

999

SECURITY AND SAFETY FOR ALL

ISSUE 145 FEBRUARY 2024

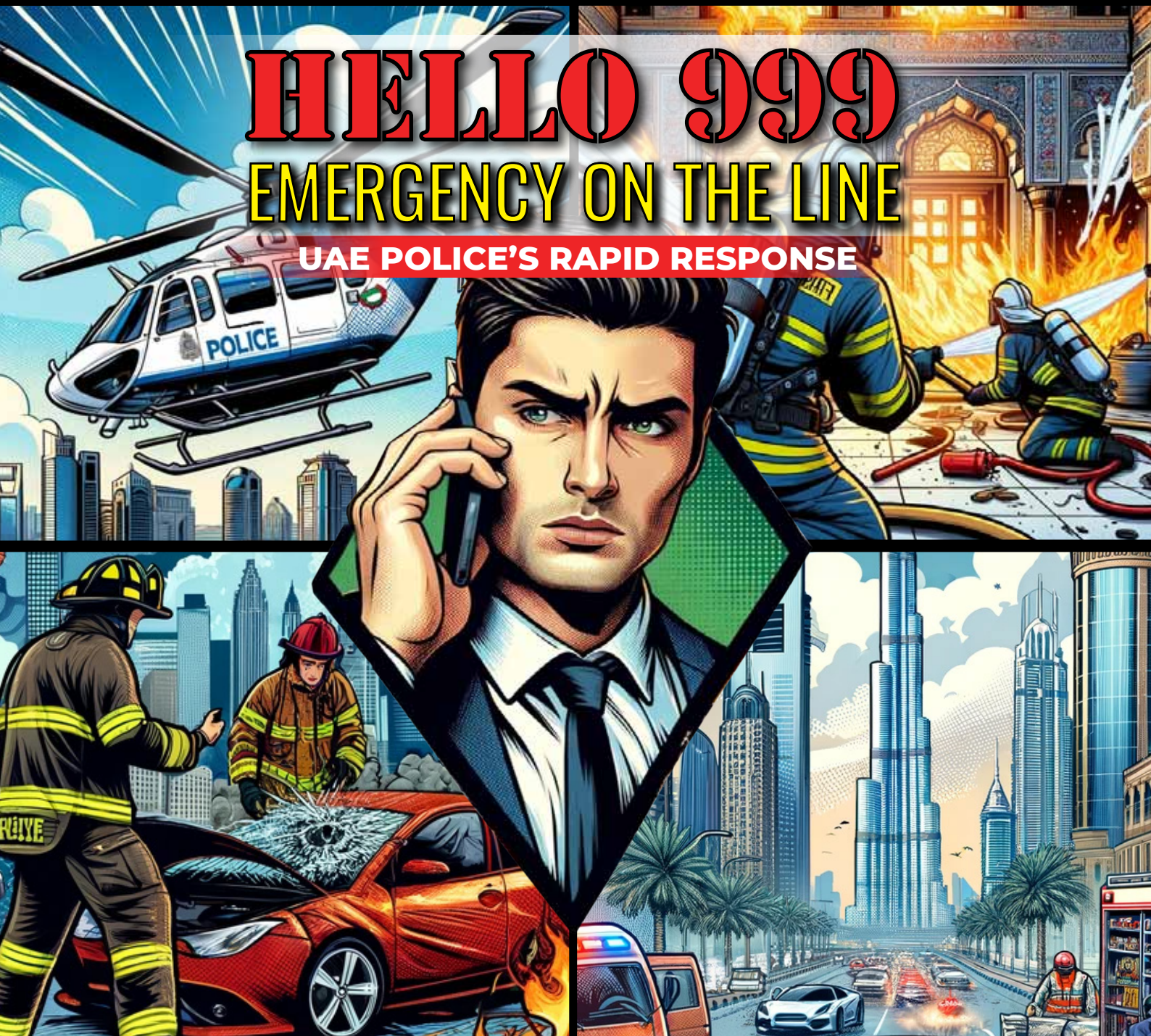
REVVING UP
EMIRATISATION

DOG ATTACKS
ON THE RISE

SPOTLIGHT:
YOUTHFUL
HEARTS AT RISK

HELLO 999 EMERGENCY ON THE LINE

UAE POLICE'S RAPID RESPONSE



IN THIS ISSUE: ESSENTIAL GUIDELINES FOR DRIVING IN RAINY AND LOW-VISIBILITY CONDITIONS

Expertise in the Aerospace Logistics



Origin & Destination
Services in

150+
Countries

Surface
Transportation in

06
Continents

Aircraft
Parts
Movement



Engine
Movements



AOG
Services



Dangerous
Goods
Handling



Time
Critical
Movements



Airside
Deliveries



24/7
Operations



Multiple
Control
Towers



Service
Cargo



On Board
Courier



Charter
Logistics



Warehousing
and Quality
Control



*Emiratisation
represents a
journey towards
a future where
the nation's
workforce is
as diverse and
dynamic as the
UAE itself*

Committed to progress

Foresight and commitment drive our nation's success. These values steer our economy, safeguard our community, and elevate our excellence on the global stage. In this **999 Magazine** issue, we delve into how an ingrained sense of commitment and foresight permeates every aspect of the UAE society—from emergency response to public health and safety.

Our cover story offers an insight into the high-octane operations of the 999 helpline, where each call requires immediate action from police and emergency services. The staggering number of daily calls handled by the 999 helpline, coupled with a swift response from the police forces and emergency patrols, demonstrates the UAE's commitment to community safety, marked by a high level of effectiveness and efficiency. On New Year's Eve 2024, Dubai alone handled an astounding 14,148 emergency calls.

Increasing the proportion of Emiratis in the workforce is one of the top priorities of the UAE Cabinet this year. Alongside housing projects, the Emiratisation programme is geared towards socio-economic empowerment and diversity, highlighting the value of the UAE's most precious asset—its human capital. Emiratisation represents a journey towards a future where the nation's workforce is as diverse and dynamic as the UAE itself.

While emphasising ideal workforce diversity, the journey faces challenges, including fake Emiratisation scheme of some private companies. As of 10th January 2024, 995 companies were found in violation of Emiratisation regulations, with these companies collectively employing 1,660 UAE nationals in sham positions.

With the joy and companionship pets offer, the rising number of dog attacks in the country serves as a stark reminder of the need for responsible pet ownership, underscoring our collective responsibility towards public safety.

Moreover, the importance of caution on the roads during the unpredictable winter season cannot be overstated. The potential risks of negligence under adverse weather conditions highlight our collective commitment and responsibility for road safety.

In health matters, there is a higher prevalence of hypertension amongst the youth in the UAE—a health issue traditionally associated with older age groups is now increasingly affecting individuals as young as 25. This demographic shift calls for a reevaluation of our lifestyle choices and health priorities, moving towards recognising well-being as a lifelong pursuit.

Every decision made while driving, whether distracted or focused, significantly influences the evolving urban mobility landscape, now replete with e-scooters and e-bikes. Although these modes of e-mobility transport align with the UAE's environmental goals, they introduce new challenges related to road safety. Our feature story on this topic underlines a model of progress that integrates new technologies while being acutely aware of their impact on people's safety and well-being. It also stresses the importance of implementing balanced safety measures in sustainable transportation, a responsibility actively undertaken by the UAE's police forces.

The UAE is a nation constantly in motion, with every aspect of society managed with profound responsibility and foresight. May you continue to contribute to shaping our nation's progress this year and beyond!



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United Arab Emirates**

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THE PROGRESS OF EMIRATISATION ENTERING THE UAE'S WORKFORCE IS GAINING MOMENTUM. **999** PROVIDES AN OVERVIEW OF INITIATIVES AND ACCELERATORS SET IN MOTION TO FAST-TRACK EMIRATISATION THIS YEAR

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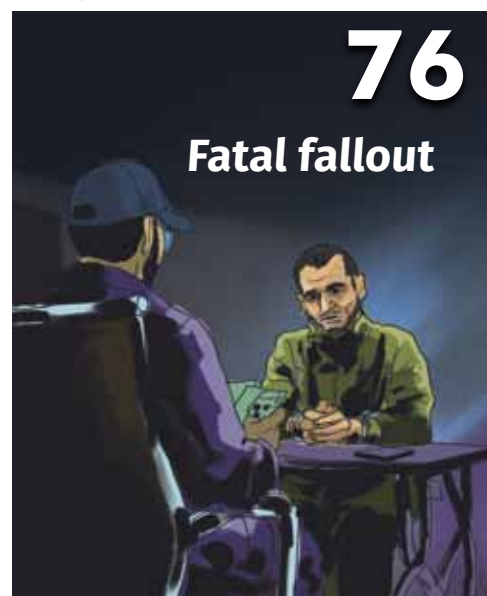
As March heralds the arrival of Ramadan, it's time to align body, mind, and soul for the holy month. **999** gives you a comprehensive six-step guide not only to sustain your fast with vitality but also to nurture your inner peace

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Two cousins, Omar and Yusuf, allowed their arguments to spiral out of control, resulting in a tragic incident

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HELLO 999

EMERGENCY ON THE LINE

UAE'S POLICE FORCES EFFICIENTLY MANAGE THOUSANDS OF EMERGENCY CALLS DAILY, DEMONSTRATING RAPID RESPONSE AND TECHNICAL SKILL. **999 MAGAZINE** DELVES INTO THEIR APPROACH TO HANDLING EMERGENCIES, INCLUDING NUISANCE CALLS



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Acting on the orders of the Abbasid Caliphate's ruler, Arab explorer Ibn Fadlan embarked on a journey to the Near East and Central Asia. His mission was to explain Islamic law and principles

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Former Member of the Federal National Council (FNC), and UAE writer



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Internationally respected artist

President, Vice Presidents induct newly appointed ministers



The UAE leaders and ministers during the oath-taking ceremony for newly appointed ministers

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan, along with His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, and His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister and Chairman of the Presidential Court, conducted the swearing-in ceremony for newly appointed UAE ministers at Qasr Al Bahr in Abu Dhabi.

The ministers who took the oath included Dr Amna bint Abdullah Al Dahak Al Shamsi, Minister of Environment and member of the UAE Cabinet; Mohamed Mubarak Fadhel Al Mazrouei, Minister of State for Defence Affairs and member of the UAE Cabinet; and Dr Sultan Saif Al Neyadi, Minister of State for Youth Affairs.

His Highness Sheikh Mohamed bin Zayed conveyed best wishes to the new ministers, encouraging them to succeed in their roles to

serve the interests of the UAE and its people, and contribute to the nation's developmental journey. The President also highlighted the importance of aligning their efforts with the aspirations of the UAE's citizens.

Additionally, the event underscored the leadership's focus on enhancing the government workforce and advancing the UAE's modernisation plans, a key message echoed by His Highness Sheikh Mohammed bin Rashid.

New council to lead UAE's international humanitarian efforts

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan has issued a Federal Decree to establish the International Humanitarian and Philanthropic Council.

Chaired by His Highness Sheikh Theyab bin Mohamed bin Zayed Al Nahyan, Chairman of the Office of Development and Martyrs Families Affairs at the Presidential Court, the Council is responsible for supervising international humanitarian and philanthropic affairs.

The Council members included HE Reem

bint Ebrahim Al Hashimy, Minister of State for International Cooperation; HE Mariam bint Mohammed Saeed Hareb Almheiri, Minister of Climate Change and Environment; HE Shamma bint Suhail Al Mazrouei, Minister of Community Development; HE Faris Mohammed Ahmed Al Mazrouei, Adviser to the Presidential Court; HE Dr Hamdan Musallam Al Mazrouei, Chairman of the Board of Directors of the Emirates Red Crescent; HE Mohammed Saif Al Suwaidi, Director

General of the Abu Dhabi Fund for Development; and HE Sultan Mohammed Al Shamsi, Assistant Minister of Foreign Affairs and International Cooperation for International Development Affairs.

The Council is tasked with overseeing the international humanitarian and philanthropic sector, reviewing and approving policies, overseeing initiatives and projects, developing future visions, establishing frameworks for implementation, and forming subcommittees as needed.

Abu Dhabi sets up Hazardous Materials Management Centre

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan has established the Abu Dhabi Hazardous Materials Management Centre, operating under the Abu Dhabi Police General Headquarters.

This Centre is designed to create an integrated system for managing hazardous materials in the Capital, ensuring compliance with top global standards and prioritising

community and environmental safety.

The Centre's responsibilities include formulating policies and strategic plans for the unified application of regulations and standards concerning hazardous materials throughout the emirate. It will oversee and monitor related activities across various local sectors and entities, ensuring legal compliance.

Key functions of the Centre also

encompass establishing a central operations room to track hazardous materials, devising management mechanisms for confiscated materials to guarantee safe handling and storage, developing a self-reporting electronic system for data on hazardous materials, building a comprehensive database, and conducting scientific research in collaboration with relevant authorities and stakeholders.

Mohammed bin Rashid highlights UAE Cabinet's milestones



The UAE Cabinet's first meeting for 2024

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, led the UAE Cabinet's review of its 2023 achievements.

The meeting, held in the presence of HH Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister and Chairman of the Presidential Court, was attended by HH Sheikh Maktoum bin

Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai, Deputy Prime Minister, and Minister of Finance; and HH Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior.

His Highness Sheikh Mohammed bin Rashid noted key achievements in various sectors. In housing, over 4,300 decisions were issued for UAE nationals' housing

support, totalling Dh3.2 billion.

The Emiratisation programme increased the number of UAE nationals in the private sector to approximately 92,000.

In the economic domain, the non-oil GDP grew by 5.9 per cent in the first nine months of 2023 alone. The legislative sector saw the issuance of 73 federal laws, making 2023 the most legislatively active year in the nation's history. Additionally, the Cabinet approved 60 national policies and strategies, along with 62 international agreements.

Summarising the year, His Highness stated, "The year 2023 was exceptional under the leadership of my brother Sheikh Mohamed bin Zayed, along with his deputies and brothers. It was marked by unprecedented economic growth, significant global political presence, scientific advancements, and new developments in education and healthcare."

Dubai Social Agenda 33 unveils housing, social welfare projects



HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister

of the UAE and Ruler of Dubai, has announced a range of housing and social

welfare projects for 2024 under the Dubai Social Agenda 33. Inspired by the theme 'Family: The Foundation of Our Nation', this initiative aims to bolster family welfare and social stability.

Key projects include the allocation of 3,500 land plots and 2,300 ready-to-move-in houses across Dubai, valued at Dh5.5 billion. This move demonstrates His Highness's dedication to ensuring the welfare and well-being of Emirati families.

Furthermore, a new housing area for citizens has been named 'Latifa City', following His Highness's directives.

"Family is the cornerstone of the nation and the foundation of all development plans. Our ultimate objective is to enhance the quality of citizens' lives for a brighter future," His Highness Sheikh Mohammed bin Rashid said.

Dubai allots Dh150 million fund to support content creators

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, has announced a Dh150 million fund to support content creators, along with establishing a permanent influencers' headquarters in Dubai.

This initiative is part of the UAE's ongoing investment in creative talents who contribute to its influential media presence globally.

"Impactful media reflects the past and

inspires the future," His Highness remarked.

The announcement was made at the 1 Billion Followers Summit, hosted by the New Media Academy in Dubai. The Summit celebrated the graduation of 90 content creators from the 'Social Media Professional Programme' and the 4th 'Faris Al Muhtawa.'

Emphasising the role of media as a reflection of community aspirations and a beacon of knowledge, science, and

technology, His Highness Sheikh Mohammed bin Rashid stressed the need for media to evolve and showcase national and cultural achievements.

His Highness also underscored the significance of content creation in sharing the UAE's story, traditions, and cultural accomplishments, and in highlighting the creativity of its new generations that drive human progress.

Mansour bin Zayed's supervision spurs Emiratization rate increase

UNDER the effective leadership of His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, Chairman of the Presidential Court, and Chairman of the Board of Directors of the Emirati Talent Competitiveness Council (ETCC), a record 92,000 Emiratis were employed in the private sector by the end of 2023, the Ministry of Human Resources and Emiratization (MoHRE) announced.

This figure marks a 157 per cent increase since 2021.

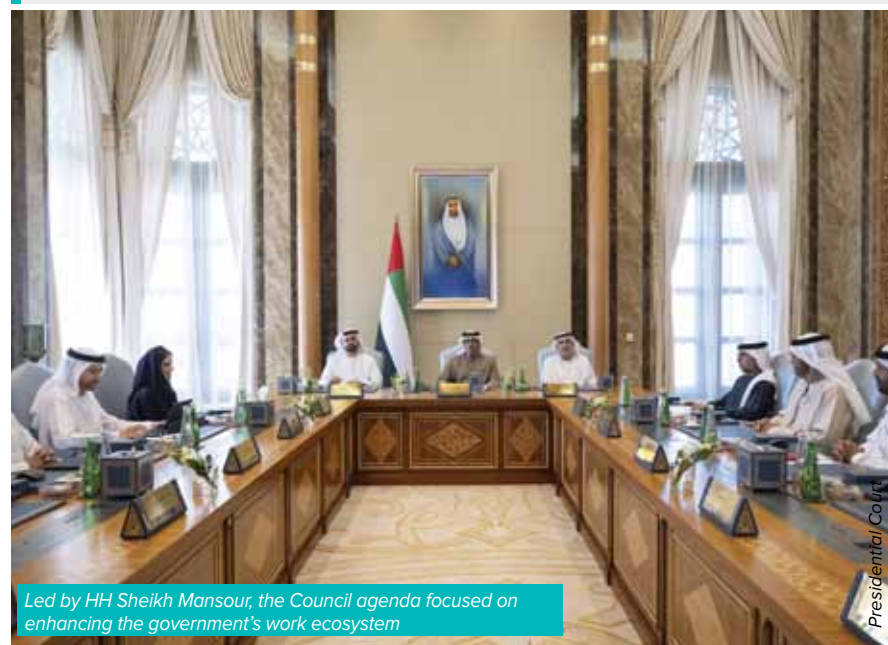
The MoHRE is rigorously implementing

a recent Cabinet decision to broaden the range of companies subject to Emiratization quotas. The decision mandates annual financial contributions from companies falling short of their Emiratization targets, set at Dh96,000 for each unmet UAE citizen employment slot in 2024. This penalty will be enforced from January 2025.

Companies are urged to utilise the Nafis programme platform, designed to connect them with skilled Emirati professionals across various sectors. The MoHRE firmly opposes any efforts to bypass Emiratization requirements.



Mansour bin Zayed leads Ministerial Development Council's session



Led by HH Sheikh Mansour, the Council agenda focused on enhancing the government's work ecosystem

HIS Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, spearheaded a meeting of the Ministerial Development Council at Qasr Al Watan. The agenda included an array of laws, policies, and initiatives designed to enhance the government's work ecosystem.

Key topics covered were the development of science and technology, health, and energy sectors, along with regulatory decisions impacting financial affairs. The Council also assessed the UAE Accountability Authority's report on the General Pension and Social Security Authority's final account for the fiscal year ending December 31, 2022.

Furthermore, the meeting delved into initiatives and programmes to boost foreign investment, reflecting the Council's comprehensive approach to national development.

621 farmers vie for Sheikh Mansour Agricultural Award

UNDER the patronage of His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, the Abu Dhabi Agriculture and Food Safety Authority has attracted a remarkable 621 registrations from across the UAE for the 2nd Sheikh Mansour bin Zayed Agricultural Excellence Award.

The registration was participated in by 328 farmers in the main award

categories and 293 in associated competitions.

The award is designed to underscore the UAE's commitment to agricultural sustainability, food security, and enhancing the quality of local produce. In the main award categories, the Farmer and Breeder Excellence Award garnered the most entries, with 256 participants in total. This included 175 in the Best Farmer category for plant agriculture, and 81 in the Best Breeder category.

Notably, the Best Female Farmer and Breeder category, introduced in this edition, saw 45 women registering. This new category aims to encourage and acknowledge the significant contributions of women in Abu Dhabi's agricultural sector.

The Sheikh Mansour bin Zayed Agricultural Excellence Award serves as a platform to drive agricultural innovation and recognises the outstanding efforts of farmers and livestock breeders in the UAE.

Abu Dhabi Crown Prince approves medical city for women, children

HIS Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, has greenlit the creation of a medical city in Abu Dhabi, focusing on women's and children's health. This significant development, presented by the Department of Health – Abu Dhabi and PureHealth, aims to bolster Abu Dhabi's healthcare infrastructure.

The medical city will encompass Sheikh Khalifa Medical City (SKMC) as a paediatric Centre of Excellence (CoE), the Corniche Hospital for women and newborns, a rehabilitation facility, and



HH Sheikh Khaled assesses plans for Abu Dhabi's new medical city

a mental health centre for women and children.

The SKMC's paediatric CoE will feature more than 200 doctors across 29 specialities, including oncology, neurosurgery, and cardiac medicine. It

will have 250 beds, with 10 for mental health and 100 for long-term paediatric care, focusing on research and innovation for complex health challenges.

The Corniche Hospital, set to open in 2027 near SKMC, will have 205 beds, including 90 for children and 15 maternity wards, offering comprehensive obstetrics, gynaecology, and

women's health services.

Additionally, the medical city will house the Salma Children's Rehabilitation Hospital and a centre for women and children's mental health, further enhancing integrated healthcare services.

RAK Ruler, Abu Dhabi Crown Prince attend wedding reception

HIS Highness Sheikh Saud bin Saqr Al Qasimi, Supreme Council Member and Ruler of Ras Al Khaimah, along with His Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, attended a wedding reception in Abu Dhabi. The event, hosted by Juma Ahmad Al Bawardi Al Falasi, celebrated the marriage of his son Mohamed to the



HH Sheikh Saud bin Saqr Al Qasimi and HH Sheikh Khaled meet at the wedding reception of Mohamed Juma Al Falasi

daughter of Buti Saeed Al Ghandi Al Falasi.

At the reception, held at the Erth Hotel, Their Highnesses extended their congratulations to the newlyweds and their families, wishing them a joyful and prosperous future together. The event was also attended by His Highness Sheikh Mohammed bin Saud bin Saqr Al Qasimi, Crown Prince of Ras Al Khaimah, as well as numerous dignitaries and family members.

Condolences pour in for Mahra bint Khaled Al Nahyan

HIS Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, offered his heartfelt condolences to the family of Sheikha Mahra bint Khaled bin Sultan Al Nahyan following her demise. Expressing his deep sympathies, His

Highness conveyed his sincere condolences to His Highness Sheikh Suroor bin Mohammed Al Nahyan, His Highness Sheikh Tahnoun bin Saeed Al Nahyan, and other family members, wishing them courage and solace.

The mourning majlis at Al Bateen in Abu Dhabi was also attended by His Highness Dr Sheikh Sultan bin Khalifa Al

Nahyan, Advisor to the UAE President; His Highness Sheikh Zayed bin Hamdan bin Zayed Al Nahyan, Chairman of the National Media Office; Sheikh Nahyan bin Mubarak Al Nahyan, Minister of Tolerance and Coexistence; Sheikh Khalifa bin Hamdan bin Mohamed Al Nahyan; and Sheikh Shakhboub bin Nahyan Al Nahyan, Minister of State.

Saif bin Zayed conveys well wishes to UAE leaders on New Year's Day



HIS Highness Lieutenant General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, conveyed sincerest greetings to the leaders of the UAE.

In his statement on the social media platform X (formerly Twitter), the Interior Minister said, "On the occasion of the new Gregorian year 2024, I extend my sincere congratulations and best wishes to the wise leadership, and to everyone who lives in the Emirates of Goodness, the homeland of love and security."

The Interior Minister expressed optimism for the year ahead, hoping it will be filled with charitable deeds and significant achievements for the nation.

"We ask God Almighty that it will be a year full of giving and great achievements for our dear homeland, and full of happiness and prosperity for the honorable people of the Emirates, and that its days will bring good news, joy, peace, and stability for all the peoples of the Earth," His Highness Sheikh Saif said.

Interior Minister attends 7th Mohamed bin Zayed Jiu-Jitsu Championship

UNDER the patronage of President His Highness Sheikh Mohamed bin Zayed Al Nahyan, His Highness Lieutenant General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, attended the closing ceremony of the Shield of Excellence during the 7th Mohamed bin Zayed Al Nahyan Jiu-Jitsu Championship at the Military Sports Education Centre in Abu Dhabi.

This event, organised by the Ministry of Defence, saw the attendance of Lieutenant General Issa Saif Mohammed Al Mazrouei, Chief of Staff of the Armed Forces, along with high-ranking officers from both the Ministry of



HH Sheikh Saif with the winners and participants of the 7th Mohamed bin Zayed Al Nahyan Jiu-Jitsu Championship

Defence and the Ministry of Interior.

"The military institution's tireless efforts improve the efficiency and skills of its members and the sustainable development of this sport (Jiu-Jitsu), which has received great attention at the local and global levels," the Interior Minister said.

promoting a spirit of fair competition and nurturing talent.

The tournament, featuring representatives from various divisions of the Ministry of Defence, underscored the Ministry's dedication to improving the physical fitness and operational readiness of its personnel.

Majlis gathers for Mahra bint Khaled Al Nahyan's passing

HIS Highness Lieutenant General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, extended his deepest condolences on the passing of Sheikha Mahra bint Khaled bin Sultan Al Nahyan.

During his visit to the mourning majlis in Abu Dhabi, the Interior Minister conveyed his profound sympathies to her family.

His Highness prayed for Allah Almighty to grant eternal peace to the departed soul and to provide strength and solace to her bereaved family during this difficult time. The majlis was attended by several sheikhs, dignitaries, and UAE citizens.



HH Sheikh Saif conveys sincerest condolences to the family of Sheikha Mahra bint Khaled bin Sultan Al Nahyan



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Al Khaili unveils 5-star plaques at two police service centres

MAJOR General Staff Khalifa Hareb Al Khaili, Undersecretary of the Ministry of Interior (Mol), alongside Brigadier Abdullah Mubarak bin Amer, Deputy Commander-in-Chief of Sharjah Police; Salem Balyouha, Director of the Government Services Evaluation Department in the Prime Minister's Office; and Brigadier Nasser Khadem Al Kaabi, Director General of Happiness at the Mol, unveiled 5-star plaques at Kalba Comprehensive Police Station and the Eastern Region Police Services Centre.

These centres earned a 5-star rating from the UAE Government's Global Star Rating System for Services 2023, which was announced by HH Sheikh Mohamed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.

Al Khaili commended the staff of these centres for their dedication, contributing to the ongoing modernisation and development of police services.

Bin Amer highlighted the centres' commitment to improving community



Al Khaili and officials of the Eastern Region Police Services Centre during the unveiling of the 5-star plaque, based on the Global Star System for Service Classification for 2023

services and quality of life. He praised the centres for exceeding customer expectations and advancing the Mol's objectives in enhancing safety and security.

For his part, Al Kaabi lauded the

leading rankings of these centres in the Global Star Rating System. He encouraged them to continue providing sustainable services, supporting the UAE's esteemed international reputation.

Police College's foreign exchange students conclude field visits

UNDER an international exchange programme, a number of foreign students of the Police College in Abu Dhabi concluded a series of comprehensive field visits for the University Course 36.

These visits, aligned with the academic requirements at the Police College in Abu Dhabi, allowed them to explore the work mechanisms of various police departments and national institutions, providing a practical dimension to their theoretical studies.

A key feature of their itinerary was the tour of Zayed International Airport. The students participated in in-depth briefings about the airport's



Foreign exchange students of Police College in Abu Dhabi at Zayed International Airport

sophisticated facilities, its various departments, and the comprehensive range of services it offers to travellers. Particular emphasis was given to the intricacies of the airport's departure and entry systems.

Additionally, their academic excursion included a visit to the Khalidiya Police Station in Abu Dhabi. Here, they gained

valuable insights into the operational aspects of the police service, focusing on customer service and adherence to the highest international standards. This visit highlighted the station's commitment to excellence in law enforcement and public service.

These field visits, integral to the

academic curriculum at the Police College, are meticulously designed to equip the participating students with a practical understanding of the various roles and responsibilities inherent in local law enforcement agencies. This hands-on experience is vital in preparing these future leaders for the challenges of policing in a dynamic global environment.

Abu Dhabi Police launch 'We Are All Police' Charter



Al Mazrouei

ABU Dhabi Police have launched the 'We Are All Police' Charter, aligning with its

strategic vision of "Abu Dhabi, A Global Leader in Security, Safety, and Sustainability".

This initiative is aimed at achieving the goals of the Abu Dhabi Government, in line with governmental requirements and the directives of the wise leadership. It focuses on providing police services marked by continuous improvement and development.

Major General Staff Pilot Faris Khalaf Al Mazrouei, Commander-in-Chief of Abu Dhabi Police, endorsed the Charter, underscoring its significance in tackling security challenges within the multicultural community. The Charter comprises ethical guidelines and behavioural standards for voluntary police work, fostering a safe and supportive environment for volunteers.

Al Mazrouei noted that the Charter aims to foster safer communities through smart police initiatives and the promotion of

values such as tolerance and peaceful coexistence. It highlights the importance of collaborative security duties with relevant entities, encouraging community involvement in maintaining security and safety.

Brigadier Dr Hammoud Saeed Al Afari, Director of the Community Police Department, emphasised the Charter's role in strengthening police-community relations and applying a soft power approach. He remarked that the 'We Are All Police' initiative is a prime example of cultural cohesion, utilising community cooperation and skills to enhance Abu Dhabi Police's quality, security, and safety.

Al Afari also highlighted that the system embodies the values instilled by the UAE's Founding Father, Sheikh Zayed bin Sultan Al Nahyan, promoting peaceful coexistence, tolerance, and responsibility amongst society members.

Abu Dhabi Police welcome new graduates of police courses

ABU Dhabi Police held a graduation ceremony for 400 individuals from various Professional Rehabilitation Courses at the Saif bin Zayed Academy of Police and Security Sciences.

The event was held at the Sheikh Zayed Heritage Festival in Al Wathba, marking the completion of Courses No. 41, Novelities No. 61, and the Pedestrian and Weapons Trainers Production Course No. 1.

Major General Khalifa Mohammed Al Khaili, Director of the Finance and Services Sector at Abu Dhabi Police, commended the graduates on their achievement and integration into the police workforce. He underlined the leadership's dedication to elevating police and security work to global standards. He also honoured the top achievers and outstanding participants from these courses.

Brigadier Hussein Ali Al Junaibi, Director of the Police Rehabilitation Department at Abu Dhabi Police, acknowledged the support of the police leadership and stressed the importance of training as a cornerstone for skills development. He highlighted the Academy's commitment to high-quality academic and specialised programmes, aiming to enhance the security performance system and attain institutional leadership in future-oriented policing.

Al Junaibi encouraged the graduates to



Al Khaili and Al Junaibi honouring one of the top graduates from the Police Rehabilitation Department

uphold their duties and responsibilities while interacting effectively with their superiors, subordinates, and the public, thereby maintaining the esteemed reputation of Abu

Dhabi Police. He also expressed gratitude to the organising committee of the Sheikh Zayed Heritage Festival for their support in making the graduation ceremony successful.

Al Marri reviews training system at Dubai Police Academy

LIEUTENANT General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police, has inspected the Dubai Police Academy, highlighting the significant contributions of its graduates to Dubai Police's strategic goals.

During his visit, part of an annual inspection programme, Al Marri praised the Academy's role in training police personnel and stressed the importance of their skills and knowledge in enhancing Dubai Police's operations.

The inspection included a review of the general parade and developments in the Academy's sub-departments. Al Marri focused on the need for continuous improvement in the Academy's educational and training systems. He also reviewed a comprehensive development plan for the Academy, covering initiatives like the Unified Scientific Research System and the Learning Management System (LMS).

Al Marri highlighted the College of Graduate Studies' achievements, noting that 471 students graduated over the past five years, contributing 384 scientific works. He



Al Marri speaking to a student of Dubai Police Academy

emphasised the importance of research in enhancing various sectors, including traffic and criminal operations.

The Training Institute's progress was also reviewed, with 2,840 trainees supporting Dubai Police's core operations over the past five years. Additionally, the performance index for the College of Law showed a

95.85 per cent success rate in the 2022-2023 term, with 462 students.

Al Marri met also with sports-achieving students and the parents' council, discussing their developmental observations and proposals. He commended the role of parents in shaping their children's behaviour, particularly in traffic safety.

Dubai Police's Community Happiness team holds open forum

BRIGADIER Ali Khalfan Al Mansouri, Director of the General Department for Community Happiness at Dubai Police, recently hosted an open gathering for the department's team at the Officers Club.

The event, also attended by his deputy Brigadier Dr Ahmad Yousuf Al Mansouri, celebrated the team's achievements in various championships and their commitment to excellence.

Brigadier Khalfan Al Mansouri commended the team for their roles in achieving excellence across all levels. He stressed the importance of continued dedication from everyone, including officials, department heads, and team members, towards job satisfaction and



Open discussion of Dubai Police's Community Happiness team at the Officers Club

departmental excellence.

During the gathering, he acknowledged team members who had shown outstanding innovation and received promotions. He

engaged in open discussions, addressing queries to enhance work processes and appreciating the collective efforts of the entire team.

Sharjah Police's stellar Global Star ratings inspire future goals

MAJOR General Saif Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police, highlighted the exceptional achievements of Sharjah Police in 2023, including several stations receiving 6-star and 5-star ratings from the Global Star System for Services.

Al Shamsi emphasised these results as

both an inspiration and motivation for continued excellence in 2024.

He noted that Sharjah Police's operations are guided by clear national, strategic, and operational indicators, contributing to their impactful results. Al Shamsi stated that their future plans aim to surpass the accomplishments of 2023, focusing on both

criminal and service aspects to benefit the emirate's residents and visitors.

These plans include providing high-quality security, administrative, and community services in line with the objectives and vision of the Emirate of Sharjah, supported by the wise leadership and skilled personnel.

Fujairah Police's Supreme Committee tackles security agenda



Al Kaabi (centre) leads the Permanent Supreme Committee's first meeting for 2024

MAJOR General Mohammed Ahmed bin Ghanem Al Kaabi, Command-in-Chief of Fujairah Police, led the first meeting of 2024 for the police force's Permanent Supreme Committee. The meeting, attended by senior officials, focused on enhancing emergency responses and patrol efficiency.

Key topics included creating emergency exits for civil defence vehicles in Dibba

Fujairah Centre, preparing a patrol guide for handling tasks and emergencies, and a proposal for a local law to manage lost and found items. The meeting also discussed leveraging emerging technologies to boost security patrols.

Attendees included Brigadier Mohammed bin Nayea Al Tunaiji, Deputy Commander-in-Chief; Brigadier Dr Sulaiman Saeed Al Murshidi, Director

General of Resources and Supporting Services; Brigadier Dr Ali Rashid bin Awash Al Yamahi, Deputy Director General of Police Operations; Brigadier Ali Obaid Al Tunaiji, Director of the Fujairah Civil Defence Department; members of the Permanent Supreme Committee and its Secretariat; a Youth Council representative; and a women's sector member.

RAK Police record zero fatalities in New Year celebrations

DURING the 2024 New Year's Eve celebrations, Ras Al Khaimah Police recorded zero traffic fatalities, amidst handling 1,624 calls ranging from simple reports to miscellaneous inquiries.

Brigadier Jamal Ahmed Al Tair, Acting Chief of Ras Al Khaimah Police, credited this achievement to the comprehensive security plan executed to

manage traffic and secure the festivities, in coordination with the police and strategic partners.

Thousands gathered on Al Marjan Island and across various tourist areas in the emirate, with visitors coming from all over the country.

Lieutenant Colonel Dr Yousuf Abdullah Al Tunaiji, Head of the Permanent

Committee for Securing Celebrations and Events at Ras Al Khaimah Police, highlighted the police, security sector, and patrols' efforts in ensuring smooth traffic flow, maintaining security, and reducing negative incidents. This successful outcome was a result of collaboration with relevant police departments, Al Tunaiji said.

Ajman Police adopt Mol's unified campaign for bikers' safety

AJMAN Police are actively implementing the Ministry of Interior's first unified traffic campaign for 2024, titled 'Safe Riding for Bikers'.

The campaign focuses on increasing traffic awareness amongst cyclists and other two-wheeler users, stressing the importance of

following safety guidelines to safeguard lives and property and to minimise accidents and serious injuries.

Lieutenant Colonel Rashid Khalifa bin Hindi, Deputy Director of the Traffic and Patrols Department at Ajman Police, emphasised that the campaign's goal is to cultivate a traffic

culture and awareness amongst motorcycle, cyclists, and e-transport riders. This initiative is aimed at reducing accidents and improper driving behaviours, ensuring road rights for all users, and enhancing adherence to traffic laws and regulations, thereby achieving the highest levels of safety.

1st

UAE's global ranking in the Global Passport Power Rank 2024, holding the position as the most powerful passport in the world. The UAE passport achieved a total mobility score of 179, surpassing France and Spain, each with a score of 177. According to the latest Power Rank, UAE passport holders can enter 132 countries visa-free.

1st

UAE's ranking in the MENA region and 2nd globally for greenfield Foreign Direct Investment (FDI) announcements in 2023, following closely behind the United States. FDI pledges in the UAE increased by 28 per cent, as per the United Nations Conference on Trade and Development.

1st

UAE's global ranking across 20 indicators of the Future Possibilities Index (FPI) Report 2024. This includes government's responsiveness to change, development of future policies, the number of competitively skilled working-age individuals, amongst others. The FPI report assessed the readiness for future possibilities in 70 countries

1st

UAE's leading position in the latest Arab Economic Competitiveness Index released by the Arab Monetary Fund, making the country the most economically competitive nation in the Arab world. The UAE performed exceptionally well in various global indices, ranking 1st in the government financial sector index and the deficit/surplus to GDP ratio, amongst others.

1st

UAE's top ranking in terms of labour resilience amongst Arab nations, as per the 2024 Global Labour Resilience Index (GLRI), announced at the World Economic Forum in Davos, Switzerland. The GLRI 2024 offers insights to adapt the labour market to future challenges and opportunities for a sustainable, green economy.

BE IN THE LOOP

MOI HONOURS MYSTERY SHOPPERS FOR BOOSTING POLICE SERVICES



Major General Staff Khalifa Hareb Al Khaali, Undersecretary at the Ministry of Interior (Moi), honoured 10 mystery shoppers for their role in enhancing police services. They received certificates of recognition for their contributions to the Moi's Mystery Shopper initiative, which encourages community participation in evaluating police services. Feedback from these individuals has been instrumental in improving various services offered by the Ministry.

MOI RECOGNISES TOP PERFORMERS IN POLICE LEADERSHIP COURSES



Major General Salem Ali Mubarak Al Shamsi, Assistant Undersecretary for Resources and Support Services at the Ministry of Interior (Moi), honoured the top performers of the leadership courses for the second half of 2023 at the Institute of Police and Technical Sciences and the Leadership Development Centre. He praised their exceptional work development and urged continuous contribution towards achieving Moi's goals.

MOI FORUM TACKLES CYBERCRIMES, ONLINE SAFETY



The Ministry of Interior, in collaboration with the Abu Dhabi Institute for Vocational Education and Training, hosted the inaugural Security Community Forum 2024 at Al Jahili Institute for Science and Technology. Focused on 'The Potential and Power of Social Media Sites in Addressing Security Crimes', the forum zeroed in on tackling cybercrimes and community safety.

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POLICE NEWS, PEOPLE, NUMBERS AND EVENTS

ABU DHABI

66 YEARS

The Abu Dhabi Court of Cassation upheld a lower court's decision, sentencing an Arab couple to combined prison terms of 66 years for 12 grave offences, including forgery, misuse of public funds, bribery, amongst others. Their 16 foreign accomplices received individual sentences ranging from three to 15 years.

AJMAN

5

A family of five died while two girls were injured in a tragic New Year accident in Ajman's Masfoot area. The family was returning from a New Year's Eve party in Dubai when their car crashed into a truck. Investigation showed the driver was distracted before the crash.

DUBAI

DUBAI POLICE

DHS50,000

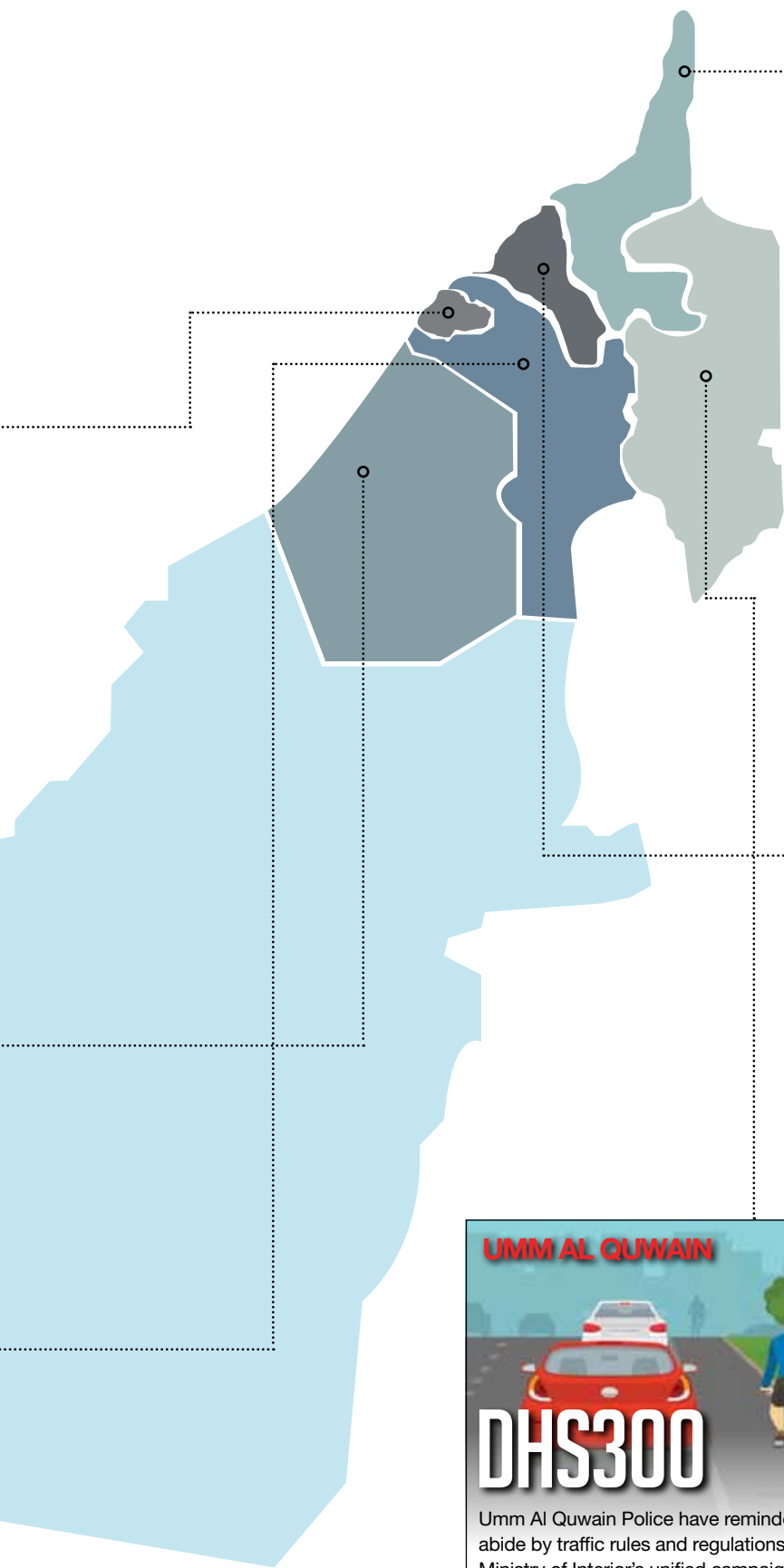
Dubai Police impounded a sports utility vehicle and a quad bike for performing dangerous stunts in the Al Ruwayyah area. Such driving stunts carry a fine of Dhs2,000 and 23 black traffic points. Additionally, a hefty fee of Dhs50,000 is required to claim an impounded vehicle.

RAS AL KHAIMAH

RAK POLICE

806

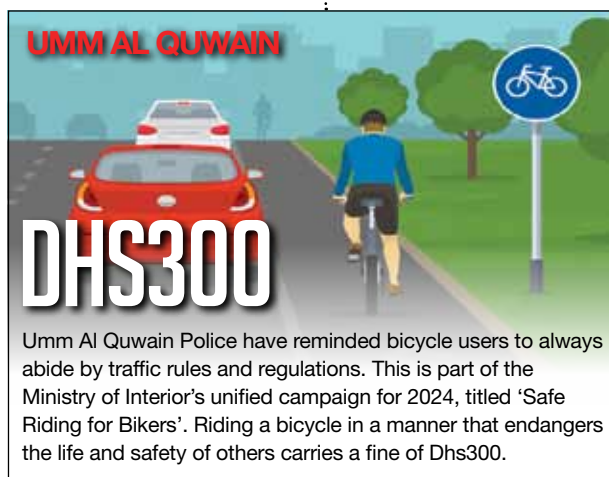
Ras Al Khaimah Police dispatched 806 police and special security forces to manage traffic flow and ensure safety for over 50,000 New Year's Eve revellers during the fireworks show on Al Marjan Island. The event set two Guinness World Records for the longest chain of aquatic fireworks and the longest straight-line drone display.



Fujairah Police reminded pedestrians to use crosswalks, bridges, and underpasses to avoid run-over accidents. Jaywalking incurs a fine of Dhs400. Meanwhile, drivers who do not respect pedestrian lanes face a Dhs500 fine and 6 black traffic points.



The Sharjah Ports, Customs, and Free Zones Authority thwarted a human smuggling attempt in which two people were hidden in iron boxes under two SUVs. The infiltrators and the SUV drivers have been turned over to the legal authorities for necessary action.



Umm Al Quwain Police have reminded bicycle users to always abide by traffic rules and regulations. This is part of the Ministry of Interior's unified campaign for 2024, titled 'Safe Riding for Bikers'. Riding a bicycle in a manner that endangers the life and safety of others carries a fine of Dhs300.



HELLO 999

EMERGENCY ON THE LINE

UAE'S POLICE FORCES EFFICIENTLY MANAGE THOUSANDS OF EMERGENCY CALLS DAILY, DEMONSTRATING RAPID RESPONSE AND TECHNICAL SKILL. **999** DELVES INTO THEIR APPROACH TO HANDLING EMERGENCIES, INCLUDING NUISANCE CALLS

BY JEREMY RUSCO





Image for illustrative purposes only

During a recent air skiing trip in Dubai, Walid Al Gharabally and his friends were caught in a fierce dust storm. Swept away from the shore, they found themselves adrift at sea, desperately clinging to their air skateboards—the only thing between them and the unforgiving waves.

Lost in the ocean with almost zero visibility, their chances of rescue seemed slim. However, the Dubai Police's marine rescue teams, responding to an urgent call, swiftly came to rescue the trio from the brink of death.

After their successful rescue, the trio was rushed to the hospital for medical treatment, one showing clear signs of the harrowing experience.

"I will never forget those agonising minutes that separated me from death," Al Gharabally reflected, expressing his deep gratitude to Dubai Police for saving him and his friends.

This rescue, which took place in October last year, showcases not only the rescuers' bravery but also emphasises the crucial role of the UAE's 999 helpline, where often just a slender thread separates the caller from danger.

In such scenarios, seamless

coordination between emergency command and control centres, rescuers, and patrols is vital. After all, in emergency scenarios, time is of the essence.

The UAE exemplifies this with its effective and efficient emergency response system.

DAILY DELUGE OF CALLS

Police forces across the emirates handle thousands of calls daily, with typically less than 30 seconds between each at the command and control centres for both the 999 emergency and 901 non-emergency hotlines.

On New Year's Eve of 2024 alone, Dubai Police logged 14,148 calls from 6pm on 31 December to 6am on 1 January, including 13,078 emergencies and 1,070 non-emergencies.

This volume of calls underlines the importance of the annual critical evaluations undertaken by the police forces. By comparing emergency response times with previous years and their own benchmarks, these evaluations not only measure response times but also reflect the evolving efficiency and capability of the police forces. This practice is essential for police in setting and meeting public safety targets.

60-SECOND PATROL DISPATCH

Amidst high call volume on a daily basis, law enforcement agencies streamline their response, ensuring timely aid is provided. A key component in this framework is priority dispatch.

This system categorises calls by severity and urgency, ensuring high-priority incidents, like ongoing accidents, crimes, fires, or life-threatening emergencies, receive immediate and rapid responses, while less urgent situations are addressed accordingly.

Abu Dhabi Police are making significant strides in this area. They've notably enhanced response time to emergencies, taking a mere 10 seconds or less to process a report and dispatching a patrol within a minute. Handling over 4.5 million emergency calls in 2022, this translates to an emergency call roughly every 7.01 seconds on average.

Brigadier Nasser Sulaiman Al Maskari, Director of the Operations Department at the Abu Dhabi Police General Headquarters, emphasised their focus on effective communication and quick dispatch across their three command and control centres. He highlighted the personnel's sensitivity in interacting with

“The well-trained and qualified personnel in Abu Dhabi Police handle all reports, encompassing traffic, criminal, fire reports, or ambulances requests



**BRIGADIER NASSER
SULAIMAN AL MASKARI**

Director of the Operations Department
at Abu Dhabi Police GHQ

callers, especially those distressed by various incidents.

“The Operations Department, through its three command and control centres, works in an integrated manner, whether with the public or with partners in the security, governmental, and private sectors,” Al Maskari stated. “All sectors operate with high efficiency and a unified mechanism. The well-trained and qualified personnel in Abu Dhabi Police handle all reports, encompassing traffic, criminal, fire



Abu Dhabi Police Command and Control Centre

reports, or ambulance requests.”

Major Mansour Ibrahim Al Hammadi, an operations officer at Abu Dhabi Police, pointed out that the operations room uses advanced equipment for meticulous monitoring and response to each call. This includes overseeing security conditions,

and traffic, amongst many others, in collaboration with field patrols and other police agencies.

To bridge language gaps, with the UAE being a melting pot of 200 nationalities, the force offers real-time translation services for callers from diverse backgrounds.



Police officer at SPGC tracking a traffic accident location

Quick response boosts arrest rates

RESEARCH consistently reveals that police response times are crucial in crime management. When officers respond to crime-related calls within 5 minutes, their chances of making an arrest soar to about 60 per cent. In contrast, if the response time stretches beyond 5 minutes, the probability of an arrest plummets to roughly 20 per cent. As reported by the *Law and Order* journal, these findings underscore the importance of swift notification to the police and efficient operations in the reporting, dispatching, and responding process.

Al Hammadi said that calls are promptly redirected to the translation centre, enabling swift determination of appropriate actions.

THE DISPATCHER'S CRUCIAL ROLE

Al Maskari highlighted the multifaceted nature of emergency dispatching, combining technical expertise with empathy and psychological acumen.

He said the key lies not just in high-level training but also in a blend of security awareness and adaptability. Their emergency dispatchers, he said, excel in handling diverse reports, negotiating, and professionally managing the psychological states of informants or callers, who may be distressed or in shock. This unique skill set is important, he stressed, especially when calming and dealing with tense situations.

"The human cadres working in the

operating room have a high level of training, a sense of security, the ability to deal with reports in all their forms, and the ability to negotiate and deal professionally with the psychological state of the informant," said Al Maskari.

LIGHTNING-FAST RESPONSE

In a feat mirroring the speed of their

supercars, Dubai Police elevated their emergency response capabilities in 2022. The force achieved an impressive average response time of just 2 minutes and 32 seconds to reach emergency sites post-call completion, surpassing their 3-minute target.

The response rate for 999 emergency calls stood at 99.7 per cent within 10

The human cadres working in the operating room have a high level of training, a sense of security, the ability to deal with reports in all their forms, and the ability to negotiate and deal professionally with the psychological state of the informant

GENERAL EMERGENCY NUMBERS IN THE UAE

999

for Police

998

for Ambulance

997

for Fire Department
(Civil Defence)

996

for Coastguard

911

for electricity failure

922

for water failure

Source: <https://government.ae>



National Ambulance

TOM & JERRY EMERGENCY REACHES 998 HOTLINE

In an incident that could rival a “Tom and Jerry” cartoon episode, an ambulance service raced to what they thought was an imminent human birth in Sharjah in April 2023.

When the team at the National Ambulance communications centre received an urgent call from a man, whose grasp of English was limited, repeatedly uttering “Tom and Jerry” and then “baby”, they assumed it was a case of his wife going into labour.

This mix-up in April 2023 shows the strange situations the National Ambulance often deals with. Its communications centre is getting an influx of calls that stretch the definition of “emergency”.

In some instances, individuals dialled 998 for reasons as varied as lacking a car to reach the hospital or refusing to hail a taxi. Reports of stray animals and queries about paracetamol sales locations have also been on the list.

Strikingly, of the 50-60 per cent of calls leading to ambulance dispatches, only a mere 10-15 per cent turn out to be for critical patients in dire need of immediate care.

This isn’t just a logistical headache; it’s a potential risk to those in serious need. While the National Ambulance responds to all calls, the misuse of emergency services by callers could delay crucial help for those facing life-threatening conditions like strokes or heart problems, where every second counts.

Here’s a plea from the National Ambulance: Save the lines for those moments when time isn’t just ticking, but racing.

Strikingly, of the 50-60 per cent of calls leading to ambulance dispatches, only a mere 10-15 per cent turn out to be for critical patients in dire need of immediate care

Dubai Police’s new AI innovations include the ‘Virtual Operations Room’ smart goggles for staff training, a handheld wireless operations toolkit consolidating essential software for incident reporting, and an advanced patrol surveillance system

seconds, exceeding the 97 per cent goal.

This efficiency contributed to handling 7.4 million emergency calls throughout the year, marking a significant milestone in law enforcement in the emirate.

Major General Pilot Ahmad Mohammed bin Thani, Assistant Commandant for Ports Affairs at Dubai Police, highlighted this achievement during a recent inspection. He attributed this achievement to the integration of advanced artificial intelligence (AI) technologies in policing.

Dubai Police’s new AI innovations include the ‘Virtual Operations Room’ smart goggles for staff training, a handheld wireless operations toolkit consolidating essential software for incident reporting, and an advanced patrol surveillance system. These technological advancements not only streamline incident reporting but also enhance the efficiency of on-ground patrols.

Ajman Police, too, had set a new global benchmark by recording an average response time of just 2 minutes and 28 seconds in 2022. This achievement stemmed from relentless efforts, including innovative projects and upgraded operations rooms equipped with the latest technology.

To further enhance their responsiveness, Ajman Police have equipped traffic and security patrols with advanced devices, such as electronic reception of reports and precise location identification of emergency incidents.

Such technological strides across



Female officers attending to calls at Dubai Police's Command and Control Centre

Dubai Police

the emirates reflect a commitment to leveraging modern solutions for improved law enforcement and emergency handling. These efforts showcase the UAE police forces' dedication to ensuring safety and rapid assistance, setting new standards in emergency response globally.

TOP EMERGENCY CALLS

In 2022, emergency calls across various emirates predominantly involved crime reports, traffic incidents, fire emergencies, and rain impact cases. These were efficiently handled by police forces'

operation rooms, in line with the Ministry of Interior's directives, to ensure the highest service level.

Brigadier Dr Mohammed Saeed Al Hamidi, Director General of Central Operations at Ras Al Khaimah Police, highlighted the critical role of advanced technology in emergency responses. Yet, he emphasised that the key lies in a well-trained staff committed to delivering rapid services.

Ras Al Khaimah Police's Operations Room handled a significant call volume in 2022, with 424,117 emergency calls to

In 2022, emergency calls across various emirates predominantly involved crime reports, traffic incidents, fire emergencies, and rain impact cases

999 and 36,931 inquiries to the non-emergency number 901.

CALL HANDLING PROCEDURES

In Dubai Police's Operations Room, a dedicated team of more than 120 officers operates tirelessly in four shifts, ensuring 24/7 coverage.

In each shift, about 20 call-takers are at the helm, coordinating with around 500 vehicles, a fleet that includes patrol cars, ambulances, fire brigades, and rescue vehicles.

"Every call-taker has two screens. One screen displays a city map, showing both the caller's location and our operational resources like patrol cars and ambulances. When a



“Nowadays, the police force don’t think about the guns or weapons that they’re carrying. You’re looking for the tools, the technology



MAJOR GENERAL DR KHALID NASSER AL RAZOOQI

Director General of the Artificial Intelligence Directorate at Dubai Police

call comes in, they can immediately access cameras near the incident to see what’s happening and respond instantaneously,” a police official at the operations room explained in a video interview with *Khaleej Times*.

Call-takers first gather and scrutinise incoming information, assessing the severity of the incident, the number of casualties, and other critical details. This vital data is then swiftly relayed to dispatchers, who judiciously allocate police resources to the scene.

HARNESSING TECHNOLOGY

This streamlined process results in efficiency in providing prompt and effective responses to emergencies. The integration of advanced technology, from city-wide camera feeds to sophisticated dispatch systems, enables the UAE’s

police forces to stay ahead of the curve in emergency management.

Major General Dr Khalid Nasser Al Razooqi, Director General of the Artificial Intelligence Directorate at Dubai Police, emphasised this technological shift. “Nowadays, the police force, they don’t think about the guns or weapons that they’re carrying,” he said. “You’re looking for the tools, the technology.”

A recent example of the UAE’s pioneering role in police tech adoption is the Xturismo Hoverbike in Abu Dhabi. This state-of-the-art flying bike, developed by Bayanat, a division of Abu Dhabi’s AI firm G42, in partnership with Japan’s Aerwins Technologies, aims to revolutionise emergency services.

Capable of reaching heights of 20 metres and speed up to 80 kph, the Xturismo Hoverbike is especially suited for challenging terrains like deserts. Made from robust carbon fibre used in aviation and space, it weighs 300kg and offers a 40-minute flight at 80 kph before needing refuelling.

Meanwhile, Sharjah Police have taken to the skies with drones. In 2020, the Mavic 2 drone became instrumental in a rescue operation during a tower fire in Sharjah. It provided firefighters with real-time information, crucial for the safe evacuation of tenants.

The force is also utilising the Matrice M300RTK drone, which relays precise locations to operations rooms, ensuring swift and effective action. It can also handle a variety of tasks, from search and rescue missions to drug detection and traffic violation monitoring.

999 HELPLINE MISUSE

The 999 helpline is vital for reporting urgent incidents needing immediate action from emergency services. Yet, thousands dial 999 daily, not just for genuine emergencies but often for trivial matters. Some examples include complaints about cats, requests for weather forecasts, and undelivered food orders.

This misuse of the emergency line hinders critical responses for those genuinely in need. The Ministry of Interior and police headquarters face a barrage of such non-urgent calls, causing distractions in command and control centres. These centres, pivotal in emergency response, are overwhelmed by the sheer number of pointless calls, reflecting a worrying trend amongst both residents and expatriates.

Such misuse of the 999 service underlines the need for public awareness about the proper use of emergency lines, ensuring they remain open for real emergencies.

“The 999 helpline is vital for reporting urgent incidents needing immediate action from emergency services. Yet, thousands dial 999 daily, not just for genuine emergencies but often for trivial matters



Police monitoring at the Sharjah Police General Command (SPGC)

Sharjah Police



Ali Obaid is a veteran Emirati commentator, journalist, and writer on local issues

WHERE HAVE THEY GONE?

We are but travellers in time, forever wondering where life's journey has led those who once walked beside us.

As we look back in time, we search the corners of our memory and ask: Where did our childhood friends go? Those familiar faces that greeted us in our earliest days, as we began learning the basics of life, unaware of what fate had in store for us and them?

We venture back to the places that cradled our first adventures—every nook and corner of the streets, filling them with life and laughter. These are the places we long for amidst the hustle of our modern cities today, where the constant motion of cars cannot replicate the simple joys of our youth. Yet, in these memories, there's a hint of sadness.

We look through our memories for those innocent and kind faces, thinking about where life's ship has taken them. In which ports did they unload their bags? Were their lives gentle, or did they become stronger through challenges?

Every now and then, we catch a glimpse of some of our childhood friends. A few have climbed to great heights, finding success in their dreams. Joy fills our hearts, and we feel like partners in their success. But we also hear about others whose lives frowned upon them, who didn't achieve the success they aspired to, or got a meagre share of it, content or resentful of their lot.

Between those who achieved great success and those who got little, we recall those faces that once carefreely played, oblivious to what life had in store

for them, not bothering to know. We weigh up: If each of them knew what awaited them in terms of bliss or misery, would they have enjoyed their childhood with the same innocence and spontaneity?

Looking at the children around us today, absorbed in their games and simple pleasures, we find a reflection of our own past. In their unburdened faces, we hope they remain untouched by these questions, allowing them to bask fully in the sunshine of their youth, shielded from the complexities of what the future holds.

Many images stored in our memory emerge as

we try to recall the names and faces with whom we greeted the day and bid farewell to its last threads. We marvel at how some are not as clear as we expect or wish, fearing that weakness has crept into our memory from the multitude of images, names, and events accumulated, rendering it unable to grasp this vast amount, which even modern electronic devices—despite their vast capacity and tremendous ability for storage and retrieval—struggle with.

Amidst our childhood dreams, we take a moment to reflect

upon the universal laws we cannot alter. We fold our papers, waiting for the remaining years of a life that speeds by like light, while we stand at its stations like an overturned turtle, waiting for someone to flip us back so we can catch up with those who went ahead, wondering: When did those who were with me leave, and where did they go?

Amidst our childhood dreams, we take a moment to reflect upon the universal laws we cannot alter. We fold our papers, waiting for the remaining years of a life that speeds by like light

REVVING UP EMIRATISATION

THE PROGRESS OF EMIRATIS ENTERING THE UAE'S WORKFORCE IS GAINING MOMENTUM. **999** PROVIDES AN OVERVIEW OF INITIATIVES AND ACCELERATORS SET IN MOTION TO FAST-TRACK EMIRATISATION THIS YEAR

BY ABDUL WASEY



“In the Emiratisation sector, the Nafis programme, thanks to the follow-up of my brother Sheikh Mansour bin Zayed, successfully increased the total number of UAE nationals working in the private sector to approximately 92,000 by the end of 2023

HH SHEIKH MOHAMMED BIN RASHID AL MAKTOUM

Vice-President and Prime Minister of the UAE and Ruler of Dubai

The UAE is rapidly advancing its Emiratisation programme, with a keen focus on integrating national talent into the private sector and grooming them for leadership roles across various industries. This initiative is vital for the UAE economy's diverse sectors.

While the public sector also offers appealing work hours and wages, the government is now actively encouraging Emiratis to enhance their skill sets within the private-sector workforce. Central to this national effort is the Emirati Talent Competitiveness Council's (ETCC) Nafis platform, designed to boost the competitiveness of Emirati human resources and facilitate their entry into private sector job opportunities.

ETCC is under the diligent oversight

of His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister and Chairman of the Presidential Court, and is closely monitored by His Highness Sheikh Abdullah bin Zayed Al Nahyan, Minister of Foreign Affairs and Chairman of the Education and Human Resources Council. New policies, resolutions, and initiatives supporting the Emiratisation programme have been introduced by the Council.

EMIRATISATION IN MOTION

During the first meeting of the UAE Cabinet for 2024 last month, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, lauded the success of the Nafis programme in

significantly boosting the number of UAE nationals in the private sector.

His Highness stated, “In the Emiratisation sector, the Nafis programme, thanks to the follow-up of my brother Sheikh Mansour bin Zayed, successfully increased the total number of UAE nationals working in the private sector to approximately 92,000 by the end of 2023.” His Highness noted that both the Housing and Emiratisation sectors will continue to be key priorities of the UAE Government.

This notable milestone of nearly 92,000 Emiratis in the private sector marked a 13,000 increase in the latter half of 2023, demonstrating a 157 per cent surge since the Nafis programme's inception in September 2021. This serves as a testament to the effective implementation of Emiratisation policies.

His Excellency Dr Abdulrahman Al Awar, Minister of Human Resources and Emiratisation, highlighted a significant shift in the UAE's labour market, focusing on the increasing importance of national human capital in the private sector. “We are on the verge of fundamental changes in the country's labour market in line with increasing the participation of citizens and improving the competitiveness of the local business environment,” Al Awar stated.

This shift, according to the Minister, is notable as skilled Emirati employees form a significant portion of those registered within the Ministry's employment system.



HH Sheikh Mohammed bin Rashid, HH Sheikh Mansour, HE Dr Al Awar during a meeting in November 2023

“ We are on the verge of fundamental changes in the country’s labour market in line with increasing the participation of citizens and improving the competitiveness of the local business environment



HE DR ABDULRAHMAN AL AWAR
Minister of Human Resources and Emiratisation

DEADLINES & TARGETS SET

As per the Emiratisation policy, companies with 20 to 49 employees

were expected to have hired at least one Emirati employee last December 2023, with the same requirement by the end of 2024. Larger businesses employing 50 or more people must comply with the UAE Government’s mandate to increase their Emiratisation rates by 2 per cent annually, aiming for a cumulative 10 per cent increase by 2026. Qualitatively performing institutions in training and employing citizens are eligible for incentives. Free zone businesses are exempt from these requirements. Smaller companies in the country are also required to hire two Emirati employees by 1st January 2025.

HIGH-LEVEL COMMITMENT

The Ministry of Human Resources and Emiratisation (MoHRE) has acknowledged the active participation of over 19,000 private companies in the Emiratisation drive. This translates to over 95 per cent of companies that adhered to the

Emiratisation deadline in December 2023, reflecting a strong commitment to the initiative.

The incentives for Nafis partners include reductions in service fees and priority in government procurement processes. Training workshops are provided to assist companies in this transition.

Al Awar stressed the leadership’s support for Emiratisation, stating, “The Emiratisation policy enjoys the support of the wise leadership, and the last stage witnessed the launch of a comprehensive set of initiatives aimed at creating a supportive environment for Emiratisation and strengthening the private sector’s role as a major partner with great capabilities and opportunities.”

To assist companies in achieving their Emiratisation targets, MoHRE encourages the use of the Nafis platform, which offers a pool of qualified UAE nationals across various sectors.



NEWS IN NUMBERS

92,000

The number of UAE nationals in the private sector by the end of 2023, indicating a 157% increase due to Emiratisation initiatives.

19,000

The number of companies that actively engaged in Emiratisation in 2023, demonstrating widespread corporate participation.

14

The number of sectors included in MoHRE’s Emiratisation extended target to diversify the employment of UAE nationals across various industries.

Source: MoHRE



EMIRATISATION TARGETS

Companies with 20 to 49 employees

Required to hire at least one Emirati by the end of 2023 and 2024.

Large companies (50 + employees)

Must ensure 2 per cent annual Emiratisation rates in their workforce.

10 per cent

The target percentage for Emirati employment in large companies by the end of 2026.

2

The number of Emirati employees that smaller companies (below 20 workers) in the country must hire by the end of 2024.

Source: MoHRE



LAWBREAKERS

995

The number of companies found in violation of Emiratisation regulations, as of 10th January 2024.

1,660

The total number of UAE nationals employed in sham positions, as of 10th January 2024.

Dhs20,000

The fine imposed for each sham Emiratisation case.

Dhs100,000

Additional administrative fine imposed on each non-compliant company.

Dhs2.3 million

The total amount of financial support recovered during a crackdown on fraudulent employment practices in August 2023.

Source: MoHRE

FINES AND PENALTIES

Companies failing to meet their Emiratisation targets face significant fines, starting at Dhs96,000 for each unfulfilled Emirati position in 2024, and increasing to Dhs108,000 in 2025. These fines can be paid in instalments, subject to an agreement with the MoHRE. Over 12,000 companies had been notified last year that they met the criteria for the expansion of Emiratisation targets for smaller companies. This initiative spans 14 key economic sectors, including Information and Communications, Financial and Insurance Activities, Real Estate, Professional and Technical Activities, Administrative and Support Services, Arts and Entertainment, Mining and Quarrying, Transformative Industries, Education, Healthcare and Social Work, Construction, Wholesale and Retail, Transportation and Warehousing, Hospitality and Residency Services.

FAKE EMIRATISATION SCHEME

While the MoHRE's initiatives are fostering positive change in the UAE's job market and economy, the MoHRE is rigorously enforcing compliance with Emiratisation policies. It has made it clear that there will be no leniency in dealing firmly with violators.

Emiratisation is considered fraudulent when UAE nationals are employed in nominal roles or rehired solely to circumvent quotas.

As of 10th January 2024, 995 companies were found in violation of Emiratisation regulations, with these companies collectively employing 1,660 UAE nationals in sham positions. The companies found guilty faced legal and administrative repercussions, including

EMIRATISATION AT A GLANCE



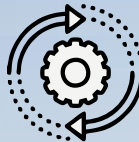
DIGITAL SYSTEM FOR COMPLIANCE

The MoHRE uses digital systems for effective Emiratisation implementation, stressing the importance of prompt compliance.



NAFIS PLATFORM CONNECTS TALENT

The Nafis platform, run by the MoHRE, connects companies with qualified Emirati professionals, streamlining the recruitment process.



TRAINING FOR SMOOTH TRANSITION

The MoHRE offers training workshops to guide companies in transitioning smoothly to meet Emiratisation goals.



INCENTIVES FOR NAFIS PARTNERS

The MoHRE offers incentives like fee reductions and government procurement priority to Nafis partners.



EMIRATISATION POLICY COMPLIANCE ENFORCEMENT

The MoHRE enforces compliance, penalising companies for bypassing targets or creating sham positions.



INCREASED FINES FOR VIOLATIONS

The MoHRE imposes increased fines for companies not meeting Emiratisation targets.



REFERRAL TO PUBLIC PROSECUTION

The MoHRE refers companies to Public Prosecution for violating Emiratisation policies.



fines of Dhs20,000 for each sham Emiratisation case and demotion within the MoHRE's system. In addition to the existing penalties, an administrative fine of Dhs100,000 could be imposed on each non-compliant company, and UAE nationals involved in these schemes have been suspended from the benefits of the Nafis programme.

In August 2023, the MoHRE reported a crackdown on fraudulent employment practices under the Nafis programme, recovering Dhs2.3 million in financial support and penalising 436 private companies for policy violations. This action reinforces MoHRE's commitment to enforcing labour laws

How to report violations

The MoHRE has called on the public to report any violations of Emiratisation decisions through the call centre at

600590000
or the Ministry's smart application and website.

and maintaining the integrity of national employment initiatives.

INCENTIVES FOR PRIVATE-SECTOR COMPANIES

In December 2023, the MoHRE and the Ministry of Finance (MoF) launched a new initiative to incentivise Emiratisation in the private sector.

Companies committed to achieving an annual 2 per cent growth in Emiratisation will gain priority access when tendering for government procurement contracts.

Complementing this are the existing benefits for companies that hit their Emiratisation targets. Membership in the Emiratisation Partners Club and access to the Nafis programme are amongst these perks. The Nafis programme not only provides financial assistance but also a pool of qualified UAE nationals for private sector jobs, and includes a Pension Programme aiding pension contributions.

Younis Al Khoori, Undersecretary at MoF, highlighted the Ministry's commitment to enhancing the participation of UAE nationals in the labour market and their contribution to the national economy.

"The Ministry of Finance is working to meet all the necessary requirements to advance the Emiratisation process, ensure the active participation of UAE national economy, in line with our commitment to implementing the UAE leadership's vision and our own strategy at the Ministry. We firmly believe at the Ministry. We firmly believe in the positive role Emiratisation

“The Ministry of Finance is working to meet all the necessary requirements to advance the Emiratisation process, ensure the active participation of UAE nationals in the labour market, and increase their contribution to the national economy”



YOUNIS AL KHOORI
Undersecretary at the UAE's
Ministry of Finance



“The MoHRE strives to establish a collaborative and encouraging environment, raising awareness amongst companies about the Emiratisation process and its benefits, while offering them various benefits provided by the Ministry and its network of government partners



AYESHA BELHARFIA
Undersecretary for Emiratisation
Affairs at MoHRE

plays in strengthening and developing the national,” Al Khoori said.

Ayesha Belharfia, Undersecretary for Emiratisation Affairs at MoHRE, emphasised the united efforts of government entities in bolstering the Emiratisation process. “The MoHRE strives to establish a collaborative and encouraging environment, raising awareness among companies about the Emiratisation process and its benefits, while offering them various benefits provided by the Ministry and its network of government partners,” she stated.

As part of its commitment to digital

transformation, the Ministry of Finance has rolled out a digital procurement platform. This platform is a gateway for suppliers, both within the UAE and globally, to register their services for federal government entities. To date, around 14,000 suppliers have joined the platform, unlocking opportunities for participating in tenders, online auctions, and managing purchase orders and invoices with greater efficiency. The platform is particularly advantageous for small and medium-sized enterprises (SMEs), offering them unique benefits and simplifying their involvement in tender processes.

INDUSTRY LEADERS WEIGH IN

Emiratisation has evolved into a significant vision for the UAE, far surpassing its initial role as a government mandate. This transformation, as experienced and observed by leading businesses and recruitment agencies, reveals the multifaceted nature of this initiative, shaping the country’s economic future.

Al Yousuf Group, a major diversified family business group in the Middle East, highlighted the initiative’s influence in integrating Emirati values and traditions into businesses, predicting a rise in Emirati women in leadership roles and fostering a more inclusive society. “To support Emiratisation, UAE businesses have been creating more inclusive work environments that further encompass Emirati values and traditions,” they explained. This approach not only benefits businesses by tapping into the unique perspectives of the local population but also strengthens relationships.

Echoing these views, Mark Williams Recruitment, an award-winning executive recruitment agency, acknowledged Emiratisation’s significant role in boosting the skill set and competitiveness of the local talent pool. “This initiative has not only made the job market more accessible for UAE nationals but has also enhanced the local talent pool’s skills and competitiveness,” they noted. The agency perceives Emiratisation as a visionary path for the UAE’s future, positioning

its citizens at the heart of economic progress. “Emiratisation is...a vision for the future of the UAE, one that positions its citizens at the heart of its economic progress,” they stated.

The emphasis on skill development is generally acknowledged amongst industry leaders. Al Yousuf Group pointed to the growing availability of training, internships, and apprenticeships that equip Emirati employees with vital skills. “Emiratisation initiatives have led many businesses to offer training opportunities, internship programmes, and apprenticeships to help Emirati applicants and employees acquire the skills needed for their roles,” they mentioned, indicating the potential for a more skilled workforce and organisational growth.

RAAD Recruitment, a firm focused on acquiring Emirati talents, underscored the importance of investing in human capital for professional development and enabling Emiratis to compete globally. “With the impact of Emiratisation, the government wants to develop professionally Emirati population and gain new skills,” the firm observed, highlighting the initiative’s role in propelling Emirati talents onto the global stage. The firm also mentioned the historical imbalance in the workforce, with expatriates often filling key positions in companies. “Many expatriates came to the Emirates and founded companies where the same expatriates occupied all the positions,” they explained, pointing out the past lack of opportunities for Emirati citizens in foreign conglomerates.

EMIRATISATION IN EDUCATION SECTOR

The MoHRE, in collaboration with the Ministry of Education (MoE) and Nafis, has launched the Teaching Specialists Programme. This initiative aims to hire 1,000 Emiratis annually, with a target of 4,000 hires in four years, for roles within the education sector, including administrative

RECRUITMENT APP FOR EMIRATIS

TASC Outsourcing, a leader in staffing and HR solutions, recently unveiled the region's first recruitment app exclusively for Emirati nationals. Launched at the Abu Dhabi National Exhibition Centre, 'Falek Tayyeb' aims to connect Emirati talent with promising job opportunities.

Mahesh Shahdarpuri, founder and CEO of TASC, spoke about the app at its December 2023 launch, highlighting its potential to connect UAE nationals with dream jobs and upskilling opportunities. "Falek Tayyeb is a step towards fulfilling our promise to UAE nationals, helping them enter the UAE's dynamic work environment," Shahdarpuri told *Khaleej Times*.



Falek Tayyeb not only facilitates job discovery for Emirati professionals but also offers companies a unique platform to showcase their job openings for local talent. It streamlines the recruitment process, ensuring quick and accurate vacancy fulfilment.

The user-friendly interface of Falek Tayyeb simplifies the job-seeking process. It integrates with ChatGPT for CV creation and updating, making it easier for users to showcase their skills and qualifications. From application submission to onboarding, the app redefines the job search experience for Emiratis and hiring organisations in the UAE, aligning with the government's Emiratisation goals and contributing to a more inclusive workforce.

positions, teaching roles in various subjects, and specialist positions in educational guidance and leadership. The programme, structured into four phases, targets Emirati jobseekers on the Nafis platform, particularly those with educational qualifications for teaching and school-related professions. Candidates are encouraged to register on the Nafis platform to participate in this programme, which supports private educational institutions in meeting their Emiratisation targets and facilitates employment through the Studying Citizen Employment Contract.

THE RETENTION RIDDLE

A June 2023 survey by PwC Middle East, titled "The Retention Riddle: How to keep Emirati talent in the private sector", assessed the current state and future trajectory of Emirati representation in the private sector. The study included responses from 500 citizens across various sectors and recent graduates, revealing a significant inclination amongst Emirati graduates towards the

private sector, with 61 per cent expressing interest. However, two-thirds of those employed in private companies considered returning to public sector roles. The survey highlighted the retention challenges faced by private-sector companies, with half of the Emiratis in the private sector dissatisfied with their compensation and benefits compared to their public-sector counterparts.

“This step is mutually beneficial, affording Emirati students with pragmatic training opportunities leading to employment in their field of study upon graduation, while concurrently assisting companies in fulfilling their Emiratisation quotas



FARIDA AL ALI

Assistant Undersecretary of National Human Resources Employment at MoHRE

Khaled bin Braik, Emiratisation Programme leader at PwC Middle East, stressed the collective responsibility in achieving the UAE's vision for a sustainable, prosperous future. “Collectively, we all must play a leading role in helping the UAE achieve its shared vision and continue building a sustainable, prosperous economic future,” he stated.

PwC's survey suggested strategies for retaining Emirati talent in the private sector, including making Emiratisation a focal point of employee strategy, connecting with universities to align curricula with future skills, conducting career awareness sessions, creating reskilling opportunities, leadership programmes, enabling internal mobility, offering fast-track career progression, tailored rewards and recognition programmes, and using technology to track Emiratisation efforts.

HEALTHCARE CAREER PATHWAY

In line with the aspirations of the Emirati workforce and the dynamic nature of the private sector, the MoHRE is pioneering a transformative approach in the healthcare sector. This initiative aims to seamlessly transition Emirati medical students from academia to professional life, directly connecting

them with future career prospects.

This effort is part of the ‘Studying Citizen Employment Contract’ initiative. At present, MoHRE is engaging with Emirati medical students through contractual agreements, offering them vocational training and subsequent job opportunities in various fields, including nursing, medical imaging, and medical laboratory sciences.

Leading the charge in this effort is the Health and Medical Services (HMS Group), which provides practical training at prominent institutions such as Al Garhoud Hospital and Mirdif Hospital.

Farida Al Ali, Assistant Undersecretary of National Human Resources Employment at the MoHRE, explained the reciprocal advantages of this initiative. She stated, “This step is mutually beneficial, affording Emirati

students with pragmatic training opportunities leading to employment in their field of study upon graduation, while concurrently assisting companies in fulfilling their Emiratisation quotas.”

With over 2,500 students currently registered, the programme aims to enrol 2,000 students annually. Under the terms of the contract, students receive a monthly allowance of at least Dhs4,000 and are required to be registered in an authorised pension scheme in the UAE. After graduation, these contracts transition to ‘Full-Time Employment of UAE Nationals’, with the provision of updated salaries. The duration of the contract post-graduation is designed to match or exceed the length of their studies, ensuring that the roles they undertake are in alignment with their areas of specialisation.





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From woofs to woes:
**DOG ATTACKS
ON THE RISE**

**999 PROVIDES EXPERT INSIGHTS ON RESPONSIBLE
PET OWNERSHIP AMIDST THE RECENT SPATE
OF DOG ATTACKS**

BY K NIVEDITA



The UAE's laws and regulations are more tail-wagging than teeth-baring when it comes to being a pet-loving nation. This is evident with around 1.5 million pet parents and a pet population of over 2 million, according to statistics from the recent Pet World Arabia exhibition in Dubai.

However, pet parents need to be taken for a walk down the "responsibility lane" and realise that owning a pet is more than just a walk in the park, because the

number of dog attacks is on the rise.

Recent data from Emirates Health Services, which operates 17 hospitals nationwide, revealed they typically handle 50 to 70 dog bite cases monthly.

Responsible pet ownership is the real bone of contention here. Owning a dog comes with responsibilities, including education, awareness, and a commitment to the welfare of these furry friends. Unfortunately, it's the lapse in responsibility and compliance with legal requirements for

dog ownership by some pet parents that has led to a spike in dog attacks.

Globally, according to the World Health Organization, rabies claims the lives of approximately 59,000 people each year, with the majority of these deaths caused by bites from infected dogs. Vaccination and timely post-exposure prophylaxis can prevent rabies, but once symptoms set in, the situation becomes dire, with fatal consequences.

In the United Kingdom, for instance,

“We would advise members of the public not to approach any dogs out in public without seeking the owner’s expressed permission first to respect the dog’s personal space, and to be aware that any sudden movements or loud noises may cause stress to the dog

JUSTINE GRAHAM

Manager at K9 Friends



hospital admissions for dog-related injuries have doubled from 1998 to 2018, reaching a peak of 8,000 in 2022.

In the United States, an estimated 4.5 million people are bitten by dogs annually, with injuries ranging from minor scratches to severe wounds.

Experts point to various factors, including limited socialising opportunities

for dogs and inadequate training, as potential reasons for this uptick in attacks.

WHY DO DOGS BITE?

While it is tempting to place the blame solely on a violent animal and impose punishment, fortunately, UAE authorities have a keen nose at who is more responsible.

This became evident in March 2023 when a Dubai court imposed a fine of Dhs2,000 on a dog owner after his pet, a native to Japan, bit a jogger, causing significant tissue damage and necessitating emergency medical attention and stitches.

“The dog, which was not on a leash, attacked me without provocation,” the victim told the court. The judges observed that had the owner taken the precaution of controlling his dog, the accident could have been avoided.

It is crucial to understand that dogs typically act aggressively in response to provocation and stress, which could include factors such as an unfamiliar neighbourhood, noise, odours, crowds, temperature, or the animal’s physical distress.

Justine Graham, Manager of K9 Friends, throws a bone of wisdom to potential dog owners and the public. Speaking to **999**, she advised, “We would advise members of the public

not to approach any dogs out in public without seeking the owner’s expressed permission first to respect the dog’s personal space, and to be aware that any sudden movements or loud noises may cause stress to the dog. If there is a dog with a labelled lead, e.g. ‘nervous dog’, it is important that members of the public respect this.”

Several studies indicate that dog owners could not accurately discern a dog’s communication cues, and, even worse, they would respond by attempting to cuddle or stroke an anxious dog, thereby increasing the risk of being bitten.

Therefore, owners should gain a better understanding of how to react to their dog’s behaviour. “A dog is sensitive to threats and owners must watch out for the early signs of aggression, like snarling, an intense stare, tense body, raised fur, and baring of teeth,” said Paul Robinson, a dog trainer based in Abu Dhabi.

In the UAE, a dog is required to be leashed outdoors and, in the case of big breeds, muzzled. It is when pet parents ignore or misunderstand signals of aggression or break the rules of leashing and muzzling that an attack takes place.

WHO’S AT FAULT?

Last year, a headline-making dog attack happened in Fujairah. The victims were a 39-year-old woman, her children aged 11 and 6, and their 14-month-old house

LIST OF DOGS THAT ARE BANNED IN THE UAE

1. All kinds of Pitt Bull
2. Japanese Tosa (Tosalnu; Tosa Fighting Dog)
3. Argentinian Fighting Dog (Dogo Argentino; Argentinian Mastiff)
4. Brazilian Fighting Dog (Fila Fila Brasileiro; Brazilian Mastiff)
5. Wolf Dog Hybrid (Any dog mixed with a wolf)
6. American Staffordshire terrier
7. Any crossbreed of the above



BITE-SIZED FACTS

1.5 MILLION

The number of pet parents in the UAE, as per statistics from the recent Pet World Arabia exhibition in Dubai

DHS10,000

Penalty imposed by the Fujairah Court of Appeal in May 2023 to two women for "possession, failure to restrain the dog, and causing injury" to a 39-year-old woman and her children, necessitating immediate medical treatment

59,000 PEOPLE/YEAR

Global fatalities due to rabies, with the majority of these deaths caused by bites from infected dogs, as per the World Health Organization

4.5 MILLION

The number of people bitten by dogs in the United States annually, with injuries ranging from minor scratches to severe wounds

help. They were at a beach in the emirate when the incident occurred. At that time, two women were walking their dog. Suddenly, the dog turned aggressive and charged at the woman and her two older children, attacking them.

In an instinctive act of protection, the mother shielded her children and bore the brunt of the attack. The house help swiftly snatched the youngest child and sought refuge in their car.

For a tense 15 minutes, as onlookers gathered on the beach, the woman battled the aggressive dog. She and her two

children sustained severe injuries, necessitating extended medical treatment.

Although the women, who were the owner's sister and her friend, claimed to have had the dog on a leash, and it had managed to escape, the fact remained that they had been negligent in controlling the dog. A more attentive approach to restraining the dog could have prevented the unfortunate incident.

The case reached the Fujairah Court of Appeal in May 2023. The court viewed "the charges are all linked, as possession, failure to restrain the dog, and causing injury are all one criminal act" for the two women. They were each fined Dhs10,000.



DOG SAFETY 101: MANAGING AGGRESSION

- **AVOID EYE CONTACT:** Don't look directly at the dog; lower your head and gaze away.
- **SIDEWAYS STANCE:** Turn your body to the side, but don't turn your back to the dog.
- **CROSS ARMS:** Keep your arms crossed over your chest.
- **STAY SILENT:** Don't talk to or shout at the dog.
- **BE STILL, THEN BACK AWAY:** Remain still, then slowly back away if the dog isn't approaching.
- **DON'T RUN:** Keep calm and walk, don't run.
- **FIND A BARRIER:** Use things like trees, cars, or rocks as barriers between you and the dog.



PENALTIES AS PER UAE LAW

WALKING A DOG WITHOUT A LEASH IN PUBLIC PENALTY: DHS5,000

The law states, "All dogs are required to be restrained by a collar and leash when on public property." Setting a dog free in a public space is strictly prohibited. Dogs must always be on leash and larger breeds muzzled when walking in public.

DOG BITE/ATTACK PENALTY: DHS5,000

The owner will also have to present a written statement that the incident will not be repeated and, in case it happens again, the dog will be taken away by the authorities. Those who use animals to terrorise people will face a jail term and/or a range of fines from Dhs100,000 to Dhs700,000

ABANDONING A PET PENALTY: DHS10,000

Since 2018, pet abandonment has been a punishable offence as it is, rightly, seen as an act of cruelty. According to law, if owners no longer want to keep animals in their possession, they must hand them over to the relevant authorities, such as authorised rescue shelters.

THE 'PAWS' AND CONS

Adorable and Insta-famous, but owning a pet is more than just posing for likes.

Graham of K9 Friends shared with **999**: "There are many reasons why people no longer keep their dogs including for financial reasons, re-locating, medical issues or because they have not fully understood the responsibility that comes with owning a dog including the time and attention that needs to be given to a dog."

Her advice to potential pet parents is to fully consider the long-term financial cost of owning a dog, and the sacrifices that may need to be made in terms of lifestyle e.g. if you work long hours then a dog may not be suitable as it cannot be left on its own for a long period of time. A dog needs to be regularly walked and given plenty of attention.

"It is important to note that bringing a dog into the family can be a very rewarding and enjoyable experience for everyone, but there are some important things to consider when deciding if it is the right time to get a dog. Dogs can live for 10 to 15 years, so getting a dog is a big commitment. It is essential to research all the costs involved such as food, annual vaccinations, boarding, registration, and relocation," explained Graham.

"Being a responsible dog owner means feeding the dog the correct diet, always having water available for the dog, vaccinating and registering the dog, getting vet care for the dog when required, providing the dog with a safe indoor place to live and giving them the right amount of physical and mental exercise," added Graham.

“Dogs can live for 10 to 15 years, so getting a dog is a big commitment. It is essential to research all the costs involved such as food, annual vaccinations, boarding, registration, and relocation





SURVIVING A DOG ATTACK

USE A BARRIER: Place something like a purse, rolled-up jacket, or backpack between you and the dog. Avoid waving it to prevent enticing the dog.

SEEK HIGHER GROUND: Move to a higher position like a car bonnet, large rock, or a low tree branch to keep your head and body away from the dog's reach.

REMAIN CALM: Avoid screaming, yelling, or physical retaliation like punching or kicking, as

these actions might further provoke the dog.

CURL UP IF OVERPOWERED: If the dog is mauling you, curl into a ball, protecting your head and neck, and wait for help. Attempting to fight off the dog alone might not be effective.

SEEK MEDICAL ATTENTION: Immediately seek medical help after a dog attack. Do not underestimate the risk of rabies or other infections, even if the wounds seem minor.

PAWS FOR THOUGHT: SIGNS YOU'RE NOT READY TO BE A PET PARENT

- You wish to get a pet for your child who isn't ready to care for it.
- You travel frequently for work or leisure and value your freedom, time, and space.
- You struggle with discipline, making it likely that you'll miss vet appointments, licence requirements, and pet training.
- Your job barely covers your family's expenses, and you may struggle to afford pet care.
- You or a family member have allergies.
- Noise is a bother for you, your neighbours dislike it as well, and your apartment management doesn't permit noisy pets.
- You value your sleep and are considering a dog solely to motivate you to exercise.
- Coping with the short lifespan of pets is challenging for you, and you prefer not to confront this reality.
- You want a pet simply because a particular breed has become trendy amongst celebrities and influencers.
- You lack access to suitable spaces for walking a dog or allowing it to move freely.

THE PET RULEBOOK IN UAE

Here are some guidelines that pet owners in the UAE must follow:

PERMIT



When bringing dogs, cats, or other animals into the UAE alongside their human companions, certain paperwork is required. A pet import permit costs Dhs200 per pet for dogs and cats. This permit must be obtained before your pet enters the UAE, and it is issued by the Ministry of Climate Change and Environment. The permit remains valid for up to 30 days.

TRAVELLING ABROAD



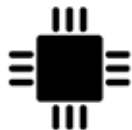
If you plan to leave the UAE with your family pet, first, check the specific rules of your destination country. Updated vaccination certificates are essential. This includes proof that your dog or cat received a rabies shot not more than 21 days before travel.

LICENCE



In the UAE, all pets require a licence, which you can obtain from the municipalities of the various emirates. You can find the licence form online or at customer care centres. You'll need your Emirates ID, a photograph of your dog, a copy of its vaccination certificate, and a certificate of good conduct from a certified vet to confirm its good behaviour and health. Failing to obtain a licence can result in fines ranging from Dhs10,000 to Dhs200,000.

MICROCHIPPING



When a pet is registered with a municipality, it is microchipped and given a plastic neck tag, which must always be worn on the dog's collar. This ensures that the pet's information is in the central database. If your pet gets lost and is brought to the municipality, their data can be easily accessed, reuniting you with your furry friend. If a dog is not microchipped or tagged, it may be treated as a stray, and some vets may not provide treatment to such dogs.

VACCINATION



The UAE places great emphasis on the health of both animals. For dogs, vaccines include rabies, Canine Distemper Virus, Canine Parvo Virus, Infectious Canine Hepatitis, and Leptospirosis (Ictohaemorrhagea – Canicola). Cats should be vaccinated against rabies, Feline Pan Leukopenia or Feline Rhinotracheitis, and Feline Calicivirus. These diseases are all harmful to animals, and registered vets administer the vaccines, with many clinics offering in-house services for pets.





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RAIN'S HIDDEN PERILS

AS THE AUTUMN-WINTER SEASON CONTINUES IN THE UAE, **999** REMINDS DRIVERS TO EXERCISE HEIGHTENED CAUTION AND ADHERE TO ESSENTIAL GUIDELINES FOR DRIVING IN RAINY AND LOW-VISIBILITY CONDITIONS

BY NASEEF CHEENATH





Navigating the UAE's autumn-winter fog can be both challenging and perilous if drivers do not take necessary precautions. Car accidents increase during this season, mainly due to reduced visibility caused by fog, rain, and occasional sandstorms.

With the season's change, drivers bear a crucial responsibility to protect themselves and other road users. Distractions and reckless behaviour under bad weather conditions can swiftly turn a risky situation into a fatal one. Especially in low visibility conditions, the fundamental road safety rule holds utmost importance: make sure you have clear visibility and are visible to others.

Traffic authorities across the emirates, working closely with the National Centre of Meteorology, stay vigilant in ensuring the safety of all road users and pedestrians. They use social media, radio broadcasts, and direct alerts to proactively guide motorists through adverse weather conditions, including advising reduced speed limits and alternative routes during fog, rain, or mist.

While these road warnings are constantly being flashed, the responsibility rests on drivers to heed these warnings and adjust their driving accordingly.

INCREASE IN EMERGENCY CALLS

Rain, often seen as just a disruptor of our daily commute, carries hidden but

significant dangers on the roads. This risk becomes strikingly evident in the statistics that correlate rainfall with a surge in traffic accidents, serving as a stark reminder for drivers to exercise extreme caution.

During the winter solstice back in December last year, Dubai Police faced an increase in traffic accidents due to heavy fog. Over a five-hour period between 5:00 am and 10:00 am, they responded to 51 different accidents, which happened during dense fog. These figures are just the tip of the iceberg, as the police received an overwhelming 2,841 emergency calls during the same period.

Colonel Muhammad Abdullah Al Muhairi, Director of the Command and Control Centre in the General Directorate



of Operations at Dubai Police, advised drivers, “Allow extra time for journeys, check the weather conditions before setting out, especially during adverse weather conditions, and avoid using high-beam lights which could impair other drivers’ vision.”

A LIFE CUT SHORT

Drivers’ bad behaviour on the road bears consequences far beyond themselves. They should drive not just with their hands on the wheel but with their eyes and minds attuned to the lives they carry and the ones they share the road with.

One of the most heart-wrenching results of reckless driving in adverse weather was the tragic death of a 12-year-old Arab boy in October 2023.

The incident occurred on Al Dhaid Road in Sharjah when a driver, attempting to navigate around a pool of water, tragically lost control of the vehicle with the boy as a passenger. (The relationship between the boy and the driver had not been established.)

The car rolled multiple times, violently ejecting the young boy from the vehicle and causing fatal injuries. Despite being rushed to Al Dhaid Hospital, he was declared dead upon arrival.

A life, barely begun, extinguished on a rain-slicked road—a dire result of a single moment of recklessness.

SLIPPERY SLOPES

Imagine you’re driving on a rain-soaked motorway. Suddenly, your car feels as though it’s floating. This is called aquaplaning, a treacherous road hazard where a thin layer of water forces a wedge between your tyres and the asphalt. In this moment, your car loses its grip on the road. Steering becomes futile, brakes unresponsive.

Proper tread depth allows tyres to effectively disperse water, reducing the risk of losing control in wet road conditions. Police across the emirates urge drivers to keep the correct tyre pressure and adjust speed to suit rainy conditions.

THE PERILS OF DRIVING STUNTS

While the police work to ensure safety, some drivers out there risk their lives and

“ Allow extra time for journeys, check the weather conditions before setting out, and avoid using high-beam lights which could impair other drivers’ vision



COLONEL MUHAMMAD ABDULLAH AL MUHAIRI

Director of the Command and Control Centre in the General Directorate of Operations at Dubai Police

others’ by engaging in gravity-defying stunts.

The onset of the fog season in the UAE has particularly seen several serious accidents as direct results of these reckless acts.

In a rainy week in November 2023, Dubai Police’s crackdown in the Al Ruwaiyah area seized 24 vehicles and motorcycles for performing dangerous stunts.

Major General Saif Muhair Al Mazroui, Director of the General Directorate of Traffic at Dubai Police, said that 19 cars and



five motorcycles were confiscated, along with issuing 35 traffic penalties, including fines, black traffic points, and vehicle impoundments. "These (vehicles) were seized from motorists who defied traffic rules during the rainy weather, despite previous warnings," said Al Mazroui.

A year ago, in January 2023, amidst heavy rain in the Al Ruwya area near Dragon Mart, the police force clamped down on motorists performing unauthorised doughnuts and drifting manoeuvres, which were both risky and unlawful. This led to the seizure of 90 vehicles, sending a stern warning about the dangers of reckless driving in adverse weather conditions.

VIRAL STUNTS PROMPT ARREST

Dubai Police acted decisively in August 2023 against drivers showcasing dangerous manoeuvres and drifts on social media. Viral footage from a rain-soaked car park, showing vehicles including a black 4x4 and a Toyota pick-up performing hazardous stunts, led to immediate police action.

Dubai Police identified and arrested the drivers swiftly, and their vehicles were impounded. This decisive action highlights the force's commitment to patrolling streets and monitoring online platforms to deter and address hazardous driving stunts.

Brigadier Jumaa Salem bin Suwaidan, Deputy Director of the General Directorate of Traffic at Dubai Police, warned, "We take the safety of our roads and the well-being of the people very seriously. Such behaviour will not be tolerated. Reckless driving endangers lives and undermines the efforts of law-abiding citizens to maintain a safe environment."

PENALTIES FOR LAWBREAKERS

Al Mazroui stressed the firm stance against reckless driving: "We will stand against people who drive their vehicles recklessly and endanger the lives of other road users or damage properties. They will be stopped, their vehicles will be impounded, and they will be referred for further punishment."

The Federal Traffic Law imposes severe penalties for reckless driving and stunts. Offenders face a fine of Dhs2,000 and 23 black traffic points on their licence. Additionally, the cost of retrieving an impounded vehicle can reach Dhs50,000, depending on the violation's severity.

“We will stand against people who drive their vehicles recklessly and endanger the lives of other road users or damage properties



**MAJOR GENERAL
SAIF MUHAIR AL MAZROUI**

Director of the General Directorate
of Traffic at Dubai Police

“We take the safety of our roads and the well-being of the people very seriously. Such behaviour will not be tolerated. Reckless driving endangers lives



**BRIGADIER JUMAA
SALEM BIN SUWAIDAN**

Deputy Director of the General
Directorate of Traffic at Dubai Police

PRACTICE DEFENSIVE DRIVING

Thomas Edelmann, Founder and Managing Director of Road Safety UAE, described many accidents as chain reactions, often starting with minor incidents.

Edelmann emphasised the need for a shift in motorists' attitudes: "Motorists lack a caring attitude for other traffic participants and often act in an irrational and egoistic manner."

He stressed the importance of road etiquette and defensive driving, such as reducing speed and increasing distance during adverse weather and poor visibility.

MAINTAIN SAFE DISTANCE

Edelmann advised increasing the following distance in foggy conditions: "In good weather, a following distance of 3 seconds is recommended, but in foggy



weather, this should be increased to a minimum of 5 seconds.”

He explained that this is to ensure drivers can safely stop their vehicles within the limited visibility caused by the fog.

LIGHT YOUR WAY TO SAFETY

The traffic safety expert also offered guidance on using lights in low visibility conditions.

“Use low-beam headlights and front and rear fog lights,” Edelmann stressed, cautioning against the misuse of hazard lights and rear fog lights.

“Hazard lights are for standing cars in emergencies, while rear fog lights can blind following drivers,” he added.

DRIVE SAFE, STAY SAFE

Navigating weather changes in the UAE requires each driver to play their part in ensuring road safety. Respecting traffic rules and adapting driving habits to weather conditions are crucial.

Collective responsibility and adherence to safety norms are key to safeguarding our roads and lives. Remember, in the fleeting rush of adrenaline, you hold the power to protect or shatter lives. Choose to drive responsibly—always.



NEW WEATHER-LINKED TRAFFIC VIOLATION



In May 2023, the Ministry of Interior (MoI) introduced three new weather-related traffic violations to improve road safety during adverse weather conditions. The Ministry highlighted that the introduction of these new rules aims to enhance road safety in the UAE, focusing on promoting security and responsible behaviour during weather emergencies. These violations include the following:

- 1 PROHIBITED VALLEY GATHERINGS**
Gathering near valleys, floods, and dams during rainy weather attracts a fine of Dhs1,000 and 6 black traffic points.
- 2 FLOODED VALLEY ENTRY**
Entering overflowing valleys attracts a fine of Dhs2,000, 23 black traffic points, and a 60-day vehicle impoundment.
- 3 OBSTRUCTING EMERGENCY RESPONSES**
Hindering authorities in traffic management or obstructing ambulance and rescue operations during emergencies or in rain and flood situations leads to a fine of Dhs1,000, 4 black traffic points, and a 60-day impoundment.

5 WEATHER-RELATED TRAFFIC

Using mobile phone while driving

FINE: DHS800

BLACK TRAFFIC POINTS: 4

Driving with hazard lights on

FINE: DHS500

BLACK TRAFFIC POINTS: 4

Driving in foggy weather without light

FINE: DHS500

BLACK TRAFFIC POINTS: 4

1 Recent statistics from Dubai's Roads and Transport Authority (RTA) show that texting while driving can increase the risk of accidents by up to 32 per cent. Drivers' reaction times may drop by as much as 50 per cent. Article 32 of the Federal Traffic Law categorises using a mobile phone while driving as distracted driving.

2 If weather conditions impair your visibility, it's best to pull over to a safe location until conditions improve. Use hazard lights only when your vehicle is stationary or experiencing a breakdown. Activating them causes all four indicator lights to flash, confusing other drivers, particularly during lane changes.

3 Enhanced visibility is crucial when driving in fog. Article 104 (b) of the Federal Traffic Law states: failing to use lights in foggy conditions leads to a Dhs400 fine and 4 black traffic points on your driving licence. This rule emphasises on the proper use of lights in reduced visibility.

MAINTAIN VISIBILITY ON THE ROAD

Only use rear fog lights in case of fog, so as not to blind drivers behind you.

Make sure the tint of your windows is within the legally permissible level of 30 per cent (rear and side windows).

VIOLATIONS & FINES

Lane change without indicator

FINE: DHS400

4 Not signalling lane changes, particularly in poor visibility and challenging conditions, is dangerous. Be proactive in signalling your intentions, contributing to a safer driving environment for all. Let your indicators serve as a guide to responsible driving in difficult conditions.

Reckless driving

FINE: DHS2,000

BLACK TRAFFIC POINTS: 23
IMPOUNDMENT: 60 DAYS

5 Reckless driving includes blocking traffic, running red lights, and sudden swerving. In particular, many drivers run red lights when they're in a hurry or impatient. It's a big mistake in judging risk and reward. Is saving one or two minutes worth the risk of a serious car accident that can harm you and others? The answer is a clear "No".



Early in the morning and before sunset, be aware of potential blinding by the low-standing sun.



Be aware of the traffic ahead of you, especially as indicators and brake light can easily be overlooked.



Make sure to turn on your lights when the sun is low at dawn and at dusk.



Dr Maysa Rashed Ghadeer is a prominent UAE writer interested in local affairs and a former member of the Federal National Council (FNC)

OUR LOVE AFFAIR WITH UAE

The disconnect of today's youth from our nation's history underscores the crucial importance of comprehensive education and societal efforts

Reflecting on the genesis of our patriotism, we ponder: How and when did our love affair with our nation begin?

From our earliest days, we glimpsed the essence of our nation reflected in the faces of our parents and grandparents. Through them, we learned our important role and the virtue of patience inherent in nation-building. Though we didn't live through history firsthand, we absorbed its essence through storytelling, preserving its intricate details. We imbibed knowledge from our elders and heightened our awareness about our surroundings.

From an early stage, we shouldered responsibilities, familiarising ourselves with our neighbourhoods and regions, and understanding the significance of each institution our predecessors helped establish. Thus, our love for our nation blossomed, transcending mere physical boundaries and material possessions. It evolved into active participation, contribution, and an appreciation for our heritage, laying the groundwork for our enduring love affair with our homeland.

Yet, today, we are perplexed by the emergence of a generation seemingly detached from their nation's history and interconnected reality. It's disheartening to encounter individuals unaware of basic governmental structures or statistics about their own country. This departure from past norms stems from educational deficiencies failing to impart a comprehensive understanding of our nation's history and economic framework. Moreover, the advent of social media as a primary information source exacerbates this disconnect, failing to instil patriotism or cultivate a love for one's homeland.

Reports lament the youth's limited knowledge of

their country's cultural and economic landscape, attributing blame to educational institutions for failing to provide adequate curricula. Additionally, some parents have relinquished their responsibility to educate their children about their heritage and current affairs, contributing to a pervasive unfamiliarity about our nation's history.

However, awareness alone is insufficient. To truly love our country, we must comprehend its past and the efforts behind its development. This responsibility falls not solely on educational institutions or families but

requires a societal commitment to impart knowledge and foster genuine affection for our homeland. Through education and understanding, we empower future generations to cherish and contribute to our nation's legacy, ensuring its continued growth and prosperity.

To reignite the youth's love of country, we must rekindle the spirit of curiosity and reverence for our past that once flourished in our homes and schools. The stories of our nation's struggles and triumphs, once narrated by our elders, need to find their

way back into our conversations and educational syllabi. It's not just about teaching dates and events; it's about making our history resonate with the younger generation, showing them how the past shapes our present and future.

Moreover, the responsibility of instilling national pride and knowledge should extend beyond the confines of formal education. Communities, cultural groups, and media platforms should collaborate in showcasing our nation's heritage and achievements. By making patriotism a breathing aspect of daily life rather than a concept confined to textbooks, we can inspire a deeper connection with our homeland amongst the youth.

By making patriotism a breathing aspect of daily life rather than a concept confined to textbooks, we can inspire a deeper connection with our homeland amongst the youth

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YOUTHFUL HEARTS AT RISK



NEW UAE RESEARCH REVEALS A WORRYING TREND IN HYPERTENSION (AKA HIGH BLOOD PRESSURE), A CONDITION TYPICALLY LINKED TO OLDER DEMOGRAPHICS. IT INDICATES A NOTABLE AGE PROFILE SHIFT AS HYPERTENSION PATIENTS IN THE COUNTRY ARE BECOMING YOUNGER

BY AARUSHI KUMAR



Prevalence of hypertension - global comparison (both sexes)^a

Source: World Health Organization

Hypertension, also known as high blood pressure, is often referred to as the world's most formidable "silent killer" due to its subtle or unnoticed symptoms. This silent foe kills approximately 10 million people every year. In the latest 'Global Hypertension Profile' report, the World Health Organization revealed that 2 out of 5 UAE adults aged 30 to 79, totalling 1.8 million, suffer from hypertension. The report said that 41 per cent prevalence of hypertension rate in the country surpasses the global average of 33 per cent. Amongst these Emirati adults, 44 per cent are male and 35 per cent are female.

Despite the UAE's relatively young population, recent findings from the UAE Healthy Future Study (UAEHFS), involving 15,000 Emiratis to investigate risk factors for conditions like diabetes, obesity, and heart disease, have raised concerns.

Initial results from the study revealed a worrying trend, indicating that more than one-third of the sampled population, with an average age of 25, is dealing with increased blood pressure and cholesterol levels—a health concern commonly associated with older age groups.

These findings suggest a hypertension prevalence higher than the global range of 3.7 per cent to 8.6 per cent for this age group of young adults.

"It will be a public health emergency [if increasing hypertension and heart disease rates remain unaddressed]," said Dr Raghieb Ali, UAEHFS principal investigator and Chief Medical Officer of Our Future Health.

“It will be a public health emergency [if increasing hypertension and heart disease rates remain unaddressed]

**DR RAGHIB ALI**

UAE Healthy Future Study principal investigator

The UAE Healthy Future Study is a joint public health research effort involving New York University Abu Dhabi, Tamkeen, the Department of Health – Abu Dhabi, Dubai Health Authority, and the Ministry of Health and Prevention (MoHAP), amongst other researchers.

Initiated in 2016, the longitudinal study, which will continue for decades to check in with participants periodically to observe and record changes in their health, is a game-changer. It focuses on Emiratis and Arabs, offering valuable insights into specific risk factors for this population, unlike major studies mainly focused on Caucasian populations.

The study goes beyond common risk factors like inactivity, obesity, poor diet, and smoking. It underscores the importance of exploring region-specific factors, such as

WHAT IS HYPERTENSION?

Hypertension, or high blood pressure, happens when the force of blood against the arteries is higher than usual. While blood pressure naturally varies, consistently high levels can lead to health issues. Blood pressure is measured with two numbers: systolic and diastolic. A normal reading is below 120 mmHg systolic and 80 mmHg diastolic. Readings above these levels may indicate elevated or high blood pressure.



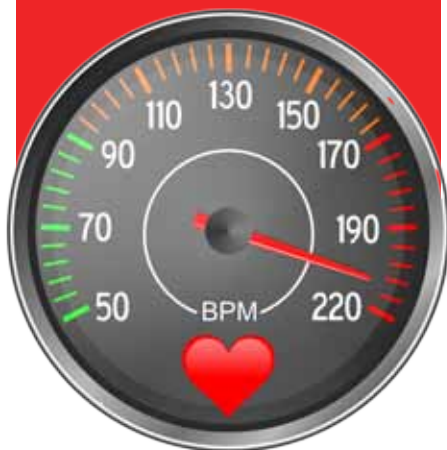
Source: World Health Organization

HYPERTENSION SYMPTOMS

Here are the symptoms that people with hypertension can experience:

- Severe headaches
- Chest pain
- Dizziness
- Difficulty breathing
- Nausea
- Vomiting
- Blurred vision or other vision changes
- Anxiety
- Confusion
- Buzzing in the ears
- Nosebleeds
- Abnormal heart rhythm

Source: World Health Organization



widespread vitamin D deficiency despite ample sunlight and the earlier onset of serious diseases in the Emirati population compared to other societies.

HIGH RATES OF SMOKING

The nationwide study also uncovered another layer of concern. According to Dr Ali: "The study has also shown relatively high rates of smoking, not particularly in men, but also in women."

Dr Ali stressed that addressing smoking habits is crucial for mitigating the risk of hypertension and associated complications, especially in younger individuals.

There's a wealth of studies about how lethal hypertension can be, with most of them pointing out that both smoking and exposure to secondhand smoke cause a rapid increase in both blood pressure and pulse.

The American Cancer Society notes

WHAT YOUR BLOOD PRESSURE NUMBERS MEAN

- **Lower than 120/80 mmHg** = Normal blood pressure
- **Over 120/80 mmHg** = Elevated (prehypertension - more likely to develop hypertension)
- **Over 130/80 mmHg** = Stage 1 hypertension
- **Over 140/90 mmHg** = Stage 2 hypertension
- **Over 180/120 mmHg** = Severe hypertension
***see your doctor immediately**

Source: World Health Organization



that consumption of nicotine in any form can result in an immediate increase in blood pressure, reaching as much as 5 to 10 millimetres of mercury (mm Hg). What's more, it takes approximately 20 minutes post-smoking for these vital signs to return to normal.

Each puff of a cigarette activates the sympathetic nervous system (SNS), responsible for the body's stress response. This activation triggers hormonal signals, leading to increased blood flow to the muscles. This heightened state causes an immediate rise in pulse and blood pressure. Smokers also encounter difficulties in controlling blood pressure, even with medication.

A 2016 study from the University of Padova in Italy emphasised the link between smoking and hypertension, particularly in younger adults. The researchers found that cigarette smoking accelerates the age-related decline of blood pressure amplification, contributing to increased arterial stiffness.

VITAL INSIGHT FOR YOUR 20S & 30S

In the prime of youth and good health, the concern over your blood pressure might seem like an unnecessary intrusion from your doctor. However, the truth is, even as a young adult, the impact of hypertension is something you shouldn't overlook.

Even in your 20s or 30s, studies indicate that having hypertension increases your chances of serious health issues as you age. And it doesn't come with glaring symptoms, making it imperative to pay attention.

“While you might not feel it, high blood pressure quietly wreaks havoc on your body over time, elevating your risk of developing severe medical conditions. It's aptly referred to as the silent killer”



DR KHURRAM NASIR

Chief of Cardiovascular Prevention and Wellness at Houston Methodist

Dr Khurram Nasir, Chief of Cardiovascular Prevention and Wellness at Houston Methodist, emphasised the quiet nature of hypertension.

He said: "While you might not feel it, high blood pressure quietly wreaks havoc on your body over time, elevating your risk of developing severe medical conditions. It's aptly referred to as the silent killer."

"Not only may young people be tempted to brush off their elevated or high blood pressure, but they are less likely to be diagnosed by doctors during their office visits," he added.

UNMASKING HYPERTENSION

With subtle symptoms, hypertension often goes unnoticed until severe. In 2018, a study by Cigna Insurance Middle

“ The National Campaign for Early Detection of Hypertension campaign was initially launched on May 1, 2017, followed by campaigns in 2018 and 2019. As a result, the country achieved remarkable success



DR HUSSAIN ABDUL RAHMAN AL RAND

Assistant Undersecretary at the UAE Public Health Sector

East showed a lack of knowledge about the dangers of hypertension amongst UAE residents.

Surveying 1,004 people, the study found that 44 per cent believed hypertension isn't that serious. Moreover, 47 per cent of those without hypertension didn't know its symptoms, especially amongst UAE nationals and those aged 18-24, while 16 per cent had never been checked for hypertension, simply because they didn't feel any symptoms.

Dr Mohammad Farghaly, senior specialist of family medicine and head of Insurance Medical Regulation at the Dubai Health Authority, (not part of the study) stressed: “Although individuals over 40 years old are identified as having a higher propensity for high blood pressure [HBP], preventative measures and early detection is essential from as early as 18 years of age.”

NATIONAL GOAL

MoHAP has set a clear target to fight hypertension, as part of the National Strategy for Prevention and Control of Non-communicable Diseases. That is to

“ Although individuals over 40 years old are identified as having a higher propensity for high blood pressure, preventative measures and early detection are essential from as early as 18 years of age



DR MOHAMMAD FARGHALY

Head of Insurance Medical Regulation at the Dubai Health Authority

reduce hypertension cases by 21.8 per cent by 2025 and 30 per cent by 2030. The objective is to improve the quality of life for UAE citizens and residents, and create a healthier society.

In May 2023, MoHAP, in collaboration with the International Society of Hypertension, relaunched the National Campaign for Early Detection of Hypertension. The campaign involved testing 50,000 adults at various locations across the country during May and June. Collaborators included government and private health institutions, universities, Life Pharmacies, the Emirates Cardiac Society, Servier, and Omron.

According to HE Dr Hussain Abdul Rahman Al Rand, Assistant Undersecretary at the UAE Public Health Sector, the campaign was aimed at raising health awareness about the importance of checking blood pressure, adopting healthy lifestyles, and enhancing prevention and control of hypertension based on international best practices and scientific research.

“The National Campaign for Early Detection of Hypertension campaign

THE SILENT KILLER

A comprehensive online survey conducted with 1,004 respondents aged 18 and above revealed that nearly half of the UAE population holds misconceptions regarding hypertension.

PUBLIC PERCEPTION OF HIGH BLOOD PRESSURE IN THE UAE



Source: Cigna Insurance Middle East

MoHAP has set a clear target to fight hypertension, as part of the National Strategy for Prevention and Control of Non-communicable Diseases. That is to reduce hypertension cases by 21.8 per cent by 2025 and 30 per cent by 2030

was initially launched on May 1, 2017, followed by campaigns in 2018 and 2019, in cooperation with government health agencies and the private health sector. As a result, the country achieved remarkable success, securing first place amongst 89 countries,” said Al Rand.

Dr Buthina bin Belaila, Head of the Non-Communicable Diseases and Mental Health Department, disclosed that around 28.8 per cent of adults in the UAE have hypertension, as per the National Health Survey conducted between 2017-2018.

In response, MoHAP, in collaboration with key partners, devised a national plan to reduce hypertension prevalence to 21.8 per cent by 2025. This involves intensifying awareness campaigns, promoting early detection through periodic examinations, and periodically monitoring the implementation of hypertension guidelines.

Additionally, MoHAP plans to work with competent authorities to enact legislation aimed at reducing salt and saturated fat consumption.

RISK FACTORS

Numerous risk factors, many of which become noticeable through symptoms, can be effectively managed. Lifestyle choices play a significant role in controlling manageable risk factors like unhealthy diets (excessive salt, high saturated and trans fats, low fruit and vegetable intake), sedentary lifestyle, tobacco use, and being overweight. Adopting a healthy lifestyle and seeking treatment are key to controlling these factors.

On the other hand, certain factors like family history, age over 65, and pre-existing conditions such as diabetes or kidney disease are beyond one's control. However, making conscious, healthy choices in daily life can still help mitigate or limit these risks to some extent.



Salt overload? The truth about excessive salt on hypertension risk

A recent Dutch population study published in *Circulation* has shed light on the health effects of excessive salt intake, increasing hypertension risk. Conducted by researchers from the Harvard Medical School and the University of Groningen, the study aimed to explore the connection between chronic high salt intake and biomarkers of endothelial dysfunction, namely serum uric acid and urine albumin excretion. In their investigation involving 5,556 Dutch adults, the researchers discovered a compelling link. Individuals with prolonged, high sodium intake exhibited increased levels of uric acid and albumin, both recognised markers of blood vessel damage.

Source: *Circulation*

VITAMIN D DEFICIENCY PARADOX

Many people spend a lot of time indoors with the AC or air conditioner on. This, along with other lifestyle choices, contributes to lower vitamin D levels amongst people in the UAE despite having abundant sunlight in the country. The UAEHFS stressed that reduced time outdoors can impact blood pressure.

Dr Saif Jaber Al Shamsi, Associate Professor at the College of Medicine and Health Science at UAE University, stated: “Addressing this paradox requires public education on vitamin D sources, promoting safe sun exposure, encouraging outdoor activities, and regular screening for vitamin D deficiency.”

TIME TO CHECK YOUR BLOOD PRESSURE?

Regular blood pressure checks are crucial to detect high blood pressure and prevent potential complications like kidney disease, heart issues, and strokes.

“High blood pressure can often go undetected, so unless otherwise directed by your physician, you should get your blood pressure checked every two years from the age of 20,” Dr Rahat Ghazanfar, Staff Physician, Preventive Medicine, Medical Subspecialties Institute from Cleveland Clinic Abu Dhabi, told the media in May 2023.

“If hypertension runs in your family, make sure you are regularly monitoring your blood pressure, as well as making the recommended lifestyle changes to protect your heart health,” added Dr Ghazanfar.

Individuals with extremely high blood pressure (usually 180/120 or higher) may experience severe headaches, chest pain, dizziness, breathing difficulties, nausea, vomiting, vision changes, anxiety, confusion, buzzing in the ears, nosebleeds, or abnormal heart rhythm. If you encounter these symptoms and have high blood pressure, seek immediate care.

Professional blood pressure measurement is the only way to diagnose hypertension accurately. While automated devices allow self-monitoring, a health professional's evaluation is vital for risk assessment and identifying associated conditions.

THE UNSEEN LINK BETWEEN HYPERTENSION AND TRAFFIC NOISE

Ever wondered about the toll that incessant traffic noise might be taking on your health? Researchers from the University of Leicester found a link between the constant hum of roaring engines and wailing sirens to an increased risk of hypertension.

Delving into data from over 240,000 individuals aged 40 to 69, the study not only confirmed the elevated risk near noisy roads but also revealed a correlation between the intensity of noise exposure and hypertension. These findings persisted even when adjusting for exposure to fine particles and nitrogen dioxide.

This study can potentially reshape future environmental policies.



Source: *Journal of the American College of Cardiology*

TWO-WHEELER SAFETY CHECK

AS E-SCOOTERS AND E-BIKES ARE ON THE RISE IN THE UAE AMIDST
PUSH FOR SUSTAINABLE TRANSPORTATION, SAFETY CONCERNS LOOM LARGE

BY NASEEF CHEENATH





Dubai Police

In this era marked by a growing emphasis on sustainable mobility, the allure of agile e-scooters and e-bikes is hard to resist. These e-transport modes have seamlessly woven themselves into the urban fabric, making them a common sight on the country's streets.

They offer a practical solution for short commutes, whether it's getting from the Metro station to your doorstep or navigating within the city.

This rise in the use of electric micro-mobility contributes to the UAE's efforts to reduce carbon emissions and combat traffic congestion. In line with the UAE Energy Strategy 2050, which includes a significant expansion of electric vehicle infrastructure, this initiative aims to enhance the role of clean energy and reduce the carbon footprint by an impressive 70 per cent.

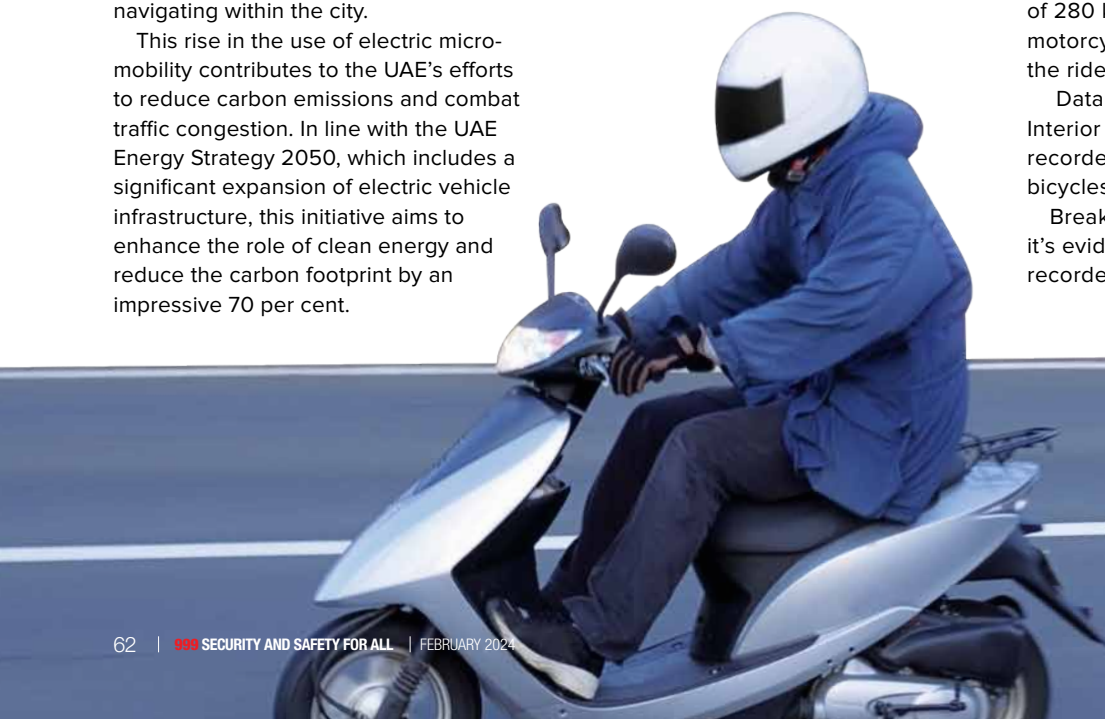
However, while electric scooters and e-bikes offer numerous advantages, their widespread use has a downside, too. They are still moving vehicles, and they could potentially collide with a pedestrian or be involved in an accident with a car.

Major General Saif Muhair Al Mazrouei, Director of the General Directorate of

Traffic at Dubai Police, has warned that reckless motorcyclists face a Dh50,000 fine and impoundment of their vehicles. "Motorcyclists driving recklessly won't go unnoticed," he stated. "Offenders will be summoned, their motorcycles will be confiscated, and they will face legal actions." This remark came following a viral video in October 2023 showing a young man performing dangerous motorcycle stunts at a perilous speed of 280 km/h. Dubai Police seized the motorcycle and took legal action against the rider.

Data provided by the Ministry of Interior (MoI) indicated that the country recorded 728 road accidents involving bicycles, motorcycles, and e-scooters.

Breaking down the overall statistics, it's evident that amongst the 728 recorded road accidents, the majority



— 605 in total — were associated with motorcycles, resulting in a total of 45 fatalities and 819 injuries.

Bicycle-related accidents, on the other hand, led to seven fatalities and 105 injuries. E-bikes played a role in 32 accidents, claiming one life and causing 41 injuries. Meanwhile, e-scooters were involved in 17 accidents, resulting in one fatality and 20 injuries.

MOI'S 2024 UNIFIED CAMPAIGN

The Ministry of Interior, through the Federal Traffic Council, has launched a unified traffic campaign, titled 'Safe Riding for Bicycle Users', in January 2024. Its aim is to enhance traffic awareness amongst cyclists, stressing the importance of following safety guidelines and traffic laws to protect lives and property.

SNAPSHOT OF E-SCOOTER ACCIDENTS IN DUBAI IN 2023

8,786

The number of e-scooters and bicycles confiscated due to riders' failure to observe driving safety rules and regulations in Dubai in the first half of 2023

5

The number of fatalities linked to e-scooter accidents in Dubai in the first 8 months of 2023

29

The number of injuries recorded in Dubai due to e-scooter accidents in the first 8 months of 2023

10,000

The number of fines imposed on e-scooter users in the first 8 months of 2023 in Dubai

32

The number of accidents due to improper use of e-scooters in the first 8 months of 2023 in Dubai

DHS300

Fine on e-scooter users for endangering their own or other road users' safety

Source: Dubai Police



“The ‘Safe Riding for Bicycle Users’ campaign will extend throughout Q1 2024, conducted in collaboration with strategic partners, ministries, federal and local agencies, and various entities dedicated to traffic safety



BRIGADIER ENGR HUSSEIN AHMED AL HARITHI

Chairman of the Federal Traffic Council

This initiative is part of the Ministry's efforts to foster a responsible traffic culture amongst all riders, including motorbike, electric bike, and bicycle users, to reduce reckless road behaviour.

Brigadier Engineer Hussein Ahmed Al Harithi, Chairman of the Federal Traffic Council, stated, “The campaign will extend throughout Q1 2024, conducted in collaboration with strategic partners, ministries, federal and local agencies, and various entities dedicated to traffic safety. The aim is to reach the widest societal segment through awareness messages in Arabic, English, and Urdu across diverse social media platforms.”

The campaign focuses on educating riders about adhering to security and safety practices, such as using designated roads, wearing helmets, appropriate clothing, and utilising safety tools, to ensure compliance with traffic laws.

CARELESS USERS

“We see all ages of e-scooter users. We see e-scooters used practically on all surfaces, like roads, pedestrian walkways, and bike lanes. We observe careless users like even on dedicated zones at night many e-scooters go without lights; only a minority wear helmets, protective gear, and reflective safety vests,” said Thomas Edelmann, Founder and Managing Director of RoadSafetyUAE.

He urged regulators to outlaw performance-based schemes, impose tracking devices, and centrally monitor rider behaviour like those implemented in taxis.

“The RTA’s DTC (Road and Transport Authority’s Dubai Taxi Corporation) recent safety improvements could serve as a model,” he said

UAE authorities have been consistently launching traffic safety campaigns to promote responsible road behaviour amongst motorcycle, bicycle, and e-scooter users.

RULES FOR DELIVERY BIKES

In Abu Dhabi, recent changes in road regulations have been implemented specifically for delivery bike riders. These new rules mandate that such riders are no longer permitted to use the inner, left-hand lanes on certain roads within the Capital. Instead, they are required to stay in the right-hand lane on roads with speed limits of 100 km/h or higher.

Notably, Dubai took a similar approach. The RTA Dubai and Dubai Police developed a comprehensive manual that outlined a series of precautions to ensure rider safety.

Amongst these rules were restrictions on carrying backpacks and adhering to a speed limit of 100 km/h, all with the goal of making the roads safer for everyone.

CRACKDOWN ON VIOLATIONS

In the first half of 2023, both Abu Dhabi Police and the Integrated Transport Centre (ITC) caught 5,380 individuals violating safety requirements and regulations governing bicycle usage.

Emphasising the paramount importance of adhering to safety guidelines, the ITC has undertaken extensive awareness initiatives — issuing over 6,000 warning notifications to educate users about the perils of reckless riding.

Meanwhile, in the first eight months of 2023 in Dubai, five riders lost their lives, and 29 others sustained injuries in accidents involving electric scooters and e-bikes—prompting a renewed safety advisory from the police. Dubai Police issued over 10,000 fines to individuals violating safety regulations during the same period.

Major General Al Mazroui underscored the need to address reckless riding behaviour, urging the public to strictly adhere to safety regulations when using electric vehicles. These rules encompass staying on designated paths, observing

speed limits, and wearing helmets.

“Cyclists should respect traffic laws, stick to designated paths, wear reflective vests and helmets, and adhere to traffic lights and road signs. It is crucial that the bike has functioning brakes and lights,” said Al Mazroui.

Dubai Police are actively working towards reducing the number of safety violations and apprehending reckless drivers to ensure road safety and minimise fatalities, he stated. Penalties, including a Dhs300 fine, may be imposed on those using e-scooters and e-bikes dangerously. Repeat offenders risk having their e-scooter or e-bike confiscated for up to 30 days.

AGE LIMIT, LICENCE FOR E-SCOOTER, E-BIKE DRIVERS

In Abu Dhabi, e-scooters should use lanes and roads designated for bicycles. Riders are required to stay on the far right side of the road, pavement, or cycle paths. The speed should not surpass 20 km/h, and riders must not travel against the traffic.

In Dubai, e-scooter riders without a



RTA Dubai's Enterprise Command and Control Centre (E3) in Dubai



FINES FOR FLOUTING E-SCOOTER AND E-BIKE RULES

Here are seven fines to keep in mind when using e-scooters and bicycles, as per the RTA Dubai:

Dhs200	Dhs300	Dhs200	Dhs200
Carrying a passenger on your bicycle or electric bicycle	Carrying a passenger on the e-scooter	Failure to wear the required safety gear and helmet	Exceeding the RTA's speed limits on designated tracks
Dhs300	Dhs200	Dhs200	
Riding a bike in a manner that endangers your life and the safety of others	Disregarding directional signs on the roads and tracks	Allowing children under the age of 12 to cycle unaccompanied by an adult	

driving licence must complete an online test on road rules. Riders below the age of 16 are prohibited from operating e-bikes, e-scooters, or other specified types of bikes.

During the first eight months following the implementation of the RTA Dubai's new safety regulations in March 2023, Dubai Police seized a total of 8,786

bicycles and electric bikes for violating safety measures.

Failure to comply with these regulations can lead to the confiscation of the bike for a period of 30 days in cases of repeated violations within one year of the initial offence, along with bans on riding the bike for specified durations. Failure to pay fines can also result in bike confiscation.

“ This platform is a crucial initiative under the umbrella of RTA's Enterprise Command and Control Centre [EC3], aimed at enhancing the quality of services and smooth, safe, and secure mobility for users



HUSSAIN MOHAMMED AL BANNA AL RAEESI

CEO of Strategy and Corporate Governance Sector at RTA Dubai

INTEGRATED MONITORING PLATFORM

In collaboration with key stakeholders and service providers, the RTA Dubai has introduced an advanced integrated monitoring platform designed to oversee and efficiently manage soft mobility operations, including e-scooters and bicycles.

This innovative platform harnesses the power of artificial intelligence (AI) technologies, aligning with the RTA Dubai's commitment to advancing



UAE authorities remind cyclists to always dismount when crossing pedestrian lanes to prevent any accidents

sustainable mobility solutions.

Hussain Mohammed Al Banna Al Raeesi, CEO of Strategy and Corporate Governance Sector at RTA Dubai, said: “This platform is a crucial initiative under the umbrella of RTA’s Enterprise Command and Control Centre [EC3], aimed at enhancing the quality of services and smooth, safe, and secure mobility for users. It assists in the technical studies and promotes the integration of multiple mobility means. Ultimately, it leads to a seamless and integrated travel journey for public transport riders and ensures the safety and security of all users of Dubai’s roads”.

He added that the integrated soft mobility platform seamlessly connects service provider systems to the EC3 infrastructure. In its initial phase, this integration encompassed five providers of soft mobility services, comprising four shared e-scooter operators and one shared e-bike operator.

Currently, this network spans across 21 regions, with 11 new areas added in the first quarter of 2023. Remarkably, shared e-scooters facilitated an impressive 1 million trips in 2022.

AI'S ROLE

Al Raeesi emphasised the importance of the initiative, highlighting its role in real-time monitoring and management of soft mobility options across the emirate.

“The platform contributes to improved performance and traffic safety on all crossing lanes and tracks designated for pedestrians and bikers by verifying compliance with the geographical zone designated for each provider and monitoring the numbers permitted in each zone. It also monitors compliance with the speed limits and issues alerts for violations. It monitors the usage rates of those means to promote soft mobility and the first- and last-mile journeys, besides enhancing Dubai’s pioneering standing in AI technology and environmental sustainability,” Al Raeesi said.

SAFETY INITIATIVES

Amongst RTA Dubai’s groundbreaking initiatives to enhance the individual



Dedicated bicycle and e-scooter paths in Dubai



Careem eco-friendly green bike rentals in a row at the RAK Corniche

mobility experience is the recent expansion of cycling tracks — growing from a mere 9km in 2006 to an impressive 544km by 2022.

This growth has resulted in a substantial increase in the average cycling lane-kilometres, rising from 10.6km to 14.45km per 100,000 residents during the period spanning from 2017 to 2022.

Looking ahead, plans are geared towards extending these lanes even further, with a target of reaching 833km by 2026.

This effort aligns perfectly with the strategy introduced in 2021 by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of the Executive Council of Dubai, to transform Dubai into a truly bike-friendly city.

AWARENESS ON SAFER MOBILITY

In March 2023, Dubai Police launched an extensive awareness campaign throughout the city to draw attention to violations of e-scooter and cycling regulations. These violations included failing to wear helmets and travelling against the traffic flow.

Lieutenant General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police, evaluated the performance of the general traffic directorate during the second quarter 2023.

Al Marri underscored the strategic

Amongst RTA Dubai’s groundbreaking initiatives to enhance the individual mobility experience is the recent expansion of cycling tracks — growing from a mere 9km in 2006 to an impressive 544km by 2022

objective of reducing accident rates and the death index per 100,000 population, emphasising the importance of enhancing road safety.

Meanwhile, at a comprehensive awareness drive organised by Dubai Police's traffic division and the RTA Dubai, Brigadier Juma Salem bin Suwaidan, Deputy Director of the General Directorate of Traffic at Dubai Police, stressed the critical role of educating riders about traffic regulations and safety measures.

During the awareness campaign, participants were informed about the appropriate roads and paths for cycling and scooter use, and the importance of safety equipment, including helmets, reflective vests and lights.

Cyclists were also encouraged to maintain their bikes properly and ensure that their brakes were in full working order.

RIDERS' WELLBEING

Dubai transportation authorities unveiled ambitious plans for the emirate's mobility landscape. These plans include doubling the extent of e-scooter and bike tracks to nearly 400 kilometres in 2023, accompanied by the implementation of reduced speed limits, capped at 30kph, on select roads to prioritise rider safety and comfort.

As part of these initiatives, 11 new routes have been slated for e-scooters and bicycles. This expansion will significantly increase the number of

districts where e-scooters can operate to 21 and expand the total length of dedicated tracks for bikes and e-scooters, as well as safe shared routes, from 185 kilometres to 390 kilometres.

These routes are already established across prominent areas such as Sheikh Mohammed bin Rashid Boulevard, The Palm Jumeirah, Dubai Internet City, Jumeirah Lakes Towers, Al Rigga, 2nd of December Street, and City Walk.

COMPLIMENTARY PERMIT

To legally utilise these routes, riders who don't possess an existing driver's licence are required to apply for a complimentary permit.

In the three months following its introduction at the end of April 2022, more than 38,100 permits were issued for e-scooters. Amongst the permit recipients, 15,807 permits, accounting for 41 per cent of the total, were granted to riders aged between 30 and 40, while 14,576 permits (38 per cent) were distributed to the 20-30 age group. Additionally, 1,570 permits

(4 per cent) were issued to individuals under the age of 20.

RESCUE RULES

The UAE, which hosted the 28th UN Climate Change Conference (COP28), embraces an optimistic outlook on e-scooters and e-bikes due to their sustainability benefits, backed by a robust set of rules aimed at accident prevention and rider safety.

The recently announced regulations, governing the use of e-scooters and bikes on the Dubai Metro, exemplify this commitment by introducing the following measures.

- Dubai Metro stations now feature designated entrance and exit points exclusively for e-scooter and bicycle riders.
- The new rules require riders to pass through designated wide gates at Dubai Metro stations.
- Riders must fold their e-scooters and bicycles before boarding and store them in the designated luggage area once onboard.

The UAE, which hosted the 28th UN Climate Change Conference (COP28), embraces an optimistic outlook on e-scooters and e-bikes due to their sustainability benefits, backed by a robust set of rules aimed at accident prevention and rider safety



Rules of riding e-scooters in the UAE



1

Age limit of 16-plus: The use of electric scooters is limited to individuals who are 16 years or older.

2

Gear and clothing: Riders must wear a protective helmet with appropriate gear, including knee bumpers and reflective clothing. Use a front light for night-time rides.

3


Speed limit: The speed at which e-scooters can travel within certain communities in Dubai has been limited to 20kmph.

4

Spaces to avoid: Riders should avoid using e-scooters on roads and instead use designated pathways. Avoid using them on jogging and walking tracks to prevent potential accidents with people on foot.

5

Safe distance: Ensure that a safe distance is kept from other e-scooters and bicycles and avoid obstructing pedestrians or vehicles.



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THE RAMADAN COUNTDOWN:

6 essential steps to get Ramadan-ready!

AS MARCH HERALDS THE ARRIVAL OF RAMADAN, IT'S TIME TO ALIGN BODY, MIND, AND SOUL FOR THE HOLY MONTH. 999 GIVES YOU A COMPREHENSIVE SIX-STEP GUIDE NOT ONLY TO SUSTAIN YOUR FAST WITH VITALITY BUT ALSO TO NURTURE YOUR INNER PEACE

BY AHMED MAHMOUD



With just over 30 days until Ramadan, the UAE quietly anticipates the holy month, marked by spiritual reflection and dawn-to-dusk fasting. The observance of this occasion presents an opportunity to engage with the UAE's cultural depth and pursue holistic well-being.

Ramadan, the ninth month of the Islamic calendar, marks a time when the pace of life in the UAE transforms. The usual hustle gives way to a serene atmosphere, for this time of spiritual introspection. Offices operate on reduced hours, and the rhythms of daily life adjust to accommodate the fasting schedule.

As per the Dubai Islamic Affairs and Charitable Activities Department (IACAD), the holy month is expected to begin in the second week of March 2024. This year, fasting is expected to be shorter hours compared to 2023, as per the IACAD.

Nonetheless, individuals and families should begin their physical and mental preparations to gradually adjust their bodies to fasting. That way, you'll have a head-start on your health objectives and be able to sustain them throughout the rest of the holy month.

Studies suggest that fasting can aid in weight loss, improve metabolic health, reduce stress levels, and even help in the prevention of certain diseases. Again, the key is to approach fasting with mindfulness and preparation.

Nutritionists and healthcare professionals in the UAE recommend gradually adjusting meal and sleep schedules in the weeks leading up to the holy month. This helps the body acclimate to the new routine, reducing the shock of suddenly abstaining from

food during daylight hours. This includes meditation, exercise, and adequate sleep to maintain physical fitness and boost energy levels during the fasting period.

To help you gear up, **999** lists down this six-step guide:



1

Make gradual diet adjustments

To smoothly transition into Ramadan's fasting period, start modifying your diet about a month ahead. Begin by setting a routine of three well-spaced main meals daily, eliminating the habit of snacking between them. This helps your body get accustomed to a more structured eating schedule. Over the weeks, consciously reduce the portions of your meals. This gradual decrease in food intake is key to preventing overeating and aids in adjusting to the smaller meal sizes typical during Ramadan. Alongside portion control, it's also important to gradually reduce your caffeine intake. Doing so helps in avoiding caffeine withdrawal during the fasting hours.



Prepare your mind and spirit

Regular mindfulness and meditation are key to bolstering mental resilience, enabling you to effectively navigate the psychological demands of fasting, including patience, discipline, and self-control. Central to Ramadan is deep spiritual reflection and connection. The preparatory period before Ramadan serves as the perfect opportunity for setting intentions. Meditation, in this context, offers a tranquil space for introspection. It allows individuals to contemplate their objectives for the holy month, whether they aim for spiritual growth or personal development.



Get enough sleep

The extended period of fasting places a significant strain on the body, both physically and mentally. Now is the perfect time to start preparing your body. One of the most effective strategies to ensure a well-rested Ramadan is to establish a consistent sleep schedule. This involves going to bed and waking up at the same time each day. By doing so, you help regulate your body's internal clock, making it easier to fall asleep and wake up at the intended times. This practice will also contribute to better sleep quality and overall health throughout Ramadan. A well-rested body is more capable of handling the fasting hours without experiencing excessive fatigue, headaches, or other discomforts.



Start drinking plenty of water

To ensure adequate hydration during your fast, it's essential to drink plenty of water between *iftar* and *suhoor*. It's advisable to aim for at least eight glasses of fluid daily during these non-fasting hours. While hydrating fluids like juice, milk, and soup are beneficial, water remains the optimum choice.

The Dubai Health Authority (DHA) specifically recommends consuming water at room temperature and sipping it slowly. This

is because cold water can cause constriction of blood vessels in the stomach's capillaries, potentially leading to indigestion.

Additionally, it's wise to reduce the intake of caffeinated beverages such as coffee, tea, and colas. These drinks have a diuretic effect, increasing fluid loss through urination, which isn't ideal when you're fasting. By adjusting your fluid intake and the types of drinks consumed, you can maintain better hydration and overall well-being during Ramadan.



5

Incorporate physical activity

As Ramadan approaches, let's not overlook the importance of physical health alongside our spiritual and mental well-being. Engaging in regular physical activities now is a proactive step that enhances the overall Ramadan experience. For one, it prepares the body for the demands of fasting, helping to build stamina, improve cardiovascular health, and adapt to the rigours of fasting. Moreover, establishing a consistent physical activity routine now makes it easier to maintain during Ramadan, as daily schedules shift. Ways to achieve this include:

- Take advantage of the UAE's pleasant winter weather by going for bike rides along dedicated cycling paths.
- Take a leisurely bike ride around your local area.
- Perform some light stretching exercises at home to loosen up your muscles like squats, lunges, or leg lifts.
- Do a few minutes of deep breathing exercises to relax and reduce stress.



6

Consult your doctor

Ever wondered if your body is as prepped for Ramadan as your spirit? A key step beckons – consulting your doctor. This isn't just ticking a box; it's tailoring your fasting to your unique health rhythm. That's because failure to adequately prepare the body can lead to serious complications like dehydration, hypoglycaemia, hyperglycaemia, diabetic ketoacidosis, and others. So, it's really important to have a quick visit to your physician to ensure you're medically in tune for this spiritual journey.

Frequent medical emergencies during Ramadan include:

- Dehydration
- Gastro-duodenal ulcer
- Hypoglycemia
- Hyperglycaemia
- Hypertension
- Diabetic ketoacidosis

DID YOU KNOW?

Did you know the final 10 nights of Ramadan are particularly significant for Muslims? This is when *Laylat-al-Qadr*, the 'Night of Power', occurs. Revered as the Islamic calendar's holiest night, it marks the moment the first Qur'an verses were revealed to Prophet Muhammad by Angel Jibril (Gabriel).





Dr Samar Al-Shamsi is an internationally respected artist who is renowned for her commissioned portraits of high-profile individuals, including the late Sheikh Zayed bin Sultan Al Nahyan, UAE President His Highness Sheikh Khalifa bin Zayed Al Nahyan, US President Barack Obama, and others.

STRIKING A CHORD

The seemingly empty word 'nothing' can actually encompass a universe of unspoken emotions

Let autumn do to you what it does to trees—for you to have 'lost leaves'. Do you know what nothingness is? When the closest people to us hurt us and ask us what is wrong. 'Nothing' would be our answer. When we desperately need everything, and we are asked if we need anything, our reply is often 'nothing'. Such a brutal word, 'nothing'. It encompasses thousands of feelings and emotions. Pent-up unhappiness, sorrow, misery, need are all enclosed within this single word and are unveiled only under a fake mask of a fake serene smile.

'Nothing' sums up the entirety of a heart brimming with unspoken emotions. When we are unable to tell what is going on deep inside us as we realise that the other person will not understand our pain, nor will they feel us, we simply say 'nothing' despite boiling with 'everything'. I do not have the claws of a wolf, nor the teeth of a hyena. I only have a heart that feels a twinge of conscience every time it sins. I am aware of human culture. I am aware that I am supposed to laugh and not cry, to be strong and not be weak, to give and not to rip off, to help and not to break. Yet, I am unaware of their ways of snapping and hurting. Those are the ways of the predators and I am humane.

When they turn their back and leave, it gives birth to tales of pain. Absence takes up the first lines. Longing is the main character. Leaving comes next under the form of letters that exude the odour of parting. We reach a crossroads, wondering whether to stay or

leave. We mostly stay. Our hearts deceive us much when we are about to make a choice. When we leave, we intentionally leave traces behind, in a desperate attempt to stay in their memories as long as possible. The idea of being forgotten as soon as we walk out of their world hurts us, and frightens us a lot.

I used up all my words and still haven't been able to describe how much I miss them. I hid my wish in my letters. I put down my heartbeat and a thousand loves, a thousand longings between the lines. My heart is full of longing for you. My soul adores yours. My feelings

fumble between my two fires, looking for the past. I look for you within the pages of stories I had with you. You are the concerned one, the one who dwells in my heart and soul. I know that no answer will echo between my pain and silence. When no one feels us, seclusion becomes our only way.

Sometimes we need to go away to be able to go back to those moments where we might find ourselves again. How beautiful would that serene smile be when everybody

expects us to cry. Rare are those who strike a chord in our souls that turns into an immortal tune played forever. Those are like a stamp on an old letter. They have details and memories that stand the test of time.

Choose to be with those who see you with their hearts rather than their eyes. Be with those who read your sad lines and tell them apart from other lines in your torn pages. Those deserve to be first written in your forever book.

Our hearts deceive us much when we are about to make a choice. When we leave, we intentionally leave traces behind, in a desperate attempt to stay in their memories as long as possible. The idea of being forgotten as soon as we walk out of their world hurts us, and frightens us a lot

Fatal fallout

TWO COUSINS, OMAR AND YUSUF, ALLOWED THEIR ARGUMENTS TO SPIRAL OUT OF CONTROL, RESULTING IN A TRAGIC INCIDENT

BY WAGIH HASSAN
ILLUSTRATION BY JOHN HAROLD DELA ROSA



Unrestrained anger can transform into a potent force with lethal consequences. As emotions rise, logical thinking decreases. It can damage relationships, as what transpired between cousins Omar, 29, and Yusuf, 22, who were employed by a contracting company in one of the emirates. Despite being relatives and sharing the same workplace and accommodation, Omar and Yusuf were in constant quarrel over trivial matters, drawing teasing from their co-workers and flatmates.

Yusuf was known among their co-labourers for his work discipline and productivity. Omar, on the other hand, had a penchant for taking shortcuts. Their clashing methods and performance at work often became a bone of contention between them. However, matters took a serious turn when Omar's anger towards Yusuf spiralled out of control.

One night, the police quickly responded to a report of a worker found dead, supposedly from "suicide". Patrols arrived at the scene and found Yusuf's lifeless body in the room he shared with Omar and three other workers.

Several hours later, the Criminal Investigation Department dispatched forensic experts to collect evidence at the crime scene, as the initial classification of the incident as "suicide" seemed questionable due to the presence of a cloth wrapped around Yusuf's neck.

The rarity of self-strangulation by ligature has led the investigators to consider the possibility of foul play. Another detail that caught the police's attention was the

absence of a death note. While not conclusive, this raised questions about the nature of Yusuf's death.

Yusuf's body underwent a thorough examination at the police's forensic department. The autopsy, which took into account the positioning of his body and the knot of the neck ligature, revealed findings pointing towards strangulation rather than suffocation. The autopsy findings became coherent with the results of the police's parallel investigation.

However, the police encountered another challenge—a broad pool of potential suspects. Despite this, they zeroed in on Omar as the primary suspect, supported by testimonies from their co-workers and flatmates who noted recent arguments between the two cousins.

During the subsequent interrogation, they noticed that Omar seemed noticeably uneasy. Before long, he admitted: "I choked him by tying a cloth around his neck until he died."

"I never thought it would escalate to that point. My anger overwhelmed my rationality, and I turned the cloth into a weapon," Omar added.

As he further detailed the incident, Omar expressed remorse, saying, "I lost sight of everything. Now, all I can hear is the silence he left behind, and it's deafening."

In less than 24 hours, the police swiftly concluded their investigation—from scrutinising the crime scene to identifying the main suspect. They carried out careful forensic analysis, thorough questioning, and coordinated testimonies, forming a watertight case against Omar.

Legal proceedings were set in motion, leading to Omar being sentenced to a lengthy prison term, to be followed by deportation.

The rarity of self-strangulation by ligature has led investigators to consider the possibility of foul play. Another detail that caught the police's attention was the absence of a death note. While not conclusive, this raised questions about the nature of Yusuf's death

The names and characters mentioned in the story are fictitious, and any resemblance with real people is purely coincidental.



CRIME OF PASSION

WHEN HUMAN EMOTIONS GO AWRY AND TAKE CONTROL OF
THE HUMAN MIND, THEY CAN LEAD TO DESTRUCTIVE ACTIONS,
INCLUDING GRUESOME CRIMES

BY MAYCELLE CRAIG



JACK THE RIPPER

WHEN: AUGUST-NOVEMBER 1888

WHERE: LONDON, UNITED KINGDOM

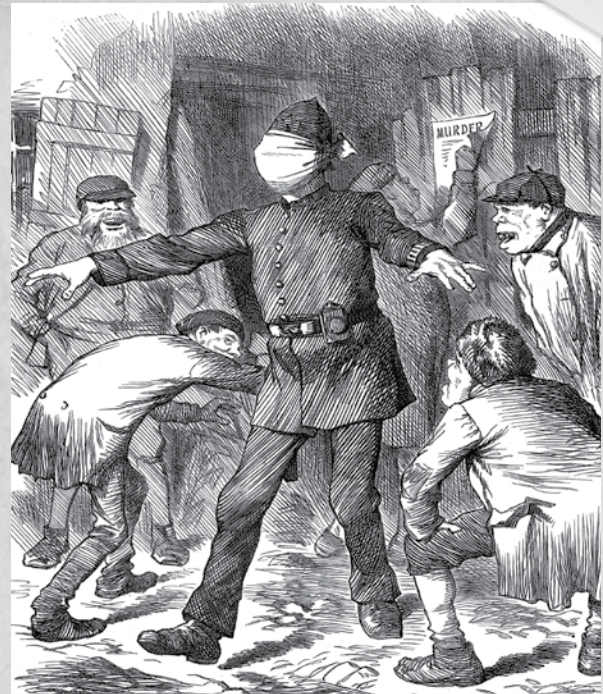
The mystery of Jack the Ripper has sparked countless books, films, documentaries, podcasts, games, and tours. A symbol of Victorian London's dark side, he still captivates people worldwide, embodying the fear of the unknown and lurking danger in the dark.

Jack the Ripper is believed to have killed at least five women between 31st August and 9th November 1888. They were Mary Ann Nichols, Annie Chapman, Elizabeth Stride, Catherine Eddowes, and Mary Jane Kelly. All of them were sex workers in the impoverished and overcrowded district of Whitechapel. Their bodies were found mutilated, with their throats slashed and their abdomens ripped open. The brutality and skill of the killer suggested that he had some anatomical or surgical knowledge.

The police investigation was hampered by the lack of forensic evidence, eyewitnesses, or clear motives. The killer left behind only a few clues, such as a bloodstained apron, a leather apron, and some letters that claimed to be from him. The most famous of these letters was the one accompanied by a preserved human kidney, supposedly from one of the victims. The letter taunted the police and the public, and gave rise to the name "Jack the Ripper".

The identity of Jack the Ripper has been the subject of countless speculations and accusations. Over the years, more than 100 suspects have been proposed, ranging from royalty and aristocracy to doctors and butchers. Amongst them were Prince Albert Victor, Sir William Gull, Walter Sickert, Francis Tumblety, James Maybrick, Montague Druitt, Aaron Kosminski, and Thomas Cutbush. Yet, none of these suspects has been definitively proven or disproven by historical or scientific evidence.

Many psychiatrists and experts viewed Jack the Ripper's



A satirical depiction of challenges faced by London authorities in investigating the Jack the Ripper murders

brutality not as a profit-driven act but as a crime of passion, characterised by yearning and morbid fascination. According to French philosopher and historian Michel Foucault, Jack the Ripper's killings had initiated an "insane dialogue of love and death", marking the beginning of the age of sex crimes.

CYANIDE MURDERS

WHEN: 2002-2016

WHERE: KOODATHAYI, KERALA, INDIA

In the small town of Koodathayi, south of India, a 47-year-old woman described as a "model citizen", a pillar of her small community, a solemn widow and a churchgoer, became the centre of a family murder in a span of 14 years. Jollyamma "Jolly" Joseph was accused of killing six family members, including her husband and in-laws.

Jolly and her husband, Roy Thomas, first encountered each other at a housewarming party, where their affection for each other began to develop. In 1997, they tied the knot, and the couple relocated to her in-laws' home.

After five years of marriage, the couple faced a tragic turn of events marked by frequent money-related quarrels. In 2002, Annamma, the 57-year-old mother of Roy, passed away in unexplained circumstances. Due to her pre-existing health condition, her death was initially not deemed suspicious, and no post-mortem examination was conducted. However, 10 years later, investigators discovered that she had succumbed to cyanide poisoning from the soup administered to her when she was sick.

Six years following Annamma's demise, Jolly's father-in-law, Tom, also passed away after ingesting a capsule medication laced with cyanide. Intriguingly, Tom had previously signed a will



Jollyamma "Jolly" Joseph

designating Jolly's husband as the sole inheritor of his fortune.

In 2011, Jolly's husband, Roy, was found dead in the bathroom. Initially, she claimed it was a heart attack, then later suggested suicide. However, Roy's uncle, Manchadiyil, insisted on a post-mortem, revealing cyanide in his body.

The sinister pattern continued in 2014 when Manchadiyil died from cyanide poisoning. It was followed by the death of the wife of her husband's cousin Cili and their 2-year-old daughter. Five years later, Jolly married Cili.

Jolly was formally arrested in October 2019. She reportedly confessed to using cyanide to kill all six family members. In 2020, she attempted suicide in custody. The court has yet to pass the final verdict on the case.

STEW AND MURDER

WHEN: FEBRUARY 2023

WHERE: HONG KONG

In February 2023, a grisly crime rattled Hong Kong when two pots of stew were discovered in a house in the rural Tai Po district. The stew contained parts of the severed body of Abby Choi, a missing model and influencer. Additionally, portions of her dismembered body were found hidden in a refrigerator within the same house where she was believed to have been murdered.

Police believed that the motive behind the killing stemmed from financial disagreements with her ex-husband Alex Kwong and his family. The *South China Morning Post* said she left behind a fortune worth about HK\$300 million (Dhs140.51 million), after investing in real estate and luxury watches.

In connection to the case, police initially arrested her ex-husband, former brother-in-law, former parents-in-law, the alleged mistress of her former father-in-law, and two friends of her former husband.

At 18, the Chinese model married Kwong and had two children. However, their marriage ended in divorce. In 2016, she entered into a second marriage, this time with the son of a restaurateur, and together they had two children.

Despite their divorce, Choi continued to have dealings with her Kwong's family. Kwong's parents lived in a luxury HK\$73 million (Dhs 34.3 million) apartment in Kowloon Tong which she reportedly bought in her ex-father-in-law's name, Kwong Kau. Her two children with Kwong also lived there with her former in-laws. She also helped her brother-in-law buy his home. Hong Kong media reported that she was planning to sell the Kowloon Tong apartment, which upset his father-in-law.

Police started linking her ex's family with her brother-in-law who was also her driver when she went missing while scheduled to pick up her daughter from school. Through GPS data from her camera and surveillance footage, investigators were able to pinpoint the



Abby Choi

location of the house where her body was discovered. Later, it was revealed that her father-in-law had rented the house. Her husband was also arrested while attempting to flee Hong Kong on a yacht.

Nine court hearings have taken place since the case emerged in late February 2023, resulting in charges against Choi's ex-husband, his parents, older brother, and two others.

As of this writing, Choi's family are taking legal moves to transfer some of the cases to higher courts in Hong Kong for trial later this year. The victim's children are now in the care of her mother.

VOWS OF VIOLENCE

WHEN: FEBRUARY 2007

WHERE: MICHIGAN, UNITED STATES

Tara Lynn Grant, a 34-year-old suburban wife and mother of two, vanished on 9th February 2007. Her husband, Stephen Grant, reported her missing five days later on Valentine's Day. The Macomb County Sheriff's department initiated an investigation into her disappearance, suspecting foul play. Upon searching the Grants' home in Washington Township, authorities discovered what was believed to be Tara's torso in the garbage bin. As a result, Stephen became the primary suspect in his wife's murder.

Throughout the investigation, Stephen maintained his innocence. However, authorities discovered that the couple had argued on the day Tara went missing, with Stephen expressing frustration about her frequent business trips abroad. Tara, who worked as an operations manager for an engineering and construction firm, regularly travelled to Puerto Rico for work.

Their children, aged 6 and 4 years old, stayed with Stephen's sister after their mother's disappearance. They were shielded from witnessing the search of their home or their father's arrest.

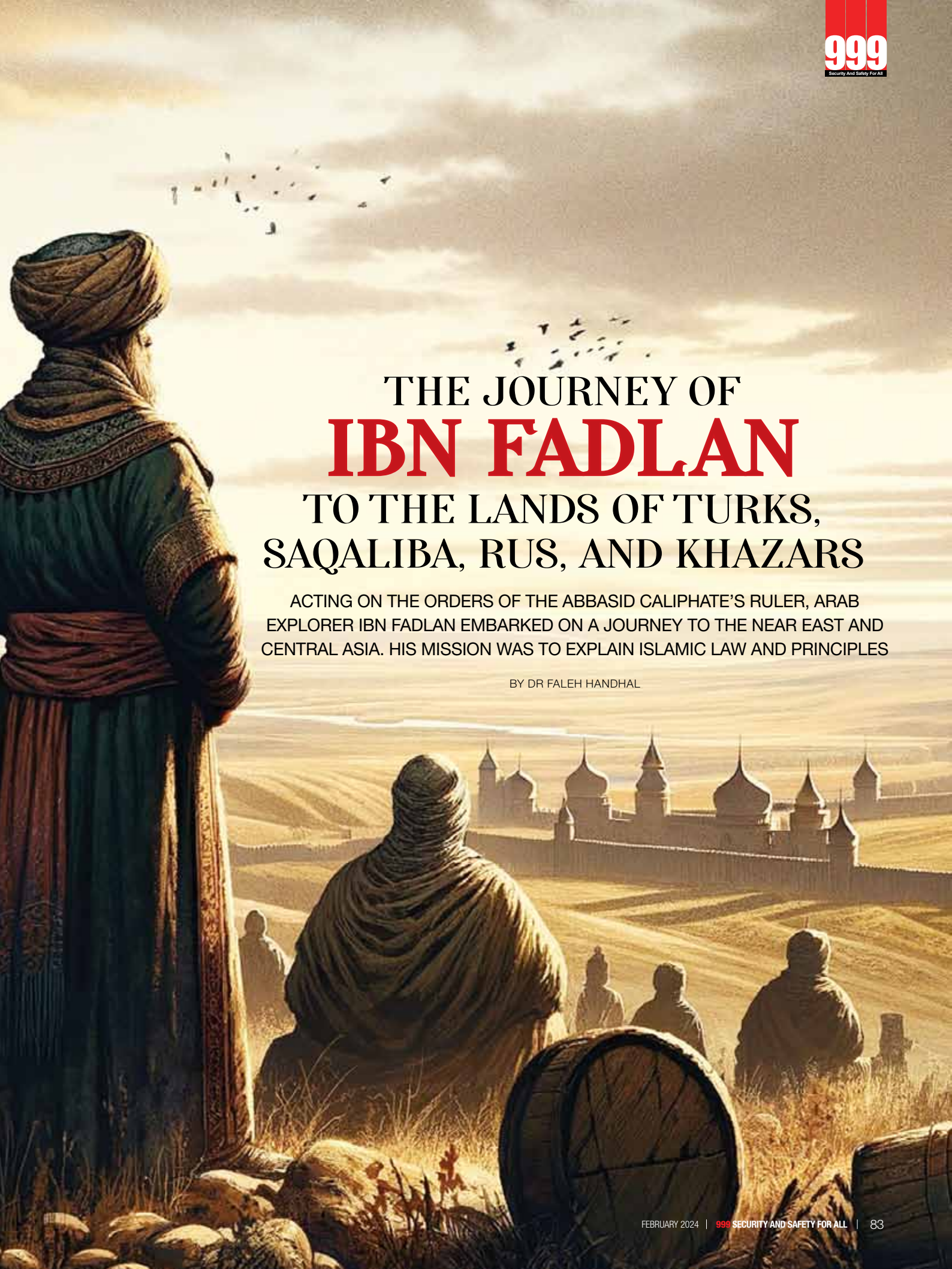
In December 2007, Stephen was convicted of second-degree murder, receiving a minimum 50-year sentence in



Tara and Stephen Grant

February 2008. His final appeal in March 2010 was denied by the Michigan Supreme Court, affirming the original 50-80-year prison sentence. The court concluded that Stephen's trial was not prejudiced by pre-trial publicity, and he had not been denied legal representation before confessing to the police.





THE JOURNEY OF **IBN FADLAN** TO THE LANDS OF TURKS, SAQALIBA, RUS, AND KHAZARS

ACTING ON THE ORDERS OF THE ABBASID CALIPHATE'S RULER, ARAB EXPLORER IBN FADLAN EMBARKED ON A JOURNEY TO THE NEAR EAST AND CENTRAL ASIA. HIS MISSION WAS TO EXPLAIN ISLAMIC LAW AND PRINCIPLES

BY DR FALEH HANDHAL

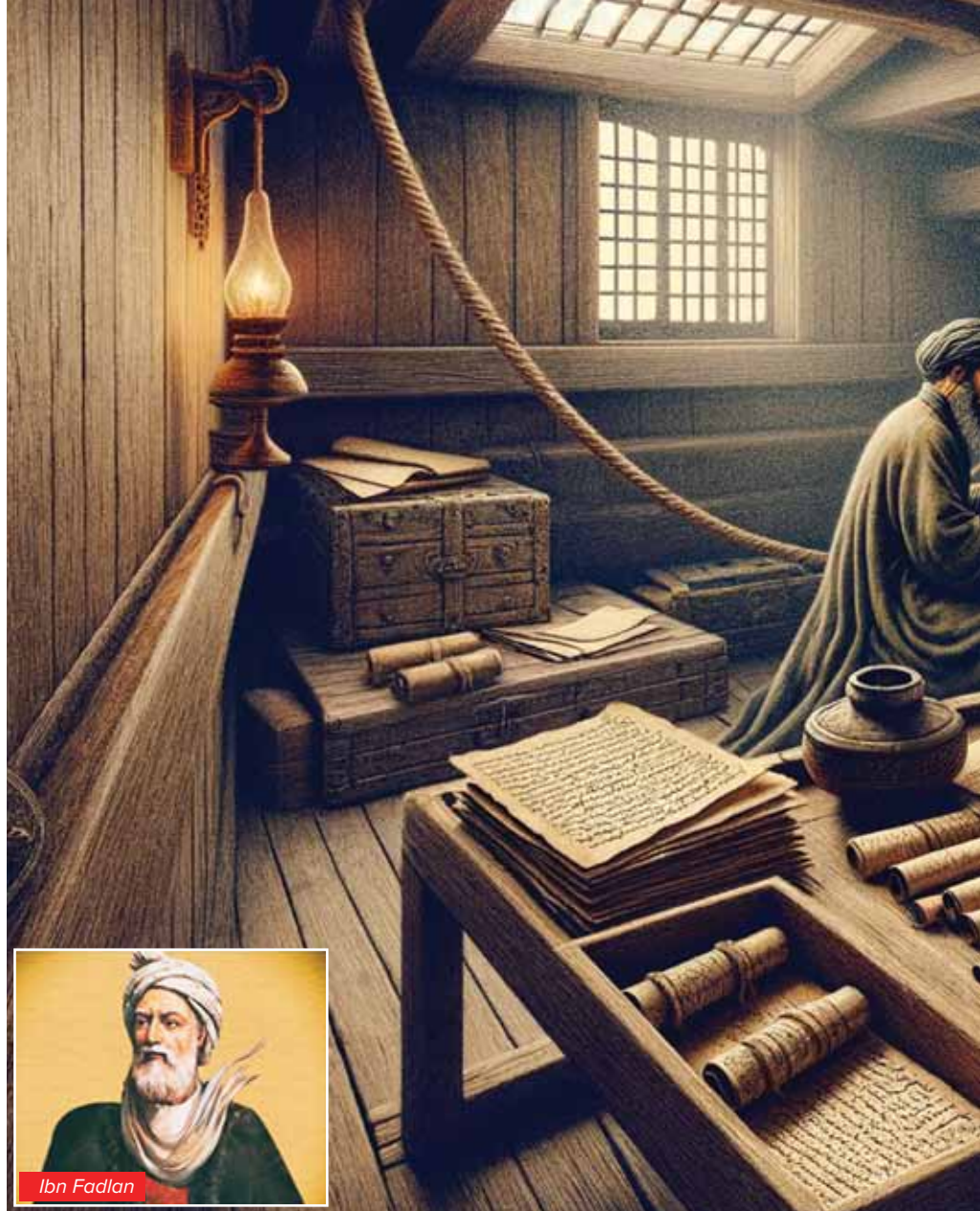
The journey of the Arab scholar and traveller Ahmad ibn Fadlan in 921 CE offers a rare glimpse into the Near East and Central Asia before significant changes due to Turkic migrations and the Crusades. Focusing on human stories, he vividly describes the northern trade networks, bringing to life various civilisations like the Turks, Saqaliba, Rus, and Khazars.

Ibn Fadlan's detailed narratives provide insights into the cultural interactions and social customs of the time, especially the relationships between Islamic traders and nomadic groups. Despite his perspective being influenced by his Islamic background, his observations offer a rich, multifaceted view of the era's economic, social, and cultural aspects.

Numerous scholars have extensively discussed Ibn Fadlan's work. In 2003, the book *The Journey of Ibn Fadlan to the Lands of Turks, Saqaliba, Rus, and Khazars* was published by Suwaidi Publishing, Distribution, and Advertising in Abu Dhabi. Edited and introduced by Shaker La'iebi, the book goes beyond mere verbatim quoting. La'iebi included an introduction where he referenced the first edition titled *The Mission of Ibn Fadlan*, which was published in Damascus in 1950 and revised by Dr Sami Al Dahhan. A subsequent edition, also titled *The Mission of Ibn Fadlan*, was also published in Damascus in 1991, revised by Dr Haider Mohammad Gheiba.

La'iebi researched the travels of Ibn Fadlan, finding references in the renowned book *Mu'jam ul-Buldān* or the 'Lexicon of Countries', an influential geographical work by Yaqut Al Hamawi. This text includes literary and linguistic details, offering insights into Ibn Fadlan's journey.

Further information on Ibn Fadlan's travels was gleaned from *Athar Al Bilad Wa Akbar Al Ebad* or 'The Monuments of Countries and Diaries of People', penned



by the cosmographer and geographer, Zakariya Al Qazwini.

While La'iebi utilised all these sources, he particularly focused on the work of Dr Sami Al Dahhan, cross-referencing the information provided by other authors. As a result, he significantly enriched the scientific content of his book.

For our part, we will base our work on the version revised by Al Dahhan, striving to present the information in a more articulate manner to enhance its educational value and amusement of our readers.

WHO IS IBN FADLAN?

Ahmad bin Fadlan bin Al Abbas bin

Rashid bin Hammad lived in Baghdad during the Abbasid Caliphate era. Little is known about his scientific, literary, or social influence, aside from the mission given by the Abbasid Caliph, Al Muqtadir (908-932), to lead a delegation to the Saqaliba king, who had sought the Caliph's assistance. This detail emerges from Ibn Fadlan's own account of meeting the Saqaliba king.

Historical records suggest that Al Muqtadir was significantly influenced by his Turkish mother, who recommended recruiting Turks for his army. This led to Turkish dominance during his reign. Additionally, during this period, the

Ibn Fadlan's detailed narratives provide insights into the cultural interactions and social customs of the time, especially the relationships between Islamic traders and nomadic groups



Fatimid State broke away from the Abbasid Caliphate, proclaiming itself the representative of the Muslim Caliph in Egypt, as opposed to the Abbasid Caliph in Baghdad. The reasons behind the Saqaliba king's request for aid from the Abbasid Caliph were unclear.

WHO ARE THE SAQALIBA?

Saqaliba refers to a Slavic people whose capital, Bulgar, was situated along the Volga River, flowing through Russia and into the Caspian Sea.

It's important to note that Bulgar is distinct from Bulgaria, the present-day country in Eastern Europe. There is a belief that the modern Bulgarian people have links to the kingdom of Saqaliba and its capital, Bulgar. This kingdom disappeared during the reign of Ivan the Terrible, who conquered Moscow and other regions of what is now Russia.

During Ibn Fadlan's time, the area now known as Russia was yet unnamed, but the group called "Rus" was already there. These people were Vikings, emerging as a significant historical force in the late 8th century.

THE ARAB DELEGATION

The Arab delegation to the kingdom of Saqaliba was comprised of four members:

1. Ahmad bin Fadlan, who led the delegation;
2. Sawsan Al Rosi, believed to be of Russian origin, as indicated by his surname "Al Rosi", meaning "Russian" in Arabic;
3. Paris Al Saqlabi, thought to be of Slavic ethnicity;
4. Takeen Al Turki, a Turk fluent in Turkic languages, with roots in Khwarazm.

Regarding their journey, the delegation initially departed from Baghdad to Persia, then travelled to the land of the Turks. This region, distinct from present-day Turkey, extended beyond a river and encompassed areas now known as Turkmenistan, Tajikistan, and other Turkic-speaking nations.

During their voyage, they documented prominent cities in the Turkic region, such as Bukhara and Khwarazm. Upon leaving the kingdom of Saqaliba, their route took them through Russian territories, then the Khazar lands, before returning to Baghdad.





The Commander of the Faithful, Al Muqtadir, received a request from Al Mash bin Yatwar, the king of Saqaliba. The king sought assistance from Baghdad to teach Islamic jurisprudence and Shari'a to his people, establish mosques, and set up a tribune in his kingdom to spread the teachings of Islam

The delegation set out on Thursday, the 11th of Safar, 309H, corresponding to the 21st of June 921. However, neither the date of their return to Baghdad nor the outcomes of their mission were recorded.

THE JOURNEY

We aim to follow the journey of the delegation as described by Ibn Fadlan, with additions from La'iebi. Our narrative will employ modern and plain language compared to the original texts.

Ibn Fadlan recounts: "The Commander of the Faithful, Al Muqtadir, received a request from Al Mash bin Yatwar, the king of Saqaliba. The king sought assistance from Baghdad to teach Islamic jurisprudence and Shari'a to his people, establish mosques, and set up a tribune in his kingdom to spread the teachings of Islam. He also requested help to construct a fortress for protection against rebels.

"This request arrived through the messenger, Nazeer Al Harmi. After I read and translated the letter for the Commander of the Faithful, he agreed to the king's requests. Al Harmi was then entrusted with funds to oversee the

appointment of someone to educate the Saqaliba people in Islamic jurisprudence. This person was to be based in the village of Barshkishmesheen in Khwarazm, an area under the ownership of Ibn Al Furat."

We wish to note that Ibn Al Furat was known for abusing his authority, leading to his execution by Al Muqtadir.

Ibn Fadlan and his companions departed from Baghdad on 21st June 921, heading east towards Persia. They first reached the Al Naharwan area within Iraqi borders. After two days, they arrived in the Persian city of Hamadan, where they stayed for three days. Their journey continued to the town of Rey, near Tehran, where they spent 11 days.

The governor of Rey, who also ruled over Qazvin and Zangan, dispatched an envoy named Bin Quarin to accompany the group. They travelled together to Neyshabur, the capital of the Khorasan region, then to Merw, crossing the Oxus River that flows through present-day Uzbekistan.

Upon reaching Bukhara, also in Uzbekistan, they met Al Jihani, the prince of Khorasan. He provided them with

lodging and a servant. After a few days, they visited Ali bin Nasr bin Ahmad bin Ismail Al Samani, the ruler of Khorasan (914-943). The ruler greeted them and inquired about the well-being of the Caliph, wishing him a long life and safety for his family. The delegation responded with good wishes for the Caliph.



The delegation set out on Thursday, the 11th of Safar, 309H, corresponding to the 21st of June 921. However, neither the date of their return to Baghdad nor the outcomes of their mission were recorded

Ibn Fadlan mentions some troubles encountered during their stay in Bukhara, but the specifics are unclear. They spent 28 days in the city, during which Ibn Fadlan describes the local currency. The dirham, made of silver and copper, was used, with one silver dirham equivalent to 100 copper dirhams.

The group departed Bukhara for Khwarazm, crossing a river there by vessel. Upon arrival, they were provided accommodation by Mohammad bin Arraq Khwarazm Shah, the prince of Khwarazm, and received a formal welcome three days later. The prince cautioned them about venturing too deeply into the country of the Turks and accused Takeen Al Turki, a member of the delegation, of trading iron with infidel nations. He also informed them that 1,000 groups of infidels lay between them and the kingdom of Saqaliba, suggesting it would be safer to remain in Khwarazm and to send a letter to the Caliph regarding this.

Despite this advice, the delegation continued towards the kingdom of Saqaliba, reaching the town of Al Gerganiya, which overlooks the Oxus River. Ibn Fadlan noted that the inhabitants of Al Gerganiya, known as “Al Cardeliya,” disavowed the late emir Al Mumineen, Ali bin Abi Taleb, at the end of their prayers.

During their stay in Al Gerganiya, the

They encountered hailstorms and severe cold, leading to overwhelming exhaustion and near-perilous conditions. Their routine involved travelling from midnight to noon, followed by rest

Oxus River froze, with fish becoming accessible 17 spans below the ice's surface. Horses, donkeys, and mules traversed the frozen river as if on a road. People had to break through the ice with axes to access drinking water.

The river remained frozen for nearly two months. Locals bought firewood for heating their homes, and they would offer a warm spot beside their fires to any beggars who visited. The delegation stayed in Al Gerganiya for four Hijri months – Rajab, Sha'aban, Ramadan, and Shawwal.

The town was nearly deserted; a walk

through its streets and markets revealed only a few people. During their time in Al Gerganiya, the group wore heavy clothing made from wool or animal skins to withstand the harsh winter.

In mid-Shawwal, the ice on the Oxus River melted, restoring the water flow to its normal state. Consequently, the group began preparations for their return journey. They purchased Bactrian camels and stocked up on bread and other provisions sufficient for the three-month journey.

Before departing from Al Gerganiya, the locals gathered to bid them farewell, dressed in luxurious attire, making the send-off quite grand. The returning delegation comprised only three members—Ibn Fadlan, Takeen Al Turki, and Paris Al Saqlabi, as Sawsan Al Rosi was unable to join them.

They left Al Gerganiya in March 922, with a guide named Qalwas leading the way. Their route took them through the land of the Turks, present-day Turkmenistan, where they halted for 10 days. However, they encountered hailstorms and severe cold, leading to overwhelming exhaustion and near-perilous conditions. Their routine involved travelling from midnight to noon, followed by rest. This pattern continued for 15 nights until they reached a vast mountain.



FLIP & FLEX

Once considered a novelty, flip phones are making a comeback, offering users a blend of innovation and practicality. Redefining the “foldable” experience, OPPO has unveiled its flagship smartphones—the **OPPO Find N3** and **OPPO Find N3 Flip**. The Find N3 series introduces a new era of flip phones with a slim profile, professional-grade cameras, and Hasselblad tuning. The series boasts impressive features such as a 4805mAh battery and 67W SUPERVOOC fast charging technology. Equipped with three pro-grade cameras, the Find N3 features a 48MP ultra-wide camera and a 64MP periscope telephoto camera. The third-generation Flexion Hinge ensures its slim, lightweight profile and durability.



PRICE: Find N3 Flip starts at Dhs3,999; Find N3, Dhs7,999
WEBSITE: www.oppo.com/ae/

TECH FOR LESS



The appeal of new smartphones hinges not just on cutting-edge technology but also on their affordability. This is the logic behind the launch of **Infinix HOT 40 series**, featuring the HOT 40 Pro, HOT 40, and HOT 40i. The series features improved processor, display, camera, and charging technology—promising a high-quality mobile gaming and entertainment experience. A 108MP main camera and a new dazzling design with a colour-shifting finish are amongst the highlights, with the HOT 40 Pro available in multiple colours. The 32MP AI-enhanced front camera delivers exceptional group photos and selfies, even in low light, thanks to its advanced front flash.

PRICE: All models priced under Dhs730
WEBSITE: www.infinixmobility.com

PINT-SIZED PRO

Ever found yourself overshadowed by a bright background on your webcam or irritated by the background noise in your team chat? Introducing the **Opal Tadpole**, the world's tiniest webcam at only 1.25 inches, as small as a pack of gum, addressing these challenges. Though small, it packs a punch in terms of image and audio quality, enhancing your average built-in laptop webcam video. It boasts a 4K, 48MP Sony sensor and machine learning ISP system that can rival DSLR-quality images. Additionally, its AI-powered directional mic with noise isolation ensures clear audio by focusing only on the human voice. This plug-and-play device (with USB-C cable) has a clip on the back that attaches to the lid of your laptop or tablet.

PRICE: Dhs642
WEBSITE: <https://opalcamera.com>





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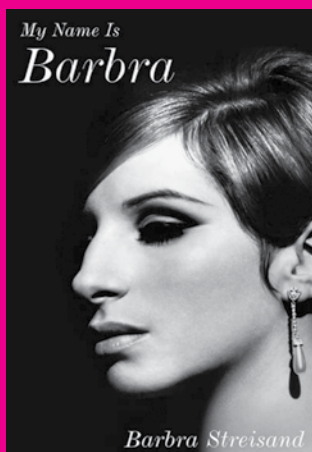


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MEMOIRS AND STORIES OF INFLUENTIAL CELEBRITIES, ALONG WITH A GUIDE ON ACHIEVING FINANCIAL FREEDOM, ALL PACKED BETWEEN THE COVERS THIS MONTH

BY JASON RAZMUS



CURTAIN CALL

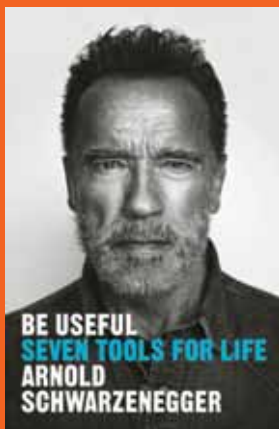
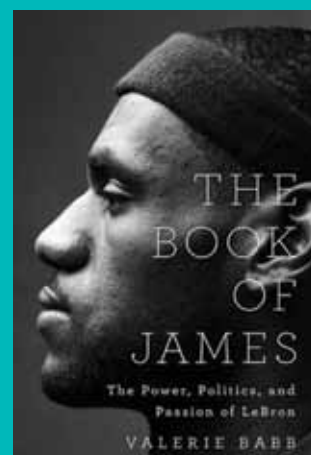
TITLE: *My Name Is Barbra*
AUTHOR: Barbra Streisand
PUBLISHER: Penguin Publishing Group
PRICE: Dhs116

Legendary American singer, actress, and director Barbra Streisand delves into her remarkable six-decade career in stage, screen, recording, and television in this eagerly anticipated memoir. Candid and charming, the book chronicles her journey from a Brooklyn childhood to her breakthrough performance in *Funny Girl*, followed by a string of triumphs across various mediums. Streisand, one of the few EGOT (Emmy, Grammy, Oscar, and Tony Awards) winners, shares insights into her early struggles, acclaimed albums, and directorial ventures, including *The Prince of Tides*. Beyond entertainment, Streisand's narrative touches on her philanthropy, receiving prestigious accolades, and establishing the Barbra Streisand Institute at UCLA in 2021. This memoir offers fans an intimate portrait of the legendary artist's life and multifaceted influence.

KING JAMES

TITLE: *The Book of James: The Power, Politics, and Passion of LeBron*
AUTHOR: Valerie Babb
PUBLISHER: PublicAffairs
PRICE: Dhs95

This book explores the impact of NBA player LeBron James in today's social and cultural—and even political—spheres. The author draws connections between social justice in the United States and LeBron's humble beginnings, from navigating a challenging upbringing to achieving global stardom. He highlights how LeBron actively leverages his fame not only for his athletic prowess but also to advocate for social change and raise awareness of African-American heritage. The author aims to offer a profound understanding of LeBron's life and career, intertwining broader societal issues into his personal and professional life.



TOOLBOX OF WISDOM

TITLE: *Be Useful: Seven Tools For Life*
AUTHOR: Arnold Schwarzenegger
PUBLISHER: Penguin Press
PRICE: Dhs71

Arnold Schwarzenegger, dubbed the world's greatest bodybuilder, shares the seven tools that shaped his success across bodybuilding, Hollywood, and politics. He details how his achievements stemmed from clear vision, practical thinking, persistent effort, direct communication, effective problem-solving, curiosity, and a commitment to giving back. Rooted in his father's advice to "be useful", this guiding principle was crucial in Arnold's ascent from poverty in his Austrian hometown, forming a pathway to success. The book aims to inspire people to recognise and harness their own capabilities for growth and achievement.



CODED CHILDHOOD

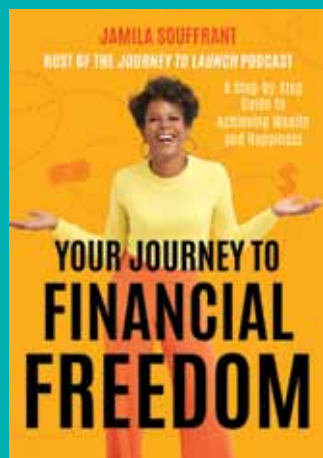
TITLE: Data Baby: My Life in a Psychological Experiment

AUTHOR: Susannah Breslin

PUBLISHER: Legacy Lit

PRICE: Dhs90

Susannah Breslin reflects on her early years as one of 128 children enrolled in a pioneering 30-year psychological experiment at the University of California. The experiment aimed to predict the future development of its subjects, including Breslin. Many years on, trapped in an abusive marriage and confronting breast cancer, she contemplates the enduring effects of her childhood under constant scrutiny. Armed with her success as a journalist, she decides to investigate her unique history, shedding light on the hidden secrets behind the longitudinal study and reevaluating the influence it had on her life choices and identity.



WEALTH PATH

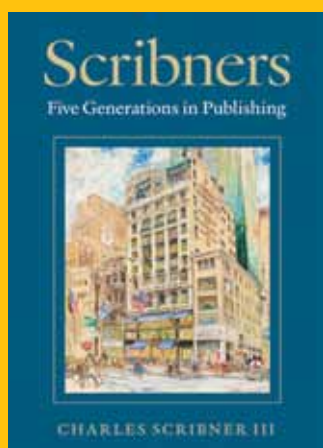
TITLE: Your Journey to Financial Freedom: A Step-by-Step Guide to Achieving Wealth and Happiness

AUTHOR: Jamila Souffrant

PUBLISHER: Hanover Square Press

PRICE: Dhs79

As a wife, mother of three, and first-generation Jamaican immigrant, Jamila Souffrant shares her insights on navigating the challenges of balancing present spending with future savings. This book guides you in transforming your relationship with money to foster a life of abundance and joy. Souffrant covers essential topics such as financial goal setting, budgeting, saving, wise investing, debt reduction, income growth, and cultivating a positive mindset. The author provides practical exercises, worksheets, and tools to teach you how to cultivate responsible spending and saving habits, all while enjoying your preferred indulgence.



LITERARY LEGACY

TITLE: Scribners: Five Generations in Publishing

AUTHOR: Charles Scribner III

PUBLISHER: Lyons Press

PRICE: Dhs96

Scribners chronicles the five generations and over 150 years of the renowned Charles Scribner's Sons publishing house, from its humble beginnings in an unused chapel in New York to its present day. The author, the fifth Charles in the family to be part of the publishing house, offers an insider's view of the colourful literary history, featuring authors like Robert Louis Stevenson, Rudyard Kipling, Henry James, and Edith Wharton. The narrative spans from the golden era on Fifth Avenue to the impactful contributions of "editor of genius" Max Perkins, who ushered in a new era with writers like F. Scott Fitzgerald, Thomas Wolfe, and Ernest Hemingway.

60 countries rally behind UAE-led Global Cooling Pledge

A joint global initiative between the UAE and the Cool Coalition, a global multi-stakeholder network, to reduce cooling sector emissions by 60-96 per cent has garnered support from more than 60 countries.

The cooling sector's greenhouse gas emissions are expected to more than double between 4.4 billion and 6.1 billion metric tonnes of carbon dioxide by 2050, as per a United Nations Environment Programme (UNEP) report launched during the COP28 climate summit in the UAE.

"As temperatures rise, it is critical that we work together to improve energy efficiency and reduce emissions from the cooling sector while increasing access to sustainable cooling. This access is especially important for the most vulnerable communities, who have often contributed the least to



climate change but are the most exposed to its impacts," said HE Dr Sultan Al Jaber, UAE's Minister for Industry and Advanced Technology and President-Designate of COP28.

Air conditioners, meant to alleviate heat waves caused by climate change, ironically

contribute to the problem by increasing energy consumption, leading to a surge in greenhouse gas emissions. Additionally, leaked refrigerant gases have a higher global warming potential than carbon dioxide.

The Global Cooling Pledge was aimed at reducing energy consumption and slashing the projected emissions by promoting passive cooling, implementing higher energy efficiency standards, and expediting the reduction of climate-warming refrigerants.

According to the UNEP report, cutting cooling sector emissions by over 60 per cent by 2050 can lead to a \$1 trillion (Dhs3.67 trillion) reduction in electricity bills for end users in 2050 and a cumulative savings of \$17 trillion (Dhs62.39 trillion) from 2022 to 2050.

Earth sizzles in 2023, setting new temperature records

Climate scientists from the European Union and the United States have confirmed that 2023 is Earth's hottest year on record.

Based on the monitoring of the Copernicus Climate Change Service (C3S), the National Aeronautics and Space Administration, and the National Oceanic and Atmospheric Administration, global temperature in November hit 1.75 degrees above the 1850-1900 pre-industrial level.

Global observations for December 2023 are currently under analysis, but it is anticipated that annual temperature anomalies might surpass 1 degree Celsius above the average. This would mark the first instance of the yearly average temperature exceeding 1 degree Celsius.



"[The year] 2023 has now had six record-breaking months and two record-breaking seasons. The extraordinary global November temperatures, including two days warmer than 2 degrees Celsius above preindustrial, mean that 2023 is the warmest year in recorded

history," stated Samantha Burgess, C3S Deputy Director.

The global mean temperature from January to November 2023 is 1.46 degrees Celsius above the pre-industrial mean between 1850 and 1900.

In November 2023, the global average surface air temperature reached a record high of 14.22 degrees Celsius, surpassing the November 1991-2020 average by 0.85 degrees Celsius and exceeding the previous warmest November in

2020 by 0.32 degrees Celsius.

Scientists fear 2024 will be even hotter due to the ongoing El Niño phenomenon, which is expected to cause warming in the central and eastern Pacific region during the first half of 2024.

Hypertension afflicts 1.8 million UAE adults, says WHO



Around 1.8 million or two out of five UAE adults aged 30 to 79 years old have hypertension, the World Health Organization said in its latest report.

Hypertension is having a blood

pressure $\geq 140 / 90$ mmHg. Without treatment, this health condition can lead to stroke, heart attack, heart failure, kidney damage, and many other health problems. It is considered the world's

leading risk factor for mortality.

The prevalence of hypertensive adults in the UAE is higher compared to the global rate, which is 33 per cent. Of the 1.8 million hypertensive Emirati adults, 44 per cent are male, while 35 per cent are female.

The common risk factors that lead to high rates of hypertension cases in the UAE include a high sodium diet of at least 7 grammes per day. Around 32 per cent of Emirati hypertensive individuals are also obese, and 41 per cent lack exercise.

In 2019, the UAE government issued guidelines for the management of hypertension, encouraging people over the age of 30 to undergo screening. Those diagnosed with Stage 1 hypertension were urged to take a three to six-month treatment including weight reduction, regular exercise for 45 minutes to an hour every day, a low sodium diet, quitting smoking, and increased potassium supplements.

Study: 1 in 3 women experience lasting postnatal health problems

A global study, published in December 2023 in the *Lancet Global Health* journal, revealed that childbirth can cause long-term health problems for at least 40 million women every year.

The study, part of a special series on maternal health worldwide, highlighted the high prevalence of postnatal conditions that can last for months or years after delivery. It was supported by the UN's Special Program on Human Reproduction, the World Health Organization, and the US Agency for International Development.

Some of the most common post-pregnancy conditions affecting one out of three women include:

- Dyspareunia, or pain during sex (affecting 35% of postpartum women)
- Low back pain (32%)
- Anal incontinence (19%)
- Urinary incontinence (8–31%)
- Anxiety (9–24%)
- Depression (11–17%)



- Perineal pain (11%)
- Tokophobia, or fear of childbirth (6–15%)
- Secondary infertility (11%)

These symptoms sometimes persist for months or even years after giving birth.

The study authors noted that many women experiencing these postpartum complications lack access to postnatal services, especially in many low-income and middle-income countries. Even in countries

with more resources and programmes supporting maternal health, these long-term postpartum symptoms are often overlooked.

Prof Pascale Allotey, Director of Sexual and Reproductive Health and Research at WHO, said: "Many postpartum conditions cause considerable suffering in women's daily life long after birth, both emotionally and physically, and yet they are largely under-appreciated, under-recognised, and under-reported."

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WHAT THE MONTH HAS IN STORE



Aries (March 21 to April 20)

Embrace this month with the courage you're known for, Aries. Your determination will guide you through challenging tasks. Remember, patience is as vital as your energy. Seek wisdom in quiet moments of reflection, and let your actions be guided by thoughtfulness and respect for those around you.



Taurus (April 20 – May 21)

Taurus, your steadfast nature is your greatest asset. This period calls for focus on personal growth. Engage in activities that enhance your knowledge and spiritual well-being. Be mindful of your health; a balanced diet and regular exercise are key. Find strength in your resilience and grace in adaptability.



Gemini (May 22 – June 20)

Gemini, your adaptability will shine brightly. Use your communication skills to bridge gaps and foster understanding. This is a time for learning; embrace new experiences with an open mind. Balance your lively spirit with moments of tranquillity, allowing for self-reflection and spiritual growth.



Cancer (June 21 – July 22)

Cancer, your intuition is heightened this month. Trust it as you navigate through decisions. Family and community are your anchors; cherish these bonds. Embrace opportunities to help others, finding joy in their happiness. Remember, self-care is vital; nurture your well-being with peaceful moments of solitude.



Leo (July 23 – August 22)

Leo, your leadership will inspire many. Channel your energy into positive actions that benefit those around you. Embrace humility; it will enhance your natural charisma. Balance your professional ambitions with personal development, focusing on spiritual and emotional growth. Generosity and kindness will be your guiding stars.



Virgo (August 23 – September 22)

Virgo, your meticulous nature will lead to success in your endeavours. This is a time for personal development; focus on enhancing your skills. Your analytical mind is a gift; use it wisely. Remember to take time for spiritual reflection, finding peace and guidance in moments of stillness.



Libra (September 23 – October 22)

Libra, balance is your watchword. Seek harmony in your daily life by maintaining a healthy work-life balance. Your diplomatic nature will aid in resolving conflicts. This period calls for introspection; find time for self-reflection and spiritual growth. Cultivate gratitude and let it guide your interactions with others.



Scorpio (October 23 – November 21)

Scorpio, your resilience will be key. Face challenges with the strength and determination you possess. This is a period of transformation; embrace change with an open heart. Seek wisdom in your experiences and find solace in moments of spiritual reflection. Compassion and understanding will be your allies.



Sagittarius (November 22 – December 21)

Sagittarius, your adventurous spirit will find new avenues for exploration. Seek knowledge and growth in every experience. Your optimism will be infectious; share it with those around you. Remember to ground yourself with moments of contemplation and spiritual connection. Your journey is as much inward as it is outward.



Capricorn (December 22 – January 19)

Capricorn, your discipline will bring you closer to your goals. Embrace challenges as opportunities for growth. Your practical approach is a strength, but remember to make room for spiritual development. Seek balance between your ambitions and personal well-being. Kindness and patience will enhance your interactions.



Aquarius (January 20 – February 18)

Aquarius, your innovative mind will lead you to new discoveries. This period is ripe for intellectual and spiritual growth. Engage in activities that challenge your thinking. Remember, true wisdom lies in understanding others. Foster connections based on mutual respect and empathy.



Pisces (February 19 – March 20)

Pisces, your empathy will touch many lives. This month, focus on nurturing your spiritual side. Your intuition will guide you; trust it. Seek out peaceful environments that allow for introspection and self-discovery. Remember, your kindness is a strength, use it to uplift yourself and those around you.

PUZZLES

ACROSS

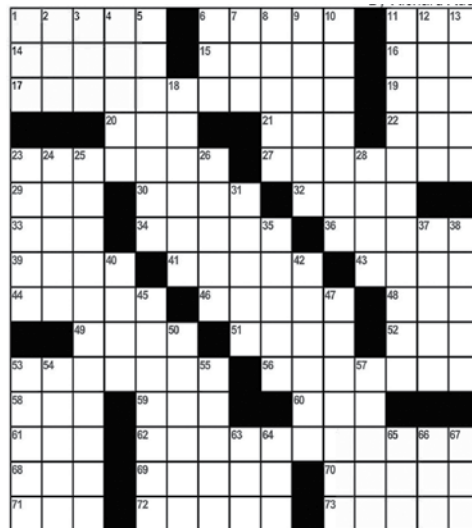
- 1 Pipeline attachments
6 Wyoming neighbor
11 Word in four other places in this puzzle
14 What Sherlock said the game was
15 Red, white or blue
16 "Bed-in" participant Yoko
17 Quietly persuasive
19 Opposite of ruddy
20 Play on words
21 SI or GQ
22 Be a chairperson?
23 Fast month, for some
27 Mass, length and speed, to a physicist
29 Eggs, to a biologist
30 Kuwait City VIP
32 Organic chemical compound
33 Needle-nosed fish
34 All the words in a language
36 How beverage may be served

- 39 "Back in the_" (Beatles song)
41 Access the Internet
43 Borderline
44 Group values
46 Nine-piece combo
48 Creator of James and Q
49 Buddy in Australia
51 Opens, as a sugar packet
52 In-flight announcement, for short
53 Blazing
56 Piece of personal property
58 Olive or sunflower extract
59 College sweater letter
60 A little bit of history
61 It keeps hair in place
62 Shrub with large catkins
68 This may be inflated
69 River of forgetfulness
70 Opposite of everybody
71 Certain conifer
72 Industrial city of Germany
73 Put your two cents in, maybe

DOWN

- 1 Chum
2 Area 51 craft
3 Do a landscaping chore
4 Momma's partner
5 Fruit-filled pastry
6 Suffix with "poet" or "hero"
7 Uno, tres
8 Homecoming attendees
9 A learned Man
10 Cooking herb
11 A doctor may put you on one
12 Broadcast booth sign
13 Habitual ways
18 Coat in one's mouth
23 Ne'er-do-well
24 "Stop, sailor!"
25 Campfire treat
26 Watergate president
28 Like Tonto's masked friend

- 31 Excessive sternness
35 Boom in "The Right Stuff"
37 5-1/2 point type
38 Word before code or colony
40 Go gadding about
42 One crying uncle?
45 Engrave with dots
47 Russian emperor's wife
50 Comes as a result
53 One whose style is out of fashion
54 Loyal subject, or city in Belgium
55 Central points
57 Bird claw
58 Yonder lass
64 Currency of Japan
65 Parking or odd follower
66 Sawbuck fraction
67 Become the spouse of



Easy

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

Medium

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

SOLUTIONS

SOLUTIONS FOR THE JANUARY ISSUE



www.alberichcrosswords.com

www.dailysudoku.com

easy

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

medium

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

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