

Tempo
wishes you
A Happy
New year !

**CREATING CHARACTERS:
THE MAGIC OF ANIME WITH
ARTIST MOHAMED AL HAMADI**

P.30

AD

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"Every child is an artist. The problem is how you remain
an artist when you grow up."
Pablo Picasso

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TEMPO GROUP:

MANAGING EDITOR
Sana Bagersh

EDITORIAL COORDINATOR
Neil Bie

EDITORIAL ASSISTANT
Arvin Z. Navarro

DESIGN & LAYOUT
Shihabudheen Hamza

WEB DEVELOPER
Rasha Yousif

DISTRIBUTION COORDINATOR
Melaku Muluneh

CONTRIBUTORS:

Khairi Marhaben

Aleece Smith

Angeli Castillo

Arya Jonah-Mendonca

Blakniss

Christopher Joshua Benton

Sara Bukair

Dorian "Paul D" Rogers

Asma Saleh

Heather Long Vandevoorde

Jae Franklin

Uwem Umana

Lana Nasser

Nilofer Safdar

Nisma Hamid

Omar Al Busaidy

Sana Ashraf

Shahid Saeed

Tomislav Buljubasic

Dana Al Mazrouei

Vera Rosales

ADDRESS:

To reach editorial at Tempo email: editorial@tempoplanet.com. If you need to find out where you can pick up your copy call: **02 491 8624/25** or check out the list of Tempo distribution points on our website.

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MEDIA LICENCE NO. 1/105866/24295



Every so often we are reminded of life's reset buttons. They come at the time of graduation from school or university, after recovery from disease, and upon marriage or a new job. One such button, an annual catalyst for change, is the new year. Although it is merely another date on the continuum of time, it has the power to reboot...

We polled a few people on their resolutions for 2016, and their regrets of 2015, and the answers were predictably mixed; some believed resolutions work, while others rejected them outright. Alongside, we offer insight on how to seize the opportunity; to change your lifestyle, habits and mindset.

As in every Tempo, we feature the artists, the dreamers and the innovators! There is painter Zari Jafri who creates magic with colour and calligraphy...and cartoonist Mohamed Alhammadi, a policeman with passion for Japanese anime. We showcase creatives like globetrotter AJ Barlett and fashion designer Ushi Sato...in addition to young students behind Haiti Hands On and spiritualists like yogi Sacha Quince.

We take this opportunity to salute all those who have, and continue to be, part of our journey. Music and poetry come alive in our pages through regular features from DJ Saif and Paul Rogers, as well as through commentary from Jae Franklin and Vera Rosales. We offer new perspectives on life and lifestyle through Lana Nasser, Heather Long Vandevoorde, Vanessa Middleton and Christopher Benton. We have our technologists Blakniss and Shahid Saeed, as well as innovators Omar Busaidi, Nilofer Safdar and Tomislav Buljubasic. With time comes change: we welcome a new crop of writers such as Aleece Smith and Sana Ashraf, while we say goodbye to Donna Hopkins, Kimberly Moutrie and Nisma Hamid. To all of them, past present and future, we say thank you!

I take this opportunity to extend my wishes to all of our advertisers, our host malls and our strategic partners, and to extend my appreciation to the amazing guys at Tempo who make the magic happen every month: the teamwork of Neil Bie and Shihabudheen Hamza with support from Rasha Yousif, Malaku Muluneh, Jilesh P.P and Arvin Navarro.

And last but not least, on behalf of the Tempo team I wish you, our readers, an incredible 2016. May it be filled with lots of happiness, health and inspiration.

Peace and love,

Sana Bagersh
Managing Editor

 **@sanabagersh**
bagersh@tempoplanet.com

NEW YEAR'S RESOLUTIONS AND BEYOND IN 2016

New Year's resolutions don't work! Well, not for most people. And the reason they don't is because people actually set themselves up for failure. They start off with resolutions for things that they are never going to do.

So what do you do when you want to create change in your life, and how do you move towards it? Below I share steps for doing this. Set aside 2-3 hours of alone time, far from distractions, to plan...

1. WHAT DO YOU DESIRE?

Write down a list of everything you desire. I number pages from 1-100 and write down EVERYTHING I desire. Most people are unable to even write down 10. That is normal. We have been trained to believe that it is foolish to dream. We have had years of seeing our dreams not coming to fruition and there are a million naysayers surrounding us who are ready to tell us what we like is not practical in this world.

You have to dream before your dreams can come true. ~A. P. J. Abdul Kalam

Don't cheat here. Just write down everything you desire without any judgment. Don't be limited by thinking what you can or cannot have. Don't be limited by how you are going to achieve this. Just keep writing.

2. IS THIS REALLY WHAT YOU WOULD LIKE

Most of us are so programmed in what everyone expects from us that we have no clarity about what WE actually desire. Go through every desire on your list and ask yourself the following questions

Is this what I desire? Is this really what I desire? Then remove all those desires which are not yours.

3. BE IN QUESTION

Write down every desire on your list as a question. A question expands. A question creates an enquiry into your Universe. A question creates.

You can use these questions in the following manner:

What would it take for -----
-- to show up?

What can I be or do different today to

have ----- right away?

What action can I take today to have -----right away?

What else is possible to have -----right away?

For example if you would like to buy your own home, you can write it in either of these forms:

What would it take for me to buy my own home?

What can I be or do different today to buy my home right away?

What action can I take today to buy my home right away?

What else is possible with buying a home right away?

The caveat here is just ask the question. Don't look for an answer. The question opens you up to an enquiry. As soon as you answer the question, you stop. When you remain in question, you will see opportunities and possibilities that would not be able to see otherwise. You are in a positive spiral of what else is possible for what you are asking for.

Read though your list of questions every day.

4. CELEBRATE YOUR WINS

Look over the past 12 months. List down all your wins. What have you created? What are you proud of? What have others commended you on? Write down the smallest as well as the biggest wins you have had.

Celebrate everything about you! Celebrate your foresight! Celebrate your generosity and your random acts of kindness. Celebrate every action you take and every action you don't take.

5. ACKNOWLEDGE YOUR SUCCESS and ASK FOR MORE

As you read though your list of questions every day you will start to notice that some of your desires start to manifest. You will notice that some are on the way. You will also find that you no longer want some.

Remove the ones you don't want from your list. Acknowledge the desires which have already manifested.

At some point you will have achieved everything that you have listed. So it is important to keep adding more to your list. If you don't add to your list, your results will stagnate.

TEMPO POLL OF THE MONTH

WHICH NEW YEAR'S RESOLUTION WILL YOU MOST LIKELY KEEP?

40% Working hard & Saving money for my future

30% Spending more time with family and friends

20% Quit the bad habits and live a healthy lifestyle

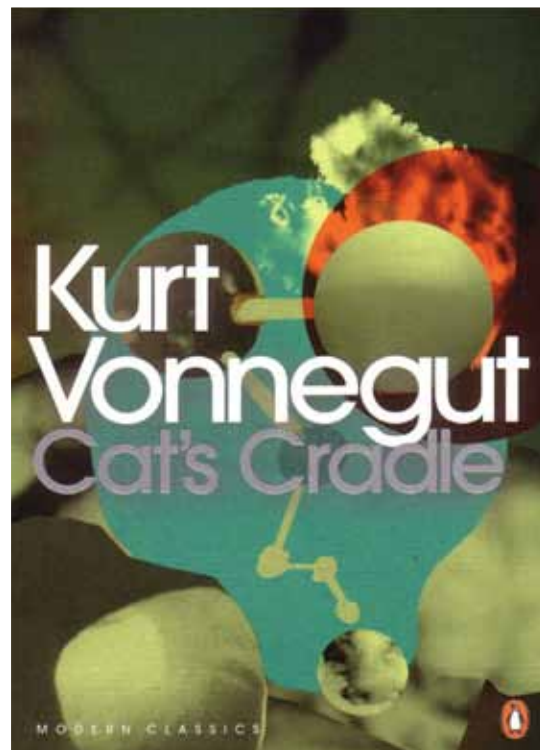
10% Learning new skills

TEMPO JOINED THE MARINA SQUARE THREE60 COMMUNITY TO CELEBRATE THE SPIRIT OF THE NATIONAL DAY. WE TOOK PICTURES OF THE PROUD PEOPLE OF THE UAE AND ASKED THEM TO FLY THE FLAG!



“CAT’S CRADLE”

BY KURT VONNEGUT



A satirical novel, a true classic. Cat’s Cradle ponders on irituality, science, and purpose, and it is definitely a difficult book to put down. As I read each page I dreaded nearing the end. It is a book I will want to read again and again, because I will want to relive it over and over.

In its truest of form, this book is a story and captures what storytelling should be. I do not want to give away too many details about the plot, in fear of ruining its carefully ordered timeline. Yet, it narrates the story of John, a freelance writer who travels in search of factual information for his biography on the late Dr. Felix Hoenikker, a man who also happens to be one ‘of the fathers of the atomic bomb’ that was dropped on Hiroshima. An apocalyptic novel of sorts, the doctor’s three peculiar children each own an element that could lead to the destruction of planet Earth.

Vonnegut’s blindingly evident satire throughout the novel makes it a light-read, despite its focus on serious themes such as religion, truth, science. The dark humour compels one to pause, laugh, and reread. Its philosophical content is written in a sarcastic way that is proof true brilliance.

In this novel, Vonnegut argues that lies are the basis of all beliefs. A nihilist is a nihilist because he or she believes a set of lies. Followers also believe they handpicked the belief that most suits their personal comfort. Nonetheless, everything is based on lies. Perhaps this is why the novel begins with a man searching for truth – for facts on what happened that day in Hiroshima. In his search John encounters many people, and soon digresses to focus instead on the mad scientist. He falls victim to the trap that all mankind finds itself in –the biased perception of reality that is ultimately based on falsehood.

Hoenikker, the scientist, is introduced through the tales of others, as a curious man. When told that “science has known sin,” he asks, “What is sin?” He is curiously disengaged from human emotion; he witnesses his daughter crying on the floor after being punched in the stomach by her brother, and instead turns his back and continues living in his own bubble. Somehow, Hoenikker has chosen to believe in science, and to remain indifferent to human interactions.

This novel makes one wonder of the lies we have chosen to perceive as truth.

tweets for thought

social media

 Ahmad Al Shirawi
@ahmadalshirawi



(Architecture student at AUD | Actor | Community Activist | Videographer | AMS Graduate | Twin | Left Handed | Adventurer | Achiever)

“People put way too much energy into hate”

 Raz
@raztweets



“I tweet as I’d want to be tweeted”

“Dear time, calm down”

 That Guy
@Fireawesome



(I tweet-and-run without leaving my insurance information)

“Thoughts are like an iPod shuffle; must actively hit skip”.

 Fahad AlEnezi
@ItsFahad



(itsfahadalenezi@gmail.com)

“Some people are artists. Some, themselves, are art.”.

 Fahad Albutairi
@Fahad



(Saudi stand-up comedian | Actor | Host of @LaYekthar | Social Media Specialist at @Telfaz11 | Proud husband of @LoujainHathloul)

“Ambition is like a suitcase, heavy throughout the journey. But when you reach your destination, it has all you need”

 Christian Delgrosso
@christiand



DreamBig.WorkHard. StayHumble.

“My taste in music ranges from ‘you’ve gotta listen to this!!!’ to ‘I know, don’t judge me’”.

 Rania Al Abdullah
@QueenRania



(A mum and a wife with a really cool day job. Princess Rania Al Abdullah - Hashemite Kingdom of Jordan)

“The dark times that our region is going through today have intensified my conviction that the fate of our future depends on teachers”.

 Taim Al Falasi
@TaimAlFalasi



(Emirati Online media personality,Vlogger. Creativity is intelligence having fun - Albert Einstein)

“My mother deserves the world”



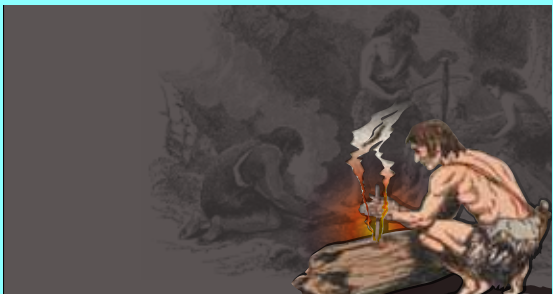
The Bedouin Arts®

Celebrate Arabian Culture!
Learn the Bedouin Arts!



Step back in time into a world of ancient wonders. Discover a lost universe rich in nature, wisdom and tribal honour. Enter the hidden door of legends, mysteries and great traditions.

Experience the lost and treasured skills of our ancestors in this blast from the past 5 part workshop series. The Bedouin Arts program focuses on reconnecting students and teachers with nature and on the practice of ancient skills of our ancestors, how to preserve them and incorporate these lessons and practices into our daily lives. This program also has a strong emphasis on sustainability and demonstrates how all of us as members of society can lead healthier and more natural lives like our ancestors.



WORKSHOP 1 Ancient Fire-Making

Learn the oldest method on earth of making fire. Participants will be harvesting their own natural materials, processing them and be learning the secrets on how to craft their own materials to create an ancient fire without the use of modern devices.

Duration: 3 hours | Age Requirements: 12+
Cost: Dh 100 per child per hour
Minimum students per workshop: 20



WORKSHOP 2 Bedouin Basket Weaving

Learn basic Bedouin basketry techniques using only traditional materials. Each student will complete a basket during the workshop.

Duration: 6 Hours | Age Requirements: 10+
Cost: Dh 100 per child per hour
Minimum students per workshop: 20



WORKSHOP 3 Build a traditional “Arish” Bedouin Date Palm Shelter

Learn the fundamentals of traditional Arish construction, how to harvest date palm tree branches, and learn about the traditional rope needed to make an Arish. Students will construct a large functional and livable Arish palm hut for outdoor use.

Duration: 1 Days Session (10 hours)
Age Requirements: 8+
Cost: Dh 100 per child per hour
Minimum students per workshop: 20



WORKSHOP 4 DIY Hand Crafted Palm Fiber Rope

Embark on an age old traditional process of extracting pure white fibers from date palm tree leaves and using these very strong fibers to twist and braid our own pure traditional rope. Further projects from this rope will be discussed during class.

Duration: 3 hours
Age Requirements: 10+
Cost: Dh 100 per child per hour
Minimum students per workshop: 20



WORKSHOP 5 Heritage Lamp Making

Be enriched by an astonishing history of ancient practices used for the making of portable oil lamps. Each participant for this workshop will craft and make their own traditional oil lamp to take home from natural materials. Traditional lighting techniques will be included.

Duration: 4 hours
Age Requirements: 8+
Cost: Dh 100 per child per hour
Minimum students per workshop: 20

Teacher:

—turathi—
brandmoxie



BrandMoxie's Director of Imagination Mike Metzger is a US born arts and crafts teacher both practicing and teaching traditional earth skills for over 10 years. His skills range from basket-weaving to hide-tanning to pottery to blacksmithing to wood carving and more. Mike also has a special love and fascination with Bedouin People for whom he shared a part of his life with in Oman.



Good Morning! Let's be creative today!

@velvetgh0st

Dika Toolkit Illustrator - dikatoolkit@gmail.com



'A goal without a plan is just a wish'

@watercolour_aquarel

Marco Boer Watercolours Member of the international watercolour society IWS and IWS - Holland Contact Kik : watercolour_aquarel.



City of my dreams! I want to live there, but now drawing in progress.

@doll_memories

Ira Comleva For inquiries: dusty_doll@mail.ru
www.facebook.com/ ira.comleva



Another dream place (NZ) Have a good day/ night @josephine_drawings

Jo(séphine) 221 months old | Hobbyist | Blbblosophy | Frenchie, Hard work beats talent Personal @josephinevaillaud, University of Bath



'The Paper Trail' Melbourne, Australia.

@fintan_magee

Fintan Magee Info@fintanmagee.com vimeo.com/147308897



'Cycle of Life' Acrylic on canvas

@artisthiltonalves

Artist Hilton Alves @ www.theartofhilton.com



A healthy breakfast is easier than you think, now pour over hot water and you have fruity chocolaty oatmeal

@Vanillacrunch

lara.zaugg@gmail.com vanillacrunch.com



Why focus on the colour of skin when the universe is full of colours?

Powerful artwork by @corinetiah_art

@arts_gallery



Nothing lasts forever

@Dinotomic

Dino Tomic Working as a full time tattoo artist/ art teacher Check out my Patreon page : www.patreon.com/dinotomic?ty=h

AD

now showing this month

Tempo's movie buffs came together and discovered this month's latest flicks in the Gulf.



FATHERS AND DAUGHTERS
GENRE: DRAMA
TEMPO PREDICTION: ★★★★★

A PULITZER-WINNING WRITER GRAPPLES WITH BEING A WIDOWER AND FATHER AFTER A MENTAL BREAKDOWN, WHILE 27 YEARS LATER HIS GROWN DAUGHTER STRUGGLES TO FORGE CONNECTIONS OF HER OWN.

GOSSIP: The screenplay for this film was featured in the 2012 Blacklist; a list of the "most liked" unmade scripts of the year.

Directed By: Gabriele Muccino
Cast: Amanda Seyfried, Aaron Paul, Russell Crowe



THE SECRET SOLDIERS OF BENGHAZI
GENRE: ACTION, DRAMA, THRILLER
TEMPO PREDICTION: ★★★★★

THE TRUE STORY OF AN AMERICAN AMBASSADOR IS KILLED DURING AN ATTACK AT A U.S. COMPOUND IN LIBYA AS A SECURITY TEAM STRUGGLES TO MAKE SENSE OUT OF THE CHAOS.

GOSSIP: This is the actual account of three former special forces members contracted to protect a US government facility in Benghazi, Libya. The attacks lasted over 13 hours and led to the death of US Ambassador Chris Stevens, information officer Sean Smith and two other contractors.

Directed By: Michael Bay
Cast: John Krasinski, Max Martini, Pablo Schreiber



THE REVENANT
GENRE: ADVENTURE, DRAMA, WESTERN
TEMPO PREDICTION: ★★★★★

IN THE 1820S, A FRONTIERSMAN, HUGH GLASS, SETS OUT ON A PATH OF VENGEANCE AGAINST THOSE WHO LEFT HIM FOR DEAD AFTER A BEAR MAULING.

GOSSIP: Based on the true story of the Essex, a whaling ship that was attacked chronologically on an 80-day schedule that takes place over a total principal-photography-time-period of 9 months. This unusually long production time is due to the cold weather conditions, the remoteness of the locations and director Alejandro González Iñárritu's and cinematographer Emmanuel Lubezki's aesthetic to shoot only with natural light for maximum realism. Only a few shooting hours are available every day and have to be carefully planned in advance.

Directed By: Alejandro González Iñárritu
Cast: Tom Hardy, Leonardo DiCaprio, Domhnall Gleeson



THE HATEFUL EIGHT
GENRE: WESTERN
TEMPO PREDICTION: ★★★★★

IN POST-CIVIL WAR WYOMING, BOUNTY HUNTERS TRY TO FIND SHELTER DURING A BLIZZARD BUT GET INVOLVED IN A PLOT OF BETRAYAL AND DECEPTION. WILL THEY SURVIVE?

GOSSIP: This film plot's heavily references many important historic realities that occurred in the years following the Civil War; including tension and rivalry between Union and Confederate veterans, the attitude over abolishing slavery and granting blacks equal rights. It also touches on the economic struggles of the southern states and the assassination of Abraham Lincoln.

Directed By: Quentin Tarantino
Cast: Channing Tatum, Samuel L. Jackson, Jennifer Jason Leigh

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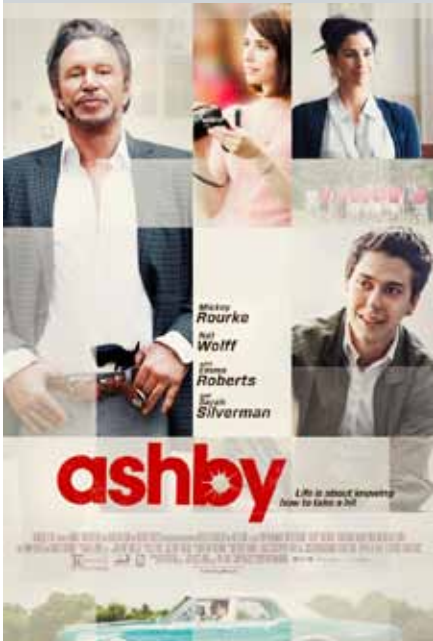
tempo reviews

By ALEECE SMITH

Reviews on the latest films to be featured this month on UAE movies screens and at your home on Blu-Ray!

ASHBY

Life is about knowing how to take a hit



Ashby is a coming-of-age story about a boy in a generic suburbia. However that may sound to you, writer/director Tony McNamara has delivered a story that feels more accurate than most other films of that genre. His characters are the key to that authenticity. While each of them have quirks, no one among the main characters becomes a caricature. The title role is played by Mickey Rourke who is a straight-talking older guy with some kind of mysterious, messed-up past. We find out more about his story when the likable neighbor kid, Ed (played by Nat Wolff), injects himself into the older man's life. Ed isn't the typical obvious movie teenager- he's angsty, but not too angsty; he's a coward, but not in the transparent; and he's self-conscious in the way of teens in movie portrayals. Ed's character is rounded out by interactions with his mom, June (Sarah Silverman), whose

dating life gives us a backdrop against which to measure Ed's progress in the coming-of-age timeline.

With Ashby, the emotional investment is light and the dialogue remains in the realm of fun-to-listen-to throughout the movie. If January temps are too chilly to tempt you outdoors, bundle up and head to see Ashby.

THE STANFORD PRISON EXPERIMENT: ON BLU-RAY:



In the early 1970s, a psychology professor at Stanford University led a study on the psychological effects of being a prisoner or prison guard in a simulated prison block on the Stanford campus. He paid students to be either prisoners or guards. The results were so dramatic that the study did not last for even half of its scheduled duration.

Even though many of the actors bear an uncanny resemblance to the study's participants, it doesn't seem like Kyle Patrick Alvarez's dramatic reenactment of the study captures the full horror of what happened during that week in August. But that's okay; just a shadow of how easily we can slip into the complacency and depravity that runs rampant in the world is disturbing enough.

Get ready for some semi-heavy introspection. This film raises so many questions. Like, whose rules are you following and why? Who's stirring the pot? What does your freedom look like? Under what circumstances are you willing to compromise your freedom? How much of your freedom are you willing to compromise? What defines you? How strongly do you think you hold to your convictions? And most importantly, how do you know any of that?



1 LOVE YOURSELF > Justin Bieber

Lyrics: "I never like to admit that I was wrong, and I've been so caught up in my job, didn't see what's going on, but now I know, I'm better sleeping on my own..."



2 ADVENTURE OF A LIFETIME > Coldplay

Lyrics: "Turn your magic on, to me she'd say, everything you want's a dream away, and we are legends everyday..."



3 PERFECT > One Direction

Lyrics: "I might never be the hands you put your heart in or the arms that hold you any time you want them, but that don't mean that we can't live here in the moment..."



4 ON MY MIND > Ellie Goulding

Lyrics: "And now I don't understand it, you don't mess with love, you mess with the truth..."



5 I KNOW WHAT YOU DID LAST SUMMER > Shawn Mendes & Camilla Cabello

Lyrics: "It's tearing me apart, she's slipping away (I'm slipping away), am I just hanging on to all the words she used to say?"



6 ROSES > The Chainsmokers Feat. Rozes

Lyrics: "I'll be your daydream, I'll wear your favorite things, we could be beautiful, get drunk on the good life, I'll take you to paradise, say you'll never let me go..."



7 BANG MY HEAD > - David Guetta Feat. Sia & Fetty Wap

Lyrics: "I live life like it's perfect, my children are smiling and that makes me happy, 'cause how I was living, I swear it had me, bouncing my head off the wall..."



8 HIT THE QUAN > iLoveMemphis

Lyrics: "I heart Memphis, but I also love dancing, I done took off on em, I don't plan on landing, I call shots just do it like Nike..."



9 ANTIDOTE > Travis Scott

Lyrics: "Party on a Sunday, do it all again on Monday, spent a check on a weekend, I might do it all again..."



10 HIDE AWAY > Daya

Lyrics: "Where do the good boys go to hide away, hide away? I'm a good, good girl who needs a little company, looking high and low, someone let me know..."

SAIF AND SOUND WITH **SAIF AND SOUND**

'TINIE TEMPAH', 'TINASHE' AND 'JEREMIH'



On the air with Tinie Tempah

Saif: Tell me a little more about your song 'Junk Food'.

Tinie Tempah: For me the song 'Junk Food' is more underground and a reflection of what I sounded like when I first started making music as opposed to where I'm at now. Basically, it's a nice opening statement for my mixtape that came out in December. It features UK rappers 'MoStack' and 'Sneakbo'. We shot the video in Amsterdam. For me the song is fresh and fun lyrics.

Saif: Whats next for Tinie Tempah?

Tinie Tempah: I'm working on my third album coming out early this year. We're gonna be 'Disturbing London!' (Reference to his clothing

brand). I'm going to be in Ibiza in the summer. I don't know if you heard about my crazy pool parties. I'm gonna do that again.

On the Air with Tinashe

Saif: A friend of mine was at Club White in Dubai where you were performing. He took a picture with you and he sent it to me on Whatsapp. I was like, "What! That's insane!" because normally when artists come to the club it's really hard to get a picture with them. I'm thinking that if you took a picture with him, I'm pretty sure you took a picture with everybody in the club.

Tinashe: I took pictures with everybody who asked. I'm really bad at saying no. I like being nice to people and being a real person goes a real long way so I just try to be cool

to my fans and if they wanna take a picture it's not that big of a deal.

Saif: How was it working with Chris Brown? Were you actually in the studio with him? How did this song come together? Did you guys meet and talk about it?

Tinashe: No. You're never in the studio together. That's never happened. We had sort of known each other from different events but I created this song and he heard it and really liked it. We're actually on the same record label in the states so it was easy for me to connect with him and I was happy to get him on the song and get his verse.

On the air with Jeremih

Saif: What is the most expensive thing that you've ever bought?

Jeremih: Recently, a house.

Saif: What can we expect from Jeremih in the next couple of months?

Jeremih: A lot of records are coming out that I made even two years ago. Look forward to my album dropping with new visuals.

Saif: What was your perception about this part of the world when you got booked to perform in the UAE?

Jeremih: I didn't know what to expect in Dubai. It wasn't until my second or third visit here where I had 'Down On Me' featuring 50 Cent and people actually thought he was my brother! UAE is like my second home. I get a lot of love out here.

To listen to the full interviews - visit www.soundcloud.com/saifandsound

TEMPO TO SAIF: "WHAT'S YOUR NEW YEAR RESOLUTION?"

"A new year's resolution is a commitment one makes to change something, to start something new or maybe to improve an existing element of their lives.

We should all vow to take a closer look into our lives and make decisions about ourselves. Apart from expanding my entertainment company 'The Project' My new year's resolution(s) might sound a bit silly but these are the things I would like to work on. Eating healthy and exercising at least twice a week, which is quite tough with my crazy lifestyle but I have to at least eat regularly on set times. I want to reduce texting and being on my

phone when sitting with my friends or family. Every year I like to cross something off my bucket list, and this year it will probably be travelling to China since I've always wanted to go there but haven't had the time."

Hear Saif and Sound weekday evenings on Radio 1. See Saif at the following spots in Abu Dhabi: 'The Project' at Sax Club and Lounge (Le Royal Meridien) 'Clique' at Yacht Club (Intercontinental Hotel), 'Sunset Sessions' at Saadiyat Beach Club, and 'Revival' at People by Crystal (the St. Regis Hotel).



BY JAE FRANKLIN | @jaefranklin

GRAMMYS 2016: WHO'S GOING GOLD?

It's 2016 and The Grammys is about to kick off on February 15th. All music released in America between October 1, 2014 and September 30, 2015 will be considered and voted on by artists and industry figures for the 58th annual awards. There is no shortage of potential nominees because there are 83 categories in 30 fields. Tempo takes a look at recently nominated artists and weighs in on who will likely take home a coveted Grammy award.

Some of this year's nominees are emerging artists who may not be on your radar. Other nominees are established artists and, of course, are nominated in multiple categories. Here's a rundown of 2 categories that you'll want to pay attention to because the winners could surprise you.

RECORD OF THE YEAR

She's written some of the most marketable, memorable and magnetic songs of 2015, but that still doesn't guarantee a Grammy win for Taylor Swift. Even with the help of a Kendrick Lamar feature and a star-studded, girl squad music video, the success of "Bad Blood" may not sway voters since Mark Ronson and Bruno Mars' "Uptown Funk" spent 14 weeks at No. 1 on the Billboard Charts with a video viewed more than 1 billion times. Their song, which is strikingly similar and reminiscent of Morris Day & The Time, has been played on every radio station from Abu Dhabi to Tokyo.

Ed Sheeran's radio takeover was immediate after the release of "Thinking Out Loud". It's no surprise that he's nominated. The Weeknd proved that replicating Michael Jackson's style and sound is a surefire way to gain attention. "Can't Feel My Face" is one of those songs that you hear at the beginning of the day and you can't stop humming the melody. It's infectious. The pseudo-MJ strategy worked. The Weeknd is nominated

in 2 of the most exciting categories. D'Angelo and The Vanguard was a surprise nomination. His song, "Really Love", is the most abstract, mature song of any of them. So who'll take home the Grammy for Record of the Year? Tempo's prediction is Mark Ronson and Bruno Mars for "Uptown Funk".

BEST NEW ARTIST

This category is often the hardest to predict. We've got the absence of Amy Winehouse or Adele blue-eyed-soul, which is usually included. To fill this void, a win could go to American singer Leon Bridges with his throwback old school rhythm and blues style. Competing in the same category is "All About That Bass" (yes, THAT song) snap-crackle-pop singer/songwriter Meghan Trainor verses your girl-next-door Tori Kelly who had her big hit with Unbreakable Smile. Australian Courtney Barnett is a hopeful nominee as well as country singer Sam Hunt who spruces up his country music with strong pop influences. British sensation James Bay is winning the hearts of fans around the world with his authenticity and compelling lyrics in songs like "Hold Back the River" and "Let It Go". So who's going to win Best New Artist? Tempo's prediction is Sam Hunt.

Realistically, each recording artist deserves a Grammy award, but there can only be one clear winner in each category. With a history of shocking Grammy wins similar to the unnecessary drama that ensued in 2011 when Esperanza Spalding won Best New Artist over Justin Bieber, it's no wonder people tune in to watch the show each year. We have our favorites, but Tempo is rooting for every artist's success now and beyond The Grammys.

Stay up-to-date and visit The Grammys Facebook page <http://www.facebook.com/TheGRAMMYS>. Watch live updates for The Grammys on February 15th at <http://www.grammy.com/live>.



BY VERA ROSALES | @verarosaes

TROYE SIVAN'S BLUE NEIGHBOURHOOD



Although 2015 is already yesterday's news, you have to admit it was an interesting year for music, full of innovation and new sounds. And 2016 might be the start of another chapter (rather than a continuation of where we left off) judging from the album that are slated for release.

Looking at the recent breakout albums, Blue Neighbourhood is the sound of now. Australian singer-songwriter, Troye Sivan has brought out a piece of work that is modern but unpretentious; one that is a combination of characteristics that some artists have a hard time achieving. Although just 20, maturity has caught up with Troye and makes itself very apparent in his music style and songwriting.

The 16-track album consists of indie electronic pop songs, smartly written and produced by Sivan and the likes of songwriter-producers Alex Hope, Jack Antonoff and Caleb Nott. If you are craving good music, this album will definitely feed your fancy.

The single 'Wild' is a head bopping piece introducing the 'Blue Neighbourhood' itself, and setting the pace of the album. It is followed by the likes of 'Bite', 'Ease' (featuring New Zealand music duo, Broods), 'Talk Me Down' and 'Cool' - which have all become underground hits. The rest of the album contains singles that are equally thought provoking, digging the depths of emotion. These include 'Suburbia', 'Youth', 'Lost Boy', 'Blue' and include collaborations with Allday and Betty Who.

Not a lot of people in this world are aware of this genre of music, and hopefully 2016 will be the year where this will all change. For the likes of Troye Sivan, opportunities are emerging and it's time for such underrated artists to make their voices heard and to charge with force.

Blue Neighbourhood is a great album as anyone who listens to it will attest. Regardless of what genre you are accustomed to, this new wave of music carries a unique sound that is very catchy.

TO ADVERTISE YOUR EVENT AND BE INCLUDED IN OUR ISSUE, CONTACT US AT: **+971 2 491 8624** | or e-mail editorial@tempoplanet.com**SINFÓNICA DE GALICIA: NIGHTS IN THE GARDENS OF SPAIN****14 JANUARY**

AL AIN: AL JAHILI FORT

For its second concert in the UAE, the amazing Sinfónica de Galicia will be playing in the superb setting of Al Jahili Fort in Al Ain. Next to featuring works of the core German romantic repertoire (Richard Wagner's Prelude and Liebestod from the Music Drama Tristan and Isolde) and Johannes Brahms last symphonic masterpiece, the 4th Symphony, the evening is dedicated to the Nights in the Gardens of Spain written between 1909 and 1916 by Spanish Composer Manuel de Falla.



Scan →

**THE 7TH ART****ONGOING TILL JAN 24**

ABU DHABI: MANARAT AL SAADIYAT

The Abu Dhabi Tourism & Culture Authority is launching a series of screenings exploring the history of film and its relationship with other art forms. The '7th Art' screening series is part of TCA's ongoing cultural program dedicated to developing awareness and understanding of art and culture. It is being curated by film historian and veteran curator Peter Scarlet, who will also host the film presentations and lead audience Q&As and discussions following the screenings.



Scan →

**AL FARIS (THE KNIGHT) MUSICAL PLAY****6 - 9 JANUARY**

DUBAI WORLD TRADE CENTRE

Al Faris (The Knight) is an epic musical play inspired by the poems of HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. See Faris at Dubai World Trade Centre (Sheikh Rashid Hall). The lead roles of the stage production are being played by renowned Lebanese singer Ghassan Saliba and popular Emirati singer Balqees Fathi.



Scan →

**DISNEY'S BEAUTY AND THE BEAST****6 - 9 JANUARY**

DUBAI WORLD CENTRE

Disney's Beauty and the Beast, the award winning smash hit Broadway musical, is coming to Dubai for the first time. The elaborate theatrical production will come to life on stage at the Dubai World Trade Centre during DSF 2016. Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of over 35 million people worldwide.



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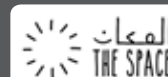
**THE RIPE FOOD & CRAFT MARKET****8 JANUARY (FRIDAYS UNTIL APRIL)**

ZABEEL PARK DUBAI

Spend your Friday mornings picking fresh, organic, local fruits and veggies from their Ripe Organic Stall. The distinctive alfresco shopping venue is located in the heart of Dubai and is renowned for getting the whole community involved, with over 100 local passionate businesses including foodies, artisans, designers, jewelers, entertainers and live acoustic musicians.



Scan →

**A Picture and 1000 words****January 9 | 6pm**

Two generations of Abu Dhabi based Emirati & Lebanese painters and a poet exhibit their artwork in an exhibition featuring over 100 oil and acrylic paintings and a book of poems.

Cinema at The Space**Mondays, Wednesdays | 7:30PM**

A series of film screenings that aims to encourage the increasingly active conversation among filmmakers, supporters, patrons and enthusiasts across Abu Dhabi, who are central to the exciting growth of the local film culture.

Oil Painting Classes**Mondays, Thursdays | 7pm**

Learn the beautiful technique of oil painting with palette knives and take your canvas home! All ages welcome. RSVP to farah@brownbook.me

**TheSpaceAD**

SHEIKHA FATIMA BINT MUBARAK LADIES SPORTS ACADEMY TROPHY

22 - 23 January | Zayed Sports City Ice Rink



If you love Olympic figure skating on television, then you're in luck - because an international competition is set to take place live on 22-23 January at Zayed Sports City Ice Rink.

Sheikha Fatima Bint Mubarak Ladies Sports Academy (FBMA), has teamed up with the UAE Ice Sport Federation - the governing body of all ice sports in the UAE - to host the second-annual Abu Dhabi FBMA Trophy.

Admission is free. Friday, 22 January, Opening Ceremony 2pm, competition 3-8:30. Saturday, 23 January, competition 12pm - 3:30pm followed by a special performance by international pairs champions Yannick Bonheur and Annette Dytrt and other surprises. For more information contact: 050 444 5009.



WORLD FUTURE ENERGY SUMMIT

18-21 JANUARY | ABU DHABI NATIONAL EXHIBITION CENTRE

The World Future Energy Summit has established itself as one of the leading annual global events committed to advancing future energy and clean technology. As one of the signature events of Abu Dhabi Sustainability Week, World Future Energy Summit (WFES), engages political, business, finance and academic leaders locally and internationally, and encourages cross-sector partnerships to help identify the opportunities that will translate into industry-wide innovation and successful investments.



ECOWASTE

18 - 21 JANUARY | ABU DHABI NATIONAL EXHIBITION CENTRE

EcoWASTE is part of Abu Dhabi Sustainability Week (ADSW), and aims to support the region's urgent waste disposal challenges and address the need for sustainable development and environmental protection. EcoWASTE has been growing steadily due to its focus on sustainable waste management and recycling. It brings together local and international technology and service providers with local and regional buyers, as well as industry professionals from both the private and public sectors. Over 50 leading local and international suppliers will exhibit while more than 2,000 regional buyers and professionals are expected to attend.



BAWABAT AL SHARQ WEDDING SHOW

5 - 9 JANUARY | ABU DHABI: BAWABAT AL SHARQ MALL

The Wedding Show focuses on all the needs of brides and grooms to shop for their big day. It will offer a broad selection of brands and designers and will feature a fashion show to showcase dresses, gowns, jewelry, party wear and accessories. The five day event will also provide event venue options that include luxurious hotels and spas suppliers will exhibit while more than 2,000 regional buyers and professionals are expected to attend.



ELEGANCE IN NATURE

ONGOING UNTIL JAN 17 | ABU DHABI: EMIRATES PALACE

This event features the works of four European based artists: Maurizio Bottoni, Carlo Ferrari, Carlo Gui, and Roshana Khalilian, each with their own unique creative and artistic style. Maurizio Bottoni is a master of realistic paintings, who follows the techniques of the ancient masters. Carlo Ferrari is a photorealistic painter who dedicates his work to flowers represented in colours of red and white. Vittorio Gui also works on the theme of flowers, while Roshana Khalilian creates paintings using oil paint and real gold.

people calendar

Ashwini Khade

26
Indian
IT Consultant
Live, love and leave a legacy



18 - 21 January



21- 24 January



29 January



HELLO 2016

Happy New Year and may your gaming be great! There's just one simple focus this month: the games and events that will rule 2016!

I'll make it easy and list our most anticipated games:

- Uncharted 4: Thief's End (March 18, PS4)
- Dishonoured 2 (Cross platform)
- Gears of War 4 (Xbox One)
- Hitman (March 11, cross platform)
- Mass Effect: Andromeda (December, cross platform)
- Deus Ex: Mankind Divided (August 23, cross platform)
- Horizon Zero Dawn (PS4)
- The Last Guardian (PS4)
- Quantum Break (April 5, Xbox One)
- No Man's Sky (June, PS4, PC)
- The Walking Dead: Michonne (February, cross platform)



If your faves aren't there, just let us know on our Facebook page. The Last Guardian has been years in the making, so it could be 2016's most anticipated game, but the best game is setting up to be a battle between Uncharted 4, Gears 4 and No Man's Sky. We think No Man's Sky is going to dominate.

How about what's happening here at home?

MEFCC

Yes the wildly popular and continually growing Middle East Film and Comic Con has confirmed dates: April 7-9. Keep an eye on our Facebook page for updates.



GAMES 16

The jewel in Dubai's gaming calendar is set for September. 2015's offering was outstanding in terms of celebrity guests and debuts, they'll have to work hard to outdo themselves, but do need to ensure that the AC is working - and if there's any way to manage the battle of the noisiest stand - please find it guys.



IGN

We've been assured that 2016 is going to be a big year for IGN. We couldn't get details up to publishing time, but again - check back with us to see what we have dug up.

The UAE's gaming calendar is constantly evolving what with MEGCON, Games Week and the industry convention, Dubai World Game Expo, turning up in 2015, not to mention IGN's convention that featured Jack Gleeson of Game of Thrones, amongst other geek faves. We think 2016 will only be better for UAE gamers from cosplay and gaming competitions to local devs and international superstars.

GameHedz will be bringing you a lot more too, by way of our YouTube channel and Facebook page, so like, subscribe and all that good stuff.

All the best for the New Year. May you save progress, beat bosses, find easter eggs and own noobs. Unless you're noob - in which case, may you one day not be owned.



THE NEW APPLE TV

The new Apple TV has arrived and it is widely available in 32GB and 64 GB versions. It includes Apple's integrated Siri voice recognition for search and device operations, a full app store and a new remote-control with touchpad. It supports video streaming from Hulu Plus, Netflix, HBO Go, HBO Now and many other providers. Air play is the secret weapon of Apple TV which lets you play music and video. It also displays photos from your iPhone & iPad and supports screen mirroring to anything from laptop to TV. If your budget allows it, is the kind of must have gadget you need at home or office.



THE COMPUTER VIRUS THAT BLACKMAILS YOU

The BBC reports that 'ransomware' is the fastest growing form of computer malware. It's a malicious virus that locks the user out of their computer and demands a fee to return their files. A report published by the Australian government claims 72% of businesses surveyed experienced ransomware incidents in 2015. The figure was just 17% in 2013. It's also a growing threat for mobile devices as it can be hidden in an app, says Gert-Jan Schenk, vice-president at internet security company Lookout. "For the most part, we've seen ransomware delivered through drive-by downloads. This is where it pretends to be a popular app, increasing the chances that you'll click on it," he explains. "To avoid these threats, users should be very careful about what apps they install, and where they come from. Be sure to read the reviews on Google Play and avoid side-loading from untrusted sources."

UAE SAYS UAS/ DRONE USERS MUST REGISTER THEIR DEVICES

You might have noticed that UAS/ drones have been removed from stores across the UAE. This is done in accordance to a new law which protects citizens' legitimate concerns for privacy and data protection. Now anyone wishing to own or fly a UAS/ drone for personal, professional or government related work must register their device with the General Civil Aviation Authority in the UAE. The process can be found on www.gcaa.gov.ae



Mariam Mohamed

AGE: 21

PROFESSION: AUS GRADUATE

NATIONALITY: EGYPTIAN

FASHION STATEMENT: Anybody can buy you clothes, but no one can buy you style. It is you who creates it.

PERSONAL STYLE: Simple, elegant and daring.

FAVE RECENT BUY: a white asymmetrical shirt with angel sleeves.

FAVE STORE IN THE UAE: I have no favorites. I buy from everywhere! The best place to shop in Abu Dhabi will be at Yas Mall, since it is diverse.

DOES THE UAE HAVE STYLE? UAE in general is starting to follow global fashion trends while maintaining their modest and cultural dress code. They usually tend to design their Abayas with unique patterns, creating a new edgy personality to the dress.

FASHION PET PEEVES?

I dislike the new trend of the thick high heel sandals. Another thing would be that I don't like seeing people following fashion trends blind folded.

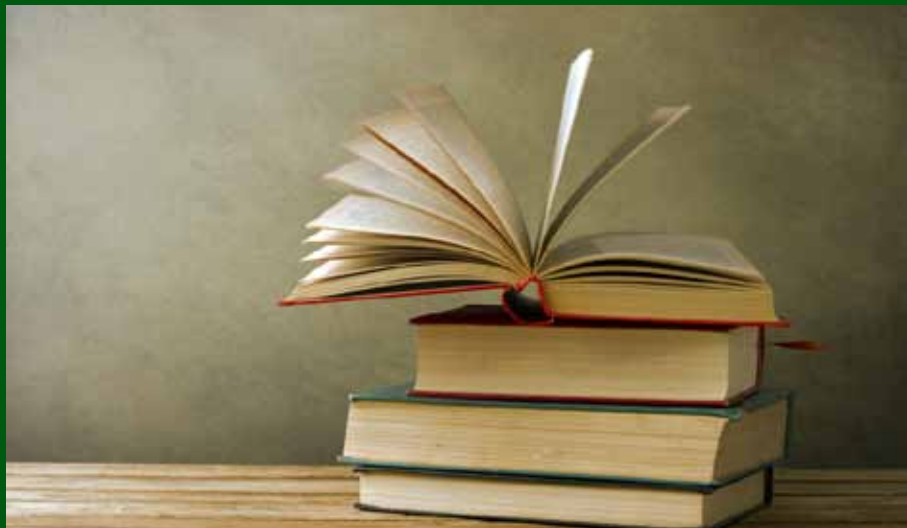
After all, people should wear what they believe would suite them and not what the world think. In other words, everyone should dress for themselves not for others.



PHOTOGRAPHER:
Angeli Castillo



AD



2016: THE YEAR OF READING IN THE UAE!

THE POWER OF READING: EMPOWER YOUR MIND!

2016 is being marked in the UAE as the Year of Reading! As a librarian I am ecstatic to hear this exciting news. UAE has developed so rapidly as a result of foresight and understanding of the critical growth drivers. These include high quality education, creative innovation and knowledge development. Reading is fundamental to achieving these goals! Reading empowers community, society and the entire country!

Here's how you can integrate reading into your life in 2016:

Home (Birthing, Early Childhood Development, Parenting)

- Read to your unborn child
- Deliver flowers and baby books to new mothers
- Buy chunky sturdy baby board books for little hands
- Read aloud using finger puppets or lap-sit at least 30 minutes per day
- Attend age appropriate story times/storytelling activities with your child

K-12 (Early Childhood, Primary, Secondary)

- Meet your school librarian
- Encourage your child to read for fun
- Read aloud at least one hour per day
- Visit libraries and bookstores, and encourage the child's selection
- Read books related to films and watch the film and have discussion

University

- Visit and meet university librarians
- Join a book club or start a book club at your university
- Read for pleasure to de-stress
- Check out leisure reading books in library
- Read any book and donate unused textbooks

Community

- Visit your public library once every week
- Visit local bookstore once a month
- Volunteer to read at local schools, special need centres, and orphanages
- Attend regional book fairs like Abu Dhabi international book fair
- Read local newspapers and free magazines like tempo

Work Life (Family, Recreation, Entertainment, Lifelong Learning)

- Stay current with industry trends, read a trade publication from your field/profession
- Read award winning prize books, Pulitzer, Booker Prize, etc.
- Utilize reading devices for improved online reading experience
- Volunteer to read at an old people's home
- Share family stories among one another

IF YOU HAVE AN IDEA PLEASE SEND IT TO TEMPO@EDITORIAL.COM



By HEATHER LONG VANDEVOORDE, Ph.D. | @hvdvoorde

SAY HELLO TO 2016: RESOLVE WITH YOUR KIDS!

Happy New Year! Are you a resolution maker? Why not make some resolutions with your kids to do some valuable things in 2016? Here are some suggestions:

- Drink more water.
- Cook and eat more meals together as a family.
- Take up a new family sport.
- Learn a new language together.
- Start a kid-friendly book club.
- Start a family journal. Write in it together once a week.
- Bake cookies for the teacher's helpers at school.
- Have a savings contest to see who can save more money on family purchases. Keep track and make a plan together of how to spend the money.
- Befriend a new family who has moved here. Help them get settled in.
- Say yes more often.
- Buddy up with an elderly person. Do arts and crafts with them, cook them treats and make them feel special throughout the year.
- On a hot day, buy a box of popsicles and give them to gas station attendants, street sweepers and other people who work outside.
- Donate unneeded toys to the Red Crescent or the pediatric ward of your local children's hospital.
- Foster or adopt a rescue animal.
- Plant vegetables and flowers, even if you only have a tiny space.
- Participate in a walkathon or other similar event for charity.
- Organize a bake sale for charity.
- Read a story to a younger child.
- Create electronic-free family time each week. Stick to it.

Check in with your list quarterly to see how you are doing. Take loads of photos or put a quick summary of the event into a jar. Next New Year's Eve you can open the jar and read the summaries so they remember the fun they had in 2016.

HAPPY NEW YEAR



AN ODE TO 2016: RESOLUTIONS MADE AND KEPT



ADRIENNE MAXINE LARA

24
Filipino
Events Executive

Do you believe in New Year's Resolutions?
No, when people speak of reforms in their life like New Year's resolution, they have to apply it in their daily lives and not just promises they might forget after 24 hours.

What milestones are you looking forward to in 2016?
Earn a job promotion and pass my driver's license road test!

What's one thing that you did not achieve back in 2015?
I'm quite happy with how I spent my 2015. I think some achievements I failed to reach can be achieved on a long term basis, basically after a few more years.



YOUSAF ALI

28
Indian
Copywriter

"Do you believe in New Year's Resolutions?"
Yes, I believe all dreams come true.

What new things will you do this 2016?
I will start my own business!

What's one thing that you did not achieve in 2015?
A beautiful home on a riverbank



FREDRICK ALOUCH

40
Kenyan
Fitness trainer

Do you believe in New Year's Resolutions?
Not really. Things change along the way.

What milestones will you achieve in 2016?
Attain my masters in nutrition!

What do you wish you had achieved in 2015?
Finishing some of my projects.



FLOREMIL NAVARRO

41
Filipino
Supervisor

Do you believe in New Year's Resolutions?
I believe in New Year's resolutions because they remind you of what you can achieve.

Any new thing you hope to do next year?
To save more and start a small business in my home country!

What's one thing that you did not achieve in 2015?
Change my job from working in a restaurant to working in an office as an accountant



DHANYA SIJO CHIRAMEL

29
Indian
Journalist

"Do you believe in New Year's Resolutions?"
No I don't. Because I haven't seen anyone following the resolutions they make in the New Year.

What new things are you looking at achieving in 2016?
Career growth and a small and sweet home for me and my husband!

What's one thing that you did not get done in 2015?
Financial savings.



ALA'A MAGBOUL

30
Sudanese
Animation artist

Do you believe in New Year's Resolutions?
I do, but I never seem to stick to them.

Anything new you're looking forward to doing in 2016?
I would like to travel to a new destination. I need the change of view!

What did you not get done in 2015?
Lose weight!



FATIMA ALHAMYARI

23
Yemeni
Student

"Do you believe in New Year's Resolutions?"
Yes, because it makes you improve your life.

What new milestones do you want to achieve in 2016?
Be more productive and dream for more. I'm always looking for new ways to improve!

What's one thing you wish you had done in 2015?
Believe more in myself and have more self-confidence. Work more on achieving my dreams.



MIKE METZGER

31
American
Imagination Director

"Do you believe in New Year's Resolutions?"
No. people who truly want to make a change in their lives will do so irrespective of a certain day or holiday.

What new milestones are you looking forward to in 2016?
Learning new skills, making more financial strikes, and making more family. Why? To make my life more free flowing and more plentiful!

What did you not achieve in 2015?
Classical/romantic freedom and fluency in Arabic



USHI SATO:

DESIGNER, BLOGGER AND STYLIST EXTRAORDINAIRE

BY YARA NASIF

Ushi Sato moved to Dubai from the Philippines in 2009 to work as an in-house designer for a local shop in Jumeirah. Soon afterwards he moved on to work for a retail company as a merchandiser and buyer. That was also when he started his fashion blog “The Shades and the Scarf,” a daily online diary which has since garnered over 10 million visits.



"I believe fashion is my true calling," Sato enthuses who grew up in a family of tailors: his mom was a dressmaker and his dad used to be a denim tailor before he got into the automobile business. "I cannot blame him, it's better to drive a moving machine than a sewing machine," he laughs.

Sato's interest in fashion began at an early age. He remembers being a little boy and taking leftover fabric from his mother to make dresses for his sisters' dolls and using his monthly allowance to buy himself clothes. In university he jumped from subject to subject; he started off studying politics then switched to painting then nursing, before finally settling on fashion.

Sato relocated to Dubai to follow his "passion for fashion." His highly successful blog, "The Shades and the Scarf" opened up the opportunity for him as a fashion reporter, travelling all over the world, from Paris Fashion Week to Milan Fashion Week.

Sato is excited that the fashion show invitations keep coming in. "It means that I've done something great with my blog and that I have been noticed." His favorite part, he says, is attending the haute couture shows. "As a designer it's fulfilling to witness the shows from the greatest designers before my eyes and as a blogger I feel great sitting with the most influential people in the high fashion world!"

Sato does everything from merchandising to styling to blogging, but it is designing that gives him the greatest pleasure. "Designing something gives joy to my heart and mind, especially when it is being worn... it's fulfilling."

To successfully work in fashion, you need to know that you're really into it, says Sato. He advises those interested in fashion to think carefully and find their strength. He says that the best piece of advice that he's ever received is "Don't do something because you want to be like someone else, but do it because it suits you best!"



USING YOUR LEFTOVERS DELICIOUSLY



By the time January Brolls around, your fridge will probably be filled to the brim with dishes and ingredients stored in Tupperware from Thanksgiving, Christmas and maybe even New Years Eve. I know, I face this issue every holiday season, but with smart planning, you'll get to enjoy your festive meals all over again in different ways. The first most important tip to follow is if you know you're not planning to eat your leftovers within four days, then you should store and date them properly and freeze immediately. Here are a few other tips for fresh unused or cooked ingredients.

You say potatoe, I say potato... Use your left over roasted or boiled potatoes to make a fresh, tangy potato salad with parsley, green onions with a lemon vinaigrette, perfect as a side for lunch the next day!

Don't go stale on me...

But if it happens, you can whizz up slices of bread with leftover herbs in your food processor to make herby breadcrumbs, then freeze or use on the spot to coat for veal escalope, my kids' favourite. Or turn it into an instant dessert by buttering the slices, lining them up in a roasting pan and soaking them with milk. Sprinkle some cinnamon, then bake at 350 F for 20 minutes until golden. Eat them with a drizzle of honey or maple syrup.

Use your cheeseboard

Don't throw away the rind of your Parmesan cheese, you can use it to add flavour to your risotto, soups or stews. Just don't forget to take it out before serving. You can also grate a combination of your left over hard cheeses by crumbling a few soft cheeses, adding some

nutmeg and Dijon mustard to create a rich, delicious sauce for cooked pasta or cauliflower.

Lettuce Cook

Lettuce leaves go bad very fast in the fridge so when they start to start brown on the edges and go limp, stir fry your romaine, arugula, iceberg or gem with some garlic, sesame oil and soy sauce for an Asian-inspired side dish next to your grilled steak or chicken.

Go Bananas

I love bananas and always buy them in a huge bunch but my kids never manage to eat them fast enough before they start going soft. So we still enjoy them but cutting them up in chunks and freezing them for their banana smoothies as an after-dinner treat or baked in muffins with bran as an on-the-go breakfast or a lunchbox snack.

Reuse your apples

When your apples start to brown, give them a new lease of life by cooking them. When the apples

cool, place everything in the food processor and puree them. You can use it as apple sauce for a healthy dessert or as a spread for your cheese sandwiches.

Make Salsa Verde or Pesto

Herbs is another ingredient that can be reused to add so much more flavor to your dishes. Clear out your fridge from all the unused fresh herbs such as basil, coriander, chives, tarragon, mint or parsley and process with lemon, capers and olive oil or pine-nuts, Parmesan cheese and olive oil. Add on top of fish or chicken while baking or as a fresh salsa next to your grilled steak! So delicious!

How about some couscous?

I always have lots of leftover dried fruit and nuts from my Christmas recipes and parties so I usually chop them up and add them to fluffed up couscous or quinoa with feta, gouda, grilled chicken and a raspberry vinaigrette to make the perfect fall dinner salad. Yum!



INSPIRATION WITH YOGA: SASHA QUINCE



Sacha Quince is founder of 'Let's Go Yoga ME' which focuses on providing yoga and meditation experiences, wellness programs, prenatal yoga, kids' yoga and annual yoga retreats. We present her here - in her words...

"I am a firm believer that when life holds you back from something you deeply desire, it's because a greater desire in line with your best needs awaits you, the key is to trust the process and believe."

"From my early teens I've always been passionate about wellbeing and moving the body everyday. I had a love/hate relationship with yoga for a while before I fell head over heels. It was an occasional practice I came to, here and there with no consistency, in my 20's. It was slower than my usual exercise regimens, and for a long time I didn't see the actual benefits of yoga. I became consistent with yoga in 2010 when I experienced the biggest loss of my life. My world had been turned upside down. I didn't know where to turn to get some peace. I started meditation and with this I found periods of complete solitude and utter joy at a time I was experiencing tremendous sadness."

"Meditation helped me start my extraordinary journey towards the physical benefits of yoga."



Now I completely understand and believe that yoga is a holistic experience that can change your life for the better, it's a connection of mind, body and soul and yes you also do get a great workout with detox, strength, endurance and flexibility. In fact my muscles have toned faster through yoga than years of other fitness classes and gym workouts. Yoga is a way to live your life with more presence, connection, and spaciousness to the unknown. It allows you to trust and release anger, worry and stress.

"My wellness process is all about consistency. I work with students and inspire them to stay consistent in their yoga practice - in turn they start to feel the immense benefits physically, mentally and emotionally."

I like to tell my students that once a week does make a difference if you're consistent and committed to that weekly practice. Another key focus in training is constantly helping students de-stress by asking them to let go of the events, situations and



circumstances that have negatively affected them daily, asking them in the long run do these really matter? Our life is a process of detachment from the attached, letting go especially of people, situations and events that no longer serve our best self, or no longer feed our deepest desires.

This process is what provides a more holistic living experience and spreads joy and peace in our lives; and isn't that what we all seek indefinitely? "The style of yoga I focus on with adults is called Core Strength Vinyasa Yoga. The style is more fluid and built from a strong foundation of anatomy research by its founder Sadie Nardini. I tried other styles of yoga prior and taught Vinyasa Flow for many years, after experiencing injury (through yoga), I was blessed to find this new revolutionized style of yoga: Core Strength Vinyasa. It is built around fostering a deep core relationship with self, in which nothing can flourish from the outside if your not fully balanced and connected within. "I am most inspired by my mentor Sadie Nardini who introduced me to

Core Strength Vinyasa Yoga the style I currently practice.

She motivates me to try new things and to continue to release my fears of loss, to release attachments and emphasis surrender of control daily. Other inspirations come from some of the authors whose books I am passionate about reading: Robin Sharma (Guru) whose books are extremely inspirational on how to live your life and Deepak Chopra has some amazing simple meditations for those who are busy and need to decompress and reconnect.

"We have a really awesome staycation planned. It's a Yoga & Wellness Retreat in the form of a weekend escape to relax, rejuvenate, restore and replenish. The focus is a 'New Year a New You' with practices to de stress, energize, create clarity as well as connect to one's desires, while enjoying the sun, sea and spa. "My message to everyone is try something new at one point in life. Don't let fear hold you back from honouring your health and trying new exercise regimes or practices to better your mental and physical energy."

Try everything and find something you enjoy and if it gives you balance and peace of mind use it as a tool to release stress and live a more empowered life."

Connect with Sacha:
letsگویoga@yahoo.com



"I feel that life and my craft are like an apprenticeship, and the people I come in contact with have powerful stories that I want to share."

STORIFIED SESSIONS: AJ BARTLETT AND THE CREATIVE COUCH

BY NEIL BIE

Once AJ Bartlett takes out his camera and shoots, he instantly creates a story around his scene – just as if time has stopped around him. At that frozen moment there are only him, his camera, and the person being interviewed.

TEMPO caught up with AJ to chat about the unique transatlantic, diversity-celebrating, and storytelling project he calls "The Creative Couch"...

TEMPO: What is the story of AJ Bartlett?

AJ: I'm an indie filmmaker and travel videographer out of Charlotte, NC. I aspire to make films in order to increase the narrative representation of people

of colour within the media. Through my background in travel videography I've had the pleasure of filming across the US, Europe, the Bahamas, and now the Middle East, working on various travel documentary projects similar to Creative Couch.

When I'm home, myself and a small crew of guys work on commercial gigs, event videography, and other freelance opportunities to keep the bills paid.

TEMPO: How did you develop a passion for videography?

AJ: I've studied film for the past eight years, so I'd say it's been fairly intense; four years of academic study and four years of technical training. But I've only been working professionally for about two years now.

I've always been heavily involved within the arts community, but I first discovered my passion for film in particular during my sophomore year of college. I stumbled upon a "Blacks in Cinema" course that really opened my eyes into how film can be used as tool for constructing identity. And that was very important for me. Finding a medium allowed me to begin to discover my voice as an artist.



Interview with Bill Bragin, Executive Artistic Director of NYU Abu Dhabi's Art Center at NYU



Interview with Amal Al Agroobi, founder and CEO of Alagroobi films, at Comptoir102 in Dubai.

After that, I signed up for media criticism and film theory classes and that pretty much sealed the deal. I was studying the interplay of ideologies within the media, as well as the historical and technological evolution of the craft. So film for me instantly became a means to explore art more intimately, while outlining a path to reach to the world creatively, in a language that we all understand.

TEMPO: What's the idea behind "Creative Couch"?

AJ: The goal in mind with "Creative Couch" was to use the project as a means to begin researching various countries, to determine where I could potentially see myself building a life and career abroad. The UAE was one of the top five spots on my list to explore, and I lucked out and found a really affordable flight this way.

I knew that in order to pull this off I would need to connect with peers in the community with similar interest, and the best way to explore how people live in another country is to actually spend a night or two living with them as their guest. So I created a crowdfunding video for couches, requesting participation from expatriates, film and media influencers within the region, and locals who could provide an authentic cultural commentary to the narrative.

Initially, I knew I wanted to create a project abroad that was more personal in tone. Something to summarize why I as filmmaker chose this particular path, instead of a more traditional route towards working in film.

TEMPO: How do you capture the essence of a person?

AJ: I feel that life and my craft are like an apprenticeship, and the people I come in contact with have powerful stories that I want to share, and it's difficult to get all of it that on camera. So these projects are my way of giving back to those who've come before me for helping me to become a better artists. Documentary filmmaking has given me the ability to use the voices of contemporary authorities to continue to connect and encourage future generations.

If I aspire to create work that highlights the importance of multifaceted representation of people of colour, I can't just simply be knowledgeable of my own personal experiences. I've got to research and connect with voices abroad who are finding creative ways in their backyard to do the same. Because we all need mentors, and any artists who aspires to walk this path, must study the footprints of those who've already made a way.

TEMPO: What reaction do you get to your work?

AJ: When people come in contact with my work they've typically enjoyed it. Or at least they've supported my intentions and consistently encouraged me to seek growth as an artist. They see something in me and expect that one day I'll be a big name in film. Anyone who has watched me over the years is aware of how serious I take my profession, and that's the most important thing that I can take away from those who've shared their critique of my work; that they've seen consistent and intentional steps towards growth. And I use that encouragement to continue to push myself forward, so that one day I'll be talented enough to make a name for myself, and prove them right.

TEMPO: Which filmmakers inspire you?

AJ: That has to be Ingmar Bergman and Steven Rodney McQueen.

TEMPO: What's a day like for AJ Bartlett?

AJ: My days are pretty boring to be completely honest. I'm one of the lead editors out of our group and so that means scrubbing and organizing footage for most of my day. Four hour blocks doing anything from colour grading, tinkering with sound design or meeting with clients. The highlights of my day are exercising, keeping up with meals and sending emails. LOL.

TEMPO: Any next steps for you...?

AJ: Starting this 2016, we've got a season's worth of material that we're releasing in February, then heading to Seattle in April 2016



Interview with Sana Bagersh, Managing Editor Tempo and CEO BrandMoxie, at BrandMoxie in twofour54

to finish production on our last big project. We've compiled a ton of material over the past couple of years, and now we're finally transitioning into post production. So simply look out for 2016 when we'll be releasing a core of our material.

TEMPO: What would you tell someone wanting to do something radically creative?

AJ: I wouldn't tell them anything. I work to show them. That is my goal. That's what makes a filmmaker a filmmaker. I want to inspire and encourage through my example - visually. I don't think there are any words that can reassure a young artist through all of the hurdles, obstacles and sacrifices it takes to work in this field. They need examples, much more than generic statements to nurture their vibrant imaginations. They've got to be able to visualize someone who looks like them, creating material that inspires them to define their voice and find their own path. That's my goal, that's my job. To show, not to tell.

TEMPO: How can one support "Creative Couch"?

AJ: If you wish to support "Creative Couch", please do. Reach out to me via email, I'd love to hash out ideas for distribution or even potentially turn this segment into a series abroad. Back home I run with a crew of four highly trained individuals who are capable of producing incredible work with a grassroots budget and "Creative Couch" is just a tip of that iceberg.

Once complete, we'll be screening the film at different colleges and film festivals across the states and around the globe. So there are plenty of opportunities to help ensure that more examples of projects like "Creative Couch" reach the big screen, and we'd love to have your support.

Website: www.ufrvlog.com - Email: twittytone@gmail.com Facebook: Anthony AJ Bartlett

LANDSCAPES

Landscape photography is a vibrant art-form. Typically, people capture their personal experiences while outdoors; especially while travelling. Apart from portraying cityscapes and architecture, landscape photography usually depicts natural environments such as mountains and rivers in addition to living spaces such as gardens, farms and orchards.

PHOTOGRAPHER: Abdul Aziz Samson
LOCATION: Abu Dhabi, U.A.E



Camera: D700
Lens: 24-70
F-stop: f11
ISO: 800
Shutter: 1/500s



Camera: D70
Lens: 18-70
F-stop: 6.3
ISO: 320
Shutter: 1/160s



Camera: D700
Lens: 18-55
F-stop: 7.1
ISO: 100
Shutter: 1/125s



Camera: D700
Lens: 70-200
F-Stop: f/11
Shutter: 1/200 s
ISO: 200



Camera: D810
Lens: 24-70
F Stop: f/9
Shutter: 1/125 s
ISO: 400

THE CHALLENGE:

NATIONAL DAY PHOTO WALK & FIREWORKS THE GROUP: ABU DHABI PHOTOGRAPHERS

NOTE: ADP has hosted National Day Photo walk & Fireworks with about 44 members participating at the Abu Dhabi Corniche breakwater. Members enjoyed the celebrations of 44th National Day of UAE and captured colourful moments through their lenses.

ABOUT: Abu Dhabi Photographers is a group, managed by BrandMoxie, of photography enthusiasts who meet regularly to capture beautiful shots and to share knowledge and experiences.



CREATING CHARACTERS:

THE MAGIC OF ANIME WITH ARTIST MOHAMED AL HAMADI

While other artists focus on abstract, portraits, and landscapes, Mohamed Al Hamadi has found his own niche creating art focused on Anime, the popular Japanese animation artform. TEMPO presents Mohamed, in his own words...

"I am just a normal 32-year old Emirati guy, born and raised in Mirfa city, the west region of Abu Dhabi working for the Abu Dhabi Police.

"I haven't started studying art yet but I'm planning to! However, I can say that I have been drawing naturally since I was a child. I don't remember how but I have been doing it myself. But I do remember buying colouring books early on so I could copy the pages on other sheets of paper.

"The more I draw the more I see progress, so I have never stopped drawing. Also checking other artists' works is the main way to challenge yourself. I have tried many styles of art, and that's how I decided on Coptic colours in the end.

"I have loved Anime since childhood and even now I love it more than before. I was always waited for the episodes to start on TV. After that, thank god we got VHS recorder...

From then on I started recording every anime I liked so I could draw from it anytime.

"I tried many other styles but I think anime's my real niche.

"People are very supportive unlike the old days, when they didn't understand. These days, people are more open-minded. In the old days I remember that only a few people around me loved what I do. The rest of the people who saw it deemed it a waste of time but regardless of



what they thought, I did what I loved because it made me feel good about myself.

"Of all the Anime characters, I am most inspired by Long Vo. He also goes by the name "Vostalgic" and is an amazing artist for UDON who got famous by drawing Street Fighter characters. He's a digital-coptic artist.

"I'm a very hyper active person and that means I hate sitting still doing nothing. I'm very open to new stuff and I can say that drawing is one of my many hobbies along with photography, running, going to the gym, playing video games, swimming and many more things that promote an active lifestyle - because I just can't afford to just hang around.



"For now my plans involve showing the world that this "nerd life" is huge and amazing and sure I'm planning to learn more. You never stop learning. I love making people happy by looking through my drawings.

"My message to other artists is never stop what you love to do and keep on drawing because one day you will regret that you stopped doing what you're passionate about."

"I'm on Facebook and Instagram and I always share my phone number for WhatsApp".





NURTURING INNOVATION

SETTING THE PRECONDITIONS FOR GREAT RESULTS

Have you heard a friend or colleague making fun of his/her superiors because they are doing something “stupid”? On the question “why don’t you suggest a solution?” you get an answer “they wouldn’t listen” or “they don’t care for my thoughts” or “let them do what they want!”

This barrier between employees and the firm – let’s call it “learned helplessness” – is the characteristic of organizations where employees quickly learn that there is no need for creative thinking or the exchange of ideas. This is rampant, and is a great example of culture that must be changed.

It is easy to see that there is no place for “bottom-up” ideas in such environments. In fact, ideas just don’t have a fertile ground for realization: “This already exists” / “We were this way for years” “Why should we change it?” / “This will not the way it works in the real world!” / “We don’t have time for this!” ... there are many excuses that maintain the status quo.

Some reasons why an innovator faces a wall in his corporation are often political (replacing someone who is incompetent), fear of change, envy (“these are not my ideas, why should I support it?” or simply laziness (“why learn new technologies when things

could be done in an old way”?) Change is inevitable, but it comes in steps. After identifying existing barriers, the process of establishing an innovation culture in the organization should be started.

An innovation culture is the essential factor for spurring creativity in any organization. It is created by building an innovation process that includes the idea generation process and the measuring of innovation activities.

An innovation climate is not possible without the support of the leadership of the organization. The task of creating an innovative culture includes the unleashing of creativity of colleagues which will secure the future of the company.

For a start, goals must be defined (short and long-term), leaders must be assigned, measures provided, and of course budgets must be made available. New innovation strategies should be well advertised inside the organization, and the best way is promoting success stories (realized ideas). Anyone in the organization should know about the idea submission process, as well as the rewards that are provided. He or she must also be able to see the status of an idea that is submitted.

In the past, ideas were collected using the suggestion box. But today, ideas are collected through efficient web-based tools which support not only the idea gathering process but also the participation of individuals in the entire innovation process.



THE NEW ‘Q

By HEATHER LONG VANDEVOORDE, Ph.D. | @hvdvoorde

Are you ready for some mouth-watering BBQ? If so, you’re in luck. This month the award-winning American BBQ chain, Famous Dave’s, opens its doors in Abu Dhabi. The chain consists of 180 restaurants across the USA, Canada and Puerto Rico, but now they have partnered with Tablez Food Company to open their first UAE outlet. We took advantage of the opportunity to sit down with Charlie Torgerson, Senior Director of Culinary and Executive Chef for the chain, to learn more about why he’s so crazy about ‘Q.

Where does your passion for meat come from?

Easy answer: my grandfather owned Spike’s Fresh Meat butchery. I grew up in there. That taught me what I needed to know. Now I’ve been with Famous Dave’s for twenty years.

And BBQ?

My wife jokes and says we have a 4-bedroom house with a 1-car, 3-smoker garage. I am always smoking some new piece of meat. Famous Dave’s test kitchens support my BBQ habit. You will taste the smokiness in all our food, except dessert of course. The new Abu Dhabi restaurant will have a 1400-pound smoker burning imported hickory logs.

How do you design a menu for a restaurant in a new country?

Obviously, the first thing I did was remove the pork items. We enhanced our beef rib and lamb sections and added a few items to give local flavor and appeal to the vegetarians. We worked hard to source local products while still maintaining our award-winning flavor.

What do you cook when you’re at home?

I smoke a lot of meat, of course. But, truth be told, I love Mexican food. I can’t get enough. I also make pasta dishes and fish. I like to cook for others and rarely sit for a full meal when I have guests. I snack as I cook.

What do you eat when you go out for a meal?

Sushi, funny enough. I cook meat every day so when I go out I want raw fish. I also tend to go to local friend-owned restaurants.

What are your hobbies?

I’m from Minnesota and spent a lot of time in Alaska, so I am a fisherman. I love to go to the fishing cabin and fish.

Guilty pleasures?

My cholesterol levels don’t like it, but I adore a big hunk of meat with all the fat still on it. My mouth waters at the thought. I’m careful not to indulge this guilty pleasure too often.

AIN'T YOU GLAD YOU ARE OUTTA HERE



Ain't you glad you are outta here?
Ain't you glad you are outta here?
Ain't you glad you are outta here ?
My mind raced back to my days at the centre. A particular image stood out. Captain Hussain.

There was something peculiar about the way he looked at you. It was that stare that seemed very harmless yet dangerous. He looked so fragile like a broom stick. He looked as if a strong sound current would blow him away. Capt. Hussain! Clad in their military attire, they all stood at rapt attention. The class captain had a big folder in his hand. This was the register. Their mobile phones had all been confiscated from them and locked away till the end of the school day. This was like semi- penitentiary. This was the routine every work

TIME BY SARA BUKAIR

I woke up from a haze, blinking, trying to figure out my surroundings.

I looked around. I was in a desert valley, surrounded by mountains. I screamed, "Help!" but only my echoes replied. I looked frantically, but there was nothing. Then I saw a figure in the distance coming towards me. When he got near, I realized this could be a bandit, or a soldier of some sort. Before I could say something, I felt something grab me from the back, and smother me with a cloth. I was overcome by dizziness and fell to the ground.

When I woke up it took me a while for me to regain my focus. The first thing I saw was a nurse, with a surgical mask leaning over me. I tried to speak but my words were slurred and unintelligible.

"Noah is coming now," the nurse whispered.

"Noah? But I'm Noah, how...." I asked. I thought I was dreaming.

"I know! Shhh," she whispered. She smiled, then gently guided me into a small room made me swallow three sets of pills.

"What's this for?" I blurted out. But I saw her face and felt that I should trust her.

"This is so when you go back later on, you won't remember any of what's happening to you now." That was the last thing I remembered before I woke up about an hour later.

I came to in a dark, gritty room. The walls were filthy and there was garbage everywhere. Then a small man wearing a beret appeared from behind a broken counter. "Come now, he needs to talk to

you," he said. He spoke in a commanding tone, and I felt I had no choice but to follow him.

He pushed one of the couches, and opened a trap door. He then led me through a tunnel through three flights of underground stairs. The air was so thick with dust I felt like vomiting. He then shoved me into a clearing that was a small room. I thought at that moment that I was going to be executed. As I braced myself for death, someone tapped my shoulder. It was a man, slightly taller than me, wearing a scruffy shirt, thick glasses and a lab coat. He sort of reminded me of my biology teacher Mr Adams, but he looked like me.

"Why am I here? Who are you? Where's my family?" I screamed, growing distressed. The guard held me back.

"Listen Noah," whispered the man. "We need to talk." How did he know my name? I was shocked.

I tried to break away, but two more guards emerged from the darkness and pinned me down on to a stool.

"Why have you kidnapped me?" I screamed getting angry. The man with the lab coat looked at the guards, "Was I always this aggressive? Release him. I know he won't do anything."

"What is all this about?" I asked in confusion.

"Listen Noah, we brought you here for a reason. We - you and I - are both from two different time dimensions...". I looked at him in disbelief. "You are me, and I am you." He added. "Noah, I am you from the future."

"Really? This what I ended up like?" I was disappointed. "And why are you wearing that ridiculous lab coat?"

"I invented a time machine," said the man.

"What? I invented a time machine?"

'Future Me' continued. "This is no time for jokes. We have come back in time to get you to stop him from winning. In my time - now - he already won and it's been a disaster." I couldn't understand this guy, but... he sounded exactly like me.

"Who is 'he'?"

"It's a long story. He is a man who has changed all the rules. He has kicked out people out of their countries, taken social assistance money from the poor, robbed students of their scholarships. He has created hatred among all the countries of the world, and now... we are on the brink of World War III."

His words echoed around the room. I could feel my hands shaking. I spoke slowly to calm myself down. "Noah, so where are mom and dad?"

Future me looked down, "Don't worry, they're at home. They know I'm meeting you. They send their love."

"Whoa! Tell me, do I live in a nice house?"

"No, our home looks quite depressing actually. A two bedroom apartment on Airport Road"

"Darn it...with a balcony?"

"No, just a window facing a shawarma shop."

"Yikes! So how did I do on my GCSE?"

"C+"

I waved at his lab coat.

"You did good in physics," he nodded.

"Do I have anything else going for me?"

"Not much. But... you could be the one who saves the world! Do you see this horrible mess?" He waved his hand. "We are in a post-nuclear world, after World War III." He sighed, "By the way, this used to be the park near our home."

"What? Where's the garden? Where's the playground?"

"All gone, Noah. Global warming. Now you must go back in time and change things."

"What can I do?" I asked, bewildered.

Future Me grabbed me by the shoulders. "You have to go back and warn everyone about him. Tell them about him, and how the world will be ruined and headed for World War III."

He led me to a circle and said, "look Noah if you step into this circle you will be transported in time. Now can I count on you?"

"You mean, can I count on me?" I asked. "Well, what do you think?"

He gave me a hug. "Good, now go back to your time. But before you do, here..." He gave me a pen and a piece of paper. "Your memory will be wiped, so write this down now so you remember!"

I took the pen and paper. Before I stepped into the circle, I wrote:

"Do not vote for Donald Trump!"

morning day. This was life in Mekkidha Boys centre, Dibba.

Gili picked up the letter and read it for the umpteenth time. Those verses haunted him. They shook him and woke him to the reality that he was out of there. He may be out of there but was 'there' out of him? Before his departure from the Centre, the head of the Centre had a heart to heart discussion with him.

"Please can you reconsider your stance?"

"Mr. Ga, you are a man I respect so much but I am afraid on this occasion I wouldn't be able to reconsider my stance".

"May I ask why?"

"Because I have been away for too long. Since 1976, I have been away from home, in work sojourn. I started off in Kuwait, from Kuwait, I went to Iraq, from Iraq, I went to Libya and from Libya, I went to Oman, returned to Ireland for a six months stint, then came out to Abu Dhabi. And while in the UAE I have been in Ras Al Khaimah, Fujairah and Ajman. I have done my time I need to go back".

"I do understand that Mr. Gili, but what I do not understand, is the sudden departure mode"

"My wife wants me home. If I do not go back home, my marriage may dent more".

"Mr. Gili, you can take a second wife from here. Because you reside here, you may as well take advantage of the laws of our land."

"Thanks for your kind gesture and suggestion, I shall think about it but in the meantime, I gotta take my leave".

Gili replayed the last conversation with the head of the centre over and over in his mind. Each time he replayed it, it was like a car about to choke. You know when the battery of a car is gone and you try to kick start it and it makes that awry sound *kiak kiak kiak* vehemently and then *kiak kiak kiak* with the very life of it snuffing out at each attempt.

That was how Gili felt each time he recollected his last conversation with the head.

The centre was not exactly a bad place to work irrespective of all the dodgy characters that made the place so alive. Gili tried to relive some very nice memories of the place. He scratched his brain for a long time. Finally he remembered Saeed.

Saeed was a very heavy set young man. He hadn't had a shave in probably six months and his face was full on with beard. His beard was very black and shimmering. His face was always dripping with perspiration anytime he walked in from the sun.

This also gave his face a glistening effect. His hair was constantly under shave, because he was always getting into some sort of misdemeanor or the other. One peculiar thing about him though was his smile. He had a very broad smile. He had a body odor and he was aware of it which made him to always have some perfume in his pocket. This he used intermittently to neutralize the effect body emission.

"Saeed never failed to amuse me", Gili laughed. His wife heard him laughing at one moment and the next he was crying and wiping tears from his eye. His wife was trying to get used to this new habit, since he returned with from the Middle East.

"What is it this time honey?"
"Oh nothing to worry about. Just remembered Saeed. Poor fella Saeed!"

The students never liked Saeed because of his heavy set nature and because he could not participate in the fun and sporty activities.

He walked like an overfed hippotamus and I watched him over a three years period balloon and balloon way. When I first noticed the signs of expansion, I called him and had a quiet word with him. I warned him about the unfolding scenario.

I advised him to curb it before it gets too dangerous.

"Teacher no problem. *Mafi Muskila" he said.
I said back to him "oh k", if you say so.

Three years after my initial warning Saeed had moved from 2XL to 5XL. He was a darn clever boy. During the exams period, all the boys would be clamouring to sit next to him. He would always let out some real bad wind which took a combined effort of opening all the windows and using his perfume to alleviate the collateral damage.

This he always did during exams period and his mates would not say anything because they knew that they had to put up with him in order to be enjoying the dividends of his cleverness.

*Mafi Muskila - colloquial Arabic meaning no problem.

ZAYED UNIVERSITY'S AL KHARAREEF STORYTELLING CLUB
was created to enrich the legacy of the Emirati storytelling tradition and contribute to the revival of this important cultural heritage within the United Arab Emirates.

Last year, the Club in partnership with the Abu Dhabi Music & Arts Foundation launched an Emirati cultural literacy project titled the *Story Mile*, a collection of 48 original fables and folktales, written by students from the Academic Bridge Program, illustrated by the College of Arts and Creative Enterprise majors and translated by ZOWD volunteers into the language of its characters, Emirati dialect.

The *Story Mile* tales, which are the first of a three volume series, were recently published as a book in English and titled "*Tales from the Emirates*" in Arabic. The stories not only share the storytelling tradition of the Emirates, but have also introduced other key aspects of Emirati culture and are creating new footprints in the sands of the cultural landscape of the UAE.

جامعة زايد
ZAYED UNIVERSITY

HAMED AND THE SEA

BY ASMA SALEH ALI HUSAIN EWAI AL HAJERI



DANA NASER MOHAMED MATAAR ABU NEMR AL MAZROUEI

One cold winter night, as the wind howled, and the waves crashed, everyone in the old city thought that they were going to be drowned in a flood. In that city lived Hamed, who feared nothing.

Hamed told his grandfather that he would go out to sea. The grandfather begged his grandson not to go out because the storm would bring demons, death and the Chain Keeper wouldn't let him live another day. Hamed told him that he was the strongest sailor of them all and that the Chain Keeper didn't exist.

Then Hamed went to his boat, started sailing towards the storm and shouted to the sea, "I am Hamed, the strongest sailor ever! I fear nothing and death doesn't scare me!" The winds became very powerful, and it started to rain heavily. Terrified, Hamed went back.

At the seashore, the Chain Keeper was standing holding his huge chains, waiting for Hamed. He had bloodshot eyes and long, sharp nails that would scratch the faces of his victims. Hamed ran into

the narrow city streets to escape the Chain Keeper. The Chain Keeper but that devil was so fast that Hamed kept seeing him wherever he turned. After a while, Hamed grew tired of running and collapsed.

The Chain Keeper lifted him up high and threw him down on the ground. Hamed started to shout, praying to God for help and salvation. He called out to the people of the neighborhood but no one came. The Chain Keeper then tied Hamed to a tree and started to beat him with his chains. He smashed his face until he bled to death.

The next day, the people woke to see Hamed chained to a tree and covered in blood. They started to shout. When his grandfather saw his limp body, he asked his dead grandson why he hadn't listened to what he had said. "I told you that the wind brought the devils and the demons of death. Why did you listen to your ego?"

Since that day, sailors never leave home unless the wind is light and the sea is calm.



1

The upcoming collection offers a muted colour palette in soft pastels

2

You can find Shebab at pop-ups around UAE, with hyper-exclusive product

3

Shebab is inspired by its founder's travels around the East and West

4

Cheb Moha, 23, is the creative behind Shebab



Shebab means “youth” in Arabic. It’s also the name of a new, conceptual streetwear brand made in the UAE. Stealth launched with a trickle of strategic clothing drops by 23-year-old artist Cheb Moha, the brand aims to shake up the burgeoning streetwear scene in Dubai come 2016.

“I was born in Baghdad, spent my childhood years in Libya, and then moved to Canada. Now I’m here in Dubai,” Moha said. Inspired by Moha’s East meets West upbringing, Shebab offers a brainy, nomadic worldview that references global urban street culture, ranging from the bodegas of Bangalore to the b-boys of Brooklyn. Think sarongs with oversized hoodies and kuma and massar combos worn with graphic tees.



2



3



1

“In certain neighborhoods in Dubai, you’ll see people wearing a cloth around their waste, and that’s streetwear here. In the west, that’d be considered a conceptual piece. Streetwear should be practical to your environment, not just jeans and sneakers. I try to put elements of both worlds—the East and the West,” Moha told us.

Every Shebab item is produced in strictly limited quantities of 50 or 100, and once it’s sold-out, it is gone forever. An e-commerce site is soon-to-come, but in the meantime, look for Moha on his Instagram—it’s easily one of the best in the Gulf: @chebmoha

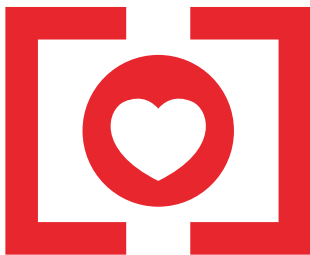


2

[ART LOVE]

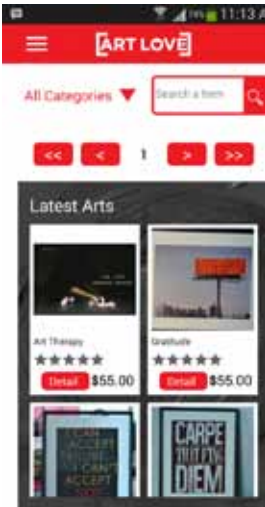
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WORD MEETS HIP HOP: DAVID DETYME

I sat down with friend and poet, David “Detyme” Tolliver, to discuss his recent poetry tour to the UAE and to get his thoughts on the experience.

Dorian: Where were you born, and how has that impacted your life?

Detyme: I was born in Cleveland, Ohio, and that’s where my entire journey to art began. I was influenced by 90’s R&B and rhythmic fast-paced, Midwest, USA rap and lyricism. Funny enough, I first began performing with a trombone. I had many artistic endeavors between drawing, acting, and band, but when I found poetry, it helped me tell my story. Being inspired by certain genres allowed me to explore my lyricism in many creative ways.

Dorian: What a small world! I was born there too!

Detyme: I was fifteen when I wrote my first poem. Every one told me they could hear a natural rhythm, and I’m glad I finally listened. I explored Hip Hop over instrumentals when I met Cambatta in Tampa Florida, and that was around age eighteen. Before then, I was fully committed to writing poetry only, even though it was still very Hip Hop based.

Dorian: Are you sure we’re not related? I also started doing Hip Hop at fifteen and

poetry at eighteen! How did you first make a name for yourself?

Detyme: Well, I’m named after my cousin Dave Tolliver from a popular R&B group, Men at Large. When I first attended a poetry event in Cleveland, I signed up with my birth name, so the emcee gave me a grand introduction to the mic because they thought they were calling him up to sing. I never wanted to be confused again, so I made sure that I created an original stage name and constantly fought to be just as dynamic as that first intro promised I’d be. I soon got into competitive slam poetry and met many talented artists along the way who have helped me step up my game.

Dorian: What made you decide to take the trip across the world to Abu Dhabi to share your poetry?

Detyme: Since I started performing seriously, I’ve been fortunate enough to become like family with a few good fellows like Matthew Cuban in Jacksonville, Asia Samson and Made Son in South Florida, Keboi in Tallahassee and you and Shadow in Atlanta. Knowing this circle of people through Southern Fried Regional Slam and the collective of Black on Black Rhyme events in Florida and Georgia, I was very in tune with all of the new opportunities arising in Abu Dhabi.

Dorian: You stand out as one of my all-around favourite poets for your technical craftsmanship, word play, and delivery, and concepts. Who are some of your major influences?

Detyme: In Cleveland, I first came across One Truth and Q Nice at the Kamikaze, forever at the core of my influence for hilarious, engaging

performances with awesome writing behind every piece. Up North, we love punchlines, delivery, and all new writing is always encouraged. Other big influences on my craft have been Archie the Messenger who I met after witnessing my first poetry slam, Taalam Acey who I first saw perform after moving to Jacksonville, Florida, Matthew Cuban who was my first brother in poetry. Also, Reggie Eldridge, my partner in poetics from Tampa, Florida and a few more I met in Florida at various shows are you, Keboi, Asia Samson, Made Son, Moses West and the new youngblood generation Gucci Base Philips, Jawayne, Ephraim Rigs, and too many more to name.

Dorian: A definite honour to be on that list. Where do you see yourself five years from now?

Detyme: In two years’ time, I’ll be thirty. By then, I want to be fully out of debt and financially free. By thirty-three, I want to be world-traveled and meet more people who will never forget our moments and challenge me to create more. I am concentrating more on vibes then tangible measures of success imposed upon us by societal norms. Of course I would love to be a stable rock for my daughter and never go backwards in this life.

Dorian: What’s the secret for making a poem that resonates with people?

Detyme: Tell the truth. Tell your truth. Speak it to be heard, write it to be read, think it to be better. I like to write poems that offer solutions for phases of my life that are problematic or stressful. I like to hear the words in my head over and over before I write them down. I’m giving away the game with this

next one, but I write my poems like an essay mixed with a short story and I use writing techniques they teach you in school to present your topic and thoughts. Key in on intro, transitions, content, and add setting, characters, conflict, climax and wrap it up nicely with a dynamic conclusion.

Dorian: Good advice, indeed. What are your thoughts about the UAE?

Detyme: Awesome place! I wish more people from the US could see how nice and friendly people of the world are to each other. I have had so many unforgettable moments in just such a short time. I saw the tallest building in the world. I went to the bottom of the Etihad Towers where the car fell in Fast and Furious 7. I saw the beautiful Sheikh Zayed Mosque, Emirates Palace, and met so many beautiful people. I heard many people tell how the royalty loved poetry and saw a growing nation leave a lasting impression on a foreigner. I just want more people to see what I saw.

Dorian: How can people stay in contact with you on Social Media?

Detyme: @DeTymePOET on all social networks. I’m most active on IG and Facebook and can’t wait to interact with new friends and fans around the world. Other than that, please view more info on DeTymePOET.com and find other ways to interact!

Dorian: Great! Well, um... this has been a fun conversation. Do you mind interacting with this bill so we can get out of here?

Detyme: *Stares blankly.



By NISMA HAMID | @nismahamid | Instagram: nismahamid

GOODBYE TEMPO



First of all, I would like to apologize to everyone for being MIA. Things have been hectic on the school front. Secondly, I would just like to clarify for those of you who did not know, I am currently a student at UCLA. A lot has happened and I've got a lot to share about university. A little disclaimer before you continue reading: this is possibly my last Tempo article. As unfortunate as that may be, I've had so many new experiences and opportunities: from a position on the university newspaper staff to a recurring MUN staff gig.

I thought college would be a dragon I would have to defeat in order to succeed. What I did not realize was that I was the dragon.

I know, I know: I did not think I had it in me to be that cheesy either, but it's true. I got a reality check as soon as I started taking classes. I came to know that college academics and social life endeavors are not as challenging as I had anticipated. You just have to be open to new possibilities and totally accepting of change. I met so many wonderful people, many of whom helped open new doors.

For instance, my lovely roommates never miss an opportunity to inform me about any available work positions they find on campus (being an international student I am allowed to work on campus only). Thanks to them, I

gained a little experience that I can talk about during my next round of interviews. In addition to work, I have also kept myself busy with extracurricular activities. By now you already know how involved I was in the Model United Nations at my high school. Collegiate MUN is by far 100 times more interesting and engaging. I attend weekly meetings; I've staffed a conference, and will be staffing another one next quarter. I also plan on joining a dance team next quarter. Most exciting of all, I landed a job on the official university newspaper, The Daily Bruin. After weeks of training and internship work, I became a reporter and blogger for the publication. I collaborated on and photographed on a couple stories before writing my first news story.

Although I applied to be a blogger (a job I am clearly comfortable with), it was an interesting experience being taken out of my comfort zone: hitting the streets for a story, interviewing strangers, and reporting the news.

Soon I will be able to start writing blog articles. I cannot wait to be a true member of the staff. I owe a lot of my success, particularly my acceptance to The Daily Bruin, to this column, Tempo, and Ms Sana Bagersh - our lovely Managing Editor who has given me this opportunity. So aside from this being a farewell article, this is also a proclamation of gratitude.

Thank you so much for reading my articles thus far. If you are new to Youth Talk, go and read my earlier articles (you won't regret it). My time with Tempo has been amazing. This is not a sad end but a better beginning.

Note from the ed: Nisma, the Tempo team wishes you great success. Nisma, we've always known you can do it

HELPING HAITI



Haiti : Hands On

MEN ANPIL CHAY PA LOU

Many hands make the load lighter

Teens Lamia Makkar and Tasneem Zarroug Launch Haiti: Hands On

We all get concerned when we hear about disasters in other countries, but very few of us actually do anything about it. Meet teenagers Lamia Makkar and Tasneem Zarroug who set up Haiti: Hands On more than three years ago to raise funds to build a school. To date they raised over Dh 42,000 through 200 hours of work which included organizing birthday parties, babysitting and tutoring...

TEMPO: Ladies, introductions please.

Lamia: I am a 17 year old French-Egyptian, and I have lived in Abu Dhabi for the last 14 years. At school, I am most interested in mathematics and physics, but I hope to pursue a degree in International Development.

Tasneem: I am a 16 year-old. I admit that I am an over-privileged girl, who has discovered her purpose in this world. I want to be at the service of others and help those who are less fortunate.

TEMPO: So what is Haiti: Hands On?

Lamia: We started Haiti: Hands On in September 2012. Tas and I decided that we wanted to take a service trip together that summer, as we were (and still are) close friends and both interested in community service. We did some research on the NGOs that worked in Haiti, and came across Global Potential. After getting in contact with them, we first went to Terre Froide, Fonds-Verrettes, Haiti in the summer of 2013.

Tas: We're both passionate about helping others. I had never been to Haiti before. It was definitely a place I'd always wanted to go to, considering the fact I'm Haitian-American. We both knew we would rather spend our time giving back rather than just be tourists. Both of us bring different things to the table, and I think our skills complement each other. We started the organization to raise money to help the Haitian community.

TEMPO: How did your friends and family react?

Lamia: Though my parents were obviously supportive enough to let me go to Haiti, I can't say they

Haiti Hands On co-founder, Lamia Makkar (Second Right) alongside members of the Terre Froide community



were'n concerned. Since our return from our first trip, we were able to settle everyone's fears and concerns with stories about our experience. Everyone has been more than supportive for us to continue working towards our goals.

Tas: My parents were all in when it came to starting the club, and I was grateful that I was surrounded by people who were excited and would keep us motivated no matter what. My parents would at times complain that I wasn't focusing on other important aspects of my life, or that I wasn't home enough. But they adapted eventually...

TEMPO: You returned to Haiti this past summer?

Lamia: We went back to launch our first major project: building and maintaining a school in Terre Froide. Our time was filled with meeting with community members and the different associations. It was quite an experience. My biggest take away is everyone's gratitude; at the end of every community meeting we always had a couple people step up and share their story, on the verge of tears, and tell us why this project was so important to them. That fuelled our motivation to keep doing as much as we could regardless of the obstacles.



Lamia (Middle) and her host family posing in-front of the newly built school

Tas: We gathered some of the youth of the community and asked them what education meant to them. That made the project more meaningful for all of us. Most of our trip was spent in meetings getting the details such as the construction process, the number of classrooms, school location, and other issues that needed to be ironed out so that we could actually start building the school. This experience was unlike any other...unforgettable! It was motivating, challenging, inspiring, eye opening, heartwarming, and wonderful all at the same time. I definitely grew as person.

TEMPO: How can our readers get involved in helping Haiti: Hands On?

Lamia: We can use all the help we can get, and as corny as it may sound, it really is true that all help, no matter its size, will make a difference. It already means so much to us that Tempo would even be thinking of helping.

Tas: As our slogan says, 'Men anpil chay pa lou', which translates to, 'many hands make the load lighter'. If you're interested, contact us immediately!



Haiti Hands On founders, Tasneem Zarroug (left) and Lamia Makkar (right) with a member of the Terre Froide community

Facebook: www.facebook.com/haitihandson
 Youtube channel: <https://www.youtube.com/channel/UC0NeB2ko-1dhPv5vU5Gq2Gw>
 Contact them at haitihandson@gmail.com

WEBSITE TOOLS:

GET NOTIFY, ZERO DOLLAR MOVIES, AND SCRIM!

GET NOTIFY

Way before Facebook's "Seen" status, was Get Notify. Subscribing your email to this website allows you to track if the message you sent to your recipient has been received and read. The free version allows up to five credits per day so that's either one email for five recipients or five emails for different recipients... you do the math, as long as it's five, it's good to go! <http://www.getnotify.com/>



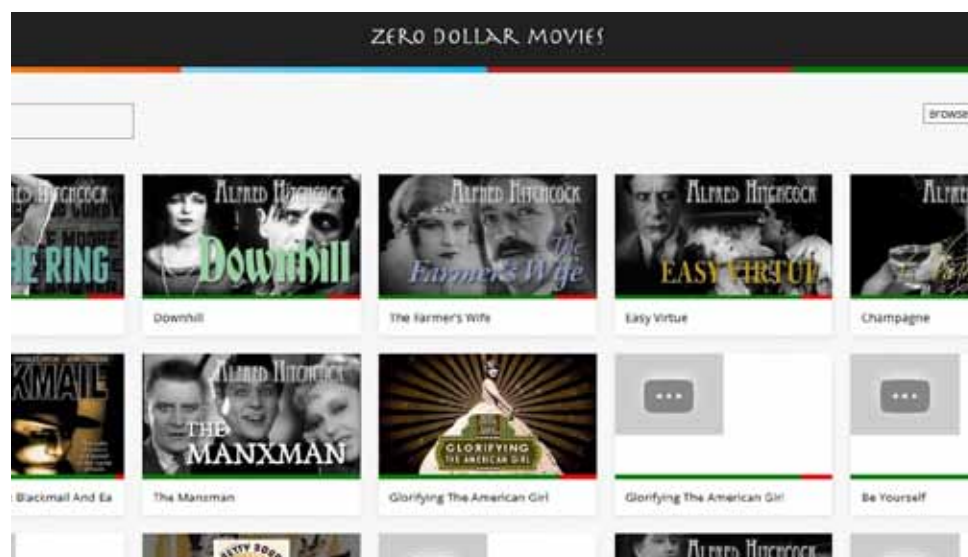
SCRIM

The risk of putting your email address on any social networking sites is the fear that it might be acquired by spam robots and email harvesters who both have the aim to grow their database. To ensure that only humans can get your email id, Scrim provides the service of masking your email id with a customized link. <http://scr.im/>



ZERO DOLLAR MOVIES

If you're sick and tired of the usual genres you see on the big screens, you might have a taste for some of the classics. Zero Dollar Movies provide a platform for you to enjoy selected movies from the 1930s to the present! You can't expect to find mainstream ones in there but if you're in the mood for underappreciated movies, this site's for you. <http://zerodollarmovies.com>

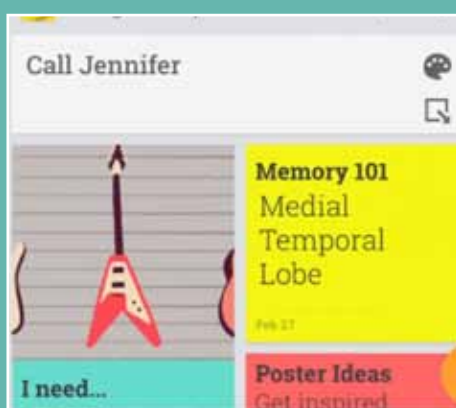


APP POWER:

GOOGLE KEEP, PHOTOSHOP FIX, AND BOOMERANG

GOOGLE KEEP

Get your life organized! Now available for iOS as well, Google Keep provides a means for you to jot down quick notes, to-do lists and reminders and even allows you to record quick audio bites! What separates Google Keep from other note taking apps is that it also allows you to color-code the notes for you to determine which is which.



PHOTOSHOP FIX

As much as we're all for making each photo we take on our phone look the best when we take a shot at it, there's just something that doesn't feel right about it. Here's where Photoshop Fix helps out - the name's a given: Photoshop Fix takes a few photo editing elements from its well-known software directly to your phone and enables all users to give that magic touch to their photos however they wish.



BOOMERANG

Love Instagram? We're sharing this to make you love the photo-sharing social media site even more! Boomerang allows you to take five burst photos to play them both in forward and reverse motions for a full "boomerang" effect! Your video will be saved as a GIF on your phone for safekeeping as well. Talk about a full experience!



3 REASONS WE NEED A STRONG & AMBITIOUS GLOBAL CLIMATE DEAL



EWS-WWF, a non-profit organisation in the UAE established under the patronage of HH Sheikh Hamdan Bin Zayed Al Nahyan, explains the importance of addressing climate change in order to build a sustainable future for the UAE

Why is it so important to reach action a new global deal on climate change right now? EWS-WWF explains the following:

1. The impacts of climate change are real and happening today.

- 2014 was the warmest year on record. We are experiencing hotter land temperatures than ever before.
- Many regions are already experiencing major droughts or flooding, which is affecting their economies.
- Wildlife is being pushed to its survival limits with a staggering 40% of worldwide species at risk of extinction.

The science confirms that if we are to avoid runaway climate change, our planet must not warm more than 2°C. If it does, then we can be sure to

witness severe global climate impacts such as increased damage to crop yields, scarce water supplies, and other unevenly distributed impacts which are especially devastating for developing countries and disadvantaged communities.

2. Our region will be affected by climate change.

Research indicates that Middle East climate systems will be altered by increasing temperatures. Understanding the impacts can help us better plan for how to deal with those changes, so we are lucky to have the latest climate science to show the likely impacts this region will feel by the end of the century, such as:

- Increases in land temperature by around 2°C and 3°C in both winter and summer
- Increases in humidity by on average 10%
As a country that already experiences a hot and humid climate, it is evident that action needs to be taken to reduce the likelihood of these impacts taking place.

3. Our planet needs us and we are stronger together

The UAE may only be a small country and a comparatively minor contributor to global emissions, however a strong and ambitious global deal is just as important here.

Keeping temperatures below 2°C means that we can prevent these impacts from becoming a reality in the UAE. COP21 is an opportunity to build a more sustainable future and it is crucial that we all push this forward. Our UAE negotiators are involved in the Paris talks to ensure a strong and fair global deal on climate change happens.

This is why it's important that we capture this window of opportunity. Now is the time to reach a global deal that limits emissions. Now is the time to plan for the future using the best available scientific research.

Now is the time to steer away from the risks of climate change by investing in low-carbon development and climate resiliency, curbing carbon emissions, increasing renewable energy and reducing our reliance on fossil fuels. We all have the power to make a difference on the Road Through Paris.

It is now time to join in because you have the power to tackle climate change! Help reduce growing emissions by using simple tricks to lower your usage of energy and water.

Want to learn more about the climate talks? Check out previous instalments of our COP21 mailer series, including 5 Things to Know about Climate Change & COP21, Journey to Paris: 7 COP Milestones, and 7 COP Buzzwords: Talk like a COP Negotiator.

Learn more about Climate Change Impacts by watching the IPCC's video on Adaptation, Impacts and Vulnerability.

Want to hear more about the work EWS-WWF does in the UAE in conservation?

Support its Climate Change & Energy Programme!



WORKING IN THE UAE AND REGION TO CONSERVE BIODIVERSITY, TACKLE CLIMATE CHANGE AND REDUCE THE ECOLOGICAL FOOTPRINT

EWS-WWF is a non-profit organisation in the UAE established under the patronage of HH Sheikh Hamdan Bin Zayed Al Nahyan



Khairi Marhaben

Age: 23

Profession: Student/Entrepreneur

Nationality: Moroccan / Dutch

Motto: The man who says he can,
and the man who says he cannot...
are both correct

Who in your life deserves a big old thank you?

My parents for sure! They taught me that if i do not believe in myself.. who else would? And that's something I will always do.

Have you found your purpose yet?

I think im currently getting closer each day to finding it.

What is the craziest thing you have ever done?

Skydiving in Dubai was one the craziest things. I wouldn't go back to Holland without jumping out of an airplane first!

What is your earliest memory?

My first day of school. I was 4 years old sitting in class while it was dark outside because it was still that early in the morning and my sister waving goodbye through out the window.

Are you a social media addict?

I'm not an addict. I do find social media extremely usefull to build up your network and to use your network for your own business promotions

If you wanted to look absolutely great, how would you dress?

Classy white shirt, marine blue blazer, matching shoes and belt.

If you could wake up tomorrow in the body of someone else who would it be?

I would choose Barack Obama. I'm curious about what's really going on in the White House and what we don't know.

How can the right music make a party better?

African Azonto always get any party started!

What songs would you want to be played on your funeral.

No songs on my funeral!

What's your current Last SONG syndrome (LSS)?

Kanye West - Touch the Sky

If you had to be trapped in a TV show for a month, which show would you choose?

Shark Tank!

What was the most recent movie that made you cry?

Men don't cry! (Lion king)

Favourite hangout

Probably my own hometown mall in the Netherlands, called "Het Stadje"

What is your idea of a perfect weekend?

A spontaneous weekend where I sleep and wake up at a different place each day.

Your most valued possession?

My Dutch passport that gives me the ability to go wherever my mind desires

Where can we find you hanging out most?

Any beach or swimming pool in Abu Dhabi

One thing you cannot live without?

Gratitude

The person who inspires you the most?

I get inspired by a person that has reached his or her goals through hard work and persistence. For example author and motivational speaker Les Brown.

Five things you need for survival

Macbook, Wi-Fi, Water, Clothes, Books

Car you would like to own

The new Tesla Model X

Describe a typical day in your life, in 2-3 sentences.

Spending quality time with my family. Developing myself one way or another. And making sure i made someone laugh that day.

Where do you see yourself in 10 years?

Working in my own company on the top floor of the building inside of an office made of glass.

What is your idea of peace?

That the majority of people realize that life is a gift we got from God. And that the way we live our lifes is our gift to God.

Your goal in life?

Waking up in the morning knowing I can do whatever I want to do. Achieving every single thing my mind wants to achieve. Not limiting myself with the fear of faillure. And being truly happy during this process called life

11. What item do you keep buying even though you have plenty?

FOOD! Or clothes.

What recent random act of kindness have you performed?

Every single day I try to give at least one person a compliment.

What are 3 things that today has taught you that you can improve on tomorrow?

-To have more patience
-That I shouldn't keep out joy and laughter in my process of achieving any goal
-Helping others along the way



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