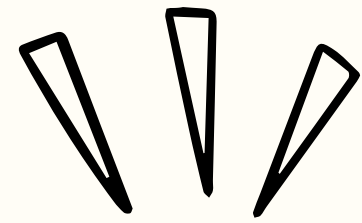


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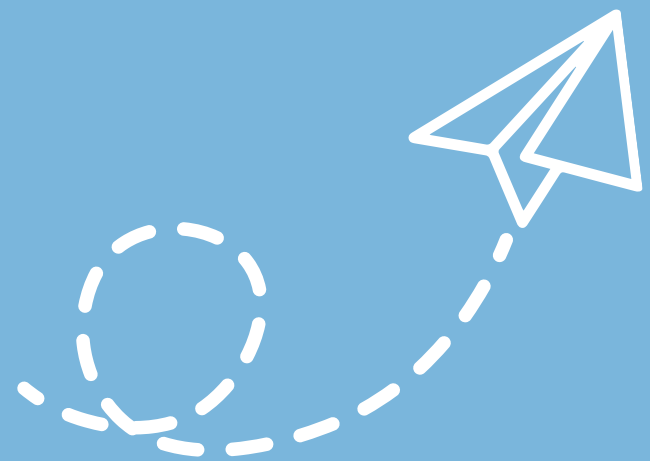
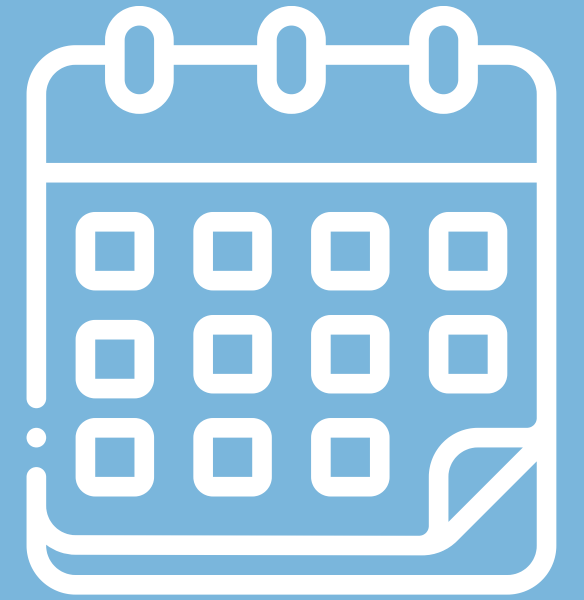
NEWSLETTER





APRIL FOOL'S DAY

April 1st





April Fool's Day is an annual tradition celebrated on the first of April.

It is a day devoted to **jokes, hoaxes, pranks, and light-hearted fun.**

This tradition has been historically followed by many cultures, and is considered a day-long break from life's stressors and responsibilities.

Even if the exact reasons behind this day remain a mystery, embracing its jokes through media and big businesses has guaranteed the longevity of this unofficial holiday.

SOME FACTS

Divergent Viewpoints

Not everyone enjoys playing practical jokes. A recent study found that while 45% of individuals find pranks amusing, 47% of adults find them annoying!

Celebrations in Scotland

In Scotland, people celebrate for two days: on the 1st and 2nd of April. The victim is called "April Gowk".

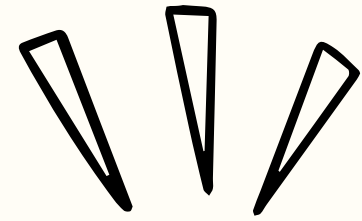
SOME FACTS

Stop at 12 p.m.!

It is mandatory to stop the April Fool's jokes at 12 p.m. No one is sure why, but some people say it leads to a bad luck. This is one of the rules that have been in place since 1700s.

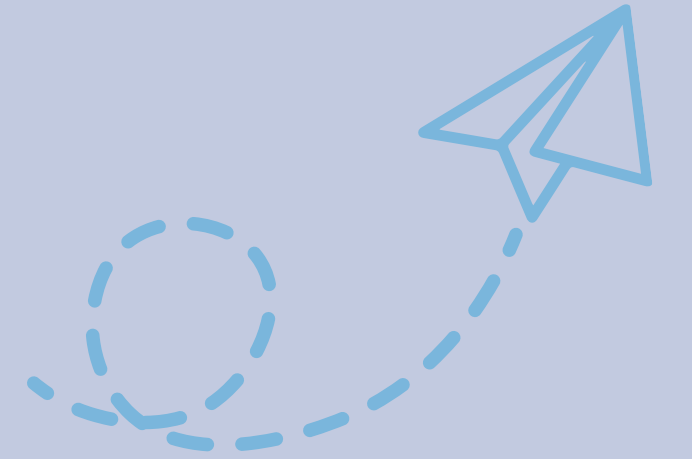
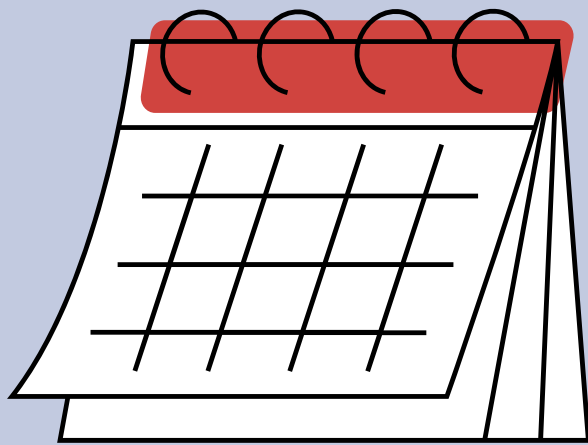
Mother Nature

Some people believe that April Fool's Day started on the first day of Spring. To elaborate, these people think that during this time Mother Nature fools us with a sudden change of weather.



WORLD HEALTH DAY

April 7th



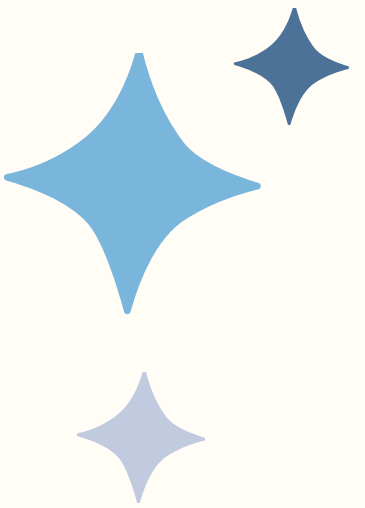


World Health Day highlights the significance of global health.

It is celebrated on April 7th and is characterized by its encouragement for **solving health issues** across the globe.

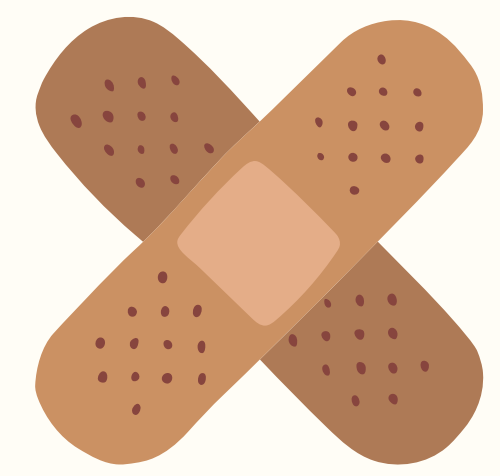
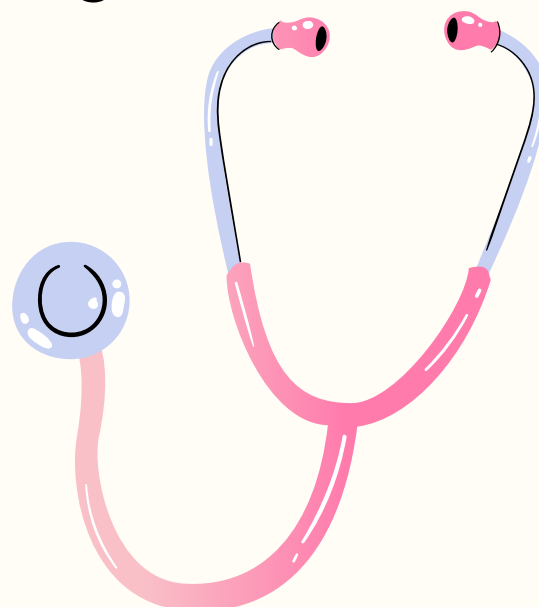
This event, organized by the World Health Organization, is devoted to guarantee that humanity has access to high-quality healthcare, and brings attention to urgent health challenges.

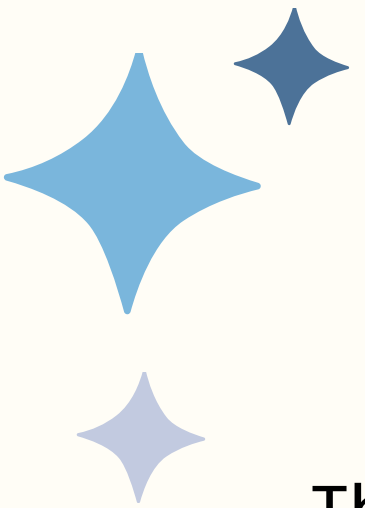




We at Abu Dhabi Insurance Brokers, are honored to contribute to this cause by maintaining our commitment to community health.

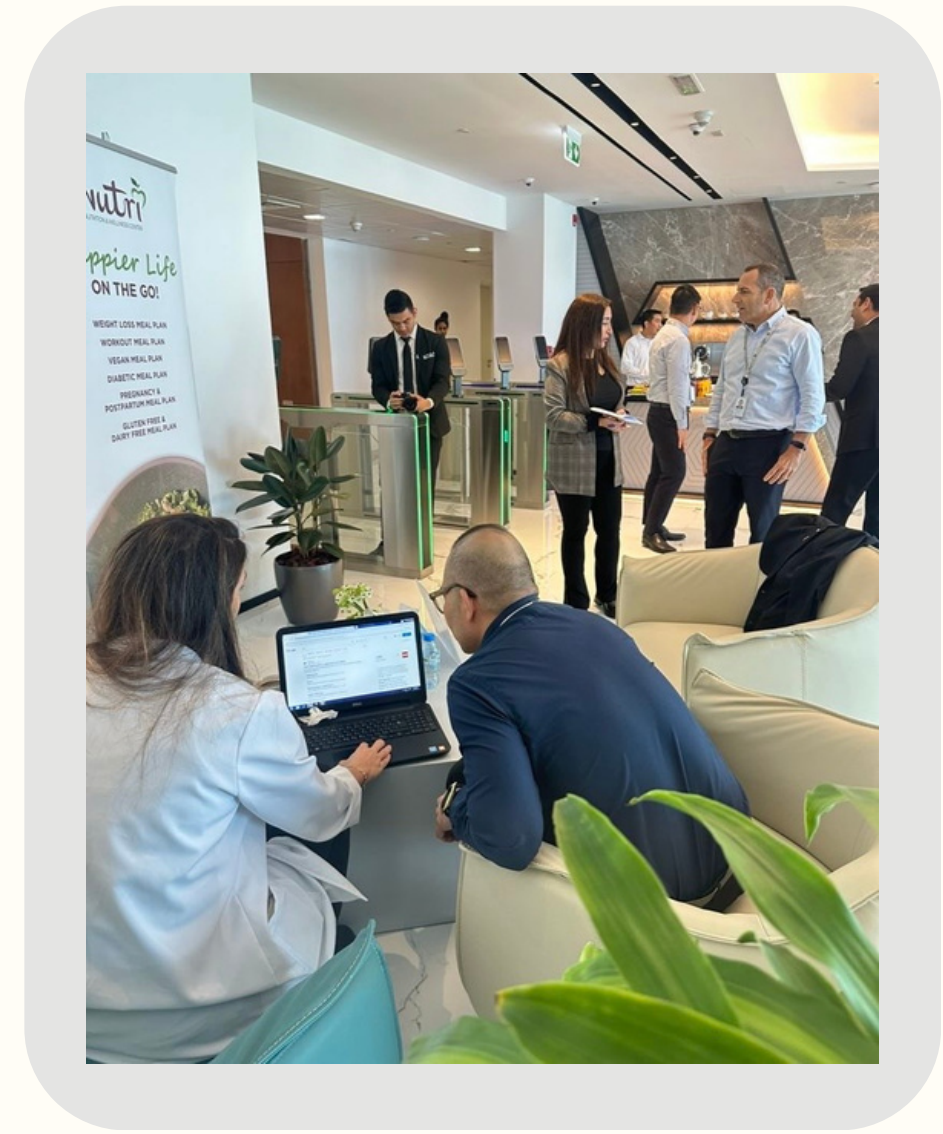
As part of our services and efforts, we host **health day events** where employees of our corporate clients get free health screenings, consultations, and access to a range of medical services.





These initiatives encourage preventive care while also providing people with self-assurance to take proactive measures to improve their health and wellbeing.

Through our partnerships, businesses can put their employees' health and wellbeing first, creating a caring and vibrant work environment.





SOME TIPS

on how employers can ensure health and wellbeing in the workplace

Include regular breaks for employees to prevent burnouts.

Offer healthy snacks options, as well as water to promote hydration.

Encourage physical activity by providing gym memberships or planning wellness programs.



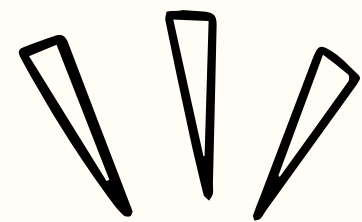
SOME TIPS

on how employers can ensure health and wellbeing in the workplace

Execute policies to support work-life balance, such as flexible work hours or remote work options.

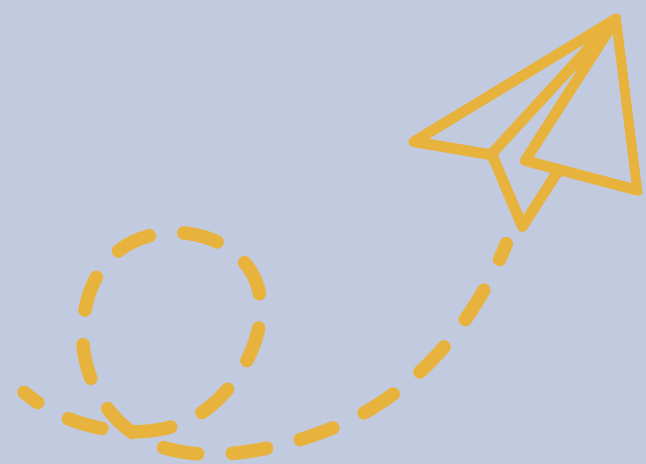
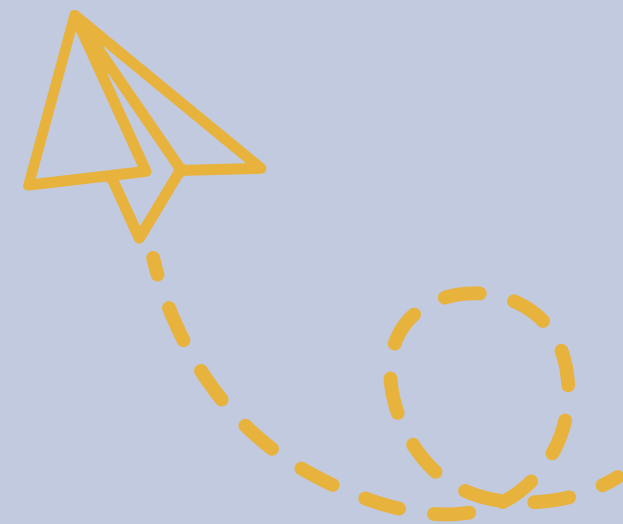
Raise awareness on mental health and provide employees with support.

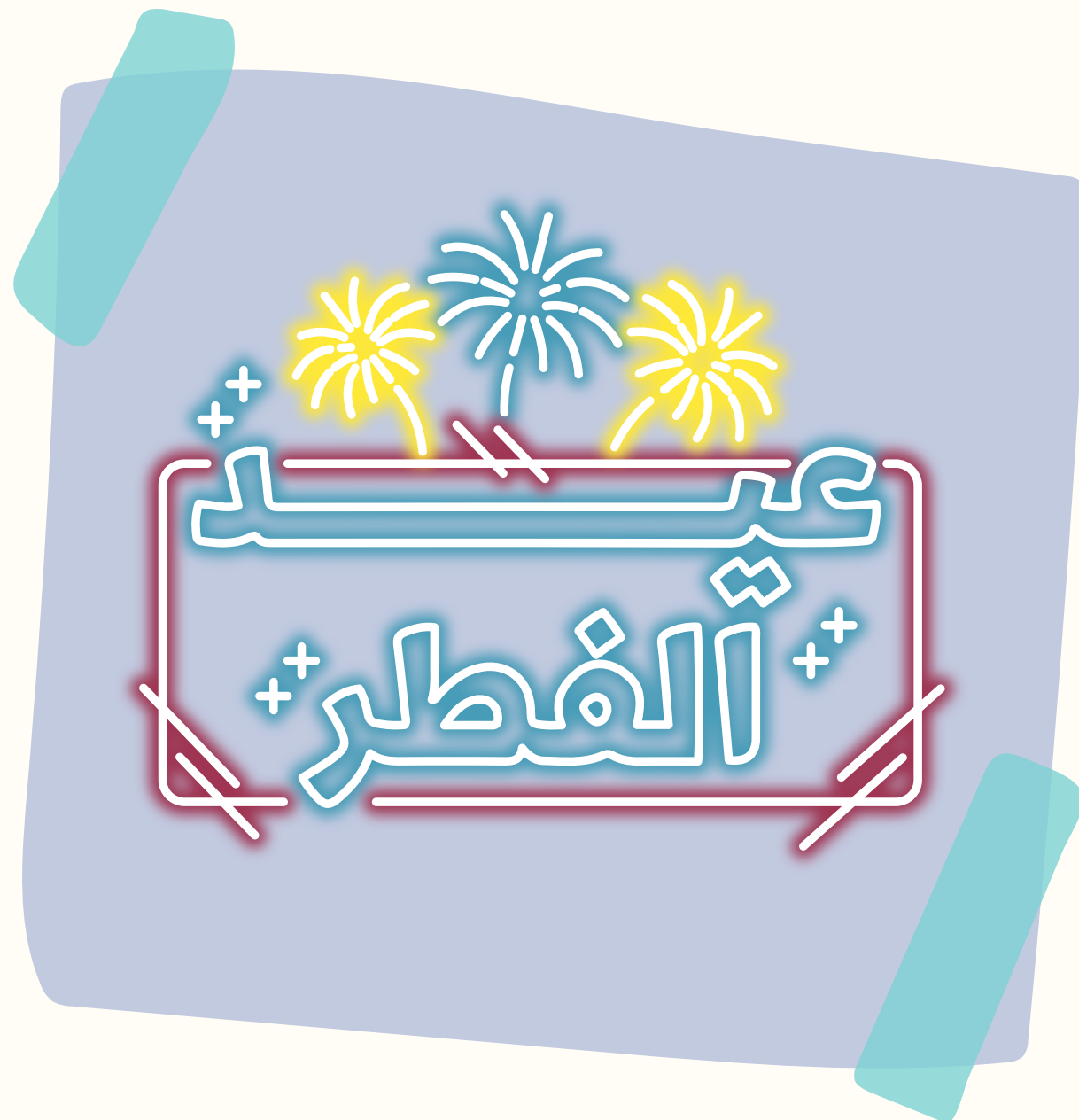
Create a smoke-free environment to minimize exposure to harmful substances.



EID AL-FITR

April 10th





Eid al-Fitr, also known as “**Festival of Breaking the Fast**”, is one of the two official holidays celebrated by Muslims, marking the end of the holy month of Ramadan.

On this occasion, loved ones are united in the spirit of helping, dining, and praying.

This spiritual journey is a season of rebirth, celebrated with compassion, thankfulness, and gratitude for the blessings received.

SOME OF THE MOST POPULAR FOODS PREPARED DURING EID FROM AROUND THE GLOBE



Tagine

- Morocco, Algeria, Libya, Tunisia, and the UAE
- It is a slow-cooked stew packed with seasonal vegetables, dried fruits, meats, herbs, and spices. It is served with Batbout, a Moroccan pitabread or with couscous.



Kue Lapis

- Indonesia
- It's a colorful multilayered pudding and a jelly-like dessert made of rice flour, coconut milk, tapioca flour and sugar.



Bolani

- Afghanistan
- It is a pan-fried pastry pocket filled with a mixture of vegetables such as leeks, potatoes, spring onions and pumpkin, or minced meat, and sometimes red or green lentils.

SOME OF THE MOST POPULAR **FOODS**
PREPARED DURING EID
FROM AROUND THE GLOBE



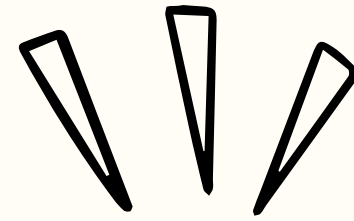
Maamoul

- Egypt
- It is one of the main desserts prepared on Eid Al-Fitr. It's a butter cookie filled with dates, walnuts, or pistachios. It's usually served with tea or coffee.



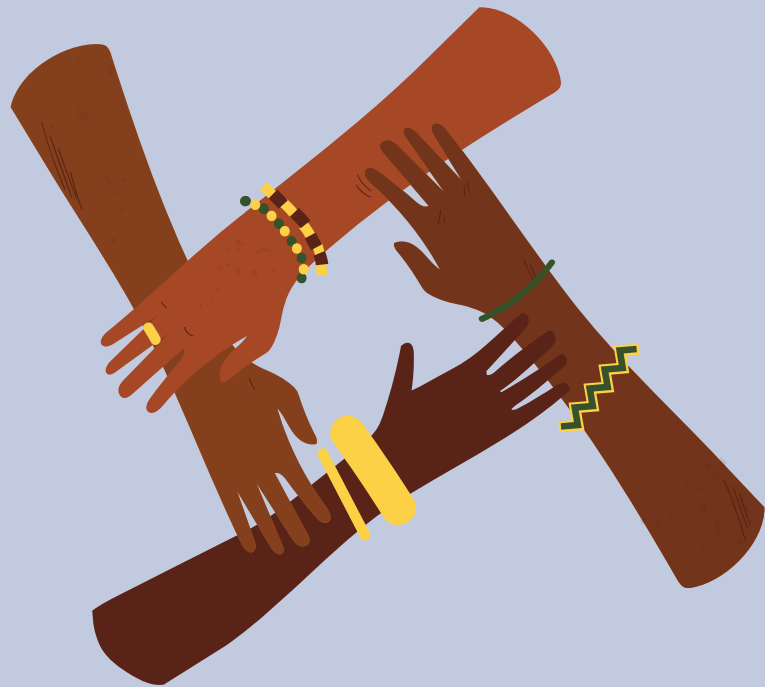
Sheer Khurma

- Afghanistan
- It is made with broken semolina vermicelli and spiked with rose water, dried fruit, and fragrant spices. It is served right after the Eid prayer in the morning.



WORLD HERITAGE DAY

April 18th





Held on April 18th, World Heritage Day acknowledges the **cultural legacy of humankind** through spreading awareness on the value of safeguarding historical monuments and landmarks.

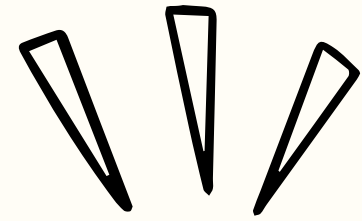
This day, which was declared by UNESCO, serves as a reminder of the diversity and richness of our common heritage, as well as the necessity of preserving it for the coming generations.

World Heritage Day invites us to recognize the value and beauty of these treasures, which range from monuments to breathtaking natural formations, and to come together to support their preservation.

YOU CAN PARTICIPATE IN PRESERVING YOUR OWN HERITAGE BY:

- **Learning about your history and traditions**
- **Visiting historical sites**
- **Preserving and communicating in your own language**
- **Celebrating traditional practices**
- **Empowering museums**

- **Documenting intangible heritage**
- **Conserving cultural landscapes**
- **Recognizing culinary heritage**
- **Connecting with your community**
- **Raising awareness about your culture**



INTERNATIONAL DANCE DAY

April 29th



International Dance Day, created by the International Dance Council, honors the ability of dance to unite people, communicate feelings, and cross cultural barriers.

Dance is an expression of **creativity, passion, and individuality.**





It is celebrated on the 29th of April every year to commemorate the birthday of **Jean-Georges Noverre** who is considered the creator of modern ballet.

He contributed to the world of dance and highlighted the impact of dance on different cultures and communities.

Dance can be expressed in several forms including modern choreography, traditional folk dances, and impromptu motions.

This event invites everyone to enjoy dancing regardless of skill level, and recognize its transforming power for both individuals and societies.

INTERESTING FACTS

- **The oldest known dance dates back over 9,000 years.**
 - **Ballet originated in the Italian Renaissance.**
- **Breakdancing will be the first dance sport ever to compete at the Olympic Games in 2024.**



INTERESTING FACTS

- **The Nutcracker is one of the most performed ballets in the world.**
- **Michael Jackson's moonwalk became one of the most iconic dance moves of all time.**

