

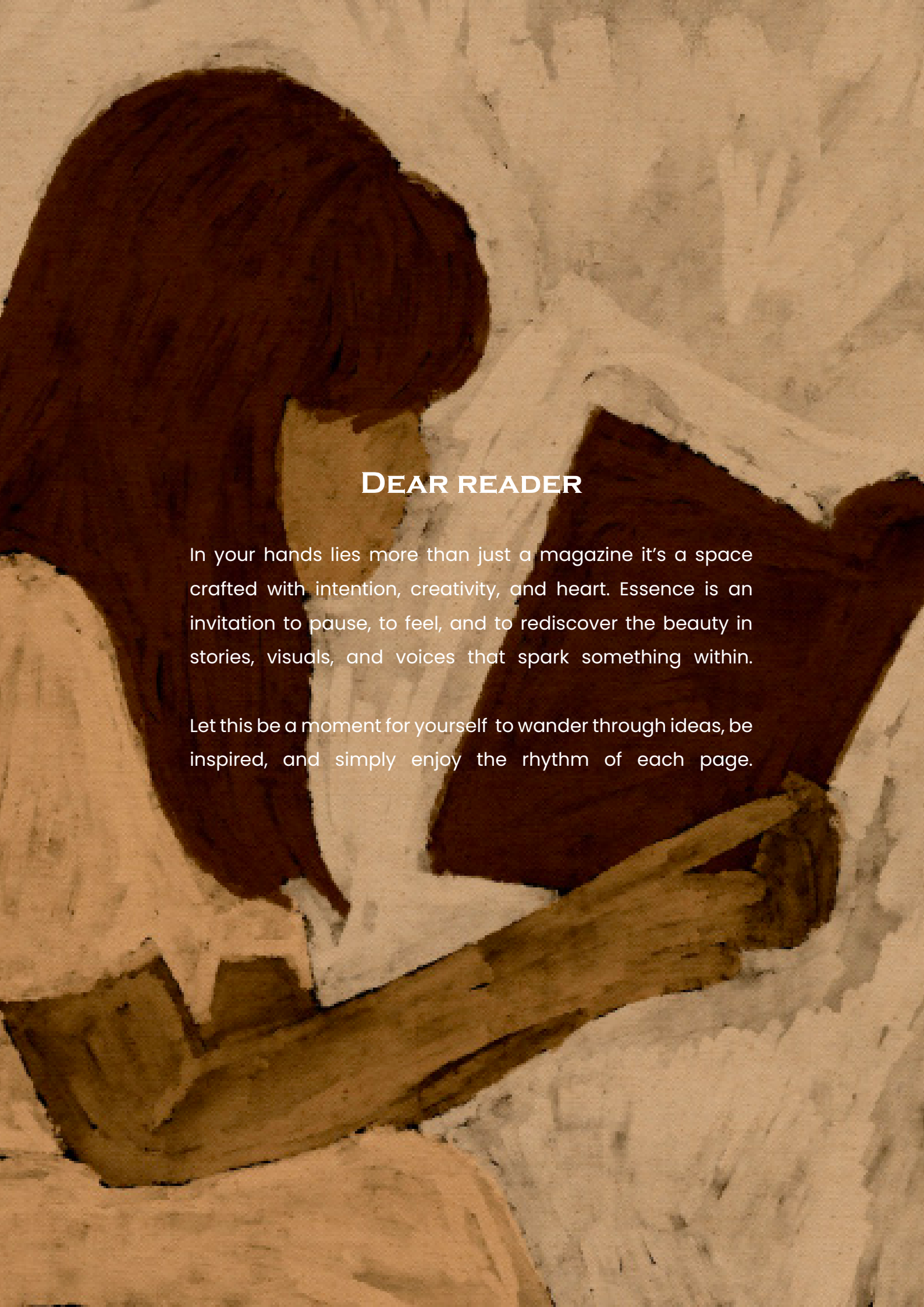
APRIL 2025

ESSENCE

**"PHOTOGRAPH
IS A WINDOW
INTO HUMAN
EXPERIENCE"**



**A window into worlds full of
exploration and knowledge**



DEAR READER

In your hands lies more than just a magazine it's a space crafted with intention, creativity, and heart. Essence is an invitation to pause, to feel, and to rediscover the beauty in stories, visuals, and voices that spark something within.

Let this be a moment for yourself to wander through ideas, be inspired, and simply enjoy the rhythm of each page.

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Link between Past & present

Hawa Al-Yazidi

Since its opening in March 2023, the Oman Across Ages Museum in A'Dakhiliyah has been an honor to Oman's past, present, and future. Set in the Al Hajar Mountains, the building itself is a work of art, modern, bold, and rooted in the landscape it rises from. The experience is just as impressive inside. Visitors are transported back in time, from Oman's earliest geological roots to the country it is today. In its first year alone, it welcomed over 350,000 visitors, the vast majority of whom were Omanis who were proud to have their history and their story told so well. The museum has over 1,300 artifacts, which is very impressive. Most parts that catch visitors' attention are interactive exhibits, VR, and 4D short movies. Oman Across Ages Museum is a beautifully choreographed piece of architecture that merits being part of contemporary designs but with an Omani touch.

The museum's angular and geometric structure represents Al Hajar, a connection of civilization with the surrounding nature and the ruggedness of the landscape. The design's aesthetics mostly come from the green materials used, which are locally sourced stones that mainly work as thermal regulation and the glass facades that are very well placed aesthetically.

Omani traditional fashion

Oman Across Ages Museum is unique in that it displays Oman's traditional clothing in honor of the country's treasured textile and handicraft traditions. With lots of finely stitched clothing, luxurious fabrics, and unique patterns for both men and women that reflect historical periods, this exhibit displays the development of Omani clothing.

Sultan Qaboos Legacy Hall

The section of the Oman Across Ages Museum dedicated to the memory of the late Sultan Qaboos bin Said is highly sentimental and constitutes a heartwarming tribute to the revered man, who was instrumental in the betterment of Oman. The museum segment is not just a display but a real tribute to a person who has contributed to the nation's peacefulness and prosperity. The focus of this museum area is the Sultan's collection of things, especially his car, which is the most striking.



The cars, which come from old-fashioned cars to very peculiar state vehicles, were his own choice of the transport he was using. Visitors can see his items and also see some displays that explain the story of Sultan Qaboos's life and the leadership qualities he emphasized and lived for. This part exhibits more than mere objects; it underlines the personal transition of an individual from the first day where he brings big changes to Oman without forgetting adherence to the traditions of the nation. The museum is perfect in every way, it lets visitors know the Sultan's legacy to them. Everyone, even foreigners, will be touched by this part of the museum.

Omani jewelry

regarded as some of the most delicate silverwork, with a sense of cultural symbolism. Centuries-old craft techniques are still used in these handcrafted headpieces known as "massar", bangles, and necklaces. Because traditional clothing continues to have an impact on modern Omani designs, the country's identity is preserved and blends well with current styles.

The Foundation & the Vision

His Majesty Sultan Haitham bin Tariq opened the Oman Across Ages Museum on 13 March 2023. The museum was envisioned as a huge national project to narrate Oman's extensive and vibrant history so that its people could wonder at it and the world could learn about it. The museum is a hub of knowledge, research, and cultural exchange that tells the most significant events in the Sultanate's history over the centuries.

The museum represents one element of Oman's pursuit of national development through cultural heritage protection tourism expansion and educational objectives. Through its combination of high-tech approaches collection displays and interactive exhibits, the museum presents an advanced method of history conservation while maintaining complete respect for Omani history and national identity.

Some exhibits and Galleries

The museum divides its exhibitions into separate sections and galleries that present historical periods and themes from Omani history. The exhibits feature both contemporary multimedia content in addition to traditional display methods and history.

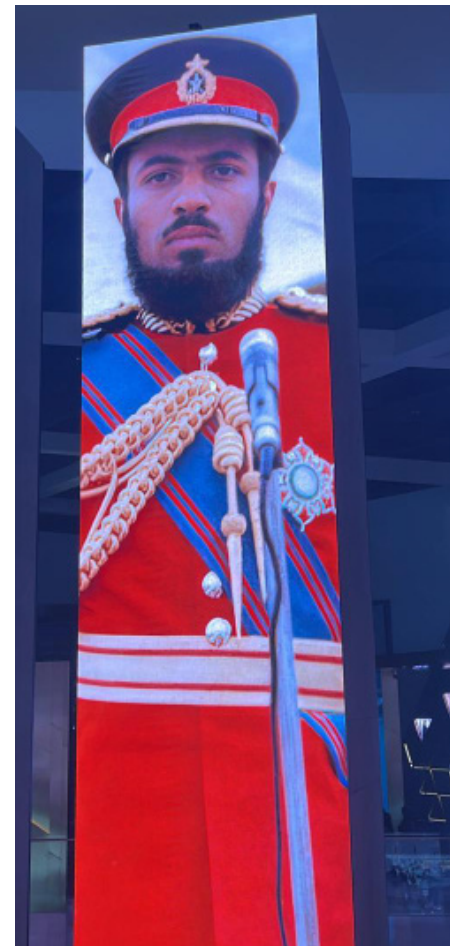
"building a future that honors our ancestors and fulfills the aspirations of future generations."- Sultan Haitham bin Tariq
"Architecture must reflect the soul of the nation and the values of its people. It should not only be functional but also speak to our heritage, our history, and our identity."-Sultan Qaboos Bin said



Architecture & Location

The Oman Across Ages Museum stands out because of its exquisite architecture in addition to its historical exhibits. The enormous 300,000 square meter location hosts a building that combines present-day architecture with Omani traditional elements. The architectural design brings together highly modern facilities with well-equipped areas within a structure that blends naturally with Oman's environmental setting.

"We want Oman to be recognized as a leading global tourist destination, blending modernity with tradition, where visitors from all over the world can experience the true essence of our culture"



1. Prehistoric and Ancient Oman

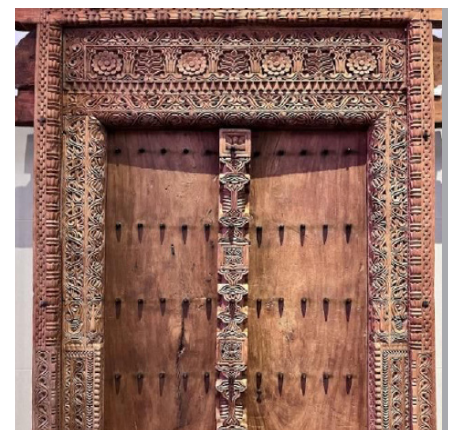
The prehistory of Oman is studied through this section with its historical discoveries that stretch from Stone Age times. The artifacts from prehistoric times along with fundamental tools and fossils display how early people lived their lives through hunting and societal advancement. The exhibit examines Oman's both present and Bronze Age civilization (known as the lost city of Iram) and the first commerce routes between Oman and Mesopotamia and the Indus Valley.

2.Oman today and vision 2040

The museum gives modern-day Oman exposure by presenting economic improvement strategies along with environmental sustainability programs and cultural development activities. Visitors can discover at Vision 2040 how the sultanate plans to develop its sectors through tourism and technology alongside renewable energy during the subsequent forty years.

3.The Renaissance Period

The major draw of the museum is its Renaissance Gallery which portrays the changes done by Sultan Qaboos bin Said (1970-2020) during his rule. The part narrates the journey of how modernization has completely reformed Oman through not only the advancements in the infrastructure but also the quality of education, healthcare facilities, and international diplomatic connections. The museum's interactive devices allow visitors to follow the process of the isolation of Oman being changed to a truly globally connected country.



Nizwa Tourism

Abrar Al-Hinai



The state of Nizwa is one of the most prominent tourist destinations in the Sultanate of Oman, a city that beautifully combines ancient history, breathtaking natural landscapes, and vibrant traditional markets that reflect the rich cultural heritage of the region. Located in the heart of Oman, Nizwa has long been a significant cultural, political, and economic hub, playing a crucial role in the country's history. It was once the capital of Oman and a center of Islamic learning, attracting scholars and traders from different parts of the Arabian Peninsula. A trip to Nizwa isn't complete without a walk through the iconic Nizwa castle, one of Oman's finest historical sites. The castle was built in the 17th century by Imam Sultan bin Saif Al-Yarabi, and is characterized by its huge circular tower that provides a stunning panoramic view of the city and the mountains.

The castle is designed in a strong defensive style, as it has secret passages, hidden traps and thick walls. Inside the castle, visitors can explore exhibitions showcasing Oman's history, ancient weapons and past lifestyle. Nizwa is one of the most prominent landmarks that embody the historical and cultural status of the city. The sculpture was designed in 2015, when Nizwa was chosen as the capital of Islamic culture by the Islamic Educational, Scientific and Cultural Organization (ISESCO), to be a symbol of pride in its ancient history and its pioneering role in the dissemination of science and culture. Nizwa is a city famous for its natural heritage, and it remains an unforgettable experience for those in the field of authenticity and beauty.

“Nizwa is one of the most important and prominent destinations for citizens and tourists in the Sultanate of Oman, as the number of visitors to the state in 2022 AD reached about 130,000 visitors.”

Falaj Daris a Protected World Heritage site. Water has always been an essential element of life in Oman, and the aflaj system in Oman is a great example of ancient hydro engineering. Falaj Daris, Oman's largest Aflaj, it's in the UNESCO World Heritage List and remains a vital source of irrigation for surrounding farms. Visitors can wander around the canals, enjoy the beauty of the natural scenery and learn about centuries-old traditional water distribution methods.



Jebel Al Akhdar is one of the most beautiful tourist locations in Oman. about 45 minutes' drive from Nizwa and is known for its cool climate and stunning natural scenery. The region is famous for cultivating pomegranates, apricots, walnuts, and Damask roses, which are used to produce the renowned Omani rose water. It is also home to ancient villages such as Al Ayn, Al Aqur two charming villages with stunning views and a traditional falajs irrigation system.

Tanuf Tanuf is a village located in the wilayat of Nizwa and is known for its diversity and mountainous terrain, making it an ideal place to escape the hustle and bustle of the city. Tanuf is characterized by traditional agriculture except for palm and citrus farms. It also contains many tourist attractions such as old aflaj and houses. You can enjoy walking on the trails and exploring the different mountains. Tanuf represents a part of the Omani cultural heritage, in the winter where it is a unique experience between natural charms and rich heritage, the best times are during the season from November to March.

Next to the castle is the Nizwa Market, one of the oldest and most famous traditional markets in Oman. The market is known for its outstanding products such as silver jewelry, ornate Omani daggers, handmade pottery, and aromatic spices. Among the most exciting experiences on the market is the cattle market on Friday, where farmers gather to sell their livestock in a traditional auction style. It is a great opportunity to discover an authentic part of Omani culture. cus. Iciet qui nos aut am, qui-atas pelenie ndelciisinv erciis qui doloribus per

Oman Across Ages An InteractiveMe Jouus-rneeuy Tmthrough Time The Oman Across Ages Museum is one of the most significant cultural landmarks in the Sultanate of Oman. It offers immersive and interactive experience, taking visitors on a captivating journey through time—from the geological formation of Oman, through its rich historical legacy, to its modern renaissance and future vision. The museum combines cutting-edge technology with contemporary architectural design, making it a must-visit destination for. enthusiasts of history, culture, and technology

Why Nizwa be on your top list of tourist destinations? Thanks to its perfect combination of history, culture and nature, Nizwa is one of the most exciting tourist destinations in Oman. Whether you are a history lover, adventure lover, or seeking an authentic cultural experience, Nizwa provides you with an unforgettable experience. If you are planning to visit Oman, don't miss the opportunity to explore Nizwa, where a magical journey awaits you in the heart of Omani heritage.



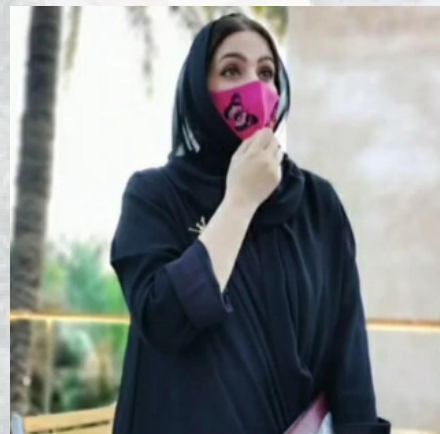


A Nestled in the heart of the Al Hajar Mountains in Oman, Misfat Al Abriyeen is one of the country's most breathtaking and historically rich villages. With its ancient mud-brick houses, narrow stone alleys, and flourishing farms irrigated by a centuries-old falaj system, the village stands as a living testament to Omani heritage. Over the years, it has evolved into a sustainable tourism destination while maintaining its traditional charm. In 2021, Misfat Al Abriyeen was awarded the title of "Best Tourism Village" by the UN World Tourism Organization in Madrid. This prestigious recognition highlighted the village's commitment to preserving its cultural identity while embracing responsible tourism. As a result, Misfat Al Abriyeen has gained international fame, attracting visitors from around the world who seek an authentic Omani experience.

A village steeped in history. The history of Misfat Al Abriyeen dates back centuries, originally flourishing as an agricultural settlement on the rugged mountain terrain. The village's lifeline has always been its falaj irrigation system, which continues to nourish its abundant palm groves, banana trees, pomegranate orchards, and apricot farms.

One of the village's most striking features is its traditional architecture, where houses are built using mud and stone to blend seamlessly with the surrounding mountains. This sustainable construction not only preserves the village's historical character but also provides natural insulation, making it a cool refuge even during the scorching summer months.

Royal Visit that Highlights wRecently, Her Highness Ahad bint Abdullah Al Busaidiyah, the esteemed consort of His Majesty Sultan Haitham bin Tariq, visited Misfat Al Abriyeen, further solidifying its cultural and tourism significance. Her visit shone a spotlight on the ongoing efforts. During her visit, Her Highness engaged with the local community, explored cultural heritage sites, and visited some of the village's unique cafés, reflecting the Sultanate's commitment to supporting traditional communities and boosting eco-tourism to preserve Omani heritage while promoting sustainable tourism initiatives in the region.



TOURISM IN AL HAMRA



Tourism Experience

Misfat Al Abriyeen offers a truly immersive tourism experience, where visitors can wander through its maze-like alleys, marvel at the intricately designed wooden doors of ancient houses, and take in the stunning views of the surrounding mountains and farms. The village is also home to some of Oman's most charming cafés, providing visitors with the perfect setting to relax and enjoy traditional Omani hospitality. Among these, Rogan Café stands out as a must-visit spot, offering a delightful combination of Omani coffee, authentic local dishes, and spectacular views of the palm groves and mud-brick architecture. "Sitting here, sipping Omani coffee while overlooking the palm groves, I felt like I had stepped into another world. The tranquility and beauty of this place are unmatched." a visitor at Rogan Café

"Misfat Al Abriyeen is a testament to Oman's rich heritage and the resilience of its people. It is a place where history comes alive, and sustainability is woven into everyday life." Her Highness during her visit

Best Tourism Village Winning the

"Best Tourism Village" award in 2021 was more than just an accolade for Misfat Al Abriyeen—it was a global recognition of the village's dedication to preserving its authentic identity while offering sustainable tourism experiences. The award also boosted economic opportunities for local residents, leading to the rise of small businesses such as cafés, handicraft shops, and traditional guesthouses. This has created new employment opportunities while ensuring that tourism directly benefits the local community. "Misfat Al Abriyeen is a shining example of how communities can preserve their cultural heritage while embracing sustainable tourism. It is a model for villages around the world." UNWTO representative.

Model for Tourism

As global interest in eco-tourism and cultural tourism continues to grow, Misfat Al Abriyeen stands as a shining example of how a village can balance tradition with sustainable tourism development. The community has worked tirelessly to preserve its heritage while ensuring that tourism supports local livelihoods and respects the natural environment. Misfat Al Abriyeen is more than just a tourist attraction; it is a symbol of Omani heritage, a testament to the country's commitment to sustainable tourism, and a living museum of history and culture. The Omani government is actively investing in infrastructure improvements while maintaining the village's traditional identity, supporting small and medium-sized enterprises, and promoting the use of eco-friendly materials in development projects. These efforts ensure that Misfat Al Abriyeen remains an authentic and sustainable destination for future generations. With ongoing efforts to preserve its unique character, Misfat Al Abriyeen continues to captivate travelers, offering them a rare opportunity to step back in time while enjoying the warmth of Omani hospitality. "Misfat Al Abriyeen is not just a place you visit; it's a place you carry with you. The warmth of the people, the beauty of the landscape, and the sense of timelessness stay with you long after you leave." returning traveler



Khalil Al-Kalbani

Farah Al-Kalbani

AThe Fine Arts Unit, in collaboration with the Director General of Education and Education of Al Dhahirah Governorate, has recently organized an extraordinary exhibition that serves as a testament to the creative talents of plastic arts teachers. This initiative is not merely an event; it is a celebration of artistic expression and a recognition of the hard work and dedication these educators have put into honing their skills. The exhibition provides a vital platform for showcasing the artistic products developed by these teachers, who have actively engaged in various training programs and workshops designed to enhance their professional capabilities. Central to this initiative are two specialized courses focused on wooden sculpture techniques, each lasting five days. These courses were meticulously designed to equip educators with the necessary skills and knowledge to create stunning works of art. Throughout the sessions, the trainees produced over 30 unique sculptures, each reflecting a diverse array of techniques and artistic styles that draw inspiration from different art movements. The variety of artistic expressions on display is a testament to the creativity and talent of the participating educators.

The significance of this exhibition extends beyond the mere display of artistic creations; it embodies the empowerment of educators through professional development. Mr. Khalil bin Salem Al-Kalbani, a pivotal figure in this initiative, underscored the importance of continuous learning for teachers in the arts. He articulated, “The journey of an artist is one of perpetual growth. Our aim is to provide educators with the tools and knowledge they need to inspire their students and foster a love for the arts.” His words resonate deeply within the context of education, highlight-

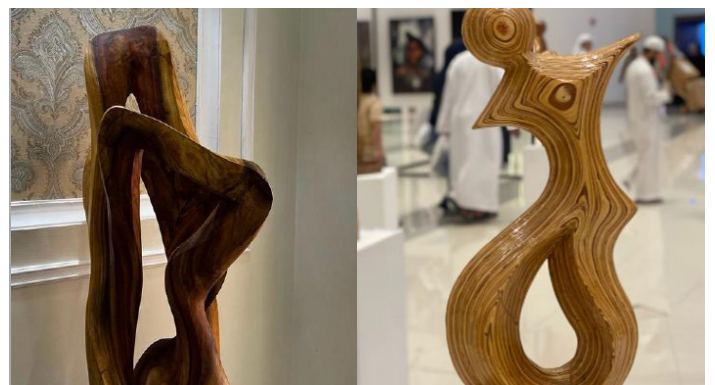
During the specialized courses, participants engaged in hands-on training that allowed them to delve into various aspects of wooden sculpture. This immersive experience provided them with a comprehensive understanding of the properties of different types of wood, the essential tools required for sculpting, and the techniques necessary to bring their artistic visions to fruition. The training was not solely focused on technical skills; it also encouraged creativity and self-expression among the participants, allowing them to explore their personal artistic identities.

The trainees had the opportunity to work with more than eight distinct types of Omani wood, each possessing its own unique characteristics. The types of wood included Al-Samar, Sidr, Al-Ghaf, Neem, Ficus, Palm, Roller, Mastic, and Damas. Each variety presented its own set of challenges and advantages, such as color, texture, and density, which significantly influenced the final outcome of the sculptures. Through this process, the educators discovered how to harness the natural beauty of these materials, incorporating them into their artistic expressions.

The exhibition not only showcases the final sculptures but also serves as a reflection of the journey the educators undertook during their training. Each piece tells a story, embodying the techniques learned and the personal growth experienced by the artists. Visitors to the exhibition are invited to appreciate not just the aesthetic beauty of the sculptures but also the dedication and passion that went into their creation. The artworks serve as a bridge between the educators' newfound skills and their ability to inspire students in the classroom.

In addition to fostering artistic skills, the initiative also emphasizes the importance of collaboration among educators. The shared experience of participating in the courses and the exhibition has created a supportive community of artists who can learn from one another. This camaraderie is essential in the field of education, where collaboration often leads to innovative teaching methods and enriched learning experiences for students.

“Sculpture is considered the father of the visual arts”



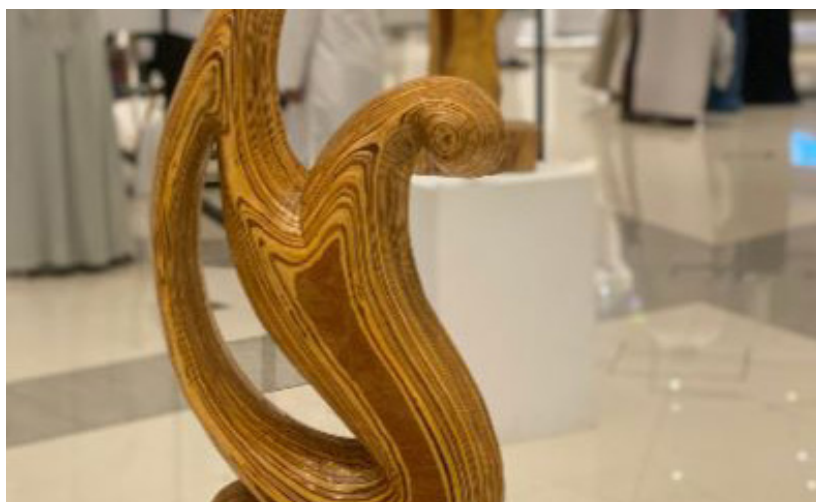


The exhibition has garnered significant attention from the local community, drawing in art enthusiasts, educators, and students alike. It has sparked conversations about the role of the arts in education and the importance of providing teachers with the resources they need to thrive. The event serves as a reminder of the impact that the arts can have on education, encouraging a holistic approach to learning that nurtures creativity, critical thinking, and emotional expression.

As the exhibition unfolds, it becomes clear that this initiative is just the beginning of a larger movement to elevate the status of arts education in the region. The Fine Arts Unit and the Director General of Education are committed to continuing their support for educators, ensuring that they have access to ongoing professional development opportunities. This commitment not only benefits the teachers but ultimately enriches the educational experience for students, fostering a new generation of creative thinkers and artists.

In conclusion, the recent exhibition organized by the Fine Arts Unit in collaboration with the Director General of Education and Education of Al Dhahirah Governorate is a remarkable celebration of artistic talent and professional development. It highlights the importance of continuous learning for educators and the transformative power of the arts in education. As the participating teachers continue to grow in their artistic journeys, they will undoubtedly inspire their students to explore their own creative potentials, ensuring that the legacy of art and creativity thrives in the community for years to come.

“The fields of art are truly wonderful fields that an artist or person can enjoy and achieve many emotional and sensory aspects and connection to the environment and connection to the land because as a sculptor you find many details around you that inspire you in your artistic works, so I hope that everyone enjoys nature and I hope that everyone contemplates the elements found in nature because they are all things that inspire us with aesthetic values through which we can actually benefit and live many beautiful moments in dialogue with nature,



Shatha Al-Dafai

Yaqeen Al Daffa'ei

I “don’t create to impress; I create to understand, connect, and quietly piece myself together.” Shatha al dafai is a radiating artist. Her energy can be felt through her work, whether you see it online or in person. It never fails to amaze me. She breathes life into her art and gets her inspiration from the humans she encounters and nature.

Q1. Who is Shatha Al Dafai? Shatha al dafai is an Omani self-taught artist who graduated from Sultan Qaboos University in 2016 with a mechanical engineering degree. After obtaining her degrees, she started doing art to pass the time until she found a job in the engineering field. As time continued to pass, she began to explore and experiment with various ideas, and mediums. However, the Omani market condition did not alter, job rates remained low, so she proceeded with the path of making artwork. In 2017 she felt secure enough in presenting her painting on social media. Shatha devoted her time to creating one-line art inspired by thoughts and faces, to capture the complexities of life in one line. What developed was an exchange that said greater things than a brief description could. Now is the time to read her unfiltered and her unique rhythm.

Q2. What does art mean to you, shatha? Art is simply an odyssey to better understand myself. It’s a process of rebuilding and acceptance. Everything speaks to my soul, which is why I have the desire to be both honest and true to my creativity “Each line I draw is a step inward an honest search for the emotions I am still learning to name, and a quiet way to meet myself with understanding.” Shatha al dafai

Q3. Could you share how you discovered your own unbelievably gorgeous artistic style? I became intrigued by the idea since it allows me a chance to accurately express genuine feelings and emotions in a single line. Making minimal art has been an intriguing as well as challenging process. The difficulty is in establishing where to begin and when to finish the drawing, as these factors are crucial to accomplishing the outcome I had in mind. I put a lot of effort into teaching my hand to follow my brain’s instructions. My hand moved too quickly, and I frequently broke my train of thought. I thus decided to practice self-discipline by learning how to guide my hand and allow it to draw in perfect harmony with my thoughts and emotions.

Q4. From where do you get those inspirations from? My emotions serve as the most important source of motivation. I make an effort to pay close observation to my heart before drawing them. Music, books, and people around me all greatly inspire me.

Q5. What kind of material do you usually use? In the early stages of my artistic career, I used acrylics, ink, and occasionally oil paint, enjoying the tactile aspect of these substances and how they added visual interest, and dimension to my work. Over time, I steadily began to create digitally, figuring out unlimited possibilities for refining and expanding ideas. Each medium I have used has influenced my techniques, allowing me to include both old and modern approaches in my painting.

Q6. Have you had any sort of formal training in the art? As far as I can tell, you studied mechanical engineering at Sultan Qaboos University and completed your degree in 2016. No, I don’t have any official art education. I am a self-taught artist who has always had an intense fascination with painting, after I received my degree from Sultan Qaboos University in 2016, my new journey started. I prepared a list of everything I needed to do after graduation, and creating art was at the top of the list initially.

Q7. Are there any artists you are particularly fond of and admire? I believe Henri Matisse, Picasso, Fernand Leger, and Le Corbusier to be constant sources of inspiration, and I developed a personal connection to their works. Likewise, Jean-Michel Basquiat’s art is simply incredible and I sincerely honor it “Creativity takes courage.” Henri Matisse





“Each line I draw is a step inward an honest search for the emotions I am still learning to name”

Q10. I recognize that being an artist has its obstacles, but do you personally have any personal challenges you have faced? Being a jobless full-time artist trying to earn an income from her work in the Gulf area has been hard because the people here are unaccustomed to this style of art. The desire for original art items is minimal.

Q11. Could you tell us about what you are currently working on? My most recent work is named “The Unfolding” collection. It is all about personal development and transformation, I am quite pleased about it! This collection is organized into four captivating sections: the unfolding, essence, awakening, and becoming. Through abstract paintings rich in texture, I hope to transport viewers on a visual journey that represents the wonderful complexity of our progress.

Finally, congratulations on taking your work to the global stage through paintings and wearables. What advice would you provide to someone looking to start their own business? Always believe in yourself and start with what you currently have. Never belittle your abilities, and never seek confirmation and praise from others. Love everything you do and try to take each rejection as a fresh opportunity for something greater.

Q8. How many events have you done? I am aware that you gave a speech at the bait Muzna Gallery allowing me to re-introduce myself exhibition. “Allow me to re-introduce myself” was the working title of my first group show in February 2019. It was a wonderful chance. Seeing all of the young talented Omani artists come together to offer such a magnificent event made me extremely happy to be a part of it. I displayed four of my one-line works that portray the concept of love. As well I also drew a one-line painting on a wall, which was my largest canvas ever. In March 2019, I had my first solo presentation, “Love Yours,” at Muscats Especiale café, showcasing two distinctive collections, “Love Yours” and “The Blue Blood.” I want to have the opportunity to take part in more art exhibits, both locally and globally.

Q9. How is the art scene in the Omani community? We have many outstanding artists who deserve the opportunity to shine in the spotlight. Need to be encouraged and given the possibility of getting involved with shows and presenting their work in galleries. For me, it is still tough to get my work shown since not everyone is familiar with or supports art, the challenge is how to shift their mindset and culture to be different and accepting of all types of art particularly modern art like mine.



Shatha Al Dafai

Sultan Al-Bahri

Ashwaq Al-amri



Sultan Al-Bahri: Prose Texts as a Window to Life and Reflection

In the Omani literary scene, Sultan Al-Bahri has emerged as a writer whose works capture the details of daily life in a prose style imbued with a reflective and human quality. Through books such as *I Burned Two Poets*, *Muscat Spoke to Me*, *I Cannot See the Hoopoe*, and *Archive*, readers encounter a literary experience that transcends traditional narration. Memories blend with place, and reality merges with profound questions, creating texts open to various interpretations that combine the individual with society, the present with the past, and reality with imagination.

Between Contemplation and Critique: A Reading of the Works

Each book carries its own distinctive character while forming part of an integrated literary project that reflects a deep perspective on the world. In *Muscat Spoke to Me*, the city is transformed into a character that speaks, recounting stories through ancient alleys and the changes it has gone through over time. This book is not merely a description of a place; it is an internal dialogue with the city, prompting readers to reconsider their relationships with the places they have lived and the marks those places have left on their memories. Meanwhile, *I Burned Two Poets* takes on a different tone, carrying a critical and sarcastic edge as it explores the concepts of creativity and writing. By employing linguistic and stylistic paradoxes, the book raises a questions about literature itself—how it is read and how readers engage with it— By stepping away from conventional patterns, it offers an experience that provokes thought and invites reflection.

Symbolism and Significance in Writing

In *I Cannot See the Hoopoe*, the text adopts a symbolic approach, where the quest for the hoopoe becomes a journey of self-discovery and understanding reality—a representation of the perpetual questions that accompany a person through every stage of life. The title itself arouses curiosity and opens multiple avenues for interpretation, making the reader an active participant in constructing meaning rather than a passive recipient of the text. On the other hand, *Archive* has a distinct character, as it revisits popular memory by evoking details of bygone days and the stories that formed part of the community's identity. This book does more than simply narrate stories; it revives scenes from the past in a straightforward yet emotionally rich style, almost as

Simple Style with Intellectual Depth

What distinguishes these works is their ability to merge clear, uncomplicated language with intellectual depth that leaves the reader in a state of contemplation. The texts do not impose a specific conclusion but rather grant the reader the freedom to interpret them, enabling each reader to see themselves reflected in the words and feel that the writing echoes a personal experience or a thought they have once entertained. If it were an effort to preserve a piece of heritage from being lost. The language in these books is not complex, yet it carries implications that go beyond the literal meaning. There is a playful manipulation of words and metaphors that suggest multiple layers of meaning, encouraging readers to revisit the texts several times to discover new dimensions.

The Writer as Observer and Witness

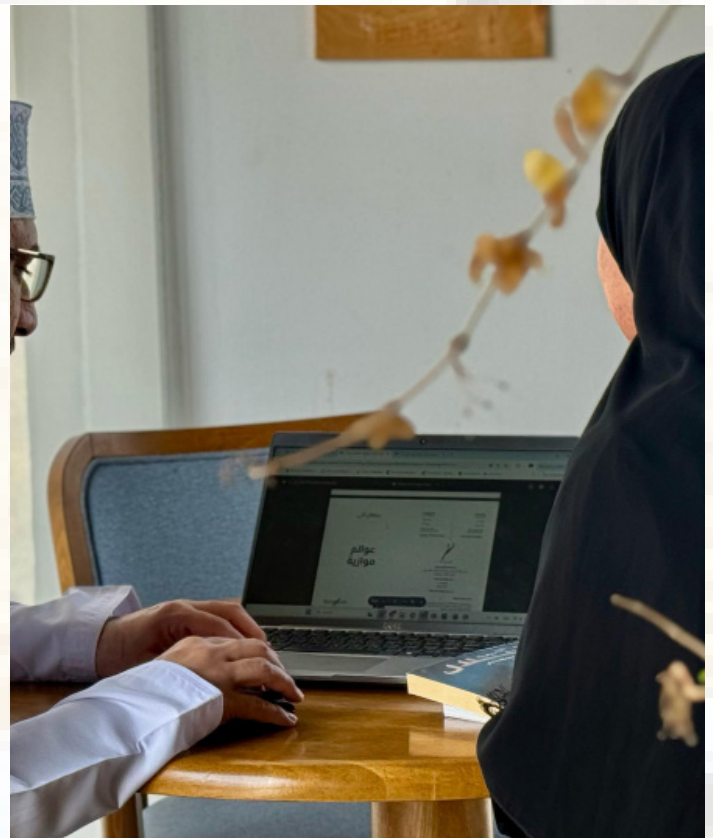
Sultan Al-Bahri writes as one who observes with quiet intensity—absorbing the nuances of place, the shifts in emotion, and the passing of time. His prose is deliberate, as if each word has been weighed and chosen to reflect not only meaning but emotion. His writings document not only personal reflections but broader societal undercurrents, turning his books into a kind of archive of human experience in a time of transformation.

Language as Landscape

His use of language feels topographical, crafting emotional and visual landscapes. In *Muscat Spoke to Me*, the city is not a backdrop but a breathing, remembering entity. The places in his books hold stories and secrets; they shape and are shaped by the people who inhabit them.

Between Absence and Presence

Themes of longing and absence reappear across his works. In *I Cannot See the Hoopoe*, the missing bird symbolizes a deeper search for meaning, identity, and clarity in a world that often provides neither. His writing doesn't resolve these searches—it hon-



And in *Muscat Spoke to Me*, he reflects: “I walked through the city, but it was the city that walked through me. Every stone carried a whisper I had forgotten, every wall remembered something I had tried to unremembered.”

The Role of Memory in Storytelling

In *Archive*, memory is not nostalgia; it's a living, breathing part of the present. Through vivid, emotionally honest recollections, Al-Bahri captures community identity and personal history, preserving them for future generations. Storytelling becomes a form of resistance to forgetting, a way of saying, “We were here. This mattered.”

Inviting the Reader into the Process

Al-Bahri's texts are not closed; they are open invitations. He doesn't tell the reader what to think or feel—he creates space for reflection, silence, and the freedom to interpret. His symbolic and poetic style invites multiple readings and emotional connections. As he writes in, *I Burned Two Poets*: “We write not to be understood, but to discover what we ourselves have not yet understood.” The reader is a companion in the search—not a judge, not a spectator.”

Writing That Leaves a Mark

Sultan Al-Bahri's literary journey is one of quiet intensity and lasting impact. His works don't rely on spectacle—they reveal the extraordinary within the ordinary. They ask the reader to listen closely, to feel deeply, and to question gently. In a fast-paced world that often overlooks nuance and silence, his writing offers a much-needed pause—an opportunity to return to ourselves, to memory, to meaning. His prose transcends mere reading—it is experienced, deeply felt, and unforgettable



The art of starting over

Fatma Al-Wahaibi



Life will sometimes destroy our plans to guide us into the right way. In life we may find ourselves lost, stuck in situations that feel overwhelming, wondering if we'll ever find our way again. But what if every ending is actually a new beginning? The art of starting over is about letting ourselves to move on and learn from the struggles that we have faced in the past, in order to build a better future. No matter how difficult things get, we always have the power to rewrite our story.

This is my story with starting over. Life has always a way of pushing us into unexpected situations, sometimes making us feel lost, overwhelmed, and unsure of where to go next.

For me, this moment came in 2021 when I was in my final year of high school. Suddenly, I was expected to be perfect to get the highest marks, to achieve 100%, to live up to everyone's expectations. Before that, I had been relaxed, enjoying my days without too much pressure. But in grad 12, everything changed. The pressure was unbearable. I felt like all eyes were on me, waiting for me to succeed. I was just 17, too young to carry such a heavy burden, yet I had no choice but to keep going. The stress consumed me. It wasn't just about studying, it was about the fear of failure, the fear of not meeting others' expectations, and the fear of not having a future. I felt like I was unable to breathe or enjoy life. When I finally got into a great college, I thought things would get better. But instead, I carried the same stress with me. I was still obsessed with getting good marks, still afraid of making mistakes, still neglecting myself. I was so focused on academics that I forgot to live. It took time for me to realize that good grades do not equal a good life. There is

I used to wish I had learned this lesson sooner, but now I understand that life gives you the lessons you need at the right time. Starting over isn't about forgetting the past; it's about using it to build a better future.

In 2022, I made a decision I would start over. I would slow down, focus on myself. I began understanding my needs, my feelings, and my mindset. Instead of chasing perfection, I started focusing on personal growth. I explored different areas of life, financial responsibility, mental and physical health, gaining knowledge, and collecting meaningful experiences. Day by day, I worked on becoming a better version of myself. And as I did, life became more beautiful. One day Robin Sharma said that "small daily improvements over time lead to stunning results". I used to wish I had learned this lesson sooner, but now I understand that life gives you the lessons you need at the right time. Starting over isn't about



how we can start over and bounce back from failures and setbacks? The first step to take is to accept the past and never dwell on it. If we follow that strategy in every thing in our life it will make our journey much more effective. A challenge that we face and having a hard time to deal with it is a chance to learn something new and unlock new knowledge to our life. There is nothing in life happen randomly, everything is existed for a purpose. No matter how long it takes to end that challenge as long it going to teach us something. The second step is you need to redefine what you believe on and your goals. You have to ask yourself who I want to be? And what kind of life do I want to achieve? It is very important to understand that our believes or the concept that we use to follow affect directly on our life. Negative believes produce negative life. In the other hand, thinking positively about the world will allow you to see the good side in everything, even if it looks negative in the outside. This is a rule that human being cannot change. When we change our mindset our goals and the thing that we want to accomplish will change too. We will automatically replace the old

“small daily improvements over time lead to stunning results”. Robin Sharma

The third step is you have to surround yourself with positive environment. To be close from supportive friends, mentors or communities that align with your new goals can make your life a lot easier to deal with. Instead of surrounding yourself with people that do not believe on you. And do not support you in any way, which can easily destroy your plans to change, making you weak and stopping you from believing in yourself. The fourth step is taking care of your mental and physical health. To start over and began a new journey is difficult and may take long period of time. So, you have to be patience and strong enough to overcome this hard moment. This may take a huge amount of energy and definitely will be emotionally exhausting. For that it is essential for you to practice selfcare. And do certain things like exercising, journalling or therapy that would help you to build inner strength. At the end, “You do not have to see the whole staircase, just take the first step” Martin Luther King Jr. To have unclear vision about the future is totally fine. You do not have to figure out everything at once. Take your time and start changing small things in your day. It may not show a big difference at first. But these small things will lead you to major change. Starting small is key. Seeking to huge and fast change will ends you facing more problems and stuck dealing with them. However, when you take a long breath and let yourself understand things at small portion will make your knowledge and ability to defeat challenges stronger and not easy to break.





Exercise is crucial in shaping our physical, mental, and social well-being. Whether practiced professionally or recreationally, exercise has the power to transform lives, instill discipline, and promote a healthier lifestyle. From improving physical fitness to enhancing mental resilience and fostering social connections, the impact of exercise, which includes sports, extends far beyond the planning field.

1. PHYSICAL BENEFITS

One of the most evident advantages of exercise and sports in general is their contribution to physical health. Engaging in regular physical activity helps maintain a healthy weight, and strengthens muscles and bones, which reduces the risk of chronic diseases such as heart disease, diabetes, and high blood pressure. Exercise also improves cardiovascular endurance (MSD), flexibility, and coordination, making daily activities easier and more efficient. “Life is like riding a bicycle. To keep your balance, you must keep moving.” Albert Einstein.

“play is the work of childhood”

2. MENTAL AND EMOTIONAL WELL-BEING

Exercise is often associated with physical fitness, but the benefits extend far beyond just the body. Engaging in regular physical activity significantly enhances mental and emotional well-being, reducing stress, anxiety, and depression while boosting confidence, mood, and overall happiness. According to that, physical activity triggers the release of endorphins, often referred to as “feeling good” hormones. These chemicals interact with receptors in the brain to reduce pain perception and create a feeling of euphoria. In addition to this, exercise increases levels of serotonin and dopamine, neurotransmitters that regulate mood, motivation, and emotional stability.

3. SOCIAL DEVELOPMENT AND TEAMWORK

Exercise is not only a tool for health but also a powerful means of fostering social development and teamwork. Engaging in group activities, team sports, or even exercising with a partner can improve communication skills, build relationships, and enhance cooperation. As psychologist Jean Piaget said: “play is the work of childhood”. Exercise, sports, and physical activities serve as a fundamental way for children and adults alike to learn teamwork and social interaction.

4. ENCOURAGED A HEALTHY LIFESTYLE:

A lifelong engagement in exercise encourages individuals to adopt healthier habits. Athletes are more likely to maintain a balanced diet, avoid harmful substances, and prioritize physical activity. This awareness of health and wellness often extends to future generations, as athletes inspire their families and communities to stay active and make better lifestyle choices.

Importance of exercises in our lives.

5. CHALLENGES AND CONSISTENCY:

Despite the countless benefits, maintaining a consistent exercise routine can be challenging. Busy schedules, lack of motivation, and sometimes physical limitations can hinder people from making exercise a regular habit. However, overcoming these obstacles is crucial to reaping the long-term benefits of physical activity. Setting achievable goals, finding enjoyable forms of exercise, and building a support system can significantly enhance adherence to a healthy routine. It's important to remember that every bit of movement counts, whether it's a walk around the block, a yoga session, or a vigorous sports. Consistency, rather than intensity, often leads to lasting results.



6. THE ROLE OF SCHOOLS AND COMMUNITIES

Educational institutions and local communities play a vital role in promoting the culture of exercise. Schools that incorporate regular physical education classes and offer extracurricular sports not only improve students' fitness but also contribute to their academic success and emotional well-being. Similarly, community centers, gyms, and local sports clubs provide opportunities for people of all ages to engage in physical activities. Public awareness campaigns, fitness challenges, and accessible recreational spaces can further encourage individuals to get active and stay committed to a healthier lifestyle.

7. TECHNOLOGY AND MODERN FITNESS

In today's digital age, technology has revolutionized the way people engage with fitness. From wearable fitness trackers to workout apps and online classes, modern tools have made it easier than ever to monitor progress, stay motivated, and connect with others on similar fitness journeys. These innovations not only help individuals set and achieve their fitness goals but also allow for more personalized workout experiences. Virtual communities offer encouragement, and gamified fitness apps make exercising feel fun and rewarding.

8. A HOLISTIC APPROACH TO WELLNESS

Ultimately, exercise should be viewed as an essential component of a holistic approach to wellness. When combined with proper nutrition, adequate sleep, and mindfulness practices, physical activity becomes a foundation for a balanced and vibrant life. It is not about perfection but progress—about making choices that support long-term health and happiness. Encouraging people to move more, sit less, and prioritize their well-being contributes to stronger, more resilient individuals and communities.



Taif Al-Maktoumi

In a world overflowing with information and images, photography has become more than just a means of documenting moments; it has evolved into a powerful tool for storytelling, conveying emotions, and influencing social awareness. A photograph is not merely a fleeting snapshot; it is a window into a human experience that can evoke emotions, raise questions, or even inspire change. With skill and artistic vision, a photographer can transform a still scene into a vivid and compelling narrative. But how do photographers achieve this? What techniques and methods turn an image into a powerful form of expression?

Photography as a Visual Storytelling Tool

Photography is not just about capturing what the eye sees; it is an art form that seeks to convey a message or idea. A photographer does not simply document reality but reshapes it according to their perspective, making every image a unique representation of an experience. By carefully selecting the right moment, angle, and lighting, a photographer can turn an ordinary scene into a visually rich and meaningful story. For instance, a photograph of a smiling child amidst the ruins of a destroyed city can tell a story of hope amid despair, while an image of intertwined hands may symbolize human solidarity. It is not just about the scene itself but also about how it is presented. Composition plays a crucial role in drawing the viewer's attention and guiding them toward specific elements within the frame, effectively communicating the intended message. Similarly, lighting significantly impacts the mood of a photograph. Dim lighting may create a sense of mystery or sadness, whereas natural light often conveys warmth and familiarity. For example, images that rely on shadows and high contrast can evoke tension or drama, while those that use soft lighting can communicate peace and serenity.

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Photograph is a window
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The Role of Emotion in Photography

Emotion is a fundamental aspect of photography, directly influencing how viewers engage with an image. Some photographs leave a lasting impression not only because of their aesthetic quality but because of the emotions they convey. One of the most iconic examples is “Afghan Girl,” a photograph taken by Steve McCurry in 1984. The image became a symbol of refugee struggles, not only due to its striking colors and composition but because of the piercing gaze of the girl, which expressed pain and resilience simultaneously.

Photographers use various techniques to enhance the emotional impact of their images, such as: Colors and Contrast: Warm colors like red and orange evoke energy and passion, while cool colors like blue convey calmness or sadness. Visual Composition: The use of symmetry or leading lines directs the viewer’s eye to a specific focal point in the image. The Decisive Moment: Capturing the most expressive instant, as exemplified by Henri Cartier-Bresson, who emphasized the “decisive moment” in photography.

Photography has long been a powerful medium for raising awareness about social and humanitarian issues. Images captured in conflict zones or during natural disasters do more than document events, they evoke empathy and prompt action. Photography has the power to shift public opinion, inspire community action, and motivate individuals to take steps toward change. This is why photojournalists and documentary photographers bear great responsibility in truthfully and objectively conveying reality.



Techniques and Narrative Strategies in Photography

Photographers use a variety of techniques to transform images into compelling stories: Camera Angle: The choice of angle can completely change the viewer’s perception. A low-angle shot makes the subject appear powerful and dominant, while a high-angle shot can suggest vulnerability or humility. Depth of Field: Focusing on a specific subject while blurring the background directs the viewer’s attention to the key element of the story. Visual Sequence: Using a series of consecutive images to tell a more detailed story, as seen in documentary photography.

Technological Advancements and Their Impact on Visual Storytelling

With technological advancements, the way stories are told through photography has significantly changed. Smartphones, image-editing applications, and artificial intelligence have all influenced how images are captured and processed. Social media: Platforms like Instagram and TikTok have become major storytelling tools, allowing photographers to share their experiences with a global audience in real-time. AI and Digital Editing: While image editing can enhance a photograph’s aesthetic, it also raises ethical concerns about authenticity in the age of Photoshop and AI-generated imagery.

Photography is more than just a means of documenting reality; it is a universal language that expresses human experiences beyond words. Through composition, lighting, and symbolism, a photographer can transform an ordinary scene into an inspiring story that leaves a lasting impact. In an era increasingly reliant on visual media, it is essential not only to take photos but also to learn how to interpret them and understand the messages they convey. Every image carries a





Fashion

Alhawra Al-Shidi

To me, fashion has always been more than just clothing; it is a language, an identity, and a silent storyteller of my journey as a student and a girl living in Oman. Here, where the golden dunes meet the turquoise sea, tradition and modernity intertwine like the delicate embroidery on a Sidriya dress. Every thread I wear carries a story—of culture, self-expression, and evolution.

Oman has always been a place where fashion is deeply connected to heritage. Whether it's the flowing abayas women wear in the bustling souks of Muttrah or the elaborate gold-embroidered mukhawars seen at weddings, every piece of clothing carries meaning. But as a young woman growing up in a world shaped by both tradition and globalization, I have found myself constantly redefining what fashion means to me.

Fashion is more than just putting together outfits; it's about presenting myself to the world in a way that reflects my personality, my culture, and my aspirations. It's a journey of self-discovery, a blend of tradition and modernity, and a daily choice that speaks without words.

“Fashion is my way of celebrating my roots while embracing change”

Between Tradition and Modernity

Oman is a land where heritage is deeply woven into everyday life, and fashion is no exception. Growing up, I was surrounded by women draped in flowing abayas and ornately embroidered dresses, each piece reflecting centuries-old craftsmanship. My grandmother's wardrobe was a treasure trove of stunning mukhawars—colorful, intricately designed dresses with golden embellishments that made her look regal. She always told me, “Fashion is not just about appearance; it's about presence.”

Yet, as I grew older, I found myself drawn to the fusion of tradition and modern styles. The streets of Muscat are a canvas of contrasts—some women wear abayas with modern cuts and delicate lace, while others opt for sleek, contemporary outfits

infused with Middle Eastern elements. And then there's me: a girl who adores both the fluid elegance of a traditional Omani dress and the chic sophistication of modern streetwear.

The beauty of Omani fashion is its adaptability. While the essence of modesty and elegance remains, modern interpretations have emerged, allowing for personal expression. I've seen young women style their abayas in fresh ways—experimenting with different cuts, fabrics, and embroidery patterns. There's also a growing trend of mixing Western fashion with traditional elements, creating a look that is both stylish and deeply rooted in culture.



The Art of Self-Expression

Fashion in Oman is often associated with modesty, but within that framework, creativity flourishes. I've learned to experiment with textures and silhouettes, mixing modern elegance with Omani heritage. Some days, I layer an embroidered bisht over a Western-style outfit, blending past and present in my way. Other times, I find beauty in simplicity, wearing a flowing abaya that speaks in hushed, graceful tones.

But fashion is not just about what I wear; it's about how it makes me feel. Some outfits empower me, making me walk a little taller. Others feel like a comforting embrace, reminding me of my roots. My wardrobe is not just a collection of fabrics; it's a diary of my emotions, my experiences, and my evolving identity.

As a student, I am always looking for ways to balance practicality and style. University life requires comfort, but that doesn't mean I have to sacrifice elegance. On a typical day, I might pair a modest yet trendy outfit with delicate accessories that add a touch of personality. Even within the constraints of a dress code, there is room for creativity.

One of my favorite things to do is incorporate Omani jewelry into my everyday outfits. The intricate silver pieces passed down through generations add a sense of history to my modern wardrobe. Whether it's a statement ring or a delicate necklace, these small details allow me to stay connected to my heritage while embracing contemporary fashion.

Navigating Fashion in a Changing World

Fashion in Oman is undergoing an exciting transformation. Young designers are reinterpreting classic styles, creating pieces that honor our heritage while embracing global trends. Social media has opened a portal to international influences, but I see a beautiful pattern emerging—Omani fashion is not just absorbing trends; it is redefining them.

For me, the biggest challenge has been striking a balance—embracing modern trends while staying true to my culture. Sometimes, it's as simple as adding a silver Omani belt to a minimalist dress or wearing a hijab in a fresh, contemporary style. It's about respecting where I come from while allowing myself to evolve.

With the rise of local fashion brands and sustainable fashion movements, there is a newfound appreciation for home-grown talent. More and more young people in Oman are stepping into the fashion industry, launching brands that reflect both tradition and innovation. This shift excites me because it proves that fashion in Oman is not static; it's growing, changing, and making a mark on the global stage.

As someone who loves fashion, I often find inspiration in unexpected places. A stroll through Muttrah Souq might introduce me to a fabric I've never seen before. A casual visit to an Omani designer's boutique might give me ideas for how to mix traditional elements with modern aesthetics. The fashion landscape in Oman is dynamic, and I love being part of this change.



The Future of My Fashion Journey

Every outfit I wear is a reflection of who I am—an Omani girl with one foot in tradition and the other in the future. Fashion is my way of celebrating my roots while embracing change. I don't follow trends blindly; I weave them into my narrative, making them my own. I dream of a future where I can contribute to Oman's evolving fashion industry. Whether it's through designing, styling, or simply being an advocate for cultural fashion with a modern twist, I know that my love for fashion will shape my journey in ways I can't yet predict.

For now, I continue to explore, experiment, and express myself through my clothing. Every day is a new opportunity to discover what fashion means to me and how it helps me navigate my identity as both a student and a young woman in Oman. Fashion, in the end, is not just about fabric and stitches—it's about telling a story.



Technology & Artificial Intelligence

Sumaia Al-waili

Imagine a society in which virtual assistants know your wants, doctors diagnose illnesses before symptoms manifest, and autonomous Vehicles convey you with ease. This is the present, powered by artificial intelligence (AI), not a vision of the future. AI changing daily lives, improving healthcare, redefining industries, and revolutionizing education. But these developments raise important queries: Will human employment be replaced by AI? What's the moral and the consequences arise as a result? Can artificial intelligence outsmart humans?

Artificial intelligence: what is it?

Machines that can learn, and make decisions similarly to humans are artificially intelligent. Even though AI research began in the 1950s, advances in machine learning and deep learning have sped up the field's progress. AI is now easily incorporated into our daily lives: Netflix makes movie recommendations based on your tastes. Facial recognition unlocks your smartphone. Translations are immediately available using Google Translate. Data is the key that unlocks AI's potential. The systems analyze enormous volumes of data, spot trends, and reach well-informed conclusions. Their intelligence increases with the amount of data they analyze.

The creative world is changing because of AI. Creativity is being redefined by AI-generated writing, music, and art. AI is evolving into a tool for artistic expression, from making music to helping with screenplays.



The Potential of AI: Breakthrough Uses

1. Healthcare: AI as an Intelligent Physician. AI is transforming healthcare. Virtual assistants help people keep an eye on their health in real-time, robotic-assisted procedures increase accuracy, and algorithms identify diseases like early cancer. These developments are saving lives and improving patient care.

2. Education: Tailored Education By customizing learning experiences for each student, artificial intelligence is revolutionizing education. While AI-powered solutions streamline administrative work so teachers may concentrate on teaching, intelligent tutoring systems adjust to various learning speeds.

3. Finance and Business: Making Wise Choices AI is improving financial and corporate operations. AI-driven statistics assist companies in making well-informed decisions, chatbots offer round-the-clock customer service, and fraud detection systems improve the security of online and banking transactions.

4. Transportation: The Accessibility of Future Transportation is being revolutionized by AI-powered navigation systems and self-driving automobiles. Road safety is enhanced, traffic congestion is decreased, and smart city development is aided by AI. Imagination and amusement Stephen Hawking: "The success of artificial intelligence could be the greatest event in human history, or the worst thing that could happen to us."

The Difficulties of AI: Dangers and Moral Issues: Despite its many benefits, AI presents moral and societal issues. Job displacement: Workers may need to learn new skills when automation replaces some employment. Bias in AI Unfair outcomes can come from AI systems that mirror biases in the data they are trained on. Privacy and Security: Personal privacy is at stake due to AI-driven data collecting and surveillance. The Debate on AI Consciousness: Will AI ever become self-aware? Even if AI doesn't have awareness yet, discussions



A person is shown from the side, wearing a white VR headset with a blue strap. They are looking towards the right, where a large, ornate, golden structure resembling a traditional Middle Eastern dome or minaret is visible in the background. The scene is brightly lit, suggesting an indoor museum or exhibition space.

AI used to be only a tool to accomplish chores for me, whether it was making phone calls on a smartphone or conducting internet research. But when I saw how thoroughly AI permeates everyday life, my perspective shifted. One experience in particular jumps out. I was feeling overloaded by the editing process while working on an English report. I used an AI-powered program like Grammarly to check each sentence for mistakes rather than doing it by hand. In addition to fixing errors, it provided writing advice, which enhanced my overall style and clarity. Its deep learning capacity captivated me; every contact allowed the AI to improve, increasing the accuracy of its recommendations going forward.

I now recognize AI's potential to increase productivity as a result of this encounter. But it also brought up an important question: Where do we draw the boundary between the effectiveness of machines and human creativity? Though AI might help with concept refinement, creativity, and rationality are still characteristics that are specific to humans. The secret is to use AI to supplement human creativity rather than replace it. goals with new one that is clearer and aligns well with the new believes that we have learn. "Sometimes we can only find our true direction when we let the wind of change carry us" J.K. Rowling

“The day may come when it will no longer be acceptable to distinguish between human and machine thinking.”

An Examination of AI and Virtual Reality at the Oman Across Time Museum My knowledge of AI's possibilities was further enhanced by a recent visit to the Oman Across Time Museum. I was excited to see the virtual reality (VR) simulation that highlighted Oman's history and architecture as soon as I entered the technology section. I decided to go to the Royal Opera House, which I had never been to. The VR experience was amazing; I felt as though I was there because of the fine architectural features, the way light and shadow played, and the engrossing mood. AI-powered virtual reality not only fosters a greater understanding of history and culture, but also creates opportunities for tourism, education.

In conclusion, AI as a Progress Tool AI is a tool influenced by human creativity and Intelligence, not a separate, self-aware entity. Even if it has drawbacks, ethical AI development can optimize its advantages while resolving ethical issues. The voyage of artificial intelligence is far from over, and creative design. The power of AI to take us beyond our physical boundaries and make learning and exploration more exploration more interesting than ever was reaffirmed by this encounter. Bill Gates: "We overestimate the change that will happen in the next two years, and we underestimate the change that will happen in the next ten." And it is here to stay. The question is how we will influence AI's involvement in our lives, not if it will influence our future. We can use AI to advance society, spur advancement, and create a better future by finding a balance between technology and human innovation. The question still stands as we proceed: Will we employ AI sensibly so that it enhances rather than replaces human creativity? We hold the answer in our hands.



Kayan Caf'e

Kawther Al-Farsi

Away from the hustle and bustle of life and in a quiet corner of the city, where dim lights meet soothing music, comes Kayan Cafe, where the magic of distinctive Arabic coffee blends with the charming modern atmosphere. Upon entering the place, the smells of fresh coffee carry you to the farthest reaches of your feelings, while the place gives you a sense of comfort and reassurance, amidst its unique views that hold within them memories that take us back to a beautiful and unforgettable past with those we love, when you sit with them, time does not pass, but rather the few seconds become endless hours. "Every sip of coffee carries a story within it, and every corner is full of life and memories."

In the heart of the city, where the bustle of life rages, lies Kayan Cafe, a favorite destination for coffee lovers and those seeking a sophisticated atmosphere. Launched in 2014, the most famous global brand in Saudi Arabia tells a never-ending story, spanning a vast journey with diverse stops. To provide us with various scents and flavors of cold and hot coffee that take us to our imaginary world.

Kayan Cafe enjoys a prime location in a lively area, making it accessible to everyone, whether on their way to work or out with friends. Upon entering the place for the first time, you are greeted by the bright lights and modern furniture that reflect the spirit of the place, making everyone who visits feel comfortable and calm from the first moment. Every corner has been carefully and gently designed, with artistic touches that give the place a special charm. This is what makes the place crowded with visitors in all its branches, and this is nothing new to Kayan Café. It makes everyone who visits it a regular customer who frequents the "place adds beauty to the place and delights the outside view".

The identity of Kayan Cafe is embodied in every detail, from the logo design to the warm colors. The blue color represents calmness, and freshness, and attracts attention, making it a distinctive and unique color. As for the letter K in the logo, it is the first letter of the name Kayan, to express "the essence of the entity that exists within each of us."



Kayan Cafe is the destination for every coffee lover

Kayan Cafe offers drinks, and each drink is an experience in itself, reflecting a touch of luxury and refined taste. With a variety of drinks ranging from Arabic coffee with distinctive and contemporary Arabic flavors, to refreshing iced drinks such as Spanish latte with its various flavors such as vanilla, caramel, saffron, and rose flavors, there are also innovative drinks that combine the traditional with the modern, such as cappuccino, served with a rich foam and a popular choice among visitors and customers. You'll find that "each cup offers a unique moment of refreshment and enjoyment." Not to mention the favorite winter drink, chocolate, served hot or cold.

The drawings on the hot coffee add a magical beauty to the coffee and all its lovers. The food menu is just as delicious as the drinks, featuring a selection of decadent desserts blending unique flavors to complete the perfect Kayan Cafe experience. Whether you're looking to take a break for a sip of coffee or simply relax, Kayan Cafe offers a variety of unique flavors tailored to your taste and desire.

Service at Kayan Cafe isn't just about serving, it's an experience filled with care and attention. The team strives to create exceptional, unforgettable, and timeless moments for each guest, with a constant smile and unparalleled attention. This makes visitors fall in love with the place and makes them forget their anger in a split second. These small details make visitors feel at home from the moment they enter the café until the last sip of coffee, making everyone feel at home. Hospitality-

At Kayan Café, every visit is a unique and enjoyable experience, where delicious taste meets a modern atmosphere to create unforgettable moments. From the first step into the heart of the place, we will feel as if we have entered another world, a world filled with comfort and elegance, where coffee and its fragrant aroma are not just coffee but an experience worthy of attention. Whether you want to relax alone with your favorite book or spend quality time with the family in an atmosphere of fun and family harmony. It also offers you an ideal environment where excellent service and refined taste come together. Every detail is carefully crafted to provide you with a complete experience of comfort, flavor, and hospitality.

Ultimately, Kayan Cafe is the destination for every coffee lover, looking for something new and unique that will transport them to a world full of love and tranquility amidst the annoying sounds of life, and for everyone who wants the smell of coffee to remain in their memory for as long as possible.





Passion Turned into Art

Ameera Al-Rawhi

Décor has the power to transform spaces, and small details can add a special touch of beauty. When creativity and love come together, every piece becomes more than just decoration—it becomes art. This is what AYANA STORE is all about. It is an online store that specializes in hand-made gypsum décor. But it is not just a shop; it is a journey of passion that started with curiosity and turned into a creative business. In this article, we will explore the story behind AYANA STORE, how it all began, the challenges faced, and what makes it unique for art and décor lovers.

How It All Started

Every successful project begins with a dream, and AYANA STORE is no exception. From a young age, Amira was drawn to the intricate details of home decor, finding a unique charm in artistic pieces that could transform any space. She admired gypsum decorations in homes and exhibitions, fascinated by their shapes, colors, and how they added character to a room. But her interest was not just admiration—it was a deep curiosity. She constantly wondered, “How are these pieces made? Could I create something like this one day?” Over time, this curiosity grew into a strong desire to experiment. With the rise of online educational content, Amira spent hours watching tutorial videos on YouTube, learning about different materials, molding techniques, casting methods, and painting styles. With each video, her excitement grew, and she knew she had to try it herself.

One day, she finally decided to take the first step. She bought some basic tools and materials, set up a small workspace in her room, and started applying what she had learned. However, the first attempts were far from perfect. Some pieces didn’t hold their shape, others had cracks, and a few simply didn’t look the way she imagined. It was frustrating at first, but she refused to give up. Instead, she saw each failed attempt as a learning experience, adjusting her techniques, experimenting with different mixtures, and gradually improving her skills.

Then came the moment that changed everything. Amira created a unique piece—one that looked different from all her previous attempts. She shared it with her family and friends, and their reaction was overwhelming. Everyone loved it and started asking, “Can we get one like this?” and “Why don’t you start selling your work? You have real talent!”

AYANA Store



That was the spark she needed. Amira realized she had something special to offer the world, and the idea for AYANA STORE was born. But it wasn't just an online shop—it was an extension of her passion, a space where she could share her love for art and decor with people who appreciate unique, handcrafted pieces.

“The talented actress and creative artist Ghalia Al Siyabi, known for her work in Omani theater and television, ordered from this business. After receiving the handcrafted gypsum pieces, she said: “I was truly amazed by the beauty and craftsmanship. How did you learn this art? The pieces are so neat, clean, and absolutely enchanting.

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What Makes AYANA STORE Special?

There are many décor stores, but AYANA STORE is different. It is not just about selling products—it is about creating unique, handcrafted pieces with love. Here's why it stands out: 1. Unique Designs – Every piece is handmade, so no two pieces are the same. 2. High Quality at Affordable Prices – The products are made with top-quality materials to ensure they last while still being affordable. 3. Personalized Gifts & Special Services – The store offers custom gifts and event favors, perfect for people looking for something special. 4. Made with Passion – Every piece goes through careful steps, from design to molding, drying, and painting, reflecting the love and effort behind it.

Who Is AYANA STORE For?

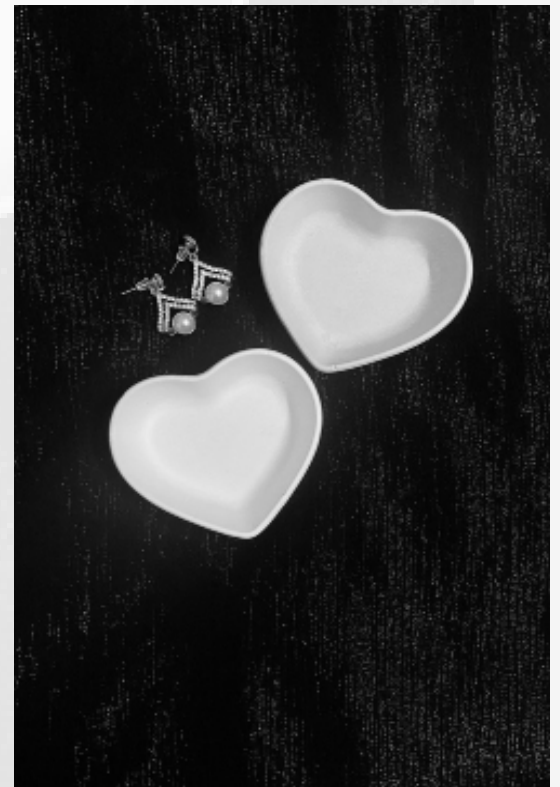
Gypsum décor may seem simple, but it attracts many different people. AYANA STORE is perfect for: Young women who want stylish décor for their rooms. Photographers looking for beautiful props for photo shoots. Art & décor lovers who appreciate unique handmade pieces. Event organizers & hosts who want special gifts or decorations for their guests. Since the store operates on Instagram, it is easy to access. Customers can browse designs and place orders quickly, making shopping convenient and fun.

Future Plans: What's Next for AYANA STORE?

Although the store has already seen success, Amira has bigger dreams. She plans to expand AYANA STORE, introducing new designs and creative ideas. She also wants to offer more types of décor and custom pieces. One of her biggest goals is to open a small shop, where customers can see and buy products in person. This would be a big step forward, making AYANA STORE a well-known name in home décor.

The Meaning Behind “AYANA STORE”

Choosing a name for the store was not easy. Amira wanted something unique, meaningful, and personal. After much thought, she chose “AYANA”, a name inspired by her own. It reflects the store's creativity, originality, and personal touch that makes each piece special.



Turning Passion into a Business

AYANA STORE is more than just a business—it is a dream that has become a reality. It is proof that with passion, dedication, and persistence, you can turn a simple idea into something amazing. If you love décor and want unique, handcrafted pieces, AYANA STORE is the perfect place for you. Visit the store on Instagram and discover the beauty of handmade art.

Do you have a passion you dream of turning into a business? Let AYANA STORE inspire you to take the first step!

Global Village

Muaz Alshehhi

Last weekend, I went on an exciting adventure to the Global Village with my friends. It was an amazing experience filled with fun activities, delicious food, and unforgettable memories. We spent the whole day exploring different cultures, playing games, and trying out trendy foods. Let me tell you about our amazing day!

The Beginning of Our Journey

We arrived at the Global Village in the afternoon, just when the sun was setting. The weather was perfect, and the park was full of people from all over the world. As soon as we entered, we could see so many things happening around us. There were bright lights, music, and lots of people smiling and enjoying the fun. The first thing we did was take some photos at the entrance, which had a big, colorful sign saying, “Global Village.” It looked so beautiful, and everyone was excited to start our adventure.

The Global Village is divided into different sections called pavilions, each representing a different country or culture. We decided to start by visiting the Turkey Pavilion. It was full of yummy food stalls and beautiful decorations. We tried kebabs and baklava, which are Turkish foods. They were so tasty!



After that, we moved on to the China Pavilion, where we saw a dragon dance. It was cool because the performers made the dragon look like it was moving and dancing to the beat of the music.

We also visited the India Pavilion because we love Indian food and culture. There was an amazing dance performance where the dancers wore traditional costumes and danced to music. It was so fun to watch!

We decided to have some fun by playing games and going on rides. There were so many fun games to choose from, and we spent a lot of time trying them. First, we went to the carnival games area where we played some simple games like throwing rings onto bottles and shooting basketballs into hoops. None of us won big prizes, but we had a lot of fun trying. Then, we moved on to the rides. We all decided to go on the roller coaster, which was fast and exciting. We screamed and laughed the whole way through! After that, we went on the Ferris wheel, which was much slower and gave us an amazing view of the entire park. It was a peaceful break after all the excitement.

For those who liked even more thrilling rides, there were the bumper cars, where we got to crash into each other for fun. It was hilarious to see everyone bumping and laughing. We also visited the VR zone where we could try out virtual reality games. It was like stepping into a different world, and we had a blast competing against each other to get the highest score.

After enjoying the fun games and horse riding, we decided to try the trendy and delicious food. One of the best parts of our trip was trying the trendy food that everyone was talking about at Global Village. There were so many food stalls, and we couldn't wait to try them all! Our first stop for food was at the Dubai Pavilion, where they served Shawarma Fries. It's a new twist on the traditional shawarma, but instead of pita bread, it's served on crispy fries! It was covered with shawarma meat, garlic sauce, and pickles. It was so good that we all agreed it was our favorite food of the day.

After that, we headed over to the Korean Street Food Stall. We tried Korean BBQ skewers, which were grilled pieces of chicken and beef, flavored with sweet sauces. They were very tasty, and we even tried some kimchi, which is a traditional Korean dish made from spicy vegetables. It was a little too spicy for some of us, but it was fun to try something new. But the most exciting food trend we tried was at the American Pavilion, where we tried a huge burger. It was filled with cheese, crispy bacon, and a juicy beef patty. It was so big that we had to share it, but it was delicious.

One of the things I loved most about Global Village was the amazing cultural performances. All day long, there were different shows happening all over the park. We saw traditional dances, music performances, and even a

“each pavilion offered a unique experience that reflected the culture, food, and traditions of different countries”.

Ending the Day

As the day started to end, we sat down at one of the cafes to relax and enjoy a nice warm drink. My friends enjoyed the trip to the Global Village. They were impressed by how vibrant and diverse the place was, Mohammed felt that “each pavilion offered a unique experience that reflected the culture, food, and traditions of different countries”. Ahmed said, “it was like he traveled around the world in one day”.

At the end, Our trip to the Global Village was one of the best days I've had in a long time. We got to explore different cultures, try trendy food, go on fun rides, and watch exciting performances. I had a great time with my friends, and it was an experience I'll never forget. If you ever get the chance to visit Global Village, I highly recommend it! There's something for everyone, and it's a great place to make memories with your friends and family.



Active OMAN

Merhan Osman

ACTIVE OMAN THE NEW SPORTS AND ENTERTAINMENT COMPLEX

A brand new, innovative venue designed to combine adventure, entertainment, and sports in one place. Located within the Oman Automobile Association, this new destination promises to be a game changer for locals and visitors. This facility is the first of its kind in the region. It has Oman's first-ever indoor shooting range, a dedicated golf lounge, snooker and billiard center, a bowling alley, different coffee shops and diners to satisfy your cravings, a bicycle and motorcycle shop, and a gun shop that sells live ammunition as well as firearms and their accessories. Besides the Oman Automobile Association office where you can issue your international driving license in a few minutes.

“The atmosphere here is so inviting and full of positive energy!”

SAFETY COMES FIRST!

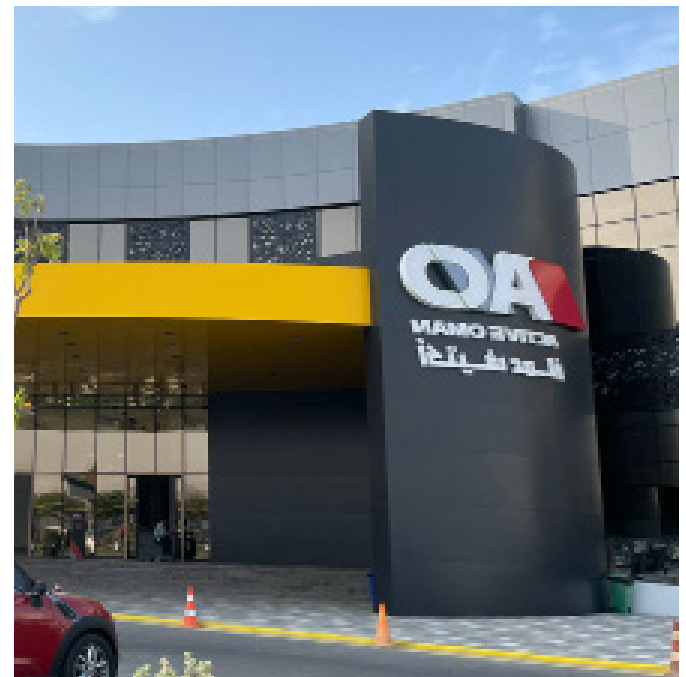
At Active Oman, the safety of both the visitors and games is their top priority. This sport complex is equipped with advanced safety measures to ensure a secure and enjoyable experience for all visitors. For the shooting range called ‘Action Point’ where live guns are used, strict protocols are in place, including professional instructors, safety gear, and constant supervision to ensure responsible handling and safe practices. The golf lounge, billiard and snooker areas also follow high safety standards, with regular maintenance of equipment, clear instructions, and attentive staff to help create a space where guests can relax and enjoy their favorite activities with complete peace of mind.



“The atmosphere here is so inviting and full of positive energy!” — Omar Ashraf, a visitor at Active Golf Lounge. Whether you’re a professional golfer or a casual enthusiast, this stylish lounge provides the perfect blend of relaxation and socializing. With plush seating, ambient lighting, and sleek modern design, it is the ideal spot to unwind and mingle with fellow golfers. Not to mention the cozy and inviting coffee station that perfectly complements the energy of the game. Whether you have just finished a competitive match or you are taking a break between sets, this café offers the ideal spot to enjoy a freshly brewed cup of coffee or a delicious baked delicacy.

CUE UP FOR FUN INSIDE THE SNOOKER AND BILLIARD CENTER

Active Oman offers an exceptional space for snooker and billiard enthusiasts. This modern venue offers not only a stylish ambience but also an inviting atmosphere for fans of cue sports. With a variety of state-of-the-art snooker and billiard tables, it provides a perfect environment for both casual players and serious competitors. This center has quickly become a central hub for cue sports enthusiasts, especially since it was chosen as the venue for the prestigious Snooker and Billiard Tournaments that was held during Muscat Nights in both 2024 and 2025. These tournaments brought together the top players from across the region and added an exciting competitive edge to the vibrant atmosphere of the whole Active Oman Sports Complex. The success of these events has solidified the center’s reputation as one of the leading spots for snooker and billiard competitions in the region, attracting fans and players alike to witness high-level gameplay.



Action Point’s shooting range offers a variety of options from beginner to expert – made for every. The range is equipped with advanced targets, a 25 shooter meter range, 50-meter range, 100-meter range, and shotgun range, providing a challenging and fun experience for everyone. “This was such an exhilarating experience! I can’t wait to come back and try it again!” Layla Al- Hajiri, a visitor at Action Point. Whether you’re an amateur looking to try something new or a professional shooter seeking a high-quality space to refine their skills. Action Point is your perfect destination. Action Point offers a variety of shooting ranges and equipment’s to suit all levels. There is a diverse collection of guns you can choose from, such as air guns, pistols, shotguns, handguns, M4 carbines, plus plenty more. Action Point is more than just a place to enjoy shooting safely. It is created to help the youth unleash their energy in a positive way. The facility offers fun activities that teach discipline and focus. By doing so it assist individuals to build responsibility and improve themselves. Whether you’re there for fun or to get better at shooting skills, Action Point is committed to provide a positive and empowering experience for everyone who visits.

SWING INTO ACTION DISCOVER THE GOLF LOUNGE

Active Oman Sports Complex is transforming the local sports scene with its impressive array of resources. One of the standout features is its exclusive indoor golf lounge. The golf lounge at Active Oman is thoughtfully designed to cater to the needs of golf enthusiasts. The lounge offers a welcoming and comfortable environment to relax, recharge, and enjoy playing golf with friends.









Essence is a modern, elegant magazine that captures the spirit of Omani culture, art, lifestyle, and innovation through a diverse collection of stories, visuals, and interviews. With a clean aesthetic, Essence delivers a dynamic experience that blends tradition with contemporary life, aiming to both inspire and inform.

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