

### ANNOUNCEMENTS

With the summer season here and the pace of life in the UAE shifting, our bulletin will ease into a quieter rhythm over the coming weeks with fewer editions until things pick up again in the winter. As always, you will still find helpful tips, updates, and useful information to make the most of the season on our Outpost Website, Sharepoint and [Facebook Group](#). If you have a question, need advice or would like to share something with the community, feel free to reach us at [outpost.uaeiraq@shell.com](mailto:outpost.uaeiraq@shell.com).

### UAE EVENTS

#### MUSEUM OF THE FUTURE: SUMMER ACTIVATIONS

Looking for a meaningful indoor experience this summer? The Museum of the Future is offering a special Summer Pass with unlimited access including exclusive seasonal activations. Highlights include, "Meet an Astronaut" sessions with members of the UAE Space Programme, photography weekends, and mindfulness experiences in immersive spaces. It's an inspiring way to stay cool while engaging with innovation and imagination. Visit [museumofthefuture.ae](http://museumofthefuture.ae) for details.

**WHEN:** July – September 2025

**WHERE:** Museum of the Future, Sheikh Zayed Rd, Dubai



#### DUBAI DATES FESTIVAL: AL AIN ESCAPE

Slow down this summer at the Dubai Dates Festival at Qalaat Al Remaal on Dubai–Al Ain Road. Enjoy date tastings, heritage crafts, live music, and farm-style hospitality in a relaxed, open-air setting. Entry is free, offering a beautiful way to reconnect with Emirati culture. Extend your visit with a trip to Al Ain, a green city with natural springs, a cooler climate, and mountain views. Explore Al Ain Oasis, stay at a garden resort, or drive up Jebel Hafeet for a refreshing break from city life.

**WHEN:** July 25 – August 1 2025

**WHERE:** Qalaat Al Remaal, Dubai Al-Ain Road



#### BINGO NIGHTS AT THE CROFT

Spice up your midweek routine with Bingo Nights at The Croft, hosted by the one and only Scotty! This indoor-outdoor evening offers light-hearted banter, hearty British comfort food, and a chance to win fantastic prizes. Tickets are AED 99 and include a house drink and snacks ideal for a casual night out that feels like home. All skill levels welcome.

**WHEN:** Every Wednesday from 7PM till 9:30PM

**WHERE:** Dubai Marriott Harbour Hotel & Suites, 5th Level, Dubai Marina



#### ABU DHABI SUMMER SPORTS AT ADNEC

For an active indoor experience, check out Abu Dhabi Summer Sports at ADNEC. The venue spans 34,000 square meters, featuring over 50 indoor courts for sports like basketball, football, volleyball, and padel. Open daily from 6 AM to 1 AM, it's perfect for both casual visits and intense workouts. Enjoy on-site food stalls and special events like the HYROX fitness challenge on July 19. It's a fantastic way to stay cool, active, and social this summer, whether you're participating or just enjoying the atmosphere.

**WHEN:** Ongoing till August 21, 2025

**WHERE:** ADNEC Halls 4 – 11, ADNEC Centre, Abu Dhabi



### LYRA WELLBEING: Navigating Digital Noise: Building Smart Online Habits

In this session, you'll learn how to filter news to focus on reliable, balanced sources and minimise the mental toll of constant negative information. You will be given strategies for managing online distractions, improving focus, and fostering a healthy relationship with technology. Perfect for anyone seeking a balanced and productive digital life, this session will help you manage digital information without feeling overwhelmed. Register to attend either the [English](#) or [Arabic](#) Sessions.

**WHEN:** July 16, 2025.

**WHERE:** Online (Zoom)

