

Fujairah bserver

October 2019

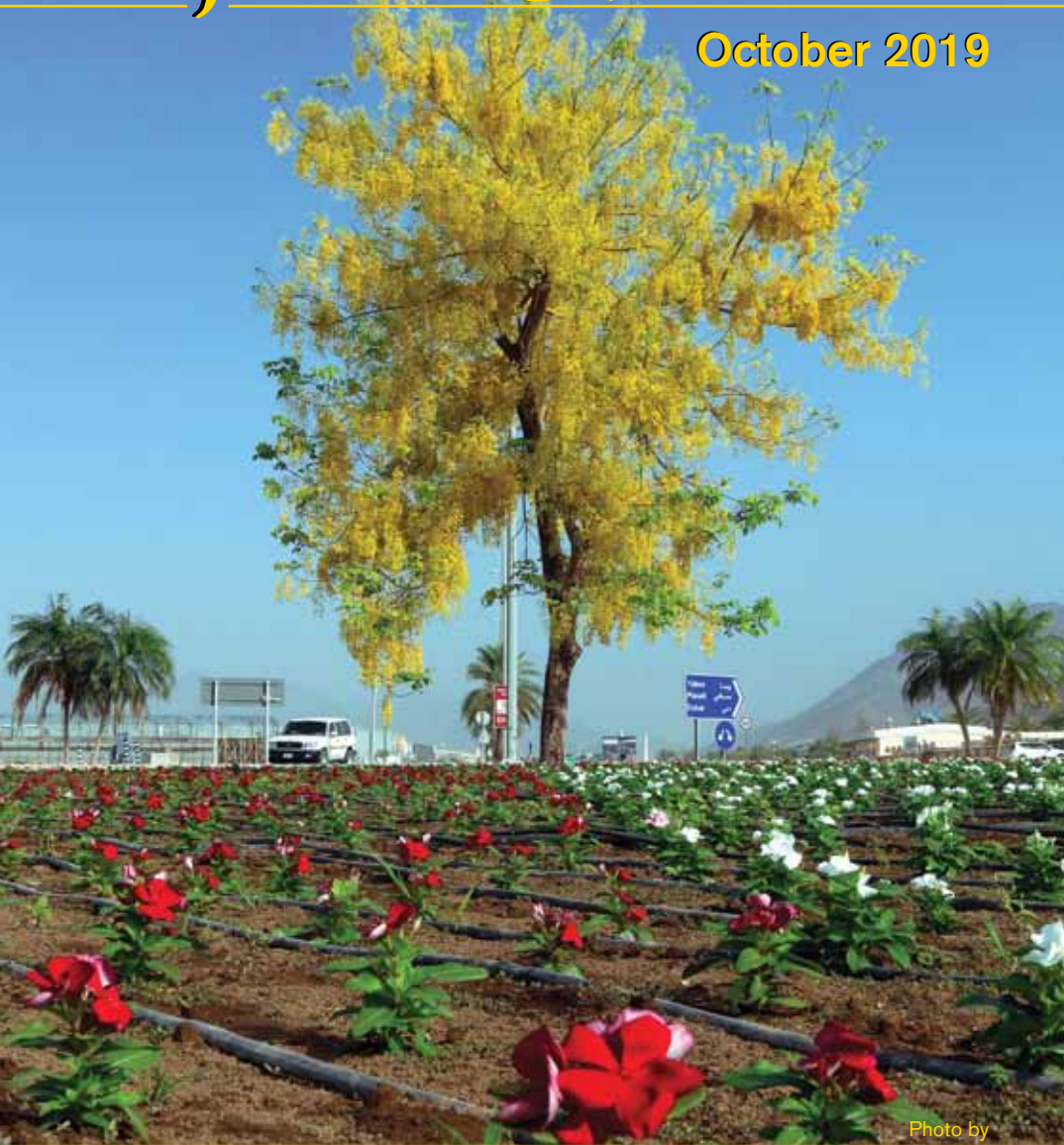


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Front cover photo: R. Agnel Jone is living in Fujairah and his hobbies and his entertainment is photography. He loves photography.

Dear Readers,

First let me offer my warmest congratulations to our beloved leader, His Highness Sheikh Hamad al Sharqi on his 45th Anniversary as Ruler of Fujairah.

His vision continues to guide our Emirate wisely and his steady progress has helped improved the quality of life for the citizens of Fujairah..

Our growth as an Emirate is there for all to see, with the major improvements to our infrastructure, the Government Institutions, the businesses, the environment, schools and colleges, hospitals and clinics, tourism etc.,

International events that all help put Fujairah on the world map.

We have much to be thankful for.

I hope last month's important Onam festival was enjoyed and celebrated by our readers.

Enjoy this month's issue

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

Please visit and follow us on Facebook, Twitter and Instagram @fujairahO



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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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Fujairah
Observer

Fujairah Ruler grants land for HCT campus expansion



H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, granted the Higher Colleges of Technology, HCT, in Fujairah a plot of land of 22,126 square metres to expand its campus in the emirate.

Sheikh Hamad announced the grant while receiving Dr. Abdullatif Al Shamsi, Vice-Chancellor of the HCT, and his delegation, in his palace in Rumailah.

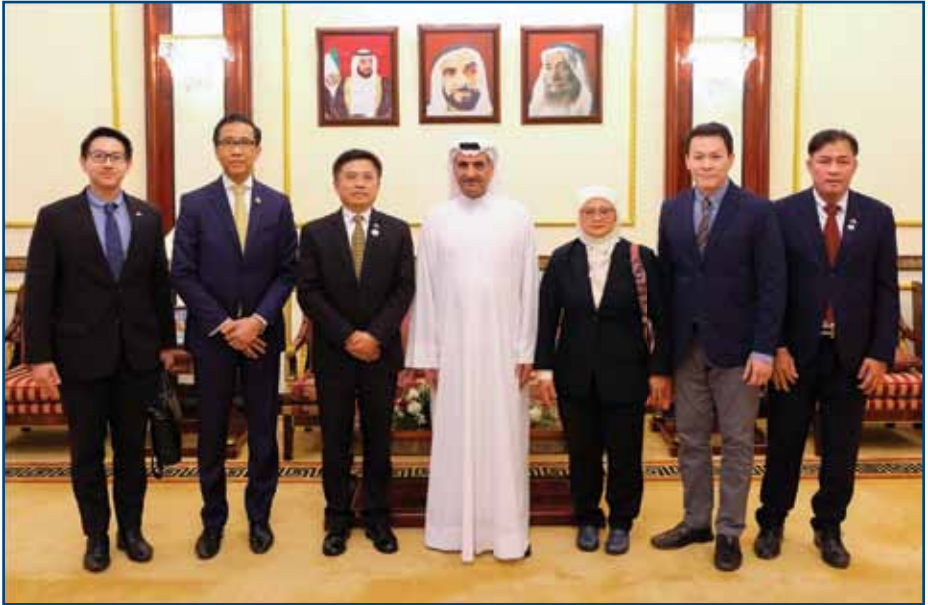
During the meeting, Sheikh Hamad was briefed about the foundational pillars of HCT 4.0, under the theme "HCT 4.0 – Employability and Beyond," with a focus on Up-skilling and Competencies, Entrepreneurship and Life-Long Learning, which will enable HCT to graduate hi-tech companies and technical leaders.

Sheikh Hamad also discussed the HCT's development plans, in light of the growing demand for such colleges, as well as the future needs of

students for ongoing academic growth while praising the HCT's future strategic plans and its scientific and administrative efforts, which have made it a leading local and regional educational establishment.



Fujairah Ruler receives Ambassadors of South Korea, Thailand



H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, has received separately Kwon Yongwoo, Ambassador of South Korea to the UAE, and Waravuth Pouapinya, Ambassador of Thailand to the UAE.

The Fujairah Ruler wished the two ambassadors success in strengthening the bonds of friendship between their countries and the UAE.

Sheikh Hamad exchanged with the ambassadors ways of developing ties with their friendly countries, and discussed with them a number of issues of common concern.

The meeting was attended by senior officials.

Crown Prince receives members of FIMC Youth Training Academy



HH Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, received the members of Fujairah International Marine Club Youth Training Academy.

The Crown Prince received the team on the occasion of their recent participation in the World Formula Future Championship, which was held in St. Petersburg, Russia, from 30th July to 4th August 2019.

This is the third consecutive participation of the team since the establishment of the Youth Training Academy in 2016.

The team participated in Hungary in 2016 and then organized and hosted the tournament in Fujairah in 2018 and went to St. Petersburg for 2019 tournament.

The team had a strong performance

and it was a successful experience for them, with competing teams from around the world with more than 10 years experience in the sport.

Sheikh Mohammed praised the efforts exerted to improve marine sports in the youth sector, stressing the need to further efforts in the future.



Crown Prince speaks out on volunteering



HH Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, has affirmed the directives of HH Sheikh Hamad bin Mohammed Al Sharqi, Member of the Supreme Council and Ruler of Fujairah, on the need to establish the principle of a culture of volunteerism and build positive directions to encourage new generations and direct their potential towards volunteer work.

He pointed out the importance of the Fujairah people to engage in volunteer work as part of the culture of goodness and giving that the UAE has become known, as the capital of humanitarian work. This came during a meeting with His Highness the Board of Directors of the Emirates Volunteers Association and a number of its volunteers, who came to greet him and inform them of their future work plans.

His Highness also listened to an explanation from Fatima Saeed Al-Shehayari, Chairman of the Emirates Sawaed Association, on the initiatives undertaken by the Association and its experience in volunteering, praising the role played by the members of the Association to achieve its goals in serving the nation, the UAE community and its people.

The Crown Prince of Fujairah called for developing the work of the society and expanding its activities, attracting young energies in the fields of humanitarian work and making room for their personal voluntary initiatives and adopting their implementation in order to ensure that the society is carrying out its social responsibilities and advancing the volunteer work to wider horizons.

The meeting was attended by Salem Al-Zahmi, Director of the Crown Prince's Office.

Maktoum Al Sharqi attends Red Bull International Cycling Event



HH Sheikh Maktoum bin Hamad Al Sharqi attended the closing ceremony of the Red Bull World Cycling Championship, organised by Fujairah Adventure Centre at Fujairah Adventure Park held under the patronage of HH Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah.

The tournament saw 240 men and women from different countries of the world compete in order to win first place and book their card to qualify for the World Cup final in Switzerland.

Sheikh Maktoum stressed the importance of the role played by the Emirate of Fujairah in hosting major sports competitions, thanks to the directives of HH Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah and the follow-up of the Crown Prince Sheikh Mohammed.

He expressed his happiness that the Emirate of Fujairah was the first Arab/Asian city to host this important sporting event, praising the efforts made by all those responsible for the success of the championship and the role of the Fujairah Adventure Centre and the sponsors of the competition.

Sheikh Maktoum was accompanied by HH Sheikh Faisal bin Humaid Al Qasimi, President of the Arab Cycling Federation, who honoured the winners of the championship and the supporters and partner institutions that contributed to the organization of the first edition of the Red Bull World Cycling Championship.

The closing ceremony was attended by HH Sheikh Saeed Sorour Saif Al Sharqi, Chairman of Fujairah Chamber of Commerce and Industry, Salem Al Zahmi, Director of the Office of His Highness the Crown Prince of Fujairah, a number of directors of government institutions in the emirate and a large number of cycling fans.

Fighting off an injury, Kuwaiti BMX rider Mansour Al Safran smashed the Middle East's very first edition of Red Bull Pump Track, which took place this weekend in Fujairah.

Following its global launch last year, the Red Bull Pump Track World Championship finally came to the UAE last month.

The event was the first of its kind in the region where BMX and MTB riders competed on an equal platform.

And Al Safran completed the Velosolutions pump track in record time

Taking to Instagram, he posted: "Glad to get first place in Red Bull Pump Track World Championships in Fujairah, after [a] long day fighting with my injury in my first run."

He later said, "I am very excited to see the event in our region. If you would have told me at the beginning of my journey that the UAE will host

an event like this, I would not have been able to imagine it!

Coming in second place in the men's heat was the UK's Oliver Ogdan, with the UAE's Abdulla Alhosani in third.

Meanwhile, the UK's Tara Atkinson took the women's heat, with the UAE's Aisha Almehairi coming in second place, and Juane Van Tander from the Netherlands in third.

Following her win, Atkinson posted: "I managed to set a time of 35 seconds in the first heat which carried me through to the finals. I then went onto competing with a consistent time and came out on top. It was a hot 40 degrees all day and the main battle we faced was not getting overheated and staying focused.

"The race was epic, men's had a ton of excitement and a lot of near misses and was an all-round great vibe. Maybe I should head over to Switzerland for the finals as I have a guaranteed entry?"





UNITED ARAB EMIRATES
FUJAIRAH

WORLD BODYBUILDING CHAMPIONSHIP

FUJAIRAH, UNITED ARAB EMIRATES



GOVERNMENT OF FUJAIRAH

5TH - 10TH NOV 2019

ZAYED SPORTS COMPLEX



International Federation of Bodybuilding and Fitness



Fujairah Toastmaster Club Open House Meeting at Royal M Hotel



Celebrating 15 Years Journey of Fujairah Toastmaster Club



IFBB World Men's Championship hosted in Fujairah



H.H. Sheikh Abdullah Bin Hamad Al Sharqi and Dr. Rafael Santonja, in Madrid (Spain) signing the agreement for World Bodybuilding Championships Fujairah 2019.

The IFBB World Championship and Congress will take place in Fujairah on 5th-10th November at an event held with all the Institutional support, celebrating a great year of progress in all its programs, under the guidance of HH Sheikh Abdullah bin Hamad bin Saif Al Sharqi, Chairman of the Emirates Bodybuilding Federation, Vice President of the IFBB for Asia.

The President of the International Union of Bodybuilding Dr. Rafael Santoga has praised the efforts of the United Arab Emirates in supporting the sport of bodybuilding at the local and international levels and the forthcoming hosting of the World Cup, brings together the two sides during the Eastern coronation of a number of winners of the European Championships in Barcelona In Spain, in response to an official invitation by the International and Spanish

bodybuilding associations, in the presence of UAE national bodybuilding coach Zwaid Salmin Zaabi.

Sheikh Abdullah and his Organizing Committee for the World Championships launched its preparations early in the year in order to achieve the full readiness and in order to fit the status of the United Arab Emirates in all aspects, including in the organization of sports tournaments, and presented the oriental perceptions of the technical and administrative organizing committee about the forthcoming hosting and its assurances will appear distinctly.

The World Cup incorporates the categories of Bodybuilding, Games Bodybuilding, Classic Body Building, Men's Physique and the participation of national federations of 130/140 countries, due to the special conditions of easy visa and permit processes, as well as in the progressive increase of participation of African countries, which this year celebrate their first major Continental Championship and countries of Oceania, an area

that has excellent communications with Dubai airport.

complementary activities that will support the healthy lifestyle and the passion for weightlifting.

Fujairah is looking forward to the participation of about 1200 athletes, administrators, referees, union leaders and representatives during the UAE's hosting of the General Assembly of the International Bodybuilding Federation, in addition to the competition.

This will be the 73rd edition of the World Bodybuilding Championships,

Sheikh Abdullah and Dr. Rafael Santonja, signed the contract with the official agreement in presence of the Minister of Industry and several executive officials from UAE Bodybuilding Federation in Madrid, on 13th November 2018.

The Emirate of Fujairah is known as a key point for Bodybuilding in the Gulf Area, and has wide experience in the organization of International Bodybuilding contests, such as the IFBB Diamond Cup etc

There will be a number of pertinent events in the city of the sport during this week, hosting other



McGettigans Weekly Quiz Winners aka The Muppet Show



Quiz Winners 6.09.2019 MUPPETS



Quiz Winners 13.09.2019 MUPPETS

McGettigans Weekly Quiz Winners aka The Muppet Show



Quiz Winners 20.09.2019 MUPPETS

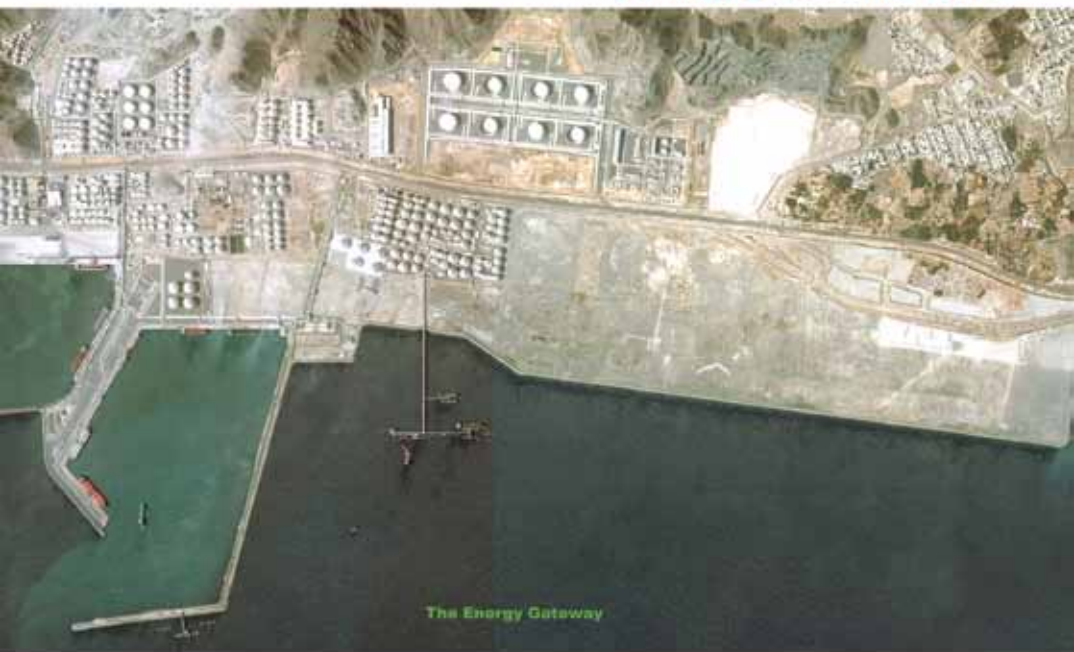
McGettigans Weekly Quiz Winners Alien Hat Competition



Alien Hat Winner: Donna Michele



Alien Hat competitors: Richell Holloway, Bryn David Hawkings



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.

UAE flag on Soyuz FG rocket



The Soyuz FG, carrying the Soyuz MS-15 spacecraft, in which Hazzaa Al Mansoori, the first Emirati astronaut, was launched to the International Space Station on 25th September and was emblazoned with the logo of the Mohammed bin Rashid Space Centre and the UAE flag along with the flags of Russia and America for the historic mission.

The Soyuz rocket was first launched in 1966, and the launch system was developed by Korolev Rocket and Space Corporation, Energia, and built by the Research and Production Development Center of Progress Rocket Space Centre in Samara, Russia.

This photo of the Soyuz FG rocket was taken from the Baikonur Cosmodrome facilities in Kazakhstan, where the three stages of the rocket are being assembled ahead of the launch.

In a press statement Mariam Ibrahim Al Mahmoud, Acting Deputy Director General, Director of Executive Training, Emirates Diplomatic Academy said,

“This is a moment of glorious pride for me and all the people of my homeland. It is a historic milestone for our nation. It consolidates the UAE's standing in the global space industry as a country with unlimited ambition - a country focused on leadership that seeks to enrich human knowledge, one that opens new horizons for the scientific community, and contributes to empowering humanity as it races towards a brighter future.

I am honoured to congratulate our wise leadership and the people of the UAE on this great achievement. We are proud of our astronauts, who are representing the UAE as they carry our ambitions with them on this mission. As they embed our homeland's clear and influential footprint in space, they also embody our commitment to further advancing and elevating the UAE's standing in various field”.

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- ✓ Activities are to be pre booked.
- ✓ Bookings can be made at www.marriott.com, using Promo Code: 8SS
- ✓ Rooms are subject to availability.
- ✓ The offer is valid for UAE residents only and should not be combined with other discounts and promotions.

BIMS College Fujairah Convocation - 2019



BIMS College Fujairah conducted the Convocation Ceremony at the Business Club. Students of Foundation programme and M.B.A of Lincoln University Malaysia were awarded degrees at the glittering ceremony.

Prof. Ansari Ebrahim, Director Academic Affairs of Brillianz education delivered the introductory speech while Dr. Amiya Bhaumik Vice Chancellor of Lincoln University Malaysia presided over the convocation. Fujairah Free Zone Authority director general Sharief Habib Al Awadhi was the chief guest. Mr. Ajith N.S, Operations director of Brillianz education and Mr. Harshad A.K, director marketing and events felicitated the graduates.

Prof. Ansari said that Dubai based Brillianz education group who runs the BIMS College Fujairah made remarkable progress in the educational scenario of Fujairah. Prof Ansari added that he was very thankful to the leadership of the UAE and Fujairah free zone authority for helping BIMS College to establish a state of the art educational institution in Fujairah.

Dr. Amiya Bhaumik in his presidential address stressed that developing entrepreneurial skills in students is the primary focus of Lincoln University. He exhorted the students to set up own business concerns rather than being employed by someone. Prof. Salim Gopal, Academic dean of BIMS College in his key note address, reminded the students that learning is a lifelong process which does not stop after graduation. The graduating students should keep the fire of inquisitiveness and knowledge-seeking alight even after leaving the university. He stressed the importance of soft skills to climb the ladders of success in career.

Duglas Joseph an educationalist based in Fujairah was presented with 'BIMS Academic Excellence Award 2019' by Fujairah Free Zone Authority Director General Sharief Habib Al Awadhi along with Dr. Amiya Bhaumik, Vice Chancellor of Lincoln University Malaysia.

Ms. Aisha Mohammed, Public Relations Manager, Fujairah Free Zone Authority, was honoured in the function. Dr. Kannan Muthukumar, Senior faculty welcomed the gathering and Madeeha Nayab proposed the vote of thanks. Senior faculty member Prof. Abdul Shukoor was the chief coordinator of the event.



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INTERCONTINENTAL
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Duglas Joseph wins BIMS Academic Excellence Award



Duglas Joseph an educationalist, motivational speaker, quiz Master and writer has been selected for Dubai based Brillianz Institute of Management Studies (BIMS) Education group’s ‘Academic Excellence Award -2019’ for his contributions to the education and co-curricular fields through study skills and exam preparation seminars, motivational talks, Mastermind Quiz competitions and articles on education, parenting and career issues.

He is a columnist in this popular magazine -Fujairah Observer and writes articles on academic issues in a column titled 'Insights'.

He also writes a motivational column titled 'Victory is near' in KE daily newspaper.

His articles on educational issues are also published in Khaleej Times an English daily published from Dubai, Mathrubhumi and Madhyamam popular Malayalam newspapers.

His radio talks in Radio Asia about career guidance and study skills was well received by parents and students.

The award ceremony was a part of Fujairah BIMS College Annual Convocation held in Business Club.

The award was presented by Fujairah Free Zone Authority Director General Sharief Habib Al Awadhi along with Dr. Amiya Bhaumik, Vice Chancellor of Lincoln University Malaysia. Brillianz Education leaders Prof. Ansari Ebrahim, Director Academic Affairs, Mr. Ajith N.S, Operations director and Mr. Harshad A.K, director marketing were present on the occasion.

Congratulations!

Salik road toll gates for Abu Dhabi



This month Abu Dhabi implements its road toll system. October 15th will be the official start date for the new system and tolls will be effective from that day. Before October 15th, drivers will be required to have an account and it to be topped up with credit.

Residents are already scrambling to create payment accounts on the dedicated website.

The Integrated Transport Centre (ITC), the emirate's transport sector regulator, has not yet issued a statement urging motorists to register their vehicles.

Owners of Abu Dhabi-registered vehicles do not have to create payment accounts. When trying to sign up, owners of Abu Dhabi-registered vehicles see a message saying that a user account will be created for them automatically.

"Ahead of toll system activation, an SMS with account login detail will be sent to their mobile

number, as registered with Abu Dhabi Police," the message reads. It adds that these users only need to sign up vehicles registered outside Abu Dhabi after they receive their user sign-in details.

Vehicles registered outside Abu Dhabi have to sign up for the toll system.

How much will it cost?

A total of Dhs4 will be charged every time a vehicle passes through one of the gates in Abu Dhabi during peak times.

Peak times are between 7am and 9am then 5pm and 7pm Saturday to Thursday.

During off-peak hours and public holidays, the fee will be reduced Dhs2.

A maximum fee of Dhs16 will be charged each day, so drivers passing through four or more toll gates each day at peak times will not be charged more than the daily maximum.

Some government vehicles, emergency services and motorcycles are exempt from the charge.

Electric cars are being given a two-year grace period and must be registered from October 2021.

When is the fee reduced?

During off-peak hours, Fridays and public holidays the toll will be reduced to Dhs2.

Off peak hours are between 7pm and 7am then 9am to 5pm, Saturday to Thursday.

How is it charged?

Drivers are required to create an account before the launch on October 15th where they can add credit.

Vehicles will not be required to add a sticker to their window and they will instead be identified by the license plate number and credit will be taken automatically from the owner's account.

How do I set up an account?

Drivers are now able to register their vehicle and prepare for the October 15 launch date by visiting www.itps.itc.gov.ae.

All users registering must have a valid Emirates ID card, car registration, email address and phone number to create their account.

Additionally, for drivers with vehicles registered outside Abu Dhabi, a minimum of Dhs100 must be added to an account when being registered for the new system.

An amount of this deposit, said to be Dhs50, will be paid back into the users account to be used to pay tolls.

Are there fines?

Fines will be in place for a number of different offences effective from October 15th.

Passing through a toll gate with an unregistered vehicle, after a ten-day grace period, will result in a Dhs100 fine for the first day, Dhs200 for the second day, Dhs400 for the third day, up to the maximum fine of Dhs10,000.

Passing through a toll gate with insufficient balance, after the ten day grace period will result in a fine of Dhs50.

Drivers who tamper with their license plate in order to evade the toll will also be fined Dhs10,000.

Can you use a Dubai Salik account?

No, drivers will be required to have a separate account for the Abu Dhabi tolls. The two road toll systems are entirely independent of one another.

So drivers commuting between the capital and Dubai will have to ensure they have sufficient balance in their Abu Dhabi and Salik account or face fines.

Where are the tolls?

Four toll gates will be placed throughout Abu Dhabi and these are already in place but are not yet activated.

The tolls are located at the following bridges: Sheikh Zayed Bridge, Sheikh Khalifa bin Zayed Bridge, Al Maqtaa Bridge and Mussafah Bridge.

Drivers who are on the roads on Abu Dhabi island not passing through gates will not be charged.

In addition, those on Yas Island, Khalifa City A, Al Raha Beach and the surrounding areas, not travelling to Abu Dhabi island, will not have to pay tolls.

Why has this been introduced?

The Department of Transport - Abu Dhabi says it aims to reduce traffic congestion and raise the efficiency of public transport services with the introduction of the new system.

The move also aims to encourage drivers to consider carpooling and reducing the number of vehicles on the road in the city.

To help residents get around the city 327 new buses have been introduced to Abu Dhabi.

Where can I find out more?

For more information, visit www.itps.itc.gov.ae.

Welcome to Garden Lounge!



سپورٹس لونج
SPORTS
LOUNGE

Novotel upcoming promotions for the month of October

Sports Lounge, Garden Lounge

Recently open, we have extended Sports Lounge with Garden Lounge! We welcome you to complete our Bootle Wall, make your contribution to the sound of our new Colombian Live Band! EVERYDAY is a promotion, choose yours! From Sunday through Saturday, we propose to you every kind of promotion: Sunday Gentlemen's night, Monday Meat and Mash, Greeky Smoky Thursday Night, Ladies Night Tuesday, Thursday AND Friday, without forgetting the everyday Happy Hour from 4:00pm until 8:00pm
For enquiry, please call: +97192034806

Halloween Pool Party – Amwaj Pool

BEWARE! The Halloween Pool Party is back! Let the creepiness take over you and your disguise! On Thursday 31st October, we will be welcoming you all at Amwaj Pool in Novotel Fujairah, once again AED50.00 per person including 2 selected beverages, starting from 8:00pm onwards, we will be entertaining you with our Columbian Live Band and DJ Firas and filling your bellies with live cooking and creepy looking beverages! To be shy to disguise the best one will win a price!
For enquiry, please call: +97192034806



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 12:30pm until 3:00pm. Bon Appétit!
For Reservations Call: +971561252431

The Bookstore

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.
For enquiry, please call +971524475390

Arjeela Café

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 to place to watch the games and relax!
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Tennis & Country Club Promotions

New Menu out now at McGettigans!

McGettigan’s at Tennis and Country Club Fujairah is proud to announce t its new menu has started. We’ve lots of tasty new treats! Our chefs have been busy these last few weeks inventing, sampling and testing out some mouth-watering new additions. Keep a look out to see what “NEW” healthy and delicious dishes we will be offering!

Residents, visitors and foodies alike will delight in the refreshing flavours and tantalizing dishes from the new menu showcasing over 12 brand new dishes that feature only the freshest and best seasonal ingredients. McGettigan’s is one of Fujairah’s favourite dining destinations and is set to please with mouth-watering plates, fresh salads and garnishes, and a unique mix of classic favourites and innovative international dishes.

Fitness for all

Ever been bored or felt too lazy to work out? At the Tennis and Country Club Fujairah, fitness is merged with fun through group fitness classes like Zumba, Gymnastic, and Spinning classes .

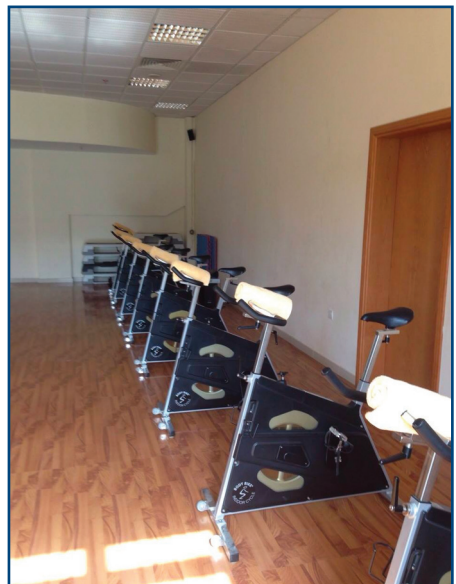


Zumba, led by Nicola Harris, are a serious but fun way to improve overall fitness. High and low intensity intervals get the heart rate going and

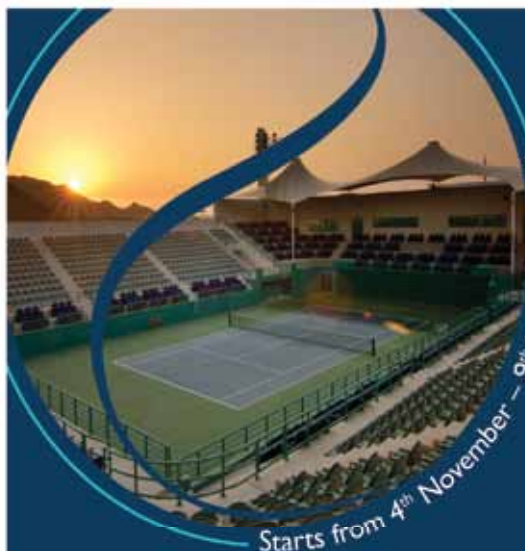
routines involving the arms, legs and glutes make for a thorough all-body workout. With a Zumba class, the harder you work, the harder your muscles will sweat, sweat, and sweat! Why not dance, laugh and work up a sweat together?

Gymnastics, led by Natalia Lebedeva, is designed to engage children in gymnastics in a fun and friendly way. The aim is to develop your child’s physical literacy skills through gymnastics. This means that we will develop their strength, flexibility, coordination and fitness.

Kids will undergo an evaluation by the end of every term, according to their performance they will be moved to next level.



Spinning, led by Lamba, is an excellent workout to strengthen your heart and tone your legs. (You can stretch your way to lean, lovely legs, too.) The instructor then takes the class on a “ride” that includes sprints, hill climbs, and other fun exercises like intervals and circuits. Classes are usually 45 to 50 minutes long and are set to music.



Starts from 4th November – 9th November 2019



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October Specials at Le Meridien Al Aqah Beach Resort, Fujairah

With summer almost nearing its end, October marks the beginning of warm days and breezy evenings and Fujairah's family-friendly resort is combining the breath-taking beauty of UAE's East coast with exquisite food & beverage offerings with a renewed zeal!



For those who have waited long enough to get that 'sun-kissed' glow, it's time to get your bathing suits ready and soak in warm beach vibes of the East Coast. Relax at our golden beach and one of the UAE's largest swimming pools at AED 199 per person and enjoy a lavish lunch at *Views Brasserie* on us. For our little guests below 12 years old, we offer a 50% discount, while kids below 7 can play by the beach and build sandcastles for absolutely free.

Foodies, did you know? *Gonu Bar & Grill* by the beach will continue to treat seafood lovers: every Friday lunch you can enjoy a Pint of Shrimps at only AED 69.99 and local *Dibba* oysters at AED 5 per piece every day between 5 and 7 pm. For keen carnivores, the seafood and grill restaurant has a special treat of 500g *Angus* beef cut starting from AED 250! Adventurous diners can opt for a bigger steak at an additional cost. An authentic Italian restaurant *Sapore* awaits you every day for lunch to offer crusty *Pizza* and *Peroni* beer for only AED 89, while dinner will treat you with homemade delicious *pasta* during the last week of the month.



Experience an absolute relaxation at *Spa Al Aqah* with various treatments: chose a full body rejuvenating massage with mini facial for AED 299 or a *Stress Away* treatment of 30 minutes back and head massage plus 30 minutes foot massage for just AED 265. Couple's massage is available for AED 599. Ladies can pamper themselves with an exclusive offer this October: book any two treatments of your choice for AED 530.



OCTOBER OFFERS

| | |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| SUNDAY 4PM-9PM | SUSHI NIGHT |
| MONDAY 6PM ONWARDS | BEER & CURRY NIGHT |
| TUESDAY 8PM | LATIN NIGHT LEARN SALSA AND BACHATA |
| WEDNESDAY 7PM | QUIZ NIGHT WINNERS GET ROUND OF DRINKS + SPECIAL PRIZE FROM OUR SPONSOR + MONTHLY DRAW FOR A LUXURY HOTEL STAY |
| THURSDAY 7PM-10PM | ALL YOU CAN EAT BBQ NIGHT |
| THURSDAY 10PM ONWARDS | LADIES NIGHT LET YOUR AGE WORK FOR YOU! BEST DRESSED WINS EXTRA PRIZES FROM OUR PARTNERS |
| SATURDAY 12PM - 7PM | BEER AND BURGERS |
| EVERY WEEKDAY 12PM - 4PM | BUSINESS LUNCH -STARTER, MAIN & DRINK |
| WORLD CUP MENU 12PM ONWARDS | ASIAN DELIGHTS! |
| SAT - WED 12PM-6PM | HAPPY HOUR 25% OFF SELECTED DRINKS |

Oktoberfest
9TH-11TH OCT.



The Sailors UAE - News



Friday 6th September saw the first community day hosted by The Sailors Restaurant and Café in association with Fujairah International Marine Club.

The event was aimed at bringing the people of Fujairah together and allow them to see how much is on offer in this city. With over 50 companies participating on the day including Blue Diamond Alsalam Resort and InterContinental Fujairah Resort it was a day where people were able to enjoy services for free and be in the chance of winning some vouchers from local companies including Aramex and Blue Diamond Alsalam Resort.

It was a warmer day than had been anticipated but that didn't stop is from having fun! With thanks to our sponsors, Pepsi, Harrogate Water and Bevarabia, offering free beverages during the event all guests were able to be kept hydrated

throughout! The event was held in the main restaurant of The Sailors restaurant and Café, the café area, the large outdoor terrace and the downstairs area of the marina club.

With so many companies showcasing their services and products there was something for everyone.

Al Sharq Hospital, Emirates Hospital Clinic and Aster Clinic were offering free services to guest including blood pressure checks, sugar checks and Al Sharq offered free doctor consultations.

In the main restaurant guest were entertained by live music from the Genesis School of Music and offered free beauty services from Synergy Healing Centre in Fujairah.

Happy Days Nursery kept the little ones entertained with special craft activities and face painting.

New cafe near you!!

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Outside the crowd was kept entertained by music from the live DJ as well as activities offered by Irisin Gym and Prop Stars academy that let the younger guests have a trial in the motor boats.

the community come together. Due to popular demand the next events are already in the works so stay tuned!

Car enthusiasts were kept entertained by being able to check out the new collection of cars from Arabian Automobile, Al Naboodah and Swaidan Trading.

The Sailors restaurant and Café would like to say a big thank you to all companies who were involved and all those people that came along, it was a lot of fun and great to see so many people from



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Only in Fujairah - Heavy Books and Crazy Drivers

I suppose all students started September with heavy luggage either on their backs or dragging it by the floor. Back to school is like heaven for parents, and hell for the kids.

But these books, so heavy and thick - that barely any kid reads unless he/she absolutely have to - why do they have to be so heavy? It's the 21st century, just sum it up or put it on a tweet or something. We've got to do something about it.

All the roads are jammed in the morning, now it takes me 35 minutes to get to work when it used to take me 12 minutes. All the kids are dangling about inside the car, staring at other cars like they're about to pounce at you. But on the way back home from school, you wouldn't be able to see them because they're all taking the sleeping position inside the car.

All the crazy drivers come out this time of year too, one of them hit my beloved car from the side. I came out screaming at the guy and he was pointing his index finger at me as if I came out of nowhere and hit him. Here's my car, just admitted to the service garage.



Word of advice, take the longer route home if you're trying to avoid traffic, even if it means you're going to drive to Dubai and come back to Fujairah.

I know it's not yet New Years, but sometimes September really does feel like a beginning to a new cycle of hope and exciting things that are coming ahead. I feel it in my bones, do you?

Especially with all the Federal National Council Elections that's been going on. The funny thing is that, we were used to seeing lamp post ads of fast food shops promoting their deals, but now all we see are the many different faces of the candidates that are running for the elections. It appears that the idea for making one candidate stand out, is to put their ad on the biggest post.

Nonetheless, on your marks, set your vote - go! The energy in the air is great, and who ever the winner is, everybody who participated is a winner in the end.



Another exciting thing is that we keep getting fed at work - a good old Machboos just before leaving work - is my favourite kind of meal. But the funny thing is that - I didn't actually have it. I wasn't invited.

On a different note, have you tried Madiha's pizza? It's sort of cooked but it actually does taste quite nice.



Other than that - September went by quite fast that I could barely keep count of the days. What about you - how was your September? Did you also get hit by a crazy driver? Tell me all about it @Sindiya - I'm a good listener.

Until next time, *Fajrawis!*
Sindiya, The Sign.



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New property project to mirror the iconic Dubai Brand logo



New project provides passengers with a spectacular night view of the Dubai brand logo at an estimated cost of nearly Dh500 Million, Maspro Projects Management has unveiled its design for a new real-estate project.

The residential and commercial project has been designed to mirror the Dubai Brand Logo.

The project may stretch on at least a one and a half million square feet and approximately cost Dh500 million, the company said.

The project, a brainchild of brothers Ehab and Hani Sulaiman Elyoussef, was inspired from the vision and directives of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.

The brothers stressed that their dedication and love for Dubai motivated them to introduce this design, which will transform the Dubai Brand Logo into an exquisitely designed residential and commercial project, making the logo the largest in the world.

The Elyoussef brothers ensured the project, once constructed, would come in line with Sheikh Mohammed's vision for Dubai to be number one. Therefore Ehab has designed the project to include the main building, luxury apartments, offices, markets, villas and entertainment venues, as well as apartments for people of determination and senior citizens among many other facilities.

The project aims to ensure that Dubai maintains its competitive edge as a trading hub as well as an investment and tourist destination.

It also provides passengers with a spectacular night view of the Dubai brand logo shaped by the project's buildings, and allows tourists in balloon rides to take selfies with the world's largest logo.

The Elyoussef brothers hope the project will be environmentally friendly in line with the UAE's sustainability drive.

Hassan Yousuf Al Nasser, owner of Maspro, said: "The company did not hesitate in taking up and supporting the idea as soon as it was suggested, given its unique and pioneering quality that comes in line with the approach of His Highness Sheikh Mohammed bin Rashid Al Maktoum, for the need to introduce quality projects and exceptional ideas that enhance the status of Dubai globally."

A Hidden Gem



The UAE is known for seeing and experiencing the biggest, the best, the most opulent, the most unique! Unusually not so many people know about Dubai's Pearl Museum and it's display of one of the world's largest collections located in Emirates NBD on Baniyas Road in Dubai.

Preservation of the UAE culture and heritage is at the heart of the Group and in addition to supporting various initiatives that aim to preserve the UAE culture, Emirates NBD launched the first pearl museum in the region in 2003.

All the pearls exhibited there belonged to one private person, Sultan Al Owais (1925-2000). It was his father, Ali Bin Abdullah Al Owais, a pearl trader of the Shamsi tribe of Sharjah, who started to collect the pearls and also invested to establish a financial institution to serve local needs. He did not survive to see his dream come true but his son, Sultan, completed the mission when he became the first chairman of National Bank of Dubai in 1963 and he has continued to collect pearls.



Sultan Al Owais kept this priceless collection out of nostalgia for a way of life which has now vanished from the Gulf. His wish was that the pearls should be available to remind people of the origins of the Emirates and what life was like before the discovery of oil.

By the time of his demise in January 2000, Sultan Al Owais owned one of the largest pearl collections in the world and he gifted it to the people of the Gulf under the custodianship of the National Bank of Dubai. The Pearl Museum was inaugurated in 2003, on the National Bank of Dubai's 40th anniversary. The bank is known now as Emirates NBD.

Along with the magnificent collections of pearls as sole pieces or jewellery made of these materials, the museum portrays the lives of well know divers and sailors and the instruments they used during the discovery of pearls and other precious materials from the interiors of the oceans.



Visits at the museum are by appointment only and they will allow a maximum number of 21 visitors with a minimum 7 people.(If less; you can join another group of people depending on the tours availability). The tour guide joins every group for presenting the museum. Because it is not only about the pearls themselves, it is also about the history of the pearl divers and merchants of Arabia

and also about the origin of UAE and how life was before the oil boom. The discovery of oil ended the “pearl age” in the Gulf.

The beauty of the pearls is given also by the water the oysters grow in. That’s way, the warm, shallow water of the Gulf helped to produce ones of the most beautiful pearls in the world. And





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they reached destinations all over the world, from Bombay to New York. One interesting thing is that in the Gulf men didn't use to wear pearls, like in the other parts of the world. This was a privilege only for women.

The history of the Gulf is closely linked to the pearls. The "Dive" was the only source of income for many men over the centuries. It was only one trip every year with for about four months and the share of the catch had to sustain their families for the rest of the year. Equipment and pictures from the trips are also displayed at the museum.

And even if the exhibits are just maybe 100 years old, the pearls and their origin became subject of



The Queen of Gems

Each of the factors that may contribute to perfection are rarely found together in one pearl.

Value is determined by the best combination of size, lustre, colour, surface quality and shape.

Size and weight

This will depend on the age or type of oyster in which the pearl was found. A large pearl will not necessarily be valuable if any of the other features is poor. Arabic names for size also hint at overall quality, with Dana being the most perfect, large and therefore valuable. Following this in descending order are *Hasabi*, *Ras*, *Betten*, *Thail*, *Rubial'a* and *Satheet*. Until fairly recently pearls were weighed in grains, with four grains equalling one carat. Today pearls are sold by carat weight and their size is measured in millimetres.

Shape

The most sought after shape is symmetrical. Baroque pearls are irregular in shape but can be very valuable if the lustre and size is excellent. Teardrop and pear-shaped pearls are also highly prized.

Colour

Top quality pearls are colourful, like an oyster shell. The highest prices are often paid for pearls that are silvery white or have a light pink tint. In the Gulf, pearls with a golden hue are the most highly prized.

Lustre

The difference between a pearl with very high lustre (sharp, mirrorlike reflection) and very low lustre (milky or chalky appearance) is easy to detect. The majority of pearls fall into the low and medium lustre range.

Surface quality

The presence of flaws, in the surface of the pearl, are not necessarily important. However if the flaws are very prominent the value of the pearl will be reduced.



SOLUTION FOR ENVIRONMENT FRIENDLY STRONG HOMES



At present, JSW Cement has five cement plants in operation with a total cement capacity of 12.6 MTPA. In addition, it has two more cement companies, namely: JSW FZE in UAE, Shiva Cement Ltd which are in the process of setting up clinker and cement units. However, the company aims to reach a capacity level of 20 MTPA by 2020.



myths and legends hundreds of years ago. And in the end I will tell you an ancient Arab legend: "When the pure light of the full moon shimmers across the sea, oysters rise to the surface and caressed by the waves, open their shells to swallow a drop of silvery night dew. From this magical union, pearls are born".

Remember, you can visit the museum only with the permission of Emirates NBD sought in advance. Contact through the website

Location: Emirates NBD
10 Baniyas Road, Dubai
Timings: 9:00am - 5:00pm



Toastmasters- Life Improvement begins with Self-Improvement

Everything we do in life is directed towards happiness, and the greatest happiness is reposing and augmenting in the being. Learn how to make the most of your life. The key to happiness is really progress and growth. You need to work constantly on yourself and developing something. Those who seek a better life must first become a better person. Money, fitness, credentials, status and friends are external improvements whereas habits, thought patterns, confidence, beliefs, learned skills and behaviors are internal improvements, both being interdependent.

Improvement begins with "I"

Anything you do in an attempt to improve yourself is self-improvement. Volunteering at the neighbouring orphanage, learning to meditate or passing on your skills freely to the needy will lead to self-improvement. Each one of us can go from wherever we are to wherever we want to be. Madonna, the world famous singer-songwriter and producer, once said "No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself." The process of making yourself a better or more knowledgeable person is self-improvement. Your new self-improvement routine may include reading a book for 20 minutes before a good night's sleep and learning French for 15 minutes before lunch. Dream big and believe strongly that all dreams ARE viable. Firstly, you should have the courage to believe in them. Then, keep on climbing the vital steps to reach the world-class level, unmindful of the pull-backs from all quarters.

Goals in life

You may want to achieve DTM (Distinguished Toastmaster) Award from TMI (Toastmasters International) or complete your graduation in the University or attain that promotion in your office

or become the next World Champion of Public Speaking! Whatever you may be working on, it is imperative that you take continuous steps towards success and also find ways to improve yourself along the way! Is it that easy? Actually, it is easy to lose motivation and to get discouraged when an unexpected roadblock comes your way or you face a bottle-neck before completion of a task. Will you let this happen? NO, not by any means! To quote Aldous Huxley, the well-known English writer and philosopher, "There is only one corner of the universe you can be certain of improving, and that's your own self."

Like-minded people

Look out for like-minded people working on similar tasks (eg Toastmasters) and definitely they will be a great source of support, encouragement and help. You may create a group if one doesn't exist. Anyway, always reciprocate. Tony Vincent remarked, "Surround yourself with people you can always learn something from. Always work with people that are better at their craft than you are." If someone constantly grumbles, murmurs, complains, finds fault, blames others and shares negativity around, it's healthier to flee from such a toxic person. Your emotional reserves should not be allowed to be drained out. Instead, impart positivity to others. Compare yourself to the person from yesterday. Lead the way and be a good fighter for good values. Compete with yourself, every day. If you continuously compete with others, you become bitter, but if you continuously compete with yourself you become better. Be the best example of loyalty and you'll get loyal followers. Be the best example of integrity and you'll have people around you who have integrity and create the life you adore while lifting the lives around you. This will bring revolutions of transformation to your life. You will be able to exponentially grow your fortunes, multiply your performance and live beautiful lifestyles.

Healthy diversions

While focusing monolithically on reaching goals, don't end up burning out. Talk, dance and play with loved ones, do enjoyable actions, attend exhilarating events, watch exciting movies, engage in entertaining hobbies and prepare for toastmasters projects that thrust you ahead

of others. A well-disciplined activity creates abundance, uniqueness and productivity. If actions don't yield benefits, use that willpower of yours to clean the errors, admit mistakes to yourself and assure yourself that you will keep moving forward, which will facilitate to restart the process and enable reaching a new destination with refined goals by believing that tomorrow can be better than today.

Reading

Every time you turn off the TV and start reading a few pages of a personal development book, (biographies, autobiographies, do-it-yourself books, self-help books, great leaders' speeches and fictional works), you take a small action to improve yourself, and that moves you one step closer to accomplishing your goals. "Employ your time in improving yourself by other men's writings so that you shall come easily by what others have laboured hard for." - Socrates, the classical Greek philosopher.

Visualization

To conquer fears, face them and don't dismiss them and you will become infinitely creative, infinitely resourceful, and infinitely powerful. Simply find a quiet place, close your eyes, focus on breathing-in slowly and breathing-out slowly (simple meditation), and then actually see and feel (visualization) yourself receiving that particular award! Never neglect an opportunity for self-improvement.

Everyday mental vitamins

Learning new things is important for self-improvement as it will increase your odds of successfully achieving your other goals and certainly will boost your motivation to be the best in the world at what you do. There is always something to improve. "Do your best, and be a little better than you are" remarked Gordon B. Hinckley, an American author and leader. Write down your goal and convert it to an affirmation. For instance, if you want to achieve 'Competent Leader', write the affirmation as "I want to attain CL award before the end of 2019". The stunning daily practice of reading distinctly positive affirmations will literally modify your personality and character and construct a better life.

Jar of accomplishments

Each step towards each goal will not only let you get closer to the accomplishment but will also be a pace towards self-improvement. Every time you improve yourself by attaining a rung, record it in a list (jar) that you can refer to later on, probably on while feeling low, and get self-motivated thereby. There is no challenge more challenging than the challenge to improve yourself. Within your bigger goals, set incremental goals. Aim to - Exercise more and become more fit and healthy; Find purpose in life; Acquire more skills for success; Gain emotional maturity to handle relationships better; Be committed and face challenges; and Develop a higher level of self-esteem and positivity. Attaining each one will provide frequent progress. Every speech project and leadership role including every award in toastmasters can be celebrated as a WIN even before attaining DTM!

Self-knowledge is the beginning of self-improvement, the first step to life-improvement. Believe that every discipline can be tried, every class can be taken, every book can be read and every skill can be learnt. It is very appropriate to remind toastmasters that advocate, magician, card-trickster, mind-reader, juggler, mentor and coach, our DTM Abdul Hameed Rafi has advised us all to learn a new skill every year.

Don't miss this gorgeous opportunity to join <https://www.toastmasters.org/find-a-club>

CA Surya Narayanan Krishna Moorthy

President of Royals
Toastmasters Club

*Fujairah Toastmasters Club
photos on page 15*



MEETING LOCATION AND CONTACTS.

Meeting location at Al Faseel, Fujairah, near old Hilton (aka Coffeepot) roundabout.
For details, please contact:
Vice-President (Public Relations):
TM Hari Pratap Singh - 0552467034
Vice-President (Membership):
TM Shuyeb Sheik - 0521235807

Walk on the wild side of Mleiha!



The Mleiha Archaeological Centre's Adventure Tour packages will show you a whole different face of the desert, with close encounters of little-known fauna and flora.

A trip to Mleiha is like stepping back in time. The past few decades of excavations have turned up more and more evidence, dating back as far as the Palaeolithic age, that establishes how important the region is archaeologically. Many of these discoveries can be experienced by visitors as part of the Archaeological Tours conducted by the Mleiha Archaeological Centre.

However, Mleiha is a lot more than just archaeology digs. It holds a vast field of exciting discovery for the nature lover as well. The region has a plethora of flora and fauna including some rare plants and animals that are not easily found elsewhere.

The topography of Mleiha is so diverse that you will find the landscape changing every few kilometres, with the rolling sand dunes suddenly merging into alluvial gravel plains and limestone outcrops suddenly popping up to enliven the scenery. Such

diversity naturally allows rare plants and animals to inhabit and thrive in this terrain.

The reason why these diverse elements have survived and flourished in the area is due to the foresight of the Mleiha Archaeological and Eco-tourism Project. Established by the Sharjah Investment and Development Authority (Shurooq), the project has been implemented by a team of experts to restore and protect the flora and fauna of the site.

"The Mleiha dessert landscape is a beautiful yet tough environment to survive in. The fauna and flora that call this place home have had to adapt to a desert that has scorching hot summers and cool wet winters. This has led to many interesting adaptations in the wildlife and plant life found on the dunes and rocky outcrops of Mleiha," said Tharindu K.W.A., a wildlife expert at the centre.

The Mleiha region teems with life of all shapes and sizes. Many fascinating species of mammals, reptiles, insects, plants and desert succulents have cleverly adapted themselves to the harsh environs and made it their home for hundreds of thousands of years.



thorns to keep predatory grazers away. UAE's national tree, the Ghaf (*Prosopis cineraria*) survives the arid conditions in the dunes by sinking roots extremely deep into the earth to reach the underground water aquifers," said Tharindu. You can also find the beautiful Arabian primrose and the aptly named popcorn plant here, a sight that will make one rethink the idea of a desert being a barren region.

Animals look underground for relief as well, with most species living underground in burrows or rocky crevices to escape the heat of the day, only coming out at night when it's cooler.

Tharindu said: "Some species like the sand fish (*Scincus mitranus*) and sand boa (*Eryx jayakari*) avoid the sun altogether, simply living under the sand for most of their lives, 'swimming' through the sand to get around and find food."

With water being a major limiting factor, the desert plants here have adapted to survive with whatever is available. "Plants like the Umbrella thorn acacia (*Acacia tortilis*) have shrunk the size of their leaves to reduce water loss and have developed massive





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Many species of insects such as blister beetles, cuckoo wasps and jewel beetles, among many others, can sometimes disrupt the calm serenity of the desert with their busy activity. Donkeys and camels have made this their natural habitat and can be seen roaming around freely. However, the famous Arabian red fox is a stealthy resident and rarely spotted as it chooses to forage the deserts at night.

Tharandu said: "There is much to learn about these plants and animals along with so much more at the Mleiha Archaeological Centre. We have many packages that cater to the wildlife enthusiast in all of us. Whether it be our fauna and flora workshops or the early morning nature hike that comes with our overnight camps, there is a lot to see and learn. So, come join us at Mleiha and have an expert from our education team teach you about this stunning piece of UAE's desert landscape."

Apart from the Adventure Trek package, the centre also has the Archaeological Tour package, where you can tour different man-made buildings – forts, cemeteries, the communal kitchen, among others – from various historical periods, as well as visit natural formations nearby such as Fossil Rock, Valley of the Caves, and Camel Rock.

The centre's well-curated exhibitions, interactive displays and artefacts provide an introduction to the past and allows you to travel back thousands of years to see the UAE in its nascent stages of existence. There are several sports packages as well for adrenaline junkies, including



dune bashing, all specially designed keeping in mind the eco-sensitive nature of the region.

All the guides are either palaeontologists, archaeologists, history enthusiasts or wildlife experts.

Visitors to Mleiha Archaeological Centre can get all the information they need about the destination at: <http://www.discovermleiha.ae/>



Let students study in their own ways



Still I have dreadful memories of my struggling with Mathematics, when I was a school student some 30 years ago. I couldn't grasp the concepts or do the problems. My parents tried different ways to improve my Math's marks by sending me to at least 4 tutors and bought a study guide that contains many solved problems. However, I couldn't tame the bull and finally, somehow I got through the grade 10 Mathematics exam. However, I like language and Social Studies and scored well in those subjects.

I understood that Mathematics is not my cup of tea. Teachers branded me as a lower achiever in Mathematics and told me that I have a low IQ. Those days, high IQ level was attributed to students who score high marks in Mathematics.

On the other hand, many of my classmates who were toppers in Mathematics were struggling to learn subjects such as languages, History, Geography and Politics. I still remember, a humorous comment by my grade 10 classmate

that, if he get a choice between climbing mount Everest or memorising hundreds of names and dates in History, he would opt for the former. Ironically he was number smart and scored always 'A grades' in Mathematics.

Still recently, our schools followed an age old concept of teaching and learning that killed the skills and talents of millions of students because they were either not good at numbers or memorizing huge chunk of dates, theories and facts.

Due to overemphasis on only 2 intelligence or learning skills ie Linguistic intelligence ("Ability to learn languages, theory subjects such as history, geography ") and Logical-mathematical intelligence ("Ability to learn Mathematics, Physics, statistics, Accountancy etc."), many gifted children with different intelligence type end up being labelled as low achievers.

Traditional schooling nipped millions of budding artists, actors, poets, novelists, musicians, naturalists, social workers, anchors, designers, dancers, therapists, entrepreneurs, and others in the bud, who could have enrich the world in which we live.

Unfortunately, many children who have these gifts don't receive much support and encouragement for them in school. In our school days many objectionable terms were used by teachers to describe the students as 'donkey, dull, deaf, dump or good for nothing' that would be enough to land them in jail for mental torture in our present scenario.

However Dr. Howard Gardner, professor of education at Harvard University with his path breaking theory of multiple intelligences, which developed in 1983, opened a new era in teaching and learning. He rejected the traditional concept that lay emphasis on only two skills ie. Linguistic intelligence ("word smart") and Logical-mathematical intelligence ("number/reasoning smart"). Dr. Gardner proposes eight different intelligences to recognise wide range of human potential in children and adults.

Linguistic intelligence - learning through reading, reciting, composing poems, writing stories, essays

- **Logical-mathematical intelligence** - learning through logic, reasoning and systems
- **Spatial intelligence** - learning through pictures, maps, multimedia, mind maps, diagrams and charts.
- **Bodily-Kinesthetic intelligence** - Learning through hands on activities, project works, making models, games, role play etc.
- **Musical intelligence** - Learning through songs, poems, musical games, musical instruments etc.
- **Interpersonal intelligence** - Group projects, collaboration and team work.
- **Intrapersonal intelligence** - Self-study, reading, reflections and thinking.
- **Naturalist intelligence** - Gardening, cultivation, field trips, experiments with plants and animals, observing natural phenomena etc.

His new theory of multiple intelligence, made revolutionary changes in the way teaching and learning in schools. Each person has different learning preferences and styles that benefit them.

Parents should be aware that, their child has different intelligence, therefore don't insist on a particular style of learning. Let them study in their own learning way that conform to their intelligence type.

In addition to this, multiple intelligence theory is applicable for your children, when selecting a right career for them.

A child with musical intelligence must select a career related to music and a child with bodily -Kinesthetic intelligence can opt for a career in



Dr. Howard Gardner

sports. So, parents next time when you scold your child for poor Mathematical skill or language learning ability, remember your son or daughter may have a different intelligence level and you need to encourage and support your child in that area.



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)



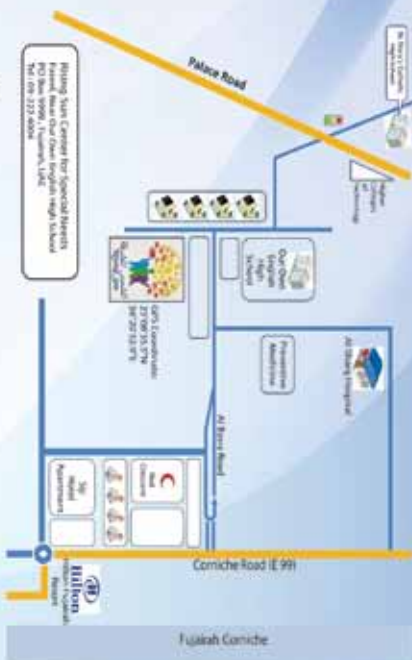
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Intellectual disability (ID) and Role of an Occupational Therapist



Once known as mental retardation, intellectual disability (ID) is characterised by below-average intelligence or mental ability and a lack of skills necessary for day-to-day living. People with intellectual disabilities can and do learn new skills, but they learn them more slowly. There are varying degrees of intellectual disability, from mild to profound.

What is intellectual disability?

Someone with ID has limitations in two areas:

- Intellectual functioning (IQ) less than 70 to 75
- Adaptive behaviours - These are skills necessary for day-to-day life, such as being able to communicate effectively, interact with others, and take care of oneself.

What are the signs of intellectual disability in children?

There are many different signs of intellectual disability in children. Signs may appear during infancy, or they may not be noticeable until a child reaches school age. It often depends on the severity of the disability. Some of the most common signs of intellectual disability are:

- Rolling over, sitting up, crawling, or walking late
- Talking late or having trouble with talking
- Slow to master things like potty training,

- dressing, and feeding himself or herself
- Difficulty remembering things etc

What causes intellectual disability?

The most common causes of intellectual disability are:

- Genetic conditions.
- Problems during pregnancy.
- Problems during childbirth.
- Infection or injury etc

Occupational Therapy Intervention

To measure a child's adaptive behaviours, an occupational therapist will observe the child's skills and compare them to other children of the same age. Things that may be observed include how well the child can feed or dress themselves (activity of daily living) and how the child interacts with family, friends, and other children of the same age.

Occupational therapy interventions for people with intellectual disabilities are specifically adapted to the child with respect to the degree and type of support needed as well as the context. Interventions may include direct treatment as well as environmental adaptations, guidance, monitoring and counselling the family members, activities of daily living, learning, work, play, leisure and social participation, assistive technology, accessibility and environmental modification.

Conclusion

Intellectual disability is thought to affect about 1% of the population. Of those affected, 85% have mild intellectual disability. This means they are just a little slower than average to learn new information or skills.

With the right support from professionals, most will be able to live independently as adults.



Priyanka Ravichandran
Occupational Therapist
Rising Sun Centre
for Special Needs

Can Natural Products Be the Secret To Great Skin In Desert Climates © Alva Carpenter

Desert climates have plenty of sunshine, but they are usually dry and arid, and you need to take extra special care of your skin to keep it looking fresh and wrinkle free.

Like me, most women have many of pots creams and lotions in their bathrooms. I do like my morning ritual of preparing my face for the day and again pampering my face at night.

The skin care market has become over-scientific and can be confusing. The cosmetic industry's main aim is to create a market so that customers keep on buying new products that promise eternal youth and flawless skin. Ageing is seen to be avoided at all costs and we are all encouraged to spend vast amounts of money on anti-ageing preparations.

What we can do is look after ourselves and accept that life is a journey with different joys at different ages; but taking sensible care of ourselves without being slaves to the dream of forever sixteen. Skin care in the Gulf is extremely important as the sun can age the skin very rapidly, especially if you sunbathe.



up suddenly. So always use a sunscreen on your face and hands. Look for a sunscreen that protects from both UVA and UVB rays. Always protect your eyes too with good quality sunglasses.

How can natural products be Answer to Eternal Youth?

Skin care manufacturers would like to believe that they have found the answer in a little pot of hope but there is no single solution; to have beautiful skin you need to work from the inside out.

I am from the whole health school that believes that skin is cared for internally and there is a direct correlation between what we feed our bodies and what shows up in our skin.

I am a great believer in moisturising the skin with natural products because Mother Nature provides everything, we need to improve the skin. Go in for natural ingredients that work with the skin, rather than applying chemically refined products that contain elements that you may never have heard of.



Sun Damage

The sun is the number one cause of wrinkling, pigment changes and skin cancer. A little light sunshine is a valuable source of Vitamin D, but prolonged sun exposure damages the skin and ages it prematurely. Expatriates who sunbathe for a pass-time age quickly and the damage shows

Food always counts

Everything you do or do not put into your mouth affects the quality of your skin. For example; eat junk food and you will not have healthy skin. The amazing news is that you can transform your skin by making simple changes to your eating habits. Eat simple fresh food and drink plenty of water.



Plump Out Your Skin with Water

Your body is made up of 80% water and your skin loves it. Dehydration shows first on your skin. Drink at least 8 to 12 glasses of water every day. You can provide an external boost to your skin by applying a morning spray of mineral water before moisturizing. Caffeine can cause dehydration so think of coffee, tea, and cola as occasional treats.

Exercise

Take some exercise every day. Note how wonderful your skin looks after exercise. Exercise boost the circulation, boosts the metabolism, and brings oxygen to your skin cells.

Practice good skin care

It is important to know what is in the products that you are putting on your skin; many cosmetic manufacturers focus on only telling the customer what the creams will do for them, not what is in them. In the hot sun there are products that you should use very carefully.

Retin A products should not be used when going out in the sunshine as skin will burn more easily and can be damaged long-term. If you use a Retin A product only use it at night and then use a Sun Protection Factor (SPF) of 30. Retin A products should not be used during pregnancy.



Use gentle products to cleanse, moisturize and gently exfoliate.

Air conditioning is dehydrating and causes dry skin – you may need to use a gentle exfoliant to remove dead skin so that your moisturizer can do some work. Exfoliators should only be used at night as the new skin can be easily damaged by sunshine. It is very important to moisturize your skin at night and I recommend a skin oil, as oils are more easily absorbed than creams; then you can wake up to lovely soft skin. It is also important to use a moisturizer on your lips such as Vaseline, which keeps the moisture in; and always have a bottle of water by your bed.

Exercise your facial muscles for a natural face lift. Facial exercises keep the muscles toned and work better than any cream. As we grow older our facial muscles need exercising to counter the effects of degenerating connective tissue that lead to sagging around the jaw line, and drooping eyelids. Facial exercise is also vital following



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During the hot summer months, with the air conditioning on full, it can dry the top layer of skin, which can leave it dry and flaky, making the pores prone to clogging, leading to spots.

Good skin is a sign of health and beauty and if you take care of your skin it demonstrates that you are thinking positively about yourself.

Water is the ultimate nourishment for skin but skin supplements like Permea Plus are excellent for improving the skin texture and tone.

Exfoliate twice a week to remove dry skin and prevent wrinkles



Make water your main drink of the day Eat fresh fruit and vegetables



My Essential Gulf Skin Care Tips

Protect your face and hand with high SPF sun block

Moisturise using natural products

Use oils at night. Night oils feed and rejuvenate your skin while you sleep



Massage your skin daily for 2 minutes

Take a good quality daily supplement such as Permea Plus to make sure that you are getting the best intake of vitamins, minerals, and antioxidants.

Ask Alva

After delivery, my hair-fall is just out of control. Will this stop? Are there are products I can use to reduce the hair-fall? What is your opinion about hair extensions? Do they damage the hair? **Najala**

Hair loss after delivery is natural. This is because when you are pregnant the hair cycle is longer and so there is less shedding, and your hair grows thicker. After delivery the hair returns to its normal cycle of growing, resting, shedding, and growing. I would suggest using Permea Plus Hair Repair Massage Oil as massage is the secret to healthy hair growth. I would not recommend hair extensions as these encourage stress to the follicle and increased hair loss. Your hair will soon return to normal. Make sure your diet includes plenty of protein as hair needs protein to grow. **Alva**

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The Battle of the Bulge



A little known fact of astounding importance in healthcare in the world today, is that the white powder of sugar kills several thousand times the number of humans as the white powder of gunpowder in battles and wars across the world. Also, Obesity, or an increased fat mass of the body, accounts for a huge number of deaths and disabilities all over the world.

What is more frightening, is that, some areas of Geo political affluence, like the USA and the middle east, have been singled out for further attack by the twin evil forces of fat and sugar, or obesity and diabetes. Indeed, so many patients suffer from a combination of diabetes and obesity, that a term called diabetes is now widely accepted. Compared to Europe and Africa, the Middle East suffers from a much higher percentage of diabetes and obesity. Of course, statistically, India is racing towards a position that

is described as the diabetic capital of the world. These are sobering statistics, and numbers that point to a progressive decline in general health parameters in the affected countries.

Why has this happened? How have these two diseases silently grabbed the majority of society in the developed countries? The reason, simply stated, is a combination of a sedentary life style, and a diet that is predominantly rich in processed food, especially in carbohydrates. Ever since the agricultural revolution, with the advent of cereals as a staple diet, Homo Sapiens has steadily increased the average BMI of the species, with a tendency to obesity rapidly growing within the last century, with a steep rise in the percentage of processed sugars in our daily diet.

Those societies that are out with the range of a complete processed diet, have managed to beat this increasing trend of diabetes. For example, some of the tribals of New Zealand and South America, who live on predominantly non-processed foods, have managed to retain their BMIs intact. A recent study showed that in urban centers in India, there was a rise in obesity that paralleled the opening of fast food and junk food retail outlets in the cities. Indeed the difference seen in diabetes between the rural and the urban statistics are often related to the availability of junk food in the latter.

So then, what is the big deal about being obese? Or, for that matter, being diabetic? Well, in simple terms, there is a significant drop in the quality and quantity of life in patients who are either diabetic, Obese, and even worse in those who are both. Let me state a few facts here. Every 20 seconds, somewhere across the globe, a leg is being amputated because of diabetes involving the blood vessels. Every 30 seconds, a patient goes on dialysis because of diabetes induced kidney failure. Every 40 seconds, one diabetic patient across the world, goes blind because of diabetes induced retinal damage. And, most sobering, every 60 seconds, there is a death directly attributable to the complications of diabetes.

Have I scared you enough? If not, it is time to

look at some of the statistics in relation to the complications of being obese. When a person has a BM I of over 40, he or she is said to be morbidly obese, which means in possession of a fatness (or obesity) that could lead to an early death. Obesity increases the risk of cancer by a factor of 10, and increasing BMI is one of the cited examples of an increase in breast cancer, colon cancer, pancreatic cancer, and uterine cancer. The effects of obesity on the joints are well-known. There is a hugely increased need for knee replacements and hip replacements in those who are obese. Severe snoring and falling asleep in the daytime, a combination known as obstructive sleep apnea, often accounts for sudden deaths in those who are pathologically fat. The risks of death due to cardiovascular disease, brain strokes, and after even a minor surgery because of inability to breathe sufficiently and expand their lungs are all swords of Damocles that are constantly hanging over the heads of fat individuals, waiting to fall upon them on a fateful day. A classic study

followed several thousand obese individuals over 20 years in the USA, comparing those who had undergone bariatric surgery to reduce their weight drastically, with those who opted out of surgery. Instead of continuing the trial for 20 years, the authorities in the USA shut down the trial after 15 years, because of a wide difference between the two groups in terms of survival, rendering it almost unfair for obese people to manage them without surgery!

Now that we know that these diseases have come upon us in a big way, what can we do to get rid of this? Well, the good news is that help is at hand! In patients who have a BM I of 40 (BMI is calculated by dividing weight by height squared, Weight in kilograms and height in meters.), who have failed to respond to diet and lifestyle management (which, in my experience of the past 17 years, happens in more than 90% of all obese patients!) then they could be extremely well benefited by a laparoscopic bariatric surgery.

This number of 40 actually drops down to a BMI of 35, if there are significant comorbidities, like diabetes and hypertension and dyslipidemia, or high cholesterol or triglyceride levels.

These operations have now become much easier on the patients, with the advent of keyhole surgery techniques, or laparoscopic surgery techniques. Using high-resolution telescopes and cameras put into long cylinders through multiple keyholes in the body, a bloodless, fairly pain-free, and highly successful bariatric surgery can be performed on appropriate individuals, well-chosen and worked up towards surgery. Also, in the last decade, the awareness has blossomed, of incredibly beneficial effects of these surgeries on the overall metabolic health of the patient. For example, in up to 90% of



patients who undergo a laparoscopic bariatric surgery, the diabetes goes into long-term remission, and, sometimes, the patient requires no further anti-diabetic treatment for the rest of his or her life. So also, it is a gratifying fact that up to 95% of patients drop their cholesterol and triglycerides to normal levels, as also hypertensive, who returns to normal blood pressure levels. Indeed, medication for BP, diabetes, cholesterol, and triglyceride, is often completely stopped after the performance of these procedures, in a short period itself after surgery.

What about the risks of bariatric surgery?

The truth is that one out of several hundred to 1000 patients may have a serious complication, sometimes even resulting in death. But this usually occurs in the most morbidly obese patients, often in those above the weight of 200 kg. It also happens in those who have delayed the surgery by many years, allowing the comorbidities to clog up the blood vessels of the heart and the brain, resulting in complications related to these bloods this is being blocked, occurring after surgery. Also, in patients who are very obese, a period of immobility around the surgical procedure, could trigger off clotting in the veins of the leg, giving rise, sometimes, to serious complications, despite anti-clotting measures that are used.

Suffice it to say, that if a patient is worked up in great detail, by a combination of a bariatric surgeon, a physician, physio therapist, dietician, and, if necessary, an intensivist and a lung specialist, the overall percentage risk of the surgery is something like 0.1%, or one in 1000. It is sad and unfortunate that in developing societies, there is a huge focus on complications of bariatric surgery, rather than on its successes. Several studies have shown that the number of lives saved by appropriately performed bariatric and metabolic surgery, outnumbered by a factor of several thousand, lives lost out of complications.

What are the types of these surgeries? Broadly speaking, there are two types of bariatric or metabolic surgery .One type of operation is restrictive, in which the size of the stomach is restricted to about 20% of its total size, bringing

down the amount of food it is possible to eat. The other type of operation involves bypassing the divided stomach by joining it to the intestines below, in such a way that the absorption of sugar and fat from the small intestine is deliberately interfered with. It is the latter type of operation, or the bypass operation, that carries a stronger impact on correcting the altered metabolism of these patients. When a bypass is utilized for a patient who is not very fat, but suffers from metabolic derangement like high cholesterol, blood pressure, blood sugar, or triglyceride, then that operation is known as a metabolic surgery. Indeed, in recent years, there has been a huge burgeoning of surgeries being done for metabolic reasons, rather than fat alone.

These patients need to be followed up on a regular basis, to prevent them from falling into the temptation of binge eating, or sweet eating, and a good dietician for a regular follow-up, with apt and well-timed reference back to the bariatric team, is an essential component of the follow-up program. Now with the complete range of services available at **Thumbay Hospital, Fujairah**, we are proud to say that the first laparoscopic bariatric surgery has been a success, with the patient already down by 36 kg in a few months. It is our fond hope that hundreds of patients could be helped in terms of their size as well as their sugar levels, in the months and years to come, by the wonder of appropriate bariatric and metabolic surgery.



Dr. J. S. Raj Kumar
Specialist
Department of
Laparoscopic &
General Surgery



A Gulf Medical University Teaching Hospital

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3rd October – Joker

Starring: Joaquin Phoenix, Robert De Niro, Zazie Beetz

Synopsis: In 1981, a failed stand-up comedian disregarded by society turns to a life of crime and chaos in Gotham City.



17th October Maleficent: Mistress of Evil

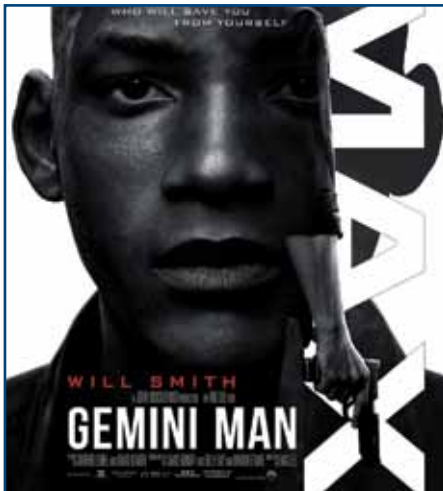
Starring: Angelina Jolie, Elle Fanning, Michelle Pfeiffer, Chiwetel Ejiofor, Ed Skrein

Synopsis: Five years after the first film, Maleficent's peaceful life in the Moors takes an unexpected turn when Prince Phillip proposes to Aurora and she accepts. Unbeknownst to all, Phillip's mother, Queen Ingrith of Ulstead, plans to use the wedding to divide humans and fairies forever. With Maleficent and Aurora finding themselves on opposite sides of an impending war, the two question whether they can truly be a family.

10th October – Gemini Man

Starring: Will Smith, Mary Elizabeth Winstead, Clive Owen, Benedict Wong

Synopsis: Henry Brogan is an elite assassin who becomes the target of a mysterious operative who can seemingly predict his every move. To his horror, he soon learns that the man who's trying to kill him is a younger, faster, cloned version of himself.





17th October Zombieland: Double Tap

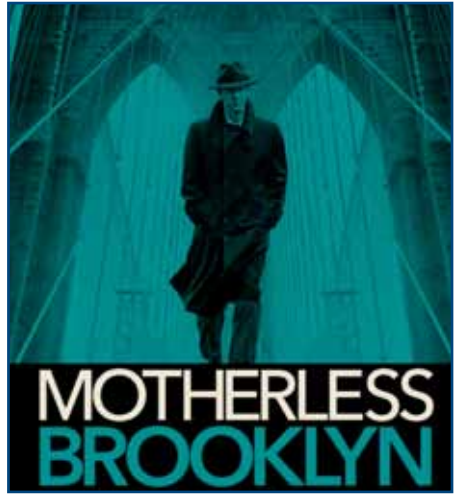
Starring: Woody Harrelson, Jesse Eisenberg, Emma Stone, Abigail Breslin, Avan Jogia

Synopsis: After the events of the first film, Columbus, Tallahassee, Wichita and Little Rock move to the American heartland as they face off against evolved zombies, fellow survivors and the growing pains of the snarky makeshift family.

31st October – Terminator: Dark Fate

Starring: Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis, Natalia Reyes, Gabriel Luna

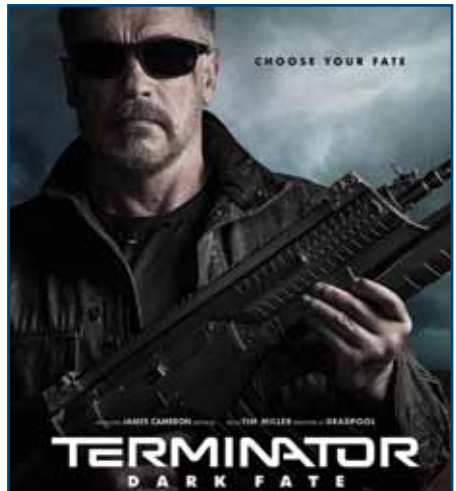
Synopsis: 27 years after the events of Terminator 2: Judgement Day, a new, modified liquid metal Terminator is sent from the future by Skynet in order to terminate Dani Ramos, a hybrid cyborg human, and her friends. Sarah Conner comes to their aid, as well as the original Terminator, for a fight for the future.



31st October – Motherless Brooklyn

Starring: Edward Norton, Bruce Willis, Alec Baldwin, Willem Dafoe, Leslie Mann

Synopsis: A private investigator with Tourette syndrome works to solve the mystery of his mentor's demise during 1950's New York City.



It's a Weird and Wonderful World



Siberian postal worker's monster truck gives lifeline to tiny village 🇷🇺

Only five other people live in 56-year-old Galina Yermolova's tiny Siberian village Pikhtovoye, isolated from the world by the dense taiga - swampy coniferous forest - and a swamp.

Every week, she travelled 16 kilometers by tractor taking three hours through the forest to the nearest post office in a larger village to collect the post, supplies and pensions for her neighbours. The couple's son recently gave them a life-changing gift: a huge-wheeled monster truck built by a friend that can plough through the muddy tracks much faster so with husband Yermolova, they can now reach the post office in an hour.

Once in the bigger village of Imshegal, home to around 100 people, Yermolova loads basic goods, which have already come from a town some 100 kilometers away, onto her truck.



Youngest ever swimmer crosses Qiongzhou Strait 🇨🇳

9-year-old girl Zhou Yihan beat back attacks by jelly fish and overcame high seas to successfully

swim 26.7 kilometers across the Qiongzhou Strait separating South China's Guangdong Province and Hainan Province.

Zhou Yihan is the youngest on record to swim the strait, spending 13 hours in the water.

Zhou started swimming with nine adults in the early hours of August 7 and soon ran into difficulty. She was stung more than 20 times by jelly fish, before her parents in an escort boat managed to drive them away. Next came unexpectedly high seas that stalled her forward progress.

Her parents wanted their daughter to end her swim, but the girl told them, "I won't give up."



Italian postman never rings once, hoards mail instead 🇮🇹

Italian police arrested a postman from the northern town of Vicenza after finding more than half a ton of undelivered mail stashed away in his garage.

Police were called in when workers from a recycling plant were sent to empty the garage and found 43 yellow plastic postal containers stuffed full of letters, bills, bank statements and even electoral pamphlets dating back to 2010.

The postman, who was not named, was 56 and came from the southern city of Naples, police said. They added that it was the largest ever haul of undelivered mail in Italy. The Vicenza postal service has promised to deliver the huge pile of post, albeit several years late



73-year-old woman gives birth in India

An Indian woman who gave birth to twin girls via C-section is believed to be the oldest person to ever give birth after having the babies at the age of 73.

Erramatti Mangayamma and her husband, E. Raja Rao, 80, have been together since 1962, but were unable to conceive through natural means. Umashankar said the couple sought assistance from his clinic in 2018 and he agreed to give them a round of IVF treatment when initial tests showed signs of possible success.

Umashankar said the pregnancy was free of complications, owing largely to the fact that Mangayamma doesn't have diabetes, hypertension or other conditions that could make a pregnancy at her age particularly dangerous.



978 students perform floss dance for Guinness World Record

A British school was awarded a Guinness World Record when 978 students came together to person the popular floss dance simultaneously.

The students at Montgomery Academy in the Bispham area of Blackpool, England, came together to perform the viral dance move, popularized by the video game Fortnite, and Guinness said they successfully broke the world record. The previous record was 792 dancers, Guinness said.

"In the week leading up to the attempt both staff and pupils put lots of work in to get their flossing up to scratch! If you think it's easy, then give it a try," principal Steve Careless told a Blackpool newspaper. "We are proud we have lived up to our school motto of 'inspiring excellence together.'"



Man fined for driving with car strapped to top of car

A Welsh driver was ordered to pay a fine after he was caught on video transporting a disabled car by balancing it on the roof of another car.

Glyndwr Wyn Richards, 51, pleaded guilty in Aberystwyth Magistrates' Court to using a vehicle with a load likely to cause danger of injury after he was caught on video driving his Volkswagen Passat with a Skoda Octavia strapped to its roof.

Richards had been driving through an industrial estate in Aberystwyth, Wales, and he told the court he transported the car less than 1,000 feet. He admitted the stunt was a "stupid thing to do."

Richards was given three penalty points on his driver's license and ordered to pay a \$97 fine and \$140 in court costs.

Fujairah Fort



The Emirate of Fujairah is rich in archaeological treasures, some dating back to about five centuries including castles, forts, towers and mosques. These forts and castles were used to defend the invaders and repel them, thus maintaining the integrity of the Fujairah identity .

Fujairah Fort is one of the most important and largest forts in the emirate. Located on a high hill in the old Fujairah region, the fort of Fujairah was about 20 meters above sea level, overlooking the entire city of Fujairah and was three kilometres away from the coast.

Fort design: The fort design is quite different from the usual engineering designs of the rest of the forts in the UAE. It consists of three circular towers, a fourth square tower and a long unit that looks like a tower, and is connected to a wall between the towers to form a central hall in the

middle. This irregular design emerged as one of many characteristics, shaped like the rocks where the Fujairah Fort was built.

The fort was made with a selection of materials including stone, clay and *alsarooj* substance (gypsum). A chemical analysis of carbon study 14, which proved that the fort was built during the period from 1500 and 1550 AD and rebuilt from 1650 to 1700 AD.

The fort was first renovated in 1925, and another renovation was carried out in the mid-60s due to the collapse of the north tower and square: from 1998 to 2000, used the same materials in the renovation from which the fort was built. (Mud, gravel, gypsum, wood)

Fujairah Tourism & Antiquities Authority

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Fujairah edge Al Wahda 1-0



A late goal from Abdullah Saleh gave Fujairah a 1-0 win at home over Al Wahda in the opening matchweek of the Arabian Gulf League on Friday 20th September.

The game got off to a quiet start with very few chances being created on both sides of the field.

Three minutes before the break, Al Wahda missed a golden chance to take the lead after a number of consecutive efforts were either saved by keeper Abdullah Ismail or hit the bar.

Five minutes after the restart, Al Wahda's Sebastian Tagliabúe came close to breaking the deadlock but his header was brilliantly saved by Ismail.

The home side had another chance just after the one-hour mark but Tagliabúe failed to find the back of the net as he was denied again by on rushing Al Ismail.

The Clarets chances kept coming as Al Hussain Saleh's effort from inside the box cannoned off the woodwork in the 66th minute.

Twelve minutes from time, Tagliabúe missed yet another chance after he failed to finish in the open net following an inch-perfect cross from Mohammed Barqesh.

Against the run of the play, Fujairah took the lead in the 82nd minute, thanks to a goal from Abdullah Saleh. After Jhonnattann Benites' initial effort was saved by Al Wahda keeper Al Mohamed Al Shamsi, the Brazilian passed the rebound to Saleh, who curled the ball into the back of the net to put his side 1-0 up.

Fujairah are now in fifth place on three points, while Al Wahda sit 11th with no points.



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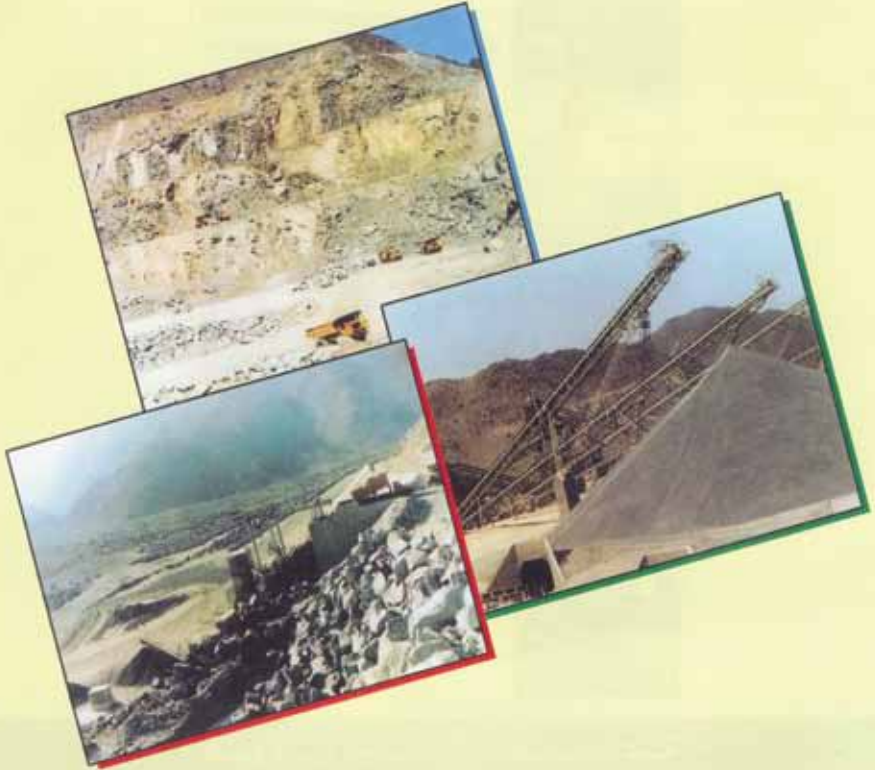
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Young UAE Jiu-Jiu Falcons receive Heroes' Welcome



Brilliant show from the UAE Team at the World Youth Cup and the Balkan Championships secured a combined total of 22 medals from the two prestigious events

The UAE Under-16 and Under-18 national Jiu-Jitsu teams returned home to a heroes' welcome following an extraordinary performance at the World Youth Cup and the Balkan Youth Championships held in the Romanian capital Bucharest.

The young Jiu-Jitsu Falcons who raised the UAE flag high at the prestigious events were greeted at Dubai airport by UAE Jiu-Jitsu Federation (UAEJFF) Board members, including His Excellency Mohammed Salem Al Dhaheri, Vice Chairman of the UAEJFF; Mr. Youssef Al Batran, UAEJFF Board Member; Mr. Fahad Ali Al Shamsi, CEO of the UAEJFF, and Mr. Mohamed Hussain Al Marzooqi, Director of Marketing and Finance, UAEJFF.

The athletes' families were also on-hand to welcome home their young jiu-jitsu heroes who bagged 13 medals at the Balkan U18 Open Championship, in Bucharest, comprising seven golds, four silvers and two bronzes - an achievement that put the UAE at the top of the championship standings.

Zayed Salem Ali, Saeed Al Suwaidi, Abdul Rahman Haidarah, Khalid Al Shehhi, Khalid Al Awlaki, Hazza Al Qubaisi and Salem Al Dhaheri claimed impressive gold medals, while Saeed Al Suwaidi, Saeed Al Shehhi, Sultan Al Hosani and Hamad Al Qubaisi clinched silver medals. Nayef Al Mansouri and Jassim Al Zaabi added to the impressive medal haul with bronze medals.

The Under-16 team meanwhile, impressed at the World Youth Cup, with five gold, three silver and one bronze in a nine-medal haul.

The gold medals were captured by Mohammed Al Shehhi in the 38kg category; Mohammed Al Ketbi (46kg); Rashid Al Shehhi (50kg); Faraj Al Awlaqi (60kg) and Saif Jassim Al Mansouri with



weight division of 70 kg. Suhail Ismail (42kg), Mohammed Al-Kaabi (46kg), and Saud Al Hosani (60 kg) took silver, with Hamad Al Shehhi claiming a bronze.

The UAE athletes gave an exceptional performance making everybody in the country proud. They have shown great enthusiasm and dedication to the sport and to showcasing the UAE on a global stage," said His Excellency Mohammed Salem Al Dhaheri, Vice Chairman of the UAEJJF.

"The young athletes have responded to any challenges they faced. Furthermore, the results demonstrate the UAEJJF's efforts to take the sport to a new level are paying off and we are moving in the right direction. The UAE falcons are making their mark on jiu-jitsu championships across the world, showing the sport has a bright future.

Commenting on the achievement, national team coach Ramon Lemos said: "The success of the UAE team fills us with pride and optimism for the future. Our U-16 and U-18s are considered to be the best in Asia and I expect them to be the

world champions in a few years. They have shown great persistence and enthusiasm, and a hunger for victory. These are truly the future of Jiu-Jitsu in the UAE."

Commenting on his triumph, Mohamed Said Al Shehhi, gold medalist in the 38kg division at the World Youth Cup, said: "The preparation for this championship could not have been better and this allowed us to achieve the best possible results. We thank the UAEJJF efforts and I will be looking to contain my development with more medals at the Jiu-Jitsu World Championship in Abu Dhabi this November.

Salem Al Dhaheri, gold medalist and a member of the medal table-topping UAE Falcons at the Balkan U18 Open Championship, said: "The tournament was very exhausting, but with the proper preparation and the continuous support of the UAEJJF we had the incentive to go out there and win. We eagerly await the Jiu-Jitsu World Championship in Abu Dhabi to continue with this approach as we strive for more medal success."



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A record breaking 300km has been set for the big challenge with additional ultra-races of 110 KMS and 50 KMS. The 50 KMS challenge is open to teams as well as individuals with great prizes on offer for the top rankings.

AMUM 19 organisers are encouraging runners who wish to sign up and prepare for the event to join the weekly build up runs training program. HE Saeed Hareb, Secretary General of Dubai Sports Council, said: “The weekly training sessions are an ideal opportunity for runners; both individuals and teams to learn sand running skills, build running stamina and develop the important mind set for the challenge.”

The weekly sessions are free to join and designed for all levels of ultra- running experience. They are led by coaches who are all veterans of some of the world’s toughest ultra runs. The coaches will share their experiences, knowledge as well as training and equipment tips.

To join the sessions or for further information about the weekly build up runs, send an email to: info@ultramarathon.ae

The Al Marmoom Desert Conservation Reserve spans more than 40 hectares of shrub land, which is 10 per cent of Dubai’s total area, and is part of a conservation initiative to promote Dubai’s commitment to a sustainable environment, providing a balanced ecosystem for thousands of wild animals and migratory birds.

The reserve is home to more 204 species of native birds and 158 species of migratory birds, and is also home to 26 species of reptiles, nine mammal species, and 39 species of plants. It also provides sanctuary to 19 species of endangered animals and birds.

Al Marmoom also plays host to a number of environmental, cultural and sports-related activities throughout the year.

Details

Date: Every Friday from 30th August to 29th November

Location: Al Marmoom Desert Conservation Reserve

Meeting Point: Last Exit, Al Qudra

Timing: 5:30 am–9:30 am

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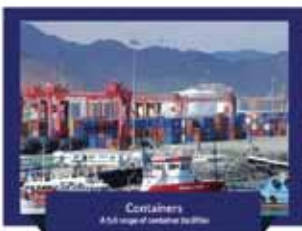
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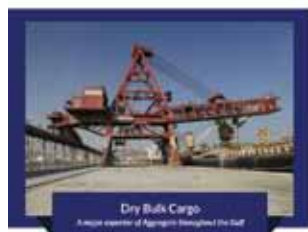
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Sajaya Young Ladies Conquer Top of Kilimanjaro



UAE's youngest team climb up to Africa's highest mountain

Eight young members of Sajaya Young Ladies of Sharjah (SYL) have paid a towering tribute to the UAE's women by reaching the summit of Mount Kilimanjaro. These gritty ladies, all under the age of 18 years, have showed their peers in the UAE that nothing is impossible to achieve if one is committed to their goals.

After undergoing months of rigorous training delivered by experienced mountaineers like Emirati Engineer Adnan Abdulrahman and the Abu Dhabi Police team who have both scaled Kilimanjaro, the young mountaineers began a 7-day climb up to Africa's highest mountain on August 21st.

Reaching the summit on the day UAE honours the instrumental role of Emirati women in shaping UAE society and economy, is symbolic of the capabilities of future generations of local women who will be carrying forward this great legacy of leadership and success forged by current generations of Emirati women across sectors.

Sheikha Aisha Khalid Al Qassimi, Director of SYL, has highlighted that with this climb, the entity has crossed is a milestone in promoting their efforts to empower Emirati young ladies with the necessary physical and mental skills to lead successful, well-rounded lives.

Six girls from the participants were able to reach the top of Mount Kilimanjaro at 10:05 am, followed by Noor Jasim, who arrived at 11:17 am, and then Shouq, who arrived at 12:47 am.

The activity falls under SYL's adventure club, founded in 2016 with the slogan 'To the Furthest Limit', to promote physical and mental endurance, teamwork, leadership and independence. Sajaya's members use this space to undergo weekly training sessions.

Sajaya Young Ladies of Sharjah, a subsidiary of the Rubu' Qarn Foundation for Creating Leaders and Innovators, is dedicated to developing the talents of girls aged 13 to 18 years in all creative spheres. Established in 2004 under the umbrella of Sharjah Children's Centres, it became an independent entity in 2012.

مزرعة الفجيرة



Fujairah Farm



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Emirati jiu-jitsu competitors total haul of medals in LA to 51



Emirati competitors continued to win medals on the second consecutive day of the third round of the fifth Abu Dhabi Grand Slam Jiu-Jitsu Championship held in Los Angeles, US, winning eight medals that included two golds, three silvers and three bronzes, bringing their tournament total to 51, with 20 gold, 16 silver, and 15 bronze.

Wadima El Yafei, who competed in the 49-kilogramme, kg, weight category, won a gold medal on the tournament's final day, defeating all her American opponents.

Mohammed Karam Hassan also won a gold medal in the 62kg weight category for "Masters 2" brown belts while silver medals went to Abdullah Al Marzouki in the 85kg category, Ahmed Omar in the under 120kg category, and Mohammed Omari in the 94kg category. Three bronze medals were won by Maha Al Hinai in the 95kg category,

Ali Al Kaabi in the 69kg category, and Rashid Al Kaabi in the under 120kg category.

Mohammed Al Kuwaiti, Acting Consul of the UAE in Los Angeles, Tariq Al Bahri, Director of the Abu Dhabi Grand Slam Tours, Khalid Al Hinai, Chief Operating Officer of the Al Wahda Club and Supervisor of the Jiu-Jitsu Academy, and Gustavo Mudjari, President of the American Jiu-Jitsu Federation, attended the matches and crowned the winners.

At the end of the tournament, Brazil led the country rankings with 19,240 points, with the US coming second with 17,980 points, followed by the UAE in third with 10,020 points, Mexico in fourth with 2,120 points, and Canada in fifth with 520 points.

In the list of competing academies, Brazil's Atos came in first place with 6,160 points, followed by the Al Wahda Club in second place with 5,200 points, with Brazil's Allianz coming in third place with 3,520 points, the Brazilian GF Team in fourth with 3,160 points, and Checkmat from the US in fifth with 3,140 points.

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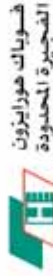
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Fujairah
09-2223001

Mega Ladies Salon
1st Floor Al Manama Hypermarket
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 |

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|---------------------------------------------------------------------------------------------------------------|
| 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

vAl 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 09-2231113
 Al Nafoora Restaurant
 Continental/Oriental/ Italian
 Coral Suites Hotel
 Hamad Bin Abdullah Rd,
 Fujairah
 09-2244788

Al Nafoora Spring Restaurant
 King Faisal Road
 Al Faseel, Fujairah
 09-2224842/ 41

Al Narjan
 Cafeteria/Restaurant
 Al Fahim Street, Fujairah
 09-2223301

Al Nokhada Restaurant
 Arabic Seafood cuisine
 2nd floor, Radisson Blu Resort
 Dibba – Fujairah
 09-2449700

Al Rais Cafeteria
 Park Road, Fujairah
 09-2233188/2227400
 050-3525799

Al Rihla Restaurant
 All day dinning Millennium Hotel
 Haleefat Area, West Fujairah
 09-2012000

Al Roof Restaurant Int'l
 Emirate Springs Hotel
 Hamad Bin Abdullah Rd,
 Fujairah
 09-2232922

Al Sawaqi Cafeteria
 Nadah Road, Fujairah
 09-2241881

Al Shamaa Cafeteria & Rest
 Al Fahim Street, Fujairah
 055-4580851

Al Shami Cafeteria & Rest
 Fujairah
 09-2243404

Al Tarboush Restaurant
 Arabic Takeaways/ Delivery
 Hamad Bin Abdullah Rd,
 Fujairah

09-2243399
 Al Qasar Al Afgani Bukhari Rice
 Opposite Ladies Park, Al
 Muntazah Street, Fahim Street,
 Fujairah
 09-2222410

Al Wahda Rest & Cafeteria
 Indian Cuisine
 Near Safeer Shopping Mall
 Off Fahim Street
 09-2231786

Al Zaman Restaurant
 Sandwich/ Coffee/ Juice
 Park Road, Fujairah
 09-2242297

Angaar Restaurant
 Indian/Pakistani/Fast Food
 Pizza/Seafood/Vegetarian
 Hamad Bin Abdullah Rd,
 Fujairah
 09-2239741

Aquarius Pool Café
 Nour Arjaan by Rotana
 Hamad Bin Abdullah Rd,
 Fujairah
 09-2025555

Arous Al Bahar
 Lebanese/Takeaways
 Dallah Roundabout, Fujairah
 09-2227866 or 09-2224580

Arteasan
 Tea Room
 Lobby Level, Fairmont Fujairah
 Beach Resort, Mina Al Fajer,
 Dibba, Fujairah
 09-2041111

Asmak Speciality Restaurant
 International cuisine
 Al Diar Siji Hotel
 Hamad Bin Abdullah Rd Fujairah
 09-2232000

Babylon Cafeteria
 Sandwich/ Breads/ Arabic
 Fujairah Trade Centre
 Hamad Bin Abdullah Rd
 Fujairah

09-2222969
 Baniyas Cafeteria
 Merashid Road,
 Fujairah
 09-2225562
 055-9110507

Belle View
 All day dinning - Concorde
 Hotel Fujairah
 Hamad Bin Abdullah Rd,
 Fujairah
 09-2249000

Bin Hafeer Cafeteria
 Sharwamas/sandwiches/juices
 Fujairah
 09-2236133
 050-5905100

Bon Appetit
 Continental/Indian/Italian/Arabic
 Mohammed Bin Mattar Road
 Fujairah
 09-2230066

Burger Lab
 Takeaway/Delivery
 Fujairah Trade Centre
 Fujairah
 09-2222700

Breeze Restaurant
 All day dining buffet
 1st floor, Radisson Blu Resort
 Dibba – Fujairah
 09-2449700

Caesars Restaurants & Confect
 Rostamani Building,
 Hamad Bin Abdullah Rd
 Nr Nissan Showroom, Fujairah
 09-2249900

Café Pronto
 European Bistro
 B3 Level, Fairmont Fujairah
 Beach Resort, Mina Al Fajer,
 Dibba, Fujairah
 09-2041111

Caliente Café
 European Cuisine
 G/F Fujairah Tower,
 Hamad Bin Abdullah Rd Fujairah
 09-2244700

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 Faqeeet, 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

Fatafeat 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 Restrobar
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
Garden Valley Restaurant
Merashid/Rughalt Road
Fujairah
09-2225337
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 222783
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

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
Mobo50 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
Meraschid/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

Shahzad 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, Maleha Road aka Sharjah /Kalba Road, turn direction eastwards onto E611 and take the ramp onto E88 approx 1 hour 14 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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