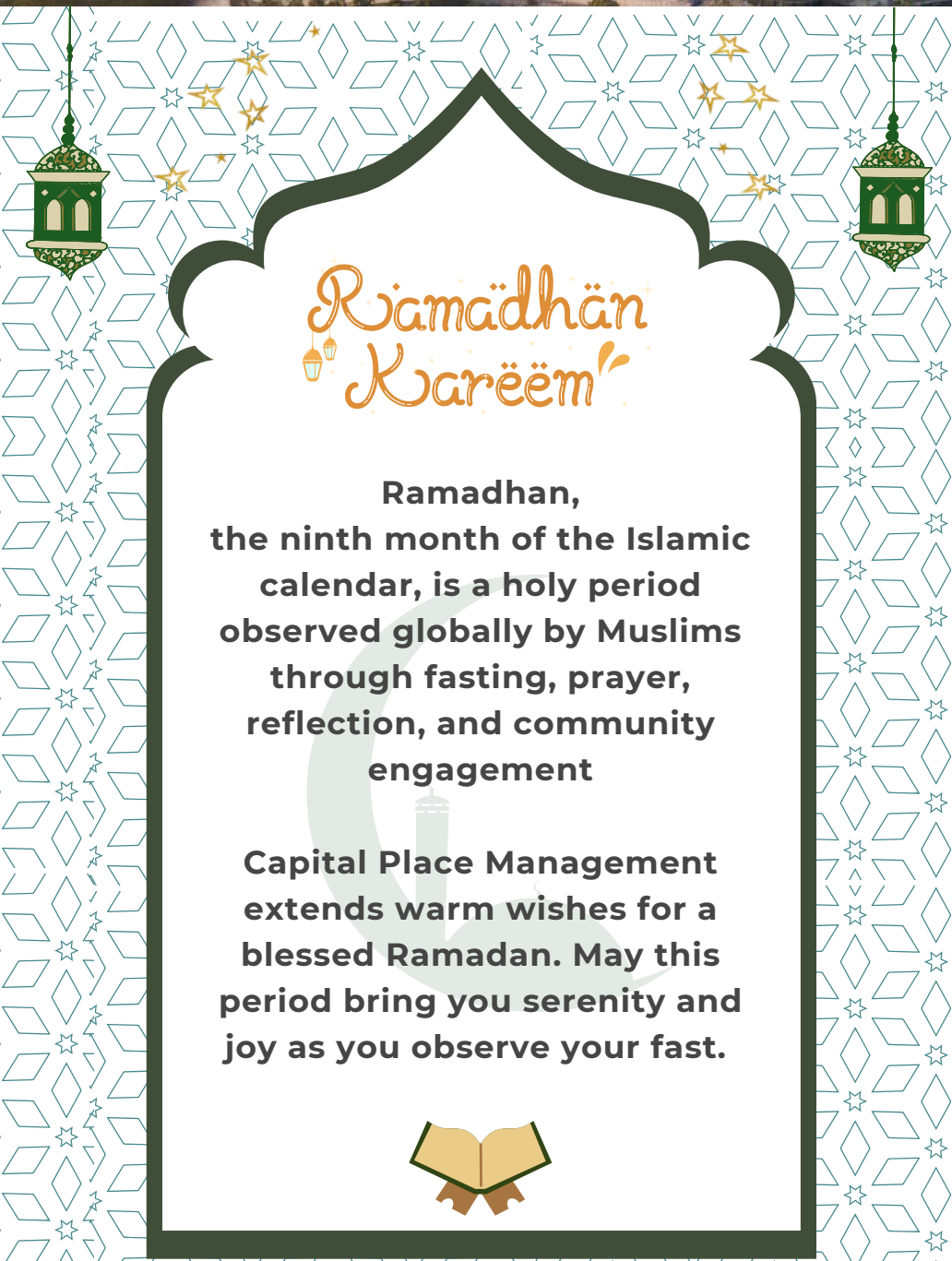


VOL. 55 · MARCH 2025

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



## Ramadhān Kareēm

**Ramadhan, the ninth month of the Islamic calendar, is a holy period observed globally by Muslims through fasting, prayer, reflection, and community engagement**

**Capital Place Management extends warm wishes for a blessed Ramadan. May this period bring you serenity and joy as you observe your fast.**



## This issue:

Ramadhan Kareem 2025  
PAGE 01

Welcoming the new member of  
Capital Place  
PAGE 02

Electric Vehicle (EV) Charger  
PAGE 03

How to operate the  
Electric Vehicle Charger ?  
PAGE 04

Working during fasting ?  
5 Great Tips to stay Productive  
PAGE 05 - 06

HSE Bulletin:  
Safe Homecoming Travel using  
private vehicles  
PAGE 07 - 08

Free entry to Ancol Ramadhan 2025  
PAGE 09

# WELCOMING THE NEW MEMBER OF CAPITAL PLACE BUILDING MANAGEMENT TEAM

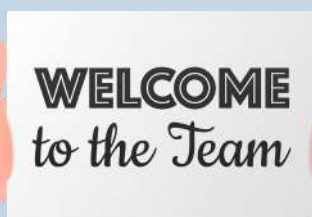


## **MR. AGUS SULITONO**

Mr. Agus joined Capital Place on 3rd February 2025 as the new Chief Security, He has extensive experience in the Security Hotel industry, Oil & Gas and Gold Mining.

He can be contacted through his email address ([agus.sulistono@jll.com](mailto:agus.sulistono@jll.com))

Lets welcome Mr. Agus to Capital Place!



# ELECTRIC VEHICLE (EV) CHARGER ACTIVATION

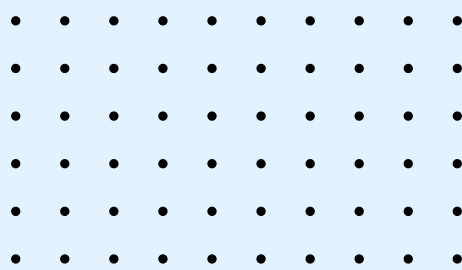


We are pleased to announce the activation of our new Electric Vehicle (EV) Charger facility in Capital Place.

This amenity will be available for use by all Tenants and visitors starting from 24 February 2025.


Electric Vehicle (EV) Charger facility located at B3 Area, in front of the office car park elevators. The price IDR. 50.000 / Hour.

We have attached a guide on how to use the Electric Vehicle (EV) Charger for your convenience.






# HOW TO OPERATE THE ELECTRIC VEHICLE (EV) CHARGER?



## Cara Menggunakan BlueCHARGE Di Lokasi Capital Place

**01**


**Buka Aplikasi Parkee**



Pilih menu "Quickbook & EV", lalu tentukan lokasi pengisian daya yang diinginkan.

**02**


**Pilih Lot EV**




Pesan lot pengisian daya (charger) yang tersedia, dan lakukan pembayaran melalui aplikasi Parkee.

**03**



**Mulai Mengisi Daya**





Colokkan plug ke kendaraan EV Anda. Pengisian akan berhenti otomatis saat penuh, atau Anda bisa mencabut kapan saja. Sebelum meninggalkan lokasi, pastikan untuk mengunci parkir dengan swipe "Parking Lock" di aplikasi.



**UNDUH APLIKASI PARKEE SEKARANG!**





### Tips Aman Charge di BlueCHARGE

- Parkir kendaraan di lot yang sudah Anda pilih.
- Atur batas pengisian sesuai kebutuhan sebelum mulai cas.
- Setelah selesai, pindahkan kendaraan dan kunci parkir melalui aplikasi.
- Perlu diingat, setiap kendaraan listrik memiliki kemampuan berbeda dalam menyerap kWh dan membutuhkan waktu pengisian yang bervariasi.

🌐 [bluecharge.co.id](http://bluecharge.co.id)    📱 [bluecharge.id](https://www.instagram.com/bluecharge.id)    ✉ [info@bluecharge.co.id](mailto:info@bluecharge.co.id)    ☎ +62 811-8754-321 (Teknisi)

Please refer to this document for step by step instructions on operating the charger.



# WORKING DURING FASTING?

## 5 Great Tips To Stay Productive

Fasting can be a challenging time, especially when maintaining daily work and activities. You might feel a little bit lost about how to deal with its effects on you and notice that your body experience decreased energy levels, difficulty focusing, and reduced productivity. This happens because your body is trying to understand the new changes you're doing in your routine.

However, implementing effective strategies can help you remain productive and focused during your fasting period.

### 1. AVOID CAFFEINE

While it might be tempting to grab a cup of coffee or tea right after you break your Fasting or during Suhoor, you might end up having trouble sleeping and waking up late. It's better to drink plenty of water and other fluids, such as herbal tea or unsweetened juices during the non-fasting hours, to help you stay alert and energized so that you can feel more relaxed at work.



### 2. PLAN AHEAD

Planning the night before is an effective way to stay focused and productive throughout the day. Identify the tasks that require more energy and focus, and schedule them for the time of day when you are most alert and awake. For many people, this is usually early in the morning, and then keep the lighter ones towards the end of the day.





### 3. GET ENOUGH SLEEP

In Ramadan, we always tend to sleep later than usual because of the Suhoor however, it's important to get enough sleep to be able to focus on work the next day, it's also important to maintain a consistent sleep schedule as much as possible. Sleeping later than usual can disrupt your body's natural sleep patterns, which can lead to feelings of grogginess and tiredness during the day.

### 4. EAT HEALTHY SUHOOR

Eating healthy food for Suhoor is an excellent way to maintain focus at work during Ramadan. It's important to choose food that provides sustained energy throughout the day.



### 5. TAKE SHORT BREAKS DURING THE DAY

Taking regular breaks can help you recharge and refocus during your workday. Short breaks can help you clear your mind. Try taking a break every hour or two to stretch your legs, take a walk, or simply rest and relax. And always remember taking regular breaks is not a waste of time, but rather an investment in your productivity and well-being.

Mārhābān  
yā  
Ramadhān



# SAFE HOMECOMING TRAVEL USING PRIVATE VEHICLES

BY RISKA OKTAVIANA - CHIEF HSE



Homecoming (mudik) is a special tradition for many, but it also comes with increased road risks due to heavy traffic and long travel hours. Ensuring your safety and well-being during the journey is essential. Here are some important safety tips to keep in mind when traveling using a private vehicle.



## 1. **PERFORM A VEHICLE SAFETY CHECK**

Before starting your journey, ensure your vehicle is in optimal condition by checking essential components such as brakes, tires, and lights. Verify that engine oil, coolant, and fuel levels are sufficient, and ensure the wipers and windshield provide clear visibility.

## 2. **GET ENOUGH REST BEFORE DRIVING**

Fatigue is a leading cause of accident during long trips. Get at least 7-8 hours of sleep before driving and take breaks every 2 hours to stay alert.

## 3. **FOLLOW TRAFFIC LAWS AND SPEED LIMITS**

Always adhere to traffic rules, use seat belts, avoid distracted driving, and respect speed limits to minimize risks.

## 4. **PLAN YOUR ROUTE AND ALTERNATIVE ROADS**

Check traffic condition, weather forecasts, and alternatives route to avoid congestion and unexpected delays. Use navigation apps or radio updates.

## 5. **PACK AN EMERGENCY KIT**

Always have first aid kit, flashlight, basic tools, jumper cables, and extra water in case of emergencies.



# SAFE HOMECOMING TRAVEL USING PRIVATE VEHICLES

BY RISKA OKTAVIANA - CHIEF HSE



## 6. STAY HYDRATED AND EAT LIGHT MEALS

Long journeys can cause fatigue. Stay hydrated, avoid heavy meals, and consume health snacks to maintain concentration.

## 7. AVOID NIGHT DRIVING IF POSSIBLE

Driving at night increases risk due to reduced visibility and higher chances of encountering fatigued drivers. If necessary, ensure proper lighting and stay alert.

## 8. BE PREPARED FOR WEATHER CHANGES

Rain, fog, or extreme heat can affect driving conditions. Ensure functional wipers, defoggers, and proper tire grip for different weather conditions.

## 9. SECURE YOUR BELONGINGS AND LOCK THE VEHICLE

Keep valuable items hidden, lock doors when stopping, and avoid unsafe rest areas to prevent theft or crime risks.



## 10. ENSURE ALL PASSENGERS' SAFETY

Ensure all passengers use seat belts or child safety seats for young children. Never exceed vehicle capacity.

## Drive Safely, Arrive Safely

Safe travel not only about reaching the destination but also ensuring a smooth and accident-free journey.

By following these tips, you can help create safer roads for yourself and others.

Stay safe and enjoy your homecoming trip!

Eid Mubarak





Ngabuburit is event more exciting!

# FREE ENTRY TO ANCOL RAMADHAN 2025

This year's Ramadhan, Ancol is giving a special surprise to its loyal visitors. During the period of March 1 to March 28, 2025, you can enjoy FREE entry to Ancol!!

This is the best opportunity to experience moments of togetherness with family and friends in one of the most popular tourist destinations in Jakarta especially during the month of Ramadhan.



## FREE PERIOD AND TERMS AND CONDITIONS

This free Ancol entry program is valid during Ramadhan, precisely from March 1 to March 28, 2025. Here are the terms and conditions that you need to pay attention to:

1. Valid Hours : Free entry is valid from 17:00 WIB. Make sure you arrive on time to take advantage of this opportunity.
2. Location : This program is only valid for the Ancol entrance gate.
3. Vehicle Tickets : This free program does not include vehicle tickets. You need to pay for vehicle tickets separately.
4. Reservation : Starting February 28, 2025, you can make a reservation. Immediately visit the link [gratis.ancol.com](https://gratis.ancol.com) to make a reservation.
5. Visiting Period : You can choose a visiting date from March 1 to 28, 2025.

### Reservation Limitation :

One reservation email is only valid for one person during the program period. Make sure you use a different email if you want to invite more people.