

# Dubai-UAE Kids: Explore & Learn Tips

**Reading just one good book or seeing one good video**

about a new culture and country can make a big difference in a kid's curiosity and enthusiasm for a place. This list of recommended learning resources and local travel experiences just scratches the surface, but we hope it's a helpful place to start. **Happy Exploring!**



Emiratis are famous for their warm hospitality. They like to welcome guests with dates and coffee.

Connect the dots to see the Arabic coffee pot!



## 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 about the world's oldest instrument, the astrolabe, which measured time and location, 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* (ages 8-12) Saeed joins his father on a pearl diving 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, & Oman potato chips.



### LABAN

Plain or fruit-flavored yogurt drink.



### SHAWARMA SANDWICH

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



### LUQAIMAT

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!



### MACHBOOS & BIRYANI

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





# Dubai-UAE Local Kid-Friendly Destinations & Experiences

*These recommended destinations have a related activities in the Dubai-UAE adventure book series.\**

## 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 traditional falconry and camel races (with their robot riders!), following animal tracks, playing in the sand, and/or stargazing! (*Liwa Desert, Al Marmoon Desert, The Camel Farm Dubai, Royal Shaheen*)



## Dubai

### Dubai Creek, Al Fahidi Historic District & Al Shindagha

Stroll through this historic neighborhood with its traditional houses, windtowers and mosques. Eat lunch and learn about Emirati culture at the **Sheikh Mohammed Center for Cultural Understanding**. You may see a camel or a falcon, and can take the a heritage bus tour! Check out the **Coffee Museum** and **Al Fahidi Fort** too.

From there, venture to **Dubai Creek**: take a boat ride on a traditional **Abra water taxi**, and explore the **old souks (markets)** of Dubai including the eye-popping gold souk and tantalizing spice souk. The fascinating **Pearl Museum** is nearby too.

Don't miss nearby **Al Shindagha Museum** with its fun interactive Arabian boat and fishing video game, and the fantastic high-tech **Perfume Museum** next door where kids can learn various strategies for smelling good!

### Burj Khalifa & Souk Bahar

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

## Sharjah

### Historic Heart of Sharjah District

Explore how traditional Emirati lived at **Bait al Naboodah & Sharjah Heritage Museum**, one of UAE's oldest souks **Souk al Arash**, and **Fort Al Hisn** to see where prisoners were kept! Check out nearby **Islamic Civilizations Museum** where kids can see examples of the astrolabe, the world's oldest instrument for telling time and location. (Ages 8+)

### Nature & Wildlife Experiences

Learn how plants and animals survive the desert at the **Wasit Wetland Center, Arabian Wildlife Center, Desert Mountain Conservation Center, Bird of Prey Centers.**

**Mleiha Archaeological Center** has great programs to learn about climate change (the UAE wasn't always so hot & dry), hike & camp. The **Wadi Shees Nature Trail** is a beautiful kid-friendly shaded trail along a traditional Falaj irrigation canal!

## 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. It's a great place to experience Islamic geometric patterns, a museum on Arab civilization, 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. See a falcon pedicure on the daily tour! (Ages 8+)

### Qasr Al Hosn & Artisans Village

Enjoy a traditional coffee ceremony & other art forms at this fort museum. (Ages 8+)

### Umm Emarat Park & The Corniche

Great outdoor places to appreciate the scenery and shade of the date palms! Umm Emarat Park has a petting zoo 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 irrigation 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

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

