



Dubai-UAE with Kids: Learning & Travel Tips

We have found that reading just one good book or seeing one good video about a travel destination can make all the difference in a kid's level of interest and enthusiasm for a place. This recommendation list just scratches the surface, but we hope it's a good place to start. Happy Exploring!

VIDEOS & WEBSITES TO CHECK OUT

MEGASTRUCTURES BURJ KHALIFA DUBAI BY NATIONAL GEOGRAPHIC (ages 7+)

This documentary immerses you in the design and construction challenges involved in building the tallest building in the world. **(YouTube video)**

1001 INVENTIONS & THE WORLD OF IBN HAYTHAM (ages 6+)

Kids will learn about one Arab scientist who lived during the Golden Age of Islam, a 600-year period in which Arabs made many advancements especially in the fields of math and science. **(1001inventions.com/ibnalhaytham)**

HOW TO USE AN ASTROLABE BY THE BRITISH MUSEUM CURATOR'S CORNER (ages 7+)

Kids can learn how to use the world's oldest instrument, the astrolabe, which could tell time and location, and had many other uses, long before the first compass and GPS. **(YouTube video)**

FALCON CITY BY WILD KRATTS (ages 6-8 yrs)

Kids will discover the special features and incredible speed of the peregrine falcon, the world's fastest animal, and an important bird in Emirati culture. **(YouTube video)**

BOOKS TO READ

ONE HUMPY GRUMPY CAMEL BY JULIA JOHNSON (ages 3-5) Children can enjoy learning their numbers with this counting book filled with lovely scenes of Arabian life and culture.

THE PEARL DIVER BY JULIA JOHNSON (8-12) Saeed joins his father on a pearling ship to learn the secrets of the sea and the ways of the traditional pearl divers of the Arabian Gulf.

LOCAL KID-FRIENDLY FOODS TO TRY

DATES

Sweet fruits of the date palm tree are the traditional Emirati welcome food.

BALALIT

Sweet noodles with saffron, cardomom & egg (usually eaten for breakfast).

SAMBUSA

Fried triangular dough filled with vegetables, meat or cheese, and spices.

ANDA PARATA

Indian/Emirati snack of flatbread filled with egg, cream cheese, hot sauce, and Oman potato chips.

MACHBOOS & BIRYANI

Yellow rice with chicken or fish. Machboos is the Emirati version & Biryani is the popular Indian version.

SHAWARMA

Slow-roasted meat wrapped in flatbread with vegetables and fries. One of the world most popular street foods.

LEGEIMAT

Fried sweet dough served with date syrup & sesame seeds.

CAMEL MILK (ICE CREAM!)

Try plain camel milk, or camel milk ice cream or chocolate!

MINT LEMONADE

Fresh lemon and mint juice filled with so much mint, it's green! and very refreshing!

LABAN

Plain or fruit-flavored yogurt drink.

KIDS CAN LEARN MORE ABOUT EMIRATI CULTURE & LANDSCAPES WITH THEIR VERY OWN DUBAI-UAE KIDS TRAVEL ACTIVITY BOOK! *



*PDF & Print travel activity books available at www.greenfeetguides.com

KID-FRIENDLY DESTINATIONS & EXPERIENCES

All recommended destinations have a related activity or story in the Dubai-UAE Kids Guides. Available at www.greenfeetguides.com.

■ VARIOUS LOCATIONS IN THE UAE

DESERT OR FALCON SAFARI, OR VISIT A CAMEL FARM OR FESTIVAL

A desert experience in the UAE is a must! Kids can enjoy riding camels, watching the traditional Arabic sport of falconery, playing in the sand, and/or stargazing!

■ DUBAI

DUBAI CREEK & AL FAHIDI HISTORIC DISTRICT

Wander through this Emirati neighborhood with its traditional houses, windtowers and mosques. Eat lunch and learn about Emirati culture at the Sheikh Zayed Center for Cultural Understanding, and check out a camel or a falcon there too! The area is also home to the Coffee Museum.

From there, venture to Dubai Creek to take a boat ride on a traditional Abra water taxi, and explore the old souks (Arabian markets) of Dubai including the eye-popping gold souk and tantalizing spice souk. The fascinating Pearl Museum is nearby too where families can learn about the region's pearl diving history.

BURJ KHALIFA & SOUK BAHAR

Whether you go to the top of the world's tallest building, or enjoy its light show from the ground in the evening, the Burj Khalifa is an enthralling experience for all ages. Nearby modern Souk Bahar is a good place to look for dates, oud (perfume!), and other traditional Arabian goods.

AL MARMOON CAMEL RACETRACK

Watching the camel races (with their robot riders!) is a unique experience!

■ ABU DHABI

SHEIKH ZAYED MOSQUE

This mosque dedicated to the country's founder offers daily guided tours, so kids can learn about Islam and enjoy the beautiful architecture. Dress conservatively.

QASR AL WATAN

The architecture of the Presidential Palace is stunning. A great place to enjoy Islamic Geometry, a museum about Arab culture, and a fantastic light show.

ABU DHABI FALCON HOSPITAL

Kids can experience falcons up-close and learn about the prestigious (and expensive!) sport of falconry. The daily tour gives a chance to learn about falcon care and see a falcon surgery or pedicure! Best for kids 7+ yrs due to tour length.

QASR AL HOSN & ARTISANS VILLAGE

Learn about traditional Emirati culture at the heritage village and experience a coffee-making ceremony.

UMM EMARAT PARK & THE CORNICHE

Great outdoor places to appreciate the scenery and shade of the date palms! Umm Emarat Park has a petting zoon where you can find camels.

■ AL AIN

SHEIKH ZAYED LEARNING CENTER & AL AIN ZOO

After seeing the zoo animals, the learning center is a fantastic place to learn about the natural history of the region. Great interactive displays for kids with lots of information about current environmental and sustainability issues in the UAE.

AL AIN OASIS (UNESCO WORLD HERITAGE SITE)

Enjoy an Oasis experience in the working date plantations. You can rent bikes to explore the plantation and see how the traditional falaj irrigatino system worked.

AL AIN CAMEL MARKET

Kids can see the full spectrum of Arabian camel varieties at this unique market!

■ RAS AL KHAIMAH

SUWEIDI PEARL FARM TOUR

Spend a half day on a traditional pearling dhow and learn about how pearls were traditionally harvested, and how they are cultivated at the pearl farms today.

■ SHARJAH

HISTORIC DISTRICT

Explore the famous Blue Souk for traditional Arabian goods, and check out the nearby museums including the Islamic Civilizations Museum where kids can see examples of the astrolabe, the world's oldest instrument to tell time and direction.