



الرويس  
RUWAIS

# RUWAIS LIFE

EDITION - 01



Welcome to the first issue of

**Ruweis Newsletter!**

Here we will be delivering the latest updates, news and stories to our community. We can't wait to share them with you.



@RuweisL



Ruweislife



RuweisCity



ruweis.ae

# WHAT'S NEW IN RUWAIS?

## NEW VISA SCREENING SERVICE OPENS IN RUWAIS



All it takes is just 30 minutes of your time at Capital Health Screening Centre's quick and convenient medical screening services now available in Ruwais. Residents can benefit from Capital Health Screening Centre's exceptionally efficient visa-medical screening and occupational health services.

Phone: 800 SCREEN (800 727 336)



Dear Parents,

Welcome to Kids Fantasy Nursery in Ruwais City! The nursery provides a happy, healthy and safe nursery environment where babies and children from 2 months to 4 years can grow and develop to their full potential, following the British Curriculum enhanced with Arabic, Islamic and French.

To know more about our nursery, kindly call 0506541058 or 0568441432

## PRETTY TIP BEAUTY SALON



Ladies looking for beauty and hair services can now visit the Central Park Mall for all their needs. With a friendly, experienced team of nail, hair, and beauty professionals, you will look good and feel great in next-to-no-time. You can even pamper yourself a little bit extra with their foot and deep tissue massages.

Phone: 02-882-0994 / 056-552-1028

## BESPOKE CAFÉ



A sleek, sophisticated venue located in the heart of the city at the Traditional Souq. With a menu of exclusive coffee and beverages that include V60, Chemex, Spanish Latte, Cortado, Piccolo, and others. This coffee shop is a great place to relax, meet or catch up on work. There is a premium range of gourmet food, snacks and cakes. This social spot is perfect to enjoy a lovely breakfast or evening coffee in a modern minimalistic interior.

Phone 02-546- 3237

## SAUDI KITCHEN RESTAURANT



It is time to try traditional Arabian themed meals in an authentic local environment. Perfectly located at the Traditional Souq, the menu and recipes will entice your taste buds with the best mandi, madhbi, madfoon, and Bukhari dishes. Enjoy the art of cooking that satisfies the stomach through a unique blend of regional spices and flavors.

Phone: 02-877-7002

## MAKI SUSHI RESTAURANT



Always fresh, always exciting, always delicious!

This specialist sushi restaurant is one to try, providing authentic Japanese cuisine in Ruwais. Service is fast and friendly, and food is freshly prepared. Located at Target Group Bachelor Residence Area, near to Yas Social Center. Take-away and home delivery available seven days a week.

Phone: 058-656-2623

## SHWARMATAC



Shawarma with a little bit extra is now available at Target Group Bachelor Residence Area, near to Yas Social Center. An amazing range of flavours, colours and ingredients have made it a favorite eatery across the UAE. Serving a selection of regional favorite shawarma, saj and & doner, these best-selling dishes are served with salad, fries, or just plain meat. Try the Saj Saroukh Chicken Shawarma, Pomegranate Shawarma, Om Al Jeben Shawarma, and French Fries Laghawis for that extra-special taste experience.

Phone: 02-878-4841 / 054-766-9906

## AL SAYYAD RESTAURANT



Ahoy seafood lovers! Al Sayyad Restaurant is the place to be for mouth-watering seafood delicacies. From luscious seafood soups and broths to crunchy salads, appetizers and mains, all diets are catered for grilled, fried or curried fresh fish served in a variety of styles and flavours may mean you have to visit several times to try the whole menu! Visit the restaurant at the Traditional Souq with your family and friends for a sumptuous seafood feast.

Phone: 02-546-2226 / 052-113-3606

## HANKKI RESTAURANT



Another unique menu has been launched in Ruwais, with tantalizing dishes from Korea.

It's all about combos here, pairing barbecue delights and fresh veggies for healthy, light meals keeping you fueled while on-the-go. Satisfy those oriental cravings with traditional-recipe Kim-Bop, Cup-Bop and K-chicken. Korean dishes served just the way you want them. Located in the food court at Al Hosn Recreation Centre.

Phone: 050-341-2560

# RUWAIS TADWEER CAMPAIGN AND RECYCLING CENTER



## LET'S WORK TOGETHER TO CREATE A SUSTAINABLE COMMUNITY

In order to preserve our city, Al Dhafra Region Affairs (ADNOC), have cooperated with Abu Dhabi Waste Management Center-Tadweer, to install Tadweer recycling station, at Ruwais park 2.

The campaign encouraged residents to participate in the Waste Recycling Program including an initiative to recycle used cooking oil. The following goals were set for our community to help us reach by end of 2021.



**70,000** Tons  
of Recycling Waste



**5000** Gallons  
of Used Cooking Oil

Recycling bins have been allocated in all the residential building around Ruwais City for easy access. Collection bins for used cooking oil are now in 80 locations across shops and residential areas in the city. Alternatively you can call our team to arrange collection from your home.

For collection requests or more information, you can call 02-6027987 and 02-6027837 from 8:00 am to 11:00 pm.

# KEEPING OUR SPACES GREEN!



## GREEN FLAG AWARD

Al Dhafra Region Affairs, in collaboration with Group Civil Projects Division and Al Dhafra Municipality, is extremely proud to announce that Ruwais Central Park has received The Green Flag Award, an international mark of excellence for public parks and spaces. The award reflects ADNOC's emphasis on health by bringing people closer to nature and sustainable environments.

## TIPS & TRICKS

Safety is one of the most fundamental criteria for a place to be liveable. By this, we mean not only liveability of a place but also functionality or workability and habitability! Here are some tips to keep our community safe and sustainable

Tip: Did you know that hundreds of camels have died from eating plastic left in the desert? It can take up to 1,000 years for plastic to decompose!

Take your plastics back with you to Tadweer recycling Station at Ruwais Park 2 after a desert adventure!

Tip: Only turn on your water heater right before you need it to save energy!

Tip: Reducing the amount of stuff you consume has the greatest benefits for the planet. It's best to avoid waste in the first place, so think more carefully about your purchases.

Tip: Shop locally, shop organically if you have the chance, buying fresh organic food is a great way to support our local farmers and markets and support nature with your food choices.

# THE PEOPLE OF RUWAIS

Introducing the People of Ruwais social media campaign. This is your chance to meet other residents from the Ruwais community. Over the coming weeks and months, we will be showcasing some of your community peers across our social channels.

Keep an eye out to see if you recognize anyone! Moreover, if you would like to be one of our residents profiled please email [aldhafracomunity@adnoc.ae](mailto:aldhafracomunity@adnoc.ae) or send us a direct message through Instagram or Facebook.



# GET TO KNOW YOUR CITY

As soon as you move to our city - or even before - take some, time to get to know it. Research our city and neighborhood online, especially to discover any areas you may want to visit at specific times. Download our newsletter on your smartphone. It can use offline and walk around your neighborhood to get a better feel for its quirks. In addition to that, download our Ruwais mobile app to feel the heartbeat of the community.



## WANT TO CONTRIBUTE TO THE NEXT NEWSLETTER?

We are looking for interesting stories and personal experiences in words, photos or illustrations.

## HAVE ANY GREAT IDEAS?

Submit them to [aldhafracommunity@adnoc.ae](mailto:aldhafracommunity@adnoc.ae)