

سلامة Salama

Summer in Modhesh World



A visit to Al Fahidi Fort



Be aware to follow traffic rules while riding bicycles



Midday work banned during summer in UAE

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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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Modhesh World



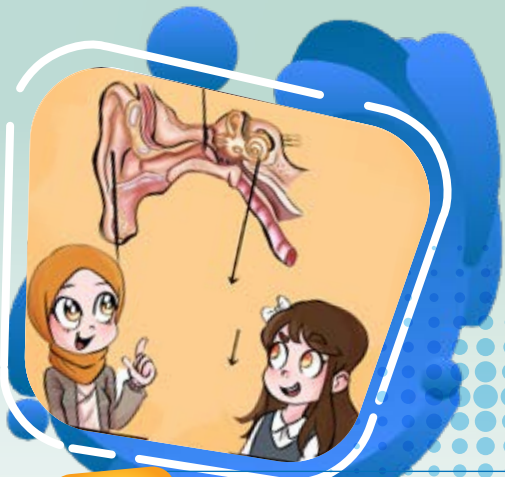
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Volunteer work

Welcome our loved ones:

Have you ever thought of joining a volunteer initiative? Taking some time out of your day to assist others is a truly wonderful experience. It's as if you're saying to the person you're helping: Don't worry, you're not alone. Volunteer work enhances social solidarity among individuals. It beautifully illustrates the cohesion and unity of UAE citizens and reinforces the concept of helping those in need without expecting anything in return. Not only that, but volunteer work also helps strengthen social communication with diverse community segments, and gain experiences. It enables using leisure time in activities that benefit the country and the people. Volunteer work has many forms that every citizen of any age can do. Examples include helping people affected by earthquakes and floods, helping people of determination with difficulties they meet, or organising awareness campaigns and other active participation. One of you may ask, what is my role as a child in volunteering works?

You can participate in donating campaigns such as donating books that you no longer need, and donating old toys to children who need them most. You can also participate in afforestation and cleaning campaigns for beaches & streets, and visiting children's hospitals to cheer them up by spending some fruitful time with them. Our country rises and progresses with our solidarity and cooperation. When we perform voluntary works, we have implemented a divine command, as God says in the Holy Quran {And cooperate in righteousness and piety} Surah Al-Maida.

Salama

Summer in Modhesh World

Illustrated by: Omar Sharif

I'm Salama



Tonight's outing will be a surprise. It will be spectacular. We're going into another universe. The Modhesh world



I hope to meet the characters from Modhesh World.

There they are. Dana and Modhesh.



Welcome to our world. The Modhesh World, where you will spend the most wonderful times.

"Live Your Adventure in My World" from June 26th to August 27th, open daily from 10am to 10pm (Monday to Thursday), and from 10am to 12am (Friday to Sunday).

Modhesh World is the best destination for children and families, has over 350 distinct games.



And you will go on numerous adventures with us in the Museum of Ice Cream.

You will find innovative games in the games area.



Here, amusement blends with education. You will find several activities and theatrical performances



Children can partake in numerous fun activities such as making slime, drawing, dyeing fabrics, and other fun creative hobbies.



Modhesh World also offers shows that mesmerise both youngsters and adults.



Modhesh World hosts many live performances, including educational workshops, tournaments, and challenges.

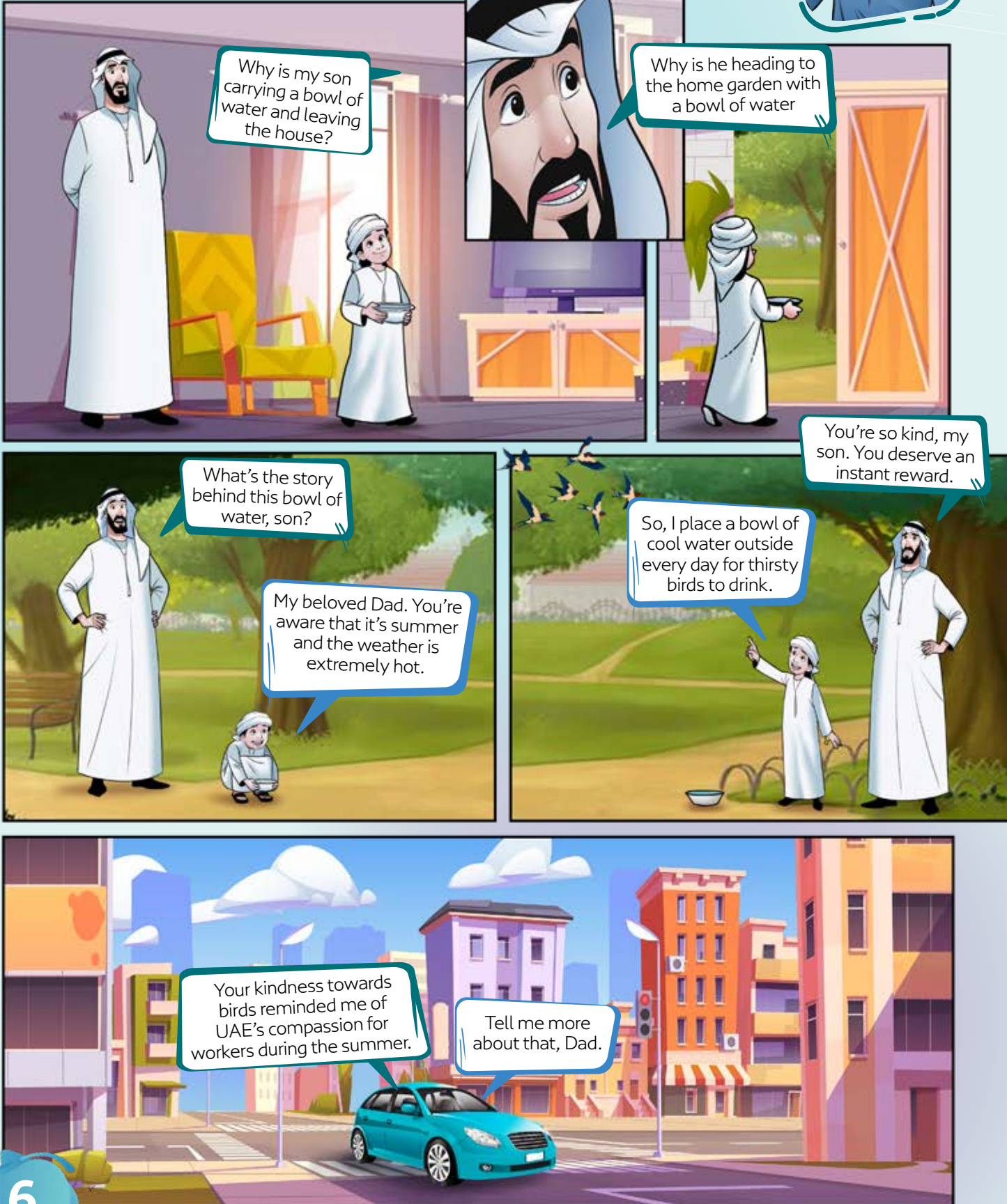
You're sure to enjoy wonderful times here in Modhesh World.



Midday work banned during summer in UAE

Illustrated by: Muhammad Qajoum

Engineer **Salem**



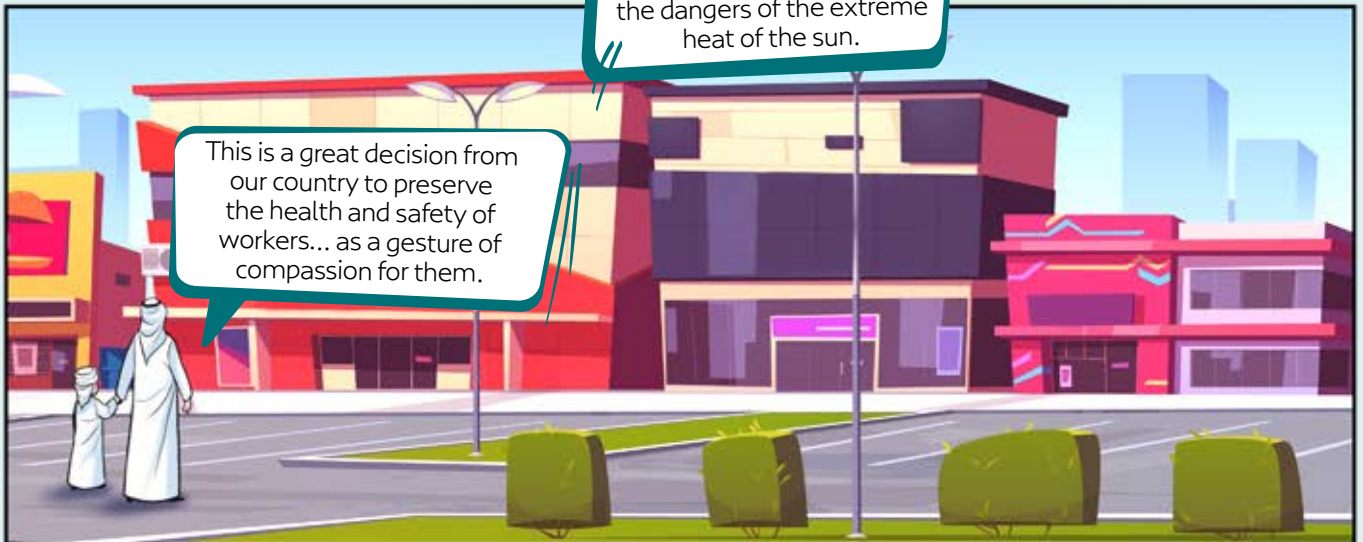
To ensure the safety of workers working outdoors under the sun, specific working hours have been set.



Therefore, every year from June 15 to September 15, it's mandatory that workers do not remain at the job site past 2:30 pm.

It is forbidden to resume work before 3:00 pm. This is to protect the workers from the dangers of the extreme heat of the sun.

This is a great decision from our country to preserve the health and safety of workers... as a gesture of compassion for them.



Thank you, Dad, for your wonderful gift.

It is the least you deserve. You are a Bird Keeper.



Be aware to follow traffic rules while riding bicycles

Illustrated by: Tarif Kalji

Champion **Nader**





The champion Nader's watch flashed, giving a warning of danger.

First, let me provide you first aid.

Champion Nader. Thank God you arrived at the right time.

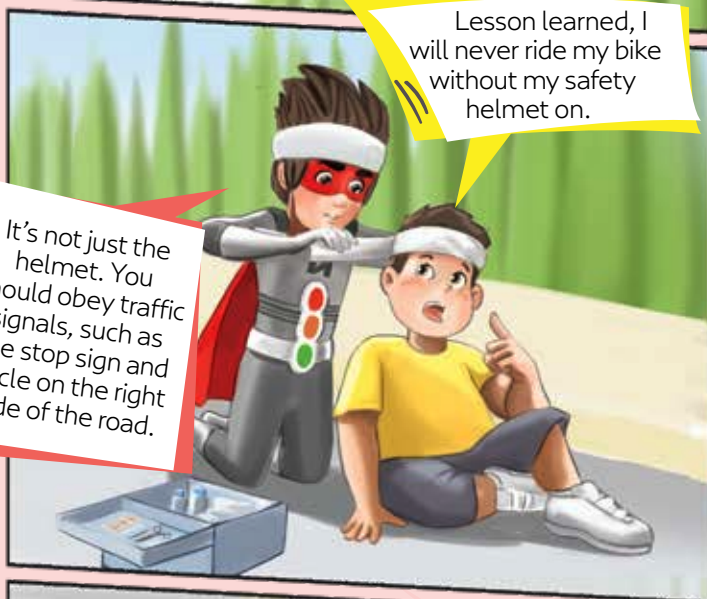
I must intervene immediately.

When riding your bike, you must adhere to the safety rules, and at the top of them is the head helmet that protects you in case of a fall.

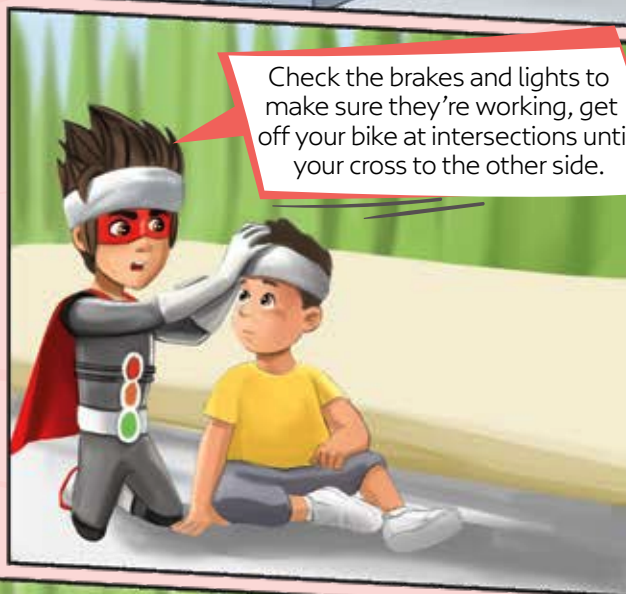


Lesson learned, I will never ride my bike without my safety helmet on.

It's not just the helmet. You should obey traffic signals, such as the stop sign and cycle on the right side of the road.



Check the brakes and lights to make sure they're working, get off your bike at intersections until your cross to the other side.



I promise to comply with the safety guidelines.

I wish you both safe riding. Goodbye.



Addiction to electronic games causes immersion in the real world.

By Shareef Abu Taha:

The regulatory authorities have advised parents to limit their children's use of electronic games to one to two hours a day and ensure that the games contain interactive and educational content.

The Salama Council surveyed students of "Our Children are the Future of Ambulance" camp, focusing on the issue of students spending extensive hours playing online games without parental oversight. It makes these students struggle to establish healthy social relationships, and develop unrealistic personalities, which leads to health and mental issues.



A sense of happiness and challenge

Omar Tariq Al-Dabsi, a student, said: "I spend between an hour and an hour and a half a day on my favourite game, FIFA Mobile. I also enjoy games like Roblox and Brawl Stars. I play these games for fun and challenge, especially when driving cars at crazy speeds. While playing, I remain calm, listen to my father's advice, and adhere to a set time limit to preserve my mental health and ensure that I sit with the family. I support the role of oversight and supervision over children while playing electronic games, and I advise my friends not to sit in front of a computer screen for long hours as it can cause eyesight problems."



Collecting Coins

The student, **Hamad Rashid**, stated that his favourite game is FIFA 2022, which he plays on the PlayStation. Occasionally, with his father's consent, he purchases other games from the play store to download onto his electronic device.

Hamad is interested in games such as football, boxing, car racing, and Fall Guys. He plays with others to earn fake money that stays in his account balance, allowing him to continue playing for an extended period.

Hamad sets aside two hours daily for online games, without parental interference. He listens to their advice to engage in other activities, such as sports, to maintain his physical and mental wellbeing.





Excessive usage

Malak Wissam enjoys playing electronic games on her iPad, including favourites like 1 2 3 4 Player Games, Subway Surfers, Roblox, and Snake, all of which are free. She always seeks her mother's permission before diving into her favourite games, ensuring she sticks to a set time limit to maintain both her mental and overall health, which can be impacted by extended periods of gaming.

Malak cautions her friends against overindulging in these games, encouraging them to engage in other activities and discover new and enjoyable hobbies, away from electronic games.



Discovering hobbies

Tariq Sharif ensures to allot specific times for gaming on electronic devices, and refrains from playing at night. He also engages in other activities to uncover enjoyable hobbies beyond violent electronic games that are unsuitable for his age.

He engages in sports, helping him mitigate the risks associated with sitting for extended periods playing online games, and it occupies his spare time and maintains his health. One key factor motivating his positive engagement and communication with his family is to prevent an excessive fixation on these games, which can consume his thoughts both when awake and asleep.



Communication with strangers

The brothers, Fahed and Ahmed Muhammad Ali play their electronic games through the PlayStation and have no issues sharing the same device. They amicably allocate playtime, with each devoting two to three hours to gaming daily. Their favourite games include "Fortnite, PUBG, FIFA, and Fall Guys." They maintain calmness while playing and do not tend towards violence or nervousness.

They listen to their parents' advice not to communicate with strangers while using electronic games, and to preserve their health, which can be affected by prolonged use.

Symptoms of addiction to electronic games:

- Creating a state of permanent separation of the child from normal life.
- Poor academic achievement.
- Aggressive behaviour towards brothers and colleagues.
- Euphoria and a sense of strength that he lacks in reality.
- Killing the state of emptiness that the child suffers from.
- The failure of the family to communicate positively and effectively with children.



Great fun with skydiving

Faris and

Shaheen

We are now flying over Skydive, the first and largest skydiving club in the Middle East

Faris: I've read that it's among the world's leading centers specialising in this airborne sport.

Correct. It's the prime destination for skydiving enthusiasts in Dubai and across the UAE.

When was Skydive established?

In 2010 and the inauguration was attended by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum.

The place has gained widespread fame, because of its highly experienced and efficient team, as well as its first-class safety equipment and supplies.

Skydive offers a school to teach the basics of this sport and helicopter rides.





You will enjoy skydiving in the Palm Drop Zone, where you will witness top Dubai landmarks while skydiving.

Like Palm Jumeirah, The World Islands, Burj Al Arab, Dubai Marina, and Ain Dubai.



Skydive offers different types of skydiving, including group jumps and individual jumps.



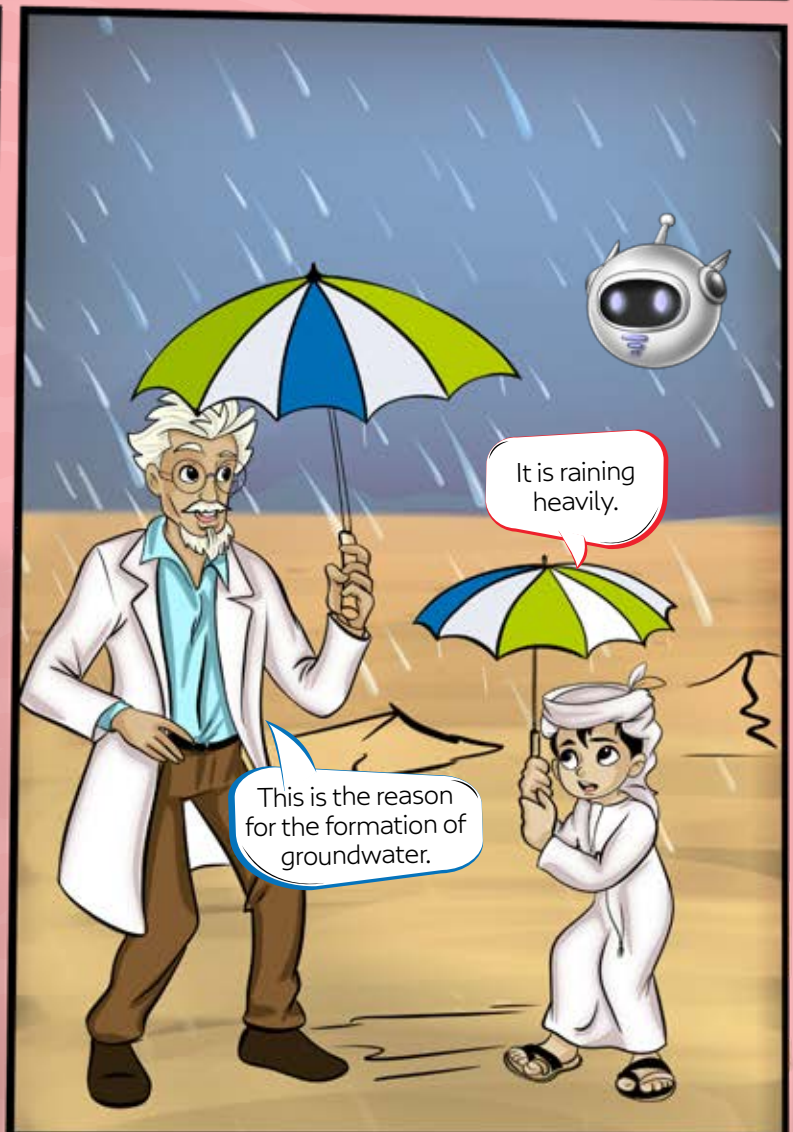
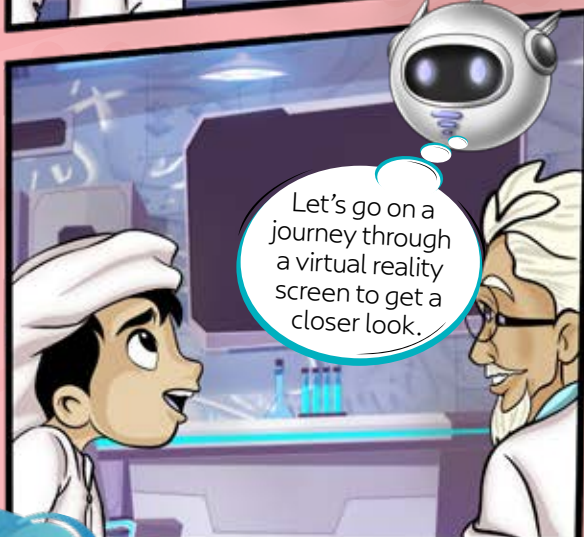
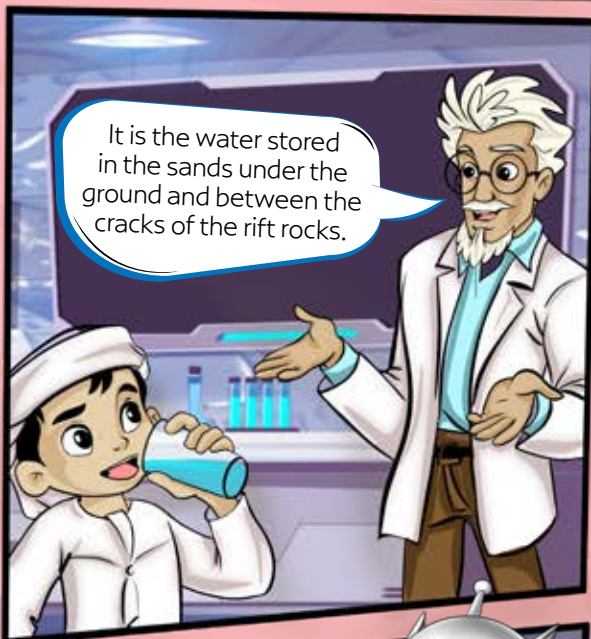
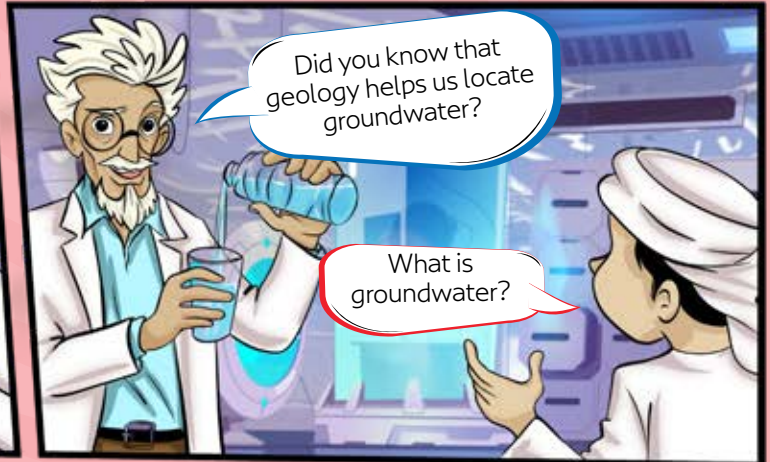
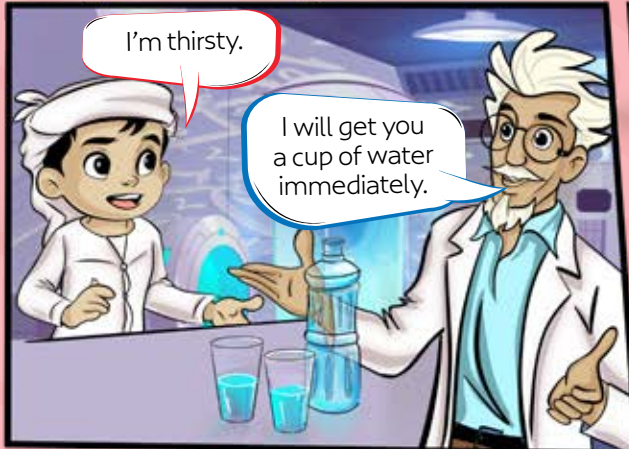
You will enjoy taking the most gorgeous memorial photos while you jump with your parachute and swing in the air until your feet touch the ground.

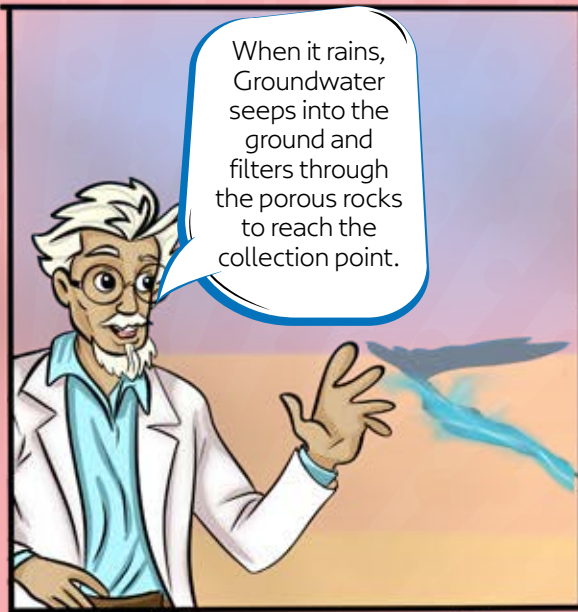
Explore Earth secrets

Illustrated by: Muhammed Mansour

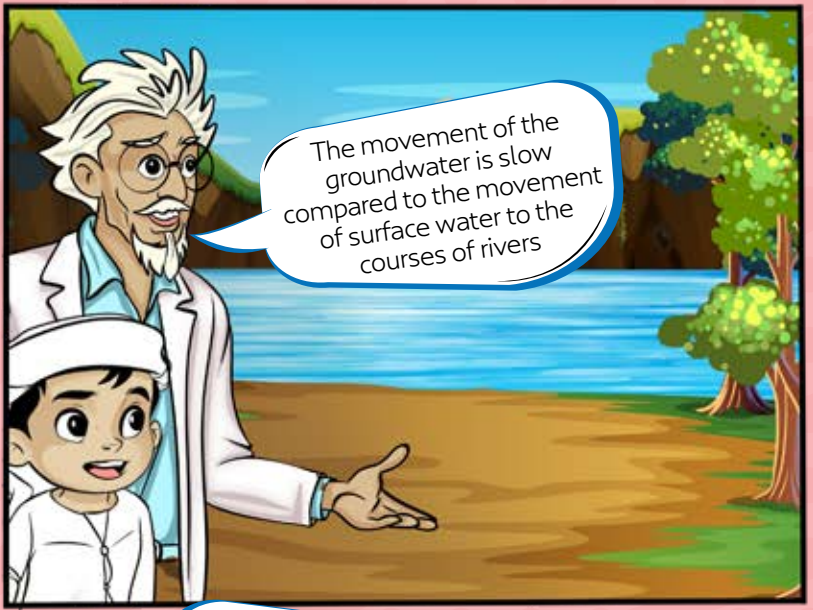
Foreseeing

the future





When it rains, Groundwater seeps into the ground and filters through the porous rocks to reach the collection point.



The movement of the groundwater is slow compared to the movement of surface water to the courses of rivers

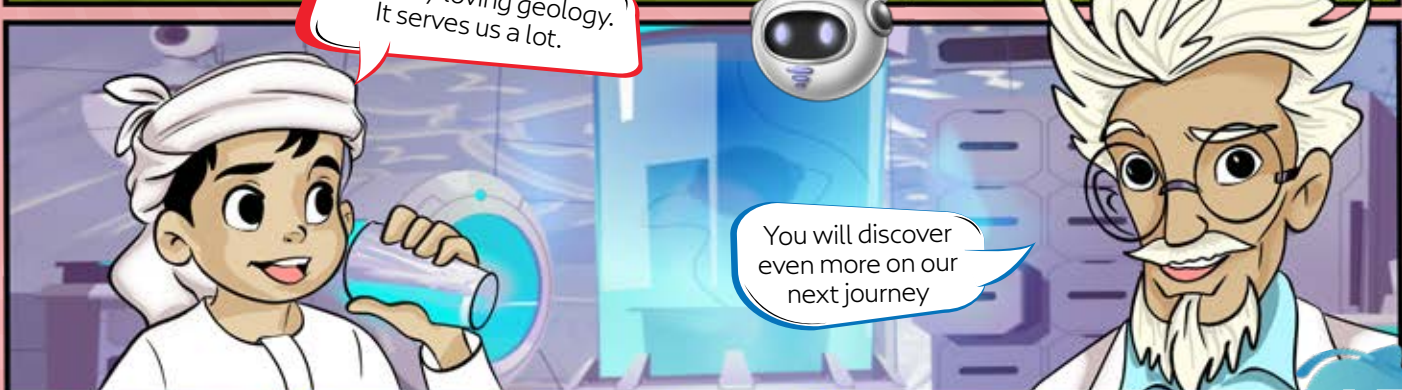


Why is groundwater important for us?

It is a crucial source of life on Earth, as it makes up 30% of the world's fresh water.



A third of human consumption relies on groundwater in irrigating crops and food industries.



I'm really loving geology. It serves us a lot.

You will discover even more on our next journey

Minors' ban from riding public transport means

Illustrated by: Abdel Fattah Helmy



Safety Road

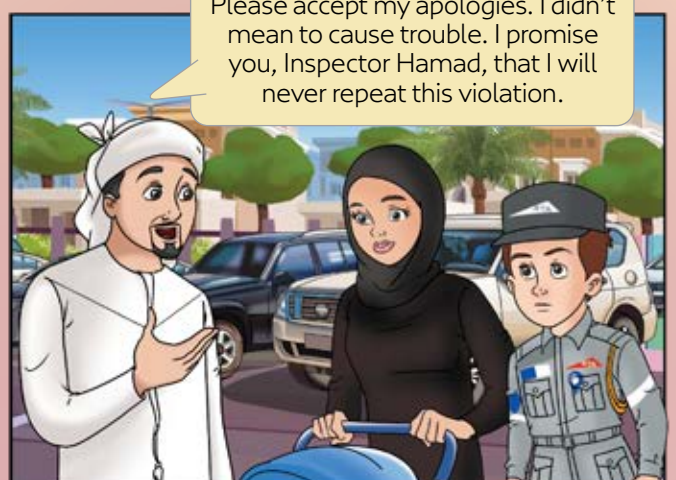
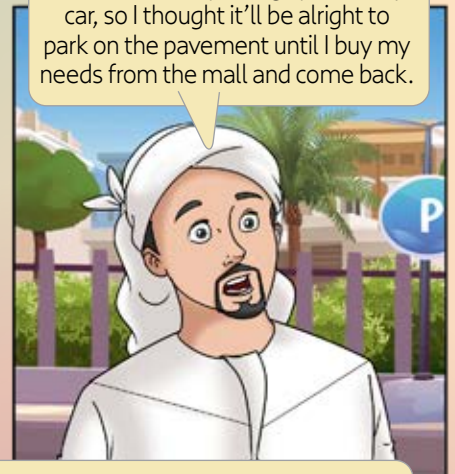




Follow Traffic Rules and save your future

Illustrated by: Hossam Abdel Ghani

Inspector **Hamad**



With RTA App, no more physical driving license

Mahboub



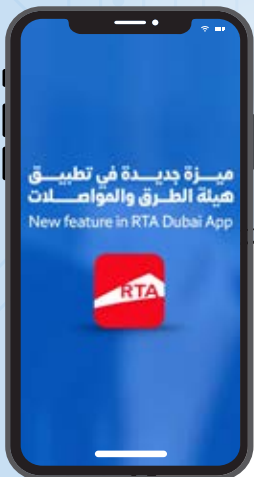
A new service provided by Dubai's Roads and Transport Authority (RTA) allows you to forgo carrying your driving license physically by storing it in the RTA's smart app.

Through few simple steps in the RTA's app, you can add your driver's license to the "Apple Wallet". This allows you to drive around without having to carry your physical license.



RTA app must be updated to enjoy the service. The app can be downloaded through the following link: <https://bit.ly/3le9vHR>.

Upon receiving confirmation of transaction procedures, driving licenses and vehicle registration documents can be delivered within two hours, but only within Dubai. Same-day delivery is available in Dubai, Abu Dhabi, and Sharjah. A new service has also been introduced to deliver international shipments to customers outside the UAE.



During the first quarter of this year, the total number of delivery requests for transaction delivery reached 134,640.



Prevent your ears from infection

Illustrated by: Abdel Fattah Helmy

Prepared by: Hamda Al Mansouri
Dubai Health Authority

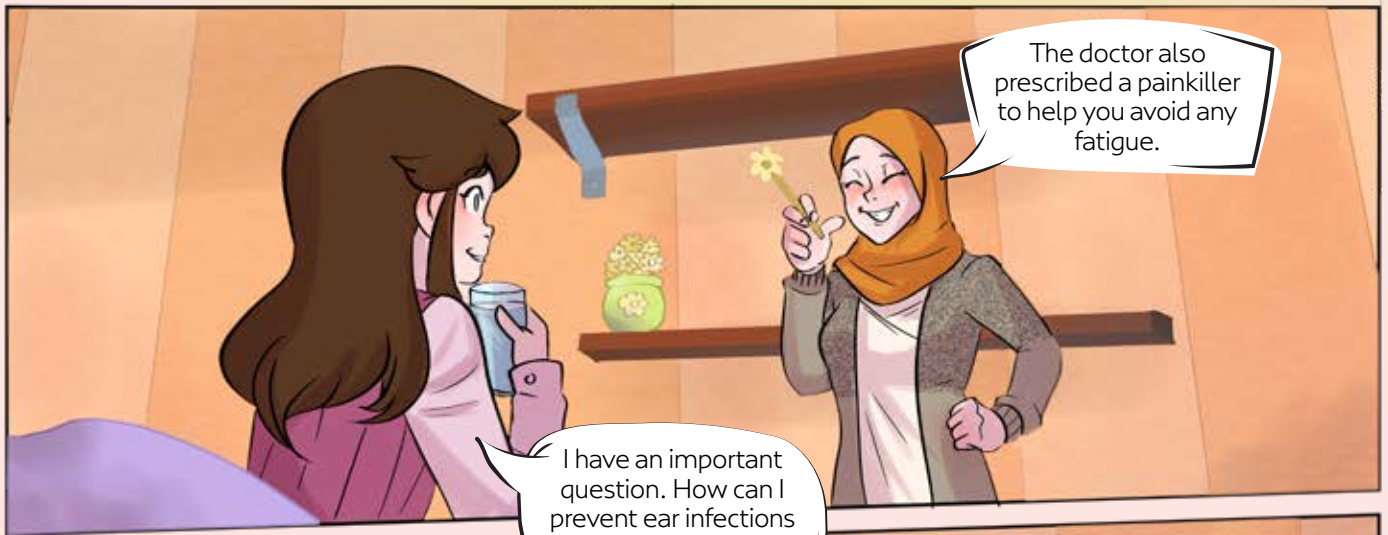
Miss

Weqaya



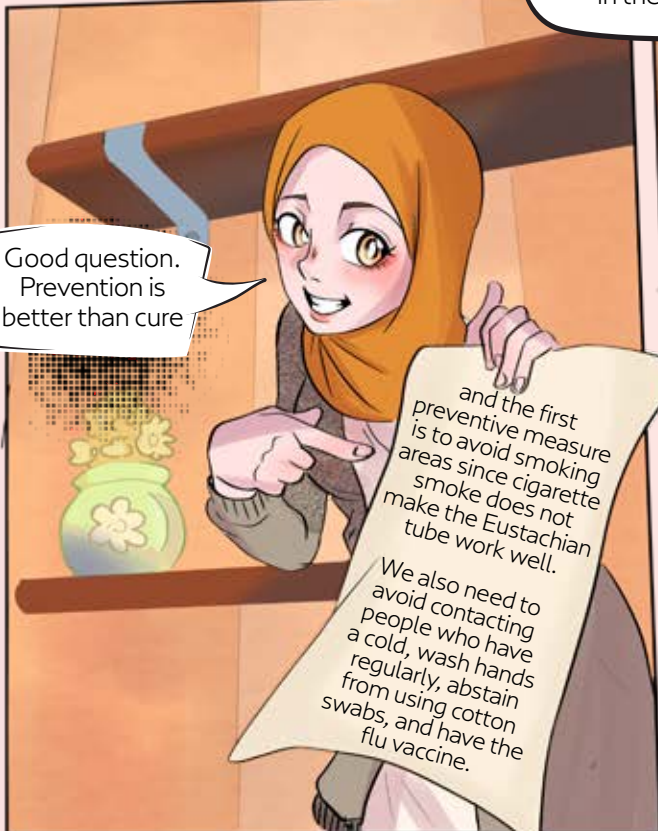


The doctor prescribed an antibiotic that usually clears up the bacterial infection, and you should feel better within days.



The doctor also prescribed a painkiller to help you avoid any fatigue.

I have an important question. How can I prevent ear infections in the future?



Good question. Prevention is better than cure

and the first preventive measure is to avoid smoking areas since cigarette smoke does not make the Eustachian tube work well.

We also need to avoid contacting people who have a cold, wash hands regularly, abstain from using cotton swabs, and have the flu vaccine.



I will follow your advice to prevent getting infected again

I wish you a speedy recovery.

A visit to Al Fahidi Fort

Dubai's Oldest Building and Most Famous Museum

Illustrations: Youssef Halim

Grandma

Aousha



Grandma, Are we going to visit Al-Fahidi Fort as you promised, and learn more about it?

Yes, but let's eat some old-fashioned snacks, then we can go.

Built in 1787, Al Fahidi Museum spans an area of 4000 square meters. It used to protect people long ago.



can we go to the old pavilion, grandma.

Let's go, and we will know about antiquities, including archaeological finds.



And crockery, weapons, and burials



There is also the Market Pavilion.

Indeed, and attractive as well. It replicates the past of our ancestors, sellers and shops in the last century.

The Market Pavilion is amazing.



Our visit ended, and we knew something about life, houses, markets and professions in Dubai in the past.

Thank you, Grandma. It was a lovely trip to Al Fahidi Fort.

Learn sign language

Relatives

In cooperation with the Community Development Authority



Sanad



The sign in the first picture relates to a **family**, while the sign in the second picture represents a **tribe**.



family

tribe



boy

girl

Holding the tip of the moustache this way indicates a **boy**, whereas positioning the palm this way signifies a **girl**.

This sign stands for a **man**, whereas the placement of the palm under the chin symbolises a **father**.



man

father



mother

brother

Positioning the index finger alongside the nose signifies a while pointing downwards with two fingers denotes a **brother**.

The sign made with the pinky finger stands for **engagement**, and this sign means a **young man**.



engagement

young man



friend

infant

The gesture of joining palms together like this represents a **friend**, while the sign of palms on top of each other symbolises an **infant**.



Our environment is our life

Illustrated by: Ahmed Haddad

Aliaa

The Eco-friendly

