

# MiTek<sup>®</sup> NEWSLETTER

MiTek Vietnam - ISSUE 09.2022



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# Mid-Autumn Festival

(10<sup>th</sup> September 2022)

Another warm and cozy Mid-Autumn Festival with sweet mooncakes!  
Hope you had wonderful time with your teammates.

Here are some great photos of MiTek Vietnam members enjoying this occasion.





Mr. John Rowe & Ms. Linh Huynh represented MiTek Vietnam at the official ceremony along with the main works contractor Vitecons, AIC Management, Vertical Studio and local authorities Hepza and TTC. Together they conducted an incense offering, a sand shoveling ritual and a slaughtering ritual with a suckling pig (not alive), followed by a series of speeches to bring good fortune and safety to our project.

Now the real construction work begins with the excavation of the double level basement.

## GROUND BREAKING CEREMONY FOR OUR OFFICE 2 PROJECT





Hi MiTek family!  
I am Tien.

To me, life is about being happy.  
So how about you guys?

# MiTek people

I have been working here for more than 4 years, and reading newsletter every month, but this is the first time, I dare to share my heart with everyone. Maybe because it's only now that I have gained enough experiences to share with you.

People see me as a cheerful person, but I consider myself as a picky one. That's why my friend can love the company one the first day, but it has taken me 's until now to say that I really like this place.

Back in the early days, when I was a newbie, and had just graduated and I set my first foot here, I was overwhelmed by the difference between school and workplace.

It was the PlaceMakers team that gradually closed that gap and helped me to quickly integrate into this environment. Then there are days of working together, playing together, and discovering new things in life.



At MiTek Vietnam, I grow up day by day.  
MiTek Vietnam I speak directly to 'YOU'

With YOU, I was free to promote my forte and have a lot of chances to try new things. And whoever I am, whatever I do, I'm always excited about these new things. I have experienced doing yoga; playing football; swimming; being an MC... I must say that I can make something out of nothing (even when the results are far from my ideal expectations) that because I know that I will never be judged here.

With YOU, I have a chance to meet wonderful people not only in my team but also in other teams. There is overflowing youth in these amazing people, intelligence, as well as lovely charm. They are my role models to follow. I learn lots of things, such as how to work, how to live, how to play, and how to enjoy this life.

I have to say that I'm so lucky when I'm here. You know, we have ordinary lives that become full by meeting up. So, thank YOU for creating so many rendezvous.

***"Choose to eat the best cuisine  
Choose to be with someone you love  
Choose to forget worries  
Choose to live a happy day  
I choose MiTek Vietnam."***

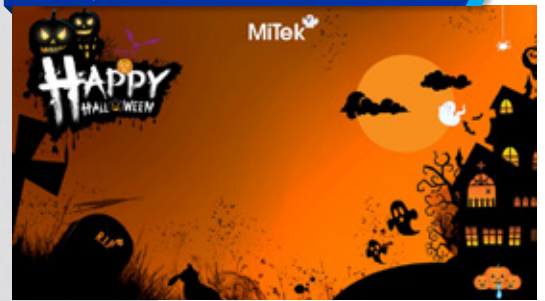


# 2022 MICROSOFT TEAMS BACKGROUND DESIGNING CONTEST

FIRST PRIZE:  
**LE VAN MINH HIEU**  
- 707753 -



• 2<sup>nd</sup> prize: Le Si Benh - 715557



• 3<sup>rd</sup> prize: Tran Thao Truc Quynh - 719908



• Consolation prize:  
Luu Thi Bich Cham - 717357



• Consolation prize:  
Tran Ho Bao Tran - 718581



"Women are half of the world". At MiTek, women are always loved and respected as well as developed in an environment of "Diversity, equity and inclusion". Therefore, the designs for the Microsoft Teams background for October, submissions have given a lot of love to our women.

Let's all look forward to October, the month of love for "Beautiful flowers of MiTek". Halloween, also falls in October and provides an interesting subject for our designers if only applicable for one day.

Thank you to the 30 design submissions and lets congratulate the winners.

1. **LE VAN MINH HIEU**  
707753 - First prize
2. **LE SI BENH**  
715557 - Second prize
3. **TRAN THAO TRUC QUYNH**  
719908 - Third prize
4. **LUU THI BICH CHAM**  
717357 - Consolation
5. **TRAN HO BAO TRAN**  
718581 - Consolation

Hiếu Trần  
(Timbertruss Victoria)



# WHAT? WHEN WHERE

## Next & Wedding Generations



Huong  
Tran  
(NVR)



Thảo Đỗ (IT)

# AFL 2022 Grand Final

AFL 2022 Grand Final is one of the special events in the country of "kangaroos". As an annual tradition, MiTek Vietnam responds to this exciting sporting event.

Congratulations to Geelong Cats and Trent. 133 points in the Grand Final was amazing and it was an emotional victory.

Only one staff won the AFL 2022 Grand Final Competition:

- **Tran Dang Hiep - 718850 - FAB is the only prize winner - Congratulations**



# First Aid Training Course



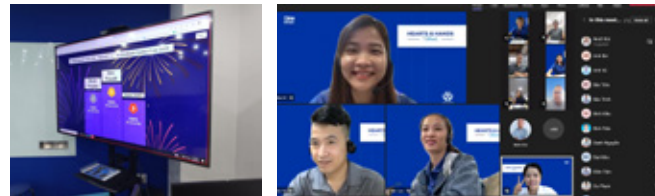
# Foosball Champion League In Office 5

MiTek  
**FOOSBALL**  
OFFICE 5 LEAGUE



**14TH SEP  
TO 13RD OCT**  
**WHERE THERE IS UNITY,  
THERE IS ALWAYS VICTORY**

**HEARTS & HANDS**  
*Week*



# Qualifying Round 1

**2022 Great Giveback Gameshow**





HEARTS & HANDS  
*Week*



# TEACHING DRAWING & COLOURING

with the children at  
Dieu Phap Pagoda



# Welcome

## Guests to MiTek Vietnam

It is our pleasure to welcome back our guests visiting us at MiTek Vietnam.



Anthony - Builders Steel Direct



Jason Close - MJH Group



Steven and James - Kavanagh Industry



## CUSTOMER DINNER AT WEDNESDAY NIGHT

(07<sup>th</sup> Sep 2022)



## Training OVERSEAS

Fast Tread - Anh Ngo, Long Pham, Tran Nguyen, Thanh Doan - Sep 2022





**Office tour for 53 students with Software major's from Ton Du Thang University – 16<sup>th</sup> September**

# SPOTLIGHT from Recruitment

WORKING HARD TO SEEK THE TALENTS

**Ceremony of Business Connection & Graduation Thesis Defence for 42 students from the Architecture Faculty of Ton Duc Thang University**



## ENGLISH TRAINING PROGRAM

### #Septemberhabit – Speak kindly to yourself

#### How to speak kindly to yourself

Start speaking more kindly to yourself with these 3 strategies:

**1. Learn to notice when you're being critical of yourself and stop the thought in its tracks.**

This takes practice so don't give up too early!

I've found it useful to imagine that my inner critic is separate to me. When she's being critical of me, I speak to her directly (out loud or in my mind); "not helpful".

**2. Replace the critical thought with something more positive and helpful.**

For example, if you've just told yourself that you're a terrible mum because you made a mistake, then replace that with something like "Everyone makes mistakes. I'm a good mum and I will learn from this mistake."

**3. If you're unsure whether something you've said to yourself is positive enough, consider if you would say it to a good friend.**

We tend to be far more encouraging and supportive of our friends than of ourselves. If you wouldn't say it to your friend, then don't say it to yourself either!

Or, alternatively, think of someone who speaks to you and other people very kindly. Use them as an example of how to speak kindly and apply it to yourself.

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.

- Buddha

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# One-A-Month LD&P

"Learning,  
Development  
& Performance"

# MiTek®



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# NEWSLETTER

MiTek Vietnam News

Upcoming Events:

**Happy Vietnamese Women's Day Series Events**  
(For Oct 2022)

**MiTek Movie Night**  
(for Oct 2022)

**The 2022 MiTek T - Shirt Designing Contest**  
(for Oct 2022)

**Microsoft Teams Background Designing Contest**  
(For Oct 2022)

MiTek Services (previously Platinum Global) was established in 2007 and has over 2,500 engineers and professional staff in Ho Chi Minh City. Part of the worldwide MiTek organisation, we collaborate across the building industry to enable and accelerate transformational breakthroughs in design and construction, both on-site and off-site.

[MITEKVIETNAM.COM.VN](http://MITEKVIETNAM.COM.VN)