

Suiterur Together COUNTDOWN CELLBRATION



FREE ADMISSION

31-DECEMBER 2024

8PM-1AM I SUTERA MALL CAR PARK A

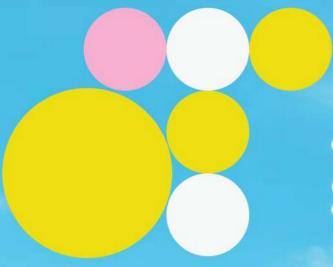


Sutera Together Countdown

The Biggest Event At Sutera

Sutera Mall's Exciting Upgrade PropertyGuru Asia Property Awards

A Year Of Distinction



Editor⁹s Note

Are you ready to experience a retail revolution? Sutera Mall has undergone a stunning transformation, designed to redefine your shopping and entertainment experience.

In this edition of our newsletter, we invite you to join us on a journey of discovery. Turn to page 8 -10 to explore newly renovated spaces and meet the latest tenants in our Sutera Mall. To discover the recent additions that contribute to Sutera's thriving township and community, go to page 5 -7. For an insightful look at the Good Earth event, head to page 11.

We also explore a variety of topics, including the significance of sleep for overall well-being on page 12. For a fun and engaging activity, try your hand at our spot-the-difference game on page 13. Turn to page 15 to explore your dream home with us. Finally, celebrate with us on page 16 as we share Sutera's recent win at the 2024 PropertyGuru Asia Property Awards.

您是否已经准备好享受更优质的购物体验? 五福城广场近期经过大规模的装潢与提升后,引进了许多新品牌,将为你提供更好的购物体验。

在这一期的Harmony Newsletter, 我们邀请您与我们一起来个探索之旅。翻到8-10页,探索五福城广场翻新后的崭新空间和新入驻商店。除此之外如果想了解五福城的最新亮点,请前往第5-7页。若想了解更多五福城美化地球环保展览会,请翻到第11页。

我们还将探讨其他多个话题,包括第12页关于睡眠对健康的重要性。第13页让你来挑战我们的找不同游戏!翻到第15页,与我们一起探索您的理想家园。最后,在第16页与我们共同见证Sutera在2024年PropertyGuru亚洲不动产奖中获得的最新荣誉。



Experience a New Era at Sutera Mall

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"2025 Sutera Together Countdown Party" is coming to Sutera Mall, Johor Bahru!

Expect an unforgettable night filled with electrifying performances, a vibrant night market featuring up to 100 booths, busker performances, games, and many fun-filled activities! As the clock strikes midnight, be awed by a spectacular professional fireworks display that will light up the sky, creating a perfect finale to the year. Get ready to dance the night away with friends and family as we usher in 2025 together!

Artist lineup 表演嘉宾:

Steady Gang, Phei Yong, Danny Koo, Chang Le, AnDee & Onnee Liveband, M.A.D Theatre X WIN LONG, Unlimit Dance, Final Century, ODD Dance, DJ Tiger X MC SHOBAK

SHOP AND EAT TILL MIDNIGHT AND BEYOND!

吃喝玩乐不停歇,嗨翻整夜!

Sutera Mall will extend operating hours until 12am! 五福城广场将延长营业时间至凌晨12点!



31/12/2024 8pm - 12:30am



Sutera Mall 五福城广场

《2025 Sutera Together 倒数派对》即将来临,地点就 在新山五福城广场!

期待一个难以忘怀的夜晚,现场将有激动人心的表演、多达100个摊位的 热闹夜市、街头艺人、游戏,还有各种好玩的活动! 当午夜钟声响起时, 一场超震撼的烟火秀将会点亮夜空,为这一年画上完美的句号。准备好和 家人朋友一起嗨翻全场,迎接2025年的到来吧!





Established in 2000, New Bridge International School became a Cambridge English Qualification Center in 2013 and is now a premier international school in Sutera's township.

Meet Ms. Evonne Chan, the esteemed Principal of New Bridge International School. With a wealth of experience spanning over 20 years in the education sector, Ms. Evonne brings a significant understanding of pedagogy, leadership, and educational innovation to their school community.

Today, Newbridge International School stands tall with pride at the heart of Sutera Utama's education hub, where they offer a holistic curriculum that balances academic rigor with character development. Their dedicated faculty, under the leadership of Principal Ms. Evonne Chan, is committed to inspiring and empowering students. Newbridge International School provides a nurturing environment where students can thrive academically, socially, and emotionally.

NewBridge国际学校成立于2000年,并于2013年成为剑桥英语资格认证中心,如今已在Sutera城镇内成为顶级国际学校。

Evonne Chan 作为NewBridge 国际学校的校长, 她在教育领域有着超过20年的丰富经验,对教学方式、领导力和教育创新都有着深刻的见解,为校区 带来了宝贵的专业知识和领导力。

如今,NewBridge 国际学校设立于五福城的教育中心,以全方位的课程体系而自豪,该课程不仅注重学术发展,同时也重视学生的品格培养。在Evonne Chan 的带领下,学校的教师团队充满奉献精神,致力于激励并赋能学生。NewBridge 国际学校为学生提供了一个培养他们学术、社交与情感发展的理想环境,让他们茁壮成长。



General Enquiries Hotline:

011 - 2741 8668

Office Hour:

9am - 5pm (Monday - Friday)

9am - 1pm (Saturday)

Address:

PTD 68152, Jalan Persisiran Sutera Danga 1, Taman Sutera Utama, 81300 Skudai Johor.



New Bridge International School Location Principal of New Bridge International School

Ms. Evonne Chan







Southern Medical Clinic (SMC) is thrilled to announce the opening of their third branch, SMC Sutera, right here in Sutera community! Known for providing affordable, personalized healthcare, Southern Medical has been a trusted name in Johor Bahru since 2022. With a focus on comprehensive care, their new clinic offers a wide range of General Practitioner services, including advanced ultrasound screenings for early detection of potential health issues.

Southern Medical Clinic (SMC) 非常高兴地宣布,第 三家分行— SMC Sutera,正式在五福城开业啦! SMC 自2022年起就以提供价格实惠、 个性化的医疗服务而 闻名, 是新山区备受信赖的医疗品牌。 新开的诊所专 注于全面的医疗护理, 提供广泛的全科医生服务, 包 括先进的超声波筛查,以便早期发现潜在的健康问题。

017-883 3758



Mon - Tue: 9am - 11pm Wed - Sat : Open 24 hours Sun: 12am - 11pm





47G, jalan sutera pulai 2/26, Taman Sutera Utama, 81300 Skudai, Johor



Southern Medical Clinic Location



General OutPatient Treatment & Screening Services

Pre-employment Health Screening

Rejuvenative Health Service & Healthy Aging

Screening and monitoring of non-communicable disease (High blood pressure, diabetes mellitus, high cholesterol)

Cancer & Chronic Diseases Management

Chronic Pain Management

Pre-Marital Check up

Family planning (Contraception advice)

Pregnancy testing

and more...... 等等......

普通门诊

入职前体检

乐龄健康计划

慢性非传染性 疾病监测

癌症和慢性 疾病治疗

慢性疼痛管理

婚前身体检测

家庭生育计划

妊娠检测





Chery is a global automotive pioneer from China renowned for its commitment to smart technology, high-quality vehicles, and sustainable practices. LH Chery Auto Group, an authorized dealer of Chery automotive services, is thrilled to announce the opening of its first outlet, LH Chery Auto, in Sutera Township. This marks a significant milestone for both LH Chery Auto Group and Chery in bringing cutting-edge automotive technology and exceptional customer service to the heart of Johor Bahru.

奇瑞作为中国的全球汽车业的先锋,以智能科技、高品质车辆及可持续发展实践而闻名。LH Chery Auto Group 作为奇瑞汽车 授权经销商,欣喜地宣布其首家门店 — LH Chery Auto 正式在五福城开业。这对于LH Chery Auto Group 和奇瑞来说都是一个重要的里程碑,标志着他们将最尖端的科技和卓越的客户服务带到了柔佛新山。



They offer a comprehensive range of services, including:

- Sales: Discover the latest Chery models and find the perfect vehicle to suit your lifestyle and needs.
- · Service: Experience top-notch after-sales care with our expert technicians and genuine Chery parts.
- · Spare Parts: Ensure your Chery vehicle performs optimally with our extensive inventory of original spare parts.

LH Chery Auto Group 提供完整的一站式服务,包括:

- 专业销售服务:提供各种最新的奇瑞车型,帮助您找到最适合您的生活方式和需求的完美车辆。
- 高端的服务:拥有专业技术人员和原装奇瑞汽车零件,让您体验顶级的售后服务。
- 完善的备件: 完整的原装备件库存, 以确保您的奇瑞汽车发在不管遇到什么问题之下都能解决, 并发挥最佳性能。







SHOWROOM

No 55G & 57G, Jalan Sutera Pulai 2/26, Taman Sutera Utama, 81300 Skudai, Johor



OPERATING HOURS

Monday-Sun 8.00am to 5.30pm



Chery Malaysia Location

Ongoing promotions

Currently Chery Malaysia is offering 1 Year Anniversary Promotion* for Chery Omoda 5 / Omoda E5 / Tiggo 8 Pro Tiggo 7 Pro – Early Bird Promotions* savings of RM4,000 for first 2,000 customers only.

奇瑞马来西亚现在正推出【1周年大促销*】!凡是购买Chery Omoda 5 / Omoda E5 / Tiggo 8 Pro 这三个车款都能享有特别的优惠! Tiggo 7 Pro更是享有【早鸟优惠*】!首 2000名购买的颜客,可直接现折高达RM4,000!

*T&C apply: Limited time only *附带条件 服时优惠







Sutera Mall is set to redefine your mall experience with an exciting upgrade. The mall is currently undergoing a strategic transformation at ground floor to create a more dynamic and engaging environment for visitors. Discover exciting new stores and beloved brands as we unveil our fresh line-up of tenants below!

五福城广场正如火如荼地展开商场升级计划,准备重新定义您的购物体验。广场目前正在进行一楼的全面升级,致力为访客带来 一个更具活力与新鲜感的环境。一起来揭开全新租户的面纱,并发掘您喜爱的各个店铺吧!



美妆, 健康, 个人护理 Beauty, Health and Personal Care





包包 Bags / Luggage



首饰 Jewelry



8

鞋类 Footwear



Shoe City

Shoe City

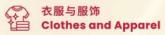
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居家品牌 Home and Lifestyle

























UPCOMING EVENTS AT SUTERA MALL

29 - 28 DEC'24 - JAN'25

Chinese New Year Campaign 07 - 09 MAR'25 MAR'25

MITM (Malaysia International Travel Mart) Travel Fair









Good Earth Exhibition 2024: A Better Tomorrow



Good Earth Exhibition 2024: A Better tomorrow was held on Sutera Mall from 4th to 13th October and allowed visitors to explore and learn about sustainable living. This exhibition served as a gateway for understanding and contributing to the United Nations Sustainable Development Goals (UNSDGs), with a spotlight on Sustainable Urban Development (SDG 11), Responsible Consumption (SDG 12) and Climate Action (SDG 13).

2024年五福城美化地球环保展览会: 一个域名为"筑梦未来"的活动于10月4日至13日在五福城广场举行。这个活动让前来参加的人可探索和学习可持续生活的方式。这个展览会是为了推动、了解和促进联合国可持续发展目标(UNSDG)并重点关注在可持续城市发展(SDG 11)、负责任消费(SDG 12)和气候行动(SDG 13)。

This year, Sutera is proud to collaborate with leading sustainability champions, including Iskandar Puteri Rendah Karbon (IPRK) members: Iskandar Regional Development Authority (IRDA), Majlis Bandaraya Iskandar Puteri (MBIP), SWM Environment Sdn Bhd, Jabatan Pendidikan Negeri Johor (JPNJ), Universiti Teknologi Malaysia (UTM), and JCI Johor Bahru. Together, we aim to elevate community engagement and demonstrate how collective action can create lasting impacts.

今年,五福城也非常荣幸与可持续生活倡导者合作,包括依斯干达公主城低碳计划 (IPRK) 成员:依斯干达区域发展局 (IRDA)、依斯干公主城市政厅 (MBIP)、南方环保公司 (SWM)、柔佛州教育局 (JPNJ)、马来西亚科技大学 (UTM) 和新山国际青年商会 (JCI Johor Bahru)。我们一同携手致力于提升社区参与度,并展示集体行动可如何创造持久影响。









The event showcased many exhibitions and workshops, inspiring visitors to take action to protect our environment. Vistors can explore the Drive Thru Recycling Event, Kuru Kuru Barter Trade, VR Recycling Game, Food Waste Composting Workshop, Mudball Workshop, Complimentary TCM Health Check by Nature Concept TCM Healthcare, and many more.

In all, the event showcased the power of collective action in protecting our planet. We hope to see you in the next Good Earth Exhibition!

除此之外,这个活动也有许多不同的展览和工作坊,借此鼓励参观 者一起动手保护我们的环境。参观者不仅可以参与并探索环保回收 活动、Kuru Kuru 物物交换、虚拟现实回收游戏、食物废料堆肥工作 坊、泥球工作坊、现场也提供了由诚德中医所给予的免费中医健康 检查等等。

此次的活动成功展示了大家在保护地球上的共同付出,期待明年与 大家在五福城美化地球环保展览会相见!

Why Do We Need Sleep?

为什么我们需要睡眠?

Sleep plays a crucial role in various aspects of human health and cognitive function: 睡眠对人类健康和认知功能的各方面起着至关重要的作用:

Learning and memory consolidation 巩固学习和记忆

Sleep aids in focus, concentration, and the organization of memories, all essential for learning. 睡眠有助于提高专注力、集中注意力,并整理记忆,这些对学习至关重要。

Emotional regulation 调节情绪

Sleep helps regulate emotions and manage the physical and psychological effects of stress. 睡眠有助于调节情绪,并管理压力的生理和心理影响。

Judgment and decision making 判断和决策

Adequate sleep enhances a person's ability to recognize danger and make sound decisions. 充足的睡眠可以提高个人识别危险和做出明智决

Problem solving 解决问题

Research suggests that sleeping on complex problems improves problem-solving abilities. 研究表明, 睡眠有助于解决复杂问题, 提升解决问题的能力。

What are the stages of Sleep? 睡眠分为哪几个阶段?

策的能力。



Stage N1 | 第一阶段(N1期) - 入睡期

This is the lightest stage of sleep, typically lasting only a few minutes.

阶段1是睡眠的开始,昏昏欲睡的感觉就属于这一阶段。这是 最轻的睡眠阶段,通常只持续几分钟。



Stage N2 | 第二阶段 (N2期) - 浅睡期

Healthy adults typically spend about half of their night in N2 sleep. Brain activity slows down, with occasional bursts that support memory retention and learning.

阶段2开始正式睡眠,属于浅睡阶段。 健康的成年人通常在夜间约一半时间处于N2期睡眠中。虽然大脑活动减慢,但仍会出现间歇性的活跃,有助于记忆保持和学习。



Stage N3 | 第三阶段 (N3期) - 熟睡和深睡期

Also known as "slow wave sleep" or "deep sleep," N3 helps individuals wake up feeling refreshed. During this stage, blood pressure decreases, heart and breathing rates slow, and growth hormone is released. People generally spend about 10% to 20% of their night in N3 sleep.

阶段3又称"慢波睡眠"或"深睡眠",在沉睡期间不易被叫醒,有助于醒来时感到清爽。在这阶段,血压降低,心率和呼吸率减慢,身体释放生长激素。人们通常约占10%到20%的时间处于此阶段。



REM Sleep | REM 睡眠阶段 -快速眼动期

During REM sleep, rapid eye movements occur intermittently, and vivid dreaming takes place. Skeletal muscles become temporarily paralyzed to prevent acting out dreams, while memory consolidation primarily occurs. REM sleep constitutes 20% to 25% of a typical night of sleep, with more occurring towards the morning.

在REM睡眠中,眼球间歇性快速移动,并产生生动的梦境,而骨骼肌肉则 暂时性麻痹以以防止人们在梦中动作。记忆巩固主要发生在REM睡,它占 一般睡眠时间的20%到25%,主要发生在清晨时段。

What are the negative effects of sleep deprivation?

睡眠不足有哪些影响?

- Suppress your immune system, increasing your susceptibility to sickness and infection.
 抑制你的免疫系统, 增加患病和感染的风险。
- Increase your risk of developing heart problems, type 2 diabetes, and high blood pressure.
 增加罹患心脏病、2型糖尿病和高血压的风险。
- Interfere with your metabolism and elevate your risk for obesity. 干扰你的新陈代谢并增加肥胖的风险。
- Cause your relationships to suffer at work and at home. 导致工作和家庭关系受损。
- Lead to depression and anxiety. 引发抑郁和焦虑。



Source "Sleep Foundation"



找不同 SPot The DifferenceS



请在以下两张图中找出8个不同之处。 Spot 8 differences between the two pictures.







新项目开放登记

NEW PROJECT

Unveiling Soon

3 🕮 | 3 🖑



请扫码登记! SCAN & REGISTER NOW!

\(+6019-771 9009



双层毗连式半独立洋房 2 Storey Semi-D Concept Homes



围篱保安

GATED & GUARDED
Peace Of Mind



高级私人俱乐部

EXCLUSIVE CLUBHOUSEFull Fledge Facilities



绿意公园

LANDSCAPED GARDENS
Nature Living



现已开放登记

Open For Registration

+6019 771 9009







CELEBRATING AN Award-Winning 2024 For Sutera

庆祝五福城在2024的辉煌成就

As we wrap up an incredible year, we are excited to reveal that Sutera has been honoured with multiple prestigious awards at the PropertyGuru Asia Awards – Malaysia 2024. This recognition reflects our commitment to creating thoughtfully developed townships that inspire vibrant living and a strong sense of community.

转眼间 2024 年即将来到尾声,我们非常高兴地宣布五福城在 PropertyGuru 2024 亚洲房地产大奖中荣获多项殊荣。这些奖项不仅彰显了五福城在打造充满活力的优质社区上所作的努力,更获得了外界的高度认可。

