

سلامة Salama

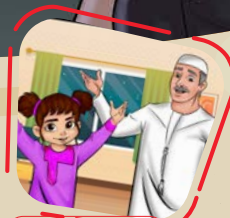
The Student Nol Card



Safeguard Children
from Sharp Object



Stay in Your Lane



Sports Family



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Read in this issue

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

Hello, my friends.

May 10th marks a special occasion - "Movement for Health Day," which aims to raise awareness about the importance of physical activity for leading a happy life. People's physical activity is declining despite the world moving faster than ever. Statistics from the World Health Organization show that most people do not engage in sufficient physical activity despite the many benefits it brings. As they say, "movement is a blessing," and it can positively impact our lives.

It is important for everyone to understand the significance of engaging in physical activities to better our hearts, bodies, and minds, regardless of our ages and capabilities. Starting a fitness program could be one of the most favourable things we can do for ourselves, as physical activities lower the risk of numerous diseases, aid in weight loss, increase self-confidence, and diminish symptoms of depression and anxiety. A recent scientific study has shown that physical activity significantly enhances sleep quality.

Dear friends, we must incorporate walking and movement into our daily routine. If we must sit for extended periods at work or school, we should engage in more physical activities to counteract the negative impact of a sedentary lifestyle. By taking the first step, we set ourselves on the path towards achieving an important goal: better health and a happier life.

Salama

Sports Family: Uniting in Passion

Illustrated by: Muhammed Mansour

I'm Salama



That's a good idea because playing sports in real life has many benefits.

You could join a sports club and try out for the football team or any other sport you like.

Can you list some of those benefits, Dad?

Sure, things like staying active, full of energy, preventing diseases, and keeping fit.

It also includes losing weight, improving sleep quality, and reducing anxiety and depression.

Plus, exercise releases endorphins, which alleviate pain and boost happiness.

Wow... all that?

Yes, son. That's why it's important to make physical activity a part of your daily routine.

Since you're the leader of our family and captain of our ship, why don't you come up with an exercise programme for us, Dad?

That's a great suggestion, Salama. I'll get on it, In Sha Allah.

From now on, we'll be a sporty family, focusing more on physical activities.

Ensuring Safety: Stay in Your Lane

Illustrated by: Muhammad Qajoum

Engineer **Salem**



We've had lunch and are just waiting for dessert. Salem, remember your promise?

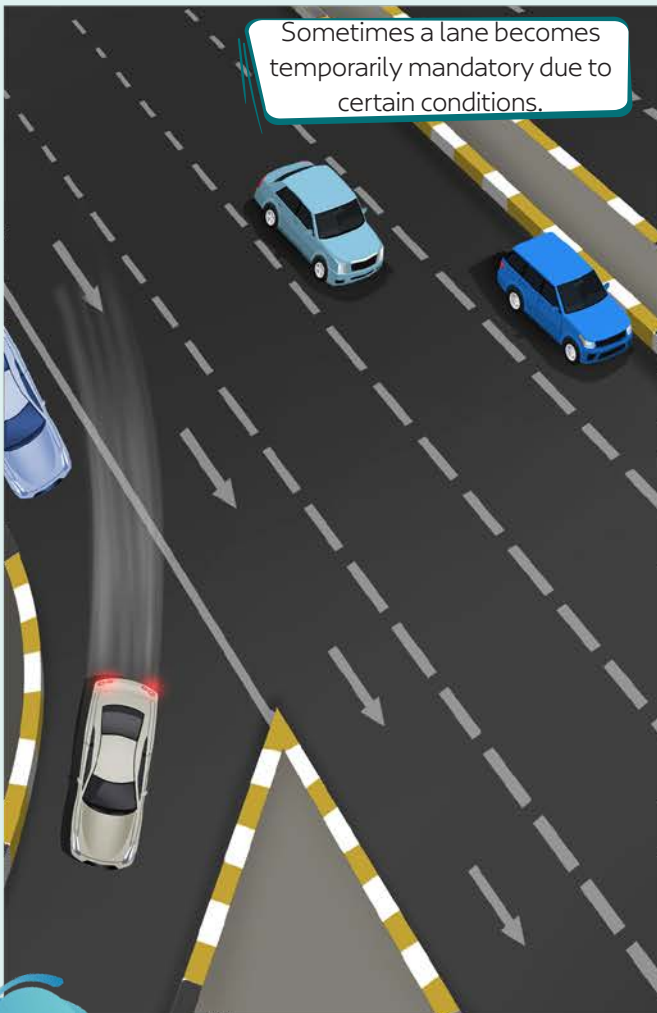
What promise?

The lesson on keeping in-lane and proper lane shifting.

Right, a lane may be permanently mandatory, marked by traffic signs like bollards and ground lines.

Sometimes a lane becomes temporarily mandatory due to certain conditions.

This can happen during poor visibility, traffic jams, or accidents.



If overtaking is permitted, are there specific rules for it?

Absolutely. The first rule is to ensure that overtaking is safe and does not endanger you or other road users.

You must also signal your intentions well in advance.

Make sure that the lane you are moving into is clear of vehicles.



The failure to adhere to a mandatory lane with a light vehicle incurs a fine of AED400.

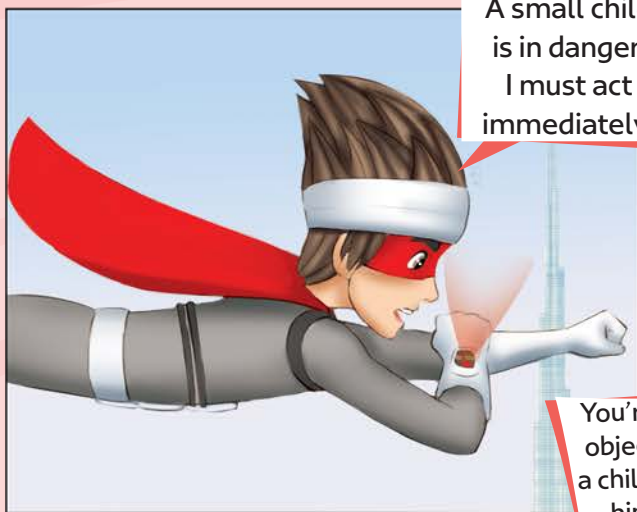
Even without a fine, following traffic rules is everyone's responsibility.

Well said, friend. All the best to you

Prevention Tips: Safeguard Children from Sharp Object

Illustrated by: Tarif Kalji

Champion **Nader**





Explore Ski Dubai (1)

Faris and

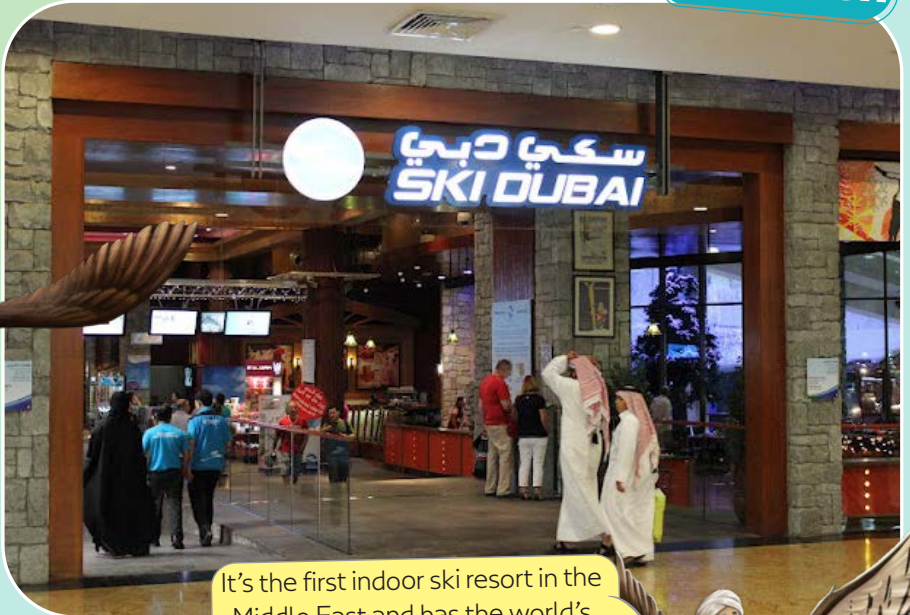
Shaheen



Where are you taking me today, my friend?



To Ski Dubai, the snow city in Mall of the Emirates.



It's the first indoor ski resort in the Middle East and has the world's largest snow park.



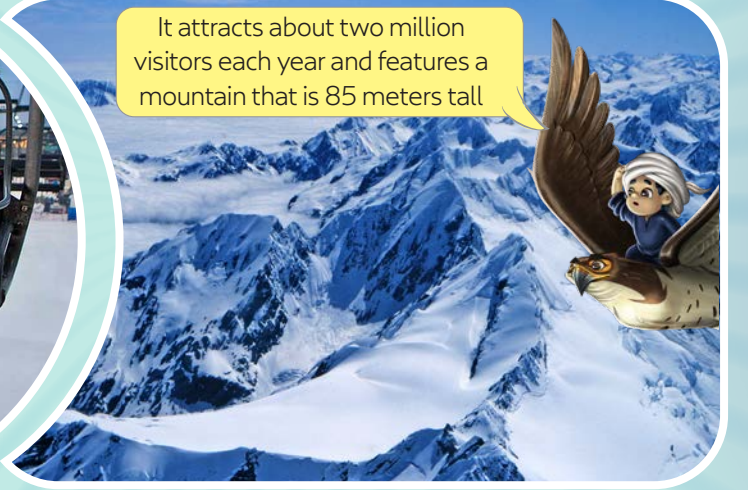
The resort gives its visitors the feeling of being in the Arctic or one of the Alpine resorts



It attracts about two million visitors each year and features a mountain that is 85 meters tall



Skiers can move to the top of this mountain using the cable car





The activities inside Ski Dubai, which is covered with real snow all year round, are varied.

Like the Snow Bullet Zip Line and the ski school.



We will have the opportunity to interact with the playful penguins.

There And many fun activities such as the giant skate ball and the ice cave.



Thank you, Shaheen, for this wonderful adventure

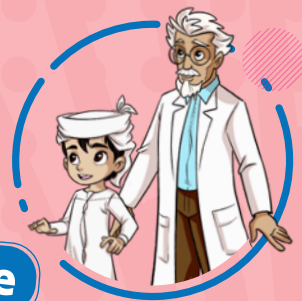
You're welcome, my friend. We'll continue our tour in Ski Dubai soon.

Scientist Suhail: Unveils Cinematic Robot History

Illustrated by: Muhammed Mansour



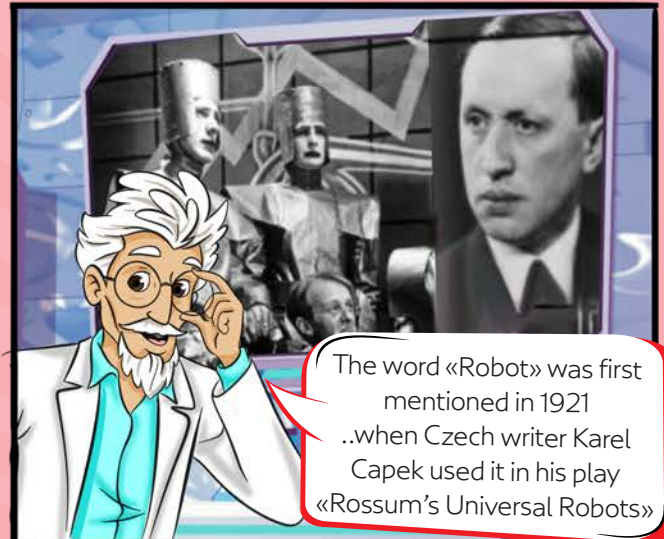
Foreseeing
the future



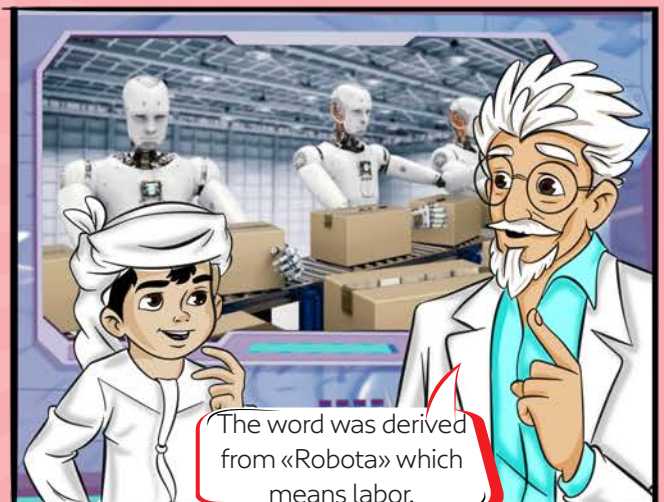
What will you tell us about today, Scientist Suhail?

About cinematic robots.

Wonderful. I love watching artistic works.

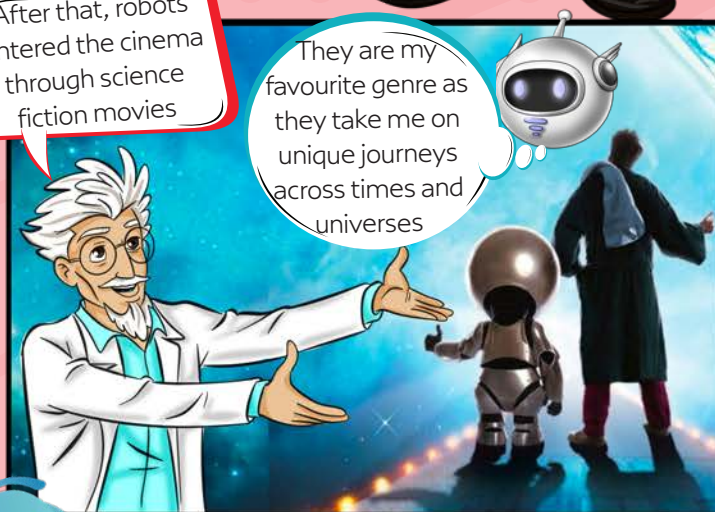


The word «Robot» was first mentioned in 1921 ..when Czech writer Karel Capek used it in his play «Rossum's Universal Robots»

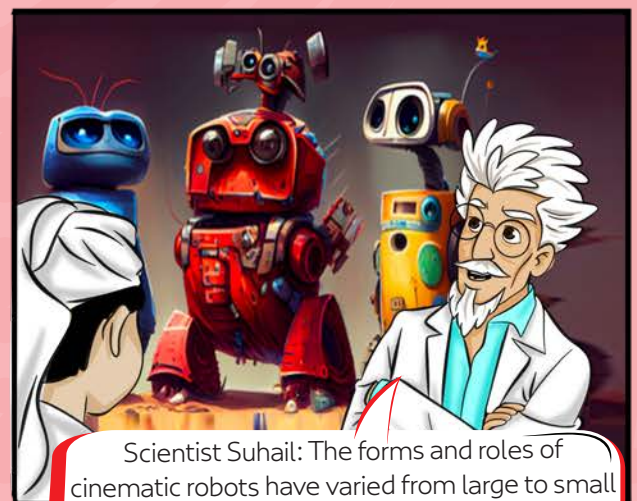


The word was derived from «Robota» which means labor.

After that, robots entered the cinema through science fiction movies



They are my favourite genre as they take me on unique journeys across times and universes



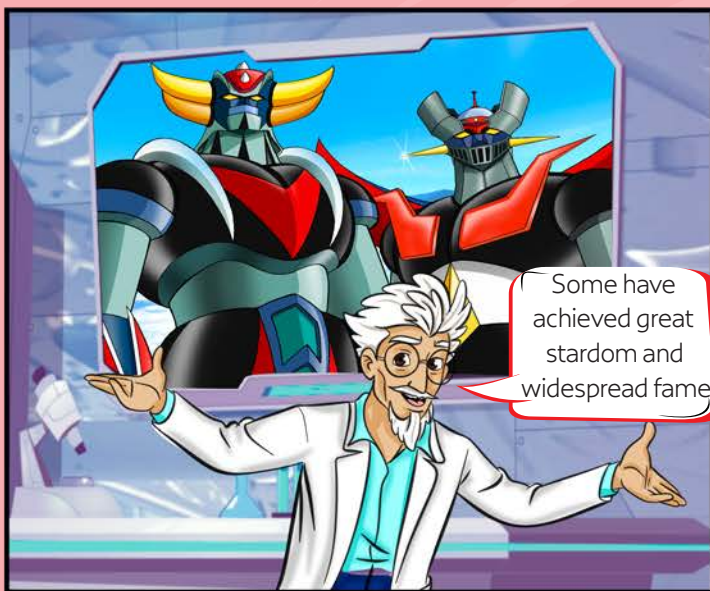
Scientist Suhail: The forms and roles of cinematic robots have varied from large to small .and from good to evil



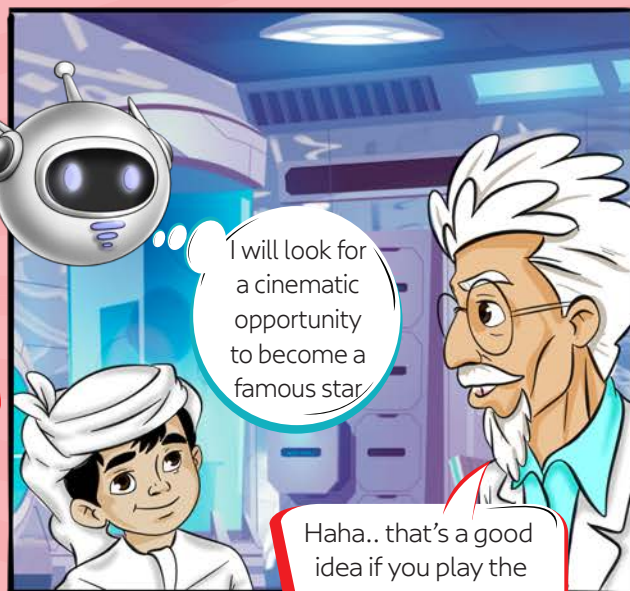
Robots have been a popular subject in children artistic works.



It has played pivotal roles in animated films and series.



Some have achieved great stardom and widespread fame



I will look for a cinematic opportunity to become a famous star

Haha.. that's a good idea if you play the role of the good robot



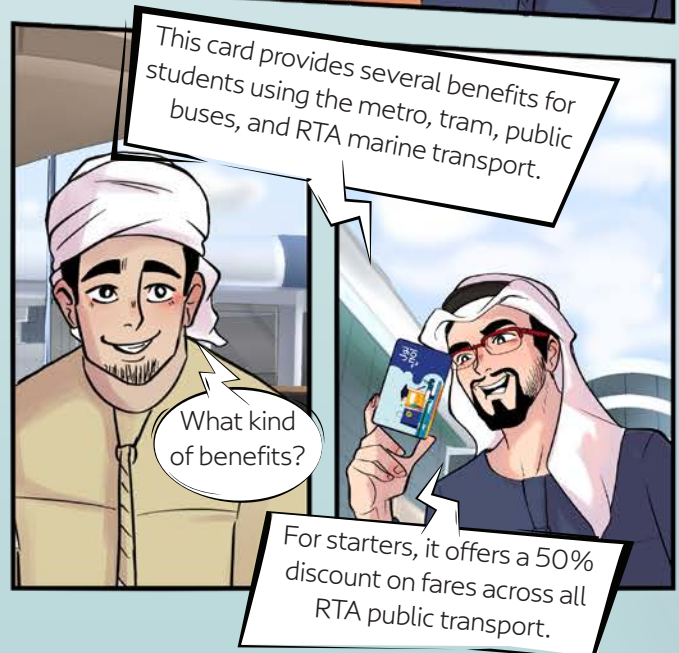
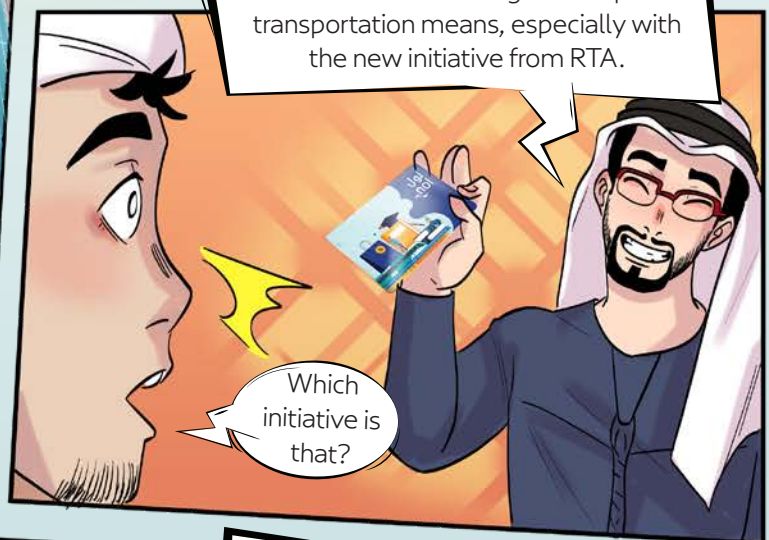
You're welcome. You'll learn more on our upcoming journeys

Thank you, Scientist Suhail, for this insightful information.

Unlock Great Benefits with the Student Nol Card!

Illustrated by: Abdel Fattah Helmy

Safety Road

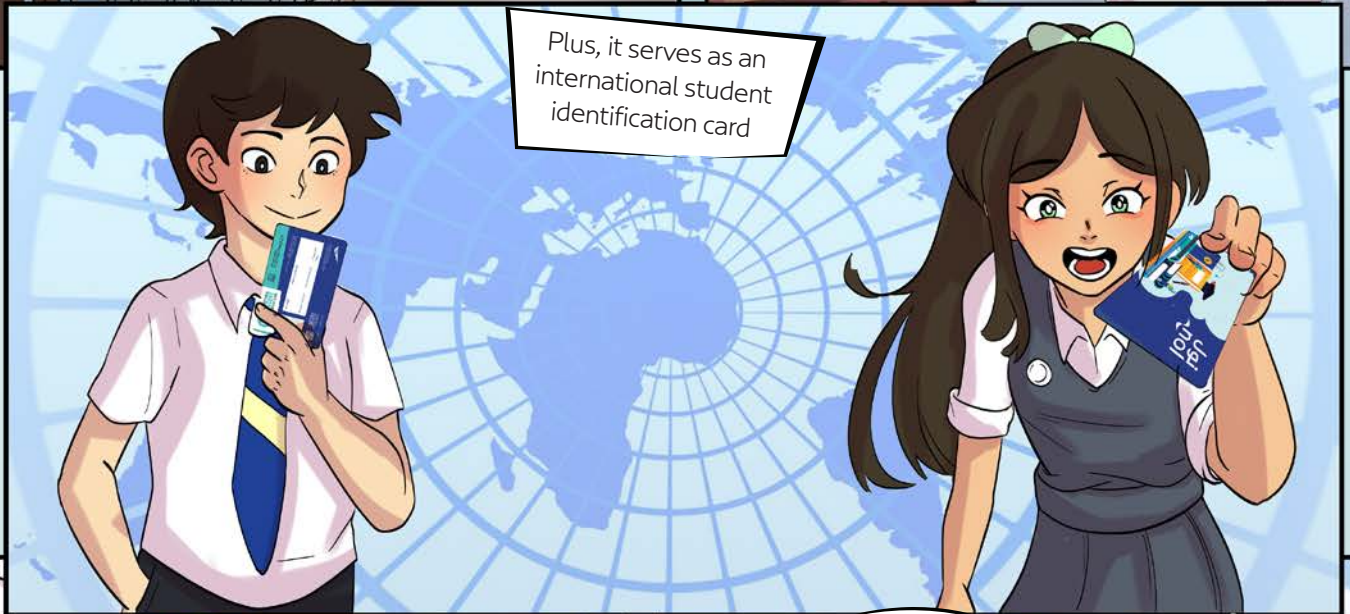




Plus, there are discounts and promotions up to 70% at many retail stores.



The card can also be used for payments in school and university canteens



Plus, it serves as an international student identification card



How do I get one of these cards?

You can order it through the nol Pay app, and it will be delivered to the address you specify in the application



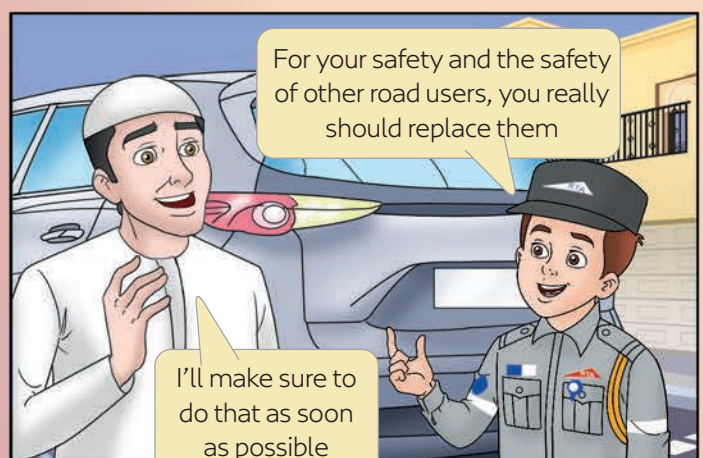
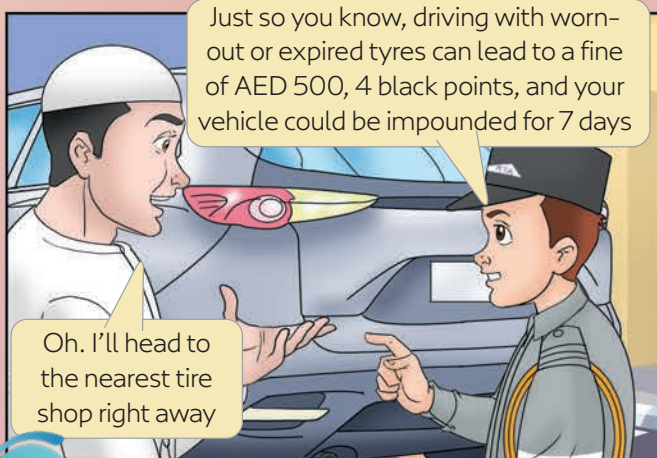
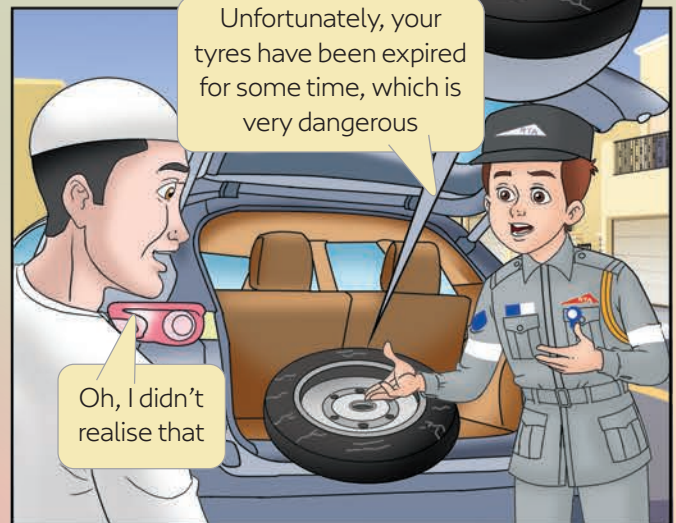
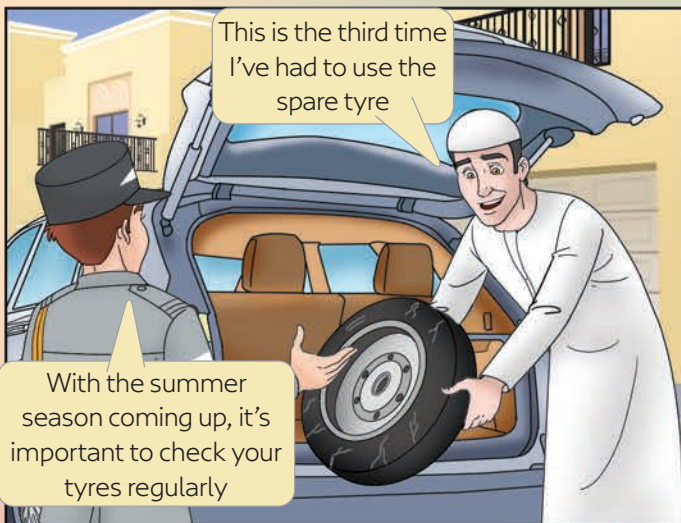
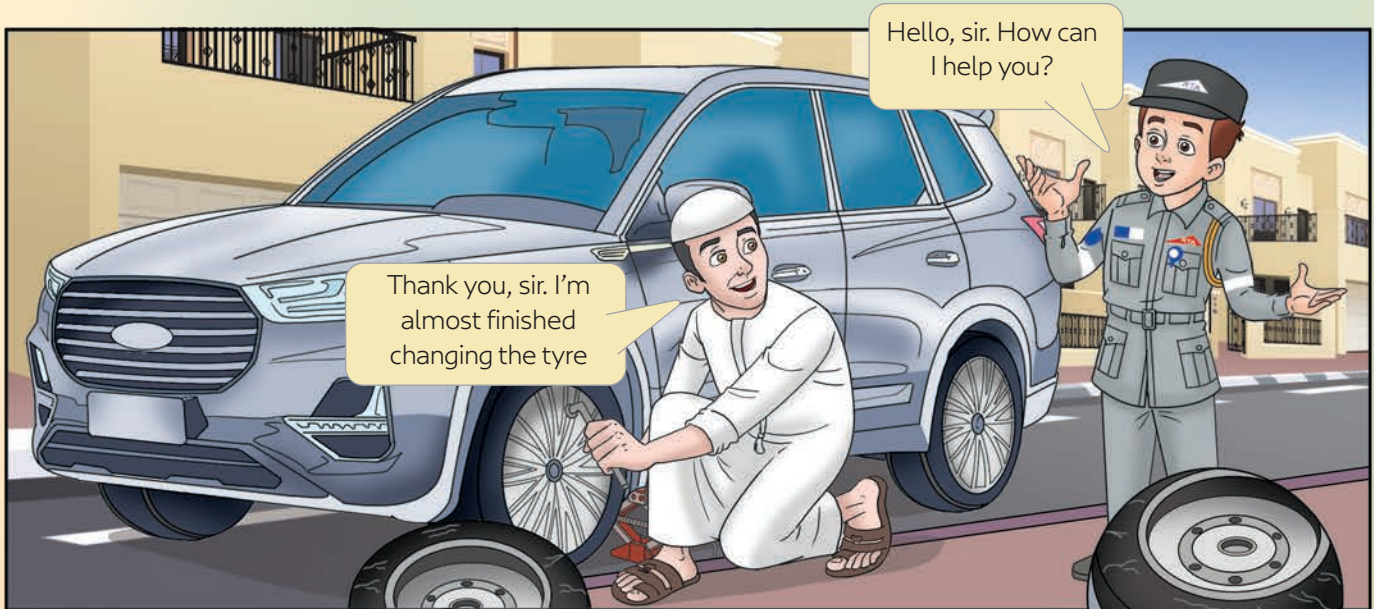
Mahmoud, thanks for sharing this information with me

You're welcome, my friend. I hope it helps, and I wish both you and your son continued success.

Summer Safety Tip: Check Your Tyres

Illustrated by: Hossam Abdel Ghani

Inspector **Hamad**



RTA Unveiled Smart Passenger Umbrella



The Dubai Roads and Transport Authority has unveiled a unique initiative known as the «Smart Umbrella» for public transport users in the city

Mahboub



This service is designed to increase users' comfort and efficiency as part of the RTA's ongoing commitment to innovation and improving customer experience



The RTA provides free umbrellas for NOL cardholders



This service is currently in its pilot phase and is limited to one location, with aspirations to expand it to include other Dubai metro stations and public bus lines



Umbrellas can be borrowed easily by tapping a NOL card on a special device inside Al Ghubaiba metro and bus station.

Be Smile Heroes

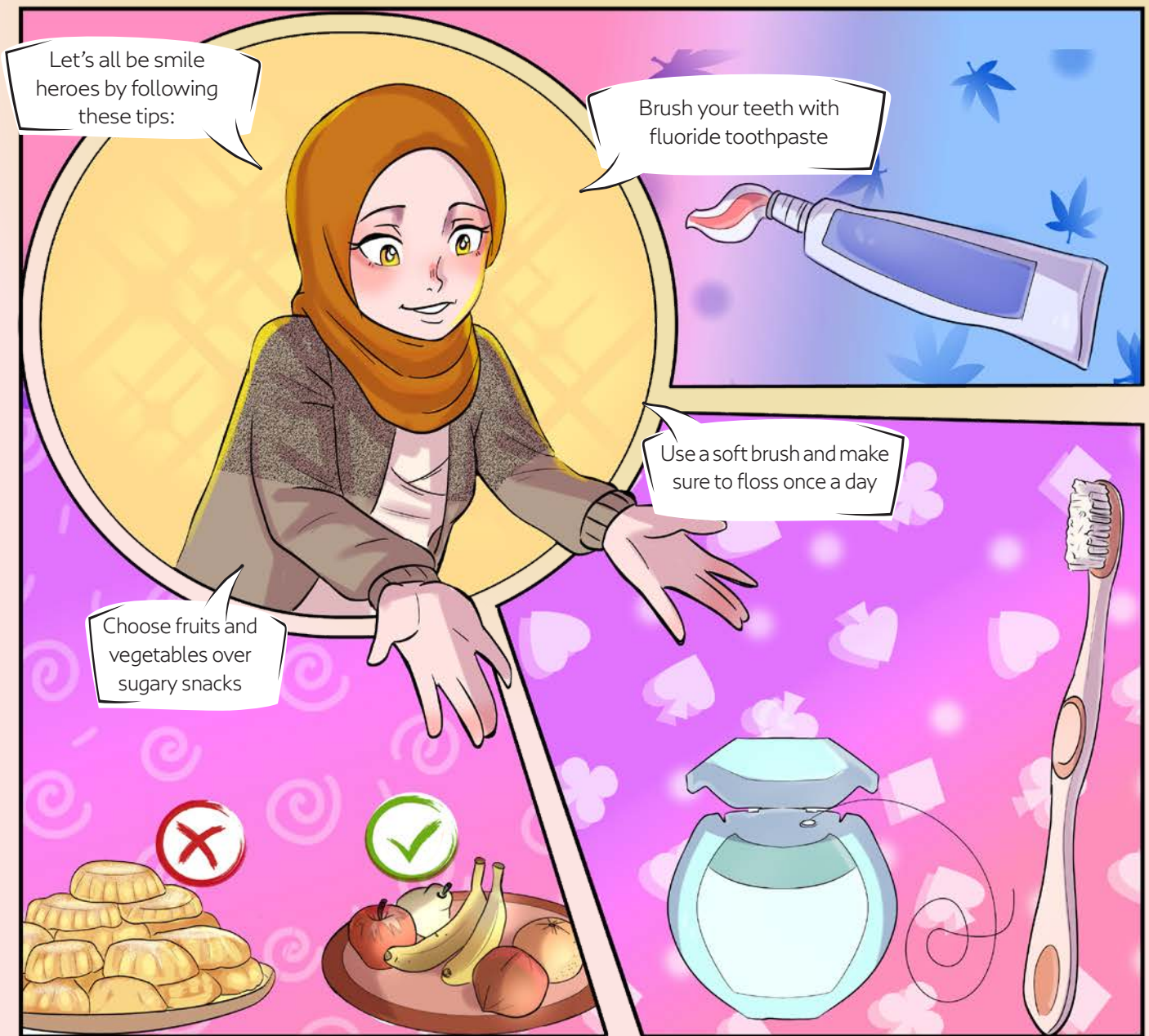
Prepared by: Mohammed Khaled – Dubai Health Authority

Illustrated by: Abdel Fattah Helmy

Miss

Weqaya





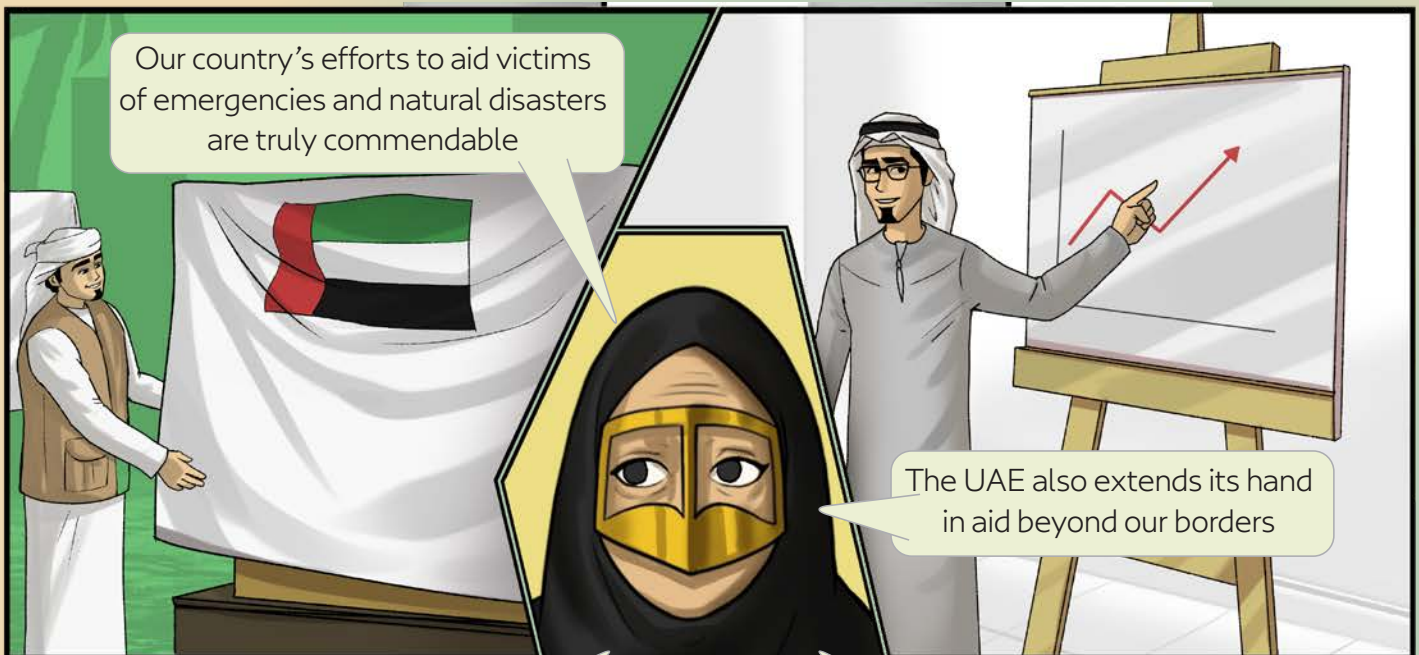
Volunteering and saving those in distress “Al Fazaa”

Illustrations: Youssef Halim

Grandma

Aousha





Our country's efforts to aid victims of emergencies and natural disasters are truly commendable

The UAE also extends its hand in aid beyond our borders



This assistance has saved millions of lives and eased the suffering of many more.

The UAE acts swiftly to provide relief to those affected globally, without any discrimination of gender, colour, or race



How beautiful is our country and our customs?

Yes, and with your continued commitment to the values of our community, this blessed journey will continue, God willing

Expressing Gratitude to My Teacher

Illustrated by: Muhammed Mansour

Aliaa

The Eco-friendly



