

# MiTek<sup>®</sup> NEWSLETTER

MiTek Vietnam - ISSUE 11.2022

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# BOND TOGETHER SEIZE THE FUTURE

# BONDING DAY

## A MITEK VIETNAM TRADITIONAL EVENT



It explodes more than ever this year with a lot of fun and diversity activities which are organized just for you. There are 3 main choices in the trip of 2022.





### MiTek Bonding Games

A series of games designed specifically for “MiTek Warriors” to challenge the endurance, intelligence, ingenuity and the “comradeship” between our warriors! Teams must pass all six stations in the fastest time, with the highest accuracy to be able to claim the final prize. The team with the shortest total time to complete 6 stations (excluding station run time) is the winner. After finishing all main stations and challenges, Teams then move to the “Make Color Pool” area to release “The Heat” of MiTek Bonding Games, in the pool filled with soap, bubbles and color powder. During the Battle Games, teams are provided with water guns, water balls, colored powder, etc. to battle with each other and to “make color” memorable moments.





## Amazing Walk

A nearly 5 km route along the beach shore and the city center. Amazing Walk returns with more “painful” and more interesting challenges to spread the image of MiTek to the coastal city of Vung Tau. All participants start off at their hotel at the same time, following the signal from the organizers. The start point is also the endpoint. The first team to reach the endpoint with all team members is the winner. Teams receive MiTek gift sets from the organizers for the important challenge. There are three main stations that participants must go through and finish challenges to get timestamp from the station’s keeper. The order of the stations depends on the team’s decision.



There is also one substation (Circle K) on the route.

## Beach Volleyball

This is held as a Championship Tournament. Each team contains six members (both female and male). In the elimination round, all teams draw to divide into knockout match-ups. The Tournament continues in single elimination format until the semi-finals, after which the two winning teams compete for the gold medal and the two losing teams play in the bronze medal match.



# Rock The GALA





# GRAND FINAL - MITEK ANNUAL FOOTBALL TOURNAMENT 2022

Congratulations to the new Champion are "COMEDIANS"



**Hi All,**

Hopefully, you enjoy the unique designs that mark the end of 2022. The Christmas atmosphere is coming to everyone. It is also the time when we close the year 2022 and together welcome the year 2023 with best wishes.

Congratulations and thanks to everyone who submitted a design.



# 2022 MICROSOFT TEAMS BACKGROUND DESIGNING CONTEST

Merry Christmas and Happy New Year are naturally the main themes of the December designs with lots of bright and warm Christmas colors. We would like to congratulate the following designers who have won the prizes of the Microsoft Teams Background Designing Contest in December.

The winners are:

1. Huynh Cong Vu - 712086 - First prize
2. Nguyen Dinh Tu - 713680 - Second prize
3. Nguyen Thanh Trung - 716153 - Third prize
4. Nguyen Le Kim Ngoc - 707962 - Consolation
5. Dang Mai Thy - 720450 - Consolation



**H**i everyone, My name is Thuy and I'm in my mid-twenties.

I was born and grew up in Tien Giang province, the famous place on the Westside for many delicious fruits. Like many people, I'm a big fan of traveling. I often take a long vacation to travel to a place I've never been. One of my favorite places is Ha Giang, the northernmost province in Vietnam, it's breathtaking and picturesque.

If you haven't been there yet, please go there, I'm sure you'll like it. I moved to Ho Chi Minh city to study in 2013. After graduating from Bach Khoa University, I decided to stay in Sai Gon to develop my career.



# MITEK PEOPLE



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I knew MiTek company from the introduction of my sister who has been working here since 2017. She told me about the welfare policies for employees, especially gender equality, the professionalism and dynamism of the company. These things are great, so I've been looking forward to working here since I was a college student. Luckily, my wish has come true, I started my first job at MiTek as a designer in April 2018. After almost four years, I consider MiTek as my second family because I have many friends and colleagues who have accompanied and supported me a lot. Now, the company has the policy to introduce new employees, it's awesome and meaningful, I have also recommended a few friends and they have joined MiTek. I'm excited to be able to work with my friends here. Currently, I'm a Senior Staff on the Hart Component Team. Over four years, our team has expanded to seven designers. Every member is so kind, friendly, and Humorous. My team has a singer and a rapper, they often join the music shows of MiTek, so I'm glad and proud to be a member of my Team. I am also a member of Women of MiTek. I just have joined this group recently, but it was such an amazing experience when I got the opportunity to assist to organize the series of events to celebrate International Women's day 8/3 at MiTek Vietnam this year. If you're

interested in the events and you want to be a part of WOM, don't hesitate, just join, I'm sure you will have fun. At MiTek, I'm growing up every day, I'm becoming more active, more positive, and more connected. Many thanks to MiTek, my team, especially my manager - who encouraged me to write this letter for always being with me.





Tiffany (Wisembaker  
Builder Services)

Avery Quinn Howes - the lovely  
daughter of Benjamin Howes -  
Nov 2022

I'm  
So  
Cute



Tran Thanh Dieu- Team  
Fairhaven Home - RHB

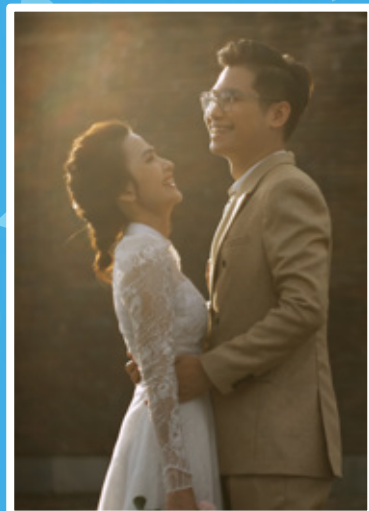
Welcome

Robert Dimond (Tradelink)



Phong Chu (PlaceMakers)

Vy Nguyen (Carlisle Homes)



Hai Le (Team Manager)  
- Fabricators



Tien Tram (Trussway)



Thư Nguyễn (ZyTech Building Systems)

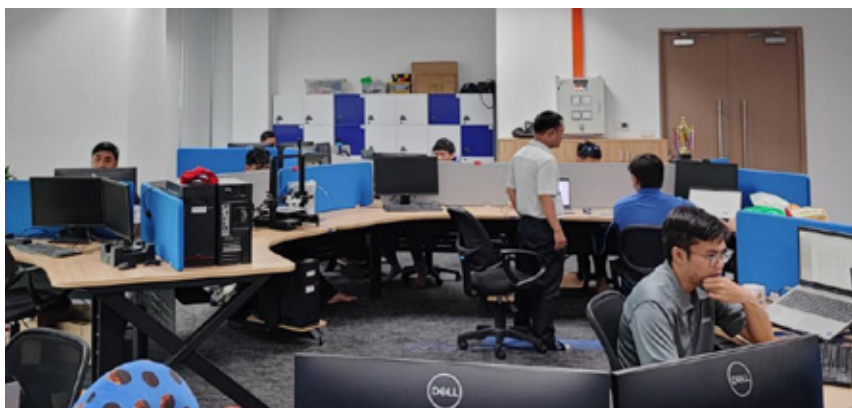
WHAT  
WHEN  
WHERE



# The Software Team HACKATHON 2022



The Hackathon is a yearly event for MiTek Software Globally. This year Software Vietnam had two teams joining the Hackathon.



- Vietnam Red implemented a basic CMMS software solution to help manage machine maintenance activities.
- Vietnam Green Implemented a basic solution for Roof Solar Calculation.
- Although we didn't get the final prize, this is a great experience for the 1<sup>st</sup> hackathon. We did work from 8:00 AM, 3<sup>rd</sup> November until 4 AM, 4<sup>th</sup> November.

Team member present their solution to all judges and other teams. What a great experience

SPOTLIGHT from

## Recruitment

WORKING HARD TO SEEK THE TALENTS

## UPDATE OF TALENT ACQUISITION TEAM

In order to help students have more experience about the environment, culture and closer access to the jobs at MiTek, the Talent Acquisition team organized 2 events this month.

- "Office Tour" welcomed the third year students from the Faculty of Mechanical Engineering from the University of Technology and Education on 4<sup>th</sup> November, 2022.



- Mini Seminar "Teamwork Makes Your Dream Work" was held for the final year students from the Faculty of Civil Engineering at Ton Duc Thang University on 5<sup>th</sup> November, 2022.



# SCHOLARSHIPS FOR MIEN TAY CONSTRUCTION UNIVERSITY

On 18<sup>th</sup> November, MiTek Vietnam was honored to be the guest at the opening ceremony of the new school year and one of the scholarship sponsors for 5 underprivileged students with excellent studying results from Mien Tay Construction University!

## JOB FAIR WEEK



### VIETNAMESE TEACHERS' DAY

A big thank to our wonderful teachers who devote 100% themselves to help MiTek Vietnam members improve their knowledge.



### INTERNATIONAL MEN'S DAY

International Men's Day is marked annually on 19<sup>th</sup> November. To celebrate this special day, D.E.I Vietnam introduce the "Wishing Wall" in our offices. A wall where people can write wishes, acknowledgment, or feelings to all the men at MiTek Vietnam.





# MiTek Gives Blood Donation

18<sup>th</sup> | NOV | 2022



**LD&P** "Learning,  
Development  
& Performance"



## #Novemberhabit- 4 New Methods to Make Your Workout Session More Exciting!

Fitness has become more and more approachable in this day and age; people are looking into how to become a better physical version of themselves by taking up training routines and employing healthy habits. With that in mind, here are 4 ways you can elevate your training to a whole new level the next time you hit the weights:

### 1. Slow and Controlled

For this first method, you will only need a light set of weights and take the exercise through its range of motion in a slow and controlled manner. By doing this, you will have effectively taken momentum out of the equation, forced your muscles to do all of the work, and improved your mind-muscle connections, which will be incredibly beneficial for your bigger, heavier lifts.

### 2. Isometric Hold

Continuing the trend, this second method requires you to once again choose a lighter set of weights. Perform the exercise as per usual but freeze your repetitions at the peak of the contraction, where the exercise is the toughest to perform. By holding the exercise at its peak, your body is forced to recruit more blood cells and motor units to assist your isometric set, allowing you to gain better control of your muscles and become more vascular.

### 3. Speed Up

On the other end of the spectrum, speed also plays a role in one's complete training. Have you ever wondered why colossal athletes such as NFL players can move so quickly and gracefully despite being 200+ pounds? Accelerate your training, hold the mindset of not just moving the weight from point A to point B, explosively pushing it will

# One-A-Month

**“You don’t get what you WISH FOR.  
You get what you WORK FOR.”**



recruit those fast twitch fibers, help you become more dynamic and energetic, and help you move more elegantly while still packing on impressive size. This method is recommended with compound exercises where the entirety of your body participate in the repetition.

### 4. Eccentric Overload

For the grand finale, you get the chance to move a substantial amount of weight, and believe it or not, we recommend you use a load that is slightly more than you can handle. Why so you asked? To understand this, you need to know that there are 3 types of contractions, concentric (moving the weight up), isometric (holding the weight in place), and eccentric (resisting the weight from lowering), and our strength capacity increases for each of these types, respectively. You take advantage of this by heaving the weight up concentrically (in a safe and controlled manner, of course) to then fight and resist the negative portion of the repetition, lowering the weight slowly down. The first thing you are going to notice in the morning is absolute soreness due to the microtears those eccentric sets have done to you, which is good. From then on, with proper recovery and nutrition, you will come back bigger and stronger.



# NEWSLETTER

MiTek Vietnam News

Upcoming Events:

**MiTek Vietnam Christmas Block Party**

(On 09<sup>th</sup> Dec)

**Loud 'N Proud 2022**

(On 16<sup>th</sup> Dec)

**Microsoft Teams Background Designing Contest**

(for January 2023)

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.

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