

CAPITAL PLACE NEWSLETTER

February 2021 Edition

2021: THE YEAR OF WHITE METAL OX



The Chinese New Year of 2021 falls on February 12th (Friday), and the festival will last to February 26th. 2021 is the Year of the Ox according to Chinese zodiac.



Oxen are capable farming tools in an agricultural society, which attach to the symbol of diligence, persistence, and honesty. In Chinese culture, Ox are a faithful friend that make great contributions to the development of society.

Capital Place Management wishes you
Gong Xi Fa Cai

"The ox considers all possibilities and errs on the side of safety and security, something we must all work on in this topsy-turvy pandemic world we still live in."

Chinese New Year

FOODS THAT WILL BRING YOU GOOD LUCK

Food plays an important role in Chinese New Year and certain foods which have symbolic meanings of luck and auspiciousness are especially popular and essential during the festival. Every dish has its symbolism deeply rooted in Chinese culture, and expresses people's good wishes for a new year. Here are some Chinese New Year Foods that are believed to bring good luck.

Chinese New Year Dumplings



Symbolizes Wealth

Glutinous Rice Balls



Completeness and Family Reunion

Chinese New Year Noodles



For Longevity

Spring Rolls



Wealth and Fresh Start



CERITA.ROTI



Kopi Kenangan, in Capital Place Komunal, has released their newest product, Cerita Roti, consisting of breads with 4 variants of flavors to accompany you while having your favorite beverages from Kopi Kenangan.

You can purchase them online through Kopi Kenangan app, Gofood/Grabfood or directly at nearest Kopi Kenangan stores.

www.ceritaroti.net

Instagram: [@ceritaroti.id](https://www.instagram.com/ceritaroti.id)



WE ARE STILL PRACTICING SOCIAL DISTANCING

Indonesian epidemiologist at Griffith University Australia, Dicky Budiman, said that 3M slogan is no longer relevant to anticipate the spread of Covid-19 in Indonesia.

Reflecting on the positive case explosion following the end of year holiday, Mr. Budiman suggested that Indonesia should now increase its prevention strategy from 3M to 5M health protocols, which are:

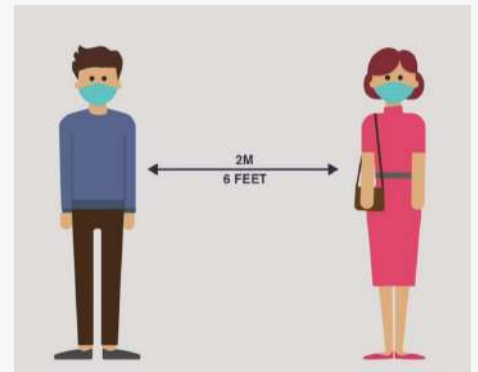
1. Wearing a mask



2. Wash your hands with soap and running water



3. Keeping distance



4. Stay away from crowds



5. Limiting mobilization and interaction



In addition to 5M's disciplinary behavior, our Government is also promoting 3T, in an effort to further suppress the spread of the Covid-19 virus, namely:

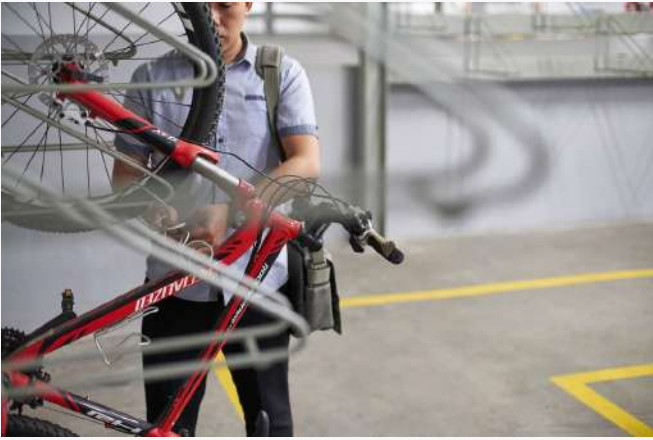
1. Testing,
2. Tracing, and
3. Treatment.

This 3T action should be carried out by the relevant authorities to carry out testing, tracking, then taking treatments for people who exposed to the virus.

Please note that current PSBB regulations permit only 25% Work From Office.



END OF TRIP FACILITIES



As part of our commitment to encourage occupants to exercise and stay healthy, Capital Place offers End of Trip Facilities. The facilities are intended for staff wanting to ride their bicycle to work or exercise during the day, and include showers, soap and shampoo, changing bench, lockers. However, due to the pandemic situation, free towel service is currently unavailable.

Where are the facilities located?

The End of Trip facilities are on Basement Mezzanine Level, adjacent to the bicycle racks.

Who can access the facilities?

The facilities are available to all Capital Place occupants. Access can be obtained with your building access card. Please register your card for access via Capital Place Management.

How to use the locker facilities?

Locker keys are also available from the Concierge Desk. Users of these facilities required to do an ID exchange to obtain a locker key.

For further information, please call +62 21 2277 5959 or email at concierge@capitalplace.co.id



WHAT'S NEW, CONCIERGE?

Curated by Capital Place Concierge

Valentine Ideas

Valentine's Day means something different to everyone. Age, relationship status, and whether you have children are all factors in what February 14th means to you. Valentine's Day is about togetherness, thoughtfulness, and love.

Here are a few tips and ideas that can help you focus on what matters every day - connecting.

FAMILY

- Cook a family dinner together and let each family member contribute to the meal.
- Let each family member share an appreciation for someone else during the meal.
- Share handmade Valentines with thoughtful and personal messages.



FRIEND



- Give a gift or card to a friend.
- Plan a movie night together.
- Cook a meal with your close friend. Take time to decorate the table.
- Enjoy a spa day together.
- Surprise your friend with flowers or a letter.

- Have a conversation with your partner about expectations. Decide what you would enjoy doing together, and then it can be as simple or elaborate as you both choose.
- You could also try doing something a little out of the ordinary. Plan a day or evening doing a new activity and share in the experience together. Try a couple's yoga class.
- Slow down and enjoy simply being together.

COUPLES



SELF-LOVE



- Do yoga or meditate. Listen to a guided meditation on self-love.
- Spend time in nature.
- Take yourself for a massage.
- Write a love letter to yourself.
- Treat yourself to some yummy and healthy food and flowers.

