

Celebration

AS



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BONDING DAY

MiTek Bonding Day at Centara Resort Mui Ne

MiTek Bonding Day is one of the most important traditions in MiTek Vietnam. Our destination this time was Mui Ne, a coastal fishing town in the south-central Binh Thuan Province of Vietnam. We hope all of you had a touching trip and felt a strong connection with your colleagues.



LOUD 'n PROUD UP



Loud 'n Proud 3 - MiTek's Got Talent - Grand Finale (14th July)

To all the talented performers and enthusiastic audience members who made Loud 'n Proud 3 - MiTek's Got Talent such a memorable night, we want to extend our deepest thanks and appreciation. Your passion, creativity, and hard work were on full display, and we were blown away by the incredible talent that was showcased. Our judges witnessed the magic!



To the performers, thank you for sharing your gifts with us. Your performances were truly inspiring. Your passion and dedication were evident in every moment. Watching you on stage reminds us why we do what we do.

To the audience members - thank you for your energy and enthusiasm! You made all the differences and helped create an unforgettable atmosphere of excitement and positivity. What a wonderful community that we have at MiTek.

Once again, thank you to everyone who were there with us. We can't wait to see what you'll bring to the table in the future.



PEOPLE

Hello,
It's an excellent opportunity for me to say hello to everyone working at MiTek Vietnam.

And I come from Dong Thap province, it's famous for Lotus. Lotus is considered Vietnam's national flower.

I graduated from HCMC University of Transport and joined the MiTek Vietnam family in August 2020. In the first days, my new position was as a Structural Designer of the Midwest Manufacturing Team. Everything was new and unfamiliar to me, but thanks to the help of my new managers and my own efforts, everything improved, and my work improved. I am still working in this team, but my current role is as a Team Leader in Fabricator segment at MiTek Vietnam.

My name is Hau 4



I am happy to see more opportunities for my growth in the company. I also learned a lot of technical knowledge, soft skills, and English.

Working in a professional and dynamic environment helps me improve my confidence and understand my value at the company. I hope working here will help me get better and support people around me to get better.

Besides the working environment, the company has also built sports activities to help employees have good health, especially football which is my passion. For me, football is more than a sport. Football helps me connect with many people, many boys, girls, teams, and segments. We play football together as family members. Absolutely, I feel comfortable in the stadium with my teammates.



Football and Work are two completely different topics, but they have the same things. They are:

- Skill - Tactical - Technical: help me understand team members better.
- Solidarity - Teamwork: help me have a stronger team.
- Teammates - Colleagues: help me shine.
- Goals: help me be successful.

Everything you do with passion makes you feel fulfilled and happy in life. I have realized and learned that from both Football and Work.

I really appreciate your attention and your time for reading my article.

Thank you!





From MiTek Vietnam with love, we are so pleased to celebrate US Independence Day. We celebrated with food and drinks with an American flare at lunch. Hope everyone had a happy and enjoyable day.

HAPPY
4th of July
INDEPENDENCE DAY

Phong Le
(Commercial Team)



Win Le (Interloc) & Ngan Doan (Wisembaker)



Quynh Ngo (Technical Admin) & Huy Vo (Precut Construction)



Nhi Nguyen (BFS Team) & Phat Dang (Con-Tech Building Components)

WHAT?

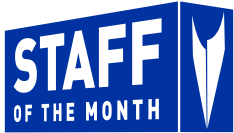
WHEN? **WHERE?**

Welcome Guest visit

Jordan Gregorio
(Calco Trusses
& Timber)



Bernadette Lewis (Metricon Homes)



COMPANY WINNER
1 JUNE 2023

TIEN HUYNH
Fabricator (717139)

Congratulations on winning the award for Staff of the Month. You deserve this recognition for your success. You inspire us to do more and win more.



SEGMENT WINNER

Full name	VI NGUYEN	THUAN TRAN	THUY LUONG	MY DANG
Segment	Commercial	Home Builder Supplier	NON-Ops	Residential Home Builder
Global ID	715553	716885	721885	720982

MICROSOFT TEAMS BACKGROUND DESIGNING CONTEST Design in Quarter III (July - August - September)



Congratulations to Thy Dang - 720450 has become the winner in Quarter III 2023 of Microsoft Teams Background Designing Contest. We appreciate all designers for joining the contest this Quarter as well as send a big thank to Team Managers and SMT members for selecting the winner.

Please use the winning background for Microsoft Teams in Quarter III 2023 from July to September. Hope to receive your creative designs next Quarter.

Welcome aboard! We are so happy to have you on board as we set out on a journey to spread the word about the amazing benefits of recycling and the use of recycled materials to build a greener, cleaner, and more sustainable world. Let's explore some interesting recycling facts you have not known yet!



INTERESTING RECYCLING FACTS

- 1. Did you know?** An estimated 3.1 million metric tons of plastic waste is discharged on land in Vietnam annually. At least 10 percent of this mismanaged waste leaks into the waterway, making Vietnam one of the top five plastic polluters of the world's oceans.
- 2. Cardboard (also known as corrugated) boxes can be recycled at least seven times** and can be used to make new packaging boxes and even furniture. The best part is that recycling cardboard is easy. You can save and reuse your shipping box several times. Just make sure they're empty, dry, clean, and flattened.
- 3. How long does it take for a used aluminum drink can to be recycled into a new one and put back on the grocery shelf?** Just 60 days. Did you know that aluminum cans are recycled more often than any other type of drink container and can be recycled over and over again?
- 4. What happens to recycled plastic containers?** They can be used to make new plastic containers, but it doesn't stop there. Recycled plastic can also be used in creating other things like cellphone cases, playground equipment, drink coaster, etc.



What do you do to recycle in our office? Let's share your stories with us. Even small actions can have a big impact. Together we will protect our green house!

MENTAL HEALTH TALK SHOW 2023 On 28th June, the C&B team with the great support from Loi, successfully organized the Mental Health Talk Show 2023. The talk show has attracted the participation of more than 100 staffs including live and online.

Mental health has always been a matter of great concern in recent years, and especially amongst young people like us who tend to be under pressure with many problems in life. Thanks to the sharing and guidance from coach Chi Nguyen. She helped the participants better understand the worries and pressures they have been facing in life, and provided the solutions to improve mental health issues.

The C&B team as well as P&C Department hope that you had lots of interesting experiences. Furthermore, we would like to thank all of you for taking time to join in the event, and we hope to see you all again at the other events in future!



Recruitment SPOTLIGHT

JOB FAIR at HCMC Open University including 198 students on 09th July 2023.



OFFICE TOUR for students from HCMC University of Technology on 14th July 2023



MiTek®

One-A-Month

LD&P

"Learning,
Development
& Performance"

#Julyhabit:

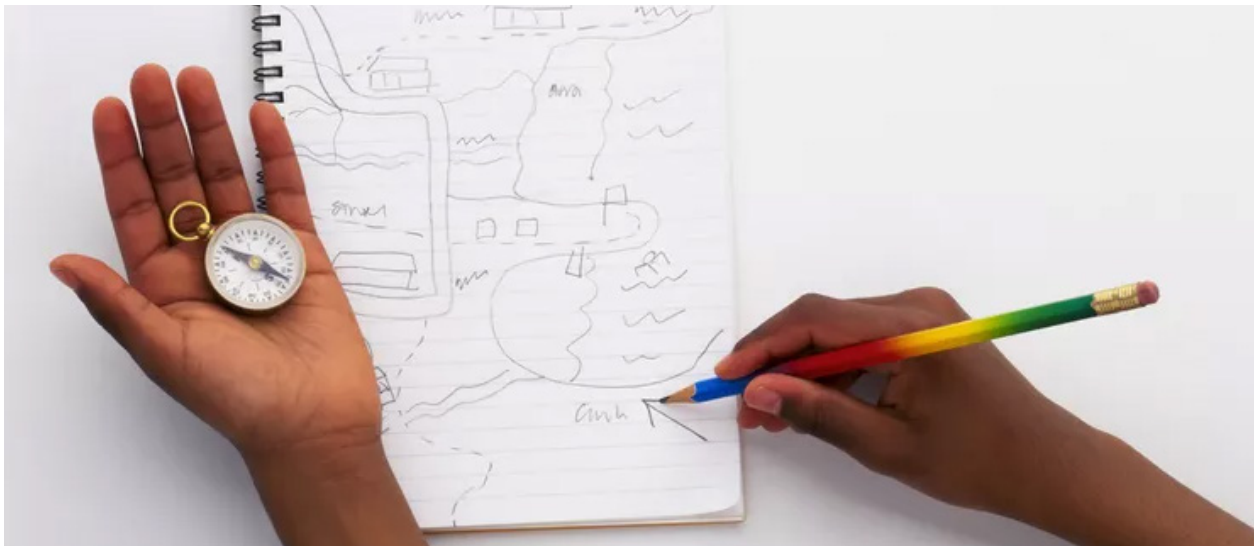
3 BRAIN EXERCISES TO STRENGTHEN YOUR MIND

1. Take Care of Your Body to Take Care of Your Mind

If you want to build a better mind, start by working on your physical health first. Go for a walk, start incorporating more fresh fruits and vegetables into your diet, and try to give up any bad habits like excessive alcohol consumption or tobacco use. Some of these might be more difficult than others, but your brain will thank you for years to come.

2. Draw a Map of Your Town From Memory

Try challenging your brain by actually drawing a map of your town or neighborhood from memory. No cheating! Try to include major streets, major side streets, and local landmarks. Once you are done, compare your memory map to a real map of the area. How did you do? Are you surprised by some of the things that you missed? Forcing yourself to remember the layout of your neighborhood as well as draw and label it helps activate a variety of areas of your brain.



3. Try Using Your Non-Dominant Hand

*In his book *Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness*, neurobiologist Lawrence Katz recommends using your non-dominant hand to strengthen your mind. Because using your opposite hand can be so challenging, it can be a great way to increase brain activity. Try switching hands while you are eating dinner or when you are trying to write something down. It will be difficult, but that is exactly the point.*

NEWSLETTER

**MiTek
Vietnam
News**

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.

Upcoming Events:

MiTek Bonding Day

(Trip 4: 05 - 06th August &
Trip 5: 12 - 13th August 2023)

MiTek Olympics 2023

(19th August 2023)