

Fujairah bserver

April 2021



Photo by Anoop Panoli

FOIZ



منطقة الفجيرة للصناعة البترولية
Fujairah Oil Industry Zone



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.

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UAE Vice President, Prime Minister, Ruler of Dubai*



*H.H. Sheikh Dr. Sultan Bin
Mohammed Al Qasimi
Ruler of Sharjah*



*H.H. Sheikh Hamad Bin
Mohammed Al Sharqi
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Rashid Al Nuaimi
Ruler of Ajman*



*H.H. Sheikh Saud Bin Saqr Bin Mohammed Al Qasimi
Ruler of Ras Al Khaimah*



*H.H. Sheikh Saoud Bin Rashid Al Moalla
Ruler of Umm Al Quwain*

Fujairah Observer wishes to offer sincere greetings on the occasion of Ramadan

May the Holy Month of Ramadan bring peace and prosperity to you and your families.

*Our good wishes to the Rulers of the United Arab Emirates,
and our good wishes to all our readers and all the people of the United Arab Emirates.*

Ramadan
KAREEM

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Front cover photo was taken by Anoop Panoli works as an assistant shift supervisor at Port of Fujairah Oil Terminal Department. Anoop spends most of his free time seeking a perfect shot! Hence another beautiful drone shot of the mountains and Al Dana Villas and the tiny fishing village of Sharm.

Dear Readers,

Last month Fujairah held the bi-annual FUJCON and we followed the example of many organisers and held the event online due to COVID-19 regulations. It proved to be a great success as many participants could avail themselves of the digital format. However we do look forward to holding the next FUJCON physically, post pandemic.

This month begins the Holy Month of Ramadan. A time for Muslims around the world to practice self-discipline, self-control, sacrifice and empathy for those who are less fortunate than ourselves. These are practices that everyone can benefit from following.

May I wish you all Ramadan Kareem and a Happy Easter. Stay Safe and keep wearing masks properly!

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

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Fujairah
Observer

CP agreement to preserve the environment in the Al Bithnah area



H.H. Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, has witnessed in the Al Rumailah Palace today the signing of an agreement between Etihad Rail, Emirates Nature-WWF, Fujairah Environment Authority and Fujairah Adventures, to implement an environmental conservation and habitat rehabilitation project in Al Bithnah, Fujairah.

The project covers three main pillars including local community support and development, environmental protection and biodiversity conservation, and the preservation of the UAE's natural heritage.

His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, stressed the importance of preserving biological ecosystems and safeguarding the natural heritage of the UAE, through collaboration between the government, private sectors and local communities, in addition to the implementation of local and national environmental protection legislation.

His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi said that the Emirate of Fujairah, under the wise directions of Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah, supports ecotourism activities and launches national initiatives that ensure the sustainability of natural resources and raise awareness of environmental topics within the local community.

His Highness applauded Etihad Rail's commitment and wider corporate philosophy of being a 'Good Neighbour' to local communities through which the UAE's National Rail network passes. Etihad Rail is working to ensure that rail construction activities do not affect residents' quality of life but rather enhance it by opening up new opportunities. These are in addition to the job opportunities created by the new vital rail sector and ecotourism opportunities that will follow the development of the UAE's National Rail network.

The agreement was signed by Mohamed Almarzooqi, Executive Director of Rail Relations at Etihad Rail; Laila Mostafa Abdullatif, Director General at Emirates Nature-WWF; H.E. Eng. Ali Qasim, Steering Committee Member of the Fujairah

Environment Authority; and Mr. Saeed Al Memari, General Manager at Fujairah Adventures. Following the signing, which took place at the Fujairah Crown Prince's Court, participants and attendees visited Al Bithnah Fort in Fujairah.

The signing ceremony was attended by H.E. Falah Mohammad Al Ahababi, Chairman of the Department of Municipalities and Transport and board member of Etihad Rail; H.E. Mohammed Saeed Al Dhanhani, Director of the Emiri Court of Fujairah and board member of Etihad Rail; Salem Al Zahmi, Director of Fujairah Crown Prince's Office; H.E. Eng. Mohamed Saif Al Afkham, Director-General of Fujairah Municipality; and H.E. Razan Khalifa Al Mubarak, Managing Director of Emirates Nature- WWF.

Laila Mostafa Abdullatif, Director General at Emirates Nature-WWF, said: "Today I am pleased to sign this partnership with Etihad Rail, the Fujairah Environment Authority, and Fujairah Adventures. Through this project our aim is to protect, restore and sustainably manage ecosystems to meet biodiversity and societal goals. Generating crucial societal benefits lies at the heart of this initiative, and highlights again that healthy, diverse and functional

natural systems are the necessary foundation for social and economic progression in the UAE."

The joint environmental conservation and habitat rehabilitation project will commence with a series of community Majalis to consult with residents of the Al Bithnah community on their locality and the area's history, as well as discussing potential ecotourism projects. Subsequently, teams will work to restore the ancestral Falaj irrigation system, alongside improving efficiency of current water channels with pipe infrastructure.

Later this year, the project partners will work on the development of a new nature and heritage trail in Al Bithnah, in collaboration with local tourism and government authorities in Fujairah, promoting the region as a destination for ecotourism. Furthermore, a comprehensive biodiversity study of the region will be conducted to determine water quality, identify environmentally significant habitats, alongside seeking to enable preservation of local biodiversity. This will be accompanied by a socio-economic survey to identify areas which can further empower the local community and foster sustainable economic growth.



Fujairah Crown Prince opens Fujcon 2021



His Highness Sheikh Mohammed Al Sharqi, Crown Prince of Fujairah opened the 12th Fujairah International Bunkering and Fuel Oil Virtual Forum (FUJCON 2021), held virtually from 23rd to 24th March, under the generous patronage of His Highness Sheikh Hamad Al Sharqi, Member of the Supreme Council, Ruler of Fujairah, and with the support and organisation of the Department of Industry & Economy, the Port of Fujairah, the Fujairah Petroleum Industries Authority, FOIZ, and the Singaporean Conference Connection.

The Crown Prince highlighted the importance of adhering to international conventions aimed at preserving the marine environment and its natural resources, in line with the directives of the Ruler of Fujairah and his keenness to reinforce the emirate's international status as a centre of ship refuelling and petroleum storage.

FUJCON delivered the same high level and strategic content as previous biennial FUJCON events with keynote addresses and sessions streamed online delivering up to the minute industry updates and continuing to address the collective challenges and opportunities faced by the global bunker and fuel oil markets.

Under the theme "Fuelling the Future: Solutions & Challenges", speakers examined both key post COVID-19 and IMO 2020 scenarios, addressing commercial and technical aspects of the outlook for oil and bunker markets, prices and demand uncertainty, spreads between VLSFO, HSFO and MGO, blending practices and the increasing market share for LSFO, bunker fuel procurement patterns and the future fuels landscape with the role of LPG, LNG, Methanol and Hydrogen.

The status of scrubbers, ship efficiency indices under GHG, shifting crude slates and refined product demand post COVID-19 and the large scale adoption and technical challenges of digital technologies was also addressed. Through presentations and roundtable discussions, over the two-day event, 45 visionaries, key decision

makers, thought leaders and marine experts will be sharing their views, analysis and insights on the global bunker and fuel oil market developments, and challenges to be tackled by the fuel oil and maritime industry in paving the road to recovery post the global pandemic.

The forum attracted nearly 400 participants from 36 countries led by His Excellency Eng. Suhail Muhammad Al Mazrouei, Minister of Energy and Infrastructure, as well as 46 speakers from different countries of the world, as they addressed the most important topics and issues facing the oil markets at the present time.

Critical Issues Addressed

- Review of IMO 2020 1st year of implementation
- Tanker market outlook post COVID-19 and OPEC+
- Fujairah project updates and outlook for bunker volumes, oil storage and LNG
- Outlook for crude and refined products in Fujairah
- Middle East benchmarks and focus on Murban
- Role of digitization and blockchain technologies in the industry
- Bunker fuel availability, procurement patterns and credit availability
- Market experience in using compliant fuels and quality and compatibility concerns
- The role of LNG in the future energy mix and its environmental footprint
- 2030 to 2050 – Future fuels landscape and scalability challenges for reducing carbon and GHG emissions in shipping
-

Opening Remarks were given by Mohamed Bin Majed Al Aleeli, Director-General, Department of Industry and Economy Fujairah.

H.E. Dr. Mohammed Saeed Al Kindi, Former Minister of Environment & Water & Chairman, FUJCON Steering Committee, UAE, delivered his Welcome Speech in which he stressed the importance of holding the Virtual FUJCON 2021 Forum in light of the conditions experienced by many countries of the world, indicating that the forum is a global event and it is one of the most important conferences in

the Middle East region as it attracts companies specialized in the field of supplying Bunker ships and many experts and analysts in the oil and LPG markets.

Dr. Al Kindi explained that the forum will devote a session to the Emirate of Fujairah to review the latest developments that the emirate has made as a global energy center, hoping that the forum will contribute to paving the way for promoting business opportunities and growth in the emirate after COVID-19.

The Ministerial Address followed was given by H.E. Eng. Suhail Mohamed Al Mazrouei, Minister of Energy & Infrastructure, UAE highlighted the importance of the UAE's energy strategy, which aims to diversify and develop the country's energy sources and find solutions that will support the process of national sustainable development.

He also stressed the importance of Fujairah's strategic geographical location, which has reinforced its status as one of the world's leading centre of energy supply, production and storage.

Al Mazrouei then presented the UAE's clean energy strategy, which involves the use of hydrogen and has witnessed significant progress due to the adoption of modern technologies, affirming the importance of recent natural gas discoveries in the country and their major role in achieving economic development.

H.E. Dr. Sulaiman Al Jassim, Vice President of Zayed University introduced two new panels which examined digitalization and the alternative fuels landscape. The large scale adoption of - and the role of digital technologies and increased partnerships in data-sharing driven by COVID-19, was the main focus of the Digitalization in the Marine Industry Panel. The global trend in net carbon commitments accelerating the investment in alternative fuels, including LNG, LPG, Methanol, Ammonia and Hydrogen was addressed at the Post 2020 Future Fuels Landscape Panel.

The rapidly changing business landscape in Fujairah is reflected in the global composition of delegates from thirty six countries from the GCC, EU, Mediterranean and Asia-Pacific represented at



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FUJCON, which will also witness the deepening ties and collaboration between Fujairah and Abu Dhabi, with high level participation from Abu Dhabi Ports, ADNOC Global Trading, sponsor ADNOC Logistics and Services and the Ministry of Energy & Infrastructure.

FUJCON is the pre-eminent and most prestigious bunker forum for the Middle East bunker markets. FUJCON has grown to enjoy international recognition and attendances from over 35 countries covering the full supply chain of the bunkering

industry. FUJCON has always raised the profile of Fujairah as an internationally recognized service Anchorage, being amongst the world's top three bunkering locations and as a global hub for both oil/ crude storage and product supply.

Virtual conferences might lack the intimacy of a physical gathering, but it's still possible for attendees to connect with each other. The FUJCON conference, for example, provided a chat function for real-time feedback. The event was widely considered a success, drawing more registrants than ever .



Plenty of fruit in Michele Ziolkowski's Fujairah's Date Palm Gardens



Fujairah's Date Palm Gardens, A Preliminary Survey by Fujairah resident and UAE citizen Dr Michele C Ziolkowski, published by His Highness Sheikh Mohammed Bin Hamad Al Sharqi, Crown Prince of Fujairah, is a nearly hundred pages long volume that provides a detailed picture of the settlements which have existed for centuries in the palm gardens of the coastal towns and villages of Fujairah, UAE, and adjacent parts of Oman – a “vast acreage of alluvial farmland so juicy rich, you can almost hear it gurgling like the tummy of an overfed infant”, as a writer put it.

Ziolkowski, a trained archaeologist, was intrigued by the mounds of soil and rubble, often dismissed as collateral damage of agricultural activities, present in the above mentioned areas. She was sure there was a riddle wrapped in a mystery inside an enigma

here. She began examining and, with the help of associates, excavating the mounds. What she found there was a wealth of material, which spoke of life and loves of times gone by.

The mounds (“*nud*” in Arabic), were old. Some of them were already visible prior to the development of the twentieth century date palm gardens in Fujairah. Several generations of Fujairah farmers do not remember how they were formed; as far as they could recall, “they were always there.” A hundred mounds were explored, revealing items such as shells, pottery sherds, *khunji* ware, ceramics, porcelain, copper coins, imported ware from places ranging from Iran to Myanmar, Thailand to China and Mesopotamia to Indus.

As the shovels, trowels, spades, brushes, sieves and buckets began their work, a bewildering range of surprises were encountered: gravel, quartz, boulders, pebbles, car tracks, farm fences, debris, trees, animal fodder, farming and gardening material and others of the kind. In a message, the author described the exhilaration and exhaustion of her journey. “It took years of work,” she said. “Even crawling under wire fences, commando style!

Climbing over other fences as well. “Standing on the roof of my car to photograph one of the sites. Madness. So much work”.

The mounds have been painstakingly measured and their features meticulously documented. Photographs add to the detail and GPS coordinates tell us exactly where they were found. Ethnographic interviews, conducted by Sheikh Abdulla Suhail Al Sharqi, add punch to the pages. Archaeological tell (mound) sites which were investigated, were situated in the north at Dibba and midway along the eastern coast of the UAE at Bidyah, Khorfakkan and Qidfa, with two excavated tell sites south of Fujairah, on the east coast in the date palm gardens of Kalba, Sharjah Emirate. Material finds recovered from these sites ranged in date from the Umm an-Nar period (2500 BCE and 2000 BCE), Wadi Suq period (2000 to 1600 BCE), Late Bronze Age (1600 to 1250 BCE), Iron Age (1250-300 BCE), Late pre-Islamic period, 17th to 18th centuries CE and up to the 20th century CE. “The scope of the material and chronology reflects the diversity and longevity of human presence along the East Coast of the UAE, within the fertile date palm garden belt”, notes the author.

She quotes Daniel Eddisford and Carl Phillips (authors of *Kalba* in the third millennium) who wrote that “at least by the second half of the third millennium, the inhabitants of Kalba were clearly integrated in the complex trade network that linked Mesopotamia with the Indus. “Southeast Arabia exhibits a relatively homogenous material culture throughout this period, and local exchange was presumably also an important factor”.

So, the title of Ziolkowski’s book is deceptive. It is not only about date palms. It is much more than that – just as *The Road to Mecca* is not about roads or *Kalila wa-Dimna*, about animals and birds. Preliminary Survey is a Discovery Channel of a read, in a National Geographic setting, with History Channel as guide. There is a substantial bibliographic mound at the end, which will take a season’s worth of dig to read. It offers a list of works ranging from Abdullah M M’s ‘*The United Arab Emirates: A Modern History*’ to Ziolkowski M C’s ‘*The Historical Archaeology of the Coast of Fujairah, United Arab Emirates: from the Eve of Islam to the Early Twentieth Century, Volume I.*’ The bibliography is followed by an extensive array of endnotes, endless in content.





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The book is a dialogue between the muted past and vocal present, with the author as host. It is a many faceted piece of writing, and, for proof, look no further than pages 52 – 53. It is an exhaustive description of irrigation methods – an engineering manual in two pages. Examining sites located within the date palm belt along the UAE's East Coast may also elucidate answers to questions surrounding the Umm an-Nar to Wadi Suq period transition, settlement patterns, sedentary and mobile populations, seasonal migration and trade networks. "As the Emirate of Fujairah, in company with the rest of the United Arab Emirates, moves forward in terms of its modern development," says His Highness Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, in his foreword, "it becomes increasingly important that we do not lose sight of our past heritage and history."

"To dismiss these surveyed coastal mounds as 'simple' or 'complex' clearance mounds", says the author, "would be presumptuous. Based on current survey data and archaeological evidence, the mound sites should be preserved and detailed investigations undertaken." The Survey is an eye-opener. It is a teaser for, hopefully, many more things to come. Detailed analysis of the sites, including excavation, will provide further insight into prehistoric and historical settlement patterns, in addition to agricultural practices. This introductory survey, available currently at Dubai Library online, only whets the appetite. The author is called upon to do more work on the matter to serve us a full, four-course, meal.

Muhammad Yusuf
Features Writer

Reprinted from Gulf Today

Books are available to purchase from

- **The Office of the Crown Prince, Fujairah Diwan**
- **Fujairah Museum**
- **Online in the UAE from Dubai Library Distributors**



First Fujairah Treasure Hunt participants





First Fujairah Treasure Hunt participants



Inside the UAE's newest adventure park



We are almost halfway through the month of March and can already feel the mercury rising. To make the most of the pleasant weather, Fujairah's new Adventure Park could be worth exploring during the weekends. Set amidst the backdrop of the picturesque Hajar Mountains in Fujairah's Al Faseel area, it has a natural lake that can be picked as one's next camping spot.

It is located just over a two-hour drive from Downtown Dubai on the outskirts of Fujairah city. It is also accessible by a saloon car; however, one will have to rely on the Google maps navigation, as there are no road signs guiding one to the new hideout from the main motorway. Furthermore, it is quite pocket-friendly with only a Dh10 charge per vehicle, to take part in all the activities and excursions on offer.

Skateboarders and roller skate fans will be well acquainted with the area as this is where the Fujairah Skating Park is based, featuring the UAE's first pump track. Now referred to as the Bay Avenue

Skate Park, the 18,000sqm asphalt surface is open for all skill levels. It first opened for the public in 2019 as a standalone attraction, and now falls under the boundaries of Fujairah Adventure Park and is joined by hiking trails and tracks for mountain bikes, to navigate through the Rumaila Mountain trail that stretches for around 10km.

Those looking to showcase their extreme adventure skills can hit the new ramps to test out their abilities on the bikes to scale new heights. There is a separate section for the young ones to learn how to ride in a safe environment, whilst parents can keep an eye on them, from the coffee shop right next to it.

The new adventure retreat aims to offer something for everyone as it will soon be adding other activities, such as kayaking, snorkelling and archery.





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Tennis & Country Club Fujairah, news and promotions

Mother's Day

Tennis & Country Club Fujairah celebrated Mother's Day with an exclusive offer for all the mothers attending the club.

Pay for 1 month or 3 months membership and gain 1 month extra



International Women's Day

International Women's Day at TCCF was celebrated to its fullest. Women at the club had free access to all kinds of sports and activities for the whole day. It was an exhilarating and enjoyable experience.

Zumba/Kickboxing/gymnastics etc

The pandemic has led to endless sitting in front of the computer screens. How about twitching the regimen slightly? Here is why TCCF is offering class apart kickboxing, Zumba and gymnastic classes for you to remain healthy and fit.

TCCF Squash Tournament

Our Squash Courts took a thrilling turn of events when Fujairah's first Squash Tournament took place on March 26th; 2021 at TCCF where the players of all nationalities displayed their athletic skills.

TCCF's Panther collaborated with Archibald Squash Leagues and the Squash Society for a thrilling back and forth of racquets.

The event directors were Jacques Haemse and Gregory Bachelet who had organized and managed the event alongside Hania Reggi.

Tennis

Order on the court or rather order on the camp? The tennis camp organized by our Romanian Coach is on its road to become the most winsome event at the club.

Ramadan

Make this Ramadan the most exciting month of the year because the biggest promotional campaign is on its way only at Fujairah Tennis & Country Club.

Follow [@TCCFjr](#) on Instagram to get more updates. Stay Tuned!



Impact of Covid-19- A sojourn into the future window of learning!

Let's embark on the journey to changing landscape of education!

Last spring 2020, there was information shared by MOE on an emergent note that to ensure health and safety of the students. Schools would be physically closed and that teaching and learning would be online virtually and remote due to COVID-19 Pandemic!

For teachers who have been teaching for past 20 to 30 years with conventional classroom teaching and also students who were accustomed to on campus classroom learning it was a seismic shift at both the ends!

The recent trends in pedagogy before the pandemic had evolved with integration of technology to a considerable extent but the **Platform Of Teaching** itself was not through virtual or remote means.

This paradigm shift was a quick overnight adaptation in contrast to the evolution in strategies of teaching - learning and methods of pedagogy.

What was wonderful about this changing landscape of education now was a sojourn into the future window of education.

Hats off to our teaching community and the faculty around the world, the way they accepted the challenges and shift in dynamics of teaching and learning rising up to the occasion is commendable.

What are the major shifts in future Landscape of Education?

We need to ponder and reflect focusing on the facts that:

1. How do we teach our students to learn?
2. How best we make them relearn and unlearn.
3. How to hone their skills to thrive in the workforce for future.

The needs and expectations of today's student have changed dramatically—they need personalization and the skills to thrive in the workforce of the future. At the same time, the cost of education is getting



higher, but students are learning through new models that are increasingly more accessible is what the researchers' say!

These changes demand the right tools and technology to ensure success for students in their academic journey, as well as for faculty and staff. We see major shifts happening in the changing landscape of education:

Teaching students how to learn, relearn and unlearn will set them up with the skills to thrive in the workforce of the future.

Changing Educational trends:

The era of the 18-year-old full-time undergraduate is trending downward. We are shifting towards colleges with more working adults who attend college part time and are often juggling childcare on top of coursework. In fact, at an average nearly half of all college students are 24 or older and already working, 76% of students qualify as adult learners and only 15% are considered traditional.

And with the changing makeup of the student population and their needs, a new demand has emerged for the holistic education experience that is highly personalized, adaptive and relevant.

"Students today are used to personalisation—from Amazon to Netflix—and the higher ED experience should be no different, Students are juggling jobs and school, they need tech solutions that make their lives easier- and they need a seamless, engaging experience"

The students that come to us today are digital natives and mobile-first .Universities today have to

become more student-centric. We have to meet the students where they are and design our services and interactions in a way that they're accustomed to. That means a lot of personalization and the ability to do things with their mobile device in the palm of their hand." Tom Andriola, CIO & VP of the University of California System is seeing this shift first-hand!

Future Landscape of Education:

Just as the traditional student has evolved, so has the traditional degree. We're starting to see a disaggregation of the college degree, and in turn, a change in the business model of Higher Education. This shift is being driven by the need for students to become lifelong learners.

Colleges need to embrace lifelong learning programs that allow workers to continually upgrade their skills and access a degree at different points in life. Micro credentialing provides opportunities for students to learn new skills needed for jobs of the future, especially as technology and automation change the future of work.

We ought to set a goal that 90% of graduated students are placed to a job within 3 months of graduating. Each year since our Education Cloud deployment, we've exceeded that 90% mark." Tools like this are especially important as more institutions are looking to bridge the K12 to higher education gap as stated by Nathalie Mainland.

A sojourn into future Workforce window!

The World Economic Forum has reported that 65 percent of people entering college this year will ultimately be working in jobs that don't currently exist. It's hard to imagine what tomorrow's jobs will need, but what we do know is that different skills, ways of thinking and analysing will be required.

We need to rethink how we are preparing the future workforce. Thinking of students as lifelong learners, not just test takers, and equipping them with future work skills. The future employee will need to be well rounded with not only trade or degree-relevant skills, but with both hard and soft skills that will allow them to shift careers to keep up with the evolving economy.

Equally important to the future of work is exposure to new technologies.

With the advent of a new technology it seeks attention of the younger generation one thing new technologies do excel at is getting the attention of the next generation. Innovations involving augmented reality and virtual reality can fulfill young students' desires for deeper experiences, while preparing them to use and develop such technologies in the classroom and the workplace."

Teaching students how to learn, relearn and unlearn will set them up with the skills to thrive in the workforce of the future.

Coding and Robotics are other areas the classroom teaching out to focus upon.

Teachers should start from Elementary Classes as to set puzzles, games, road maps wherein the students code and decode so that they're learning is conceptualized to the extent that tomorrow they could themselves design a robot and command it remotely.

Innovations involving augmented reality and virtual reality can fulfill young students' desires for deeper experiences, while preparing them to use and develop such technologies in the classroom and the workplace.

The enhancement of teaching and learning at our School is strategized to meet the needs of the learner not only for present times but also a vision for 15 years ahead when the robots will replace the students and the benches will come alive with

the students back screen commanding them!

That is the vision I nurture!



Ms. Saleema Mahmoodi
Principal
Our Own English School Fujairah

Fujairah International Competition for the Art of Arabic Calligraphy



The Fujairah Fine Arts Academy has announced the names of the first winners in the Fujairah International Competition for the Art of Arabic Calligraphy, which was organized under the patronage of His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah and Chairman of the Academy's Board of Trustees, with the participation of 114 calligraphers representing more than 26 countries.

The competition was held "remotely" via the Internet, by sending the participants their plates to the website and the Academy's accounts. They were presented to a high-level jury, the performance of the participants was evaluated and the final results were approved with the addition of three appreciation awards.

His Excellency Ali Obaid Al Hafiti, Director General

of the Fujairah Academy of Fine Arts, stressed the importance of the Fujairah International Competition for the Art of Arabic Calligraphy, in attracting calligraphers and talented people in the art of Arabic calligraphy and motivating them and encouraging them to creativity and distinguished production, indicating that a number of paintings participating in the competition were characterized by a beautiful plastic and artistic image through Artistic types of Arabic calligraphy. "

Al-Hafiti raised the highest signs of thanks and appreciation to His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah, for his generous guidance and continuous support for all artistic activities held by the Fujairah Academy of Fine Arts.

The results of the competition resulted in the first place for the calligrapher, Ali Mamdouh from Egypt, while the Iraqi calligrapher Karzan Abu Bakr won the second place, while the third place went to the Egyptian calligrapher Ahmed Al-Hawari, and the jury placed 8 appreciation awards for the participants in the competition.

Fujairah Whale and Dolphin Research Projects - New Field Season



During mid February, the Fujairah Whale and Dolphin Research team was back in action on the high seas and in the air. In those few days the team conducted multiple aerial surveys as well as vessel surveys in offshore waters of Fujairah between 10 and 30 nautical miles from shore.

The project is run in partnership between Five Oceans Environmental Services and The Port of Fujairah and is supported by His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, the Crown Prince of the Emirate of Fujairah, U.A.E.

The surveys have once again revealed the species-rich nature of the offshore waters of Fujairah. Over the course of four days, four species of marine mammals were detected, including one, the Striped Dolphin (*Stenella coeruleoalba*) which has only been recorded in the UAE twice before, both

times in Fujairah by the same team back in April 2017. These records also represent the only live sightings of this species made in the past 20 years in the entire Arabian region. It is unknown whether Striped Dolphins are genuinely rare in the region, or whether they simply spend all of their time far from shore where people rarely venture. Certainly, the Fujairah Whale and Dolphin Research Project is the only project in the region which focusses research specifically on marine mammals in deep, offshore waters.

The other three species which were encountered include the Common Bottlenose Dolphin (*Tursiops truncatus*), the Risso's Dolphin (*Grampus griseus*), which is known to be a deep-diving specialist, and the Indo-Pacific Common Dolphin (*Delphinus delphis tropicalis*). All three are considered to be breeding residents of Fujairah, judging by the presence of juveniles and calves within the pods. The Common Bottlenose Dolphin is the most frequently recorded species in Fujairah and is the subject of a genetic study, using samples collected

during the project surveys. It is hoped that results will reveal the relationship between Fujairah's dolphins and those elsewhere in the wider region, as well as providing more information about the origins and relationships between individual dolphins within Fujairah. The project is collaborating with the Dubai Dolphin Project as well as overseas universities for this genetic research.

Small calves were noted in pods of both Common Bottlenose Dolphins and Indo-Pacific Common Dolphins during the surveys. Foraging behaviour was also witnessed, with dolphins circling and corralling small fishes before taking turns to feed on the unfortunate prey. All four species are highly sociable, forming close-knit communities (pods). Some relatively large pods were encountered, including over 100 individuals in a single pod in some instances.

Both aerial surveys, conducted by helicopter, and vessel surveys followed a similar approach, surveying along predetermined transect lines designed to maximise the chances of finding marine mammals

and allowing for comparison between surveys. The work done in previous years and that done in 2021 can therefore be directly compared. Furthermore, the surveys are conducted at four different times of year. The results can therefore be analysed to enable detection of any seasonal differences in the distribution and abundance of marine mammals as well any change that occurs between years.

Whilst the target of the research is whales and dolphins, other important marine wildlife is also recorded. For example, the surveys recorded several sightings of sea turtles, including both the Loggerhead Turtle (*Caretta caretta*) which is classified by IUCN as Critically Endangered in the North Western Indian Ocean, and the Hawksbill Turtle (*Eretmochelys imbricata*) which is Critically Endangered globally.

Please follow us on Instagram, Facebook and Twitter and watch for regular updates. For more information consult the project website: www.fujairahwhales.com.



Spicy Cheese Samosas from The Craving Zone



Spicy Cheese Samosas are our favourite Ramadan treat! Easy to make cheese samosas with two minutes filling and ready-made samosa sheets, are also freezer friendly and can be baked or fried as you like.

Ingredients

10 Samosa sheets
10 pieces Triangle cow cheese

For the flour Slurry:

3 tbsp All-purpose flour
1/2 cup Water

For the Spicy Sauce:

2 tbsp tomato ketchup
3 tbsp Chilly Garlic Sauce
1 tbsp Soy sauce,
1/2 tsp Black Pepper
1/2 tsp White Pepper
1/2 tsp Chicken powder

1 tsp Red chili flakes
1 tsp hot sauce

Instructions:

1. Mix everything together from the spicy sauce list in a bowl.
2. Make a flour slurry by mixing all-purpose flour with about 1/2 cup of water.
3. Or, you can also use just the plain water if you like, for sealing the Samosas.
4. Take one cheese triangle, dip in the spicy sauce, fill in the samosa wrapper, and seal the edges with the flour slurry. Repeat the steps for each samosa.
5. Place all wrapped samosas on a plate and fry/ bake directly or freeze for later.

Samosas are typically served with a dip or tomato Ketchup. The purpose of the dip is mostly to cool the heat of the samosa down.

Recipe Credits: www.cravingzone.com
IG: [the_cravingzone](https://www.instagram.com/the_cravingzone)

Edemame hummus from Hira's Foodistan



Directions

Boil the edemame (soybean in pods) in water with 1 tablespoon of salt on high flame for 30 minutes. Drain the edemame, remove the soybeans from the pods. You should have around 1 cup (190g) of edemame beans. Keep aside.

In a high-powered combine the lemon juice, garlic, tahini, olive oil, salt and 1 tablespoon of ice cold water. Blend for 1 minute, scrape down the sides, and blend again for 1 minute. Now add the mint and blend again till the mixture is creamy. Add the boiled edemame beans with 1 tablespoon of ice cold water into the blender and blend

again until the mixture is well combined and smooth. You may add a little more water if your hummus is too thick, just be careful not to add too much.

Place the edemame hummus in a small serving plate or bowl, make a swirl using a spoon, drizzle olive oil and finally sprinkle some sesame seeds. Serve with crispy pita bread or crackers!

Hira a 23-year-old dietitian by profession but a foodie at heart! Based in Fujairah.

While I love a good salad and a fruit smoothie, I make my fair share of chocolate loaded cakes and cheese-oozing comfort food. I believe in the end, it's really all about striking a balance.

Recipe Credits:

See some of your cravings at [Hira's Foodistan!](#)

IG: [@hirasfoodistan](#)

Hummus has long been a staple food for many here. While the classic hummus will always be our favourite, there are countless variations to try. Edemame hummus is one such chickpea-free, nontraditional hummus. Healthy, packed with protein and downright delicious!

Ingredients

400g frozen edemame packet (soybean in pods)
 2 tablespoons freshly squeezed lemon juice
 3 medium cloves of garlic
 1 cup (78g) sesame seed paste/tahini
 1/4 cup extra-virgin olive oil
 1/2 teaspoon of salt (or to taste)
 3/2 cup heaped fresh mint (10g)
 2 tablespoons icecold water, as necessary
 Sesame seeds, black seeds, olive oil, mint for garnish

Synergy Malayalam Toastmasters Club



It is an old saying “Behind every successful man, there is a woman”. But, women through the past centuries have proved that they are capable to be strong leaders, innovators and motivators. They are not behind, but at the side of every successful man and many a time in front of man, cultivating confidence and determination in him. Synergy Malayalam Toastmasters Club celebrated the International Women’s day, along with a mix of other exciting programs, such as Project speeches, Evaluation of speeches, Table Topics session (impromptu speeches for 2 minutes).

Toastmaster Priya Mohan efficiently led the programmes as the Toastmaster of the Day (TMOD) and presented the Theme of the day: “Architectural wonders”. In her presentation, Priya narrated the story of several architectural wonders of the world, including our own Burj Khalifa. Toastmaster Prasad Menon used visual aids for presenting the Table topics, on which those who were picked at random spoke. TM Thomas Eapen gave valuable lessons on the importance of connections in business and TM

Biju Narayanan narrated the amazing facts behind the Formula One racing cars. DTM Anil Vidyadharan and TM Shanil evaluated those speeches. TM Viji John did the General evaluation of the meeting, giving valuable suggestions for improvements. The Word Master introduced a beautiful Malayalam word, which all the speakers used in their speeches. Eminent Toastmasters from other clubs added a touch of class to the meeting.

March/April are the months for enrolling the new members. Toastmasters International clubs provide numerous free educational programmes and various opportunities for Personality and Leadership Development.

Those who wish to avail of these golden opportunities, please contact:

Ben Thomas,
Mob: 050 6491659



Fujairah Toastmasters -Are you ready for Tomorrow?

Many years ago, I was going through the Fujairah Observer magazine, my eyes noticed a picture with some known faces of Fujairah. After some months, I noticed again some more known faces and my curiosity levels were gone up.

People get opportunities to speak in life, can be the regular office meeting and general business meetings, many of them are planned, but the participants in the meeting are different. So, every time there is a situation, you have to be prepared to face it. Toastmasters International is an organization that will make you train for such situations.

The Toastmasters Club Mission is as follows, ***“We provide a supportive and a positive learning experience in which members are empowered to develop leadership and communication skills, resulting in greater self-confidence and personal growth”.***

In the office atmosphere, as you grow, sooner or later you will be in a higher position and ready for a promotion. With the one announcement, your work completely changes and you have to take more responsibility and maintain the decorum of the new leadership role which you achieved with your hard work.

In August 2019, I was invited to an Open House Session by Fujairah Toastmasters club (FTC) through one of my friends who is a senior of Fujairah Toastmasters Club and more than that he plays cricket with me every week. We both are speaking the same mother tongue and belongs to the same State in India. In that open house meeting, I have been asked to introduce myself. It was impromptu for me, and I was unable to talk much about myself. At my workplace, I conduct and attend many official meetings and also a confident leader and speaker too. In spite of many years of my experience, once I encountered a set of a new audience, I was a bit nervous and felt shy. People who know me very well were also shocked. At that moment I realized and decided to join Toastmasters Club.

Once I joined the club, I started attending regular meetings which happen twice a month. The meeting structure is very specially designed. Every meeting the structure and the roles are the same. But how you are involved makes the difference. The basic structure of the meeting is divided into 3 parts, Project speech Session, Impromptu Speaking Session, and Evaluation Session. So, in one single meeting, you will get a chance to deliver what you have prepared and also be evaluated by senior toastmasters without any bias.

Once your journey starts with toastmasters, one thing is guaranteed that you will be better than your previous one. All it takes is 2 x 2hrs of dedication per month which is not a big task for any person who wants to develop themselves and be prepared for the future.

I can confidently say that in a matter of one and a half years, I see a big positive change in myself, the way I prepare myself for meetings, the way I speak, and the way I deliver my views in the office meetings.

At the end of the day, it is your decision which matters. Remember, your life changes one day with a promotion that you are not aware but Toastmasters International can prepare you for that day which everyone is eagerly waiting for.

If not today, tomorrow you will be in that situation, so I strongly recommend people to join Toastmasters Club, in whichever area/region/country you are located in because Toastmasters spread all over the world with membership exceeds 364,000 in more than 16,200 clubs in 145 countries. Remember, the motto of Toastmasters is “Where Leaders are Made” and the mission of Toastmasters International is “We empower individuals to more effective communicators and leaders”.



Sudhakar Kunisetty
Treasurer (2020-21)
Fujairah Toastmasters
Club
Project Manager – FOIZ

Happenings during March at Diyar Int'l Private School - Fujairah



AUS Environmental Day (4th March)

Covid-19 and the Environment Impact and Sustainability. Middle and High School students participated in the Virtual Environment Day held by American University of Sharjah on March 4th. Students were very excited and shared below feedback:

Noor Ali Hamdan -

1. I am interested in all types of science studies especially biology and environmental studies and would consider majoring in them in the future.
2. The Environment Day 4th March 2021 session was really awesome I loved every part. In the session they first had an introduction and then the guest explained how we could help other people especially children that suffer from mental health problems, and how our voice should be heard, then she discussed how life was before and after the pandemic and asked us how do we feel. After the kahoot games they made a Q&A session with students from AUS in order to help us choose a major and learn from their experience.

Heema Alam

The meeting about "Environment day" was really awesome!

We talked about how COVID 19 has had an impact on our life and the environment around us , later on we also discussed the negative impacts like anxiety, depression and PTSD.

We had a Q&A session with the students at the university

They explained how they picked their studies and knew what was right for them.

The attendants got really comfortable and were really expressive and happy in their answers.

Hana Ali Hasan

1. It's always been my dream to be anything related to science. I am interested in all of the science studies they offer and I in the future I will consider to major in them.
2. The whole session was excellent and beneficial. I enjoyed every part of it. The way everything is organized in such a way is perfect. First, they had an introduction. Then they explained how kids suffer from mental health problems and that their voices should be heard after they discussed how life changed after Covid-19.

After that is the most exciting part of the whole session, the Quiz. It was so exciting and fun. They also did a Q&A with students to help them.

The whole experience was unique and helped a lot for those who struggled, and I would like to thank Ms. Samah and everyone who gave me this opportunity to attend this session.

**Girls4 Tech Virtual Workshop
(8th March)**

In celebration of International Women’s Day, we wanted to empower our girls and provide them with the opportunity to change the world. Grade 4 -6 girls participated in the Girls4Tech Virtual Workshop organized by Expo2020 and Mastercard. They had the chance to uncover the skill sets needed for some incredible jobs of the future in science, technology, engineering or math.

**DIPS-Fujairah Students selected to participate in US University Readiness Program
(10th March)**

Congratulations

Aishah Ebraheim, Hend Saif, and Amna Saeed (Gr. 11A)! These Diyar students were nominated to participate in the US University Readiness Program run by the Ministry of Education in partnership with AMIDEAST and EducationUSA!

Their selection was the result of a challenging application process which assessed their English skills and academic skills among other criteria. The US University Readiness Program is designed to further enhance the academic skills of talented and motivated students and prepare them for Higher Education in the United States.

We are proud of our girls and wish them all the very best as they begin this exciting journey!"



Instagram: @ MagicFlakesCafe



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A Step into the Vuca World! Explore and Navigate!

One size fits all and best practice has been relegated to yesterday. In today's world it is rare for things to be completely clear or precisely determinable. Not everything is black and white! Grey is also an option.

The demand on modern organisations and managements are more contradictory and paradoxical than ever, challenging our personal value systems to the core. In a world where **“What”** takes a back seat to the **“Why”** and the **“How”**, making decisions requires courage, awareness, and a willingness to make mistakes.

The world of today

Neither an organization's leadership nor its strategies are spared in today's VUCA world. Experiences, dogmas and paradigms must all come under scrutiny; it is no longer a case of finding the one way or the management tool: standards give way to individuality.

We as leaders , what role do we ensemble in?

As leaders , we are responsible for the lion's share of the decisions about the parameters that define how our organisation can operate.

The increase in volatility, uncertainty, complexity, and ambiguity means that we and our organisation must seek new orientations and take a fresh approach to management. Only then can we guarantee positive results in changed circumstances. The VUCA world challenges us to find our own way. We will need to understand the psycho-logic and develop empathic behaviour – in short, to be more concerned with humans and their needs. (www.VUCA world org).

The pandemic situation and distance learning mode has made it imperative that we embed the online safety in every organization including our School routines, system and procedures of teaching and learning for our children to acquire education in safe environment.

Due to surging covid cases and high-level restrictions, children are spending more time at home and may not be able to see friends and family in person. This makes keeping in touch online extra important.

Many children are spending more time online – and

expanding the ways they use the internet. They may join online games, communities or start using new video-calling platforms. The social network can bring benefits to children's mental health and wellbeing, at the same time expose them to online risks.

In quest of exploring the virtual world at times our children navigate and leave the digital footprints which are viewed by the prying eyes! Our “digital footprint” includes all traces of our online activity, including our comments on news articles, posts on social media, and records of our online purchases. When we know the boundaries of our digital footprint and take steps to contain it, we can help protect our identity and reputation.

What is a digital footprint?

A digital trail is what we leave when we post something online, sharing content, or even when a website collects our information by installing cookies on our device This includes our IP address, our login details, and other personal information that we reveal online. Information that is posted about us also gets added to our data trail.

What do our digital footprint say about us?

It is a good idea to have a positive digital footprint. This information is our digital identity, and it could show up when someone searches for our name online.

Our online identity can influence different aspects of our life. For example, employers, schools, colleges, and law enforcement officials could use our digital footprint as a basis for character assessment.

Types of digital footprints

Digital footprints can be classified into two broad categories – active and passive footprints – which depends on how our information is acquired.

Active digital footprints

Active digital footprints consist of the data we leave when we make deliberate choices on the internet. For instance, posts we make to our social media channels are a form of active footprint. When we are logged into a project management or similar site, changes we make that are connected to our login name are also part of our active footprint.

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Here are a examples of active digital footprints.

1. Posting on Facebook, Instagram, Snapchat, Twitter, and other social media platforms
2. Filling out online forms, such as when signing up to receive emails or texts.
3. Agreeing to install cookies on your devices when prompted by the browser.

Passive digital footprints

Passive digital footprints are those you we leave behind without intending to or, in some cases, without knowing it.

For instance, websites that collect information about how many times we have visited recently are adding to our digital footprint in a passive fashion. That is because we don't choose to give them this data. They collect it when a device at your IP address connects with their website. This is a hidden process, and we may not realize it is happening at all.

Here are 3 examples of passive digital footprints

1. Websites that install cookies in our device without disclosing it to us
2. Apps and websites that use geolocation to pinpoint your location.
3. Social media news channels and advertisers that use our likes, shares, and comments to profile us and to serve up advertisements based on our interests.

Both active and passive footprints can be tracked and observed in multiple ways and by multiple sources.

How do we protect our digital footprint?

Organizations like the Family Online Safety Institute recommend tracking our digital footprint and taking steps to control it. Recommended steps include:

1. [Enter our name into several search engines.](#)

Use multiple search engines to perform a search for our first and last name. If we've recently changed our name, we need to look up at both our prior name and our current one. Try the common misspellings as well. Review the first two pages of results. Are they positive? Do they show us in a professional and respectable light? If anything comes up that we don't like, ask the site administrator to take it down. Setting up Google Alerts is one way to keep an eye on our name. Every time it is mentioned somewhere, we will get a notification. If we have a common name, it may help to attach keywords to our search, such as our location or activities that may associate our name with a Google alert.

Real estate websites and whitepages.com may have more information about us than we might want disclosed. Personal information like your phone number, address, age tend to show up. Get in touch with the websites and have that information removed.

2. [Double-check your privacy settings, but do not trust them.](#) (ae.norton.com/internet Security-privacy clean up digital footprints)

It is time to secure our digital footprints!

Think of our digital footprint as an extension of who we are. It is the image we create for ourselves for the world to see.

We need to be alert and careful about what we share, like, or comment on. Avoid sharing too much personal information online. If there is something distasteful about us online, contact the website's administrator to request that the information be taken down.

Keep track of all the accounts we have and keep an eye on the privacy settings from time to time. Privacy settings can be changed when an app is updated by the developer. It may be impossible to erase our digital footprint, but we can work toward making it a positive one. How do we spread awareness amongst our School Community?

We at Our Own English High School, Fujairah consider it our prime responsibility in fostering Digital Citizenship amongst our School community through webinars, discussions, digital safety mind, Digital leaders' newsletters, activities and initiatives. We have an embed online safety education program which is innovatively strategized reaching the learners through the digital citizenship Curriculum taught alongside MEP/PSHE/Moral Education and through the School activities and initiatives.

Parents, School Leadership team, students, digital leaders are playing an active role in creating awareness and fostering the Online Safety and Digital citizenship which would ensure they stay safe and secure online!

Every simple act will make an immense difference!

Let us act before it is too late!

Stay safe! Stay secure.

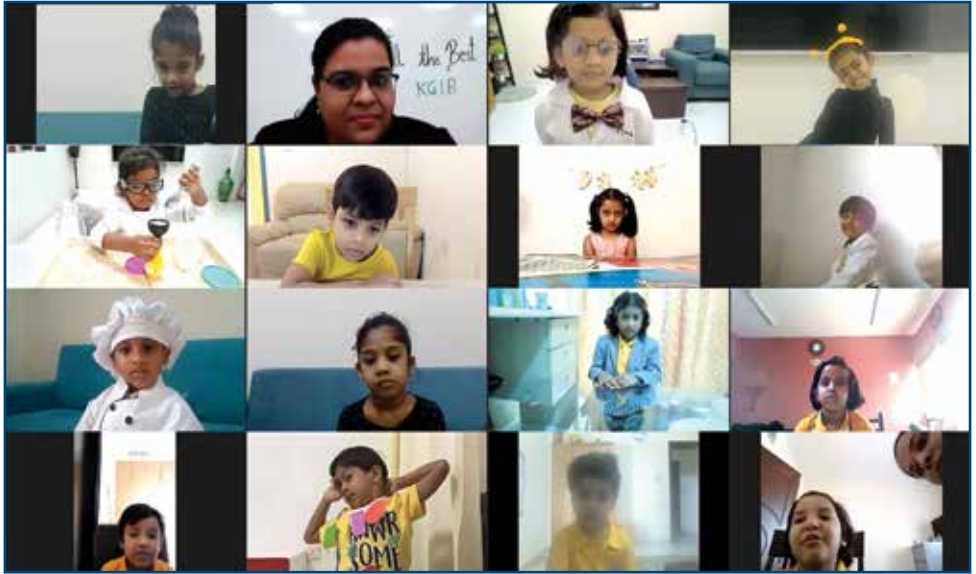
Saleema Mahmoodi

Principal

Our Own English High School, Fujairah



Eminence Private School Kindergarten activities



The Eminence Kindergarten is a unique experience with an international curriculum and a band of creative teachers. Their entire year is filled with activities that not only teach them new things in a fun way but also celebrate life. Too many to pen down, in this article we cover just two!

Story Week

Listening to a well narrated story can be one of the most impactful learning experiences a child can have. Storytime encourages language and literacy skills, cognitive development and social-emotional growth. The kindergarten students at Eminence Private School celebrated Story Week with fun and enthusiasm. Special online story telling sessions were scheduled where teachers, students and parents got an opportunity to share stories with other children.

In the three-part series, the first session started with storytelling session by the Kindergarten Coordinator.

Narrating the story "Don't Wake up Mama" with fun voice modulations and gestures, the coordinator attempted to give a sense of drama to the whole experience.

The second session saw parents and students share stories – *The Lion and the Mouse*, *The Clever Crow*, *The Little Red Riding Hood* to mention a few with one another along with another session by the Coordinator. As she narrated the story "*Corduroy*", children were drawn into a world of Corduroy the teddy bear and his attempt to find his missing button in the toy store.

The third session belonged to the kindergarten facilitators who enacted the story "The cap seller". Children were all excited to see their teachers dressed up like different characters and act out the simple story in such a fun way.

Stories are a common factor in teaching children in the kindergarten program at Eminence, and the Story Week was a special dedication to one of the richest learning experiences a child can get.



Showtime

Summative assessments are not something that gives you an insight into the development of a child. During the early years, it is essential to understand where each child is developmentally so as to ensure a well-rounded education and growth. At Eminence, the program Showtime provides kindergarten children opportunities to express what they have learnt to the parents in the classroom in a simple informal setting. This year, due to the pandemic, Showtime took place online.

Program was organized class wise so that each and every child got a chance to showcase a part of what they have learnt. Children performed science experiment, concept activities, cooking without fire, songs, rhymes, stories and so much more. They also did group activities based on the Science, Math and Language.

Few of the tiny tots made lemonade, brown bread sandwich, vegetable salads when it comes to cooking without fire. Science experiments like colour mixing to get secondary colours, seed germination, fun with magnets, and lava from volcano were part of the live online demonstration by the students which amazed the parents. Concepts like shapes, colours, fruits, vegetables, birds, machines, trees, water were all explained through activities by the children. Students understanding of mathematical concepts

like number names, big and small, weighing scale, before and after numbers were also showcased through hands on activities. In language children performed rhymes, stories, blends and so on. Showtime also included children performing music and movement, butterfly movements, mimicked the sound of different animals and many more.

The entire event showcased the development of children in various domains like physical, cognitive, social etc. The highlight of course was the confidence that the students had in showcasing their knowledge and development to the audience.



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Trivia Quiz

1. Which tea blend, first described in the 1830s, is flavoured predominantly through the addition of bergamot oil?

2. Large, flightless bird native to South America?



3. 2016 Academy Awards, which film took home the Oscars for Best Actor, Best Director and Best Cinematography?



4. Which type of banana, from a single estate in the 1830s, are the parents to the vast majority of modern edible cultivars?

5. Which viscous metal, atomic number 80, is referred to as 'quicksilver' or 'hydrargyrum'?

6. Which band's Every Breath You Take was the most-played song in the history of radio?

7. The name movie of Timothy Dalton's 2nd and final appearance in the James Bond franchise?

8. From 324 until 1923, which city served as the capital of three different empires?

9. The 5 largest of which type of event have occurred in reverse order in Chile, Alaska, Indonesia, Japan and Eastern Siberia?

10. Robert de Niro won his 2nd Best Picture Oscar for his portrayal of which boxer in Raging Bull?

11. Sporting item, traditionally of cork, leather and feathers, also referred to as a bird or birdie?

12. The children's TV show Horrible Histories paid tribute to which historical figure through a song titled 'I sat on a bus'?

13. Ship produced in Belfast, was the sister vessel to the RMS Olympic and HMHS Britannic?

14. Bryan Ferry was the lead singer of which band?



15. Which lake borders on three countries, but only has one outflow – the River Nile?

16. Clown Prince of Crime?

17. Which is the largest country in the world which has no permanent river systems?

18. In which modern-day country is Mt. Ararat, the rumoured landing site of Noah's Ark?

19. Luzon and Mindanao are the two most populated islands in which South-East Asian nation?

20. Which famous singer starred as Argentinian first lady Eva Peron in the 1996 film, Evita?

Wordsearch

A large grid of letters for a word search puzzle. The grid is 20 rows by 25 columns. The words to be found are listed on the right side of the page.

Locate the word list at the side or bottom of the screen. Find all the words from the themed word list in the puzzle grid. Words may be found going forwards, backwards, up, down or diagonally.

- | | | | | | |
|-----------|------------|-------------|------------|--------------|------------|
| Absurd | Childish | Fool | Laughter | Pretend | Tease |
| Amusing | Chuckle | Game | Levity | Punch line | Tomfoolery |
| Antics | Comical | Guess | Loony | Query | Trick |
| April | Confusion | Harebrained | Ludicrous | Quirk | Trifle |
| Astute | Crafty | Harmless | Madcap | Rattle | Triviality |
| Audacious | Crazy | Hidden | Malarkey | Riddle | Trumpery |
| Bamboozle | Cunning | Hint | Mindless | Ridiculous | Uncanny |
| Bantering | Custom | Hoax | Mischief | Screw | Unexpected |
| Bemuse | Dabble | Hoodwink | Mislead | Senseless | Unwary |
| Bewilder | Daft | Humorous | Month | Shallow | Victim |
| Bluffing | Delude | Idiotic | Muse | Shenanigans | Wacky |
| Bogus | Dopey | Imagination | Nonsense | Shrewd | Whim |
| Bold | Droll | Initiate | Nutty | Silly | Whimsical |
| Brainless | Dumbfound | Jest | Observance | Spontaneous | Wise-acre |
| Buffoon | Dupe | Joker | Oddity | Spoof | Wit |
| Bunkum | Enthusiasm | Josh | Peculiar | Stories | Youth |
| Calendar | Farce | Kidding | Phony | Superstition | Zany |
| Caper | Feign | Kooky | Playful | Surprise | |
| Celebrate | Fib | Lampoon | Prank | Talent | |

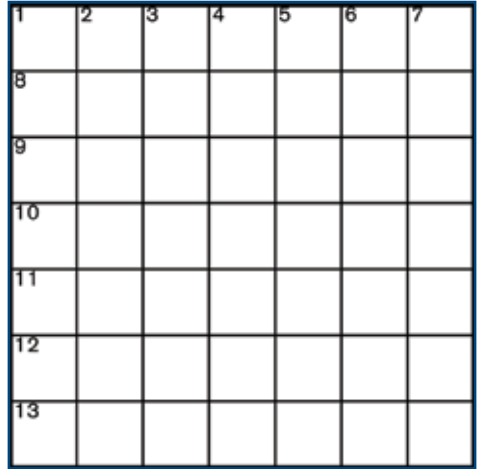
Word Square

ACROSS

1. One who has got free from captivity
8. Scotsman's pouch
9. Distort
10. Item
11. School official
12. Lower part of the external ear
13. Went in

DOWN

1. One who has got free from captivity
2. Scotsman's pouch
3. Distort
4. Item
5. School official
6. Lower part of the external ear
7. Went in



Ladderword

ACROSS

1. Each
3. Harvest
5. Prattle
6. An age
7. Land measure
8. Sprinter

9. Become firm

10. Pause
11. Took examination again
12. - Vegas, US gambling city
13. South-east Asian nation

14. Iridescent gems

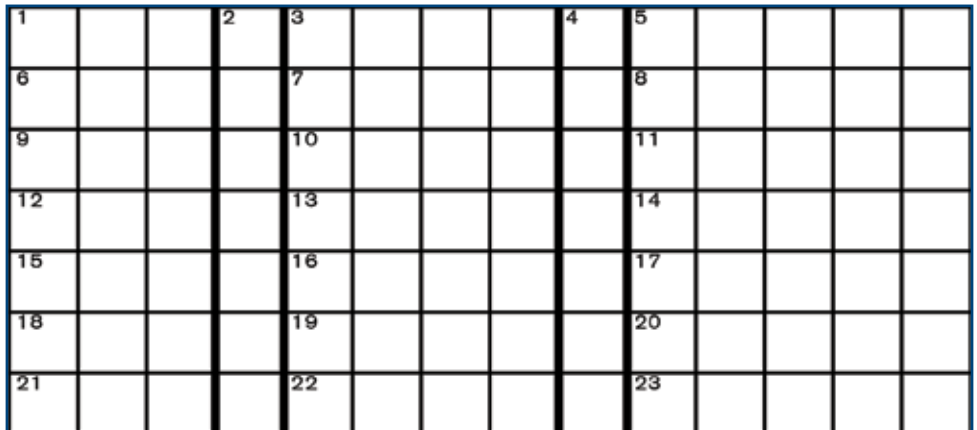
15. Took a seat
16. Pierce with knife
17. Animal
18. Sea (French)
19. Female horse
20. Large drinking bowl
21. Doze

22. Gasp

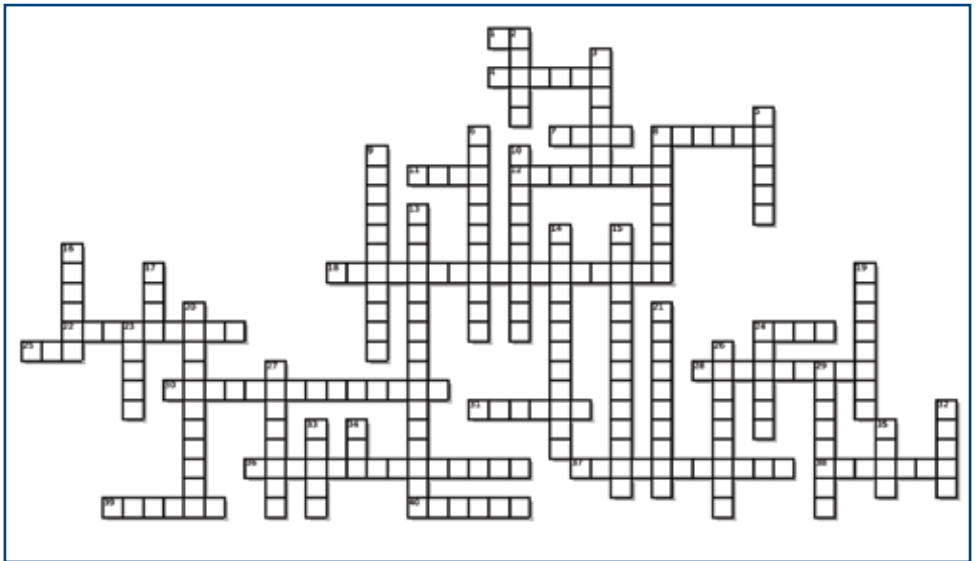
23. Eucharist plate

DOWN

2. Performer of gymnastic feats
4. Aerialist's swing



Cross Word



ACROSS

- 1 UK Oxford's Morris Garages originated what iconic car marque c.1920
 4 What sort of roof window is named from French 'sleep'
 7 The herb liqueur drink Chartreuse and eponymous colour is
 8 What country was once called Nueva Espana
 11 On a sailing vessel a mizzen
 12 These emissions Sulphur dioxide and Nitrogen oxide cause this
 18 The Japanese concept 'ikigai' ('life use') is a way to understand
 22 TEFL is a popular abbreviation in
 24 Lobo refers to which creature
 25 French 'nom de guerre' literally translates as
 28 Traditional analogue tape-recording uses

- 30 In birdwatching what is an LBJ, referring to an indistinguishable small brown bird
 31 What is the originating portmanteau term referring to the UK leaving the EU
 36 Czech Emil Zatopek
 37 American political activist Noam Chomsky was also a leading academic in
 38 Panama disease destroys this crop
 39 British military slang 'take a quick look around' derives from Arabic 'safa', 'try to see'
 40 The human hormone Ghrelin is known as the '___ hormone'

DOWN

- 2 What bird prefixes flesh, grass, berry and step
 3 Where the Scottish Highland Games are held
 5 A bianca pizza is not
 6 Animal health hazard

- in Europe is the Oak Processionary ___
 8 Myriapoda is a group of creatures with
 9 Famous London railway station located on a bridge on River Thames
 10 Professor Pat Pending, the Arkansas Chuggabug, and the Ant Hill Mob feature in which popular 1968-69 17-episode TV cartoon series
 13 Which two Biblical cities were destroyed by 'fire and brimstone'
 14 In accounting an allowance for lost asset value due to age or wear
 15 Salad condiment comprising oil and vinegar, popularized
 16 The German 'dachshund' means '___ dog'
 17 The Republic of Turkey, formed 1923, gave its transformational leader Mustafa Kemal what surname in 1934, meaning Father of the

- Turks
 19 Which traditional stringed folk instrument is named from Latin 'sweet song'
 20 A troubadour
 21 Jumbled Latin 'placeholder' text in draft documents
 23 What is the tree-trunk called in the Highland Games tossing event
 24 A Lucarne is a type of
 26 Potassium Nitrate, historically used in gunpowder, is better known as
 27 Praxis is the practical application of
 29 Which modern city bridging Asia and Europe was called Byzantium
 32 Logo on the famous Victorinox Swiss Army pocket knife
 33 Vibrato in music is small rapid changes in
 34 Greek god of shepherds
 35 Pasteurization (of milk, beer, etc) controls micro-organisms

Logic Grid

Transportation	7am	8am	9am	10am	Noon	Train	Trolley	Tour bus	Taxi	Tugboat
Tony										
Timmy										
Tammy										
Tanya										
Tabitha										
Train										
Trolley										
Tour bus										
Taxi										
Tugboat										

Logic puzzles (also known as “logic grid puzzles”) require the solver to deduce the relationships between different people, places and things based on a limited number of clues given in the puzzle. Remember: every item on the board belongs to one and only one person, no item will ever be shared. Using only the clues provided and simple deductive logic and reasoning, fill in the grid with X’s and O’s to determine the solution.

CLUES:

The earliest available transport is the Trolley (which is not taken by any of the men, or Tanya).

Nobody departs at noon from either the Taxi or the Tour bus.

Tabitha either rides the train or the tugboat.

The Taxi is taken by Tony every morning sometime before 9am.

The tugboat is not the last transport of the day.

Tanya leaves 2 hours after Timmy.

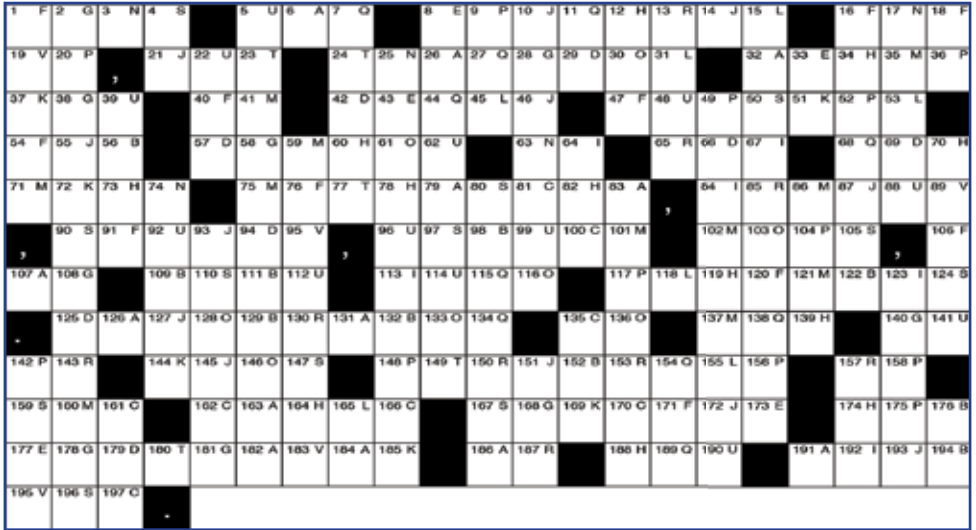
“T” for TRANSPORTATION:

Five travellers(one of whom is named Tabitha) from our town have the habit of taking the same mode of transportation (one is by Taxi), wherever they go. Each transport leaves at a scheduled time (one is 10am).

From the clues provided can you determine the transports our travellers take and the time they depart?

ACROSTIC: Solve the crossword clues to gradually fill in letters. Each puzzle spells out the author and/or source of the quote in the first letter of every answer. As the quote begins to emerge, it will provide you with letter clues for the words you’ve not yet found until you’ve reveal the solution! >>>

Acrostic



A 131 186 32 182 6 184 163 107 191 26 126

79 83 Asterism of the constellation Cygnus (2)

B 129 194 122 111 98 109 132 56 152 176
"My fault!" (3)

C 197 100 166 170 162 135 81 161
Essential principle

D 29 69 94 125 179 57 42 66 20% (2)

E 173 33 177 8 43 Extract through percolation

F 54 76 40 16 47 171 120 1 106 91 18
Nom de plume of America's first stand-up comedian (2)

G 181 168 2 28 178 58 140 38 108 Restrained

H 82 139 78 34 70 174 164 60 12 188 73 119
Beckons

I 192 84 113 123 67 64
Like most amateur singing (hyp.)

J 14 46 172 55 93 10 151 21 87 145 127 193
Stereotypical spoilers

K 51 144 37 185 169 72 Admits (2)

L 165 45 118 15 155 53 31 Pride member

M 137 41 35 75 160 71 101 102 121 86 59
Made contact (2)

N 25 63 17 3 74 Capp character

O 30 103 136 128 133 146 116 61
Sent for a second opinion

P 49 117 175 156 104 142 158 148 52 9 36 20
Acting accolade (2)

Q 134 189 7 11 138 44 27 154 115 68
Ushered

R 157 143 187 13 150 65 85 153 130
Appropriate to

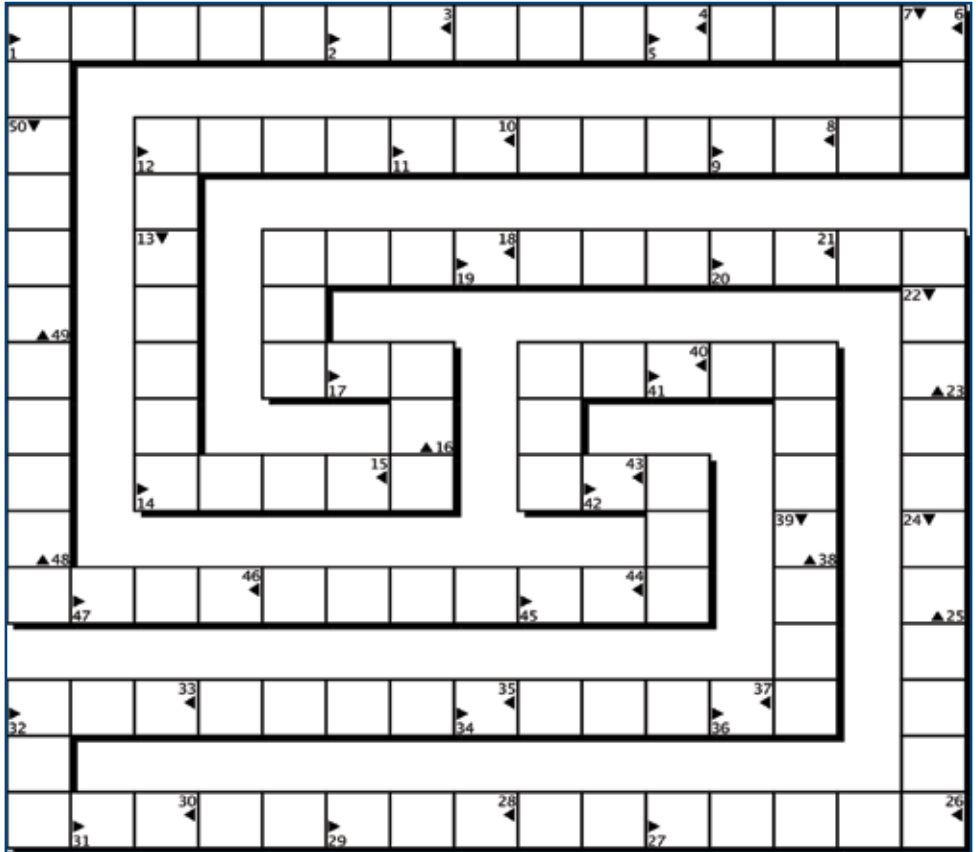
S 167 4 105 110 124 90 97 80 196 159 147
50 Not hampered

T 180 77 24 23 149 Home improvement store

U 96 112 99 92 114 48 5 22 88 141 39 190 62
"___ of March" (warning to Caesar) (3)

V 195 183 89 19 95 Helped

Slitherlink



CLUES

- | | | | |
|-----------------------------------|--|----------------------------------|-----------------------|
| 1. Less cooked | 13. Uncommon | 25. Earthen pot | 38. Worship |
| 2. Tender | 14. Lustrous | 26. As above | 39. Maturing agent |
| 3. Alert | 15. Detailed plan for a journey | 27. Pimples | 40. Wading bird |
| 4. Not kosher | 16. The nobility | 28. English Derby city | 41. Biblical king |
| 5. Republic in W Africa | 17. Surety | 29. Lance | 42. Ego |
| 6. Business emblem | 18. Ship | 30. Employs | 43. Sleeping noise |
| 7. Profit failure | 19. Singer, - Lynn | 31. Japanese wrestler | 44. Peaceful |
| 8. Hawaiian farewell | 20. Surreptitious, attention getting sound | 32. Opponent of new technologies | 45. Firearm |
| 9. Lariat | 21. In reserve | 33. Edible red seaweed | 46. Resembling a rope |
| 10. Pertaining to diet | 22. Iridescent gem | 34. Visage | 47. Swinish |
| 11. State in the NW United States | 23. Cooking implements | 35. Old | 48. Indian queen |
| 12. Assess | 24. Scoundrel | 36. Small remnant | 49. Street urchin |
| | | 37. Prefix, ten | 50. Fictitious |

Sudoku Challenge

		6				3		
3		1		2				5
	9			3		6	4	
5		3				7		
	6	2		1			5	3
			8	5				
		4			1			
1	2					9		
		7	6		5		8	

Easy

If you're new to Sudoku, or looking for an easy puzzle to solve, give this one a try.



Medium

Seasoned solvers and those looking for a little more of a challenge will want to try the puzzle below, which offers a bit more in the difficulty department.

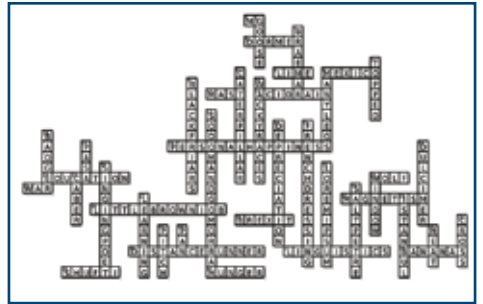


	8			9	1			
			4		3			5
				2		1	8	
		8	3					4
1		9		6		3		
		2			5			
7	3		8			9		
	9	5			7	8		
		4						6

Trivia Quiz

1. Earl Grey
2. Rhea
3. The Revenant
4. Cavendish
5. Mercury
6. The Police
7. License to Kill
8. Constantinople
9. Earthquakes
10. Jake La Motta
11. Shuttlecock
12. Rosa Parks
13. RMS Titanic
14. Roxy Music
15. Lake Victoria
16. The Joker
17. Saudi Arabia
18. Turkey
19. The Philippines
20. Madonna

Cross Word



Wordsearch



Crossword



Wordsquare



Ladderword



Acrostic

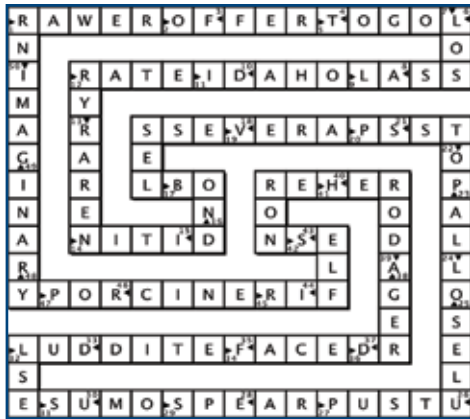
"When the campaign ended, the warriors returned to their meadows and fields by the Dnieper crossings, fished, traded, brewed beer, and were free Cossacks. Foreigners of the time were astounded by the truly unusual capabilities of the Cossack."

– *Nikolai Gogol, Taras Bulba*

Logic Grid

Tony	8am	Taxi
Timmy	10am	Tour bus
Tammy	7am	Trolley
Tanya	Noon	Train
Tabitha	9am	Tugboat

Slitherlink



Sudoku

7	5	6	1	8	4	3	2	9
3	4	1	9	2	6	8	7	5
2	9	8	5	3	7	6	4	1
5	1	3	4	6	2	7	9	8
8	6	2	7	1	9	4	5	3
4	7	9	8	5	3	2	1	6
6	8	4	2	9	1	5	3	7
1	2	5	3	7	8	9	6	4
9	3	7	6	4	5	1	8	2

6	8	7	5	9	1	4	3	2
9	2	1	4	8	3	7	6	5
4	5	3	7	2	6	1	8	9
5	6	8	3	7	9	2	1	4
1	4	9	2	6	8	3	5	7
3	7	2	1	4	5	6	9	8
7	3	6	8	5	4	9	2	1
2	9	5	6	1	7	8	4	3
8	1	4	9	3	2	5	7	6

"I always have a slight sense of sadness when Ramadan ends. It's such an amazing, blessed month. For me it is like a training camp for the year. You reflect on your life and things you can improve on. And it's not about food and drink, it's about learning to be a better person"

Moen Munir Ali

English international cricketer. An all-rounder, he is a left-handed batsman and right-arm off-spinner. Ali has represented England in all formats of the game.

Your Life Style and Health



Many of my dear and near ones died since the covid pandemic that broke out in December 2019. The alarming fact is that, many of them are died not due to covid instead of heart attack, stroke, kidney and liver problems. In fact, more people died of lifestyle diseases rather than covid infection. Moreover, the covid became deadly for people who suffer from high BP, cholesterol and diabetics. The lock down and covid related stress had aggravated the mental and physical health of people. Another startling fact is that, many young people even below 40, surrendered to death on account of cardiac arrest, stroke, kidney and liver diseases. The unfortunate thing is that, many of the people who succumbed to death due to vital organ failures

were not aware that, they suffer from high blood pressure, cholesterol, liver and kidney malfunction. The real villain behind the high death rate and chronic diseases is the unhealthy lifestyle that we follow. The need of the hour is that, we must take care of our health by making drastic changes in our diet, sleep, exercise and mental well-being.

Lifestyle diseases are those diseases associated with the way a person or group of people live. The lifestyle diseases take years to develop. Lifestyle diseases include Alzheimer's disease, Arthritis, Asthma, some kinds of cancer, chronic liver disease, Type 2 diabetes, heart disease, chronic kidney failure, stroke, depression and obesity. The main factors contributing to the lifestyle diseases include bad food habits, physical inactivity, wrong body posture, smoking habits and the alcoholism. Other contributing factors include the type of work you do, your work environment stress and poor sleeping habits.

The good news is that lifestyle diseases can be prevented by making simple changes in daily routine and following a healthier way of living. Few basic changes include quitting smoking, avoiding alcohol, avoiding junk food, having a balanced diet that includes fresh vegetables and fruits, regular physical exercise and leading a stress-free life. Let us see some healthy habits which help to reduce the risk of premature death.

We must say no to junk food. "Junk food" is a term used for the food that is of little nutritional value and often high in fat, sugar, salt, and calories. Eating junk food is found to be the main cause of lifestyle diseases like coronary heart disease, Type II diabetes, and hypertension and cancer. Obesity, high blood pressure, blood glucose and cholesterol are also linked to bad eating habits. Extra cholesterol in the blood settles on the inner walls of the arteries, narrowing them and allowing less blood to pass through them to the heart. Aim for total cholesterol below 200 mg/dL; LDL cholesterol below 130 mg/dL and HDL above 35 mg/dL. Ideally, we should all have a blood pressure below 120 over 80 (120/80). A regular check-up of BP, Cholesterol, Sugar level and kidney functioning is highly required.

The following tips for healthy eating will benefit to reduce lifestyle prone diseases. Eat at least 5-9 servings of fruits and vegetables every day, choose whole grain bread and cereal, choose low-fat milk and cheeses, choose lean meats, poultry, fish, eat more beans and grains, use less salt, sugar and fat and drink lots of water between meals.

Being active is critical for good lifelong health. Health experts recommend healthy young adults should exercise at a moderate intensity, such as a brisk walk, at least 2.5 hours a week and engage in muscle-strengthening activities twice a week. Walk during lunch or any other time you have a free moment. Use the stairs, not the elevator or park further away from your destination so you have to walk more. Look for every opportunity to move more throughout the day.

Avoiding alcoholism is required to lead a healthy life. Alcohol use has been linked to stroke in many studies. Drinking too much alcohol can increase blood pressure and the risk of stroke.

People with job stress and an unhealthy lifestyle are at higher risk of coronary artery disease. Work pressure, strain and stress are causing serious lifestyle diseases such as obesity, hypertension and diabetes among younger professionals. Doctors say they have been observing a worrying trend wherein conditions like diabetes and hypertension, which are typically observed among people above 40 years, is being diagnosed in people as young as 20. Relaxation methods (meditation, breathing exercises), yoga, and stress management techniques are essential for preventing cardiovascular disease and coronary artery diseases. Today's generation is showing aversion to spiritual life. Prayer, retreat and spiritual fellowship are useful to reduce our stress.

Tobacco smoke is harmful to smokers and non-smokers. Cigarette smoking causes many types of cancer, including cancers of the lung, mouth, throat, kidney, bladder, pancreas, stomach, and cervix, as well as acute leukaemia. Quitting smoking reduces the risk of developing and dying from cancer. In order to lead a healthy life, avoiding smoking habit is inevitable.

In short, an individual's health depends a lot on their lifestyle. Maintaining physical and mental health is crucial to an individual's longevity. The more time spent on hygiene, physical fitness, and diet regulation, the healthier lifestyle they have. The decisions you make today can have an impact on your future and this could not be more true when it comes to your health.



Douglas Joseph

The author has been teaching in colleges and schools for the last 18 years in India, Maldives and U.A.E. Currently teaching in Our Own English School Fujairah.

He is a prolific writer on teenage and education issues in various magazines and online portals. He

Conducts seminars and motivational classes on education, study skills. Exam preparation, soft skills development, career planning and parenting.

First winner of first Fujairah Treasure Hunt



Abdul Ghafoor Behroozian, Chairman of the Tennis and Country Club Fujairah presented a Dh5,000/- to Darron Buchner on behalf of his wife, accompanied by Kadence aged 4 years

Why do people Treasure Hunt? Maybe it was thought of finding Redbeard's treasure and the big 5000aed cash prize or maybe it was just a nice way to spend a morning or afternoon in Fujairah on the 12th or 13th March 2021. Maybe it was a bit of both?

Whatever the reason, I'm sure that everyone who did hunt enjoyed themselves. On top of the Seven Summits, at the first clue, without a doubt we were met with a many friendly faces and easy smiles.

You could have walked past a Treasure Hunter and not even have known whom you had just passed. Treasure Hunters come in all shapes and sizes. There are young ones and old ones, males and females, families, individuals and groups of friends. Most have cars but some use their bicycles! Treasure Hunters

live everywhere especially here in the UAE, as well as South Africa, the UK, Russia, the Ukraine, France, the other GCC countries and most of Asia.

Some like to start early at 07.50 on Friday 12th March and want to be the first to complete the course. Some had to be warned on Saturday afternoon not to go too slowly because they might run out of time.

Some even completed the Treasure Hunt twice! Imagine walking up those 173 steps two times!

Not everyone of the 200 that started, completed the Treasure Hunt. Some didn't even make it to the first clue because of injury! The majority did though, and in completing it they had to go to the following locations in order.

- First clue - Seven Summits
- Second clue – Wadi Saham Petroglyph
- Third clue – Tennis and Country Club Fujairah
- Fourth clue – Fujairah Adventure Park
- Fifth clue – Fujairah Heritage Village
- Sixth clue – Al Bahar Hotel
- Treasure location - Fujairah Fort



The 1st Fujairah Treasure Hunt took a big team effort to make successful and we would especially like to thank all our friends around Fujairah, all the owners or managers of the above locations, to Fujairah Adventures and a special thanks to Fujairah Tennis and Country Club for not only providing an iconic location for a clue but in giving all participants that completed, a Guest Pass to enjoy their facilities. The biggest thanks though, goes to the Fujairah Trade Centre and their fantastic generosity in providing the 5000 aed cash prize.

Winner of the prize was Angela Buchner from South Africa who hunted with her family. Her husband and daughter are seen here receiving the cash prize.

In the week since the Treasure Hunt my phone rang quite regularly and we have had wonderful messages, thanking us and telling us what a great time was had on the Treasure Hunt.

These are some of the messages we received:

- "This is sooo exciting, thank you very much!!"*
- "What a great idea."*
- "Thank you so much for your efforts in organising the event."*
- "It really was a lot of fun, would be a lovely annual event."*

Probably the most asked question is will there be another Treasure Hunt?

Well, all I can tell you is that Redbeard the pirate had a younger brother. His name was Blackbeard and he had a bigger Treasure. Imagine if Saeed found that bottle with a map in it as well!

Dave Charlton



Moon Retreat: glamorous introduction to pre-historic Mleiha region



Sharjah Investment and Development Authority (Shurooq) is gearing up to cross a brand new milestone in its journey of transforming Sharjah into a vibrant hub for sustainable eco-tourism in the region.

The authority has announced that the family-friendly Moon Retreat, which will be the fourth eco-luxury retreat to join Shurooq's Sharjah Collection brand, managed by Mysk by Shaza, is all set to welcome overnight guests – desert adventurers and glampers alike – from around the world in Q1 of 2021, when the UAE's weather is ideal for immersing in the flurry of outdoor activities and nature-inspired experiences that the archaeologically rich Mleiha region has on offer.

With the introduction of Moon Retreat, and Shurooq's previously developed public attractions in close proximity, namely, Mysk Al Faya Retreat, operating under Shurooq's "Sharjah Collection" brand managed by 'Mysk by Shaza', Shurooq's Mleiha Archaeological and Eco-tourism destination

and the Mleiha Archaeological Centre, the Authority continues to create exciting new avenues for lovers of local history unprecedented access to Mleiha, whose intriguing history dating back thousands of years was left largely undiscovered until recently.

Designed to offer guests an authentic camping atmosphere with modern creature comforts, one of the biggest attractions of Moon Retreat will be epic stargazing opportunities, thanks to very little light pollution in the vast Mleiha desert.

Destination pushes forth Shurooq's agenda of responsible and sustainable eco-tourism

Moon Retreat embodies Shurooq's pioneering approach to developing Sharjah's eco-tourism landscape in compliance with the international sustainability standards. This new gem in their bouquet of luxurious eco-tourism offerings that enable travellers a never-before opportunity to experience the Emirate's outstandingly diverse natural landscape, will also be seeped in authentic Emirati hospitality.

This will be Shurooq's second boutique hospitality offering in the Mleiha region, the first one being Mysk Al Faya Retreat. It will conform to the sustainable heritage and ecotourism standards Shurooq has been implementing across its projects, with all structures being built ensuring minimal impact on the surrounding environment.

History, culture, adventure ana gastronomy in peaceful desert locale

A unique way of desert glamping that combines resort-style services with traditional camping, Moon Retreat will feature 10 single-bed domes, 4 family tents and 2 single-bed tents. Each unit is self-sufficient, fitted with all amenities that guests would require on a day-to-day basis. Guests can pre-order ready-to-grill meals during their stay, which can be cooked on their private barbeque grills in their tents while enjoying Mleiha's breath-taking landscape.

Most of the domes and tents will also feature private pools. In addition to a reception area were guest

will be welcomed and a communal area, featuring a bonfire and BBQ experience will offer guests an opportunity to come together and socialise.

Guests will be advised on hiking route trails to allow them to create their own unique journeys of discovery and exploration of the vast Mleiha region. An entire day can be spent in the nearby Mleiha Archaeological Centre, which is home to a fascinating collection of artifacts and fossils discovered in massive archaeological excavations which have revealed the oldest evidence of human life outside of Africa, on the Mleiha site.

Guests at the Moon Retreat will be allowed access to activities offered by the other properties in the vicinity such as Mysk Al Faya Retreat and Mleiha Archaeological Centre, including Mysk Al Badayer Retreat in the nearby Al Badayer Desert.





الشمس RISING المدرسة SUN

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Website: www.risingsunfujairah.org
Instagram: @risingsunfujairah
Facebook: Rising Sun – Centre for special needs

Importance of Quadruped Position



Quadruped position is a very important development posture. It is the starting position of crawling where both hands and knees are on the ground. It is a position from which we can find out a lot about a child's physical performance and in this position, we can have children engaged in a ton of effective therapeutic play activities.

A physical therapist may assess a child's strength, balance, agility, coordination, flexibility, and posture from the quadruped position and can also determine the level of stability during static and dynamic activities.

This is the initial step for a long list of core strengthening exercises and stretches, as well as the position from which babies learn to crawl.

The ability to get into and sustain this position is also a good measure of how well primitive reflexes have been integrated. The quadruped position is ideal for practicing balance. During this position the muscles responsible for moving the body into flexion and extension are all active at the same time.

The advantage of being on your hands and knees is enormous! When a child learns to reach for a

toy or follow a ball all over the floor, the brain must determine which arm goes first, then which leg. Crawling in quadruped position helps this motor planning to become automatic, so the child doesn't have to worry about how to shift their body for daily motor activities like climbing stairs, running, getting up from the floor, and more.

Weight bearing on the hands in quadruped position is important for the growth of hand strength, as well as improved shoulder strength and stability in quadruped position. Weight bearing in this posture also gives the hands, elbows, shoulders, hips, and knees a nice amount of proprioception, which helps with body awareness.

A physiotherapist educates many activities in quadruped position to promote balance, body awareness, bilateral coordination and strength in children with weight bearing stability issues, specific



position instability, compensatory postures, spinal stability dysfunction, specific motor pattern dysfunction or a combination of these dysfunctions.

Subin Sebastian
Physiotherapist

Are You Taking Care of Your Hair? ©Alva Carpenter

Following the worry of Covid times we really want to give our hair a powerful natural boost.

If you want abundant healthy silky bouncy hair, then start by taking care of your scalp.

Keeping your scalp healthy is a vital step in your hair care routine.

Looking after your scalp is a vital step in your beauty routine.

People take care of their skin and their hair but forget to maintain their scalp. It is essential to maintain a healthy nourished scalp and encourage blood flow to your hair roots. The older you are the more you need to look after your health and make sure your body gets all the nutrients it needs. If your diet is poor or if your body has been fighting an illness you will often experience temporary hair fall.

Is your hair loss caused by poor diet?

Hair cells grow quicker than practically any other cells in the body, and so they require a continuous supply of nutrients.

But because hair is not an essential body organ, it is low down on your own body's list of priorities and receives its nutrients last.

If you are eating a poor diet, your hair is the first to show it.

When it comes to hair growth, there is one mineral that makes a big difference: Iron.

It is also important to get plenty of Vitamin C to help the absorption of Iron. Zinc, Vitamin D and Biotin all working together are also important. Nutrients work together like the instruments in an orchestra, so it is always better to go for a multi-supplement rather than individual vitamins unless recommended by your doctor.

If your diet is not always healthy then take Permea Plus HSN, a top-quality supplement that is pharmaceutical grade. If hair loss is the result



of vitamin or mineral deficiency, then the right supplement can deliver results in 3 weeks.

Even if you eat healthily already, it can be worth investing in a premium hair skin and nails supplement for extra nutrition.

Permea Plus contains 26 vitally important minerals, vitamins and antioxidants that nourish the living cells for amazing-looking, healthy hair, skin, and nails:

Vitamin D Vitamin E: Vitamin C: Vitamin B1: Vitamin B2: Vitamin B3: Vitamin B6: Vitamin B12: Folic Acid: Biotin: Pantothenic Acid: Iron: Calcium: Magnesium: Zinc: Iodine: Manganese: Copper: Silicon (as Equisetum arvense): Chromium: Selenium: Cysteine: Betacarotene: Lutein: PABA: Citrus Bioflavonoids
All the ingredients in Permea Plus are pharmaceutical grade.

Staying hydrated is also important for good hair growth and water is the drink your body likes best.

The next step is to take care of your scalp as from there your hair growth can flourish.



Studies show that massaging your scalp regularly enhances hair regrowth, also relieving stress and can also relieve alopecia.

Is your scalp healthy?

Dry scalp is often the root cause of many problems such as dandruff, eczema, hair loss, and the like. You always want to keep your scalp well-moisturised and nourished to ensure good hair growth and good quality hair.

How Stress causes hair loss

We are all suffering from a certain amount of stress as we navigate ourselves through unforeseen and changing times. When we are nervous and stressed, a vast amount of tension is stored in the scalp which restricts vital blood and nutrient flow to the hair roots. To ease this, adding regular scalp massage for a few minutes prior to shampooing your hair is beneficial to the hair in many ways but, also restores a beautiful feeling of calm. "Introducing a 2-minute scalp massage as part of a weekly routine is key," say trichology experts.

Regular massage stimulates blood circulation which feeds the roots making the hair grow; key to returning your locks to their youthful fullness and condition. Studies have proved that this traditional treatment encourage thick healthy hair growth.

Why make Permea Plus Hair Repair Massage Oil an essential step in your hair care Routine?

If you want to keep the abundant hair of your youth or encourage regrowth, then regular scalp massage with light natural oils must be part of your hair care routine.

The act of massaging your scalp urges the blood flow to the tiny hair follicles and feeds them nourishment from your blood. This has excellent results, and you will find that after a few weeks your scalp is less tight and much more flexible.

This is a good sign as the follicles remain open and you will soon start to feel healthy, strong new growth near the scalp.

When you use Permea Plus Hair Repair Massage Oil, you bathe your scalp and hair follicles with



GS886-S Series Battery Operated Interconnect Sigfox Smoke Alarm

**INTERTEK Certified**

Key Features

- INTERTEK Certified
- Voice alarm function
- Interconnection, one go all go within 10 seconds
- Battery operated
- Wireless distance: $\leq 100\text{ft}(30\text{meters})$ indoor,
- up to 100 meters free field
- Highly reliable Photoelectric technology
- Advanced sensing technology reducing cooking nuisance alarms
- Automatic low battery indication
- Automatic smoke chamber status
- LED Alarm indication
- Product life:10 Years



Voice Alarm

1. Smoke Alarm: ISO8201(BI 0.5s - pause 0.5s - BI 0.5s - pause 0.5s - BI 0.5s - pause 1.5s, with the RED LED flash, repeat this alarm pattern).

Kitchen cooking
smokePU
smolderingWood
smolderingWood
flamingPaper
firesPU
flaming

TESTING REQUIREMENTS

	Ionization	Traditional Photoelectric	SITERWELL AI smoke Alarm
Flaming Polyurethane	✓	✗	✓
Smoldering Polyurethane	✗	✓	✓
Cooking Nuisance	✗	✗	✓

Technical Specifications

Model Number	GS886
Battery Type	Alkaline battery: 2*AA
Battery Life	Over 3 year
Operating Humidity – Relative	$\leq 93\%$
Operating Temperature	0°-38°C
Buzzer	> 85dB(A) @ 3m
Speech Sound Level	Voice volume: > 65dB (a) @ 1m
Plastic Material	Flame retardant ABS + PC
Horn Parameters	8Ω/0.5W
Product Size	diameter~155mm×thick~47mm

nutrients so that your hair grows back thicker and stronger than ever.

A trichologist designed the Hair Repair Massage Oil as the very best combination of light oils to create splendid new hair growth and to prevent hair becoming thinner over the years. And it also makes your hair incredibly soft and bouncy.



Permea Plus Hair Repair massage oil contains six light oils designed to moisturise the scalp and keep it flake free but also to feed the hair roots. Cooking oils are not recommended as they are too heavy, stick to the scalp and hair and take a lot of washing out.

Super Key Ingredients:

- Vitamin E Oil: protects cells against free radical damage
- Avocado Oil: penetrates the scalp to stimulate strong hair growth and prevents breakage
- Sweet Almond Oil: provides shine, softness and manageability to hair and stimulates new growth
- Sesame Seed Oil: strengthens the hair to withstand climate damage



- Grape Oil: gives hair a natural satin-like sheen without resorting to polymers
- Soybean Oil: replenishes moisture

Your new hair care routine

- Step 1: Hair Repair Massage Oil (Massage scalp and Hair for 2 minutes)
- Step 2: Shampoo
- Step 3: Condition your hair

A healthy diet, good hydration and a weekly massage is the best solution for hair growth and Permea Plus Hair Repair Massage Oil is the best, most effective natural choice.

It is an excellent treatment for both men and women, especially in the Gulf.

It is exclusively available at Medicina pharmacies in UAE and for more information you can visit ardenhealth.com.

I think it is the best product for hair loss.

You Ask

At the moment I have no time for exercise as I have 2 children and I work. What can I do?

Maisie

This is such a common question, but it is so important to have time for yourself. Exercise is important for your physical health as well as your mental health. Also, you are important too. Try to get an exercise bike or a running machine to use at home and aim for at least 10 minutes per day. Try to do stretches in the morning or squats as you move around the house.

Try to take a walk each day; even a short walk will get you fresh air. Small changes make a big difference.

Check out my anti-aging mini-morning workout at ardenhealth.com. Doing something each day is better than doing nothing.

Alva

Weird and Wonderful World



Last paycheck from ex-employer shows up as oil-covered pennies

Andreas Flaten from Georgia was expecting his final paycheck from a former employer said the money instead arrived in the form of 500 pounds of oil-covered pennies dumped in his driveway in the middle of the night.

Flaten, who said he left the job due to a toxic work environment, said he was still owed \$915, which the owner told him would be delivered in January. He said the owner accused him of damages when he inquired about the check not arriving at his home, so he contacted Georgia's Department of Labor.

Miles Walker, the owner of Walker Luxury Autoworks in Peachtree City said he couldn't recall if he dumped the pennies at Flaten's house. "It doesn't matter, he got paid, that's all that matters," Walker added.

Flaten said the pennies are currently being stored in his garage while he works on cleaning them so they can be cashed in.



15th Century Bowl Bought For Dhs.128/- At Yard Sale Resells For Dhs. 2,651,880/-

An exceptionally rare 15th century porcelain bowl made in China that somehow turned up at a

Connecticut yard sale and sold for just \$35 was auctioned off last month for nearly \$722,000.

The small white bowl adorned with cobalt blue paintings of flowers and other designs – one of only seven such bowls known to exist in the world – was among a variety of Chinese works of art sold by Sotheby's as part of its Asia Week events. The names of the seller and buyer were not disclosed.



78 pounds of wool sheared from sheep found living in the wild

A wild sheep found wandering the wilderness of the Australian bush has been sheared of a huge 35-kilogram coat after an estimated five years of unchecked growth.

Struggling under a filthy fleece caked with years of mud and tangled debris, Baarack was spotted in a Victorian state forest and taken to an animal rescue sanctuary north of Melbourne, the group said on Facebook earlier this month.

The sheep's matted coat had been growing uncut for close to five years, Ahern estimated.

"I think he has been a cheeky little rascal of a young lamb who's just wandered off and never came back." Unshorn sheep struggle to walk under the immense weight of their wool, and without a haircut at least once a year most will not last long in the wild, in Australia's often harsh and dry summers.

Despite Baarack's hefty locks, he falls short of the world record held by a late compatriot, Chris, who made headlines when he was shorn of a 41-kilogram mane in 2015.



Trump Wax Figure Moved In Texas Because People Kept Punching It In The Face

A wax figure of former President Donald Trump was removed from display at Louis Tussaud’s Waxworks in San Antonio, Texas, because customers kept punching and scratching it.

“We’ve always had trouble with the presidential section because no matter what president it was – Bush, Obama or Trump – they’ve all had people beat them,” said Clay Stewart, regional manager for Ripley Entertainment but added that the Trump figure was beaten badly enough to leave deep marks on its waxy face, necessitating its move to storage. “Just as in real life, the wax Trump is polling at about 50% – loved by some Ripley’s visitors, loathed by others,” the company said.



Taiwan urges residents not to change names to 'salmon' for free sushi


The Taiwanese government is urging residents not to change their legal names to "salmon" to take

advantage of a restaurant's free sushi promotion. The Taiwan Ministry of the Interior said nearly 100 people have registered to change their names to "salmon" under the country's Name Act to take advantage of restaurant chain Sushiro's promotion, which promises free sushi for customers whose names include the Chinese characters used to spell the name of the fish.

The restaurant requires customers taking advantage of the promotion to provide official ID, inspiring some to change their names legally.

The ministry pointed out that the Name Act only allows a person to change their name three times -- meaning some of those who change their names for the promotion could be stuck with the name for the rest of their lives.



Cherry grown in Italy dubbed the world's heaviest by Guinness 

A cherry cross-bred by the University of Bologna in Italy was dubbed the heaviest in the world by Guinness World Records weighing 0.93 ounces.

The "Sweet Stephany" cherry, grown in agricultural firm Salvi Vivai's experimental cherry garden in Runco di Portomaggiore as part of a partnership with the University of Bologna, stood out due to its large size after the harvest in June 2020.

Officials quickly began the process of seeking a Guinness World Record for the cherry, beating the previous record of 0.84 ounces.

The university said the cherry they had to rush to get the cherry weighed and prepare paperwork for Guinness because the cherry was not expected to have a long shelf-life.

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- TO COMBAT HAIR LOSS
- TO ENCOURAGE NEW HAIR GROWTH
- TO IMPROVE CONDITION AND BOUNCE

Directions:

Massage into the scalp for two minutes before shampooing.

Use to condition and protect your hair when sunbathing or swimming.

Contains only pure super light oils

- Avocado oil
- Sweet Almond oil
- Sesame seed oil
- Grape oil
- Soybean oil
- Vitamin E oil

Fujairah boost survival chances with 2-0 win over Al Nasr



Fujairah bolstered their hopes of Arabian Gulf League survival by beating Al Nasr 2-0 at Fujairah Stadium in matchweek 22 on Sunday 21st March.

Mohamed Mustafa gave the hosts an early lead as he headed the ball home in the 13th minute to hand Fujairah a 1-0 advantage into halftime.

Douglas Coutinho connected with Abdulla Nasser's pass from inside the box, sending an effort into the back of the net to double the home side's lead just five minutes after the restart.

Fujairah kept a clean sheet for the first time since matchweek 6 when they defeated Hatta 1-0. They earned their first-ever win over Al Nasr in the league and moved up to 12th place on 14 points, three



above relegation rivals Ajman. On the other hand, Al Nasr dropped to fifth place with 39 points.



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Sean Burgess finishes 7 emirates walk in Fujairah



Dubai resident Sean Burgess has walked across the seven Emirates and set a new Guinness World Record for walking across the UAE's seven emirates in a week.

Sean collaborated with Adidas and Gulf for Good, so he could not only make it into the book of Guinness World Records, but also to raise funds for UK charity Soft Power Education to help improve the lives of disadvantaged children in Uganda.

He began his journey on March 2nd near the UAE-Saudi border, running or jogging through the desert, across cities and up mountains, following the E11 highway through Abu Dhabi, Dubai, Sharjah, Ajman to Umm Al Quwain, then pass through Ras Al Khaimah before going over the Hajar mountain range to finish in Fujairah. His gruelling feat ended 6 days and 21 hours later in Fujairah with him walking an average of around 100 kilometres a day.

Walking around 16 hours each day before needing to rest with a crew of around 20 people, made up of photographers, videographers and fitness instructors, documenting his incredible journey.

Sean found Fujairah particularly hazardous with huge trucks buffeting him continually in the Masafi region causing him to finish his day's task early and take some well needed rest.

However with renewed vigour he set off on his final day descending into Fujairah City and onto Fujairah International Marine Club to be welcome by Major Ahmed Ibrahim, Managing Director.

He came into Fujairah on a high, pain free, full of adrenalin with his brother Carlo along side of him and together they stopped the clock two-and-a-half-hours before the deadline for the Guinness World Record for the Fastest Crossing of the UAE on Foot.

Jonas Vingegaard takes stage five of the UAE Tour 2021



Jonas Vingegaard (Jumbo-Visma) won Stage 5 of the UAE Tour following a tense finale on Thursday 24th February.

The 170km stage saw the peloton start in Fujairah and finish on the second and final summit of the Tour at Jebel Jais. The wide roads saw a lot of Pogacar's main GC rivals bunched together until around 4km to go.

At the top of the final climb, all eyes were on Slovenian's Pogacar as he was pipped to the Stage win by surprise winner Jonas Vingegaard (Jumbo-Visma). The 24-year-old Danish rider claimed the biggest win of his career with a very late attack 500m from home, he passed Astana's Alexey Lutsenko en route to a brilliant victory.

Pogacar looked strong in the final meters and





outsprinted GC rival Adam Yates to take second place, keeping the red leader's jersey heading into the final stages.

Lutsenko, who was in the breakaway all day, failed to finish inside the top 10 as he ran out of gas.

Tadej Pogacar (UAE Team Emirates) sprinted away from the pack to finish second, extending his overall lead to three seconds over Adam Yates (Ineos-Grenadiers), who came third with his team unable to split the group. The race concludes with two flat stages.

"I think I timed it quite well," Vingegaard said afterwards. "I was thinking it was going a bit easy in the peloton at that point, they were slowing a bit down, and I was thinking maybe I can try. And then I saw him in front on the road. I think he did a last effort to keep me behind.

"Luckily for me I was able to catch and also to beat him in the sprint." He added: "It's very big for me.

It's my first victory this season. I'm very proud of it and also for the team it's the first victory so I'm really happy.

"For me personally it's nice to show I can be there with the best. I suffered a bit the other day on the first climb so I'm glad I could show the level."

Tadej Pogacar claimed his second overall title in Emirates

Tadej Pogacar (UAE Team Emirates) won the third edition of the UAE Tour, the one and only WorldTour race in the Middle East, ahead of Adam Yates (Ineos Grenadiers) and João Almeida (Deceuninck – Quick-Step).

Caleb Ewan (Lotto Soudal) won Stage 7, the Yas Island Stage, beating Sam Bennett (Deceuninck – Quick-Step) and Phil Bauhaus (Bahrain Victorious) in the final bunch sprint of the race at the Abu Dhabi Breakwater.



Whether you are looking for prime office space or superior residential accommodation, Fujairah Trade Centre is the place to be.

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

Commanding a fine view over the Arabian Sea, the excellent centrally air-conditioned offices offer some of the best space available in the United Arab Emirates. With the ground floor arcade of more than 35 shops and luxury apartment accommodation in the adjoining twin structure, everything is provided for those seeking to establish themselves in the Emirates.

All this, combined with clean fresh air give an ideal location, yet other major cities can be reached in under 90 minutes on the superb highway linking Fujairah with the other Emirates.

IMPORTANT

Any individual, Company or Organisation wishing to take offer or retail trading space in the Complex will not require private Sponsorship.

The Fujairah Trade Centre Management will act as the Sponsor for all prospective establishment with the Centre and no fees will be charged to the Tenant for this service.



Fujairah Trade Centre

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Web: www.fujairahtradecentre.com

Tennis & Country Club Fujairah: Try your hand at squash

The recent Squash Tournament at Tennis & Country Club Fujairah was organised by Jacques Haemse and Gregory Bachelet. Now Gregory wants to encourage more people in Fujairah to play the sport and



Jacques Haemse

I have been involved in Squash, not only as a player since the 1990's, but also as an administrator and coach. In South Africa, I represented various provinces at inter-provincial tournaments.

I have also served on the Squash

South Africa Exco on two occasions, with the latest being in 2018, and specifically in the role of looking after the Coaching and High Performance Portfolio. I am a registered coach in South Africa, having coached in Johannesburg at Parkview Squash Centre with Craig van der Wath. As a prerequisite to the coaching qualification, I needed to complete the national refereeing certificate.

I have been involved in Squash, not only as a player since my clients included Parkview and West Rand (Northcliff, Fairlands and Cresta) players. From a school's perspective I coached the juniors and U/19 girls at Parktown High School for Girls.

Some of my highlights as a player has been to represent the South African County Districts team at 2Jarvis/Kaplan Cup tournaments. I also represented some of the major squash playing provinces, such as Gauteng North and Gauteng.



Gregory Bachelet

French intermediate squash player, 44 years old.

I am born in France and I practice different sport games and I discover squash lately with a group a friend, I was 25 years old years old and I feel connected to this sport immediately.

Since this time, I never lost an occasion to play a game whenever I was in the world. I have been traveling for 10 year over 50 countries then I settle in Serbia for 7 years, I get the chance to play with Serbian women champion in 2009, it was amazing experience.

Now we are in Fujairah since 5 years and I keep playing, I like this game for many reasons.

- A smart game, you must read your opponent and take fast decisions.
- Improve cardiovascular health. A game of squash can see you running, leaping and diving for the ball.
- Increase flexibility and strength.
- Build hand-eye coordination and the most important, it is fun and make you smile

Today, I would like to share my experience and passion to this game. Twice a week, I give my personal time to help beginners with the basics and every time I can, I promote this sport around me to grow our squash community. TCCF give us the chance to organize the first Fujairah squash tournament, I believe it will be a great experience for everyone, our short-term objective is to build a competitive Fujairah squash team.



Fujairah

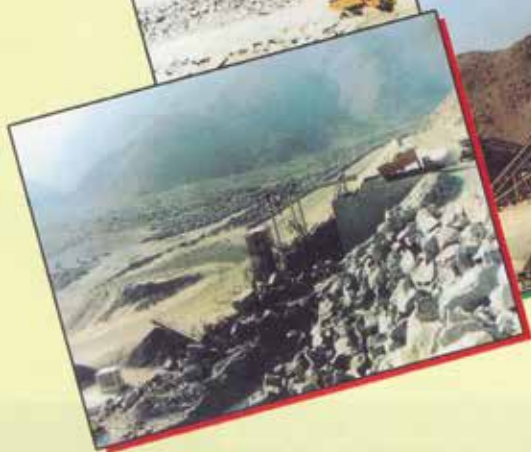
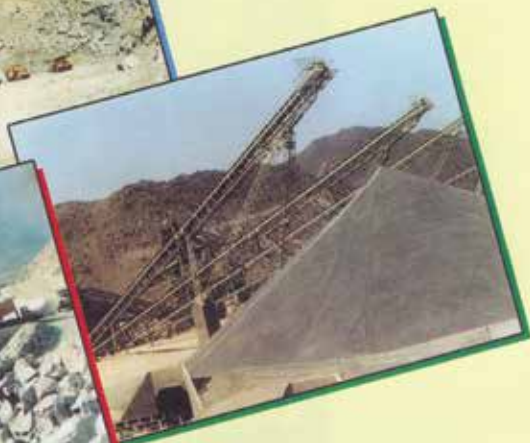
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“En Garde” Fujairah!



Three young people from Fujairah Martial Arts Club have been selected to represent the UAE in the upcoming World Junior Fencing Championships in Cairo, Egypt.

The Emirates Fencing Federation selected the three players from Fujairah Martial Arts Club to join the national team and participate in the World Youth and Junior Championships that will be held in Egypt from 3rd to 11th April.

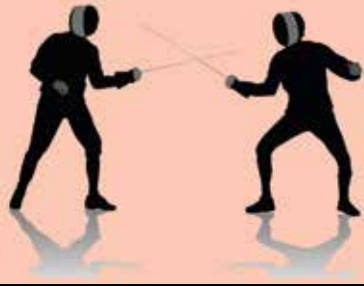
For players Saif Ahmed and Mohamed Al-Sayegh this is the first time they are called to represent the UAE.

His Excellency, Dean Ahmed Hamdan Al-Zewdy, the executive director of the selected players, wished them much success, and praised the efforts of Coach Shadi Ramadan and Coach Mahitab Wasafi for the achievements in getting the players to the national team.



Fencing is a sport with a long history and is one of just five sports to have featured in every modern Olympic Games. In the UK it maintains something of an elitist reputation, in part due to its association with aristocratic duelling but these days it has gained huge popularity worldwide.

The sport known as fencing normally refers to Olympic fencing, with classical fencing (which is more martial arts based) and historical fencing other variants of the sport. The Olympic variety and its three branches, foil, sabre and épée is known as competitive fencing.





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Yet Covid stay not banished

2020

It seems so trendy
But it turned out to be rather senty

COVID flew right in
As a payback to all our sin
Life turned upside down
Not a step outside your lawn

Stay put in homes
No goes, No comes
Only video chats
Mom's observing you brats

Online seemed so unreal
Just take this tiny dot so cruel
Everyday, Every news
Covid was the only ensue

Lock downs and
Masks all on demand
Wash your hands
Two meters away you stand
Soaps and hand washes
You are just in no dashes

Corona just seemed so scary
Capturing away all the merry
From one to another
No sneezes, no coughs
They will stare together

And now months have passed
But COVID never did

Staying put could never last
Drag your mask a little down
Fear not cover your frown
Hands move to your faces
No more scary gazes

Crowds come back to real
The nightmare was surreal
The scare has vanished
Yet covid stay not banished

Fathima Shezza

Grade 6

Our Own English School Fujairah



My Pet Dog

I have a pet Dog,
Whose name is Tog.
He loves to blog,
About some fog,
That lives in a log.
Tog loves going for a jog,
When there is a fog.

Marisa Zenith Kurias

Class 5



مزرعة الفجيرة



Fujairah Farm



هاتف: ٢٤٤٥٢٦٠ (٠٩) فاكس: ٢٤٤٥٠٨١ (٠٩) ص.ب: ١١٦٣٦، دبا، الفجيرة-إ.ع.م.

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A place to share your poetry...

Is The Nature Divine? Divine Is Nature!

At daybreak, under the tree I sat reclined!
 Understanding the beautiful Nature divine!
 And a simple query crept my mind,
 Is the Nature divine? Or divine is "Nature"?
 My humane thoughts carried close to mankind,
 And imagination reflected the curiosity of mind,
 My soul yearned to explore the secrets of Nature,
 But my ears alien, to the language of her wonders!
 The cool breeze swept past, flirting with my senses,
 But I could not understand the secrets of her pure
 garments!

Then heard the sweet song the birds sing,
 But couldn't interpret the message, they did bring,
 I looked at the beautiful flowers, glowing faces,
 Couldn't understand the secret of -
 their varied colours and fragrance
 I touched the cool brook swiftly jostling!
 Could not unravel the secret of its thirst quenching!
 The hot sun blazing gilded the roof tops,
 Couldn't understand its temperament so hot!
 I looked upon the Nature and its pristine beauty!
 Then for sure, knew it's divine, rich bounty!
 Alas! Until today,
 Humanity could not interpret, its true message,
 Perhaps, it'll take today, tomorrow, and several ages.

Saleema Mahmoodi

Sunrise

With every sunrise
 A new hope arise
 A new dream blossoms
 Which makes the day awesome
 Pushing behind the sorrows
 To make the better marrow
 Learning from the past
 To make the day a blast
 Creating new rules
 To celebrate the day like a yule
 Dusting away the grievance
 To rise like a Phoenix

Mahima Susan Mathew
 10B
 St Mary's School Fujairah



Saleema Mahmoodi



Mahima Susan Mathew

If you write poems you have the opportunity to submit your poems to our Poet's Corner. They must be original, not copyrighted and all your own work. So get writing or send in one you have already written. We cannot guarantee when or if your poetry will be published. Email your poems to: fujobs@eim.ae

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Car wash, detailing, car accessories. Contact: 0527911211 in Madhab

New Manila Ladies Beauty Salon located near Al Sharq Hospital, Faseel, Fujairah. Complete range of hair services including haircuts and styling, coloring, eyebrow and eyelash tinting, perming, hair straightening. Henna, Massage, Home Service. Contact 056 8676407

The Kings Building Materials and Building Maintenance. Building materials, Building maintenance. Located Al Hayl Contact: 0552225012.

Value Plus i-Services Fujairah

We are a local, hard working and dedicated team of web developers & designers who focus on business websites, e-commerce websites, digital & social media marketing, web & graphic design and much more. For more info- email: info@valueplusis.com Tel: 052 5858490 www.valueplusis.com

TJ Catering and/or Events Organising; Photo and Video Coverage. Affordable food catering, specialising in Filipino delicacies; professional photo and video coverage. Contact: 09 2249081 / 050 9518370

Flowers and Gifts Delivery Services within the UAE and Philippines. For any occasion and according to your budget. 09-2249081 / 050-9518370.

Al Yasath Automatic Laundry, PO Box 206, 09 - 2223704, 050-4951823, Bin Ghanem Centre, Shop No 04, Opp. Gulf Flower Bakery. Est-2005.

All Translation Works English/ Arabic - Arabic/English incl. Legal - Official Documents Online translation available. Contact 050-4313329 or abuhumayoon@yahoo.com

AR Shipping is a leading Int'l Freight Forwarding Co. (NAFL & FIATA Agent in Fuj) offering total solutions in Air, Sea & Land Logistics. Timings 08.30hrs - 18.30hrs Saturday to Thursday. Enquiries: logistics@arshipping.com

Al Saeed Laundry, Fujairah in town since 1978. Laundry service in vast fields. Contacts -GSM: 050 6294657 or email: alsaeedlaundry@hotmail.com

Tailoring services by lady tailor. Expert- ladies, gents, childwear, clothes, bedding items for new babies, etc. Contact

092283215, 0503786996

A2y electro mechanical and construction is more than 10 years experienced in the field of civil , electro mechanical and fabrication works. For all your civil requirements, 09 2282930 or at a2ygroup@gmail.com

Transport available in Fujairah and beyond. Car with Driver on call for all locations. Please contact Ahmed 050982938

Transport available from Fujairah to all UAE states 24/7. Can be reached by Cellular 0503137709 or WhatsApp 0563487709

TUITION

uae.com, www.blc-uae.com

Home Tuition for English-speaking, listening, reading and writing. Special focus on English grammar. Location Sakamkam Please contact- 0505036046

In urgent need of a sound lesson teacher in Fujairah on these subjects, Computer Science, Chemistry, Mathematics, Biology, call Joel. Tel:+971556171824. Also teach junior high school and primary pupils.

Highly experienced private tutor available for the following subjects at affordable fee: Mathematics grades, Physics and Chemistry for all grades. Contact Austin @ +971585769027

Tuition Solution - Qualified Teachers available (male or female) For KG, Primary, Middle Secondary, O'level, B.A, B.Ed. M.Ed. classes. (Art & Craft, Computer, English Language classes also) Tel: 056-7232108

Experienced private tutor available for all subjects from G - grade 8 British/American, Indian/ Pakistani curriculum. Arabic curriculum only experienced in

English subjects. Own transport - can teach in your home. Contact: 0503137709

Home Tutions available till grade 4, and English skills development. Location: New Sakamkam, Tel: 050 5681480

Private tuition available for preschool to grade 3 kids please contact 0563897802 Location Fujairah

Home tuitions for French to all classes CBSE,GCSE for more info call 0504690262 joshuadaniel2014@gmail.com

Private tuition available for Grade 7 to 12 mathematics, including first-year calculus.

Western born and educated for over 20 years. Experienced in CBSE, CC, GCC, IGCSE and IB. Medium: English. Contact: 0562020747 WhatsApp: +971 509132894 Location: Fujairah.

Private tuition available for both Indian and British Syllabus CBSE / GCC Syllabus (GRADE 1 - 7). For information please contact 0554383708

British Language Centre British owned and run language centre specialising in Corporate English Skills. Tailor made courses plus large groups and individual lessons catered for. Contact: 0501055782, info@blc-

JOB VACANCIES

Aluminium and Carpenter person, also Painter for labour work in shop. Indian or Pakistan national in Khorfakkan Please contact: +971 50 522 2131

Looking for office stationery salesman. Persons having previous experience with a driving license is mandatory. Arabic knowledge preferred. Send the CV to jomathew123@gmail.com or 0506786357.

Finding Fujairah

With our directory we hope to serve both residents and tourists. If you have any categories you would like to include, please let us know.

You can simply send us an email to: fujobs@eim.ae.

BEAUTY SALONS

ABC Al Almaniya Beauty Centre
German Products with German
Treatments
Fujairah Trade Centre,
Ground floor, Fujairah
09-2234666
Mob 050-1729980

Al Dana Beauty Salon
Fujairah
09-2231643

Ayush Ayurveda Massage Centre
M-09, Bushera Centre,
Opp Fish Market
Gurfa, Fujairah
09 2248113
Mob 056-1395629

Beta Ladies Saloon
10th floor, Coral Suites Hotel
Hamad Bin Abdullah Rd,
Fujairah
09-2244788

Butterfliez
Ground floor, Fujairah Tower
09-2244464

City Tower Hotel Wellness Spa
& Salon
Hamad Bin Abdullah Rd,
Fujairah
092236888

Concorde Salon
Latest styles and treatments
Concorde Hotel
09-2249000

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

Farfalla
Near Preventive Medicine Dept
Al Faseel Area
09-2227462

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

Ilham Beauty Centre
Near Emarat Centre
09-2222338

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

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

Marimar Ladies Salon
Fujairah
09-2223001

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

Murjanah Ladies Saloon
Near Century Mall Fujairah
09 2237476

New Manila Ladies Salon
Opp Fujairah School Basic
Education for Girls C2
Near Own English High School
09-2220012
054-5160587

Princess Beauty Salon
Opp. Choitram Supermarket
09-2226211

Queens Ladies Salon
Beside Safer 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

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 Bahar Hotel & Resort
Luxury Hotel & Apartments
Al Ghurfa, Corniche Road
Fujairah
09 2027000

Al Diyar Residence
Hamad Bin Abdullah Rd,
Fujairah
09-2244660

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
Hamad Bin Abdullah Rd,
Fujairah
09-2249000

Emirates Springs Hotel
Apartments
Hamad Bin Abdullah Rd,
Fujairah
09-2232922

Fairmont Fujairah Beach Resort
Luxury Art-Inspired Resort, Mina
Al Fajer, Dibba, Fujairah
09-2041111

Fortune Residence Hotel Apts
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 Faqeeq, 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 Faqeeq, 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

PHARMACIES

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

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

Healthfirst Pharmacy
Open 24 hours
Fujairah
09-2229295

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

Medicina Pharmacy
Next to Fuala Building
Mohammed Bin Matar Road
Fujairah
09-2235894
050-28878590
050-1374681

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
Fujairah
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 Safer 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

Almahbash Alshaabi Restaurant
Fahim Street, Fujairah
09-2225445

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

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

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

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

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

Al Meshwar Restaurant
Lebanese cuisine
16 Buildings Complex
Hamad Bin Abdullah Rd,
Fujairah
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 Afghani Bukhari Rice
Opposite Ladies Park,
Al Muntazah Street,
Fahim Street,
Fujairah
09-2222410

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

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

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

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
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

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

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

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

RESTAURANTS

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

Eva 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

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

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

Fujairah Star Restaurant
Indian/Arabic
Fujairah
09-2225337

Garden Valley Restaurant
Merashid/Rughalt Road
Fujairah
09-2221526

Golden Fork Restaurant
Takeaways/ Delivery Service
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
City Centre Mall
Fujairah
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
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
Halefat 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,
Hamad Bin Abdullah Road,
Fujairah 09-2364411

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

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

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

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

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

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

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

Malabar Palace Restaurant
Takeaways/ Delivery Service
Fujairah 050-2706897

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

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

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

Mashriq Mukalla Mandi
Restaurant
Indian/Arabic, South Indian Food
Airport Road
Fujairah 09 2227074/2227075
056 6262729

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,
Back side of Colleges
Nr Fujairah City Centre
09-2244880

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

Mozaïque 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

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

RESTAURANTS

Pablo Cafe
Ground Floor
Fujairah Trade Center
Fujairah
09-2244900

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
Mob 050 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

Sea Sky
Korean / Japanese Restaurant
1st floor
Fujairah International Marine
Club
09-2221166

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

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

Silver Spoon Rest & 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 / 055-3488511

ZO Restaurant
Fine Dining
Al Nakheel Rd - Fujairah
09-2222979

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 UAE 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.)

2021

1 January	New Year's Day
14 April	Beginning of Ramadan
14/15 May	Eid al-Fitr
18/19 July	Arafat Day
20/22 July	Eid al-Adha
10 August	Islamic New Year
21 October	Prophet's Birthday
1 December	Commemoration Day*
2/3 December	National Day*

*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.

*Previously known as Martyr's Day was observed on 30 November

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.

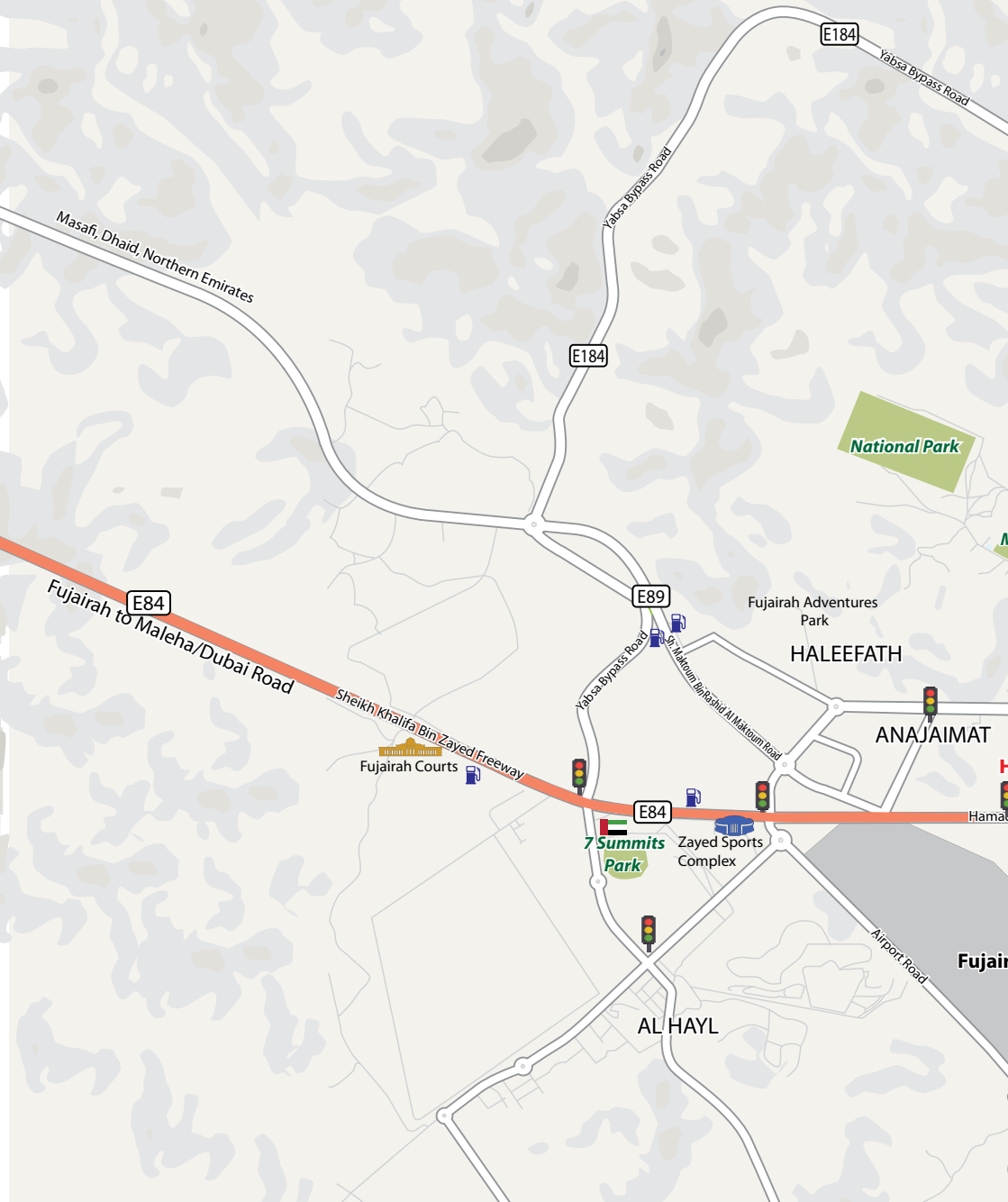
Fujairah to Umm Al Quwain

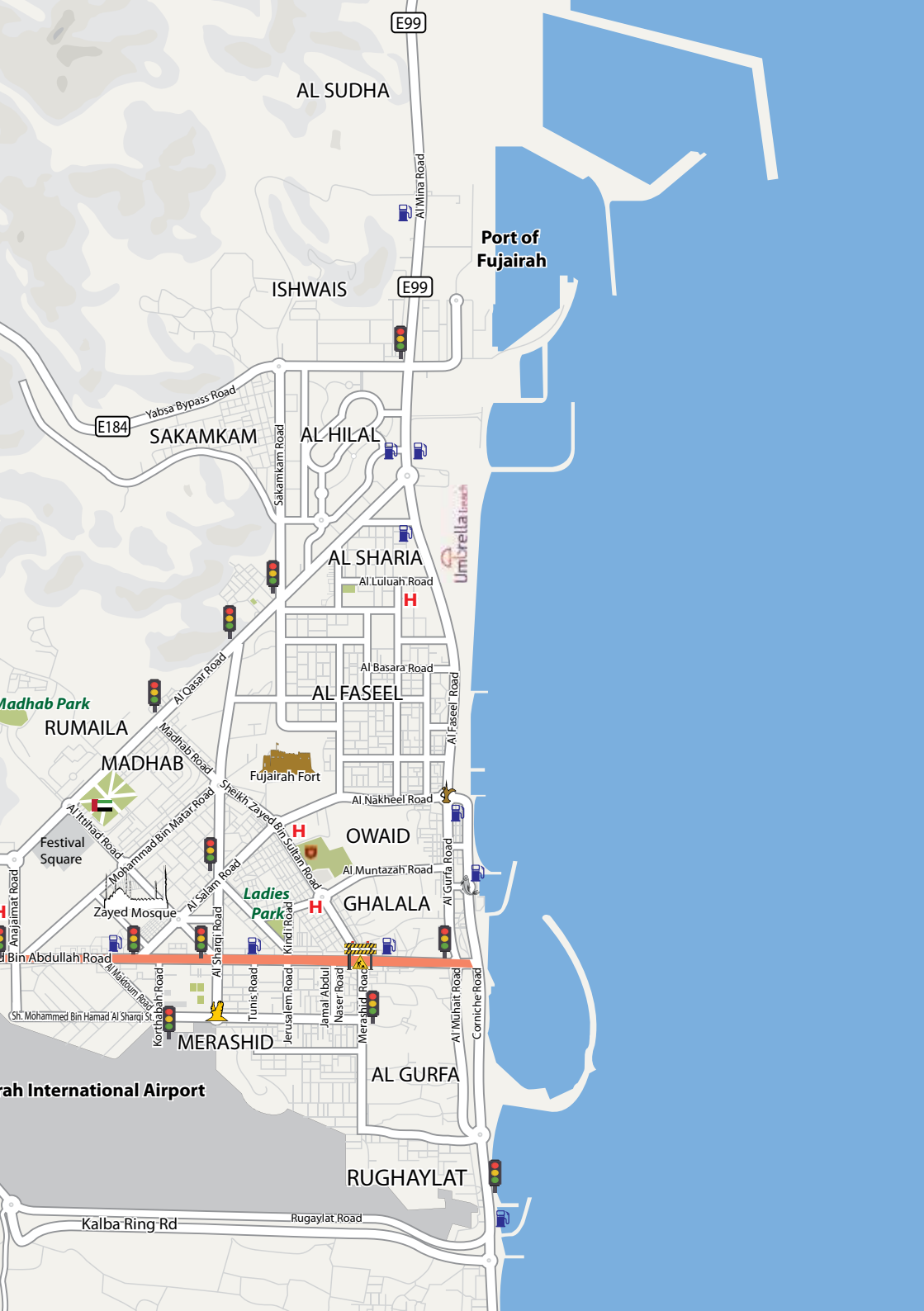
114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

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

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FUJAIRAH





AL SUDHA

Port of
Fujairah

ISHWAIS

E99

E184

SAKAMKAM

AL HILAL

AL SHARIA

Umbrella Beach

AL FASEEL

RUMAILA

MADHAB

OWAID

GHALALA

MERASHID

AL GURFA

RUGHAYLAT

Kalba Ring Rd

Rugaylat Road

Yabasa Bypass Road

Al Mina Road

Sakamkam Road

Al Luluah Road

Al Basara Road

Al Oqair Road

Al Faseel Road

Madhab Road

Fujairah Fort

Al Nakheel Road

Al Itihad Road

Festival Square

Sheikh Zayed Bin Sultan Road

Al Muntazah Road

Al Muhammad Bin Matar Road

Al Sabam Road

Zayed Mosque

Kindi Road

Al Sharqi Road

Ladies Park

Bin Abdullah Road

Al Gurfa Road

Al Mubait Road

Al Muntazah Road

Sh. Mohammed Bin Hamad Al Sharqi St.

Al Mubait Road

Korba Bin Road

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Blue Planet Journal - Brook and Gaurav Bhagat

Capricorn (December 22 - January 20)

Happy April! Spring is your season, and lately, you have been as happy as a schoolgirl on Saturday. You could even say, "life is a like bowl of cherries." You cannot, however, sneak into the fridge in the wee hours of the night and pick all the cherries out of the fruit cocktail meant for everyone. Not cool, Capricorn.

Aquarius (January 21 - February 18)

This April Fool's Day, having been duped in the past, and often referred to by your friends as "gullible," a "sucker" and worse, you are determined to become more street-smart. When a close friend announces her marriage engagement, you exclaim, "To that flabby muttonheaded gasbag? Nice try! April Fools!" and laugh uproariously. You will persist in your "street smarts" for about the first ten minutes of her crying, until you realize what has happened and begin apologizing profusely. This will not make her feel much better, but punching you in the stomach will.

Pisces (February 19 - March 20)

This month, a sudden memory from school will inspire you to start your own business, setting up a hot dog stand at the local organic farmer's market. You will be surprised to discover how well educated some hippies really are about GMOs, the meat industry and the New World Order, and how much they enjoy sharing their knowledge, and how much free time they seem to have. Congratulations, you two, and good luck with the organic asparagus stand!

Aries (March 21 - April 19)

Your life will take on new meaning when you finally find the courage to chase your high school dream of starting a heavy metal/polka fusion band. It will be a struggle at first because your audience is unclear about the services you provide, often showing up at concerts with piles of dirty laundry. Your drummer will blame you for naming the band "The Dry Cleanerz," but you and your loyal accordionist believe in your message of rebellion against the "stains of conformity." Eventually, you will become an international superstar, and your fans will wear long plastic garment bags as a sign of solidarity.

Taurus (April 20 - May 20)

This month, your wildest dreams will come true. Well, the one you had after you drank that expired milk and fell asleep on the sofa will, anyway... about your cousin and the snake. Freaky.

Gemini (May 21 - June 20)

Your pet hamster just doesn't seem like himself lately. He sleeps all day, barely touches his food pellets, and runs like a maniac on his wheel all night long. Is he depressed? Has he begun to doubt the meaning of his narrow glass-walled existence, fearing that life is nothing more than an endless repetition of similar tasks, played out in a pathetic mixture of shredded

newspaper, that lead ultimately only to a lonely, meaningless death? Probably not, buddy. He's a hamster. Get him checked for worms.

Cancer (June 21 - July 22)

You will betray your favourite neighbourhood cafe where you are a "regular" by eating at the ritzy national chain place across town. You will then brazenly dare to return to your beloved local eatery, where you will try to hide your shame with small-talk and a hurried request for "the usual." The waitress will see right through you, and give you a death stare. You deserve it, though. How could you?

Leo (July 23 - August 22)

Until now, your love for ranch dressing has been under control. I completely agree that ranch is delicious on salads, sandwiches, and even fries. This month, however, you will take it to a new level, and your friends will become worried when you begin wearing a trench coat regardless of the weather and keep a full flask of ranch dressing in the inside pocket at all times, surreptitiously taking a "pull" every time you think no one's looking. Your loved ones stage a ranch intervention, and you admit through your tears that you have a problem and beg for professional help. After rehab, you will switch to honey mustard.

Virgo (August 23 - September 22)

It's springtime, and romance is in the air! Well, that or you have a gas leak. Either way, get it checked before someone gets hurt.

Libra (September 22 - October 22)

Perhaps you should try focusing a bit more on your inner voice, and reflecting on your actions and true intentions, instead of binge-watching the admittedly hilarious rerun. There's a good chance you have been saying yes when you should say no, no when you should say yes, when you should say, "Sorry, Officer. How fast was I going?"

Scorpio (October 23 - November 21)

A fortuitous meeting with a door-to-door sales representative will result in a spicy new romance, and the purchase of several above-average cleaning products for your home or office. Score!

Sagittarius (November 22 - December 21)

This April Fool's Day, you have the great idea of livening things up around the office with some good, old-fashioned practical jokes, like the classic whoopee cushion and even the old chewing-gum-on-the-chair trick. This is a great hit and you become more popular than ever. You forget, however, that the retaliation always tends to "kick it up a notch," and that elderly women have access to arts-and-crafts hot glue guns, something that will occur to you when you're face-down in the emergency room. The good news? Your colleagues find the inflatable "donut" you need to sit down for the next three weeks hilarious!

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