

# سلامة Salama

**Treasure  
Hunting**



Treasure Hunting



Our Safety on the Road



Children Sitting in the Front Seat

محل الأطفال  
babyshop

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# سلامة Salama

A diverse educative magazine for children published monthly by the Roads and Transport Authority in Dubai to raise the awareness of safety, health and the environment.

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Sweet Words

## Public Transport Day

### Welcome our beloved ones

Public Transport Day is now firmly embedded in our minds as a day that hosts a variety of events and activities that care for minute details of our life, health, and safety.

This event, which takes place on November 1st, coincides with the seventeenth anniversary of the foundation of Dubai's Roads and Transport Authority.

We all recognise the importance of public transportation for our mobility and for travelling safely and comfortably at reasonable prices.

Public Transport Day, with the subject 'Public Transport Day Promotes Healthy Lifestyle,' offers a message to urge community members to use public transportation for better physical and mental health, as well as to enjoy a relaxing time.

Public transport maintains our physical and mental health. It enhances communication between the body and mind. Riding bikes to reach our intended destinations is preferable as it promotes exercise, physical activity, and meditation.

'Hurry Up ... Slowdown' and 'Stop to Move' are part of the Public Transport Day's campaigns that advocate walking, practising sports and physical activities, meditation, and relaxation to get mental clarity.

Our loved ones

Many surprises await you. You can search in public transportation stations for a treasure of coins hidden in safe places. You can also win one million nol Plus points by using public transportation means during the campaign.

Salama

# Treasure Hunting

Illustrated by: Omar Sharif

I'm Salama



Beautiful, wonderful, impressive.

What is beautiful, wonderful and impressive?



Public Transport Day Activities.



Starting with its theme this year – 'Physical and Mental Healthcare', as well as multiple prizes that we can win.



What kind of prizes?



A fun competition named 'The Treasure Hunt'. A treasure of genuine coins, hidden in public transport stations across Dubai.



To ensure our safety, treasures are hidden in safe spots that do not pose a danger to us, nor hinder the movement of passengers.



You are going to search for the treasure. What is my prize?

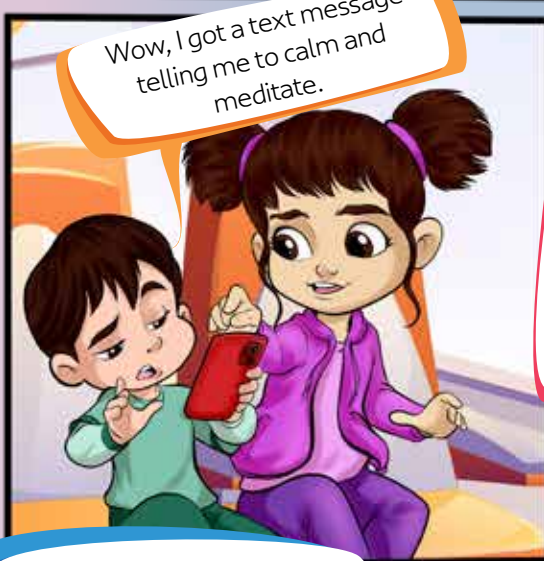




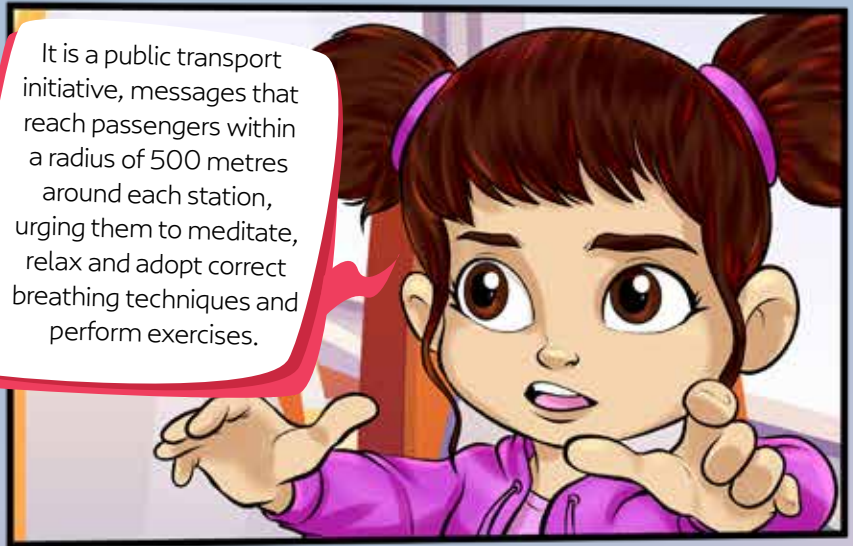
There is a chance to win one million nol Plus points and triple the points for public transport users during the campaign period.



One million nol Plus points at once. Huge number. These points can be redeemed and used for discounts.



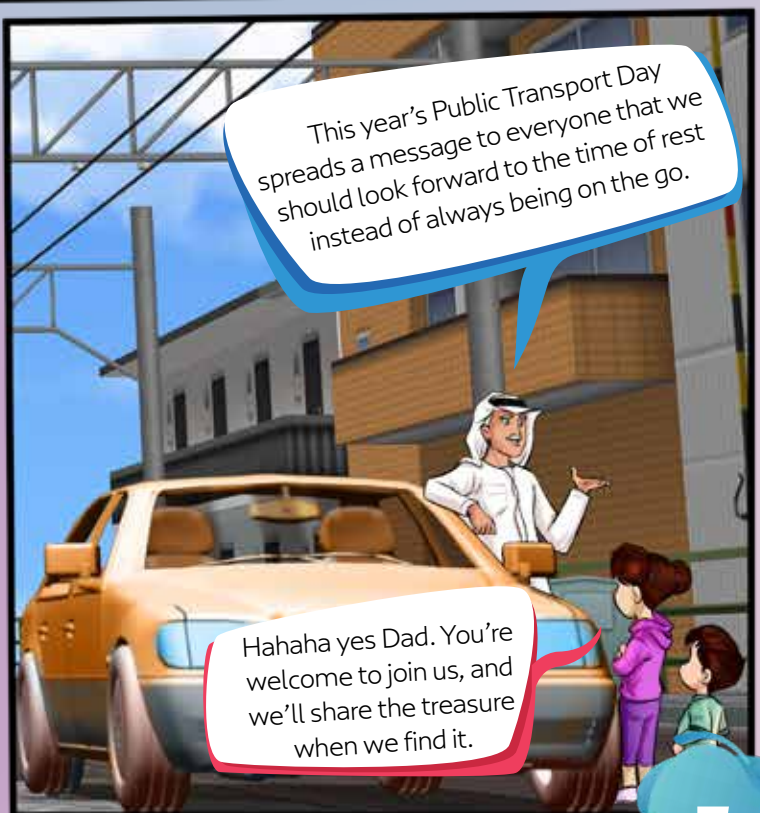
Wow, I got a text message telling me to calm and meditate.



It is a public transport initiative, messages that reach passengers within a radius of 500 metres around each station, urging them to meditate, relax and adopt correct breathing techniques and perform exercises.



Our physical and mental health and fitness are maintained when we walk, ride bicycles or use public transportation to commute.



This year's Public Transport Day spreads a message to everyone that we should look forward to the time of rest instead of always being on the go.

Hahaha yes Dad. You're welcome to join us, and we'll share the treasure when we find it.



# Our Safety on the Road

Illustrated by: Muhammad Qajoum

Engineer **Salem**



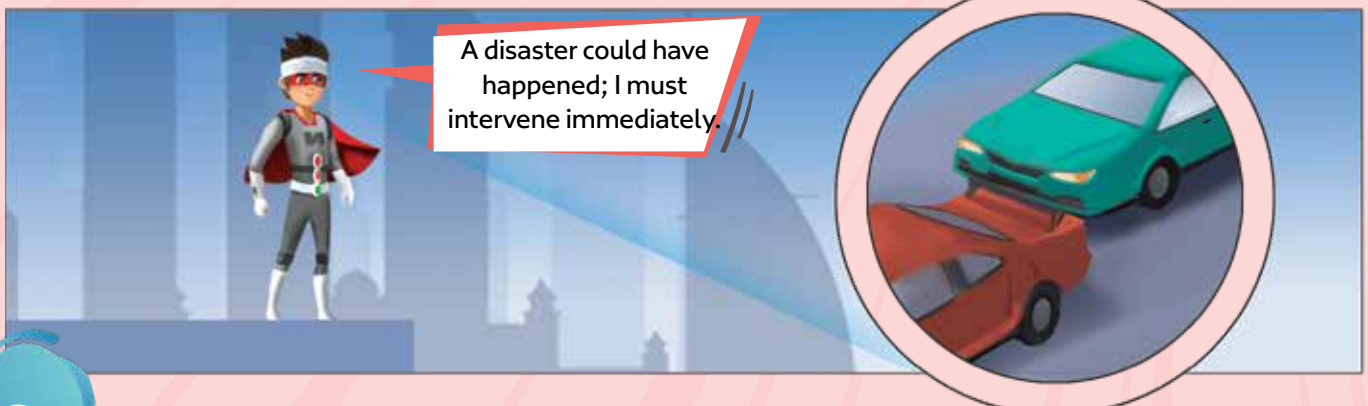





# Children Sitting in the Front Seat

Illustrated by: Tarif Kalji

Champion **Nader**









Sir, how are you endangering the life of your little boy?

Impossible. How can I endanger the life of my dear child?




What is the danger to children like me if they sit in the front seats?




God forbid, injuries when the vehicle stops suddenly, due to traffic accidents.

It is dangerous to allow children under the age of ten or those whose height is less than 145 cm to sit in the front seat of the vehicle.



I will go down immediately and sit in the back seat to be safe.

A fine of 400 dirhams for anyone who commits this violation.



Thank you, Champion Nader, and I promise to abide by safety guidelines.

Then I will be happy. Your safety is precious.



## School Safety Guidelines for Students



**Key safety instructions for school buses:**

**Compliance with school safety guidelines for the safe lifting of students**

**Promoting positive traffic attitudes during school journeys**

In collaboration with the students of the Millennium School (2nd Cycle for Girls), Salama Council organized an interactive workshop entitled: (School Safety Guidelines), which included three topics:

- The use of the school bus
- Riding with parents
- Hazardous spots around the school bus

The workshop included a dialogue between the lecturer and the students, in which they talked about the required behaviours and attitudes that are recommended to be avoided during students' journeys to and from school, in addition to the extent to which they benefited from the materials provided by the interactive workshop.

### Dangerous spots around the bus

Student **Fatima Ali**, who benefitted from the explanation of the dangerous spots around school buses said: Three dangerous spots define the level of danger. They include the red spot, which is the most dangerous, the dangerous orange spot, and the green spot which is the tow zone. It is imperative to stay ten feet away from the bus door to avoid dangerous spots.



### Fastening seatbelts and respecting bus attendants

The discussion began with a question about the behaviour needed while sitting on the school bus.

Student **Alia Amer** explained her positive behaviour while riding the school bus. These include sitting on the designated seat, buckling the seat belt, staying calm, and avoiding disturbing the driver and distracting his attention in addition to listening and cooperating with the bus conductor.





### Adherence to vehicle rules

The dialogue with the students included vehicle safety guidelines, which caution students against playing with the window and door keys and urges them to remain calm and fasten seat belts throughout the journey. Student **Maryam Saeed** spoke about the importance of buckling the seat belt for the driver's and riders' safety. She also called for using the safe exit of the bus i.e., the right back door (to the sidewalk) and not approaching or playing near moving or parked vehicles.



### Communicating with the Bus Conductor

The discussion focused on the importance of communicating with the bus conductor in case a student sleeps on the bus or loses school or personal items on the bus. Student **Mira Ismail** said: The bus supervisor has to follow up on the students and ensure their safety. She seeks the support of the conductor in case she notices that one of the students sleeps on the bus to avoid leaving her behind or leaving her items on the bus. She stressed to her classmates the importance of taking care of their belongings and not going back to the bus to retrieve forgotten school supplies or bags.



### Standing on sidewalk

The session discussed an important awareness focus: the rules of standing on the sidewalk and walking to a point where the bus driver can see the student. The presentation briefed on the importance of making sure that the road is clear of school buses and other vehicles.

Following the briefing, the student **Khloud Marwan** shared her knowledge about standing on the sidewalk. She explained to her fellow students that she used to be attentive, look to the left, then to the right, and then look again in both directions before crossing the street to make sure it is clear.





# Mohammed bin Rashid Al Maktoum Solar Park

**Faris** and

**Shaheen**



Where will we be going today, my friend?

To see the Mohammed bin Rashid Al Maktoum Solar Park (MBRSP), which is operated by DEWA.

This giant solar park contributes to promoting sustainable development and supports the Dubai Clean Energy Strategy 2050.

MBRSP aims to save 75% of the total energy consumed by the Emirate of Dubai using clean energy.

And what else?

As a result, Dubai will become a global hub for clean energy and a green economy.

Indeed. When completed, the park will contribute to reducing carbon emissions annually by over 6.5 million tons.





The park consists of multiple stations and centres that assist in achieving success.

It starts with the Innovation Center, which opened in 2020 as a global platform for renewable energy innovations, helping raise sustainability awareness.



Then comes the Research and Development Centre. Four research areas are covered, including electricity production from solar energy, energy efficiency, smart grid integration, and water.

The desalination plant runs on solar photovoltaic energy and has a daily capacity of 11,000 gallons. This plant provides high-quality drinking water to the park's research facilities.

This is a huge project that deserves to be commended and honoured.



The most exciting news is that by 2030, MBRSP will have a production capacity of 5,000 MW.



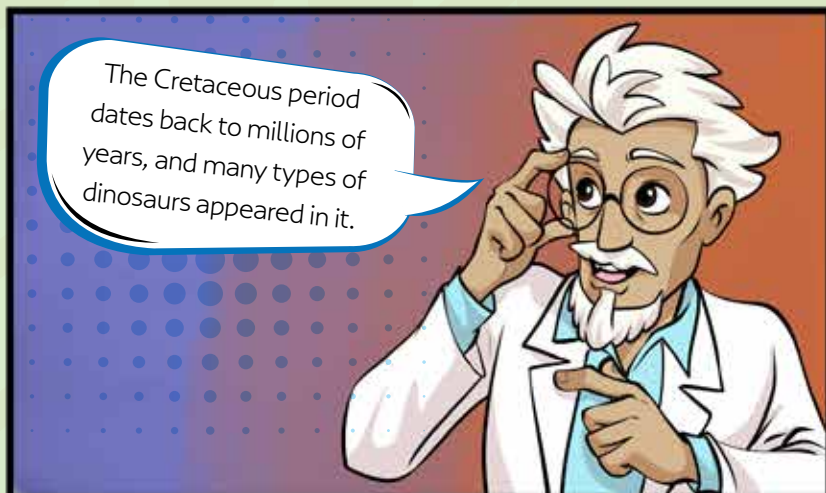
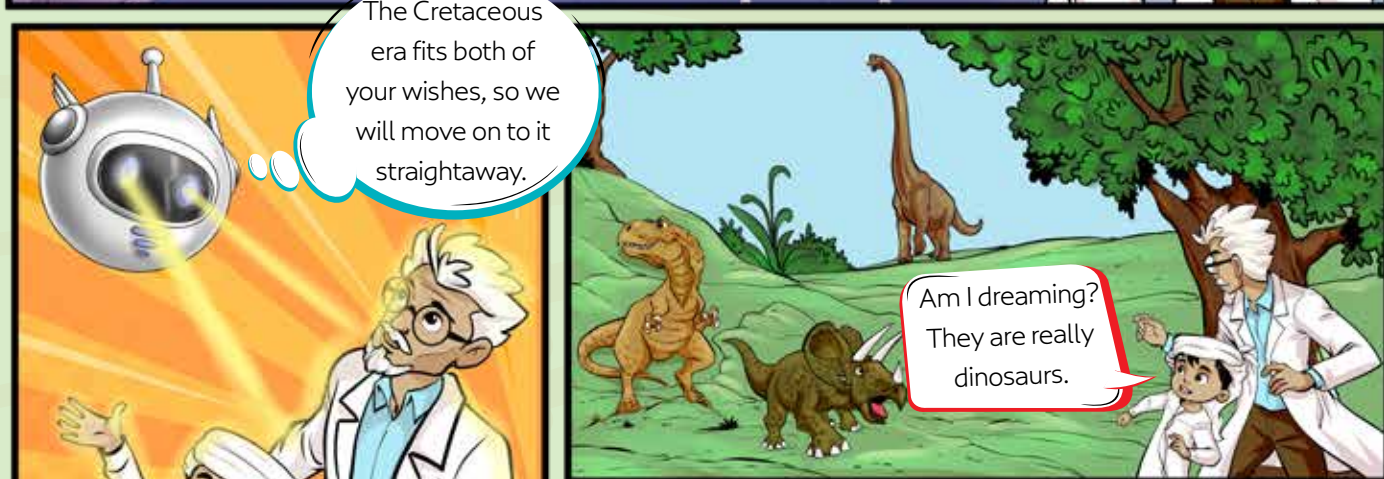
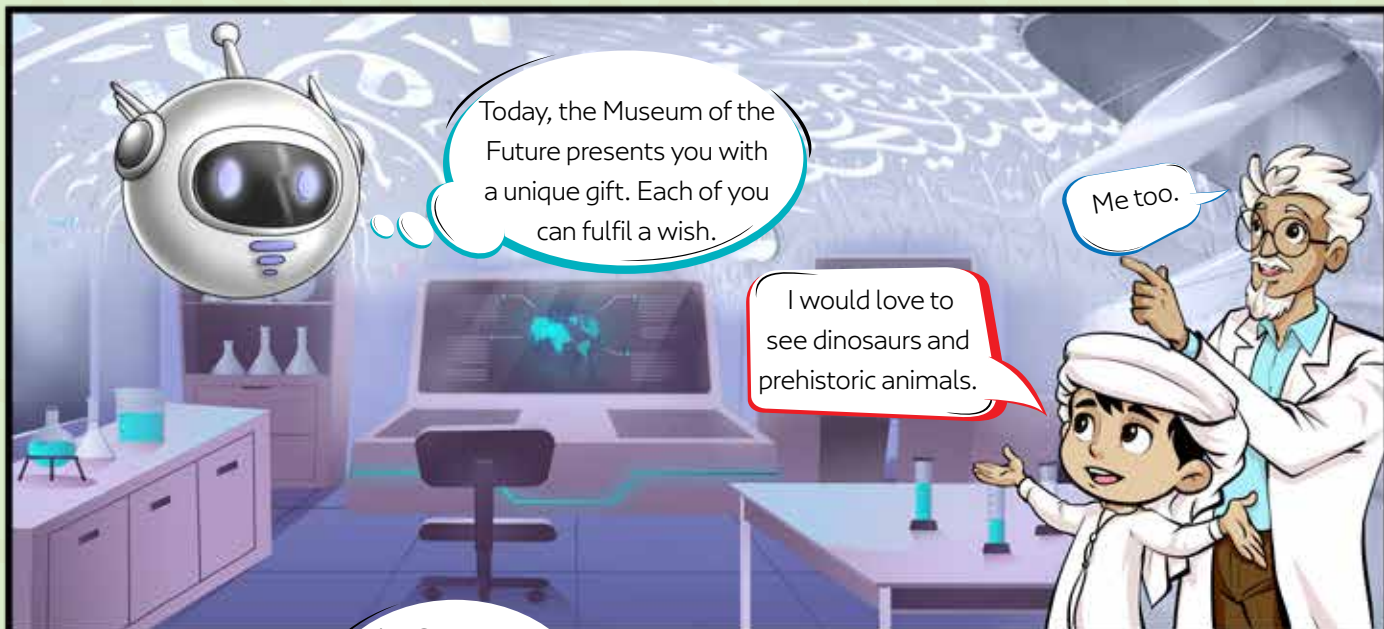
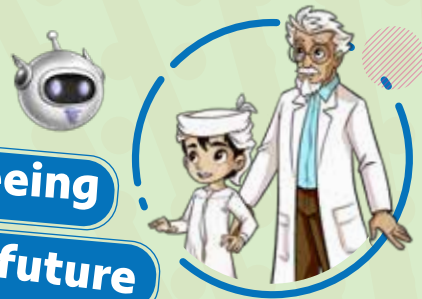
And that is what happened. The park has bagged international awards, including the Power Project of the Year at the 2014 MEED Quality Awards, and the Distinguished Technical Project Award at the 18th Dubai Government Excellence Programme Awards.



# The Land of the Dinosaurs

Illustrated by: Omar Sharif

Foreseeing  
the future





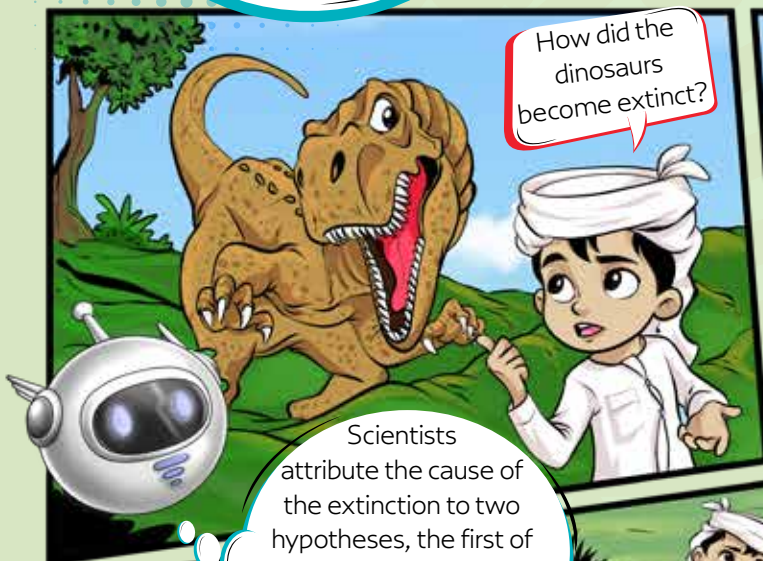


Among the most famous types of dinosaurs in this era are Triceratops, Pteranodon, and Argentinosaurus, which weighed up to 80 tons.



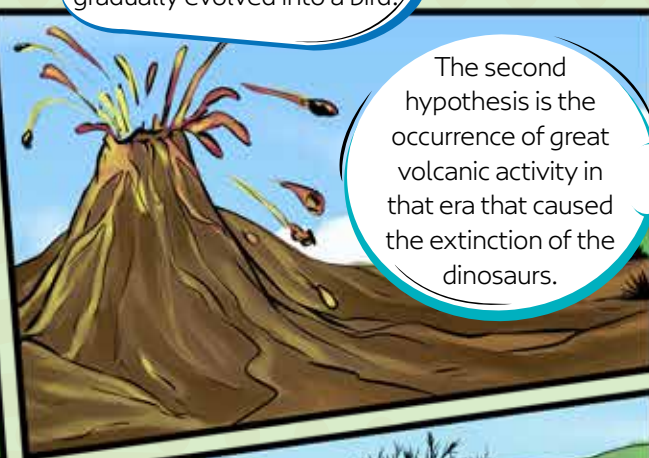
Wow! Do dinosaurs fly?

Yes. Over time, a type of dinosaur that was not a bird gradually evolved into a bird.



How did the dinosaurs become extinct?

Scientists attribute the cause of the extinction to two hypotheses, the first of which is the fall of a huge comet or asteroid on the planet Earth.

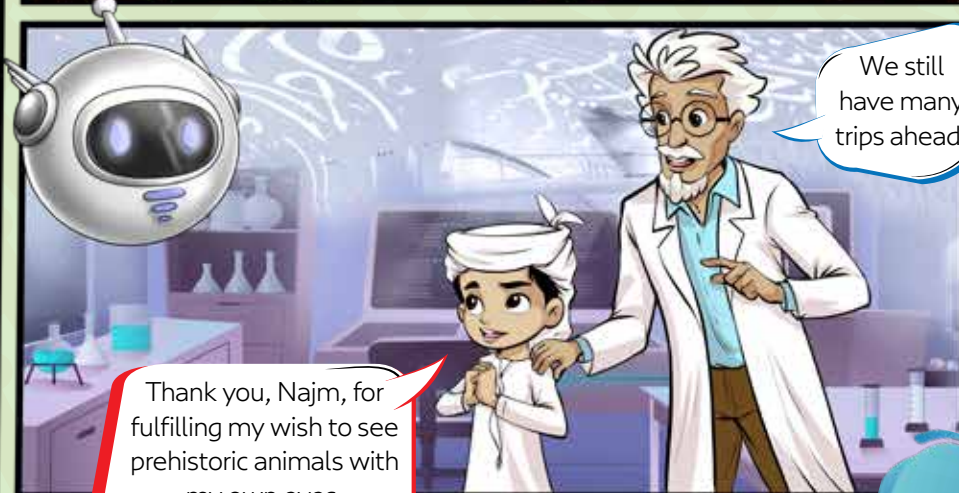


The second hypothesis is the occurrence of great volcanic activity in that era that caused the extinction of the dinosaurs.

I have one last question. How did scientists discover the existence of dinosaurs in these ancient times?



Paleontologists found evidence left by extinct animals, such as footprints, teeth and some giant skeletons.



We still have many trips ahead.

Thank you, Najm, for fulfilling my wish to see prehistoric animals with my own eyes.



# Driving License – Easy to obtain

Illustrated by: Abdel Fattah Helmy

**Safety Road**







You should also check your driving position and wear your seatbelt. That's for you, the next seat occupant, and those in the back seat as well.

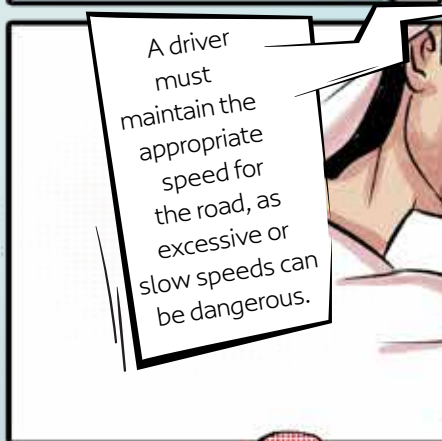
Make sure you adjust the rear-view mirror well and look at it before you stop. You must make sure that all the car doors are closed before you set off.



That night, you should get enough sleep. You may not succeed if you lack concentration and are distracted because of a lack of sleep.



You also have to check your blind spots, because ignoring them leads to mistakes when turning and changing lanes.



A driver must maintain the appropriate speed for the road, as excessive or slow speeds can be dangerous.



I'm very happy with the advice you gave me. I will follow it to obtain a successful driver's license.

I will congratulate you then, because you will have avoided the mistakes that many people make.



# Parking Fees

Illustrated by: Hossam Abdel Ghani

Inspector **Hamad**





# “RTA Dubai” App

**Mahboub**



**Hello my friends.** You can now login to RTA Dubai app through the digital ID.



Through the app, you can easily fill out the parking details for your vehicle. You can also add GCC vehicles on the app to pay parking fees.



When using **ApplePay**, you can use all the features of the app through your smart watch.



You can talk to Mahboub to renew the license, top up your nol card, pay the parking fees over the phone, and many other services.



To report a problem, you can use Madinati service or People of Determination service through the app. You can also disconnect your Salik account.



Go to: **‘My Documents’**, upload your vehicle license, and register in the **nol Plus loyalty** points programme.





# Childhood Obesity

Illustrated by: Abdel Fattah Helmy

Prepared by: Sherina Lootah  
Dubai Health Authority

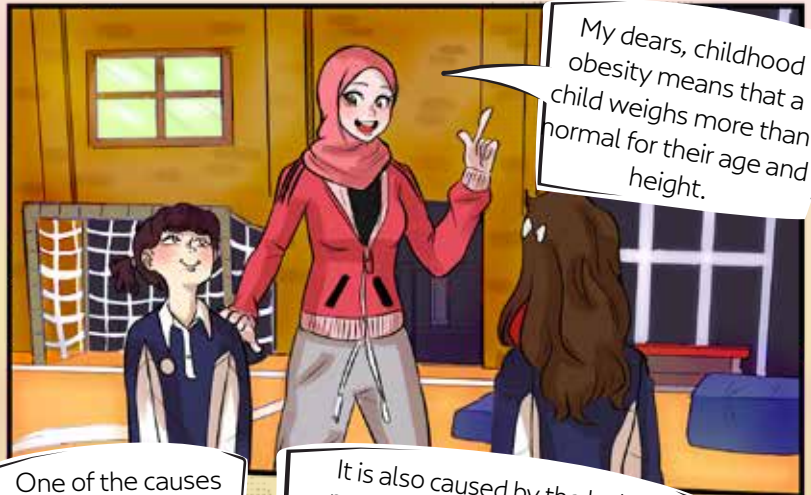
Miss

Weqaya



It's nice to hear Miss Weqaya will visit our school!

Let's ask her about obesity and how to avoid it.



My dears, childhood obesity means that a child weighs more than normal for their age and height.

One of the causes of obesity is eating food that is full of fats and sugars.

It is also caused by the lack of movement and sitting for long hours to watch TV or electronic games, in addition to the genetic factor, which means the presence of obesity in the family.



There are also psychological factors when children overeat to overcome negative feelings such as stress or depression and fight boredom. There are also some medications that cause obesity.







What are the complications of obesity in children?

The accumulation of fat on the liver, joint pain, sleep disturbances such as snoring and sleep apnea, diabetes, and high blood pressure, which leads to heart disease.



We must ensure that the child eats healthy, balanced food full of nutrients that his or her body needs.



We must urge the child to play physical activities such as cycling, swimming, running, football or anything else they prefer.



Don't reward your kids with candy and sweets and find other healthy options. Make sure the child gets enough sleep.



Take your child to visit the doctor periodically, even once a year, for tests and to calculate the body mass index.



We will make sure to implement your tips to stay slim and avoid obesity.

Well done. Health is a crown over the heads of healthy people.



# Al Karabi Game

Illustrated by: Youssef Halim

Grandma

Aousha



Grandma, we have played the folk games we learned from you.

We enjoyed playing hide and seek a lot, and we hope to learn a new game.

Today, I will teach you **Al Karabi** game – a beautiful game that encourages healthy competition.

**Al Karabi** is one of the favourite games among boys.

The player raises his leg and holds it with his hand.

Then the player hops with one leg as far as they can

Are we playing it right, Grandma?


Well done, this is how we preserve our heritage and pass it on to the next generation.






# Offer Help


Sanad



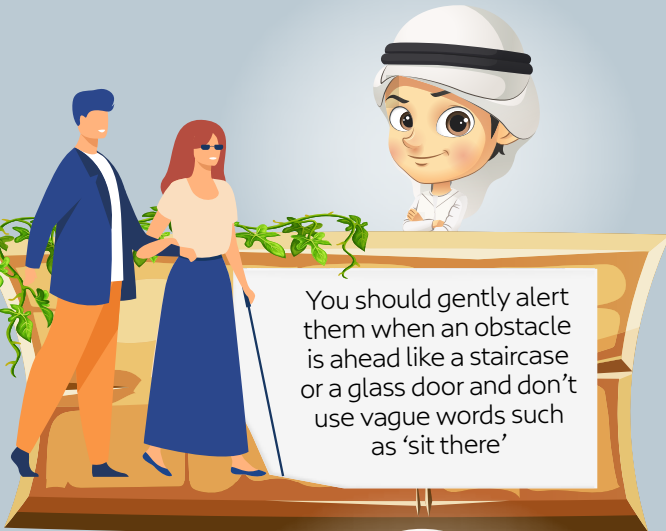
Dear friends. We must learn how to cope with visually impaired people.




Once you meet one of them, introduce yourself and inform him/her once you arrive and when you leave. Be sure not to raise your voice.



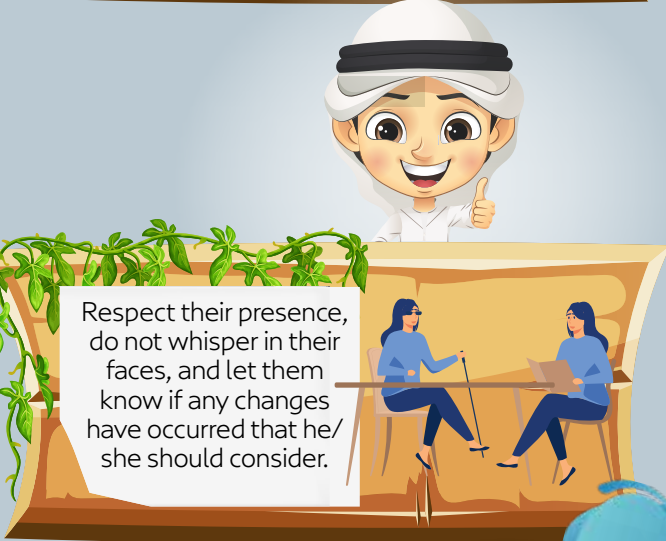
Consider their feelings. Make sure you don't pull them. Always let them hold your arm and ask if they need directions before helping them out on the road (ex: to your right, to your front).



You should gently alert them when an obstacle is ahead like a staircase or a glass door and don't use vague words such as 'sit there'



Always be ready to assist in reading and writing and avoid using visual vocabulary, such as 'see there'



Respect their presence, do not whisper in their faces, and let them know if any changes have occurred that he/she should consider.