

VOL. 55 · JUNE 2023

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



xFusion will take occupation of Level 28, Capital Place from 6 June 2023.

xFusion Technologies, Inc. is a leading expertise-based consultancy specializing in serving Public and Private sector organizations. xFusion is skilled in selected domains and technology and recommend technology initiatives, tools and solutions to support business outcomes.

xFusion offers a full spectrum of IT services in the areas of Enterprise Architecture, Legacy Systems Modernization, Custom Product Development, Outsourced Product Development, and Data Engineering.

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## WELCOME BACK, 20FIT

On 22 May 2023, 20FIT re-opened its doors with a soft re-opening. So, now getting fit is a minute away from your office

Take a visit to Capital Place Level 3 or contact Pak Anto at 20FIT on 08118841560 to discuss personal or corporate memberships.



## FREE ANCOL TICKETS DURING JAKARTA ANNIVERSARY

PT Pembangunan Jaya Ancol Tbk is offering free individual entrance tickets to the Ancol Dreamland Park area for a month, between May 21-June 22 2023 at 17.00-23.00 WIB, in commemoration of the 496th Anniversary of DKI Jakarta.

The theme of this year's Jakarta anniversary is "Jadi Karya untuk Nusantara" meaning that Jakarta is ready to optimize all its resources to realize community welfare and sustainable development, as well as become a barometer and trigger progress for other regions in Indonesia.



PT Pembangunan Jaya Ancol Tbk, as one of the DKI Jakarta BUMDs, wants to participate in the success of the celebration of the 496th Anniversary of DKI Jakarta this year through the free program to enter Taman Impian Jaya Ancol for a full month.

# FATIGUE

By Nino Aditya - Capital Place Chief HSE

Fatigue is the state of feeling very tired, weary, or sleepy resulting from insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety.

Fatigue leads to forgetfulness, errors in judgment, accident rates and decreasing productivity and reaction time.



Signs of fatigue : Tiredness even after sleep, reduced hand-eye coordination, short term memory, blurred vision, a need for extended sleep

## Tips for Workers

- Eat healthy food
- Exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts
- Try to get at least 7 - 8 hours of sleep
- Stay positive, make a conscious effort not to be overwhelmed by negative circumstances
- Avoid driving and noise if you are tired



## Tips for Employers

- Ensure the work environment does not promote fatigue, try to avoid toasty temperatures and excessive noise
- Vary job tasks to eliminate repetition or long periods of boring
- Train workers on the importance of getting enough rest and how to achieve work life balance
- Rotate shift if possible





# WORKPLACE ETIQUETTE TIPS

Whether you are starting your first internship or have many years of professional experience under your belt, how you present yourself to others in the workplace matters. Setting a professional tone is crucial to building new relationships and ensuring you have a positive, successful experience in the workplace.

## ***Make a Good First Impression***

People often form impressions about others within seconds of meeting them, so it's important to ensure you present yourself as a professional. Be aware of your body language and how others may perceive it. A good rule of thumb is to stand straight, maintain eye contact, and smile! Make sure you know the workplace dress code and office policies ahead of time. Arrive on-time and be prepared for important meetings.



## ***Understand your Work Environment***

The values, policies, and procedures of a workplace can be difficult to discern at first. If you are in a larger organization with a structured human resource division, you may have access to an HR Manager or in-house trainings to keep you informed of your organization's expectations. In a smaller workplace setting, some of that knowledge may come from observing others and asking questions of your colleagues when needed. Lastly, observing the atmosphere and actions of others can help you understand what's appropriate and what's not, and how to best navigate the workplace while maintaining your professionalism.



## Be Personable Yet Professional

Within your workspace, it's okay to add personal touches but remember that your colleagues will see the space and consider it a reflection of your professional self. Lastly, getting to know your colleagues is a good thing but always be respectful of others' space. If you need to discuss something with them, don't just walk in; knock or make your presence known, and always offer to schedule a meeting for later in the day if they are busy in the moment.

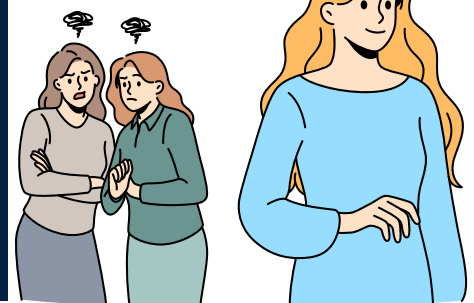
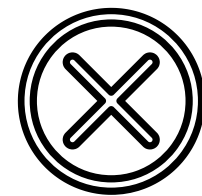


## Communication is Key

Communication is an important part of workplace etiquette. It's sometimes not what you say, but how you say it that counts so be mindful of how you communicate with your colleagues in meetings and one-on-one conversations. In regards to email, be sure your correspondence inside and outside of your workplace is written clearly and free of spelling errors.

## Avoid Gossip

How you treat people says a lot about you. Don't make value judgments on people's importance in the workplace or speak negatively about your coworkers, even if you find yourself frustrated over a certain situation. Be thoughtful about how you interact with your supervisor(s), peers, and subordinates as well.



# What's Happening in Jakarta? JUNE 2023

## JAVA JAZZ FESTIVAL 2023

The 18th annual Jakarta International BNI Java Jazz Festival will be held on June 2-4, 2023, at JIExpo, Kemayoran, Jakarta, Indonesia.

This year, Java Jazz will be showcasing Indonesian and International performers in a professional and elevated environment to create unforgettable memories celebrating jazz with others.

For more info and tickets, feel free to contact the concierge or visit [javajazzfestival.com](http://javajazzfestival.com)

The poster for the BNI Java Jazz Festival 2023 features a bright yellow background. At the top, it says 'JAKARTA INTERNATIONAL BNI JAVA JAZZ FESTIVAL' in bold, stylized letters. Below this, it specifies 'JIEXPO KEMAYORAN 2-4 JUNE 2023'. A large, stylized number '18' is prominently displayed on the right side, with a film strip graphic winding around it. The main headline reads 'CORY WONG\* / MAX\* / STEPHEN SANCHEZ \* THE CHICAGO EXPERIENCE\* FEAT. DANNY SERAPHINE & JEFF COFFEY'. Below this, it lists a long lineup of performers in alphabetical order, including Adam At, Adhiti Sofyan, Ali, Alonzo Brata, Barry Likumahuwa, Brian Simpson, Christian Kuria, Deredia, Dua Empat, Endah N Rhesa, Eros Tjokro, Funky Thumb, Ginger Root, Grace Kelly, Gugun Blues Shelter, Hojean, Jason Mountario, Sri Hanuraga, Kelvin Andreas, Love Is Jazzanova, Jazzmeia Horn, Jesus Molina, Jordan Susanto, Kenny Gabriel, and many others. The poster also mentions 'Performing in alphabetical order' and 'Special Shows'.The poster for Indonesia Comic Con 2023 has a dark blue background with a subtle pattern. At the top, it says 'INDONESIA COMIC CON POP ASIA' in bold, stylized letters. Below this, it specifies '23 - 25 JUNE 2023' and 'JCC SENAYAN | HALL A&B'. The main headline reads 'THE GREATEST POP CULTURE EVENT IN INDONESIA IS COMING!'. Below this, it says 'INDONESIA COMIC CON POP ASIA' in large, bold letters. The dates '23 - 25 JUNE 2023' are repeated in a green box. The location 'JAKARTA CONVENTION CENTER HALL A & B' is listed below. At the bottom, there is a cartoon character of a superhero and a speech bubble that says 'BE READY TO #UNLEASH THE TRUE YOU!'. The website 'INDONESIACOMICCON.COM' is at the bottom, along with social media handles for 'INDOCOMICCON' and 'INDO\_COMICCON'.

## INDONESIA COMIC CON 2023

Don't miss out on the fun and excitement! Join the Biggest Pop Culture Event in Indonesia and immerse yourself in a world of comics, toys, movies, games, and lifestyle!

Get ready for the ultimate Pop Culture Experience: Indonesia Comic Con Round 1 is back!

June 23-25, 2023 at Jakarta Convention Center

For more info and tickets, feel free to contact the concierge or visit [indonesiacomiccon.com](http://indonesiacomiccon.com)





# What's in The Movie? **JUNE 2023**

## THE LITTLE MERMAID

The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.



## SPIDER-MAN: ACROSS THE SPIDER-VERSE

Miles Morales catapults across the Multiverse, where he encounters a team of Spider-People charged with protecting its very existence. When the heroes clash on how to handle a new threat, Miles must redefine what it means to be a hero.

## THE FLASH

Worlds collide when the Flash uses his superpowers to travel back in time to change the events of the past. However, when his attempt to save his family inadvertently alters the future, he becomes trapped in a reality in which General Zod has returned, threatening annihilation. With no other superheroes to turn to, the Flash looks to coax a very different Batman out of retirement and rescue an imprisoned Kryptonian -- albeit not the one he's looking for.





## FOUR SEASONS HOTEL JAKARTA

### La Stagione dell' Asparago Bianco

Take delight in the season's White Asparagus in choices of succulent recipes that highlight its delicate flavor and alluring aroma.

Available from May 27 to June 15, 2023, 12 pm - 10 pm at ALTO.



### SCHOOL BREAK RETREAT

This school holiday, Four Seasons Hotel Jakarta invites families to create memories that will last a lifetime with a family-friendly staycation offer, packed with family adventure activities, access to a kid's playground, special kid's amenities, dining experience, and many more.

### SPRITZ O'CLOCK

Indulge in a perfectly balanced pairing of refreshing Spritz and delectable bites. Available daily, starting from 4 pm to 6 pm at ALTO Bar.



### REDISCOVER YOUR BEST SELF

Rediscover your best self with the Biologique Recherche, Hair Treatment, Manicure, Pedicure, Reflexology, and Hair Services at The Spa.

### REDISCOVER JAKARTA WITH FOUR SEASONS

Make Four Seasons Hotel Jakarta your home base for a relaxing retreat. Enjoy 20% off room rate along with daily breakfast, 15% off spa treatments, and more - along with stunning views from your suite.

