# City Life

by TMG

Issue No.07 - March 2024

## TALENTS BEHIND THE SCENES

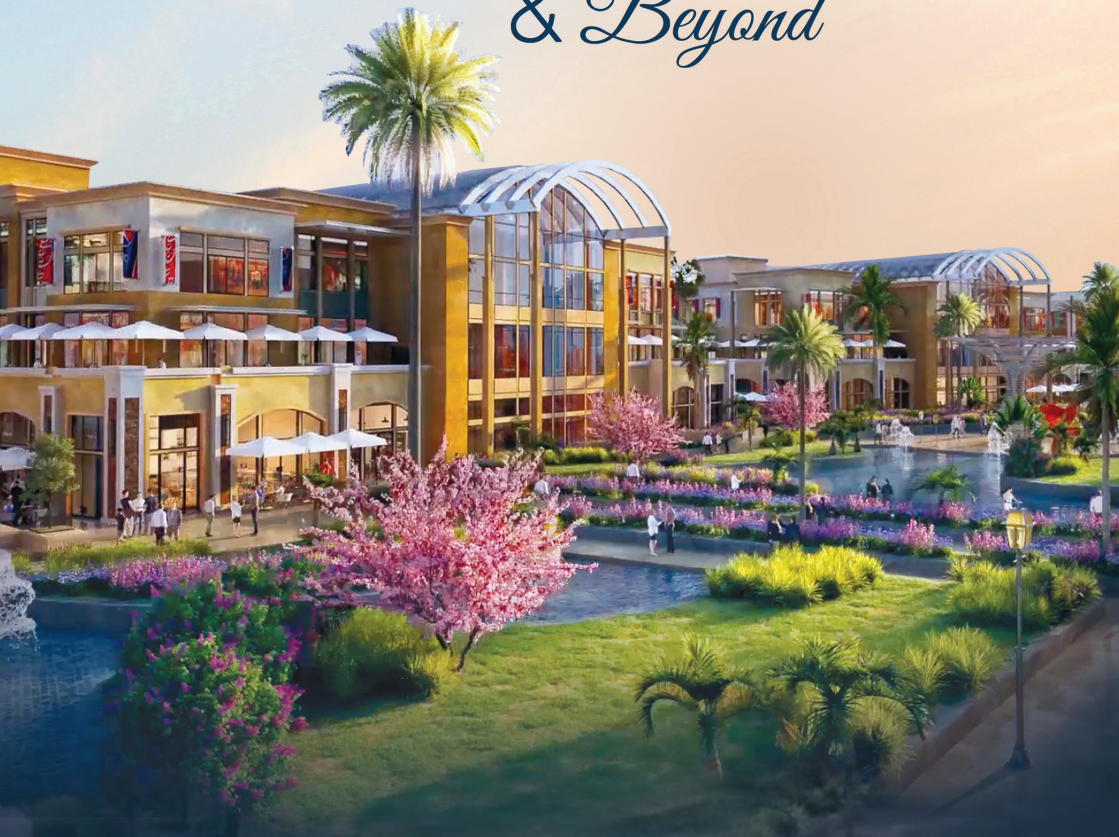
## DESTINATIONS TO DISCOVER

## CELEBRATING SPRING, RAMADAN, EID AND MOTHER'S DAY

نشرة دورية توزع داخل مدينتي و الرحاب مجانا

OPEN AIR Mall | Extension

# Expanding Magnificence & Beyond



Expanding the new phase of the renowned Open Air Mall, the new extension offers a sparkling and vibrant experience for visitors to indulge in shopping, entertainment, and culinary delights.

A remarkable phase comprising 18 buildings, It's a versatile mixed-use development designed to cater to a range of needs and preferences, including retail stores, banks, anchors, entertainment, and diverse food and beverage options, in addition to office spaces, clinics, and pharmacies, providing a conductive environment for business and health care professionals.

**A wide range of available spaces, starting from 11 sqm for retail shops up to 4186 sqm for anchors.**

PAYMENT PLANS UP TO **10** YEARS

TMG

Hotline: 19691 | www.talaatmoustafa.com

Open Air Mall

# City Life

As winter draws to a close and we embrace the beautiful days of spring, we look forward to special times with family, friends, and neighbours as we celebrate the Holy Month of Ramadan. We have faced challenges in recent times, but this is where our community spirit has shone through, reminding us that people are what matter, and how fortunate we really are. Our surroundings take on all the beauty of Ramadan, with lights and lanterns, there are so many lovely spots for us to enjoy, so make time to try as many as you can from our handy suggestions.

It's time to bring a true Ramadan mood into our homes, and the wonderfully crafted decorative items by talented designer Eman Essam are just what you need. We take a nostalgic look back at Ramadan traditions that have stood the test of time, as well as some that are an essential element of Ramadan today, including popular *mosalsalat*. We meet Eiad Saleh, scriptwriter for runaway success *El Hareefah*, and equally talented Karim Medhat to learn more about the work behind the scenes.

We thought it time to share more about TMG, and its impressive expansion. Deeply invested in developing Egypt across multiple fronts, we look at new acquisitions and projects. Our team also paid a visit to wonderful Lamar farm, to discover the secret of the success of its popular milk and juice products. For greenery and lush landscaping closer to home, we also take a peek at the many species of palm trees you can enjoy right at your doorstep.

With Olympic season just around the corner, we put the spotlight on our superb sporting and training academies, where tomorrow's young champions already have their eyes set on future gold. Taking place in beautiful Paris, the event triggers our wanderlust, making it a perfect time to chat with travel guru, Omnia Afify about her tailored programs to exciting destinations.

We also send our heartfelt wishes to all mothers amongst us as we recognize their important role on Mother's Day. This is a wonderful chance to celebrate not only mothers, but the girls and women of all ages who bring light and happiness to our community, including two of our longstanding residents who share their stories with us. As you browse through our pages you will find exciting fashions from local designers, mouth-watering recipes, and a host of other informative articles.

***City Life*** shares important TMG achievements and community news, and showcases the success of the many departments within the TMG community. Brought to you by our Community Marketing Department, this quarterly publication keeps you connected. Created for our diverse, multinational TMG communities, ***City Life*** is available in print and online to entertain and inform you. Wishing you all Ramadan Kareem, and Eid Mubarak!

*City Life Team*

**Citylife@tmg.com.eg**

**TMG City Life** **TMGCityLife**

# CONTENTS

MARCH 2024


FEATURE:

**Eiad Saleh. Writer, Director and Producer**

**Karim Medhat: Behind the Scenes**

FASHION & BEAUTY:

**Spring Fashion Trends**

**Ramadan Comfort with Style**

**6 Best Exfoliators**

MEET OUR COMMUNITY:

**Debbie Senters**

**Dr. Amal Afify**

TMG:

**TMG – Delivering Excellence!**

**Lamar, Straight From The Farm**

**Community Events**

**MGC News**

WELLBEING:

**Juice it Up! Cleanse and Detox**

**Reduce Your Stress with a Community Lifestyle**

FEATURE:

**Women Born to Achieve**

**Mother's Day**

SPORTS & ACTIVITIES:
**Creating Our Future Champions**

MEN ZONE:
**Tech on the Horizon**
**Can You Keep Up?**

SPOTLIGHT:
**Our Precious Palm Trees**
**What's New at All Seasons Park**
**Medical Services Close to You**

**Ramadan in TMG Communities**

TRAVEL:
**Omnia Afify: Defying Stereotypes**

GEN Z:
**Horse Sense**
**Friendship and Bonding**
**Create Your Unique Ramadan Lantern**
**Having Family Fun in Ramadan**

**City Hall News**
**Ramadan Mosque Guide**

By: TMG Community MKTG & **CairoWest**

# Eiad Saleh

## Writer, Director and Producer

Multi-talented Eiad Saleh has contributed his inspiration to the industry since 2005 in various roles. As assistant director in films, as a director and producer of documentary films, as writer and creative director of TV shows, as well as scriptwriter of drama series.

Known for popular shows *Sahraneen* and *Sahibat Al-Sa'Ada* as writer and creative director, his latest work as a scriptwriter is the drama series *Qari'at Al-Fingan*. Now, in his role as scriptwriter, his work *Al Hareefa* has become a box office favourite.

**When did you have your first inkling that your future might lie in writing and cinema?**

It all began when I was a little kid. I had a big imagination, and my dream was to one day be an astronaut, but I never pursued that. When I was 12 years old, I started writing for a kids' magazine called *Megalet Samir*. There was a section for young kids to write articles, conduct interviews, and act like journalists. Maybe this is what sparked my interest in writing. Later I went on to study journalism, and I also took part in theater during my studies. This was when I became certain that I wanted to work in the cinema industry, specifically as a screenwriter and director. It marked the beginning of my journey in this creative world.

**Were there any particular books and films that made an impact on you in your earlier years?**

A movie that had a big effect on me when I was younger is *Forrest Gump*. Tom Hanks played the main character, and it surprised me. The whole time I was watching, I felt like, "Wow, I love this movie." It really influenced me, and I think it's one of the movies that made me fall in love with cinema. As for books, I used to love *Malaf El Mostakbal* by Nabil Farouk. Later, of course, I also enjoyed works by Naguib Mahfouz, but that was when I grew up a bit, not when I was younger.

**Did you anticipate the great response to your latest film, *El Hareefah*?**

I could never have anticipated the immense success the film *El Hareefa* achieved on such a large scale, becoming a box office hit. Perhaps it's because I've been in this industry for a long time, and I understand that various circumstances can influence the success of a movie. Part of it involves having a major celebrity to drive box office sales or be the standout element of the film. While I knew we had created something great, I was still surprised by the magnitude of success the movie achieved.

**How did you come up with the storyline?**

The idea for the film *El Hareefa* came to me during a discussion with Tarek El Ganainy, the producer. We were talking about the lack of movies centered around sports and teenagers. That's when the concept formed in my mind. Instead of portraying a simple teenager who achieves success, I wanted to explore the opposite trajectory – a teenager who starts with everything, loses it, and strives to regain it, reflecting on past successes. The inspiration for this idea may have stemmed from my own experiences during my school days, the people I encountered, and the life I led at school, including the football matches we played in the streets. Incorporating these personal details enhances the storytelling and helps the audience connect with the narrative.

**Would you agree that its success is attributable to a fortuitous mix of a great script and concept, in the hands of the right director, and well-chosen young talent?**

Of course, I agree that a significant factor contributing to the film's success is a well-crafted script, a skilled writer, a dedicated group of hardworking actors, and a producer who pays attention to all the details. A good editor also plays a crucial role; success is indeed a blend of all these elements working together. An essential aspect of the film is that, despite the actors being young and some lacking experience, with some even acting for the first time, the behind-the-camera crew, technicians, and everyone involved in the production were highly professional, experienced, and exceptionally talented. This collective expertise and dedication are what led to our tremendous success.

**Do you like to push the envelope and take on controversial or challenging themes, or do you aim for easily relatable material that will flow with societal norms?**

I like writing different things, and maybe contrary to what people used to advise me – that I have to choose a specific genre or theme to distinguish myself – I never believed in that. I always believed in writing novels and stories, and maybe that's why the first series I wrote was *Kore2et el Fengal*, a horror series. Then I did a romantic comedy for Hannah El Zahed called *Oulil Ahmed*. After that, I wrote a military action series called *El Katiba 101*, and lastly, *El Hareefa*. So, most of the time, I like changing and telling real stories.

**Are there topics you would you like to address in the future, as a screenwriter and director?**

If there are topics I'm interested in presenting, they would be related to my memories, to the place I lived in – Egypt, the people I met throughout my life and the stories I heard. I believe that writing is a way to stick to what I know, what I lived, and what I saw. Therefore, the topics I'm interested in presenting are always real, but presented in a cinematic way.

**You have worked alongside many talented actors in the course of your career. Who have you been inspired by?**

The actor who most inspired me would be Nour El Sherif. I worked with him as an assistant director in the series *El Daly*. May he rest in peace; he was a great actor. What differentiated him was his interest in teaching people working on his projects, talking to them, explaining, and giving advice. I really learned a lot from him, and to this day, I remember his teachings when working. He had a significant impact on the lives of many artists, whether behind the camera or in front of it. He was a true legend.

**What are you most looking forward to about living in TMG's new community Privado?**

I'm very excited to move to Privado. I think the calm environment that distinguishes Madinaty is something I need in my life. After years of living in Mohandessin, which is very crowded and noisy, I feel like I want to go to a calm environment where everything is accessible and close to me. The thing that convinced me the most to move is the future. I feel like the future is in Madinaty, for me and my family.

**Quick-fire round**

- **Most creative time of day?** Night
- **Comfort food?** Grilled beef liver
- **Music on your playlist today?** Marwan Pablo
- **Best advice received?** It's not about how hard you hit. It's about how hard you can get hit and keep moving forward
- **Sporty or more laid back?** Laid back
- **Favourite weekend getaway?** Sunny beach
- **Social butterfly or reclusive?** 50/50

# SPRING FASHION TRENDS *Women*

Fringes Kimono in Lime Green - **TAJ SISTERS**

Micro Dome - **OKHTEIN**

The Zekra Bomber - **AMINAK**

Croco Embossed Leather Bag **- GEORGES SARA & CO**

Limited Edition (Egypt's 27's stamps) Puffer Coat **- WINJI DESIGNS**

Zipped Jacket/Vest - **NOTFOUNDCO**

Polka Palm Shirt - **MAMZI**

Puffer V2 Jacket - **MAWLAH**

Fully Embroidered Fellahy Shawl **- NEVIN ALTMANN**

## gen Z

Paisley Sweatshirt **- SARA ELEMARY**

Patchwork Extra Flared Jeans - **SARA ELEMARY**

Peace Tee - **BLACK EDITION**

Mini Frillu Dress White - **SHOP FUFA**

# SPRING FASHION TRENDS

## Men

Paramount Hoodie
**-ORDINARY PRODUCT**

Printed Hoodie With an Adjustable Hood
**-PSYCH**

666 Hoodie - **MZACO**

Olives in Solidarity Tee - **THE SAHARA COLLECTION**

Cerrado **-ZEE**

## gen Z

Knitted Hoodie
**-PSYCH**

Oversized Hoodie **-SHOP DECKED OUT**



Chunky-Shoes **-ZEE**

# RAMADAN
## COMFORT WITH *Style*

Traditional Egyptian Black Abaya - **TAWASOL**

Brown Hues Indian Satin Kimono - **GETPALMA**

Taraz Black Modest Dress - **SECOND CHANCE**

Modern Paisley Kimono - **OPIO**

Black Marrakech Kaftan - **KAFTAN**

Hand-Beaded Sequined Abaya - **TAWASOL**

Beige Siwa Embroidered Handwoven Linen Cardigan - **JOZEE BOUTIQUE**

Pompoms Cafe Linen Dress - **AB WOMEN WEAR**

# 6 Best Exfoliators

Warmer weather is just around the corner, so it's time to get buffed. Get busy with our pick of facial and body exfoliators to glow your way into a great spring and summer.

## 1 CANDY-INFUSED LIP SCRUB- ESSENTIALS

Containing natural oils to add moisture and softness to your lips, this luscious scrub has small granules that exfoliate away dead skin cells in soft areas.

## 2 GREEN COFFEE FACE AND BODY SCRUB - ESSENTIALS

Antioxidant-rich green coffee granules help to purify and balance skin by washing away toxins and impurities.

## 3 GENTLE FACE SCRUB WITH ROSE - NEFERTARI

The luxurious blend of ground almonds, oatmeal, milk and powdered rose petals in this face scrub cleans your skin and leaves it silky soft.

## 4 EXFOLIATING FACIAL WASH ENRICHED WITH HONEY - EVA

Uniquely formulated with honey to effectively cleanse and rejuvenate your skin, Eva Exfoliating Facial Wash is a mild soap-free scrub with exfoliating particles.

## 5 ACNE PRONE SKIN FACIAL SCRUB - EVA

This scrub provides micro-particles for gentle exfoliation to effectively eliminate excess oil and minimize the appearance of blemishes and blackheads. Gentle but powerful, this formula works to reveal smoother and more radiant skin.

## 6 VANILLA COFFEE SCRUB – SMACK THAT SCRUB

Exfoliate away dead, flaky skin and stimulate blood flow to help regenerate, firm and tighten with this powerful combo of coffee grounds, sea salt, coconut oil, olive oil, green coffee oil, jojoba oil, avocado oil, wheat germ oil, vitamin E, frankincense and lemon essential oils.

# 4 Detox Juices to Cleanse & Energize

Pack in some vitamins! Go low on sugar- heavy fruit and make the most of colourful vegetables.

## CELERY, GINGER, CUCUMBER AND APPLE JUICE

Small head of celery, without leaves

One large sweet apple, cored and diced

One large green apple, cored and diced

1 cm fresh ginger, peeled

Fresh herbs like basil, mint and coriander

Small cucumber, chopped

Pinch of cinnamon

Squeeze of lime juice

Clean the celery well, chop and juice with other ingredients. Makes two servings.

**Nutrition and health benefits:** It's hydrating, anti-inflammatory, antibacterial, antioxidant-rich, and could potentially reduce gut inflammation, improve digestion, and improve symptoms of arthritis, and cardiovascular disease.

## BEETROOT AND CARROT JUICE

1 beetroot, peeled and diced

2 carrots, peeled and diced

3 stalks celery, cleaned and chopped

½ lemon, juiced

1 cm ginger, peeled

1 green apple, diced

Juice all ingredients together.

**Nutrition and health benefits:** Carrots contain a good amount of beta-carotene (vitamin A) and beetroot is densely packed with antioxidants, and is a natural source of nitrates, which may help lower blood pressure. The juice is also said to have anti-carcinogenic properties and anti-inflammatory action, as well as supporting liver health and detoxification processes.

## GINGER ZINGER

2 stalks celery, cleaned and chopped

½ cucumber, diced

1½ cm ginger, peeled

½ cup parsley

½ lemon, juiced

1 green apple, cored and diced

2 cups spinach, washed and chopped

**Nutrition and health benefits:** Loaded with nutrients and antioxidants, spinach may benefit eye health, reduce oxidative stress, help prevent cancer, and reduce blood pressure levels.

Ginger offers numerous health benefits due to its anti-inflammatory, anti-nausea, and other properties. It may help with weight loss, manage arthritis, reduce menstrual symptoms, and more.

## TURMERIC TONIC

2 cm fresh turmeric

4 carrots, peeled and diced

1 cm fresh ginger, peeled

1 orange, juiced

½ lemon, juiced

3 stalks celery

**Nutrition and health benefits:** Turmeric is known to reduce Inflammation, assist with degenerative eye conditions, help the metabolism, and relieve arthritis. It is also said to reduce cholesterol, improve kidney health and reduce anxiety. It is a great juice to reduce muscle soreness after a workout.

**Fresh juice is best consumed immediately to absorb the maximum amount of vitamins, minerals, and active enzymes before oxidization breaks them down.**

**Check with your GP for any personal contraindications before making juices a regular part of your diet.**

# TMG – DELIVERING EXCELLENCE!

Firmly on the map as a leading name in real estate and hospitality development, Talaat Moustafa Group boasts an exceptional track record in its development of landmark residential cities with vibrant communities, luxury hotels, and idyllic resorts supported by impressive amenities. Drawing on its over 50 years of experience, TMG successfully delivers world-class experiences throughout its diverse portfolio of assets, month by month, year after year.

MADINATY, NEW CAIRO

With an accumulated footprint of more than 84 million sqm of landbank, TMG is adding to its portfolio in Egypt and regionally to reinforce its standing as an industry leader with the acumen to deliver world-class developments across all real estate asset classes. With its finger on the pulse of regional development, TMG excels at strategically implementing expansion plans within Egypt and neighboring countries.

At the forefront of integrated development, TMG has shown its sharp vision and capabilities by driving Egypt's urban development, creating benchmarks and pioneering sustainable projects, setting a path for the real estate development industry to emulate.

Indisputably leading the industry and setting trends, TMG stands as an example of Egyptian companies taking an ethical responsibility for ecological sustainability and a green economy, without compromising on the demands of a growing real estate industry.

Landmark projects incorporating the best elements of environmentally friendly cities, exemplified by Madinaty as a current model, and Noor City as the city of the future, blending cutting-edge infrastructures with utilization of multiple smart systems and sustainable green features, encompass public spaces, residential, commercial, and administrative buildings.

NOOR, CAPITAL GARDENS

## HOLISTIC APPROACH

In tune with the lifestyle needs of today, TMG's development philosophy seeks to meet and surpass expectations through the development of its residential communities, elevating them into self-sustained compounds and cities with integrated services and facilities while offering a variety of unit spaces and types able to accommodate a wide range of social groups and customer preferences. TMG seamlessly meets the essentials for a better quality of living by merging all development pillars together to achieve the highest levels of integration, creating real, full-fledged communities.

TMG cities and communities integrate all the services and facilities needed for a balanced, fulfilling lifestyle, including sports and social clubs, medical and educational services, commercial and entertainment facilities and amenities to cover their day-to-day needs, in close proximity to their homes.

Concurrently, TMG Retail is continuously growing on the back of an aggressive expansion strategy, with a huge commercial portfolio from super regional malls, to strip malls and community hubs, positioning itself as a pioneer in the retail industry with a portfolio of around 400k square meters of prime retail BUA.

Today, more than a million people live better lives at TMG properties.

OPEN AIR MALL, MADINATY

## DEVELOPING HOSPITALITY LANDMARKS

Recognizing Egypt's position as a major destination for both global and local tourism, TMG's strategy is geared to business line diversification. Looking beyond restricting development merely to urban communities, it has expanded to include tourism development and hospitality services through numerous successful tourism projects that have raised the standard of services and hotel amenities in Egypt.

FOUR SEASONS SHARM EL SHEIKH

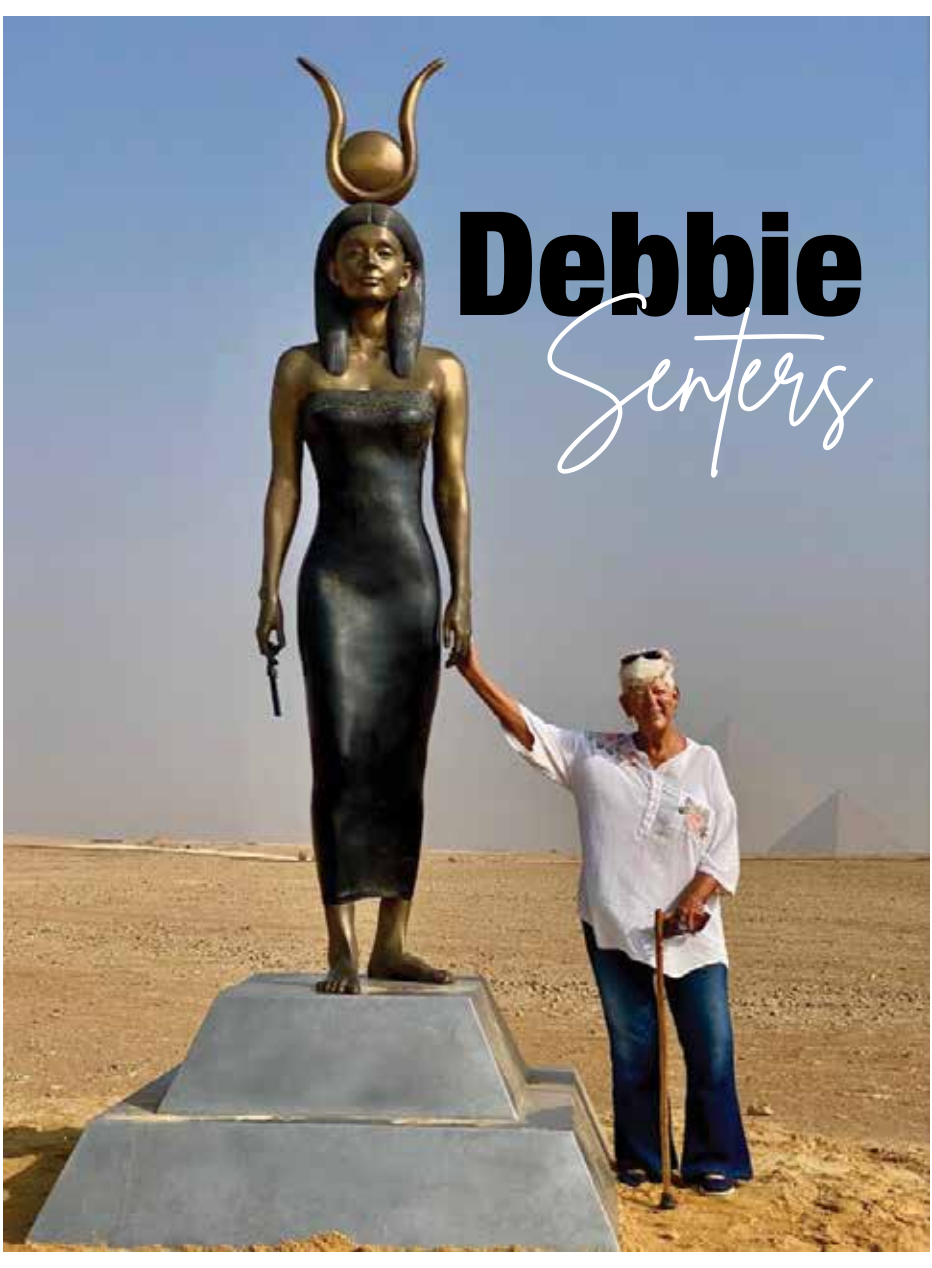
TMG selected the world-renowned Four Seasons brand to manage three of its current prestigious hospitality properties: Four Seasons Sharm El Sheikh Resort, Four Seasons Nile Plaza in Cairo, and Four Seasons San Stefano in Alexandria, with further hospitality projects under development, Four Seasons Cairo Capital at Madinaty, and Four Seasons Luxor. In addition to owning the luxurious boutique hotel Kempinski Nile Hotel, TMG has also introduced branded residences in prime locations across Egypt, embodied in Four Seasons Sharm El Sheikh Resort, Four Seasons Nile Plaza, Cairo, Four Seasons San Stefano, Alexandria, and Four Seasons Cairo Capital at Madinaty.

FOUR SEASONS CAIRO AT NILE PLAZA

Recently, TMG expanded its hospitality portfolio to include seven distinctive historical hotels in Cairo, Alexandria, Luxor, and Aswan. The company plans to develop and manage these properties and improve the quality of services offered to align with these hotels' historical significance and their positioning as a tourism destination, these legendary hotels are Sofitel Old Cataract Aswan, Mövenpick Resort Aswan, Sofitel Winter Palace Luxor, Steigenberger Hotel Tahrir, Steigenberger Cecil Hotel Alexandria, Marriott Mena House Cairo, and Marriott Omar Khayyam Zamalek.

With never-ending success stories, TMG intends to expand regionally and globally with quality projects bringing its successful model from Egypt to other markets.

FOUR SEASONS NEW CAIRO CAPITAL AT MADINATY



# Debbie Senters

A longstanding resident of Madinaty, American Debbie Senters moved to Egypt in 1998, and hasn't looked back. Now, completely at home here, she enjoys the company of friends from all over the world, and loves the Madinaty lifestyle.

**Debbie, what inspired you to move to Egypt?**

My older sister moved to Egypt in 1992 to work for a USAID project and five years later I came as a tourist to visit her and see Egypt for the first time. She loved Egypt and was showing it to me through her eyes, which sold me on the idea of trying something new for myself as well. I moved to Heliopolis in 1998, found work in my field in the construction business, rented a flat, and have been here ever since. Having a sister here to answer my questions about everything and to guide me along the way made things much easier than it might have been.

**How long have you lived in Madinaty, and what attracted you to the location?**

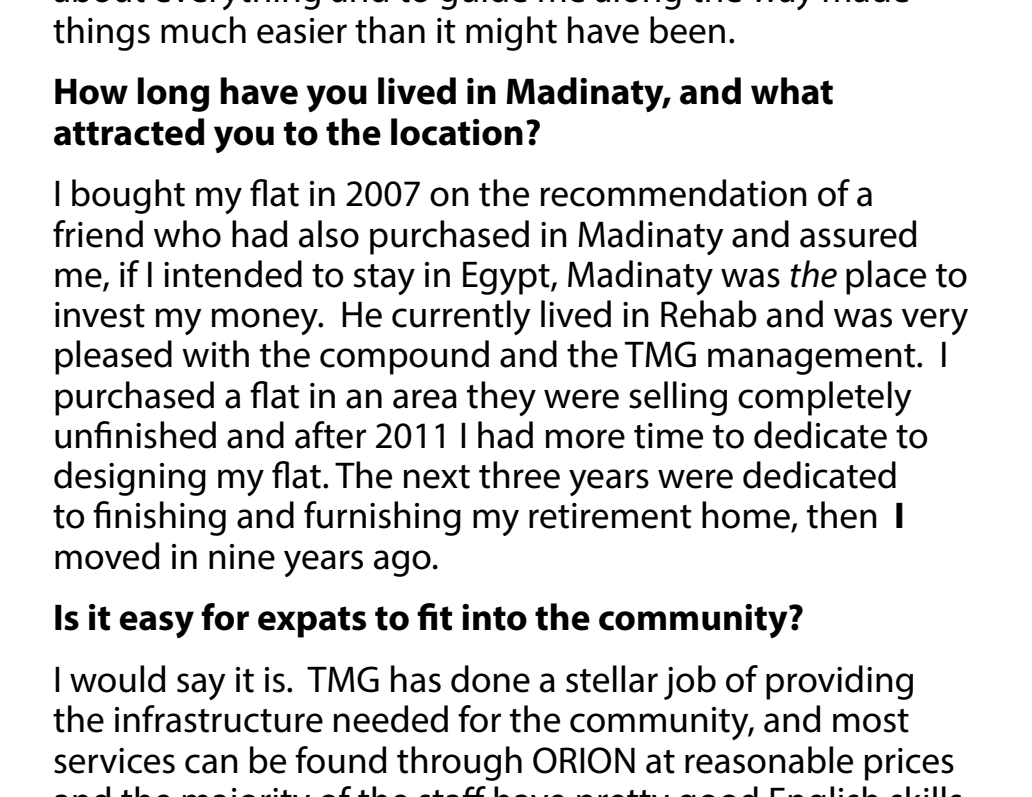
I bought my flat in 2007 on the recommendation of a friend who had also purchased in Madinaty and assured me, if I intended to stay in Egypt, Madinaty was *the* place to invest my money. He currently lived in Rehab and was very pleased with the compound and the TMG management. I purchased a flat in an area they were selling completely unfinished and after 2011 I had more time to dedicate to designing my flat. The next three years were dedicated to finishing and furnishing my retirement home, then **I** moved in nine years ago.

**Is it easy for expats to fit into the community?**

I would say it is. TMG has done a stellar job of providing the infrastructure needed for the community, and most services can be found through ORION at reasonable prices and the majority of the staff have pretty good English skills, which is important for foreigners here. There is still room for improvement, but it's workable now.

**Are there local activities and social media groups for expats to help them meet people?**

The only activity I have attended was a promo for the Golf Club. It was amazing and I hope they do more similar events. Social media is meeting a need. I am one of the admin for the Facebook group Expats in Madinaty. It's a useful group for asking questions about services, where to buy this or that, and meeting like-minded people. It is only open to expats, and we do not allow advertising for commercial or personal gain on it. On occasion we have asked City Hall to give us updates about Madinaty in English so we can let our membership, who can't read the Arabic websites, know what is new and interesting. And now *City Life* keeps us updated on life in Al Rehab and Madinaty in English as well. There are also various WhatsApp groups foreigners can join to keep in touch with each other and make friends.



**What tips would you give expats moving to Egypt that would help them to integrate with the community and the lifestyle?**

Network, network, network. Join social media groups or clubs that are based on some of your interests. When I first came, my sister introduced me to the Cairo Hash House Harriers. This is a running and hiking club that meets every week for a run or hike, and a little refreshment. This was my tribe and I learned loads from them through my years here. Perhaps cycling, music, reading, art or anything else is your activity. I'm sure you can find other people to share your interest. Besides meeting other foreigners, be sure to make friends with your Egyptian neighbours, whom you will find lovely and super helpful.

**Do family and friends come to visit you here?**

I have not had too many come to visit over the 25 years I've been here. I'm still hopeful though. One of the things I love about Egypt though is its proximity to Europe, which has allowed me to meet friends in different countries for a holiday.

**What work did you do?**

When I first moved to Egypt I found work with aluminium and glass subcontractors working on large projects. That lasted a year, but my lack of Arabic language made it more difficult than I was prepared for. I left that line of work and started a private business coordinating tours for foreigners until 2011, when I decided it was time to consider retirement.

**Do you have hobbies and interests to fill your time?**

My time is filled with meeting up with friends in Madinaty at my flat, or having breakfast or lunch with the ladies at any number of local restaurants. Three days a week I try to wake up and get over to the Sporting Club for my 12 lap swim and to meet my buddies who do the same each morning. And, every Wednesday is the local ladies coffee club day in Heliopolis, Rehab or Madinaty.

**What makes Madinaty such a good location for you?**

I lived for several years in Heliopolis, but when the time came for me to face the fact that I wanted to retire, I preferred to be somewhere quieter and cleaner, where I felt safe and could feel comfortable to live my lifestyle. Madinaty offers me all of that, and a plethora of goods and services are available within our compound, so I really would never need to leave. And, as I love to swim, having access to a good pool that is available year round is priceless to me.

**Would you recommend it for other expat families and singles, and why?**

If you want peace and quiet and green spaces, it is a very good choice. If you're single and looking for the nightlife of Cairo, maybe it isn't your best bet, but having said that, if you are a teacher, working in New Cairo, being close to your work might be best and with the new Suez highway and Uber, it's absolutely doable to have both.

# DR. AMAL AFIFY
## *Enabling Our Youth*

Long-time resident of Al Rehab, and dedicated education professional, Dr. Amal Afify has played an important role in the development of many children and teenagers in Al Rehab, Madinaty, and the neighbouring areas. She shared her passion and vision with us in a recent chat.

**How long have you been a resident of Al Rehab?**

I have lived in Al Rehab for nearly 21 years, since 2003.

**What first attracted you to the area, and what do you enjoy most about the lifestyle?**

I was drawn to Al Rehab by the quietness of the city and the planning and location of the markets at a comfortable distance from the residential areas. I love to walk in the calm, uncrowded atmosphere and pure environment, especially as I am a quiet person by nature.

**What do you enjoy most about working with children and teenagers?**

Honestly, what I have enjoyed most over these many years is improving their communication skills, and helping them build confidence. This helps in developing the necessary skills that enable them to receive and process information correctly.

**Please tell us how you developed your interest in child development and what studies you pursued.**

I have been working with children and teenagers since 1998. I hold a master's degree and doctorate in strategic planning and am also a certified trainer from UNESCO in Egypt. I have taken many courses in positive education as well. In addition to this, I am a training consultant to the General Syndicate of Human Development Trainers at Ain Shams University, and a certified personal skills development trainer specialising in children and teenagers.

**Are you involved in any organisations or groups supporting children?**

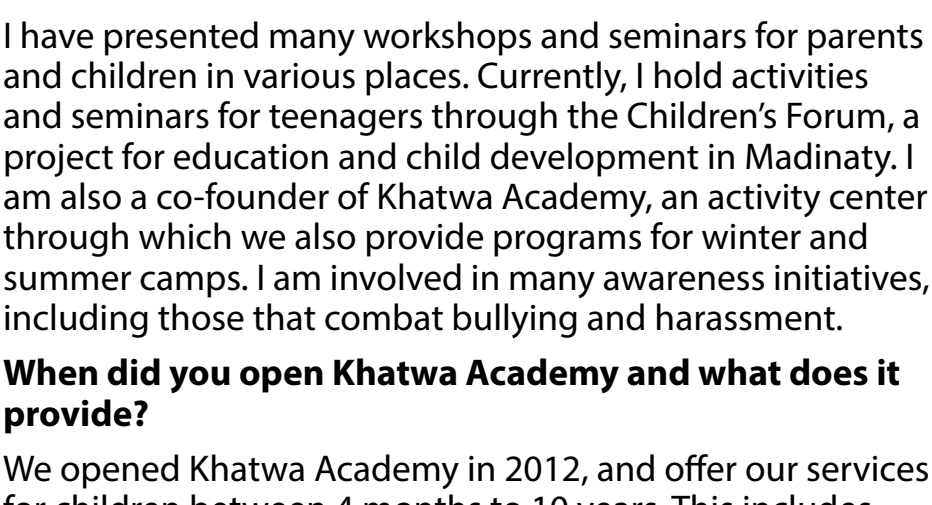
I have presented many workshops and seminars for parents and children in various places. Currently, I hold activities and seminars for teenagers through the Children's Forum, a project for education and child development in Madinaty. I am also a co-founder of Khatwa Academy, an activity center through which we also provide programs for winter and summer camps. I am involved in many awareness initiatives, including those that combat bullying and harassment.

**When did you open Khatwa Academy and what does it provide?**

We opened Khatwa Academy in 2012, and offer our services for children between 4 months to 10 years. This includes day care, and an academic curriculum and after-school educational activities based program. We focus on the child's psychology, etiquette and behaviour, and social relationships, as well as the academic aspects so that the child can pass the school interviews for national and international schools. We also offer medical supervision through specialized doctors and provide healthy, well-balanced meals throughout the day.

**Do you arrange other activities and events for children?**

I organise summer and winter camps, with scouting, horseback riding and educational excursions, as well as 'fundays', art days, and workshops through the Children's Forum in Madinaty. Our after school activities offer developmental activities, and cover time management, savings skills, effective communication, anger management, self-expression through writing, and the importance of sharing.



**What advice would you offer young parents in creating a well-balanced life for their children?**

Through my many years of dealing with children and teenagers I have found that the most important needs to be taken into consideration are to let children and teenagers feel important, and to improve their independence and decision making from a young age. It is important to respect the child's personality, and praise him or her. A balanced life involves a healthy balance of psychological, spiritual, educational, physical and social aspects. Importantly, raise your child with lots of love, so he or she feels secure in expressing feelings, thoughts, and emotional needs freely.

**What do you consider the most important elements of early learning?**

Self-expression is a very important factor for a healthy personality. A child must be in an environment where he or she can express their feelings. They also must develop respect, and learn to be good listeners.

**What makes Al Rehab such a great place for raising a family?**

Security is very important, and this is a key advantage in Al Rehab and Madinaty. Parents can feel comfortable with their children and teens moving safely around in the community.

# Women Born to Achieve

Throughout Egypt's rich history there have been many remarkable women who have made their mark. Their notable achievements span across aviation, science, medicine, politics, and the environment. While there are so many deserving of recognition, we feel the women mentioned below will serve as an inspiration.

## Lotfia Elnadi

Lotfia Elnadi was born on 29th of October 1907 into an upper-class family in Cairo and made her name as an Egyptian aviator. She was the first Egyptian woman as well as the first woman from the Arab world and Africa to earn a pilot's license. She read an article about a flying school which had just opened in Cairo and, despite her father's objections, decided to enrol. As Elnadi had no way to pay for the flying lessons, she worked as the secretary and telephone operator for the flying school in exchange for her tuition.

On 19 December 1933, Elnadi flew in the international race between Cairo and Alexandria. Flying at speeds averaging 100 miles per hour, she steered her single-engine plane to the finish-line before any of the other competitors. She received a prize of £E200 and the congratulations of King Fouad for her attempt.

## Rawya Ateya

Born in Giza Governorate on the 19th of April 1926, Rawya Ateya was an Egyptian woman who became the first female parliamentarian in the Arab world in 1957. She obtained several university degrees in various fields before becoming the first woman to be commissioned as an officer in the Liberation Army, where she played an active role in the Suez War. She took her seat in the National Assembly on 14th of July 1957, after receiving 110,807 votes in her constituency. During her time in Parliament, she was a vocal champion of women's rights.

## Sameera Moussa

Sameera Moussa was born in Gharbia Governorate in 1917, and grew up to become the first female Egyptian nuclear physicist. The first woman to work at Cairo University, and the first to have obtained a PhD in atomic radiation, she hoped her work would one day lead to affordable medical treatments and the peaceful use of atomic energy. She organized the Atomic Energy for Peace Conference and sponsored a call that set an international conference under the banner "Atoms for Peace." The conference made a number of recommendations for setting up a committee to protect against nuclear hazards, for which she strongly advocated.

## Leela Hazzah

Leela Hazzah, recipient of the "Young Women Conservation Biology Award" from the Society for Conservation Biology, has also received several other awards. She is an Egyptian conservation biologist who grew up in Egypt, and completed her undergraduate and graduate degrees in the United States and now works in Kenya and Tanzania, In 2007, Hazzah founded Lion Guardians, which works to protect lions in East Africa along with the indigenous Maasai people, as full-time lion protectors.

## Nevin Darwish

Breaking barriers and making history as Egypt first female captain on the world's largest aircraft, the A380, Nevin Darwish serves as an inspiration to others to follow their dreams. Now her daughter Perihan El-Badrawy has followed in her footsteps, making airline history by becoming the first non-American mother-daughter duo to operate on the same fleet.

# Mother's Day

## Gifts with a Difference

Show some heartfelt love with a well-chosen gift that is sure to bring smile to the face of any mum.

**Agate Slice & Turquoise on a Genuine Suede Leather Necklace – MOUSHA'Z**

moushaz.net

Crafted from natural Egyptian cotton canvas, the Oasis bag features a silkscreen print inspired by Islamic tile art and a colourful pompom and comes fully lined with waterproof material.

egypt.malaikalinens.com

**Calligraphy Bangle with Semi-precious Stones – AZZA FAHMY**

18 Kt Gold and Sterling Silver stackable classic bangle adorned with calligraphy and semi-precious stones.

www.azzafahmy.com

**The Tunisia Espresso Cup & Saucer Set In a Box –MAWD**

Six dainty espresso coffee cups and saucers in an elegant gift box.

mawdegypt.com

**Hand-beaded Fairouz Stone Infinity Clutch – TAWASOL**

tawasolegypt.org

Plant pot in stainless steel with stand. Measuring 17 cm in diameter with a height, including stand, of 20 cm.

eg.hm.com

**YSL Libre Intense Eau de Partum - MAZAYA**

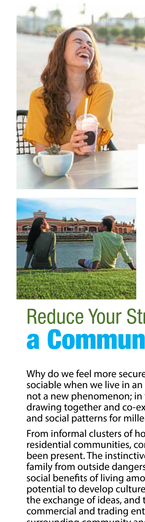
With key notes of lavender essence, orange blossom, orchid and warm vanilla.

mazaya.eg

**The (Extra Warm) Faux Fur Blanket Throw – MAWD**

Luxuriously cosy, a faux fur blanket throw with a beautiful red velvet lining.

mawdegypt.com



# Reduce Your Stress with **a Community Lifestyle**

Why do we feel more secure, more protected, and more sociable when we live in an established community? It's not a new phenomenon; in fact, the practicality of people drawing together and co-existing has shaped our history and social patterns for millennia, across the globe.

From informal clusters of homes to high-functioning residential communities, common factors have always been present. The instinctive need to protect home and family from outside dangers, the companionship and social benefits of living amongst like-minded peers, the potential to develop culture and encourage learning with the exchange of ideas, and the opportunity to establish commercial and trading enterprises to support the surrounding community and increase prosperity.

Although combining these essential elements, today's communities are a far cry from early tribal villages. People seeking to escape a stress-laden, hectic urban life are increasingly seeking out locations with a holistic balance between well-planned housing options, generous areas of natural greenery and harmonious landscaping, along with well-considered amenities and activities. Mixing nationalities, young families to retirees, all with a diversity of interests, gated communities continue to evolve, and provide a stimulating social canvas that enriches our lives.

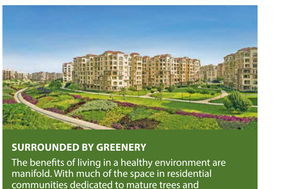
**Communities** continue to **evolve**, and provide a **stimulating social canvas** that enriches **our lives**

## SAY GOODBYE TO ROAD RAGE

How many times have you come home grinding your teeth after battling traffic and urban congestion for hours? Think how that irritation affects your mood and interaction with your family and friends. Today's communities are designed with well thought out traffic flow and accessibility to main highways that enable residents to commute and link to main urban centres and key destinations with maximum efficiency. Internal roads and pathways throughout the communities are laid out to facilitate easy access to shopping, dining, sports clubs, medical centers and services, leaving residents ample time to socialize, relax, and enjoy fitness and wellbeing activities.

## MAINTAINING TIES

Having the flexibility of multiple types of housing within one development allows you to move to a more suitable space as the years go by without giving up the friends, surroundings and lifestyle you are accustomed to. From smaller apartments to spacious villas, and everything in between, singles, young couples, retirees, and growing families can easily find their perfect home within an established community, reducing any anxiety about facing disruption and loss of an enjoyable routine.



## SURROUNDED BY GREENERY

The benefits of living in a healthy environment are manifold. With much of the space in residential communities dedicated to mature trees and harmonious landscaping, and professional arborists and gardeners to ensure that the environment stays pristine and welcoming, you can boost your endorphin and serotonin levels just by getting out there for healthy activities, community events, and gentle relaxation.

## LEISURE AND SPORTS RIGHT ON YOUR DOORSTEP

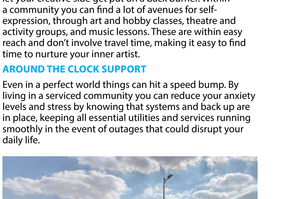
According to the Association of Applied Sport Psychology, by engaging in regular exercise you can improve your mood and approach to life. Making it easy to maintain a great lifestyle balance, sports clubs in residential communities offer coaching and sports and leisure facilities tailor-made to appeal to all family members. An added bonus is the opportunity to make new friends and improve your social life.

## CULTURE AND LEARNING

It is easy to get caught up in the rush of daily life and let your creative side get put on a back burner. Within a community you can find a lot of avenues for self-expression, through art and hobby classes, theatre and activity groups, and music lessons. These are within easy reach and don't involve travel time, making it easy to find time to nurture your inner artist.

## AROUND THE CLOCK SUPPORT

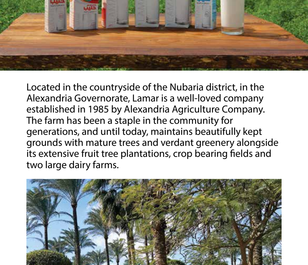
Even in a perfect world things can hit a speed bump. By living in a serviced community you can reduce your anxiety levels and stress by knowing that systems and back up are in place, keeping all essential utilities and services running smoothly in the event of outages that could disrupt your daily life.



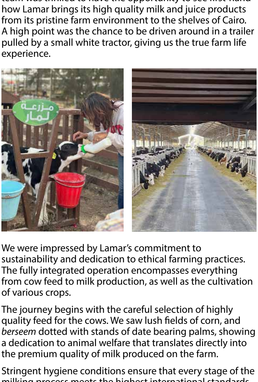
## 24/7 SECURITY

Beyond price, peace of mind and the knowledge that loved ones are safe and protected are top of many home-owners priorities. Urban life comes with both benefits and disadvantages, and personal safety ranks high as a priority. While living in a large city can expose you to home break-ins and burglaries, and an unsafe environment for unescorted children, a residential community offers controlled entry, along with ongoing hi-tech surveillance to monitor internal activity. Discreet and unobtrusive, it ensures that you can feel safe and free to enjoy your daily lives to the full, at home, or out and about.

# Straight From The Farm



Located in the countryside of the Nubaria district, in the Alexandria Governorate, Lamar is a well-loved company established in 1985 by Alexandria Agriculture Company. The farm has been a staple in the community for generations, and until today, maintains beautifully kept grounds with mature trees and verdant greenery alongside its extensive fruit tree plantations, crop bearing fields and two large dairy farms.



Nothing can beat a personal experience, so the *City Life* team was thrilled to have the opportunity to see first-hand how Lamar brings its high quality milk and juice products from its pristine farm environment to the shelves of Cairo. A high point was the chance to be driven around in a trailer pulled by a small white tractor, giving us the true farm life experience.

We were impressed by Lamar's commitment to sustainability and dedication to ethical farming practices. The fully integrated operation encompasses everything from cow feed to milk production, as well as the cultivation of various crops.

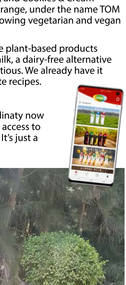
The journey begins with the careful selection of highly quality feed for the cows. We saw lush fields of corn, and *berseem* dotted with stands of date bearing palms, showing a dedication to animal welfare that translates directly into the premium quality of milk produced on the farm.

Stringent hygiene conditions ensure that every stage of the milking process meets the highest international standards, and the milk itself is subject to testing using the latest technology. The same standards are met throughout all the packaging processes, meaning the customer can feel confident in the product they choose for their family.

At the heart of the farm lies a state-of-the-art factory, where we were impressed to see the milk and fresh juice processing and packaging with technology geared to meet the volumes required to meet the market demand for Lamar products.

We found the Lamar farm a fantastic place for educational experiences and community engagement.

The atmosphere is calm and happy, a reflection of the beauty of the area itself, and everyone we met with from the workforce of over 2000 employees was friendly and welcoming. They offer free of charge visits all year long, where visitors can learn about the process of milking cows, see how different products are made, as well as interacting with animals to create memorable and fun experiences. It is a wonderful experience for young children, giving them a better understanding of how food reaches their table.




## FARM CROPS

Each crop of corn, alfalfa, wheat, and *berseem* is carefully tended to by expert farmers who understand the importance of sustainable agriculture practices. Everywhere we looked, we could see the effort being put into this.

## JOURNEY TO FULL SUSTAINABILITY

Above all, we appreciated the seamless integration of all aspects. By overseeing every step, from raising the calves, crop cultivation, cow feed, milking the cows and processing fresh milk, they are able to ensure that every product that leaves the factory is of the highest quality and eco-friendly. This matters a lot to today's consumers, who feel a shared responsibility to work towards a greener planet.

We saw how linking the manufacturing process directly to the farming practices ensures an all-in-one flow of integrated operations, significantly contributing to the overall efficiency of the production process.

It was good to hear that eco-friendly practices are being used to minimize environmental impact, with plans in place to use a renewable energy source through solar panels in the near future. We learned about water-saving techniques, composting manure for fertilization, and how rotational grazing is implemented to promote soil health. Additionally, by using organic feed, the farm contributes to a healthier ecosystem.

The focus on animal welfare by providing space for the cows to roam and ensuring they have access to fresh air and clean water was evident in the calm air of contentment in the herd, along with their appearance of robust health. The cows were so docile and friendly it was easy to reach out and stroke them.

## NEW PRODUCTS - TOM IS "THE OTHER MILK"

In our meeting with the Lamar team we were impressed to see how innovation is key in the industry. Lamar's R&D department is always keen and eager to develop and incorporate unique flavors based on consumer trends. We were invited to try several recently introduced products, including lactose-free milk, both skimmed and full cream, Biscuit Oat, Chocolate Almond, and Cookies & Cream flavored milk. The plant-based range, under the name TOM is the Other Milk, caters to a growing vegetarian and vegan market.

It was exciting to know that the plant-based products range now includes coconut milk, a dairy-free alternative that is both delicious and nutritious. We already have it lined up for some of our favorite recipes.

## LAMAR MART

Residents of Al Rehab and Madinaty now have exclusive and convenient access to Lamar's high-quality products. It's just a simple click away.

# RECENT COMMUNITY EVENTS

Enriching the lives of our residents, regular events take place with fascinating speakers sharing their knowledge and expertise on a wide range of topics. We were delighted to have two esteemed guest speakers this January at these successful gatherings.

## Dr. Abla Al Alfy and her 1000 Golden Days Initiative

Brought to Madinaty by the Women's World Forum, and covering an initiative that focuses on the first 1000 days of the infant's life up to his or her toddler age, Dr. Al Alfy explained about the necessary vaccines and precautions required, along with steps regarding young children's mental health to be taken care of to promote a healthier mind-set in their future life.

## Dr. Waseem ElSisi

Dr. Waseem ElSisi spoke about the erroneous concepts and ideas regarding Egyptian civilization. A great doctor of urology, with a passion for Egyptology, his event was held under the auspices of the Madinaty Cultural Forum and took place in the Cultural Centre Library of Madinaty. During his informative talk  he pointed out several things people have been mistaken about,  such as that the belief  that paganism existed, while they were actually monotheistic. He also explained that they were the first people that gave humans their rights in a written form.

## A Successful Kids' Sports Day

Attracting a large group of attendees, the recent Kids' Sports Day started with a small lecture on library etiquette and good manners, encouraging our youth to become thoughtful, considerate members of the community. Then they headed out to the central park to have a TeleMatch day with professional volunteers who helped organize a day full of enjoyable activities.

# Driving Innovation at **MGC - Mercedes EQ Launch**

MADINATY GOLF CLUB

The latest event hosted by Madinaty Golf Club with Ezz Elarab Star was generally acclaimed as an amazing experience. Attendees had the opportunity to embrace the future by getting to know the fully electric Mercedes-Benz line-up while enjoying exclusive limited-time offers. The chance to enjoy luxurious rides featuring the new Mercedes Benz EQ series added to the air of excitement on the day. Invitees were also able to test drive the latest models available on site to personally experience the exceptional performance and features of the ground-breaking new range. The memorable event gave new meaning to the words innovation and luxury, and set the stage for more to come.

The EQ range is defined by pure driving pleasure, dynamic and almost silent, with an all-electric vehicle, without local carbon dioxide and nitrogen oxide emissions. Driving electrically means a completely new driving experience, with almost instant acceleration and predictive driving. The high-voltage batteries installed in the Mercedes-Benz models are so generously sized that their electric range can cover many everyday routes with ease for users. Electric vehicles can be charged easily and conveniently at home, and if you do need to charge while on the road, simply use one of the many public charging stations.

**Website:** www.mercedes-benz.com.eg/en/passengercars/models/electric

# MGC Amateur Open 2024

The MGC Amateur Open 2024, hosted by Madinaty Golf Club under the Egyptian Golf Federation (EFG) was an important date on the golfing calendar. Around 80 players hit the course, making it a major event. The tournament was a hot spot for Egypt's top amateur golfers, who showed off their skills on Friday 9th and Saturday 10th of February.

Issa Abou El Ela took the Gross Division, Karim Rafla took the Net Division, and Mohamed Wagdy took the Stableford Division. The women›s prize was awarded to Nadia Yousry. Madinaty Golf Club was the proud host of this tournament in 2022 and 2023, and it was just as exciting this year, bringing together golf enthusiasts for a weekend of friendly competition and good times.

# MGC Teams Up With Gold's Gym

Madinaty Golf Club is thrilled to announce an exciting collaboration with leading fitness name Gold's Gym. This partnership brings an array of exclusive benefits to our members, ensuring a premium fitness experience. With two certified trainers available at all times, Madinaty Golf Club members can access top-notch fitness guidance. Additionally, members enjoy 40 complimentary group training classes per month and free access to Gold's online program, enhancing their workout routines. The collaboration extends further, granting exclusive access to eight different Gold's Gym branches, including the Open Air Mall branch, allowing MGC members to visit each branch 28 times a year. Moreover, members gain an international passport, entitling them to visit Gold's Gym branches worldwide 14 times per branch. This collaboration underscores our commitment to providing unparalleled fitness opportunities and a holistic wellness experience for Madinaty Golf Club members.

# CREATING OUR FUTURE CHAMPIONS

With access to world standard sporting facilities and top-notch professional coaches, our young AL Rehab and Madinaty residents are well positioned to become tomorrow's champions like the Egyptian athletes who are primed and ready to meet the challenge as the 2024 Summer Olympic Games draw closer. With over 67 competitors prepared to battle it out across 17 sports and disciplines, we cheer them on and hope to see some medals coming home. Success comes through effort, enthusiasm, and training, so it's time for our up-and-coming young TMG athletes to get an early start.

## ARCHERY

Aim for the target at archery academy **Archery Hub** at Madinaty Golf Club.

Among the benefits of archery, you can develop improved coordination and balance, while boosting confidence, patience, and focus.

Egypt will compete in the archery competitions at the 2024 Summer Olympics in Paris which are scheduled to run over a seven-day period, from 25 July to 4 August, at Les Invalides.

**Facebook:** ArcheryHub

## ARTISTIC SWIMMING

Established in 2015, **Warriors Sports Academy** is a premier destination for aquatic sports enthusiasts of all ages. Offering expert coaching in swimming, water polo, and synchronized swimming, Warriors Sports caters to individuals as young as 3 months old, fostering a passion for water sports from an early age. With a focus on technique, fitness, and enjoyment, Warriors Sports Academy aims to develop well-rounded athletes and nurture a love for aquatic activities that lasts a lifetime.

Egypt will take part in the artistic swimming competitions scheduled to run between 5 and 10 August at the Paris Aquatics Centre.

**Tel:** 0121 284 3333

**Facebook:** warriorssportsegypt

## BOXING

**The Boxing Academy,** founded in 2004 by renowned Egyptian Olympian Boxer Mohamed Reda, offers expert training in boxing and kickboxing for individuals aged 4 and above. With a focus on skill development, fitness, and sportsmanship, the academy provides a dynamic and supportive environment for athletes of all levels. Led by a team of experienced coaches, the academy aims to nurture talent and passion for combat sports while promoting physical health and personal growth.

The boxing competitions at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 10 August. Preliminary boxing matches will occur at Arena Paris Nord in Villepinte, with the medal rounds (semifinals and finals) staged at the iconic Roland Garros Stadium

**Tel:** 0100 082 2810

**Facebook:** BoxingAcademy.eg

## FOOTBALL

Thanks to the ground-breaking partnership between **Liverpool International Football Academy** and Talaat Mostafa Group young football talents can flourish and take their skills to new heights at three incredible locations, Madinaty Sporting Club, Al Rabwa, and Rehab Sporting Club.

The football tournament at the 2024 Summer Olympics will be held from 24 July to 10 August 2024. In addition to the Olympic host city of Paris, matches will also be played in Bordeaux, Décines-Charpieu (near Lyon), Marseille, Nantes, Nice and Saint-Étienne.

**Tel:** 0111 919 0022

**Facebook:** LFCIAEgypt

## HANDBALL

**Veszprém KC** is a Hungarian professional handball club from Veszprém, that for sponsorship reasons is called **Telekom Veszprém**. Veszprém plays in the Hungarian Nemzeti Bajnokság I and are the most successful team in the country, having won the Hungarian Championship a record 27 times and the Hungarian Cup title a record 30 times. Veszprém has also won the regional SEHA League 4 times.

Veszprém are one of the three Hungarian clubs that have won a major European trophy, most recently in 2008, when they overcame Rhein-Neckar Löwen and were crowned as the EHF Cup Winner›s Cup champions. They are yet to win the EHF Champions League, having been defeated in the final on four occasions.

Veszprém is the first international handball academy in Egypt and worldwide operating in Madinaty & Al Rehab Sporting clubs, led by Veszprém KC players and former PSG player Gábor Császár. The academy gives the opportunity for the players to grow and develop following into world class athletes, the program of the academy is engineered & crafted by Veszprem KC, one of the biggest handball clubs in Europe (considered one of the big four clubs in handball worldwide), the program ensures that players participate in and experience the correct development route to achieve their full potential and become the world class athletes they always dreamed of being.



The academy will also present the opportunity for players to participate in trainings camps locally and in Europe, to further enhance their training experience.

The handball tournaments at the 2024 Summer Olympics in Paris, France will be held from 25 July to 11 August 2024. Preliminary pool matches will occur at South Paris Arena 6, with the final phase staged at Pierre Mauroy Stadium in Lille.

## MODERN PENTATHLON



**Madinaty Pentathlon Academy,** founded in 2018 at Madinaty Sporting Club, is a premier sports academy offering training in swimming, running, and shooting for youths aged 6 to 15 years old. With a focus on developing well-rounded athletes, Pentathlon Academy provides expert coaching and state-of-the-art facilities, preparing young talents for success in a variety of sports disciplines.

The modern pentathlon at the 2024 Summer Olympics in Paris is scheduled to take place from 8 to 11 August 2024 at the Palace of Versailles and the Vélodrome National.

**Tel:** 02 26072003

**Facebook:**MadinatySportsClub

## SWIMMING

**Rehab Swim**, founded in 2014 at Al Rehab Sporting Club, is a premier swimming academy dedicated to nurturing a love for swimming in children from as young as 3 years old. With a focus on technique, safety, and enjoyment, Rehab Swim offers a range of programs tailored to different age groups and skill levels. Led by experienced instructors, the academy provides a supportive environment where swimmers can develop their skills and confidence in the water.



The swimming competitions at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 9 August 2024. Pool events, from 27 July to 4 August, will take place at the Paris La Défense Arena, with the two-day marathon swimming, from 8 to 9 August, staged at Pont Alexandre III through the Seine River.

**Tel:** 0100 008 7384

**Facebook:** rehabswim

## TABLE TENNIS

**The Table Tennis Academy**, founded in 2022, is a premier sports institution located at Al Rehab Sporting Club and Madinaty Sporting Club. Specializing in the sport of table tennis, the academy welcomes aspiring players from 5 years old and up, offering expert coaching and state-of-the-art facilities to hone their skills and foster a love for the game. Led by a dedicated team of professionals, the academy aims to cultivate the next generation of table tennis champions, promoting excellence and sportsmanship in every player.

The table tennis tournaments at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 10 August at the Paris Expo Porte de Versailles.

**Tel:** 0111 660 3126

**Facebook:** MadinatySportsClub

## TAEKWONDO

Martial Arts Academy at **Al Rehab Sporting Club** is the perfect place to take your martial arts skills to the next level. With classes in Taekwondo, pupils have the opportunity to learn from the best, reach their full potential, and have tons of fun while doing it.

The taekwondo competitions at the 2024 Summer Olympics in Paris are scheduled to run from 7 to 10 August at the Grand Palais strip.

**Tel:** 02 26072003

**Facebook:** AlRehabSportsClub

## VOLLEYBALL

**Attack Sports Volleyball Academy** established in 2017 at Madinaty Sporting club, is a premier sports institution dedicated to nurturing young talent in the dynamic sport of volleyball. Catering to ages starting from 5 years old. Attack Sports offers a structured program that focuses on skill development, teamwork, and sportsmanship. With a commitment to excellence, attack sports Academy provides a supportive and encouraging environment for athletes to thrive and achieve their full potential.

The volleyball tournaments at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 11 August 2024. 24 volleyball teams and 48 beach volleyball teams will participate in the tournament. Indoor volleyball competitions will occur at Paris Expo Porte de Versailles with the beach volleyball tournament staged at the Eiffel Tower Stadium in Champ de Mars.

**Tel:** 0111 843 8666

**Facebook:** MadinatySportsClub

# EGYPT WILL ALSO SEND ATHLETES TO COMPETE IN THE FOLLOWING EVENTS:

## CANOEING

Canoeing events at the 2024 Summer Olympics in Paris are scheduled to run across two main disciplines: canoe slalom, to take place from 27 July to 5 August, and canoe sprint, from 6 to 10 August. Both canoe slalom and sprint events will be staged at the National Olympic Nautical Stadium of Île-de-France in Vaires-sur-Marne.

## DIVING

The diving competitions at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 10 August 2024 at the Paris Aquatics Centre.[1][2] A total of 136 divers, with an equal distribution between men and women, will compete across eight medal events.

## EQUESTRIAN

The equestrian events at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 6 August at the Palace of Versailles, featuring 200 riders across three disciplines for both individual and team competitions, namely dressage, eventing, and jumping.

## ROWING

The rowing competitions at the 2024 Summer Olympics in Paris are scheduled to run from 27 July to 3 August at the National Olympic Nautical Stadium of Île-de-France in Vaires-sur-Marne.

## SAILING

Sailing competitions at the 2024 Summer Olympics are scheduled to be held from July 28th to August 8th at Marseille Marina.

## SHOOTING

Shooting competitions at the 2024 Summer Olympics in Paris are scheduled to take place from 27 July to 5 August 2024 at the National Shooting Center in Châteauroux.

## WRESTLING

The wrestling competitions at the 2024 Summer Olympics in Paris are scheduled to run from 5 to 11 August at Grand Palais Éphémère in Champ de Mars.

# Tech on the Horizon

As CES rolls around each year, we wait to see what wonderful, wild, wacky, and weird innovations are coming on the scene to change our lifestyles, environment, and yes, even our humanity. AI is at the forefront, sometimes embraceable, and sometimes downright scary.

## ORo Buddy

Marketed as the "pawfect" companion for your pet, this little robot could not only banish separation anxiety, but quickly replace you in their affections. This AI powered gadget can assist with pet care by feeding, providing medicine, and even playing with your dog using a ball launcher built into its chest.

## GyroGlove

GyroGear™ aims to be a beacon of hope and innovation in the world of neurological devices, bringing joy and freedom through steady hands. Bringing relief and improved dexterity to sufferers of debilitating neurological disorders, these hi-tech gloves can make a difference to lives on a daily basis.

## iYU ®

Created by French company Capsix Robotics, iYU uses artificial intelligence to perform a real-time body scan and recommend the best kind of experience for the user. A robotic arm then performs a variety of massage techniques.

## LG SIGNATURE OLED T

Minimalists can effortlessly de-clutter their space with the world's first wireless transparent OLED TV. The winner of five CES 2024 Innovation Awards, including a Best of Innovation honor. Maintaining its 77-inch screen size, OLED T is practically invisible when turned off, blending into the environment. Packed with features and visibility options, this is a game-changer to get excited about.

## AI TWINSIES

Need two of you? Hollo AI has created "AI personalization technology" that can create your digital twin in mere minutes after uploading a selfie and voice memos in a phone app, delivering a technology that could help digital creators and celebrities connect with their fans in a new way. Los Angeles-based content creator McKenzi Brooke says that her digital twin will allow her to interact 24 hours a day with her followers across various social media platforms. Her AI twin is able to talk to her audience, just the way she would talk.

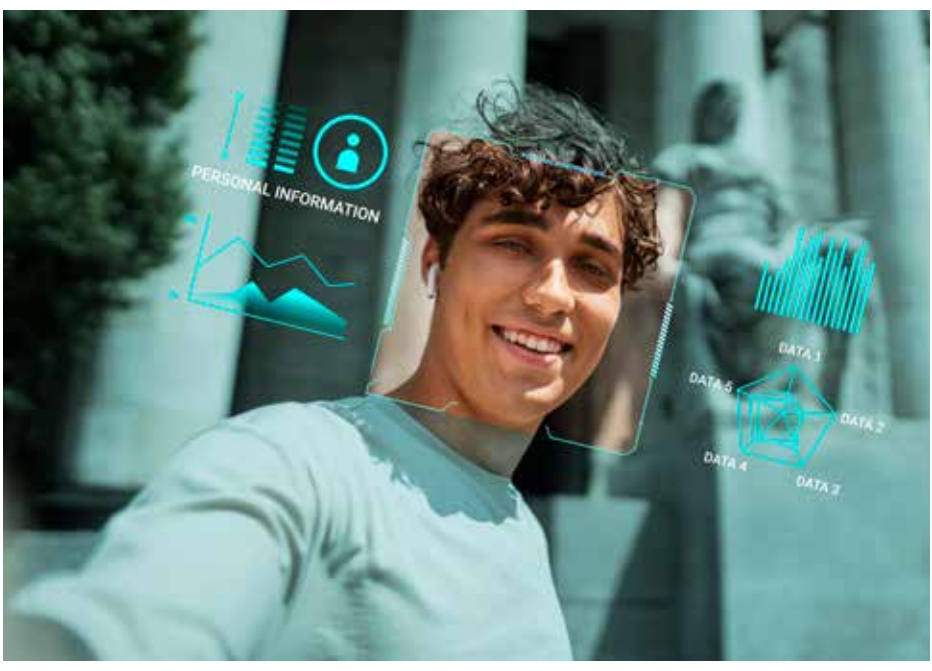
## EcoFlow DELTA Pro Ultra

When rolling power cuts become too disruptive we need a high capacity backup plan. And it doesn't come much stronger than this. The EcoFlow Delta Pro Ultra home battery is customizable, quite powerful and has wheels for easy movability, and also works seamlessly with existing rooftop solar panels, replacing highly sensitive solar inverters prone to failure. Working in tandem with EcoFlow Smart Home Panel 2, you can maximize the value of your solar power.

## Rabbit R1 AI Assistant

Designed in collaboration with the Swedish firm Teenage Engineering, the Rabbit R1 is an AI gadget that wants to be a better personal assistant than your phone. It can execute tasks such as scheduling appointments, setting reminders and sending messages. There are no actual apps on the R1; instead, you press a physical push-to-talk button to launch a music playlist or book a taxi as if you were speaking into a walkie-talkie. Coming out soon.

# CAN YOU KEEP UP?




## PASSKEYS

Just as we found a fool proof way to remember our passwords, the game has changed. Say hello to passkeys, the new recognition platform that will make your passwords obsolete. Passwordless sign-on is the future, or at least until something else comes along. The new login technology replaces passwords with authentication mechanisms built into your devices. You can simply use Face ID on your iPhone, Windows Hello on your PC, or the fingerprint sensor on your Android phone to gain access to your websites, apps, and services. That is, of course, provided they support passkey sign-on.

**Improved security with Passkeys**

Passkeys are built on WebAuthn (or Web Authentication) tech and stored directly on your device. They are supported by major tech entities because they're more secure than passwords or PINs, which can be stolen. Password managers can even help backup and sync passkeys across all your devices. By avoiding the use of passwords, users are less likely to fall victim to phishing attacks, social engineering, or bot attacks that plug in passwords captured from databases of leaked passwords.

All this will take time to implement on a large scale of course, but Apple and Google are already on board, along with PayPal.

## SPATIAL COMPUTING

More breaking news on tech advances includes the rollout of Apple's new Apple Vision Pro.  Sure to challenge your preconceived notions of reality, the spatial computing headset seamlessly blends digital content with your physical space. While still only accessing a limited number of apps, many routine computing tasks can be handled simply by using your eyes, hands, and voice.

When it comes to entertainment, Apple Vison Pro comes into its own. The truly immersive experience expands your movies, shows, and games up to the perfect size while you feel like you're part of the action with Spatial Audio.

**Preserve memories**

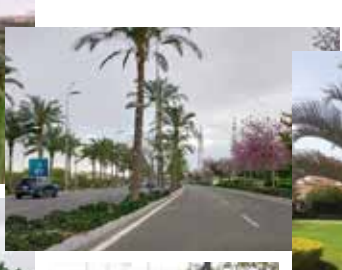
The family photo album can be tucked away in a drawer. Apple Vision Pro is Apple's first 3D camera. You can capture spatial photos and spatial videos in 3D, then relive the moment whenever you like, with the panorama wrapping around you.

Another breakthrough grabbing the headlines is Neuralink, Elon Musk's sometimes controversial brain chip implant mission, which he claims will create 'a generalized brain interface to restore autonomy to those with unmet medical needs today and unlock human potential tomorrow'.

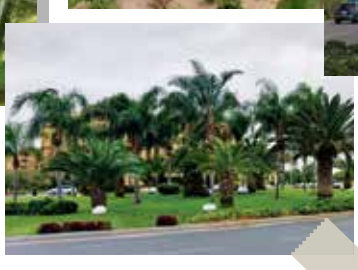
Simply put, the company's goal is to connect human brains to computers to help tackle complex neurological conditions. Rival firms have already implanted similar devices, with the École Polytechnique Fédérale in Lausanne (EPFL), in Switzerland, successfully enabling a paralysed man to walk just by thinking. The procedure involved putting electronic implants on his brain and spine which wirelessly communicated thoughts to his legs and feet.

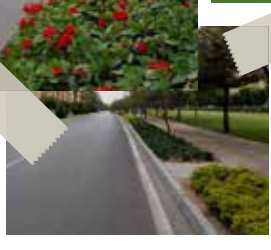
As we hurtle into new domains, fasten your seatbelts and enjoy the ride!

Areca Palm



Triangle Palms





# Our Precious Palm Trees

Think of Egypt, and the image of stately palm trees will often spring to mind. Part of the landscape and culture since time immemorial, many of the varieties can be found in Al Rehab and Madinaty. Taking on the role of preserving the heritage of these graceful palms, TMG has ensured that they will continue to form a beautifying feature within the surroundings for generations to come.

There are known to be about 2600 species of palm trees, most of them thriving in tropical, subtropical, and warm temperate climates, but at least a hundred species are in danger, and nine are said to have recently died out. TMG is committed to integrating as many as possible palm varieties into its landscaping in order to protect and conserve them.

## THE PALMS OF AL REHAB AND MADINATY

Spread over a total landscape area of 7,000,000 m2, there are more than 13,000 palm trees of a variety of species adding to the distinctive landscaping. Take a stroll to appreciate their stately presence.

The Royal Palm

The Royal palm, or *Roystonea regia,* is commonly known as the Cuban royal palm or Florida royal palm. A large and attractive palm, originally a species of palm native to Mexico, the Caribbean, Florida, and parts of Central America, it has been planted throughout the tropics and subtropics as an ornamental tree.

The elegant Majesty palm, *Ravenea rivularis*, is a species of tree in the family Arecaceae. When indoors they generally grow to over 3 meters, but in its natural state, the Majesty palm may sometimes grow to 30 meters in height.

The Queen palm, or *Syagrus romanzoffiana* is also known as the Cocos palm. A palm native to South America, it has been introduced throughout the world as a popular ornamental garden tree and is a medium-sized palm, quickly reaching maturity at a height of up to 15 meters.

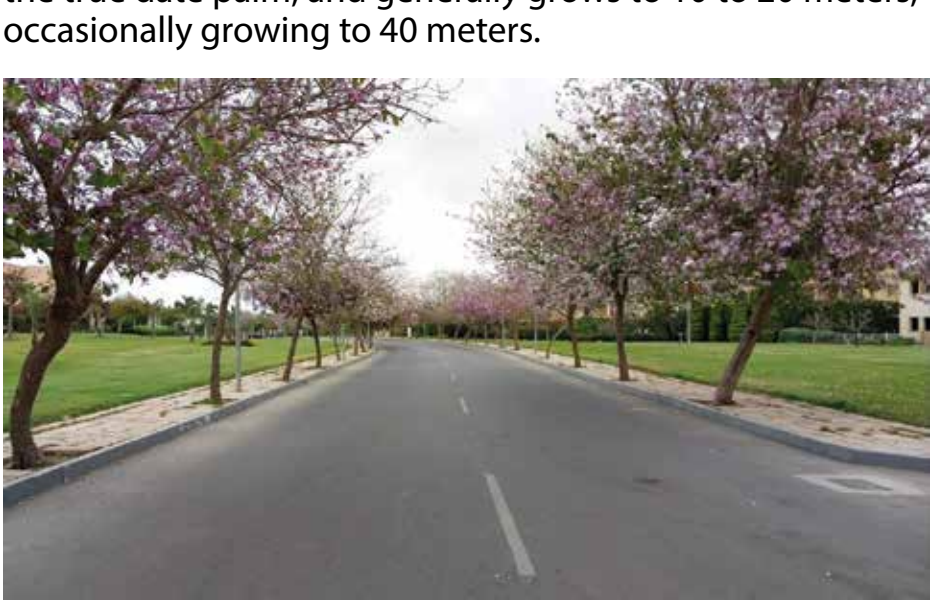
Enjoy the beauty of rare Pritchardia palms. The genus Pritchardia belongs to the family *Arecaceae* and consists of between 24 and 40 species of fan palms from the subfamily *Coryphoideae*. Mainly found on tropical Pacific Ocean islands in Fiji, Samoa, Tonga, Tuamotus, and most diversely in Hawaii, these palms vary in height, ranging from 6 to 40 meters with fan-shaped leaves and a columnar trunk. The flowers and subsequent fruit are borne in a terminal cluster with simple or compound branches that in some species is longer than the leaves.

Graceful Areca palms are a genus of 51 species of palms in the family *Arecaceae*, found in humid tropical forests from the islands of the Philippines, Malaysia and India, across Southeast Asia to Melanesia. The generic name Areca is derived from a name used locally on the Malabar Coast of India.

The Foxtail palm with its feathery leaves, also known as *Wodyetia bifurcata*, is a species of palm in the family *Arecaceae*, native to Queensland, Australia. A very attractive palm with long, 2 to 3 meter plumose leaves with a grey trunk can grow up to 10m tall and produces large orange fruit.

Spectacular Triangle palms, or *Dypsis decaryi*, have a distinctive, three-sided, triangular-shaped trunk and strong, upright grey-green leaves. An endangered species indigenous to the Madagascan rainforest, some specimens can grow to an impressive height of some 15 meters in the wild.

You can also find the Canary Island date palm, *Phoenix canariensis*, a species of flowering plant in the palm family *Arecaceae*, native to the Canary Islands off the coast of north western Africa. It is a relative of *Phoenix dactylifera*, the true date palm, and generally grows to 10 to 20 meters, occasionally growing to 40 meters.



The Roebellenii palm, or *Phoenix roebelenii*, an attractive slow growing dwarf palm also bears the common names of dwarf date palm, pygmy date palm, or miniature date palm, and is a species of date palm native to south eastern Asia, from southwestern China, to northern Laos and northern Vietnam.

Pritchardia Palms

A common sight in Egypt, the strong, commanding presence of the Date palm, or *Phoenix dactylifera* is easy to identify. At the top of the tree, a regal crown is created by its arching, waxy, gray-green fronds, which can grow to be more than 3 meters long.

All a treasured part of our landscape, they are here to be admired and enjoyed as an important part of our community.

# **Ahmed Mourad** Book Signing Event for ***Abou Al-Hol***

Best-selling author Ahmed Mourad was there to meet his enthusiastic readers at Celebration Hall in Madinaty on Sunday the 18th of February at a special book signing event for his newly released novel *Abou Al-Hol* . Taking place under the sponsorship of Clip Stationery, Bling and Printshop Express, an audience of around 350 people interacted with Mourad and guest conductor Eman Yehia, after a discussion around his prolific work.

According to Mourad, his latest novel, *Abou Al-Hol,* revolves around the detailed life of the photographer and crime expert Sulaiman El-Seyofy. El-Seyofy was known for his investigation of a mysterious crime that took place in Egypt during the plague in the 19th century.

Ahmed Mourad, born February 14, 1978, is an Egyptian author and screenwriter of fiction and non-fiction. Mourad achieved his high school diploma from Lycée Français du Caire before enrolling at the High Institute of Cinema, graduating with a degree in cinematography, with his graduation projects achieving many awards in European film festivals. His published works include top-selling novels such as *Vertigo, Diamond Dust, The Blue Elephant, 1919, The Land of God,* and *Deer Hunting Season*. Many of his popular works have been translated into other languages.

# Ahlan Ramadan!

Celebrate Ramadan with joy and peace in your TMG community.


**Ramadan Traditions Across The Years**

**Al Hashasheen Review**

**Create Aa Ramadan Mood**

**Ramadan Essentials: Where to Shop for Ramadan**

**Chicken Sharkaseya**

**Kahk Bel Agameya**

**Where to Celebrate Ramadan**

**Stereo Ups The Dining Game**

**Omnia Afify: Defying Stereotypes**

**What's New at All Seasons Park**

**Medical Services Close to You**

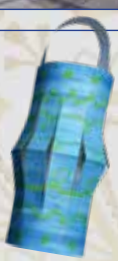
**Horse Sense**

**Friendship and Bonding**

**Create Your Unique Ramadan Lantern**

**Having Family Fun in Ramadan**

**Orion**

# Ramadan

## Traditions Across the Years

During Ramadan, we observe traditions that have hardly changed over the centuries. While many areas within Egypt still maintain their old customs and festivities, some traditions have sadly given way to more modern adaptations.

### THE BEGINNING OF RAMADAN

In older times, the observance of Ramadan usually began by the *Roeiat al Helal*, or sighting of the crescent moon, with a procession that dates back centuries. The procession started off in Cairo and was duplicated in other governorates. Nowadays, there are no processions involved, as it is announced online and on national television.

### THE FANOUS

For over 1,000 years, the Ramadan lantern, or *fanous*, has been the traditional decoration for Ramadan in Egypt. The lantern industry started in Egypt during the Fatimid era, with craftsmen manufacturing them throughout the year until the month of Ramadan arrived.

### STREET DECORATIONS

The streets come to life with coloured lights, paper cut-out garlands and Ramadan lanterns for the whole month. Even in the smallest villages, the Ramadan mood is felt everywhere.

### IFTAR AND SOHOUR

Traditionally, the fast was broken each day with an *iftar* meal, eaten at home. Nowadays, flowing with today's busy lifestyle, family and friends often join together to enjoy *iftar* and relax through the evening at the many venues who prepare traditional Ramadan menus. Before dawn, *sohour* is taken to sustain those fasting through the coming day. In villages today, the *mesaharaty* stops in front of each house and calls the inhabitants by their names in order to wake them up for *sohour*.

### TRADITIONAL FOODS

Special traditional desserts during the holy month of Ramadan include syrup-laden *kunafa* and *qatayef*, desserts said to have been brought to Egypt from Syria during the Fatimid Caliphate when the caliph Muizz li-Din Allah came to Egypt in Ramadan and people welcomed him with them. Soups have long been a tradition in Ramadan, along with *fuul,* as a part of the as the staple diet of the Egyptian people.

### CHARITY

Stemming from the time of the Prophet Mohamed, charity is often in the form of long tables, or *maedat al-rahman*, providing *iftar* without charge to anyone who is breaking their fast. Some of the best places to experience this tradition today are located in Al-Azhar, Khan Al-Khalili, Al-Hussein, Al-Sayeda Zeinab, and Ramses Square in Cairo.

Travellers rushing home from work to break their fast with their families are still often handed water or juice by well-wishers lining main roads and motorways, allowing them to have refreshment at hand if they are delayed. In the villages of Upper Egypt, young men often go out on the highways and sit on the sidewalks before *iftar* , inviting passers-by to join them.

### RAMADAN ARAGOUZ

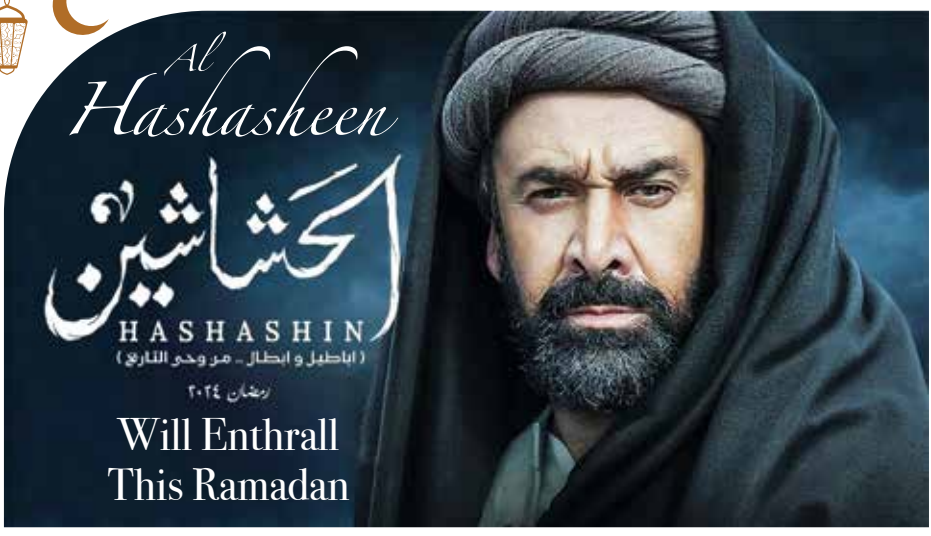
A much-loved tradition in Egypt during Ramadan was the *aragouz*, traditional hand puppetry where performers remain hidden behind a portable stage during the performance. Up until today in some areas in Cairo, Alexandria, and Upper Egypt, the *aragouz* can still be found.

### FAZOURA

Everyone enjoys a good quiz or riddle, and now the phone app Fazoura can keep us occupied for hours, testing our Ramadan knowledge.

### MUSALSALAT

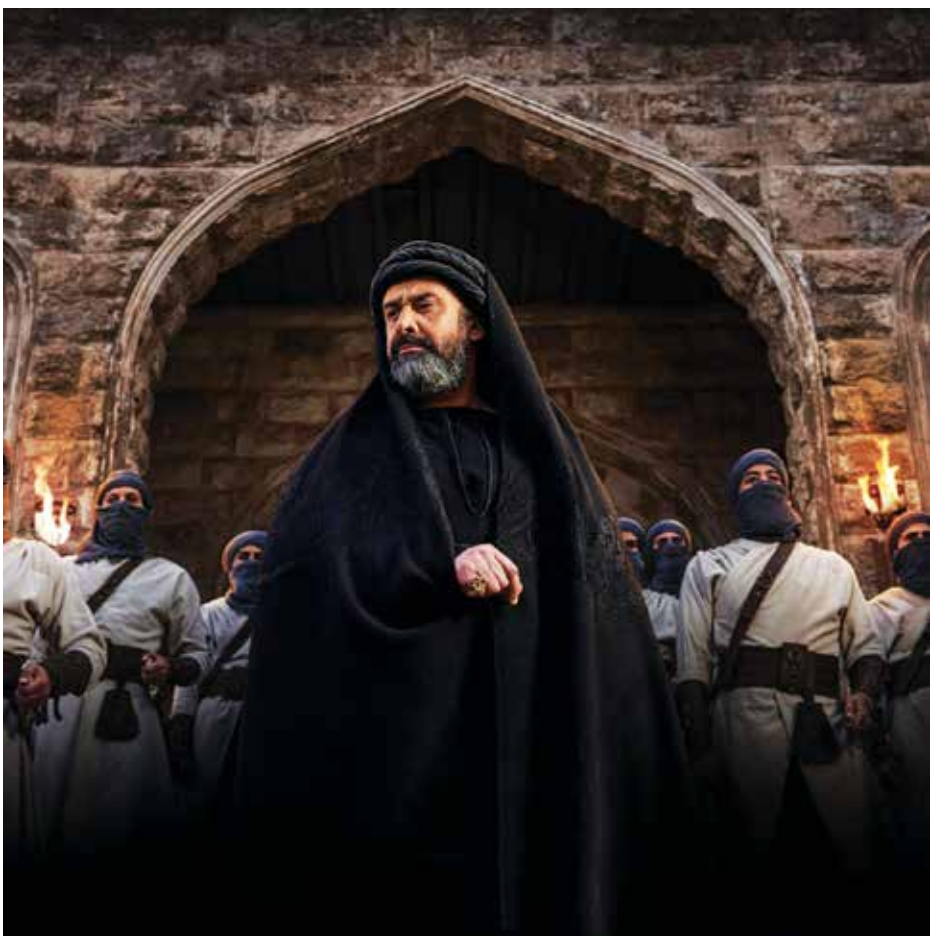
A high point in Ramadan entertainment, every evening *mosalsalat*, or drama series, take over TV screens across the country. Starring the biggest names and all the favourite celebrities, they attract massive viewership as the stories unfold and captivate.



*Al Hashashin*, or *The Order of Assassins* throws us back into 11th century Persia, the rise of a group under the leadership of Hassan Al Sabah. Karim Abdel Aziz commands the screen in his personification of the religious and military leader who preached the doctrine that led to the struggle for the succession of Nizar to the Fatamid throne in Cairo that established the foundation of Nizari Isma'ilism Shia Islam.

A groundbreaking series that will capture viewers' attention this Ramadan season, *The Order of Assassins* took nearly three years in the works, and involved travelling to three continents just to source authentic fabrics for the costumes reflecting that period. The international team that came on board to help design the third chapter had also been instrumental in creating award-winning *Game of Thrones,* another period drama acclaimed for its convincing sets, costumes and artistic direction.

The name of the order stemmed from the assassinations of prominent figures and political opponents ruthlessly carried out by the group, and draws comparison with the ease with which young people of today can be manipulated by social media, affecting their ability to make rational decisions.



# Create a Ramadan Mood

It's time to bring the spirit of the Holy Month of Ramadan into our homes. One of the loveliest ways to do this is with a beautifully decorated table for *iftar* or *sohour*.

Eman Essam creates beautiful Ramadan lanterns and table décor with exquisite craftsmanship that reflects everything we appreciate about Islamic art, culture and tradition. Creative and stylish, her lanterns, oriental accessories, like lanterns, placemats, cutlery holders, candles and special serving dishes add a gracious touch to any table.

Her products are handmade, using fabrics, ribbons and embroidered words like Ramadan Kareem and Ramadan Mubarak to make them more elegant.

Instagram: party_to_remember

# Ramadan Kareem!

At this special time when families and friends draw together to share the joys of Ramadan, it is important to know where you can find the traditional items that make each *iftar* and *sohour* so memorable. Al Rehab and Madinaty have a wide selection of conveniently located hypermarkets and supermarkets to help you create your dishes.

## AL REHAB

### Hyper Market:

**Panda**
Gateway Mall

### Super Markets:

**Metro Market**
Al Rehab Mall 2

**Carrefour Market**
Avenue Al Rehab

**BIM**
Al Souk Al Sharqi

**Bassem Market** @ Al Souk Al Sharqi

**Moamen & Bashar**
Al Souk Al Sharqi

**El Hussieny**
Al Souk Al Sharqi

**New Penny**
Al Souk Al Sharqi

**Kazyon**
Al Souk Al Sharqi

## MADINATY

### Hypermarkets:

**Carrefour**
Open Air Mall

**Oscar**
South Park

### Supermarkets:

**Carrefour**
All Seasons Park

**Metro Market**
B1

**Gourmet**
Open Air Mall

**Exception-** B3

**Penny -** B7

**New Penny -** B10

**El Hussainy**
B11

**Mahmoud El Far**
B6

**The Mart**- B8

**Coming Soon**: Mahmoud El Far – The Strip | Flamingo Hypermarket – East Hub | Seoudi Supermarket – The Strip

# Chicken Sharkaseya

Ramadan is a perfect time to share this classic dish with family and friends.

**INGREDIENTS**

2 cups white rice, cooked

Chopped walnuts for garnish

**For the chicken stock**

1 tablespoon butter

1 whole chicken, 1200 gm

2 cardamom pods

2 mastic

2 bay leaves

1 cinnamon stick

1/2 tsp black peppercorns

1 large onion, whole

3 garlic cloves, whole

1 large carrot, roughly chopped

Water

**For the sauce**

150 gm walnuts

4 slices white toast bread, lightly toasted

3-4 cups chicken stock

1 tablespoons ghee

1 small onion, diced

Pinch paprika

Pinch cinnamon

Salt and pepper

**For the tasha**

1/2 tablespoon ghee

1 teaspoon dried coriander

**For serving the chicken**

2 tablespoons butter

1 tablespoon oil

Paprika

Salt and pepper

**PREPARATION**

Melt the butter in a large pot over medium high heat. Add the chicken and sear on all sides until light golden. Add the whole spices and toss with the chicken and butter. Add all the vegetables. Cover with room temperature water and bring to a boil. Reduce heat to low, simmer over low heat (with the pot 3/4 covered) for about 45 minutes or until the chicken is cooked. Take out the chicken and set aside. Sieve the stock and remove the vegetables and spices.

**To make the sauce:** Place the walnuts in a large pan over medium high heat. Stir frequently until some pieces of the edges take a slightly toasted color. Place the walnuts on a plate to cool.

In a food processor, process the walnuts until very finely chopped. Process the toast in the food processor until very finely chopped. Put the minced walnuts and toast in a blender, add 2 cups stock and blend until you have a smooth mixture.

Melt the ghee in a large pan over medium high heat, add the onion and sauté until it's soft but not browned. Stir in the walnut and toast mixture. Reduce heat to low, simmer the sauce for a couple of minutes until it thickens to the desired consistency. Season with paprika, cinnamon, salt and pepper. Keep the sauce over very low heat until you prepare the tasha.

Put the ghee and coriander in a small pan over medium heat and stir until fragrant, about 30 seconds.

Remove all the chicken meat from the bones. Melt 2 tablespoons butter and 1 tablespoon oil in a large pan over medium heat. Stir the chicken with the oil and butter, without getting any color, in order not to be dry. Turn off heat. Season the chicken with paprika, salt and pepper.

Put the rice on a serving plate, arrange the chicken pieces around it and sprinkle some chopped walnuts on top. Drizzle some sauce over the rice and serve the rest in a bowl.

# Kahk Bel Agameya

International Egyptian chef, food blogger, and ex-diplomat, Nermine Mansour shares her celebration of traditional Egyptian cuisine with a step-by-step recipe for the Eid favorite.

**INGREDIENTS - 80 Kahk**

**Kahk Dough**

1 kg flour

3 tablespoons whipping cream powder or corn starch

3 tablespoons toasted sesame

1 tablespoon Rihet El Kahk

1/2 kg (500 grams) melted ghee

1 cup lukewarm water

1 tablespoon yeast

1 tablespoon sugar

1 tablespoon rose water (optional)

**Agameyah Filling**

2 tablespoons ghee

3 tablespoons flour

1 cup light colored honey

1 tablespoon toasted sesame

1/2 cup toasted nuts of your choice

1 teaspoon orange blossom essence

1/4 teaspoon Rihet Al Kahk

**Rihet Al Kahk**

2 teaspoons rose petals

1 teaspoon ground cloves

1 teaspoon ground cardamom

1 teaspoon allspice

1/4 teaspoon cinnamon

Lightly toast the spices to unlock the flavors, then grind them into a powder with a mortar and pestle or spice blender. Store in an airtight jar.

**Note:** You can make the Agameya and Rihet Al Kahk in advance.

**PREPARATION**

**Step 1:**

Make the Agameyah. Melt the ghee in a medium saucepan over medium heat. When it becomes fragrant, add the flour, and whisk vigorously until a golden paste forms. Stir in the honey, and whisk until it is well incorporated. Lower the heat and keep whisking for 8-10 minutes or until the mixture thickens. Toss in the toasted sesame and the nuts. Let it cool to room temperature for one hour. Shape it into balls in the size of hazelnuts.

**Step 2:**

Prepare the yeast-water mixture. Add the sugar, yeast, and warm water to a deep bowl, or a cup, and stir very well. Then set it aside for 3-5 minutes or until the mixture is frothy and foamy.

**Step 3:**

Melt the ghee over low heat. The ghee should only melt and not sizzle. Add the flour to a large mixing bowl, stir in the whipping cream powder (or cornstarch), salt, and Rihet Al Kahk . Make a well in the middle and add gradually the ghee while mixing it with the flour. The flour should be thoroughly coated with the ghee. Stir in 3/4 the frothy yeast mixture and mix well with your hands. Add the remaining 1/4 of the yeast mixture, only if the dough is till dry and needs more liquid. Stir in a spoonful of rose water and knead until a soft dough comes together. Let the dough rest for 20 minutes.

**Step 4:**

Use a 1/2 inch cookie scoop to shape equal sized cookies. To shape the Kahk, use a cookie scoop to form cookies of equal size. Roll each scoop of dough into a smooth ball. Take a dough ball and flatten it. Place an Agameya ball in the center. Bring the edges of the dough together. Pinch the dough to seal well and then press lightly into a disc.

**Step 5:**

Use traditional tweezers or a stamper to create a pattern on the Kahk.

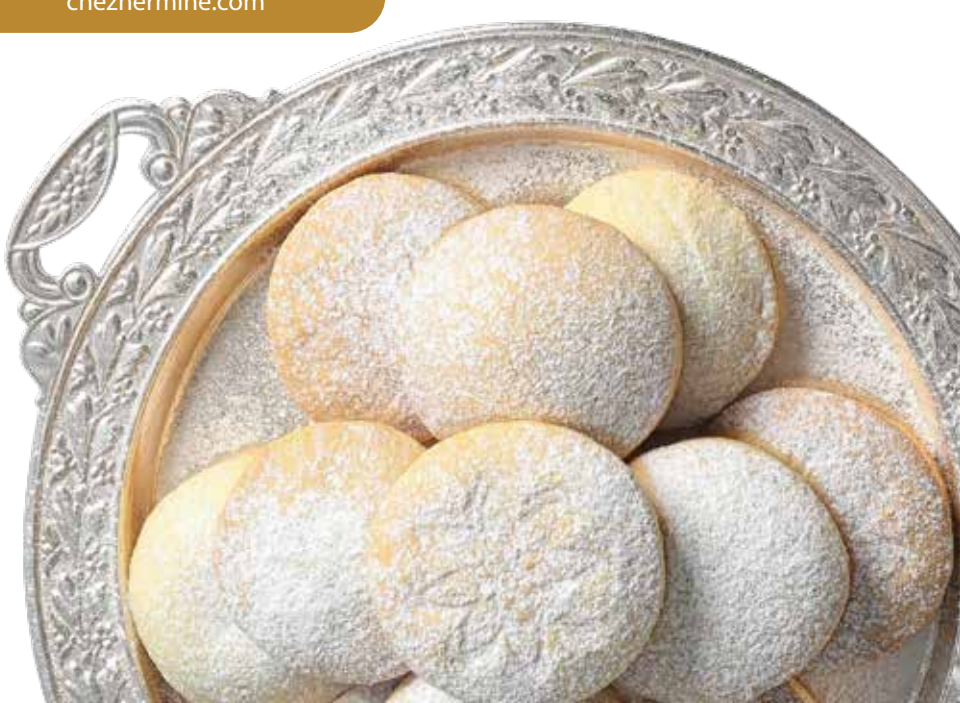
**Step 6:**

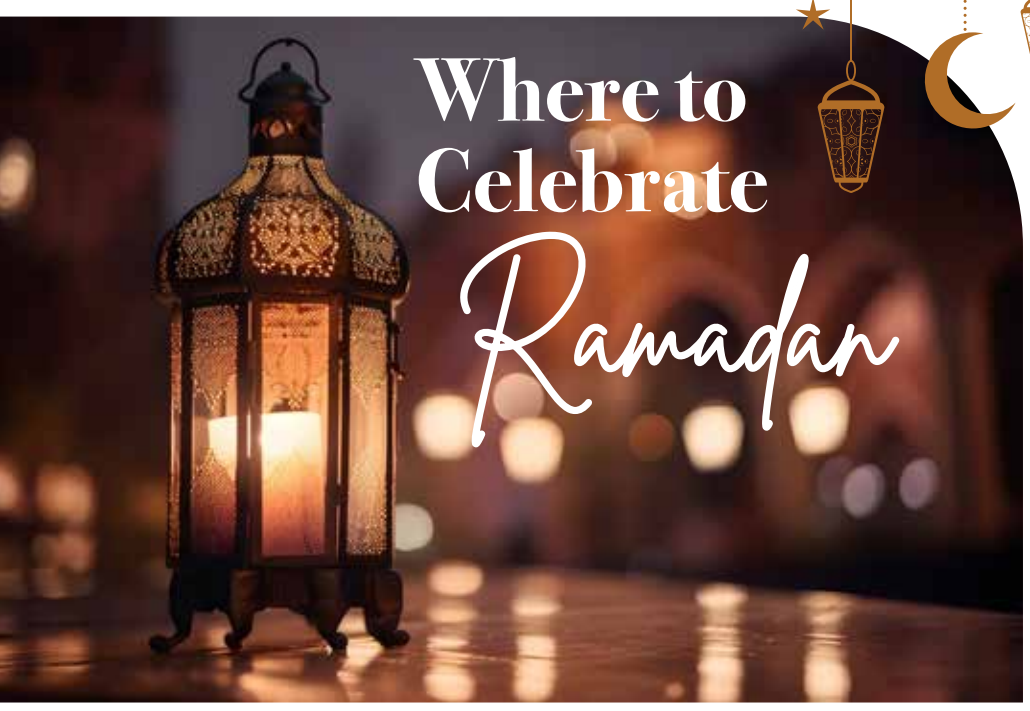
Place the Kahk in a preheated oven at 160 ° C for 10-12 minutes or until the bottom is golden. Transfer the cookies to a metal rack and let them cool to room temperature before you garnish them with the powdered sugar.

**Storage:**

Keep the Kahk in an airtight container for 4 days outside the fridge or a month inside the fridge.

**Instagram:** cheznermine
**Facebook:** cheznermine
cheznermine.com





# Where to Celebrate Ramadan

With wonderful spring weather inviting us to venture outside our homes, it's time to enjoy the lovely venues offering *iftar* and *sohour*. Gather with family and friends and make the most of this very special month. With such a choice of cuisines, from traditional oriental to international, you have plenty of options in Al Rehab and Madinaty for memorable times.

## Al Rehab

Encompassing a spacious 2,659 sqm, Open Air Food Court is an inviting oasis of tempting cuisines.  Diners can enjoy a host of top local food brands as well as international names offering grills, Oriental Egyptian food, international cuisine, fast food, desserts, pizza, and seafood. It is a perfect spot for warm Ramadan evenings, with something for everyone.

## Madinaty

Pick from any of these well-loved names and you can be assured of a great time, with excellent food and a lovely ambience.

**Iftar:**

- Anakota
- Ayadina
- Crave
- Bosporus
- Sizzler
- Mado
- Tamara
- Mince
- Sedra
- Brisk & Brew
- Desoky & Soda

**Sohour:**

- Zooba
- Tabali
- Princess
- Hookah
- CoCo
- Blaze
- Gavi

# Stereo Ups the Dining Game

May we tease your taste buds a little? We love exploring menus and have our hot picks lined up already. Although we would have to wait until after Ramadan, the breakfasts are high on our list, with innovative combinations and insanely generous portions. Truly the meal you need to fire up your day. We have our eye on the Stereo Omelette Roll, and the English Breakfast with sausages, eggs, beef bacon, potatoes, and trimmings would tick a lot of boxes.

Which of course, would leave no space for lunch or dinner. So, forgoing breakfast, we might head across with our friends to indulge in our favourite appetizers. Anything we can dunk into a choice of BBQ, Thousand Island, Marinara, Blue Cheese, Tartare or Honey Mustard dip is absolutely fine by us. And the appetizers won't disappoint. Fried Shrimp, Onion Rings, Nachos, Tacos, Mozzarella Sticks, Sweet Chili Chicken Balls … the list goes on. But don't overlook the appealing salads, perfect for warmer weather. And the range of fajitas, risottos and pasta dishes will have you salivating. Add on a great section of burgers, pizza, sandwiches, shakes, juices, smoothies, and hot beverages, along with a tempting Kids' Menu, and you have covered all the bases.

The main dishes are a must though. Hickory Country Chicken has won our hearts already, and the Smoked Caramelized Fillet would be a first option too. We would be torn between Country Seafood Lover and Grilled Salmon Steak and Shrimp if we were in the mood for fish, although there are so many great dishes to choose from.

Desserts are non-negotiable in our book, and with some amazing diet-destroyers on offer we would just close our eyes and point to anything on the menu. No spoilers here, you will simply have to try for yourself.

**Location:** All Seasons Park, Madinaty

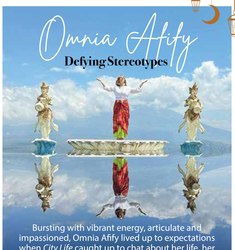
**Tel:** 19706

**Hours:** 9 am - 1:30 am

**Ramadan Hours:** 5 pm – 4 am

**Ramadan Takeaway Hours:** Starting from 12 pm

# Omnia Afify
## Defying Stereotypes



Bursting with vibrant energy, articulate and impassioned, Omnia Afify lived up to expectations when *City Life* caught up to chat about her life, her travels, and what drives her to get the most out of each day. Breaking the mould, she has followed her dream, and in the process, turned around the lives of the many who have been privileged to join her on her journeys to places near and far.

Describing herself came with difficulty. Intense, and deeply introspective, she dug for words. Although feeling that everyone has multiple facets, above all she sees herself as a woman who believes that life is too short for us not to enjoy it as it is, and not meet our full potential. She reached this understanding through her own personal journey, and took the decision to follow her passions, through reading and forming a book club, and through her great love, travel. Herself a wife, and mother to three children, foremost she identifies herself strongly as Omnia, an individual.

"Saving money for travel, even if it means forgoing luxuries, is always a priority for Omnia."

Her popular trips are basically geared to women, who she believes are pushed way too much in our country. "Women feel guilty if they go out alone, they feel guilty if they travel alone, they feel guilty at the idea of having their own identity, of having their own quality time. In Egypt you have to identify yourself as a mom, or as a wife. I find it unfair; there are so many other dimensions to womanhood."

From an early age, her imagination was captured by the immensity of the globe. Her earliest books were atlases, where she could explore and memorize the names of far flung cities in vast continents. Blessed with a father who loved to travel, her childhood years saw her going on holiday to some of the loveliest places in Egypt. Destinations like Sharm El Sheikh and Aswan, and to museums and historical sites, with the depth of knowledge and cultural detail now being passed on to the travellers who join her trips. Adding to her fascination with geography, her love of history comes from her mother, a history teacher.

Over the years, she has developed her instinctive skill for planning journeys for others, including her much loved sister, while she as a young mother didn't have the means or time to travel much herself. She took pleasure in fine-tuning minute details, and her experience built up. Upon the tragic loss of her sister at an early age, she sank into depression. The only spark of joy ignited in her was when someone asked her about making a trip.

Inspired to create trip itineraries following in her sister's footprints, Omnia threw herself into planning travel for friends and family, with no thought of turning her talent into a business. It was only when one of her children spoke so knowledgably about the United States that she took the decision to introduce them to their own country, Egypt, as she had been as a small child. Starting with the Citadel, Moez, Street and Mohamed Ali Mosque, that first trip expanded to a busload of 50 children and moms, and is now a monthly event. Further trips covered Sakkara, and as far as Luxor and Aswan, with moms, husbands and extended families adding to the mix. It was then that a friend who had joined the trip suggested making it a business.

Initially the idea didn't appeal, but as she wanted people to see the sites and sight as through her eyes, she recommended a Nubian guide called Hammou on her Facebook page. The post went viral, and Hammou reached out to her. His family guiding activities were booming, all thanks to her recommendation. Things took off from there, and Omnia started making ladies' trips in Egypt with her friends and family, who became her partners.

Her first trip outside Egypt was to Bali, a destination she has since visited 7 times, as it has become very special to her, like a second home. A long-planned trip to Italy with friends once fell through, so Omnia suggested switching to Bali, a place she already knew. They had a wonderful time. She also loves the exotic vibe of Mauritius, and glows as she describes the 1.5 km zipline, and walking with lions.

She went on to enthuse about Istanbul, and how she likes to share her experience with others, saying it is a city you can either love or hate. She loves it. She goes on to mention Phuket as well, with the most beautiful beaches in the world, before explaining that she will not take a ladies' group until she has explored a place herself first, allowing her to design an itinerary. Now, with economic restrictions, she urges people to make the most of travel in Egypt, with travel along the Nile by *dahabeya*, or days enjoying Siwa. Venturing abroad, she says, it is possible to enjoy destinations like Istanbul if you enjoy walking in the streets in the historical areas, and avoid shopping.

A firm believer in the importance of travel for children, she explained, "First there comes acceptance. Acceptance of other cultures, acceptance of other religions, acceptance and respect for other people. Through this you will find so many similarities that forge common bonds. Travel is a very spiritual experience. You become aware of your insignificance against the marvels of nature." Although her trips are well-planned to the finest details, there is always flexibility to allow for the chance to flow with nature and enjoy unique experiences. The same itinerary revisited can still offer something new.

Omnia's experience in Positive Psychology Coaching allows her to create the potential for exceptional experiences, where people are enabled to immerse themselves in activities with memories that will stay. She explains that by embracing joy and positive emotions her travellers can relinquish any feelings of fear, freeing them to shake off inhibitions in a non-judgemental environment. Her trips are balanced to incorporate adrenalin boosting adventurous activity, interspersed with periods of serenity. "It is very important to feel serene" she says, adding that her philosophy is to allow people to connect with their inner child.

We chatted about places to visit during Eid, with lovely spring weather, and immediately Alexandria, with its wealth of street food, Fayoum and El Gouna popped up. Anyone wanting to roam further could consider Phuket, or Istanbul of course.

With a retirement plan to spend summers in Bali, and winter in Nubia, we can see the appeal of her lifestyle. She would, of course, find time to revisit New York, another favorite spot that needs an insider's knowledge to appreciate fully, and San Francisco. Saving money for travel, even if it means forgoing luxuries, is always a priority for Omnia. For her, anyone who doesn't travel is missing a lot. It is a journey of self-discovery, where you can push your limits. It's never too late.

Omnia Afify can be reached at
**Instagram:** @ the_travel_diaries / **Facebook:** Wander

# What's New at All SEASONS PARK

Spring is here, and it's time to get out and about and discover what All Season's Park has added to its great mix of shopping and food venues. A perfect destination for warm Ramadan evenings, there is everything you need to while away the hours.

Tickle your taste buds at Cinnabon, dive into a delicious food experience at Hookah, or cater to your noodle cravings at Ichimiro Ramen. Check out the innovative menus at Stereo Café & Restaurant and Virgo Café, and catch up with friends over coffee at Ilo's Specialty Coffee, Second Cup and Umbrella.

Sugar offers a wonderful selection of gifts for any occasion, and don't forget, Mother's Day is just around the corner! Stay on trend with Ignite Piercing, up your game for a fit and sporty summer with Activ Abou Alaa and Sun & Sand, or amp up your wardrobe with chic style at Colin's. And not forgetting your little ones, kids will feel right at home as they improve their skills at Angels Center. There is something for everyone, with more surprises coming day by day.

Stay in the loop and follow our social media for news about our special entertainment shows during weekends.

**Facebook:** AllSeasonsParkMall

**Instagram:** allseasonspark

# Medical Services Close to You

## GATEWAY

Taking care of the community, Gateway includes a medical clinic hub housing a wide range of medical services. Gateway is easily accessible to both Al Rehab residents and visitors from the Mohamed Naguib Axis through Al Rehab City's gates 12 and 13.

### AL MOKHTABAR LABS
Second Floor, Unit CS1
19014

### ALFA SCAN
Second Floor, Unit DS1
16171

### ASPECTS CLINICA
Second Floor, Unit DS22
0120 079 9993
AspectsClinica

### DR. ESSA DENTAL CLINIC
Second Floor, Unit DS3

### DR. MOHAMED SHAFIK
**Nutrition - Dermatology - Gynaecology**
Second Floor, Unit DS24

### DR. RAMY MAGDY CARDIOLOGY
Second Floor, Unit CS8
012 749 76665

### EL DURRAH EYE CENTER
Second Floor, Unit CS13
0109 086 2323

### LOUVRE DENTAL
Second Floor, Unit CS14
0115 555 3989

### HI DENT DR. ASHRAF KAMEL
Second Floor, Unit DS30
0122 388 1849

### RADIANCE
First Floor, Building A
0122 388 1849

## ALL SEASONS PARK

A stunning commercial hub that spans over 54,000 sqm offering a medical center located on the second floor which includes 100 clinics covering all medical specialties.

### A.M. CLINICS
S84

### BEAUTY LIFE CENTER
99

### DENTALIA
S100
0100 005 1985

### DR. MOHAMED ABDEL HAMID DENTAL CLINIC
S25
0106 233 0233

### DR. RAMEZ MAGDY CHILD CARE CLINIC
S52
010 08243144

### FLAIR DENTAL CLINIC DR. EHAB SAFWAT
S58
0101 012 3610

### HIBISCUS BEAUTY CLINIC
S37

### IM DENTAL CLINIC
S191
0111 805 0601

### INNOVA DENTAL CLINIC
S113
0102 155 5591

### MARDINI CLINIC
S59
0114 015 2540

### MS CLINIC
S43

### NANO CARE
S109
0112 199 7995

### NEWCASTLE NEW SMILE POLY CLINIC
S28

### ORCHID CLINICS
S26

### RALO DENT DR HAGER MEGAHED
S32
0101 761 1627

### UNION SCAN
S114
0112 020 0921

# Horse Sense

Majestic, powerful and full of grace, horses hold a special place in history, and our hearts. But owning and caring for a horse can be a time-consuming and expensive hobby. And choosing the right horse can be a risky proposition. Rather than dive straight in and purchase, why not do what so many local riders prefer, and lease from a reputable stable?

## WHAT TO EXPECT WHEN LEASING

The stable will help you to select the most suitable mount for your level of experience, and confidence. They will also be responsible for taking care of the horse's feeding, cleaning and exercising, as well as changing the shoes on a regular basis, and following up with routine health checks. You may be required to contribute to vet's fees, and regular de-worming, so be sure to discuss everything in detail up front. Clarify if you will be the sole leaser, meaning that you will be the only rider, apart from the groom who will cover the exercising between your visits.

## CHOOSING THE RIGHT HORSE

Beginners are better to start with a mature horse with a calm temperament. Young, inexperienced horses need experienced riders. You may need to try several different horses before you find one that you can develop a bond and good communication with. Before you agree to a lease, get the vet to check the horse thoroughly to make sure the horse is 'sound', meaning with no physical handicaps, and that there are no potential problems.

## TACK AND EQUIPMENT

Although the stable may be able to provide equipment, it is worth investing in a halter, saddle and bridle that fits the horse correctly and is comfortable for you. It is a good idea to have your own grooming kit, consisting of brushes, a wide tooth comb, and a hoof pick to clean away any gravel or stones after each ride. Be alert for any sign of limping or discomfort, and check your horse well before the saddle is put on.

## CARING FOR YOUR HORSE

You can build up your friendship with your horse by helping with the grooming before and after each ride. Horses enjoy healthy treats, like chopped apples without seeds or cores, or clean, chopped carrots. Learn to be sensitive to your horse's mood and behaviour when you are out riding. They are intelligent creatures, and can easily pick up on your mood as well. A good partnership between horse and rider can seem that you each know what the other is thinking, and you understand one another!

## LEARNING TO RIDE

The stable may have experienced trainers who can cover this, but to enjoy riding to the full, it may be an idea to do a course of lessons at one of New Cairo's riding academies.

**Arabian Village**
Haikstep
Tel: 011 45005226

**Khayal In Academy**
Haikstep, El Sherouk
Tel: 011 11400568

**Elboraie Riding Academy**
New Cairo
Tel: 010 96208926

**Sunrise Equestrian Academy**
Haikstep
Tel: 012 80448227

# Friendship and Bonding

Destiny brings many people across our path. Some pass along, others become close and stay a part of our lives. What are the qualities we find in them that create the chemistry?

### Honesty

The truth may not always be easy to handle, but if someone cares about you they should not lie just to make you feel good.

### Respect

Even if you disagree on something, a friend will understand your right to your point of view. While discussion is healthy, it must take other's feelings into consideration.

### Loyalty

A friend should not be swayed by anyone or be tempted to betray you in any way. If you are honest with each other, you should be confident enough to stick up for one another.

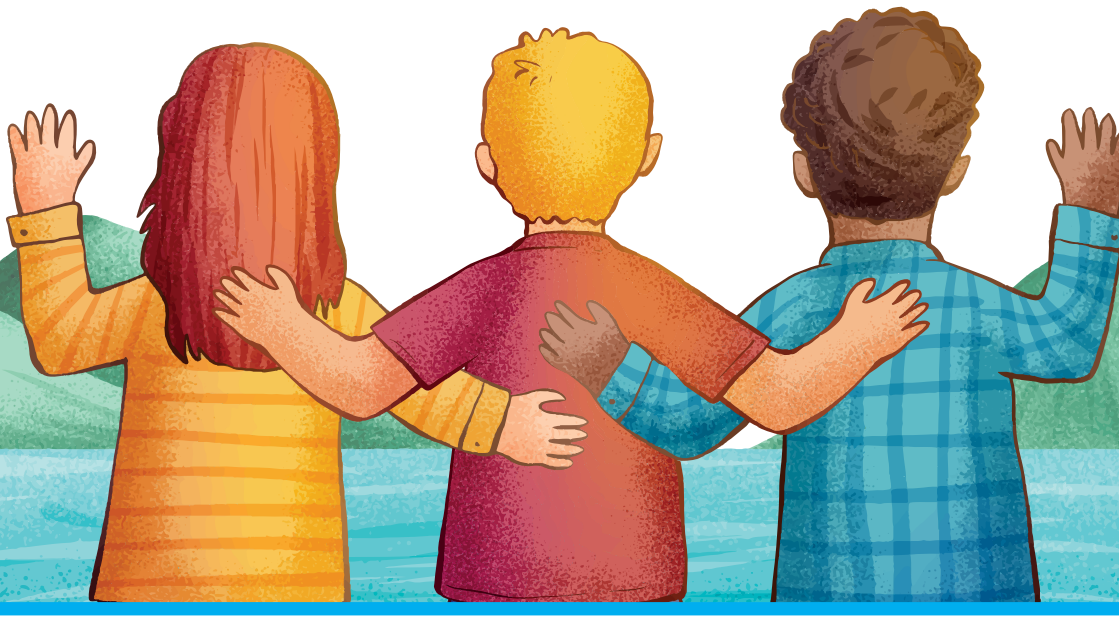
### Transparency

Who needs to be second guessing all the time? A friend should be open and real.

### Kindness

This comes from the heart. True friendship means wanting the best for each other. No harsh words or selfishness.

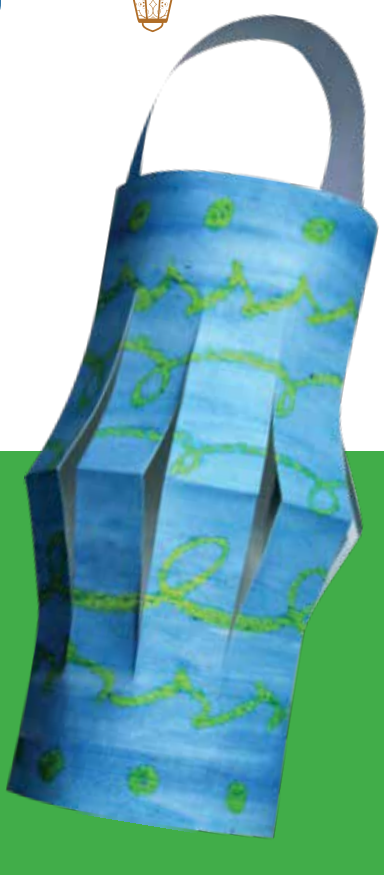
True friendship is priceless, and can last for years, helping you weather any storm.



## City Life Fans

There's nothing we enjoy more than hearing from our readers. *City Life* is created for you, and we are thrilled to hear about your achievements, interests, and thoughts on our community publication. In this issue we are happy to share photos of two young residents, Ali Mohamed Salah and Jana Mohamed Salah. They love being involved in sports and activities with their many friends, and Jana is already an accomplished horseback rider. We wish them more good times ahead!

# Create Your Unique Ramadan Lantern



**To make these paper lanterns you will need:**

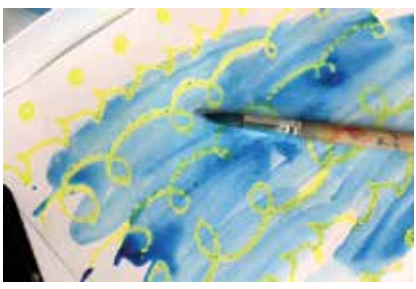
- A rectangle of A4 size thick paper, plus a little extra for a handle
- Oil pastels or wax crayons
- Watercolour paint
- Scissors
- Sticky tape

## Step 1

Start by drawing a design on your rectangle of card or paper, using your oil pastels or wax crayons.

You can make repeating patterns, a traditional Islamic geometric design, crescent moon anad stars, or anything you like.

## Step 2



Next, using some watercolour paints, cover right over the surface of your oil pastel design.

The oil pastels resist the watercolour and you will see how your design pops through the paint.

## Step 3

Once your paint is dry, fold your paper in half, long side to long side.

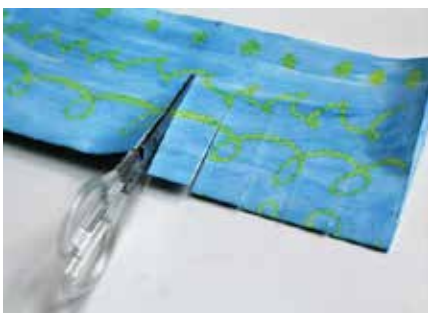
Then use scissors to make cuts all along the folded length. Don't cut right the way across, or your lantern will fall apart – just cut half to two-thirds of the way to the other side.

## Step 4

Finally, open up your card and roll it so the two longer sides meet to form your lantern shape.

Fasten your lantern in place using some sticky tape. The cuts you made will open out to give you a great lantern design.

## Step 5



Use an extra piece of card / paper to make a handle for your lantern and attach it with sticky tape.

**Tip:**
You can use a flameless LED candle inside to light your lantern, or string them up across your room like bunting.

# Having Family Fun in Ramadan

One of the many blessings of Ramadan is the amount of time families get to spend together. There are many ways that you can make this time even more enjoyable, by spending time doing things that you can all take part in.

## SPOT THE PLANTS

The game of "I Spy" has been around for years, but you can put a new twist on it by taking a stroll together around the landscaped and garden areas of Al Rehab and Madinaty and seeing how many different types of flowers, plants and trees you can identify, by alphabet.

## DONATE

The act of donation doesn't always mean giving financial aid. There are so many ways you can help and enrich people's lives. Look at the talents and abilities you have, the toys and clothes that you have outgrown, and the spare hours you can use to help others within your own community. There will always be people who would really appreciate a special gesture. If you are acing your exams at school, offer to help with tuition for younger children, or offer your services as a dog walker for a busy neighbour, or even teach a hobby or skill to friends.  Be generous of yourself!

## START A GARDEN

Making the most of spring weather, why not grow your own plants? Mashtal has planting kits which have all the things you need to start. There are two versions, a kid's kit and a beginner's kit and you will have the chance to enjoy your efforts for months to come.

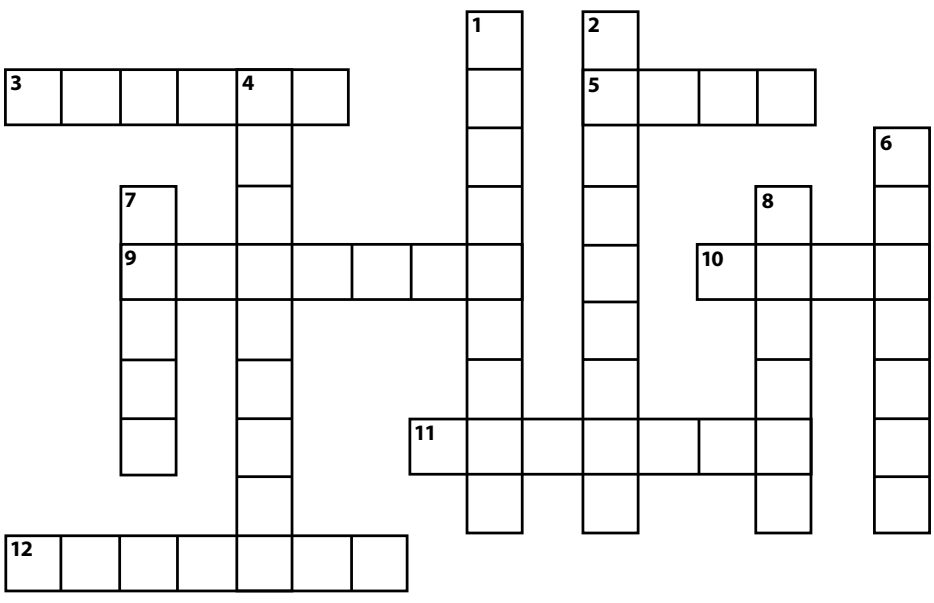
## FAMILY BAKING DAY

Choose a food you all love and join together to prepare the dish. Cookies are always fun to make, and they go down quickly, giving you an excuse to make them more often.

## QUIZ NIGHT

Choose a theme and let everyone write down five questions on small pieces of paper. Fold the papers and place into a bowl or bag. Make sure that the person asking the questions knows the correct answer though! Why not make general knowledge about Al Rehab and Madinaty a topic? Or a favourite sport or hobby? There are so many quiz ideas to choose from, and you can award a prize to the winner.

# Crosswords



**Across:**

3. Special meal between breakfast and lunch.
5. Tight squeeze.
9. Inspiring awe.
10. The feeling mom has for her children.
11. To help someone grow up.
12. A bouquet of these will make  mom's day

**Down:**

1. Amazing or astonishing.
2. Mom's favorite cocoa indulgence.
4. To engage in festivities.
6. A gift.
7. Sweet treats.
8. The woman who loves you no  matter what!

**Word List:** awesome / brunch / candy / celebrate / chocolate / flowers / hugs / love / mother / nuture / presents / wonderful

# The Hidden Objects

# THE MAZE

Kids Station
Future train passes here!

Great news! **Kids Station** is now open at **Gateway Mall** in Al Rehab. Fun, Games, Food and loads more. Come and visit!

# ادارة وقتنا في رمضان

**حلول شهر رمضان اثناء العام الدراسي يسبب للطلبة ضغطاً كبيرا، حيث تضطرب اوقات النوم وتمثر الزيارات العائلية والاجتماعية والعزائم ، وتنخفض الطاقة الجسمانية والذهنية لدي الكثيرين منا ، وهذا يجعل تنظيم الوقت بين المهام والانشطة المطلوبة مهمة شاقة علي اغلب الطلبة.**

اقدم هنا مجموعة من النصائح لتنظين الوقت وترتيب الاولويات والتركيز علي بعض الامور الضرورية ، تساعد في ان يكون رمضان نقطة انطلاق لتنظيم الوقت فيما بعد رمضان .

## حدد جدول ليومك:

حدد في هذا الجدول الانشطة التي تريد انجازها مثل: الذهاب للمدرسة او الجامعة / وقت النوم / وقت الزيارات العائلية/ وقت الرياضة / وقت العبادات والروحانيات

## اكتشف الفترة الذهبية لانجاز اصعب المهام :

لاحظ افضل الاوقات التي تتمتع فيها بلياقة ذهنية وبدنية لتنهي خلالها اصعب المهام المطلوبة منك ،. قد تكون هذة الفترة مابين صلاه الفجر وحتي الرجوع من المدرسة ، وللبعض الاخر قد تكون مابعد صلاه العشاء وحتي صلاه الفجر .

## تجنب معوقات المذاكرة :

احرص ان يكون وقت المذاكرة للمذاكرة وان تواصل ذلك لمدة لاتقل علي ٤٥ دقيقة ، وان تأخذ فترة راحة لمدة ١٠ دقائق تجدد بها نشاطك وتتناول بعض العصائر او الفاكهة .

## وسائل التواصل الاجتماعي: SocialMedia

خصص وقت لمطالعة وسائل التواصل الاجتماعي / احرص علي الالتزام بهذا حتي لايسرق الوقت من الانشطة الاخري الهامة .

## المشاركة في التجمعات العائلية والافطار:

يعتبر رمضان مناسبة جيدة لتوطيد الروابط العائلية والاجتماعية ، لذلك احرص ان يكون ضمن اولوياتك .

## تعزيز الجانب الروحاني:

من الضروري اقتطاع وقتا من اليوم لتعزيز الجانب الروحاني والعبادات مثل قرءة القرآن / الصلاه/ والقيام ببعض الاعمال التطوعية مثل الاطعام وتوزيع الطعام وتوزيع الملابس وذلك لاستغلال هذا الشهر في تأصيل القيام بأعمال الخير وتقديم المساعدات للغير في رمضان ومابعد رمضان .

## الغذاء المتوازن :

احرص علي تناول غذاءا متوازنا يشمل البروتين والكربوهيدرات والفاكهة والالياف وتقليل السكريات وشرب المزيد من الماء خلال فترة الافطار ، وتجنب الكافيين ومشروبات الطاقة .

## ممارسة رياضة خفيفة :

تجنب الانشطة البدنية العنيفة خلال اوقات الصيام / ويمكنك ممارسة المشي او اي رياضة خفيفة قبل المغرب او بعد الافطار بساعة .

- عليك مراقبة خطتك اليومية لمدة اسبوع او اقل/ احرص خلالها علي تسجيل انشطتك اليومية لتكتشف اين يتسرب وقتك وذلك قد يكون من خلال برنامج app علي تلفونك / او التدوين علي Note بالتليفون / او مذكرة صغيرة / او جدول مطبوع (كالمرفق)

- يعتبر هذا بمثابة ( جرد ومراقبة ) لوقتك تتعرف خلالها علي المدة التي قضيتها في كل نشاط ، وتساعدك علي تصحيح عدم توازن الجدول اليومي وبالتالي الاسبوعي وبالتالي الشهري / .

- كما سيساعدك علي تدريب عقلك علي كيفية استثمار وقتك فيما بعد رمضان ويترتب عليه تحسين مستقبلي في طريقة تنظيم وقتك واسلوب حياتك وليكن تنظيم الوقت في رمضان Time Management في رمضان هو البداية .

| | الصلاة | القرآن | الاذكار | الذهاب للمسجد | مذاكرة | رياضة | سوشيال ميديا | زيارات عائلية | أعمال خيرية | صدقة | اطعام | توزيع ملابس | زيارات خيرية |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ١ | | | | | | | | | | | | | |
| ٢ | | | | | | | | | | | | | |
| ٣ | | | | | | | | | | | | | |
| ٤ | | | | | | | | | | | | | |
| ٥ | | | | | | | | | | | | | |
| ٦ | | | | | | | | | | | | | |
| ٧ | | | | | | | | | | | | | |
| ٨ | | | | | | | | | | | | | |
| ٩ | | | | | | | | | | | | | |
| ١٠ | | | | | | | | | | | | | |
| ١١ | | | | | | | | | | | | | |
| ١٢ | | | | | | | | | | | | | |
| ١٣ | | | | | | | | | | | | | |
| ١٤ | | | | | | | | | | | | | |
| ١٥ | | | | | | | | | | | | | |
| ١٦ | | | | | | | | | | | | | |
| ١٧ | | | | | | | | | | | | | |
| ١٨ | | | | | | | | | | | | | |
| ١٩ | | | | | | | | | | | | | |
| ٢٠ | | | | | | | | | | | | | |
| ٢١ | | | | | | | | | | | | | |
| ٢٢ | | | | | | | | | | | | | |
| ٢٣ | | | | | | | | | | | | | |
| ٢٤ | | | | | | | | | | | | | |
| ٢٥ | | | | | | | | | | | | | |
| ٢٦ | | | | | | | | | | | | | |
| ٢٧ | | | | | | | | | | | | | |
| ٢٨ | | | | | | | | | | | | | |
| ٢٩ | | | | | | | | | | | | | |
| ٣٠ | | | | | | | | | | | | | |

# ORION

## النظافة المنزلية

ترويقة رمضان السنة دي علي اورايون هنبعتلك فريق عمل جاهز يرجع بيتك ومطبخك كأنه جديد وجاهز لاستقبال عزومات رمضان بخصم ١٠٪ طوال شهر رمضان.

تتميز شركة أورايون بالتركيز الكامل على رضاء العملاء وتوفير الخدمات المتميزة التي تلبي توقعاتهم بشكل كامل. من خلال خدمات إدارة المرافق ، لذلك تسعى أورايون إلى تقديم خدمات قريبة مميزة تجمع بين الراحة والجودة، و ضمن هذة الخدمات هى خدمة النظافة المنزلية ، حيث تقدم الشركة ثلاثة أنواع من خدمات النظافة.

النظافة العامة لتشمل كل ما يتعلق بنظافة المنزل ، نظافة ما بعد التشطيب لإستلام منزلك على أكمل وجه و نظافة عميقة بإستخدام أحدث التقنيات كالهوفر و البخار للتخلص من البكتريا و الجراثيم .

- تبدأ الاسعار من: ٣٠٠ جنيه وتزيد حسب مساحة الوحدة
- عدد العمال: حسب مساحة الوحدة
- متاح اضافة ادوات ومنظفات بأسعار تبدأ من ١٠٠ جنيه وتزيد حسب مساحة الوحدة
- يتم وصول فريق النظافة من ٩,٣٠ صباحا الى ١٠,٣٠ صباحا ويتم الرحيل عند الانتهاء من اعمال النظافة بحد أقصي الساعة ٤ عصرا.

## الديليفرى

خليك في بيتك واورايون هتوصلك طلبك من اي مكان في ٤٥ دقيقة

تقدم أورايون خدمة الديليفري بشكل استثنائي ، حيث تسعى جاهدة لتسهيل الحياة اليومية للسكان وجعلها أكثر راحة وسهولة. تشمل خدمة الديليفري المقدمة من قبل أوريون العديد من البنود التي تلبي احتياجات السكان بشكل مباشر، مثل:

- شحن كارت الكهرباء والمياه : مدة الخدمة ٣٠ دقيقة
- طلبات السوبر ماركت : مدة التوصيل من ٣٠ الي ٤٥ دقيقة
- طلبات الخضار والفواكه : مدة التوصيل من ٣٠ الي ٤٥ دقيقة
- طلبات اللحوم والدواجن : مدة التوصيل من ٣٠ الي ٤٥ دقيقة
- طلبات المطاعم : مدة التوصيل من ٦٠ الي ٧٥ دقيقة

تبدأ أسعار خدمة الديليفري من ٢٣ جنيهًا وتتحدد حسب الجهة، ويتم الشراء عن طريق المندوب والتحصيل عند وصول الطلب للعميل، مما يوفر للسكان تجربة تسوق مريحة وموثوقة.

## سمارت هوم

تقدر تركب كاميرات مراقبة لبيتك بأفضل تقنيات انظمة المراقبة العالمية كمان ممكن تخلي بيتك سمارت وتعمل ساوند سيستم - شبكة واي فاي – انتركم وتركب باب مصفح لأمان بيتك «

تعتبر خدمة السمارت هوم واحدة من الحلول الذكية التي تقدمها شركة أورايون لإدارة المرافق لسكان مدينتى و الرحاب. تتضمن هذه الخدمة العديد من البنود التي تلبي احتياجات السكان بشكل كامل وتوفر لهم تجربة حياة ذكية ومتطورة. من خلال توفير خدمات السمارت هوم، يستطيع السكان الاستمتاع بحياة مريحة ، والتحكم في مرافق منازلهم بكل سهولة .

**خدمة السمارت هوم تحتوى على البنود التالية:**

### الإنتركم :



- تركيب انتركم ديجيتال – انالوج
- تركيب انتركم ديجيتال شاشة
- برمجة انتركم ديجيتال شاشة
- برمجة انتركم ديجيتال – انالوج
- تبدأ الاسعار من ٢٠٠ جنيه حتى ١٢٠٠ جنيه حسب بند الخدمة
- مدة الخدمة تبدأ من ساعة وحتى الأنتهاء من الاعمال المحددة

### الكاميرات:



الخدمات شاملة:

- تركيب كاميرا وبرمجة
- تغير باور صبلاي
- صيانة كاميرات
- تبدأ الاسعار من ١٥٠ جنيه حسب بند الخدمة
- مدة الخدمة تبدأ من ساعة وحتى الأنتهاء من الاعمال المحددة
- سمارت هوم:
- تاسيس شبكة واي فاي بالكامل سعر النقطة شامل البرمجة والتركيب والمصنعية مع مد الكبلات اذا تطلب الامر
- تاسيس و تركيب وبرمجة سمارت هوم
- تركيب راوتر وبرمجة
- تركيب ساوند سيستم شامل تركيب السماعات و مد الكبلات
- تركيب بوابة
- صيانة بوابة
- صيانة ساوند سيستم
- صيانة سمارت هوم
- تركيب و برمجة acc point بالنقطه
- تاسيس net work بالنقطة الحائطية

تبدأ الاسعار من ٢٠٠ جنيه حسب بند الخدمة
الخدمة تبدأ من ساعة وحتى الأنتهاء من الاعمال المحددة

للحجز: الخط الساخن ١٦٢٨٦

# الخدمات الحكومية بالرحاب و مدينتى

**تسعى مجموعة طلعت مصطفى لتقديم مجتمعات عمرانية متكاملة ،حيث تتضمن خطط التطوير توفير مجموعة واسعة من مراكز الخدمات الحكومية في مشاريعها السكنية ، بهدف تيسير حياة السكان و تلبية إحتياجاتهم بشكل شامل وذلك من خلال تواجد العديد من مراكز الخدمات الحكومية في مدينتى و الرحاب ، ليتمكن السكان من الوصول بسهولة الى مختلف الخدمات التى تشمل التوثيق، الأحوال المدنية ، البريد و غيرها .**

**تعد هذه الخدمات الحكومية جزءا لا يتجزأ من رؤية مجموعة طلعت مصطفى لتوفير حياة مجتمعية شاملة تتميز بالراحة و التطور.**

## الخدمات الحكومية بمدينة الرحاب

**الشهر العقارى:** نادى الرحاب بوابة 5

https://rern.gov.eg/pages/office/623

للحجز اون لاين : من خلال تطبيق « أرغب فى عمل توكيل» ، « منصة مصر الرقمية» .

**قطاع الأحوال المدنية – السجل المدني:**

داخل الأفينو مول ، مدينة الرحاب

**مكتب البريد :** بوابة ٥ الرحاب، سيتي سكوار، الرمز البريدي ١١٨٤١

https://egpostal.com/ar/

**السنترال - We:** بجوار بوابة ٥ نادي الرحاب.

**نقطة الشرطة :** بجوار بوابة ١٣.

## الخدمات الحكومية بمدينتى

**مكتب الصحة:** الكرافت زون.

**مكتب البريد :** خلف الساوث بارك ، بجانب منطقة الحركة - الرمز البريدى لمدينتى : ١٩٥١٩

https://egpostal.com/ar/

**السنترال - We :** بجوار الحركة و نقطة شرطة مدينتى .

**الضرائب العقارية:** بجوار جهاز المدينة – مبنى خدمة ما بعد البيع.

**الشهر العقارى :** خلف مكتب البريد، و منطقة الحركة .

https://rern.gov.eg/pages/office/628

**نقطة الشرطة :** منطقة الحركة.

**السجل المدنى:** فوق نقطة الشرطة – بجوار منطقة الحركة – الدور الأول.

**المطافىء :** خلف منطقة البنوك منطقة الB2 – رقم الهاتف : ٣٨١٣٠٦٦١١١٠

**مكتب جوازات مدينتي :**
الدور الثاني- خلف نقطة الشرطة

# تعزيز الخدمات المصرفية بمدينة الرحاب

## ماكينات الصراف الآلي (ATM) التابعة لبنك مصر.

تعتبر مدينة الرحاب واحدة من أبرز المدن الجديدة في مصر، وتعد من أكثر المجتمعات السكنية الحديثة والمتكاملة ، حيث توفر بيئة حضرية متميزة مع الحفاظ على الروح الهادئة والطبيعة الخلابة. مع تزايد عدد السكان وتزايد الحاجة إلى الخدمات المتقدمة، فإن جهاز مدينة الرحاب يسعى جاهداً لتلبية احتياجات السكان وتقديم الدعم الدائم لهم.

في هذا السياق، يسر جهاز مدينة الرحاب الإعلان عن البدء بتشغيل ماكينات الصراف الآلي (ATM) التابعة لبنك مصر في عدة مواقع مهمة في المدينة. وتأتي هذه الخطوة في إطار جهود تعزيز الخدمات المصرفية وجعل المعاملات المالية أكثر سهولة ويسر للمقيمين في مدينة الرحاب.

إن توفير ماكينات الصراف الآلي (ATM) في مدينة الرحاب يعد خطوة مهمة ومفيدة بشكل كبير للسكان، حيث يمكنهم الآن الوصول إلى الخدمات المصرفية الأساسية بسهولة ومن دون الحاجة إلى الانتظار المطول في الفروع الرئيسية للبنك.

و ذلك بفضل توفر ماكينات الصراف الآلي الخاصة ببنك مصر في مواقع متعددة مثل :

- جهاز مدينة الرحاب الجديد
- جهاز مدينة الرحاب القديم (بالقرب من السوق)
- منطقة الفود كورت - أمام مسجد أحمد عفيفي
- المنطقة السكنية بجوار مدرسة عثمان ابن عفان و مسجد أبو بكر الصديق بالمرحلة الخامسة .

**نأمل أن تجدوا هذه الخدمة مفيدة ومريحة، حيث نسعى دائما لتلبية احتياجاتكم بأفضل الطرق الممكنة.**

# المـمـثـلـة كريم محدث

**في عالم الإبداع والسحر التمثيلي، تتألق ممثلة فذة فريدة لمعظم تجارب تفاعلية و إستثنائية تأسر العقول وتفتح القلوب، كريم محدث المخرج الذي يملك جوهر قيمة الإبداع بالفعل دعونا نأخذكم في رحلة ميتمائية مثيرة لاكتشاف سر إبداعه الساحر.**

## ما هي أهم صفات المخرج المثلث ، وكيف يمكنه صنع الفارق بين النجاح والفشل؟

المخرج الناجح هو عملية امتلاك مجموعة من الصفات التي يمكنه أن يوصلها بشغف وحب إلى جمهوره، ومن أهم هذه الصفات الموهبة، الثقافة، الخبرة، الشغف، والقدرة على التواصل مع الفريق، كما أن الدراسة الأكاديمية والتدريب العملي المتواصل وتنوع الأعمال و تراكم الخبرات يساهم في تطوير أدوات المخرج وتعزيز مهاراته، كما أن الذكاء العاطفي والقدرة على التعامل مع مختلف الشخصيات والتفاوض بحكمة وإقناع، كل هذا يعزز من فرص نجاح المخرج في تحقيق رؤيته الفنية بنجاح و احترافية.

## ما هي أكبر التحديات التي تواجه المخرج المثلث؟

المخرج المثلث له دور جوهري في نجاح أي عمل درامي، لكن تواجهه العديد من التحديات ومن أكبرها، تفريغ الجسد الدرامي في مكان التصوير المكوكبي، التحضيرات والتصوير سريعًا، داخل و خارج البيئة، وكذلك أنه يحتاج إلى مهارات عالية في التنسيق والتخطيط والتنسيق مع المتعاملين على جميع الأصعدة لضمان سير العمل بسلاسة، كما أنه يجب أن يكون صبورًا، كريمًا، واسعًا في أفقه الفني.

## كيف وجدت الفعل في الإخراج؟ وكيف كانت بدايتك، وما هي أولى خطواتك لتحقيق حلمك؟

بدايتي كانت في بيتي في منزل الجيل نفسه. ولم أكن يومًا أن أكون ممثلة، بل شغفي بالإخراج كان يكبر معي منذ الصغر، فكنت أحب أن أجرب كل شيء، وأحاول أن أعبر عن أفكاري بأكثر من طريقة، وشيئًا فشيئًا بدأت أشعر بأن الإخراج هو المكان الذي أستطيع أن أجمع فيه كل هذه الأشياء.

انضممت إلى مسرح الجامعة، وابتدأ شغفي يقوى كيف يتم توجيه الممثلين، حيث كان المكان الذي أستطيع فيه التعبير بحرية أكثر، بعدها بدأت في العمل بشكل احترافي، وبدأت أتعلم من كل تجربة، سواء كانت ناجحة أو فاشلة، وكان هذا هو الطريق الذي جعلني أصل إلى ما أنا عليه اليوم.

## كيف وجدت طريقك إلى عالم التمثيل، وما هي أول خطواتك التي ساهمت في بناء مسيرتك الفنية؟

بدايتي كانت من خلال الجامعة، حيث بدأت أشارك في المسرحيات الجامعية، وكنت أحب هذا الجو كثيرًا، لأنه يجمع بين الإبداع والعمل الجماعي، بعد ذلك بدأت أشارك في أعمال أصغر، وبدأت أتعلم من كل تجربة، حتى أتيحت لي الفرصة لأشارك في أعمال أكبر، وأعمل مع مخرجين أكثر خبرة، وأتعلم منهم أكثر.

## ما هي أكثر التحديات التي واجهتها كمخرجة؟ وكيف تعاملت معها؟

أكثر التحديات التي واجهتني كمخرجة هو الوقت، فالعمل في مجال الإخراج يتطلب الكثير من التحضير، وأحيانًا لا يكون هناك وقت كافٍ لتحقيق كل ما نريده، لذلك تعلمت كيف أستغل كل دقيقة بأفضل طريقة ممكنة، وكيف أتخذ القرارات بسرعة دون أن أفقد جودة العمل.

## كيف ترين تأثير الذكاء الاصطناعي على صناعة الدراما؟ وهل تعتقدين أنه قد يحل محل المخرجين في المستقبل؟

الذكاء الاصطناعي أصبح جزءًا من حياتنا اليومية، وبالتأكيد سيؤثر على صناعة الدراما، لكن لا أعتقد أنه سيحل محل المخرجين، لأن الإخراج ليس مجرد تنفيذ، بل هو إحساس، وتجربة، وقدرة على التواصل مع الناس، وهذه أشياء لا يمكن للذكاء الاصطناعي أن يقدمها.

## ما هي أهم الصفات التي يجب أن يمتلكها المخرج المثلث؟

أهم صفة أراها في المخرج الناجح هي الشغف، فإذا لم تكن تحب ما تفعله، فلن تستطيع أن تعطي أفضل ما عندك، بالإضافة إلى الشغف، يجب أن يكون المخرج صبورًا، قادرًا على التعامل مع الضغوط، ومستعدًا للتعلم من كل تجربة، سواء كانت ناجحة أو فاشلة.

## ما هي أهم الصفات التي يجب أن يمتلكها الممثل؟

أهم صفة أراها في الممثل هي الصدق، أن يكون قادرًا على أن يعبر عن المشاعر بطريقة حقيقية، وأن يجعل الجمهور يصدقه، بالإضافة إلى الصدق، يجب أن يكون الممثل مستعدًا للعمل بجد، وأن يكون قادرًا على التعلم من كل تجربة، سواء كانت جيدة أو سيئة.

## ما هي أكثر التحديات التي واجهتها كممثلة؟ وكيف تغلبتي عليها؟

أكثر التحديات التي واجهتني كممثلة هو الخوف من الفشل، في البداية، كنت أخاف من أن أخطئ، أو أن لا يعجب الجمهور بأدائي، لكن مع الوقت، تعلمت أن الخطأ جزء من التعلم، وأن الفشل ليس نهاية الطريق، بل هو فرصة للتعلم والتطور.

## ما هي أكثر الشخصيات التي لعبتها وتركت أثرًا في نفسك؟

أكثر الشخصيات التي لعبتها وتركت أثرًا في نفسي هي شخصية "سلمى" في مسلسل "الحب لا يكفي"، لأنها كانت شخصية معقدة، مليئة بالتناقضات، وكانت تحتاج إلى أن أكون صادقة جدًا في تجسيدها، لأنها كانت قريبة من الواقع، وكان من السهل أن أقع في فخ المبالغة، لكنني حاولت أن أكون طبيعية قدر الإمكان.

## ما هي أكثر الأدوار التي تحبين أن تقدميها؟

أحب أن أقدم أدوارًا تتطلب مني أن أكون قوية، أدوار فيها صراع داخلي، وفيها تطور في الشخصية، أحب أن أقدم أدوارًا تجعل الجمهور يشعر بأنه يعرف الشخصية، وأنه يستطيع أن يتعاطف معها، حتى لو كانت تخطئ

City Life by TMG

# دليل المساجد

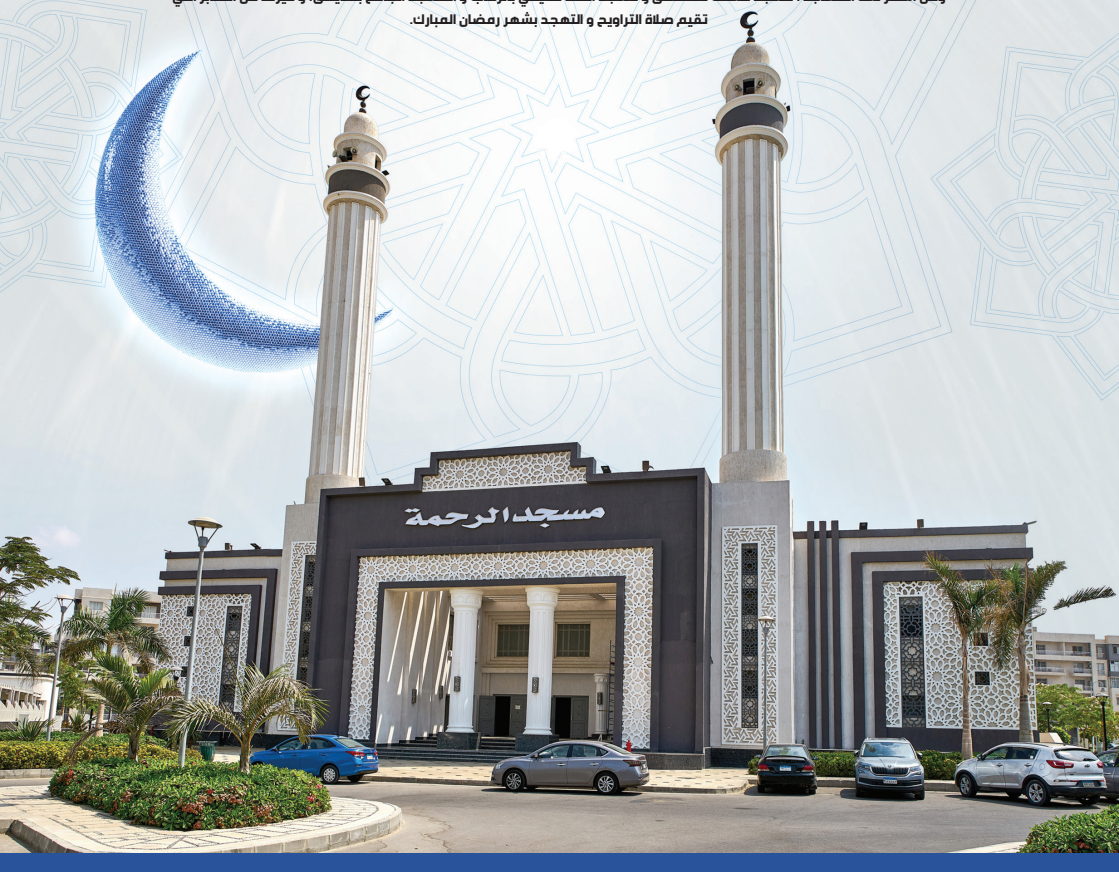
# رمضان

## ٢٠٢٤ م – ١٤٤٥ هـ

تعد مساجد مدينتي و الرحاب من التحف المعمارية التي لا تقل عن جمال المباني فى مشروعات مجموعة طلعت مصطفى ، وذلك لمنابرها الفخمة التي تقع وسط المساحات الخضراء فى قلب مدينتى و الرحاب، مما يجعلها واجة مميزة تجمع بين الروحانية والجمال لعباد الرحمن خلال الشهر الكريم و جميع المناسبات و الابتهالات الدينية.

مساجد الرحاب و مدينتى تتسم بمساحاتها الواسعة ، لاستقبال أعداد كبيرة من المصليين و الزائرين، خاصة أيام الجمعة، وتتميز المساجد بطرازات معمارية مختلفة من جميع العصور، مزينة بزخارف و نقوش متنوعة تعرض البراعة الفنية .

ومن أشهر تلك المساجد : مسجد طلعت مصطفى و مسجد أحمد عفيفي بالرحاب و المسجد الجامع بمدينتى، و غيرها من المنابر التي تقيم صلاة التراويح و التهجد بشهر رمضان المبارك.




## دليل مساجد الرحاب

| المسجد | الموقع | تراويح | تهجد | إعتكاف | صلاة العيد |
|---|---|---|---|---|---|
| الهداية | المرحلة الأولى | ربعين | ٢٠ رمضان | | ✓ |
| أحمد عفيفي | أمام الفودكورت | ربعين | ٢٠ رمضان | | ✓ |
| الرحمن | بجوار مول ٢ | ربعين | | | ✓ |
| طلعت مصطفى | المرحلة الرابعة | جزء كامل | ٢٠ رمضان | ✓ | الساحة |
| جهاز المدينة | بوابة ٦ | ربع واحد | | | |
| مصعب بن عمير | نادي الرحاب | ربع واحد | ٢٠ رمضان | | ✓ |
| السيدة عائشة | المرحلة العاشرة | ربعين | ٢٠ رمضان | | ✓ |
| أبو بكر الصديق | المرحلة الخامسة | ربعين | ٢٠ رمضان | | ✓ |
| فاطمة الزهراء | فيلات الرحاب هيلز | ربع واحد | | | |
| عمر ابن الخطاب | المرحلة التاسعة | ربعين | ٢٠ رمضان | | ✓ |
| عثمان بن عفان | المرحلة الثامنة | جزء كامل | ٢٠ رمضان | | ✓ |
| بلال بن رباح | أمام البنوك (السوق القديم) | ربع واحد | | | |
| عمار بن ياسر | إمتداد نادي الرحاب | ربع واحد | | | |
| عبد الرحمن بن عوف | السوق الشرقي | ربع واحد | | | |
| السلام | جراج السوق الشرقى | ربع واحد | | | |
| الشهيد طيار هشام حسني | المرحلة السابعة | ربعين | ٢٠ رمضان | | ✓ |

* جميع المساجد بها مصلي للسيدات

* الجداول نهائية ما لم يصدر تعليمات أخرى من وزارة الأوقاف

*** الاعتكاف:**

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

## دليل مساجد مدينتي

| المسجد | الموقع | تراويح | تهجد | إعتكاف | صلاة العيد |
|---|---|---|---|---|---|
| نور الاسلام | أرابيسك مول | ربع | | | |
| عمر بن عبد العزيز | B1 | ربعين | ✓ | | ✓ |
| عمرو بن العاص | B2 | جزء كامل | ✓ | ✓ | ✓ |
| التوحيد | B2 | ربع | | | |
| علي بن أبي طالب | B8 | ربعين | ✓ | | |
| أنس بن مالك | B3 | ربعين | ✓ | | ✓ |
| خالد بن الوليد | جهاز المدينة | ربعين | ✓ | | ✓ |
| الزبير بن العوام | Vg5 | ربعين | ✓ | | |
| التقوى | B6 | ربعين | ✓ | | ✓ |
| حمزه بن عبد المطلب | B7 | نصف جزء | ✓ | | ✓ |
| الرحمة | B10 | ربعين | ✓ | | ✓ |
| سعد بن أبي وقاس | B11 | ربعين | ✓ | | ✓ |
| جعفر بن أبي طالب | الكرافت زون | ربع | | | |
| السيدة خديجة | النادي | ربع | | | |
| الجامع | سنترال بارك | ربعين | ✓ | | ✓ |
| أسامة بن زيد | B12 | ربعين | ✓ | | |
| النور | آول سيزون بارك | ربعين | ✓ | | ✓ |
| السلام | بريفادو | ربعين | ✓ | | |

## أداب زيارة المساجد في رمضان

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

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

التهيؤ للذهاب الى المسجد بالطهارة وحسن الوضوء، ولبس الثياب النظيفة، والتجمّل والتطيب واستخدام مزيل عرق.

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

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

صلاة ركعتين سنة تحية المسجد قبل الجلوس.

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

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

اصطحاب الأطفال للمساجد المتواجد بها مكان مخصص لهم وتشجيع الصبية الذين تجاوزوا السابعة وإحضارهم الى المسجد تعويدا لهم على العبادة، وتحبيبهم بالمساجد مع تعليمهم آدابها قبل دخولها.

الحرص علي صف السيارات في الأماكن المخصصة وعدم عرقلة السير أو خروج سيارة أخري من مكانها.

* جميع المساجد بها مصلي للسيدات

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

*** الاعتكاف:**

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

نـــور
NOOR
CAPITAL GARDENS

# أول سمارت سيتي متكاملة

نور سمارت سيتي، مدينة متكاملة الخدمات، بخبرة أكثر من ٥٠ عاماً لمجموعة طلعت مصطفى، تُقام على مساحة ٥٠٠٠ فدان في موقع متميز أمام العاصمة الجديدة، اشترك في تصميمها كبرى الشركات العالمية SASAKI, SWA & PERKINS EASTMAN بالتعاون مع مجموعة بوسطن الاستشارية BCG لوضع رؤيتهم التفصيلية لتحقيق عالم تكنولوجي 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 نابض بالحياة.

شقق بمساحات تبدأ من **67** م²

تقسيط على **12** سنة

ڤيلات بمساحات تبدأ من **195** م²

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

المركز الرئيسي: ٣٦/٣٤ شارع مصدق، الدقي - الجيزة | www.talaatmoustafa.com | لمزيد من المعلومات 19691 | TMG

# PRIVADO

MADINATY

DISCOVER THE WORLD WITHIN

Immerse yourself in the world of Privado, the exclusive community in the heart of Madinaty. Privado offers a distinctive lifestyle that is unrivaled in East Cairo. Elegantly designed modern apartment buildings indulged in mesmerizing lake views and lush green spaces, setting new standards for a refined and complete way of life. Featuring an array of unique amenities, from fine dining and shopping to upscale leisure pursuits, all to entice and delight you.

PRIVADO OFFERS A WHOLE NEW WORLD TO DISCOVER

TMG

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