

سلامة Salama

Sports on Your Way



The Future of Robots
in Delivery Business



Guarding Against Gas
Cylinder Hazards



Traffic Signs and
Road Markings



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Community

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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.

General Supervisor
Rawdah Al Mehrizi

Managing Editor
Maryam Al Blooshi

Editing Manager
Shareef Abu Taha

Editorial
Aisha Al Shamsi
Ayman Farmawi

Design & Production

SLA
SPOTLIGHT
Advertising

www.spotlightuae.net

Design and Direction
Said Mansour

To contact the magazine:
P.O.Box: 118899
Phone : 0097142903629
salama.magazine@rta.ae

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04

Sports on Your Way



06

Traffic Signs and
Road Markings



10

Guarding Against Gas
Cylinder Hazards



14

The Future of Robots in Delivery Business



22

Hospitality Etiquettes (2)



24

Green Projects (1)



Sweet Words

‘Sports on Your Way’

Hello, my friends...

November 1st marks Public Transport Day in Dubai, and this year’s events are launched under the theme “Sports on Your Way” to stress the role of Dubai’s Roads and Transport Authority (RTA) in supporting the community’s public health and physical fitness. The event aims to encourage people to use public transportation by associating riders with activities and initiatives like Sports on Your Way, Location Challenge, and Treasure Hunt offering winners valuable prizes. Using public transportation eases our lives and improves our fitness by walking distances, burning calories, and engaging in physical activities during our journeys between different transportation modes. Let’s celebrate together by using public transportation, participating in enjoyable sports activities, embarking on sustainable journeys, and encouraging a greener future by riding the metro, trams, buses, ferries, and water taxis. Not only that, but also have a chance to win amazing prizes and have unforgettable experiences at this special event.

Salama

Sports on Your Way

Illustrated by: Muhammed Mansour

I'm Salama



They can use the influencers' routes and share their drawings to win valuable prizes.



There's also the "Treasure Hunt" initiative through a digital game on smartphones and registration on "microsite."



You follow the clues to find treasures.



No, it's about rescuing endangered animals by collecting them and helping them survive.



Real treasures!
Like gold?



The winners will be honoured with prizes and rewards from the Roads and Transport Authority.



I and my friends will participate in Public Transport Day initiatives.

I'll do the same.

We will all participate in these special events.



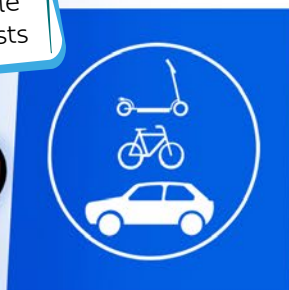
Traffic Signs and Road Markings (1)

Illustrated by: Muhammad Qajoum

Engineer **Salem**



This sign designates the road or a part of it for shared use by bicycle and e-scooter riders and motorists



This sign indicates that the lane is shared between riders of bikes and e-scooters



This sign indicates that the lane or a part of it is exclusively for pedestrians and cyclists.



This sign indicates that the lane is exclusively for cyclists.



This sign indicates the beginning of the cycling lane.



This sign indicates the end of the cycling lane.



This sign indicates there are separate lanes for pedestrians and riders of e-scooters and bicycles.



Take care, my son.

Ride your bicycle carefully and pay close attention to traffic signs and road markings.



follows

National Achievements

Sultan Al Neyadi: From the Starter to Pioneer

The Emirati astronaut has set the record for the longest space mission by an Arab.

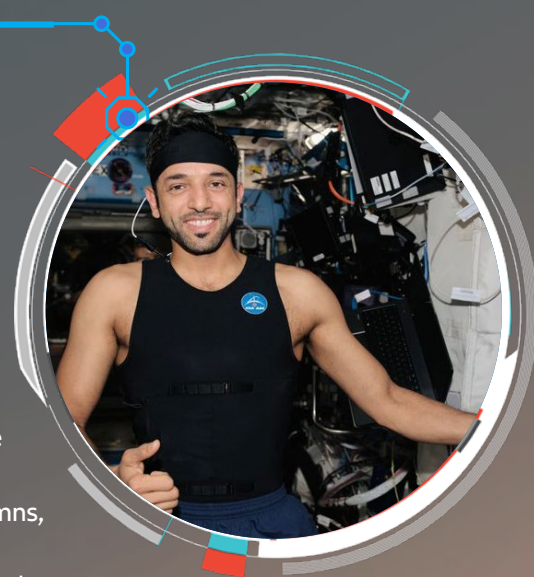
After spending six months aboard a space station, the Emirati astronaut Sultan Al Neyadi returned to Earth. He completed the longest mission ever undertaken by an Arab astronaut. However, like all astronauts, he didn't return directly to the homeland after safely descending from the capsule that transported him to Earth. Challenges were in the waiting., let us review the story from the beginning.

Intensive Training

Space travel carries significant risks. Therefore, before his journey, Al Neyadi underwent intensive training at a Russian centre to equip him with survival skills in case of emergencies and to manage available resources in the surrounding environment. He also experienced wearing the "Sokol" space suit, which weighs over 10 kilograms. Additionally, he underwent advanced rehabilitation programs to prepare him for spacewalks, training in NASA's neutral buoyancy lab and practiced walking underwater to simulate spacewalks using a full-scale model of the International Space Station.

What Happens to Our Bodies in Space?

Several changes occur in the human body due to extended stays on the space station. One such change is an increase in height. Al Neyadi confirmed this phenomenon, saying that due to the absence of pressure on their spinal columns, astronauts' height increases as the space between their vertebrae expands. Prolonged time in space, with much lower gravity than on Earth, leads to muscle atrophy, loss of body mass, and blood accumulating in the upper part of the body, resulting in facial swelling.



Space Jiu-Jitsu Champion

Al Neyadi posted a short video on his "X" platform account that garnered millions of views. In this video, he undertook an extraordinary experiment by practising the sport of Jiu-Jitsu in space, becoming the first astronaut to do so in zero gravity. Al Neyadi emphasized that being in space, with the absence of gravity, resembles a jiu-jitsu fight, and this sport has assisted him in regulating his breathing process.



Exercise Regimen

Al Neyadi was diligent about daily exercise to mitigate these changes and reduce their impact. He shared a picture of himself exercising aboard the International Space Station and tweeted, "Exercise is important on Earth, and it's equally essential in space. We exercise on board the International Space Station for about two and a half hours daily to prevent muscle atrophy and bone weakening in the microgravity environment."



Opportunity to Showcase Arab Culture

Al Neyadi emphasized that his presence on the International Space Station during his six-month mission allowed him to transfer aspects of Arab culture into space and introduce it to his fellow astronauts. Al Neyadi provided the global community with interesting content in the Arabic language, capturing images of several Middle Eastern cities and famous regional landmarks, revealing the region's unique beauty.

A Strange Feeling When Walking in Space

Al Neyadi noted that he felt a sense of strangeness when he initially ventured outside the station for a spacewalk mission, given the simultaneous absence of gravity and weight. However, he quickly adapted to this sensation, describing the walking outside the station as a stroke of luck to accomplish. As he took pictures of Earth and space during that mission.

Astronaut food

During his stay on the International Space Station, Al Neyadi regularly shared videos in Arabic on social media, offering insights into life on the space station. He explained the peculiarities of daily life in space, such as consuming specially prepared astronauts' food that undergoes substantial processing to reduce its weight by removing water content. Astronauts rehydrate the food before consumption using hot and cold-water dispensers.

Mango Salad on the International Space Station

Al Neyadi confirmed that the best food he had aboard the International Space Station was Emirati and American dishes, particularly the mango salad. He ensured to engage in activities during his free time on the space station, such as chess games with the control centre on earth and communicating with students.



The water bottle is heavy!

Upon returning to Earth, Al Neyadi felt strangely heavy compared to the weightlessness of the microgravity environment; Even a small water bottle felt serious to him initially. However, this sensation gradually disappeared over time as part of his rehabilitation program, which helped him overcome walking difficulties and dizziness.

Rehabilitation Program

After returning to Earth, Al Neyadi underwent a three-week rehabilitation and medical isolation program under the supervision of Dr. Hanan Al Suwaidi, a physician for astronauts, and a team of doctors at NASA's headquarters. Specialized trainers provided him with a schedule tailored to his health, helping him readapt to the gravitational environment. Dr. Hanan Al Suwaidi explained that every hour spent on earth improves astronauts' health. She also added: Upon returning, the body begins to adapt to gravity again, and during the first week or so, its ability to move returns to normal.

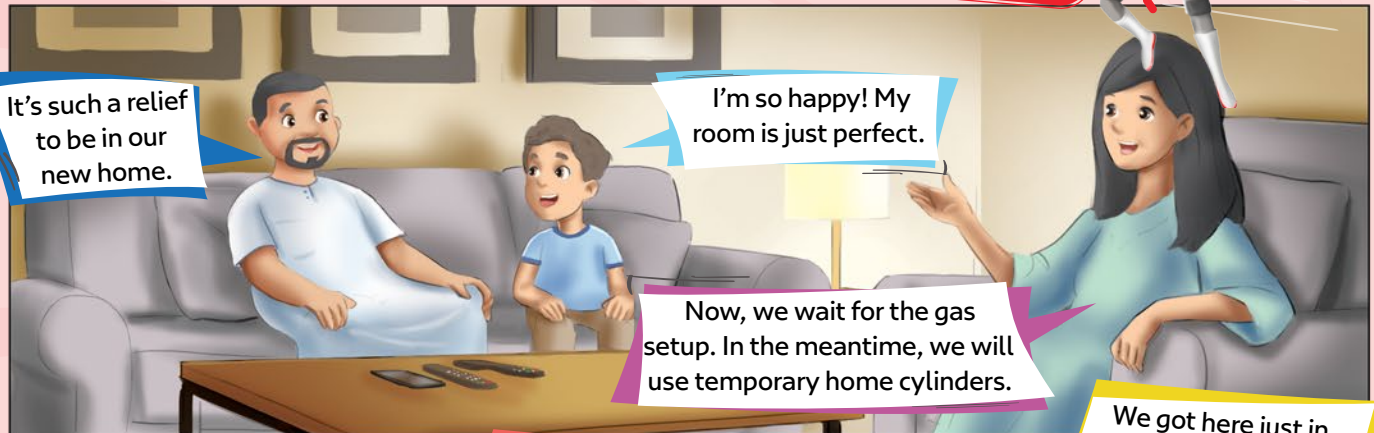


Guarding Against Gas Cylinder Hazards

In Collaboration with The General Directorate of Civil Defense in Dubai

Illustrated by: Tarif Kalji

Champion **Nader**



While gas cylinders are essential for cooking, they can pose risks if there is a leak.



I am sensing danger and I must alert the Civil Defense immediately!



We got here just in time. The leak didn't cause a fire.



Thank God. Champion Nader's timely alert prevented a disaster.



Is there a method to detect gas leaks?





Yes, mix some dish soap with water.

To check for leaks, run a wet soapy sponge along the pipes. If there is a leak, bubbles will appear.



In the event of a fire, turn off the gas valve if it is safe..

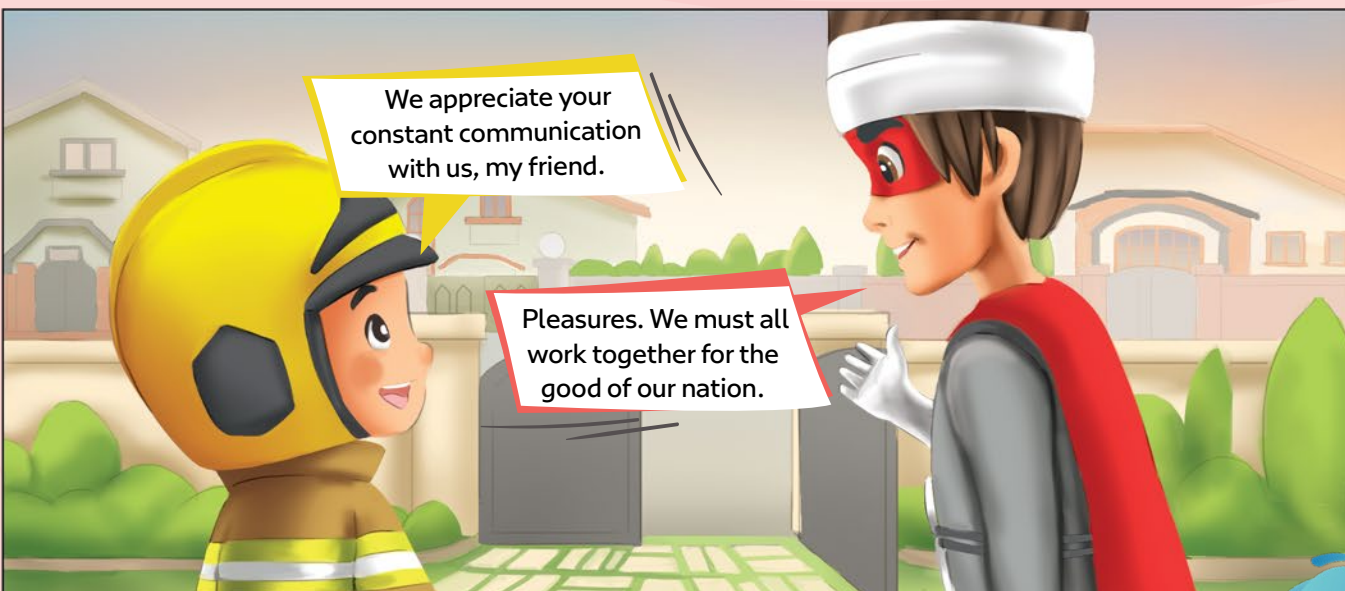
Leave your house immediately with your family.



Then, dial Civil Defense at **997**.



Remember, never go back for possessions, regardless of their value. Make sure to leave them behind and prioritize your safety.



We appreciate your constant communication with us, my friend.

Pleasures. We must all work together for the good of our nation.

Embark on an exciting adventure at Deep Dive Dubai (2)

Faris and

Shaheen



Today, we carry on with our exploration of Deep Dive Dubai.

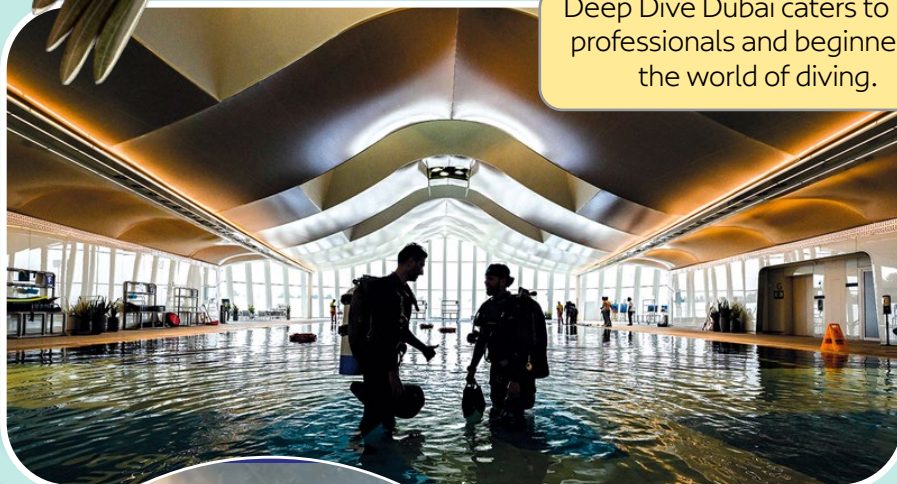
Wonderful. I fondly remember our last trip to this unique spot.



Deep Dive Dubai caters to both professionals and beginners in the world of diving.

Beginners can dive confidently here, guided by experts in a well-regulated environment.

For the pros, they can discover the sunken city with its many secrets.





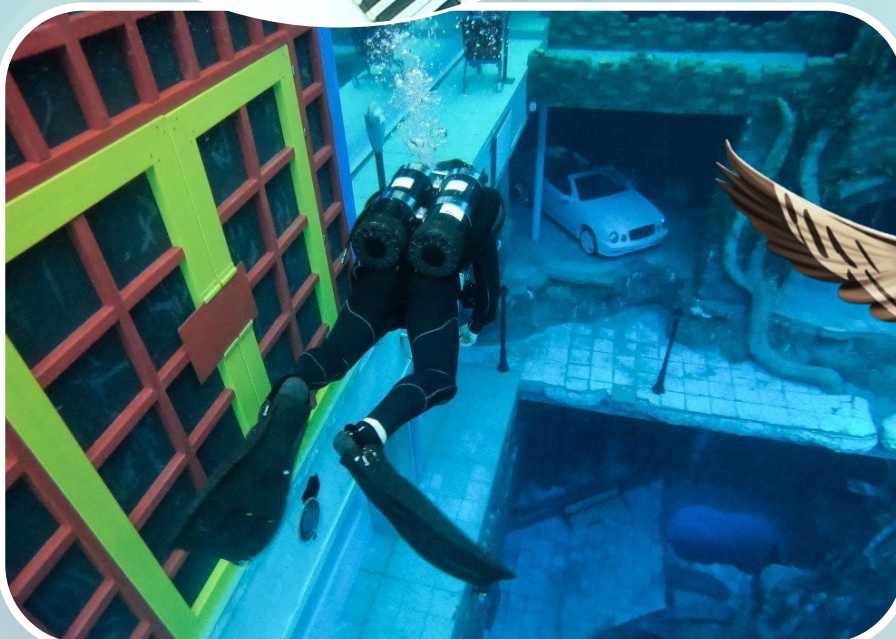
Some adventurers even celebrate birthdays in this amazing place.

Others get creative, practising their hobbies in interesting ways.



Take Jessica Wallen from Australia, who showcased her piano skills 30 meters below the surface.

Wallen praised Deep Dive Dubai as an ideal destination for divers and highly recommended it to every diver.



Thank you Shaheen for this wonderful tour of Dubai.



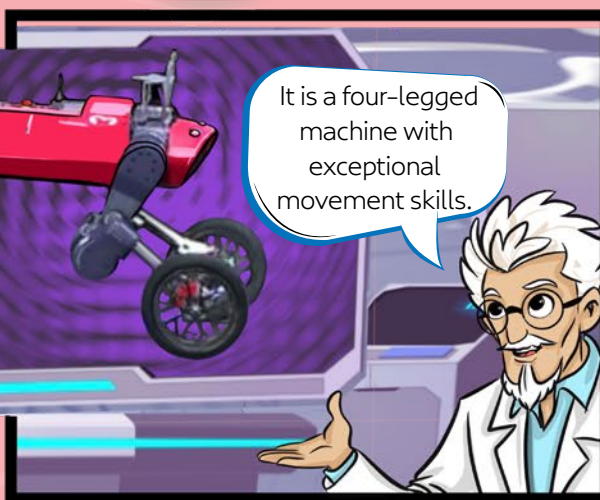
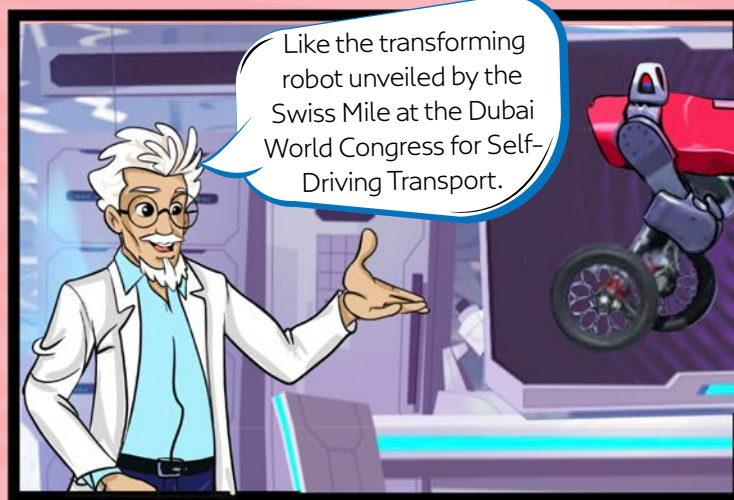
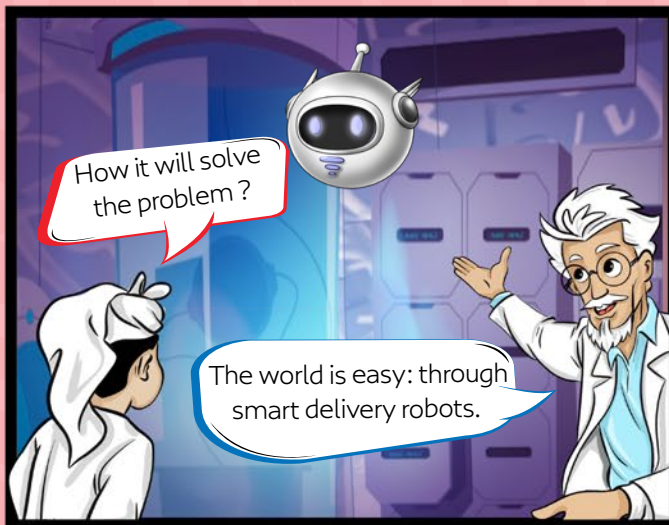
Pleasures, my friend. Our Dubai adventures are just getting started.

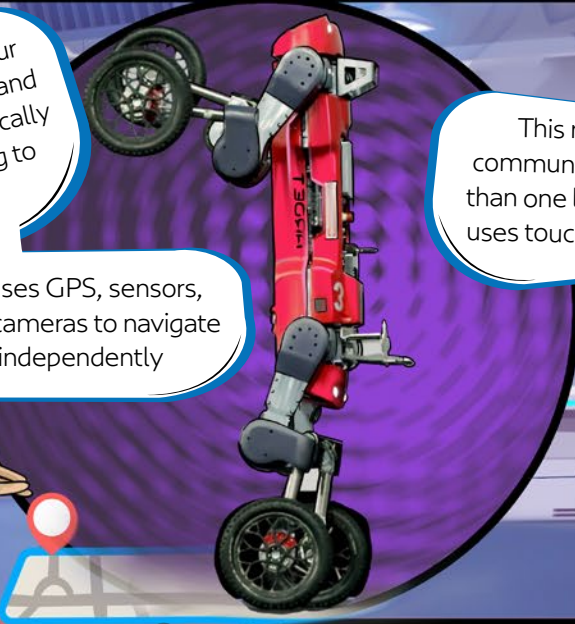
The Future of Robots in Delivery Business

Illustrated by: Muhammed Mansour

Foreseeing

the future







The robot can drive on four wheels or transform to stand on two legs and automatically change shape according to developments.

It uses GPS, sensors, and cameras to navigate independently

This robot can communicate in more than one language and uses touch technology



It seems that they will dispense with me unless I develop as well.



These robots will reduce carbon emissions and traffic congestion.



besides improving customer satisfaction and charting a more sustainable future for the delivery business.

Thank you for these valuable information.

We will know more about artificial intelligence in our next journey, God Willing.

follows

Dubai Fitness Challenge

Illustrated by: Abdel Fattah Helmy

Safety Road



The Dubai Fitness Challenge started on October 28th this year and continues until November 26th

All of us must participate.



This challenge contributes to making Dubai one of the most active cities in the world

by encouraging participants to engage in 30 minutes of physical exercise daily for 30 days.



Where are we going today, Dad?

To RTA's cycling centre, Fitness Village at Mushrif Park.



The centre welcomes sports enthusiasts to engage in a variety of special activities.



Including mountain biking trails, challenge tracks, bumps, and more.



Awaiting cyclists of all ages in a fun-filled atmosphere and an enjoyable fitness experience.



Across the distinctive terrain of this wonderful park.



I wished my cousin could join us, but he doesn't have a bike.

He can use the available bicycles on-site for free.



There is a suitable path for beginners, 5 kilometres long

...and another, more challenging one, 15 kilometres long, for those aged 12 and above.



It was a fantastic experience, and I felt a lot of joy and excitement.

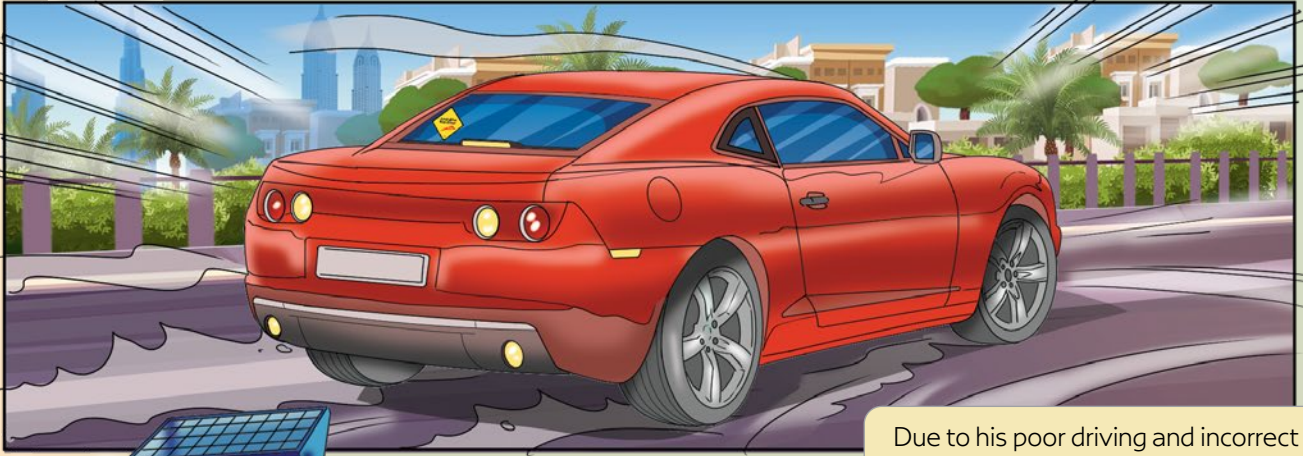
Keep that enthusiasm because the initiative lasts for thirty days

We will participate in more Dubai Fitness Challenge events, God willing.

“Be More Cautious”

Illustrated by: Hossam Abdel Ghani

Inspector **Hamad**



Due to his poor driving and incorrect entry into the parking lot, this driver almost caused a major incident.



You need to be more cautious while driving your car because you came very close to hitting the parking ticket machine.

That's not an excuse, sir, for putting yourself and others at risk.

Damaging or causing harm to the parking lot or parking machines carries a fine of AED1,000.



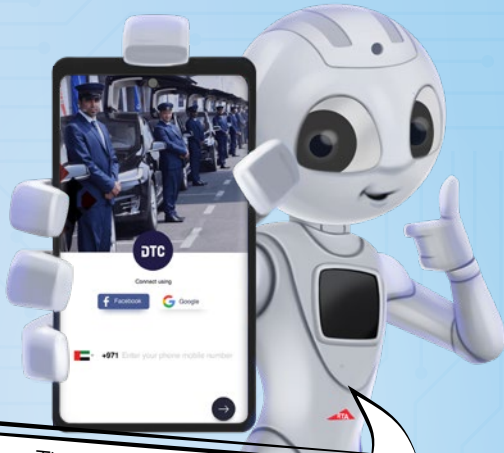
Sorry, I'm a new driver.



Sorry again. I'll be more cautious next time.

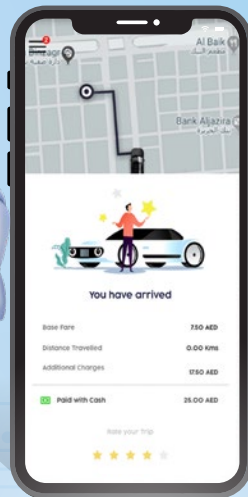
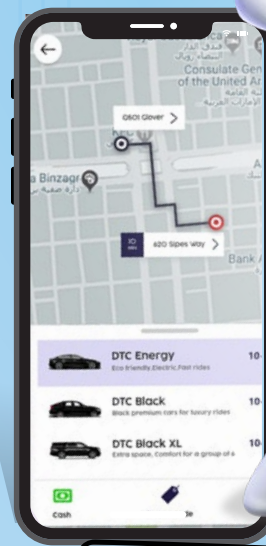
The DTC Smart App

Mahboub



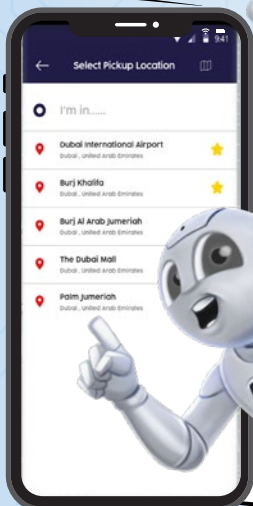
The Dubai Taxi smart app (DTC App) offers a seamless and modern platform for users to book taxis and limousines. It leverages cutting-edge technology ensuring, swift and precise service requests.

The app is closely integrated with the control centre of Dubai Taxi Corporation (DTC) and the Booking & Distributing Section of RTA's Public Transport Agency.

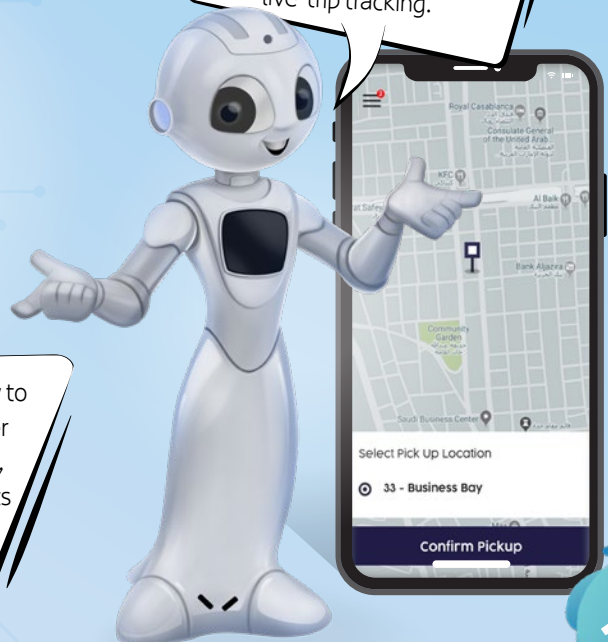


Follow these three simple steps: First, download our app. Second, complete a quick registration. And finally, select your preferred vehicle.

The app automatically locates and dispatches the closest available vehicle to the user, providing real-time fare estimates and live trip tracking.



Download the DTC App now to receive immediate customer support, earn loyalty points, and enjoy exclusive discounts on Google Play, IOS, and Huawei AppGallery.



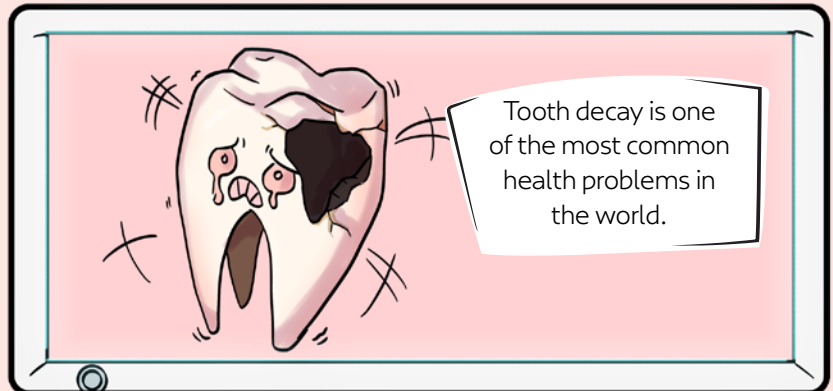
Consistent dental care maintains optimal overall health (1)

Illustrated by: Abdel Fattah Helmy

Prepared by: Hamda Al Mansouri
Dubai Health Authority

Miss

Weqaya



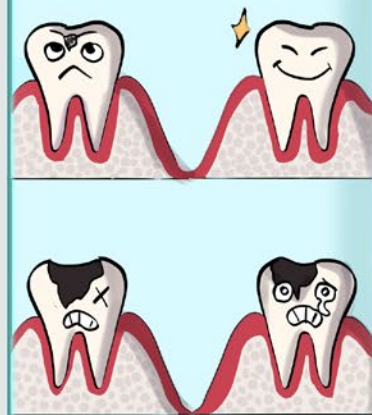
Neglecting to use a toothbrush and miswak regularly can also contribute to tooth decay.



Mixing sugars with the layers on the surface of the teeth produces harmful acids, causing cavities and tooth damage.



If left untreated, these cavities can penetrate deeper layers of the teeth.



Unfortunately, many of us neglect this until we feel severe tooth pain.



Early detection through regular dental check-ups can prevent many problems.



follows

Hospitality Etiquettes (2)

Illustrations: Youssef Halim

Grandma

Aousha



We want to learn more about the hospitality customs and etiquette in the past, Grandma.

Well, first guests must notify their hosts in advance of their visit, so they can prepare. We need to accept apologies from those who express regret.

Upon arrival at the door of the Majlis (guest house), the visitor says: Hood. If the reply was Hada, it means the guest is welcomed and can enter.

It is customary for hosts to stand at the Majlis door to welcome guests as a sign of hospitality.



The host warmly welcomes guests, giving special attention to elderly and dignitaries.



Greetings can be through a handshake, a nose-to-nose touch, or a kiss on the head for parents and those in a similar position.



Offering guests oud incense upon entry and departure is one of the basic welcoming traditions.

follows

Hospitality and Beverages

In cooperation with the Community Development Authority



Sanad



This sign means
"Restaurant"



Our
sign for
"Coffee"
is like this.



If we want
to order
"Water,"
we do it
like this.



And this
sign means
"Milk."



While
this one
represents
"Tea."



And we
thank the
restaurant
staff like this
in the end.



Green Projects (1)

Illustrated by: Muhammed Mansour

Aliaa

The Eco-friendly



I have read nice research about green or sustainable projects.

Aliaa, what do you mean by this expression?

I mean environment-friendly projects.

Green companies aim to achieve a balance between profit and conserving the environment.

There is a wide range of services and products provided by these companies.

Could you please provide me with an example?

For example, beautiful gardens can also provide a variety of fruits and vegetables.

Great. Besides being beautiful, they are productive as well.

I heard about green cleaning. What does it mean?

Selecting environment-friendly projects free from chemicals in cleaning homes and facilities.

