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MAY / JUNE / JULY 2014

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CULTURAL
TREASURES**



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RAMADAN KAREEM

Be uplifted during the Holy Month of Ramadan

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SUMMER IN DUBAI

Discover why this season is the coolest of them all

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**SENIOR
ASSIGNMENTS
EDITOR**
INGRID VALLES PO

**SENIOR ART
DIRECTOR**
VICTOR MINGOVITS

**REGIONAL
MANAGER**
RAMI RAHMAN

**GENERAL
MANAGER**
JOHN DEYKIN

FOR DTCM

**DIRECTOR OF
COMMUNICATIONS**
CHARLIE TAYLOR
CTAYLOR@
DUBAITOURISM.AE

**DIRECTOR OF
MEDIA AND
ADVERTISING**
MOZA AL YOUHA
MYOUHA@
DUBAITOURISM.AE

CHIEF EDITOR
KERRY BAGGOTT
KBAGGOTT@
DUBAITOURISM.AE



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MAY 2014 – JULY 2014

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KAREEM**

The holy month of Ramadan is drawing close. If you've just arrived in Dubai, this is your best chance to soak in the local culture

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ON THE COVER Illustration by SCOTT SOSEBEE

For the latest in photo and imaging technology and trends head to **PHOTOWORLD-DUBAI**, the only and biggest event of its kind in the Middle East. The exhibition is set to attract top businesses, professionals and enthusiasts while giving amateurs a chance to hone their skills through a series of masterclasses with talents like celeb photographer Natalia Taffarel and leading events and wedding videographer Victoria Grech. 6-8 May 2014 at the DICEC, Dubai World Trade Centre.

Irish songstress **MARY BLACK** is all set to enthrall Dubai with her powerful singing on 16 May at the Almas Tower Conference Centre, Jumeirah Lake Towers. Black is not only one of the leading voices to come out of the Emerald Isle but is also considered one of the most important Irish vocalists of her generation. *What Hi-Fi?* magazine used her voice as an audiophile benchmark for comparing the sound quality of different high-fidelity systems.

Don your tango shoes and get ready for the sixth **DUBAI TANGO FEST** from 21-25 May at the Meydan Hotel. The fest

MAY

will include scintillating performances by top tango artists, workshops for all levels of dancers and milongas topped off with a gala Argentinean dinner.

90's chart-toppers **BOYZONE** bring to Dubai some of their best beats including *Words and No Matter What*. The boys went on an eight-year hiatus in 2000 and reunited a year before band member Stephen Gately died. However, the remaining band members Keith Duffy, Mikey Graham, Ronan Keating and Shane Lynch have continued to work together, releasing their reunion comeback album *Brother* in 2010, and ringing in 20 years with LP number five BZ20 late last year. 22 May 2014 at the Dubai Duty Free Tennis Stadium.

Mega rockers **KINGS OF LEON** return on 28 May to the Atlantis The Palm for what is being hailed as the biggest gig of the year. The show marks the multiple-Grammy award winning band's second performance in the country, and their Dubai debut, after headlining the inaugural 2009 Abu Dhabi Formula One after-race concerts. The performance is a part of their 2014 Mechanical Bull Tour.

The world's top eight darts players battle it out for

bullseye at the **DUBAI DUTY FREE DARTS MASTERS** 2014 from 29-30 May at The Irish Village, next to Dubai Tennis Stadium. The competition is the first leg of the game's World Series. Fans will be treated to some sharp action by dart legends such as Michael Van Gerwen, Colm McGloughlin and Matthew Porter.



Funny English man **JOHN BISHOP** has chosen the shores of Dubai to make his Middle East debut. Crowned the Best Male Break-through Act in 2010 at the British Comedy Awards, John has starred in a number of TV shows. 29 May 2014 at DICEC, Dubai World Trade Centre.

Professional swimmers from across the globe dive in for the second series of the fourth **EMIRATES CUP** on 31 May at the Hamdan Sports Complex.

DHOW RACE

To be held at the Dubai International Marine Club, Mina Seyahi, the **AL GAFFAL TRADITIONAL DHOW RACE** returns to the emirate's shores for another

thrilling day of racing on 17 May. The 100 participating Gaffal dhows with their towering sails, cutting across the azure Arabian Gulf are aiming to be more than

just a breathtaking sight. They are also keeping alive an ancient tradition of shipbuilding, which stretches back to Greek and Roman times. The race also

commemorates pearl divers who were integral to the early trading port of Dubai. *Read our feature on page 18 for more details.*

JUNE



Making Dubai a veritable sports wonderland, **DUBAI SPORTS WORLD** is the Middle East's largest indoor sports event. Defying the soaring mercury, the event takes indoors the world's best-loved sports such as football, rugby, basketball, badminton, volleyball, table tennis and many more. 12 June – 30 August at DICEC, Dubai World Trade Centre.

The **FOOTBALL FIVE'S WORLD CHAMPIONSHIP** from 12-13 June at DICEC, Dubai World Trade Centre is a first of its kind tournament, where the best amateur five-a-side team from 32 countries will

travel to Dubai for the first ever Football Five's World Champions. F5WC showcases some of the best talented players in world football in the five-a-side indoor format. The highlight of the tournament is the attendance by some of the top scouts in world football looking for the next star!



A favourite with the emirate's runners, the **DUBAI DESERT RUN** lets participants choose between ten and three kilometres races as well as a fun run. Held several times during the year – so that runners can track their progress between

successive runs – participants can sign up for one run or for as many dates as they like. The 10kilometres race is open to runners above 14 years of age while six to 18-year-olds can participate in the three kilometre run. 13 June 2014 at The Sevens Stadium.

The **FINA MEN'S WATER POLO WORLD LEAGUE**

Super Final from 16-21 June brings together the best water polo national teams at the Hamdan Sports Complex. The Super Final is organised with the eight qualifying teams from the preliminary rounds.



JULY



Get ready for some fast-paced action with the **UAE 9BALL CHAMPIONSHIP**. The competition, being held under the patronage of His Highness Sheikh Maktoum bin Hamdan bin Rashid Al Maktoum, is the first of its kind in the region and matches will be held across the country. 9Ball is a contemporary form of pool with historical beginnings traceable to the 1920s.

RAMADAN is one of the most important times of the year for faithful Muslims and commemorates the revelation of the Holy Quran. The month also ushers in a host of Ramadan related activities that highlight the spiritual significance of the month along with Emirati hospitality and traditions. *Read our feature on page 18 for more details.*

For more information on all events: DUBAICALENDAR.AE [@dubai_calendar](https://twitter.com/dubai_calendar)

new and now



SLEEP

SHERATON DUBAI CREEK HOTEL & TOWERS: Fresh off a \$50 million renovation, the 'Lady of the Creek' brings guests a whole new luxury lifestyle experience in its brand-new rooms and suites. Transformations include the introduction of signature Sheraton Sweet Sleeper Bed in all



rooms; new lobby with complimentary work station, WIFI access and new Technogym equipment. On the culinary front, Michelin-starred Italian Chef Alfredo Russo is promising diners a new, creative and exciting menu at Vivaldi, while Indian flavoured Ashiana



and Japanese Creekside Restaurant have had menu enhancements too. www.sheratondubaicreek.com

The world's tallest hotel, **JW MARRIOTT MARQUIS**, opened its second tower to guests in March. Targeting the business elite, Tower 2's rooms and suites are

EAT

British luxury food store, **FORTNUM AND MASON** has set up shop in Dubai - its first store outside London. Spanning three levels, the outlet is just outside The Dubai Mall and sells the company's

unique hand-made preserves, teas, coffee and confectionery, as well as candles, oils and body washes. There's also an ice-cream parlour where ingredients will be flown in from the UK to ensure the richest

English flavours. 04 388 2627

New Italian dining concept in town, **LE DUPLEX** grabbed the limelight when it opened, not so much for its menu as for its celebrity

connection. The restaurant is the latest venture by Bollywood siren Gauhar Khan's sister in Dubai. The restaurant was inaugurated by Khan who became a household name after winning Indian

café culture

An assortment of new cafés have swung open their doors in Dubai. From authentic patisseries to quintessential tearooms, let's take a look

CHIC Leopold's of London. Though it has an exemplary range of European dishes for every mealtime - think, vanilla pancakes, quiche and sumac salmon among

others, Leopold's of London is earning reputé for its artisanal coffee. It even has its own coffee lab experience for connoisseurs. www.leopoldsoflondon.com

COOL Tom & Serg. Stop here for dishes with an Australian flair. Portions are generous and the super salad combining fresh greens, avocado, radish snow peas, sprouts and

seeds is a sure winner with the health conscious. Tom & Serg also serve Fentimans botanically-brewed beverages imported from UK. www.tomandserg.com

There's a flow of new outposts, openings and offerings making their way to Dubai. Here's just a sample selection.



SLEEP

elegant and contemporary complemented by state-of-the-art event facilities. And then there are the stellar views of the glittering Dubai skyline. WWW.MARRIOTT.COM

DOUBLE TREE BY HILTON

has two locations in Dubai – one at The Walk and the new one at Al Barsha. Both are in



close proximity to Dubai's top attractions. Under the hotel's CARE (Create A Rewarding Experience), guests are treated to the signature hospitality all Hilton hotels are known for and at Double Tree it starts with a warm chocolate chip cookie welcome.

WWW.DOUBLETREE3.HILTON.COM



HYATT PLACE made its GCC debut in Dubai this April. The 210-room hotel stands in Deira Dubai, making it ideal for history lovers with historic sites in close proximity. F&B options include a Free A.M. Kitchen Skillet (breakfast), a 24/7 Gallery Menu, and 'coffee to cocktails' bar. WWW.DUBAI.ALRIGGA.PLACE.HYATT.COM

EAT

reality show *Big Boss 7*. 04 344 6455

Another Italian venture offering hearty Mediterranean treats is the new **FRATELLI LA BUFALA** at The Beach, JBR. Needless to say,

menu highlights are the buffalo meat and mozzarella dishes. The vibe is arty, casual and fun. 04 430 3493

Its Californian original is a favourite with celebs like Robert Downey

Jr and Leonardo DiCaprio and the Dubai outpost promises to inspire the same cult following.

THE COUNTER

allows diners to create their own meals. Choose from more

than 15 different types of cheese, one of 23 sauces and 44 different toppings to go with your hormone and antibiotic-free beef/chicken/veggie patty. WWW.THECOUNTERBURGER.COM

café culture

CASUAL Café Belge. With its roots firmly set in the Golden Era of the 1920s, Café Belge's art deco interiors are quickly becoming a place to see and be seen in. Boasting a

'beer sommelier', this restaurant-cum bar venue is a one-of-a-kind in Dubai. WWW.CAFE.BELGE.COM

CASUAL Café Fraiche. A Montreal-inspired

café in JLT with exposed brickwork and floor to ceiling windows that let the sunshine flood in. A laidback crowd in shorts and t-shirts enjoys Fraiche's excellent sandwiches on

sourdough bread and its superb Dh55 breakfast buffet deal. WWW.FRAICHE.AE

COSY Café Italiano. The coffee is strong and the pastries come

from Sicily at this Media City hangout. They do pizza, pasta and paninis too, making it a great spot for a quick lunch or a casual dinner. WWW.LOUNGECAFE.ITALIANO.COM



HOUSE OF AFRIKA



DUBAI DESERT
CONSERVATION RESERVE



DUBAI DESERT CONSERVATION RESERVE DEK ON 8



IGNITE SURF SCHOOL

about town

BUY: **Woven Heritage**

A piece of heritage in the form of jewelled carpets. Semi-precious stones such as jade, coral, onyx, lapis, tiger eye and amethyst are meticulously woven into gold and silver threads of these exquisite carpets making them gorgeous pieces of wall art for bespoke homes. **HERITAGE TOUCH** also retails hand-knotted silk and woolen carpets from Kashmir and Afghanistan. Heritage Touch, behind Gold & Diamond Park, Sheikh Zayed Road. 04 341 2080

LEARN: **Emirati Craft**

Kilim (tapestry woven carpet) making, quilting, appliqué and sewing at **REMADE DXB**. It also offers silver jewellery-making lessons or you can go the easy route and pick out something from

its range of vintage-style crafts. Inside Objects & Elements, Street 8, entrance on side street, Al Quoz 1
WWW.REMADEDXB.COM

COMPETE: **Zip Line**

Take racing to a whole new level with the **SNOW BULLET**, the Middle East's first sub-zero zip line. The ride runs 16 metres off the snowcapped grounds of Ski Dubai, and propels guests through 150 metres across the breadth of Ski Dubai's hills – not one for the faint hearted! WWW.THEPLAYMANIA.COM

DISCOVER: **Stand Up Paddle Boarding**

All the rage across the city, stand-up paddleboarding (SUP) is a great, amateur-friendly way to get on



NIGHT SAFARI



HERITAGE TOUCH



REMADE DXB



SNOW BULLET

From shopping and gastronomy to entertainment and the arts, Dubai is brimming with cultural experiences. Let's take a look at what's on offer.

the water. **IGNITE SURF SCHOOL** at the hip Riva Beach Club runs regular lessons as well as offering SUP rental rates for those already familiar with the activity. Board rentals from Dhs85 per hour. Riva Beach Club, Shoreline Apartments, Palm Jumeirah. 055 601 097

LISTEN: African Beats

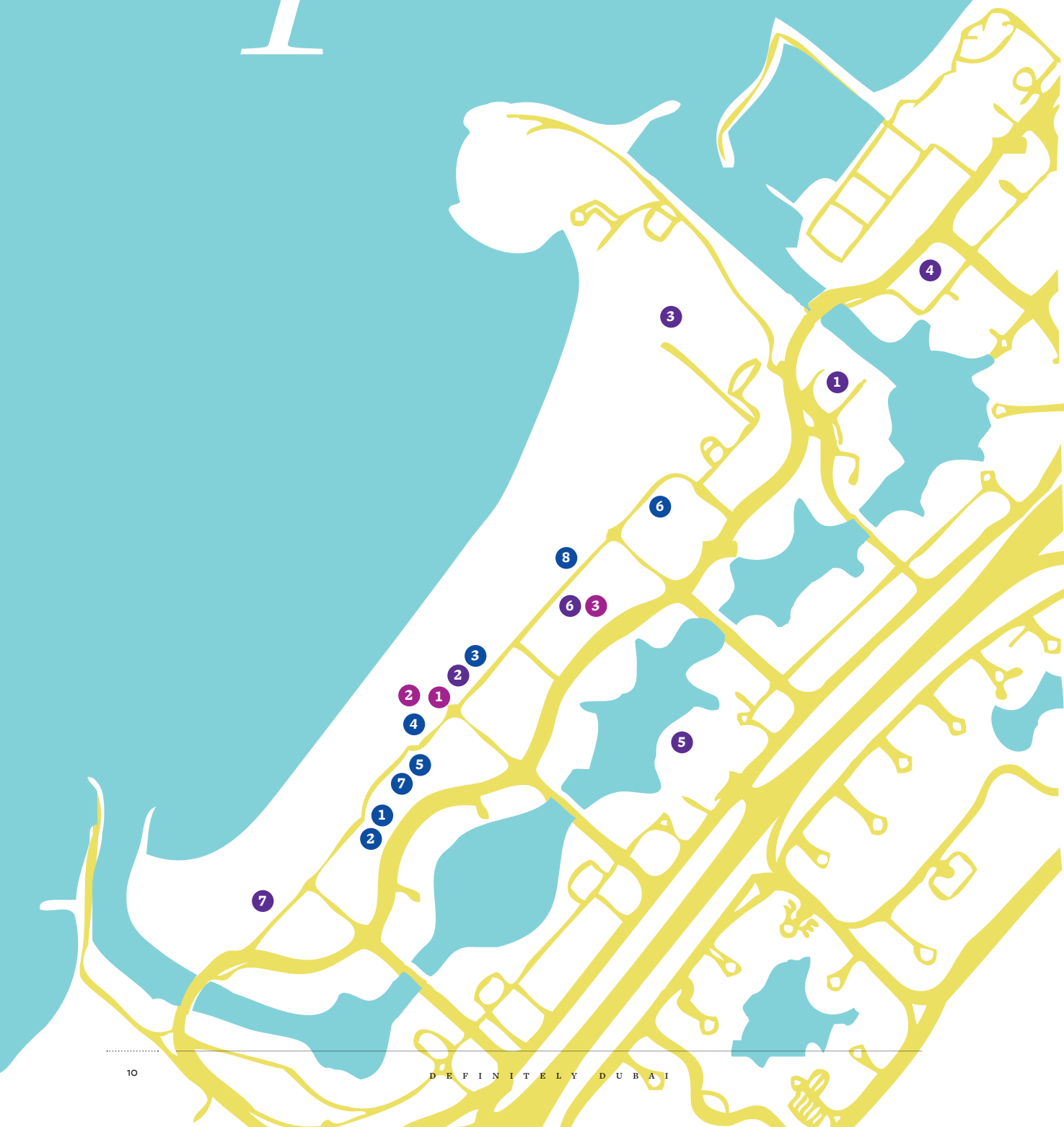
Afro-inspired beats are taking over Dubai with several parties around town laying claim to African music. House of Afrika, the weekly Friday night party at **DEK ON 8**, incorporates Afrobeat-heavy elements and Afro soul with warm electronica. Dek on 8, Media One Hotel, RSVP@INFUSION.AE Sofitel's **2LIV** nightclub hosts Azonto Nights on Wednesdays, groove to Afro pop and Afro hip-hop peppered with tracks from

Mafikizolo, a catchy South African band. There are live performances as well. 2Liv at Sofitel Spa & Resort, Palm Jumeirah. 056 986 7182/055 534 3594

EXPERIENCE: Night Safari

The desert comes to life when the sun sets. The nocturnal fauna at the **DUBAI DESERT CONSERVATION RESERVE** emerge from their shelters in search of food and water, weaving through the massive dunes and sparse shrubbery of the Arabian desert. Book your own heritage night safari and stargazing package with Platinum Heritage, Dubai's swankiest tour company. The Dhs395 price includes night vision binoculars and dinner at a bedouin camp. WWW.PLATINUM-HERITAGE.COM 04 388 4044

explore



JUMEIRAH BEACH RESIDENCE

or 'JBR' is the iconic string of towers along the beachfront in Dubai Marina and The Walk is its social centrepiece. From coffee to shisha, or lunch to a quick dip in the sea, the appeal of this thriving hotspot lies in its diversity.

SLEEP

1 **Grosvenor House**

The first hotel to open at Dubai Marina, this 45-story tower hotel is home to Dubai's only Buddha Bar. It's also where you'll find Indego by Vineet and Rhodes Mezzanine by British celeb chef Gary Rhodes. Grosvenor also has a prime location and is just a short walk away from the city's popular city nightspots. 04 399 8888 www.grosvenorhouse-dubai.com ►

EAT

1 **Plantation**

Delightful French pastries, a flavoursome a la carte menu, the best of English afternoon tea and even full Arabic breakfasts hit all the right notes for those with discerning taste buds. Plantation's USP however remains its cheese. The contemporary lounge has over 20 varieties of cheese sourced directly from artisanal farms in France. Located in the Sofitel Dubai Jumeirah Beach. 04 448 4733 ►

DISCOVER

1 **Cinema Under the Stars**

The UAE's first outdoor cinema is all set to open on JBR – The Walk as part of newly opened The Beach mall. Developers promise that the cinema's high-definition big screen can be viewed from any given direction. There will also be a cordoned off section directly in front of the screen, with bean bags for movie buffs to relax in. ►

330

the number of outlets along The Walk, covering a range of services and venues, from world-renowned brands to bespoke boutiques and one-off designer labels

30

currently over 30 cuisines from around the world are served at restaurants and cafes on The Walk

1,200

the number of parking spaces available at the newly opened Beach mall

1.7km

the length of The Walk

1,000,000

the number of visitors the promenade receives each year

6

the number of years The Walk has been entertaining residents and tourists with its happy mix of outlets and Miami-inspired lifestyle experiences

IN THE PIPELINE:

DUBAI TRAM

Dubai is getting ready for its latest infrastructural revolution - the Dubai Tram. You'll see that work on the lines is nearing completion at JBR and you'll probably spot one of the trams being tested. However, you'll have to wait until the end of the year before

you can take your first ride on the Al Sufouh Tramway. The 10.6 kilometres line, currently being constructed alongside JBR, will run from Dubai Marina to AL Sufouh, comprising 17 passenger stations. Eleven will be covered in the first phase, due to be completed at the end of 2014. Authorities

expect 3,500 passengers in each direction every hour in phase one, which will increase to 5,200 in phase two. Dubai Tram will link to the Red Line of Dubai Metro and also the Palm Jumeirah Monorail.

DUBAI EYE

JBR will also be the site for

another record-setting project by Dubai. The world's largest ferris wheel, the Dubai Eye will stand on the Bluewaters Island project, being built off the coast of JBR. At 210m, the Dhs1 billion Dubai Eye is sure to offer breathtaking views of the city and beyond.

SLEEP

2 **Hilton Dubai Jumeirah Resort**

You can always rely on the Hilton for well-furnished accommodation and award-winning restaurants. 04 399 1111 WWW3.HILTON.COM

3 **Habtoor Grand Beach Resort & Spa**

A favourite stay for the international jet-set, the hotel is quintessential Dubai living. 04 399 5000 WWW.GRANDJUMEIRAH.HABTOORHOTELS.COM

4 **Le Meriden Beach Resort & Spa**

Meriden impresses with its massive private beach, indulgent spa and a choice of 14 restaurants including Rhodes Twenty10. 04 399 5555 WWW.LEROYALMERIDIEN-DUBAI.COM

5 **The Address Dubai Marina**

The Address enjoys a cult following with those looking for impeccable service and luxuriant stays. 04 436 7777 WWW.THEADDRESS.COM

6 **Movenpick Hotel Jumeirah Beach**

An impressive infinity pool with cabanas, Body Talk spa and knowledgeable staff cater to the holidaying traveller. 04 449 8888 WWW.MOEVENPICK-HOTELS.COM

EAT

2 **Bazerkan**

For Lebanese food executed with perfection in a great ambience head to Bazerkan. **AMWAJ 5, PLAZA LEVEL** 04 424 3838

3 **BiCE**

Try the homemade ricotta and spinach tortelli with truffle sauce or splash out on the house special lobster fettuccine. **HILTON DUBAI JUMEIRAH** 04 399 1111

4 **Bo House Café**

Bo House is all kitsch and colourful; with splendid coffees and a gelato counter (made in-house) which won rave reviews in Italy. **NEAR HILTON DUBAI JUMEIRAH** 04 429 8655

5 **Butcher Shop & Grill**

The café's claim to fame is the 'giant beef kebab', a 400g mountain of meat. **RIMAL 5** 04 428 1375

6 **Kösebasi**

Turkish sausages, flatbreads, kebabs, mezze and a 'Turkish' pizza too. **RIMAL 5** 04 439 3788

7 **Saladicious**

With a café-meets-gourmet-deli-vibe, Saladicious is hugely popular for its salads and cappuccinos and gratifying sandwiches. **SADAF SECTOR** 04 345 5822

DISCOVER

2 **Sand Sculptures**

Australian Jenny Rossen captures the highs of a Dubai life in her sand sculptures along the beach at JBR. The most popular is the sandcastle that represents all of Dubai's most loved landmarks. Rossen took 16 days to craft the castles; three of the sculptures weigh 35 tonnes and the biggest of all has been made from 80 tonnes of sand.

3 **Art by the Beach**

The Walk is a veritable outdoor art gallery - think quirkily painted stairs, benches, vases and mashrabiya. Looking for something you can buy? Head to Gallery One at the Movenpick for prints by regional artists.

4 **Street Shopping**

Vintage accessories, hand-made gifts, fair-trade goods, art and photography are the highlights of the open market at The Walk. Don't forget to bargain!

5 **Yoga at the Beach**

The Beach Mall at JBR is helping keep residents and tourists healthy by offering free yoga sessions in its lawns every Sunday, Tuesday and Thursday mornings. Sessions start at 8.15am. INFO@THEBEACH.AE

From the region's foremost storyteller for children



Julia Johnson

A featured author
at the Emirates
Airline Festival of
Literature 2014





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PLAZA
JUMEIRAH BEACH RESIDENCE

Whizzing around town with Annabel

My most recent find in Dubai was the beach development at Jumeirah Beach Walk. It's incredible, with an outdoor cinema, shops, a promenade, children's play areas, and more cafés and restaurants.

For boutique shopping at its best head to S*uce – it has a great mix of things from one-off items of clothing to quirky little gifts.

The last gallery I visited in the city was The Majlis Gallery, Bur Dubai, that sells local crafts and jewellery as well as stunning artwork.

For quiet time I'd ride a horse through Mushrif Park near Mirdif. All you can hear is the clop of the horses' hooves, the creak of the saddle and the birdsong of thousands of birds in the massive trees above your head.

ANNABEL KANTARIA, winner of the Montegrappa First Fiction competition 2013, and expat blogger for the Telegraph UK reveals her favourite Dubai haunts



START YOUR DAY BY taking an early morning walk on Black Palace public beach – the sea is often very calm in the early morning and, if the tide's out, you can find beautiful shells and starfish. It's a very grounding way to start the day.

IF I HAD ONLY 24 HOURS TO EXPLORE DUBAI I'd head down to the Al Fahidi Historical District by Dubai Creek. After an Emirati breakfast and cultural talk at the SMCCU, I'd wander through the lanes, wondering what it must have been like to live there in the olden days and nip into the local art galleries and shops. I'd walk down past the Ruler's Court to the fabric souk and jump on an abra across the Creek to the spice souk and the gold souk, stopping for tea in a local tea shop. If time allowed, I'd wander through the rooms of Sheikh Saeed's house and take an abra back. In the evening, I'd take an RTA water taxi from the Creek down the coast to Dubai Marina, where I'd soak up the atmosphere walking along the marina and photograph the skyline at night. The next day I'd be up early to watch a camel race, season permitting, before heading off to lunch at The Ivy. That's a little over 24 hours, isn't it? I'd eat quickly!

I WOULD STAY AT XVA Art Hotel & Gallery, Bur Dubai if alone. If I was with my husband: the One&Only Palm Jumeirah. If I had the children with me: Atlantis Hotel on the Palm because there's so much for them to do there.

AN UNFORGETTABLE PLACE I'VE VISITED IN THE CITY is impossible to pinpoint. Everywhere in Dubai is unforgettable in its own way.

SHOW OFF BY HEADING to dinner on the terrace of Rivington Grill, Souk Al Baher – they get incredible night-time views of Burj Khalifa, and I'm yet to meet a tourist who's not impressed by The Dubai Fountain.

CLINK GLASSES for me has to be outdoors, so Dubai Creek Yacht Club. Fabulous views, on the water and now recently renovated.

MOST PEOPLE DON'T KNOW THIS BUT TO GET A TRUE TASTE OF THE LOCAL CULTURE you can buy beautiful camel blankets for next to nothing at the camel market on the Al Ain Road. Made of brightly coloured woven silk, they make great throws, tablecloths and wall hangings.

APPITUDE

In Dubai without a holiday itinerary? Check out our favourite free apps to help you navigate your way around this 24-hour city

DEFINITELY DUBAI

Explore Dubai with this easy-to-use location-based app. Available on iPhone devices and Android

DUBAI CALENDAR

The official listing of events in Dubai. Available on iPhone devices, Android and BlackBerry

RTA

Check public transport timings, book a cab, and get details of interesting place to go. Available on iPhone devices and Android

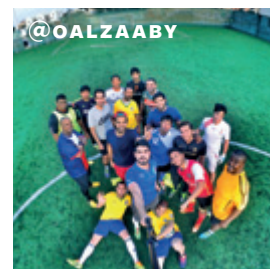
IDUBAI

Hundreds of points of interest using GPS. Available on iPhone devices, Android, and Blackberry



#MyDubai

His Highness Sheikh Hamdan bin Mohammed Bin Rashid Al Maktoum, Crown Prince of Dubai recently called for all of the Emirate's residents and visitors to join him in 'writing the world's first multi-media autobiography of a city'. Share your stories by using **#MyDubai** on Instagram, Facebook and Twitter. Turn to page 43 for more information on joining the initiative.



A LESSON IN:

The Dubai Bus Network

DUBAI BUS WAS THE MAIN MODE OF PUBLIC TRANSPORT AND REMAINS AN INTEGRAL PART EVEN TODAY. HERE ARE SOME USEFUL TIPS ON TAKING A BUS IN DUBAI.

PLAN YOUR JOURNEY

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RAMADAN KAREEM

The Holy Month of Ramadan is drawing close.
If you've just arrived in Dubai, this is your best
chance to soak in the local culture.



WHAT IS RAMADAN?

Ramadan is the holiest time of the year for Muslims around the world. The ninth month of the Islamic calendar, it is believed that the first verses of the Holy Quran were revealed to the Prophet Muhammad (Peace Be Upon Him) at this time. This year, Ramadan is expected to commence in the UAE on June 29 and end on July 27; its actual dates on the Gregorian calendar vary from year to year as they are determined by the Islamic lunar calendar. The festival of Eid Al Fitr marks the end of the Holy Month. Each year, the month of Ramadan ushers in great spiritual and social benefits, not just for Muslims, but for mankind as a whole.

In the UAE and across the Muslim world, time-honoured traditions, Islamic culture and hospitality are at their peak during the Holy Month. Make the most of this time to catch up on your dose of culture in Dubai.

SPIRITUAL BENEFITS

The highlight of the month is the fast that believers observe from dawn to dusk. With the intent to instil

humility, patience and spirituality, believers are asked to abstain from eating, drinking, smoking, immoral activities and impure thoughts during the fasting period. "Self restraint is the essence of this holy time and with it come feelings of realization and gratitude for the things we take for granted," says Nasif Kayed, managing director, Sheikh Mohammed Centre for Cultural Understanding (SMCCU).

Ramadan is also believed to be the month of mercy, when noble intentions and good deeds bring greater reward than the rest of the year. As such many people especially undertake charitable work, observe chastity and attempt to read the entire Holy Quran at this time. It is during this month that the obligatory charity, called Zakat, is distributed to the poor and needy. Muslims believe that more blessings are bestowed on them when Zakat is given during Ramadan. Apart from the feeding of poor and taking care of widows and orphans, the Holy Quran gives equal emphasis to smaller acts of benevolence as well. These are not limited to Muslims only and can be extended to people of other faiths as well.

SOCIAL IMPACT

Islam forbids lying, cheating, quarrelling, backbiting, slander and gossip and this is emphasized even more strongly during Ramadan. “This is the month the entire community comes together in an effort to become better human beings.

Whether it is the rich helping the poor or the general abstinence from bad behaviour, the world becomes a better place,” continues Kayed.

As a sense of spirituality settles in, business slows down and familial relationships become the focus of life. The break of the fast or Iftar becomes a time for family and friends to come together and share a meal. “Muslims should extend the Iftar to their non-Muslim friends as well. It’s a great time to acquaint them with Islamic traditions. Non-Muslims too, should take an

effort to participate in Ramadan. “Muslim or not, all can appreciate the overarching themes of the blessed month, that of tolerance, compassion, gratitude and above all charity,” advises Kayed.



DO'S AND DON'TS DURING RAMADAN

Tolerant though it is, Ramadan serves as a healthy reminder that Dubai remains a predominantly Muslim city. As such, it is vital to understand the rules of public conduct during the Holy Month. Here are some essential dos and don'ts and some tips for making sure you get the most from the experience.

✔ BE EXTRA VIGILANT AT SUNDOWN

As sundown approaches, fasting Muslims head home to pray, be with family and of course break their fasts. The roads can be hectic at this time - it may be best to delay your trip just half an hour until the rush is over.

✔ DO ACCEPT INVITATIONS

If you have been invited to an Iftar meal with friends or colleagues, do go along. Remember not to go empty-handed. Arabic desserts are always a good option to offer your host.

✔ DO EXCHANGE RAMADAN GREETINGS

It is customary to use the greeting “Ramadan Kareem” when meeting Muslims, and at the end of Ramadan, for the three day Eid celebrations, “Eid Mubarak”.

✔ DO BE CHARITABLE

Be generous to those less fortunate by donating food, clothes or money to individuals and charitable organisations.

✔ DO STOP SMOKING

As with eating and drinking, smoking is not allowed in public during the Holy Month of Ramadan. It's the perfect time to quit.

✔ DO DRESS APPROPRIATELY

Both men and women should dress conservatively, and not display too much skin when in public. Cover shoulders and upper arms, hemlines should reach the knee and pay attention to necklines.

✔ DO BE CONSIDERATE

Fasting can play havoc with a person's eating and sleeping habits, be sympathetic to people around you.

✗ DON'T KISS OR HUG YOUR PARTNER IN PUBLIC

During Ramadan, avoid demonstrative acts of affection in public, as you may cause offense.

✗ DON'T PLAY LOUD MUSIC

Ramadan is a time for prayer and spiritual reflection. As such, it is important to respect the peace by not playing loud music in your home or car.

✗ DON'T EAT IN PUBLIC

Show respect for those who are fasting during the day by not eating and drinking in front of them. Most malls, and all hotels, will have one or two eateries open but discreetly tucked away behind screens and closed doors.

FASTS TO FEASTS *Meals to Remember*

The Holy Month is a time to celebrate life, health, family and friendship. What better way to do this than to join together, break the daily fast, and enjoy wonderful Arabian fare. During Ramadan, the whole city unites during Iftar - the meal that breaks the fast when Muslims can eat. Every eatery in town – right from street-side vendors to the emirate's finest dining establishments – serve the best of Arabic and other international cuisines. Majestic tents decked out with Arabic lanterns, silver coffee pots and cups, and platters of luscious dates and chilled laban welcome guests while the gentle strains of the oud soothe tired minds.

Atlantis, The Palm

Making Iftar a meal to remember is Asateer, Atlantis' annual Ramadan tent. The exotic Arabesque enclosure overlooks the Arabian Gulf and lets guests embark upon a remarkable gastronomic journey through Middle Eastern cuisine. The lavish Iftar and Suhoor buffets incorporate live cooking stations offering traditional delights including Ouzi; Kebab, bil Laban, meat balls made with beef and onions and simmered in a light yoghurt sauce; and Fish Sayadiya, a classic fish dish served with spiced rice and caramelised onions. The dessert menu is incredible too - Assafiri, a sweet crepe filled with Arabic Kashta cream; Turkish delight and nougat stations, and a selection of Arabic ice cream. 04 426 2626

Habtoor Grand Beach Resort and Spa

This Eid, the Habtoor Grand resort is bringing Arabic hospitality to life through its sumptuous themed lunch and dinner buffets for all three days of the Eid celebrations. Menu highlights include Ouzi, a lamb and rice dish

infused with Arabic spices among other delicacies and traditional Arabic desserts and juices. The hotel also has special activities planned for children such as bouncy castles, face painting and meet-and-greet with popular cartoon mascots. 04 399 5000

Dusit Thani

Dusit's 24th floor is not only promising breath-taking views this summer, but also delectable Iftars at both The Californian and PAX restaurants. Tables will be laid with mouth-watering varieties of traditional Arabic as well as international dishes. Menu highlights include hot and cold mezze, grilled meats, fresh juices and freshly brewed Arabic coffee in addition to traditional desserts. To make the feast more meaningful, the hotel will donate a percentage of the proceeds to UAE-based charity, Operation Smile UAE. 04 317 4515

JW Marriott Marquis

To honour the Holy Month, JW Marriott is offering three kinds of special Iftar and Suhoor meals. Its grand Dubai Ballroom

will don the ambience of an opulent Arab majlis complete with traditional seating, shisha and live oud players. The Iftar buffet will feature a variety of traditional Emirati classics while Suhoor will be served a la carte. Kitchen 6, the hotel's award-winning multi-cuisine restaurant will have specialty chefs whipping up Middle Eastern grills, European roasts, Indian curries, Asian wok delights and sumptuous dessert platters every evening. Nawwara's a la carte menu is ideal for a Mediterranean Iftar with an arabesque twist. Buffets are priced at Dhs195 and start from sunset onwards. 04 414 3000

Sheikh Mohammed Centre for Cultural Understanding

The SMCCU hosts one of the most authentic Arabian Iftars in Dubai. The meals are prepared by local chefs and include all the highlight of a traditional Arabic meal such as balaleet, chebab, machboos and saloona among others. Following the Iftar, guests are given a guided tour of the Fahidi Historical neighbourhood and Diwan Masjid. 04 353 6666

MEAL TIME

Suhoor

Suhoor is taken by Muslims prior to the start of the fast. It is eaten before dawn and is considered the most important meal during Ramadan. A healthy Suhoor helps believers to persevere through their fast. It is believed that Suhoor is the most blessed meal during Ramadan.

Iftar

Iftar is the evening meal Muslims take at the time of breaking their fast, at sunset in Ramadan. A typical Iftar starts off with of dates, fruit, laban (buttermilk) and juices.



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● *Around Town*

If you were hesitant about heading to Dubai this Ramadan, rest your fears. This year, Dubai is prepping up for its most spectacular summer celebration ever. The city's new three month 'Dubai is Summer' campaign will beautifully tie in the Dubai Summer Surprises, Modhesh World, Ramadan in Dubai and Eid in Dubai festivals into one seamless and complete value-for-money package. Under the campaign, visitors will be able to avail cheaper air fares, luxury hotels stays at reduced rates, mega-discounts for kids on attractions and dining and shopping becomes even more rewarding. The malls are relatively uncongested in the day time, discounts are bigger than ever and come coupled with amazing prizes worth millions of dirhams.

Dubai's flair for celebration makes a visit during Ramadan a truly spectacular experience. The local culture can really be felt as the city's event calendar is packed with happenings that celebrate heritage and tradition.

● *Ramadan Night Market*

We like to call this experience soulful shopping. The last 10 days of Ramadan are traditionally the most important. At this time, when spirituality is at its peak, believers are also busy preparing for the Eid celebrations. The Ramadan Night Market offers not only convenience but also a wide variety of everything you need for Eid. Think fashion, food, gifts, home accessories, electronics and almost everything you can think of. The Market is held at the Dubai World Trade Centre from 8pm to 2am during Ramadan and 5pm to Midnight during Eid.



KNOW ISLAM AT THE 2014 RAMADAN FORUM

Each year the city of Dubai invites prominent speakers from around the Muslim world to spread awareness about the teachings of Islam. Lectures are held in English, Urdu, Tagalog and Malayalam at the Zabeel Hall of the Dubai International Convention and Exhibition Centre.

FIVE-A-DAY

The muezzins call to prayer or adhan is perhaps the most soul-stirring echo you will hear through-out the city, all year around. The five daily prayers are the second pillar the Islamic faith rests on and is obligatory upon all Muslims. The importance of the prayers lies in the fact that no matter what actions one performs in his life, the most important is one's relationship to God. Prayer demonstrates and improves a believer's relationship with the Almighty and helps him to keep away from sin.

Muslims pray five times a day. The stipulated prayer timings are:

FAJR – PRE-DAWN

Offered before sunrise, this prayer marks the start of the day with the remembrance of God.

DHUHR – NOON

After the day's work has begun, one breaks shortly after noon to again remember God and seek His guidance.

ʿASR – AFTERNOON

In the late afternoon, people are usually busy wrapping up the day's work, getting

kids home from school, etc. In the midst of all the activity, it is an important time to take a few minutes to remember God and ponder the greater meaning of our lives.

MAGHRIB – SUNSET

Just after the sun goes down, Muslims remember God again as the day begins to come to a close.

ʾISHA – EVENING

Before retiring for the night, Muslims bow down in prayer to thank God for His guidance, mercy, blessings and seek forgiveness.



ASATEER TENT, ATLANTIS, THE PALM



EID FEAST

UMM ALI

Try it yourself!

INGREDIENTS

8 pieces croissant or 600 g,
medium size, plain, and cut
into small pieces
3 tablespoons raisins
3 tablespoons desiccated
coconut
3 tablespoons flaked almonds,
toasted
3 tablespoons pistachio nuts,
cracked
1 400g tin of sweetened
condensed milk
1 teaspoon vanilla essence
1ltr water
250ml reduced fat cream,
whipped

PREPARATION

- ① Combine croissant pieces, raisins, coconut, almonds and pistachio in a baking dish.
- ② Place condensed milk, vanilla and water in a large saucepan and bring to boil then remove from heat and pour immediately over the croissant mixture in the baking dish and set them aside for five minutes or until croissants absorb the maximum of the liquid.
- ③ Place whipped cream in a piping bag and pipe the cream over the prepared mixture in the baking dish.
- ④ Place the baking dish in a preheated oven at 200°C using the grill part of the oven and grill for five minutes or until the cream topping is golden color.
- ⑤ Serve it immediately.

Eid Mubarak!

Eid Al Fitr marks the end of Ramadan and is an occasion of great joy for Muslims around the world. For believers, Eid marks not only the end of the restraints of Ramadan but is also celebrated in the hope that all their past sins have been forgiven. The Eid celebration starts with the special congregational Eid prayers held after sunrise, usually in an open space known as an Eidgah.

Once the prayer is over, it is customary to greet friends and relatives with Eid Mubarak, which means blessed eid or Eid Saeed, meaning happy eid.

Like all festivals, Eid Al Fitr is celebrated with great enthusiasm. Right from new clothes and accessories to hands decorated with henna, all are an intrinsic part of the Eid celebrations. It is also customary to exchange gifts as a mark of solidarity and brotherhood. Children and women are usually given monetary gifts known as 'eidi'. Food and drink are an indispensable part of the festivity and most households will have a lavish spread of traditional delicacies.

DON'T MISS the spectacular fireworks display and international concerts that are planned during this time. Event details will be available on WWW.EIDINDUBAI.AE SOON.

Eidiyat in Dubai

Just as the Ramadan Night Market is winding up, the Eid in Dubai festival starts. This spectacular celebration, which will run from 28 July to 1 August this year, rings in a host of entertaining activities and events bringing together people from all backgrounds. The highlight of the Eid in Dubai fest is the the 'Dubai 24 Hours' shopping initiative that was launched in 2012 on a directive from His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai. The city's leading malls, such as The

Dubai Mall, Mall of the Emirates, Deira City Centre, Mirdif City Centre, Dubai Festival City Mall, Oasis Centre, Arabian Centre and Lamcy Plaza, stay open 24 hours on the first and second day of Eid, allowing families and tourists to enjoy the experience of shopping throughout the night, and picking up great bargains and deals from participating malls and thousands of retail outlets that stay open round-the-clock. A range of concerts and activities have also been planned for this period by the Dubai Festivals and Retail Establishment (DFRE).

The Pillars of Islam

The five pillars of Islam define the basic identity of Muslims - their faith, beliefs and practices - and bind together a worldwide community of believers into a fellowship of shared values and concerns.

SHAHADAH, profession of faith, is the first pillar of Islam. Muslims bear witness to the oneness of God by reciting the

creed "There is no God but God and Muhammad is the Messenger of God". This simple yet profound statement expresses a Muslim's complete acceptance of and total commitment to Islam.

SALAH, prayer, is the second pillar. The Islamic faith is based on the belief that individuals have a direct relationship with God. The world's Muslims turn

individually and collectively to Makkah, Islam's holiest city, to offer five daily prayers at dawn, noon, mid-afternoon, sunset and evening. In addition, Friday congregational service is also required. Although *salah* can be performed alone, it is meritorious to perform it with another or with a group.

ZAKAT, almsgiving, is the third pillar. Social responsibility is considered part of one's service to God; the obligatory act of *zakat* enshrines this duty.

SAWM, fasting during the Holy Month of *Ramadan*, is the fourth pillar of Islam.

HAJJ, the pilgrimage to Makkah, is the fifth pillar and the most significant manifestation of Islamic faith and unity in the world. For those Muslims who are physically and financially able to make the journey to Makkah, the *Hajj* is a once-in-a-lifetime duty that is the peak of their religious life.



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IN FLASHBACK...

Dubai has an intriguing past and one that is well preserved too – from the city's museums and heritage sites to sporting events.



DUBAI'S PEARL MUSEUM

See some of Dubai's most exquisite pearls at the NBD Pearl Museum. The museum's pearl collection has been donated by Sultan Al Owais – one of Dubai's most important pearl merchants, poets and philanthropists. Al Owais' pearl collection dates back to the early 1970s and constitutes a large number of Oriental (salt-water) pearls. Some of the finest pearls of the Gulf are part of this collection. Exquisite pieces of perfectly round unblemished silver-white pearls of metallic lustre crown the finest lots. He donated his pearl collection to the people of the UAE under the custodianship of the National Bank of Dubai, which created a purpose-built museum in its headquarters to display the stunning collection. Advanced booking with Emirates NBD is advised.

WWW.PEARLMUSEUM.AE

Dubai Museum, near the Al Fahidi Historical Neighborhood, also has some mesmerising exhibits that showcase the pearling history of the emirate. Think life size dioramas, ancient pearling equipment and garb too.

LOOKING AT THIS futuristic, skyscraper metropolis, it's hard to think that go back just 50 years and Dubai was little more than a fishing village beside the Creek with much of the life lived by Bedouin in the vast surrounding desert or by pearl divers out scouring the bed of the Arabian Sea. Life was tough and was all about survival.

Today, Dubai is rightfully proud of its phenomenal progress, yet it holds on tightly to its past and is keen to keep its history alive. What were once survival tactics are today cultural sports that remind us of an Arabian culture of yesteryears.



DUBAI PEARLING DHOW

PEARLING

Al Ghaffal brings to the fore the mainstay of ancient Dubai's economy – pearling. Before the discovery of 'black gold', pearling dominated the emirate's economy. From June to September, boatloads of between 15 and 60 men stayed at sea for up to four months, moving from one pearl oyster bed to another and sheltering from storms on the Gulf islets. Equipped with little more than a nose clip, ear plugs and finger pads, and surviving on a diet of fish and rationed water, the men would dive on weighted ropes to depths of around 15m (49ft) up

to 50 times a day. In two or three minutes under water they could collect up to a dozen pearl oysters.

Famous for their rose colouring, Dubai pearls were traded in India, from where they were sent to Paris. The popularity of the Japanese cultured pearl from the 1930s devastated the Gulf industry virtually overnight. However, the vision of the Al Maktoum family ensured that Dubai with its free-trade port was not as badly affected as other pearling economies. While the emirate's economy revived, unfortunately, its pearling industry could not survive.

THE WORLD IS YOUR OYSTER Experience the thrills of pearling first-hand at the Pavilion Dive Centre at Jumeirah Beach Hotel. Equipped with nothing except the traditional clothing of the ancient divers (a cotton shirt and baggy trousers) and a nose clip, participants board a dhow off the shores of Jebel Ali and set out to collect oysters from the shallow Gulf waters. The experience is truly authentic with the divers allowed to use only the original pearl diving techniques. Call 04 406 8828 for reservations.

DID YOU KNOW?

In 2011, Dubai hosted the sale of the world's largest pearl – a drop-shaped natural pearl weighing 59.92 carats (the weight of a Dhs1 coin). It was sold for Dhs934,842 at Christie's Dubai.

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**FEBRUARY
2003,**

one of the most remarkable events in the recorded history of falconry took place when a falcon owned by Sheikh Mohammed bin Rashid Al Maktoum brought down a deer many times its own weight. The hunt was a long and arduous one. When the falcon finally captured the deer, it is reported to have lifted it several times. This is thought to be the first time that a falcon has taken a deer.

KINGS OF THE SKY

It's no coincidence that the emblem of the United Arab Emirates is a golden falcon, since falconry takes centre stage within Dubai's heritage and culture. The fastest birds on earth, falcons were used by the Bedouins for centuries for both hunting and communication.

Today, falconry has taken the form of sport – and a regal one at that. Every year hundreds of falconers bring their prized birds to compete in the Fazza Championship for Falconry – a competition designed to revive and keep alive this exciting sport in the region. Organised by the Hamdan bin Mohammed Heritage

Centre, the Championship has become one of the most awaited competitions in the emirate's heritage sports calendar. The anticipation while the falconer lures the bird into the sky by teasing it with bait; the splendor of the falcon's speedy flight and the thrill as it swoops down quicker than lightning to grab the bait – all have to be seen to be believed. Though falconry is a game of wits, it also demonstrates the mutual respect and close bond between man and his bird, for falconry requires a great deal of patience, skill and courage to capture, tame and train the majestic falcon.

THE MAJORITY OF the city's tour operators are helping keep this tradition alive by offering falconry displays as part of their desert safari expeditions. The Bab Al Shams Desert Resort & Spa and Al Maha Desert Resort & Spa are also committed to falconry and offer guests one-to-one interactions with these beautiful birds.



The Legacy of the Dhow

Head to the Jaddaf dhow building yard (across from Dubai Festival City) for a lesson in Dubai's sea-faring heritage. In spite of tough competition from the fancier and faster boats of today, the artisans of this ship yard still toil away at the dhows, employing only traditional tools and techniques to carve them from teak and shesham wood. Don't forget to take your camera: an elegant dhow picture is a welcome addition to any home.



AL GHAFAL DHOW RACES

Every May, scores of traditional dhows will ply the waters of the Arabian Gulf between Sir bu Nair island and Mina Seyahi. Skimming the surface of the sea, brilliant white sails billowing in the wind and polished hulls gleaming beneath the sun - these dhows are not simply a stunning sight on a beautiful day, they are also keeping alive an ancient tradition of shipbuilding that stretches back to Dubai's early trading days.

First held in 1980, Al Ghaffal commemorates the emirate's

pearl divers who were an important part of Dubai's early trading history. In fact, the starting point of the race, the island of Sir bu Nair, historically, is where the pearl fleets would stop on their long journey home after months at sea looking for precious pearls. The crew was made up of free divers and sailors who had their own seafaring culture and language; words for different types of weather conditions, sails and parts of the boat and songs about journeys and chants to

get them through grueling times. Ghaffal means 'return' and implies the return of the dhows after a grueling expedition. It was a fascinating era and the city was determined not to lose this significant piece of the country's history, hence, the Al Ghaffal race was initiated. Today Al Gaffal is an annual spectacle when over 100 beautiful 60ft dhows race for more than 50 nautical miles along the coast. It also brings to a close the watersports season at the Dubai International Marine Club.

THE CAMEL PARADE

The receding winter also marks the culmination of the Camel Festival in the UAE. Camels were an integral part of the ancient Bedouin life, essential for survival in the harsh desert. Relied upon for transport, milk, meat and even hides for protection, camels were revered and much loved. While the onset of modernisation has made redundant much of the role of the camel, the love for these majestic creatures remains alive in the heart of all Emiratis even now. Today, their passion for the 'Ship of the Desert' is demonstrated through the thrilling sport of camel racing held throughout the winter.

The Marmoon Camel Fest is one of the most popular camel races attracting racers from the farthest corners of the country. In an ambience marked by a carnival-like atmosphere, rows of SUVs blare their horns to cheer participants while manic Arabic commentary booms out of loudspeakers, robot jockeys steer the camels along the sand tracks vying for first position, not to mention prizes going up to millions of dirhams for their owners.

Emirati Bites

Just like its culture, Emirati food is full of flavour, colour, variety and spice

WHILE DUBAI doesn't have a Michelin Guide of its own, the city's appetite for glamour has compelled a slew of Michelin-starred and celebrity chefs to set up kitchens here. Outposts of restaurants with international acclaim, a primarily expat population and a strong eating-out culture has ensured that the city's dining scene is splitting at the seams. Among this deluge of international flavours, be sure not to overlook the local Emirati cuisine.

There are numerous Arabic restaurants, cafes and fine-dining options scattered across the city. And that is where Emirati food takes its hardest hit – being confused with the cuisine of the Levant. The quintessential

street shawarma, hummous and tabbouleh don't quite do justice to the "soul food" that makes up the Emirati menu.

The true difference of Emirati dishes lies in the preparation as well as in the fresh, locally-grown herbs used. The food is usually cooked in one pot and saffron, cardamom, turmeric and zaatar are the core flavours that are infused into Emirati cooking. Meal spreads are vast – that's how the Emiratis show their hospitality. There's plentiful use of meat, seafood, grain and dairy. Camels are highly prized (thanks to the rich prize purses granted at camel races!) and eating of camel meat is usually reserved for special occasions.

Now that you have a fair idea

of what to look for, there comes the question of where to look for it? We scoured the city looking for eateries that serve the most authentic local bites. Here are the ones that made the cut.

KLAYYA BAKERY AND SWEETS

What Klayya lacks in size, it makes up for in substance. This bright, colourful and quaint outlet is ideal for Emirati breakfast classics. We especially recommend the ryoog yerena plate (a filling combo comprising date omelette, three types of fresh bread and a cup of karak chai) and haleeb kastar (rich, sweet custard milk with chia seeds).

INFO: Barsha Mall. 04 325 5335
WWW.FACEBOOK.COM/KLAYYA





SMCCU

EMIRATI MEALS can't get anymore authentic than the ones served at the Sheikh Mohammed Centre for Cultural Understanding. Prepared in the home of the centre's founder, Abdullah bin Eisa Serkal, these cultural meals began more than 15 years ago and were originally prepared by Abdullah's mother. Today her recipes are prepared by local chefs as the **SMCCU** continues to preserve the traditions and customs of the bedouin meal.

Guests can choose between breakfast or lunch; prices start at Dh\$70. Advance bookings are required.

04 353 6666
WWW.CULTURES.AE



► AL FANAR

Vouched for by Emiratis themselves, Al Fanar scores on all fronts – an outdoor ambience reminiscent of a Bedouin village; vaulted doors that lead to more intimate seating inside and a truly authentic Emirati menu. Try the shorabat adas (lentil soup), thareed (a hearty meaty stew made with lamb and vegetables spooned over pieces of Arabic bread) and samak mashwi (grilled fish). **INFO:** Dubai Festival City Mall. 04 232 9966, WWW.ALFANARRESTAURANT.COM

BAIT 1971

Bait 1971 offers two Emirati highs: a sumptuous local menu and breathtaking views of the sea. Bait has also caught the fancy of HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President of the UAE and Ruler of Dubai. The menu includes classics such as biryani maleh (rice with dried fish), and Ouzi (a whole baby goat stuffed with rice, raisins, nuts and lentils). **INFO:** Bait Al Bahar, Offshore Sailing Club. 04 394 4441 WWW.FACEBOOK.COM/BAITALBAHAR

MAMA TANI

Specialising in the quintessential Emirati khameer, Mama Tani's freshly baked breads are a must try. The khameers are freshly baked in store

each morning and come with a variety of bespoke fillings such as avocado, cardamom, rose and saffron creams and even dulce de leche. Finish off with a cup of hot chocolate made of camel milk. **INFO:** Town Centre Mall, next to Mercato, Jumeirah Beach Road. 04 385 4437 WWW.MAMATANI.COM

MILAS

Its modernised take on Emirati food makes Milas a must-try for Emirati cuisine. The setting is pleasing, service is obliging, waiters are knowledgeable and the food is highly enjoyable. Try the nakhi with meat (Emirati version of hummus), falafel bites, saffron chicken kebab and kunafa. **INFO:** The Dubai Mall, Downtown Dubai. 04 388 2313. WWW.MILAS.CC

AL HADHEERAH

Emirati cuisine becomes a fine dining experience at Al Hadheerah. Attached to the luxurious Bab al Shams Desert Resort and Spa, the fort-like venue incorporates live cooking stations, wood-fired ovens and spit roasts in its menu. A mesmerising falconry display, camel caravan, horse show, Arabic singers and Tanoura dancers create an ambience to remember. **INFO:** Bab Al Shams Desert & Spa Resort. 04 809 6194 WWW.MEYDANHOTELS.COM/BABALSHAMS



QUINTESSENTIAL LIVING



Taj Palace Hotel Dubai, located in the heart of Dubai. This 5 Star deluxe hotel offers impeccable amenities and service for a memorable stay. Nearby, guests will find much to see and do including Arabian shopping bazaars, cultural centres, shopping malls and more. The Hotel is 2 minutes away from Al Rigga Metro Station and 15 minutes from Dubai International Airport.

Taj Palace Hotel Dubai features 249 well appointed guest rooms, suites and apartments, 5 specialised restaurants, Taj Spa, one of the finest spa in the city, recreation and fitness facilities plus well appointed meeting rooms.

For reservation, please call

Taj Palace Hotel Dubai at 04 2113034

E-mail tphsales.dxb@tajhotels.com

P.O.Box 42211, Dubai – United Arab Emirates, Tel +971 4 2232222, Fax +971 4 2113072, www.tajhotels.com

TAJ
PALACE
DUBAI
تاج بالاس دبي



HAREES



LUQAIMAT

TIP

If you can't source date honey make a **SIMPLE SYRUP** by boiling – without stirring – one cup of sugar and a quarter cup of water.

Do it yourself

Emirati cooking may not be a fast-food option but the ensuing wholesome and delicious results are definitely worth the effort. Don't be put off by the long list of ingredients – they are easily available across all supermarket shelves in the UAE.

Luqaimat

A treat of an Emirati dessert; light, crispy and deliciously sweet thanks to the date syrup. Often eaten during Ramadan, these doughnut-like balls take no time to make and less time to disappear.

Ingredients:

2 cups all-purpose flour
1 teaspoon dry yeast
1 1/2 teaspoons sugar
A pinch of salt
1/2 teaspoon cardamom powder
1/2 teaspoon saffron
1 1/2 cups warm water
Sunflower oil for deep frying
Date honey syrup

Method:

1 Mix the flour, yeast, sugar, salt, cardamom powder, saffron and warm water together to make your dough. Use an electric blender with a hood or paddle attachment for the best results. Leave the mixture in a warm place for 10 minutes to prove and rise. **2** Take small pieces of the dough mixture and make little doughnut balls. **3** Ensure your cooking oil is hot then gently drop in the balls and cook for two to three minutes or until golden brown. **4** Remove from the frying oil and place onto paper towel to absorb any excess oil.

Harees

UAE's most popular fare, harees is a hearty meat-based porridge.

Ingredients:

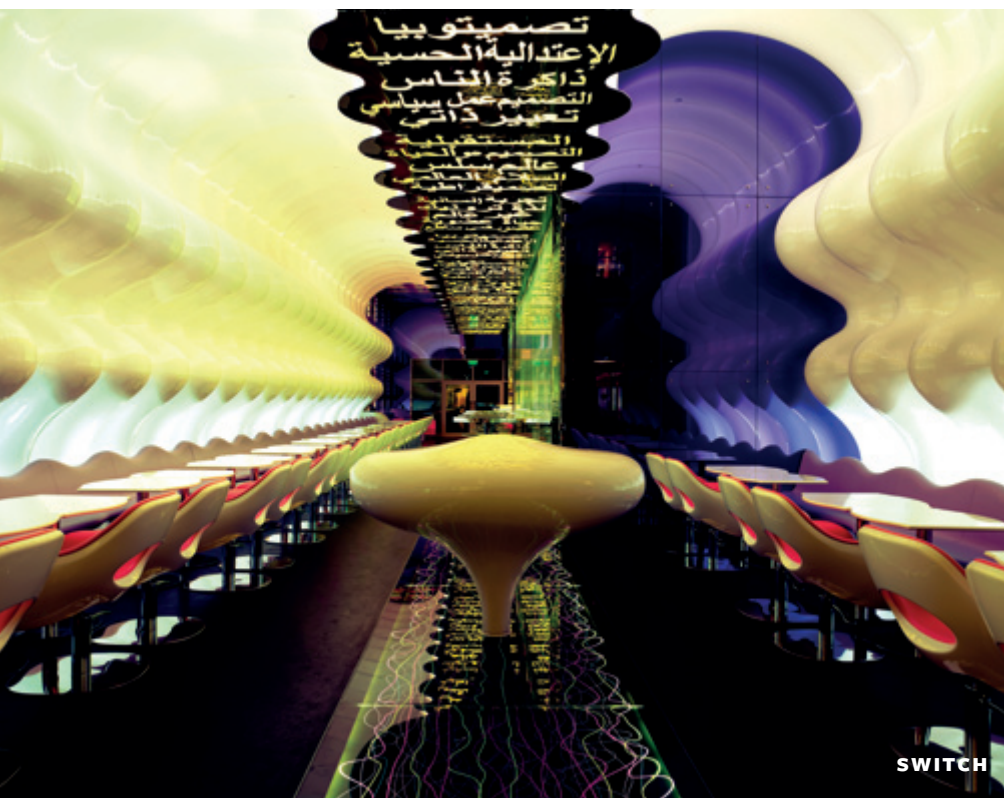
2 cups of harees (wheat berries) soaked overnight
1 kilo of locally sourced lamb
2 sticks of cinnamon
Clarified butter as required
Salt and pepper to taste

Method:

1 Boil the meat until tender, then debone. Save the stock for later use. **2** In a large pot, add the harees, deboned lamb, cinnamon, salt, pepper and the stock. Add water if needed. The stock/water will need to cover the harees by about two to three inches. **3** Bring to the boil and then turn down to simmer until the mixture reduces to a watery oatmeal-like consistency. Continue to cook for about one hour, checking and stirring every 10 minutes. **4** Using a hand mixer, blend the harees in the pot until smooth and thick in consistency. **5** Serve on a small platter and spoon melted butter over the top. Decorate the dish with patterns of powdered cinnamon.



The blog WWW.EMIRATICANKITCHEN.WORDPRESS.COM written by an American lady-married-to-an-Emirati is a good source for easy Emirati recipes.



WHEN SHAIKHA COOKS

19-year old Shaikha Al Ali is an Emirati Delia Smith in the making. Her videos of herself creating Emirati recipes in her kitchen have become somewhat of an internet sensation with her YouTube videos receiving over 15,000 hits. Shaikha has also been approached by local milk giant Rainbow to create recipes using their products. See Shaikha in action on WWW.WHENSHAIKHA COOKS.COM

The Dish of the Desert

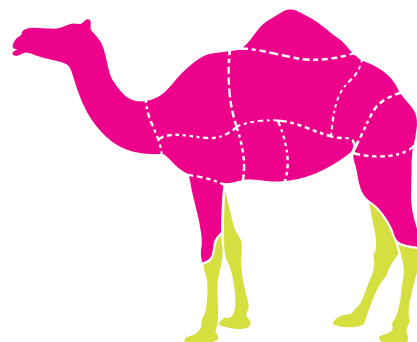
While camels have always been an integral part of the Arab culture as a traditional means of transport, the majestic creature is now revolutionising the Emirati dining scene. Piquing the curiosity of both, passionate foodies and refined gourmands, camel milk and meat are becoming must-eats. Apart from their rich flavour camel products are also coveted for their health benefits - camel milk is high in vitamin C and low in fat, more digestible than cow's milk, lower in cholesterol and suitable for the lactose-intolerant. It's also widely considered to have strong positive effects on patients with diabetes type two and hepatitis. Intrepid taste buds can head to these eateries for their own share of camel cuisine.

The Majlis, a chic Arabic-inspired outlet at The Dubai Mall, for bread, pastries, ice-cream and chocolates made with camel milk. 056 287 1522

Fine tune your taste buds at **Switch** in The Dubai Mall. The restaurant's Camel Collection includes camel tenderloin, served with herbed new potatoes and a mushroom sauce. 04 339 3131

CafezGo for Camelchinos, camel cheese sandwiches and camel-milk frappes. Al Murooj Rotana. 04 325 9955

Camel burgers anyone? **Local House** in the historic Al Fahidi district has garnered wide acclaim for its menu of camel meat burgers, soup, biryanis, steak and kebabs. 04 354 0705





DUBAI CREEK

THE ESSENCE OF DUBAI

UNESCO is in the final stages of assessing if the Dubai Creek is eligible to be included on its list of World Heritage Sites. Ahead of that much-awaited decision, we take a look at this historic site and its role in the growth of Dubai.

CUTTING THROUGH THE HEART of Dubai, the Creek has witnessed the spiraling growth of the emirate. While the city around it has flung outwards and upwards, the Creek remains frozen in time. Merchant ships still ply its waters kindling a flurry of activity when the dhows dock there. Throngs of labourers take over the Creek unloading their cargo onto wheel barrows while others simply heave them onto their shoulders and heads. Wooden crates and cardboard boxes line the pavements as traders and buyers haggle over costs. The atmosphere is electric and this is where the true business spirit of Dubai comes to life.

In fact, the Creek is where the emirate's success story began. It all started in 1833, when 800 Bedouin from the Bani Yas tribe settled at the mouth of the Creek. Engaging in trading, pearling and sea-faring, these early settlers defined what was to become the backbone of Dubai's economy. Merchant caravans laden with silk, spices and gold from India and Africa preferred the natural harbour afforded by Dubai Creek and in time, trade flourished in the Creekside souks. After the discovery of oil in Dubai in 1966, the Creek served as a crucial link to the outside world.

The UNESCO Bid

One visit to the Creek and it becomes obvious why the site should definitely be on the UNESCO list of heritage sites. Not only has Dubai carefully preserved the physical appearance and economic role of the Creek but the authentic feel of the place is intact too. The dhow workers can still be seen loading and off-loading their goods at the Creek, the only evident innovation being the replacement of the traditional sails with modern engines. Around the Creek, stands the Al Fahidi Fort, traditional souks still bustling with business, graceful mosques and the historic wind-towered residential quarters of Shindagha and Al Fahidi Fort. The Creek holds value because it was around this humble water inlet that fishermen,

pearl divers and merchants once established a small town that turned into a trend-setting architects' playground. It was the lifeline that made Dubai what it is today.

The Criteria: To win a place on the UNESCO list, nominated sites must meet at least one out of 10 criteria. Dubai Creek checks three. UNESCO describes Dubai Creek and its surrounding neighborhood as "an outstanding and universally valuable site where natural, architectural and cultural components create a unique, urban landscape where influences and human interactions from the entire Gulf region mingle into a coherent ensemble preserving both tangible and intangible heritage values".



Dubai's Nucleus

The Creek evolved as the core of life in Dubai. In fact, it was here that the vision of Dubai was first dreamt in a modest two-storey building built right beside the Creek - the official residence of Sheikh Saeed Al Maktoum, the father of the late Sheikh Rashid bin Saeed Al Maktoum, the architect of modern Dubai, and the grandfather of the present Ruler, Sheikh Mohammed bin Rashid Al Maktoum - which became the nucleus for political and social organisations of the day.

Constructed in 1896, the house is a classic example of Arabian architecture featuring the quintessential Arab vaulted, high-beam ceilings, arched doorways, sculpted windows and exquisite trellis screens. The dominant feature of the house is the four picturesque wind towers, ideal for catching the cooling breezes blowing in off the Gulf. Today, it is the crown jewel of the restored Shindagha Heritage Area and serves as a gallery for an excellent collection of photographs of Dubai taken in the 1940s and '50s on the Creek, in the souqs and at traditional celebrations. Other rooms feature coins, stamps and documents dating back as far as 1791.

Cultural Exchange

Not only was it goods that were plying the Dubai Creek, but also people. Those looking for better prospects came sailing down the waters and settled on the banks bringing with them their culture. The renowned Al Fahidi Historical Neighbourhood (former Bastakiya) is one of the most memorable results of this exchange. Cobble serpentine alleys of the quarter weave between the resplendent coral-clad courtyards houses of the area, complete with ornate wooden doors, traditional majlis, intricate wooden windows and elegant barjeel (wind towers) which are heralded as the finest examples of early Arabian architectural sensibilities. Al Fahidi is now renowned not only for the slice of history it preserves but also for the quaint art galleries and traditional cafes that have mushroomed within its charming houses. The Sheikh Mohammed Centre for Cultural Understanding is based here too. Stop by for a guided tour of the neighbourhood, which includes a visit to the ancient Diwan mosque.

WWW.CULTURES.AE



in reel life

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Didn't get a chance to visit the Creek? Just watch UAE based Professor Tim Kennedy's documentary, *The Floating Life of Dubai Creek*, which showcases the daily toil of the dhow boat-hands. Filmed over a course of 18 months, working every weekend from sunrise to sunset, Kennedy's documentary has been screened in the US, Europe, Asia and the Middle East and recipient of the 'Best Film Award' at the 2012 Ares Film Festival in Italy.

"This 20-minute documentary captures the essential identity of Dubai Creek today, and preserves its story in Dubai's dramatic timeline," explains Kennedy. "Dubai Creek is currently being considered as a World Heritage site by UNESCO and it has been a primary feature of the city's development: Dubai simply would not be here without the Creek."

'Do' The Creek

No trip to Dubai is complete without a jaunt down the Creek. While most tourists prefer the idyllic dinner cruises, crossing the Creek aboard an *abra* is the most authentic. The traditional boats carry about 20 people across the water from various stations along each side, running from 5am to midnight, but it is after dark when the ride is at its most atmospheric. The souks are alive and the skyline is at its glittering best. Trips cost just Dhs1 per person per ride.

Alternatively, ride across the Creek in the chic RTA Water Bus. The sleek air-conditioned vessels set sail from the Creek right upto Jumeirah and back. Advance bookings are required. Visit WWW.RTA.AE for routes and ticketing details.



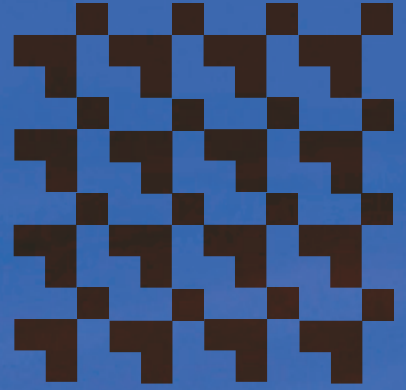
Bateaux Dubai is one of the classiest ways to soak in the sights and sounds of the Creek. Indulge in freshly-prepared international gourmet cuisine and an extensive selection of fine beverages within the cool confines of its glass enclosed interiors as the luxury boat cuts across the historic waters. Sit back, enjoy dinner and soak up the views. WWW.JARESORTSHOTELS.COM

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Al Shindagha Historic Neighbourhood A leisurely stroll along the Shindagha side of Dubai Creek yields one of the most authentic experiences of pre-oil Dubai. The Heritage and Diving Village perched on the banks of the Creek is a true-to-life representation of a fishing village from days gone by. Step inside to see barasti (palm frond) huts, sip on gahwa (Arabic coffee) served with Emirati sweet pancakes, marvel at pearl-diving displays and then buy a souvenir of your visit from the handicraft souk.

Seeking the ideal destination for your events and conferences?

Dubai delivers the perfect combination of infrastructure, private and public sector support and a community of trained professionals for conferences, incentives, events and exhibitions. The city is easily accessible, with direct air connections to 260 destinations worldwide. It boasts several event venues including the world-class Dubai International Convention and Exhibition Centre that offers 90,000 square metres of event space. Dubai also offers over 85,000 hotel rooms in all budget classes, including 24,000 hotel rooms within walking distance of a Dubai Metro station. Add all this together and you will realise why Dubai is the perfect destination for successful events.



#MyDubai

THE CITY THROUGH YOUR EYES

*Dubai's
attempting to
create its first
multi-media
autobiography.
Have you
joined yet?*

AT THE START of the year, Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum announced the #MyDubai initiative. The Crown Prince's idea was a simple but strikingly creative one: to create a multi-media autobiography of Dubai through pictures, videos, stories, experiences and more. As is the norm with most Dubai initiatives, this too is a world first.

Since its launch, #MyDubai has steadily gained momentum – there have been over half a million submissions in the first four months. Right from amateur shutter bugs to professional photographers, everyone has embraced the initiative with passion and creativity, resulting in some scintillating images and stories of the city. Beaches, parks, deserts, mountains, landmarks, gardens, souks and malls – each has been snapped up in thousands of pictures. The overwhelming public response prompted the Department of Tourism and Commerce Marketing (DTCM) to set

up an e- museum to display the images and videos contributed. As of April this year, there have been over half a million Instagram posts (600,000 to be precise), over 197 million impressions on Twitter with the hashtag and over 60,000 mentions. And that figure is increasing by the tens of thousands each week.

Now, it isn't just residents and visitors who are getting involved – top companies in the Emirate are also showing their support by using the hashtag on social media as well as non-social platforms. Banks, colleges, restaurants and boutiques have all gotten involved and some are going one step further to creating their own plans to back the project. As Helal Saeed Almarri, Director General of Dubai's DTCM says: "The best marketers of a city are the people who live in it."

#MyDubai is telling the story of Dubai in a unique way. With the city's residents and visitors advocating the city in their own compelling manner, you wouldn't want to miss what they have to say or show.



@AILAN133



@3BOODALM3MARI



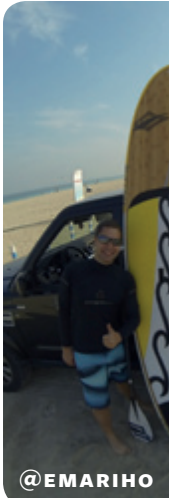
@KATERINA



@TRAVELJUNKIEDIARY



@ALIAALSHAMSI



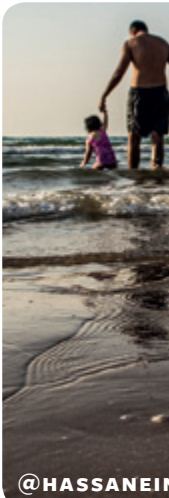
@EMARIHO



@NOURALDIN



@FEARLESSINDUBAI



@HASSANEI



@HERALDHERRERA



*Not sure
about what to
contribute to
#MyDubai?
Take a look
at these
contributions
that are sure
to inspire and
encourage
you to pick up
your camera*

SOUL CONNECTION

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@TRAVELJUNKIEDIARY Michelle Shoucair Karam believes that friendship in Dubai comes in all shapes and sizes, like that of hers and Khaleejy, her equine best friend. Michelle believes that Khaleejy strengthens her soul; the pair has been riding in Dubai together for two years and Michelle wanted to document their special relationship on #MyDubai. "Dubai is a city of a dreams and this is where mine came true," says Michelle. She moved to Dubai from Lebanon when she was just three. She grew up here, met her husband and is now a full-time blogger for her website WWW.TRAVELJUNKIEDIARY.COM

MOON WALKER

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@NOURALDIN Nouraldin Al Yousef's 'signature pose', love for Marvel movies and ardent desire to make people smile created a picture that has become a rage in the city. Nour's shot was taken at the Middle East Film and Comic Con. "This is my signature pose. I don't actually know much about Star Wars, but I love Marvel movies. Someone at the Comic Con gave me this mask to try out and I did this pose – it's been so popular it's great." TV presenter for an Arabic sports channel, Nour is of Syrian heritage but was born and raised in Dubai and considers himself an Emirati. "My friends are Emiratis, I dress in traditional local dress and I speak with an Emirati accent, so I always say I'm Emirati."

WATER BABY

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@HERALDHERRERA Herald Herrera loves Dubai's beaches and that's where he captured his #MyDubai shot. Herald's photo was taken on the beach at The Walk, JBR – he originally intended to take photos of the new landmark but found himself captivated by a group of children playing in

the shallows of the water. A Dubai resident for six years, Herald works as a senior network engineer in the Airport Freezone. "With its inspiring leadership and diverse community, Dubai is my everyday reminder that nothing is impossible," says Herald.

SOMETHING BORROWED, SOMETHING BLUE

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@ALIAALSHAMSI This bride fulfilled wedding tradition in the most unexpected way possible – a little boy with blue balloons ran into her minutes before she tied the knot. The blue balloons picture by Alia Al Shamsi, professional photographer and teacher at the American University of Sharjah, is expressive of her sentiments about the #MyDubai: "#MyDubai is about the wonderful things that make me smile, like this picture". The little boy in the image is her two-year old son, Ahmad who bumped into the bride one afternoon at the Burj Khalifa Lake. To Alia, Dubai is all about the amazing friendships she has made here, with people from all across the globe, that are now like her family.

DOWN MEMORY LANE

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@FEARLESSINDUBAI Emirati Saleh al Braik grew up playing football on the lawns of Safa Park. Years later, that's where he returned for his #MyDubai moment. The image shows his friend sheltering from a rare Middle Eastern downpour. Despite spending so much of his life in the park, he realised he had never seen his childhood haunt in the rain before. "It was beautiful to come back and experience rain there for the first time," he said. Saleh chose this as his #MyDubai shot because the juxtaposition of the traditional robes associated with heat, and the grey sky and umbrella shows that anything is possible here – even rain in the desert.



keeping
your
cool
this summer

As the mercury soars, we bring you some of the coolest ways to beat the heat.

CHILLOUT

TIMES SQUARE CENTRE

Love ice, but can't ski or skate? Then head to Chillout – the city's first ice bar. At temperatures of minus six degrees Celsius the bar is made entirely of ice, from the chandeliers, sculptures, tables and chairs to the plates and glasses. There's even an ice gallery showcasing Dubai's landmarks and an ice portrait of His Highness Sheikh Mohammad Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.

The Dh60 entry fee includes the choice of a hot or cold beverage and thermal gear – a parka, disposable woolen gloves and a pair of shoes to protect guests from the biting cold. The restaurant, serves cold cuts, cheese, juices, ice creams and mocktails.

WWW.CHILLOUTATDUBAI.COM

KIDZANIA

DOWNTOWN DUBAI

Bored children and exasperated parents will find respite in the cool interiors of Kidzania – the region's largest edutainment

centre. In this pint-sized city, where everything is scaled down for its guests, from the streets to the houses, children can practice at being grown-ups and try their hand at over 80 different careers. In one day they can be a surgeon, a firefighter, chef, engineer, model, actor, artist, radio host, photographer, television host, jewellery designer and mechanic among others. WWW.KIDZANIA.COM

SKI DUBAI

MALL OF THE EMIRATES

Make your way to Ski Dubai, the first indoor ski resort in the Middle East. With an amazing mountain-themed winter setting, five ski runs, a 3,000 sqm snow park and snow cavern plus two restaurants serving winter delights, you will forget that the emirate is a desert. Ski Dubai is not just a ski slope inside a shopping mall, its attractions are far bigger and one-of-a-kind. The Snow Bullet is the world's first indoor sub-zero zip line. Riders get an aerial view of the massive snow park as they soar 16 meters high above the ground along the 150m zip line. Then

take to the slopes and fine-tune your skiing or snow-boarding skills (lessons are available) or for some serious calorie-burning action, join in the Ski Dubai Snowrobics – an intensive aerobics session within the park's icy interiors. Put a musical spin on things with the snow park's Disco Nights Friday when the resident DJ spins out chart toppers all night long as you groove – or ski. Once the wild things are over, shower some TLC on the resident Gentoo and King Penguins at Ski Dubai. Sign up for an up, close and personal 'Peng-Friend' encounter or watch in awe as they march in elegant formations across the park. WWW.THEPLAYMANIA.COM

IMAX

MEYDAN

Get the bigger picture, literally, at the Meydan IMAX. Soaring up to eight stories, this is the largest screen in the Middle East and Asia. Half the size of a football field and large enough to show a life-size whale, we guarantee you will be fully immersed in the story. WWW.MEYDANTHEATRE.COM

WATERPARKS

Aquaventure

Get your adrenaline pumping at this awesome waterpark in the grounds of Atlantis, The Palm resort. At a sprawling 42 acres, Aquaventure offers some of the most thrilling water rides in the region. Slosh through a series of rapids, waterfalls, waves and slides. Young adventurers can enjoy the Splasher's play area with its water jets, rope bridges and canons, while the young at heart can take part in some hair-raising action on rides such as the Plunge, Ziggurat and the Leap of Faith. WWW.ATLANTISTHEPALM.COM

Wild Wadi

Dubai's first waterpark is still making a massive splash. Themed around the tales of Sinbad and Juha, Wild Wadi is spread across 12 acres and offers a variety of rides. Waves, rivers, lagoons, waterslides, tornadoes and high powered jets come together to create an adrenaline-pumping experience like no other. Master Blasters defy gravity as high-powered jets toss thrill seekers 15 metres into the air while Tantrum Alley brings daredevils face to face with powerful tornadoes eventually dumping them into a pool. One of only four such rides in the world, the Wipeout and Riptide Flowriders promise a blast – seven tonnes of water are shot out in a thin sheet to produce a realistic wave effect that offers the ultimate surfing experience. WWW.JUMEIRAH.COM



AQUAVENTURE, ATLANTIS, THE PALM

SOCCER CIRCUS

Summer is no reason to stop kicking goals. Hone your football skills at Soccer Circus in Mirdif City Centre, a state-of-the-art, fully interactive football experience. The weather controlled interiors mean that whatever the temperature outside, inside it's always cool enough for a shootout. WWW.THEPLAYMANIA.COM

SEGA REPUBLIC

Over 170 games, right from cutting-edge motion simulators and virtual experiences to a huge assortment of redemption games, SEGA Republic is an uber cool hangout for young adults. Adding to the family indoor theme park experience, there's a cute soft play area for the little ones. WWW.SEGAREPUBLIC.COM

PING PONG

Play some celebrity-style ping pong at SPiN Dubai in Wafi Mall, a franchise of Susan Sarandon's SPiN Galactic ping pong club. In keeping with Dubai's penchant for bling, SPiN Dubai features the world's most expensive and only "pure" gold table! WWW.DUBAI.SPINGALACTIC.COM

BOWLING

Bowling remains the firm favorite for indoor fun seekers. Try the state-of-the-art Dubai International Bowling Centre (DIBC) which operates 36 synthetic Brunswick lanes that are on par with international standards. Thunder Bowl, Al Nasr Leisureland and Magic Planet at Mall of the Emirates offer bowling fun too. The latter offers not only Cosmic 10-pin bowling, but also fun rides and pool and billiards tables. WWW.BOWLINGDUBAI.COM / WWW.ALNASRLL.COM / WWW.THEPLAYMANIA.COM

MALL MAGIC

There's no better time to head to any of the city's fantastic malls than the summer. With the Dubai Summer Surprises promotions making shopping more rewarding and Modhesh (Dubai's long-loved, yellow summer mascot) and his troop bringing tonnes of fun for the children through colorful parades, shows and performances, a mall outing is sure to keep everyone cool and happy.

BEACH FUN

Swim, snorkel, scuba dive, jet-ski, wake board, parasail, wind surf, speed boat or just lie back and work on that tan. In addition to its renowned beach resorts, Dubai also has miles of golden sands that can be enjoyed at no cost whatsoever. Some of the most popular seaside haunts are JBR Beach (it's conveniently close to The Walk), Kitesurfing Beach, Jumeirah Open Beach, Bu Qtair Beach (do stop by the Bu Qtair diner for some amazing seafood), Umm Suqeim Park Beach (this is the one with Burj Al Arab in the background) and Al Mamzar Beach.



SEGA REPUBLIC



DUBAI INTERNATIONAL BOWLING CENTRE

MINI GOLF

One of the first glow-in-the-dark courses in the world, Tee & Putt at Wafi is an indoor, space-themed 18-hole mini-golf course. WWW.TEEANDPUTT.COM

INDOOR SKYDIVING

MIRDIF CITY CENTRE

Experience the thrill of sky diving without leaving the ground at iFly, Mirdif City Centre. The wind tunnel at iFly is the world's first double vertical wind tunnel with flyers raised three metres in the air. WWW.THEPLAYMANIA.COM



IFLY

INDOOR KARTING & LASER TAG

DUBAI AUTODROME

The indoor track at the Dubai Autodrome is a novel way to have a speed thrill without sweat. Housed in a massive warehouse-style structure, the Indoor Kart track is approximately 620 metres long and can accommodate up to 20 drivers on track at any one time. A special feature of the Indoor Kartdrome Complex is the Laserdrome – laser tag – game area. Set in a medieval castle-type environment of 400 square metres, it features huge dayglo dungeon-style decoration with lighting and artificial fog aimed at confusing vision and making the objective of tagging opponents a challenge. WWW.DUBAIAUTODROME.COM

INDOOR CLIMBING

The summer may not be the best time to enjoy the UAE's exciting mountain climbing action, but that doesn't put pay to adventure. If you can't go to the mountain, we just bring it indoors.

ADVENTURE HQ: WWW.ADVENTUREHQ.AE 04 346 6824

THE WALL / DWTC: WWW.DWTC.COM 04 306 5050

MADINAT: WWW.JUMEIRAH.COM 04 366 6821

WAFI: WWW.WAFI.COM 04 324 0000



AQUAVENTURE, ATLANTIS, THE PALM



A Spectacular SUMMER

Dubai Summer Surprises is coming to town. That means an awesome season of discounts, raffles and, of course, fun.

VISIT DUBAI in the summer and you're in for a treat - the Dubai Summer Surprises (DSS) fest. Come June, the city will usher in one of the biggest shopping and entertainment extravaganzas of the year.

All things young and fun!

Running from July to August, DSS is primarily organised to coincide with the annual school summer vacations across most of the world. Activities are planned around the little ones with a firm focus on fun, entertainment and education too. This makes Dubai a great holiday destination for families.

The city goes all out to offer a plethora of ways to keep the most important people in our lives happily occupied.

With his bright yellow cartoon face emblazoned across billboards and on looped television adverts, DSS's cheerful mascot, Modhesh, is hard to ignore. If you have toddlers or teenagers, make a beeline

for Modhesh World, a summer wonderland for kids. Held within the cool confines of the massive Dubai World Trade Centre (DWTC), Modhesh World is a huge funfair and entertainment platform offering competitions, themed electronic and indoor thrill rides, a video-game lounge, 4D cinema, camel and pony rides, a mini zoo, a variety of educational and art activities, stage shows featuring some of the world's most popular acrobats and circus acts not to mention the deluge of much-loved cartoon characters, hospitality tents and a multi-cuisine food court.

Complementing Modhesh World, are an array of stage shows, acts and parades held at the city's most popular malls. From sweetness personified Strawberry Shortcake and adventure heroine Dora to the enterprising Jungle Book and wonder-inducing Canadian circus - each year a different set of performers lands in the city to provide some of the most entertaining shows.



GO ON A SHOPPING SPREE!

There's no reason only kids should have all the fun. While the children are busy with Modhesh and his antics, Dubai goes all out to please the parents. Dubai Summer Surprises is one of the biggest retail extravaganzas in the emirate. Shopping becomes a worthwhile and guilt-free pursuit as over 6,000 stores across the city slash prices and offer fantastic giveaways and mega raffles. Last year the festival awarded lucky shoppers with giveaways worth

Dhs5 million while luckier mortals drove away with luxury cars and gold bullion.

But it's not just the top-tier luxury goods that are beckoning the committed mall trawler with their cut-price deals. Some big-ticket items, electrical and white goods are also heavily discounted at leading department stores. There are plenty of F&B deals available as well for those who would like to avoid crowded stores and indulge in gourmet treats.



Pamper Yourself

There's only one way to relax after a hectic day of mall hopping and thrill seeking: an indulgent spa treatment. The best part is that, recognising the need for weary mums and dads and spent out shoppers to relax, loads of the city's spas jump onto the bargain bandwagon. Enjoy discounts on a host of signature treatments including facials, wraps, scrubs and a variety of therapies all throughout the Dubai Summer Surprises. Some spas even offer whole day spa packages for the ultimate in pampering. *Check out our spa guide on pg55 to find your own haven.*



MODHESH



MIRDIF CITY CENTRE



AQUAVENTURE,
ATLANTIS, THE PALM

Worth a Visit

With a footfall of over five million regional and international visitors, Dubai Summer Surprises is THE summer event. Impressively, the shopping extravaganza is now in its 16th year. Giving visitors the opportunity to relax, unwind and pamper themselves – and their kids – DSS has consistently made Dubai a preferred summer destination. Apart from the revelry and shopping bargains, what makes the event a huge draw are the extended discounts families enjoy on air fares, accommodation, meals and tickets to Dubai's biggest attractions such as Ski Dubai, SEGA Republic, Dubai Dolphinarium and Aquaventure among others. Log on to WWW.SUMMERISDUBAI.AE for more information.



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SPA-SATIONAL

Whether it's snow rooms or steam rooms, plunge pools or Jacuzzis, massages or facials, there's a spa and treatment on Dubai's menu just for you.



TALISE SPA

WITH THE HOLY Month and summer slowing down the pace of life in Dubai, there's no better time than now to indulge in some self pampering. In a city that has a glowing reputation for its spas, almost every global ritual can be found here. So, step back from the rigours of a stressed life and immerse yourself into some heavenly rejuvenating therapies – both of the body and spirit. Here are some of our favourites:

Floral Fancies

Taking cue from the lifecycle of flowers, Raffles Spa segments its treatments into bud, blossom and bloom. Not surprisingly, the spa is set amid the hotel's botanical garden. Therapies feature the use of moor mud, organic juniper, lavender, fennel, eucalyptus, botanical neroli, algae and caviar, making this the most 'natural' spa in the city. There's even a facial called the Environmental Facial. Raffles has signature treatments for

gentlemen too. **INFO:** Raffles Hotel, Wafi. 04 314 9870
SPA.DUBAI@RAFFLES.COM

One For All

Make a list of all the luxuries you wish for in a spa. Now simply head to the One&Only Spa to see your wishes fulfilled. Think decadent rituals (some lasting three hours), an extensive list of massages, scrubs, wraps, ESPA facials, manicures, pedicures and even an Alexandre Zouari hair salon.

INFO: One&Only Royal Mirage, Dubai Marina. 04 315 2130
SPA@ONEANDONLYROYALMIRAGE.AE

Frozen

Chilled out takes on new meaning at Cryo Health. This is the GCC's first cryotherapy spa; a treatment that exposes spa-goers to subzero temperatures to make skin appear younger and treat a myriad of health conditions like gout, sport injuries and even depression. Temperatures can dip

to -160 °C. The cold air is meant to release adrenaline and antioxidants, improve blood and oxygen circulation and help tighten the skin, among other benefits. Cryo Health's dazzling white interiors, cool wands that gush out nitrogen mixed with oxygen and cryo chamber that blasts out frigid air are definitely not for the faint hearted.

INFO: The Boulevard 1, Emirates Towers. 04 351 8300
CRYOHEALTH@ICLOUD.COM

Turkish Delight

Bringing Turkey's famed hammam to Dubai – albeit awash with opulence – the palatial Talise Spa pampers and heals with the ancient philosophies of the Ottomans. Named as the 'UAE's Leading Spa Resort' by World Travel Awards in 2011 as well as the Best Spa by *Condé Nast Traveller Middle East* in 2013, the therapies harness the goodness of exotic ingredients like Parisian tea, Amazonian plant extracts, Rose Damascena



from the Himalayas and salt crystals from Kashmir.

INFO: Jumeirah Zabeel Saray, Palm Jumeirah.

04 453 0456 JZSTALISE@JUMEIRAH.COM

Pure Sophistication

Fashion guru Armani extends his trademark sophistication to the treatments at Armani/Spa. Immerse yourself in tailor-made pampering that starts with a one-on-one consultation with your own spa host and extends into a sensory treat of bespoke, naturally-fragranced essential oil and serums applied using a fusion of Japanese Shiatsu, Thai and acupressure techniques. **INFO:** Armani Hotel Dubai, Burj Khalifa.

04 888 3888 DUBAI@ARMANIHOTELS.COM

The Perfect Facial

There's a feeling of assurance as you step into the chic interiors of Essa Beauty. We think it comes from the knowledge that their head therapist and salon owner Lydia is an award winner (Facialist of the Year 2013 for Elemis and 2012 for Dermalogica). After an impressively in-depth analysis of your skin, Lydia and her team get to work cleansing, exfoliating, massaging and masking your face with a slew of potions from the aforesaid brands. **INFO:** Jumeirah Lake Towers, JBC 1, Cluster G, Unit 9, Lake Level. 04 374 4288
INFO@ESSABEAUTY.COM

Parisian Pampering

Top pharmacists in state-of-the-art Parisian laboratories have toiled hard to create the life-giving elixirs at the Cinq Mondes Spa. Harnessing the best of Balinese, Javanese, Indian and Polynesian rituals and wellness techniques, Cinq Mondes crafts treatments that use tropical flowers, aromatic spices and nourishing fruit purees. **INFO:** Kempinski Hotel & Residences Palm Jumeirah. 04 444 2400
SPA.THEPALM@KEMPINSKI.COM

Golden Treatment

Obviously Dubai has the world's most luxurious – and exorbitant – facial! Skin care expert to the stars, Margie Lombard brings her bespoke 24-carat gold chain mask to the Talise Spa at Jumeirah Zabeel Saray. Priced at a whopping Dhs25,000, the gold mask conducts ions that stimulate cellular growth of the basal layer, regenerate firm skin cells and provide a tightening effect. Clients are then whisked off for a revitalizing Arabian Hammam, topped off with a Rose Bliss and Argan oil massage and then a

luxurious skin softening milk and rose oil Jacuzzi bath. A gourmet caviar lunch and a glass of bubbly follows. You'll also get a premium Margy's goody bag as a keepsake. **INFO:** Jumeirah Zabeel Saray, Palm Jumeirah. 04 453 0456 JZSTALISE@JUMEIRAH.COM

Legendary Treatments

Cleopatra's Spa lives up to its name of legendary rituals and royal treatments. This Egyptian-themed spa is celebrated for some of the most luxurious

MALE GROOMING

Stylish gents need not lament the general women-centric approach most of the city's spas have. Spruce up at these men-only addresses:

We like that **KALM GROOMING LOUNGE** at Riva Beach Club. It's not only a good place for hair-dressing services, essential trims, manly mani-pedis, waxing, facials and full-body treatments but it also gives complimentary access to the hip beach club when you avail services.

INFO: 04 451 9888 WWW.KALMGROOMING.COM

A swanky men's spa located in Grosvenor House, **1847** – named after the year in which the safety razor was invented – delivers express treatments specifically designed for the man on the move. Apart from being super fast, the staff are super professional too. **INFO:** 04 330 1847
WWW.FACEBOOK.COM/1847LOUNGE

With express treatments, buddy times, happy hours, quick fixes, frequent flyer and father & son packages, Located in Dubai Media City and Al Barsha Mall, **MAN/AGE** promises the ultimate grooming experience for the modern man.

INFO: 04 437 0868 WWW.MANAGESPA.COM



THE SPA, THE ADDRESS

► therapies in the city. Think rose petal milk and chocolate syrup baths, exotic date and wild honey infused exfoliations, aromatic basil and mint body scrubs and seaweed, Thai cane sugar, bamboo powder and crushed rice body wraps. If your man craves some Pharaoh-like pampering, Cleopatra can do that too. **INFO:** Pyramids @ Wafi. 04 324 7700 CLEOPATRAS.SPA@WAFI.COM

Spa with a View

If you're the kind who wants more than aromatic candles and Zen interiors to gaze on while being massaged, head to The Spa at The Address Downtown. With spectacular views of the towering Burj Khalifa and The Dubai Fountain, The Spa is a labyrinth of massage rooms, hydrotherapy rooms and rhassoul chambers. Choose from rituals incorporating Thai and Balinese techniques, hot stones, organic sea salts, algae, crystallised honey and even real crushed diamonds. **INFO:** The Spa,

The Address Downtown Dubai, 04 436 8888 SPA.DOWNTOWN-DUBAI@THEADDRESS.COM

Home Spa

Azur Spa on Wheelz is a saviour for ladies craving some TLC but can't step away from their home or hotel. Bringing the spa experience to your doorstep, Azur offers a comprehensive menu of home beauty services that range from luxurious massages and scrubs to essential threading and waxing. The services are punctual and the Wheelz team arrives at your doorstep completely prepared – towels, massage bed, oils, candles and even music! **INFO:** Where ever you are! 04 447 5284 INFO@AZURSPA.COM

Just Purr-fect!

There's something age-defying about this feline-superstar – even the most grown-up among us can't resist her sugary-pink temptations. Indulge in some posh pampering at the Hello Kitty Beauty Spa,

Dubai's first. Treatments focus on hair, nails and make-up. There are separate menus for 'queens' and 'princesses'; the kids treatments incorporate only organic products specially formulated for delicate skins. Hello Kitty is also happy to offer party packages. **INFO:** Town Centre, near Mercato Mall, Jumeirah. 04 344 9598 BOOKINGS@HELLOKITTYBEAUTYSPA.COM

Epic Proportions

There's just one thing we can say about the ShuiQi Spa: it's big. On skin care expertise, treatment menu, glamour and of course, the sheer size of the spa itself. Therapies are designed by skin care gurus Clarins and Shiseido and range from wraps, massages and Ionithermie treatments that use scientific approaches to skin and body care. Pedicures from the internationally-acclaimed podiatrist Bastien Gonzalez, can also be had here. **INFO:** Atlantis, The Palm Jumeirah. 04 426 200 DXB-SPA@ATLANTISTHEPALM.COM



Retail Therapy at Sheraton Dubai Mall of the Emirates Hotel

The Shine Spa Lounge serves assorted Afternoon Teas on the 24th floor with beautiful views over the Dubai skyline. The Retail Therapy includes a treat for hand or feet for tired shoppers.

Choose your preferred High Tea:

- Healthy High Tea
- Chocolate High Tea

Coupled with a treat for hand or feet for either 15 mins or 30 mins.

For reservation please call +971 4 377 2380
or visit sheraton.com/dubaimalloftheemirates

Retail Therapy 1:

High Tea with 30 mins
treat for hand or feet

AED 289

Retail Therapy 2:

High Tea with 15 mins
treat for hand or feet

AED 189



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SMART CITY

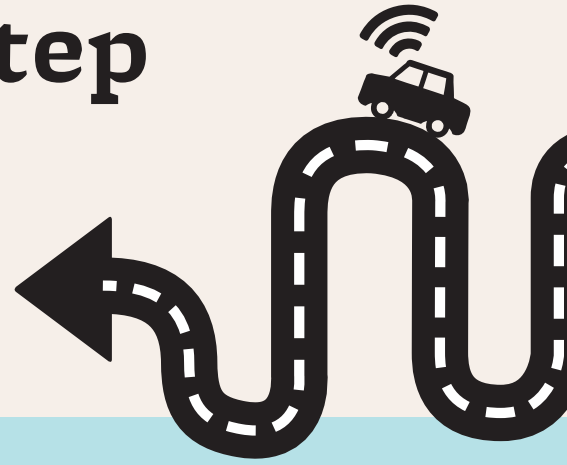
*Dubai is taking a smart
step forward*

TOURISM VISION

*Where are we
one year on?*

A Smart Step Forward

Dubai is all set to change the way we live thanks to its Smart City initiative.



What is a smart city?

A SMART CITY fully embraces the best of the modern technology and environmental initiatives in order to function efficiently and sustainably. It is also one in which the whole city is fully 'connected'.

How is being smart going to affect your life? Imagine not having to frantically scour for a parking space in a crowded mall or street but being directed to one by simply touching an app on your phone. Imagine being able to access the internet in all public spaces across Dubai, on buses, the metro and even in parks. Imagine being given reliable and timely information on when the next bus arrives at your stop or having live access to traffic hotspots across the city so you can plan your journey. Think of a life where you wouldn't have to queue up to pay a bill or request for a government service – it will all be just a touch away, 24/7, across the emirate. As power consumption and its related cost soars, not to mention the threat to the environment, wouldn't it make sense to generate all our electricity through solar power? This is what living in a Smart City enables – better and sustainable living.

Which sectors will be targeted?

The strategy features six key pillars and 100 initiatives on transport, communications, infrastructure,

electricity, economic services and urban planning. Under the strategy, 1,000 government services will go Smart in the next three years.

How does it work? Fibre optic networks and high-speed wireless internet will form the backbone of "a new life in the city of Dubai". Citizens of Dubai will also be invited and educated into making the city Smart. As Amr Salem, managing director for Cisco's smart cities division said: "It's no good having Wi-Fi across the whole city if all you are using it for is YouTube."

In the words of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, said: "Our ambition is that this project touches the life of everyone in our country, or every mother in her house, or every employee in his work, or every investor in his project, or every child in his school, and doctor in his clinic. Our goal is to bring about happiness to all."

As Dubai ushers in its new Smart age, it marks the beginning of its journey as one of the world's biggest laboratories for interactive and government applications, connecting every individual to the city in a seamless and efficient way.

Over the next few years, Dubai will become one of the most connected as well as sustainable urban centres in the world. That is the aim of the Smart City initiative launched in March by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai. As with any growing city - especially one that's growing at the pace that Dubai is - it's become more imperative than ever for Dubai to embark upon becoming a Smart City. **But what really is a Smart City?**

Smart Initiatives in the Pipeline

SMART SENSORS will be installed throughout the city to provide live information and services with the aim of providing all residents and visitors with a better quality of life.

WI-FI ACCESS in all parks, buses and taxis meaning every smart phone user will be able to access up-to-the-minute information on weather, traffic, entertainment, tourism, flights, emergency services and much more, anytime, anywhere.

The Roads and Transport Authority will introduce a **PARKING SYSTEM** that will inform drivers when they entered a street if there were parking spaces available.

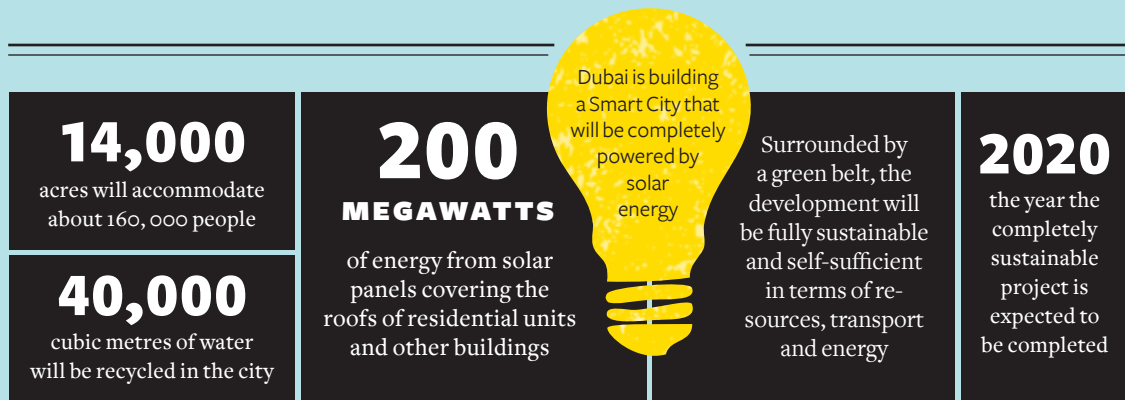
Dubai Electricity and Water Authority will install **SMART METERS** for customers to monitor their power and water use in real time.

All major bus stations will have screens that give **LIVE DATA** to inform you when the next bus will arrive.

LIVE TRAFFIC monitoring will allow you to plan your journey before you even leave home.

Dubai Municipality will transform 450 of its e-services into Smart services. It will also implement **SMART PARKS** and beaches projects that provide specific information on weather conditions, sea, temperatures and safety guidelines.

Businesses will be able to access a variety of **SMART SERVICES** delivered by ports, customs and bourses.



S M A R T C I T Y W I T H I N A S M A R T C I T Y

what's to come

DUBAI SAFARI

This eco-friendly 400 hectare park is scheduled to open by the end of the year and will house over 1,000 animals in temperature-controlled facilities. The park will comprise a safari village, Arabian village, Asian village and African village plus a butterfly park, botanical garden, resort and golf course.

JUMEIRAH CORNICHE

The Jumeirah beachside, starting from behind the Dubai Marine Beach Resort and Spa up to Burj Al Arab Hotel, is being transformed into a 14-kilometre stretch of paved walkway and jogging track. Work should be completed by November.

IMG WORLDS OF ADVENTURE

This theme park is part of the City of Arabia project and will incorporate Marvel, Cartoon Network, Lost Valley and IMG Boulevard zones, as well as a 12-screen cinema.

DUBAI OPERA HOUSE

A 2,000-seat multi-use venue envisaged to rival the world-famous Sydney Opera House is set to be built as part of plans for The Opera District in Downtown Dubai

HATTA HERITAGE VILLAGE

In the village of Hatta in the Hajar mountains, a heritage village showcasing traditional arts and crafts will open mid-2015. The site will also include hotels and tourism facilities in keeping with the natural beauty of this Dubai enclave.

Right on Target

This time last year at the region's largest travel trade exhibition, Arabian Travel Market, the Department of Tourism and Commerce Marketing announced its Tourism Vision for 2020. One year on, at the 2014 event taking place 5-8 May, let's take a look at what progress has been made.

DUBAI IS KNOWN for nurturing lofty ambitions – never shying away from the impossible. Last year, many thought that the ambition of doubling the number of tourists that visit the destination each year from 10 million in 2012 to 20 million by the year 2020 seemed somewhat ambitious. However, according to the Department of Tourism and Commerce Marketing (DTCM) Director General, His Excellency Helal Almarri, one year into the delivery of the Vision, Dubai is well on target.

"A key reason for Dubai's tourism growth today has been the successful partnerships between government departments and the private sector. The Tourism Vision for 2020 has provided all parties with a clear and collective focus, which has been embraced to the fullest."

According to the latest statistics, guest numbers across all hotel establishments (hotels and hotel apartments) in 2013 reached more than 11 million, a 10.6 per cent increase on the 2012 figures. While these numbers are a clear indication that things are moving in the right direction they say little about what's to come. It is important to note that since the announcement of Vision 2020, the government has put forward

numerous strategies and brought about many legislative changes in order to secure growth. These include investing in a new hotel classification system; reaching out to new and emerging markets; easing visa restrictions; and, with an eye on broadening its mid-market appeal, incentivising hoteliers to construct more three and four-star hotels.

To date, Dubai has 625 hotel establishments and that number is forecast to grow to 665 by the end of the year, seeing a 6.4% growth on the previous year. By 2016 it's predicted that Dubai will offer more than 765 hotels. But it's not just hotels in the pipeline. Tourists need attractions and Dubai's future looks even more appealing with a variety of new events, theme parks, infrastructure and entertainment projects all in the pipeline.

"If we look at all the elements of the destination offering, whether it be gastronomy, outdoor activities, family entertainment, beaches and watersports, hotels and spas, arts and music, or our sports events – the Dubai experience is undoubtedly extraordinary," says Almarri.

"This is what sets Dubai apart and what we must ensure every potential tourist knows – and then we must deliver on this promise."

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An aerial photograph of the Burj Khalifa and the Dubai Fountain at dusk. The Burj Khalifa stands tall in the center, its spire reaching into the twilight sky. The Dubai Fountain is in the foreground, with several jets of water illuminated by warm lights, creating a circular pattern. The surrounding cityscape is visible, with other skyscrapers and buildings lit up. The sky is a mix of blue and orange from the setting sun.

500

the height
in feet of
the water
jets that are
fired up to
the tunes
of classical
music

275

the length
in metres of
the circular
pattern of jets
that fire water
into the air

20

the number
of miles from
which the
beams of light
can be seen

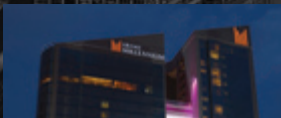
THE DUBAI FOUNTAIN is the world's largest choreographed fountain system which jets up up to 22,000 gallons of water to 500ft into the air at any one time. Each jet sways in time to stirring music producing what has become the most popular show in Dubai. More than 6, 600 lights and 25 colour projectors have been installed. Crowds gather each afternoon, and into the evening, at the shores of the 30-acre Burj Khalifa Lake right outside The Dubai Mall, to be entertained by the award-winning fountains. Inaugurated on 8 May 2009, the fountain is celebrating its fifth anniversary this year. Not to be missed as it's one of the city's most popular attractions.



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