

QATAR FOUNDATION CELEBRATES QATAR NATIONAL DAY

The QF community comes together to take part in a wide range of activities

Read our special supplement inside



Qatar Foundation Telegraph.

Unlocking human potential.

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RESEARCH Event held for Qatar Foundation Research and Development focuses on addressing challenges

QF R&D comes together to create aligned approach

A **TWO-DAY** workshop organized by Qatar Foundation Research and Development (QF R&D) was held on 2-3 December at Qatar National Convention Centre to assess ways of building a high performance team and to discuss the organization's main challenges.

The 'QF R&D Team and Alignment Workshop' was hosted by business experts from London-based JMJ Associates and attended by QF R&D leaders and staff, representatives from each of the body's partner entities, and Qatar Foundation's (QF's) Shared Services Directorate.

Mr Faisal M Alsuwaidi, President, QF R&D, said: "The main purpose behind this workshop is to create alignment between the different QF R&D entities, based on QF's vision statement and business plan.

"The aim is for everybody to support each other and pull in the same direction. The plan we develop following this workshop will be centered on several themes, including governance, communication, and branding. These challenges are no different to those faced by any developing organization that is expanding rapidly."

Dr Thomas Zacharia, Executive Vice President, QF R&D, said the



Delegates at a two-day QF R&D workshop to assess ways of building a high performance team and discuss the organization's main challenges

workshop had been very effective.

"This is a great opportunity to bring people together," said Dr Zacharia.

"QF is a growing organization and there are people who have been here

several years, along with those who have been here only a few weeks. It's therefore important to align them with our vision.

"We've had a very open discussion about how we should move forward

in a number of areas. It's been very productive."

The teambuilding exercise was used to help bring people together to discuss important issues. The successful initiative will ensure efficien-

cy and help people work in harmony.

Mark Britton, Chief Operation Officer, JMJ Associates, told *QF Telegraph* that critical issues and challenges had been discussed and an action plan would be drawn up.

DIRECTOR'S NOTE

Lewis Affleck,
Managing Director,
Maersk Oil Qatar, on
building relationships
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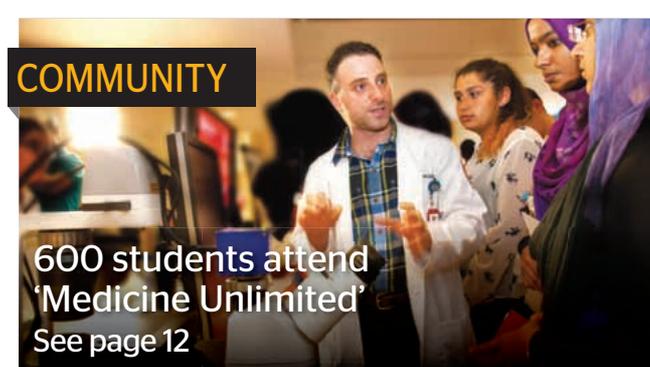


"We are very honored to have the opportunity to support an organization such as Al Noor, based on our firm belief that we are mandated with making a genuinely positive difference in our community"

Hamad Al Hammadi, Government Relations Manager, Vodafone Qatar
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COMMUNITY

600 students attend
'Medicine Unlimited'
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“As a Qatari company with very local roots, corporate social responsibility ranks high on our agenda”

Vodafone Qatar supports Al Noor Institute for the Blind

NEWS IN BRIEF

BQFP BOOK WINS PLATINUM AWARD

■ A book published by Bloomsbury Qatar Foundation Publishing (BQFP) has won a Platinum Award at the 2013 MarCom Awards, an international competition sponsored by the Association of Marketing and Communications Professionals. The commemorative book, *The Promise... The Legacy*, written in both Arabic and English, marks a decade of achievements by College of North Atlantic - Qatar and was released by BQFP in May.

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CAREERS Encouraging the empowerment of Qataris through the launching of businesses

QCF aims to inspire Qatar's budding entrepreneurs

QATAR Career Fair (QCF), in collaboration with the Ministry of Communication and Information Technology's *Tumuha TEC* program, hosted a lecture entitled 'Entrepreneurship today: how can this be a sustainable career choice?' on 8 December.

The event took place at Texas

A&M University at Qatar and was moderated by Mr Mohammed Al Muhanadi, entrepreneur, Chief Executive Officer (CEO), and Co-Founder, Social Media Solutions (WLL).

The lecture focused on four topics: empowerment and entrepreneurship in Qatar today, the positive and

progressive 'chain reaction' effect on improving education, challenges and the cultural context, and tools for success.

QCF ORGANIZED the lecture to provide young Qataris with an opportunity to attend a high-level, employment-related event, participate in

discussion with careers experts, and network with relevant professionals.

Members of the panel included: Mr Khalid Al Mohannadi, CEO and Founder, Sago; Mr Razan Suliman, CEO and Founder, RazanGraphics and ByLens; Mr Naif Al Malki, Founder, Youth Foundation; and Mr Shyma Salem Al Harmozi, Founder, Rawaj Creativity.

Mr Abdulla Al Mansoori, Director, QCF, said: "The lecture comes within a series of initiatives that Qatar Career Fair is working on, together with ictQATAR, to promote an entrepreneurship culture among young Qataris.

"We are in full support of the national development strategy, and we at Qatar Career Fair are re-emphasizing the importance of leadership and entrepreneurship, and the role it plays in building societies."

Al Muhanadi said: "Entrepreneurship is a new concept, but it's growing fast, and Qatar is heavily involved in empowering youth and providing them with the tools required for them to be productive and well-presented entrepreneurs.

"A big thank you to Qatar Career Fair for this great opportunity, which gave us the chance to be part of this initiative and helped us create a sustainable career future for all."



Abdulla Al Mansoori, Director of Qatar Career Fair

Vodafone Qatar supports Al Noor Institute

SUPPORT Vodafone Qatar, a joint venture between Vodafone and Qatar Foundation, recently donated a number of iPad minis to Al Noor Institute for the Blind.

Hamad Al Hammadi, Vodafone Qatar's Government Relations Manager, hosted Dr Hayat Khalil Nidhar, Managing Director, Al Noor Institute for the Blind, at Qatar Science & Technology Park to hand over the devices.

Al Hammadi said: "As a Qatari company with very local roots, corporate social responsibility ranks high on our agenda and our aim is

to continue to make a real contribution to society.

"We are very honored to have the opportunity to support an organization such as Al Noor, based on our firm belief that we are mandated with making a genuinely positive difference in our community."

Dr Nidhar said: "We'd like to thank Vodafone Qatar for their support, which will definitely help Al Noor members to make great use of technology and to have access to valuable information and communication online in a way that is easy and convenient."



Children at Al Noor Institute received iPad minis from Vodafone Qatar

QF wins twice at Construction Week Awards

■ Qatar Foundation (QF) has won Sustainable Project of the Year and Health and Safety Initiative of the Year at the Construction Week Awards in Dubai on 11 December. Awards were presented to Ameena Ahmadi, seen right, Architecture Manager at QF Capital Projects and Facilities Management for Student Housing project and its Workers Welfare Initiative.



CILE professor discusses Shari'a

■ The Research Center for Islamic Legislation and Ethics (CILE), a member of the Qatar Faculty of Islamic Studies, held a lecture on 3 December on 'Shari'a Application in Free Societies: From the Legal to the Ethical Perspective'. Dr Mohamed El Moctar El Shinqiti, Professor of Islam and Political Ethics, CILE, emphasized the harmony between freedom and Shar'ia.

Awsaj Academy gives parents fresh insight

FAMILY School workshop shows parents how to identify behavioral warning signs

AWSAJ Academy hosted its second workshop of the year on 10 December to teach parents about bullying and how to help stop it. The training was prepared and presented by Emad El Makahleh, Professional School Counselor, Awsaj Academy Elementary School.

Participants at the workshop learned that bullying occurs when a person uses their physical or social power to abuse someone who looks defenseless.

Parents were taught about warning signs that indicate that their children are being bullied or are bullies themselves, differences between the ways boys and girls bully others, as well as the differences between joking and teasing.

El Makahleh said: "Bullying is a very serious issue, and by holding workshops that help parents look for signs that indicate a child is being bullied, or is involved in bullying, we are making sure that children can have a safe and productive learning experience."

Parents were encouraged to have conversations with their children about bullying and were also given tips on how to raise the issue of bullying with school administrators.

Topics for future workshops, which are held monthly, include ADHD (Attention Deficit Hyperactivity Disorder), anger management,



Parents at a workshop held by Awsaj Academy on how to prevent bullying

assistive technology, and adolescence.

The workshops reflect Awsaj Academy's commitment to making parents a critical part of their children's development by giving them

the information they need to support and benefit their child, and to be a part of his or her academic and social achievements.

The academy works to involve parents in activities such as work-

shops, support groups, and volunteering activities.

Parents who attend the workshops have found them very useful and have expressed a willingness to participate in future events.

QF trainees explore the importance of social media

TRAINING Qatar Foundation (QF) Human Resources (HR) Directorate held the latest of its twice-yearly Trainees Gathering on 12 December. The event gives the opportunity for trainees to meet staff from the HR Directorate to take part in training.

Mohammed Saadon Al Kuwari, Television Presenter, Al Jazeera Sport, gave a motivational presentation to the trainees and discussed the importance of social media.

Al Kuwari, a former professional tennis player, spoke about how the public have more influence in the light of social media.

He also gave an inspiring talk on how to overcome the difficulties everyone faces at the beginning of their careers.

KHOLOUD Fakhroo, Graduate Trainee – Activity and Volunteering Officer, Qatar Career Fair, recently joined QF and said the event was useful to learn the rules surrounding training at QF HR.

"It was also good to hear Mohammed Saadon Al Kuwari speak about the importance of social media and how it can be successful to reach our goals in the future and to improve our country."

Saif Nasser Al Naimi, Trainee, Legal Counsel, QF Legal Department, added: "This is the third time I have attended the QF HR Trainees Gathering event."

"It's a great opportunity to communicate with other parts of QF, and to get direct contact with HR focal points."

Aisha Al Baker, National Development Specialist, QF HR, said the event gave the chance to discuss issues trainees were facing, to advise them of new processes and to motivate them. Attendees also spoke about the results of a feedback survey.

"We try to consolidate the relationships between us and the trainees to be closer to them and to listen to their issues and to their ideas. I'm handling 180 trainees at QF and I need to know them all personally," said Al Baker.

"We always motivate them to take advantage of the unlimited in-house training offered at QF"

HEC Paris in Qatar takes part in Doha GOALS

FORUM Faculty and students from HEC Paris in Qatar took part in the second Doha GOALS (Gathering Of All Leaders In Sport) Forum from 9-11 December.

Held at Aspire Dome, the event brought together heads of business, athletes, students, policy-makers, and government officials.

The aim of the forum was to build a roadmap for addressing social challenges through sports.

This year's event brought together

1,400 participants and included 150 speakers. The forum also hosted 400 high school and university students.

At this year's event, HEC Paris in Qatar organized and led two taskforces. The first was entitled 'Increasing the role of the private sector in sport', while the second was called 'Using digital marketing to increase loyalty in the fan base'.

In total, Doha GOALS hosted eight taskforces hosted by a variety of institutions, including Wharton Sports

Business Initiative, Georgetown University in Qatar, and the UK-based Coventry University.

Participants in Doha GOALS were selected based on strict criteria, including their dedication and participation in the world of sports. They were also selected on the basis of their leadership qualities, involvement in social causes, and academic track record.

Professor Laoucine Kerbache, Chief Executive Officer and Aca-

demie Dean, HEC Paris in Qatar, said: "Doha GOALS is indeed an excellent initiative that presents a unique opportunity to prepare the next generation of leaders in sports."

"It is a perfect illustration of the concept of strategic innovation and research, which is consistent with the role of HEC Paris in Qatar towards the realization of Qatar National Vision 2030, and the country's transformation into an advanced, competitive, and knowledge-based economy."

Feedback sought on business presence

Community Services Directorate is once again inviting Qatar Foundation (QF) employees to contribute to their New Implant Business Survey. By taking part, individuals will directly assist in deciding which businesses are enabled to have a presence at the Community and Recreation Center. The online survey can be accessed via the Community Services Department page on the QF portal.



QF R&D promotes advancing excellence

Qatar National Research Fund, a member of Qatar Foundation Research and Development (QF R&D), hosted the Global Research Council (GRC) Regional Meeting from 7-8 December, at Tornado Tower. The themes were 'Funding the Future' and 'Open Access', and representatives from the science and research community from 12 countries attended.



QATAR FOUNDATION (QF) HAS A STRONG COMMITMENT TO MAKING EDUCATION CITY AN ENVIRONMENTALLY FRIENDLY, CAR-FREE ZONE. BUT IF EDUCATION CITY IS TO BE CAR FREE, THERE NEEDS TO BE ALTERNATIVE FORMS OF TRANSPORT ON OFFER.

QF already provides frequent shuttle buses to efficiently ferry people around campus. The next important step in the drive to get people out of their cars is the introduction of the 'QF Ride' initiative. QF Ride offers staff and students the chance to use hybrid bicycles, where pedaling is assisted by small electric generators.

These bicycles will be stationed at prominent spots around Education City and special bicycle paths have been created to ensure safety while the transition is being made to a car-free campus.

The introduction of QF Ride offers a healthy way to get around, whether the bicycles are used to get from one part of the campus to another or simply as a fun activity.

But, will QF Ride be popular? "I think the bicycles will be used by a range of people at QF – this is a very good initiative," said Muneera Al Kuwari, Software Specialist, IT Department.

"I imagine it will mostly be students who use the bicycles, but they will also be useful to staff members who need to go to the Community and Recreation Center.

"Staff can also use the bicycles, rather than their cars, to get to meetings for relatively short distances."

Georgetown University in Qatar student Owais Khan is fully behind the QF Ride initiative.

"Qatar Foundation has a vision of making Education City car-free, and providing the bikes is a great step towards that goal. This is an amazing initiative that promotes sustainability," he said.

"As well as being a student, I



Will 'QF Ride' be the transport system of choice on campus?

- ▶ Will people fully utilize the new hybrid bicycles?
- ▶ Are they a viable option during summer?

am a Community Development Advisor (CDA), and one of our priorities is to promote eco-friendly practices and what is being done fits in with this really well."

BLAIR ABOUTALEB, Student Activities Coordinator, Virginia Commonwealth University in Qatar (VCUQatar), said: "I think people will use the bikes.

"Perhaps faculty and staff will use them more than students. I'm excited about the bikes being available.

"Some people will continue to use the bus, but once the bikes start getting used I think they will become more and more popular."

Ahmad Sami, a Weill Cornell Medical College in Qatar student, is also optimistic that QF Ride will be a success – to the extent that demand may well exceed supply.

He told *QF Telegraph*: "I think the bicycles will be popular – a lot of people will use them. There are a limited number of bikes, which means there will be a huge demand for them.

"I already see many people riding their own bikes across campus, so I think this is a much-needed initiative."

"Qatar Foundation has a vision of making Education City car-free, and providing the bikes is a great step towards that goal"

CARNEGIE MELLON University in Qatar student Aisha Al Sabah said that she thought that the bicycles would appeal to one sector of students in particular: "The students here who live in the dormitories will use the bikes to get around. I don't think I'll use them as I don't live at Education City. I come to university by car. However, I do think the initiative will reduce the number of cars on campus."

Not everyone at QF is behind the new scheme, however. "I'm a driver, so I won't be using the bicycles.

"I also don't think they are practical, especially during the summer months," said Abdul Karim, Senior Auditor, Internal Audit Directorate.

Kelley Lowe, a student at VCUQatar, hopes that people will embrace the concept of cycling around Education City, but believes that it will not be easy to get people who have long been dependent on

cars and cross-campus shuttle buses to swap four-wheeled transport for QF's new two-wheeled option.

"Even though I love bikes I think it will be a challenge to integrate a cycling culture in Education City," she said. "But I think cycling around college is an essential experience that every student should try. Cycling should be encouraged, so I really hope that it will be easy to make use of the bikes."

One QF staff member, who told us that they do not know how to ride a bicycle and asked to remain anonymous, said they hoped that proficiency lessons would be held in order to encourage people who can't cycle to partake in the initiative.

"I also think cycling proficiency sessions would be a good way to build people's confidence, and safety, as they use the bikes," he added.

Amr El Masry, a Library and Information Studies student at

Have your say

Fahad Al Hajri, Student Employment Coordinator, Hamad bin Khalifa University



"I believe we should start using alternatives to cars. At the moment the concept of using a bicycle is not familiar here, but I believe it will gain popularity. I don't think it will be practical to use the bikes in the summer as it will be too hot. But at other times, it will be popular – students especially will take advantage of the project. I believe it will be successful."

Abdulla Al Khenji, Information Systems junior, Carnegie Mellon University in Qatar



"When I am in the USA I have to use a bike to get around, so it will be good to have the bikes in use here. I'm not sure who will use them, but I'm sure they will be used all year round. I don't think the hot weather will make a difference in summer. Whatever the situation, I would prefer riding a bike to riding in a bus."

Rehan Kalsekar, Finance System Specialist, Finance Directorate



"This is a very good green initiative. It will be great for people living on campus. Even in the summer months, the bikes will be used when it cools down in the evenings."

Noof Al Buainain, sophomore Graphic Design student, VCUQatar



"I will use the bikes, but not in summer. For the people who live here I think they will prove very popular and very useful.

A quick cycle will help me feel better after a hard class. I'm not too bothered about getting from place to place, but they could be a good stress reliever."

UCL Qatar, said: "QF Ride will help to reduce the parking problems we suffer from whilst doing our bit to help the environment too. I will certainly be using the bicycles, but maybe not during the summer heat."

YOUR OPINION COUNTS

DO YOU THINK THE NEW EDUCATION CITY BICYCLE INITIATIVE WILL BE WELL UTILIZED?

Share your views by emailing us at qft@qf.org.qa with a 'YES' or 'NO' as well as a sentence stating your reason. All submissions are confidential unless you state that your name can be used. You can also register your vote anonymously online on **Maktabi**.

Chef shares healthy message with children

Ann Cooper works with WCMC-Q's 'Your Health First' campaign for healthy eating



Chef Ann Cooper teaching children about the importance of leading a healthy lifestyle

Article written by Alanna Alexander, a junior at Northwestern University in Qatar

CHEF ANN COOPER described herself as “the most unlikely candidate to be a school lunch advocate,” when she visited Qatar on 19 November, as part of Weill Cornell Medical College in Qatar’s (WCMC-Q’s) health awareness program: ‘Your Health First’, a campaign which is designed to educate people on leading healthy lifestyles.

The celebrity chef from the USA graduated from the Culinary Institute of America, in New York, and has been a chef for more than 30 years.

But when Cooper’s niece asked if she would be tall enough to reach the fruit during a forthcoming strawberry-picking trip in Vermont, she felt that she needed to intervene to help educate children about food.

“It struck me that my niece didn’t even know where strawberries came from, and I realized that, as a chef, I was in a position to make

“I am almost militant about getting healthy food for kids”

a difference. I had new a role to play as a children’s lunch lady,” she explained during her visit to WCMC-Q.

From that moment, Cooper started researching chemicals, preservatives, genetically-modified food, and nitrogen fertilizers that are used in growing fruits and vegetables, as part of her quest to help find a way to change how, and what, children are fed.

“I found that cancer is one of the leading causes of death in children under 15 and the cancer is often diet or environment related,” she said.

Cooper’s career shifted from primarily cooking, to a combination of cooking, writing, and public speaking, as part of her advocacy work for a healthier food system. In 2000, she wrote a book titled *Bitter Harvest*, which has helped transform school meals for more than a million children across the USA and helped to bring salad bars into school cafeterias.

She said that children should be encouraged to eat healthy meals from an early age to avoid them becoming accustomed to foods laden with sugar and fat. Food tastes can even be influenced in the womb, she said, and babies whose mothers eat fruit and vegetables are more likely to enjoy the same foods themselves.

“I am almost militant about getting healthy food for kids,” Cooper said, adding that, “the future health of our children is dependent on them maintaining healthy diets, both at home and away, and parents really need to be educated so that they can pass this knowledge on to their children.

“If this doesn’t happen, we will end up with a nation of sick children, who are insulin-dependent and who could die at a younger age than we will.”

Enlisting the help of the dozens of children present at the WCMC-Q event, Cooper held interactive cooking demonstrations during which she created four quick, healthy recipes.

While in Doha, Cooper also engaged with dietitians and health experts from Qatar Foundation (QF) about the measures that QF has taken, as well as the measures that are currently in the process of being implemented.

“I am really hopeful that I will be able to pass on information that may help to change people’s lives, and give them education and information that will help them feed themselves and their children better,” she said.

“QF is doing a lot of great work and it’s really exciting to see that happening.”

OPINION

DR FRANCESCO MARINCOLA

Discoveries on the path to curing cancer

OUR ABILITY to diagnose and treat cancer has advanced rapidly in the past few decades. Cancers that once robbed people of life in months can now be managed effectively, and some can even be cured.

Some of the discoveries that we have made in recent years are incredibly exciting and have the potential to change the way we see cancer and, we hope, save lives.

Yet, there is still much that we do not understand about this most feared disease, while the burden of cancer on individuals, families, and society remains high.

A huge challenge in the treatment of cancer is understanding why some people respond well to treatment while others do not, and the many factors that influence the prognosis of those diagnosed. Only recently, Sidra Medical and Research Center (Sidra) was involved in the discovery that controlling intestinal bacteria may affect the response to cancer treatment.

The study addressed a very broad concept of environment over genetics in determining disease outcome. This is relevant not only to the treatment of cancer, but likely other diseases tied to the performance of the immune system. Since this work was done in animals, our next step will be to address whether bacterial flora may influence cancer progression and responsiveness to therapy in patients.

At Sidra, our focus is on translational research. This means translating discoveries made in the laboratory into treatments for diseases, and studies like the intestinal bacteria one are putting us on the right track to developing innovative, personalized care. These are just examples of the potential for a better understanding of cancer responsiveness to treatment that addresses simultaneously the genetic characteristics of the patient, the cancer phenotype molded by its genetic alterations, and environmental influences.

The only path to understanding and curing cancer will be one which uses a Systems Biology Approach. This takes a more holistic perspective than traditional approaches and would encompass all aspects of cancer biology in each

individual case studied.

This will require the application of powerful data generation techniques encompassing genetic and functional validation studies on one hand and even more powerful data interpretation tools based on high power computing.

This is the main strategy that will be adopted within Sidra for the understanding of the general principles leading to cancer progression in most patients, as well as those that mold the natural history of each individual patient and guide targeted therapies.

“These are just examples of the potential for a better understanding of cancer responsiveness to treatment”

Sidra also strives to expand the awareness of advances in translational research by partnering with leading organizations in the field of cancer research to bring educational programs to the region. One such partnership is with the Society for Immunotherapy of Cancer (SITC), the world’s leading, member-driven cancer immunotherapy-focused organization.

Since 1984, SITC has been bringing together all aspects of the cancer immunology and immunotherapy community in an effort to make cancer immunotherapy one of the four standards of care and the word “cure” a reality for cancer patients living with this disease.



COLUMNIST

Dr Francesco Marincola

is Chief Research Officer, Sidra Medical and Research Center; Editor-in-Chief, *Journal of Translational Medicine*, and President, Society for Immunotherapy of Cancer

© WHAT DO YOU THINK?

Send us your opinion at qft@qf.org.qa

HOW DO I?

QF Telegraph helps you make the most of your life at QF

■ **How do I find out more about the Global Water Sustainability Center (GWSC) located within Qatar Science & Technology Park (QSTP)?** GWSC, at QSTP, which is operated by ConocoPhillips, examines ways of treating and using byproduct water from oil production and refining operations, as well as other projects relating to industrial and municipal water sustainability. It has a visitor center, open to group visits, and which is designed to demonstrate the research of various partners through interesting interactive displays.

■ **Who can visit the center?** Groups up to a maximum size of 30 people can book a tour. One adult must be present for every five students aged 9 to 13, or 10 students aged 14 to 18. Individuals may visit the center by invitation only.

■ **When can I visit?** The center is open daily from Sunday to Thursday, 9am-12pm, but tours must be booked a minimum of two weeks in advance. Full names of all visitors must be provided in advance. Expect the trip to take at least two hours, including entering QSTP, registration, safety overviews, and the tour.

■ **How do I book?** Contact the Office Co-ordinator at 4409 4701 or visit www.globalwsc.com to inquire about reservations or logistics.

Do you have questions you want answered? Email us at qft@qf.org.qa and we will do our best to help you



QIBA-Tajmeel students learning both practical and theoretical skills during class

EDUCATION Qatar International Beauty Academy awarded international accreditation

QIBA-Tajmeel's four years of setting the standard

QATAR International Beauty Academy (QIBA)-Tajmeel is celebrating its numerous achievements during its fourth year.

QIBA-Tajmeel was set up in 2009 by the Social Development Center (SDC), a branch of Qatar Foundation, with the objective of empowering the beauty, spa, and hair industry with universal standards and to support Qatari women in their careers.

After just four years, more than 1,500 students have graduated from the school, including 700 Qatari females, and the school has provided scholarships to more than 200 Qatari women.

Two of QIBA-Tajmeel's students graduated with the CIDESCO (Comité International d'Esthétique et de Cosmétologie) Diploma in June, after the academy completed the process of accreditation as a CIDESCO School. This prestigious recognition adds strength to the international standing of QIBA-Tajmeel's Diploma in Beauty

Therapy, and means that the academy now offers a range of qualifications, from short courses to diplomas, that are accredited by four international bodies - ITEC, CIBTAC (Confederation of International Beauty Therapy & Cosmetology), City & Guilds, and CIDESCO.

Fatima Abdeen, one of the first CIDESCO graduates, says: "Tajmeel has been the beginning of a journey in my life, which has not only developed my understanding in the field, but has also developed me as a person. My aim is to continue my college studies in business. After that, I will have the experience I need to operate a spa.

"To be successful, you need to have the right knowledge, and never stop learning. This is especially true in the beauty field, because there are new trends every day, and you have to stay up to date."

The international accreditation opens up more opportunities for the students, and the school took a delegation that included four international diploma students

"To be successful, you need to have the right knowledge, and never stop learning"

to Wuhan, China, for the 61st CIDESCO World Congress and Exhibition from 9-11 November.

This January, a professional program to qualify and license the staff already working within the beauty, spa, and hair industry in Qatar was set up through a Memorandum of Understanding between SDC and the Ministry of Labor. The Ministry of Labor authorized QIBA-Tajmeel to assess, identify service gaps and provide training where required, to international standards.

Its immediate focus is to ensure the highest standards of health and safety, and QIBA-Tajmeel provides support for Baladiya, Ministry for Municipality and Urban Planning, in promoting health and safety training, as the ministry seeks to inform people of its new regulations.

Since March 2013, QIBA-Tajmeel has reached out to 300 employees from existing salons, and provided training to health and safety inspectors for Al Rayyan Municipality, and it expects to offer training to more municipalities.

Beverly Crowther, Principal, QIBA-Tajmeel, says the City & Guilds

health and safety program has been particularly successful because of its structure of small modules which can be built up into a full diploma.

"We are creating a basic awareness around Qatar," she says. Their efforts also include orientation sessions and discussion groups for salon owners and managers to share their experiences. QIBA-Tajmeel will also soon launch Qatar Hair and Beauty Academy.

The academy's reach also encompasses other requirements, says Crowther, and is generating increasing interest from young Qatari women, who are serious about pursuing careers in the industry.

"We have people who are already working in the industry who want to upgrade their certificate or become qualified. We also have a few students who are qualified in marketing and public relations or have business degrees, who want a full diploma to run their own salons."

Crowther says Tajmeel hopes to expand its business training curriculum with additional emphasis being placed on customer service and public relations in the coming academic year.

In four years, more than

1,500

students have graduated from QIBA-Tajmeel

Partnerships based on knowledge sharing

Lewis Affleck, Managing Director, Maersk Oil Qatar, discusses the important relationships between Maersk and the State of Qatar, Qatar Science & Technology Park, and other Qatar-based partners

MAERSK'S relationship with Qatar goes back a number of decades. Central to our relationship is ensuring technological advancements that we make in Qatar support the development of an effective, efficient, sustainable industry that minimizes its environmental impact.

Our partnership with Qatar is based on intelligent thinking and overcoming difficult challenges for mutual benefit. Maersk Oil Qatar is the operator of the Al Shaheen Oilfield, one of the most complex oil fields in the world. We've been the operator for more than 20 years - working closely with our partner Qatar Petroleum. After its discovery in the 1970s, Al Shaheen was left dormant until the early 1990s because it was considered too difficult to develop.

Essentially, the oil ranges from being very light and flowing easily through the reservoir to being heavy, sticky, and extremely difficult to extract. All of this within reservoir layers ranging from just 1 meter to 40 meters makes oil extraction incredibly complicated.

Had we taken the conventional route of drilling vertical wells, we would have needed to build and install many platforms and drill many wells, which would have been cost prohibitive. Instead, we brought in the knowledge and technology that Maersk Oil had already developed to extract oil from similar oilfields in the Danish sector of the North Sea - including the drilling of long horizontal wells and large-scale

water injection to maintain reservoir pressure - and were able to access a valuable, and otherwise inaccessible, resource. I'm certain that technology and innovation will play an ever-expanding role in our work at Al Shaheen in the future.

It is significant that the Maersk Oil Research and Technology Centre (MO-RTC), our global research center, is based in Qatar. MO-RTC is located within Qatar Science & Technology Park (QSTP). This relationship with QSTP, which began in 2011, is already benefitting our company, as well as Qatar, and supporting the objectives of Qatar National Vision 2030. Our 10-year, \$100million investment in the center also demonstrates our commitment to making Qatar the focus of Maersk Oil's quest for innovative solutions. MO-RTC is led by Abdulrahman Al-Emadi, who is supported by a team of world-class researchers and engineers.

QSTP is the perfect location for us. There's a very collaborative atmosphere, with sharing of scientific and technological knowledge, ideas, and experience across a number of fascinating projects. There are many synergies between what we're doing and what other organizations within QSTP are doing to bring broad benefits to Qatar.

Through a number of the research projects currently underway at MO-RTC, we've developed great links with the academic and research community, particularly with entities based within Qatar Foundation.

Supporting the provision of high-



“QSTP is the perfect location for us. There's a very collaborative atmosphere”

quality education, particularly in relation to STEM subjects (Science, Technology, Engineering, and Mathematics), has led us to become closely involved with, among others, Texas A&M University at Qatar (TAMUQ). We partnered with TAMUQ on the inaugural World Congress on Engineering Education (WCEE), held in January 2013, and a second edition will be held in 2014. Growing that further, we've also launched the STEM Educator of the Year award, which will be given to a teacher who demonstrates excellence in passing on their knowledge to children in one of Qatar's schools.

Maersk Oil Qatar recognizes both the importance of nurturing and developing local talent in STEM disciplines, and the value of high standards in engineering education as key components in achieving a highly skilled workforce. WCEE plays an increasingly impactful role in this area, while the STEM Educator of the Year award recognizes the contributions of exceptional teachers. Working with local schools and universities

to develop young people in science, engineering and technical skills is a primary focus for us. We hope that one day many will become future leaders in Qatar's energy industry.

We recently held the Maersk Oil & HBKU Leadership Challenge, together with Hamad bin Khalifa University's Student Center and Qatar University. The challenge saw teams of students from universities across Qatar race across the desert to solve tasks based around the hydrocarbon industry. The students' problem-solving abilities and leadership skills were tested, and developed, in a setting usually reserved for groups of experienced leaders, and we were proud to be part of the initiative.

BETTER UNDERSTANDING

A recent project that has been successfully developed at MO-RTC, and has become an excellent example of how industry and academia work together in Qatar, is our Digital Core Laboratory. Utilizing cutting-edge technology - an electron microscope with exceptional scanning capability, known as QEMscan, which is the only device of its kind in the region - we have been able to analyse rocks situated in the Al Shaheen oilfield at a micro level, supporting our applied research efforts in the area of Enhanced Oil Recovery (EOR). Through scanning and 3D imaging, this gives us a better understanding of how we can flush water and gas

through those rocks in a way that helps extract more oil in the most effective and efficient way.

In addition, we've discovered that this technology is great for archeological investigations. This has led to us working on initiatives that have helped delve deeper into the history of Qatar at such archeological sites as the UNESCO World Heritage Site at Al Zubarah, where the Digital Core Laboratory has been used to scan pottery to date it and to better understand the mineralogy and the origins of the artifacts that are being uncovered.

As part of our commitment to protecting the marine environment off the coast of Qatar, we have been working with the Ministry of the Environment on a major whale shark research project. In the course of developing the Al Shaheen field, we discovered that the waters off Qatar are home to one of the largest whale shark aggregations in the world.

The discoveries we've made have been investigated by marine life researchers in Qatar, and shared with the public through a specially commissioned website and television documentary, as well as with schools across Qatar (see www.qatarwhalesharkproject.com).

Sometimes, such as the case with the whale sharks, the research we do can lead us down unexpected paths. But that's part of what makes the work being done by Maersk Oil in Qatar so interesting and worthwhile.

10 YEARS

Maersk Oil have committed to a decade of investment in the Maersk Oil Research and Technology Centre

“It’s been great to have the chance to take part in creating news reports about what’s been happening across Katara during the festival”

NU-Q students share their skillset with Qatar’s youth

NEWS IN BRIEF

INJAZ QATAR PROMOTING YOUNG PEOPLE IN BUSINESS

■ Hamad bin Khalifa University, in association with INJAZ Qatar and Enterprise Qatar, is launching the INJAZ Qatar Company Program.

In the program, teams consisting of six to 10 university students will compete in the *Mubadara* Annual Young Enterprise of the Year competition.

In addition, students will learn to develop business ideas, form company departments, raise capital, and produce and sell a product.

Participating students will also have the chance to win the opportunity to be supported in developing their own start-up company.



A temporary news studio was set up by NU-Q students at Katara Cultural Village

DEVELOPMENT Working with children at film festival to create TV news reports

NU-Q students share their skillset with Qatar’s youth

STUDENTS from Northwestern University in Qatar (NU-Q) gave up their spare time on the weekend of 29-30 November to create a fully functioning TV newsroom at Doha Film Institute’s inaugural Ajyal Youth Film Festival.

Ten students from across NU-Q’s student body answered the call to help set up the studio and then showcase their skills to visitors to the event, held at Katara Cultural Village.

The students created a three-minute live broadcast, presented at the beginning of each hour, which included both studio-based and outside broadcast elements, and which reported on the events taking place at the film festival’s various locations across Katara.

They then invited children who had been watching the broadcast from the back of the studio to come forward and read the news themselves, with the children given the choice of reading the scripts from a teleprompter in either Arabic or English.

As well as presenting and scripting

the news, students played a major part in supporting NU-Q’s technical staff with the production of the news reports, such as by operating the mixing console and teleprompter, and interacting with visitors answering the questions of the child participants and their parents.

One of the students who volunteered to read the news was journalism senior Christina Andrews. During a break from broadcasting the hourly report she explained: “I was part of the broadcast class last year and ahead of this year’s film festival I received an email calling for volunteers. I applied to take part and was lucky to be given the chance to take one of the presenting roles.

“It’s been great to have the chance to take part in creating news reports about what’s been happening across Katara during the festival.

“The studio that’s been put together for the festival captures all the elements of producing a live news broadcast and the visitors we’ve had seem to have enjoyed watching what we do and then

“Taking part in putting together the live studio has given us all a really good chance to interact with Doha’s wider community”

taking part themselves.

“It’s been fun presenting in front of a live audience, while at the same time it is a little nerve-wracking having everyone watching you behind the camera,” she said.

AMONG the students who participated was sophomore Syed Owais Ali, who performed a number of production duties across the weekend.

“Taking part in putting together the live studio has given us all a really good chance to interact with Doha’s wider community, rather than just the student community we normally interact with at Education City,” he said.

“It’s been really nice to see how much the young children who have been visiting us have been enjoying interacting with us.

“Watching their happy faces and seeing how excited they’ve been as

they’ve read the news has been really rewarding.”

He continued: “I’m a communication major, so it has been a good opportunity for me to get broadcasting experience, as I wouldn’t usually get the chance to use the broadcasting equipment.

“I’ve been operating the vision mixer and the teleprompter. The equipment we’ve been using has all been state-of-the-art.”

In addition to creating the interactive live newsroom, NU-Q students also participated in a two-hour animation production and post-production workshop held on the final day of the film festival.

The short workshop was created in order to help visitors explore the processes involved in producing an animated movie, from storyboarding to making the images come alive on screen.

Archaeology students digging up Doha's past

HISTORY UCL Qatar students excavating Qatar's foundations



UCL archaeology student working to unearth Qatar's history in the 'Origins of Doha' project

HISTORY Students of UCL Qatar's Archaeology of the Arab and Islamic World Master program have joined archaeologists from UCL and Qatar Museums Authority in excavations in the heart of Doha.

The 'Origins of Doha' project, a Qatar National Research Fund initiative, is examining open ground next to the Qubib Mosque adjacent to Souq Waqif, which is under development as a metro station.

The excavation aims to explore the foundation of Doha, its growth as one of the major pearl fishing

towns of the Gulf region, and its transformation to a modern city. Historical sources provide very little information on the nature of the town and the experiences of its people, but archaeology is able to fill these gaps and provide a colorful picture of the daily lives of the men, women, and children who inhabited the city from its earliest days, said Dr Robert Carter, Senior Lecturer in Archaeology at UCL Qatar and Director of the 'Origins of Doha' Project.

He said: "Few people realize that the past still lies beneath their feet in

many parts of the center of Doha. We have a wonderful opportunity to investigate this before it is destroyed forever.

"We are expecting to gain insights into town life during the last couple of centuries, but who knows what we will find. Archaeology is full of surprises."

Initial investigations outside the Qubib Mosque have already revealed buildings dating back to the mid-20th century, and older remains will be preserved below. The excavations will continue until mid-January.

HBKU hosts workshops for high school pupils

EDUCATION Hamad bin Khalifa University (HBKU), a member of Qatar Foundation (QF), in partnership with several of its partner universities in Education City, hosted a series of workshops for high school students on 11 December.

Designed for students in Grade 11 and 12, the workshops provided participants with the information needed to complete the university admissions process and formed part of HBKU's school outreach efforts to help prepare youngsters for university.

The sessions covered topics such as choosing your major, portfolio development, writing your resume and personal statement, and interview skills. Each session was delivered by a different partner university, with the

"We believe it is never too early to start preparing for university"

participation of representatives from HBKU, Virginia Commonwealth University in Qatar, Weill Cornell Medical College in Qatar, Texas A&M University at Qatar, Carnegie Mellon University in Qatar, Georgetown University in Qatar, and Northwestern University in Qatar.

Aisha Almeer, Recruitment and Outreach Coordinator, HBKU Student Affairs, said: "The goal of

this program is to provide support for students in preparing for university admissions.

"The application process, and admissions in general, involves various components and we want to ensure that students have all the information they need.

"While this program is focusing on students in their later years of high school, we believe it is never too early to start preparing for university, and we also organize sessions for younger students through the academic year."

Participants also met students and alumni from various universities, who attended the event to share what they had learned through their experiences with the university preparation and admissions processes.

CAMPUS LIFE



Prince George

Exploring diversity through interaction

WHEN STUDENTS invest in education at Qatar Foundation (QF), they are not just looking at the outstanding academic aspect; they want to be a part of a diverse community.

QF not only has many different cultures represented, but there are also a myriad of different ideas and interests to become involved with or learn about. Being part of that diversity is important.

This year, my Hamad bin Khalifa University (HBKU) Student Coordinator colleagues and I organized a weekly event to use this diversity to help us to become more informed, accepting individuals.

"When you have had the opportunity to interact with people who have alternative views to your own, it becomes easier to understand their point of view"

'Campus Conversations' was started to foster dialogue between members of the Education City community. I am often confronted with skeptical remarks that there is no point in talking about issues that aren't going to change, but I think that talking about things is the first step for change.

I am able to use the skills that I have learned in Business Administration because I have a set budget and have to write proposals and pitch plans. While my work at HBKU has helped me use my skills within

my major, it has also helped me to discover new interests, and has pushed me to engage with others in the HBKU community by organizing activities such as 'Tea Time', discussion sessions, cultural festivals, and forums for debate.

We try to create a variety of events. Some are passive, where participation is less important, and others require a more active role.

Recently, we had a discussion on 'Campus Conversations' about whether the American government and the American people are synonymous with each other.

While a lot of people came in to the discussion with a certain prejudice or a set opinion, the dialogue eventually resulted in us finding common ground. What was interesting about the conversation was that the American students present at the event were able to share their impressions, which helped in changing the perspective of many of the students.

We always strive to introduce topics that people might not normally have the opportunity to discuss, and provide them with a platform to express their opinions, providing they show the same respect for others.

When you have had the opportunity to interact with people who have alternative views to your own, it becomes easier to understand their point of view.

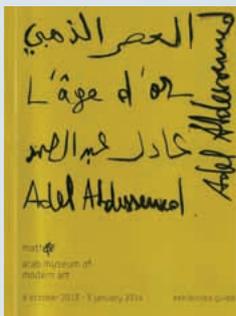
Our goal in creating this program was to try to help students to look at all issues differently, and objectively.

At the end of the conversation, they're more aware that there is always another side to the story.

“There are many researchers very interested in nature, so it’s our responsibility in Qatar to go and find that beauty of the desert”

New initiative to detail Qatar’s wildlife

PUBLICATIONS
REVIEW



L'âge d'or

The Arab Museum of Modern Art released an exhibition guide for its current showing, Adel Adesmeded's *L'âge d'or*, which is French for 'The Golden Age'. The guide is printed in both English and Arabic. It begins with an introduction on the current display, mentioning that the artist's showcase work spanned a period of two years and that one of the pieces involved working with local university students. The booklet also states that the artist's work references the museum's architecture. In the guide, Hans Ulrich Obrist, an art curator, critic, and historian, writes about the artist and his introduction to the art world. There are also 11 pages featuring pictures which showcase Adesmeded's work, including snapshots of videos that are part of the exhibition.

Review by Azka Zia, a sophomore at Georgetown University in Qatar

Molly McHarg

The Writing Center Instructor at Virginia Commonwealth University in Qatar speaks to *QF Telegraph* about developing writing skills and learning Arabic at Qatar Foundation

Article written by Azka Zia, a sophomore at Georgetown University in Qatar

Tell us about your role

I work in the Writing Center at Virginia Commonwealth University in Qatar (VCUQatar). Contrary to popular belief, I do not sit and edit grammar all day; I primarily work one-on-one with students to develop their writing skills.

I love my job because there are always new and different initiatives to work on. I particularly enjoy working with the peer tutors employed at our center.

The peer tutors are amazingly talented and I am always humbled and fortunate to learn from their expertise.

In addition to my regular employment at VCUQatar, I am President of the Middle East-North Africa Writing Center Alliance and I sit on the Executive Board of Qatar TESOL (Teachers of English to Speakers of Other Languages).

What topics would you like to see debated?

I would like to see dialogue and discussion leading to deeper understanding of issues, rather than confrontation.

What advice would you give to



someone who wants to follow a similar career path to yours?

Come and talk to me! I'm very passionate about my work. I think

it is often surprising for people to learn that Writing Center work is a field of its own.

There is a vast amount of



scholarship and research being done in writing centers, particularly in the Middle East, and I welcome anyone who is interested to learn more.

Apart from your own workplace, what part of QF's operations interests you the most, and why?

I am very interested in the growth of the Translation and Interpreting Institute.

I have enrolled in some of the Arabic courses there. It is my dream for me and my children to become fluent in Arabic.

What are the best things about living in Qatar?

Everything. I absolutely love Qatar. My husband and I moved here in 2005, planning to stay for one year – and that was more than eight years ago! We now have two kids and are quite settled.

I think it's the best place in the world to raise kids. I also love the diverse, international population, and I love being part of the country's growth and change.

New initiative to detail Qatar's wildlife

Mobile e-Nature app launched to foster local environmental values

A NEW mobile app, called 'Qatar e-Nature', about Qatar's flora and fauna, has been launched by Qatar Foundation's (QF's) Dr Saif Ali Al Hajari.

Dr Al Hajari, Chairman, Friends of the Environment Center (FEC), said the initiative, which is the outcome of a Memorandum of Understanding between FEC and energy and chemical company Sasol, is also working in association with the 'A Flower Each Spring' program, which was founded by Her Highness Sheikha Moza bint Nasser, Chairperson of Qatar Foundation.

Dr Al Hajari said it also fits in with QF's focus on Education, Research, and Community Development and planned to work with the three pillars of private, public, and non-governmental organizations. "This is not just infor-



The launch of the 'Qatar e-Nature' app

mation; we want to change behavior, we want to see more values by giving them this information, we want people to respect and protect nature," he said.

The interactive application contains information in English and Arabic, as well as pictures of plants, insects, and

birds, as well as the songs of native and migratory birds and it will be continually updated with new species.

Users are also able to submit photographs for identification or for moderators to consider adding to the gallery.

Dr Saif added: "The user-friendly

'Qatar e-Nature' app will serve as the go-to resource for understanding and appreciating the rich nature of Qatar, accessible to anyone with a smartphone, tablet, or PC. We laud Sasol's efforts to bring such esoteric knowledge to the mainstream in a fun and interactive way.

"By understanding nature we will be able to protect nature and benefit from nature and be able also to convey the information of the desert to others. There are many researchers very interested in nature, so it's our responsibility in Qatar to go and find that beauty of the desert."

The app is available to download on Apple, Android, Windows, and Blackberry phones or tablets, with the website www.enature.qa for personal computers.



Voicing the views of students

Elected representatives provide the opportunity to be heard by universities

EDUCATION City provides a wealth of activities and opportunities for students studying at Hamad bin Khalifa University (HBKU) and its partner universities.

These include social activities, as well as career and personal development opportunities. The decision-making process behind what takes place both inside and outside the lecture theater is not just undertaken by faculty and university management.

All universities across Education City have student councils, which are elected by the student body to represent them in communicating with university staff on a range of issues, as well as meeting the social needs of the students.

QF Telegraph looks at the process of electing these councils from behind the scenes at Qatar Faculty of Islamic Studies (QFIS), including how the representatives are selected and how much impact they can really have.

The faculty recently inaugurated this year's student council at a ceremony on 11 December.

Aboubacar Younga, outgoing Student Council President and Master's student in Contemporary Jurisprudence at QFIS, handed over to the new Student Council President, Oussama Eraky, a second year Islamic Finance Master student.

Younga outlined the successes of the previous student council in bringing students in the faculty together as a community, to the benefit of their social and professional networks. While he will no longer be part of the council, he will work alongside the new team to guide them in a handover period.

As Eraky took over, he said that he wanted to launch more sporting activities, especially to encourage more women to participate, and to arrange debates and lectures and increase their communication with other divisions of Qatar Foundation (QF), Qatar, and around the world.

He said the council worked as a



Members of the QFIS Student Council working together for members of their student body

team to get elected.

"It is teamwork, I don't work alone and our slogan was 'Together we do it better'," he said. "We have been brainstorming and started with some events and activities to attract students to take part. At QFIS, most of the students are working and have a family and so they don't have enough time for everything.

"But we want to establish some weekly events, as well as holding a big event every semester, such as *Ummrah*. We want to share ideas. We have 75 nationalities at QFIS and we want to attract them from this point to come and get to know each other."

QFIS's student council represents a large body of 300 students, said Dr Remah Gharib, Assistant Professor of Architecture and Urban Design at QFIS, who helps to organize and oversee the process of the student elections.

He explained that students regis-

ter through the Admissions Office if they are interested in being part of the student council and after the deadline for registration, the Admissions Office circulate the list of names to its students by email.

CANDIDATES may publicize themselves by putting up posters around the QFIS campus, which is based in the Liberal Arts and Sciences building, and in discussions with their classmates.

A week later, the election will start, and span two days, using a paper balloting system. Representatives from both the faculty and students count how many votes each registered person wins.

The candidate with the highest proportion of the vote becomes President, while the second becomes Vice President, the third Treasurer, and subsequent positions are allocated according to the number of votes received.

Four successful representatives form the council at this point, which then meets to decide who will carry out roles in different sub-committees, which address specific issues, such as sports, education, and culture, building the team up to 10-12 people.

Dr Gharib said that the faculty does not interfere in the process once the basic framework is put in place,

Qatar Faculty of Islamic Studies has

300 students
who represent **75** nationalities

but once the President and Vice President are elected, the faculty and administration are there to serve the council in its requirements and a dedicated member of staff will connect the council to the Dean's Office and Student Affairs Committee.

UCL Qatar's student council recruits representatives from each of its programs of study, who put themselves forward to their coursemates to explain why they would like the position of student representative.

Robert Carter, Senior Lecturer, UCL Qatar, said that this process has worked well in UCL Qatar's first two years as the group numbers are small.

"We may re-evaluate the election process for next year as numbers continue to grow," he said.

The elected representatives can then raise any concerns on behalf of their fellow students at the Staff-Stu-

dent Consultative Committee, and are invited to attend meetings of the Teaching Committee, which focuses on academic issues.

Faten Shunnar, Assistant Director of Student Affairs - Events and Alumni Relations, Weill Cornell Medical College in Qatar (WCMC-Q), said the students vying to become representatives for WCMC-Q's student council are given two to three minutes each to present their manifesto ahead of voting.

She said that the students get involved in the curriculum, and have the opportunity to affect the curriculum itself.

Shunnar added that other input includes Convocation, choosing achievement award winners conduct service learning trips, adding that the student council is also the first point of call for communication to students from the Dean.

"We want to share ideas. We have 75 nationalities at QFIS and we want to attract them from this point to come and get to know each other"

BUSINESS CARD



What does your day-to-day role at QatarDebate involve?

I am responsible for organising any events run by QatarDebate, including events held with schools and universities. I also help arrange events with outreach countries and contribute to the organization of conferences.

What are the benefits of working for Qatar Foundation (QF)?

QF has given me the opportunity to find myself over the past five years and progress my career. I am given the time to implement what I learned at university. I also get to apply my own thoughts and ideas within my role.

Before coming to QF I worked in education, which was a little restrictive. QF gives you freedom to achieve and progress. Everyone at QF is well educated and open-minded. People are open to new ideas. It makes for an excellent working environment.

What changes have you seen to QF since you started working for the organization?

I have seen a lot of change. I see different people coming to work all the time.

The people who work for QF are very talented – it's wonderful to see the right people being employed in the right areas.

QF is encouraging education in Qatar and around the world – and that extends to the staff.

There are many courses and workshops that are organized to help people improve all the time. QF offers fantastic opportunities.

What is the most challenging part of your work?

Continuing education can sometimes be challenging. Sometimes you need to attend a workshop for a week, which makes it difficult when you get back to work.

Constantly improving is great, but occasionally it makes the job quite hard.

What is the most interesting initiative you have been involved in since you began working at QF?

The International Debate Championship was fantastic. It involved many participants from different countries, including Canada, America, Australia, and Singapore.

It was all in Arabic and very interesting. The people involved changed dramatically as a result of the event – I could see them grow and develop, and it was all thanks to QatarDebate.

Do you use social media, such as Twitter and Facebook, as part of your work?

Part of my job is to use social media regularly. We often need to keep in contact with various QatarDebate participants, and Twitter and Facebook are great ways of issuing important information, including the promotion of numerous events.

600 students attend 'Medicine Unlimited'

WCMC-Q fair provides platform for students interested in medicine



WCMC-Q students view examples of what they would learn in medical school at the university's sixth annual career fair



WEILL Cornell Medical College in Qatar (WCMC-Q) held its annual recruitment fair, 'Medicine Unlimited', on 30 November.

Now in its sixth year, the event promotes healthcare careers to high school students, while offering a glimpse of life at WCMC-Q.

Hundreds of students and their families attended the career fair, which was held in two locations: the Hamad bin Khalifa University Student Center and WCMC-Q's reception area.

Visitors were able to view demonstrations, take part in numerous interactive displays, and obtain information from 20 stalls, including transplant surgery, anatomy, pediatrics, research, pathology, physics, chemistry, and biology. For the first time, the event featured a stall about WCMC-Q's Foundation Program.

Dr Rachid Bendriss, Assistant Dean for Student Recruitment,

Outreach and Foundation Programs, said: "'Medicine Unlimited' is our premier student recruitment event.

"We invite students and their parents and expose them to life at WCMC-Q through a variety of means. They get to meet current students, faculty, and staff, while also experiencing a range of interactive activities. There are also poster presentations from current medical students, a host of stalls, and numerous demonstrations."

Dr Bendriss said the event was very important to WCMC-Q, particularly when it comes to attracting Qatari students.

"We've had a really good turnout; approaching 600. We've also had a lot of Qatari students, which is very encouraging. In some courses we have close to 50 percent Qatari students – that's a figure of which we're very proud."

Dr Bendriss said Medicine Unlim-

ited provided an excellent platform for students who know they want to pursue a career in medicine, as well as those who are unsure whether they want to go into healthcare.

"Some students don't really know what medicine is all about until they try it. They have to experiment with it and discuss the various aspects with as many different people as possible. This kind of event breaks the ice for those students who aren't sure and gives them an idea whether medicine is for them or not.

"There are many students, however, who arrive at the event knowing they want to have a career in medicine and this event emphasizes their interest in that area."

The fair ended with a quiz for the prospective students, many of whom will be hoping to follow in the footsteps of the 147 alumni who have graduated from WCMC-Q since it opened its doors in 2002.

DID YOU KNOW?

QatarDebate is the National Debating Organization for Qatar and a member of Qatar Foundation. QatarDebate was established to develop, support and raise the standard of open discussion and debate among students in Qatar and across the Middle East.

Ibrahim Abu Motier
"It's the first time I've attended the event and I found it very interesting, particularly the research and pathology areas. Before I came today, I already knew I wanted to study at WCMC-Q. It is a very impressive facility and I am very keen to come here. My dream is to become a doctor."



Diana Jubeily
"It's been really well attended and our stand has been very busy. We've been running the lab visits every 20 minutes. We've also been testing people's Body Mass Index (BMI) and metabolism. It's just another part of showing the students the kind of work we do at WCMC-Q."



Bilal Ghazal
"WCMC-Q has found a way of presenting information in an imaginative and informative way. Everybody has been very helpful. The lab visit was very interesting as it involved practical experience; something you can't really get at school. After today, I would certainly like to study here."



The **BIGGER** Picture

“Seventy-two players from different Qatar Foundation (QF) centers and directorates, as well as from other clubs and organizations around Doha took part”

QF Recreation Services holds squash tournament

SPORTS IN BRIEF

Focus on men’s health and fitness at Awsaj

■ Awsaj Recreation Team has organized the ‘Men’s Health Program’, an initiative to encourage fitness and a healthy lifestyle which starts on 13 January 2014 and runs until 7 March.

To register, visit Awsaj Recreation Building 2, from 12 December, between 7.30am and 9.45pm.

Registration will be completed at the Awsaj reception only, and reservations sent via email will not be accepted.

Take your QF ID card with you, as the registration will be performed using the electronic sign-in system.

Activities will include football for fitness training, and various other classes to help improve the levels of fitness of those who join in the program.

Sports articles written by Saad Khan, a Communications Senior at Northwestern University in Qatar



QF Recreation Services holds squash tournament

The Education City Squash Open Tournament took place at Education City Clubhouse from 3 to 7 December. Seventy-two players from different Qatar Foundation (QF) centers and directorates, as well as from other clubs and organizations around Doha took part, competing in seven categories.

The categories were based on the ages of the

competitors, with contests held for both men and women, ranging from age eight to adult.

Muddu Madakyaru, one of the players in the tournament, said: “Thank you to the QF Recreation Services staff for giving us the opportunity for a healthy Squash Open competition. We are eagerly awaiting the next tournament.”

Haytham Gouda, father of Ashraf Haytham

Gouda, who won first place in the Under-10 tournament, said: “All of the organizers demonstrated a spirit of friendship towards the competitors. It was a pleasant event for me to watch and for my children to take part in,” he added. “I’m sure all of those who participated this time will be looking forward to the next event of its kind.”

PRIVILEGE PROGRAM

QF members are entitled to discounts and special rates at a variety of outlets and amenities upon showing their QF ID.



CURRENT OFFERS

Titanium	20-30%
Bambinos	15%
Fauchon Paris	10%
Tivoli Furniture	30%
Rabshah Furniture	35%
Gulf Flowers Furniture	35%
Top Furnitures	35%
Youth Furnitures	35%
Grand Heritage Doha Hotel & Spa	15%
Lone Star Jewelry	15-30%
Al Sulaimen Jewellers WLL	45-55%
Qatar Optics	25%
Flying Carpet	15%
Ozone	10-15%
Al Malaki Men’s Requirement	25%
Al Jaber Opticians	25-30%
Yateem Optician	10-50%
Milano Sports	20%

Six Senses Spa (Special price list on QF Portal)	
Jaula Spa & Club	
(40% for membership)	
Coucher Du Soleil	
(25% for all spa and hair services)	

VALID TO JUNE 2014

Al Jazeera Perfumes	25%
Rose Salon	15%

VALID TO JULY 2014

VLCC	15%
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VALID TO SEPTEMBER 2014

Her Avenue Salon & Spa	25%
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ONGOING OFFERS

Qatar Airways (Up to 12% for sectors outside GCC, up to 5% for sectors inside the GCC, subject to conditions)

AXA (home, travel, and vehicle insurance)	10%
Lollipops	20%
Mosafer	15%
Samsonite	15%
Inglot	10%
(Discount after minimum purchase of QR150)	
Naturalizer	10%
Levi’s	15%
Roots	20%
Guess	15%
Morgan	15%
Lab	20%
Karisma	10%
Bench	10%
Garage	10%
Arts & Gems WLL	25-40%
Al Muftah Center	10-35%
TGI Fridays	10%
DHL Express	30%
Aramex	

(QF staff free shop and ship registration, QF students 50% discount)	
Nissan-Saleh Al Hamad Al Mana	
(Special price list on QF Portal)	
Mannai Trading Company	
(Special price list on QF Portal)	
Qatar International Beauty	
Academy-Tajmeel	20%
Nasser Bin Khaled & Sons Co	
(10% on labor charges and 30% on spare parts)	
Relax Spa	5-10%
Ezmiralda Beauty Center	25%
Piano Beauty Lounge	20%
LIFETIME OFFER	
Unique	10%
More details about offers and discounts, including a number of savings on hotel rates, can be found on the QF Portal or by emailing pprogram@qf.org.qa	

“It is good that QF holds these kinds of events because they’re helping people like me to learn how to live a healthy lifestyle”

Maintaining a healthy diet

QUR'ANIC BOTANIC GARDEN



Botanical terms

Arabic name: *Tal'*
English name: Inflorescence of a palm tree

Term Definition

Tal' is the inflorescence of a palm tree as long as it is inside its spathe or sheath.

It contains a large number of peduncles, each carrying many flowers.

The enclosing sheath becomes woody when dry.

The *Tal'* of the palm tree, whether male or female, is composed of a large number of peduncles (stalks) overlapping each other inside the sheath.

When the sheath opens, the peduncles come into view with all their flowers.

Botanists use the term *androecium* for *tal'* to refer to the male organs in the plant which contain the pollen grains.

In the Holy Qur'an and Hadith *Tal'* is mentioned twice in the Holy Qur'an.

Allah the most merciful, the most compassionate says:

“And corn-fields and date-palms with spathes near breaking (from the weight of the fruit)?

Ash-Shuara, Chapter 26, verse 148.

Ahmed El Gharib
Assistant Researcher

© To find out more about the Qur'anic Botanic Garden, email: qg@qf.org.qa

Maintaining a healthy diet

Food and Nutrition Services offers classes for diabetic-friendly meals

A COURSE on diabetic cooking has helped the Qatar Foundation (QF) community to lead a healthier lifestyle.

The course, held by Food and Nutrition Services at the Qataf Kitchen in the Community and Recreation Center, demonstrated how to cook different, diabetic-friendly dishes, every week for four weeks, ending on 25 November.

One attendee, Lorina Villanueva, said she had already tried cooking some of the dishes she had learned in the classes, which included chicken and vegetable broth and quesadillas, at home.

She said: “I came on this four-week course because I am interested in learning how to cook for a healthy diet. I successfully remade the dish we learned on the first day.

“I signed up for the course because I had a check-up and doctors said that my blood sugar levels indicated that I am on the borderline of having diabetes. It is good that QF holds these kinds of events because they’re helping people like me to learn how to live a healthy lifestyle.”

Another attendee, Sharon Hollinsworth, added: “I just think it’s sensible to know how to cook healthily. I’m trying to make some changes



A chef showing attendees how to cook healthy, diabetic-friendly meals at a course held by QF Food and Nutrition Services

Tried & Tested

in my diet and I came along to learn lots of tips and cooking techniques. It has been great, and I have learned recipes that I will cook again, although some of them require more talent than I have. I think the kitchen facilities are great and the cooks are wonderful.

“They have answered all our questions and always give us ideas on how to vary the recipes,” she said.

Abigail Rosales, Nutrition Program Coordinator, QF, said: “Diabetic people have a misconception that they can only eat limited food, which is often tasteless.

“We tailored this cooking class to educate the community that there is still a wide variety of healthy and tasty choices.

“The diabetic cooking class is important to teach people which foods

they should eat, when, and how much they should eat.

“With the help of the chef from Al Danah, we have covered four different cuisines, providing healthy substitutes for the foods they should avoid, like using wholegrain products instead of refined ones.

“A diabetic diet isn’t boring; it just takes a little pre-planning and knowledge.”

Facts to help combat heart conditions

WCMC-Q’s Your Health First initiative spreads important message by providing information



WEILL CORNELL Medical College in Qatar (WCMC-Q’s Your Health First initiative looks to get an important message across by providing the facts.

Heart disease – also known as blood vessel disease and cardiovascular disease – includes numerous problems, many of which are related to a process called atherosclerosis.

Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

A heart attack occurs when the blood flow to a part of the heart is



blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Most people survive a first heart

attack, but having one means you must make some changes. A doctor will advise about medication and lifestyle changes, according to how badly your heart has been damaged.

To help prevent heart disease and heart attacks

- Monitor, prevent, and control high cholesterol levels, high blood pressure, and diabetes.
- Maintain a healthy body weight.
- Engage in regular physical activity. Adults should engage in moderate-level physical activities for at least 30 minutes on most days of the week.
- Do not smoke or use tobacco products.
- Eat lots of fresh fruits and vegetables.
- Reduce your salt intake.
- Eat less saturated fat and cholesterol.
- Consult with your doctor when needed. Preventative check-ups at periodic intervals are a good idea.
- Remember, it’s your life, your future, your health first.

Insights into the Qatar Foundation community

FROM QATAR FOUNDATION

Daily, at 15.00, in both Arabic and English

QF Radio provides its listeners with insights into the Qatar Foundation (QF) community through its *From Qatar Foundation* series.

During the show, interviews with QF staff, students and faculty at Hamad bin Khalifa University partner universities, as well as visitors to QF and to QF-hosted events, are broadcast to help engender a sense of community across the various QF entities.

Mona Becket, *From Qatar Foundation* Presenter, explained: "We speak to people at QF, as well as those who are interacting with QF, in order to see what's on their mind and what's important to them. When we speak to students, we ask them what made them choose to study at QF.

"Our team later finds out what the students think after they have been here for a while and had a chance to settle in and get to know their new

home. We want to hear the students' stories and thoughts about their exciting journey, and to hear how their QF experience has helped each of them to achieve their aspirations."

From Qatar Foundation also provides QF Radio listeners with the opportunity to hear about many of the events, conferences, and summits that are continually taking place at QF.

In the latter part of 2013, the *From Qatar Foundation* team was present at the World Innovation Summit for Health (WISH), the World Innovation Summit for Education (WISE), and the QF Annual Research Conference 2013 (ARC13), where it offered the station's listeners the inside track on developments taking place at these major global gatherings.

QF Radio is broadcast in Arabic on 93.7FM and in English on 91.7FM, or listen online at www.qfradio.com



Spiritual Hour

Start your day with spiritual reflection

Daily

06.00

Rise

Breakfast show with the latest news

Sunday to Thursday

07.00

Innovations

Science, technology, and the environment

Tuesday

18.00

From Qatar Foundation

Highlights from the greater QF community

Daily

15.00

Factoids

Short reports on diverse topics

Daily

Throughout the day

Follow QF Radio on
facebook and twitter



QF Radio is available in Arabic on 93.7 FM or online via www.qfradio.com

QF Radio's programs can be downloaded via iTunes. The station can be found under Radio > International > QF Radio.

QATAR PHILHARMONIC ORCHESTRA

UPCOMING CONCERTS

An evening devoted to Richard Strauss



Qatar Philharmonic Orchestra performing

QATAR Philharmonic Orchestra (QPO) is on a short winter break, but will return in early January with a host of concerts, starting with the next in its ongoing monthly series of free performances at the Museum of Islamic Art (MIA), a program of music by QPO violinist MAias Alyamani.

Just two days later, QPO returns to its home in Katara Cultural Village to perform a program solely consisting of compositions by Richard Strauss.

CHAMBER MUSIC SERIES: MAIAS ALYAMANI'S MEMORIES FROM SYRIA MIA

Thursday, 9 January 2014 at 6pm
QPO's free recital in the spectacular setting of the atrium of the MIA, part of QPO's monthly free Chamber Music Series, showcases the work of musician and composer MAias Alyamani.

Alyamani is currently Violin 2, Sub-Principal, with the 101-piece orchestra, and the compositions featured during the evening's repertoire draw on the composer's

childhood growing up in Syria.

MISCHA MAISKY PLAYS DON QUIXOTE Opera House, Katara Cultural Village

Saturday, 11 January 2014 at 7.30pm
In 1993 QPO's Musical Director Han-Na Chang played for Mischa Maisky's master classes in Siena, Italy, then studied cello with him privately.

A year later she competed in the Fifth Rostropovich International Cello Competition and was awarded both the First Prize and the Contemporary Music Prize – at the age of 11. Now they make music together as conductor and soloist.

The evening's program is dedicated to the music of Richard Strauss, and features performances of the German composer's *Don Juan*, *Death and Transfiguration (Tod und Verklärung)*, and *Don Quixote*.

For further schedule information, including how to book tickets, visit www.qatarphilharmonicorchestra.org

Paintings, Sculptures and Projects Garden

Until 9 February 2014

Mathaf: Arab Museum of Modern Art hosts 'Paintings, Sculptures and Projects Garden', an exhibition that refers to art histories and urban projects that influence artistic creation. The *Paintings, Sculptures and Projects Garden* exhibition will be cultivated to grow with new works from Mathaf's Collection to explore different narratives and to offer direct access to art for Qatar residents and visitors, while sharing histories using research and education projects within the museum. For more information, see www.mathaf.org.qa

EVENTS

JANUARY 2014

Art Exhibition: L'âge d'or
Until 5 January
www.mathaf.org.qa
Mathaf: Arab Museum of Modern Art continues to present the *L'âge d'or* exhibition of works by the artist Adel Abdessemed. Curated by Pier Luigi Tazzi, the show includes recent works of the artist, such as drawings, sculptures, paintings, videos, and several works created specially for the exhibition in Doha.

Art Exhibition: 'Magdi Mostafa Sound Element'
Until January 5, 2014
Mathaf: Arab Museum of Modern Art hosts 'Project Space: Magdi Mostafa Sound Element', an exhibition by Egyptian artist Magdi Mostafa which



Basketball Social, every Thursday from 6-8pm

explores the dialogue between sound and space. The artist will continue his ongoing series of installations that blend experimental electronic and sound sonics.

Email mathaf_info@qma.org.qa or call 4402 8855 for more information.

'Thinking Like a Policy Analyst' Training
Until 14 January
Qatar Faculty of Islamic

Studies is offering training to bring together various aspects of Public Policy in Islam. It will introduce and shed light on contemporary social and economic challenges from an Islamic-based perspective. For registration visit ebenabdenmebi@qfis.edu.qa

THIMUN Qatar Conference
28-31 January, 2014
The Hague International Model United Nations

(THIMUN) conferences bring together students with a diverse set of experiences and backgrounds from around the world to learn and share ideas. THIMUN Qatar Conference, a joint project between Qatar Academy and the THIMUN Foundation, is to be held at Qatar National Convention Centre, will attract participants from around the world.

See www.qatar.thimun.org for more information.

ONGOING

Basketball Social
Every Thursday, 6-8pm
Shoot a few hoops in a friendly atmosphere at the Education City Clubhouse multi-purpose court. All skill levels welcome. Meet at the Clubhouse reception. No prior registration is required. Call 4454 0829 or email clubhouserecreation@qf.org.qa for more information.

Piano and Violin Lessons
Every Saturday
Take the opportunity to learn to play the piano or the violin with instructors from overseas at the Ain AlQot Theater of the Community and Recreation Center. For registration, or more information please contact 4454 0824 or email communityservices@qf.org.qa

All activities below are for QF members and students only.

RECREATION CENTER

COMMUNITY AND RECREATION MOVIES

Tuesdays, Thursdays, and Saturdays. Times: 4-6pm. Open to all QF staff and family members. Ain AlQot Theater, 2nd Floor Recreation Center. For information email: communitysupport@qf.org.qa

HEALTHCARE

The Medical Center
Sun-Thurs: 7am-4pm and Sat: 8am-noon. Tel: 4454 1342

Nutrition Services

Sat, 10am-6pm, Sun, 8am-4pm, Mon, 10am-6pm, Tues 10am-6pm and Wed 8am-4pm, Thu, 8am-4pm. To schedule an appointment with a nutritionist email nutritionclinic@qf.org.qa

SPORT AND FITNESS

Swimming

Public swimming (Olympic pool - early laps only): Sun-Thurs: 5.30-8am
School swimming time: 7am-2.30pm, Sun-Thurs. Public swimming: 2.30-3.30pm (Olympic pool, laps only); 3.30-9.45pm (all three pools). Exceptions apply. Fri and Sat public swimming, 8am-9.45pm. Children's swimming courses QR250. Call 4454 0801 for details.

Jacuzzi, spa and sauna

Fai Club (women) and Al Wahaa (men) run Sat-Thurs, 1-9.45pm. Closed Fri

Faculty and staff soccer

Pitch 1, 6-8pm, Sun

Volleyball

Green floor gym, 4.30-6pm, Mon

Basketball

Green floor gym, 7-9pm, Tues

Floorball

Wooden floor gym, 7-9pm, Tues and 10am-12noon, Sat

Indoor football

Green floor gym, 5.30-7pm, Wed

Badminton

Wooden floor gym, 6-9pm, Wed
Green floor gym, 10am-1pm, Fri

Squash

Squash court, 5-7pm, Thurs
Ladies only: Squash court, 4-5pm, Sat

Water polo

Olympic pool, 4-6pm, Fri

Circuit training

Mon and Thurs, 4-4.45pm. Free

Fitness evaluation

A new program to help members develop a suitable exercise regime. Contact any Community Recreation Center fitness instructor for details. Sun-Thurs, 5.30-10pm

Children's football

For youngsters aged 6 to 17. Tues, 2.30-3.30pm and 3.30-4.30pm
Classes cost QR400 per week. Call or email Community and Recreation Center for details.

Zumba

Tues and Wed 4.30-5.30pm, activity room. Sessions cost QR30 per class or QR250 for 10 sessions. Call or email Community and Recreation Center to reserve your place

Ladies' aerobics

Wed, 4.30-5.30pm, Sat 10.30-11.30am. Free.

EDUCATION CITY CLUBHOUSE

SPORT AND FITNESS

Jacuzzi, spa and sauna

Male and female spas open from 1-10pm every day except Tuesday.

Circuit training

Wed, 5-6pm, Sat, 8.30-9.15am. Free.

Tennis lessons

Individual classes cost QR35 for half an hour, QR60 for one hour, or QR500 for a block of 12. Payment by credit card only. Contact Education City Clubhouse for details.

Ladies' aerobics

Tues, 9-10am and Tues, Thurs and Sun: 5-6pm. Free. Contact Education City Clubhouse.

DINING

Lebaina Restaurant

Sun-Wed: 6am-9.45pm
Thurs-Sat: 6am-10.45pm
Breakfast served daily 6-11am

The Grill

Sun-Wed: 4.30-9.45pm
Thurs-Sat: 4.30-10.45pm

Meseika Snack Bar

Sun-Wed: 6-9.45pm
Thurs-Sat: 6-10.45pm

CLUBHOUSE MOVIES

Tuesdays (7-9pm - over 18s only), Thursdays (7-9pm), Fridays (3-5pm) and Saturdays (3-5pm). Open to all QF staff and family members. EC Clubhouse. For information email clubhousecommunity@qf.org.qa

COMMUNITY SUPPORT SERVICES

Sun-Wed: 8am-10pm
Thurs-Sat: 8am-11pm

AWSAJ RECREATION CENTER

OPENING HOURS

7am-10pm

Swimming pool

Sun-Thurs: 7am-3pm - School time; Sun-Sat: 3-6pm Public swimming; Tues 9am-noon, 5-8pm Ladies' time; Fri: 7am-6pm Public swimming

RECREATION ACTIVITIES

Kids' activities

Football with Richard, 4-5pm, Sun
Football with Adrian, 4.30-5.30pm, Wed

Football with Adrian

4-6pm, Tues and Thurs

Futsal with Flavio

9-10am, Fri

Basketball class

4-7pm and 9am-3pm, Tues, Fri and Sat

Kids' taekwondo

2-4pm, Tues and Thurs

Kids' boxercise

3-4pm, Wed

Swimming

Otters: 4-5pm and 3-4pm, Sun and Tues; Turtles: 5-6pm and 4-5pm, Sun and Thurs; Dolphins: 3-4pm, Monday and Thurs; Guppies: 5-6pm, Mon and Sat; Sharks: 6-7pm, Mon and Sat

HEALTH AND FITNESS

Insanity workout

4-4.45pm, Mon, Wed and Sat

Circuit training

5-5.45pm, Sun and Tues

Adult learn to swim 1

6-7pm, Wed

Breathing technique

5-6pm, Wed

Ladies learn to swim 2

9-10am, Sat

Ladies' aqua fitness class

5-5.45pm, Tues

Adult taekwondo class

5-6pm, Mon and Wed

SOCIAL ACTIVITIES

Badminton social

5-7pm, Sun

FACILITIES

Multipurpose hall (basketball, badminton, football, climbing wall, and volleyball courts); Outdoor football court with running track (Pitch 4); 25-meter swimming pool; Awsaj Recreation Mixed Fitness Center; Ladies' fitness room; Studio

For more information please contact awsajrecreation@qf.org.qa or call 4454 2549

HEALTHCARE

LULU EXPRESS

Dental clinic

Based inside LuLu Express building Sat-Thurs: 7-11am

Fri: 5-9pm

By appointment only. Tel: 4454 1244

General Physician

Based inside LuLu Express building Sat-Thurs: 7am-10pm; Fri: 1-9pm
Call: 4454 1244 for details or to make an appointment.

SHOPPING

LuLu Express

Daily: 7am-11.30pm
Tel: 4480 0448

OPENING HOURS

Open daily until midnight during

STUDENT CENTER

exams up to 16 December, then, Sat-Wed: 7am-10pm; Thurs: 7am-Midnight; Fri: 1pm-Midnight.

SHOPPING

iSpot

Sat-Thurs: 10am-6pm

Sidra

Sat-Wed: 7am-10pm. Thurs: 7am-12am. Friday: 1pm-12am

Tribe Bookstore

Sat-Thurs: 8am-9pm

Xerox

Sat-Thurs: 9am-7pm

Kulud Pharmacy

Sat-Thurs: 10am-8pm

DINING

Continental Co

Sat-Thurs: Breakfast 7-10.30am. Lunch 11am-3pm/Dinner 5-8pm. Friday: Lunch 1-3pm/Dinner 5-8pm

Papa John's

Sat-Thurs: 10am-10pm. Friday: 1-10pm

Gloria Jean's Coffees

Sun-Wed: 8am-10pm. Thurs: 8am-11pm. Friday: 3-11pm

For venue details call Recreation Center, Tel: 4454 0801; Education City Clubhouse, Tel: 4454 0834; or Student Center, Tel: 4454 0288; or Awsaj Recreation Center, Tel: 4454 2549; or find Qatar Foundation Recreation Services on Facebook