

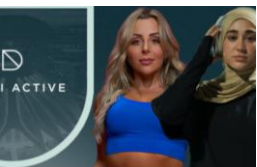
ANNOUNCEMENTS

This publication is designed to provide you with timely and regular information about upcoming events in Dubai and Abu Dhabi, as well as Outpost events for your calendar. Occasionally, we also include information about living in the UAE that we believe you may find useful. This information is also available on the [Outpost website](#), which covers an extensive range of topics. If you have any suggestions or queries, please email us at outpost.uaeiraq@shell.com.

UAE EVENTS

DUBAI ACTIVE – DUBAI FITNESS CHALLENGE

Dubai Active 2024 will take place from October 25 to 27 at the Dubai Exhibition Centre (the new home for the yearly event) in Expo City Dubai. It features international fitness stars, workout classes, and wellness workshops, allowing attendees to engage in



various fitness sessions and explore the latest health and wellness trends. This event is ideal for fitness enthusiasts looking to experience world-class expertise in the industry. For more details, click [here](#).

WHEN: October 25 – 27, 2024

WHERE: Dubai Exhibition Centre, Expo City Dubai

DUBAI COFFEE FESTIVAL

Sip on some of the finest brews at Dubai's inaugural Coffee Festival at Dubai Festival City Mall. Immerse yourself in a world of bold flavors, explore diverse blends, and experience innovative twists on classic brews. Coffee-making workshops led by top experts will showcase the art behind the perfect roast, the importance of water temperature, and what makes your morning cup so special. Click [here](#) for more details.



WHEN: October 11 – 20, 2024. 5:00pm – 10:00pm Daily

WHERE: Dubai Festival City Mall.

BREAST CANCER AWARENESS AND SCREENING

The UAE is deploying 100 mobile breast cancer clinics this October for Breast Cancer Awareness Month. Organized by the Friends of Cancer Patients (FOCP), these clinics offer free screenings as part of the Pink Caravan campaign, with additional activities focused on early detection. For more details, visit the campaign's official page [here](#).



WHEN: October 11 – 30, 2024. 04:00PM – 11:00PM

WHERE: City Walk, Dubai & Mushrif Mall, Abu Dhabi (also In other Emirates)

MUSICAL ETHNOGRAPHY: SOUNDSCAPE OF THE GULF

This event combines elements of performance and lecture to present the historical context of traditional songs sung by UAE pearl divers, fishermen, and sailors. It highlights the cultural exchange among East African, West Asian, and South Asian influences that have



shaped contemporary Emirati folk music. Gain insight into the significance of these musical traditions, emphasizing their impact on the region's cultural identity. Reserve your free spot [here](#).

WHEN: October 25, 2024

WHERE: Etihad Museum, 1 Jumeirah Street, Dubai.

OUTPOST EVENTS



Our October Coffee Morning for Partners comes up on Thursday 31st from 10:00am – 12:00 noon at Splendour Fields Cafe. More details on the next page.



NEW TO THE UAE?



If you recently moved to the UAE, Marhaba! To schedule an onboarding with us or get advice on settling in the UAE, please write to us at outpost.uaeiraq@shell.com and we would be happy to meet you and answer any queries you may have.

OCTOBER COFFEE MORNING FOR PARTNERS - INVITATION

You are invited to Outpost UAE Iraq's October Coffee Get Together at **Splendour Fields Cafe**, Jumeirah Lake Towers (JLT) Park, Dubai on **Thursday, 31 October 2024**, from **10 am to 12 pm**

Outpost coffee get-togethers are a great way for you to network within the community and offer a platform for us at Outpost to understand how we can serve you better. Ask questions, share recommendations, make new friends, and explore the venue and nearby areas.

About the Location:

Splendour Fields Cafe offers a serene setting with a beautiful outdoor terrace and park views. Known for its delicious and wholesome food, it offers the perfect spot to connect with members of our Outpost Community.



WHEN: Thursday, 31 October 2024. 10:00am - 12:00pm

WHERE: Splendour Fields Cafe, The Park, Jumeirah Lakes Towers, Dubai. Find location [here](#).

COST: Based on individual consumption

RSVP: Please email outpost.uaeiraq@shell.com

PARKING AND ACCESS: Ample parking is available in the vicinity with both street parking and dedicated parking lots. Closest metro station is the DMCC Metro.

We try to organize coffee mornings almost every month, except during quieter times like school holidays. If you will be joining us for the first time, find out more about our coffee mornings [here](#).

Looking forward to seeing you there!

Best wishes,
Outpost UAE Iraq