

VOL. 55 · OCTOBER 2023

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

CAPITAL PLACE FIRE EVACUATION DRILL

To comply with the Governor's Regulation No. 143/ 2016, Capital Place Building Management conducted the Annual Fire Evacuation Drill on Wednesday, 27 September 2023. In collaboration with the Jakarta Fire and Rescue Service, a group of Fire Fighters and Paramedics also attended the Fire Evacuation Drill



on behalf of Capital Place Building Management, we thank you for your cooperation.

In case of emergency, please contact Capital Place Security Control Room: **021 2277 5937**

This issue:

Capital Place
Fire Evacuation Drill

PAGE 01

Fire Drill - HSE Bulletin

PAGE 02

Meet your personal trainer
at 20Fit

PAGE 03

Tips to stay active at work

PAGE 04 - 05

The Elnino Phenomenon
in Indonesia

PAGE 06

What's happening in Jakarta ?

PAGE 07

What's in The Movie?

PAGE 08

Four Seasons Promotions

PAGE 09

FIRE DRILL

Update from Nino R. Aditya - Chief HSE

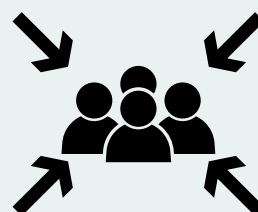


The fire drill is a simulation of a real-life emergency event, for the safety of all concerned. Designated and trained Emergency Response Team, Floor Warden and any member of the public from a building travel along established escape routes, using emergency exit doors to an assembly point outside of the building.

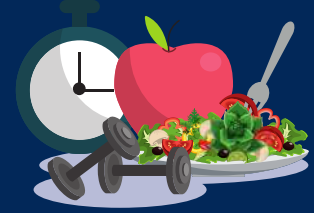
The purpose of fire drill in the building is to ensure that everyone knows how to exit safely and as quickly as possible if a fire, smoke or when other emergency events occur, and to familiarize building occupants with the sound of the fire alarm.



Fire training should be taken extremely seriously by every single person working at your business premise. Every alarm should be treated as if it was the real thing, even if this means ending a phone call or meeting etc.



MEET YOUR PERSONAL TRAINER AT **20FIT**

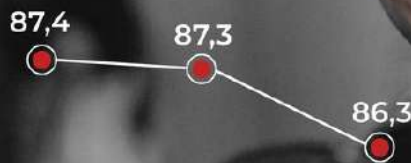


20FIT | PROJECT

PT sessions help you reach your goals

BODY COMPOSITION HISTORY

Weight (kg)



SMM (kg)

Skeletal Muscle Mass



PBF (%)

Percent Body Fat

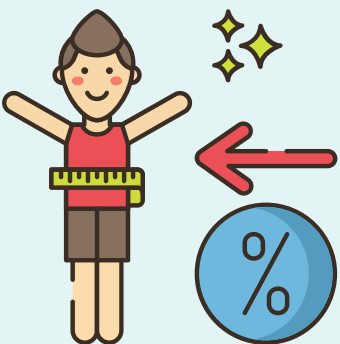


*PBF for men, the healthy range is between 10-20%.
for women, the healthy range is between 18-28%.*

Level 3, Capital Place

📞 0812-1891-8953

WHERE FIT HAPPENS



Meet your personal trainer at 20Fit
level 3 Capital Place Jakarta.
Personal trainer will coach, push,
and motivate you more than you
may be able to yourself and
achieve your goals.



TIPS TO STAY ACTIVE AT WORK

Get moving! 

1. START YOUR DAY WITH EXERCISE

Begin your day by engaging in some form of exercise. Whether it is a brisk walk, yoga, or a quick workout routine, dedicating even 15-30 minutes in the morning can energize your body and set a positive tone for the day ahead. Morning exercise has been proven to enhance mental clarity and productivity, ensuring a more active day overall.



2. INCORPORATE BREAKS

Sitting for long periods can be detrimental to your health. Combat this by taking regular breaks throughout the day. Set an alarm or use a reminder app to prompt you to stand up, stretch, or walk around every hour. These short breaks improve circulation, alleviate muscle stiffness, and refresh your mind.



3. OPT FOR ACTIVE TRANSPORTATION

Whenever possible, choose active modes of transportation. Instead of driving, consider walking or biking for short distances. If public transport is part of your routine, get off a stop early and walk the rest of the way. Not only will you get some exercise, but you will also contribute to reducing your carbon footprint.



4. CHOOSE STAIRS OVER ELEVATORS

Avoid the temptation of taking the elevator whenever possible. Opt for the stairs instead, as climbing stairs is an excellent way to engage your leg muscles and increase your heart rate. Doing this regularly can improve cardiovascular fitness and strengthen your lower body.



TIPS TO STAY ACTIVE AT WORK

Get moving! 



5. MAKE THE MOST OF YOUR LUNCH BREAK

Instead of spending your entire lunch break sitting at your desk, use the time to get active. At least take a walk outside. Physical activity during your lunch break not only helps burn calories but also rejuvenates your mind and enhances productivity for the rest of the day.

6. STAND OR MOVE WHILE ON PHONE CALLS

When you receive a phone call, take the opportunity to stand up and move around. Whether you walk around your office or do some gentle stretching exercises, this simple practice can keep you active and prevent prolonged periods of sitting. Consider investing in a hands-free device to allow for more movement during phone calls.



7. SET REMINDERS FOR REGULAR WATER INTAKE

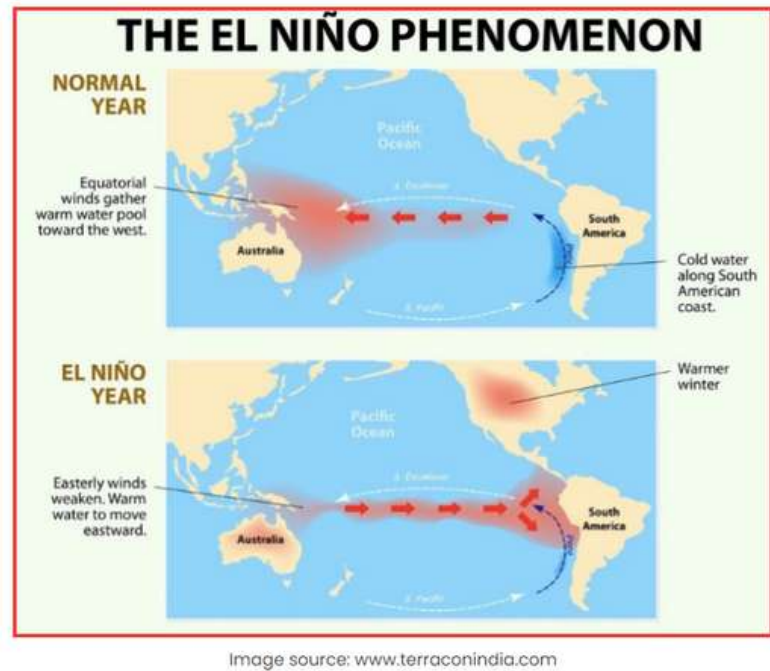
Hydration is crucial for maintaining energy levels and overall health. Set reminders on your phone or computer to drink water throughout the day. Not only will this keep you hydrated, but it will also prompt you to get up and move to refill your water bottle, providing small bouts of activity.

8. TAKE ACTIVE BREAKS DURING SCREEN TIME

In today's digital age, we spend a significant amount of time in front of screens, whether it is for work or leisure. Combat the sedentary nature of screen time by taking active breaks. Set a timer to remind yourself to take a short break every 30-60 minutes. During these breaks, engage in some desk exercises or stretches. Not only will this break up long periods of sitting, but it will also refresh your mind and improve your focus when you return to your screen.



THE EL NIÑO PHENOMENON IN INDONESIA



El Nino is a climate pattern that originates in the Pacific Ocean along the equator and impacts weather all over the world.

Warm water normally is confined to the western Pacific by winds that blow from east to west, pushing it toward Indonesia and Australia. But during an El Nino, the winds slow down and can even reverse direction, allowing the warmer water to spread eastward all the way to South America.

El Ninos among many large scale weather patterns that act in tandem to influence global weather occur every two to seven years in varying intensity, and the waters of the eastern Pacific can be up to 7 degrees Fahrenheit (4 degrees Celsius) warmer than usual.

Indonesia is expecting a longer dry season, lasting until October, due to the El Niño weather pattern, threatening clean water supply and increasing the risk of forest fires.

This has the potential to exacerbate drought in islands below the equator in the archipelago, which include Java - home to over 150 million people, as well as Bali and Nusa Tenggara.

Sources: <https://edition.cnn.com/2023/07/14/weather/what-is-el-nino-xpn/index.html>

El Nino summer effect:

- Rainfall decreased drastically. The rate of decline itself depends on the intensity of El Nino. In addition, the decrease rate in each region is also varied so that it cannot be generalized.
- The effect of decreasing rainfall then has an impact on drought in various regions. This condition is not only dangerous for the agricultural world, but people who are affected have the potential to not be able to get access to clean water for consumption.
- The hot temperature that occurs when El Nino has an impact on decreasing the quality of agricultural parks such as fruits or vegetables. Usually, fruits and vegetables tend to dwarf or have a lack of fresh taste. This happens because of various factors, one of which is water.
- The hot weather caused by El Nino can also trigger forest fires. Heat can trigger the emergence of fireworks that can burn grass or dry wood.
- The warm current that occurred because El Nino also had an impact on marine biota, especially in the waters off the Pacific coast.

Sources : <https://voi.id/en/technology/299055>



WHAT'S HAPPENING IN JAKARTA?



SUN
08
OCT 2023

📍 Beach City Stadium | Jakarta

THE "CHARLIE" LIVE EXPERIENCE

Charlie Puth Presents The "Charlie" Live Experience will kick off the Asian tour in Hong Kong and will perform in Jakarta on 8 October 2023 at Beach City International Stadium.

THE CORRS LIVE IN JAKARTA

The wait is finally over! Irish Rock Superstars, The Corrs, are finally coming to Jakarta!

They will be performing nostalgic and legendary hits on October 18, 2023, at the Beach City International Stadium Ancol.



THE
CORRS

LIVE IN JAKARTA

18 OCTOBER 2023

BEACH CITY INTERNATIONAL STADIUM ANCOL

TICKETS ON SALE JUNE 21st

TICKETS AVAILABLE AT
[THECORRSJAKARTA.COM](https://thecorrsjakarta.com)

RAVEL
ENTERTAINMENT

WHAT'S IN THE MOVIE?

OCTOBER 2023



THE MARVEL



Carol Danvers, aka Captain Marvel, has reclaimed her identity from the tyrannical Kree and taken revenge on the Supreme Intelligence. However, unintended consequences see her shouldering the burden of a destabilized universe. When her duties send her to an anomalous wormhole linked to a Kree revolutionary, her powers become entangled with two other superheroes to form the Marvels.



THE HUNGER GAMES: THE BALLAD OF SONGBIRDS & SNAKES

Years before he becomes the tyrannical president of Panem, 18-year-old Coriolanus Snow sees a chance for a change in fortunes when he mentors Lucy Gray Baird, the female tribute from District 12.





FOUR SEASONS
HOTEL
JAKARTA



SPA

SELF-CARE SERENITY

Indulge in relaxation with 15% off spa treatments,
exclusively for Capital Place tenants.

*T&C:

- Valid from Monday to Friday
- Must bring employee ID card
- Two days advance reservation is required



DISCOVER MORE

Four Seasons Hotel Jakarta

Jl. Jend. Gatot Subroto Kav 18, Kuningan Barat, Jakarta, Indonesia
T. +6221 2277 1888 | Instagram: @fsjakarta | Website: fourseasons.com/jakarta



SWEET INDULGENCE

Satisfy your sweet cravings
with our artisanal desserts and pastries.

Enjoy 10% off for our whole cake selections,
exclusively for Capital Place tenants.

*T&C:

- Valid from Monday to Friday
- Must bring employee ID card
- Two days advance order is required



DISCOVER MORE

Four Seasons Hotel Jakarta

Jl. Jend. Gatot Subroto Kav 18, Kuningan Barat, Jakarta, Indonesia
T. +6221 2277 1888 | Instagram: @fsjakarta | Website: fourseasons.com/jakarta

