VOL. 55 · JUNE 2024

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

Jakarta
Kota Global
Berjuta Pesona

The Jakarta's 497th Anniversary

Jakarta Global City with Million Charms is the theme of the 497th Anniversary of Jakarta. commemoration of the 497th Anniversary of Jakarta. It marks the transition of the nation's capital to become a global city. Jakarta continues to realize the hopes of its citizens and always maintains the beauty of its culture. Celebrate the Jakarta's 497th Anniversary with Joy!

Jakarta Global City:
For almost 500 years, Jakarta has gone through many changes. The resilience of its citizens has allowed it to evolve into a progressive megacity. This year, Jakarta will also face changes in its role as the capital city will transform into a global city.

Million of Charms:
Jakarta does not lose its charms despite not having it's nation's capital status. It remains the center of multifarious decisive activities and home of dreams for its citizens. This city will transform into a global city with its uniqueness and cultural diversity.

This issue:

The Jakrta's 497th Anniversary

PAGE 01 - 02

The things you should know about Jakarta

PAGE 03 - 04

Our Retailers

PAGE 05 - 06

Ergonomics in the office

PAGE 07 - 08

Seven things you should do before 7Am

PAGE 09

What's happening in Jakarta ?

PAGE 10 - 11

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Logos :

The 497th Anniversary of Jakarta logos reflects the optimism of Jakarta's citizens as a harmonious, strong, synergy and progressive city that continuously transform to become a global city.

Region Representative :

Jakarta consists of many regions. Each of them has its own characteristics that contributes in various sectors which assist in transforming Jakarta into a dynamic global city. The aim is to strengthen the pride in the identity of each region by continuing to build on unity and solidarity, so as to become a strong and inclusive city.

Connectivity :

The success of Jakarta cannot be separated from the development of integrate transportation facilities and infrastructure. It creates great connectivity between regions. This facility supports economic growth, cultural exchange, and collaboration on an international scale.

As a meeting point :

Jakarta is a meeting point for millions of people from various parts of Indonesia and even the world. This city is also an economic center and a place of various social activities. Opportunities have been created to improve the quality of life of its citizens.

Source: https://www.jakarta.go.id/jakarta497

THE THINGS YOU SHOULD KNOW ABOUT JAKARTA

Jakarta, or the Special Capital Region of Jakarta, is the capital of Indonesia. It is located on the northwest coast of Java, the world's most populous island. Jakarta is the centre of economics, culture and politics of Indonesia and with a population of over ten million, it is classed as a megacity. The metropolitan area has an estimated population of 35 million making it the second-largest urban area in the world after Tokyo. From its skyscrapers to its sinking and its fruity comparisons with New York, here are some of the most interesting facts about Jakarta.

1. JAKARTA IS A PLACE OF MANY NAMES

In the 14th century, Jakarta's original name was Sunda Kelapa but then, in 1527, officials renamed it Jayakarta. In 1619 the Dutch renamed the city Batavia. During World War II the Japanese called it Jakarta.

Its current name derives from the word Jayakarta which can be traced back to the Sanskrit language and translates as "victorious deed", "complete act", or "complete victory". In all, the city has had 13 name changes incldluing Gemeente Batavia, Stad Gemeente Batavia, Jakarta Betshu Shi Shop.

2. JAKARTA'S NICKNAME IS THE BIG DURIAN

Do you know the way New York's nickname is the Big Apple? Well, Jakarta is sometimes called the Big Durian. This is because many people see Jakarta as the Indonesian equivalent of NYC. Durian is a thorny, well-loved local fruit in Indonesia. It has a very pungent smell, so bad in fact, that the fruit is banned in many public places.

3. JAKARTA WILL NO LONGER BE THE CAPITAL

Officials are moving the capital of Indonesia from Jakarta to East Kalimantan. East Kalimantan is located east of Borneo island. They plan on calling the new capital Nusantara. Officials say the move will take place by 2024.

4. JAKARTA HAS SOME IMPRESSIVE SKYSCRAPERS

As of December 2019, Jakarta has 964 highrise buildings and 244 skyscrapers. As of July 2021, Jakarta has 46 skyscrapers that are taller than 200 meters. This means Jakarta has the highest number of 200-meter-plus skyscrapers out of all the Southeast Asian cities. It even has more high-rise buildings than that of Beijing. In 2015, workers in Jakarta constructed seven 200-meter-plus skyscrapers, which was the highest among the cities in the world during that year.

5. JAKARTA IS THE LARGEST CITY IN SOUTHEAST ASIA

As of 2022, the population of Jakarta is 11,074,811. Jakarta is currently the largest city in Southeast Asia and the 29th most populous city in the world. The city has a very high population density of 14,464 people per square kilometre (37,460/ sq mi). That's around 50 per cent higher than the density of New York City.

6. JAKARTA IS HOME TO THE LARGEST MOSQUE IN SOUTHEAST ASIA

The Istiqlal Mosque in Jakarta covers an area of 100 thousand m2. It is the largest mosque in all of Southeast Asia and the sixth largest mosque in the world in terms of worshipper capacity. Up to 120,000 people can worship inside at the same time. The Arabic word for independence is istiqlal and officials built the mosque to commemorate Indonesian independence, which is how it got its name.

Some 86.7 per cent of the Indonesian population identify themselves as Muslim and Indonesia is the country with the largest number of Muslims overall.

7. JAKARTA IS A SINKING MEGACITY

Jakarta is located to the south of the Java sea and 13 rivers run through the province, as a result, it suffers from floods after heavy rains. Currently, about 40 per cent of Jakarta is below sea level but the Indonesian capital is sinking up to 17cm (6.7 inches) per year, which, coupled with the rising sea level, has made it even more prone to flooding.

Experts predict that 95 per cent of the city will be submerged by 2050 making it one of the fastest-sinking capitals in the world.

Source: https://www.enjoytravel.com/en/travel-news/interesting-facts/facts-about-jakarta

OUR RETAILERS - FOODST3PS, LEVEL 3

SEKAR PALA

Monday - Friday 10:0 - 18:00

KOPI TIAM

Monday - Friday (08:00 - 18:30)
Saturday (08:00 - 14:30)

BUANA BAKERY & COFFEE

Monday - Friday 07:00 - 17:00

VINYARD

Monday - Friday 11:00 - 17:00

STARBUCKS

Monday - Friday 07:00 - 17:00

CROHAUZ

Monday - Friday 08:00 - 17:00

SHIGERU

Monday - Friday 07:00 - 17:00

FAMILY MART

Monday - Friday 07:00 - 20:00

RAYUAN PULAU KOPI

Monday - Friday 07:00 - 17:00

OUR RETAILERS - LEVEL 1

DOLCETTO

Monday - Friday 07:00 - 18:00

BLOOM NGOPI

Monday - Friday 07:00 - 18:30
Saturday 08:00 - 13:00

OUR RETAILERS - LEVEL B2

CAPITAL PLACE CANTEEN

Monday - Friday 10:00 - 16:00

MOR

Monday - Sunday 07:00 - 21:00

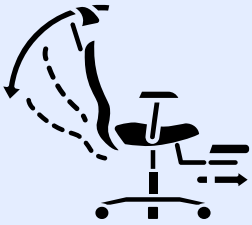
UKM CANTEEN

Monday - Friday 10:00 - 16:00

ERGONOMICS IN THE OFFICE

By Riska Oktaviana - Chief HSE

Creating a comfortable and efficient workspace is crucial for maintaining health and productivity. Ergonomics focuses on designing the workplace to fit the needs of the employees, reducing strain and improving comfort. Here are some simple and practical tips to enhance ergonomics in your office, along with the potential health and safety risks:



1. ADJUST YOUR CHAIR:

Ensure your chair supports your lower back. Adjust the height so your feet are flat on the floor and your knees are at a right angle.

RISK: Lower back pain and leg circulation problems.

2. POSITION YOUR MONITOR:

Place your monitor at eye level, about an arm's length away. This helps prevent neck and eye strain.

RISK: Neck pain, eye strain and headaches.

3. KEYBOARD AND MOUSE PLACEMENT:

Keep your keyboard and mouse at a height where your elbows are at a right angle and your wrists are straight. Use a wrist rest if needed.

RISK: Carpal tunnel syndrome, wrist pain and repetitive strain injuries

4. TAKE REGULAR BREAKS:

Stand up, stretch and move around every hour. Short breaks help prevent stiffness and reduce the risk of repetitive strain injuries.
RISK: Muscle stiffness, decreased circulation and increased risk of musculoskeletal disorders.

5. ORGANIZE YOUR DESK:

Keep frequently used items within easy reach to avoid excessive stretching or twisting. Use a document holder to keep papers at eye level.

RISK: Repetitive strain injuries and muscle strain.

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6. STAY HYDRATED:

Drinking water throughout the day helps maintain focus and overall health. Keep a water bottle at your desk as a reminder.

RISK: Dehydration, fatigue, headaches and decreased cognitive function.

7. FOOTRESTS:

If your feet don't rest comfortably on the floor, use a footrest to support your legs and improve posture.

RISK: Poor circulation, leg discomfort and lower back pain.

8. STRETCHING EXERCISES:

to relieve tension and improve flexibility. Focus on areas like your neck, shoulders, wrists and back.

RISK: Muscle stiffness, decreased flexibility and higher risk of injuries.

9. ADJUST SCREEN BRIGHTNESS:

Set your screen brightness to a comfortable level to reduce eye strain. Use screen filters if needed.

RISK: Eye strain, headaches,and discomfort.

10. HEALTHY POSTURE:

Keep your back straight and shoulders relaxed. Avoid slouching or leaning forward for extended periods.

RISK: Chronic back pain, neck strain and other musculoskeletal issues.

By implementing these ergonomic tips, you can create a more comfortable and productive work environment. Taking small steps to improve your workspace can lead to significant benefits for your health and well-being.

SEVEN THINGS YOU SHOULD DO BEFORE 7AM

1. Drink water first things in the morning and fresh yourself.

2. Don't check your smartphone and stay away from it.

3. Workout for 30 minutes.

4. Meditate for 10 minutes

5. Pray and read 5 pages from any self–improvement book.

6. Review your goals of the day and plan.

7. Take a shower before you eat.

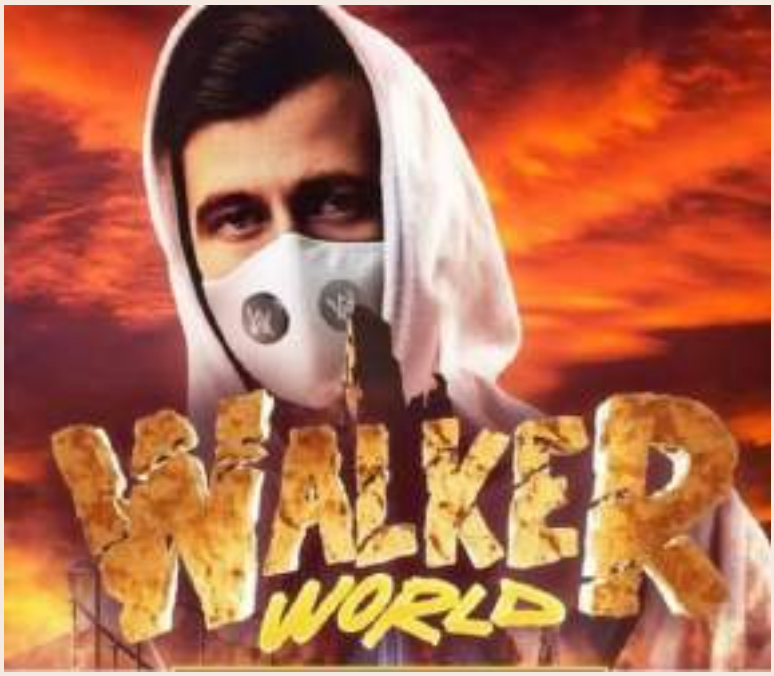
Source:Source: https://id.pinterest.com/pin/844493673989999/

WHATS HAPPENING IN JAKARTA ?

IN JUNE 2024

JAKARTA FAIR 2024

Jakarta Fair Kemayoran (JFK) will return to celebrate the birthday of the capital in the middle of this year. This event will be held from June 12 to July 14, 2024. This annual event that is claimed as the biggest cultural festival in Southeast Asia will deliver not only bombastic music performance, but also various interesting events such as the Gambir Expo cultural stage, carnival parade, Miss Jakarta Fair contest, Cosplay Contest and not to miss the spectacular fireworks that have become the hallmark of this event.



WALKER WORLD ASIA TOUR

Alan Walker is back!!
With a Live Performance Show featuring Guest Star Singers from all over the world
Tickets will go on sale on Friday, 15 March 2024 at 10.00AM (Jakarta Local Time) only @tix_id
For more info : www.AlanWalkerJakarta.com
Venue Directory
PHANTOM - PIK 2

FREE ANCOL TICKETS DURING JAKARTA'S 497TH ANNIVERSARY

PT Pembangunan Jaya Ancol Tbk is offering free individual entrance tickets to the Ancol Dreamland Park area from June 01 - June 21 2024 (17.00-23.00) WIB, in commemoration of the 497th Anniversary of DKI Jakarta.

PT Pembangunan Jaya Ancol Tbk, as one of the DKI Jakarta BUMDs, wishes to participate in the celebration of the 497th Anniversary of DKI Jakarta this year by offering free entry to Taman Impian Jaya Ancol.