



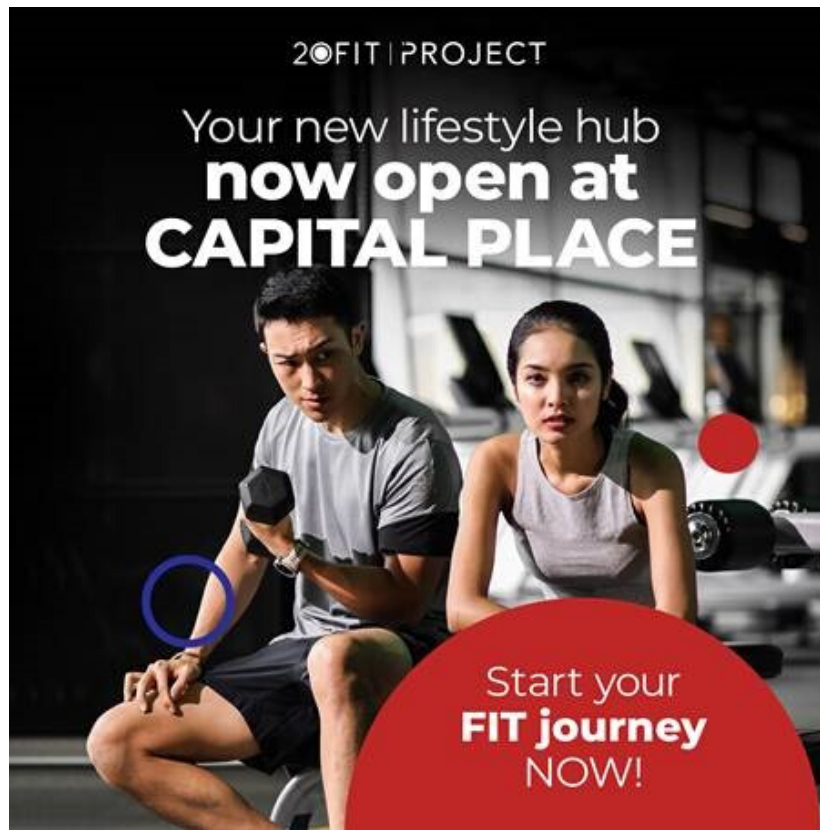
FEBRUARY NEWSLETTER

2020: THE YEAR OF THE METAL RAT

In the terms of yin and yang, the Rat is yang and represents the beginning of a new day. In Chinese culture, rats were seen as a sign of wealth and surplus. Rats are clever, quick thinkers, successful, but content with living a quiet and peaceful life.

The Rat is also the first in the rotation of the 12 zodiac signs, meaning that a Rat year is a year of renewal. The Metal element aspect also indicates success, as this is the element of production. Metal is strong, determined, and resolute. With all of these properties combined, the year of the Metal Rat, looks to be a year that is filled with growth and accomplishments.





We are delighted to announce the opening of 20FIT Project at Capital Place on 28 January 2020.

The gymnasium offers a wide range of workout classes, high-end gym equipment, certified trainers and FIT Gourmet.

If you are interested in becoming a member of 20FIT Project, please call 0812 9988 2917 or go to Instagram on @20FIT.PROJECT for more information.

HEALTHY FOOD TO EAT AT YOUR DESK

Get premium quality in first class service diet program by ordering your customized meal package served by the Fit Gourmet. Visit 20Fit Project, Capital Place L-3 and get your corporate rate today!



FITCO Eats
powered by FITGOURMET

**Exclusive Deal
for Capital Place**

**DISCOUNT
30%**

with promo code
eatscapital

Download FITCO now and enjoy your healthy meals in a simple way

Valid for delivery through to 29 Feb 2020 and for the first 1,000 transactions per day.



LET LOVE BLOSSOM ALL AROUND

To show our gratitude to you, lovable tenants, Capital Place has something beautiful coming up on February 14th.

Stay tune!



NEW LOCAL DELICACIES TO YOUR LUNCH PLATE

Looking for something more variate to fill up during your lunch time? It's not a time to worry, as Sundaya on the Foodst3ps level 3 Capital Place is approaching us with their new menus this month. Expand and pamper your taste buds by digging to the delicacy of Sundanese cuisine.

FILL YOUR MORNING WITH FREE CUP OF WARMNESS

Breakfast is arguably the most important meal of the day, complete it with a free cup of coffee or tea from every 40k purchase of breakfast menu in Sekar Pala. Located in FoodSt3ps, Capital Place level 3, they are ready to serve you every weekday from 8 AM.

SEKAR PALA
Specialty Soto Buntut

BREAKFAST
8 AM - 10 AM

GRATIS
TEH / KOPI

- BUBUR AYAM
- NASI GORENG
- MIE GORENG
- MIE AYAM JAMUR
- ROTI BAKAR
- PEMPEK
- BUBUR SUM SUM
- BUBUR KACANG HIJAU
- BUBUR KETAN HITAM

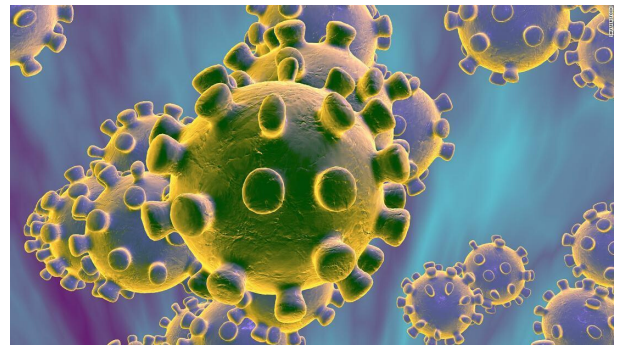
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What you need to know about the Wuhan (coronavirus) virus outbreak

An outbreak caused by a novel (new) coronavirus in Wuhan City, Hubei Province in China has resulted in more than 200 confirmed human infections, a number of claimed deaths, and reported cases in Thailand, Japan, South Korea and Taiwan.

What is a Coronaviruses (CoV)?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans. Coronaviruses can be transmitted between animals and people.



On 31 December 2019, the WHO was told of new cases of pneumonia in Hubei, China. On 7 January 2020, novel coronavirus (2019-nCoV) was identified as the root cause.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Protecting yourself and others from getting sick by washing your hands:

- Avoid unprotected contact with sick people (including spitting in public, touching one's eyes, nose or mouth) and with live farm or wild animals.
- Wash your hands regularly with soap and running water when hands are visibly dirty. If your hands are not visibly dirty, wash them with soap and water or use alcohol-based hand sanitiser.

Protecting yourself

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are dirty
- After handling animal or animal waste

Reduce your risk of a coronavirus infection:

- Clean hands with soap and water or alcohol-based hand sanitizer when caring for the sick
- Cover nose and mouth with tissue when coughing and sneezing
- Avoid close contact with anyone with cold or flu-like symptoms
- Thoroughly cook meat and eggs
- No unprotected contact with live wild or farm animals

What should you do when you suspect you have a coronavirus infection?

1. Take necessary precautions to protect yourself and others for example wearing a mask.
2. See a doctor immediately.
3. Stay at home if you are not well.
4. Report your situation to your line manager and/or local HR immediately.

If you are planning to travel to Wuhan, stay vigilant and adopt good personal hygiene practices. Travellers to Wuhan should monitor their health closely and seek medical attention immediately if they feel unwell, and also inform their doctor of their travel history.

JAKARTA EVENTS OF THE MONTH



RONAN KEATING LIVE IN INDONESIA

Come and join in Romantic Valentine Music Concert. Tell your love stories with every romantic songs from Ronan Keating, Bunga Citra Lestari and Christian Bautista.

The venue will take place at the Grand Ballroom of Pullman Jakarta Central Park on Saturday, 28 February 2020.

To secure your ticket, please visit <https://id.bookmyshow.com/jakarta> or contact the Concierge for further assistance.

BERDENDANG BERGOYANG MUSIC FESTIVAL

Don't miss the spectacular live performance of your favorite local musicians at Berdendang Bergoyang that will take place in Tennis Indoor & Plaza Barat GBK on 1 - 2 February 2020. This multi-genre music festival will also have some merchandise and food and beverage booth for you to explore.

For further information, kindly visit Traveloka or else, our Concierge will be happy to assist you.



JAVA JAZZ FESTIVAL

Jakarta International Java Jazz Festival (JJF) is one of the largest jazz festivals in the world and arguably the biggest in Southern Hemisphere. In 2020, the festival will be held on 28 February – 1 March at JIExpo, Kemayoran. Several confirmed lineup that will enliven the event this year's are The Jacksons, Omar Apollo, Tony Monaco and many more. Tickets are already on sale now. Head to javajazzfestival.com or reach to our Concierge for more information.

RECOMMENDATIONS OF THE MONTH; DINING EXPERIENCE

HAKKASAN JAKARTA

Located in the heart of Jakarta's financial district, Hakkasan Restaurant blending award-winning Cantonese cuisine with a dynamic rooftop bar and lounge experience at the 25th floor of Alila Hotel SCBD.

Enjoy a three-course, prix-fixe menu that celebrates the Year of the Rat at Hakkasan Jakarta from the 17th of January – the 8th of February.

For table reservations, you may visit their official website:

<https://hakkasan.com/jakarta/reservations/>



Osteria GIA

Adopting the authentic Italian culture, you can expect to find an array of classic Italian dishes, with plenty of vegetarian options in Osteria GIA which located in Pacific Place mall's Ground Floor. The flavour packed Salmon Farfalle Pasta and the scrumptious taste of the Pane Arabo Pizza will intrigue your taste buds and warm your soul.

Our Concierge will be happy to assist you securing your table.

Ninety-Nine SCBD

Ninety-Nine is home to a wide range of delectable cuisine. From the flavorful Asian selection to the fresh and delightful European and Western delicacies. Their newest branch is located at 18 Parc Place, SCBD.

Open everyday from at 10 AM - 10 PM.

You can book your table through at the Concierge.



GAIN A BETTER INSIGHT INTO THE CAPITAL PLACE TEAM

We might often hear about HSE in companies and organizations. Have you ever wonder what the words stand for? HSE stand for Health, Safety and Environment. One of their duties are developing and implementing organizational safety programs. In this section, we would like to introduce you to the expert on this field; he is Yofe Sitepu, our Chief HSE.

Take a peek at our little chat with him;



Yofe Maessi Sitepu - Chief HSE

What are your responsibilities and what do you like most about your job?

Supports the top management in the HSE Policy and Guidelines issue, monitors the effective implementation of appropriate Safety and Environment System procedures. Provides motivation and familiarization of all personnel respecting the importance of complying with system procedures and all safety equipment provided. Carries out any in-house safety training. Provides Safety support and advice, including supervision on preparation of plans and procedures.

What do I like the most about my job?

I like the 'work hard, play hard' mentality in my job. Passion and commitment are important. I like to brainstorm and think out of the box for my concepts. My job can be very challenging at times, but then again, it pushes me and my senses to full potential.

What do you like to do in your spare time?

I teach basic math, science and English classes, at weekend, twice a week, at the local shelter. Teaching these classes keeps me sharp, and allows me to help children learn new skills, gain new knowledge, which will hopefully lead them to finding a better education and a better future.

What makes you laugh the most?

Seeing childrens shares their jokes. Watching a humorous play. Reading a humorous book.

If you could live anywhere, where would it be?

In Bali, Indonesia or Geneva in Switzerland.

If you had the choice be a superhero, who would it be and why?

Easy answer. Everyone knows one real superhero in their life named Mother. I admire her power, her wisdom and her beautiful soul. I wish I can absorb my mom wisdom, my mom power, and every little things that good from her.