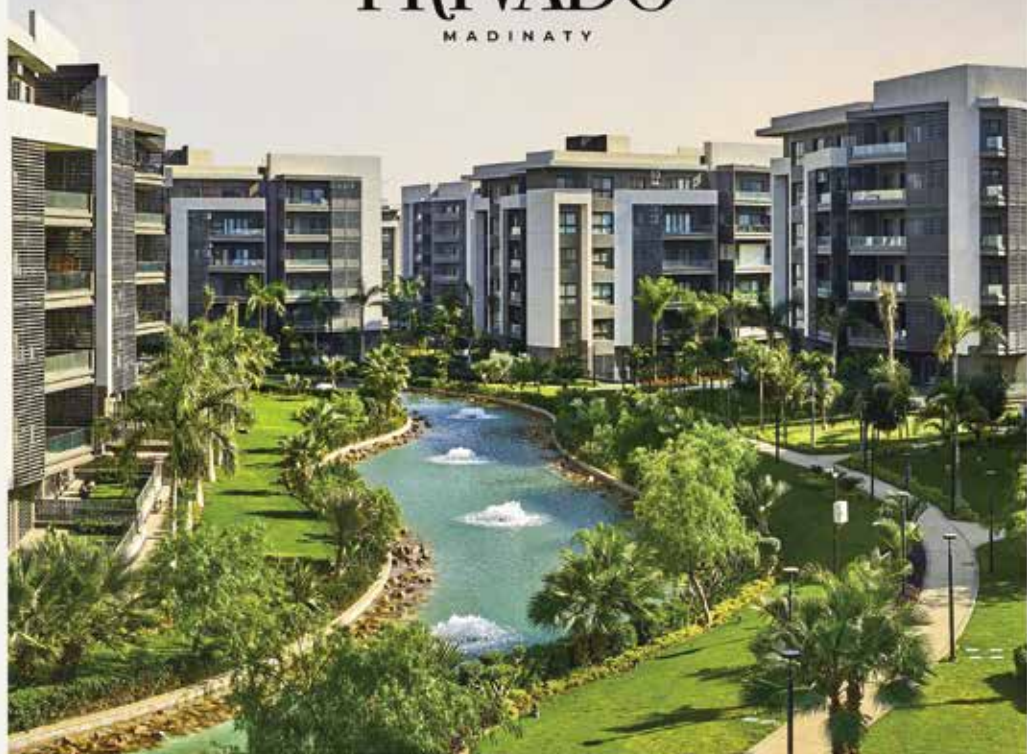
P.S. Ladies, with summer calling for that extra glow, take time to try the top-notch beauty spas, clinics and salons in **Gateway Mall**, **Queens Beauty Salon**, **Radiance Clinic**, **Elita Beauty Salon**, **Tarek Nails**, **Nootsi**, and much more!



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

EMBRACE YOUR CHIC OUTDOOR SPACE



Fiji Outdoor Sofa Set - WAME

Whether you have a cosy balcony, a spacious terrace, or a luxuriant garden, that extra space comes into its own as warmer weather invites us to step outside. Skip any stress factor with resilient furniture, easy seating, and accessories to make entertaining a breeze. It's time to relax!

**Modern Geometric
Outdoor Bollard
Light Set -
WADIHOME**



**Picnic Blanket -
IKEA**



**Outdoor Lemon
Scented Citronella
Bowl - CANDLE
CONNECTION**



**Bay Lounge
Chair - ARIIKA**



**Double hammock-
HUB FURNITURE**



**Joy Chair - KABBANI
FURNITURE**



**Modern Square
Umbrella - EFRESHLI**



**Indoor/Outdoor Citronella
Jars In Lime Green -
CANDLE CONNECTION**



**Wooden Round
Plate - TULIPE**





ZEINA KASSAS

Tips for Summer

@momntm.eg

Summer is here, and every day I get asked: *“What quick, simple things can I add to my routine to lose weight and get lean before beach season?”* The good news? You don't need to turn your life upside down. Small, intentional habits can lead to serious results especially when you live in a fast-paced, urban environment.

Here are a few simple things you can start doing today that don't even need a gym subscription or equipment

Use the City as Your Treadmill

Skip the elevator. Get off one stop earlier. Choose the longer route. City life gives us endless excuses to move and use them! Try aiming for 8,000–10,000 steps a day. Walking not only burns calories but also lowers stress and boosts digestion.



Power Snacks Only

Ditch the vending machine. Prep a few grab and go snacks like Greek yogurt, boiled eggs, or a handful of nuts. The goal is to avoid crashing mid-day and reaching for the nearest cookie.



Hydration Over Hype

Nothing saves your immunity in the summer as good hydration does! Water flushes toxins, supports lymphatic function, and keeps everything running smoothly. Add slices of lemon, mint, cucumber, or berries for bonus antioxidants. Replace one sugary drink (or even that 4th coffee) with water infused with lemon, cucumber, or mint. Staying hydrated helps with fat metabolism, appetite control, and clearer skin, perfect for summer glow-ups.



Fuel, Don't Just Fill

You're busy, I get it. But quick meals don't have to mean poor choices. Focus on whole foods: proteins, veggies, healthy fats, and good carbs. Even one balanced meal a day can make a difference. And slow down, eating mindfully helps you recognize when you're actually full.



Strength in 30

You don't need a gym or an hour to get strong. 20–30 minutes of a well-designed bodyweight training program a few times a week can rev your metabolism and shape your body. It's all about consistency.



Prioritize Your Pillow

Yes, your body literally burns fat while you sleep. Poor sleep = more cravings and less energy. Aim for 7 hours minimum. Your body (and mood) will thank you.



Love the Beach!

The beach is a fitness playground with natural resistance, mental refreshment, and zero equipment needed. You can walk or run on the beach, swim in the water or squeeze a sunset yoga routine on your beach day!



Stop “Saving It” for Later

Don't wait for the perfect Saturday to start. Don't wait for motivation. Do one good thing today, then another tomorrow. Build Your Momentum

Asian Ginger Salad with Chickpeas and Peanuts



INGREDIENTS

- 4 large garlic cloves, chopped and fried (about 1/4 cup)
- 2 tablespoons vegetable oil
- 4 cups shaved green cabbage (from 1 small head)
- 1 cup shaved red cabbage (from 1 small head)
- 1/2 cup matchstick carrots
- 1/2 cup thinly shaved red onion, rinsed under cold water and patted dry
- 2 small sweet peppers, thinly sliced crosswise (about 1/2 cup)
- 1 piece fresh ginger, peeled and cut into 1/4-inch-thick matchsticks
- 2 teaspoons seeded jalapeño chili, finely chopped
- 3/4 cup coarsely chopped fresh cilantro leaves and tender stems
- 1/3 cup fried pre-cooked chickpeas, coarsely crumbled
- 1/3 cup salted roasted peanuts, chopped
- 1 tablespoon toasted sesame seeds or 2 tablespoons roasted sunflower seed kernels
- 2 tablespoons fresh lime juice
- 2 teaspoons fish sauce
- 1/2 teaspoon Himalayan salt



PREPARATION

Combine garlic and oil in a small saucepan. Cook over medium until bubbles form around garlic, about 1 minute; decrease heat to medium-low. Cook, stirring often, until garlic is lightly coloured, 4 to 5 minutes. Remove pan from heat, and continue to stir. (Garlic will keep browning.) When garlic is golden brown, pour through a strainer set over a heatproof bowl. Let garlic cool on a paper towel; reserve garlic oil.

Toss together cabbages, carrots, onion, sweet peppers, fresh ginger, and jalapeño in a large bowl. Add cilantro, fried chickpeas, peanuts, sesame seeds, and fried garlic; toss to combine.

Stir together lime juice, fish sauce, and salt in a small bowl. Drizzle mixture over salad, adding reserved garlic oil to taste, if desired. Taste and add additional ginger if desired. Serve immediately.

Bella Hadid Inspired Smoothie

Not only delicious, but also brimming with health benefits, this smoothie combines Bella Hadid's favourite combination of nutrition-packed goodies.



INGREDIENTS

- 1 banana
- 1 mango
- 1 teaspoon of vanilla
- 1/2 cup of orange juice
- 3 tablespoons coconut cream
- 2 tablespoons cashew nuts, unsalted
- 1 tablespoon of water
- 1 fresh date
- 1 cup yogurt
- 1 tablespoon turmeric

PREPARATION

Peel the banana and mango and pit the date. Add the banana, mango, vanilla, orange juice, coconut cream, water, cashews, water, date, yogurt, and turmeric into a blender. Blend on a room temperature setting until smooth and creamy. Pour into your favourite glass, and enjoy!



Spaghetti Cacio e Pepe

This Spaghetti Cacio e Pepe recipe is fast and easy to prepare, and is a favourite of celebrities like Al Pacino, Mickey Rourke, Anthony Bourdain, and Michael Douglas.



INGREDIENTS

Note: Because there are only 4 ingredients in this recipe, it's always best to get the best quality

- 1 packet spaghetti
- Black pepper, freshly ground
- 2 large cups Pecorino Romano Cheese, good quality, freshly grated
- 1 large cup Parmesan, good quality, freshly grated



PREPARATION

Boil the water in a large pot; add the salt and the spaghetti. Cook the pasta a little less than al dente. In a large pan add the freshly ground pepper and heat on high for about 30 seconds, and then add about half a cup of hot pasta water. Cook on high, stirring constantly for about 30-45 seconds. Remove from the heat.

In a small bowl add the pecorino and a little Parmesan, combine, add half a cup (or a little more if needed) of hot pasta water and stir to make a creamy sauce.

Place the pan with the pepper sauce back on to medium-high heat, add the spaghetti and the pecorino cream sauce, quickly toss and stir gently to combine. When the spaghetti is cooked (about a minute) and the creamy sauce has thickened slightly, the Cacio e Pepe is ready. Serve with a sprinkle of black pepper and extra pecorino cheese.

Find ingredients at:



Open Air Mall



Rehab Mall 2



Gateway Mall



The Strip



Avenue Mall

Get Packed for Sahel

The beach is calling you! A long, relaxing vacation is beckoning, are you are packed and ready to go? Everything you need is just a few minutes away....



KYMA IS CALLING



A stunning beach is whispering your name. Luring you with enticing promises of impossibly blue seas, crystalline sands, and long, lazy afternoons spent grazing on authentic, traditional Greek fare. Even better, you can forget about long airport queues, and overpriced air tickets. KYMA Beach is waiting for you, just a couple of hours' drive from Cairo.

Recently arrived at Egypt's North Coast, on the shores of SouthMED, a perfect partnership between TMG Group and RIKAS Hospitality Group, the blissfully relaxed venue offers a unique opportunity to immerse yourself in a soul-soothing Greek-inspired atmosphere.

BEACH TIME!

From midday, the beach is the star. Discreetly positioned cabanas and comfortable sunbeds make this the place to soak up the summer vibes that Egypt's North Coast offers with true Southern Mediterranean charm. When sea air and sun have you craving a culinary adventure, KYMA Beach offers you the experience of casually chic, sophisticated beachfront dining, and lively entertainment.



FOOD FOR THE SOUL

Drawing on the best of renowned Greek cuisine, the summery menu at the effortlessly stylish beachside restaurant celebrates healthy, seasonal ingredients, vibrant flavours and textures, along with an extensive list of your favourite cooling beverages. Ah, and let's not forget the innovative cocktails and mocktails to quench any thirst.

IT'S TIME TO PARTY

This season will roll out an adrenalin-packed programme of unforgettable DJ events at KYMA Beach. Give in to the starlit sky, shake off the day, and dance the night away to the beats of international and resident DJs, right on the beach.



AN EVENT TO REMEMBER

Memorable private celebrations and corporate gatherings of all sizes can also be planned, taking your event to the next level at this ultimate seaside destination. From special anniversary parties to exquisite wedding receptions, the expert team will take care of every detail, with tailored menus, and personalized planning.

RESTAURANT BOOKINGS

🕒 12 pm – 11 pm

Sunday to Wednesday

🕒 12 pm – 12 am

Thursday to Saturday

👤 Smart Casual & Beachwear

🚫 No pets allowed

BEACH BOOKINGS

🕒 12 pm - 10 pm

Sunday to Monday

☎ +20 104 004 0097

📧 booking.egypt@kymabeach.com

Get ready for an unforgettable summer, KYMA Beach will show you the way!

kymabeach.com/egypt

ART EXHIBITION SHOWCASES A LOAD OF TALENT

The Madinaty and Al Rehab Residents' 7th VOL Semi-annual Art Exhibition recently created a splash of colour and creativity in Madinaty Sporting Club with an impressive show of art pieces brought by the local community. Generously made possible by Main Sponsor, EDRES Education Recruitment Services, and Sponsor Tech Zone, the event exemplified the valuable role the business community can play in supporting the arts.

Collated by Mr. Ziad El Chazli, GM of Client Relations, the exhibitors' work, which exceeded previous editions, showed the ever increasing interest in local creativity. Also officially opened by Mr. El Chazli, the event marked a popular point in the TMG cultural calendar, and was attended by many members of the community. The exhibitors received a certificate of appreciation for their outstanding display of talent, and are looking forward to the next edition.



KHALED NASR EL DIN

I'm an engineer, visual artist, and School of Arts graduate. This painting includes plant elements that highlight some beautiful blooms and their reflection on water. I tried adding several levels using paste and lighting, with colors that harmonize with each other, and a separating part between them made of cloth. I would like to thank Talaat Mostafa Group for the amazing symposium that is held twice a year.



HANIA KHANKAN

This is my third time participating in the Madinaty Art Exhibition. My painting is inspired from the cover of my book *On Tiptoes* that was released in the last Book Fair. The idea came to me that I should turn the cover of the book into a painting since I'm originally an artist, and in Syria I was a member of the Fine Artists Union.



ZAHWA AL-HUSSIEN

I'm studying digital arts in EUJ, as a games design major. I love cars, and that's why I choose to mostly draw cars in the exhibitions I participate in. This is a Porsche 911, and it's a car I want to buy when I grow up and have the money to afford it.

DR. SALLY SAEED

I'm a dentist, but I have loved drawing for a long time. In my painting, I wanted to express the Egyptian natural heritage through palm trees and I liked to use these calm colors because they are comfortable for the eyes and mind as well as being aligned with the Egyptian environment.



DR. SAMEH SAAD ZAGHLOUL

I was a plastic surgeon and I retired in order to be free for my hobbies including painting. I'm a resident in Madinaty and a participant in the Madinaty and El Rehab Residents Art Exhibition for the second time. In terms of the art pieces I'm participating with this year, I specialize in black and white, painting with coal and lead. One of the paintings symbolizes the relationship between the older brother and his younger sister, especially when he plays the role of the father

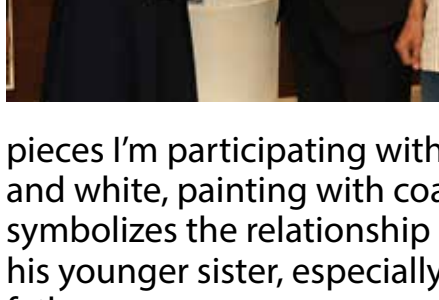
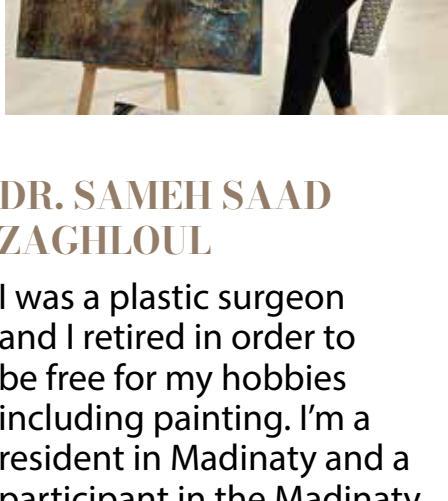


NIBRAS AHMED

I'm from Sudan, and a resident in Madinaty and a participant in the Madinaty and El Rehab Residents Art Exhibition for the second time. I participated with two paintings, one of them is about Egyptian civilization, in which I tried to gather all forms of the Egyptian civilization from three specific aspects, the scientific aspect, the artistic aspect, which includes artists, because art also expresses the civilization of a country, and also, the architectural aspect and its development.

FATMA RADWAN

I'm participating with this modelling paste 1 Meter x 1 Meter and 20 Centimeters painting which also includes acrylic, and gold. I'm so happy to participate in the exhibition and honestly, I'm impressed with it.



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HELP YOUR POOCH BEAT THE HEAT

It's easy for us; as temperatures rise we can shuck the extra layers of clothing and let our skin breathe. Our dogs and cats have fur to cope with, and long-haired dogs especially need to have a climate controlled space. HYG with solid advice from leading animal care specialists:

- Give your dog a shady spot to hang out on hot days or keep them inside where there's air-conditioning. Doghouses are not good shelter in the summer because they can trap heat.
- It is ok to give your long-haired dog or cat a "summer cut. However, it is best to allow a professional groomer to perform the haircutting, and never shave down to the skin. Our pets' coats have several layers that are essential to their comfort in the heat. Robbing your dog or cat of this natural cooling system can lead to discomfort, overheating and other serious dangers like sunburn or skin cancer.
- Dogs that are brachycephalic (have a short head and snout), such as Bulldogs, Boxers, Japanese Chin, and Pekingese, have an especially hard time in the heat because they do not pant as efficiently as longer-nosed dogs.
- Ask your veterinarian about preventative medication against fleas, ticks, and mosquitoes.
- Never leave your dog in a closed vehicle on a hot day.
- Provide plenty of cool, fresh water.
- Avoid exercising your dog strenuously on extremely hot days. Take walks in the early mornings or evenings, when the sun's heat is less intense.
- Avoid exposing your dog to hot asphalt or sand, which can burn their paws.
- Make sure your dog's vaccinations are up-to-date.
- Keep dogs off of lawns that have been chemically treated or fertilized for 24 hours, and away from toxic plants and flowers.



AT THE BEACH

- Give your dog a shady spot to rest, like a beach tent or sun umbrella.
- Provide plenty of fresh water.
- Protect them against sunburn. Dogs, especially those with short hair, white fur, and pink skin, can get sunburned. Limit your dog's sun exposure during the day and apply sunscreen to their ears, nose, and coat before going outside.
- Running on the sand is strenuous exercise. A dog that is out of shape can pull a tendon or ligament, and running on wet sand can make their paw pads blister.
- Don't let your dog drink seawater, since salt will make them sick.
- Rinse them off at the end of the day. Salt and other minerals in ocean water can damage your dog's coat.

WITHIN YOUR COMMUNITY

- Scoop the poop, and dispose of correctly.
- Walk your dog on a leash, and keep a safe distance from other residents, and their pets.
- Many areas in your community are pet-friendly. Check with venues first though.

IMPORTANT!

The government has issued updated regulations regarding dog ownership. Please make sure you are aware of these for the safety of your pet.





Time to Upskill

While success can be measured in many ways, in today's world it is becoming more about finding activities that bring us real experiences that add to our skillset, and bring us enjoyment and a sense of achievement. Think outside of the box, and read on for inspiration.

Computer Nerd

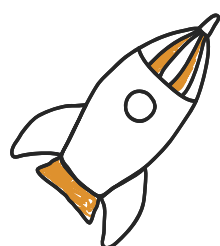
Blooms Coding & AI enables children to become independent citizens in a world where technology is all around us. In this camp, participants learn Meritus AI products' AI & Coding Programs along with Blooms' Character Building and outdoor activities. As much as this camp focuses on the technical coding skills, it also focuses on the campers' social skills and character development. There are 3 different levels for each age group.

Ages:

Younger Group: 8-12 Years Old

Older Group: 13-17 Years Old

Learn more: www.bloomsegypt.com



Fashionista

If you have a passion for design or want to develop your talents, the Elegant Academy at Madinaty Club offers you a unique opportunity to learn fashion design, sewing, and handicrafts under the supervision of specialists. For all ages.

To contact the Academy:

01080127777

01094567037

To contact the Cultural Center:

01100399577



Bring Out your Inner Chef

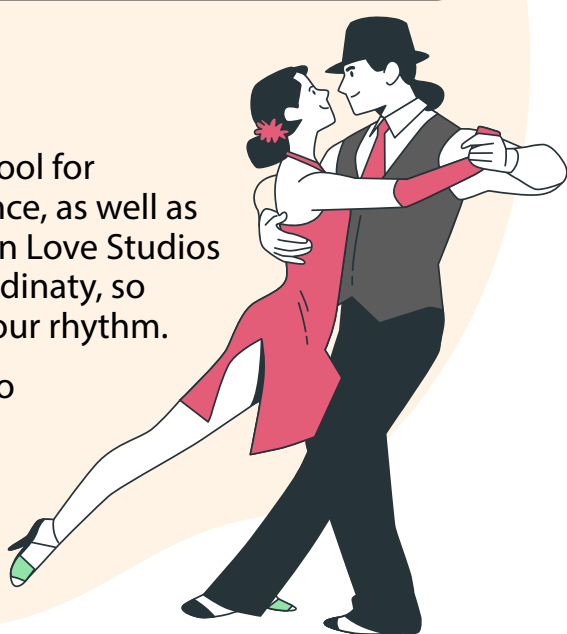
At some point in your life you will likely need to rustle up a meal all by yourself. Rather than being a challenge or a hardship, it can actually be a very empowering experience, as well as filling that space in your tummy. Courses at The Cooking School teach you the basics, then take you on a culinary path of discovery.

Learn more: www.thecookingschooleg.com/en

Salsa classes

Dancing can be a great tool for developing self-confidence, as well as making new friends. Latin Love Studios offers Salsa classes in Madinaty, so maybe it's time to find your rhythm.

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



Pottery Classes in Fayoum

Get organic and immerse yourself in a really grounding experience. Tunis village in Fayoum is world famous for its pottery, and pottery schools. The most famous of course is the Fayoum Pottery School, founded by the late Evelyne Porret, but you will find many other excellent schools attached to the fascinating pottery shops and galleries. Roll up your sleeves and enjoy!

Summer Camps

How much fun can you pack into one summer? A long break from school means you have time for a week or two at one of the many activity packed summer camps near you. Learn new skills, make new friends, and build memories to last a lifetime

Wild Academy

Wild Academy has two summer programmes running for your little ones, one in Madinaty and one at Al Rehab Club. Jam-packed with fun activities, kids will have the chance to learn while they play, and interact in a safe environment.

Facebook: Wildacademyegypt

Tel: 010 327 32845

Facebook: Wild Academy for kids



Leap Egypt

Leap's Summer Camp is here — and this year, there's more to explore than ever before! Each week holds a brand-new surprise theme and thrilling challenges for your child to uncover.

For more information contact
Leap Egypt at: 66 Madinaty
Branch: 0114 911 1715

Instagram: @leapegypt

Facebook: Leap-Egypt



Wellspring

Charting a course through self-discovery and skill-building Wellspring is running summer camps at Marassi on the North Coast.

Arranged in three different age groups ranging between 4 and 12 years, kids can enjoy both day and overnight camps. From forging healthy relationships to pioneering through technology, each camp activity is a step in their journey. With expert guidance, campers will discover the joy in responsibility, the treasure in cultural appreciation, and the path to personal well-being.

www.wellspringegypt.com



Blooms Egypt

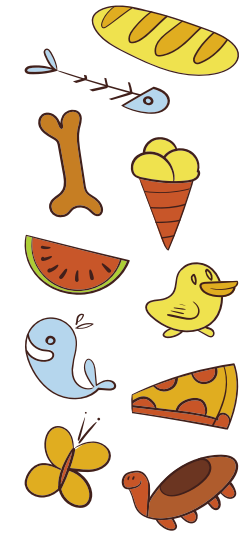
Blooms Egypt offers a selection of camps for different age groups, starting from 4 years. The rich programmes are carefully curated to meet the needs of each age, and combine learning with sports and physical activities, skills development, and entertainment and special events.

www.bloomsegypt.com

KIDS ZONE

FUN & PLAY

Find 10 Hidden Objects



ANSWER →



Dot to Dot



The Maze



ORION

كل ما تحتاجه في مكان واحد

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

- تنظيف المنزل
- أعمال السباكة
- أعمال النجارة
- أعمال الكهرباء
- الشحن والمدفوعات
- أعمال الرخام
- غسيل السيارات
- صيانة الأجهزة
- الأنظمة الذكية
- أعمال الزجاج
- التكييف والتبريد
- تنظيف الأثاث
- تصنيع الأخشاب
- أعمال السيراميك
- مكافحة الحشرات
- تركيبات الدش
- البرجولات والأسوار
- أعمال الألومنيال
- التشطيبات والتجديدات
- دهانات المنازل



الصيف علي الابواب وأورايون قدّام البيت!

جهّز بيتك للصيف مع خدمات أورايون



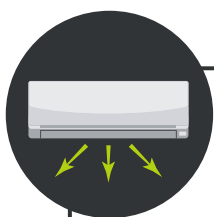
خدمة النظافة المنزلية

خدمة النظافة المنزلية: أورايون بتوفرك نظافة محترفة لكل المساحات في مدينتي والرحاب. بفريق من العاملات المصريات والسودانيات المدربات، والاسعار تبدأ من ٤٥٠ جنيه.



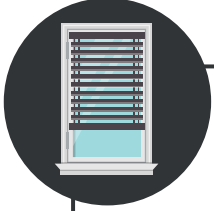
خدمة تنظيف الأثاث والمفروشات

تنظيف جميع أنواع الأثاث و المراتب و السجاد بأسعار تبدأ من ٢٥٠ جنيه. خدمة احترافية و سريعة، وكل قطعة في بيتك ترجع كأنها جديدة!



خدمات التكييف

بنوفرك صيانة دورية وتنظيف داخلي وخارجي وشحن فريون لجميع أنواع التكييفات علي يد فنيين متخصصين. كمان نقدر ننقلك التكييف من مكان لمكان او نركبه لو لسة جديد.



خدمة الألوميتال

بنصلح وبنصنع سلك الألوميتال حسب اختيارك. التنفيذ خلال ٣-٤ أيام والأسعار تبدأ من ١٥٠ جنيه للمتر.

خطوات الحجز من خلال تطبيق

TMGLife®

افتح «خدمات المدينة»
من القائمة الرئيسية.

افتح تطبيق TMG Life
على هاتفك



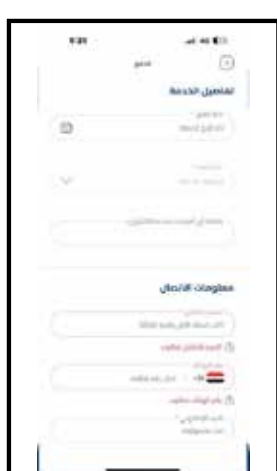
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اختر الموعد
المناسب

حدد نوع الخدمة
المطلوبة



٤



٣

أكد الطلب وانتظر فريق
أورايون في الموعد المحدد.



٥



TMGLife®



۱۰۰٪ لبن طبيعي
من مزرعة لمار



شحن عدادات الكهرباء بسهولة مع

TMG Life®

في إطار سعينا المستمر لتوفير أحدث الحلول التكنولوجية التي تضيف الراحة إلى حياتكم اليومية، يسعدنا أن نقدم لكم خدمة شحن عدادات الكهرباء باستخدام تطبيق المجتمعات TMG Life، وبالاعتماد على تقنية NFC المتطورة.



خدمة شحن عدادات الكهرباء هي واحدة من مميزات TMG Life لجعل إدارة استهلاك الكهرباء أكثر سهولة ومرونة. مع هذه الخدمة، يمكنكم شحن العدادات الذكية مباشرة من هواتفكم المحمولة، دون الحاجة إلى زيارة نقاط الشحن.

يمكنكم التعرف على الخطوات بالتفصيل عبر الصور التوضيحية المرفقة التي تبين كيفية استخدام التطبيق بكل سهولة ويسر.



الخطوة الثانية

- قراءة التعليمات
- قم بمراجعة الإرشادات، ثم اضغط على "x" في الزاوية العلوية اليمنى للمتابعة.

الخطوة الاولى

- افتح التطبيق
- اضغط علي شحن العدادات



الخطوة الثالثة

- اختار نوع العداد

الخطوة الرابعة

- يرجى وضع كارت الكهرباء على ظهر هاتفك و برجاء عدم ازالته حتي ظهور التفاصيل



الخطوة السادسة

- أدخل مبلغ الشحن المطلوب، ثم اضغط على «متابعة للدفع».
- ثم أدخل بيانات بطاقتك البنكية في صفحة الدفع الخاصة بالبنك لإتمام المعاملة بأمان.

الخطوة الخامسة

- تأكد من صحة بيانات الكارت الظاهرة على الشاشة واضغط على «إعادة شحن الكارت»



الخطوة السابعة

- سوف يظهر «تم الدفع بنجاح»
- بعد إتمام عملية الدفع، أعد مسح كارت الكهرباء باستخدام مستشعر NFC في هاتفك

الخطوة الثامنة

- لإعادة شحن العداد، ضع الكارت على العداد لتحميل الرصيد الجديد.
- ثم اضغط علي تم الشحن لعرض الایصال الخاص بك



الخطوة التاسعة

- سوف يظهر الایصال الخاص بك



حمل التطبيق الآن

TMG Life®

أول سمارة سيتي متكاملة



نور هي أول سمارة سيتي متكاملة الخدمات، تتمتع بموقعها الفريد أمام العاصمة الإدارية الجديدة، تُقام على مساحة ٥٠٠٠ فدان اشترك في تميمها كبرى الشركات العالمية SASAKI, SWA & PERKINS EASTMAN بالتعاون مع مجموعة بوسطن الاستشارية BCG لوضع رؤيتهم التفصيلية لتحقيق عالم تكنولوجيا يتلاقى بداخله التنوع السكني والتجانس الخدمي في مدينة هدفها ربط المستقبل بالتنمية والتطوير وثقافة الاستدامة وكذلك ربط متطلبات التكنولوجيا بالتجربة المعيشية الفريدة وهذا من أجل بناء مجتمع متكامل الخدمات نابض بالحياة.



صورة من الواقع



صورة من الواقع

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Nestled in one of the most sought-after stretches of Egypt's North Coast shorelines, SouthMED is more than a destination; it's a bold new vision in Mediterranean living. Inspired by the timeless charm of Santorini and the Amalfi Coast, SouthMED brings together natural beauty, architectural elegance, and world-class amenities to create a coastal escape like no other.

This expansive haven features exclusive residential communities, from beachfront villas with panoramic sea views to elegant marina apartments, lagoon chalets, and golf residences, each thoughtfully designed for luxury living and effortless escape.

SouthMED offers a lifestyle immersed in beauty and possibility. Spanning 8 kilometers of golden beaches and 107 kilometers of crystal-clear swimmable lagoons, the destination also boasts a 400-berth global marina, international-standard golf courses, luxury hotels, and vibrant theme parks. A spectacular 2.5-kilometer seafront promenade, lined with global dining and luxury retail, provides an unforgettable experience.



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