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P.22

AMERICAN STYLE MAVEN:
SAUFEEYA GOODSON



INSIDE: SERVICE HERO • THE LAMA CAMPAIGN • SOCCER KIDS

SHOP SIGN-UP & WIN

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QUOTE

“Sisters, The sun doesn’t lose its beauty when it’s covered by the clouds. The same way your beauty doesn’t fade when you’re wearing hijab.”

- Anonymous

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I love meeting people who inspire.

I am uplifted by those of noble vision who reinforce my belief that our default setting, as humans, is to give back. I recently met two women who left a mark on me. One of them is Faten Abu Ghazaleh and the other is Lama Younis. I am delighted that we are featuring both of them in this issue of Tempo.

Faten called me and we chatted over the phone, a year or so ago. She had a simple idea – to help improve customer service standards in the region. Her idea was elegant in its simplicity, and her enthusiasm infectious. She told me about her company, Service Hero, which is an independent feedback online platform – powered by the people – that would help corporations, banks, service providers, recognize their faults and also their areas of improvement. See what she has to say on page 34.

Then there is Lama Younis, whom I met at the Emirates Women Awards last year. We were both nominated: I in the Achievers Category, and she in the Visionaries Category. I was immediately taken in by her strong personality; she, an strong Arab woman who is an activist, a criminologist and a traumatologist! On page 18, you will learn about her inspiring Lama Campaign which is aimed at protecting children's rights.

We focus again through our Planetarians page on the issue of conservation and saving our planet. The cause we are championing aggressively is stopping food waste. Did you know that the food we (earth's population) throw away is enough to feed all the world's starving poor? And – that it is also enough to save the planet from global warming?! Sometimes the simplest ideas are the most powerful ones. Even though we can't solve all the world's problems, each of us can do our part. Connect to our FB page and learn more.

We embark in May on a wonderful month of impassioned creativity as we host The Flash Fiction Writing and Reading Competition, in collaboration with New York University. And then there is The Smovies season 4 awards, in collaboration with VOX Cinemas and the US Embassy, where we recognize the winners of the "I Have a Dream" competition. Also this May, Tamakkan will be holding its entrepreneurship open day to help fledgling businesses through free advice.

Be sure to stay connected through our social media platforms and get involved in all our supported initiatives!

Stay happy and feel your tempo,

Sana Bagersh
Managing Editor

 **@sanabagersh**
bagersh@tempoplanet.com

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LIFE HACKS



BY NILOFER SAFDAR | NILOFER_LIGHT@YAHOO.COM

WORDS OF INSPIRATION: CHANGE THE UNCHANGEABLE!

If you change the way you look at things, the things you look at change.

~ Dr Wayne Dyer

Do you have things in your life that you think will never change?

Maybe it is an incurable disease, maybe it's a relationship turned sour, or a career path that is not working for you. Or maybe you have a mountain of debts or your business is floundering.

Are you resigned to your life? Would you like to change that?

7 KEYS TO CHANGING ANYTHING

1. YOU ARE THE CREATOR

What if you operated from the premise that you have created every part of your life? If you can create every part of your life – the good, the bad and the ugly, then it means that you have the point of power. When you have the point of power you can change anything.

It is not just what we do that creates our life. Our thoughts, feelings, emotions, points of views, beliefs, considerations, and judgments create our lives. Whatever is showing up in our lives right now is a result of what we have been and done in the past.

2. YOU CAN CHANGE ANYTHING

No matter what is going on in your life, no matter how bleak the situation is, it can change. Maybe you have an incurable disease, or are in a really bad place in a relationship or are struggling with your job or money. No matter what it is, it can change. What would it take for this to change? What can I be or do different today for this to change right away?

3. DON'T BE VESTED IN HOW IT HAS TO CHANGE

Most people are vested in how change has to occur. They have already decided that this is the only way change has to occur. And if this does not occur then the situation has not changed.

When you ask for change to occur, it always changes. However it never shows up the way you think it will.

4. WHAT IF THERE WERE NO PROBLEM

What if every problem you had was a gift in disguise? If you didn't look at it as a problem what would it be? What would it take for this problem to be a possibility?

What is the gift in this situation? What possibility can I create here?

5. WHAT ELSE IS POSSIBLE HERE

Every time you think of the situation, ask: What else is possible here? What else is possible here that I haven't even considered? How can this turn out even grater than I could have imagined?

Keep asking these questions over and over again. This gets you off the negative spiral into a spiral of possibility and choice.

6. DEMAND CHANGE

I remember times in my life when I was so frustrated with what was going on in my life that I just demanded that it change. I remember saying – I don't care what it takes, I don't care what has to happen or how it has to happen, but this has to change now! And the beauty of it was that it would change. What would it take for you to demand that change?

7. NEVER GIVE UP, NEVER GIVE IN, NEVER QUIT

Most people give up too soon. They define success by the time it takes. If time weren't the issue would you ever fail? No. You would just keep aiming towards your targets till you achieved them.

Keep shooting towards your targets. You will always succeed! Maybe today or tomorrow or next week, next month, next year or in the next decade.

NOTES & CYBERCHATTER

TEMPO POLL OF THE MONTH MAY IS HERE! WHAT ARE YOU UP TO?

Enjoy the great outdoors while the heat is still bearable! Desert Safari, here I go!

45%

Chill out at the mall, maybe buy a thing or two... no wait, it's out of my budget!

25%

Start to get tanned on the beach!

15%

It's getting hotter... all the more reason to stay indoors!

15%



Feel Your Tempo Retro Radio
Winner: Gervelemae Ebron

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COMPETITIONS!

ON EMIRATI CAREERWOMAN AFRA AL MARAR



When women take the lead, this acts like a ripple as more and more women get inspired to do the same and make a difference in their chosen fields! Thanks for being an inspiration Afra!

- Ameena Mansour

ON FILMMAKER PHILIP RACHID



You started at a young age – and with persistence managed to create and co-create beautiful films! I look forward to see more content... your films are indeed inspiring!

- Nicolai Gustav

ON THE JOURNEY

This had to be the best 15 minutes I spent during my week! Learning the plight of housemaids who travel all the way to the UAE just to earn a more decent living made me appreciate the struggles and hardships that many workers here have to endure... especially the pain of being away from their families. Great film!

- Sana Hamed



ON DR. EVA AND POWERKIDS

I love the concept and connection of the tips you provided for ADHD kids! We should all stop treating them like kids with special needs so much and put more focus on how they can adapt to the society slowly but surely.



- Georgia Maxwell

A THOUSAND FACES

BY TOMI ADETAYO | adetomi_adetayo@hotmail.com



KABEER ALI

Every morning I wake up with the thought of wanting to spread smiles and positivity among people through my work and being an actor gives me an excellent platform to be able to bring about a change in the life of an individual. I want to take up projects that not only entertains people but at the same time educates them.



I believe when there is Love and hospitality, good things always happen and UAE has definitely been one of the reasons for my success. It is a country that has been a home away from "Home" - A global village in itself with people so welcoming to different nationalities and here in this country, I have been able to meet and work with directors and media personalities from different parts of the world who have given me the chance to be a part of their projects, Many of whom I am good friends with now.

As an artist I have had amazing experiences working for various projects like the DU national day Advertisement, Sharjah tourism, Bollywood movies like Airlift and Bewakoofiyaa, Suzuki, Prime Hospital, Galerie Hamadan, Global Home, Tresemme, Sharjah mosque TVC, Dubai Tourism, Dubai park & resort, Hafilat abu dhabi, Commercial Services and the Cityscape exhibition and also have done photoshoots for well known companies and banks such as Mashreq bank, Abu Dhabi Chamber, Al Ain Zoo education centre and DP World . When I see at the work I have done so far, I feel blessed.

I still remember the day when I started my modeling and acting career here in UAE, in those days the budget for the shoot was very low, in which I found it hard to manage my meals but I still continued and never gave up because It was the passion that drove me to continue my journey and make my dreams come true as I truly believe that in order to be successful and reach your goals you need to face a few hardships and struggle but with your hard work, dedication and your honesty towards your work you can achieve it.

My father has always been my inspiration - I have always looked up at him for the person he has been- strong, focused, disciplined, humble and down to earth which I believe are some of the qualities that I have taken up from him that has helped me tremendously both personally and professionally. He has sacrificed a lot in his life to give the family all the comforts and get his children educated. Moreover, he has encouraged me to pursue my career in modelling and through my work I want to make him feel proud of me.

I think media is an influential medium to connect with

people and being in the field of advertising and acting, I feel it is my responsibility to do work that helps me give back to the society, inform people, educate them , motivate and inspire them.

My current goal is to do a lot of quality work that could be seen as an example in the future for which I have started training with working on different languages, my physique and reading a lot of books and plan to brush up my acting skills by enrolling myself in a good acting class.

Life is too short to plan things so I just want to make the best i can in each day- use it to the maximum in doing some good work. I still have a long way to go and a lot of work to do.

Some years down the line I wish to have my own company that would tap fresh talent and help them achieve their goals in acting and modelling through proper training and give them the right exposure that they need.

Every day I remind myself, if u want to achieve your dreams you need to wake up and chase it! Work hard for it! It will surely become a reality.

TWEETS FOR THOUGHT



Jessica Gottlieb
@JessicaGottlieb



My Wikipedia page is as outdated as my taste in music.

"My mother just sent me this. OMG. Daughter: Mom, you're in my personal space. Mother: You came out of my personal space"



Omar Shahid
@omar_shahid



Journalist, copywriter, agent, social media consultant

"The more I analyse my intentions, the more I realise we're constantly deluding and lying to ourselves."



Omr Al Dhaheri
@saskii10



Tumblr & Instagram : Saskii10 and yeah I'm a film student

"Let this be your honour: always to love more than you are loved and never to be second in this."



Rifat Sheikh
@rifat_sheikh

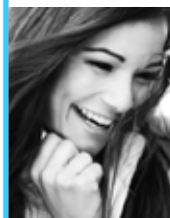


Pursuing Entrepreneurial Dreams!

"Remember you're the #secret to your own #success ."



Natalie Price
@iamnatalieprice



Pricey on the radio @Dubai92, I also eat food and write about it for @OKMiddleEast missnprice@gmail.com

"Remember it costs nothing to be nice."



Daniel Tosh
@daniel Tosh



Not a doctor.

"Time to be honest and ask yourself: should i have a snack before bed? Goodnight."



Alicia Keys
@aliciakeys



Passionate about my work, in love with my family and dedicated to spreading light. It's contagious! ;-)

"Music is everywhere. It's easy to take for granted. But we can't afford to let that happen #SupportMusic "



Conan O'Brien
@ConanOBrien



The voice of the people. Sorry, people.

"Every time I see a newborn, I'm reminded of how rare and beautiful it is to look into the face of someone who's never heard of Trump."



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دولة الإمارات العربية المتحدة
DUBAI, UNITED ARAB EMIRATES

Expo 2020 Logo – A Gift From History

The Expo 2020 Logo explained: It's not just a connection of random circles - the significance of the logo dwells deep within the remarkable history of the Emirates.




5,416 species of mammals


NASA's Satellite Photos of the Earth

Here's an incredible collective imagery from NASA's satellite photos that show how beautiful the world is. We must work together to preserve it!




Toddler defends Grandma from China's urban management force



In this video we see that even little ones know who they need to protect! The toddler was assisted off by one of the guards to calm down but was still insistent that he needed to protect his grandma. How sweet!

"WHY DO WE NEED THAT IF THERE'S ZOMBIES COMING?"

Brothers Convince Little Sister of Zombie Apocalypse

Ever had your brothers prank you? Here we have two seriously mean brothers prank their sister who just had surgery about a Zombie Apocalypse! How would you have reacted?

What's inside a Rattlesnake Rattle?

For the curious minds out there: we will finally know what makes that sound on the rattlesnake's tail!




How to Make a Vacuum Cleaner using bottle - Easy Way

DIY lovers rejoice! Here's another project that will keep your home clean without having to spend so much!




When Prey Fights Back - Buffalo, Wild Boar, Zebra vs Lion, Jaguar, Crocodile

Watch what happens when the hunters of the wild become the hunted.




THE BOTTLE IS MADE ENTIRELY OF RED ALGAE POWDER AND WATER

Biodegradable Water Bottle

In our efforts to save mother nature, a student from Iceland invented the bottle to help reduce plastic waste. Talk about being innovative!




Hero Bus Driver Saves Student's Life

Heroes aren't people on costumes or suits - they're people living their daily lives, saving one person at a time. Here we have a bus driver who jumps into action when she saw one of the kids who choked after swallowing a coin.



INSTAFAME

DO YOU KNOW OF ANYONE WHO HAS COOL INSTAGRAM POSTS?
SHARE THEM AT WWW.FEELYOURTEMPO.COM OR FACEBOOK: FEEL YOUR TEMPO



Photograph by @lineartimelines
#abudhabi #yasisland #yasislandbeach
[@marydasche](https://www.instagram.com/marydasche)
Maryam | Canon1100D 18-55mm



sleeping flowers
[@lineartimelines](https://www.instagram.com/lineartimelines)
I'm not changing the world.



Find a mask and wear it well, So your true identity no one can tell
[@mozakhalaf](https://www.instagram.com/mozakhalaf)
Moza K AlOtaiba | I believe there is a bright side to every tough situation, stay positive



Quietness...it's not necessarily meaningless... It's an excited change...
[@dalya_craftcouturier](https://www.instagram.com/dalya_craftcouturier)
Inspired Visual Artisan. Crafting, sketching.



Just Waiting... For the Weekend.
[@umairmir66](https://www.instagram.com/umairmir66)
Oooooo Kunal!! Don't be a prisoner of ur own style. Follow ur Heart..Not the Chart!



Sometimes nature looks so good it appears fake!
[@bombschellexplores](https://www.instagram.com/bombschellexplores)
BombSchell | British Columbia

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IN THE CINEMAS

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



X-MEN: APOCALYPSE
GENRE: ACTION, ADVENTURE, FANTASY
TEMPO PREDICTION: ★★★★★

With the emergence of the world’s first mutant, Apocalypse, the X-Men must unite to defeat his extinction level plan.

GOSSIP: Bryan Singer has confirmed the film will take place in 1983 and will feature other familiar characters in their youth.

Directed by: Bryan Singer
Cast: Jennifer Lawrence, Sophie Turner, Olivia Munn



NEIGHBORS 2
GENRE: COMEDY
TEMPO PREDICTION: ★★★★★

After a sorority moves in next door, which is even more debaucherous than the fraternity before it, Mac and Kelly have to ask for help from their former enemy, Teddy.

GOSSIP: Third film Rose Byrne and Seth Rogen have been in together. First being ‘Neighbors’ then ‘The Something’ and now ‘Neighbors 2’

DIRECTED BY: Nicholas Stoller
Cast: Chloë Grace Moretz, Zac Efron, Rose Byrne



CAPTAIN AMERICA 3: CIVIL WAR
GENRE: ACTION, ADVENTURE, SCI-FI
TEMPO PREDICTION: ★★★★★

Political interference in the Avengers’ activities causes a rift between former allies Captain America and Iron Man.

GOSSIP: Chris Evans has stated that this film will set up Avengers: Infinity War - Part I (2018) and Avengers: Infinity War - Part II (2019).

DIRECTED BY: Anthony Russo and Joe Russo
Cast: Chris Evans, Robert Downey Jr., Scarlett Johansson



ANGRY BIRDS
GENRE: ANIMATION, ACTION, COMEDY
TEMPO PREDICTION: ★★★

Find out why the birds are so angry. When an island populated by happy, flightless birds is visited by mysterious green piggies, it’s up to three unlikely outcasts - Red, Chuck and Bomb - to figure out what the pigs are up to.

GOSSIP: Since it was released in 2009, the Angry Birds game has been downloaded more than one billion times across all versions and platforms of mobile devices.

Directed by: Clay Kaytis and Fergal Reilly
Cast: Peter Dinklage, Kate McKinnon, Jason Sudeikis

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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!

THE SHAMER’S DAUGHTER



This Danish release takes you to the fairy-tale world of Dunark where princes, dragons, alchemists, supernatural powers and evil, ambitious almost-royals carry the narrative. In Dunark live Shamers who have the ability to see into other people’s memories. Shamers are generally ostracized for this sight, but do get called into action when a suspect refuses to confess to an otherwise witnessless crime. Such is the case with Dina (the titular Shamer’s daughter) and her mother. However, things go awry when the duo see memories that run counter to the usurper Drakan’s plans.

Watching The Shamer’s Daughter is an experience similar to how the eponymous young adult novel might have read: a considerable amount of story devoted to adventure in the form of narrow escapes, friendship building and general heroics, not so much for fully developed motivations or character growth. But it’s easy to forget that you can’t please all the people all the time. Perhaps it’s okay that this is a children’s movie whose sole target audience is children. With that in mind, this movie is probably appealing to the tween crowd, so if you have one of those in your household, she might appreciate this movie very much.

CATCH IT ON BLU-RAY: A PERFECT DAY



As the title might suggest, this movie gives you 24-hours in the life of a band of five aid workers: a couple of old hands (Benicio Del Toro and Tim Robbins), an interpreter (Fedja Stukan), an idealistic new hire (Mélanie Thierry), and an out-of-touch administrator (Olga Kurylenko). Through their experiences, we are taken on a tour of the inconveniences, absurdities and atrocities of the Balkans war in the mid-1990s.

A Perfect Day is suspenseful without the dramatic music. It’s difficult to tell whether that is a result of the film’s direction or of movies set in war zones training us to be on edge. Whatever the case, it’s refreshing that director Fernando León de Aranoa decided to ease off that particular device. After all that suspense, however, there are no cats in the cupboard, just the heart-breaking hardship of war.

Although this movie suffers the same problem that all slice-of-life stories have (lack of a satisfying resolution to an indistinct conflict), keep this movie on hand to show to friends needing a reminder of the humanitarian crises that are a close companion to armed conflict, whether gang-related, multinational or anything in between.



1 PANDA
> Desiigner

Lyrics: "Big Rollie, it dancing bigger than a pandie, go Oscar for Grammy..."



8 FADED
> Alan Walker

Lyrics: "These shallow waters, never met what I needed, I'm letting go a deeper dive..."



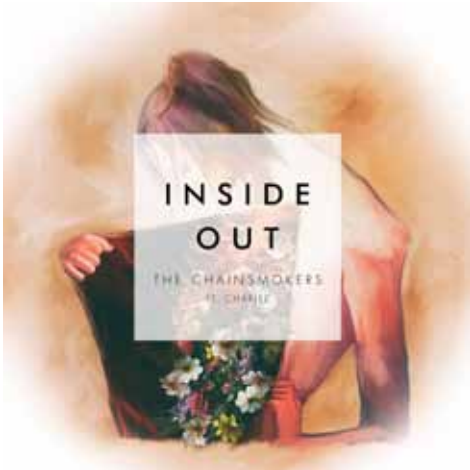
2 NEVER FORGET YOU
> Zara Larsson Feat. MNEK

Lyrics: "'Cause once upon a time you were my everything, it's clear to see that time hasn't changed a thing..."



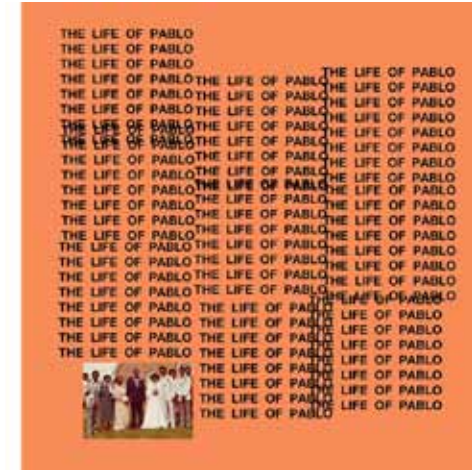
4 NO
> Meghan Trainor

Lyrics: "First you gonna say you ain't runnin' game, thinkin' I'm believing every word, call me beautiful, so original, telling me I'm not like other girls..."



6 INSIDE OUT
> The Chainsmokers Feat. Charlee

Lyrics: "I'm gonna pick your brain and get to know your thoughts, so I can read your mind when you don't wanna talk..."



9 FAMOUS
> Kanye West

Lyrics: "I just wanted you to know, I loved you better than your own kin did, from the very start..."



3 POP STYLE
> Drake Feat. The Throne

Lyrics: "You don't know what you just started, all I do is hang with the young and heartless..."



5 DON'T
> Bryson Tiller

Lyrics: "If you were mine you would not get the same, if you were mine you would top everything..."



7 CLOSE
> Nick Jonas Feat. Tove Lo

Lyrics: "Ain't going backwards, won't ask for space, 'cause space was just a word made up by someone who's afraid to get too close..."



10 GOLD
> Kiiara

Lyrics: "When the roof was on fire, you never let me know, say you're sorry honey, but you never really show..."

ALBUM SPOTLIGHT

BY VERA ROSALES | @VERAROSALES



ZAYN'S MIND OF MINE

Identity. Something artists strive for – to be known and recognized for their individual talent and work. For a certain Zayn Malik, that might be one of the reasons he spun his music to ‘another’ direction.

Supposedly an R&B artist, his album is a myriad of mixed genres that include pop, folk, funk, electronic and soul; a daring direction to take for a debut album. ‘Mind of Mine’ is an 18-track compilation of songs focus on themes of desire and love, with

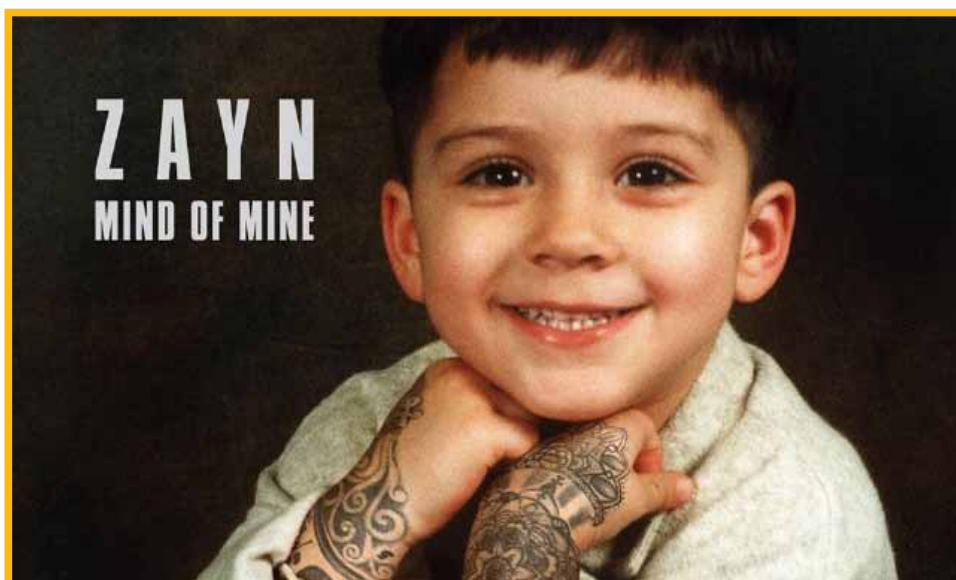
Zayn playing the wild romantic card consistently through songs that express these underlying messages.

The album starts with ‘MiNd Of MiNdd’, an intro that takes the listener into the mind of Malik and then transitions into the soulful lead single, ‘PILLOWTALK’, which has become a qualified pop hit. Then there’s ‘iT’s YoU’ which dials the mood to an easy listening experience and segues into the laid back ‘BeFoUr’. ‘sHe’ follows with a good balance of eclectic rhythm and melody that transitions smoothly to ‘dRuNk.’

‘fLoWer’ takes Malik back to his ethnic roots with a smattering of Urdu lyrics against a folk-style guitar background. ‘rEaR vieW’ provides us with stacked synthetic beats, while ‘wRoNg’ (which features rising star Kehlani) places us in the good old days of R&B. The mood is sustained through ‘fOOl fOr YoU’, a soul track that could potentially be one of the gems of this album.

The compilation takes a plunge with ‘BoRdErZ’ and then ‘tRuTh’ a relaxed and repetitive tune with lounge hit potential. ‘lUcOzAdE’ is the most unique track on the album because off its complicated arrangements while in ‘TiO’ we see an aggressive lyrics. ‘BLUE’ delivers classic Zayn signature vocals while ‘BRIGHT’ entertains with a feel-good tune that is followed by the upbeat, discotheque-y single ‘LIKE I WOULD’. Then there is ‘SHE DON’T LOVE ME’ which speaks of excessive passion and closes the album.

To launch a debut album, an artist must understand their unique brand identity, and breaking solo from a well-loved boy band is a tricky situation to say the least. Looking at it from the standpoint of someone like Malik, the album in its entirety makes sense. The album is consistent yet unpredictable: consistent in its general messaging of love and desire; unpredictable in its music styles. With this album, Zayn Malik’s identity as a solo artist has been firmly established.





INTERVIEW: YOUTH

A glimpse into the life of award-winning record producer Youth.

Youth is bound to be one of your favourite music producers without you knowing it. He's a chameleon.

Really. Legends like Paul McCartney and Pink Floyd trust him to produce their music. He's the real deal with a CV spanning more decades than I've been alive. That's no shade. Millions of us Gen Xers want the same.

I was fortunate to sit down with Youth in Dubai after his panel discussion at the AXE 'Bring the Quiet' competition workshop. He was, of course, the competition's prize! We spoke about everything from meditation to education. Get into it right now!

MUSIC NEWS



BY JAE FRANKLIN | @JAEFRANKLIN

Tempo: What have you been working on?

Youth: The future of music, for me, in a way is more about education. I recognize the experience I've had in music is quite valuable in a sense. Over the last four to five years, I've done more workshops and lectures at colleges. I'm just getting my chops up with a view of finishing a book on music production. Once I've done that, I'll do my own master classes. So I've got a long plan with education. I'm doing as many of these workshops as I can to give me more experience.

Tempo: Nowadays, a lot of artists try to get exposure through digital mediums like Soundcloud, Facebook, Instagram and YouTube. What do you think about the new digital wave of trying to get exposure?

Youth: I think it's exciting because it means artists aren't so dependent on the studio label system patronage of that. If they've got tunes up that do connect, they can get that huge exposure. Then they get more independence and freedom from that, but how that translates into sales isn't always so great. You'd like to see it translate more, but it doesn't. I think that expanding people's awareness of what you do is fantastic, but you've still

got to do shows, do great records, and write great songs.

Tempo: How do you think music is different now from when you started?

Youth: There's no way when I started that you could have just put a demo up that would have been available to everybody. People would have been wary of doing it, but now people don't seem to feel that. They are quite happy to put all their demos up.

Tempo: What are some of the most memorable performances you've ever seen?

Youth: I saw James Brown in the early 80s. Explosive. I've seen Iggy Pop a few times. He's crazy on stage. Pink Floyd, too.

Tempo: You recently worked on the new Pink Floyd album. What was that like? How long was that process?

Youth: That was the biggest and most significant work I've ever done. It was a great honor because they have such high criteria for their production and quality control. So it was quite daunting, but I was very determined to make sure I did my best. It went on for well over a year. We weren't working every day. It was a good solid six months spread over a year and a half.



Tempo: How selective are you when you collaborate?

Youth: I work with so much diverse music, but I've got to like the singer's voice. It has to have something I like because I'm not gonna be able to tell them 'well done' if I don't like their voice. I might be with a rock band for a few days then I might work with a solo singer for a couple more days. Even one day we might do three or four sessions for four hours each.

Tempo: That's the life when you are in demand, isn't it? With all the things going on in the world that can zap your energy and keep you off focus, how do you stay motivated?

Youth: My big one is meditation. I meditate pretty much every day. That actually really sorted me out about 15 years ago when I started doing it. At the time, I found it so powerful. I found that I could just get myself aligned and get rid of all the clutter. I started with TM and that opened me up to lots of others. I'll do a certain amount of fitness with that two to three times a week. It's been a real lifesaver. That reboots my system, recalibrates my intuition, and then I'm open for inspiration. Trans TM was the one the Beatles did when they went to India. A lot of creative people are into it.

For more information about Youth, visit <http://www.youth.me.uk>.



WHAT'S HOT

YOUR GUIDE TO THIS MONTH'S SIZZLING EVENTS

TO ADVERTISE YOUR EVENT AND BE INCLUDED IN OUR ISSUE, CONTACT US AT: [+971 2 491 8624](tel:+97124918624) | or e-mail editorial@tempoplanet.com



AD ARTS COLLECTIVE'S HONALFAN II – SUMMER ART FESTIVAL

10 MAY – 4 JUNE

NATIONAL THEATRE ABU DHABI

AD Arts Collective cordially invites everyone to HONALFAN II - Summer Art Festival at The National Theatre Abu Dhabi. 20 artists from 13 different nationalities will showcase a colourful and diverse selection of more than 80 artworks, offer free workshops for kids and adults and give insights into their creative work through live art demonstrations during the Adventure Art Studio event nights.

Exhibition and all events are free of charge.

SCAN



EMIRATESSKILLS NATIONAL COMPETITION 2016

10-11 MAY

ABU DHABI NATIONAL EXHIBITION CENTRE

The National Competition is the UAE premier event that celebrates the outstanding Emirati talents in technical and vocational skills and inspires the young generation to get passionate about new trades and embrace technology-based career pathways. The competition will showcase the talent of 570 selected Emirati youths that will demonstrate their skills in 44 competitions in the field of craftsmanship and technology by challenging their peers based on the standards and judging criteria of WorldSkills International.

SCAN



LANGUAGE OF THE LAND

18 MAY

MANARAT AL SAADIYAT

Exploring the beauty and intricacies of Emirati Arabic language structure and how it enables people to communicate ideas, emotions and desires, this talk looks at the development of local dialects in the UAE. Speakers include Sultan Al Amimi (Director of the Poetry Academy), HE Abdulaziz Al Musallam (Chairman, Sharjah Institute for Heritage), and Ahmed Mohamed Obaid (Researcher and Writer). The event will be moderated by Dr. Musa Al Hawari, Head of Education Content Development Section, Abu Dhabi Tourism & Culture Authority.

SCAN



8TH DUBAI TANGO FESTIVAL

18-21 MAY

MEYDAN HOTEL AND GRANDSTAND COMPLEX

Tango Dubai welcomes you to join the 8th edition of Dubai Tango Festival. It's the night to connect tango lovers from all over the globe here in Dubai.

The four day festival will host various Tango workshops, milongas, an unparalleled Tango night and gala dinner. And to enrich your experience live music will be played every night by the best of tango musicians and singers, as well as some gorgeous performances, and a few surprises! Check out the festival programme for more details.

SCAN



CHIC LADY SHOW ABU DHABI

26-29 MAY 2016

ABU DHABI NATIONAL EXHIBITION CENTRE

Chic Lady show is an extraordinary woman's beauty services and fashion event that will showcase latest design collection on the runway while developing excellent business contracts with elite buyers and the press. The Chic Lady exhibition will showcase and demonstrate why woman's fashion and beauty remains a fine art in the elite Arab society; with featured runway shows from the services and collection offered by multinational and local influential countries and well known Arab designers.

SCAN



WOMEN'S PEAK PERFORMANCE SUMMIT

28 MAY

EASTERN MANGROVES HOTEL & SPA BY ANANTARA, ABU DHABI

Join the annual summit featuring both women and men who believe in the power of investing in their personal development and enjoy connecting with a diverse multi-national group of pro-active individuals. This high energy summit is totally interactive and features seven powerful master classes to cover seven peaks led by experienced professionals in their given field.

SCAN



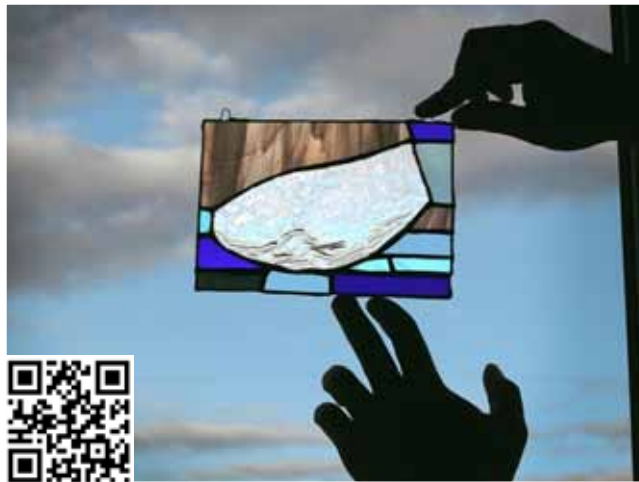
WHAT'S COOL

THE TALK OF THE TOWN

BELARUS ART MONTH

2-31 MAY | ABU DHABI ART HUB

Under the support of the Belarus Embassy, the Belarus Art Month will be held at the Art Hub. The Embassy and Art Hub have chosen seven artists and to take up residency under the hospitality of Art Hub to create extraordinary artworks. These artists will be introduced to the culture and tradition of UAE and exhibit at the end of their stay. Artists will be creating different kinds of medium from paintings to sculpture and graphic designing to monumental decorative art.



THE ADDAMS FAMILY MUSICAL

MAY 12, 13, 16, 19 & 20 @ 7:30PM

MAY 13 @ 2:00PM | ABU DHABI FOLKLORE THEATER

From the Group that brought you Legally Blonde and MOVE! Abu Dhabi Choral Group presents THE ADDAMS FAMILY MUSICAL! The show features lively music and is a barrel of laughs from start to finish. Children and Adults alike will delight in the mysterious and spooky humour that The Addams family is well known for. The Addams Family Musical promises to parallel the mixing of cultures and generations that everyone experiences here in Abu Dhabi.



"WANNA READ" FUNDRAISER

13 MAY | RITZ CARLTON HOTEL, ABU DHABI

The Sheikh Sultan Bin Khalifa Al Nahyan foundation announced through its "Wanna Read?" initiative its first fundraiser on Friday May 13, 2016 at the Ritz Carlton Hotel in Abu Dhabi.

Relying solely on volunteers and community support to accomplish its mission, "Wanna Read?" has already opened seven book-filled rooms for young hospital patients in the UAE over the past three years and now aims to raise funds for a further six in 2016 through ticket sales, local partners, and a silent auction.



MARC LOTTERING PRESENTS

"HASH TAG LOTTERING"

Marc Lottering the South African comedian returns to Dubai this May with a brand new show called "Hash Tag Lottering". This comedian will pick on how people are obsessed with social media and hashtags. Lottering finds humor in how our lives have become obsessed with Instagram and taking the best selfie. He looks at Whatsapp groups and how you can get into trouble by sending the wrong text. Get ready for a rib tickling time with the best of humour.



PEOPLE CALENDAR

PRAVYA PRAVIN

Name: Age: 22

Profession: Student

Motto: Be Brave and Face the World!

Random Funny Quote: Keep Dreaming... and Sleep More!



●● GAME ON!



KEYBLADE WIELDERS UNITE! KINGDOM HEARTS UNCHAINED X



While we are all waiting for the anticipated third game of the worldwide phenomenon that is Kingdom Hearts, they released a mobile app that's guaranteed to keep us on our toes: Kingdom Hearts Unchained X.

Secluded Storyline

The story sets you as the main character wielding your very own keyblade in the events before the Keyblade war. In the clichéd battle against light and darkness, Disney and Square Enix manages to keep things interesting by introducing familiar lands from our childhood such as "Alice in Wonderland", "Snow White and the Seven Dwarves", "Aladdin", and "Hercules" among others. Kingdom Hearts veterans will enjoy the familiar travels from one world to another and newbie players will relish in the fact that they get to see Disney-themed worlds.



Character Design

If there's one thing that most successful, money-generating apps have in common, it's the power of personalization. Kingdom Hearts Unchained X takes that to the next level by offering character costumes and accessories hailing from both the Disney and Square Enix franchises. From cool and funky costumes like Sora's from Kingdom Hearts and the Organization XIII hoodie, to weird and funny overalls such as The Cheshire Cat from Alice in Wonderland!

Toony Tunes and Familiar Sound Effects

Everything from getting the health and gauge orbs to the simplest click and message pop ups – all of these are patterned to the long time running sound effects of the series. These are matched with themed tunes sprawling across each world.



Addictive Gameplay

How can a turn-based game with only three ways to attack be so engaging? By providing incentive-filled objectives and attack "medals" featuring your favourite characters! Boasting over 200 levels of different realms, you and your keyblade will be set to conquer darkness and fight over 100 variations of Heartless. And you don't have to do it alone: You can set up a party together with your friends and beat them all up!

While the app is available on iOS and Google Play Store only on North America, there's a step-by-step guide posted on kh13.com that makes it available across the world.

See you at Daybreak town!



SAIF AND SOUND

THE DAY I PLAYED WITH NICKI MINAJ

Did you attend Nicki Minaj's concert recently in Dubai? If you did then do you remember the guy in the green jacket with the crazy hair on stage behind the decks? That was me!

Hosted by 117 Live, Nicki Minaj stopped in Dubai as part of her "Pink Print World Tour" at the Autism Rocks Arena (Dubai Outlet Mall). I had the pleasure to play the opening and closing set for her concert set in front of thousands of barbs - a dream come true. I was pretty excited not only because I opened up for such an international superstar, but I was also excited to play for all my fans of all ages who listen to my radio show on Radio 1. This does not happen very often as I usually DJ in clubs where the age limit is 21+. This time I had the opportunity to interact with fans from various demographics.

The funny part is that when I announced on my social media that I would be opening up for Nicky Minaj, everyone started asking me for an opportunity to meet Nicki Minaj. But here is a little secret...I did not have a chance to meet her myself! However I was only allowed to see her from a distance while her crew put the last touches before her performance.

During this event I got a lot of positive feedback and good memories. In addition, I had a very creative videographer who filmed the entire experience. Omar Hassib is the man behind the camera. Check out the day I played for Nicki Minaj on my Youtube page - www.youtube.com/djsaifmedia.





THE LAMA CAMPAIGN: A PLEDGE TO OUR CHILDREN

Support and Collaboration with Desert Palm Riding School. Photo by Leo James.



Lama Younis is the head and founder of The Lama Campaign.

Photo by Leo James

You sit with Lama Younis and you immediately feel her energy, and the source of her fiery commitment to children. She set up “The Lama Campaign” to help erase the taboo of child abuse and to provide child protection and advocacy for Muslim children and youth. Here she talks to Tempo about her work...

Tempo: Who is Lama Younis?

Lama: I am a child's rights activist, a criminologist, forensic psychologist and traumatologist who has made the protection and happiness of children her life's mission.

Tempo: Why campaign for social change?

Lama: Generosity, compassion and charitable work are family values instilled in me from a young age. My academic studies and career choice extended naturally from these values. However, it was in my capacity as a professional that I was galvanized by the experiences and stories of families and children. I'm not one to sit on the side lines and wait for change to happen. « I am the change I want to see ». So, I recognized the

need for a greater awareness of child protection issues and seized the opportunity to serve by founding TLC.

Tempo: Why the specific focus on children?

Lama: Children are the foundation of our future. They are our most vulnerable citizens and our most precious resource. There is no doubt that ensuring our children's physical and psychological well-being is a means of ensuring a better and brighter future for all.

Tempo: What exactly is “The Lama Campaign”?

Lama: The seed of the idea germinated from my work at the Hissah Center and from my visits to



Founder Ms Mariam AlKassab and Educators from Kidz Venture Learning completing their kids safety level one workshop Photo by Leo James.



Support and Collaboration with Desert Palm Riding School. Photo by Leo James.

child centers in the GCC and around the world. It became evident that the overwhelming need to change understandings of issues related to child abuse was rooted in cultural and social change. My experience taught me that the engagement and commitment of communities is required to support a sweeping campaign of awareness, education and action in the GCC and beyond. Hence, TLC , The Lama Campaign was born. Our mission is to prevent the neglect, abuse and exploitation of Muslim children and youth through education and awareness.

Our Aims are:

- Educate people across a range of sectors to increase knowledge, develop skills and heighten awareness of issues related to child protection and safety.
- Develop state-of-the art child protection training programs for professionals working with children.
- Deliver community education through seminars and presentations.
- Advise a variety of organizations and businesses on child protection and safe working practices.
- Empower communities, organizations and businesses to act on behalf of child protection.

Tempo: How has the reaction been to The Lama Campaign?

Lama: Initially, there was some mixed reaction. The stigma surrounding child abuse prevails. However, there was also support as recognition of the need for education was evident.

Tempo: There must be a philanthropist who inspired you...?

Lama: My mother. She is truly my inspiration and my role model. Her

generosity, compassion and support are what sustain me.

Tempo: What would you say to those wanting to give back?

I would say that regardless of status or wealth, as children of God we all have valuable gifts to share with our families, neighbors and community; the gift of time, of love, of assistance to the needy, of care for children and elderly are examples. We all need to be the change we wish to see. Take that first step.

Tempo: How can people support The Lama Campaign?

Lama: As a registered non-profit trust, TLC relies on the generosity of funders to continue the important work of ensuring that every child flourishes in environments that are safe from all forms of abuse.

We need your support to influence change! Child abuse is a societal issue often hidden or denied. As part of the “global village” we have an understanding of the issue but choose to believe it happens elsewhere. However, we know that there are thousands of children and adults in our region and communities living with the long-term effects of childhood abuse. These effects have an impact on learning, mental health, crime, violence, drug abuse issues and so much more.

With your support we will be able to inspire, engage and provide the leadership needed to support corporate and social responsibility in matters of child protection so that we each play a part in enabling every child to reach their full potential in a safe, nurturing environment.



(Mohammed, Yousif and Ali) are TLC Leaders, Pinwheels represent hope, health and happiness. Photo by Leo James.



Mrs. Mawada Alwazir TLC Coach, going around Mom and Dad English Nursery presenting gifts to all the children to be apart of the campaign. Photo by Oliver Clarke



Stiches By Sara part of her money profit she made in the ripe market in AD went to TLC



The Lama Campaign's Giveaway bags to children. (Ali is one of our Campaign Leaders) Photo by Leo James.

GET ORGANIZED! THE BULLET JOURNAL



Are you a disorganized person? Is your mind always thinking of more than two or three things at the same time? Do you get feelings of being 'very busy', yet find that you accomplished very little at the end of the day?

Everyone knows that there's just too much information vying for our time and too much cluttering our brain. And often we may have ideas flying through our minds, crying to be captured, yet getting lost in the bustle of too many things to do. Well, the Tempo team uncovered something that could be just the thing to help get those thoughts in order and get your brilliant ideas organized. It's called The Bullet Journal.

You only need two things: a notebook and a pen!

The technique is all in the form of "rapid logging". The way we tend to do things is to write everything over and over again, until we do it. This becomes a chore. "Rapid logging" involves just keying in the important points without having to expound on stuff. It consists of four key components: Topics, Page Numbers, Short Sentences, and Bullets.

Topics and Page Numbers

These two go hand in hand every time you write on a page of your journal. The topic is a direct title of anything - it could be a date, a meeting, the name of your pet... it could be anything under the sun. Usually beginners place a date to start getting organized. You then put a page number so you know



where you placed the content. As you go along, you begin to develop the habit of putting a topic and a page number for each page that goes in your journal.

Bullets and Short Sentences

This part is the central theme of the "Bullet Journal" - as it's aptly named. Each item contains a short sentence containing one of three categories: Tasks, Events, and Notes with an addition of Signifiers if needed.

Tasks

Task bullets represented by "•" will be an actionable item you have to do. Eg "change the beddings" "look for gifts for Mom on Souq". Depending on completion and how your day goes, you then get to

mark each item on the Tasks Bullets as follows:

- X = Task Complete - if you managed to complete the task
- > = Task Migrated - if you did not complete it and you just intend to do it at another day.
- < = Task Scheduled - if you did not do it the day before and promised yourself to do it today.

Events

Events are represented by an "O" Bullet. Usually these are date-related entries that could only occur at a certain day within a week, month, or the year. Either that or something unexpected happened.

Notes

Notes are represented with a dash "-". Notes include: facts, ideas, thoughts, and observations. Notes are entries that you want to remember, but aren't immediately or necessarily actionable. This Bullet works well for meeting, lecture, or classroom notes.

Signifiers

Basic signifiers include:

- Priority represented by an asterisk "*"
- Inspiration represented by an exclamation point "!"
- Explore represented by an eye: an O with a period in the middle.

Now that we're done with the single page bullets, we can now proceed with the Framework of the Bullet Journal. They are: Index, Future Log, Monthly Log, Daily Log.

Index

The index comprises of the first few pages of your Bullet Journal. It acts like your very own table of contents.

Future Log

The future log is a collection of things you wish to plan months or years ahead in advance.

Monthly Log

The monthly log helps you get organized on the things you need to do for an entire month. Consisting of only dates and single bullets, you pinpoint the most important tasks of that day.

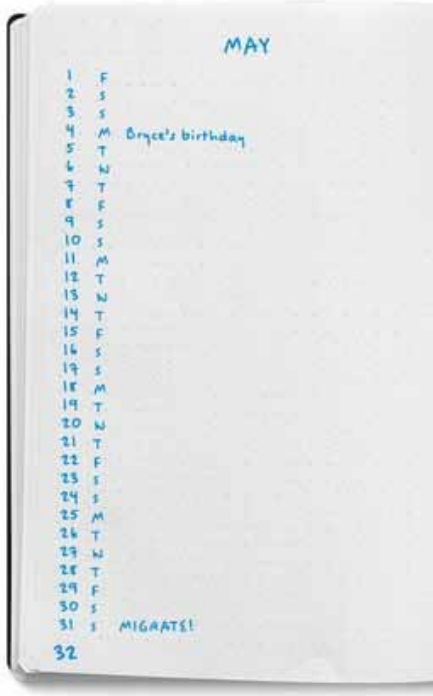
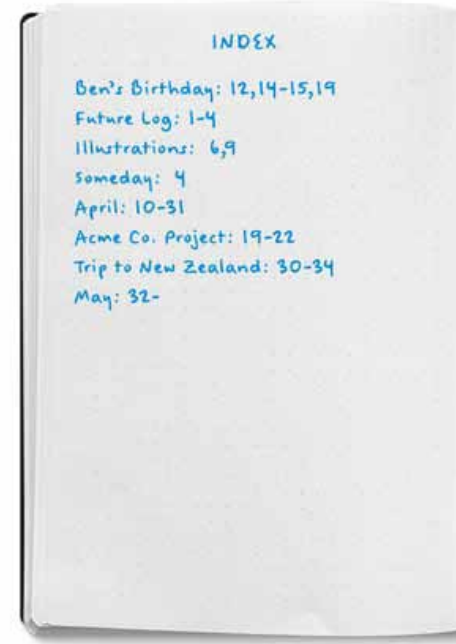
Daily Log

The Daily Log is designed for day-to-day use. At the top of the page, record the date as your topic. Throughout the course of the day, simply Rapid Log your Tasks, Events, and Notes as they occur. If you don't fill a page, add the next date wherever you left off and you're ready to continue.

The Bullet Journal was created by Ryder Carroll, a digital product designer from New York. You can check the full guide here: bulletjournal.com

Have you created your Bullet Journal yet? Share with us a page of your Bullet Journal along with a selfie, and explain how it transformed your life and we'll feature it in the next Tempo!

All images and info taken from www.bulletjournal.com



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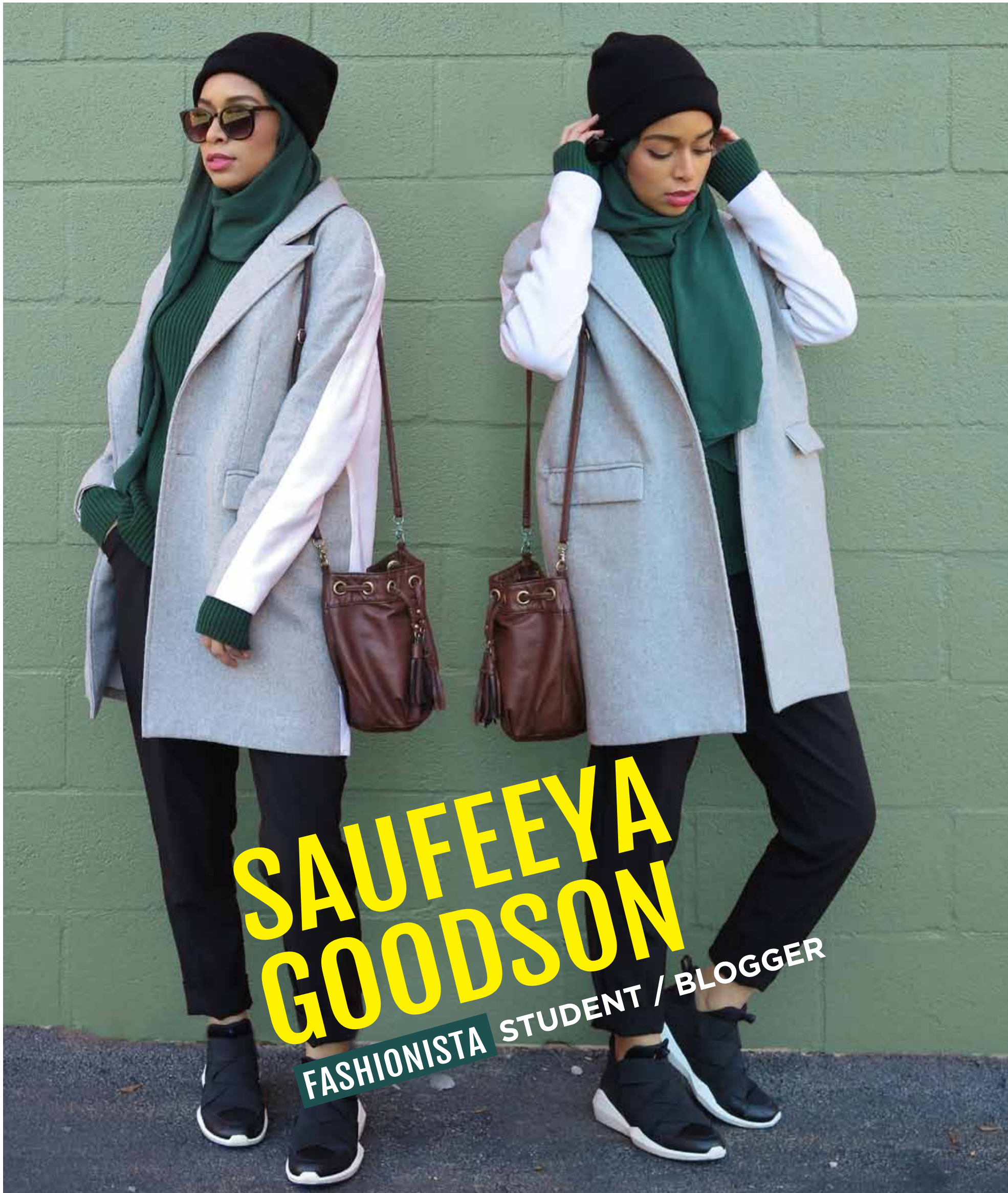


@MarinaMallAD



@MarinaMallAD





●● STYLE MAVEN



SAUFEEYA GOODSON

AGE: 21

PROFESSION: STUDENT / BLOGGER

NATIONALITY: AMERICAN

FASHION STATEMENT: Be comfortable in whatever you're wearing. The way you dress is a form of your self expression, so be creative with it!

PERSONAL STYLE: My style is constantly changing, however I do like to keep it simple and casual.

FAVOURITE FASHION ITEMS: I love turtles and I love turtlenecks!

FAVORITE PLACES TO SHOP: After moving back to the US, I've definitely become an online-shopper. I usually shop at ASOS, Zara, H&M, Mode-ste, and Shopbop! For hijabs and turbans I go to Brothers and Sisters and Voile Chic and Haute Hijab for scarves!

FASHION PET PEEVES: Distressed jeans!!





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THAI CURRY IN NO HURRY

I decided to put my reality on hold for spring break, pack my bags and family and head to Thailand, where time stands absolutely still. Besides lying on beautiful white sand beaches, reading a pile of books, while watching my kids surf the huge waves, I couldn't wait to sink my teeth in their colourful, vibrant curries.

Thai cuisine, I discovered, perfectly embodies the name "The Land of Smiles" as its people and culture are sometimes described as 'warm, generous, easy-going and refreshing'. Their diverse, fragrant menu revolves around four fundamental tastes: sweet, spicy, salty and sour - and it's made up of fresh, local ingredients. The secret of this bountiful cuisine adored by many lies in its curry paste. A marvelous aromatic mixture of fresh chilies, lemongrass, galangal, garlic, shallot, kaffir lime, cilantro roots and shrimp paste, form the hallmark of most of the Thai dishes. These herbs and spices are appreciated not only for their taste, but also for their medicinal qualities.

Curry in Thai is called gaeng phet; gaeng means liquid and refers to both soups and curries and phet means spicy. The most common way to characterize curries is by colour: green, red, yellow, panang and masaman. Some think it's also a representation of the intensity of the spiciness of the dish but truth is it all depends on the palate of the cook. The colourful curries are also coconut-based, which are supposed to be milder than the water-based curries such as, sour curry and jungle curry because the coconut fat is meant to alleviate the heat.

Green Curry:

One of my favourite colours and choices every time. Green curry paste is considered to be the most Thai because its flavours and ingredients are so different from curries of other



countries. It's a blend of fresh green chilies, shallots, lemongrass, white pepper, coriander, garlic, kaffir lime rind, shrimp paste and sea salt. Green curry is the only type of curry made with fresh Thai chilies as opposed to the other curry pastes which are made of dried Thai chilies. I always choose Thai Green chicken curry with sweet basil, round green eggplant and kaffir lime leaves, which adds to the overall gorgeous green hue of the dish. It also goes beautifully with shrimp.

Red Curry:

Red curry paste has a rich crimson orange colour and I think pairs really well with beef; it's also the most versatile of the curry pastes as it is used in a variety of dishes and is prepared with chicken, duck, beef, shrimp and stir fries. It's made of dried long red chilies, cilantro root, coriander, cumin, garlic, shallots, kaffir lime rind, white pepper, lemongrass, shrimp paste, sea salt and galangal.

Yellow Curry:

It's the Thai version of Indian curry using dried spices mainly; a mellow sweet-spicy paste created by blending turmeric and curry powder with dried red chilies and the rest of the usual Thai ingredients that make up the curry pastes. This mild paste is usually used for fish stews or chicken curry in coconut milk with potatoes and onions. I think of it as a mild curry for beginners and I prefer to order it for my kids.

Panang Curry:

A fiery hot curry prepared with beef and is named after the island off Malaysia's west coast. It's richer, sweeter and drier, topped with coconut cream and usually served on a plate instead of a bowl. Peanuts are sometimes added to the curry making it very popular with the foreigners.

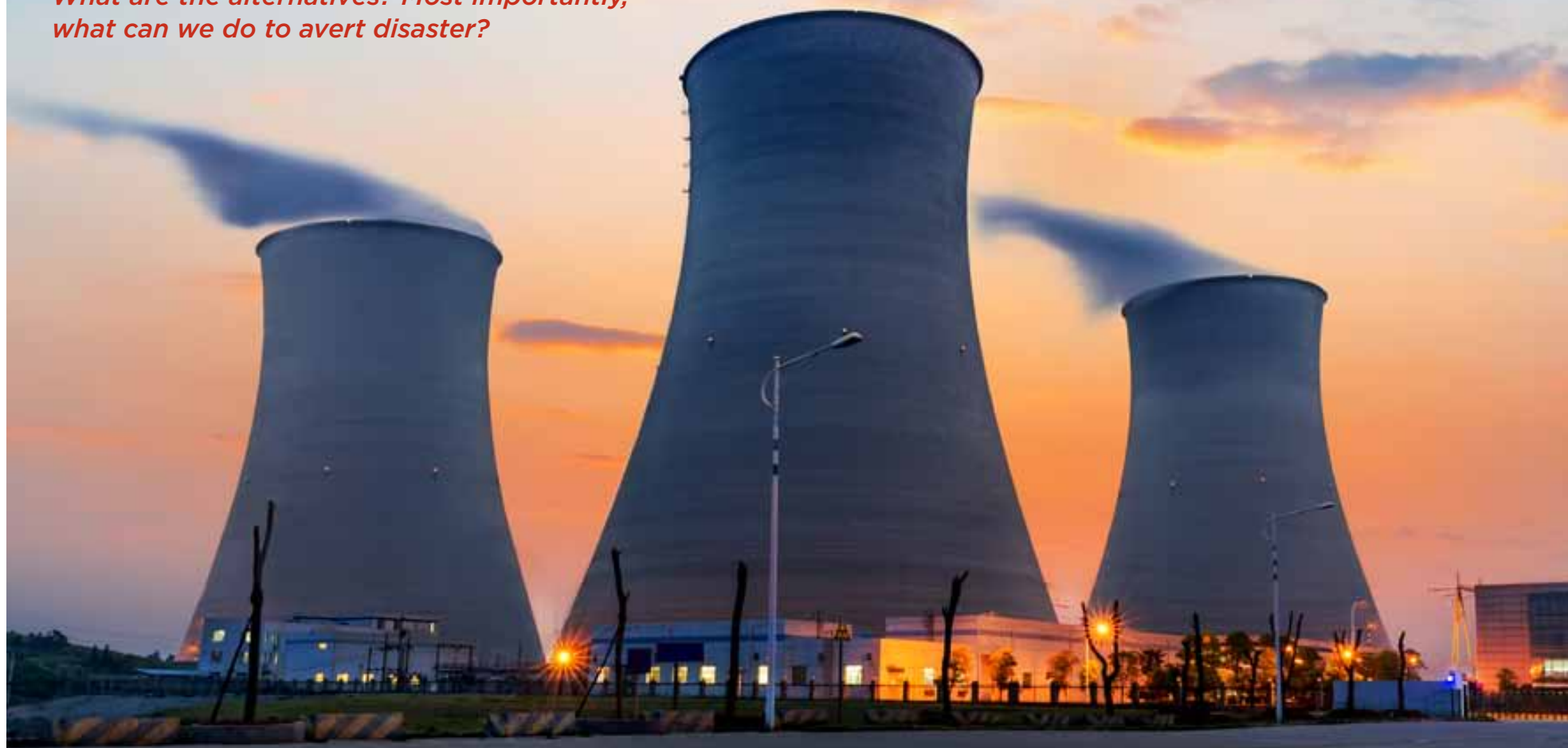
Masaman:

This is another amazing favourite of mine; a thick, sweet stew because of the roasted spices, which I prepare at home occasionally paired with beef and sweet potatoes. It originates in the deep south of Thailand on the border of Malaysia, where the population is largely Muslim, which is the reason it's usually prepared with lamb and beef. It stands out from the rest of the Thai curries because along with the base Thai spices and herbs, it also includes peanuts, whole spices such as cinnamon, nutmeg and white cardamom.



ENERGY! THE URGENT NEED TO CURB OUR EXCESSIVE CONSUMPTION

Energy is a vital aspect for the functioning of life. But, what happens when we exploit our energy resources to the point of depletion? What are the alternatives? Most importantly, what can we do to avert disaster?



THE PROBLEM: Did you know that a UAE resident consumes 8,271 kilograms of oil equivalent energy (kgoe) per annum? By comparison the per capita energy consumption in the United Kingdom and the United States are 3,254 kgoe and 7,164 kgoe, respectively while on an average Indians consume only 566 kgoe per annum.

What are the main sources of energy, here in the UAE?

The UAE has the world's sixth largest proven oil reserves and the fifth largest natural gas reserves, making the country a critical partner and responsible supplier in global energy markets.

Oil and natural gas: Each emirate controls its own oil production and resource development. Abu Dhabi holds 94 percent of the UAE's oil resources.

Nuclear Energy: The UAE is pursuing a peaceful, civilian nuclear energy program that upholds the highest standards of safety, security, nonproliferation and operational transparency.

Electricity: Economic growth across the UAE has led to massive increases in the demand for electricity. Current estimates indicate that the domestic demand for power will more than double by 2020 - even given the global economic slowdown.

What's wrong with the way we use energy?

Well, for one, our usage of resources is anything but sustainable! Commercial and residential properties in the UAE are using 225% more energy than their European counterparts. The UAE's per capita footprint of 9.5 hectares is four times more than the global per person 2.1 hectares availability. The UAE must

step up management of its ecological footprint, in response to research which has revealed that the equivalent of 6.5 planets would be needed to regenerate resources and absorb carbon emissions, if globally everyone lived like the average UAE resident.

What happens if we continue using energy the way we do now?

Mining, drilling or exploration may occur on sensitive lands such as tropical rain forests, arctic tundra, coastal marshes, or sacred sites. When fuel is transported long distances, it is done at substantial cost, environmental impact, and security risk. The processes used to convert them to electricity or fuels generate large amounts of waste heat which often require water for cooling, and usually generate some combination of solid, liquid and airborne pollutants.

The number of deaths due to extreme weather changes would increase and diseases could have a greater potential to thrive. Rainfall patterns will change, causing huge agricultural disruptions as sea levels rise. Other pollutants that are generated by the use of fossil fuels include carbon monoxide, sulfur dioxide, nitrogen dioxide, particulate matter, and a variety of heavy metals. These pollutants could cause smog, acid rain, and regional haze, as well as impact human health with an increase in illnesses such as asthma, lung cancer, and respiratory tract infections.

Finally, fossil fuels are finite. While global coal resources are very large, oil and gas reserves are far more limited. And it is clear that the atmospheric loading of carbon dioxide from the combustion of fossil fuels is not sustainable at present, much less at increased rates.

Nuclear power plants require the mining, processing, transport, and disposal of nuclear materials. The processes used to generate electricity are relatively clean, and produce little air pollution, however large amounts of water are still used for cooling. Concerns regarding the environmental impacts of nuclear energy generally center on the transport and storage of nuclear waste, as well as on the potential for accidents. As a result, siting new nuclear plants has become a contentious issue.

IT IS TIME WE STEPPED IN TO REDUCE OUR CONSUMPTION OF ENERGY.

THE SOLUTION:

Hand in hand with development, over-exploitation of our energy resources continues at an alarming pace. In light of this situation, we must conserve our energy resources and overcome rampant usage levels before the sins of our overconsumption consume us!

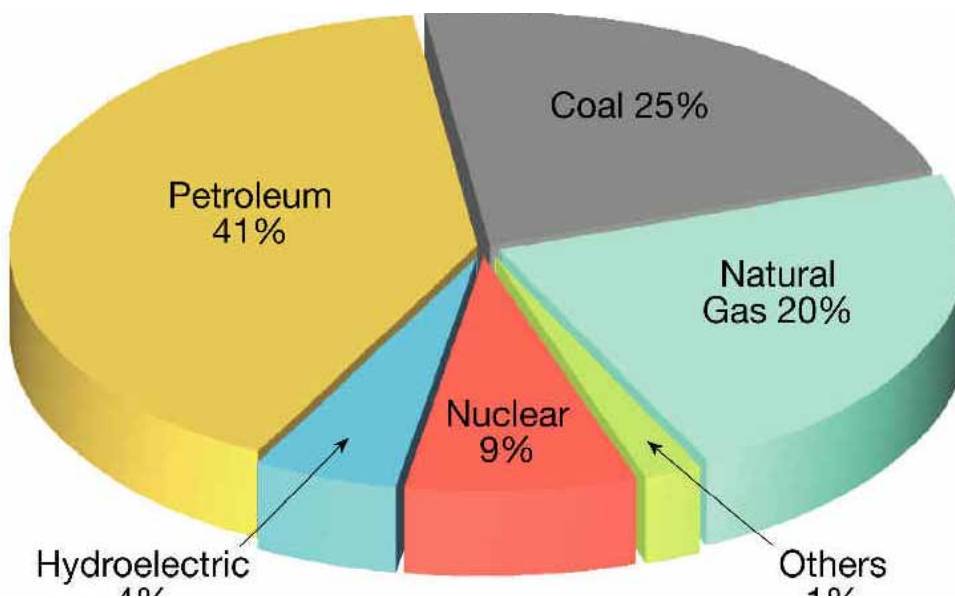
The process of consuming has also become increasingly complex and stressful — with too many choices and ever more challenging technologies that we need to fathom.

Why reduce consumption, when it can be substituted for a different form of energy?

Renewable energy technologies are much friendlier to the environment. They minimize the need for mining, drilling, extraction, processing, transport, and disposal in specially prepared long term waste depositories. They produce little or no emissions, and they are sustainable - that is, the resource is not depleted through its use.

However, there are still issues to be considered, depending on which technology or combination of technologies you choose. Most renewable energy technologies have a dynamic, time-varying characteristic to their behavior: the sun sets every evening, the wind is not always blowing, and biomass does not grow year around. Therefore, renewable technologies are often paired with other technologies in a hybrid system — such as a wind turbine paired with a backup diesel generator, or photovoltaic arrays paired with a battery bank— so the impact of all parts of the system must be considered.

Hydrogen is a gas that may be burned as a fuel in an internal combustion engine or used in fuel cells to produce electricity. This process is clean because the only byproduct is water.



Today, hydrogen is predominantly produced by the steam reforming of natural gas. This is not an efficient process, and natural gas is not a renewable resource. In the future, hydrogen may be produced from coal plants, nuclear plants, or by using renewable approaches such as wind or solar energy. In each case, the impact of hydrogen production is associated with the technology used to produce it. By itself, hydrogen is an efficient and excellent source of energy, which has considerable potential in the future.

Which alternative fuels can replace fossil fuels?

In search for global warming solutions, people are suddenly asking for alternative energies. However, more than 80% of our energy is currently taken from the fossil sources oil, gas or coal. It is absolutely impossible to supply this much of energy from the alternative sources we know about now.

As a lesson from history, we should at the same time strive to maximize the share of renewable energies (wind power, water power, solar power, wood, biomass, etc.) and on the other hand minimize over time the share of non-renewable energy sources like oil, gas, coal and nuclear power. Otherwise our global warming solution will be just a pretentious one.

Therefore, we should ask how much energy is really required to have a good quality of life, instead of taking our current energy consumption for granted. In a second step, we can then look for potential energy sources to fulfill this need.

The big question: how much energy do we need to live a 'good' life?

Scientific research has shown that the quality of life is dependent on the yearly energy usage of up to 9,000 kWh per capita. This value equals the energy contained in about 1,000 liters of oil. If a person uses less energy per year, life gets more laborious. Above this limit however, life quality is in essence independent of the energy consumption. For a good quality of life according to our current standards in industrialized nations, a minimum yearly energy requirement of 10,000 kWh seems therefore to be a realistic assumption.

Get engaged in learning more and doing more. We must do everything in power to make sure that the footprints we leave behind in the sands of time, are more than just carbon!



What steps have you done to #StopFoodWaste ?

Tempo's ongoing campaign against food waste aims to impart knowledge and make people become environmentally aware of the food that they consume to avoid wastage. Share it with us on Facebook and get social with the cause!

OUTDOOR PORTRAITS

Every photographer likes to create professional looking portraits. When shooting outdoor portraits, location and day lighting play a very important role. The choice of location can offer a great range of depths (of field), while a reflector can help create beautiful soft light through sun reflections, with fill light added through Speedlights or portable flashes.

IMG_01

PHOTOGRAPHER: Shahid Saeed
LOCATION: Lake Park - Abu Dhabi, U.A.E
Camera: Canon EOS 5D Mark III
Lens: 24-105mm f/4L IS USM
F-stop: 4
ISO: 50
Shutter Speed: 1/60 seconds

IMG_02

PHOTOGRAPHER: Shahid Saeed
LOCATION: Lake Park - Abu Dhabi, U.A.E
Camera: Canon EOS 5D Mark III
Lens: 24-105mm f/4L IS USM
F-stop: 4
ISO: 50
Shutter Speed: 1/60 seconds

IMG_03

PHOTOGRAPHER: Bill Pitcher
LOCATION: Lake Park - Abu Dhabi, U.A.E
Camera: Canon EOS 5D Mark III
Lens: 24-70mm f2.8L IS USM
F-stop: 8
ISO: 200
Shutter Speed: 1/120 seconds

IMG_04

PHOTOGRAPHER: Bill Pitcher
LOCATION: Lake Park - Abu Dhabi, U.A.E
Camera: Canon EOS 5D Mark III
Lens: 24-70mm f2.8L IS USM
F-stop: 8
ISO: 200
Shutter Speed: 1/120 seconds

IMG_05

PHOTOGRAPHER: Dhanish Chandran
LOCATION: Lake Park - Abu Dhabi, U.A.E
Camera: Canon EOS 7D
Lens: Canon 55-250mm
F-stop: 5.6
ISO: 400
Shutter Speed: 1/200 seconds





THE CHALLENGE:

LAKE ZAKHER (THE BIRDS PARADISE)

Abu Dhabi Photographers hosted an outdoor photography trip to Lake Zakhir in Al Ain, with about 20 members participating to experience the beauty of man-made lake which is also home to many bird species. The group enjoyed photographing birds, the sunset and long exposure landscape shots.

Lake Zakher also known as Lake Tilapia is a man-made lake in the UAE, near the border of Oman. It was created from treated waste water that was released onto land. This pushed up groundwater levels and eventually resulted in the development of a lake.

Abu Dhabi Photographers is a group of photography enthusiasts, managed by BrandMoxie, that meet regularly to capture beautiful shots and to share knowledge and experiences. Here are some photos from the trip to Lake Zakhir.



Shahid Saeed



Abdul Aziz Samson

THE GROUP: ABU DHABI PHOTOGRAPHERS



Shahid Saeed



Deepak Sudevan



Dhanish Chandran

INACTIVE TO SPORTY: SOCCER KIDS DUBAI!



With growing inactivity, children of this generation could potentially face serious health risks. This is why programmes like Soccer Kids are gaining traction with parents seeking to get their kids away from their electronic devices to activities outdoors. Soccer Kids co-founder Ben McBride took Tempo out to the playing field...

“I’m the Co-Founder of Soccer Kids Dubai and it was first launched back in 2002. I’m married with two children and live in Dubai. When my co-founder James first set up the academy he realised there was a lack of programmes and qualified coaching staff in the region which supported people with disabilities. So when I joined the academy, I went about changing that and introduced disability sessions. Some of my achievements include creating and developing the first female coaching academy in the UAE:

The creation of the biggest special needs football coaching program and pre-school soccer academy.

The reaction has been great amongst parents and the kids. The parents have seen a real change in their children’s wellbeing and health, and it’s made such a big difference to their lives, especially participants with disabilities. At present, the response is overwhelming and the sessions are always full. This is why

we have decided to expand the initiative into other emirates. With regard to our disability program, we have now expanded this from one group on a Saturday in Dubai, and hope to include seven more venues and an Al Ain and Abu Dhabi expansion.

“The concept came about because sport, especially soccer brings people together and encourages interaction so can have a lasting impact on people’s personal and social lives, especially if they have a disability. We’ve been told that our disability sessions have truly transformed the lives of so many people, which is extremely humbling and something we are very proud of, especially when we are able to watch individuals develop confidence and self-esteem first hand as coaches.

“I’m really enthusiastic and dedicated to my role at Soccer Kids Dubai and I’ve helped to develop the academy, which now has around 2000 students.

I’m super passionate about helping people through sport, especially those with disabilities. I believe that sport can lead to some amazing benefits for people and is vital for improved health and wellbeing.”

TOP 10 TIPS TO GET KIDS ENGAGED IN SPORTS

1. Support your children, be present. Children are often blamed these days for not being active, but I believe that parents have to take responsibility for this also.
2. Don’t push children. At Soccer Kids we experience many parents forcing their kids to participate.
3. Make sure the activity is age appropriate, and the coach is able to deal with that particular age group.
4. Take in to account a children’s abilities when watching. We have many experiences of parents (especially dads) trying to recreate their own playing days through their children, and becoming frustrated.
5. Winning is not everything. The focus should be on having fun and playing to the best of your ability.
6. Respect the teachers and coaches. But always feel free to ask questions to the coaches.
7. Don’t force children into too many activities, talk to them, see which activities they really want to participate in. We have known 5 year olds with extra curricular activities that would tire most adults!
8. Choose your academy wisely. Just because the academy may have the name or brand of a well known club or individual, does not always mean it is the best for your child.
9. Try and get their friends involved, its easier for a child to become involved when their friends are participating.
10. Most importantly, any activity should be fun!

Connect: Facebook - <https://www.facebook.com/soccerkidsdubai>
Website www.soccerkidsdubai.com/about.php



Ben McBride and James



TEMPO TALKS BOOKS

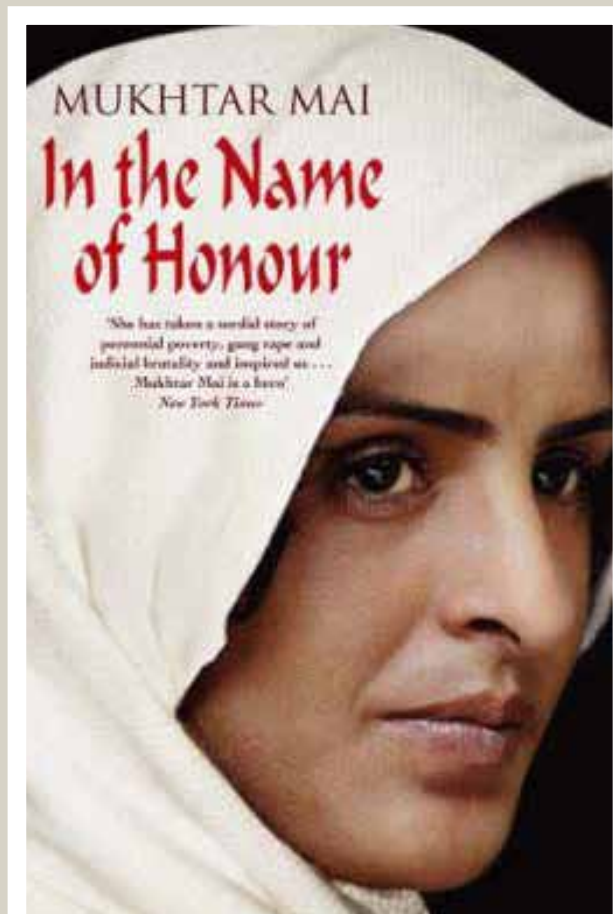
BY SANA ASHRAF | @SANAALIKESPIE



IN THE NAME OF HONOUR:

A Memoir by Mukhtar Mai

This is a powerful true story of a woman who has faced all forms of abuse imaginable, and rose to become a symbol for hope.



In many tribal communities, and in this rural village of Pakistan, the worst thing one could do to another person is rid them of their honour, which is exactly what the Mastoi clan did to Mukhtar Mai. Abused, and then shamed in front of almost half of her village, suicide was her only option. Thankfully instead, she stood firm against the clan, and the social norms of her community by fighting for her lawful rights –all the while raising donations to build a school.

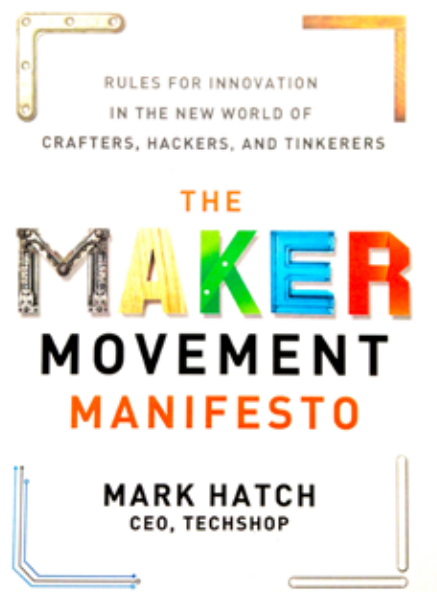
Mukhtar Mai joins us in her journey to build a school, and to fight for women's rights whilst living across the street from the very people who have rid her of her 'honour'. Her tone of voice is a reflection of her vulnerability –because after the assault she does not instinctively go to court, but reacts instead by not eating and speaking. She finds herself confused and even submissive but also stubborn in demanding that justice be served. Indeed, she states that in a world dominated by men, "stubbornness" is "the only weapon" women have. Despite standing on edge of despair, she became the catalyst for a feminist revolution in Pakistan. Mukhtar Mai does not only speak for herself. She also speaks for all victims of violence.

We feel that by reading articles or tweets or watching the news, we are aware of the world. Yet, we lose the humanness of these disasters. To read is the closest form of experiencing another person's sorrow, and to me this book, with every page, expanded my vision and understanding of the plight of many women in this world. While expanding our empathy, we can bring about change –true change– that is not bound by numbers, but by the power of words. Mukhtar Mai does this well.

LIBRARIANS LOUNGE

BY VANESSA MIDDLETON

JOIN THE MAKER MOVEMENT – MAKE IT YOURSELF!



The popularity continues to grow of DIY (Do It Yourself) websites, Pinterest boards and other online content related to making your food, furniture, clothes, gifts and much, much more. I follow DIY: MAKE, DESIGN, RECYCLE UAE – a Facebook group for neat ideas about recycling unwanted materials into clever household items, gifts, jewelry and much more.

There is an empowering feeling when you make something yourself and want to show it off and share it with your friends. Many tinkerers and crafters have turned their hobby into a successful business. You too can let your imagination run wild and create an original piece of signature jewelry, design a personalized t-shirt or a unique gift.

We are so lucky to have our own TECHSHOP (<https://www.techshop.ae/>) in Abu Dhabi at Al Zeina, Al Raha Beach area, amidst the restaurants and shops. Techshop is an initiative by the Abu Dhabi Technology Development committee that aims

to be "a playground for creativity". This is how they describe what they do: "Part fabrication and prototyping studio, part hackerspace and part learning center, TechShop provides access to a wide range of professional equipment and software. We offer comprehensive instruction and expert staff to ensure you have a safe, meaningful and rewarding experience."

Get to learn about Mark Hatch, the founder and CEO of Techshop, and about the worldwide network of creative spaces for tinkerers to realize their innovative dreams. If you are a true maker you must adhere to the Maker Manifesto which you can read about in The Maker Movement Manifesto, a book about the background of Maker Movement and Maker Spaces which started popping up all over the world. Many libraries, schools and other public places feature Maker Spaces to foster the idea of creating/making and not always consuming what you need.

Join and start making your creative ideas a reality!

Maker Movement Manifesto

MAKE

Making is fundamental to what it means to be human. We must make, create, and express ourselves to feel whole. There is something unique about making physical things. These things are like little pieces of us and seem to embody portions of our souls.

SHARE

Sharing what you have made and what you know about making with others is the method by which a maker's feeling of wholeness is achieved. You cannot make and not share.

GIVE

There are few things more selfless and satisfying than giving away something you have made. The act of making puts a small piece of you in the object. Giving that to someone else is like giving someone a small piece of yourself. Such things are often the most cherished items we possess.

LEARN

You must learn to make. You must always seek to learn more about your making. You may become a journeyman or master craftsman, but you will still learn, want to learn, and push yourself to learn new techniques, materials, and processes. Building a lifelong learning path ensures a rich and rewarding making life and, importantly, enables one to share.

FLASH FICTION

FLASH FICTION IS A STYLE OF LITERATURE CHARACTERIZED BY BREVITY; WITH THE STANDARD BEING A STORY OF UNDER 1000 WORDS. SEND US YOUR STORIES TO: editorial@tempoplanet.com

Be sure to check in with Tempo's edition next month as we feature the winners of the Flash Fiction Reading and Writing Competition!

GIRL ON A STEAMER

BY SHAKIR HUSSAIN

It happened decades ago, but I still remember the girl. I guess if you inspect the walls of my memory you'll find her there. An icon in a gilded frame.

I was then a boy traveling with my father on a steamer from Dubai to Bombay. The purpose of voyage: to smuggle gold to India. I felt insecure. Some fathers take their children to danger zones as if they're taking them to Disneyland. I had fears that father would be caught and go to jail and I would end up on the streets of Bombay as an urchin.

On the morning of the second day of our voyage we were in the mess room of the third class, breakfasting on Keema, Roti and Karak tea. The Keema with its green chillies burnt my mouth and the hot tea brought no comfort. Then I looked up and saw her. In a blue dress that became the sea, she was no older than sixteen. Father, who had an eye for a pretty woman, did not seem to notice her. I guess she still had the body of a child, but I could see that the body of a woman was emerging. The squalor of the third class, the burning mouth were no longer problems. Our eyes met, but for no more than a second. She was looking for something.

A man looking like Amitab Bachaan came after her. Perhaps he was her father.

'Rita, you'll not find him here,' he said in a posh British accent.

I didn't know if he was referring to a lost dog or her kid brother.

I spent the rest of the morning trying to catch fish by a hook made out of a paper clip. For bait I used bits of the breakfast Roti. The sea was kind to me and I did manage to catch a fish, but it was small and I decided to let it live. My heart was full of goodwill to the entire creatures of the world.

At night we slept on mattresses on the deck. After all, we were traveling

third class. I thought I would feel ashamed if Rita passed and saw me. I was sure she travelled first class. Before the sea rocked me to sleep I would free my imagination. There were no icebergs in the Indian ocean, but I imagined our steamer hitting one and sinking like the Titanic. All the passengers would then swarm in the water. The sea was my friend and would not hurt me. I would save Rita, lead her by the hand to some country under the sea. Under strange green lights we would find happiness. I would explain to her that it was all meant to happen this way and that only in this green city we could be together.

During the three days that remained of the voyage I never saw Rita, though I searched for her. I tried to search the first class areas, but was stopped by security. From my exercise book I tore a page. I tore the page into ten bits. On each bit I wrote Rita, I love you. XXX.

On a mission of high secrecy I went around the deck and scattered the paper. I lived in hope but found no reply. When we arrived at Bombay I thought I would never see her again.

Father proved too clever for the Port inspectors. They searched our luggage.

'Did you bring any gold with you?' an inspector in Khaki shorts asked.

'Of course, I did,' Father said.

'Where is it?'

'Sold it on our stop in Karachi.'

'Why sell it there at a lower price?'

'Because I know you will search me here.'

It seemed the perfect answer and the inspector let us go. I was happy that father would not go to jail. My happiness soon became double fold.

I saw Rita leaving the port with a small dog.

The UAE Fairytales & Fables initiative 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.

For the past several years, the UAE Fairytales & Fables initiative has been actively working on an Emirati cultural literacy project to promote new and original fairytales and fables highlighting the rich culture and heritage of the United Arab Emirates. This collection of stories penned and illustrated by Emirati writers and artists re-introduce 25 cultural icons from the folkloric traditions of the UAE to residents of this land of many blessings and beyond.

We are delighted to share these tales that feature the storytelling tradition of the Emirates and key aspects of Emirati culture and heritage to a new generation of readers and we hope you enjoy these ancient characters from the past as they traverse the cultural developments of the 21st century.



MANSOOR & ABU RAS

BY SAFEYA AHMED THANI KHALIFA AHMED ALROMAITHI

ILLUSTRATION BY KHAWLA ALI IBRAHIM MOHAMED AL MARZOUQI

Mansor left the house complaining and grumbling. The match was about to start in ten minutes, but his mother asked him to buy fish for dinner. She told him that his father would be disappointed if she only served rice. Mansor reached the market and bought fish from the first shop. While he was paying, a worker at the fish stall dropped a bucket full of fish nearby, staining Mansor's kandora by mistake. Mansor lost his temper and yelled at the worker who kept apologizing and asking for forgiveness. Mansor ran to the washroom mumbling how he hated servants while trying to clean his clothes. He felt a movement behind him, raised his head to the mirror and saw the reflection of a man with a big head a donkey's leg and lion's paw standing behind him.

Mansor asked: "Who are you?"

The big headed man said: "I am Abu Ras, the Guardian of the Souq."

Mansor asked: "What do you want from me?"

Abu Ras: "I saw what you did in my souq, you acted in a very unpleasant way."

Mansor: "You mean the servant? He deserved that."

Abu Ras: "You must go back to him

and apologize!"

Mansor: "No way!"

Abu Ras: "Are you refusing?"

Mansor: "Yes, I will never apologize to a servant!"

Abu Ras said: "You have chosen your fate," and he disappeared.

Mansor immediately dismissed what happened. He felt a harsh hot breeze as he opened the door and found himself in the middle of an old souq, built with wood and palm fronds.

Then he heard Abu Ras from the top of a shop saying: "You are going to work as a servant for a day before you are returned to your time."

It was an unforgettable lesson for Mansor, who had to work hard and be at the mercy of rude unfeeling customers.

At the end of the day, Abu Ras returned and asked Mansor again, "Are you going to apologize to the servant?"

Mansor nodded as he said, "After a day in his shoes, I don't think anyone deserves to be mistreated."

With those words, Mansor found himself back in front of the fish souq with an appreciation for his life and all the people around him.

About Tamakkan

Established in June 2009 by BrandMoxie, a leading advertising and marketing company in the UAE, Tamakkan supports the growth of SMEs and startups by providing access to information and networking, as well as promoting innovation, best practices and corporate social responsibility to corporations and institutions.



Faten Abu-Ghazaleh

TAKING CUSTOMER SATISFACTION AT THE NEXT LEVEL: FATEN ABU-GHAZALEH AND SERVICE HERO

With social media sites already providing a “voice” for people to air their view, Service Hero sets itself apart as a totally neutral and independent entity for all feedback – regardless of whether it’s positive or negative. Faten Abu-Ghazaleh, President of Service Hero, took some time off from her busy schedule to tell Tempo her new inspired startup Service Hero.

TEMPO: Tell us about Faten Abu-Ghazaleh. How do you describe yourself?

Faten: I am a seasoned marketer with experience in retail strategy, service excellence, market research and customer relationship management. My passion is to understand how a company can earn the respect, satisfaction and loyalty of its customers, and how it can really understand the hot buttons that can help them meet those expectations. I have had a conventional career in banking for over 15 years where I ended up becoming assistant general manager in Kuwait’s leading bank. Then I transitioned to consulting and entrepreneurship with our unique start-up, Service Hero. I studied political science as an undergraduate but then got my MBA with a focus in Marketing from NYU.

TEMPO: We saw your site: www.servicehero.com and it looks like a cool concept! Users get to give their feedback on some of the top brands in the UAE. Could you tell us more about Service Hero?

Faten: In my previous career at the National Bank of Kuwait we used to run a lot of market research that enabled us to really understand what our positioning was with our customers and the areas we needed to improve upon. We set up a service quality program that my team was responsible for in which we constantly monitored ourselves compared to other banks and service providers.

When I discussed our findings with the CEO and other executive team members, we were always asked questions that we didn’t always have answers to. For example: “What index do we compare to?” or “Who is the service leader in Kuwait?” or “Which industry is a leader that we can learn from?”

When I left to join our own consulting firm, these same questions came up whenever I set up customer service programs for hospitals, schools and banks. So we came up with the concept of a national customer satisfaction index in Kuwait that is similar to the long running and the well-respected American Customer

Satisfaction Index (ACSI). We were inspired by that index, but we are unique in the way we ask the questions and collect the data. In our third year of operation, we actually became partners with the ACSI. It gives me a great sense of pride that the Service Hero index is the only national index in the Arab world, and that it has been running for seven years (it is in its first year in the UAE).

TEMPO: Describe the process – how do users share their thoughts?

Faten: The idea is that we need to collect votes or assessments from real customers, so we created the online survey engine as the platform to collect feedback. We then went about running digital promotion campaigns to collect assessments. So a typical consumer would see a Service Hero advertisement online and would click to arrive at our website and register to leave his or her feedback. It is entirely up to the consumer to choose which brand they want to evaluate. Once they are done, they get to see the star rating for that brand based on all collected assessments as well

as consumer comments about it. Additionally we send out emails to consumers, use social media to attract them, and encourage companies to rate the brands. We also participate in fairs and events such as Comic Con, which was held in early April in the UAE, where we invite visitors to rate the event as well as to familiarize themselves with Service Hero.

TEMPO: Users could already voice out their concerns directly via the official Social Media pages. What makes “Service Hero” different from posts made on social media networks?

Faten: We encourage customers to reach out to brands to solve immediate problems. How we are different is that we run a rigorous market research survey that collects ratings on 23 questions and reports a brand’s scores. By collecting representative samples from consumers, we can rate brands within an industry and report on a number of factors such as demographic groups, service dimensions, changes over time, and comparisons to other local and international brands. The end result of our research is to empower consumers to make their voice heard, while we stay transparent about the star rating of a brand which is simply converting their assessments into a 3-star rate on our website.

TEMPO: Out of all this feedback could you come up with a “Top 10” list of steps each company can take to please their customers?

Faten: Good question. I’m not sure I can answer it this way. What I suggest is talking about the concept of three peaks: expectations, satisfaction and loyalty. Over the years, we have seen a pattern when it comes to service excellence. Companies need to understand what customers expect from them. Then they need to meet these expectations in a way that touches the hearts of people so that they are loyal. Most consumer comments one way or another revolve around comments such as: ‘I expected speed, but got to wait four hours to finish my banking transaction’; ‘I love this cafe - they know me every time I go they have my order ready’; ‘I had a complaint and no one cared to address it’. So the quick tips are know what they want, deliver it spot on, and do it in a way that makes them like you.

TEMPO: What has been the response to Service Hero?

Faten: Consumers, especially sophisticated ones, love the index because they see it as a platform to make their voices heard. Companies are mixed in their feedback - they like us if they are leaders. But if they are not focusing on customer service, they tend to wish we would disappear because we are an independent, neutral and credible entity that shares their low scores with the public.

Want to attend Tamakkan's free seminars on Entrepreneurship, Leadership and Innovation?
Email us at info@tamakkan.info or visit www.tamakkan.com

TEMPO: Any future plans that you would like to share with the community?

Faten: We will continue to develop the survey engine and the transparency of information on our website. We aim to be as clear as possible with our information so that consumers will get value out of seeing brand ratings. Because we are an online platform, we will be expanding to include other sectors in the UAE (restaurants, hotels, health clubs) as well as other countries in the region. We also have a long list of digital developments related to app technology, including GPS tracking, and rewarding customers with badges.

TEMPO: Finally, what's your message to consumers?

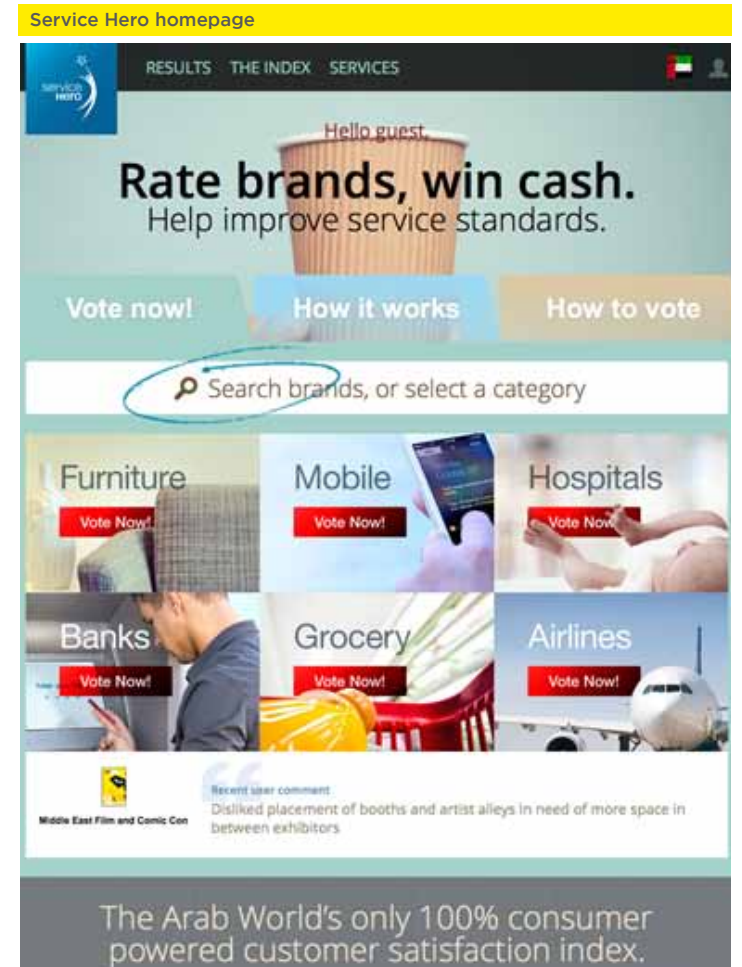
Faten: Instead of complaining about service, empower yourself and take two minutes to rate the brand that gave you great or terrible service. Each vote makes a difference. More and more, we see that companies are responding to the ratings and comments that consumers are making as they realize that Service Hero is neutral, independent, credible and relevant index. The more votes collected, the more difference we can

make in terms of shaping the standard of service that we receive. And spread the word because we all deserve to get better service!

Connect: www.servicehero.com

Image of Service Hero online questionnaire

Before visit	How would you rate	After visit
1 2 3 4 5 6 7 8 9 10 N/A	Staff attitude, knowledge & competence	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Location convenience, parking, operating hours & attractiveness	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Value for money of the product/service	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Product/service quality	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Service speed	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Reliability & accuracy of the product/service	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Their call center	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Their website	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Your overall satisfaction with the company or brand	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	Likelihood of recommending this brand to family or friends	1 2 3 4 5 6 7 8 9 10 N/A
1 2 3 4 5 6 7 8 9 10 N/A	How did the product/service compare with your ideal offering	1 2 3 4 5 6 7 8 9 10 N/A



Service Hero team following Kuwait Feb 2016 awards ceremony



Service Hero Kuwait Advisory Council members (a few of them)



Client facing team behind the scenes in Kuwait



Some members of the research team members in Kuwait



YOUTH TALK



BY JAFFAR MAHMOUD | JAFFAR.MAHMOUD@GMAIL.COM

VOLUNTEERING:

NOT JUST GREAT FOR YOUR CV



I suffer from CV vision. After years of striving to impress others in school, university, and work, I've lost sight of the real value of things. Every action and opportunity has been reduced to a series of pluses and minuses to be added or subtracted from my CV. That is why when I last thought of volunteering, my initial thought wasn't "how can I help others?," but instead was "how can this help me?"

I know I'm not alone in this way of thinking. We live in a time in which the accomplishments of our peers stand only as benchmarks to evaluate ourselves against. So in the midst of this "competition," you begin to filter out what you feel matters and what doesn't matter, and the end result is you invest the value of your actions on how it sounds on a piece of paper. The greatest loss in all this is that the value of volunteering and altruism, the belief of doing good for the sake of others, takes a backseat to your personal ambitions.

Volunteering definitely looks good on your CV, especially if you're a student, but that shouldn't be the only reason you do it. You don't prepare meals for the hungry and impoverished, just so you can wave your certificate in the face of a potential employer. You prepare those meals because there are people who are hungry, and you have the potential to serve them. Once we break out of our CV narrow mindedness, we can fully realize our values as individuals, and the valuable role we can play in improving our society.

The fact is that volunteering does a lot of intangible good for us. First off,

as humans, we are programmed to act altruistically. It is referred to as "helper's high" and it occurs when we get a rush of endorphins from helping others. Sure, everything needs to occur in moderation, but our own bodies will reward us for acting out of kindness, this is human nature. It doesn't just stop there. In addition to making us more grateful for what we have, it helps us to reduce stress. According to Sherry Bourg Psy D., studies have actually shown that those who volunteer often live longer and have better health than those who do not. At the end of the day, a giving community is a happier community. By volunteering, we are making contact with those who live on the margins of society- the physically weak, the old, and the poor. This contact creates stronger bonds amongst us, and makes for a more compassionate environment, in which all members of society are treated with respect.

It's a good to be concerned with your career. It's good to value your time and weigh the benefits of what you choose to invest in. These are all respectable habits, but the problem begins when we become overly calculative of everything in our lives. Helping others and spending time and effort with those who are in need is something that is priceless, and we do it without expecting any sort of payment. Moderation is key, there is no need to give more than we can sustain, but every bit counts. When you volunteer to help others, you don't do it because it'll help you get a job or make you rich. You do it because you're a human being and it's the right thing to do.

PARENTAL GUIDE



BY HEATHER LONG VANDEVOORDE, PH.D. | @HVDVOORDE

LAST BIG PUSH

After the two-week spring break, my two were nearly impossible to get out of bed. I am not just talking about the first day, I mean the first MONTH. Even I admit a certain lack of motivation and passion for packing lunches. The end-of-year slump has hit. Still two months to go but my kids are emotionally out of gas. What to do?

As usual, I went suggestion gathering on parenting sites and social media. Here are some top tips:

- Lead by example. Keep up the brave face be strong. Do not let your kids see any signs of weakness. "They can smell weakness and will take advantage of you if you let it show," says Sherry.
- Praise. Appreciate. Get excited (even ecstatic) about good efforts and good grades. Make them feel it is worth the effort.
- Empoweringparents.com says: One of life's lessons is that we get the goodies after we do the work. When you practice shooting hoops every day, you start making more baskets. You get paid after you work at your job. So start saying things like, "When you finish studying you are welcome to go to Gavin's house." Or "When your homework is completed, we can discuss watching that movie you wanted to see on Netflix." Enforce this rule and stick to it. If your child does not yet have the ability to plan and initiate and persevere, by sticking to this rule, you are helping them learn how to do what their own brain is not yet equipped to do, which is to create the structure for him.
- Ask a teacher. They have degrees in this stuff, they must have some ideas for you!
- Cut them a break and keep the communication lines open. "I tell my son I have been in his shoes and I know what a challenge it is to keep going at the end of the year," empathizes Catherine. "I encourage him to tell me when he's super unmotivated and we take a break together to play a game or work on our summer vacation plans. After half an hour or so, he has the energy to go back to the books, and we have had a positive bonding experience."
- Bribe them. Yes, we all know as a general rule, bribery is bad parenting, but let's face it: It has its place and time. When we are at wit's end and just need to get through it, dangle a carrot in front of their faces.

Remember though, last term grades count every bit as much as first term's. Ultimately they must dig deep and study hard. If you see the grades slip, do not hesitate to enforce the long arm of the law and stand over them to supervise homework or take away electronics until you see improvement. Learning to get through life's unmotivated times is a lesson in itself!





ALTERNATIVE WELLNESS AND FITNESS: RANUKAH HARDEN AND THE AARK MOVEMENT

I sat down over coffee with wellness and fitness expert, Randy Ranukah Harden, to discuss the art of his AARK movement and the benefits of living a holistic, healthy life.

Dorian: Where are you from, and how has that impacted your world view?

Ranukah: I was born and raised in Indianapolis, Indiana, which is a fairly large city in the heart of the Midwest surrounded by green flat land and cornfields. I grew up with two young parents who, despite their youth, did an amazing job of keeping me safe and out of trouble.

I grew in a middle class neighborhood with a mixed family of African American and Anglo-Saxon descent. I did not see too much of a separation between the races. The Midwest tends to have characteristics of the West coast, East coast and Southern regions of the United States.

This has contributed to me having a fluid connection with diverse groups of people.

Dorian: How long have you been into fitness and holistic wellness?

Ranukah: I started sports at five, first participating in martial arts, then playing football. At nine, I began competitive swimming, wrestling and track and field.

These activities carried on year round until I graduated from high school. My interest in holistic wellness started when I was serving in the US Marine Corps as I began doing healing sessions on some of my comrades.

First, I attracted people who were in need of physical therapy and massage. Over the years, I learned to tune into a subtle and intuitive expression of healing. This led me to into assisting people with a history of trauma, physical abuse, psychological issues, depression, and many who were suffering from life-threatening diseases. Each person that came to me with some form of illness gave me the opportunity to investigate that ailment.

Over time, I began to see patterns of how pain, suffering, and disease originated. For over twelve years, I have incorporated the science of yoga, breathing therapy, meditation, Chi Gong and other forms of holistic fitness into a comprehensive approach to movement. My passion for fitness and healing go hand in hand with helping my clients experience strength and awareness, eventually leading them to true freedom.

Dorian: It's amazing how you are able to help many people get well. Tell me about the AARK Movement model?

Ranukah: AARK is an acronym for Archetypal Anatomical Regenerative Kinetics. Through specific forms of movement, you are challenged to discover aspects of your inner and outer being. This helps to regenerate the anatomy of the

mind and body, leading one to experience the archetypal self, or the original you.

Dorian: I've heard people say that fitness is 70% what you eat and 30% living a healthy lifestyle. Is that accurate?
Ranukah: I would say health is 100% of how you think, for thought is the ancestor of all action.

Dorian: I attended one of your sessions, and to be honest I was expecting three hours of meditation. I was pushed to my physical limits and loved every moment of it, even though I sore for three days! Who knew aspects of yoga could be that intense!

Ranukah: Yes, we design our workshops and training sessions to challenge various aspects of your being, so you may learn to find comfort in being uncomfortable. Life will consistently present us with this scenario.

Dorian: At the end of our session, we were asked to do meditate and envision ourselves as a child. What was the purpose of that activity?

Ranukah: When you are a very young child, for the most part your nature is still imbued with innocence, but as we grow, we have experiences that may cause us to lose connection with that pure being inside. The purpose of the mediation is to help recapture those beautiful and loving memories of when we were still innocent. These memories brought forward can bring to you tremendous power for healing.

Dorian: What are your thoughts about the UAE? How long do you envision staying here?

Ranukah: I see the UAE as an amazing place with much potential. I am not for sure how long I will stay, but, at some point, I would like to introduce the training into schools, colleges, and the military.
Dorian: Where do you see yourself five years from now?

Ranukah: I see myself working world-wide to bring about the idea of individual responsibility, accountability, and the adherence to divine law for the purpose of living life as an art.

Dorian: How do you define happiness?

Ranukah: Happiness to me is another word for peace. When one has true peace, they do not waver from one extreme to the next. When times are challenging, they remain the same as when times are not so challenging; you love even when you're not loved. Happiness is a very personal revolution.

Dorian: Do you offer private sessions?

Ranukah: Yes, we offer private healing and training sessions, group training sessions, and corporate consulting.

Dorian: How can you be contacted on social media?

Ranukah: We can be contacted on Facebook at AARK Movement <https://www.facebook.com/AARKmovement>

Dorian: Do I email you a copy of the check for the coffee and croissants or should I post it on your Facebook page?

Ranukah: *Lets out a meditative sigh so as not to lose his calm.

BRANDMOXIE PRESENTS THE SMOVIES

The Smovies is a film competition platform that is owned and run by BrandMoxie, a leading marketing firm based in Abu Dhabi, UAE. The Smovies is a platform that it created in 2015 to help support emerging filmmaking talent, and to promote rising stars.

The Smovies Season: #IHaveADream is set to culminate this month of May. Check out the next issue of Tempo to meet the winners and be inspired with their stories!

FILM AND THE LAW: MEDIA LAWYER FIONA ROBERTSON

BY MICHELLE NICKELSON | SMOVIES JUDGE



If you are an aspiring filmmaker, at some point in time it will be important to consider the legal side of movie making - and for that a media lawyer is essential. More than most other professions, media deals involve a lot of contracts, as one has to consider that the four stages of the film cycle: development, production, post and then distribution. Each will carry different types of contracts. To get a broad perspective on the legal framework in media, I chatted with media lawyer Fiona Robertson...

Michelle: When you were in law school was media your focus?

Fiona: I did a Media Law subject and of course intellectual property and they both triggered my interest. But I had actually always wanted to be a journalist and I think the idea of combining the two careers was the most appealing aspect of the career to me. I literally stood on the steps in my graduation gown and told the person next to me that I was going to be a media lawyer. And now I am.

Michelle: What was the first legal assignment you had in the entertainment industry?

Fiona: I actually started out as a production co-ordinator for a TV program as I wanted to learn the media industry from the bottom up (this decision was assisted by the fact that there was a recession at the time so jobs for young lawyers were thin on the ground). I worked on a surf programme where I did call sheets and booked crew ... and did a basic contract or two. I moved across to a legal position about six months later and was given a programme to look after. It was a candid camera style programme and it was a good one to learn on - fast turnarounds, lots of public interaction and a very experienced production crew.

My second program was 'WildLife with Olivia Newton-John'. That was a great production where Olivia and the rest of the cast traveled the globe and shot

amazing animal stories. I once had to tell the producers that we would not use a clip of Olivia singing a Beatles song to a gorilla as we did not have the music rights. After I said no, they made me sit in a room with the entire crew and watch it on a big screen and then asked me again if they could use it. My answer was still no. They were absolutely furious with me. I imagine that from a production perspective it was the money shot, but because it had an international audience it had to be properly cleared.

I think the programme that took me from a young lawyer to a lawyer was 'Australia's Most Wanted'. I had to vet every word and image to ensure we complied with the strict defamation and contempt laws of Australia. The producer was an amazing newsman - years in the industry. We had some amazing arguments over words and phrases, what could be used when and where, what was too sensationalist to use and what could stay. One day he sent me a draft script for the next show that opened with the lines '...the eager beaver clever heaver ...' in reference to a very violent knife attack. I ran down to his office shaking the script in his face, possibly purple with rage, but he had simply done it to get my reaction. He got one!

Michelle: I know you worked on some Australian soaps, which ones?

Fiona: The two big ones, I was the in-house lawyer at Grundy Television and so I looked after Neighbours for five years (the Kennedy family years). Then I did a short stint with Home and Away when I first went to Channel Seven as their Legal Counsel. Neighbours was quite intense as the BBC was its UK broadcaster and they are pretty stringent on clearances, showing products and storylines. They did an episode where the cast all went to the races and I made sure that none of the horses that ran in the 'race' actually existed. In case you ever strike this problem in your life, racehorses cannot have more than 18 characters in their name so if you make it a long name

then it won't exist. I met some true fanatics whilst working on Neighbours. I didn't get a credit (lawyers rarely do) but some man in England still found out my name and used to ring me to get me explain the complex storylines to him.

Michelle: What was your interest in coming to Dubai, was it media?

Fiona: I came in 2008. I was looking to do something else, having been in my job at Channel Seven for nearly 10 years (and working on hundreds of programmes, dozens of massive sporting events and loads of other marketing projects). Dubai seemed interesting and challenging and it has certainly delivered on this and more. I think the media landscape is intriguing here. It has so much room to grow as an industry - across all facets of media as a business and as a consumer product. Our regional storytellers have so much more content to give to the world than is currently being delivered.

Michelle: What do you think needs to happen to develop the UAE's media industry?

Fiona: Obviously media covers so much these days. Film as an industry takes some time to get moving. The influx of international films is good for the development of local talent but it needs to be augmented with an extra effort for the creation of local productions. Developing a functioning local film industry takes time and effort - it may take another five years to see the results of programmes that are undertaken now. This means looking at all aspects of film as a business - financing methods, production assistance, distribution opportunities and co-production deals with other countries. I think there are some entities that are doing a great job and I hope that the governments across the Emirates continue to support them all.

Television is interesting as an industry here - quite different to other markets. Remarkably, with over 20 countries in the

satellite footprint and a wildly diverse audience within those boundaries, the production industry is quite small in the UAE and surely has room to grow both in numbers and financially. I find it interesting that Arabic content is never provided with English sub-titles for use in the region as there are many local shows that I would watch (and read). With the enormous expat audience here, I am surprised that this is not more common. Importantly, providing English subtitles on Arabic content would provide another gateway of understanding between expats and the local Arab population. Also, my children are learning Arabic and it would be a huge boost to their language skills.

Michelle: What advice would you give first time film makers here about the business side of film/media?

Fiona: Paperwork, paperwork and then paperwork. International best practice dictates that you get signed releases and contracts from everyone and this should be done here as well. Wouldn't it be awful if a distributor liked your film and asked for your paperwork and you didn't have any? A connected international distributor will not take content that is not accompanied by proper releases.



● BEING HAPPY!



BY DENISE SCHNITZER | @DENISESCHNITZER



CHOOSE TO BE **HAPPY!**

Marcus Aurelius said, "Very little is needed to make a happy life; it is all within yourself, in your way of thinking."

Thinking of this makes me smile... I choose to let the simple pleasures of life guide me and fill my heart. When dining at a restaurant, I enjoy a sincere, warm greeting by the host/hostess, a nice table, an appropriately cold or hot, healthy, delicious meal, and efficient service. That is the simple reason to eat out. When one or more of these don't happen, a prickly feeling washes over me, and most likely, a "not coming back here and doing this again!" thought bounces around in my head.

When that happens I immediately spin it (find the good and simple pleasures): I am out for a meal; I am with a friend/colleague/family member; I don't have to cook or clean up; and, I made a mental note about that place. I can still choose happiness! Choose is the operative word. There's no defending it; and I let that empower me. Spinning it will allow you to choose happiness. The best outcome is I've enjoyed a stimulating, empowering and inspiring conversation.

Another example of a simple pleasure is this: I hopped on a bus to explore another part of the city, and since I recently moved here, I wanted to learn what is around my new neighborhood. Thinking I was going a new direction, I ended up going a familiar way and not really learning anything new. No problem: I spun it - and realized that this bus goes close to the Fish Market, the plant souq, a really large CO-OP grocery store and an ACE hardware store. I enjoyed a lovely ride for only two dirhams on a sunny day. I chose to be happy for the excursion, education and elements.

Each day you have a proverbial clean slate on which to create your day.

Try this: Eat great foods. Give your body what it's hungry for: fruits, grains, proteins. Get up and MOVE!! (exercise 20-30 minutes a day, minimally.) Think positive thoughts. Feed your mind with messages that are pure, positive and profound. Remember YOU ARE GREAT! You can do ANYTHING. Repeat that as a mantra. Recognize that you are loved, talented and adored. Who you are makes a difference. Now, read this again. Look out the window and see the sun. Accomplish what you create. The day is all about YOU. Choose to BE happy. Be present.

Exploring new places, making new friends and even preparing new meals have an element of FUN when you allow it. Try it! When you are happy, smiling and joyful, that radiates to those around you. Try this too: smile at someone and watch them return the smile. Your best accessory is your smile. The other day, a woman was standing near me on the street. She looked a bit frazzled, tired and unhappy. I smiled at her and her face instantly brightened as she smiled back at me. That exchange took only seconds.

As you carry on today, this week, and all month, I invite you to be generous with yourself, your smiles and your heart. Share some smiles. Be truthful: are you finding happiness in your situations? If not, can you spin them towards happiness? Stay loving, peaceful and mindful. Take deep breaths. Enjoy each moment. Appreciate the simple pleasures.

Finally, create your own happiness mantra. Write it down and read it often.

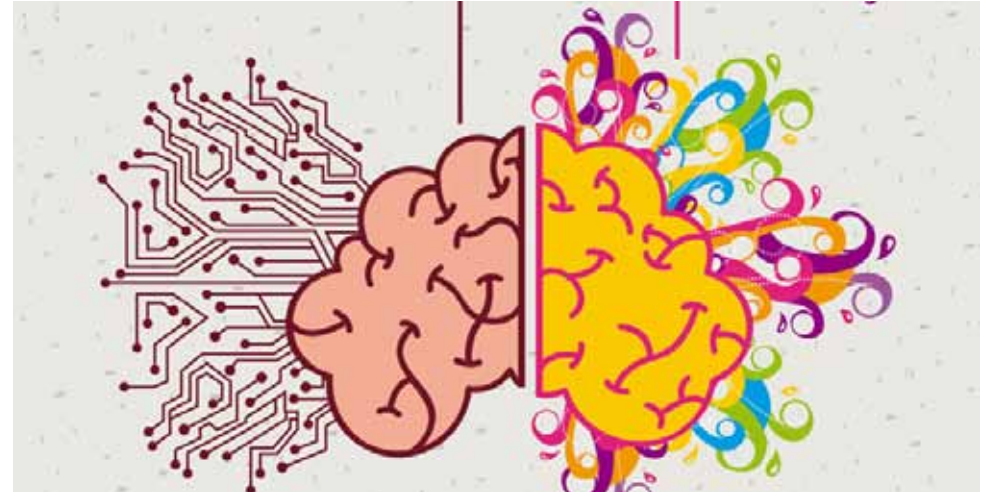
● START WITH INNOVATION



BY TOMISLAV BULJUBASIC | @BULJUBASIC1

BOOSTING **CREATIVITY:** TOP 10 TIPS TO BOOST CREATIVITY IN YOUR DAILY LIFE

You can make creativity a habit by embracing these simple tips that could increase your chance of becoming a creative innovator.



1. Read!

Inform yourself everyday, not just about your interests but also about topics you never thought you would read about. To structure it: first, read news and blogs about your main interests. Next, read something in topics you have never read before, like new breakthrough science discoveries or perhaps about construction safety, or even about women's make up! Be random!

2. Write down your ideas!

Every idea has to be written, otherwise it will be wiped from your head. First, just write down what's in your head with no details. Later, you can add descriptions.

3. Submit your ideas!

If your company has an innovation platform, your idea should be submitted through the normal innovation process. If your company doesn't have an innovation system, think about who in your company can help you realize your idea. If your idea is not from the field where you work, try submitting it online to one of the open innovation challenges.

4. Talk with creative people!

Talk about your ideas frequently. Talking with creative people can be very inspiring. Maybe someone can give you great advice or direct you to new features or ways to implement your idea.

5. Learn from failures!

In the world of innovation, failures often happen. But while only a small percent of innovative ideas are realized, it's important to learn from mistakes that will help you improve and refine your next idea.

6. Adopt an innovation attitude!

You must have confidence in your idea to push it. If you aren't 100 percent behind your idea, who will be? Describe your idea in the way that everyone can understand - imagine explaining it to a six year old. Only a few slides should do it!

7. Find a customer for your idea!

Is there a possible customer for your idea? The answer to this question is very important for the future of your idea. If you can't sell your idea, then it will remain only an idea - it will never evolve into an innovation!

8. Think your idea is new?

Do you have unique idea? Is there a similar product in the market as the one you want to develop? If not, do you think your idea is better than those of existing products?

9. Think your idea is technically feasible?

Can your idea be developed into a prototype? Can it be done inside your organization? Will the prototype be very expensive or can it be produced affordably?

10. Find a marketing strategy for your idea!

It is very important to present your idea well because there will be times when the innovator must act as the marketer or presenter! When presenting your idea, remember that your aim is to win over at least more than one person who will support your idea and progress it forward.

“For my art work, I speak my mind through my subjects and photographic style, and share stories with my audience in the hope that the art would speak to them in just the same manner it moved me.”

When acquiring a DSLR is just a matter of buying the camera and doing point-and-shoot, any one could theoretically take a nice photo right there and then. However, it is real photographers like Mahwash Rehman that reinforce the importance of discipline and training...

“I am a business professional with an MBA and PHR, who turned visual artist by way of photographer, poet, blogger and I am also a mother to two beautiful kids, mashallah.

“I first explored DSLR in 2008 when I was taking a career break from the corporate world. I took it up seriously in 2010 when Indus Valley School of Art and Architecture in Karachi, Pakistan offered its first ever post graduate degree in photography. It was through this program that I became passionate about this medium. Though I guess the roots of my love for photography go a long way back to the time when my father used to take our pictures with his Yashica Electro 35 - one of the most popular consumer 35mm cameras of the 1960s and 70s. I still have his camera!

“I always try creating the image in my head before shooting - that way I know what I am trying to achieve in terms of lighting, mood, frame and expression...of course this is true for more controlled environments. In other environments such as shooting concerts, you have to improvise as you don't have control over any of the parameters in the picture besides your own camera.

“My work and portfolio is diverse, ranging from portraiture, fashion, to concerts, behind the scenes, photojournalism and art work. I enjoy how each genre is unique in offering its challenges, and I like exploring those unique elements.

“I have worked with a lot of celebrities from Bollywood and Pakistan. From Bollywood, I have mostly worked with musicians, singers and composers and I absolutely love working with them in the concerts and behind the scene settings, trying to be creative with my shots, capturing them and the lighting beautifully while watching them practice and perform. What's better than enjoying both your passion for photography and music at the same time!

“I enjoy working on fashion assignments, as it offers a lot of room for creativity. You can go wild in your imagination or take a simple clean shot, the choices are endless! For portraits in a studio setting, I love to use low key lighting, playing with shadows and highlights, trying to bring out subject's true personality. Taking environmental portraits is always fun as you are able to tell so much more about the subject.

“But if I have to choose one work that is closest to my heart that would have to be my photojournalistic project on Pakistan's Women Cricket Team. The objective of the project was to acknowledge that Pakistani women stand parallel to men in any field, and recognize the



FROZEN FRAMES: PHOTOGRAPHER MAHWASH REHMAN

By Neil Bie

ever growing self belief and strength of character of Pakistani women. The project has been showcased internationally.

“I truly admire Yousuf Karsh and Thomas Struth for their approach towards portraiture, Annie Leibovitz for her book ‘Olympic Portraits’ and how beautifully she captures athletes’ persona through creatively using perspective and body language. Steven Meisel, for breaking the ‘rules’, and Richard Avadon for his simple, clean, black and white photography.

“We moved to Abu Dhabi in 2014 and I am truly excited at what Abu Dhabi has to offer in terms of art and culture! I am currently working with a publisher to take out my photographic book, and hope to launch it this year. More commercial work, creating artwork, holding photography classes, and meeting positive people in the industry to partner with. Also I travel a lot and plan to start my travel series soon. So like my facebook page and stay connected!”

www.facebook.com/mahwashrehmanphotography
and @mahwashr on Instagram

Mahwash Rehman's Seven Tips for Photographers

1. Try going through works of great artists and study their styles, see what speaks to you and what doesn't and more importantly why.
2. Identify your preferences and ponder where those preferences come from. That way you become more aware of yourself, which will eventually help you determine your own style.
3. With time our preferences change and so should our style, so don't be afraid to try new things as it will only help you evolve as an artist.
4. Be critical of your work and open to feedback. Ask friends and mentors about their perspective on your work; you might not have thought about it that way.
5. Stay true to your art. Remember that each one of us is unique in our own way; embrace that uniqueness and try incorporating it in your work.
6. I would also suggest going through some formal training. The skills that you would acquire through that would also set you apart from others.
7. Stay positive and keep at it! Happy Shooting!





TIME CAPSULE



AMAAAR AL RAHMA

Age: 31
Profession: Marketing Employee
Nationality: UAE
Motto: Be known in the right way

Your most valued possession?

Acting

One thing you cannot live without?

Karak tea

The person who inspires you the most?

My sister

Five things you need for survival

Camera, karak tea, phone, car and work

Describe a typical day in your life.

Wake up. Drink karak. Pray. Go to work. Finish Work. Then after work, have a well-deserved cup of coffee!

Where do you see yourself in 10 years?

I see myself honing my skills in acting to the point of being a really famous actor!

What is your idea of peace?

Be good and at peace with yourself.

Your goal in life?

Be efficient in life by being a positive influencer.

What item do you keep buying of which you already have plenty?

Accessories like necklaces and bracelets.

What random act of kindness have you performed 2016?

Supported someone emotionally to be stronger in dealing with life.

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

- Learn and know when and who to trust.
- Be yourself.

- Give without waiting for anything in return.

Who in your life deserves a big old thank you?

Mum

What is the craziest thing you have ever done?

I am not the crazy type - I don't do things without planning.

What is a notable memory?

I started out my Instagram account. It was my first time to upload a video! This happened three years ago with my friend Adnan.

Are you social media addict?

I'm on Instagram! I have around 6000+ followers and I know 1000 of them.

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

I'd don my Kandoora and feel great!

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

The comedian Kevin Hart

Your favourite hangout?

Mall of the Emirates

If today is your last day, where would you rush to go?

I would go to my parents. I would show them I love them, ask for forgiveness, and pray with them.

If you could be anywhere in the world right now, where would you be?

Philippines - to be with my brother

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