



January Issue
Winter 2015



Calendar of Events

January:

- 1 - New Year's Day
- 6 - Armenian Christmas Day
- 13- Prophet Mohamad's Birthday

February:

- 9 - St. Maroun's Day

March:

- 9 - Teacher's Day
- 21- Mother's Day

Drive-thru Kiosks

Dekwaneh: IPT Station, Dekwaneh, near Freeway Centre

Awkar: US Embassy, Awkar

Halat: IPT Station, Halat, Jbeil-Beirut highway

Halat: IPT Station, Halat, Beirut-Jbeil highway

Amchit IPT Station, Amchit highway bifurcation (near McDonalds)

Berbara: IPT Station, Berbara, Batroun-Beirut highway

North: Balamand University, Tripoli

Coffee Shops

Amchit: Amchit seaside road, near Total Station ☎ 09 / 622 586

All Metro Express at IPT Stations



Mountain Mudd-Lebanon



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Byblos Christmas Tree Makes History!

Lebanon is a wonder and it is proven on a daily basis! Beirut was first chosen among new 7 wonders of the world. Now, according to the Wall Street journal, the Christmas tree of Byblos City was spotlighted among the most beautiful Christmas trees in the world. The tree is 97-foot-high with 2,500 gold-colored iron leaves!



Byblos Christmas Tree



5 of the most beautiful christmas trees around the world



The floating Christmas tree - Rio de Janeiro



The tree in front of Notre-Dame Cathedral - Paris



Christmas tree made entirely of Lego pieces - Sydney



The largest human Christmas tree - Tegucigalpa



Christmas tree with 250 000 led lights - Tokyo



Mountain Mudd Tasting

There is nothing better than having a delicious cup of coffee to refresh our mind and energize our day!

Mountain Mudd Espresso has organized a free tasting at IPT stations, where IPT customers enjoyed premium coffee drinks. In addition, a Happy-Hour "Coffee Tasting" was organized at IPT Headquarter where all the employees enjoyed hot & frozen drinks of their choice.



@ Mountain Mudd Kiosks



@ IPT Headquarter



Peppermint Mocha

Let us pour you a Peppermint Mocha to energize your day, always served with a smile.



Celebrate all occasions at Mountain Mudd

Mountain Mudd is the unique coffee shop that celebrates all occasions with all ages.

St. Barbara's Day: This year, St. Barbara's Day was celebrated with kids well dressed and were greeted with love and care by offering cookies and cream in addition to our delicious smoothies by Mountain Mudd.

Holiday Spirit: Don't forget to pass by Mountain Mudd coffee shop Amchit to feel the Holiday's spirit in a warm atmosphere while enjoying your premium cup of Mountain Mudd coffee.

Welcome 2015: New Year's Day is the first blank page of a 365 page book. Write a good one...



Welcome Our New Cookies & Mini Cakes!

Don't hesitate to visit & discover the new Mountain Mudd guests. Cookies & Mini Cakes are now available anytime at all Mountain Mudd Kiosks

Now Available!



New Year's Customs From Aroud The World

In Spain, they eat 12 grapes for luck: with each of the twelve chimes of the midnight countdown while making a wish.

In Greece, people hang an onion on their doors: as a symbol of rebirth in the coming year.

In Denmark, people eat a really huge cake and throw dishes: it is thought that throwing dishes on someone's doorstep on January 1st assures they will have many friends in the year ahead.

In Japan, it is believed the God of the New Year comes down to Earth: Buddhist temples ring their bells 108 times to welcome Toshigami, the New Year's God.

In Estonia, they eat up to 12 meals that night: It is believed that the person gains the strength of that many men the following year.

In Ireland, women put mistletoe leaves under their pillows to find husbands.

In Argentina, people eat beans on New Year's Eve for good luck in the year ahead.

In Ecuador, people burn effigies of their enemies at midnight: representing misfortunes from the past year.

In Serbia, New Year's Eve is like Christmas: The population then celebrates the "Serbian New Year" on January 13, according to the Julian calendar.

The Coffee Secret:

How coffee can help you burn fat?

- 1- Consume coffee in moderation
- 2- Forget about the cream and sugar
- 3- Ditch the specialty coffee beverages
- 4- Try coffee after dinner to reduce cravings
- 5- Drink coffee an hour or so before a workout
- 6- Augment your coffee with plenty of water



Homemade Hot Chocolate Recipe

Directions:

1. Combine the cocoa, sugar, water, and salt in a medium saucepan.
2. Over medium heat, stir constantly until the mixture boils.
3. Cook, stirring constantly for a minute.
4. Stir in the milk and heat, but do not boil.
5. Remove from the heat and add vanilla; stir well. Serve immediately.
- * Add a dollop of whipped cream if you want and/or marshmallow.



Homemade Hot Chocolate

How to celebrate Christmas without going broke

1- Set a budget: for gifts & food and don't go beyond it. Choose to stay away from the stores when they're crowded to avoid the pressure created by last-minute shopping.

2- Simplify the decorating: Have fewer decorations but choose some finer quality ones to place in strategic areas such as a centerpiece for the table, some simple but elegant pieces for the tree, and Christmas napkins can do enough of a job suggesting it's Christmas time.

3- Limit the gift giving: Agree in advance with family and friends that you won't give each other lots or expensive gifts this year. Emphasize that Christmas is about getting together, not about outdoing one another in the gift zone.

4- Make gifts: Whatever your skill, there are lots of possibilities for making items, including knitted and crocheted items, woodworking, writing of a poem, programming a special program just for them, etc. Use the skills you have.

5- Purchase gifts that have been handcrafted by people in developing countries: That way you're supporting artisans, or you can buy a donation gift.

6- Have a potluck for Christmas dinner: ask everyone who is coming along to bring their favorite dish rather than expecting one person to do all the work and carry the costs.

7- Help others & Focus on the true spirit of Christmas: Consider volunteering, donating, or asking people who are left out for Christmas.



LIP, a member of IPT Group

IPT headquarters - Amchit highway, Lebanon Web: www.iptgroup.com.lb T/F: +961 9 624 1115/ ext: 418

Play & Win

Spot the 9 differences

Drop the coupon in the comment box, & Win.

Name: _____

Mobile: _____

E-mail: _____

