

Fujairah Observer

November 2019



November 2019

Fujairah Observer VCI



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Front cover photo: Cover photograph: Sarath Gopal works at Fujairah International Airport in the Technical Service Department. His true love is the landscape and travel photography. When he travels he makes visual memories of moments in time.

Dear Readers,

As we come to the end of the month we recognise the sacrifices and dedication of Emirati martyrs who have given their life in the UAE and abroad in the field of civil, military and humanitarian service by annually marking Commemoration Day also known as Martyrs' Day.

As the weather is now glorious we can expect many more outdoor activities and events around our emirate.

Enjoy the weather and enjoy this month's issue



Dr. Mohammed Saeed Al Kindi,
Editor-in-Chief

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The Publishers and our Contributors have endeavoured to ensure that all information inside this magazine is correct at the time of going to press. We regret we cannot accept liability for errors or omissions contained in the publication whatever the cause. Opinions expressed in the magazine do not necessarily reflect the opinions of Publishers or the Contributors.

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HH Sheikh Hamad Al Sharqi inspects Al Haniya Area



He emphasised the keenness of the country to communicate with Emiratits and direct development and projects in their areas.

The Fujairah Ruler met with the people and listened to their proposals to develop the area and offered to provide all the possible support to meet their needs and provide a decent life for them.

Meanwhile, the Fujairah Ruler also attended a banquet

H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, toured the Al Haniya Area in Fujairah, accompanied by H.H. Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, to follow up on the conditions of the citizens.

hosted by Brigadier Mohammed bin Naye'a Al Tunaiji, Deputy Commander-in-Chief of the Fujairah Police, in honour of Sheikh Hamad.

The people commended Sheikh Hamad's visit and his directives towards the continuous development of infrastructure.

Sheikhs and officials were present on the tour.



CP receives Fujairah Fishermen's Association Board of Directors



His Highness Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, has called on the Chairman and members of the Board of Directors of the Fujairah Fishermen Association, to apply the legislation and laws that regulate the fishing profession, and preserve the fisheries.

His Highness Sheikh Mohammed, stressed the importance of implementing the relevant legislation and laws, which regulate the fishing profession, and preserve and develop the fisheries wealth.

This came during a meeting with His Highness in October at his office in the Diwan, with the Chairman of Fujairah Fishermen Association and members of the Board of Directors.

The Crown Prince heard from Mahmoud Al-Shara, President of the Fishermen's Association, about the most important activities and activities being carried out by the Society in the Emirate of Fujairah, and the role of the Board of Directors

in supporting the fishermen, and overcome all obstacles faced by the fishing profession.

His Highness called on the members of the society to join together and cooperate with each other to meet the needs of all fishermen, stressing the need to protect fish stocks from unjust depletion and spreading awareness among future generations in preserving the profession of parents and grandparents.

In turn, the Chairman of the Board of Directors thanked Sheikh Mohammed for the reception, and added his appreciation for His Highness's continuous support to the Society, whilst reviewing the needs, conditions and issues of fishermen, to remove all obstacles that hinder the work of the Society.

The meeting was attended by HE Salem Al Zahmi, Director of the Office of the Crown Prince of Fujairah.

Aramco Trading presents New Silk Road CEO of Year Award 2019 to ADNOC Group CEO



H.E. Dr. Sultan Al Jaber, Minister of State & Group CEO of ADNOC, received the 2019 New Silk Road CEO of the Year Honorary Award from

H.H. Sheikh Saleh bin Mohammed Al Sharqi, Chairman of the Department of Economy and Industry, Chairman Port of Fujairah and Mr. Ibrahim Al-Buainain, Aramco Trading CEO

H.E. Dr. Sultan Al Jaber, Minister of State and Group CEO of ADNOC, was presented with the Aramco Trading New Silk Road CEO of the Year Honorary Award 2019 by Mr. Ibrahim Al-Buainain, CEO of Aramco Trading, at the 9th Gulf Intelligence Energy Markets Forum in Fujairah. The prestigious event was hosted by the Government of Fujairah and in the presence of H.H Sheikh Mohammed Bin Hamad Al Sharqi, Crown Prince of Fujairah.

This distinguished annual award was inaugurated in 2017 to recognize the industry leaders who are pioneering the connectivity of the international energy industry across the New Silk Road, from Asia to the Middle East and Africa. Much of this economic integration is built on a foundation of physical energy supply, which stretches from the producing fields of the Arabian Peninsula to the massive consuming populations of Asia.

"The New Silk Road is reshaping the flow of global trade. By 2040, countries east of the UAE will account for more than two-thirds of global GDP, becoming the world's most significant driver of energy demand," said H.E. Dr. Sultan Al Jaber. "ADNOC is leveraging the UAE's unique geographic location at the gateway to this region

and Fujairah is a critical enabler of this strategy," he added.

"Fujairah is a key partner for ADNOC's growing ambitions in global energy trading. As we make progress on our 2030 strategy, we are expanding exploration and optimizing our resources. We are well on track to expand our crude production capacity to 4 million barrels by 2020 and 5 million barrels by 2030. We are also unlocking vast reserves of natural gas to realize our goal of self-sufficiency and to eventually transition into a net exporter," H.E. Dr. Sultan Al Jaber concluded.

The Honorary Award category was added to acknowledge the stand-out CEO who made the most significant impact across all four of the celebrated energy sectors of Trading, Refining, Storage and Ports over the previous year. ADNOC's pioneering activities in 2019 included the establishment of a joint-venture trading company with Eni and OMV, plus an agreement with South Korea's SKEC to build the world's largest single underground facility for oil storage.

"In the 16 months since H.E. Dr. Sultan Al Jaber unveiled the ADNOC Downstream Strategy, scarcely a month has gone by without a major announcement on the latest piece in the company's downstream jigsaw puzzle that stretches from the Middle East to Asia," Mr. Al-Buainain said while introducing the 2019 Honorary Award nominee. "This determination to never put off until tomorrow what you can deliver today has been a signature characteristic of Dr. Sultan Al Jaber throughout his career," he said.

The main theme of the 2019 Forum focused on the new IMO 2020 regulation that comes into force on Jan. 1st, 2020, with the International Maritime Organization's (IMO) ruling of a 0.50% global sulfur cap for marine fuels, down from 3.5%. Compliance to the landmark decision by the IMO demands rapid adjustments across the global fuel supply chain and has already had far-reaching consequences on shipping economics, global freight rates, refinery runs and trading arbitrage.

H.E. Dr. Sultan Al Jaber joined Mr. Ibrahim Al-Buainain, CEO, Aramco Trading; Mr. Mele Kyari, the CEO of the Nigerian National Petroleum Corporation; H.E. Admiral Mohab Mohamed Hussein Mamish, Presidential Adviser of the Suez Canal Economic Zone Projects and Egyptian Seaports; and Mr. Mike Muller, the Head of Trading in Asia for Vitol at the event in Fujairah. Forty other 40 speakers also addressed the gathering of 250 industry executives and government officials.

The Forum's title sponsor, the Port of Fujairah, was joined by other key partners: Aramco Trading, Vitol, S&P Global Platts, Mercuria, Uniper and National Bank of Fujairah. This year's media partners are Marasi News and Tank Terminals.

The New Silk Road CEO of the Year Awards, presented last night at a gala dinner ceremony in Fujairah, were hosted by Aramco Trading Company and produced by Gulf Intelligence Under the Patronage of H.H. Hamad bin Mohammad A -Sharqi, Member of the Supreme Council and Ruler of Fujairah.

H.E. Admiral Mohab Mohamed Hussein Mamish, recently retired Chairman of Egypt's Suez Canal Authority, led the class of 2019 by winning the Ports Award. This also included Mr. Arif Mahmood, CEO of Downstream, PETRONAS, who was recognized in the field of Oil Refining. Mr. Thomas Waymel, President of Trading & Shipping for TOTAL, received the 2019 Award for Energy Trading, and Mr. Roger Chia Kim Piow, Founder and Chairman of the Rotary Group of Companies, received the trophy for the Advancement of Oil Storage Capacity on the New Silk Road.





Aims & Objectives

- Develop strategies for investment in the Oil & Gas Industry in the region.
- Develop local and international compatible Oil & Gas Industry Standards relating to Health, Quality, Safety, and Environment.
- Implement the Standards, Rules & Regulations, Codes of Practice within FOIZ.
- Develop robust Business and Technical Assurance Plans.
- Develop Risk Management Plans
- Provide land to the investors & extend the precincts of FOIZ through sea-reclamation.
- Assist in the procurement of utilities.

FOIZ sits at the heart of the new energy corridor that stretches from the East of the Suez Canal to Asia and has a vast array of capabilities, including oil transmission pipeline connectivity with Abu Dhabi, vast oil storage facilities, supporting utilities infrastructure, and a deep water port. Since September 2016, the Port is also home to the first very large crude carrier (VLCC) jetty on the Indian Ocean.

FEDCom (Fujairah Energy Data Committee) established under the aegis of FOIZ in collaboration with S & P Global Platts publishes data comprising of weekly inventory levels of various terminals established within FOIZ. This has enhanced market transparency. Publishing the weekly inventory data is to set targets, including establishing Fujairah as the region pricing center, leading global & trading energy hub next to major pricing, trading and energy centers of the world.

Abdullah Al Sharqi Inaugurates Asian Junior Boxing Championship



HH Sheikh Abdullah bin Hamad bin Saif Al Sharqi, President of the UAE Federation of Body Building and Physical Strength, inaugurated the Asian Boxing Championship for young men and women at Zayed Sports Complex in Fujairah with the participation of 230 players from 27 Asian countries under the patronage of HH Sheikh Mohammed bin Hamad Al Sharqi.

The opening ceremony included a review of participating teams, AFC President Anas Al Otaiba, Chairman of the Organizing Committee Mohammed Bukhatir and a member of the Board of Directors of the UAE Boxing Federation, Abdullah Al Antali.

The championship was organized by the UAE and Asian Boxing Federations under the supervision of the General Sports Authority in cooperation

with the Fujairah Martial Arts Club. The UAE team participated with eight boxers and two boxers.

The team participated in the tournament, which is held for the first time in the countries of West Asia to win the first places and win the medals after preparing the preparations through the external camp in Uzbekistan.



Sheikh Zayed's Space Vision a reality



In the 1970s, HH Sheikh Zayed bin Sultan, the Founding Father of the UAE, held at least three meetings on space.

In February 1976, he met with three American astronauts of Apollo 17, Eugene A. Cernan, Ronald E. Evans, Harrison H. Schmitt and American-Egyptian NASA scientist, Farouk El-Baz and was presented with a model of the US Space Shuttle Columbia (which would be launched in 1981)

In April 1962, Yuri Gagarin was the first human to journey into outer space. Seven years later, the United Arab Emirates was founded, and the Founding Father Sheikh Zayed bin Sultan Al Nahyan did not waste any time as he was looking forward to achieving the space dream for the country.

In the 1970s, Sheikh Zayed held at least three meetings on space, including a memorable gathering in Abu Dhabi in February 1976 with three American astronauts.

About 43 years later, the UAE will send its first astronaut into space, making Sheikh Zayed's dream come true.

Sheikh Mohammed bin Rashid, Vice President and Ruler of Dubai, initiated the UAE Astronaut Programme in 2017 to find the first Emirati to represent the UAE in space.

Major Hazza Al Mansouri, a 34-year-old former military pilot, and Sultan Al Neyadi, a 38-year-old doctor of information technology and former engineer for the UAE Armed Forces, were declared the two most eligible Emiratis

for the mission, with Al Mansouri taking the lead in the mission and Al Neyadi serving as his backup.

Both Al Mansouri and Al Neyadi were selected from 4,022 men and women between the ages of 17 to 67 who applied to represent the UAE in its first journey to space.

On September 25th, Al Mansouri boarded a Soyuz-MS 15 spacecraft at the Baikonur Cosmodrome in Kazakhstan and blasted off into space.

He spent eight days at the International Space Station, and carried out scientific experiments, etching his name in to UAE history.





Preparation began with Russian lessons at the Yuri Gagarin Cosmonaut Training Centre in Star City, Moscow, which is essential for communication with ground control and crew members.

Al Mansouri spoke at a press conference on September 5th, expressing pride to be the first UAE man to journey into space.

"I would like to thank everyone at the Yuri Gagarin Cosmonaut Training Centre for their support, their hospitality, and their expertise," said Al Mansouri, speaking in Russian.

"I also want to thank all the people of Russia for welcoming us into your beautiful country and giving us this wonderful experience."

Al Mansouri, 35, was placed in quarantine with the rest of the main and back-up crews for two weeks to ensure they were free of germs or infections ahead of the mission.

He returned to Earth safely on October 3rd and was carried to a medical centre wrapped in the UAE flag where he and the rest of the crew underwent immediate and preliminary health checks. They then transferred away from the landing site.

The crew returned by helicopter to the recovery staging area in Karaganda, Kazakhstan. Hague boarded a NASA plane for the return to Houston, and Ovchinin and Almansoori returned to their training base in Star City, Russia.

Though Al Mansouri will be the first Emirati to travel to space, he will not be the last, as Al Neyadi has been promised the next spot on a UAE mission to space.

There are plans to launch an exploration probe to Mars to mark the nation's 50th anniversary in 2020. The UAE Space Agency also intends to establish the first human colony on Mars by 2117.



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Dr. Younis Ahmed Ibrahim obtains a doctorate degree



Their Highnesses Sheikh Hamad bin Mohammed Al Sharqi, Ruler of Fujairah and Sheikh Mohammed bin Hamad Al Sharqi received Dr. Younis Ahmed Ibrahim along side Major Ahmed Ibrahim Darak at Al Rumailah Palace and congratulated him on obtaining a doctorate degree in petroleum engineering from Louisiana State University, USA.

Real Madrid Football Academy in Fujairah



A branch of the Real Madrid Football Academy has been inaugurated in Fujairah, according to an agreement signed by the Diyar International Private School - Fujairah by HH Sheikh Sultan bin Saleh Al Sharqi, Vice President of Fujairah National Group and Chairman of Fujairah National Advertising Company, in the presence of a number of parents and students.

McGettigans Weekly Quiz Winners



Quiz Winners: NOAH'S LARK 27th September



Quiz Winners: MUPPETS 4th October

McGettigans Weekly Quiz Winners



Quiz Winners: NOAH'S LARK 11th October



Quiz Winners: BJLC 18th October

Don't Miss Penalty Shoot Out at Fujairah Football Club!

One of fantastic new initiatives that Al Fujairah Club and GEMS Winchester School, Fujairah have launched recently sees the football club invite local school students to participate in a new penalty shoot out competition.

This is just one of many new initiatives adopted by the club this year as part of wider marketing plan that focuses on families and a new generation of supporters.

10 students from two different schools will attend every match in Al Fujairah Stadium until the end of the season. They will wear their school jersey, take penalties kicks and the winners will go on to face another school in the next match at Al Fujairah Stadium

Schools will send two teams, one team aged between 6 -10 years old and a second team aged



between 11 - 15 years old. The schools will select their best goalkeeper and their best 4 shooters.

Students will arrive at 5:15 p.m and watch the first half of the match and their event will happen during the half-time break for around 5 minutes.

We welcome the support of the students family and friends as the young students battle it out.

Fujairah Observer magazine will share a detailed report with the student's photos about this event and Fujairah FC will share photos of the shoot out on their Instagram account and their official website.

Let us all get to know more about the club, its players, the manager, the history and be true supporters.

Khaled Gamal Mohazem
Fujairah FC



Indian Social Club Fujairah celebrates Onam



Mr. Ghafour Behroozian, Patron of ISC, inaugurating the Onam programmes

“Onam” is one of the major festivals of Kerala, which has its origin in the legends about “Maveli”. It is also considered a harvest festival, celebrated by the Keralites all over the world.

President of the club, Engr. Veda Murthy delivered the Presidential address. Felicitation speech was done by the Vice President Mr. Nasirudeen. Vote of thanks by the Cultural Secretary Mr. Joji Mandapathil was followed by a variety of cultural programmes, such as ‘Thiruvathirakali’, reception to ‘Maveli’, Dances, Music and drama.

ISC Fujairah celebrated “Onam” with a grand cultural programme on the 26th of September. The meeting was inaugurated by the Patron of ISC, Mr. Ghafour Behroozian. The General Secretary Mr. Siraj welcomed the crowd. The

A grand “Onasadya” was conducted on the 27th. More than 650 people of different nationalities participated in the traditional ‘sadya’ which had over 20 food items served on a banana leaf. A colourful “Pookkalam” (floral carpet) adorned the ISC auditorium.



Reception to “Maveli”

Al Hayl Fortress



Al Hayl Fortress is strategically situated on a prominent rise overlooking the surrounding village and wadi.

According to local sources, the fortified courtyard house, mosque, majlis and watchtower were constructed around 1932. Bin Shimal, a local family living in Kalba and Fujairah, constructed houses in the area, including much of the house at al-Hayl. A second builder by the name of bin Shambi also worked on the main house and the watchtower on the hill.



Prior to the construction of Sheikh Abdullah's house at al-Hayl, he resided in the large fortified courtyard house of his father, Sheikh Hamdan bin Suroor al-Sharqi, situated below Fujairah fort.

The gabbro/dolerite rocks used in the construction of the courtyard house, mosque, majlis and watchtower at al-Hayl were all locally sourced. Saruj was used on buildings at the site as mortar and plaster. Saruj plaster on the external walls was placed in layers, each layer ending with a small upward curvature. This was done so that any rain falling on the building would be diverted away from the foundations. A soft mud-based mortar was also used to bind the rocks



throughout parts of the construction. This soft mud mortar is also found on various walls, as a layer of plaster below the saruj or the gypsum. A fine and smooth gypsum plaster was used on many of the interior walls in the courtyard house. Mangrove (*Avicennia marina*) poles used in the construction were either traded from East Africa (Unwin 1988: 155), and/or locally sourced from the Khor Kalba area. Unidentified planks of hardwood were also used throughout the buildings. Date palm trunks, branches, stems and leaves were used extensively throughout all of the buildings in Wadi al-Hayl. Date palm tree fibre was also used to create ropes, which were used in the building construction.

Lastly, cement was also added to the construction of certain buildings at the site. The khaymah type rooms located within the courtyard house were semi-subterranean in nature. The walls were built with mountain rocks bound with a soft mud mortar and rubble fill. They contained pitched roofs constructed with wooden poles, which were covered with date palm branches.

The Watchtower

The watchtower located on the hill behind the courtyard house, to the south southwest, was originally built for Sheikh Abdullah's younger brother, Sheikh Suhail. Sheikh Suhail also resided in two khaymah type houses positioned directly below the watchtower.

The cleared and levelled area supported by a rock-built embankment located directly to the south of the watchtower was used to house camels during the night.

The fortified courtyard house and settlement in Wadi al-Hayl is reflective of a traditional mountain village in this region.



هيئة الترويج والسياحة والآثار
Fujairah Tourism & Antiquities Authority

Edited Sources:

**Michele C. Ziolkowski &
Abdullah Suhail al-Sharqi**
Tribulus Journal - Emirates
Natural History Group

ISC Fujairah commemorates Mahatma Gandhi



Indian Social Club Fujairah conducted a Drawing & Painting competition for different age groups.

This was done under the directive of the Indian Consulate Dubai, to mark the 150th Birth anniversary of Mahatma Gandhi. Mohandas Karam Chand Gandhi, who was given the title as “Mahatma Gandhi” (Gandhi, the Great) is considered the Father of the Indian nation.

Commemorative stamps to mark the 150th anniversary of the birth of Mahatma Gandhi on 2nd October, were issued in the UAE by the Emirates Post in Dubai.

The stamps highlight the life and times of India's most influential leader, says a statement by the Emirates Post on Sunday.

Emirates Post has issued 6,000 commemorative stamps, which are available at Emirates Post Central Happiness Centres .



Indian Prime Minister Narendra Modi and His Highness Sheikh Mohamed Bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, released the postage stamps at the Presidential Palace in Abu Dhabi during Prime Minister Modi's two-day-visit.



Fujairah Police install new camera to catch airport road violators



Fujairah Police introduced a new camera to fine vehicles jumping the red signal at the intersection of Sheikh Mohammed Bin Hamad Al Sharqi connected to the exit which leading to the cargo gate of the airport.

Police said this road is allocated only for private airport traffic and that there is a signboard alerting motorists about it. The signboard says **“Private Access For Airport Cargo ”**

Violators will face a fine of Dh1000 in addition to 12 traffic points and impounding of the vehicle for one month.

Fujairah Police has urged all motorists to follow traffic rules and drive with caution.

Police said the new monitoring system are to improve traffic safety at the intersections, and this enables continuous assessment of the engineering status of the intersections, their impact on traffic safety and the reduction of traffic accidents.

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SPORTS
LOUNGE

Brunch

TIMINGS: 1:00 PM - 4:00 PM

1ST NOVEMBER

29TH NOVEMBER

Premium Buffet
&
Live Kitchen

AED199.00 per person with
selected beverages

Live Colombian Band!

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A SELECTED BEVERAGE

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Novotel's Promotions

Garden Lounge – Brunch

Welcome the month of November the best way possible... with food! On the 1st of November, experience a memorable brunch with international culinary delights with our live cooking stations and tasteful dishes.

The live band will keep you dancing and singing along all afternoon, whilst you feasts on our buffet! Only AED199.00 per person inclusive of selected beverages.

Don't forget to say goodbye to November, the brunch will continue on the 29th!

For more information follow us on Instagram @ Sports_Lounge or call +97192034806

Fujairah Got Talent

Every Saturday Fujairah Got Talent organized by Genisish School of Music and Novotel, Ibis & Adagio – Fujairah!

Every Saturday until February 2020 in Sports Lounge! Come cheer for the talents of Fujairah!

Amwaj Pool Party

Take time to relax and enjoy yourself by the side of Amwaj Pool, on the 1st floor of Novotel Fujairah! On the 28th November, from 8:00 PM till 12:00 PM come party with DJ Ben, DJ Firas, and our live Colombian Band!

Only AED 25 per person inclusive of a selected beverage.

For enquiry call: +97192034806

In Balance @ Novotel

Take time to do what comforts you and restore your energy. With us you can swim, play and work out, soak up some sunshine and eat a balanced nutritious meal. Free access to the pool and the gym when you stay with us! Membership is also available at Recreation reception. Enjoy our Pool Day Use every Sunday at AED 40.

Our gym is now open 24/7, and ladies we have special timings for you, from Saturday through Wednesday, from 11:00 AM until 12:00 PM and from 4:00 PM until 6:00PM!

For enquiry please call our Recreation: +97192034871 or email: H6822-TH@accor.com

Flavours Restaurant

Your taste buds know it best and we have some exciting options available in Flavours Restaurant, with just enough balance between innovation and authenticity. Enjoy your meals in Flavours! Discover our Mediterranean & International lunch buffet for AED 65 at Flavours Restaurant every day from 12:30 PM until 3:00 PM Bon Appétit!

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Having just celebrated our first anniversary, we are still here to amaze you with a unique experience! An amazing throwback in the 1920s, let yourself enjoy the atypical atmosphere of The Bookstore! Come and discover our various promotions.

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It is time to immerse in the nostalgic Arabic culture and charm in Arjeela! Located on the ground floor of Ibis Fujairah, it is an ideal place to watch the games and relax!

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For enquiry please call our Events Coordinator +971566252025. Email: H6822-SL5@accor.com

Fujairah
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Celebrating International Day for Elderly People at Fujairah Rotana Resort & Spa- Al Aqah



As part of Rotana Corporate Social Responsibility – Fujairah Rotana Resort & Spa has proudly celebrated the International day of elderly people which falls yearly on October 1st.

The ceremony was also an occasion to announce the full day activities that will be taking place on 2nd December, whereas, both parties are going to celebrate the 48th UAE National Day.

In collaboration with Ministry of Community Development – Dibba branch a ceremony was organized on Friday, 27th September, 2019 and was attended by UAE Senior Citizens who gathered to celebrate the occasion and the year of tolerance.

The resort have offered a full program of entertainment and interaction activities, “Seniors have extremely enjoyed their time, the healthy and tasty food that was cooked and served to them along with the medical tests arranged by the government” said Amal Seraidy the administrative of Dibba branch.

Ulrike Andorff, General Manager of Fujairah Rotana Resort & Spa added: “It is always our pleasure to look after elderly people who are the wealth of UAE history and the blessing of every nation, it makes us feel satisfied to see them all around enjoying their time.”





TENNIS &
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FUJAIRAH

CHRISTMAS TREE LIGHTING

10TH DECEMBER
6PM TO 8PM



Live Singing Choir 

*Free gifts  for every
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TENNIS & COUNTRY CLUB, FUJAIRAH



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November Specials at Le Meridien Al Aqah

Fujairah's most loved and iconic family friendly resort, Le Meridien Al Aqah Beach Resort is known for its plethora of F&B offerings. With 8 restaurants and bars offering a variety of delicacies from around the world, guests are spoiled for choices.



The resort's flagship beach-front restaurant, Gonu Bar & Grill continues to treat seafood lovers with the most exclusive cold seafood platter. Starting at AED 249 per couple, served only for limited period (Nov 21st to 28th) guests can enjoy 6 different types of shellfish during dinner hours. The offerings includes Razor clams, Mussels, Oysters, Langoustine, Blue Crab, Little Neck Clams, Calamari and Shrimps, all dressed in various homemade sauces. The ever popular, Pint of Shrimps at AED 69.99 offered every Friday lunch, and an oyster at AED 5 served every day from 5pm till 7pm will continue to delight guests with the most scrumptious seafood experience.

The sophisticated Italian restaurant, Sapore celebrates a Truffle festival with a special menu valid for limited time only. In a week-long celebration, from November 8th till the 14th, the menu offers A' la Carte options on authentic Italian dishes while harmoniously uplifting the flavours with truffle. A special dessert, Tortino Romantico, a warm dark chocolate cake with black truffle cannot be resisted.

Celebrating the festival of Lay Krathon, Taste is promoting a special menu from November 21st till the 28th and offering a delicious variety of noodle based dishes. The pocket friendly menu comprises of Goong Sarong, Prawn Silk Threads with homemade chili sauce to more sophisticated dishes like Singaporean Curry Noodles with mixed seafood.

The family friendly beach resort has something special in store for their most valuable guests – the kids! Celebrating Children's Day from November 20th till the 24th, a special family daycation is offered at AED 240 per person for pool & beach access, lunch at Views restaurant and a go at "Al Aqah Challenge" adventurous rope course activities. Kids under the age of 14 years can avail the same offer for free!

Experience absolute bliss at Spa Al Aqah by selecting from a range of beauty treatments, including a full body rejuvenating massage with a mini facial for AED 299 or relax with a Stress Away treatment for 30 minutes back and a head massage along with a 30 minutes foot massage for just AED 265. Spa Al Aqah has designed a special couple's massage for AED 599. Ladies can pamper themselves with a relaxing spa-session all through November by booking any two treatments of their choice for AED 530.

Want to experience all this and more? Book your guaranteed sea view room with a special rates starting from just AED 249 per person on double occupancy, including breakfast. Two kids below 12 years can stay at absolutely no cost! To make the booking, log on to [Marriott.com](https://www.marriott.com), and use a promo-code 8SS to avail special room rates along with 20% off at the resort's food and beverage, spa treatments and water sports.

McGETTIGAN'S

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and Be MERRY

CHRISTMAS SPECIAL CARVERY FOR
AED 155 PER PERSON

7TH DECEMBER 2019

TIMING: 1PM - 4PM



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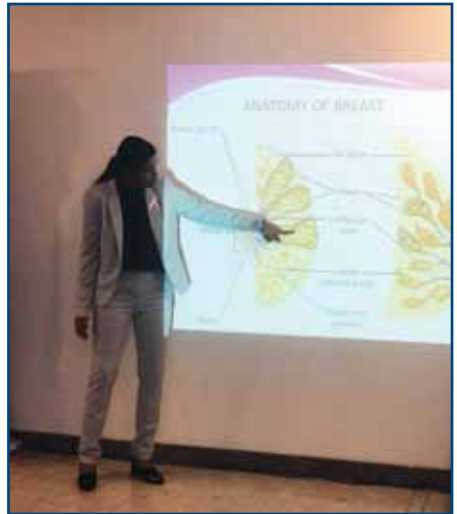


Takeaway Turkey

Escape the kitchen and spend more time relaxing this Christmas. The talented chefs at the Tennis and Country Club will prepare a perfectly roasted turkey dinner for you and your loved ones, what more, we will deliver it to your door as well! Only 475 AED for a family of 4!

The benefits of yoga are never ending! Not only does it help it achieve relaxation and physical fitness but also helps to reduce stress.

Club manage, Sarah Clayton believes, 'We are always looking for ways to take an active role in improving the health of the community we live in. Through yoga you can learn to process your life experience, including all the joy, pain and challenges from a place of true wisdom. I do wish that the Yoga classes at Tennis and Country Club can assist the community to connect better with themselves'.



Free Yoga



Tennis and country Club Fujairah is offering a free Yoga session on the 11th November.

Yoga is simple and ideal for every age group as it involves slow and static movements. It has a minimal risk of muscle injury and does not require huge calorie consumption, while the main thrust area includes breathing techniques. However, Yoga must be learned under the guidance of an expert instructor. Though yoga can be practiced by everyone, irrespective of age or sex, one has to know that a true Yoga teacher should be equipped with many years of training and knowledge".

Breast Cancer Awareness

Tennis and Country Club played host and organized a recent event for Breast cancer awareness in partnership with Al Sharq Hospital. The event saw women from different walks of life and various ages come together to learn about the importance of breast health. The hall was decorated beautifully in Pink with goodie bags on each chair for every lady to take home





Fuj storm Bikers is
Honored to invite you to attend the
Motorbikes exhibition which will be on :



27/11/2019

Till

29/11/2019

At



Fujairah International Marine Club.
Don't miss it! It will be a spectacular show!



FUJ STORM BIKERS



THE SAILORS RESTAURANT AND CAFE

THE SAILORS BAZAR

NOVEMBER 15th 4PM - 8PM

Do you have unwanted items in your house? Want to earn some extra cash? Are you a small business owner looking for a way to promote your product?

Then join our market to sell your things!
Tables can be reserved from as little as 150 AED.

Call 09 222 1600 to book your spot!

November offers at The Sailors

The month of November sees the weather cooling off and that means it is a great time for gathering together and enjoying time outside on the terrace!

The Sailors has different offers throughout the week and has some daily offers as well.

Each weekday we have happy hour from 12pm-6pm where you can enjoy a nice cold drink after work. We also have a business lunch available Sunday – Thursday where you can get a 2 course meal and a drink for as little as 49AED!



Everyday you can get FREE SHISHA from 10am-6pm with a minimum spend of 75 AED. This great offer is also available on Fridays and Saturdays!

Daily Specials

Sushi Sunday's – Enjoy a plateful of freshly made Sushi from 4pm-9pm.



Monday Curry Night – Enjoy the flavours of different curries with family and friends and wash it all down with a nice cold beer. Served from 6pm onwards.

Latin Tuesday's – Dance the night away with us as a team of professional dance teachers lead you through the moves of Salsa and Bachata. Classes start at 8pm with a free dance session afterwards.

Quiz Night Wednesday – With resident quiz master David McNally join us each Wednesday at 7pm to test your general knowledge. First place team wins a 300AED voucher and ALL participants are put into a draw for a luxury hotel stay at the Blue Diamond Resort. More you play the more chances you have to win!



Thursday All you can Eat BBQ & Ladies Night – As the weather cools down it is the perfect time to enjoy our all you can BBQ. With freshly cooked meat and seafood on offer and a range of side dishes start the weekend right. It is available from 7pm-10pm. Thursday is also ladies night from 10pm onwards, with a live band to dance to and a gift voucher for the best dressed lady it is not to be missed!

Saturday Burgers – The weekend may be coming to a close but with so much sporting action from around the world to watch what better way to do so than with a beer and burger combo. Available each Saturday from 12pm – 7pm.

New cafe near you!!

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Crepes & Burgers is the perfect place to sit down next to one another, enjoy exceptional food & high grade coffee.

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Fujairah teacher named as best in the Gulf region



Laila Obaid Salem Mutawa Al Yamahi, an Arabic teacher at Murbeh Secondary School in Fujairah, received the Mohamed bin Zayed Award for Best GCC Teacher at the Qudwa forum held in October.

Al Yamahi received the award due to her achievements including the development and implementation of 20 integrated plans, and the completion of more than 45 detailed plans over the past five years coinciding with the initiatives of the state such as Year of Zayed, Year of Good, Year of Innovation and Year of Tolerance. Each plan was based on introducing Diverse programs in line with competence and effectiveness and clear performance indicators including the preparation of a resource room for talents, and a book club of masterpieces of literature, named "Book Cafe". Laila also developed a comprehensive plan to embrace talent in terms of preparing and executing programs and events at the school.

The teacher has received more than 15 awards at the level of the country and region, including

the "role model" and "Innovation Award" in the top twenty, and the award of "educational research", and had an impact on the achievement of a student she supervised to achieve third place at the national level and the first in the UAE in the Arab Reading Challenge. She also received more than a thousand commendations from the school, the region, the Ministry and the local community, most notably a certificate of thanks from Sheikha Fatima bint Mubarak, a shield from the Qudwa Forum, a certificate of thanks from the Education Council, as well as numerous compliments from parents and students.

Addressing teachers from across all seven emirates, Sheikh Nahayan Bin Mabarak Al Nahayan, Minister of Tolerance said that, "The UAE recognizes that spreading the culture of tolerance and human brotherhood in the country and the world is not achieved automatically, but must be nurtured through continued work. The role of education in developing tolerant societal behaviour and respect for others, will ultimately prevent younger people from being attracted to temptations of violence, extremism or anti-social behaviour."

New UAE tax on e-cigarettes, sugary drinks, starts December 1st

UAE's Federal Tax Authority called on producers and importers to register for the excise tax system at the earliest to avoid late registration fines as the excise tax on e-cigarettes and sugary drinks starts on December 1st.



The UAE initially introduced 50-100 percent excise tax on harmful goods such as soft and energy drinks and tobacco in October 2017 in a bid to improve public health.

The excise tax on electronic smoking devices and sweetened beverages will be effective as of December 1, 2019, according to the Federal Tax Authority (FTA).

The authority called on producers and importers of the products to register for the excise tax system at the earliest to avoid late registration fines.

The UAE initially introduced 50-100 percent excise tax on harmful goods such as soft and energy

drinks and tobacco in October 2017 in a bid to improve public health and cover the costs of public services through the newfound government revenue.

At the time, over 1,700 items were subjected to the excise tax, with 60 percent being soft drinks, 26 per cent being tobacco products and 14 per cent being energy drinks.

The tax will extend to, according to soft drink products that include either added sugar or other sweeteners, and that includes “beverage, liquid, concentrate, powders, extracts or any product that may be converted into a drink”.



“The decision comes to support the UAE government’s efforts to enhance public health and prevent chronic diseases directly linked to sugar and tobacco consumption,” said the Cabinet General Secretariat in a statement.

“The decision aims at reducing the consumption of harmful products that put the health of people and environment at risk.”

Khorfakkan newest attraction: The Sharjah Beach Library



Cultural events inaugurated the fourth phase of Sharjah Beach Library initiative at Khorfakkan

A series of cultural and literary events has marked the launch of the fourth phase of the Sharjah Beach Library initiative in Khorfakkan – part of the yearlong celebrations of Sharjah's UNESCO World Book Capital 2019 title.

Organised by the Sharjah World Book Capital Office (SWBC Office) in cooperation with Knowledge without Borders (KwB), the launch of the fourth phase sought to lure beachgoers of the pristine beaches of Khorfakkan into the fascinating world of the written word.

The launch event included book readings and other cultural activities, shows performed in cooperation with Sharjah International Marine Sports Club, and boat displays loaded with books and decorated with the UAE flag and Sharjah World Book Capital 2019 logo. Khorfakkan beach goers and families will now enjoy a series of scheduled entertainment and cultural events until April next year.

The Sharjah Beach Library initiative seeks to nurture a culture of reading and raise community awareness about its importance.

Mariam Al Hammadi, Director of KwB: "The library at Khorfakkan offers many books covering a variety of topics and caters to different age groups and interests. We want this project to be remembered by Sharjah's residents and visitors as one that not only gives them an insight into the cultural vision of the emirate but also broadens their horizons and expands knowledge through reading."

Following the inauguration of the first phase at Al Khan beach in August this year, the second and third phases were launched at Al Khan 2 and Sharjah Ladies Club (SLC), respectively.

UNESCO named Sharjah as the World Book Capital 2019 in appreciation of its vital role in supporting books and promoting reading. The yearlong celebrations programme was launched on 23rd April 2019.

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Stormy weather causes major damage in Fujairah



Large parts of a traditional market in Fujairah were destroyed during a particularly fierce storm as heavy rain and strong winds devastated the area in early October.

Many parts of the emirate, particularly the valleys and mountainous areas, were affected by the floods...

“Thunderstorms and strong winds lashed many areas, including Dibba Al Hisn, Dibba Al Fujairah, Kalba, and Khorfakkan,” he said.

The National Center of Meteorology recorded 53.4mm of rainfall at Fujairah Port, 42.6mm at Khorfakkan, 36mm at Masafi, 32.6mm at Dibba Al Fujairah town, and 31.8mm in the Diddana area.

Parking canopies, external doors, road barriers and signboards have been destroyed by the heavy showers and high winds, according to Major General Mohammed Ahmed bin Ghanem, Commander-in-Chief of Fujairah Police.

Trees were uprooted some farm animals in the mountain areas were killed. No human casualties have been reported.

Some outlets at the traditional markets of the emirate were heavily impacted by the destructive weather conditions.

Fujairah Municipality deployed their tankers and pumping machines to drain out accumulated water in the emirate.

The municipality workers removed many fallen trees, signboards, barriers, and debris from several public roads.”

The Fujairah Municipality has also stated it will rebuild and develop the traditional market to be stronger, as well as wind and rain resistant.

The planned face-lift will preserve the traditional image of the market which is the oldest in the emirate.”



Toastmasters- My Distinguished Toastmaster Journey

The Need: Being a lawyer by profession and having considerable courtroom experience, many of my friends thought that, I was a great public speaker by default. In fact, I myself very well knew that it wasn't so! Public speaking is very different from arguing in a court room or teaching in a classroom. So, I was looking out to improve myself in this field.

The Beginning: "The only impossible journey is the one you never begin" remarked Tony Robbins and I took this seriously when the opportunity knocked at my door through my roommate, Krishna Prasad, who casually remarked that in Fujairah regular meetings of Toastmasters International are held to facilitate self-improvement. Thus, began my association with Toastmasters, unexpectedly, in 2014.

The first meeting: Surprisingly, the moment I entered the meeting hall, I was overwhelmed with the warm welcome from the members and their helpful behaviour creating the positive learning atmosphere that existed there. During the two hours of meeting, I realised the truth of the Club Mission, "We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth." This is virtuously based on the Toastmasters International's Core Values of Integrity, Respect, Service and Excellence.

The Phobias: Truthfully speaking, I was a person, like many others, scared of public speaking and afraid of possible failures. How would I overcome these? -was the million dollar question. The answer came from Bill Cosby: "In order to succeed, your desire for success should be greater than your fear of failure."-and I took this in right earnest. While meeting the toastmasters, I noticed that many of them were professionals in their own field and this heightened my assurance to become part of this great organisation which I found to be a platform to make new friends as well as to interact with like minded people. I became bold and furious! Performance of various leadership roles and the process of preparing, practicing and delivering many speeches during regular meetings, commencing from the "Icebreaker",

boosted my confidence and determination levels which helped me to overcome the phobias and progress towards attaining short term and long term goals. I experienced the genuineness of the statement by Johann Wolfgang von Goethe - "Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it."

The Credits: In Toastmasters Clubs' regular meetings, contests, debates, events, workshops and conferences, there is a lot of learning-by-doing in a supportive and positive environment. Today, when I look back after attaining the DTM, which is the highest recognition in Toastmasters, I really feel proud to be a TOASTMASTER and also realise that learning is a never ending process which also includes unlearning and relearning. I wish to express my gratitude to Toastmasters International, Fujairah Toastmasters Club (my home club), my mentors (to name a few) DTM Sujith Varghese, DTM Suryanarayanan Krishnamoorthy, DTM Anil Vidyadharan, TM Bose Thomas, TM Ajayraj and TM Pradeep Kumar for their timely inspiration. I am definitely indebted to every member of the propitious clubs wherein I performed- Fujairah Toastmasters (FTC), Scholars Toastmasters, Synergy Malayalam Toastmasters, Royals Toastmasters and every other Club- and where from I derived tons of learning from their wholehearted support and encouragement coupled with the selflessness! I hereby convey my sincere thankfulness to each one of the exuberant and self-sacrificing Toastmasters who made it possible for me to reach greater heights!

The Award: The Distinguished Toastmaster (DTM) award represents the highest level of educational achievement that one can gain from Toastmasters International (TMI), a non-profit educational organisation founded in 1924 in the USA by a visionary leader Dr. Ralph C Smedley, with a mission of empowering individual members (presently around 358000) to become more effective communicators and leaders through its member clubs (16800) across the world spread over 143 countries. The Founder is very well remembered for what he claimed "Ours is the only organization I know dedicated to the individual, we work together to bring out the best in each of us and then we apply these skills to help others."



Fujairah Gavel Club Inaugural Meeting



Fujairah Toastmaster Club meeting - Group Photo

The Returning To Community: Here is the good news. Presently, we a group of DTMs in Fujairah have embarked upon a project to pass on the benefits to the younger generation. Under the auspices of TMI and FTC, a club for *Gaveliers* has been chartered in Fujairah whereby children between the ages of 11 and 18 will be exposed to the public speaking and leadership arenas. They will be provided the opportunity to enhance their skills expedited by mentoring from the altruistic DTMs!



New Member Induction ceremony -DTM Haroon presenting the education material to Newly joined members in FTC

Adv. Abdul Hameed Rafi, DTM
Past Area 47 Director, Past President of FTC,
Current Asst. Division Director, Division-K
Current President of Synergy
Malayalam Toastmasters,
Current Vice President
Education of Royals
Toastmasters



New Member Induction ceremony -DIV K
Director DTM Sujith presenting membership certificate to Newly joined members in FTC

MEETING LOCATION AND CONTACTS.

At Meeting Room, Royal M Hotel on 1st and 3rd Tuesday of every month from 19:15 hrs.
Come and observe the platform for improving Communication Skills and Leadership Skills. Entry is FREE!
Vice-President (Public Relations): **TM Hari Pratap Singh - 0552467034**
Vice-President (Membership): **TM Shuyeb Sheik - 0521235807**

St Mary's Catholic School Investiture Ceremony



Leadership is the capacity to translate vision into reality. –Warren Bennis.

The momentous day of 26th September 2019 dawned to bestow responsibilities on the deserving young talents of St. Mary's Catholic High School, Fujairah, to scale the heights and reach the pinnacle of success. The School Management and Staff always strive to inculcate a sense of responsibility and commitment among the students, ready to shoulder responsibilities as leaders.

The newly elected student leaders pledged to work earnestly and uphold the honour and glory of the institution while receiving their prestigious badges from the dignitaries. The chief guest, Ms. Sendeya Abdulla Al Samahi, Director of Ministry of Education, Fujairah Educational Zone motivated the students to always walk on the correct path and be the change. The Principal, Fr. Suresh Kumar motivated the leaders to keep moving forward with positive outlook despite all

the obstacles and challenges that life throws in front of them. The Principal underscored on the futuristic vision to lead by example for others to follow. The ceremony was held with lots of zeal and zest. The theme presentation on to **manage, build and advance** towards better climatic conditions was highly informative, and is the call of the century. The theme is relevant in student's personal life as well as in their future professional scenario.

It was a moment of joy and pride to see our Junior School captains marching confidently and smartly as they all took the oath to uphold the motto of the school "The End Crowns the Work" in high esteem, followed by conferring of badges by the Guests of Honour on 14th October 2019.

With a leader's authority, responsibility and accountability, the Management is confident that *our young leaders with single-minded, unwavering morale, fired with an insatiable trust in their mission can alter the course of history.*



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St Mary's Catholic School World Teachers' Day Celebration

Who has moulded you to be a better person?

Parents or guardians are probably at the top of the list for many people. But a close second place is very likely to go to a teacher. Some of the most influential and successful people in the world have a teacher in their childhood to thank for their success.

St. Mary's Catholic High School, Fujairah organized the International Teacher's day Celebrations on 3rd October 2019 to celebrate the critical importance of reaffirming the value of the teaching mission. It is a day when the efforts and hard work of the teachers are appreciated and applauded. This day is dedicated to all the teachers, mentors who play a vital role in shaping lives of students, and to show them the respect and gratitude for what they do.

The entire day was organized by the Management and student leaders, to celebrate the work of dedicated teachers who continue to strive every day to ensure that 'inclusive and equitable quality education' and the promotion of 'lifelong learning opportunities for all' become a reality in every corner of St. Mary's. To add to the fun element, a number of games and other activities involving



the teachers and students were organized on this day. It was a great time to strengthen the student teacher bond. They understand the true value of their teachers and the hard work and efforts they put in. This raises the respect they have for their teachers. Students presented bouquets, gifts and cards to the teachers to pay respect to them.

Students from the senior classes undertook to teach different subjects in various classes. This role playing was one of the vital tasks of the Teachers' Day celebration. It provided students to stand in teacher's shoe and experience the responsibilities, challenges and opportunities.

One of the senior students addressed: 'if you have a teacher, you're one of the lucky ones. One day, you'll probably look back at your life, your successes, the dreams you've made come true or the difficult things you've survived ; chances are high that you'll find a teacher's words have helped you achieve these things.'

Teaching is one of the greatest and honourable professions, as it is the teachers who make all other professionals excel in their field. They are the torchbearers of our society leading our next generation in the right path.



Countdown begins to World's Greatest Show - Expo 2020 Dubai



Expo 2020 Dubai is the first Expo event held in the Middle East, Africa, or South Asia. It is mega event and the site forms a part of Dubai South, an under-construction mixed use development double the size of Hong Kong Island.

Expo 2020 Dubai will have a dedicated Metro- the Red Line, which is being extended by more than nine miles. The US\$3 billion project, known as Route 2020, will create five new over ground and two underground stations running from Nakheel Harbour and Tower station to the site. Other areas to be covered are Discovery Gardens, Jumeirah Golf Estates and Dubai Investments Park. The new stretch of the driverless line is expected to begin operations in May 2020, and will be capable of transporting 46,000 passengers per hour in both directions.

There will be a 'Superstore of the Future' on site which will be 3,000 sqm in size, an unmissable

experience, featuring some of the latest retail technologies and trends, giving a glimpse into how people might shop in the future.

Al Wasl Plaza (meaning connection in Arabic), is the centrepiece of Expo 2020 Dubai and will host major celebrations. The dome will double up as a 360-degree projection screen, showing footage which you can watch from both inside and outside. During events, the basement areas beneath the site will be home to an underground road and rail network supporting day-to-day logistics.

Directly opposite Al Wasl Plaza will be the UAE Pavilion which will showcase the nation's heritage and achievements. The falcon-inspired pavilion will be a must for any visitor looking to light up their social media – with the structure's 'wings' moving up and down to harvest clean energy. Inside, you can explore the past, present and future of the UAE and its people.

Another noteworthy feature of Dubai South is the Sustainability Pavilion, which will explore ways to harvest energy from sunlight and fresh water from

humid air, using photosynthesis as an inspiration.

Adjacent to the site will be the Expo Village, a residential community for delegates and other visiting officials. The project will consist of five, 16-storey towers containing almost 2,300 apartment units.

25 million visitors are expected to visit Expo 2020 Dubai, Australia's population is a similar number. More visitors than the populations of Greece and Bulgaria combined!

Expo has created almost 300,000 jobs. The majority in the tourism sector.

Sustainability is a subtheme for Expo 2020, therefore, half of the electricity used during the event will be generated by wholly renewable sources.

Continuing with the theme of sustainability, 90 percent of the material used in permanent construction on the site will be reused or repurposed in the legacy buildings and infrastructure after the event. For example Al Wasl Plaza will continue to serve as a world-class event space, while the Sustainability Pavilion will become the Children and Science Centre, offering youngsters an enthralling and educational experience. Whilst the mixed-use development will comprise 65,000 square metres of residential space, 135,000 square metres of commercial space and 44,900 square metres of green parkland.

Uber has signed an agreement with Dubai's Roads and Transport Authority to test flying cars during the event.

The Expo 2020 logo was inspired by an ancient golden ring discovered in the UAE at 4,000-year-old archaeological site called *Saroug Al Hadeed*.



Expo 2020 Dubai will run for six months from October 20th 2020 to April 10th 2021, with pavilions open and entertainment scheduled between 10 am and 1 am on weekdays, and 10 am to 2 am on weekends. Tickets will be on sale in April 2020, starting from Dhs120.

Billed as “The World’s Greatest Show”, it’s all happening in the Dubai South district, near Al Maktoum International Airport.

With an influx of international visitors expected, Dubai International Airport is also working to upgrade its runways, while new hotels are springing up near the Expo 2020 site.

Since Expo 2020 was revealed in November 2013, it’s had a huge impact on the city and that’s is growing as we get closer to the date. Officials say that the real estate market will rocket. That’s not to mention the huge urban District 2020 that will have a long-lasting legacy for centuries after the event is over. Even the city’s infrastructure is taking part, with Jebel Ali Lehab Road renamed as Expo Road in honour of the event.



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From the 25 million visitors that are expected 70 percent of these are expected to travel from outside the UAE, which will be the largest proportion of international visitors in the 168-year history of World Expos.

An expo is a world fair, bringing together hundreds of countries from across the globe – giving them the chance to share ideas and innovations with the rest of the world.

Expo 2020 Dubai is expected to serve 50 million meals, some of which will include fresh produce from the 130,000 sq ft vertical farm, the world's largest, which is located next door to the Expo site in Dubai South, will be providing fresh produce to various Emirates-operated outlets at the hugely-anticipated event.



Did you know that the football legend Lionel Messi is an Expo 2020 global ambassador?

But although Expo 2020 Dubai will welcome hundreds of thousands of visitors per day on average, its smart site will use artificial intelligence, cutting-edge crowd-flow management systems, smart ticketing and more to ensure everything runs seamlessly.

The first was held in The Crystal Palace in London's Hyde Park in 1851, and since then, many of history's most famous inventions have been exhibited, including the telephone in 1876, the ice cream cone in 1904 and even a humanoid robot in Nagoya in 2005.

When Dubai won the right to host Expo 2020. Fireworks exploded from the Burj Khalifa and the Burj Al Arab. A national holiday was declared for all educational institutions across the country. His Highness Sheikh Mohammed Bin Rashid Al Maktoum Vice President and Prime Minister of the UAE and Ruler of Dubai, promised the city would “astonish the world”, come 2020.



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Feeling excited for 2020 yet? Want to have your once-in-a-lifetime experience as part of the World's Greatest Show? The Expo 2020 Volunteers programme features a diverse mix of UAE nationals and expats, with 30,000 volunteers to be the 'face' of the global celebration. More than 45 roles, from event managing to welcoming guests, are available to register for.

Volunteers will be an essential part of Expo, giving up more than 16 million hours of their time to take part. To be eligible you must be over 18 as of October 20th, 2020, and hold a valid Emirates ID and be able to volunteer for more than ten shifts within a two month period from October 2020 to April 10th 2021. Once you get through the first stage of the process there will be

interviews and four days of training.

The Expo 2020 site will feature some jaw dropping pavilions dedicated to 192 countries from around the world, with 75 entertainment events hosted every single day.

There will be live performances from world-famous stars and comedy greats, cultural experiences from poetry slams to fashion shows and talks with the world's top academics.

There will be mindfulness sessions, extreme sports and everything in between.

And there will be innovation – Curious kids will find plenty on offer, with everything from make-your-own robot workshops to lessons on 3D printing and its uses in medicine. It's even possible to go under the sea or walk through a simulated Arabian wadi.

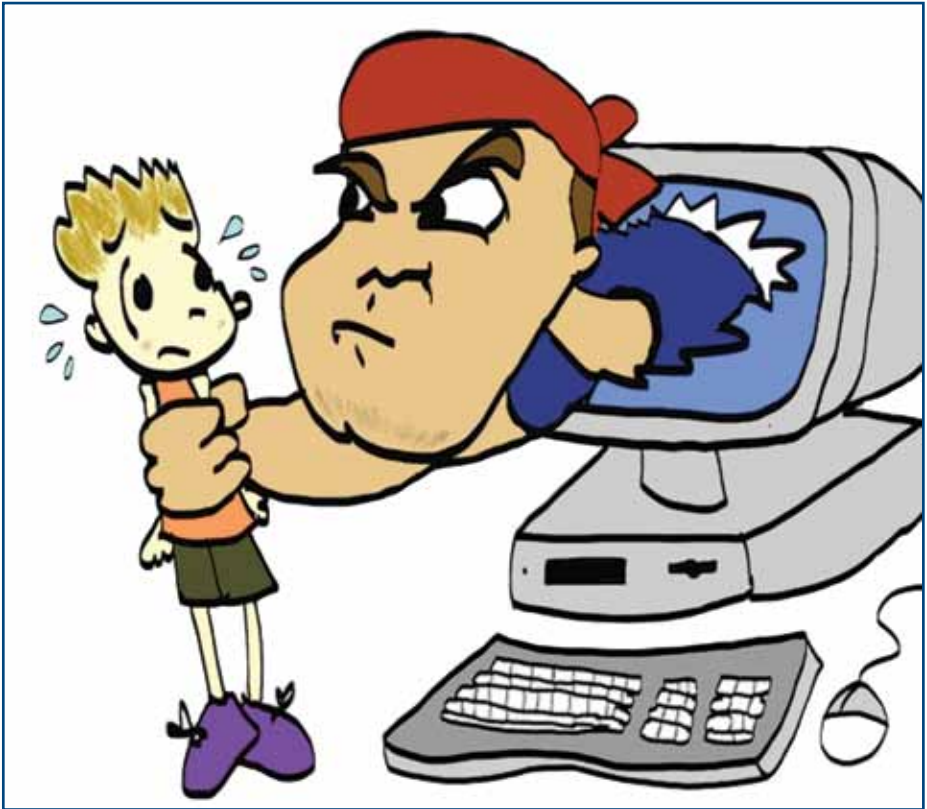
Every day a different country will be featured in a cultural showcase that includes parades and other festivities. And the fun doesn't stop at sunset, because there will be fireworks displays and entertainment.

Expo 2020 will coincide with the Nations 50th Unification and Independence Anniversary, Chinese New Year and Christmas so expect unmissable mega-celebrations to take place during the 173 days of Expo 2020, alongside international festivities such as Diwali and New Year's Eve. Each one promises to be an unprecedented entertainment-packed spectacular experience that visitors won't forget in a hurry!

<https://www.expo2020dubai.com/en/programmes/volunteers>



Cyber Bullying – A threat to online safety



Recent newspaper reports about cyber bullying cases raised our eyebrows and created panic among parents, students and society as a whole. Among them the most disturbing and threatening was from Bangalore, a South Indian city. An Indian Express news report, I read recently reveals the dangers of cyber bullying. A grade XI student, from a reputed school in the city was the victim. She is a brilliant student and a topper in the school. Prior to the

approach of her exams, her parents noticed a sudden change in her behaviour, as she became very quiet and subdued, lost her appetite, and appeared tensed and worried most of the times.

After a lot of probing, she confessed to being a victim to cyber bullying, as someone had impersonated her and created a fake account on a social networking site, and was posting derogatory and insulting information. Such an emotional abuse made her vulnerable to experiencing depressive symptoms, and her teachers advised her to seek professional help from mental health experts.

However, the surprising thing is that, such repeating cases would not deter teenagers from the careless usage of internet and social media. My experiences as a teacher and personal interaction with students brought an understanding that majority of youngsters are unaware of the dangers of reckless surfing of internet.

"Cyber bullying" is when someone, is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another using the Internet, social media and mobile phones. As the children and adolescents' access to technology is increasing in nowadays, cyber-bullying is becoming a growing concern."

Recent studies show that Most of the time cyber bullying goes unreported. The younger generation hides their traumatic experience from anyone that can help to prevent the bullying from occurring and from getting worse. Between 20% and 40% of adolescents are victims of cyber bullying worldwide. The need of the hour is to raise awareness among parents, teachers, students and authorities as a whole.

The role of teachers, parents, teens and Government to prevent Cyber bullying.

1. Parents should monitor the social media and other online interactions of their kids and insist not to share any personal information such as telephone number, location and e-mail ID. Don't allow under aged kids to open social media accounts.
2. Keep the computer in a common area of the home. Do not allow it in your children's bedrooms.
3. The digital illiteracy of parents is a matter of concern. Parents should try to learn how various social networking websites work. Become familiar with Facebook, WhatsApp, and Twitter. Parents must see their kid's profile page.
4. Encourage children to read newspapers and watch TV news. It helps them to be aware

of cyber bullying cases and its dangers. Talk regularly and specifically with your children about online issues.

5. Spent time with children to listen their concerns. Build trust with children. Discuss rules for online safety and Internet use.
6. Tell your children not to respond to any cyber bullying threats or comments online. However, do not delete any of the messages. Instead, print out all the messages, including the e-mail addresses or online screen names of the cyber bully. You will need the messages to verify and prove there is cyber bullying.
7. School authorities should conduct awareness classes by experts for teachers, parents and students
8. Don't threaten to take away your children's gadgets, if they come to you with a problem. This only forces kids to be more secretive.
9. Talk to your school's guidance counsellors so they can keep an eye out for bullying during the school day.
10. If there are threats of bullying continues, the matter should be reported to the police.



Douglas Joseph

(Douglas Joseph is a prolific writer on Social, Educational and Parenting issues in newspapers, magazines and online portals. Conducting counselling sessions and seminars on teenage, career guidance and educational issues. Faculty at Gems Our Own English School Fujairah. Former faculty at Ministry of Education Maldives)



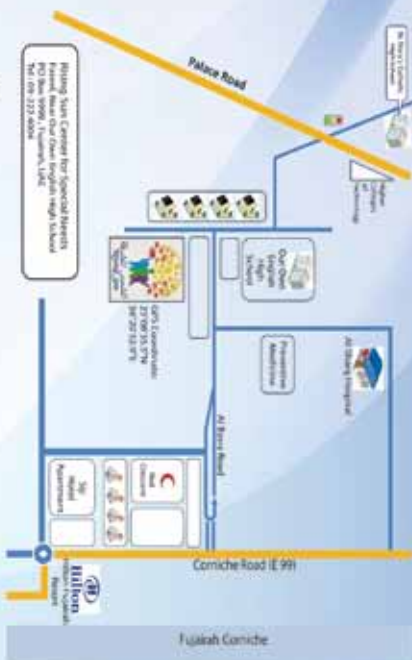
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Our Child Deserves Our Best

The quality of relationship that parents share with their children will have an everlasting impact on their psychological and social development, and well-being.

Young children who are being raised in a family where they can experience a secure and healthy bonding with their parents may have a better chance of developing a happy and contented relationship in their future. Both authoritarian and over protective parenting have negative impacts on your child's life. So how you treat your child, will make a real difference in their lives or in their professional and interpersonal realm. Good parenting doesn't mean to provide a perfect life, instead it means teaching them how to lead their life by facing the challenges in their way confidently and successfully.

Here are some tips for being your child's motivator

1. *Express your love unconditionally:* Parents should be able to accept and love their children completely and without restrictions or conditions. That means, even in triumphs and failures they must assure their support to enrich their bonding and togetherness. It will definitely enhance the confidence of your child to grow into a well-balanced and caring adult.
2. *Quality time with your children:* Time is irreplaceable. No matter whether you are a working parent or a homemaker, the quality time you spend with your child matters. Every parent should add a special time in their schedule to spend with their children. Talk to your children about your day and ask about theirs. Let them talk about their day, how they spent their time in school, the games they played, the lessons they learnt etc. Time invested today will bear fruitful effects tomorrow.
3. *Listen your child with positive attention:* Listen to anything your child tells you no matter if it is sensible or silly. Getting down to your child's level and showing interest in

what he/she is doing is the only way you can show delight in your child and boost warmth in your relationship.

4. *Celebrate your child's accomplishments and hold him/her closely in their disappointments:* A little disappointment or failure can actually benefit our children if we teach them how to bounce back from failures and to cope with its disappointment.
5. *Self-reliance:* Most parents are ready to do everything for their children. By doing so we are not giving them a chance to learn from their mistakes. Encourage them to try new things, solve their problems, guide them and help them to think out of the box to become self-sufficient and independent.
6. *Self-Restraint:* Don't give in to your child's tantrums. Instead teach them socially appropriate behaviours. Self-control is about being able to manage behaviours and emotions to get to a longer-term goal. This means delaying gratification, controlling impulses, pushing through frustration, waiting patiently for their turn, and controlling emotional outbursts.
7. *Limit the use of gadgets and assign responsibility instead:* Give simple household chores. Encourage them to complete the task and appreciate their efforts. Limit the use of gadgets and encourage them to pick up a book instead. Cultivate reading habits from early childhood through bedtime stories.

Remember excerpts from the famous quote,



if a child lives with criticism, he learns to condemn. If a child lives with hostility, he learns to fight. If a child lives with acceptance, he learns to love. If a child lives with security, he learns to have faith in himself and those about him.

Keep Your Working Life Balanced and Healthy © Alva Carpenter

Difficult problems, uncertainty, stress, tension, air conditioning and long hours can all conspire to make your work environment an unhealthy place to be. So here are some tips to make it better and healthier.

- Always exercise in the morning before you shower. It is natural to stretch in the morning and always give the best part of the day to yourself. So, get your circulation going by finding my workout video at www.ardenhealth.com
- *Never skip breakfast.* Always give your body a healthy start to the day by aiming for 250 calories. You can get these in a variety of healthy ways; porridge with milk and freshly squeezed orange juice; Muesli with plain yoghurt, berries and fresh juice; banana on wholemeal toast, with juice; shredded wheat and skimmed milk; or wholemeal bread with a little butter and good quality natural honey, with juice.
- Pack a healthy mid-morning snack – preferably fruit or fruit salad – and a bottle of water.



- *Limit coffee and tea to mornings only.* Too much caffeine can cause dehydration and headaches.
- *Decide to enjoy your day.* Tackle problems with a positive attitude. And don't become involved in office politics and gossiping – you are above all that and it only leads to negativity. Look for the best in others and you will find it.
- *Keep moving.* Sitting at a desk or computer for long

periods of time can lead to all manner of aches and pains. So get up and walk about every hour. For tension relief, shrug your shoulders up towards your ears, hold, and release – do this about 10 times.

- *Breathe.* Work related stress and anxiety could have a real affect upon your breathing. So, take time for some deep breaths of fresh air. Take in a deep breath and hold it for a count of four, then breathe out.
- *Enjoy your lunch.* Eat a light, healthy sandwich with some soup or yoghurt. A cooked lunch and takeaways can make you feel drowsy. Avoid working through lunch, even if everyone else does. Take yourself off for a healthy 15-minute walk in the fresh air. You will enjoy a more productive afternoon as a result.
- Buy a plant for your desk: keep your desk calm and clutter free.
- Tidy your desk each evening and make notes in order of priority for the next day. Focus on one task at a time.
- *Let it be.* Refuse to argue over small details and look at the bigger picture. Take a deep breath and let it go. Some battles are not worth fighting for.
- If work stays on your mind at home and you find it difficult to switch off, try telling yourself that you deserve your home life. Life is too short to spend the evenings fretting.

Do you need to improve your working image?

- The way you are treated by others in life is all about the image that you project.
- In a recent study of human development, the results showed that self-concept is a self-fulfilling prophecy. So we are what we think we are. If we think we are weak, feeble and stupid, that is how others will treat us. The mother who gets treated as a doormat does so because she is complicit in this and allows herself to be taken for granted. So in life, if we are not treated in a way we would like to be treated, at home or in the work place, it is time that we took charge of our image. It is time to ensure that we are giving off the correct vibes so that we are in control

of the impression we give others.

- At a professional level there are never really huge differences in people's abilities. But the key to success is confidence. Appearing confident no matter what. Having the language of confidence and being able to project that you are always in control and know what you are doing. Even if there is a disaster you can take a positive view of it and deal with it competently.
- It is worthwhile studying people who are successful in different areas and analysing why they get results. Then you can try to incorporate some of these traits in your own life. People, who are successful in any walk of life, be it social, domestic or work are not just lucky. They have learned early in life to acquire these skills.
- They are not afraid to try.
- They work hard for what they want.
- They enjoy what they are doing.
- They have a positive outlook on life.
- They have a clear vision of what they want.
- They feel the fear – and do it anyway.
- They are organised.

Ask Alva

I am only 30 years old and I am worried about my hair thinning. I have 2 boys aged 4 and 2. And I am busy working too. I wonder if my hair loss is caused by tiredness and stress.

Maha

Hair can fall after the birth of a child, but this is hormonal hair loss and the hair will grow back. Hair needs protein to grow and a healthy diet: you can download a healthy eating guide from ardenhealth.com. Stress can also cause hair loss as a lot of tension is stored in the scalp which restricts the flow of nutrients to the hair follicles. There is an excellent Permea Plus Hair Repair Massage Oil available from Medicina pharmacies in Fujairah. Try to avoid stress by taking time to relax and make time for exercise.

Alva



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What to know about breast cancer



Breast cancer is the most common invasive cancer in women and the second leading cause of cancer death in women after lung cancer.

Advances in screening and treatment for breast cancer have improved survival rates dramatically since 1989. The chance of any woman dying from breast cancer is around 1 in 38 (2.6%).

However, due to advances in treatment, death rates from breast cancer have been decreasing since 1989.

Awareness of the symptoms and the need for screening are important ways of reducing the risk.

Symptoms

The first symptoms of breast cancer usually appear as an area of thickened tissue in the breast or a lump in the breast or an armpit.

Other symptoms include:

- pain in the armpits or breast that does not change with the monthly cycle
- pitting or redness of the skin of the breast, similar to the surface of an orange
- a rash around or on one of the nipples
- discharge from a nipple, possibly containing blood
- a sunken or inverted nipple
- a change in the size or shape of the breast
- peeling, flaking, or scaling of the skin on the breast or nipple

Most breast lumps are not cancerous. However, women should visit a doctor for an examination if they notice a lump on the breast.

Stages

A doctor stages cancer according to the size of the tumour and whether it has spread to lymph nodes or other parts of the body.

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Risk factors

The exact cause of breast cancer remains unclear, but some risk factors make it more likely. It is possible to prevent some of these risk factors.

1. *Age*- The risk of breast cancer increases with age. At 20 years, the chance of developing breast cancer in the next decade is 0.06%. By the age of 70 years, this figure goes up to 3.84%.
2. *Genetics*- If a close relative has or has had breast cancer, a person's chance of developing breast cancer increases. Women who carry the BRCA1 and BRCA2 genes have a higher chance of developing breast cancer, ovarian cancer, or both. People can inherit these genes from their parents. TP53 is another gene with links to increased breast cancer risk.
3. *A history of breast cancer or breast lumps*- Women who have previously had breast cancer are more likely to have it again than those who have no history of the disease. Having some types of noncancerous breast lump increases the chance of developing cancer later on. Examples include atypical ductal hyperplasia or lobular carcinoma in situ.
4. *Dense breast tissue*- Women with more dense breasts are more likely to receive a diagnosis of breast cancer.
5. *Estrogen exposure and breast-feeding* Extended exposure to Estrogen appears to increase the risk of breast cancer. This could be due to a person starting their periods earlier or entering menopause at a later than average age. Between these times, Estrogen levels are higher. Breast-feeding, especially for over 1 year, appears to reduce the chance of developing breast cancer. This is possibly due to the drop in Estrogen exposure that follows pregnancy and breast-feeding.
6. *Body weight*- Women who become overweight or develop obesity after menopause may also have a higher chance of developing breast cancer, possibly due to increased Estrogen levels. High sugar intake may also be a factor.
7. *Alcohol consumption*- A higher rate of regular alcohol consumption appears to play a role in breast cancer development. According to the National Cancer Institute (NCI), studies have consistently found that women who consume alcohol have a higher risk of breast cancer than those who do not. Those who drink moderate to heavy levels of alcohol have a higher risk than light drinkers.
8. *Radiation exposure*- Undergoing radiation treatment for a different cancer may increase the risk of developing breast cancer later in life.
9. *Hormone treatments*- According to the NCI, studies have shown that oral contraceptives may slightly increase the risk of breast cancer. According to the ACS, studies have found that hormone replacement therapy (HRT), specifically estrogen-progesterone therapy (EPT), is related to an increased risk of breast cancer.

Types

There are several different types of breast cancer, including:

- Ductal carcinoma: This begins in the milk duct and is the most common type.
- Lobular carcinoma: This starts in the lobules.





Invasive breast cancer occurs when the cancer cells break out from inside the lobules or ducts and invade nearby tissue. This increases the chance of cancer spreading to other parts of the body.

Noninvasive breast cancer develops when the cancer remains inside its place of origin and has not yet spread. However, these cells can sometimes progress to invasive breast cancer.

Diagnosis

A doctor often diagnoses breast cancer as the result of routine screening or when a woman approaches her doctor after detecting symptoms. Several diagnostic tests and procedures help to confirm a diagnosis.

Breast exam

The doctor will check the breasts for lumps and other symptoms.

During the examination, the person may need to sit or stand with their arms in different positions, such as above their head or by their sides.

Imaging tests

Several tests can help detect breast cancer.

Mammogram: This is a type of X-ray that doctors commonly use during an initial breast cancer screening. It produces images that can help a doctor detect any lumps or abnormalities.

A doctor will usually follow any suspicious results with further testing. However, mammography sometimes shows a suspicious area that turns out not to be cancer.

Ultrasound: This scan uses sound waves to help a doctor differentiate between a solid mass and a fluid-filled cyst.

MRI: A doctor may recommend an MRI as a follow-up to a mammogram or ultrasound. Doctors sometimes use them as a screening tool for those at higher risk of breast cancer.

Biopsy

In a biopsy, the doctor extracts a sample of tissue and sends it for laboratory analysis.

This shows whether the cells are cancerous. If they are, a biopsy indicates which type of cancer has developed, including whether or not the cancer is hormone sensitive.

Diagnosis also involves staging the cancer to establish:

- the size of a tumour
- how far it has spread
- whether it is invasive or noninvasive
-

Staging provides a picture of a person's chances of recovery and their ideal course of treatment.

Treatment

Treatment will depend on several factors, including:

- the type and stage of the cancer
- the person's sensitivity to hormones
- the age, overall health, and preferences of the individual
- The main treatment options include:
- radiation therapy
- surgery
- biological therapy, or targeted drug therapy
- hormone therapy
- chemotherapy

Factors affecting the type of treatment a person has will include the stage of the cancer, other medical conditions, and their individual preference.

Outlook

A person's outlook with breast cancer depends on the staging. Early detection and treatment usually lead to a positive outlook.

According to the ACS, a person who receives treatment for stage 0 or stage 1 breast cancer has a 99% chance of surviving for at least 5 years after being diagnosed, when compared to women who do not have cancer.

If breast cancer reaches stage 4, the chance of surviving another 5 years reduces to around 27%. Regular checks and screening can help detect

symptoms early. Women should discuss their options with a doctor.

Regular screening

The American College of Physicians (ACP) recommend that women aged 40–49 years with an average risk of breast cancer should discuss the benefits and risks of regular screenings with a doctor.

Between 50 and 74 years of age, women who have an average risk should undertake screenings every 2 years. Beyond 75 years of age, doctors only recommend screenings for women with a life expectancy of 10 or more years.

The ACS suggest that women of average risk can choose to have yearly scans from the age of 40 years onward. Those who have not should start annual screening at 45 years of age. They may decide to switch to screenings every other year when they reach 55 years of age.

The American College of Radiologists recommend screenings every year, starting from 40 years of age.

Prevention

There is no way to prevent breast cancer. However, certain lifestyle decisions can significantly reduce the risk of breast cancer .

These include:

- avoiding excessive alcohol consumption
- following a healthful diet containing plenty of fresh fruit and vegetables
- getting enough exercise
- maintaining a healthy body mass index (BMI)



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7th November – Doctor Sleep

Starring: Ewan McGregor, Rebecca Ferguson

Synopsis: Following the events of *The Shining*, Danny Torrance is now an adult with psychic powers he calls 'the shining' dealing with alcoholism like his father did. Danny comes across a cult that feeds on the steam of children who have the same psychic powers that he does.

7th November – Midway

Starring: Ed Skrein, Patrick Wilson, Luke Evans, Nick Jonas, Woody Harrelson

Synopsis: The film follows the story of US Navy sailors and aviators who persevered through the Battle of Midway, a turning point in the Pacific Theatre of World War II.

14 November – Charlie's Angels

Starring: Kristen Stewart, Naomi Scott, Noah Centineo, Elizabeth Banks, Patrick Stewart

Synopsis: Charlie's Angels have always provided security and investigative skills to private clients. Now the Townsend Agency has expanded

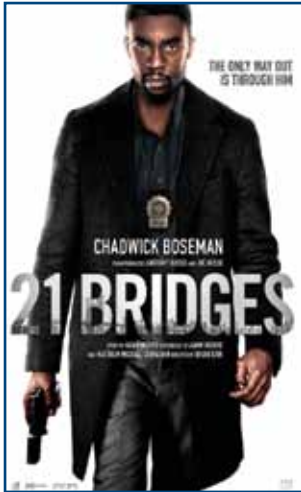
internationally with the smartest and most highly-trained women from all over the globe: multiple teams of Angels guided by multiple Bosleys, completing the toughest missions around the world. When a young systems engineer blows the whistle on a dangerous technology, these Angels are called into action, putting their lives on the line to protect us all.



21st November - Frozen 2

Starring: Kristen Bell, Idina Menzel, Josh Gad

Synopsis: Queen Elsa, her sister Anna, Kristoff, Olaf and Sven embark on a new journey beyond their homeland of Arendelle.



21st November - 21 Bridges

Starring: Chadwick Boseman, J.K. Simmons, Sienna Miller, Taylor Kitsch

Synopsis: An expertly trained NYPD detective puts all of New York City on a lockdown in order for him and the other authorities to defeat a duo of cop killers.

28th November - Le Mans '66

Starring: Matt Damon, Christian Bale, Jon Bernthal
Synopsis: The film follows an eccentric, determined team of American engineers and designers, led by automotive visionary Carroll Shelby and his British driver, Ken Miles, who are dispatched by Henry Ford II and Lee Iacocca with the mission of building the Ford GT40, a new racing car with the potential to finally defeat the perennially dominant Ferrari racing team at the 1966 24 Hours of Le Mans race in France.



28th November – Knives Out

Starring: Daniel Craig, Chris Evans, Jamie Lee Curtis, Michael Shannon

Synopsis: Wealthy crime novelist Harlan Thrombrey invites his extended dysfunctional family to his mansion on his 85th birthday in hopes of reuniting them all. However, during the birthday party, Harlan is found dead by the family and Detective Benoit Blanc is called to investigate the case. Soon enough, everyone in the family becomes a suspect.

Movie Ratings as stated by the Ministry of Information and Culture.	
18TC	The final rating of this movie is yet to be confirmed by the National Media Council. Until then it's rated 18+. Please bear this in mind booking tickets as transactions are non-refundable.
18+	No persons under 18 years of age will be admitted. No babies
15+	No persons under 15 years of age will be admitted. No babies.
PG 15	Customer may be aged 15 years and under, but must be accompanied by someone 15 years old or older. Please note content may not be appropriate for 15 years and below, booking to be at the discretion of guardians and parents.
PG 13	Customer may be aged 13 years and under, but must be accompanied by someone 13 years old or older. Please note content may not be appropriate for 13 years and below, booking to be at the discretion of guardians and parents.
PG	Parental guidance. Material may not be suitable for children.
G	General Exhibition - open for all ages.

It's a Weird and Wonderful World



Actor goes 1 hour, 17 minutes, 3 seconds without blinking 🇵🇭

An actor in the Philippines set what is believed to be an unofficial world record when he kept his eyes open without blinking for 1 hour, 17 minutes and 3 seconds.

Paolo Ballesteros was competing against comedian Allan K as part of a segment on the Eat Bulaga! variety show that pits celebrities against each other in unusual challenges. Allan K managed to about 34 minutes without blinking, and Ballesteros blew his time out of the water.

Guinness World Records said it has no official record for not blinking, but website RecordSetter.com lists the world record as being 1 hour, 5 minutes and 11 seconds, set by Julio Jaime of Colorado in 2016.



New England Giant Pumpkin Weigh-off won by 2,295-pound gourd 🇺🇸

The New England Giant Pumpkin Weigh-Off announced this year's winner tipped the scales at 2,294.5 pounds- a new record for the competition.

The pumpkin, grown by Connecticut man Alex Noel, dwarfed the competition at the annual weigh-off, which is part of the Topsfield Fair.

The 2,294.5-pound pumpkin is heavier even than a Mitsubishi Eclipse, which is only 2,018 pounds.

The pumpkin was a new record for the contest, but fell short of the world record, a 2,624.6-pound pumpkin grown by Belgian man Mathias Willemijns in 2016.



Guinea Pig Ice Cream Becoming A Cool New Treat In Ecuador 🇪🇨

Anyone who thinks of guinea pigs as pets _ cute, squishy, squeaking bundles of fur _ might find that idea hard to digest.

The rodents are a traditional hot dish in some Latin American countries, including Colombia, Peru and Bolivia. In Ecuador, people typically cook guinea pigs with salt and serve them with potatoes and peanut sauce. But one vendor is taking things to another gastronomic level, serving guinea pigs as a cold dessert. Some people like ice cream made from "cuy," as the animal is locally known.

The stall owner is María del Carmen Pilapaña, whose offbeat offering inspires disbelief and laughter among first-time customers. She also makes 40 servings of ice cream flavored with beetles, also traditionally eaten as a salty snack, and a smaller amount of mushroom ice cream.

The beetle and mushroom ice creams include fruits such as pineapple and passion fruit. Beetle ice cream has a slight aroma of wet earth.



Drug traffickers rescue police officers at sea off Spanish coast

Three Spanish maritime patrol agents were rescued by drug traffickers they were chasing at sea off the coast of Spain, local authorities said. As the agents attempted to intercept the boat with suspected narcotics off the Costa del Sol. The agents' boat went "out of control" and hit the side of the suspects' vessel and the officers fell into the sea, Civil guard authorities said.

The suspects rescued the three police officers as a helicopter hovered over the area realising the imminent danger to the civil guards, required the occupants of the other vessel to support them by public address.

Although the four men rescued the occupants, they were arrested for drug trafficking after 80 bundles of hashish -- weighing more than three tons -- were found in the sea.



Colorado father and son make their own Lamborghini with 3D printer

A Colorado physicist is putting his scientific expertise to a practical purpose using a 3D printer to build a Lamborghini with his 11-year-old son.

Sterling Backus and his son started work on their full-size, working model of an Italian supercar -- specifically the Lamborghini Aventador -- when the boy asked his father if it was possible.

Sterling Backus said his background as a "gear head" has thus far been more helpful than his training as a physicist.

The car won't be a proper Lamborghini, it contains a Corvette V8 engine and various parts procured from a junkyard, including Porsche components, but Backus said it will look like the real thing.

The father and son recently posted video of the vehicle going for a short drive test.



Indian sisters-in-law run backward for 13 hours

A pair of women in India ran backward for 13 hours, totalling 33 miles, to celebrate Mahatma Gandhi's 150th birthday and set a Guinness World Record.

Sisters-in-law Twinkle Thakar and Swati Thakar said they were inspired by Prime Minister Narendra Modi's statements about female empowerment to take their backward run from Bardoli to Dandi.

"At first we were not confident about completing the task, but then our family members motivated us. Our aim was to motivate women to come forward and showcase their skills. Each woman has some qualities, they just need someone's support to come forward,"

The pair said they are submitting video of their run to Guinness for official recognition.



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Successful participation of the UAE delegation in UIM General Assembly Meetings



His Highness Sheikh Saif bin Hamad bin Saif Al Sharqi, Chairman of Fujairah International Marine Club extends warm congratulations to Dr. Raffaele Chiulli on his winning the election for UIM President for the fourth time .

UEA Marine Sports Federation represented by Harz Al Murr Bin Huraiz, President of UAE Marine Sports Federation and Major Ahmed Ibrahim Mohammed, Vice President of UAE Marine Sports Federation and Managing Director of Fujairah International Marine Club.

Dr. Raffaele Chiulli was nominated for the fourth time as the President of UAE and won with the majority of votes in the 92nd UIM General Assembly which held in the Qingdao city in China.

Fujairah International Marine Club continues its successful attendance and appearance as an important part of the UIM committee through Major Ahmed Ibrahim Mohammed, a member of the Powerboat Committee and the Committee of Formula Future boats as well as the Youth Development Committee of UIM.





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The Trade Centre is only two minutes from the airport and ten minutes from the Port of Fujairah. Government offices, hotels and beaches are all close by.

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Fujairah Triathlon is back!



23rd November 2019 and the Fujairah Triathlon is back with a second edition, offering both Super Sprint and Olympic distances as well as the popular Kids Aquathon!

With cash prizes and trophies for both male and female competitors in many different races and in a variety of age categories, there's something for all standard of athletes.

The main races

Super Sprint:

400m Swim, 10km Bike, 2.5km Run

Olympic:

1.5km Swim, 40km Bike, 10km Run

Kids Aquathon:

4 to 7 Years:

50m Swim + 500m Run

8 to 11 Years:

75m Swim + 1km Run

12 to 15 Years:

100m Swim + 2km Run

Register now for one of the most scenic triathlon through the beautiful landscape of Fujairah.

- Registration closes 20.11.2019 at 11:59 PM or sooner if places sell out.
- Cancellations accepted up to 20.11.2019 at 11:59 PM or sooner if the event sells out.
- Category Changes accepted up to 20.11.2019 11:59 PM or sooner if the event sells out.

For more details and registration:

https://www.premieronline.com/event/fujairah_triathlon_2019_4614



Introducing... Wolfie... fun mascot for a fierce team



In addition to football-related mascot duties, Wolfie might also appear when there are community activities and other events.

Fujairah Football Club has a uniquely strong bond with fans and has recently introduced many excellent family friendly initiatives, including match-day entertainment with local schools competing against each other during the half time break and who knows someone could catch the eye of coach!

One of the highlights of the game comes when **Wolfie** launch club T-shirts into the crowd. The crowd goes wild as fans fall over themselves trying to catch the prize.

T-shirts aren't the only giveaway as each match ticket can give you the chance to win one of three quality prizes provided by Samsung!

Competitive pricing of season tickets (100/- which covers all 28 matches) is an added bonus for regular fans and they are still entered into every Samsung prize draw.

Fujairah Football Club know the support of the next generation cannot be taken for granted and these new family initiatives are the beginning of a new era for the club.

Wolfie is Fujairah Football Club new cuddly club mascot and he is already proving to be a big hit with the young supporters!

So you might wonder what exactly does a mascot do?

A mascot is a unique member of your team- he cannot cheer or yell in his costume, instead, your mascot provides a different way of exciting the crowd especially when Fujairah score!

Fujairah Football Club mascot aka **Wolfie** doesn't have to follow certain rules about when to cheer or how to cheer. He can be very funny, leaping and cavorting about, and the crowd love his antics.



Pacman fires 42 as Team MPBL get even with Dubai All Stars

Philippine Senator Manny Pacquiao thrilled the sizeable Filipino crowd with his offensive prowess but it was the Dubai All Stars-DJMC who took first blood scoring a thrilling 99-96 overtime win Friday 30th September in the Maharlika Pilipinas Basketball League's Dubai Invasion 2019.

The 40-year-old Pacquiao, the only eight-division world champion in boxing history, showcased his scoring prowess, firing a game-high 35 points on an array of outside jumpers and daring drives much to the delight of his Kababayans who trooped their way to the sprawling Hamdan Sports Complex along the Emirates Road.

But the Dubai All Stars-DJMC, composed of former pro and collegiate Filipino cagers who are now based in UAE, had other plans as they played all out right from the opening tip to take the opener of the exhibition matches serving as fitting appetisers for regular MPBL matches.

Former MBA star Chris De Jesus led the hosts with 17 points while former University of the East standout Arnold Booker and Perpetual Help product Chris Elope tallied 16 points apiece as they took turns in the extra five-minute period that salvaged what seemed to be a blown opportunity in regulation.

It was Pacquiao, as expected, who commanded much of the spotlight in the opening day of the league's breakthrough foray overseas made possible by the Dubai Sports Council and Hamdan Sports Complex, with Happy Holidays, Herschel, Blue Eyes, King's Medical Center, Shogun Global and Transform as support sponsors.

Pacquiao sustained his fiery form as Team Maharlika Pilipinas Basketball League Executives got back at Dubai All Stars-DJMC 107-101 on the Saturday night, at the close of the MPBL Dubai Invasion 2019 showpiece at Hamdan Sports Complex.

A night after scoring 35 points in a 99-96 setback, the 40-year-old Pacquiao showed no signs of slowing down, exploding for a game-best 42 points, spiked by six triples, while leading his team to an impressive wire-to-wire victory in the weekend hoopfest supported by Dubai Sports Council and Hamdan Sports Complex management.

Former pro Emmer Oreta scattered 12 of his 14 points in their dominant first-half performance while David Sisson, Pacquiao's personal assistant, added 12 points, all from beyond the arc, as the visitors asserted their might in the second canto, led by as many as 26 points and did enough to hold off the hosts' repeated rallies.

"It's been a great weekend for us," said Pacquiao, the league founder who also issued a team-best six assists on top of two steals and as many rebounds. "I really enjoyed competing against my Kababayans here in the UAE. Thank you to everyone who came and supported us."

Dunstan Rozario, Chairman of DJMC Events, the main organiser of the weekend hoopfest, also sounded grateful of hosting for Pacquiao and Co. "It's an honour to have Senator Manny back here in Dubai. And we look forward to future collaborations with him. Expect a bigger and better show next year."

In the main match of MPBL's first international foray which has Happy Holidays, Herschel, Blue Eyes, King's Medical Center, Shogun Global and Transform as support sponsors, Jason Melano completed a go-ahead three-point play with 3.3 seconds left as Batangas City Athletics outlasted Imus Bandera, 86-85, in overtime.

Top gunner Val Acuna finished with 19 points while Melano registered a double-double of 18 points and 10 rebounds for the Athletics, who bounced back from a 67-57 setback dealt by the Davao Occidental Tigers last Friday and improved their record to 10-5 in the South Division.

Imus forward Jeric Nacpil had a game-high 20 points while Kapamilya actor Gerald Anderson

scored 10 points that all went for naught after former pro league MVP J-Jay Helterbrand missed potential game-winning treys in both regulation and extra period.

The Bandera, in the process, suffered their sixth straight setback and fell to 3-12 overall.

All eyes, as expected, still focused on Pacquiao, the only eight-division world champion in boxing's rich history who proved that he can also provide top entertainment through the sport closest to the Filipinos' hearts.

With the result already beyond doubt, Pacquiao did his best impersonation of former NBA superstar Tracy McGrady's trademark move twice, bouncing the ball off the board before laying it in that drew loud cheers from throngs of fans in attendance.

Lefty Jerry Mendez finished with a team-high 22 points while skipper Sonny Toring, Jacob Rosal and Enrico Bawic tallied at least 11 points each for the Dubai All Stars-DJMC team comprised of Filipino expats in the Middle East, who still received US\$1,000 as consolation prize from Pacquiao.



The scores:

Friday: DUBAI ALL STARS-DJMC 99 – De Jesus 17, Booker 16, Elope 16, Sanchez 10, Buenafe 9, Caberte 8, Chan 6, Alfaro 5, Tamayo 5, Garcia 4, Bernal 3, Araneta 0, Romualdez 0.

MPBL EXECUTIVES 96 – M. Pacquiao 35, Oreta 22, Duremdes 13, Antonio 10, Sisson 5, B. Pacquiao 4, Wainwright 4, Luanzon 2, Orquillas 1, Alabanza 0, Bonleon 0, Makalintal 0.

Quarterscores: 23-26; 47-43; 68-64; 90-all; 99-96 (OT)

Saturday: MPBL EXECUTIVES (107) – Pacquiao 42, Oreta 16, Sisson 12, Lamocho 10, Luanzon 9, Alabanza 4, Adormeo 4, Antonio 4, Macantal 2, Distrito 2, Duremdes 2, Jamora 2, Macalintal 0, Caruncho 0, Tupas 0, Orquillaz 0.

DUBAI ALL STARS-DJMC (101) – Mendez 22, Toring 14, Rosal 11, Bawic 11, Garcia 7, Mariano 7, Asuncion 7, Pragados 6, De Jesus 4, Perez 3, Go 3, Garde 2, Chan 2, Canoy 2, Caberte 0, Damaso 0.

Quarterscores: 25-19; 55-33; 78-58; 107-101.




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Schedules announced for Emirates Airline Dubai Rugby Sevens

The pools and schedules for the first combined men's and women's HSBC World Rugby Sevens Series event of the 2020 season have been announced.

Held on 5-7th December, 2019, the Emirates Airline Dubai Rugby Sevens marks the start of this season's men's competition as well as the race for Olympic glory as rugby sevens prepares to make its second appearance on the Olympic Games programme at the Tokyo 2020 Olympic Games.

Dubai will be the second stop on the 2020 women's competition after the opening round took place in Glendale, Colorado on 5-6 October where hosts USA were victorious.

Hosted at the iconic Sevens Stadium, this year's tournament celebrates 50 years of the Dubai Sevens and will see all men's and women's matches played on the main pitch for the first time in its history.

As the only permanent stop on the women's series since its inaugural year in 2012, Dubai is now one of eight tournaments for the women's teams this season – a record number for the women's competition – and is one of six combined men's and women's events alongside Cape Town, Hamilton, Sydney, Hong Kong and Paris.

Day one of the three-day event will see each of the 24 teams play one pool game each, with Spain and Ireland leading the proceedings in the women's competition.

Reigning Dubai and World Series Champions, New Zealand will take on invitational side Japan



in a Pool C clash with last year's runners-up, Canada facing Russia in Pool A.

Brazil, also of Pool A and who earned core status onto the HSBC World Rugby Sevens Series this season, will play their opening game against USA who won their second ever gold medal in Glendale in October.

In the men's competition it will be Samoa and Canada in Pool C who get things underway on day one.

Similarly to their female counterparts, New Zealand will be looking to retain their title in Dubai as they take on Wales in another Pool C encounter.

Reigning World Series Champions, Fiji will play their first game of the season against Japan, who are welcomed as the men's invitational side.

After winning the qualifier event in Hong Kong this year, Ireland earned promotion to the HSBC World Rugby Sevens Series and will kick off their campaign as a core team against 2019 series runners-up, USA.

Both men's and women's USA teams recorded their highest ever finishes on the world series last season, with the men's side obtaining medals in

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all but three of the ten events and the women only missing out on a podium finish in Dubai.

“As the first combined men’s and women’s event of the HSBC World Rugby Sevens Series 20202, and with the Tokyo 2020 Olympic Games on the horizon, Dubai marks the start of a monumental season for our sport,” said World Rugby Chairman, Sir Bill Beaumont.

“Moving all men’s and women’s games to the main pitch at the Sevens Stadium is a huge step forward in our aim for parity across the game which will provide fans with non-stop rugby that is higher in quality than ever before.

“We’d like to congratulate Dubai on their upcoming 50th anniversary and for being such a prominent feature on the world series over the years. There is no doubt that this season’s tournament will go above and beyond to deliver the very best of rugby sevens to those watching in the stadium and at home.”

Tickets for the Dubai Sevens are available via <https://dubairugby7s.com/> with Australian pop

star Kylie Minogue set to play an evening concert on Friday 6th December to celebrate 50 years of the event.

Ticket Prices:

General Admission:

Thursday, 5th December - free admission

Friday, 6th December - Dubai Rugby Sevens and the Concert - in advance AED 400, on the day AED 500

Saturday, 7th December - in advance AED 300, on the day AED 400

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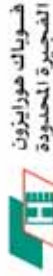
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Fujairah hosts female boxers at ASBC Junior Championships



ASBC President and AIBA Vice-President Mr. Anas Alotaiba lauds ASBC Asian Confederation Junior Boxing Championships in Fujairah, which was a historic event allowing girls to compete.

After the finals Alotaiba said "I am satisfied with this ASBC Asian Junior Boxing Championships where one of our main programs the Gender Equality realized. As we promised for the whole Asian boxing community, we will launch new events and more opportunities for the boxers in each age group. We had 239 boxers including 69 women here in this event which was a record breaking tournament in several aspects.

The new edition of the ASBC Asian Junior Boxing Championships was a friendly event, it was not only fun for the young boxers but all participants in Fujairah. I recognized hard job from the LOC of the competition and we received positive feedbacks from the key officials during the sessions.

I found the venue of this ASBC Asian Junior Boxing Championships was better than in the previous editions and the local organizers arranged many new ideas during the opening day of the tournament. I would like to send my best regards and greetings

to all people who supported the success of the ASBC Asian Junior Boxing Championships.

The level of the boxers was very high here in this ASBC Asian Junior Boxing Championships. Uzbekistan, Kazakhstan, China and India are the best nations in our continent but many others are joined to them. Personally I think we have stronger background than ever and we are going to the right direction.

Japan will be the host of the next Olympic Games in 2020 and their current juniors are impressed me in Fujairah. Japan's 48kg boxer Yuga Ozaki defeated one of the strongest Uzbeks in the semi-finals while their 50kg talent Daiya Kira became the Best Male Boxer of the ASBC Asian Junior Boxing Championships.

Our next project is the ASBC Asian Youth Boxing Championships which will be held in Ulaanbaatar, Mongolia next month and I am expecting hard battles on this event. Some of these strong youth hopes could be participated already in the Olympic Qualification Events in 2020.

Our very new project the ASBC Asian Grand Slam will be closing the boxing year for us in China which event is scheduled to take place in December and we are in negotiation with the LOC to fix all details in the upcoming day. We have also many projects and goals for 2020 which will be important for our continent's boxers".



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092236888

Concorde Salon
Latest styles and treatments
Concorde Hotel
09-2249000

Dar Lama Fashion/Beauty Salon
2nd floor Burj Al Wadi,
Hamad Bin Abdullah Rd,
Fujairah
09-2226502

Farfalla
Near Preventive Medicine Dept
09-2227462

Glamorous Beauty Spa
304 FEWA Building, Fujairah
092224545
0567078646 or 0528584940

Ilham Beauty Centre
Near Emarat Centre
09-2222338

Kerala Ayurvedic Massage
Centre
10th floor, Coral Suites Hotel
Hamad Bin Abdullah Rd,
Fujairah
09-2244788

Ladies Salon 2002
16 Buildings Complex
Hamad Bin Abdullah Rd, Fujairah
09-2229888

Marimar Ladies Salon
Fujairah
09-2223001

Mega Ladies Salon
1st Floor Al Manama Hypermkt
Car Showroom Road
09-2220345

Murjanah Ladies Saloon
Near Century Mall Fujairah
09 2237476

Princess Beauty Salon
Opp. Choitram Supermarket
09-2226211

Queens Ladies Salon
Beside Safeer Market
09-2226266

Riviera Beauty Centre
Near Fujairah Medical Centre
Faseel Rd, Fujairah
09-2229066

Sarah Beauty Salon
Al Basra Road
Near White Village, Fujairah
09-2233231

Shatha Beauty & Spa
Novotel Hotel Fujairah
Mezzanine Floor
Hamad Bin Abdulla Road
Fujairah
09-2034966
050-7906083

Siji Ladies Salon
Latest hair styles and treatments
for women
Mezzanine floor,
Al Diar Siji Hotel
09-2014421

Siji Men's Salon
Mezzanine floor,
Al Diar Siji Hotel
09-2014420

Synergy Healing Centre
Opp Century Mall
Fujairah
09-2222778

The Beauty Salon
1st floor, Radisson Blu Resort
Fujairah
Dibba – Fujairah
09 2449700

Willow Stream Spa
Health & Wellness Spa
B1 Level, Fairmont Fujairah
Beach Resort
Mina Al Fajer, Dibba – Fujairah
09-2041035

HOTELS

Adagio Fujairah Aparthotel Studios and apartments Hamad Bin Abdullah Road 09-223 9888
Al Diyar Residence Hamad Bin Abdullah Rd, Fujairah 09-2244660
Al Diar Siji Hotel Five star business hotel Hamad Bin Abdullah Rd, Fujairah 09-2232000
Blue Diamond Alsalam Resort Luxury Hotel & Apartments Al Ghurfa, Corniche Road Fujairah 09 2027000
California Suites Hotel Fujairah 09-2222138
City Plaza Hotel Hamad Bin Abdullah Rd, Fujairah 09-2222202
City Tower Hotel Four star deluxe premium hotel Hamad Bin Abdulla Rd Fujairah 09 2236888
Clifton International Hotel 4 Stars Deluxe Hotel Apts Hamad Bin Abdullah Rd, Fujairah 09-2222021
Concorde Hotel Fujairah 5 stars Hotel Hamad Bin Abdullah Rd, Fujairah 09-2249000
Emirates Springs Hotel Apartments Hamad Bin Abdullah Rd, Fujairah 09-2232922

Fairmont Fujairah Beach Resort Luxury Art-Inspired Resort, Mina Al Fajer, Dibba, Fujairah 09-2041111
Fortune Residence Hotel Apartments Al Fahim Street, Opp Ladies Park - Fujairah 09-2244991
Fortune Royal Hotel Al Gurfa Road Fujairah 09-2238886
Fujairah Beach Motel Faseel Rd (Coast Rd) 09-2228111
Fujairah Rotana Resort & Spa Five star beach resort Al Aqah, Fujairah 09-2449888
Holiday Beach Motel Al Faqet, Fujairah 09-2445540
Ibis Fujairah Hotel International budget hotel Hamad Bin Abdullah Road 09-223 9997
InterContinental Fujairah Resort Hotel Al Aqah Dibba Road - Fujairah 09-2099999
Le Meridien Al Aqah Five star beach resort Al Aqah, Fujairah 09-2449000
Miramar Al Aqah Beach Resort Five star beach resort Al Aqah, Fujairah 09-2449994
Nour Arjaan Hotel apartments Hamad Bin Abdullah Rd, Fujairah 09-2025555

Novotel Fujairah Four star hotel Hamad Bin Abdullah Road 09-223 9999
Oasis Residential Suites Fujairah 09-2232823
Oceanic Hotel Khorfakkan Corniche, Sharjah 09-2385111
Radisson Blu Resort, Fujairah Five star beach resort Dibba - Fujairah 09 2449700
Raynor Hotel Apartments Murbah 09-2361116
Royal Beach Hotel & Resort Al Faqet, Fujairah 09-2449994
Royal M Hotel Fujairah Hamad Bin Abdullah Rd, Haleefat Area, West Fujairah 09-2012000
Sama Deba Hotel Apartments Dibba 09-2440221
Sandy Beach Hotel Al Aqah, Fujairah 09-2445555
Sea Side Furnished Flats Dibba 09-2447553
Siji Hotel Apartments Luxury hotel apartments Al Nakheel Rd, Fujairah 09-2232222
Uptown Hotel Apartment Kuwait Road Sikamkam, Fujairah 09 2223580 / 2012000

PHARMACIES

Bin Moosa Pharmacy
9am - 2am
Opp. Safeer Mall, Fujairah
09-2227575

Family Pharmacy
9am -1am & 5pm -10pm
Nr Family Medical Hospital
09-2222444

Fujairah Drug Store
8:30am - 5:00pm
Al Hayl Area, Fujairah
09-2226669

Fujairah Pharmacy (24 hours)
Opp. Fish Mkt. Gurfa, Fujairah
09-2229295

Fujairah Tower Pharmacy
9am -1pm and 5pm -10pm
G/F Fujairah Trade Centre
09-2223979

Healthfirst Pharmacy
Open 24 hours
Fujairah
09 222-9295

Hikma Pharmacy
9am -1pm - 5pm -10pm
Fuj Medical, Al Faseel Fujairah
09-2231442

Ibn Sina Pharmacy
9am -1pm & 5pm -11pm
Beside Plaza Cinema
or Arab Bank, Fujairah
09-2220044

Lulu Pharmacy
9am -12 midnight
Lulu Hypermarket
09-2233112

Mozoon Pharmacy
Timing : 8.30 am to 1am
Opp ADCB Sh. Hamdan Road
Fujairah
09-2244699

Nat'l Medical Centre Pharmacy,
Gurfah
9am -1pm & 5pm -9:30pm
09-2222850

New Fujairah Pharmacy
8:30am -1pm & 4:30 -10pm
Nr Madina Supermarket,
Al Gurfah
09-2224820

Reem Pharmacy Opp. HSBC
9am -1pm & 5pm -10pm
Hamad Bin Abdulla Rd
09-2241124

Siji Pharmacy
9am -1:30pm & 5-10:30pm
Opp. Al Rostami Exchange
Sh Zayed Rd, Fujairah
09-2231540

Thumbay Pharmacy
Open 24 hours
Fujairah
09-2244233 Extn 212

RESTAURANTS

Abu Khalid Restaurant
Indian/ Arabic
Park Road, Fujairah
09-2224592
050-5409708

Al Afrah Cook
Indian/ Arabic
Fujairah
09-2224238

Al Amwaj Restaurant
Takeaways/Delivery Indian
Qidfa, Fujairah
09-2380191

Al Aseel Restaurant & Cafeteria
Indian Delicacies
Near Safeer Rbt, Fujairah
09-2227244

Al Baghdadi Rest. & Cafeteria
Sandwich/Arabic/Indian
Hamad Bin Abdullah Rd,
Fujairah
09-2229105

Al Bake Restaurant & Cafeteria
Takeaways/ Delivery Service
Al Ghorfa Road, Fujairah
09 -22373779
050-4343279 or 055-7530035

Al Diwan Restaurant
International cuisine
Al Diar Siji Hotel, Fujairah
09-2232000

Al Khaleej Coffee Shop
Park Road, Fujairah
09-2224353

All Stir Fry
Food Court, Level 1, Lulu Mall,
Fujairah City, Fujairah
058-8664548

Almahbash Alshaabi Restaurant
Fahim Street, Fujairah
09-2225445

Al Mabrook Restaurant
Filipino Food
Fahim Street, Fujairah
09-2231372/2243686

Al Majalis Restaurant
Shisha/Arabic/Moroccan
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

Al Majilis
International Buffet/ A la Carte
Miramar Hotel, Al Aqah, Fujairah
09-2449994

Al Malaki Coffee Shop
Wireless Playstation
Fahim Road, Fujairah
09-2249009

Al Melaka Al Kabira restaurant
Filipino Food
Al Matar Road (Airport Road)
Fujairah
09-2221617
050-9065694

Al Meshwar Restaurant
Lebanese cuisine
16 Buildings Complex
Hamad Bin Abdullah Rd,

Fujairah Al Nafoora Restaurant Continental/Oriental/ Italian Coral Suites Hotel Hamad Bin Abdullah Rd, Fujairah 09-2231113	09-2243399 Al Qasar Al Afghani Bukhari Rice Opposite Ladies Park, Al Muntazah Street, Fahim Street, Fujairah 09-2222410	09-2222969 Baniyas Cafeteria Merashid Road, Fujairah 09-2225562 055-9110507
09-2244788 Al Nafoora Spring Restaurant King Faisal Road Al Faseel, Fujairah 09-2224842/41	Al Wahda Rest & Cafeteria Indian Cuisine Near Safeer Shopping Mall Off Fahim Street 09-2231786	Belle View All day dining - Concorde Hotel Fujairah Hamad Bin Abdullah Rd, Fujairah 09-2249000
Al Narjan Cafeteria/Restaurant Al Fahim Street, Fujairah 09-2223301	Al Zaman Restaurant Sandwich/ Coffee/ Juice Park Road, Fujairah 09-2242297	Bin Hafeer Cafeteria Sharwamas/sandwiches/juices Fujairah 09-2236133 050-5905100
Al Nokhada Restaurant Arabic Seafood cuisine 2nd floor, Radisson Blu Resort Dibba – Fujairah 09-2449700	Angaar Restaurant Indian/Pakistani/Fast Food Pizza/Seafood/Vegetarian Hamad Bin Abdullah Rd, Fujairah 09-2239741	Bon Appetit Continental/Indian/Italian/Arabic Mohammed Bin Mattar Road Fujairah 09-2230066
Al Rais Cafeteria Park Road, Fujairah 09-2233188/2227400 050-3525799	Aquarius Pool Café Nour Arjaan by Rotana Hamad Bin Abdullah Rd, Fujairah 09-2025555	Burger Lab Takeaway/Delivery Fujairah Trade Centre Fujairah 09-2222700
Al Rihla Restaurant All day dining Millennium Hotel Haleefat Area, West Fujairah 09-2012000	Arous Al Bahar Lebanese/Takeaways Dallah Roundabout, Fujairah 09-2227866 Or 09-2224580	Breeze Restaurant All day dining buffet 1st floor, Radisson Blu Resort Dibba – Fujairah 09-2449700
Al Roof Restaurant Int'l Emirate Springs Hotel Hamad Bin Abdullah Rd, Fujairah 09-2232922	Arteasan Tea Room Lobby Level, Fairmont Fujairah Beach Resort, Mina Al Fajer, Dibba, Fujairah 09-2041111	Caesars Restaurants & Confect Rostamani Building, Hamad Bin Abdullah Rd Nr Nissan Showroom, Fujairah 09-2249900
Al Sawaqi Cafeteria Nadah Road, Fujairah 09-2241881	Asmak Speciality Restaurant International cuisine Al Diar Siji Hotel Hamad Bin Abdullah Rd Fujairah 09-2232000	Café Pronto European Bistro B3 Level, Fairmont Fujairah Beach Resort, Mina Al Fajer, Dibba, Fujairah 09-2041111
Al Shamaa Cafeteria & Rest Al Fahim Street, Fujairah 055-4580851	Babylon Cafeteria Sandwich/ Breads/ Arabic Fujairah Trade Centre Hamad Bin Abdullah Rd Fujairah	Caliente Café European Cuisine G/F Fujairah Tower, Hamad Bin Abdullah Rd Fujairah 09-2244700
Al Shami Cafeteria & Rest Fujairah 09-2243404	Al Tarboush Restaurant Arabic Takeaways/ Delivery Hamad Bin Abdullah Rd, Fujairah	

RESTAURANTS

Canvas
International, All-Day-Dining
B1 Level, Fairmont Fujairah
Beach Resort
Mina Al Fajer, Dibba, Fujairah
09-2041111

Chowking
Chinese -Takeaways/ Delivery
Fujairah City Centre
09-2235737

Copper Lobster
Seafood & Gastro Bar
Fairmont Fujairah Beach Resort,
Mina Al Fajer, Dibba,
09-2041111

Cream & Honey Cafe,
Desserts
Fujairah Trade Centre
Hamad Bin Abdullah Rd, Fujairah
09-2235500

Curry House
Takeaways/ Delivery Service/
Indian Delicacies
Opp road to HSBC, Fujairah
09-2244228

Deli-cious Café
Sandwich/ Coffee/ Juice
Fujairah Trade Centre
09-2227678

Dibba Rock Restaurant
Continental
Royal Beach Hotel & Resort
Al Faqeeq, Fujairah
09-2449444

Dolci Paris
International Cuisine
Nr Lulu Hypermarket, Fujairah
09-2237008

Dosa Hut Restaurant
Indian/Free Home delivery
Al Manama Hyper Market,
Fujairah
052-4377155

Drift Beach Bar & Grill
InterContinental Hotel
Al Aqah, Fujairah
09 2099999
0561610874

Eeva Cafeteria
Park Road, Fujairah
09-2226390

Emirates Sea Restaurant
Multi-cuisine
Corniche Road, Fujairah
09 222 2785

Family Restaurant
Chinese, Arabic, Indian
Mina Road, Fujairah
050-6290292

Faseel Restaurant
Siji Hotel Apartments
Al Nakheel Street, Fujairah
09-2232222

Fatafeaf Cafeteria
Off Jamiya Road, Fujairah
09-2238382

Felfela Cafeteria
Park Road, Fujairah
09-2239559
Mob 055-2877622

Fortune Restaurant
Indian/ Chinese
Fortune Residence Apartment
Hotel, Fujairah
09-2244991

Freddy's Restobar
Indian, Arabic, Continental,
Chinese Cuisine
Fortune Royal Hotel
Ghorfa Road, Fujairah
09-2238886

Fresh Express Restaurant &
Catering
Merashid/Rughalt Road
Fujairah
09-2237440
055-9940500

Fujairah Star Restaurant
Indian/Arabic
Fujairah
09-2225337

Garden Valley Restaurant
Merashid/Rughalt Road
Fujairah
09-2221526

Golden Fork Restaurant
Takeaways/ Delivery Service
Hamad Bin Abdullah Rd,
Khorfakkan Corniche
09-2387085/2387092

Gonu Bar & Grill
Fish/ Seafood/ Meat grill
Beach front
Le Meridien Al Aqah, Fujairah
09-2449000

Grand Bleu Restaurant
Beachside, Ground floor,
Radisson Blu Resort,
Dibba - Fujairah
09-2449700

Green Belt Restaurant
Indian and Pakistani
Cinema Road, Khorfakkan
09-2383759
052-2260941

Green Valley Restaurant
Indian/Chinese
Takeaways/ Delivery
Hamad Bin Abdullah Rd, Fujairah
09-2224929

Hadramout Mandi
Yemenite Restaurant
Gurfa Road, Fujairah
09-2222988

Hanin Restaurant
Filipino
Fujairah
09-2249394

Hardees Fast Food
Hamad Bin Abdullah Rd,
Fujairah
600 569000

Hatam
Iranian Restaurant/Takeaway
Fujairah City Centre Mall
055-9567204
09-2440540

Heatwave
Pub/DJ
Radisson Blu Resort Fujairah
Dibba – Fujairah
09-2449700

Horizon
Lobby lounge & bar
InterContinental Hotel
Al Aqah, Fujairah
09 2099999

IAMMAI
Pool bar light bites - shisha
B1 Level, Fairmont Fujairah
Beach Resort, Mina Al Fajer,
Dibba, Fujairah
09-2041111

Iqbal Restaurant
Takeaways/ Delivery Service
Arabic/ Indian
Salam Street, near old Etisalat
09-2224969

Iran Restaurant & Bakery
Takeaways/ Delivery Service
Sheikh Zayed Rd,
Fujairah 09-2223370

Irish Sports Corner
Bar, Club, Finger Food
Clifton Hotel,
Hamad Bin Abdullah Rd, Fujairah
09-2244788
0559548335

Jabal Safad Cafeteria & Rest
Takeaways/ Delivery Service,
Arabic Food
Ghorfa Fish Market
09-2242088/2242055
055-8289019

Jiddah Palace Restaurant
Takeaways/ Delivery Service
Opp road to HSBC,
Fujairah 09-2233526

Joe's Sports Bar
Royal M Hotel Fujairah
Haleefat Area,
West Fujairah 09-2012000

Karachi Darbar Restaurant
Takeaways/ Delivery Service
Opp. Cinema Plaza
050-6498883

Kentucky Fried Chicken (KFC)
Takeaways/Delivery Service/
Hamad Bin Abdullah Rd,
Fujairah
600522252

Kairali Indian Restaurant
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

Lari Adda Restaurant.
Pakistani & Indian Cuisine
Next to HSBC Bank,
Khalifa Khamees Matar Bldg,
Hamad Bin Abdullah Road,
Fujairah 09-2364411

Lava Dining
Casual Dining, Bar
Fairmont Fujairah Beach Club,
Mina Al Fajer, Dibba, Fujairah
09-2041111

Lava Lounge
American, Mexican, Japanese
Building 3, 16 Buildings
Hamad Bin Abdullah Rd Fujairah
09-2364463

Layali Al Sham Restaurant
Off Hamad Bin Abdullah Rd,
Fujairah
09-2237575
050-1901700

Little White Restaurant
Takeaways/ Delivery Service
Emirates Trade Centre
Sh Zayed Rd, Fujairah
050-3936132

Lulu Restaurant & Cafeteria
Fahim Street, Fujairah
09-2221969/49

Mabuhay Restaurant
Filipino Food
Sh Zayed Rd, Fujairah
09-2231372/ 2243686

Maharath Al Bahar Cafeteria
Hamad bin Abdullah Rd
Fujairah
09-2226963
050-7108083

Malabar Palace Restaurant
Takeaways/ Delivery Service
Fujairah
050-2706897

Malik Indian Restaurant
South & North Indian/Chinese
Sheikh Zayed Bin Sultan Street,
Fujairah
09 2222783
050 8852678

Mammone
Italian food
Iberotel Miramar Beach resort
Al Aqah,
Fujairah
09-2449994

Manila Beats
Filipino Club & Restaurant
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

Maxims Multicuisine Restaurant
A la carte / International Buffet
City Tower Hotel
Hamad Bin Abdullah Rd
09-2236888

McDonalds
Takeaways / Eat in / Fast Food
EPPCO Petrol Station
Al Faseel Road (Beach Rd)
Fujairah
09-2281863

McGettigans Irish Bar
Tennis & Country Club,
Nr Fujairah City Centre
09-2244880

Mistral Restaurant
Middle Eastern & Mediterranean
Fujairah Mall
Millennium Hotel
Fujairah 09-2012000

RESTAURANTS

Mozaique Restaurant
International Buffet
Fujairah Rotana Resort & Spa
Al Aqah,
Fujairah

09-2449888

Modern Restaurant
Arabic, Indian and Chinese
Dhadna, Fujairah

09 2445733/2445227
058-9007071

Murjan Café & Restaurant
Nour Arjaan by Rotana
International cuisine
Hamad Bin Abdullah Rd, Fujairah

09-2025555

Nalukettu
Indian/ Chinese
City Plaza Hotel.
Hamad Bin Abdullah Rd, Fujairah

09-2223070

Nama Global Dining
InterContinental Hotel
Al Aqah, Fujairah

09 2099999

New Damascus Restaurant
Takeaways/ Delivery Service,
Arabic food
Gurfah Rd, Fujairah

09-2222281

Namaste
Nepalese Cuisine (Delivery)
Off Hamad Bin Abdullah Rd,
Fujairah

09-2225227

Dosas House
Takeaways/ Delivery Service
Seafood/Fish/Chicken
Back Dubai Islamic Bank
Off Hamad Bin Abdullah Rd,
Fujairah

09-2232997
050-7464164

O'Learys Sports Restaurant
American Style
Fujairah Mall
Sheikh Khalifa Bin Zayed Road
Fujairah

09-2235356

Opera Cafe
International cuisine
Fujairah Trade Centre
Hamad Bin Abdullah Rd, Fujairah

09-2222739

Oriental Restaurant
Malaysian/Asian food
Close to old Etisalat,
Fujairah

09-2221877

Panero Lobby Café
Royal M Hotel
Hamad Bin Abdullah Rd,
Fujairah, Haleefat Area,

09-2012000

Panino
Lebanese
Fahim Street, Fujairah

09-2237772

Papa Johns
Pizzas/Takeaway
ENOC Gas Station, Fujairah

Mob050 9805046

Photo Cafe & Restaurant
Al Hilal City
Fujairah

09-2225591

Pizza Express
Pizza and Italian food
Fujairah City Centre

09-2236467

Pizza Hut
Pizza/Italian food
16 Buildings Complex
Hamad Bin Abdullah Rd, Fujairah

09-2243434

Pizza Inn
Takeaways/ Delivery Service
Fujairah Trade Centre

09-2222557

Port Saeed Restaurant
Takeaways/ Delivery Service
Fujairah

09-2241311

RC Pub
Pub Grub/Chinese/Continental
City Tower Hotel
Hamad Bin Abdullah Rd

09-2236888

Regal Restaurant
Takeaways/ Delivery Service
Sheikh Zayed Road, Fujairah

09-2222756

Royal Rest. & Cafeteria
Sandwich/Arabic
Rugalat, Kalba Rd

09-2226688

Ruqaq Alkhaleej Restaurant
Merashid/Rughalt Road
Fujairah

09-2232773
055-5916388

Sadaf Restaurant
Persian - Takeaways/ Delivery
Beside Hilton, Corniche

09-2233400

Safari Restaurant
Continental
Fujairah Beach Motel
On Rdbt, Faseel Rd, Fujairah

09-2228111

Sagar Restaurant
Takeaways/ Delivery Service
Park Rd, Fujairah

09-2231411

Sajidha Cafeteria & Restaurant
Indian and Chinese
Quidfa, Fujairah

09-2380046
050-3900801

Salu Salo
Takeaways/Delivery -Filipino
Hamad Bin Abdullah Rd,
Fujairah

09-2233400

Samakino Seafood
Concorde Hotel
Hamad Bin Abdullah Rd, Fujairah
09-2249000

Sana Chicken Restaurant
Fried chicken/sandwiches
Meraschid/Rughalt Road
Fujairah
09-2233519/2233517

Sapore
Italian food
Le Meridien Al Aqah, Fujairah
09-2449000

Sausiri Restaurant
Sri Lankan
Behind Al Rostamani Exchange
Off Jamiya Road,
09-2224060
050-5192492

Sensasia
Asian Fusion
Miramar Hotel Al Aqah, Fujairah
09-2449994

Shahrzad Palace
Iranian/Delivery Service
Hamad Bin Abdullah Rd, Fujairah
09-2233877

Silver Spoon Restaurant &
Cafeteria
Ghorfa, Fujairah
09-233484
050-3241421

Special Tikka Restaurant
Meraschid Road, Rughalt,
Fujairah
09-2220206

Shakespeare and Co
Café Restaurant
1st Floor, Century Mall Fujairah
09-2234891

Swaad
Indian food
Le Meridien Al Aqah
Al Aqah, Fujairah
09-2449000

Subway
Fresh Subs & Salads/Delivery
EPPCO Petrol Station, Mina Rd
055-6858250

Fujairah City Centre
09-2236657

Taste
Thai/ Asian Fusion
Le Meridien Al Aqah
Al Aqah, Fujairah
09-2449000

The Bookstore
Ground Floor Novotel Hotel
Hamad Bin Abdullah Rd,
Fujairah
09-2034941

The Orangery
Ground Floor
Fujairah Tower
Hamad Bin Abdullah Rd,
Fujairah
09-2222787

Thai Express
EPPCO Gas Station
Al Faseel Road, Fujairah
09-2238129

Thalassery Restaurant
Off Hamad Bin Abdullah Rd,
Fujairah
09-225223/2229224

Thamburu
Indian/Continental
California Suites Hotel,
Back of Union Nat'l Bank
Fujairah
09-2222138

Tharavad Indian Restaurant
Fortune Hotel Apartment,
Fahim Street, Fujairah
09-2244934/991

The Sailors Restaurant & Cafe
Fujairah Int'l Marine Club,
Fujairah Corniche
09-2221600

The Salad Bar
Fujairah Trade Centre
Hamad Bin Abdullah Rd,
Fujairah
09-2244244

The Salad Bar
Sakamkam
Fujairah General Trading Bldg
09-2244244

The Terrace Restaurant
Tiffin & Bites,
Thumbay Hospital
Sheikh Khalifa Bin Zayed Road,
Fujairah
09-2053855

United Cafeteria Restaurant
Takeaways/ Delivery Service
Old Etisalat, Fujairah
09-2225977

View Pool Bar
Royal M Hotel
Hamad Bin Abdullah Rd,
Fujairah, Haleefat Area,
09-2012000

Views
International Buffet
Le Meridien Al Aqah, Fujairah
09-2449000

Waves Restaurant
Fish/ Seafood/ Meat grill
Fujairah Rotana Resort & Spa
Al Aqah, Fujairah
09-2449888

Zamarod Al Afghani Rice
Bukhari Restaurant
Off Hamad Bin Abdullah Rd,
09-2233260
050-6889367 or 055-3488511

EMERGENCY SERVICES

Ambulance	998/999
Fire Station	997
Police Station	999
Directory Enq	181

OTHER SERVICES

Fujairah Hospital	09 2242999
Al Sharq Hospital	09 2249999
Thumbay Hospital	09 2244233
Airport Enquiries	09 2226222
Post Office	09 2222235
Cinema	09 2243100

CLIMATE: The sun shines year round but Oct. to March, the days are pleasant (26°C, nights 15°C) Summer is April to Sept. and temperatures peak around 50°C with high humidity. The sun can be fierce so heatstroke, heat exhaustion are always a risk. Sunglasses, hats, and high factor sun creams are essential, especially for children.

DRESS: As in many Arab/Muslim countries dress should be modest. Wearing revealing tops or shorts in public places is not advisable.

CURRENCY: The dirham (pronounced dir-ham) is the U.A.E. official currency. Dirham notes are in 5, 10, 20, 50, 100, 200, 500, and 1000 denominations. The dirham is divided into 100 fils. Coins are 1 dirham, 50, 25, 10 and 5 fils.

Credit cards: Major credit cards are widely accepted by car rental companies, the bigger stores, hotels and some restaurants, however you should carry some cash for general shopping and eating out at smaller establishments.

Exchange: There are no currency regulations and foreign currency of almost any denomination is readily exchanged in the UAE The dirham is index linked to the US dollar. 1\$ = Dhs 3.68. The exchange centres are found throughout the UAE such as the UAE Exchange Centre, opening hours are from 8:30am right through to 9:30pm, 365 days a year. Banks: Most Banks open at 8:00 am and close at 1:00 except Mashreq Bank who open until 4:15pm. They are closed all day Friday and public holidays.

SHOPPING/TIPPING: Bargaining is expected, especially in souqs, where prices can drop dramatically. Tipping is common for most services but it is not obligatory.

PUBLIC HOLIDAYS

Religious holidays are tied to the Islamic calendar and therefore dates vary. Friday is the Muslim holy day. Islamic Public Holidays are often not announced until a day or two before they occur:

(During the Holy Month restaurants and shops close during the day, and office hours during Ramadan are often reduced by two hours daily. The end of Ramadan is marked by Eid Al Fitr.)

2020

<u>1 January</u>	<i>New Year's Day</i>
<u>24 April</u>	<i>Beginning of Ramadan</i>
<u>23/24 May</u>	<i>Eid al-Fitr</i>
<u>30 July</u>	<i>Arafat Day</i>
<u>31 July</u>	<i>Eid al-Adha</i>
<u>19/20 August</u>	<i>Islamic New Year</i>
<u>9/10 Nov 2019</u>	<i>Prophet's Birthday</i>
<u>28/29 October</u>	<i>Prophet's Birthday</i>
<u>30 November</u>	<i>Commemoration Day</i>
<u>2/3 December</u>	<i>National Day*</i>

* (UAE National Day is celebrated with streets and buildings lit up and decorated across the Emirates and there are many special events and programmes over several days.)

Fixed Holidays

Death of a minister or member of the royal family is usually marked by 3 days official mourning.

WARDENS

Britons
Virginia Valentine 050 4843470 – Warden
Egyptians
Dr. R Housan 050 4909701
Egyptian Club 09-2223724
Sweden
Capt. Ingemar Porathe 050 6457673
Philippines
Mrs. Maria Theresa Bautista 050-5106170
Sri Lankans
Mr. Tony De Costa 050 4551546
Mr. Rohan Ajith 050 6496133
Mr. Ajantha Ratnayaka 050 6707776
Mr. Mayawan Sivaselvam 050-4708816
Indians
Dr. P. Abdulrahman 09 2243000
Mr. Hashim 050 4842942 / 09 2221155
Mr. Manaf 050-4891782
Email: isfuj@emirates.net.ae

Map & Motoring Distances between main cities in the UAE



Fujairah to Abu Dhabi corniche

256 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, E611 and Yas Island, approx 2 hour 28 minutes.

Fujairah to Ajman

117 kilometres via Sheikh Khalifa Bin Zayed Rd, through Maleha village, Madam roundabout and E55, approx 1 hour 58 minutes

Fujairah to Al Ain

228 kilometres via Sheikh Khalifa Bin Zayed Rd, through Maleha village, Madam roundabout and E55, approx 1 hour 58 minutes

Fujairah to Dibba and Musandam

68 kilometres via Khorfakkan/Al Aqah coast road, E99, approx 1 hour 13 minutes

Fujairah to Dubai (Burj Khalifa/Dubai Mall)

124 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction westwards E611, approx 1 hour 19 minutes

Fujairah to Hatta

65 Kilometres through Kalba, through Kalba Tunnel and onto E102, approx 1 hour 11 minutes

Fujairah to Oman border (Kalba)

18 Kilometres through Kalba on E99 till Oman border crossing approx 22 minutes. On entering Oman it is a straight road to Muscat - 3 hours 16 minutes.

Fujairah to Ras Al Khaimah

111 kilometres via Masafi, turn onto E88 then left onto E18, approx 1 hour 40 minutes

Fujairah to Sharjah (King Faisal St)

115 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road approx. 1 hour 23 minutes.

Fujairah to Umm Al Quwain

114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

Speed limits are strict! Built-up areas 60– 80 kph and 100/110/120 kph for cars on major roads.

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FUJAIRAH



E184

Yabisa Bypass Road

E184

E89

National Park

Fujairah Adventures Park

HALEEFATH

ANAJAIMAT

Fujairah Courts

Sheikh Khalifa Bin Zayed Freeway

Yabisa Bypass Road

Sheikh Maktoum Bin Hashir Al Maktoum Road

E84

Park

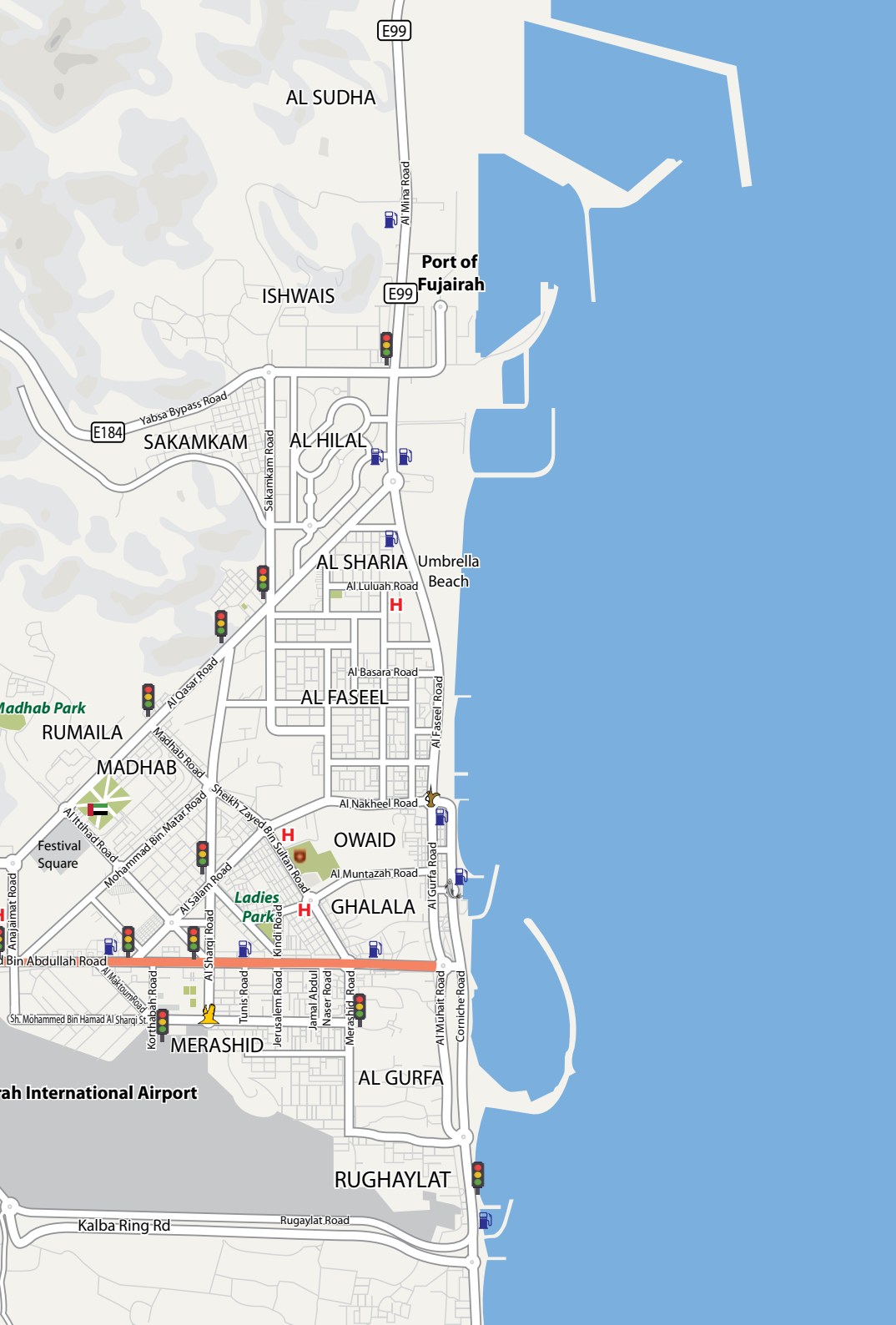
Zayed Sports Complex

Airport Road

AL HAYL

Fujairah

FUJAIRAH
OBSERVER



E99

AL SUDHA

Port of
Fujairah

E99

ISHWAIS

E184

SAKAMKAM

AL HILAL

AL SHARIA

Umbrella
Beach

Madhab Park

RUMAILA

MADHAB

AL FASEEL

OWAID

Ladies
Park

GHALALA

ah International Airport

MERASHID

AL GURFA

RUGHAYLAT

Kalba Ring Rd

Rugaylat Road

Blue Planet Journal - Brook and Gaurav Bhagat

Scorpio (October 23 - November 21)

The weather is beginning to get cold, and it's a good idea to make a kind of emergency kit to keep in your car for winter in case you get lost or stuck somewhere which, this year, is pretty likely for you. Essentials you should pack include water, dry noodles, matches, first aid supplies, and a purple crayon.

Sagittarius (November 22 - December 21)

You have a difficult dilemma you have been wrestling with for a long time now, but the answer is much simpler than you think. Two words: fake moustache.

Capricorn (December 22 - January 20)

November 1st is always All Souls' Day, and November, as you know, is always Soul Train Month. This year, celebrate it in style by putting a Youtube playlist of Soul Train on a loop, and watch as much as possible, especially keeping it on while you sleep every night. Slowly, you will begin to see some solid style in your dance moves and fashion choices, which, as you know, is basically all your life is missing. Good times!

Aquarius (January 21 - February 18)

Do you know someone who pronounces something just a little bit wrong, like saying "new-kya-ler war" instead of "nu-cle-ar war" or "lie-berry books" instead of "library books", and you kind of wince every time you hear it? Well, now is the right time to get it out in the open and help that person stop embarrassing him- or herself!

Pisces (February 19 - March 20)

The seasons are changing, and it's important for you to get a lot of vitamin C and wash your hands as much as possible. Your unique Piscean composition puts you particularly at risk for getting colds, the flu and obsessive compulsive disorder.

Aries (March 21 - April 19)

This month, confuse people by making facial expressions that don't match the words you are saying. For example, scowl when you say things like, "Have a good weekend," and smile sunnily when you say, "I think I'm going to throw up!"

Taurus (April 20 - May 20)

Do you find yourself getting bored with the same old routine, and having nothing to do on the weekends? An inexpensive way to pass time and stand out in a crowd is to develop a phobia. For example, ablutophobia (fear of bathing) ergophobia (fear of work or workplace environment). Arachibutyrophobia, the fear of peanut butter sticking to the roof of your mouth, is a made-up phobia, but I think if anyone can do it, Taurus, you can. Peanut butter is disgusting!

Gemini (May 21 - June 20)

Are your family members stuck in a rut, lacking mystery and excitement in their lives? You can help bring that spark back this month by removing the labels to all the canned goods in the house. Surprise!

Cancer (June 21 - July 22)

Have you ever gotten a cramp in your baby toe? If not, there could be a new experience in store for you this month.

Leo (July 23 - August 22)

You know the old expression, "The early bird gets the worm"? Well, this month, the bird is you, and the worm is a brand new electric nose-hair trimmer, 20% off on Black Friday. Congratulations, you bargain hunter, you!

Virgo (August 23 - September 22)

Have you ever dreamed that you were naked in public? Well, this month, if you devote just a little more time and effort to drinking, your dreams might just come true.

Libra (September 22 - October 22)

It's great to support the local wildlife, and feeding the birds and squirrels is a beautiful gesture. However, if you start to notice things like birds who choose to walk rather than fly, or changes in squirrel behaviour like stopping every few seconds to catch their breath when chasing each other on trees, you may want to reexamine their diet. Read a few birdseed nutrition labels, and think it through before buying them fast food burgers and fries every time they chatter for it. Squirrel obesity is no joke.