

## GROWTH PLANS

Dr Mounir Hamdi, Dean, College of Science, Engineering and Technology, HBKU, on developing the university

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## DRIVING IMPROVEMENT

The importance of international benchmarking standards at Qatar Foundation

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Hot  
The Right to Reply  
Topic



# Qatar Foundation Telegraph.

Unlocking human potential.

QATAR FOUNDATION'S FORTNIGHTLY NEWSPAPER ISSUE 104 THURSDAY 6 FEBRUARY 2014

# New program is launched to guard against the unexpected

**PREPARATION** Business Continuity Management project will ensure QF systems, operations and staff are prepared

**QATAR** Foundation's (QF's) Finance Directorate has launched a major new initiative, with the aim of protecting and safeguarding QF systems, operations and staff in the event of unexpected disaster or emergency.

Staff arrived at their offices on Sunday 2 February to find the walls ablaze with artwork depicting a fire sweeping through the corridors. 'Tomorrow it's for real. Ready?' said the slogans, raising staff awareness of the need to be prepared for such an incident.

The Risk and Compliance team, under the auspices of the Finance Directorate, was charged with the design and implementation of the Business Continuity Management (BCM) pilot project for QF Headquarters and directorates.

The aim of the program is to ensure QF can carry on its core business activities when normal working patterns are disrupted, to enable QF to systematically deal with and recover from unforeseen challenges and events.

This entails the development of Crisis Management, Disaster Recovery, and Business Continuity.

Launching the program, Faisal Al Hajri, Chief Financial Officer, QF, said: "This risk-driven program is intended to build greater organizational resilience which will enable us to deal with and recover from disruptions in a systemized fashion.

"The program will also help safeguard the interests of our key stakeholders, our reputation and our brand.

"The BCM pilot project at QF Headquarters and directorates will enable us to respond more effectively to such incidents and maintain our mission-critical activities – or restore them as soon as possible in a unified and effective manner."

"The pilot program will also enable QF headquarters to improve its resilience and learn valuable lessons before the program is rolled out at other QF entities as part of a permanent program," Al Hajri added.

"The first phase of the pilot project will last for six months, and focus on QF Headquarters entities. It will then be extended across QF over the next few years, leading to a permanent BCM program."

A timeline for the project is available see on [bcm.qf.org.qa](http://bcm.qf.org.qa)



The campaign was launched with colorful artwork adorning desks and office walls

## PERSPECTIVE

Artist utilizes Mathaf platform to showcase creativity  
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**"Qatar has made a commitment to be a leading center for research and development, excellence, and innovation"**

His Excellency Dr Mohamed Bin Saleh Al Sada, Minister of Energy and Industry  
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## BEHIND THE SCENES

Planning Qatar Philharmonic Orchestra's diverse program  
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**“We are proud to see TII exerting valuable efforts towards organizing the translation and interpreting sectors in Qatar”**

*TII and QOC sign MoU on collaboration*

## NEWS IN BRIEF

TRC-Q APPLIES FOR GEOCHEMISTRY PATENT

■ Total Research Center Qatar (TRC-Q) has applied for a new patent in geochemistry. TRC-Q recently invented the “Mini-Cube Gas Chromatograph” to show how an instrument could be down to the size of a matchbox without altering its performance. The miniaturized device can be used on site, and also in laboratories, for petroleum, medical, environmental, and space applications. Initially developed for addressing petroleum issues, this new innovation could be applied to the analysis of other complex mixtures.

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A panel discussion at the IGLP Workshop

**COLLABORATION** Important gathering held at QF for second consecutive year

# HBKU hosts Harvard Law School's IGLP Workshop

**HAMAD** bin Khalifa University, a member of Qatar Foundation, in partnership with Harvard Law School's Institute for Global Law and Policy (IGLP), hosted the annual IGLP Workshop in Doha for the second consecutive year, from 3-11 January. The workshop promoted new perspectives and innovative approaches to issues of global law, economic policy, and social justice.

The IGLP brought more than 100 doctoral, post-doctoral scholars, and junior faculty together with a core group of senior IGLP faculty from

around the world for a unique series of lectures and intensive interdisciplinary debates. Young teachers and scholars had the opportunity to share their ideas with senior scholars from many leading universities, strengthening higher education worldwide.

Participants reviewed current scholarly developments, reconsidered canonical texts, and networked with colleagues from across the world. Intensive writing workshops offered participants the opportunity to receive valuable feedback on their own research from

their peers and more senior colleagues in small group settings.

Commenting on the workshop, Dr Dennis Roberts, Associate Provost, Evaluation and Assessment, HBKU, said: “Hosting the Harvard IGLP Workshop in Qatar provided an opportunity to introduce legal and public policy scholars from around the world to the important capacity building work of Qatar Foundation and Hamad bin Khalifa University. We were overwhelmed with appreciation as participants left Qatar after their intense nine-day experience.”

The 2014 workshop also focused

on comparative law as a constituent part of global policy and legal practice, on the potential to renew the Arab tradition of law and governance, and on the modern significance of the Islamic legal tradition.

David Kennedy, Faculty Director, IGLP, said: “Harvard's IGLP Workshop in Doha is a powerful experience for young scholars, bringing them into sustained conversation with one another and with leading faculty from around the world. Convening the workshop in Qatar has opened the door for participants from the MENA region.”

## TII and QOC sign MoU on collaboration

**PARTNERSHIP** Hamad bin Khalifa University's Translation and Interpreting Institute (TII) and Qatar Olympic Committee (QOC) have signed a Memorandum of Understanding (MoU) aimed at consolidating co-operation between the two institutions in the fields of translation, interpreting, revision, and editing.

The signing ceremony was held 25 January at TII, housed in the Awsaj building at Education City.

The document was signed by Faisal Al Mansoori, Public Relations and Marketing Director, QOC, and Dr Amal Al Malki, Executive Director, TII.

Al Mansoori delivered a statement following the signing that highlighted

the value of the collaboration, which is designed to assure the quality of QOC's various written documents along with its related federations and committees in Arabic and English. During international events, TII will offer their support in other languages such as French, Spanish, etc.

The collaboration will also provide top quality interpreting during the

training courses, press conferences, and other events organized by QOC.

Al Mansoori said: “We are proud to see TII exerting valuable efforts towards organizing the translation and interpreting sectors in Qatar and hopefully in the Arab region, thus enhancing the standard and quality of written publications and interpreting services.”

## QCRI and Boeing to hold symposium

■ Building upon their ongoing partnership, Qatar Computing Research Institute (QCRI) and Boeing will co-organize the ‘Machine Learning and Data Analytics Symposium’ to be held on 3-4 March. The symposium will focus on the various applications, recent advances, and new solutions in the fields of machine learning and data analytics.



## ABP students visit children in hospital

■ Students attending Qatar Foundation's Academic Bridge Program (ABP) recently made visits to sick children at Hamad General Hospital. The participating students are all members of the ABP's Social Services and Volunteering Club. The students took coloring books, markers and toys to give to the children as gifts and were given tours of the Children's Ward.

# WCMC-Q health talk tackles weight loss

**SEMINAR** 'Ask the Expert' series covers healthy ways to combat obesity

**HOW** to lose weight and keep it off was the subject of the first instalment in a new series of interactive health seminars organized by Weill Cornell Medical College in Qatar's (WCMC-Q) as part of its 'Your Health First' initiative, held at the Diplomatic Club on 22 January.

The first seminar in the new 'Ask the Expert' series began with a presentation by Dr Ravinder Mamtani, Professor of Public Health, Associate Dean for Global & Public Health, WCMC-Q.

After the presentation, members of the audience had the opportunity to ask Dr Mamtani their own questions about weight loss and engage in an interactive discussion with the professor.

Explaining the focus of his seminar, Dr Mamtani said: "Losing weight brings many benefits but the problem is that people who successfully lose weight often put it back on. The aim of the seminar was to explain approaches to weight management that allow the individual to maintain a healthy weight in the long term."

Being overweight or obese is associ-

ated with a number of serious health issues, including Type 2 diabetes, hypertension, and heart disease.

The number of people who are overweight or obese has been growing steadily in recent decades.

Dr Mamtani's seminar explored the reasons behind the growing trend, the science behind weight gain and loss, the value of physical activity, the environmental factors that contribute to weight gain, and the most effective strategies for losing weight and keeping it off.

He said: "In my experience, fad diets and rapid weight loss tend not to be effective because even if the dieter loses some weight they are likely to go back to their old habits and put it back on again.

"The best method is to give the individual knowledge and practical skills to make sensible, informed choices about what they eat and how much they exercise."

The five-year 'Your Health First' campaign is focused on encouraging people of all ages and backgrounds to adopt healthier lifestyles.

Entry to the seminars is free and open to the public.

**"The aim of the seminar was to explain approaches to weight management that allow the individual to maintain a healthy weight in the long-term"**



Dr Ravinder Mamtani, Professor of Public Health, WCMC-Q, speaks about the importance of effective dieting

## QDA nurses begin intensive training program

**TRAINING** The latest group of Qatar Diabetes Association (QDA) nurses has begun intensive training on developments on diabetes care through Action on Diabetes' Diabetes Educator Program.

Twenty-six public and private sector healthcare professionals from QDA, a member of Qatar Foundation, and Primary Healthcare Cor-

poration (PHCC) are participating in the course, which runs until September.

The Diabetes Educator Programme, now in its second year, aims to help nurses improve the quality of life for the estimated one in five Qatari people who are affected by the condition. It is delivered by the Canadian Michener Institute for Ap-

plied Health Science in conjunction with University of Calgary - Qatar, and supported by Action on Diabetes, an initiative supported by QDA, Hamad Medical Corporation, Supreme Council of Health, PHCC, Novo Nordisk, and Maersk Oil Qatar.

Dr Abdulla Al Hamaq, Executive Director, QDA, said: "The Diabetes Educator certification course will of-

fer a world-class program to diabetes educators in Qatar. It is the first accredited program of its kind to be run in Qatar.

"At QDA, we strive to deliver programs and services to people affected by diabetes, and share the latest diabetes information with care providers to help improve the overall quality of life for people with diabetes."

## HEC Paris trains for Qatar Leadership Center

Professor Alain Roux and Professor Corey Phelps from HEC Paris in Qatar conducted a custom-designed program in the form of a Business Simulation Workshop for the Qatar Leadership Center from 15 to 17 December 2013 at the Qatar National Convention Centre. The program required participants to undergo a series of decision-making rounds using a computer-assisted business simulation as a guiding thread.



## TAMUQ hosts Liberal Arts Conference

Texas A&M University at Qatar (TAMUQ) hosted the second annual Liberal Arts International Conference from 26-28 January at Hamad bin Khalifa University Student Center. The event, sponsored by Qatar Petroleum, and titled '(Re)thinking Global Connectedness: Critical Perspectives on Globalization', was organized by the TAMUQ Liberal Arts program in collaboration with the Initiative in Professional Ethics.

## QNRF grants awarded to 39 UREP proposals

**SCOLARSHIP** Grants of more than \$1.3 million have been awarded to undergraduate students in Doha by the Qatar National Research Fund (QNRF), part of Qatar Foundation Research and Development.

The research grants are part of Qatar's goal of continuing prosperity through development of a knowledge-based economy.

The 15th cycle of the Undergraduate Research Experience Program (UREP) saw 39 of the 126 proposals reviewed receiving grants, a 31 percent success rate.

The program provides undergraduate students with the opportunity to gain hands-on experience by participating in research under the guidance of their respective faculty.

Dr Abdul Sattar Al Taie, Executive Director, QNRF, expressed his delight at the breadth and depth of research undertaken and submitted for the 15th cycle of UREP. He said: "UREP's latest cycle attracted 42 proposals under the engineering and technology discipline, followed by an impressive 40 in social sciences, arts and humanities, 23 in the medical and health related discipline and 20 in the natural sciences."

Dr Al Taie said: "One of QNRF's core missions is assisting Qatar's youth to pursue a career in research."

"The latest cycle saw grants awarded to 145 students, 44 of whom are Qatari students," said Sunitha Shyam, Training Programs Manager at QNRF.

"This is really encouraging and I am particularly pleased to see such a high number of female Qatari students participate in UREP. Supporting young women in Qatar to further develop skills in science and research is a key area for QNRF so we are extremely happy that 27 Qatari females participated," Dr Al Taie added.

Proposals awarded by QNRF were submitted by students from Qatar University, Texas A&M University at Qatar, Ahmed Bin Mohamed Military College in Qatar, Weill Cornell Medical College in Qatar and Northwestern University in Qatar.

ON 23 JANUARY, QF TELEGRAPH ASKED QATAR FOUNDATION (QF) EMPLOYEES WHETHER THEY FOUND INTERNATIONAL BENCHMARKING STANDARDS RELEVANT TO THEIR WORK.

International standards are an important method of measuring the performance of an organization against other companies, and QF employees were, in the main, positive about the impact they have on the organization.

An overwhelming 91 percent of the 100 people *QF Telegraph* surveyed believed that international benchmarking standards had benefits for QF, and those we spoke to said that they had provided a basis for improvement. They explained that successes and standards had to be measured to ensure that QF was heading in the right direction.

Hamza Al Kuwari, Director, Quality Management System (QMS), QF, says international standards are not just put in place to assist QF as an organization and for management. He says that they are useful for every employee, because it means policies and procedures are in place for them to follow.

"It supports you as an employee. If anybody asks how something is done and why, you know that you are following QF's policy and procedures."

"We oversee all the QF directorates and do a process map for them. How this works is very easy. First we establish a system, then we implement the system."

"After implementing it, we do a compliance review internally, and then a third party comes in and ensures we are following the requirements of that system."

Al Kuwari says the international standards are not in place to control the way people work, or to enforce the methods of other organizations on QF where they may not be relevant.

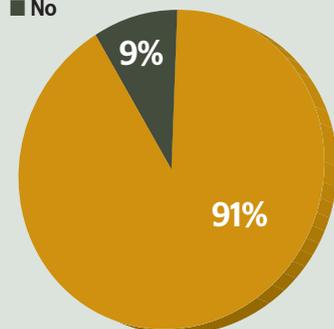
"International standards are general standards. For example,

We polled 100 people across all age groups on the QF campus

## ARE INTERNATIONAL BENCHMARKING STANDARDS RELEVANT TO YOUR WORK?

TOTAL SURVEYED:

Yes  
No



looking at customer satisfaction, the ISO [International Organization for Standardization benchmarks] will give the general standard that you have to satisfy the customer.

"It is then up to you how you implement it, but if you say you will do that by running an annual survey, you have to do, so that it is not focusing on controlling you; it sets the main guideline and it's up to you how you follow it. But you have to commit to whatever you have written in your procedures."

**NINE** percent of people surveyed by *QF Telegraph* said that they did not see the benefit of international standards, and said that while they saw the certificates hanging in departments' offices, they didn't understand what tangible outcomes came from

benchmarking.

Al Kuwari said that standards are pursued if they create benefits for QF and continually improve how the organization works, and that QF will not pursue standards if they cannot see the added value to the organization.

"Sometimes the standards require an investment at the beginning and we will see the savings in the future. It does not cost a lot of money to do this, but it takes up a lot of time to run the audits, both internally and externally."

"It requires the support of all the QF directorates. From 2006 until now we have had really good support from QF and QF management."

"If anything is not relevant to QF, we don't do that. If a department sets a standard they would like to

achieve, at QMS we will support them and prepare the business case for them. But we will not agree with any standard just to get the certification. We look at the benefit, the impact and how we will implement it. Is it possible to implement it, or will it take a long time without a benefit? If we find that a standard is not adding value, we will cancel it."

As well as improving the processes and procedures of QF departments, standardizing the way that systems work across the whole organization can have cost benefits.

**BUSINESS** Improvement is in charge of improving these processes to effect systematic improvement across the organization.

Another driver behind achieving international standards is that they open up new international markets.

"We often deal with international contracts, and are asked if we are certified and to show the evidence of our external audits," says Al Kuwari.

QF is required under international standards to review its procedures every three years, ensuring its continuous improvement.

**"From 2006 until now we have had really good support from QF and QF management"**

# International benchmarking standards drive improvement

- ▶ Overwhelming majority of staff recognize the importance of ISOs
- ▶ Standards benefit QF employees by setting procedures to follow

# Mathaf invites artist to show her creative process

Innovative residency to give insight to students and young artists



Manal Al Dowayan with her artwork, 'Suspended Together', which is part of Mathaf's permanent collection

**CONCEPTUAL** artist Manal Al Dowayan has opened a project space at Mathaf: Arab Museum of Modern Art.

During her residency at Mathaf, Al Dowayan, of Saudi Arabia, will demonstrate the artistic process that goes on behind the scenes in an artist's studio before they complete the final work of art.

Al Dowayan welcomed visitors and students to the project space, which opened on 25 January and will remain open until 31 March, to learn about her work, and participate in her research, as she creates 'Crash' a project which will be shown in the Cuadro Gallery during Dubai Art Fair to be held in March.

"I didn't study art in art school," says Al Dowayan, who has a Master's degree in Systems Analysis and Design, and worked for an oil company for 10 years.

"I studied print-making and dark room printing with a master printer. I started off my career with black and white photographs. But there was no art industry in Saudi Arabia at that time. I was producing my photography with no audience to show it to."

Al Dowayan's early work made direct statements, she says, especially about women and their rights in Saudi Arabia, and were shown elsewhere in the Middle East and the rest of the world.

When she was invited to do a residency and took six months away from her job, Al Dowayan decided there was no turning back and dedicated herself to her artist career.

"Crash' is a layered project and

**"Mathaf provides a modern platform to experiment. This is something very unique"**

the final artwork is going to be quite abstract," she says.

"It expresses a very weird phenomenon in Saudi Arabia, in which women are appointed as teachers in remote villages and drive hours to get to their job. There is a death almost every week or two weeks. This is because the roads are dangerous and the cars do not meet safety standards.

"Cars often don't have seat belts and sometimes the seats are even removed in order to allow women to sleep in the back, because the women leave between 2am and 4am.

"The issue for me is that it's repeated so much that people in Saudi Arabia have become numb to it. And, they never mention the names of the women. This woman, if she dies, how many people will remember her?"

She said 'Crash' follows previous work surrounding the theme of 'forgetting', and like previous projects, is 'participatory art'; which invites people to get involved.

Al Dowayan's research, including the travel slips donated by the teachers, internet research, newspaper reports, stories, interviews, data, and statistics, is mapped across the walls of the studio in Mathaf.

She says: "There's little knowledge

of the process that happens before an artist produces the final artwork. Usually I spend a couple of years researching a project, collecting materials, and talking to people. I do that in my studio and in the end I give it to a gallery.

"Mathaf invited me to take over this space and bring the studio process here. This space is experimental and people will come to visit and talk, and I will document these conversations as part of the research. Any gaps that I find in my research, I fill them via creative means. And from that I produce a body of work.

"It is a unique situation, and I hope a lot of young artists get to see this, and there are going to be a lot of talks with students and members of the public. Mathaf provides a modern platform to experiment.

"This is something very unique. I have never been invited to do this in the Middle East, although it's a trend that's growing in the art scene.

"Artists need the support of institutions like Mathaf, which are not commercial, but are documenting and experimenting and displaying art to the public. Their contribution to an artist's career is integral. There are going to be more institutions like this in the region, but right now there is only one, in Doha."

## OPINION KYLE WHITEHILL

### Enabling society to thrive in Qatar's 2030 Smart City

**QATAR** is an exciting place to be right now - especially in the communications arena.

I was born into a technology-free world. As I hit high school, I became aware of things such as mainframes, but I didn't have a computer on my desk for another decade.

As technology evolved, my boss installed a phone in my car, but I had to sit and wait in it if he wanted to call me. It was a great gadget, but it didn't have mobility.

Now, I'm connected all the time. I can be reached on Whatsapp, BBM, iMessage, Facebook, Twitter, Instagram, LinkedIn, Snapchat or one of various other communication applications.

The 'mobility first' approach adopted by business enterprises has revolutionized the way we work. Mobility is now at the very heart of everything. Mobility innovation comes in many forms, but essentially, in the work space, it allows staff more freedom, and empowerment. Ironically, the younger workforce is driving the consumerization of the workplace. CEOs are only too happy to oblige, watching productivity soar.

Today, smartphones are the main means of connecting to the internet - it's all about mobile connectivity. In 2011, shipments of smartphones overtook those of personal computers and tablets for the first time. By 2015, 788 million people will access the internet through mobile devices - a staggering 56-fold increase in five years. Plus, we're seeing huge demand for data. More than 100 million smartphone users each consumed more than 1GB of data per month in 2013 - the equivalent of 250 songs, or 4,000 photographs. And this is just the beginning. It is predicted that by 2016, global mobile data will reach 18 times current levels; a mind-boggling 130 exabytes annually. To put that in context, all the words ever spoken by human beings would add up to around five exabytes.

So, how does Vodafone Qatar fit with the technology evolution? With Qatar Foundation, we entered Qatar telecommunications space in 2008, giving Qataris choice.

We're now five years along and we already have a 32 percent market share, delivering connectivity and a unique offering to all in Qatar. We're the only global brand on the Qatari stock exchange, with 41,000 Qatari shareholders, and the company is 73 percent Qatari-owned, so we're a fully established, Qatari service provider.

**"It is predicted that by 2016, global mobile data will reach 18 times current levels; a mind-boggling 130 exabytes annually"**

We continue to work diligently with Qatar National Broadband Network, our partner, to connect Qatar with fixed line services which paves the way for our integrated offering. In the future, Vodafone Qatar will be uniquely positioned to offer true network convergence throughout Qatar with our super-fast 4G LTE and fiber networks.

We see the ongoing data-driven trend accelerating further, and truly rich content taking center stage.

Vodafone Qatar is focusing its energy on delivering against ictQATAR's 2015 digital agenda and further building upon our existing world-class infrastructure to enable a knowledge-based society to thrive in Qatar's 2030 Smart City.



**COLUMNIST**

**Kyle Whitehill**  
CEO of Vodafone Qatar

© WHAT DO YOU THINK?  
Send us your opinion at [qft@qf.org.qa](mailto:qft@qf.org.qa)

## HOW DO I?

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

#### How do I use the Education City shuttle buses?

Qatar Foundation (QF) provides shuttle buses entirely free-of-charge for all community members to travel within Education City. Find well-marked bus stops at all major buildings and simply wait for the bus to deliver you to your desired destination.

Feel free to ask the helpful drivers if you are unsure of where to disembark. Buses will stop at identified bus stops only. Please note that there is no service on Fridays and Saturdays.

#### Where do the buses go?

There are three major lines with three distinct routes.

The Yellow route covers the internal campus services, designated as "EAST & WEST" in the front window of the shuttle.

The Red route buses are marked as 'QNCC to WEST CAMPUS' and run between Qatar National Convention Centre (QNCC) and the Ceremonial Court, covering the western side of campus.

The Green route services the opposite side of campus, running from QNCC to Texas A&M University at Qatar and the Student Center and is labeled as 'QNCC to EAST CAMPUS'.

There is an additional White route that runs just from the New Student Residence Hall to the Recreation Center.

#### How often do the buses run?

Buses leave QNCC every ten minutes. The Yellow route runs within the main Education City campus every five to 10 minutes, and every 30 minutes for the White line.

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



His Excellency Dr Mohamed Bin Saleh Al Sada, Minister of Energy and Industry, second from left, is shown the new Digital Core Laboratory at the Maersk Oil Research and Technology Centre

**RESEARCH** QP and Maersk Oil Qatar sign technology co-operation framework agreement

# Maersk Oil launches its new Digital Core Laboratory at QSTP

**HIS EXCELLENCY** Dr Mohamed Bin Saleh Al Sada, Minister of Energy and Industry, has officially opened the new Digital Core Laboratory at the Maersk Oil Research and Technology Centre (MO-RTC) in Doha on 19 January.

During the opening ceremony, held at the Qatar Science & Technology Park, His Excellency Dr Al Sada also witnessed the signing of a technology co-operation framework agreement between Qatar Petroleum (QP) and Maersk Oil.

The Maersk Oil Digital Core Laboratory — the first of its kind in the Middle East — will support ongoing applied research efforts in the area of enhanced oil recovery, particularly in carbonate reservoirs such as Qatar's *Al Shaheen* oil field, which is one of the most complex in the world.

The laboratory is part of a 10-year investment by Maersk Oil in

applied research in Qatar, focusing on improved oil recovery, enhanced oil recovery, and the marine environment.

His Excellency Dr Al Sada congratulated Maersk Oil for bringing the Digital Core Laboratory to Qatar. His Excellency said: "Qatar has made a commitment to be a leading center for research and development, excellence, and innovation.

"Therefore, research facilities like this play an important role in fulfilling that goal. We are hopeful that the laboratory and the research findings that it will generate would greatly contribute to the future development of Qatar's energy industry."

Speaking at the launch, Jakob Thomasen, Chief Executive Officer, Maersk Oil, said: "Working closely with our partner Qatar Petroleum, Maersk Oil has become specialists in understanding and applying

the right technologies to maximize long-term production potential and unlock value from the complex *Al Shaheen* field.

"The Maersk Oil Digital Core Laboratory is a world-class facility that further strengthens our commitment to the State of Qatar and to applied research and technology development here in Qatar."

By advancing understanding of the mineralogy of *Al Shaheen* reservoir rocks and of the subsurface chemistry and fluid flow relationship, the Digital Core Laboratory aims to improve enhanced oil recovery success rates.

Researchers at the Digital Core Laboratory use more than 13,000 X-ray images in a computed tomography (CT) scan to make a mathematical reconstruction of carbonate rock samples.

The pores of oil-bearing rocks are studied at a minute level, down to a diameter of 40 times less than that of a human hair and the combined data is used to generate a 3D image that shows petrophysical and flow-related information.

As part of the opening ceremony, a technology cooperation framework agreement was signed between the MO-RTC, allowing QP to use the

Maersk Oil Digital Core Laboratory for individual or joint research activities.

Abdulrahman Al Emadi, Head, Research and Technology Centre, Maersk Oil, said: "The collaboration agreement builds on Maersk Oil's close relationship over the past 20 years with Qatar Petroleum, our partner at *Al Shaheen*, and opens up the Digital Core Laboratory for the greater good of Qatar."

Dr Nasser Al Mohannadi, Manager, Research & Technology Centre, Qatar Petroleum, said: "We are delighted to sign the research collaboration agreement as this is an important step in further deepening and enhancing our existing relationship with Maersk Oil and its research team at the Qatar Science & Technology Park."

In almost every aspect affecting production and ultimate recovery of oil, the *Al Shaheen* field is one of the world's most complicated carbonate fields.

Maersk Oil is committed to the long-term development of the field and, in doing so, contributing to the country's sustainable development and in achieving the objectives of the Qatar National Vision 2030.

**"The Maersk Oil Digital Core Laboratory is a world-class facility that further strengthens our commitment to the State of Qatar"**

# Developing a world-class university

Dr Mounir Hamdi, Dean of HBKU's College of Science, Engineering and Technology, talks about growing the college and the new Executive Master program in Energy and Resources

I AM delighted and honored to take up my new role as Dean of the College of Science, Engineering, and Technology (CSET) at Hamad bin Khalifa University (HBKU). It is a chance in a lifetime to be given the opportunity to be one of the founders of HBKU along with great academic leaders. This new university is being built on the solid foundations and framework already being laid by Qatar Foundation that includes strategic partnerships with QF research institutes and the branch campuses of some of the best universities in the world. This unique and forward-looking higher education environment will help HBKU reach its full potential and vision as a world-class research university, and in the process contribute to the Qatar 2030 National Vision goal of becoming a knowledge-based society.

I am very optimistic that we can achieve that goal and I believe that at HBKU we have the potential to be outstanding, and that the university will stand proudly on the world stage.

Previously, I was involved in the founding of an emerging university, during which time we were able to

build its international reputation as a world-class institution.

I would like to bring this unique and rich experience in developing top-notch academic institutions to HBKU so that I can be a part of growing the university and helping it reach its full vision of becoming a world-class research university.

## INNOVATIVE

The educational and research program at the College of Science, Engineering, and Technology will be based on four multidisciplinary divisions: sustainable development, life sciences, information and communication technology, and engineering management and logistics. We are determined to build academic and research programs that are innovative, and are evolving with current state-of-the-art trends in higher education.

Recently, here at CSET, we launched our first program, an Executive Master program in Energy and Resources (E&R).

The program is offered in partnership with Georgetown University, Texas A&M University,

and HEC Paris, and will integrate the disciplines of geopolitics, public policy, technology, finance, management and strategy, and prepare participants to conduct strategic analysis, reach effective decisions, and manage their operations with a global understanding of E&R issues.

The program extends over 16 months. I am delighted to say that, of the 29 students who are taking the course, 25 of them are Qatari.

We held an event to launch the program at the HBKU Student Center, which was attended by His Excellency Sheikh Abdulla bin Ali Al-Thani, Ph.D., President of Hamad bin Khalifa University, plus the deans of HBKU partner universities, together with executives from leading industry organizations and other guests.

And so we are embarking on an incredible journey towards building a world-class research university. We have all the right elements in place. We have the QF vision and the Qatar National Vision 2030 that to guide our own vision and goals, we have the research and education ecosystem within Education City, we have the support, the atmosphere, the intention, the determination; everything, in fact, that is necessary to create an impact and make a difference.



**“I believe that at HBKU we have every potential here to create an outstanding university; one that will stand proudly on the world stage”**

We are only at the beginning of our journey, but we are very optimistic that we can go all the way, and achieve our goals.

In particular, we have specific plans for my own college, developing our own individual education and research programs, together with programs in partnership with the branch campuses and the research institutes, as well as other potential partners.

## MULTI-DISCIPLINARY

It is an indication of the high level of esteem that the world already holds for QF and HBKU, and about what we are trying to achieve here in Qatar, that when we recently began to advertise for our first faculty members, we received over 1,500 applications from all over the world.

These were for positions such as associate professorships, division heads, etc.

It is very exciting – we have been given the chance to start with a clean sheet of paper, which is a tremendous

opportunity to think out-of-the-box and be innovative.

The vision of HBKU is to become a world-class research university using a multi-disciplinary model, because by creating multi-disciplinary colleges which work together in different fields, then you can begin to solve important problems that cannot otherwise be solved within a single discipline. CSET will help to fulfill that vision.

The work being done here at Qatar Foundation is increasingly being recognized globally, and will continue to be so by bringing the best universities in the world to Qatar, by building the best research institutes, and by having a graduate research university.

It is very exciting to be a part of it, but at the same time, it is a tremendous responsibility and challenge ... from day one we are advocating that we want to be world-class and nothing less. That is our emphasis; that is our plan.

# 15000

applications have been received from academics from all over the world to join the faculty

## 29

students enrolled in HBKU's new Executive Master program in Energy and Resources

## 25

of those students are Qatari nationals

**“Internships are of great benefit for students wishing to develop their personal skill sets”**

*Internships a vital aspect of study for QF students*

## NEWS IN BRIEF

NU-Q STUDENT DOCUMENTARY SHOWCASED AT KATARA ART STUDIO

*By Nelly Al Fayed, a Junior at Northwestern University in Qatar*

Northwestern University in Qatar (NU-Q) students, Sarah Al Derham and Sheikh Jassim Al Thani's documentary film, *Um Rashed*, was recognized by SeeMyCulture and displayed at Katara Art Studio.

SeeMyCulture is a non-profit project encouraging artists to showcase their work that focuses on culture, Islam, and community.

The film illustrates the cultural struggle against modernity through a character sketch of a Bedouin woman in Qatar named Um Rashed. It does so by following Um Rashed as she provides comedic insights into her life.



Student interns discuss the pages of future issues of QF publications with one of their mentors

**EXPERIENCE** Practical work offers unique insights into students' chosen fields

# Internships are a vital aspect for QF student development

*By Azka Zia, a sophomore student at Georgetown University in Qatar*

**INTERNSHIPS** can often become an important part of college students' lives by taking them outside of their comfort zones and challenging them to move beyond what they study in class. Thus, internships become a crucial means of giving students the necessary experience to have successful careers. University campuses across Education City offer the chance for their students to take part in internships across a variety of professional institutions. Classes are also held which focus on getting the most out of internships, such as Northwestern University in Qatar's (NU-Q's) weekly internship seminars.

*QF Telegraph* talked to various students who have been carrying out internships in Qatar and around the world about their own experiences during some very sought-after internships.

Stefani Kavada, UCL Qatar student, who was an intern at the *Die Neue Sammlung*, The International Design Museum, Munich, Germany, in summer 2013, said: "My internship was central to my Master's program in Conservation Studies because it gave me the opportunity to work with plastic

materials, which are my interest, instead of archaeological collections that I have worked with in the past."

Kavada was also provided with an extensive library for research and study and the opportunity to see how well-established, large-scale museums operate. Her next internship destinations include Italy's Fondazione Plart.

Kavada was able to secure her internship under the guidance of her Masters' co-ordinator. This is also how Catherine Fe Chico, Graphic Design Senior, Virginia Commonwealth University in Qatar (VCUQatar), was able to be placed in an internship at Grow, a design company in Al Muntazah, and at Mathaf: Arab Museum of Modern Art.

"The experience at Grow was very different from my studies at university, where I would have a month working on each of my projects. She said: "With my internship I only had three days to produce an end product. Though it was stressful, I gained valuable knowledge," she said. At Mathaf, Fe Chico designed products for display in the museum shop, and learned how to represent Qatar through products.

Mujtaba Qureshi, Electrical Engineering Senior, Texas A&M University at Qatar (TAMUQ),

**“It was a real eye-opener for me and I would definitely do it all over again”**

secured an internship in the power generation services department of General Electric Power and Water.

Some students have to set up their own initiatives to secure internships. As Qureshi recalls: "I had to work very hard to make my resumé good enough for company representatives to notice, often relying on online resources and colleagues who had more experience than I did."

As part of his internship, he observed the working of gas turbines and generators. "The internship required the application of every concept I have learned in class, and more. It also taught me some basic project management skills that we as engineering students normally overlook in our education. It was a real eye-opener for me and I would definitely do it all over again."

Mahmoud El Toumy, Electrical and Computer Engineering Junior, TAMUQ, interned at Honeywell Process Solutions, an industrial process manufacturing company, where he applied the theory he had learned in classes and gained hands-

on experience.

"The internship was a great opportunity for me to understand how all the theory that we study in classes is applied.

"I was able to grasp the more important concepts and gain hands-on experience. An internship also helps to increase your connections with people from the industry and gives you the opportunity to learn more about punctuality, as well as teamwork."

Natasha Bahri, Interior Design Senior, VCUQatar, found that the dynamic working environment at Bluu Qatar LLC, a trading company, tested her project management and office skills.

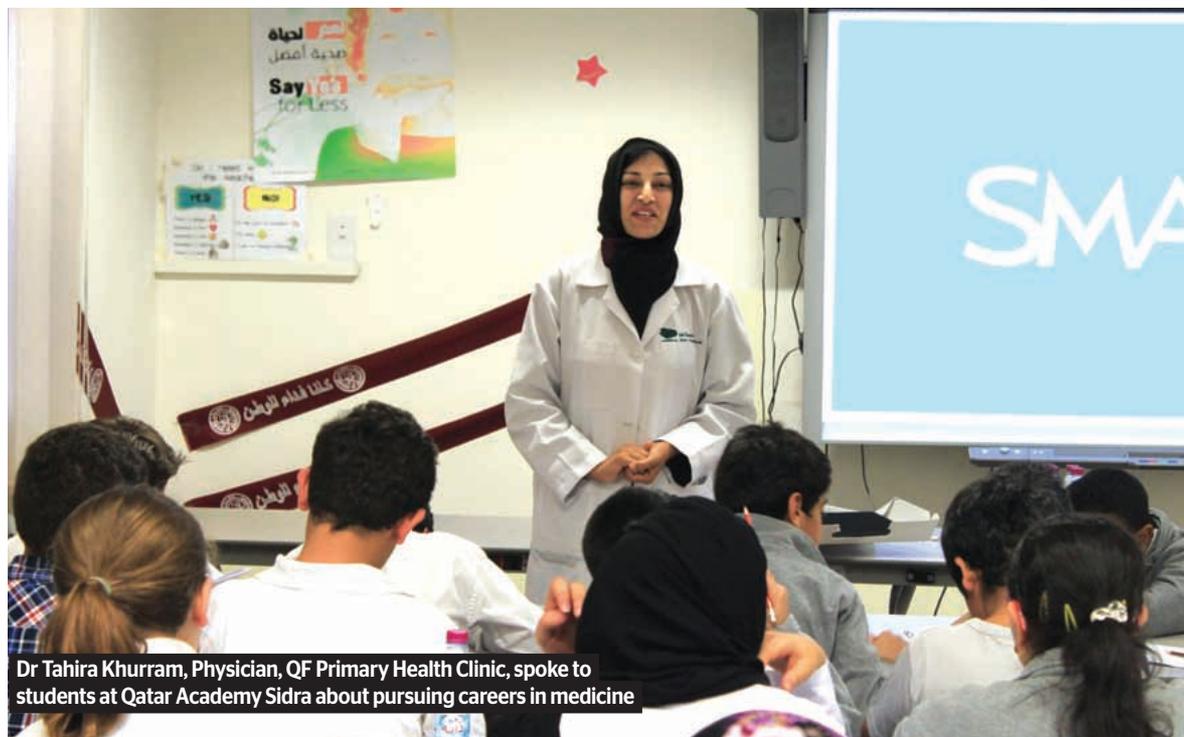
While an intern, she assisted and participated in projects for Ooredoo, Qatar Research and Development Center, and AECOM.

"I found that good office skills and work skills became crucial in my work," she says.

"Internships are of great benefit for students wishing to develop their personal skill sets," said Bahri.

# Qatar Academy Sidra holds Career Day

**VOCATION** Students meet professionals to explore career possibilities



Dr Tahira Khurram, Physician, QF Primary Health Clinic, spoke to students at Qatar Academy Sidra about pursuing careers in medicine

By Nelly Al Fayed, a junior at Northwestern University in Qatar

**SUCCESSFUL** people from a wide range of professions, including surgeons, professors, and firefighters, visited Qatar Academy (QA) Sidra's Career Day to give their students an opportunity to hear about the different careers they might wish to pursue in the future on.

Students were able to engage in discussion with guests in their respective fields and pose questions about things they can do to reach their goals.

Bassant Emad, Grade 7 student, QA Sidra said: "I want to become a medical and clinical laboratory technician because I want to help discover new diseases and create powerful

medicines to cure them.

"I learned the periodic table, the arteries in the body, atoms, and the digestive and immune systems. I hope to treat harmful diseases and create a healthier future for people."

The young students got the opportunity to receive a different perspective of numerous career paths in addition to advice and real-life experiences.

"I want to become a surgeon because my younger brothers have belly and bone problems and I feel sad for them," said Yousef Wessam, Grade 6 student, QA Sidra.

"I also like to help people, and my religion says that helping people is a good deed."

Yousef discussed his future prospects with a guest speaker who was

a surgeon, and afterwards became even more insistent on fulfilling this dream. He said: "One day, I will create medicine that tastes better."

Many students seemed to have a clear and focused path with regards to their future career and were ready to ask a variety of questions.

This day encouraged and inspired these students to work towards fulfilling their dreams. Barbara Stoll, Teacher, QA Sidra, who helped facilitate and organize Careers Day for the young students, said that such a day is essential for students to begin planning their future through asking questions.

Stoll said: "They know if they like to work with people or machines. We all have different talents and skills. Such a day teaches students to follow their passion."

## CMU-Q students hold second Hackathon

**COMMUNICATION** Led entirely by students, Carnegie Mellon University in Qatar (CMU-Q) held the second edition of its Hackathon competition. Sponsored by Vodafone Qatar, a Qatar Foundation joint venture, the Carnegie Apps Hackathon brought together students from across Qatar to build mobile applications and games that can make a difference in the way we use technology.

More than 40 students from CMU-Q, Qatar University, Al Jazeera Academy, and Newton International School took part in the Hackathon

and were mentored by CMU-Q alumni and representatives from industry giants including Vodafone Qatar, Microsoft, and Williams F1.

Students also had the opportunity to network with peers and professionals.

Students demonstrated the innovative technologies they created to a panel of judges from Microsoft and Vodafone Qatar, who selected the winning applications based on their design, idea, and creativity.

This year's winning team for the best overall app, V-Hack, created Tweetmotions, an app that extracts

emotions from live tweets, enabling the user to characterize emotions associated with certain terms, names, and brands.

"We are thrilled to win today. These kinds of events enforce and reignite our interest in coding.

"We can't believe what we achieved in just 24 hours and are excited about perfecting the application that we have created. Hackathon definitely puts the fun back into coding!" said Hira Yasin Dharmyal, a freshman in Computer Science at CMU-Q and a V-Hack team member.

## CAMPUS LIFE

Amal Al Muftah

### Fulfilling a passion for making filmmaking

**"MY DREAM** is to be an engineer", "mine is to be an astronaut", and "I want to be a doctor," said my classmates.

Everyone seemed to know what they want to become, except for me. From a very early age, thoughts about my future roamed my mind. There were so many opportunities out there, but I had no clue which one fit best for me.

That was until 10th grade, when I had just enrolled in Qatar Academy (QA).

Along with other three other Art subjects, Qatar Academy offered Film. Out of curiosity, I decided to enroll in that class. I took two terms to discover my interest in the subject, which is why I chose to continue studying it for the final two years of my schooling.

In Grade 11, I made a documentary called *Split Seconds*. It was the first time I had ever worked alone on such a big project. The documentary participated in the THIMUN Film Festival. It was very well received, and won some awards.

At the time, I wasn't sure if my dream was to become a film-maker, which is why I decided to attend workshops with Doha Film Institute (DFI) to further explore my interests.

I attended multiple workshops including the 7-day filmmaking challenge, where I started working on the script of what was soon to be my first short, *Al Kora*.

My initial purpose of making that short film was to experience the process of filmmaking from scriptwriting to post-production. I was very lucky when it was decided that my film would participate in the Ajyal Film Festival.

The Ajyal Film Festival was an absolute rewarding experience. I got to meet people that shared my interest in film and to meet filmmakers from all over the world, but most notably, I got to walk on the red carpet.

**"I decided to attend workshops with DFI to further explore my interests"**

That was when I knew that my dream was to become a filmmaker. I wanted to make films not because of the attention you get along with them, but because I have a unique culture and identity that the world needs to recognize.

I am lucky enough to be in a country that offers countless opportunities for those interested, and I believe that I'm at the right place at the right time.

The film industry in the region is starting to spread out, but it'll only continue sprawling with our participation and support.

I know I will continue to make films until hopefully one day I direct my first feature film.

As for those of you who are interested in filmmaking, or acting, I highly encourage you to watch out for opportunities because there are many. Who knows, someday your film could be nominated for the Oscars.

**“We need to think about the future of photovoltaics, and what the materials of tomorrow will be”**

*QEERI Seminar looks to the future of solar power*

**PUBLICATIONS REVIEW**



**Think.**

After nearly two years *Think.*, the quarterly magazine published by Qatar Foundation dedicated to exploring global trends, international affairs, and thought leadership, is coming to an end.

Distributed around the world to an influential and discerning readership, including those attending the last two G8 Summits, *Think.* has featured contributions from current and former prime ministers and presidents, Nobel laureates, distinguished academics, and prize-winning authors and journalists drawn from around the world.

The current issue concludes the publication with an exclusive interview with former US President Jimmy Carter.

# Khalifa Essa Al Kubaisi

Press Office Co-ordinator, Communication Directorate, talks about media relations and why he would like to meet Bill Gates

**Describe your role at QF.**

I take care of the daily activities of the press office. Many requests come across my desk every day for their content to be approved, to ensure that the message of QF remains intact.

I see all the posts for the various social media outlets, review press releases, as well as the daily newsletter, and also handle media relations such as requests to film around Education City.

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

I would switch with someone in marketing.

Creativity is at the core of their job, and I think it would be fun and interesting to work in such a highly creative environment.

**What is your favorite pastime?**

I am a huge fan of football. I love to play football with my friends, and I enjoy watching football as well.

**If you had the chance to live in another time period, would it be the past or the future? Why?**

I would definitely choose to live in the future because it would be interesting to know what is going to happen.



However, 20 years into the future would be too far; because then I would miss the 2022 FIFA World Cup in Qatar.

It would have to be eight years in the future so I could be there to experience every football fan's dream right here in my home country.

**If you could meet a famous personality, who would it be?**

Bill Gates would be an interesting person to meet.

It's difficult to imagine what it would be like to work on our computers without the concept of windows.



His ideas have completely changed how we function every day at work and at home.

**What is the most satisfying aspect of your work?**

The use of social media is incredibly satisfying for me.

Twitter is especially useful to me because I view it as a source of quick information, much more so than other channels such as Instagram or LinkedIn, for example.

But I use them all because they each has its own value.

**What is the biggest challenge you face in your work?**

I work with all the different centers for all of QF. I am constantly approving press releases in the areas of education, research, and community.

Some of these topics can be very technical, and it can be a challenge to know a little bit about every subject that comes across my desk.

## QEERI Seminar looks to the future of solar power

### Researcher discusses new materials to meet power demand

**QATAR** Environment & Energy Research Institute (QEERI), a member of Qatar Foundation (QF), held a seminar on developing the solar power industry to meet the world's increasing demand for energy.

Professor Ahmed Ennaoui, Group Leader and Project Manager, Helmholtz-Zentrum Berlin für Materialien und Energie, held the seminar, titled 'Thin-film Photovoltaic Technology and Electrochemical Storage: The Coming Decade of Opportunity', at the LAS Building in Education City on 20 January.

He showed a video detailing the benefits of thin-film photovoltaic technology, a more versatile solar power technology than traditional photovoltaic cells, and related technologies, and discussed the storage of solar energy.

Scientists from across QF had the



opportunity to ask questions.

Professor Ennaoui said: "We need to think about the future of photovoltaics, and what the materials of to-

morrow will be. The future materials need to allow for a power supply that is measured in terrawatts, and this is not very easy.

"By 2050, we will need to generate a lot of energy through this technology, and as such we can't use just any materials.

"We have to find a solution that is not just to have solar power on a scale that will supply just a few people. We have to look at the technologies now and what we have to do to enable us to meet this future need."

Professor Ennaoui discussed challenges and the manufacturing requirements for developing cost-effective thin-film photovoltaic technology, as well as the different materials involved in his research at the German materials research center Helmholtz-Zentrum Berlin für Materialien und Energie.

# Bringing world-class music to Qatar

Years of planning behind Qatar Philharmonic Orchestra's exceptional symphonic program

**WITH** a broad repertoire that includes both Western and Arabic selections, the Qatar Philharmonic Orchestra (QPO) offers performances that satisfy every segment of Qatar's audience. QPO brings world-class symphonic music to the local community, and is a platform for music from around the world.

Since their founding in 2007, the orchestra of 101 musicians has delighted audiences with several world premieres in addition to performing the world's best-known symphonic pieces. Averaging two performances per week at the Katara Opera House, the Philharmonic hosts new and established composers, soloists, and conductors of the Arab world and beyond.

Due to the immense amount of planning goes into the QPO's program, *QF Telegraph* decided to take a closer look at all the behind the scenes steps involved in providing Qatar with an exceptional symphonic program.

The preparation begins long before the musicians take to the stage. Kurt Meister, Executive Director for QPO, said: "We decide the programming two years in advance. We are already talking about 2016." This long lead-time is key to securing the desired musicians, conductors, and soloists for a particular performance or program.

Han-Na Chang, Music Director, and Meister, personally selects the repertoire, carefully choosing pieces to ensure a broad appeal to Qatar audiences. Meister explained that they strive to achieve "a balance between known and unknown pieces. If you know the name, you will be interested to attend the performance, and then you hear pieces that you don't expect. In this way we educate the audience, and they enjoy music that they would not otherwise hear."

After the repertoire is selected, there is an involved process to simply acquire the music itself. Ben Gould, Orchestra Librarian, QPO, said that this



Ben Gould, Orchestra Librarian, QPO, goes through musical scores for the orchestra

Behind the Scenes

part is mostly done by email. He first determines whether the orchestra already owns the piece of music in question. If not, Gould then contacts the publishing house to either buy, or hire, the music depending on its current copyright status. "There are quite a few pieces that we're buying because they're out of copyright now. We might as well buy them so we've got them here. Then if we perform a piece again, then I can just pull it straight off the shelf, and it's ready to go."

When discussing the acquisition of the music, Gould refers to hard copy sheet music, not a digital version, and never a photocopy.

This is no small task to manage, as Gould said, one piece of music, amounts to a four-inch stack of paper. Once in hand, "depending on what state the music is in when it ar-

rives, that determines what needs to be done with it," said Gould. "When you get the pieces, often they're completely empty, as in there are no markings in them at all."

**GOULD** must pencil in several types of notation to indicate phrasing and other details for each section. "The string players in particular need to have what we call bowings, so that they all know which ways their bows are going. They must all go exactly the same way as the entire section."

In that four-inch stack of music that represents one piece of music, "there's one part for the first flute, another for the second flute, the third flute, the woodwinds, the brass, the percussion — they all have very different parts." And that doesn't include all the separate parts for each instrument in the string section. As the Orchestra Librarian, Gould must have an extensive working musical knowledge of each section of the orchestra in order to include the necessary markings for every instrument.

The sheet music must be ready "a week or two before the first rehearsal because the musicians will want to have a look at the music to practice beforehand," says Gould. This takes an immense amount of time, "so you must be ahead. You can't do it the night before. It's very time consuming."

One of the QPO's objectives is to bring its audience a wide variety of symphonic music, balancing both Arabic and Western selections. To

**"We decide the programming two years in advance. We are already talking about 2016"**

satisfy an audience that may not be familiar with Arabic compositions, Meister explains that, "normally I try and combine Western music with Arabic music, which is not always easy." For instance, a recent performance of Robert Schumann's fourth symphony included Marcel Khalifé's Andalusian Suite for Oud and Orchestra as part of the evening's program.

**WHILE** Gould admits that the Arabic repertoire is still very new to him, he does say that, "in the long term, this orchestra can be a good vehicle for getting a lot of Arabic composers' music heard."

One extreme example of intensive preparation is the work that went into the orchestra's National Day show; a brilliant glimpse into an incredibly detailed level of co-ordination of music, fireworks, and television coverage.

Meister said: "It was very impressive, and a new experience for me. I have been in this business for a very long time, and I have never seen such a thing. To combine the fireworks, the timing is very difficult."

The performance began with 30 minutes of music, which Gould said only took a few hours to prepare. However, there was 10 minutes of music at

the end of the program, and Gould spent weeks preparing for that. "One month's worth of work for 10 minutes worth of music was an enormous piece of work to do," explains Gould.

Meister said: "I was asked for the program for the fireworks, and it was exactly ten minutes."

The fireworks program had already been set, and so it was the starting point for the music.

After several revisions, Meister chose "10 bars from here, 15 bars from there, with each section being a maximum of 45 seconds. It was really quite a challenge because the harmonies and the tempo must work together from one piece to the next."

After the repertoire was decided, Gould began his month-long journey toward completing a set of readable music so that the musicians could properly execute the program.

The night of the performance, Gould's familiarity with the musical mash-up was utilized to a different end. Working with a film crew, Gould provided camera operators cues on where to cut next. He adds: "That was quite intense, but I really enjoyed it."

A full listing of upcoming performances can be found on the QPO website at [www.qatarphilharmonicorchestra.com](http://www.qatarphilharmonicorchestra.com)

## FACTS ABOUT QATAR PHILHARMONIC ORCHESTRA

**101**  
musicians  
in the Orchestra



QPO owns  
**386**  
pieces of music

an average of  
**110**  
performances per season



BUSINESS CARD



**Where does your passion for cultural heritage come from?**

I grew up with a view of the Acropolis from my house in Athens, and antiquities were all around me.

What makes me passionate is the feeling that I can contribute to the preservation of cultural heritage, which is something remarkable.

I'm passionate about preserving things. I have always been interested in science and art. My job enables me to experience how science can preserve art.

**What does your role at UCL Qatar involve?**

As well as teaching in both years of the program, I set up the MSc, Conservation Studies. I conducted an extensive survey of all the courses in conservation. There are not many and they are very specialized.

The course is new and innovative, and adapted to Qatar's needs.

First year students get a broad overview of conservation of different materials, and in the second year they choose their speciality.

We have ongoing collaborations with several museums in Doha and we're trying to establish more.

We examine what factors affect the collections here and conduct research projects related to Islamic heritage, both physically and in terms of values, such as how the objects should be treated to respect their values.

**What gives you satisfaction in your career?**

I get great satisfaction that my students are still in contact with me. Some of them have even followed me here to do their Master's. Student contact is a big reward.

**What is the most exciting project you have worked on?**

One of the biggest and most important projects I have worked on was a Roman villa in Malta. There was a whole collection of objects and mosaics, and I was responsible for the whole thing, from the beginning of the conservation to the opening.

Now, I have my own research project in the decision-making process surrounding the cleaning of cultural heritage, in partnership with the Canadian Conservation Institute, the National Trust in the UK, UCL in London and the University of Applied Sciences in Cologne, Germany.

It is about the attitude of the public and how they want their cultural heritage to look. We will compare attitudes in Qatar and the UK as a first step, and expand to other countries.

**What does working at Qatar Foundation (QF) mean to you?**

QF makes us feel like part of a large community.

I like the idea of having several universities under QF's umbrella. It makes us feel we belong to one big family.

# QA Al Wakra holds annual charity drive

School children help to build houses for the poor in Somalia



Crowds enjoying the third annual Charity Fundraising Drive

**QATAR** Academy (QA) Al Wakra held the final event for its third annual Charity Fundraising Drive on 23 January on their campus lawn.

Working with the Sheikh Thani Bin Abdullah Foundation for Humanitarian Services, the children exceeded their goal and raised QR80,000.

The funds will build a small community in Somalia. Their aim was to build three houses and a mosque, but because the target was met and then exceeded, they will be able to build four, maybe five houses amounting to the beginning of a proper village.

Last year the children succeeded in raising QR55,000 for the 'Fresh Drops Project', a worldwide program that provides fresh water wells in areas where fresh drinking water is either not available or contaminated. People in five African nations benefited from

the children's efforts last year, and they wanted to continue their giving in that region.

The teachers and staff used the Charity Fundraising Drive as an opportunity to teach students about understanding the needs of other people, promoting awareness of environmental problems facing other nations, and engaging the wider community to achieve their goals.

As Reem Traboulsi, English teacher and head of the Charity Drive, QA Al Wakra, explained: "This is not just one day of fun and fundraising, it's a whole month of activities to promote the children's goals and get the school involved with the community."

A friendly competition among the classes, one of the main activities in the fundraising effort, promoted student character development as well.

Bedriyah Itani, Principal, QA Al Wakra, said: "We have a system in the school called the 'Three Bs'. A huge part of it is being respectful and friendly with others, and we integrate it into many events that we do. The 'Three Bs' are: Be Safe, Be Responsible, and Be Respectful. It has had a very good outcome."

Reem Al Obaidli, Public Relations Officer, QA Al Wakra, said: "The level of parent involvement has been tremendous. They already have more ideas for next year, specifically offering handmade arts and crafts items."

Having exceeded their goals for the first three years, the Charity Fundraising Drive's existence has set the bar high for years to come, and the students and teachers at QA Al Wakra have already begun planning ahead for next year's events.

## DID YOU KNOW?

UCL Qatar Conservation Studies aims to produce professionals in the conservation of archaeological and historical materials field. Their program has a regional focus and includes placements in museums, providing students with theoretical and practical skills.

**Bashayer Al Buinin, Grade 2 student**

"I enjoyed the Charity Drive, and I baked a cake. Our class works hard, and we are doing well in the competition. We get extra points when we are good. So when we're good, we make more money."



**Nour Ehab, Grade 4 student**

"I was also here for the fundraiser last year. It was more fun today because there was more money this year, more than last year. It's important because some people are poor and don't have any money. It's good that now they can have houses to live in."



**Khalaf Helal Al Jedaia, Grade 3 student**

"We don't just give money for charity. When our clothes are small, we give them away to poor people. It makes me happy that we can help people who need help. Everybody should have a house and clothes to wear."



The **BIGGER** Picture

**“It provides a good opportunity for team building. It’s a great atmosphere”**

*QF staff and faculty members hold football tournament*

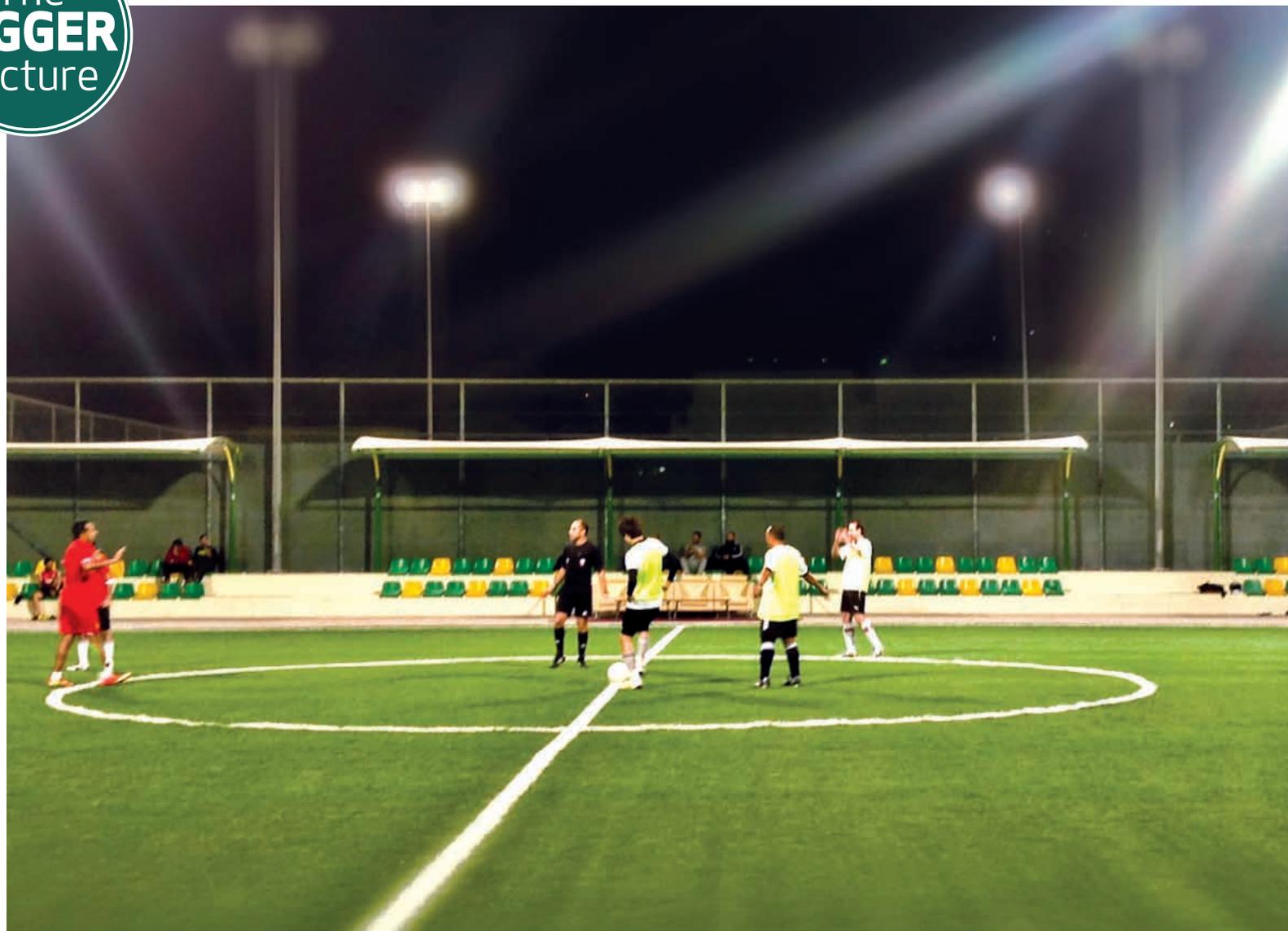
**SPORTS IN BRIEF**

**Al Mukhtar wins QF Super Sixes Cricket Tournament**

■ The Qatar Foundation (QF) Super Sixes Cricket Tournament champions have been crowned. The tournament was played on Fridays and Saturdays between 27 December and 10 January at the newly-completed QF Cricket Ground, near Education City Community Housing.

The winners of the tournament, which saw eight teams fielded, were *Al Mukhtar*, who won by 10 runs. The runners-up were QFCC Titans and third place went to the *Al Danah Warriors*.

Man of the match was Kamalathas Thananjayarasa (*Al Mukhtar*); best batsman was Madushan Fumara (*Al Danah Warriors*) with 99 runs; best bowler, with five wickets, and Man of the Series, was Nirojan Ambikaipakan (*Al Mukhtar*); and best fielder was Sandeep Kottary (QFCC Titans). The match umpires were Abdul Salam and Sanath Bandara from Qatar Foundation Cricket Club.



**QF staff and faculty members hold football tournament**

Nine teams are currently battling it out in the first-ever Qatar Foundation (QF) Inter-Department Football Tournament, which will have its Grand Final on National Sport Day on 11 February.

The teams, made up of staff and faculty members, plus QF contractors and suppliers, have been cheered on from the sidelines by both managers and directors during the matches, which are being played on a pitch outside the QF

Community and Recreation Center. Alexandru Rosca, Recreation Supervisor, Support Services Directorate, said the excitement was mounting as the day of the final approached.

“This is the first time we have ever held this tournament, and it is proving to be a huge success,” he said. “The tournament gives an opportunity to all QF centers, departments, our suppliers, and collaborators to come together socially, plus it

provides a good opportunity for team building. It’s a great atmosphere.”

The players are drawn from the following centers: Sidra Medical and Research Center, Qatar Faculty of Islamic Studies, Health, Safety, Security and Environment Directorate, Human Resources Directorate, Texas A&M University at Qatar, MEEZA, Virginia Commonwealth University in Qatar, and Facilities Management and Support Services.

**PRIVILEGE PROGRAM**

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



**ONGOING 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)	
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 (Discount after minimum purchase of QR150)	10%
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%
<b>LIFETIME OFFER</b>	
Unique	10%
<b>VALID TO JUNE</b>	
AI Jazeera Perfumes	25%
Rose Salon	15%
<b>VALID TO JULY</b>	
VLCC	15%
<b>VALID TO SEPTEMBER</b>	
Her Avenue Salon & Spa	25%

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](mailto:pprogram@qf.org.qa)

**“It’s healthy and social and is a good break from the many kinds of screens that I spend too much time looking at”**

*VCUQatar holds daily social walk*

**QUR'ANIC BOTANIC GARDEN**



**Botanical terms**

Arabic name (s): *Nawa*  
English name (s): Seeds' stone

**Term Definition**

*Al nawāh* the stone of dates, grape seed, and other fruit such as olives and apricots. *Nawā* are the seeds or stones of kinds of berry fruit, irrespective of whether it has one stone or more. The date seed has a small embryo, with a small cotyledon; the endosperm fills the major bulk of the seed.

The stone of the olive, apricot, peach, and almond is actually a seed, surrounded by the woody endocarp (the inner part of the fruit wall). Thus *nawāh* may denote a seed, or a seed and its endocarp.

**The botanical term in the Holy Qur'an and Hadith**

Allah, the Merciful, the Compassionate, says: "It is Allah Who causeth the seed-grain and the date-stone to split and sprout. He causeth the living to issue from the dead, and He is the one to cause the dead to issue from the living.

"That is Allah: then how are ye deluded away from the truth?"  
Surat Al-Anaam, verse 95

**Ahmed El Gharib**  
Assistant Researcher

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

# VCUQatar holds daily social walk

Weekday lunch hour trip encourages healthy exercise and interaction

**STUDENTS** and employees at Qatar Foundation are being encouraged to walk during their lunch hour at Virginia Commonwealth University in Qatar (VCUQatar).

The walk sets off from The Writing Center in VCUQatar at noon every weekday, and participants walk around the building for some exercise, as well as the opportunity to talk to new people, clear their minds, or find help with their classwork in an informal setting.

Dr Molly McHarg, Assistant Professor, Writing, VCUQatar, organized the daily initiative. She said: "Personally, I am really interested in wellness and health initiatives. The idea of walking started about seven years ago when I used to work in the LAS building. A group of us decided to start our day doing something healthy and would walk around the building at 7am.

"We want to encourage people, once in a while during the day, to get out of their office and up from their desk."

Dr McHarg said the walk has proven useful for staff to get to know each other, shown people parts of the building they previously hadn't discovered, and provides a platform for



QF staff and students enjoy their lunch-hour walk

**Tried & Tested**

students who may not want to book an appointment with the Writing Center to talk through their projects or concerns.

Ralston Pereira, User Services Manager, VCUQatar, said: "I think it's a nice idea. I used to take walks like this with my colleagues to increase the number of steps I take during the day. I feel healthier and more productive. I tend to set an alarm to remind me

to take breaks away from my desk. It makes me more alert and I get to talk to and meet more people."

"It gets the blood flowing and feeds oxygen to the brain. I feel invigorated and full of the joys of life. I'm ready to tackle 2014 head-on," added Kathy Shillito, Writing Instructor, VCUQatar Writing Center.

Dr Jörg Matthias Determann, Assistant Professor, Liberal Arts

and Sciences, VCUQatar, said: "It's healthy and social and is a good break from the many kinds of screens that I spend too much time looking at. I like the informal nature of the initiative.

"For the students, you are not looking at each other face-to-face, but walking alongside each other, and it is a more relaxed atmosphere in which to talk about a more diverse range of subjects."

## Ice, heat, and movement to ease back pain

Your lower back provides support, movement, and protects your body



**PAIN** in the lower back can relate to the bony lumbar spine, discs between the vertebrae, ligaments around the spine and discs, spinal cord and nerves, muscles of the lower back, internal organs of the pelvis and abdomen, and the skin covering the lumbar area.

Treatment of lower back pain is optimally directed toward a diagnosed or suspected specific cause.

Back pain is usually caused by inappropriate body movements or linked in some way to an injury or bruise.

It can be prevented through regular exercise, which is also the most effective way to speed recovery from lower back pain.

If you're not already physically



active, you should take easy regular exercise, such as brisk walking, swimming, or cycling for at least 30 minutes a day.

A helpful tip for the prevention of lower back pain is to firmly sup-

port your lower back when sitting in a chair, reduce obesity, watch your diet, and try to maintain a healthy weight.

Remember: it's your life, your future, your health first.

### Tips to prevent and reduce lower back pain:

- For a serious injury, or if you feel numbness, weakness, or tingling in your legs, seek medical attention immediately.
- The back should be iced in the first instance after injury. Ice is best in the first 24-48 hours because it reduces inflammation.
- After 48 hours you can switch to heat packs if you prefer.
- Whether you use heat or ice to treat your pain, take it off after 20 minutes to give your skin a rest.
- If pain persists, talk to a doctor.

## Science, technology, and environment showcased

### INNOVATIONS

Tuesdays, 6pm, on 91.7FM

**EACH** week QF Radio Presenter Scott Boyes speaks to different guests about science, technology, and the environment on *Innovations*.

Boyes recently spoke to contestants from a Arabic television program *Stars of Science*. Initiated by Qatar Foundation, it asks people across the Arab world to submit their ideas for an invention. The judges select the best for a televised competition that culminates in an audience-decided final. The winner receives all the support needed to bring their idea to market.

Khalid Abu Jassoum was the winner of Season 4, after he invented an automated cooking machine that creates homemade nutritious meals, with no culinary skills required.

Jassoum explained that he is passionate about turning ideas into tangibles. "I saw the opportunity, here in Qatar. I thought maybe the idea would be ideal for *Stars of Science*,

and here I am. I won."

Mohammed Al Kuwari was the second-placed contestant from Season 5, after developing real-time goal-line technology to put match details into the hands of referees. Al Kuwari says: "Now I am working on my project to turn it into a real product, and to market it starting here in Qatar, and then take it to the whole world."

Jaber Hanzab, fourth-placed contestant from Season 4, designed a pill-dispensing device for the elderly.

"I am the COO and co-founder of a startup company. I am commercializing my invention which I created during my participation through the *Stars of Science* program, and I am working hard to get my product to market," said Hanzab.

*QF Radio is broadcast in Arabic on 93.7FM and in English on 91.7FM, or listen online at [www.qfradio.com](http://www.qfradio.com)*



#### Spiritual Hour

Start your day with spiritual reflection

#### Rise

Breakfast show with the latest news

#### Innovations

Science, technology, and the environment

#### From Qatar Foundation

Highlights from the greater QF community

#### Factoids

Short reports on diverse topics

Daily

06.00

Sunday to Thursday

07.00

Tuesday

18.00

Daily

15.00

Daily

Throughout the day

Follow QF Radio on  
facebook and twitter



QF Radio is available in Arabic on 93.7FM or online via [www.qfradio.com](http://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

# Tone poem by Richard Strauss



**QATAR** Philharmonic Orchestra (QPO) continues its current season performing symphonies alongside world-renowned conductors.

Most concerts are given in the Opera House, Building 16 of the Katara Cultural Village.

While the round of balconies may remind visitors of La Scala or other Italian opera houses, the furnishings and ornamentation draw on Arabic sources in general and Qatari features in particular.

#### ALSO SPRACH ZARATHUSTRA

Opera House, Katara Cultural Village

Saturday, 15 February, 7.30pm  
Richard Strauss' tone poem, *Also sprach Zarathustra*, which was composed in 1896.

The composition was inspired by Friedrich Nietzsche's philosophical treatise of the same name, and will be conducted by Janos Kovacs, with Askar Ali Akbar playing the *oud*.

The work has been part of the classical repertoire since its first performance, which was conducted by the composer in Frankfurt in 1896.

#### AROUND THE WORLD WITH THE VIENNA BOYS CHOIR

Opera House, Katara Cultural Village

1-2 March, 7.30pm  
QPO will welcome The Vienna Boys Choir and accompany them for two nights of music under the baton of Han-Na Chang, Music Director, QPO.

The orchestra will be joined by *Siwar*, (Al Jazeera Children's Channel's choir), and the internationally acclaimed Vienna Boys Choir and will perform traditional musical compilations from around the world, including from the Arab region.

For further schedule information, including how to book tickets, visit [www.qatarphilharmonicorchestra.org](http://www.qatarphilharmonicorchestra.org)

## Healthylicious Cooking Classes

Various dates and times throughout February

Food & Nutrition Services and Community Department are organizing Healthylicious Cooking Classes including: Healthylicious Tapas-making on 16 February; Healthylicious Kids in the Kitchen on 12, 19, and 26, February; and Healthylicious Quick and Easy on 10, 17, and 24 February.

For more information, call 4454 0824

## EVENTS

### FEBRUARY 2014

#### Policy & Program Evaluation Executive Training

17-20 February, 6-9pm  
Qatar Faculty of Islamic Studies is holding an intensive program intended to equip decision-makers with tools and techniques for effective program management and evaluation. Attendees will learn how to evaluate policies and programs and explore their importance in an Islamic framework through the use of models and computer-based applications. Visit the QFIS website at [www.qfis.edu.qa](http://www.qfis.edu.qa) for information on how to take part.

#### The Depth of Hope

Until 27 February  
The Gallery at Virginia Commonwealth University in Qatar is presenting 'The



The Depth of Hope exhibition

Depth of Hope', a new exhibition by acclaimed artist Fathi Hassan. Hassan experiments with the written and spoken word, exploring the theme of ancient languages erased by colonial domination. With invented, Kufic-inspired scripts, he plays with the symbols, textures, and

calligraphy of his Nubian heritage to explore the space between graphic symbolism and literal meaning in vibrant colors and collage.

### MARCH 2014

#### Project Management for Engineers

25-26 March

Continuing Education Services at Texas A&M University at Qatar is offering a course to point out the distinct differences between general management and management of technical functions. Contact [continuingeducation@qatar.tamu.edu](mailto:continuingeducation@qatar.tamu.edu) to enroll or for

additional 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

## STUDENT CENTER

#### OPENING HOURS

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