

## THE NEXT GENERATION

Dr Hayat Maarafi, Executive Director of QatarDebate, explains why the organization is expanding its program to reach out to a younger audience **Turn to page 7**



## HOT TOPIC REVIEWED

Can QF protect Qatari culture? Mohammed Al Kuwari, Housing & Residence Life Coordinator, responds to a staff survey **Find out on page 4**



# Qatar Foundation Telegraph.

Unlocking human potential.

ISSUE 46 THURSDAY 17 NOVEMBER 2011

**Community development** QF's partnership with FC Barcelona aims to unlock human potential

# The value of sport

**THE ROLE** sport can play in driving community development was the focus of Qatar Foundation's (QF) participation in the ASPIRE4SPORT Sports Congress and Exhibition.

Affirming its focus on sport as a platform to reach a wider audience, QF had a significant presence at the congress, held at Aspire Dome from 12 to 15 November.

Both QF and its world-class equestrian center, Al Shaqab, participated in panel discussions as well as hosted hospitality booths on the main exhibition floor. QF also took part in two conference days, 'Sports Marketing Now – For Profit and For Good', on 13 November, and 'Forming a Sportive Society' on 15 November.

**AS A GUEST** speaker on the panel titled 'The International Experience: The Relationships Between Sponsors, Partners and Football Clubs', Haya bint Khalifa Al Nassr, Director of Communication and QF spokesperson, expressed the significance of the recent partnership formed between QF and FC Barcelona.

"Qatar Foundation looks to partner with elite institutions committed to developing people's abilities, in support of Qatar's transformation to



**"Qatar Foundation looks to partner with elite institutions committed to developing people's abilities"**

a knowledge economy," she said.

"FC Barcelona aims to be the unquestionable leader both on and off the field. Our partnership allows us to achieve these objectives together.

"It is a natural progression for Qatar Foundation to look to the sports arena as another platform

to reach out to the country's youth and enhance social and academic development by encouraging a healthy lifestyle."

The partnership, the result of a sponsorship agreement signed between Qatar Sports Investment and the soccer club, brings increased fo-

cus on sports, and thus social and human capital development, to Qatar.

The partnership provides QF with an opportunity to reach new international audiences and potential partners, which is necessary for the organization to successfully reach its ambitious goals and objectives.

## A GREEN FUTURE

Children take part in environmental project  
See page 2



**"This is a noble movie, relevant to our world, highlighting the role of Islam and the role of oil"**

Tahar Rahim on his role in the film *Black Gold*.  
Read more on page 5

## TEAMWORK

QFTelegraph learns how QNCC staff host major events  
See page 12





**“It’s the perfect way to show how the environment is important and how what we do now can last for years”**

See *Growing a green future*

## NEWS IN BRIEF

### ENGINEERS OFFERED TRAINING

Professors worked with Qatar Society of Engineers to host two short courses. Texas A&M University at Qatar delivered two modules to develop leadership skills. Building and Leading High Performance Teams, held on 13 November, equipped managers to lead motivated and effective staff. Project Management for Engineers and Managers, on 14 and 15 November, focused on how supervisors could manage available resources and plan more effectively.

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**Environment** Students join QF Vice Chairman Al Hajari for tree planting ceremony

# Growing a green future

**TREES PLANTED** by Qatar Academy students will stand for generations of people to enjoy.

Dr Saif Ali Al Hajari, QF’s Vice Chairman, helped the children take part in the Billion Tree Campaign, an environmental project supported by the United Nations Environment Programme (UNEP).

Speaking to them about why the day was important, Dr Saif said: “When I was young I planted a tree and I have never forgotten it. You will think of these trees when you are older and remember why it is important to look after the environment.

“These trees will grow and become part of an important system. They will become shelter and homes and shade. It is very important to look after the environment and nature. We need to start working to reduce emissions and make sure we look after the world.”

The 12 children will have their names attached to the trees they planted.

**TIMOTHY CHUTE**, Assistant Principal of the senior school, said: “It is just a fantastic project for the students to be involved in.

“They can feel part of a world-wide campaign and the trees will stand here for years for them to come back and see.

“It will be good for them to be able to show their parents – and even their children – where they planted the trees.”



Children from Qatar Academy take part in the Billion Tree Campaign

**“We need to start working to reduce emissions and make sure we look after the world”**

The planting was organized by QF’s Green Projects team and took place outside Texas A&M University at Qatar.

**AFAF AL AKER** and Sara Abbas, both 16, took part in the event with children as young as five.

Afaf said: “I think the event is great. It reminds us that we need to be responsible for the whole world.”

Sara added: “It is the perfect way to show how the environment is important and how what we do now can last for years.”

# MBA module focused on Gulf

**TRAINING.** MBA students gained a timely insight into the Gulf’s changing economies on a course held at HEC Paris in Qatar.

The module, called Global Business Perspectives Major, focused on sustainability and corporate social responsibility and forms one sixth of the institution’s HEC Executive MBA.

Thirty people from 10 countries took the class, which explored issues

facing Gulf economies fueled by hydrocarbon reserves.

Drawing heavily on guest lectures, it was designed to expose participants to a wide range of issues facing businesses and governments.

**JOSHUA KOB**, Director of Global Initiatives and Acting COO of HEC Paris in Qatar, said: “We are proud to have the opportunity to work with our partner institutions in Qatar

**“We are proud... to work with our partner institutions in QF as well as local industry and government leaders”**

Foundation, as well as local industry and government leaders, to offer a rigorous and comprehensive week of learning for our participants.”

Global Business Perspectives Major began with a series of sessions organized with Georgetown University – School of Foreign Service in Qatar and the General Secretariat for Development Planning, led by His Excellency Dr Saleh Al Nabit.

## Hollywood movie makers speak at NU-Q

A director and producer took time out from filming to speak to media students. Executive Producer John Norris and Writer-Director Tate Taylor, who made Hollywood hit *The Help*, visited Northwestern University in Qatar (NU-Q) to advise undergraduates on how to enter their industry. They were in the country for Doha Tribeca Film Festival, at which the movie was screened.



## QA-Al Khor fundraises for cancer research

Children dressed in pink and red to raise cash for breast cancer research. Pupils from Qatar Academy Al Khor took part in the annual fundraising event for a national charity. Students and their parents made donations, with classes competing to see which could raise the most money. All funds will be donated to Qatar National Cancer Society.



## Health International conference focuses on ways to prevent HIV infection in children



# Forum held to tackle AIDS

**DOHA INTERNATIONAL** Institute for Family Studies and Development (DIIFSD) hosted an international conference aimed at preventing the spread of HIV and AIDS.

'Family, Millennium Development Goals and AIDS in the Middle East: Linkages, Challenges and Opportunities' ran in cooperation with the Joint United Nations Programme on HIV/AIDS (UNAIDS) and the United Nations Children's Fund (UNICEF).

It aimed to highlight effective measures that health professionals, government officials and individuals can take to help those affected by HIV.

The symposium focused on how investment in children, young people and women can have a real impact on the virus's prevalence in the Middle East and North Africa region (MENA).

Topics discussed included prevention programs targeting children and teenagers most at risk and how families

influence young people's involvement in potentially dangerous behavior.

The goal of virtually eliminating mother-to-child HIV transmission was also debated.

Shahida Azfar, UNICEF's Regional Director, said that despite gains made during the past decade significant numbers of women, young people and children in MENA countries have HIV or AIDS.

In 2009, more than 6,400 babies and

children aged up to 14 years old in the region were living with HIV.

By 2011, the number had risen to 21,000 and about 94,000 people aged 15-24 had the virus.

Dr Richard Wilkins, Director of DIIFSD, said: "HIV is not a problem for small and isolated communities... the family must play a central role in dealing with the consequences of this virus, which has destroyed economies around the world."

## UN to see poverty proposal

**DEVELOPMENT.** A plan to combat deprivation will be submitted to the UN following a conference hosted by a QF member.

Doha Forum for Decent Work and Poverty Reduction was organized by Doha International Institute for Family Studies and Development (DIIFSD) alongside the International Labour Organization and the International Training Centre of the ILO.

It aimed to tackle poverty in the Middle East and North Africa (MENA) region and promote the Decent Work system, part of the Universal Declaration of Human Rights, to which Qatar is a signatory.

**"We have addressed the problem of youth unemployment in the region"**

A work plan will be presented to the UN early in 2012.

Amina Mesdoua, Director of DIIFSD's Family Policy Division, said: "We have addressed the problem of youth unemployment in the region, integration of women into the workforce and how to reconcile work and family responsibilities."

She added: "In this way, Doha Forum has helped achieve a better understanding of Decent Work, its impact on the Millennium Development Goals and poverty reduction in particular."

Recommendations from the forum included promoting lifelong learning and monitoring the labor market to ensure workers' skills meet market demand.

# An international forum for change

**RESEARCH.** Qatar Foundation's Annual Research Forum takes place this month with scientists from around the world discussing how the results of the country's research programs can help the developing world.

The event, now in its second year, will increase its focus on energy and environmental issues by devoting dedicated events to each.

Dr Abdelali Haoudi, Vice President for Research at QF, said: "The environmental and social challenges facing Qatar are shared by many of our neighbors and fellow communi-

ties in the region and abroad.

"Our work on energy and environment research is injecting renewed

**"Our work on energy and environment research is injecting renewed momentum into Qatar's journey away from a carbon economy"**

momentum into Qatar's journey away from a carbon economy and we are excited to be showcasing some of these efforts at the forum this year."

QF's Qatar Environment and Energy Institute (QEERI) will moderate a workshop on sustainable building design.

The session – open to academics, construction managers and other industry professionals – will explore the economic and technical feasibility of alternative energy and water conservation practices in Qatar and the wider Middle East.

With more than 60 percent of electricity in the GCC being used for air conditioning and maintenance, the workshop will focus on using different materials, designs, standards and codes for reducing energy consumption.

The forum will also feature parallel sessions and workshops on research in the fields of biomedicine, computing, arts, humanities, social sciences and Islamic studies.

The Second Annual Research Forum will be held from 20 to 22 November at Qatar National Convention Centre.

## CMU-Q students offered career advice

■ Top bankers visited a Qatar Foundation university to provide information about jobs. Citibank officers from the firm's Middle East and Europe division went to Carnegie Mellon University in Qatar (CMU-Q), where they gave a talk informing students of various career and internship opportunities available within their organization. The event was part of the university's Making the Connection lecture series.



## Medical students express creative side

■ The second edition of Between Seminar Rooms has been published at Weill Cornell Medical College in Qatar. The journal is created by medical and pre-medical students at the university and features poems, photographs and short stories. It is edited by Autumn Watts, the college's English Lecturer and Writing Centre Coordinator.





Hot  
The Right to Reply  
Topic

month in November that embraces the traditions of other countries represented on our campus, so we are working hard to instill a general attitude of respect and tolerance for other cultures.

"It is important to note that many of these events are open not only to students but to faculty and staff as well."

The Office of Faculty and Student Services encourages staff and students to participate in Qatar National Day.

Al Kuwari elaborated: "The traditional Qatari *Ardah* is a big part of National Day.

"When expatriates have the chance to see something unique like this they will take away with them an impression of a rich culture."

He stressed that this respect for culture must begin at home.

"We have a diverse team comprising Qataris, Westerners and people from other parts of the Arab world. When we have our weekly meetings we teach our non-Arabic speaking colleagues a word or phrase of the week in Arabic and we allocate the beginning of each meeting to talking about our families or other non-work related business to build strong links between us.

"In this way, we pass on Qatari cultural traditions and promote understanding between cultures."

# Can QF protect Qatari culture?

► Poll reveals most employees disagree that the organization's global ambitions undermine Qatari culture ► Efforts are being made to reconcile pressures of globalization and local customs ► But can these measures prevent the erosion of Qatar's traditions?

Since its launch, *QF Telegraph's* Hot Topic page has put the questions that matter to those in charge.

A new version of the feature introduced in June - Hot Topic, Right to Reply - revisits each issue to give the directorates concerned the opportunity to respond to the public vote.

**BACK IN FEBRUARY**, *QF Telegraph* asked: 'Are Qatar Foundation's global ambitions hindering its ability to protect Qatari values?'

At that time, a poll of 50 QF employees found a staggering 89 percent of them believed this was not the case.

*QF Telegraph* has returned to the issue to discover whether Qatari culture still enjoys the same level of protection.

Mohammed Al Kuwari works in the Office of Faculty and Student Services, Education Division.

Each year he oversees numerous cultural events staged to promote Qatar's values and traditions.

He said: "I believe Qatari culture and a global or Western approach to doing business can work alongside each other.

"Many people think that if we want to develop we have to forget our old ways.

"I disagree - I think we have to preserve our culture because, as a Qatari, I think we have a lot of qualities in our

traditions that can improve the Western model."

Al Kuwari, Student Housing & Residence Life Coordinator, points towards the Qatari practice of developing strong personal ties with professional associates, the high onus placed on honesty and integrity, and tolerance for other cultures as key qualities to be preserved.

He also believes ceremonial traditions should be protected and works with colleagues, including Director Jimmy Karam, to involve QF staff and students in cultural pursuits.

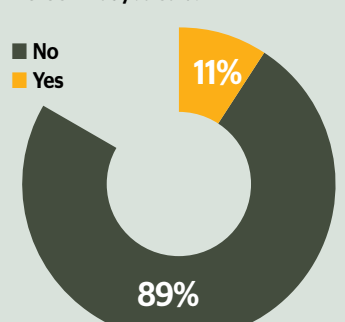
Past events have included the annual Qatar Games competition, which featured falconry, horse riding and traditional strategy sports such as *Al Dama*.

Karam said: "During Ramadan we organize *iftar* events for students and staff with traditional Qatari foods and crafts.

"We also organize trips to camel racing events, which is a key place for Qataris to meet and socialize.

"There is also the multicultural

**ON 24 FEBRUARY WE ASKED YOU: ARE QF'S GLOBAL AMBITIONS HINDERING ITS ABILITY TO PROTECT QATARI VALUES? Here's what you said.**



## 4 Hot Topic



Qatar Foundation is increasing its visibility on an international level ► Globalization helps QF export Qatari culture to the rest of the world ► But is QF doing enough to promote Qatari values?

## Can QF protect Qatari culture?

Through education, science and social development projects that aim to make a difference to the region and beyond, Qatar Foundation (QF) is increasing its visibility on the world stage. But as it continues to develop an international character, is it putting enough effort into protecting a Qatari identity?

IF THE STATE is to meet the goals described in the Qatar National Vision 2030 and take its place on the world stage then globalization must

be embraced. But globalization is a complex process, providing both challenges and opportunities. If not properly managed, Qatari culture could be overwhelmed. But through concerted effort, globalization also provides the opportunity to export that same culture to the rest of the world. QF is tasked with playing a leading role both in protecting Qatari culture and in promoting it to people in other nations.

Various centers separately run ongoing initiatives to help contribute to the protection of Qatari values and identity. The Cultural Development Center (CDC) is introducing Qatari culture to the world through international art and culture exhibitions and a digitization project that will allow online users to view rare documents belonging to its Heritage Library. These contributions will soon be on view through the Cultural Gateway project, bringing together contributions from different Qatari organizations.

from the region to create products that are both practical and a reminder of our culture." Globalization has helped market these products, said Al Mamari. "Beneficiaries of SDC have started to use the internet to sell their products."

One of our projects is to help skilled Qataris become entrepreneurs," she said. "With SDC's help young designers have modernized traditional designs on gowns and headscarves, using material

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**Have your say**  
Should QF do more to contribute to the protection of Qatari values and identity?

**Sarah Al Abdulla**  
Senior research analyst research division  
Not all of the Qataris that I work with have lost their Qatari identity. On the contrary, some become more attached to their culture, while others like myself respect our culture but keep an open mind to new concepts.

Language itself doesn't define one's culture or identity but being able to communicate with a common language can bring people of all cultures together.

I think an important step QF made sure it emphasized was that its official language was Arabic. I believe that globalization is an excellent platform for the introduction of Qatari culture.

**Fatem K Abu Jasser**  
Housing Assignment & Facilities Officer  
QFSS - Education Division

From my experience working for QF since 1996, I notice that Qatari identity within QF has been strengthened and a result of this is that their involvement has in fact enriched their culture and identity. QF has shown itself to be an Arab organization but one that is part of the international stage.

**Dr Basma Abdelgatar**  
Assistant Professor  
at Qatar Faculty of Islamic Studies

International organizations are a reality of the modern world and a necessity for any nation hoping to advance and to make global contributions. While openness may bring challenges of identity to any society, it is surely a question of loss or gain for the nation that chooses to open its doors to the world.

I believe that Qatar has already made impressive headway on the international stage.

**Al Jassem Al Hadeed**  
Business Support Manager  
Facilities Management Directorate

QF continues to contribute to the protection of Qatari values and identity through its initiatives such as the Cultural Development and Social Development centers. These initiatives promote public awareness and appreciation of Qatari rich culture and traditions while

Vote Now

ARE QF'S GLOBAL AMBITIONS HINDERING ITS ABILITY TO PROTECT QATARI VALUES?

89% No  
11% Yes





Black Gold actors at the press conference

**Media** Doha Tribeca Film Festival puts on a show to remember

# QF Radio talks to Black Gold stars

**THE FILM** that everyone has been talking about, *Black Gold*, was finally unveiled to members of the press at a special showing at Doha Tribeca Film Festival (DTFF).

QF Radio Show Host Mona Beckett and Producer Nabil Al Nashar represented QF Radio by attending the screening and following press conference.

Set in 1930s Arabia, *Black Gold* tells the story of two warring Amirs who make a truce that binds them to respect the no man's land between their desert kingdoms. When oil is discovered, the stage is set for control of the area and the riches it promises to yield.

**AS STARS** piled into the press conference, Mona made sure she was at the front of the action and was the first to pose a question to the panel. "What made you accept this role and are these the kind of roles you always like to accept?" she said.

Tahar Rahim, who played the wise and bookish prince Auda, was first to answer.

He said: "To begin with, when Director Jean-Jacques Annaud approached me with the script, I was apprehensive. My native language is French and I speak no Arabic, so I knew it would be a challenge. But that's why I took it. I like a challenge. This is a noble movie, relevant to our world, highlighting the role of Islam and the role of oil."

**THE CONSENSUS** among the panel was that *Black Gold* was a 'noble, universal' story that will usher in a new era of film in the Arab world.

**"This is a noble movie, relevant to our world, highlighting the role of Islam and the role of oil"**

**NABIL AL NASHAR** later attended a more intimate round-table session, sharing some one-on-one time with Jean-Jacques Annaud and asking him about the character of Auda. "He starts off as this geeky guy who can't fire a gun and in the course of a few weeks he transforms into this desert warrior," Al Nashar said. "At what point in the story does his character change?"

Annaud replied: "We all have different players inside of us. When Auda is galloping towards the tanks in a gesture of peace and they fire at him he has to survive through instinct."

"Sometimes you're in a situation where you have to act and you find something in you that you never thought you had."

Doha Tribeca Film Festival 2011 ran from 25-29 October at Katara. It ended with a concert by British Grammy nominated singer Leona Lewis.

OPINION  
ROBIN FETHERSTON

## The art of the storybook

**OVER THE** past 20 to 30 years there has been an explosion in book art, particularly as technology advances and challenges the medium's traditional format.

Often, written language is used as part of the design with less emphasis on meaning. For readers, there is a particularly poignant sense of loss when words and language are used time and again without the formation of ideas.

I chose to examine three groups of female university art and design students who pursued a project designed to question – even redress – the current imbalance between book art and narrative or textual meaning promoted by many in their own fields.

Each student functioned in a triple role – firstly as a writer among a community of short story authors, secondly as an editor among a community of editors and, finally, in a 'real world' role as a book designer and illustrator, producing a handmade title for a peer. The end product was a non-traditional storybook for adults.

Each student documented her reactions and thought process as she gave control of her story to a designer. In turn, she took over the illustration of someone else's tale, compelling her to juggle the author's interpretation of the work and the relationship between imagery and text in her own imagination.

**CONSIDERING DOHA'S** dearth of bookmaking tools, such as C-clamps, awls, bone files and brayers, the range of student designs was impressive.

A variety of fold-out and stitched books was made. One student used the woodworking shop, though we didn't have an instructor at the time, and constructed well-made

**"The group successfully constructed designs that met requirements for originality and the enhancement or extension of story elements"**

storybook covers out of copper wiring and wood. Two students created scrolls and another glued her illustrations and her teammate's story on to building blocks, incorporating the block letters to make thematic comments.

**USING STRING**, wire, metal stripping, brick and wood, two students modified the idea of displaying stories on a stand-up flip chart. Two techniques students tried that were especially successful were applied to paper. One was to paint it, then scan and print it for a professional look, and the other was to burn its edges. Sometimes these two treatments were combined.

As a result, the group successfully constructed designs that met requirements for originality and the enhancement or extension of story elements, while pleasing the writers and themselves.



COLUMNIST

**Robin Fetherston**

Assistant Professor of English  
Liberal Arts and Sciences at Virginia  
Commonwealth University in Qatar

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Christopher Leonard, Editorial Director at BQFJ

**Research** Editors advise academics on how their work can reach a wider audience

# Publishing for all

**RESEARCHERS GAINED** advice on how to get their work published in a series of talks held during International Open Access Week.

Bloomsbury Qatar Foundation Journals (BQFJ) invited Qatar Foundation centers to learn about open-access publishing.

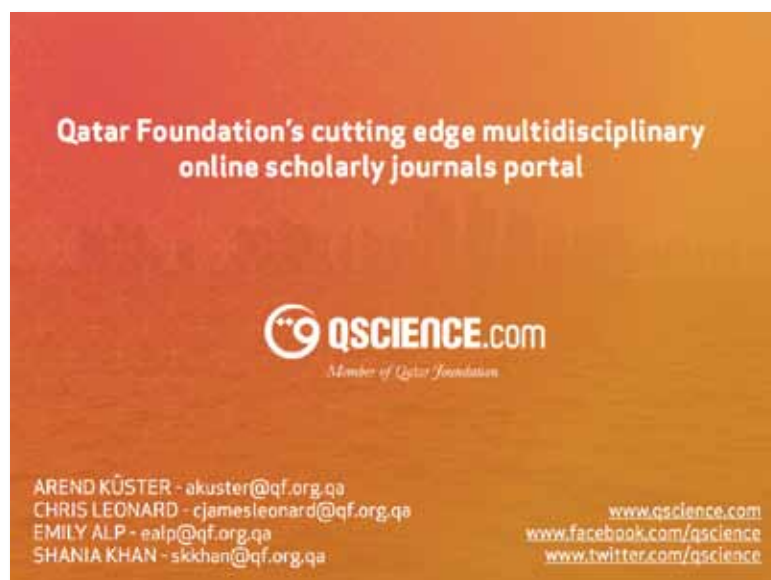
The key message of the event, held from 23-25 October, was teaching potential authors how to get their work printed in journals.

Participants also learnt about open-access publishing, in which content is free to use as long as the author is acknowledged, and BQFJ's open-access journal portal QScience.com.

Christopher Leonard, Editorial Director at BQFJ, said: "The week itself was to raise awareness of open-access publishing, which is still a relatively new concept.

"The advantages of open-access publishing are that the author retains copyright on the work, whereas in other journals they would lose it to the publisher. Plus, their work is available to everyone in the world so stands a greater chance of being cited in subsequent research.

"We want to explain to academics



**"We want to explain... that their research belongs to them and that it is important for as many people as possible... to access it and reference it"**

and researchers in Qatar Foundation the best ways to get their work published.

"The centers have been very interested in what we have to say and the help we can offer. We want to explain to people that their research belongs to them and that it is important for as many people as possible to be able to access it and reference it."

The process of having a paper published was explained, as were some techniques to make them more appealing to editors.

They include writing clear abstracts and ensuring the work is relevant to the journal to which it will be submitted.

**STAFF FROM** Qatar Foundation universities and members, including Qatar Solar Technologies, took advantage of the opportunity to learn more about publishing.

BQFJ is particularly keen to encourage Qatar-based researchers to take advantage of the open-access publishing concept.

Dr Leonard said: "You find that researchers in America and the UK, for example, immediately understand why having their papers available to everyone for free is a good idea. They have dealt with the frustrations of expensive journals and not being able to access what they need.

"The culture of research is quite new here so we are offering extra help and advice to those academics who want to see their papers published, either with us or any other journal."



# Debaters of today are the leaders of tomorrow

At QatarDebate we strive to unlock human potential, says Executive Director Dr Hayat Maarafi



**SINCE 2009** QatarDebate has played a pivotal role in spreading a culture of debate within Qatar and beyond. To raise its standards to new heights, the center now plans to embark on a new venture to reach out to new pools of students. To attain this goal it plans to concentrate more closely on the country's youngest pupils while still working with older students and adults to teach the skills needed to engage in well reasoned discussions and well informed perspectives.

A student recently asked on Twitter why the youth program was playing such an important part of the plans scheduled for this year. I replied that if it wasn't for the youth the very existence of QatarDebate would be in jeopardy.

Our center has been in existence to serve the youth and help them build, boost and develop self-confidence and assertiveness. At QatarDebate we believe that the debaters of today are the leaders of tomorrow.

Through debate we help children develop in many important ways.

They learn how to use language to express their opinions in an informed manner, based on solid logic, lucid reasoning and depth of analysis.

They learn how to support their

arguments with strong and valid evidence rather than mere assumptions and personal assertions.

**AT QATARDEBATE** we provide training sessions on public speaking, presentation skills and how to build an argument using proper research techniques.

We have done a lot of work with different universities and delivered various training sessions, enabling many students to become debaters, judges and co-ordinators. We have

proceeded along the same lines with high school students.

This year our programs have taken on a new dimension. We are working with preparatory schools, which have become an integral part of what we do, and we are trying to build equally on the English and Arabic programs.

It is not just about arguing.

At QatarDebate students have to go through certain stages before they start debating. The first phase consists of reading, research and dis-

cussion. The second pertains to the skills of speaking out – to be heard you must express what you have learned in a way that ensures people value your opinion. Woven into these phases are listening skills. Students learn to listen to what their opponents say in order to understand and reply to them.

**THE NEXT** phase entails discovering your voice, which is really about discovering something about yourself – what your opinions and

viewpoints are and what you really intend to say.

Once these points are addressed we reach the debating stage.

The reason we move along these stages is to teach the students how to develop the ability to be more structured in their thoughts, so they do not enter into a debate only to change their opinions half-way through or discover they might be incorrect.

We would also like to encourage teachers to become instructors and judges of debate. We would like to reach the wider community and we are offering instruction to anyone interested in debate. This is such an important part of life it should be open to the public.

**I BELIEVE** that QatarDebate has made and continues to make a difference to the future of Qatar by educating a generation of young people who can express their opinions freely, make their voices heard – while still listening – and respect the voices of people around them.

We teach people to differentiate between emotional and factual communication so they can express their views in a correct and valid manner.

At QatarDebate we strive to unlock human potential.



QatarDebate team members return victorious from the World Schools Debate Academy in Slovenia



**WHILE MOST RESIDENTS OF QATAR  
ARE BUSY AVOIDING THE SUN,**  
Hashim Al-Sada is busy inventing ways  
to harness it.



**INSPIRED BY A DOCUMENTARY ABOUT GLOBAL WARMING**, Hashim Al-Sada began work on a self-initiated and self-financed research and development project. Three years later, his work in the field of portable solar energy technology has received multiple international awards and recognition, and has attracted the attention of many leading corporations, governments and academic institutions. Even as he broadens the scope of his research, he also sets aside time to work as a summer science camp supervisor to help mentor and encourage the region's next generation of scientists.

Qatar Foundation is proud to be home to leaders like Hashim Al-Sada. Together, we are making Qatar a center of knowledge that is helping the entire world move forward. Learn more about Hashim's work and discover the people of Qatar Foundation at [qfachievers.com](http://qfachievers.com).



Unlocking human potential.





**Campaign** SFS-Qatar raises research cash to fight deadly disease

## Tackling breast cancer

A STUDENT GROUP held its first breast cancer fundraiser.

The pink-themed day was intended to honor women who had passed away, survived or are still fighting the disease. It was organized by the Women's Society and Development Club at Georgetown University – School of Foreign Service in Qatar (SFS-Qatar).

The event raised more than QR15,000 through sales of students' homemade cakes and fashion from Qatari designers.

Accessories by Kharaweesh and handmade *abayas* from WAAD Designs and Zaabara were among items on offer. All profits went to Qatar National Cancer Society.

"Cupcakes by Jawhara Al Thani, a member of Women's Society and Development, were a huge success and the first to be completely sold out," said Zarqa Parvez, President of SFS-Qatar's Women's Society and Development Club.

"We have been overwhelmed by all the positive reviews by scores of

**"Everyone who attended the event praised its organization and the great cause it supported"**

attendees who said that we should have had the event for two days.

"Others said we need to increase the frequency of the event."

**GHADA AL SUBAEY**, Co-President of the club, said: "Everyone who attended the event praised its organization and the great cause it supported.

"We were pleased with the amount of support shown by friends, the different organizations that participated and SFS-Qatar's Wellness and Counseling staff.

"This was a prime example of the sort of events that students in Education City should strive for."

## QA reaches out to Somalia

**CHARITY.** School students have launched a fundraising campaign to help people in drought stricken Somalia.

Pupils from Qatar Academy (QA) gathered to learn firsthand about the African country's devastating famine from Fathia Mohammad, head of the Union of Somali Students in Qatar.

The assembly was organized by Mokhtar Badri, Academic Coordinator of QA's Islamic and Cultural Studies department.

It served as a launchpad for the school's Somalia Famine Relief project, part of its wider Community and Service program.

Fathia, a student at Qatar University, said: "Children younger than

you are forced to work or to walk for a week in order to drink water. As a result 1,500 children die on a daily basis.

"Today I only have two important messages that I want to convey to you. Firstly, we should continue to do our part to keep this country's development going, in line with the Qatar National Vision 2030. Secondly, and more importantly, the people of Somalia need your help

**"Our generosity will speak through our awareness and our hearts"**

and your contributions can really make a difference."

Lorelei Loveridge, QA's Community and Service Coordinator, said students will now campaign in earnest to raise money for those in the African country less fortunate than themselves.

She told students: "It is hoped that you will understand why you are giving to this particular cause.

"The needs in Somalia are critical. Go home and ask your parents about it. Have a dialogue about it. See what you can learn and do.

"This is a most generous community and our generosity will speak through our awareness and our hearts as we take action to make a difference today."

## CAMPUS LIFE



Karim Ibrik

## The wonder of work experience

**I HAVE** always been deeply fascinated by math and science, and their application to real-life problems.

With time, this developed into a passion for engineering, specifically chemical engineering due to my enthusiasm for chemistry.

Chemical engineers are the vital force behind the oil refining and gas processing industry.

My internship started on 1 August 2011 and ended on 6 September. I worked with UOP, a subsidiary of US defence company Honeywell Inc.

I was based in Des Plaines, Illinois, a suburb of Chicago. I worked at the Research and Development Center. UOP is a company that develops processes for the oil refining and gas processing industry.

In addition, it helps other companies to set up and run refineries and plants all over the globe using UOP licensed processes, catalysts and technology. My role involved studying the effects of humidity and temperature on zeolite lattice parameters using X-ray diffraction (XRD).

Zeolites are porous crystals that are used as 'sponges' in the chemical industry to absorb specific substances, such as water. Of course, this varies from process to process.

How did I find my stay in the US? Though challenging, living abroad in such a different environment – especially during Ramadan – was fun and has provided me with a great learning opportunity.

Doing my internship abroad has undoubtedly added flavor to my engineering experience. Not only did I experience the application of novel science and engineering in my day job,

**"Living abroad in such a different environment was very fun and a great learning opportunity"**

I got to experience a foreign culture and meet exciting people from a variety of backgrounds.

The internship was very 'hands on' from the start.

I have seen with my own eyes what a chemical engineer does on a daily basis. I have truly understood what it means to 'troubleshoot' and 'problem solve' – two concepts that are vital to all engineering fields.

I got to see and use – and at times repair – high-tech equipment that we would only read about in our TAMUQ courses.

Finally, the people you work with are truly supportive and they really want you to learn and experience all you can from your time with them.

I have been told over and over: 'If you have any questions, just ask! If you're not quite sure how something works, just ask! If you are lost, just ask!'

On a side note, I got lost plenty of times – the facility is huge! I made a lot of friends during my time in the US. They were all extremely supportive and helpful. Finally, undertaking an internship, especially if you excel at what you are doing, is a great way to secure a future job after graduation.

I would recommend working hard, expressing your interest in engineering and being sociable and friendly with everyone.

© Karim Ibrik is studying chemical engineering at Texas A&M University at Qatar (TAMUQ).





**“They are young and they have their artwork, and I wanted to encourage them to show it”**

See *Female creativity shines through*

## MY QF

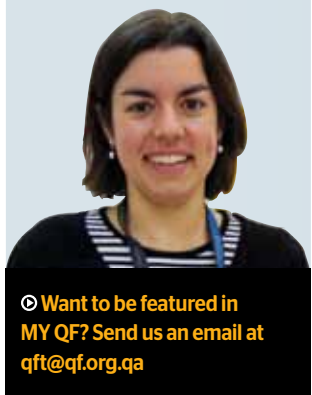
### Molly McHarg

Title: Writing Center Instructor  
Years at QF: Six years

**Describe your role:** I work in the writing center at Virginia Commonwealth University in Qatar. My primary role is to work with students on their writing development, although I work with faculty and staff as well. Contrary to popular belief, I do not sit and edit student papers all day. Our slogan is ‘Where clear writing means clear thinking’. I work with learners so they can become better critical thinkers and writers.

### What I like about my job is...

The most enjoyable part of my job is working with students. They are so diverse and such a pleasure to work with. The individualized nature of my work allows me to develop personal relationships with students that would not otherwise be possible in a classroom setting. It is thrilling to see the students’ progress throughout their university careers - not just in a one-semester course. I also love telling people about what I do and what writing centers do.



© Want to be featured in MY QF? Send us an email at [qft@qf.org.qa](mailto:qft@qf.org.qa)

# Florent D’Souza

Florent D’Souza studies at Northwestern University in Qatar, where he is Team Leader and Web Editor at [myeducationcity.com](http://myeducationcity.com). He talks about his ambition to teach at Qatar Foundation and life in the world of communications.

### What is your greatest achievement?

I think I am too young to pin down one achievement in my life. I wouldn’t want to say I have a greatest achievement – I think that is a bit egocentric. Having said that, I’ve done a few things in my life that I can consider myself to be proud of – stuff that I will probably tell my grandkids about – like dancing for 30 hours straight to raise money at NU Dance Marathon or even getting into Northwestern, for that matter. But I don’t think about achievements too much.

### If you could switch jobs with anyone at QF for a day who would it be and why?

This doesn’t really apply to me, but I would say Hala, the electronic receptionist at CMU-Q, for no good reason – I just think she is pretty cool.

### Who inspires you?

I am inspired by Mahatma Gandhi, Jesus Christ, Queen Rania and Nick Vujicic.

### What is your favorite place in QF and why?

The CMU-Q majlis because it is so comfortable. Other than that, more

recently, the Student Center, because it has everything I need to hang out, chill and study.

### What’s the last QF event you attended?

I went to Tartans Got Talent.

### What is your greatest ambition?

To get a PhD and teach in Education City.

### What was the last website you visited on your office PC?

Firstly, I use a Mac. And the last website was [myeducationcity.com](http://myeducationcity.com).

### How do you relax after a stressful day?

I don’t relax, ever. It is classes, classes, work, work, study, study. If I’m lucky I’ll get a few hours of sleep and then it’s back to the same routine.

### What book are you reading at the moment?

I have a whole list of books I want to read piled up in my bookshelf from two summers ago. I think the only time I will be able to get to them is after I graduate.

### What could you not live without?

Facebook.



### How has technology changed your life?

I am a communication student so I suppose technology has changed everything in my life. From transportation to communication, technology controls everything and anything I do in my life.

**“I’ve done a few things in my life I can consider myself to be proud of”**

## Female creativity shines through

Student Center hosts handcraft exhibition

**MEMBERS OF** the public wandered through aisles of handicrafts and dresses at Qatar Foundation’s Student Center.

The female-only exhibition, on 24 October, revealed the women of Qatar have lots to offer.

Eman Al Neseef, Acting Deputy Manager at Community Services, said: “I created the idea because we have an annual event for arts and crafts and I wanted to create something unique and special for the Qatari girls, who like their privacy.

“They are young and they have their artwork, and I wanted to encourage them to show it.”

Fashion label Fanilla Couture showcased interesting designs by students at Virginia Commonwealth University in Qatar.

T-shirts emblazoned with slogans such as ‘I ♥ Moza’ appeared popular with shoppers.

Eman wanted other people to be inspired by women’s creativity.

She said: “We have 36 exhibitors displaying everything from *abayas*, T-shirts, accessories and handicrafts to sweets and paintings.

“Some of them have participated in other events, some are freelancers and some have never exhibited.”

Eman’s department aims to engage people from outside QF.

“Without events like this, members of the community wouldn’t get this kind of exposure,” she said.

This is the first time a ladies-only exhibition has been organized at QF and, judging by the turn out, it probably won’t be the last.

## Cultural Review







The young people used activities to learn teamwork and leadership skills

# Young make a difference

ROTA and Vodafone inspire Youth Service Club students to develop their leadership skills

**SCHOOL AND UNIVERSITY** students gathered at Qatar Sports Club to learn how to change the world.

The enthusiastic team makes up Reach Out To Asia Youth Service Club (RYSC) – and was happy to join the QF charity's four-day Leadership Training workshop.

The program featured seminars and practical sessions focusing on leadership, teamwork, project management and advocacy skills.

It was designed to equip new and existing members of the RYSC program with the knowledge, skills and attitudes they will need to run their club activities effectively.

Vivien Looi, Learning & Capacity Building Coordinator in ROTA's Community Development department, said: "The main purpose of this training, sponsored by Vodafone, is to help equip students with the skills they will need to implement their RYSC project.

"This is a community program

they design themselves which will cover one of our three areas – sports, environment and Arabic integration.

"The students have already submitted a proposal for their project and this training day will help them budget, control finances and work as a team."

One such activity saw students split into groups.

They were given a cup of balls, some string and a pair of scissors.

**"It is our hope that, with the tools we provide, participants will be able to self-develop as youth leaders on all fronts"**

Using effective teamwork and lateral thinking, they had to lift and move the cup a certain distance without touching it.

"In ROTA our strategy in youth development is to address issues that they feel passionate about so they can tell youths from other countries what they did to successfully address these issues, so they can copy them," said Vivien.

"They want to be an agent for change and, through ROTA, we can give them the platform to do that."

RYSCs are designed to unlock youth potential and empower the young people of Qatar by developing the skills they need to tackle community projects and become leaders.

**ESTABLISHED IN 2007**, the clubs are a network of self-directed, extracurricular groups supported by ROTA and Vodafone Qatar.

Involvement helps youths in Qatar

to develop leadership skills and gain an understanding of international and community development issues alongside practical experience of carrying out creative projects that address local and global issues.

**MOHAMED ABDULLA SALEH**, Community Development Manager at ROTA, said: "Our aim is to create young, global leaders. To best achieve this we have created the training session to be held in a so-called 'cocoon' – a closed and safe working environment, away from the distraction of everyday life.

"It is the ideal environment [in which] to train the participants in the three themes we believe were crucial to develop their skills – leadership, service learning and global citizenship.

"It is our hope that, with the tools we provide, participants will be able to self-develop as youth leaders on all fronts."

## REFLECTIONS ON THE EVENT



**Niyati Burde, 18, studies at Al Khor International School. She is President of ROTA's youth wing**

I joined RYSC as the Chairman of Human Rights in 2009 because I am passionate about migrant workers' rights. I'm from India so it's a very personal issue for me.

Working with ROTA, we raised QR40,000 to buy them goods, like detergent, that they can't afford. Now I'm president I'm looking at bigger themes, like the environment.

In Qatar there is a big drive towards eco-friendliness so we are going to start in our community at Al Khor and try to implement some ideas that can then spread out to other youths in the country.

I've been to many ROTA events and they always make me more aware of what I want to do with my life. When I bring people to ROTA I feel it inspires ambition and perspective in them.

**Dana Al Anzy, 16, attends Qatar Academy and finds ROTA inspiring**

I believe everyone has potential but sometimes they don't know how to put their potential into action.

ROTA helps me implement the changes I want to see in the world.

Already we have built orphanages in Asia and, hopefully, one day children as young as 10 will be inspired to join and do the same.

There is a massive power of will and support here and one day the young people of Doha will be the voice of youth and represent Qatar internationally.

It's an amazing program – the support ROTA gives you is brilliant and it gives you the skills you need to achieve your goals.



## MY DIARY



Kevin Murray describes a typical day

**KEVIN MURRAY** is in charge of builders' safety, ensuring that construction sites across Qatar Foundation comply with its health, safety and environmental standards.

Originally from Lancashire, England, he took an MBA at the University of Hull and plays football and cricket in his spare time. He has worked at QF for 18 months.

There is a lot going on in QF in the wider community, such as the Al Wakra school, and I spend a great deal of my time checking on the various sites, making sure they still meet all the environmental and health and safety guidelines we have put in place. It is important to keep the standards high for the safety of the workers.

**7.30am** I get into the office and do one of two things. Sometimes I will go out on to a site and make sure that everything is being done correctly. For example, if we have flagged up certain issues in the past I will ensure they are being addressed and that all the right processes are in place. Normally it will be a construction site that we visit, or it could be a project that is under development or being planned. If I do not go out first thing I check through my emails and prioritize what needs to be done straight away. I normally get a lot of emails throughout the day, so this is a constant task.

**8.30am** I have normally sorted through my emails. Because I am responsible for anything and everything within QF relating to health, safety or the environment I can get emails on a very wide range of topics, from mold to injury or issues with accommodation. I also sometimes have meetings with people involved with various projects that are being developed to ensure they know what they need to do to meet all the required standards.

**9.00am** A lot of my work is outside the office, and also off campus.

**12.00noon** I don't eat lunch. We move from site to site so much I am rarely at my desk over lunchtime. If I am in the office I will check through more emails, as they come in fairly regularly. I will hardly ever get completely on top of them.

**5.00pm** I normally finish work at between 4.30pm and 5pm, but it does depend on meetings and who we have visited throughout the day. In the evening, to relax I play football or go swimming. We play football twice a week after work, which I find really enjoyable. We invite people from other directorates to play in the matches and it is a really good way to socialize with other people at QF.

**"I spend a great deal of my time checking on the various sites, making sure they still meet all the environmental and health and safety guidelines"**

© Kevin Murray is Manager of Health, Safety and Environment in the Health, Safety, Security and Environment Directorate.



Behind the Scenes



# Team building at QNCC

Hosting huge events needs the skills and expertise of all staff members

**OLD AND NEW** employees have taken their first steps toward producing top-class conferences.

They gathered at Qatar National Convention Centre (QNCC) to learn how to stage huge events such as the World Innovation Summit for Education (WISE).

Trevor McCartney, QNCC's Director of Business Development, said: "The key to any operation is teamwork and QNCC is no exception."

"We have staff from 36 cultures, so it is important that we identify all the nationalities and bring them together somehow."

QNCC's Human Resources department decided to use stand-up comedy to forge bonds between employees.

Palestinian, South African and Qatari performers from the group Stand Up Comedians Qatar staged a show for workers to create a sense of community.

**AFTER THE** performance, staff took part in a team-building exercise and gave presentations outlining their roles.

Workers from every QNCC department were represented.

Tommy Hughes, the center's Senior Event Manager, said: "This is such a big team and building that you could work with someone and never actually meet them."

"The team-building day was really important in making sure we gelled together for WISE."

Hughes said he was proud of the fact that QNCC offers everything clients need under one roof.

The center has conference rooms, theaters and a banquet hall, plus a number of sophisticated safety features. For example, the rigging

inside its theaters can come down to the ground – in most conference venues staff must work on rigs at ceiling level.

**MORE THAN** 1,200 delegates attended WISE and it appears the team-building work paid off, as proud employees welcomed delegates on the first morning.

Stairs had been dusted, artwork polished and the atrium's pool of water was perfectly clear.

Everything ran to plan – from the catering to audio-visual effects.

Senior Audio Technician Alan Tan said nothing had been left to chance.

His team spent a day rehearsing and testing equipment. If the audio system failed, he said, he had three back-up systems to choose from.

Oswald Jochheim, Director of Kitchens, said: "Things went really well. We are an experienced team so any problems thrown up on the day were dealt with quickly and easily."

"I think the team-building exercise and general excitement of the staff really paid off. We are all looking forward to more successful events and client satisfaction."

**"The key to any operation is teamwork and QNCC is no exception"**



“I was very happy with them - I thought they played very good football, both physically and mentally”

Read *Hoyas kick off season in emphatic style*

COMING UP

GOALS GALORE IN NEW SOCCER SEASON

A series of goals kept spectators entertained during the first weekend of matches in the Education City College Football League. Following the 3-1 victory by Georgetown University - School of Foreign Service in Qatar (SFS-Qatar) over Academic Bridge Program (ABP) - see main report - the team from Carnegie Mellon University in Qatar (CMU-Q) beat Weill Cornell Medical College in Qatar (WCMC-Q) 2-1 on 27 October. A scheduled game between Qatar Faculty of Islamic Studies (QFIS) and a combined team from Northwestern University in Qatar (NU-Q) and Virginia Commonwealth University in Qatar (VCUQatar) was postponed.

More matches took place on 29 October, when CMU-Q beat QFIS 2-1. ABP and NU-Q/VCUQatar then shared the spoils in a 1-1 draw before SFS-Qatar was held 2-2 by WCMC-Q.



Hoyas kick off season in emphatic style

The first game of the new Education City College Football League saw university students come from behind to clinch victory against a team of school leavers. Georgetown University - School of Foreign Service in Qatar (SFS-Qatar) beat opponents from Academic Bridge Program (ABP) in the game, played at QF's Recreation Center. SFS-Qatar's Hoyas started the brighter of the two sides but couldn't capitalize on their early dominance and the first of the two 25-minute halves ended in stalemate. Things looked bad for the Hoyas soon after the interval, when ABP scored against the run of play in the seven-a-side contest. But the Hoyas' fortunes changed only moments after the goal, when the ABP goalkeeper was sent off for dissent. SFS-Qatar began to dominate but waited until the 40th minute to make their numerical advantage tell after ABP gave away a free kick on the edge of the box. Ali Hashmi stepped up to take the kick and blasted his shot past the poorly positioned wall into the top right-hand corner. Salar Khan then doubled SFS-Qatar's lead, deftly

hoisting the ball over ABP's substitute goalkeeper as he rushed out to collect. Just before the final whistle, Seif Talaat made the game safe when the ABP keeper failed to clear a loose ball, allowing the SFS-Qatar player to ghost past him and slot into an empty net. Hoyas coach Edward Kolla said: "I was very happy with them - I thought they played very good football, both physically and mentally. "They kept their heads in the game when ABP got their first goal and didn't get discouraged. That's what won them the game."

PRIVILEGE PROGRAM

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



VALID TO 31 JAN 2012				VALID TO 9 JUNE 2012			
Al Jaber Watches	15-50%	20% on fashion, 10% on cosmetics and fragrances, 15% on watches and gifts		QF BPA*		Marzooq Al Shamlan & Sons WLL	25%
Royal Plaza		Four Seasons Hotel, Doha	QF BPA*	QF BPA*	15%		
Aldo	10%	Garage	10%			OTHER GREAT DEALS	
Hyatt Plaza, City Center, Villagio and The Mall		City Center		QF BPA*		Contours Express	20%
Aldo Accessories	10%	Grand Hyatt	QF BPA*	Naturalizer	10%	New Salata on packages and services	
City Center		Grand Regency	QF BPA*	Hyatt Plaza		T.G.I Friday's	10%
		Guess	15%	Nine West	10%	Landmark and Villagio	
Almuftah Center	10-35%	Royal Plaza		Hyatt Plaza, Landmark and City Center			
Al Sadd Road		Inglot	10%	Ramada Plaza Doha	QF BPA*		
Arts & Gems	25-40%	Hyatt Plaza		Ritz Carlton	QF BPA*		
Al Saad Street		InterContinental Hotel	QF BPA*	Roots	20%		
Bench	10%	Karisma Lingerie	10%	Royal Plaza			
Hyatt Plaza		Royal Plaza		Sharq Village & Spa	QF BPA*		
Charles & Keith	10%	Kiddy Zone	10%	Sheraton Doha Resort & Convention Hotel	QF BPA*		
Hyatt Plaza and City Center		Hyatt Plaza and Landmark		Skechers	10%		
DHL Express Qatar Ltd		Lab	20%	City Center			
Salwa Rd, Doha	20%	The Mall		Space Toys	10%		
Dune	10%	La Cigale Hotel	QF BPA*	City Center			
Fauchon Paris	10-20%	Levi's	15%	Spring	10%		
Salwa Road		Royal Plaza		Villagio			
Fifty One East		Lone Star Jewelry	25%-35%	W Doha Hotel	QF BPA*		
Salwa Road, adjacent to Jarir and City Center		Sheraton Hotel, The Mall, Lulu Gharrafa, The Center, City Center					

QF BPA = Blanket Purchase Agreement  
More details can be found on QF Portal or contact [pprogram@qf.org.qa](mailto:pprogram@qf.org.qa) for more information.  
SR = Special Rates



**“Although it is hot and hard work it is still great to be outside after a whole day cooped up in the AC”**

See Fitness training gets tough

## QUR'ANIC GARDEN



### Plant's Name

Scientific name: *Hordeum vulgare* L.

Arabic name: Sha'eer

English name: Barley

### About the plant

Barley is domesticated in many parts of the world. It was depicted in Egyptian hieroglyphs and known to the ancient Greeks and Arabs.

### Plant in the Holy Qur'an and Hadith

Barley is mentioned many times in the Prophet's (PBUH) Sayings and Traditions – in the talk about sales and trades, and in Hadith about food and drink.

A story told in the years of the Prophet (PBUH) shows barley was used to make boys enjoy praying. It is narrated by Sahl Bin Saad, who said: “We used to be happy on Fridays, for there was an old lady who used to pull out the roots of silq [Swiss chard] and put it in a cooking pot with some barley. When we had finished the prayer we would visit her and she would present that dish before us.”

### Did you know?

Barley contains eight essential amino acids.

by Ahmed El Gharib,  
Assistant researcher

© To find out more about the Qur'anic Garden, email [qg@qf.org.qa](mailto:qg@qf.org.qa)

# Keeping winter at bay

Stay warm and avoid colds and flu during the cooler months with these seasonal health tips

**RESIDENTS FROM** colder climes may question whether winter exists in Qatar.

While you won't see snow on the ground, the temperature drops significantly in January and February – but there are simple steps you can take to keep yourself and your family warm.

### WHO IS AT RISK?

People who are elderly, cannot move far or have conditions such as heart or lung disease may be particularly susceptible to the cold.

When the body's temperature drops the blood thickens, restricting circulation.

There is also an increased risk of falls and people become more prone to seasonal illnesses such as flu.

### WHAT PRECAUTIONS CAN I TAKE?

Wash your hands regularly to avoid spreading infections. This is particularly important if you are ill.

Cover your mouth and nose with a tissue each time you sneeze, then throw it away immediately. Using sanitizer is also a good idea.

If you are vomiting, drink fluids regularly and consider taking rehydration salts, available from most pharmacies.

People with respiratory diseases such as asthma, bronchitis and emphysema can suffer serious complications during winter.

They should speak to a doctor about being vaccinated against flu.

Hot drinks will keep you warm – particularly important if you are elderly or cannot move.

Stay active. It can be tempting to hide under a quilt during the winter months, but even light exercise will boost your circulation.

Watch what you eat. Following a diet rich in fruit and vegetables will reduce the risk of catching colds and flu, plus guard against long-term illnesses such as heart disease and some cancers.

### HOW CAN I FIND OUT MORE?

QF's Health, Safety, Security and Environment Directorate (HSSE) is running a number of events to promote winter health.

Information fairs will be held at

Academic Bridge Program, LAS building, on 28 November, Weill Cornell Medical College in Qatar on 30 November, at QF's Student Center on 5 December and at Virginia Commonwealth University in Qatar on 7 December.

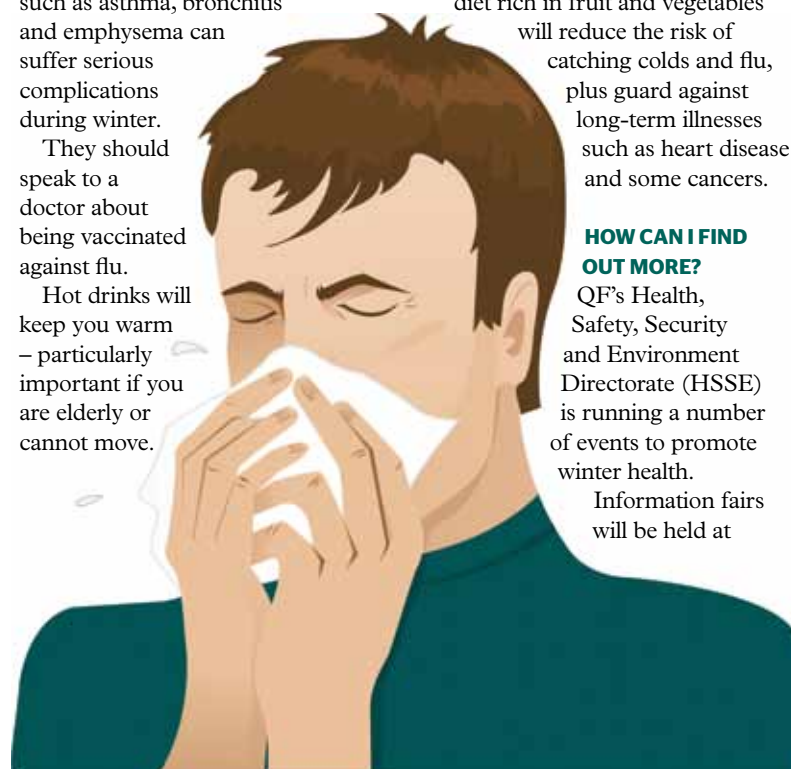
Each session will run from 9.30am to 1.30pm.

Partners including Qatar's Supreme Council of Health, Qatar Diabetes Association, Hamad Medical Corporation and private healthcare provider Ebn Sina Medical will offer advice on how to stay healthy when the temperature drops.

Dr Eman Mahmud, HSSE's health and wellness specialist, said: “Even though Qatar is a warm country it can get cold inside in January and February if you close the doors.

“People also need to know about winter health if they are planning to travel to a cold country such as Great Britain or Canada.”

© Health tips provided by Health, Safety, Security & Environment Directorate



## Fitness training gets tough

**QFTelegraph** is put through its paces

**YOU CAN** hear the groans down at Qatar Academy School athletics track as Boot Camp Qatar gets underway. Three times a week staff, students and those wanting to get fit gather at QF to get their hearts pumping and work off the excesses of Eid. The course is based on a military ‘boot camp’ where orders and encouragements are regularly shouted at the participants.

Graeme Pattison has been running Boot Camp Qatar for over two years and has worked in fitness all his life. He said: “Today we sprinted, but we do different things every week. There's a real variety of stuff to make sure the whole body is getting a work out.”

Natalie Pougher, Operations Manager at Bloomsbury Qatar Foundation Publishing, said: “I've been coming to Boot Camp for five weeks now and it's pretty painful.

“I did a lot of running when I lived in London and often competed in marathons. When

I moved to Doha I was shocked to find there were no pavements and I thought I wouldn't be able to train outdoors any more. But then I found this club and it's the best exercise I've ever done.”

Full-time QF students can attend sessions for free while those from other institutions are entitled to a 20 percent discount. Membership also comes with a Go Sport 10 percent discount card. This exercise is always outside. Trainer Tim Nunan, co-founder of Boot Camp Qatar, explained what happens when the temperature soars: “Yes it is very hot sometimes and we do lower the intensity very slightly in the hottest months, but we work all the way through.

“We call it Bikram Bootcamp and, although it is hot and hard work, it is still great to be outside after a whole day cooped up in the air conditioning breathing recycled air.”

Tried & Tested





BOOK  
REVIEW

qft@qf.org.qa

**Alaysa Al Sobho  
Beqareeb***(An eyewitness account of Egypt  
before the fall of Mubarak)  
(2008-2010)*

by Bilal Fadl

**A GRIPPING** book by one of the most important voices of the Egyptian revolution, *Alaysa Al Sobho Beqareeb* is a must-read for anyone interested in the recent events in Egypt or across the Arab world.

Recently published  
by Bloomsbury Qatar

Foundation Publishing in Arabic and already a bestseller in the Middle East, this collection of lively political satires and essays represents some of Bilal Fadl's most important work in the three years leading up to the 2011 Egyptian revolution.

**FADL WAS** one of the few critical voices writing in the Egyptian press under the regime of Hosni Mubarak. These articles, the first in a two-volume series, provide a valuable insight into the final years of Mubarak's rule.

After graduating with honors from Cairo University in 1995, Fadl worked as a journalist, screenwriter, columnist and TV host. He writes a popular daily column for the Egyptian daily *Al Tahrir* and presents a weekly talk show on Al Tahrir TV channel.

Owned by Qatar Foundation and managed by Bloomsbury Publishing Plc, BQFP publishes books of excellence and originality in English and Arabic.

Available from all major bookstores in Doha and from BQFP, Villa 3, Qatar Foundation. For more information email: [bqfp@qf.org.qa](mailto:bqfp@qf.org.qa)

## MY FAVORITE

**Mariam Ali Alfadala**

IT Directorate Business Analyst discusses her love of photography

"I kept meeting photographers all over the world when I was traveling and I began to wonder what made photography so interesting to people. I thought I would try to learn what they were doing.

I found that it was something I enjoyed because it takes you away to somewhere very different from work and everything else.

"Taking photos and trying to see things differently and get the best shots is something I really enjoy. I have been into photography for about four years now and as soon as I got my first camera I knew it was something I loved doing.

"Photography is a way of life. I am always looking around and each moment seems to have something worth freezing."



# Islamic art symposium ends

Event was designed to bring scholarship to a wider audience

**A THREE-DAY** seminar on Islamic art has ended.

The Fourth Biennial Hamad Bin Khalifa Islamic Art Symposium was co-sponsored by Qatar Foundation, Virginia Commonwealth University in Qatar, Museum of Islamic Art, Qatar Museums Authority and Virginia Commonwealth University School of the Arts, based in the US.

Widely considered the preeminent conference on design in the Muslim world, it was titled *God is Beautiful; He Loves Beauty: The Object in Islamic Art and Culture*.

The symposium featured 12 speakers, all leading scholars in Islamic art and architecture, who traveled from around the world to the event. Their papers addressed objects held by

Doha's Museum of Islamic Art, including an Umayyad Qur'an manuscript, an Ottoman calligraphic album, 17th-century Persian oil

**"The museum was a symbol of modernist architecture with traditional elements"**



paintings and the stucco of Samarra.

The keynote address was delivered by Paul Goldberger, a Pulitzer Prize-winning author and architecture critic for *The New Yorker*.

He discussed the museum building, designed by IM Pei, as a work of Islamic design in a talk titled: *'Islamic Architecture, Modernism, and IM Pei: The Challenge of the Museum of Islamic Art.'*

Goldberger said the museum was a symbol of modernist architecture with traditional elements that put Qatar on the map.

In an hour-long lecture, he spoke about the Chinese-American architect's career and his involvement in the museum's construction.

The symposium sought to make scholarship in Islamic art more widely available.



Pulitzer Prize-winning author Paul Goldberger



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

[facebook](#) [twitter](#)

**SUNDAY-SATURDAY**

06:00 QF News  
07:00 Bright Mornings! (Live)  
09:00 International News (Live)  
10:00 English News  
11:00 Sports Global (Live)  
13:00 Economic News  
15:00 The Voice of the Youth (Live)  
18:00 Corners (Live)  
20:00 Straight Up (Live)  
21:00 Legendary Artists  
23:00 Audible Whispers  
00:00 International News  
01:00 Qatar Philharmonic Orchestra  
02:00 Piano  
03:00 Classical Music Pieces  
04:00 The Orchestra  
05:00 OUD



## WE RECOMMEND

EXPLOSIVE ART  
GOES ON SHOW**Mon 5 Dec to Sat 26 May, 2012**

An internationally renowned artist will hold a solo show at Mathaf: Arab Museum of Modern Art.

Cai Guo-Qiang: Saraab ('mirage' in Arabic) will feature more than 50 works, including a series of drawings made by igniting gunpowder.

See [www.mathaf.org.qa](http://www.mathaf.org.qa) for details

## ANNOUNCEMENTS

A real community exists within Qatar Foundation and, as with all communities, there are moments of real joy and celebration as well as sadness.

That is why *QF Telegraph* gives our readers the chance to place family announcements within the pages of the newspaper to share with the community.

■ The Qatar Foundation community would like to pass on its heartfelt condolences to **Dr Lamya Bani Murad**, Head of Health at HSSE Directorate, for the sad death of her father, and to **Mrs Raja'a Al Shalabi**, Arabic Lead Specialist at Awsaj Institute of Education, for the sad death of her mother-in-law.

## RESEARCH FORUM

RESEARCH  
CONFERENCE  
STARTS**Sun to Tues 20-22 Nov**

Qatar Foundation's Second Annual Research Forum will cover many disciplines across health, environment, energy, computing, social sciences and humanities. It will feature peer-reviewed research presentations of projects which have received funding from Qatar Foundation.

**The forum is at Qatar National Convention Centre.**

See [www.qatarconvention.com](http://www.qatarconvention.com) for details.

☉ Have your event listed. Send us an email at [qft@qf.org.qa](mailto:qft@qf.org.qa)

## FACILITIES

## HEALTH &amp; FITNESS

**Dental clinic**

Sat-Thurs: 7am-11am,  
5pm-9pm

*The dental clinic operates on an appointment only basis. Call 4454 1244 for more information.*

**Fitness Center**

Sun-Sat: 5.30am-10pm

**General Physician (GP) clinic**

Sat-Thurs: 7am-10pm,  
Fri: 1pm-9pm

*The GP clinic treats walk-in patients as well as those with appointments.*

**Ladies' Fitness Room**

Sun-Sat: 5.30am-10pm

**The Medical Center at QF Recreation**

Sun-Thurs: 7am-4pm

Sat: 8am-12noon,

**Swimming Pools**

Public swimming (Olympic pool - laps only): Sun-Sat: 12noon-3pm

Public swimming (all three pools):

Sun-Sat: 3pm-12midnight.

Men will be requested to leave at 9pm on Sun, Wed, Sat.

**Swimming classes**

Adult classes: Thurs: Adult Learn to Swim 4.30pm-5.30pm

Sat: Adult Breathing & Technique class 3pm-4pm

Children's classes: Beginners aged

3-5 yrs 1: Class A Mon 2.30pm-3.15pm; Class B Mon 3.15pm-4pm; Class C

Thurs 2.30pm-3.15pm

Beginners aged 3-5 yrs 2:

Weds 3pm-3.45pm

Beginners aged 6-12 years 1:

Class A Mon 4pm-4.45pm;

Class B Thurs 3.15pm-4pm

Beginners aged 6-12 years 2:

Weds 3.45pm-4.30pm

Intermediates (Guppies):

Sun & Tues: 2.30pm-3.30pm

Advanced (Seals): Sun & Tues:

3.30pm-4.30pm

Ladies' only swimming (all three pools):

Sun: 5pm-8pm, Wed: 5.30pm-7.30pm

**Sauna and Steam Room**

Ladies: Sun, Mon: 4pm-7pm

Men: Wed, Thurs: 4pm-7pm

**Spa**

Men: Wed, Thur: 7.30pm-11.30pm

Ladies: Sun, Mon: 7.30pm-11.30pm

## SOCIAL

**Faculty and Staff Football**

Sun: 6pm-8pm

**Ladies' Soccer**

Sun: 6pm-8pm

**Basketball**

Tues: 7pm-9pm

**Badminton**

Wed: 6pm-9pm

Fri: 10am-1pm

**Squash**

Fri, Sat: 2pm-4.45pm

Mon, Thur: 8pm-9.45pm

Wed, Sun: 7pm-9.45pm

*Lessons costs QR320 for eight sessions.*

☉ Location for all activities: Recreation Center. Call 4454 0805 or email [recreationservices@qf.org.qa](mailto:recreationservices@qf.org.qa)

**Floor Ball**

Tues: 7pm-9pm, Sat: 10am-12noon

**Indoor football**

Wed: 5.30pm-7pm

**Water Polo**

Fri: 4pm-6pm

## FITNESS CLASSES

**Aerobics**

Ladies only: Wed, Sat: 9.30pm-10.30pm

Mixed: Tue: 4pm-5pm

**Circuit Class**

Mon, Thur: 3.30pm-4.15pm

Sat: 10.30am-11.30am

**Ladies' Spinning**

Mon: 4pm-5pm

*Ladies-only spinning costs QR120 per package or QR35 per lesson.*

**Ladies' Fitness**

Wed: 4.30pm-5.30pm

Sat: 10.30am-11.30am

**Children's Gymnastics**

Wed: 1.30pm-2.15pm (ages 4-6)

2.15pm-3pm (ages 6-8)

3pm-4pm (ages 9-12)

**Children's Squash**

Sun, Wed: 2pm-2.45pm (ages 5-7)

2.50pm-3.35pm (ages 7-9)

3.40pm-4.30pm (ages 9-13)

*Individual classes are given upon reservation.*

**Children's Ballet**

Sun: 3.15pm-4pm (ages 4-5)

4pm-4.45pm (ages 5-6)

5pm-5.45pm (ages 7-10)

**Children's Kung Fu (ages 5-14)**

Tues: Beginners: 5pm-6pm,

Advanced: 6pm-7pm

Sat: Beginners: 12noon-1pm,

Advanced: 1pm-2pm

**Tennis**

Adults: Beginners

Group 1: Wed, Fri: 8pm-9pm

Group 2: Wed, Fri: 9pm-10pm

Adults: Advance

Group 1: Thur, Sat: 8pm-9pm

Group 2: Thur, Sat: 9pm-10pm

*Individual classes: upon reservation.*

## SHOPPING

**LuLu Express**

Daily: 7am-12midnight

Friday: Closed from 10.30am-12.30pm

EDUCATION  
CITY  
CLUB HOUSE**Clubhouse**

Sun-Wed: 6am-10pm

Thurs-Sat: 6am-11pm

## RECREATION FACILITIES

**Tennis, Squash, Mini Football Pitch**

Daily: 6am-9.45pm

**Basketball/Multi-purpose Court**

Daily: 6am-9.45pm

**Swimming Pool**

Sun-Sat: 6am-9pm

**Fitness Room**

Daily: 6am-9.45pm

*Fitness instructor available*

**Spa**

Male and Female Spa

Sun-Sat: 1pm-10pm

Tues: Closed

**Games Room**

Sun-Wed: 8am-10pm

Thurs-Sat: 8am-11pm

**Circuit Class**

Wed: 8pm-8.45pm

Sat: 8.30pm-9.15pm

**Ladies' Aerobics**

Wed, Sat: 9.30pm-10.30pm (Rec Center)

Tues, Thurs: 9.30pm to 10.30pm (Clubhouse)

**Unisex Aerobics**

Sun: 4pm-5pm (Clubhouse)

Tues: 4pm-5pm (Rec Center)

*There are 20 spaces per class. To guarantee a place call the Rec Center on 4454 0841.*

## DINING FACILITIES

**Lebaina Restaurant**

Sun-Wed: 6am-10pm

Thurs-Sat: 6am-11pm

Breakfast served daily 6am-9am

**The Grill**

Sun-Wed: 6pm-10pm

Thurs-Sat: 6pm-11pm

**Meseika Snack Bar**

Sun-Wed: 8am-10pm

Thurs-Sat: 8am-11pm

## NUTRITION SERVICES

Sun: closed

Mon, Wed: 1pm-10pm

Tue, Thurs, Sat: 8am-5pm

*To schedule an appointment, please email [clubhousenutrition@qf.org.qa](mailto:clubhousenutrition@qf.org.qa)*

## COMMUNITY SUPPORT SERVICES

Sun-Wed: 8am-10pm

Thurs-Sat: 8am-11pm

*Please call the EC Clubhouse reception (4454 0834) for any enquiries.*

## STUDENT CENTER OPENING TIMES

Sat-Wed: 7am-10pm

Thurs: 7am-12midnight

Fri: 1pm-12midnight

## Outlets

**iSpot**

Sat-Thurs: 10am-6pm

Tribe Bookstore

Sat-Thurs: 9am-9pm

**Xerox**

Sat-Thurs: 9am-9pm

Kulud Pharmacy

Sat-Thurs: 10am-6pm

**Continental Co**

Sat-Thurs: 7am-10.30am, 11am-3pm,

5pm-8pm

Fri: 1pm-3pm, 5pm-8pm

**Papa John's**

Sat-Wed: 10am-10pm

Thurs: 10am-12midnight

Fri: 1pm-12midnight

**Gloria Jean's Coffees**

Sat-Thurs: 8am-11pm

Fri: 2pm-12midnight

## EVENTS

## NOVEMBER 2011

**Photographs portray  
Palestinian life**

*Wed 9 Nov to Sat 3 Dec*

The gallery at Virginia

Commonwealth University in



Robert Mitchum stars in a classic Jacques Tourneur movie

Qatar is holding an exhibition of pictures taken in Palestine. The Children of Gaza features work by Giuseppe Aquili, Jim McFarlane, Anthony Dawton and Dia Azzawwi is featured in the display.

*For details see [www.qatar.vcu.edu/events/children-of-gaza](http://www.qatar.vcu.edu/events/children-of-gaza)*

**See an arthouse film**

QF's Student Center is continuing its season of free Saturday afternoon movie screenings. Featuring an eclectic mix of world cinema and Hollywood classics, it's an ideal opportunity to see work that won't make it into your local multiplex.

Forthcoming showings include *The Umbrellas of Cherbourg* on 19 November, Jacques Tourneur's *Out of the Past* on 26 November, *Day for Night* by Francois Truffaut on 3 December and Gene Kelly musical *Singin' in the Rain* on 10 December.

*All films are shown in the Student Center cinema from 1pm.*

*For more details call 4454 0288*

**Hear Rachmaninov concerto**

*Sat 19 Nov, 7.30pm*

A forthcoming performance at Qatar Philharmonic Orchestra features a dramatic, demanding piece.

Rachmaninov's Third Piano Concerto No. 3 reached new audiences worldwide after being featured in the award winning 1996 film Shine, about Australian pianist David Helfgott.

The program will be conducted by Nader Abbassi, with Arsha Kaviani on piano and Saber Abdel Sattar on kanoun. It also features Abbassi's Dance for Peace and Shostakovich's Symphony

No.5 in D Minor, Op.47.

*Opera House, Katara.*

*To book see <http://tickets.virginmegastore.me> or visit*

*Virgin Megastore's Villagio or Landmark stores*

**Network over a coffee**

*Sat 19 Nov*

Web, mobile and start-up community group Refresh Qatar is hosting a fall 'meet up' for anyone interested in design, technology, business, marketing or social media.

It will feature talks and discussions and be followed by lunch. Registration is free and open to the public. The event will run from 10.30am to 1pm.

Tea, coffee and doughnuts will be offered in the university's atrium on arrival. *Virginia Commonwealth University in Qatar* To register visit [www.refreshqatar.com](http://www.refreshqatar.com) or call 3354 9965

**Ceramics classes offered**

*From Sun 27 Nov*

Renowned Iraqi ceramist Zaineb Balasem Yasser is taking two classes at Virginia Commonwealth University in Qatar. Clay (Sculpture and Pottery) will introduce some basic techniques used to create three-dimensional work.

It starts on 27 November, running on Sundays and Tuesdays from 5.30-7pm. The course costs QR1,000 or \$275 for eight sessions. Ceramic Mosaics starts on Monday, 28 October and also lasts for eight sessions. It will run on Mondays and Wednesdays from 5.30-7.30pm.

*For details of either course and to register visit [www.qatar.vcu.edu/programs-courses/community-classes](http://www.qatar.vcu.edu/programs-courses/community-classes)*