

CAPITAL PLACE NEWSLETTER

October 2021 Edition

UPDATED PPKM REGULATION



The government has again extended the Covid-19 restrictions (level 2-4 PPKM) in Java and Bali. The capital city of Jakarta is still imposing level 3 restrictions until October 4. One of the eased regulations in level 3 PPKM is the office operation, or locally known as WFO (work from the office), for the non-essential businesses.

In the instruction, Home Affairs Minister Tito Karnavian allowed the re-operation of offices that run non-essential businesses with a maximum of 25 percent workers' capacity.

The employees who have been vaccinated with the Covid-19 shots are permitted to come to the office.

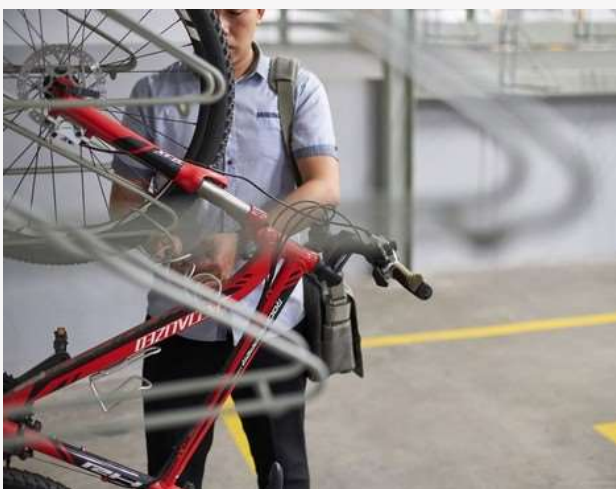
CYCLE TO WORK WITH CAPITAL PLACE END OF TRIP



Supporting a healthy lifestyle, Capital Place provides Bicycle Parking Racks for employees who wish to ride their bicycle to work or exercise with their bicycle during the day. With a capacity for 100 bicycles, the racks are located on Level Mezzanine. Adjacent to the bike racks is our End-of-Trip facilities that includes showers, lockers, free towel service, shampoo and soap and ironing facility.

Our End-of-Trip facilities can be accessed by simply registering your employee access card through Building Concierge Services.

For further information, please contact our Concierge at +6221 22778881 or email to concierge@capitalplace.co.id



Let us strive together to build a simpler, healthier, and happier work-life.

Cycle to Work, similar to Bike to Work, is an initiative that aims to promote cycling to and from work and to reduce environmental pollution.

Being physically active is essential for a healthy lifestyle. Regular physical activity can help protect you from dangerous diseases like obesity, heart disease, cancer, mental illness, diabetes, and arthritis. Higher rates of health problems are associated with a sedentary corporate lifestyle.

Cycling to work is one of the most time-efficient ways to combine regular exercise with your day-to-day routine.

Cycling has many health benefits such as-

- ♦ Increased cardiovascular fitness
- ♦ Increased muscle strength and joint mobility
- ♦ Decreased body fat levels
- ♦ Improved posture
- ♦ Decreased stress levels
- ♦ Prevention of health diseases



Cycling also has benefits to the Environment

Bicycle riding minimizes fossil fuel usage. It is a pollution-free mode of transport. Billions of tons of poisonous gases are released into the atmosphere, causing it to be extremely polluted. Vehicles are the main reason behind this. Bikes reduce the need to build, service, and dispose of cars.

A bicycle is exceptionally eco-friendly, causing no harm at all to the atmosphere. When the majority of people start using bikes, a drastic change shall be witnessed.

The pollution level will decrease automatically and, as pollution levels decrease, the quality-of-life increases. People will be able to live healthier lives. Cycling contributes to emission reductions by reducing congestion and improving traffic flow in the world's major cities.

Incorporating cycling into the daily lives of your employees would be of great use to your corporate social responsibility.

BREAST CANCER AWARENESS MONTH

5 Ways You Can Show Support for Breast Cancer



Throughout October, internationally recognized as breast cancer awareness month, millions of people get involved with bringing awareness to this disease. Getting involved may seem overwhelming but showing support for breast cancer patients and survivors is actually easier than one may think.

1. **Wear Pink** - The pink ribbon is an international symbol for breast cancer. Wearing a pink ribbon, or a pink outfit is a simple way to express moral support for those who have been diagnosed with breast cancer.
2. **Help a cancer patient** - For those who know someone battling breast cancer, find a way to make their life easier without them asking. Whether it is offering to walk their dog, drive them to their doctor's appointment, or preparing frozen meals, simple acts can make a huge difference.
3. **Educate yourself (and others)** - Spread awareness by telling friends and family who should be getting mammograms, who is at risk, and how to check breasts for abnormalities. The more educated society is, the greater defense there is against cancer.
4. **Spend wisely** - Before buying from a retailer that claims to support breast cancer initiatives, be sure to know exactly where the money is going.
5. **Directly fund research initiatives** - Research is critical to finding a cure, prevention methods, and more effective treatment options. The work of these researchers relies on donations and a contribution of any size can have a huge impact.

VIRTUAL HEALTH AND WELLNESS RESOURCES

The rainy months are quickly approaching and we want to make sure you have the resources to help you stay healthy this time of year. Browse online health and wellness resources below.



STRONGBEE is an app for various sports activities, for booking sports venues, or booking sports classes online. There are many activities to choose from in the STRONGBEE app, including 500+ exercise classes and 200+ sports coaches, physiotherapists, and various sports fields. STRONGBEE allows you to find and organize exercise schedules whenever and wherever you want.



Riliv is the first, one-stop mental health application service in Indonesia. Not only helping us cope with personal problems with counseling, Riliv provides Silent Meditation services that can help us maintain our happiness and productivity. Visit riliv.co/rilivstory/ if you are interested in learning about mental health easily? Riliv Story provides the latest articles that are updated every day.



Chat with a doctor, buy health products, visit a hospital and get a lab check-up with Halodoc! Halodoc has the most complete digital healthcare service in Indonesia, and they are ready to help you stay healthy. You can now link your health insurance and add your family members to maximize the benefits covered by your insurance. Protect yourself and your family with Halodoc.

*Contact your [concierge](#) to learn more about pricing and to coordinate virtual wellness events.

WHAT'S NEW, CONCIERGE?

Curated by Capital Place Concierge

POS BLOC

CREATIVE SPACE IN FORMER POST OFFICE BUILDING

On 17 August 2021, Gedung Filateli or Post Office Pasar Baru was transformed into Pos Bloc, a new creative space in Jakarta that is being worked on by PT Ruang Kreatif Pos.

Besides being a place for discussion, Pos Bloc will also accommodate several creative business sectors. Not only musical performances, but also micro, small, and medium enterprises in the culinary, film, fashion, and craft fields.



Jl. Pos No. 2, Pasar Baru, Jakarta Pusat

MARE NOSTRUM JAKARTA**BRINGING THE TRADITIONAL SHARING CULTURE FROM THE MEDITERRANEAN TO JAKARTA**

Mare nostrum will offer a different experience for everyone by combining great taste, distinct concept, amazing view of Jakarta, and unbeatable Mediterranean vibe. Whether you want to celebrate a special day with your loved ones or just to chill after a hard working day, mare nostrum is the answer for it all.

**Grand Sahid Jaya 18th floor**

Jl. Jend. Sudirman Kav. 86, Jakarta - Indonesia

Opening hours:

Monday - Thursday 11.00-15.00, 18.00-00.00

Friday - Sunday 11.00-15.00, 18.00-02.00

Phone: +62812-8762-0750

Instagram: @marenostrumjkt



TUSCAN NIGHT IN ALTO RESTAURANT AND BAR

FROM 15TH OCTOBER TO 13TH NOVEMBER



Bringing you the authentic feeling from Tuscan, Executive Chef Marco Violano, has made a special set menu for you in Alto. From Panzanella, a Tuscan chopped salad of soaked stale bread, onions and tomatoes that is popular in the summer to Baccala, a dried salted codfish stir-fried and cooked in tomato sauce, garlic and parsley, paired with Italian best wines. Tuscan is home to some of Italy's most popular wines like the reds of Chianti, the Brunello from Montalcino and the critically acclaimed Supertuscans. Available from October 15th to 13th November, it is something you don't wanna miss.

For more information and reservation, kindly #FSChat us
via Whatsapp at +6221 2277 1888



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CAPITALPLACEJAKARTA



CONCIERGE@CAPITALPLACE.CO.ID



NAUTILUS RE-OPENING



Enjoy your time after work while sippin' on a glass of cocktail.

Open from Tuesday to Saturday, Nautilus Bar offers a range of liquor and cocktails, specially prepared by our new Bar Manager, Ale. Nautilus is a new favorite hiding spot for our city's cocktail lovers.

See you there!

For more information and table reservation,
simply #FSChat us via WhatsApp at +62212277 1888





BIENVENUE À LA PÂTISSERIE



Bonjour!

Enchanted place covered in pastel blue in our Lobby area, La Pâtisserie is now open daily from 8 am to 5 pm. From BonBon to Whole cake, La Pâtisserie is a place you can find delightful, most delicious desserts in town. Our bonbon flavor selection, ranging from Salty Caramel and Sulawesi Vanilla to Strawberry, Lemon, and Tequila. You can always get the Splendor (box of 6), Magnifique (Box of 12), and Grandeur (Box of 18) to give to your loved one. Make sweet memories with delightful sweets!



For more information and reservation,
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