

### ANNOUNCEMENTS

This publication is designed to provide you with timely and regular information about upcoming Dubai and Abu Dhabi events as well as Outpost events for your diary. Time and again we also try to include information about living in the UAE that we think you may find useful. This information can also be found on the [Outpost Website](#) which covers an extensive range of topics. Please note that our bulletin will be less frequent during the summer months. If you have any suggestions or queries for Outpost, please email us at [outpost.uaeiraq@shell.com](mailto:outpost.uaeiraq@shell.com). Wishing you a delightful summer season!

### UAE EVENTS

#### DUBAI SPORTS WORLD AT DWTC

Running until September 8, the annual indoor summer sports event is back, offering your favorite sports and fitness activities at Dubai's largest venue. Whether you're a fan of football, tennis, or other activities, there's something for everyone! This year features free access to the gym and a dedicated area for kids. For those staying in Dubai during the summer, DSW provides an excellent way to beat the heat, stay active, and enjoy a fun-filled season without leaving the city. So, gear up to stay active!

**WHEN:** Ongoing till September 8, 2024

**WHERE:** Dubai World Trade Centre (DWTC), Za'abeel Halls 2, 3, 4, 5 and 6



#### ART THERAPY WORKSHOP

Enjoy a transformative art workshop at the serene Saadiyat rotana resort on Saadiyat Island. Guided exercises and mindfulness techniques will help you explore your emotions, reduce stress, and connect with your inner self. Whether you're an artist or a beginner, this complimentary workshop is for everyone. Don't miss this soulful experience!

**WHEN:** June 25, 2024. 6:00 PM - 7:30 PM

**WHERE:** Saadiyat Rotana Resort & Villas, Abu Dhabi



#### PARENTING HELL LIVE

Join comedians Rob Beckett and Josh Widdicombe as they bring their hilarious podcast, Parenting Hell, to life at the iconic Dubai Opera. Get ready for an evening filled with candid discussions about the joys, challenges, and absurdities of parenting. From sleepless nights to toddler tantrums, no topic is off-limits. Whether you're a seasoned parent or just curious about the chaos of family life, this show is a must-attend. Get tickets on [dubaiopera.com](http://dubaiopera.com)

**WHEN:** July 3, 2024. 7:30 PM

**WHERE:** Dubai Opera, Downtown Dubai



#### SOCIAL KNOCKOUT 3 FINALLY

Don't miss out on this epic collision of fame, talent, and adrenaline. Hosted at the Coca Cola Arena, influencers, boxing enthusiasts, and music lovers will converge for an unforgettable night. Tajikistani boxer Abdu Rozik and social media sensation Erali Boyqobilov are set to clash in a battle of strength, strategy, and showmanship. Top up the vibe with high-energy live performance by UK rap star, Stefflon Don. More Info. and tickets [here](#).

**WHEN:** July 6, 2024. 07:00pm

**WHERE:** Coca Cola Arena



### OUTPOST EVENTS



Our coffee morning comes up tomorrow, **25 June 2024 @ LDC Kitchen + Coffee @ DIFC**. Looking forward to a wonderful time together. For more details, please click [here](#).

### EAP WEBINAR



### NEW TO THE UAE?

Did you recently move to the UAE? Outpost provides up to date information on various aspects of settling in like schooling, housing, UAE culture. We also provide a face-to-face onboarding where we share personalised advice and recommendations. Write to us at [outpost.uaeiraq@shell.com](mailto:outpost.uaeiraq@shell.com) and we would be happy to onboard you or answer any queries you may have.

Contact us at

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