

# سلامة Salama

## Ramadan Kareem



# سلامة Salama

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

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# Sweet Words



## Hello, friends!

As the blessed month of Ramadan draws near, we pray to Allah Almighty to fill it with goodness, blessings, and mercy. May it be a time to renew our faith through worship and good deeds, and to treat others with kindness and patience that reflect the true spirit of fasting, allowing hearts and souls to grow kinder.

Ramadan is not only about abstaining from food and drink, nor is it a time for sleep or laziness. It is a time to refine our hearts and minds, grow closer to our families, and learn the value of hard work and determination.

Let us make this month a fresh beginning for committing to good manners and noble values in everything we say and do. Let us make the most of every moment through remembrance, recitation of the Holy Qur'an, and doing good deeds, hoping for Allah's acceptance and forgiveness.

We pray to the Almighty to grant us the joy of welcoming this blessed month for many years to come, while blessing our wise leadership and our country with continued goodness and prosperity. May safety, security, and peace spread throughout the world, filling every corner with love and stability.

سلامة  
Salama



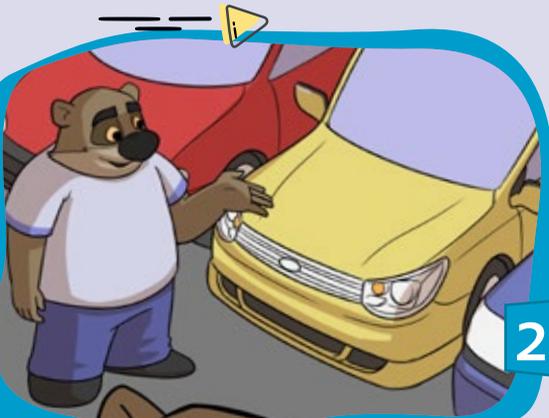
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## Activities and Events



### Activating Traffic Safety Teams in Dubai Schools

Traffic safety awareness teams at the Roads and Transport Authority intensified their field activities in Dubai schools. They organised a range of fun programmes and initiatives, including activating traffic safety teams in more than 50 schools across the emirate. The programme featured age-appropriate activities in several schools, tailored to each school's level.



### Raising Awareness Among Mothers at Saudi German Hospital

The Traffic Department, in cooperation with Saudi German Hospital, organised educational activities for mothers at the hospital. These included a friendly awareness session explaining why child car seats are important, how to use them correctly, and how to install them safely inside the vehicle.

### 'Golden Rules' at Al Maaref American School

Al Maaref American School welcomed the "Golden Rules for Generations' Safety" programme. More than 300 students participated in the activities, which included a mini traffic track with bicycles and interactive games that ran throughout the day. Students also received special gifts printed with key safety rules, helping them stay safe and avoid traffic accidents.





## Road Safety Awareness Booth at Nad Al Sheba Mall

Visitors to Nad Al Sheba Mall enjoyed the activities organised by the mobile traffic safety awareness booth. The booth focused on raising awareness about the main causes of traffic incidents and guiding parents on essential safety rules to protect their children when riding bicycles and scooters.

## Visiting Traffic Accident Patients

As part of the “Visiting Traffic Accident Patients” programme, the Traffic Department organised an awareness visit for students from Al Maaref American School to Rashid Hospital. During the visit, students met people who had been injured in traffic accidents and learned, in a thoughtful and caring way, about the serious effects and consequences of road accidents. The students also learned about the main causes of incidents that may lead to serious injuries.



## Safety Tips for Delivery Bike Riders

The Traffic Department organised field visits to several areas across Dubai to raise awareness among delivery bike riders. The visits focused on reminding riders about key safety rules, safe road-crossing practices, and the importance of following all technical and safety requirements when delivering orders by bicycle.



# Ramadan Kareem

Illustrated by: Muhammed Mansour

I'm Salama



Ramadan Kareem! We are breaking our fast at your uncle's house today, and you are still asleep!

We need to leave early to avoid any road hassles

Thank you, Salama, for helping me prepare luqaimat and khabees



I'll wake up just before we leave



You're welcome, Mum. My uncle's wife loves them, especially during Ramadan



Father took Salama's younger brother to buy a fruit basket as a gift for their uncle.

After we break our fast at your uncle's house, we will go with him to visit your grandfather following Taraweeh prayers

Why at that time, Dad?



Visiting elders after Taraweeh is part of authentic Emirati traditions



There is traffic, and some drivers are driving recklessly

If everyone followed safe driving rules while fasting, the road would be much smoother



Can you tell us some of these rules, Dad?

Of course. First, we should model the manners of the fasting and avoid arguing with other drivers



We should stay focused and calm, avoid stress, and follow the speed limits



If we feel extremely tired or sleepy, we must stop driving immediately



And when Maghrib is called, we should stop at the nearest petrol station or shop, have some water and dates, then continue our journey



Thank God, we arrived right on time!

My uncle and his family will be very happy to see us

May Allah accept our good deeds in Ramadan and help us with fasting, prayers, and keeping family ties

# Driving Guidelines in Changing Weather Conditions

Illustrated by: Muhammad Qajoum

Engineer Salem



The next day...

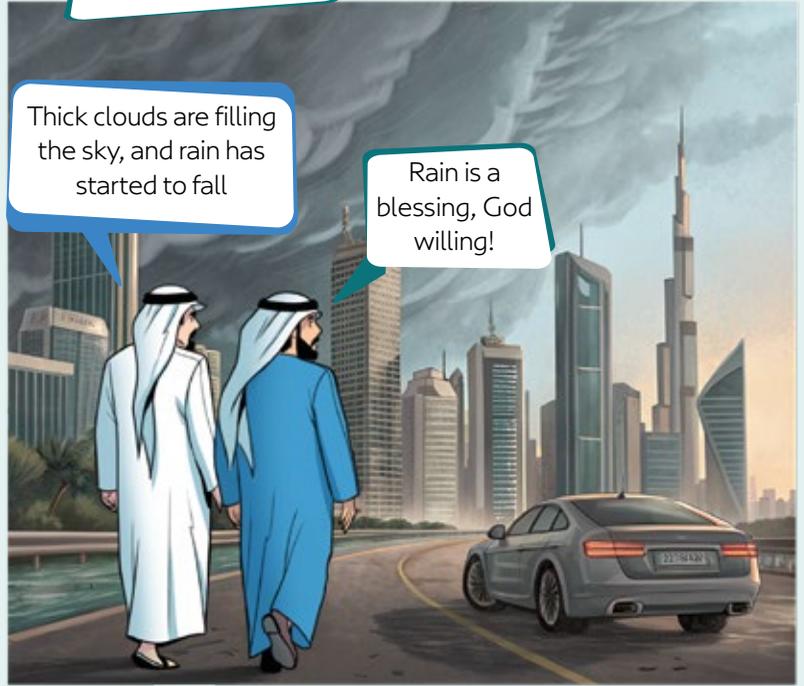
I will go to work with you tomorrow, as my car will be in for maintenance

Of course, my friend. I'd be happy to help



Thick clouds are filling the sky, and rain has started to fall

Rain is a blessing, God willing!



Why are you speeding up?!

Speed limits are not the issue. There are rules that must be followed when driving in rain and fog

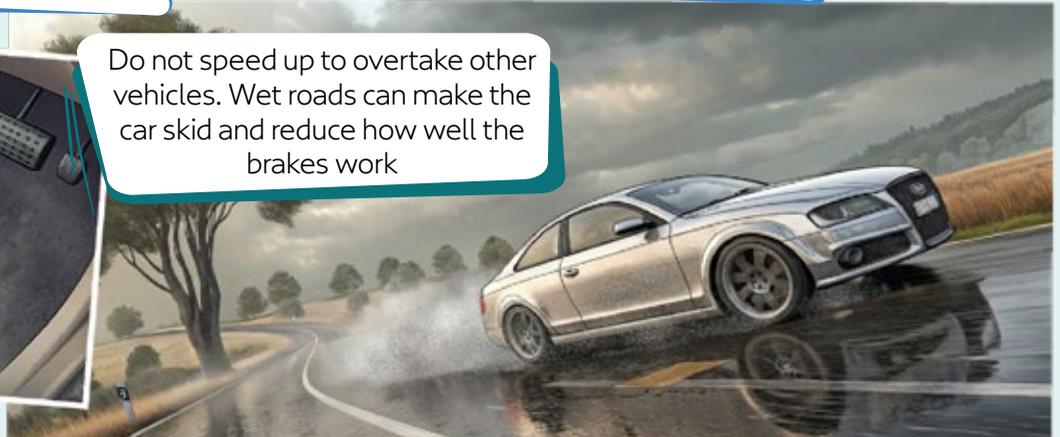


I didn't exceed the road's speed limit

Like what?



Do not speed up to overtake other vehicles. Wet roads can make the car skid and reduce how well the brakes work





And do not use hazard warning lights unless you are in a safe emergency situation



Using them just because it is raining prevents you from warning other drivers if a real emergency happens

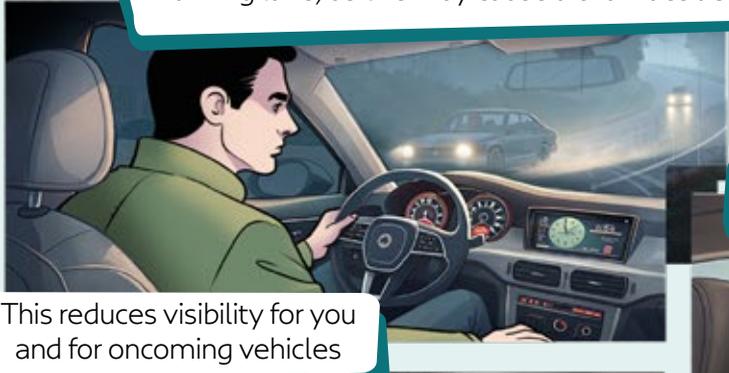


What about fog? What should be considered when driving in fog?

Do not stop your vehicle on the road or near the driving lane, as this may cause a chain accident



And do not use high-beam headlights, as they reflect in foggy conditions

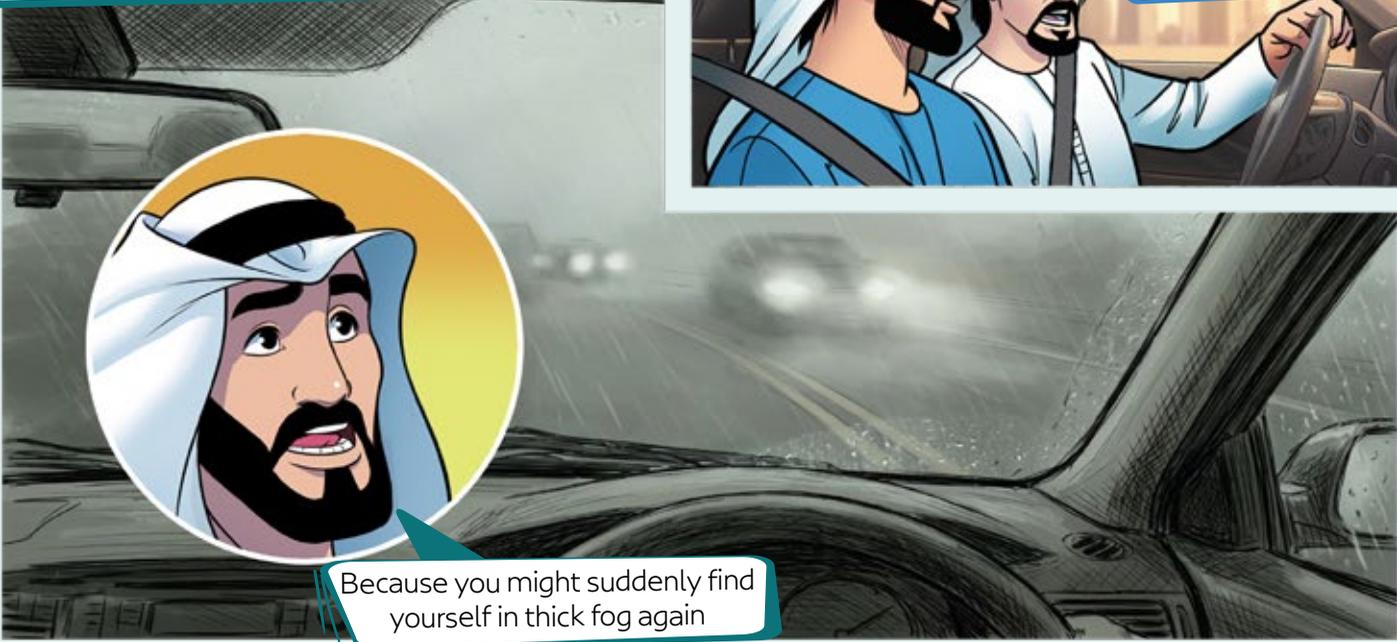


This reduces visibility for you and for oncoming vehicles

And do not speed up suddenly, even if the fog seems to be clearing



Why?



Because you might suddenly find yourself in thick fog again

# Healthy School Food

Illustrated by: Tarif Kalji



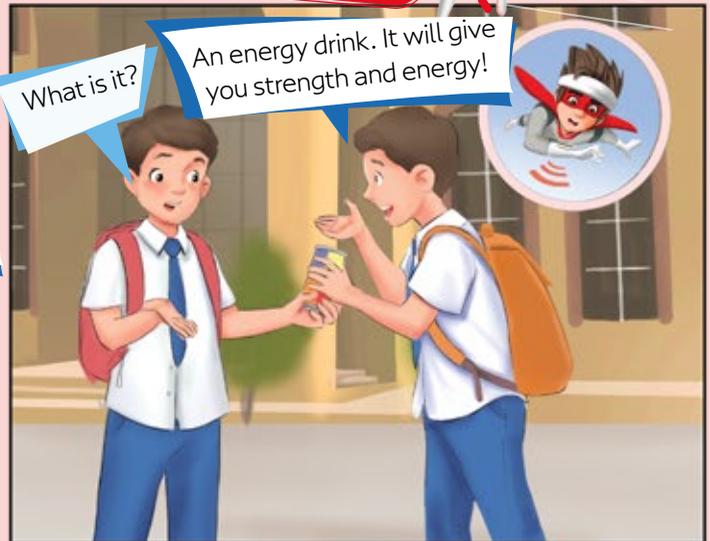
After the school day ended, the two brothers, Ahmed and Mahmoud, waited for their mother to arrive and take them home.

I feel so tired. When will Mum come?

She must be getting close to the school. Take this, but be careful no one sees you

What is it?

An energy drink. It will give you strength and energy!



Stop. Energy drinks are not allowed for children your age

Hello, Nader. What were you doing at the school?

I came to stop your sons from harming their health



We just wanted to try how it tastes

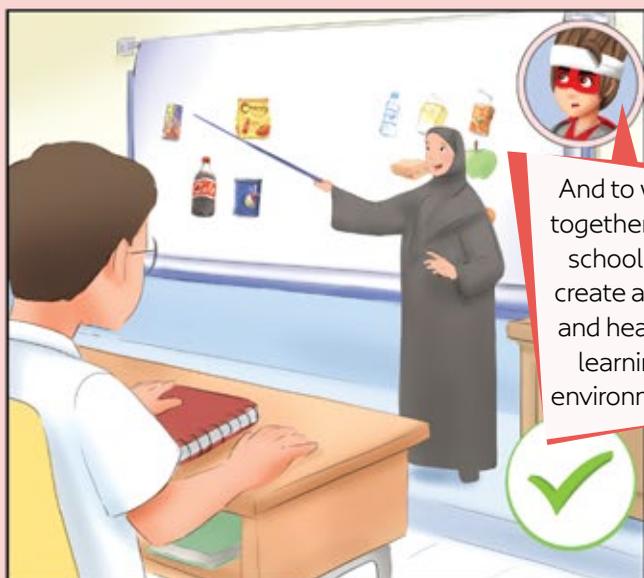
That is not a good excuse, my little one

We promise we will not do it again

Bringing unhealthy food to school is not allowed

Are energy drinks considered food?





# Vegetable Soup

From the book Healthy Recipes Guide  
Ministry of Health and Prevention  
Illustrated by: Muhammed Abido



## Healthy Chef

### Ingredients:

2 courgettes, 1 potato,  
1 cup of chopped onion,  
1 medium carrot, 1 cup of  
broccoli, 2 large tomatoes,  
 $\frac{1}{4}$  cup of rice, 1 cup of  
vermicelli, 1 vegetable  
stock cube, 8 cups of  
water, and 2 tablespoons  
of chopped parsley

Hello, my friends. Today I'm going to make a delicious and healthy vegetable soup. Let's know the ingredients together

Wash the rice and soak it for 15 minutes, then cut the vegetables into large cubes

Cook the rice, then mix it with all the other ingredients, except the vermicelli and parsley, and cook over medium heat until the vegetables become soft

Serve the vegetable soup in a suitable dish, and enjoy your meal

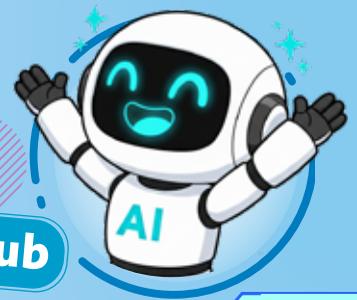
Use an electric blender to blend the mixture, then return the soup to the heat, add the parsley and vermicelli, and leave it to simmer over gentle heat for one hour

# Artificial Intelligence and Video Games

Prepared by: Artificial Intelligence and Data Science Centre (RTA)

Illustrated by: Muhammed Abido

Mahboub



Can you play video games with me today, Mahboub?

Of course! I am powered by artificial intelligence, and I will help make games more fun

Shehab started a car racing game, and the road was full of obstacles and sharp turns.

Watch out! I can predict where the next rock will appear and guide you to avoid it

After the racing game, Shehab moved on to a shape-building and puzzle game.

Here, artificial intelligence follows your moves and suggests the best place for each piece

It's like you think just like the game – even faster than it!

Amazing! You are teaching me how to think and solve puzzles

Artificial intelligence makes every moment in the game full of challenge and fun

Video games are much more exciting with you, Mahboub

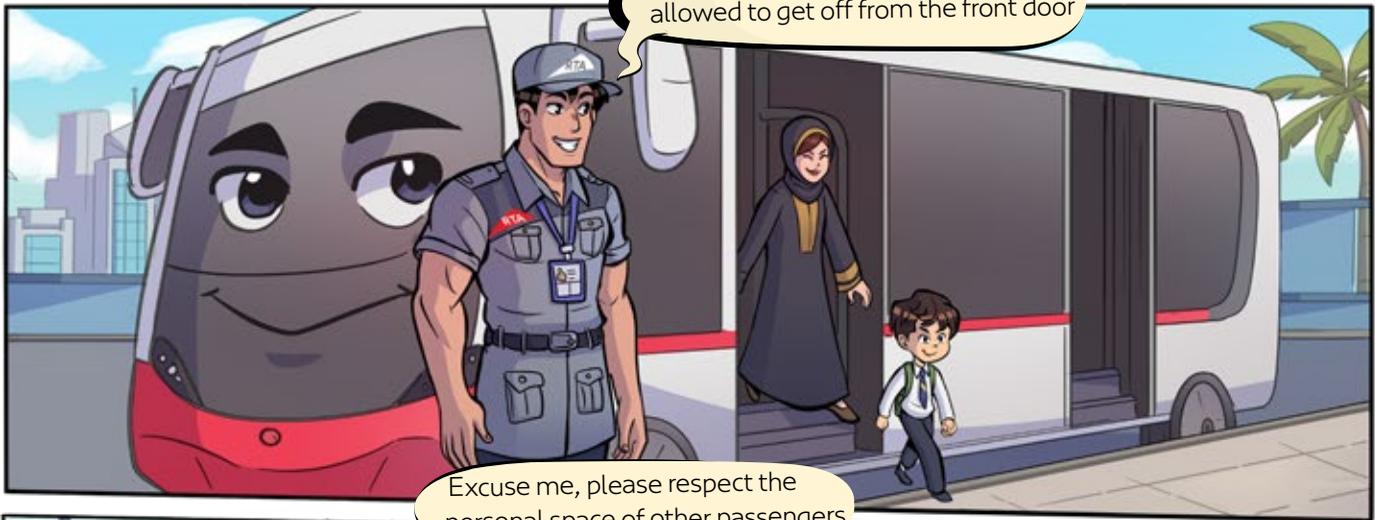
Today I learned that artificial intelligence makes games smart, adapts to me, and helps me think and solve puzzles

# Follow Rules and Ensure a Safe Journey for All

Illustrated by: Abdel Fattah Helmy

## Safety Road





Only women and children are allowed to get off from the front door

Excuse me, please respect the personal space of other passengers



Please do not place your belongings in the aisle, as this may block other passengers



Driver! Driver! Why are you not answering?!

You should avoid talking to the driver, especially when on the road



Why were you calling him?

I want him to stop right where the street ends



You can use the bell if you wish to get off, but stopping is only allowed at authorised stops

# Important Tips Before Riding E-scooters

Illustrated by: Hossam Abdel Ghani

Inspector **Hamad**



# Abu Dhabi



My friends, every country has a capital, and the capital of the United Arab Emirates is Abu Dhabi. Let's learn how to express this using sign language.

Sanad



We use this sign to mean **capital**



And this one means **country**



This sign means the **UAE**



While this one means **Arab**



We use this sign to point to **Abu Dhabi**



# Safe Time in Front of Screens

Illustrated by: Abdel Fattah Helmy

Prepared by: Hamda Abdullah Al Mansoori, Dubai Health Authority



We all love using smart screens, but they need smart steps to use them safely



No screens at mealtimes. Talk to your family



And no screens in bed. Switch off your devices one hour before sleep



Set a daily time for screens, and when it ends, head for reading, playing, or drawing



After every 30 minutes on screen, move for 10 minutes. Walk, jump, and get your body active



# Wrong Parking

Illustrations: Youssef Halim

The Friendly  
Forest



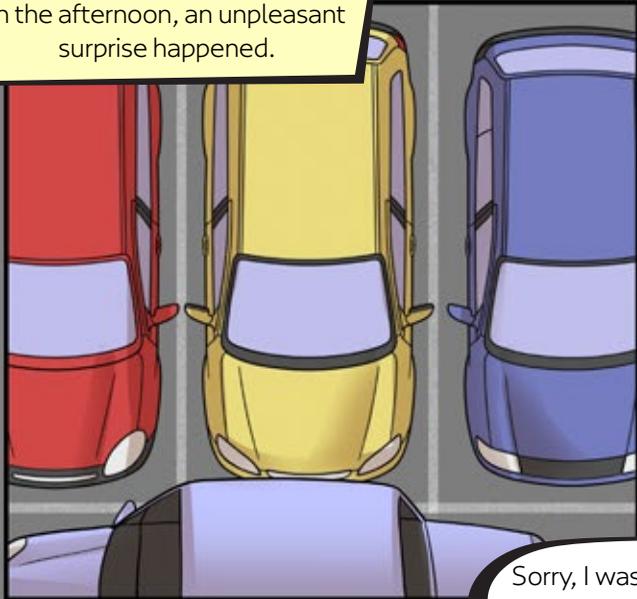
This was the only way for them to reach school on time.



When Father Bear returned to the parking area, the car that was blocking the way had moved, and he was happy.



In the afternoon, an unpleasant surprise happened.

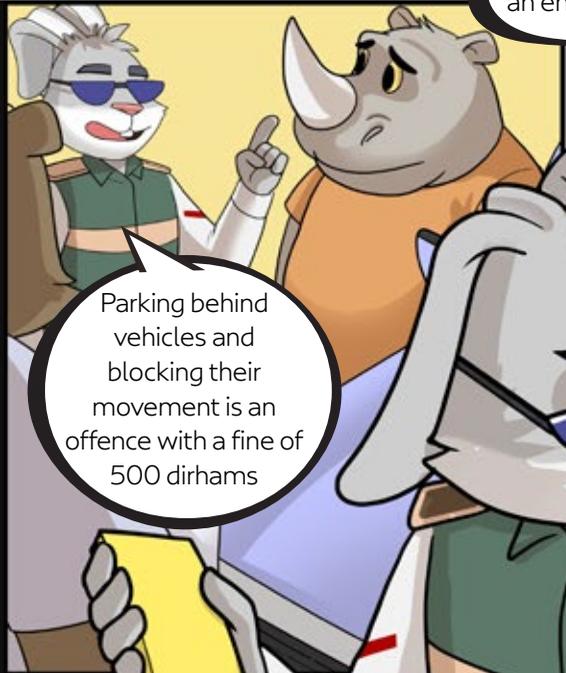


Thank goodness, I can take my son and daughter home in my own car



Really? Was there no other place to park except here? I will call Police Arnoob

Sorry, I was in a hurry and could not find an empty space, so I had to park like this



Parking behind vehicles and blocking their movement is an offence with a fine of 500 dirhams



That is not an excuse. Parking this way harms others