

☆ **Sutera** 五福城 **Vol 77**

Harmony

☆

KDN:PP 10196/11/2012 (031318)



☆ **NITE BITE**
Sutera Mall New
Tenants

☆ **Earth hour**
Green Initiatives
by Sutera

☆ **Sutera Garden Village**
New 3 Storey Superlink Homes

Editor's note

As we celebrate Earth Day in April 2024, this edition showcases Sutera's Earth Hour Event which promotes the 5Rs' principles of rethink, reduce, reuse, recycle, and responsible. Flip to page 5 to find out about the interesting green initiatives Sutera has implemented to build an eco-friendly township!

We're also excited to announce some exciting new shop launches that make Sutera the destination to live, play and learn. Turn to page 6 for new additions to our Sutera Mall, and page 10 for Sutera Square. Additionally, to find out upcoming events for your next Sutera visit, head on to page 13. But that's not all, flip to page 15 to find out the juicy details of Sutera's next development project!

Lastly, we hope that this edition inspires you to build together a brighter and greener tomorrow!

亲爱的读者，鉴于4月是地球日，本期内容分享五福城的地球一小时活动来推广反思、减量化、再利用、再循环和责任的5Rs原则。翻阅第5页以了解五福城如何打造永续和宜居的环境以及所推行的绿色环保措施！

此外，五福城商圈迎更多新晋店家，进一步丰富了五福城的活力，使这里成为集娱乐、休闲、生活和学习于一体的理想天地。翻阅第6页，以了解五福城广场的新店家以及第10页以了解五福城商圈（Sutera Square）的最新消息。此外，如果您想知道五福城即将举行的活动，请翻阅第13页。不仅如此，您可以翻阅第15页以了解五福城即将推出的新房产项目以及更多详情！

最后，我们希望本期的报道能激励您共同建设一个更加美好的未来！



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SP Visitation



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Initiatives
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Singapore Polytechnic Visits Sutera Good Earth Farm 新加坡理工学院来五福农乐参观学习

30 eco-warriors from Singapore Polytechnic visited Sutera Good Earth Farm to learn about sustainable farming and composting.

30名新加坡理工学院的学员来到五福农乐，积极参与生态环境保护活动，学习种植和堆肥技术。



Hands-on with Nature 亲手种植与堆肥

The group participated in a fun planting activity, putting their newfound composting knowledge to work.

理工学员们参与在有趣的种植活动，将新学到的堆肥知识运用到实践中。



Blooming with Creativity 发挥创意想象力



The participants showcased their artistic talents in a DIY flower pounding workshop using recycled bags. This creative activity highlighted the importance of giving new life to old materials, emphasizing the significance of reduce, reuse, and recycle.

The key takeaway from this event is to educate participants on the importance of sustainable agricultural practices. This visit aimed to inspire environmental mindfulness, fostering a sustainable relationship with the Earth for a healthy future.

在这DIY植物拓染工作坊中，学员们在环保袋上展现了他们的艺术天赋。这个工作坊展示了旧物创新再利用的重要性，并倡导了环保原则——减少使用、重复利用和再循环。

这次的活动让学员们了解到可持续农业发展的重要性。通过参观学习，学员们提升了环保意识，促进了人与自然的和谐关系，以迈向更健康的未来。



地球一小时 EARTH HOUR



As part of Sutera's commitment to sustainability, many participants gathered at Sutera Mall to show that they care for the Earth by celebrating Earth Hour. As a promise to protect the planet, The Mall and its tenants turned off their lights in view of the event.

Participants had fun making pledges to the Earth and learned to make candles from old glass jars, showing the importance of reusing items. In observance of Earth Hour, they lit their handcrafted candles when the lights went off, creating a shared sense of purpose for Mother Earth.

为响应五福城的绿色愿景，许多参与者聚集在五福城广场，商场和商家们通过熄灯一小时，以表达他们对地球的关怀和承诺。在此之前，出席者秉持着保护地球的热忱，热心地学习如何利用旧玻璃瓶制作蜡烛，并认识到重复使用物品的重要性。当所有灯光熄灭时，点燃的自制蜡烛瞬间营造出宁静的氛围。



This event proved that together, we can make a big difference in keeping our planet healthy. More than just turning off lights, this event hopes to inspire the community to take care of the Earth every day for a greener tomorrow.

这项活动证明了只要大家齐心协力，我们就能更好地保护地球。这不仅仅是简单的熄灯，而是唤起每个人每天都照顾地球的责任感，同时也彰显了社区和可持续发展的力量。

RUD
SUTERA MALL

Experience the thrill of indoor go-karting at RUD Karting Sutera!

Elevate your leisure experience beyond just shopping and dining with a heart-pounding indoor go-karting adventure. RUD Karting boasts a comprehensive fleet of go-karts, catering to both seasoned racers and enthusiastic novices, regardless of age.

Each session accommodates over 10 go-karts racing simultaneously, and after each race, you can check your individual lap times on the screen. Did you know that the fastest kart can reach speeds of up to 70 km/h? RUD karting lets you test your karting skills, perfect for casual family fun or exciting rivalries with your friends.

Gather your friends and have an exhilarating race at RUD Karting Sutera!

在RUD Karting Sutera体验卡丁车带来的刺激和乐趣！

除了购物和用餐外，你还可以在室内卡丁车尽情享受速度的快感！RUD Karting提供不同款式的车型，无论是经验丰富的赛车手还是初学者、大人和小朋友都适合参与。

每场比赛可以同时有超过10辆卡丁车参赛，比赛结束后还可以在屏幕上看自己的圈速时间。你知道最快的卡丁车可以达到每小时70公里的速度吗？RUD Karting挑战你的卡丁车控制技能，适合家庭和朋友的休闲娱乐活动。

快约上朋友们一起到RUD Karting Sutera来场刺激的赛车吧！

📍 L2-648, Indoor car park
Sutera Mall No. 1, Jalan Sutera Tanjung 8/4,
Taman Sutera Utama, 81300 Skudai, JB

🕒 11.00am to 12.00am (Midnight)

RACING

你我皆黑马

레이싱 언더도

OPENING SOON





Embrace yourself as "Nite Bite" is more than just a food haven, it's a paradise for night enthusiasts!

With a variety of eateries offering everything from main courses to classic snacks and desserts, every bite promises a culinary delight! What's more, we're serving until midnight! Whether you're burning the midnight oil or embarking on nocturnal adventures, this is your go-to for relishing delicious moments.

Come join us at Nite Bite, where we'll explore the exciting flavors of the night together! Flip to the next page to find out all the mouth-watering food Nite Bite has to offer!

万众期待的【夜夜咬.美食街】
不仅是美食的殿堂，更是夜猫族的终极天堂！

这里聚集了很多美食餐厅，从主食到经典小吃，甜品，每一口都保证能满足您的味蕾！更好的消息就是，这里营业至半夜12点钟！无论你是熬夜工作者还是夜晚出行的冒险家，这里绝对是你必来的美食街。

快来夜夜咬这里，开启美食之旅，
让我们一同探索夜晚的精彩！
欲知更多详情，请翻阅至下一页。



Open till 10.30am to Midnight*

NITE BITE
DELICIOUS



NITE BITE



夜咬



Late Night Opening Tenants



10.30am-12.00am (Midnight)
Dekori | L2-049

A must-try for all sweet tooths! Try out their Signature Japanese-style shaved ice, nourishing bean curd, toasts, and waffles. The possibilities are endless!

甜食控者必试的甜品店铺！过来品尝Dekori的招牌日式风味刨冰，香浓的豆花，厚土司和香脆的华夫饼，享受令人甜蜜醉心的甜点饗宴！



10.30am-12.00am (Midnight)
Veelato | L2-006

A go-to spot for delicious and healthy Gelato! Indulge in a variety of handcrafted flavors, including unique ones like Piedmont Hazelnut, Sicilian Pistachio, Niko-Neko Matcha and special local flavor- Chempedak!

美味又健康的意式冰淇淋！您可以尽情地享受各种手工制作的冰淇淋，其中比较独特的口味包括意大利进口的Piedmont 榛果，Sicilian 开心果，日本进口Niko-Neko 抹茶等独特口味，以及本地原创独有的波罗蜜口味！



10.30am-12.00am (Midnight)
Hang Ba Taiwan BBQ | L2-043

A unique BBQ concept restaurant! Enjoy delicacies while singing your heart out in their open karaoke area at Hang Ba. Truly an all-in-one dining experience!

夯霸是一间独特的烧烤餐厅。这里设有开放式的卡拉OK间，让您在享受美食的当儿，还可以尽情嗨唱，满足您娱乐和美食的体验！



The night is still young



10.30am-12.00am (Midnight)
Fung Taiwanese | L2-004

Taste the authentic flavors of Taiwan! Try their signature braised pork rice, shrimp and egg fried rice, and many more. For all the best Taiwanese food, Fung Taiwanese is not to be missed!

喜欢台湾菜的你绝对不容错过丰台湾私房菜！在这里，您可以品尝正宗道地的古早味台菜，台湾小吃-招牌卤肉饭，虾仁和蛋炒饭等等！



10.30am-12.00am (Midnight)
San Bao Ni Lu Kao Rou | L2-001

First outlet in Malaysia! Known for their Signature Grilled Eel, it is a dish that should not be missed, What's more? You get to see real-time the grilling process! Truly a culinary experience!

全马第一家！你决不容错过这里的招牌菜肴-烤鳗鱼。在这里您除了能够满足口腹之欲，还能在现场观赏到烧烤过程，大饱眼福！



10.30am-12.00am (Midnight)
Old Town Street Noodles | L2-047

With over 1000 stores nationwide in China, Old Town Street Noodles specializes in a diverse range of Chongqing-style noodles. Whether spicy or non, savory or sweet, Old Town Street Noodles is able to satisfy your noodle cravings!

老城街小面在中国拥有超过1000家连锁门店。老城街专注于提供多样化的山城重庆风味面食。无论您喜欢辣还是不辣，咸还是甜，老城街都能满足您对面食的渴望！



10.30am-12.00am (Midnight)
Zus Coffee | L2-045

A home-grown coffee brand that all Locals know too well. Their Spanish latte and Coconut latte are a must try! Get your morning coffee right here for an affordable price!

一个我们当地人耳熟能详的本土咖啡品牌。在这里您能以实惠的价格体验到高级的早晨咖啡！此外，您不容错过这里的西班牙拿铁和椰子拿铁！



10.30am-12.00am (Midnight)
Shihlin Taiwan Street Snacks | L2-007

Grab an amazing lunch combo! Succulent Oyster Mee Sua, paired perfectly with an XXL Crispy Chicken and a refreshing lemon tea sounds like the perfect tummy-filled meal.

多汁的蚝仔面线，再搭配超大份脆皮鸡扒和一杯清爽的柠檬茶，简直就是让您饱腹和完美的超值午餐套餐。





LOCATED IN

Sutera
Walk

BY TAMAN SUTERA

Offering authentic dishes all the way from Sichuan, China, JWG is the to-go spot for the spice-seeking and those with an adventurous palate. Indulge in a variety of their signature dishes like Spicy Grilled fish, Cumin Lamb Chops, Dongpo Pork and many more.

聚味阁提供非常正宗的中国川菜，让您体验一把“舌尖上的四川”。热辣烫麻，鲜香美味的川菜是那些喜爱探索新味道的食客们的不二选择绝佳选择！这里能尽情享受各种招牌菜肴，如麻辣烤鱼、孜然羊排、东坡肉等等。



国潮川菜 百菜百味

What's more, you get to dine in a sophisticated ambiance that is clean, comfortable, and spacious. The perfect choice for lunches, family gatherings or lively dinners with friends. There is even a cute panda figurine that you can take pictures with!

更重要的是，您可以在一个干净、舒适、宽敞的环境中用餐。聚味阁是适合午餐，和家人朋友聚会的好地方。店内还有可爱的熊猫小雕像让你拍照留恋！



必尝菜品 Must try dishes

辣子鸡

Chili Pepper Chicken

酸菜鱼

Fish with Pickled Vegetables



+6010-82 111 67

No.39, Jalan Sutera Pulai 2/26,
Taman Sutera Utama, 81300, Skudai, Johor, Malaysia.

天天营业，12pm-12am(Midnight)



T. STUDIO

LOCATED IN

Sutera
SQUARE

Established in 2022 by a passionate sister duo, T.Studio cafe was born with a commitment to craft a unique cafe experience for every guest. The cafe's concept is to provide a comfortable atmosphere where customers can work in a relaxing environment while enjoying good coffee, leading to its slogan - "Sit & Sip".

Located at Sutera Square and nestled on the 2nd floor, its charming location allows you to unwind and enjoy a cup of their expertly crafted coffee. Their signature medium-roast Brazilian coffee beans boast a nutty and caramel aroma, offering a smooth and balanced drinking experience that many coffee lovers adore.

Feeling hungry? The cafe also serves a variety of food that caters to every guest. If you're feeling savory, try their signature "Malaysian Fav" which consists of Malaysian-styled curry served with rice and fried chicken. For a sweet treat, their Nutella pancake with caramelized banana is sure to satisfy.

Whether you're seeking a productive atmosphere to complete your work or just looking for a relaxing space to unwind, T.Studio offers a warm welcome to everyone in the community.



T.Studio Café是2022年由一对热情的姐妹创立，为每位顾客带来独特的咖啡馆体验。T.Studio Café的理念就是提供舒适的氛围，在品尝美味咖啡的当儿也能轻松工作，因此有了它的标语“坐下来细细品味”。

坐落在五福城商圈的二楼，位置引人注目，适合来放松喝一杯他们精心烘焙的咖啡。他们的巴西中烘焙咖啡豆有坚果和焦糖的香气，喝起来口感顺滑平衡，深受许多咖啡爱好者的喜爱。

这里还有各种食物供你选择。如果你喜欢吃咸食，可以品尝他们的招牌“马来西亚最爱”，里面有马来风味的咖喱饭和炸鸡。如果你想吃甜点，他们的Nutella巧克力饼配焦糖香蕉一定能满足你的胃口。

无论你是来工作还是来放松的，T.Studio都欢迎你的光临。



📍 65A, Jalan Sutera Tanjung 8/3, Taman Sutera Utama, 81300 Skudai, Johor Bahru

🕒 Tue - Sun: 10:00am-7:00pm (Closed on Monday)

MENTAL HEALTH AND ILLNESS

心理健康与疾病



What is Mental Health? 什么是心理健康?

Mental health encompasses the holistic well-being of an individual on cognitive processes, emotional regulation and behavioural patterns.

心理健康包括了个体在认知过程、情绪调节和行为模式上的整体健康。

What is Mental Illness? 什么是心理疾病?

Mental health disorders are significant disturbances in thinking, emotions, or behaviour that impact daily life routines.

心理健康障碍是指在思维、情感或行为表现异常,从而影响日常生活。

Symptoms 症状

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviours.

心理疾病的征兆和症状可能因疾病、环境和其他因素而有所不同。心理疾病的症状会影响情绪、思维和行为。

Examples of signs and symptoms include:

- Often feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities

心理症状和征兆的例子包括:

- 经常感到悲伤或沮丧
- 思维混乱或难以集中注意力
- 过度恐惧或忧虑,或出现强烈的内疚感
- 极端的情绪波动,情绪高低起伏
- 躲避朋友封闭自己,不愿意参加社交活动

Types of Mental Illness

心理疾病的主要类型

There are many different conditions that are recognised as mental illnesses. The more common types include:
被认可为心理疾病的病症类型有很多种。其中较为常见的类型分别是:



Anxiety disorders
焦虑症



Mood disorders
情绪障碍



Feeding and eating disorders
饮食失调症



Psychotic disorders
精神障碍



Personality disorders
人格障碍



Post-traumatic stress disorder (PTSD)
创伤后应激障碍



Prevention 预防

If you are diagnosed with a mental illness, following these steps may help keep your symptoms under control:

如果您确诊患有心理疾病,遵循以下步骤有助于控制症状:

Pay attention to warning signs.

关注警示信号。

Get routine medical care.

获取常规医疗服务。

Get help when you need it.

需要时,请寻求帮助。

心理健康自我测试

Mental Health Self-Test

Feeling like there might be some minor issues with your mental well-being? Take a self-assessment to gauge your mental health status. Give it a try now!

感觉心理出现了小状况?来个自我测验看看您的心理健康状态,快来试试吧!



Mentari Malaysia



Psychologytoday



Mypsycho

UPCOMING

Activities & Event

Sutera 五福城

May 3 to 5

Mapex
Malaysia Property Expo

📍 City Square

June 28 to 30

Iproperty Fair

📍 City Square



June 15

Good Earth Market

📍 Good Earth Farm



May 17 to 19

Drift Charity

May 23 to **June** 2

Popular Book Fair

June 8 to 9

Baozhan Anniversary

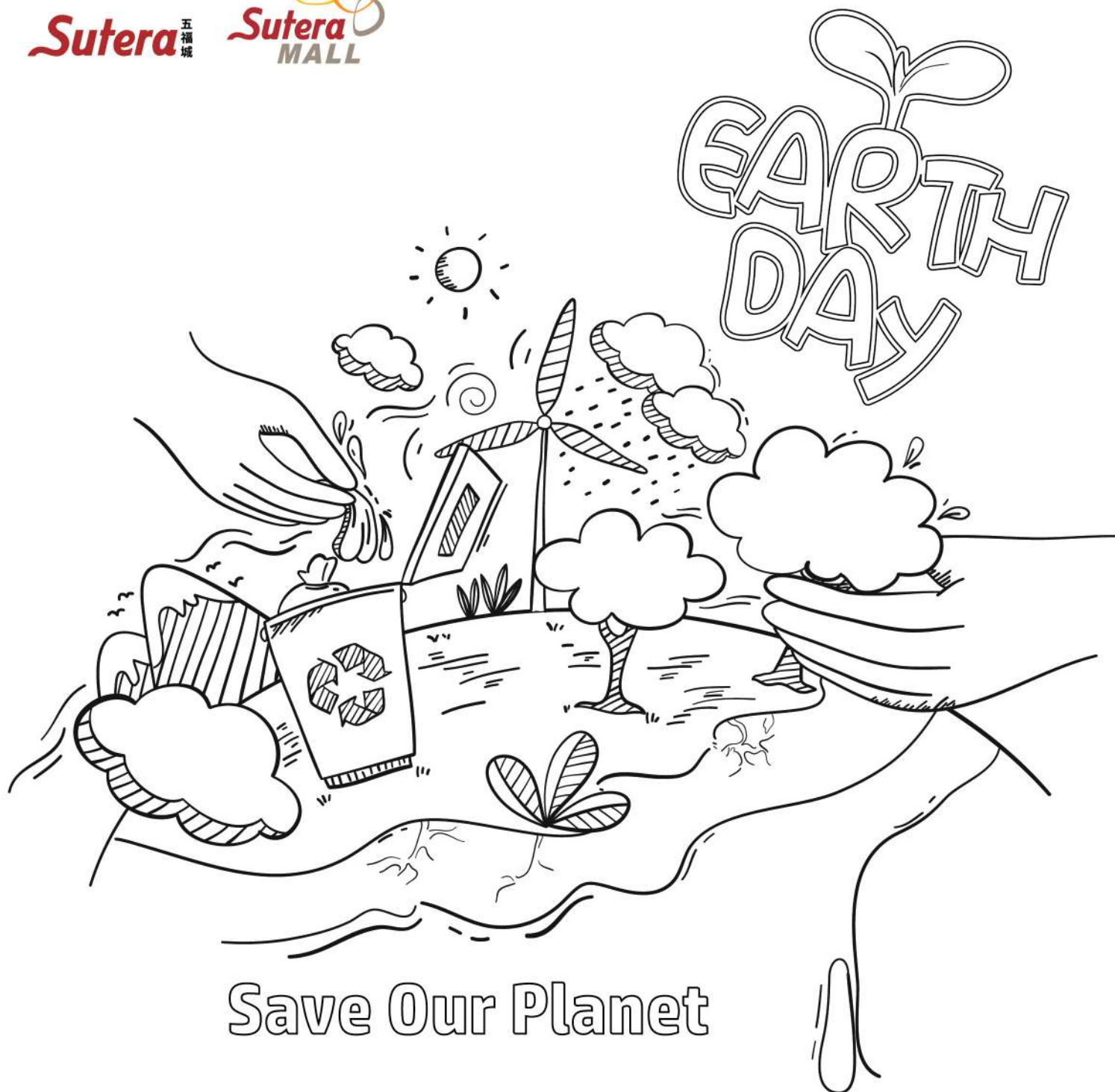
June 13 to 23

Inflatable Playland
by 3 Star Kids

July 5 to 7

MITM Travel Fair





Personal Information

Full Name as per IC: _____
 Contact Number (+60): _____
 MyKad No. / IC: _____
 Email: _____

Colouring Contest Prizes (for each category):

- a. 1st Prize x 1 pax: RM300 Sutera Mall Cash Vouchers
- b. 2nd Prize x 1 pax: RM200 Sutera Mall Cash Vouchers
- c. 3rd Prize x 1 pax: RM100 Sutera Mall Cash Vouchers
- d. Consolation x 2 pax: RM50 Sutera Mall Cash Vouchers

Terms and Conditions

1. A participant is entitled to one submission. The organizer shall not entertain any repeated submissions.
2. All entries shall become the property of the organizer. The organizer reserves the right to use the colored sheets. No claims towards this will be entertained.
3. The organizer is not responsible for any losses, damages or any inquiries once the participant acknowledges that the Sutera Mall Cash Voucher has been received.
4. All decisions made by the Management will be final and no disputes will be entertained.
5. Participants must fill in their personal information (including name, phone and IC number) to be qualified.
6. Participants must tear out this page and submit it to the Sutera Sales Gallery or Sutera Mall Information Counter as validation of participant. Submission in any other forms (such as, but not limited to, photos and videos) shall not be entertained.
7. The deadline for submission is on 10 June 2024 (Monday) and the list of winners will be announced on 30 June 2024 (Sunday) at SUTERA MALL FACEBOOK PAGE.
8. The winner(s) will have a fourteen (14) day redemption period following the announcement of the winner(s) to claim their prize voucher at SUTERA SALES GALLERY.



挑高设计 • 宽敞格局 • 私人花园
High Ceiling • Spacious Layout • Private Garden

田字型半独立洋房

SEMI-D CONCEPT HOMES

40' x 80'

Sutera 五福城

+6019 771 9009
For Sales Enquiries

Sutera 五福城

全新高级3层排楼

Luxury 3 Storey Superlink Homes

5 房 | 5 卫



专属私人俱乐部
Exclusive Clubhouse



奥林匹克50米长
游泳池
Olympic Length 50m
Swimming Pool



后巷花园与跑道
Backlane Garden
With Jogging Track



绿化湖畔
Lake Park



现已开放登记
Open For Registration

019-771 9009



Developer License: 6034/08-2026/1010(A) | Validity Period: 03/08/2023-02/08/2026 | Advertising & Sales Permit: 6034-32/02-2027/0185(N)-[S] | Validity Period: 27/02/2024-26/02/2027 | Tanah Sutera Development Sdn. Bhd. 199001005713197281-A | No.2, Jalan Sutera Merah 2, Taman Sutera, 81200 Johor Bahru | 07-2899009 | info@sutera.com | Land Encumbrances: Nil | Project Name: Alam Sutera (Phase 1, Taman Sutera Utama) | Types of Development: 2 Storey Terrace Houses (T1 Units) RM1-298,000.00 - RM2,331,000.00 & 3 Storey Terrace Houses (T2 Units) RM1,558,000.00 - RM2,727,000.00 | Expected Date of Completion: December 2026 | Total Units: 93 | Number of Car Park: 2 | Approving Authority: Majlis Bandaraya Iskandar Puteri, Johor Bahru Reference (Building Plan No.): MBIPUB/18/8/2/202335 | REHDA No.: 1197/JH0145/95 | All plans, layouts, information and specification are subject to change and cannot form part of an offer or contract presentation. Prospective purchasers are advised to read and inspect the Sale and Purchase Agreement together with its enclosures prior to signing the same. Tanah Sutera Development Sdn. Bhd. shall not be held responsible for any error or inaccuracy nor be liable for any losses and/or damages that may be suffered or sustained resulting from any reliance on this publication and/or visualization or any part thereof. *All information is correct at time of printing (April 2024). This advertisement has been approved by the Ministry of Housing and Local Government (KPKT)