On November 15th, Emirates NBD traveled to New York University (NYU) in Abu Dhabi to offer Financial Basics Boot Camp to NYU’s faculty and staff. The intensive 2-hour sessions covered budgeting, saving, and credit and debt management. 2 sessions were offered, first to faculty and staff, followed by a second session for lower income contract workers. The workshops were a huge success and will be offered to payroll client companies beginning 2017. A special thank you to Gaurav Shinghal, Vice President for In-House Collections and Recoveries, for facilitating these workshops.

Careers Network Panel Discussion

On November 2nd, Together Limitless hosted their 3rd panel discussion of the year, officially launching ‘The Careers Network’, a comprehensive inclusion programme to secure employment opportunities for people with cognitive disabilities. Through this initiative, the Bank seeks to help people with cognitive disabilities find private or public sector employment and further their full inclusion into society. The programme will also assist partners in the private sector with the selection, hiring and training of potential employees.

The panel opened with a welcome note by Husam Al Sayed, Group Chief Human Resource Officer at Emirates NBD, followed by a panel discussion by Dr. Sheikha Alya Al Qassimi, Acting CEO of Social Care & Development Sector, Community Development Authority (CDA); Majid Abdulla Al Usaimi, Executive Director for Dubai Club for the Disabled; Ahmed Altarawneh, Senior Customer Care Specialist, Road Transport Authority (RTA); Maryam Bahloolq, Executive Vice President of Human Resources, Emirates NBD; and Reem Al Ghaith, General Manager, ENABLE and CSR Manager, Desert Group. They probed into the challenges that people with disabilities face while seeking employment, and discussed potential solutions for these obstacles. To learn more about ‘The Career Network please ‘click here’.
**Taking to the hills**

This December, 18 of our top Emirates NBD Exchangers celebrated UAE National Day in Kathmandu! Partnering with Gulf for Good, we sent our most dedicated volunteers on a 7-day trekking trip to Nepal. Over the course of the week, our Exchangers reached 6 peaks, climbing a total of 13,522 m. Exchangers also had the honour of visiting an Eco Farm for Orphans, watching a traditional dance performance and providing clothing to children, donated by the Branding & CSR Exchanger team, as well as stationery items collected by the Finance team. Thank you to our top Exchangers for all of their hard work throughout the year!

**Creating awareness for breast cancer**

October was Breast Cancer Awareness Month, a time to raise awareness about the disease, empower people to identify symptoms, and educate people about prevention and treatment. To support this cause, we partnered with International Modern Hospital to offer free breast cancer screenings and pelvic ultrasounds to all female staff, and workshops on women’s health at our main office locations. In total, 50 women attended the workshops and 110 received free check-ups on-site. For our female Emirates NBD employees that were unable to participate, the hospital very generously supplied free vouchers for screenings at a time of their convenience. A special thank you to International Modern Hospital and the 11 dedicated Exchangers that donated their time to make this initiative a success. To encourage women to come learn and get screened, those who attended were entered into a draw to win an iPhone 7. Congratulations to Seema Shetty from Brand Management who won the prize!

**Introducing the #moneywise Financial Coaching Programme**

It is no secret that we should spend less, save more and invest smarter, but with unexpected expenses and changing lives, sometimes it is difficult to translate this knowledge into action. That is why we are introducing the #moneywise Financial Coaching Programme, a peer-to-peer coaching programme for Emirates NBD staff. A financial coach can work with you, not only to improve your knowledge but also to develop a personalized strategy for improving your financial health, and to help you stay on track.

To learn more or get involved, please email moneywise@emiratesnbdc.com.

**A splash of color**

On November 18th, 140 Exchangers volunteered their time to make the Happiest 5K on the Planet even happier. The Color Run, also known as the Happiest 5K on the Planet, is a unique paint race that celebrates health, happiness and individuality. Our Exchangers had a wonderful time cheering on the crowd, dousing color on participants and taking charge of registrations. Less about your 10-minute-mile and more about having the time of your life, the Color Run is a 5 km, untimed event in which thousands of participants are doused from head to toe in different colors at each km. After the race, the fun continued with a festival of music, dancing and massive color throws. All proceeds from this event went to Friends of Cancer Patients, a charity that supports cancer patients and their families.
Desert Walk 2016

The first Emirates NBD Desert Walk took place in the early hours of Friday, December 9th with 360 staff members trekking 5KM and 10KM routes through the desert, to connect with the UAE’s natural environment and improve their physical health and relieve stress. Finishing the walk was not only an individual accomplishment, but also a charity initiative with Emirates NBD donating Dhs 50,000 to the Emirates Wildlife Society – World Wildlife Fund (EWS-WWF), to support their Terrestrial Conservation Programme. The event was such a hit that it will return in 2017 as a yearly event. To ensure that we left the desert exactly as we found it, in its pristine beauty, proper waste and recycling facilities were provided by Dulsco along the way.

One ‘Tough Mudder’

On December 9th and 10th, 20 Emirates NBD staff joined the masses to test their physical strength, stamina and mental grit in the region’s first ever Du Tough Mudder. Along with Tough Mudders themselves, 7 Emirates NBD Exchangers volunteered to help with registration, water distribution and starting/finishing arches and to cheer on their fellow colleagues. Participants chose between a 16 km and 8 km obstacle course filled with mud pits, ice baths and electric shocks. The obstacles included some of the most challenging and popular obstacles from around the world - Everest 2.0, Hero Walls and the Block Ness Monster. Congratulations to all our participants!

Help for those impacted by violence

On December 10th, 16 of our Exchangers organized a Christmas Party at the Philippine Overseas Labor Office (POLO) to bring good cheer and holiday spirit to the women living on site. The 37 women, temporarily residing at the POLO facilities, have fled situations of physical and sexual violence in the workplace and are awaiting transfer back to Philippines. Our Exchangers helped to lighten the mood through music, dancing, socializing over a shared meal, and they distributed care packages including toiletries and essential clothing.

Bringing together communities

On November 25th, Emirates NBD Exchangers and staff participated in the Unity Run, an untimed 3km walk and 7km run designed to bring people from all ages and abilities together at the start line. The run helped to raise awareness for people with disabilities and all proceeds went to support the Al Noor Training Centre for Persons with Disabilities. The event brought together over 2,000 people, and with over 100 volunteers, it proved to be one of our largest team volunteering events to date with the vast majority of Emirates NBD volunteers joining from Group Compliance. Volunteers manned the registration desks and water stations, acted as buddies walking with people with disabilities and even assisted with security and parking. It was a wonderful event that brought together people with and without disabilities from all across the UAE.
Men's health in Movember
In November, Emirates NBD embraced spirit of Movember, a global movement to raise awareness for men's mental and physical health. Working in partnership with International Modern Hospital again, Emirates NBD offered male employees free general health check-ups. In total, over 90 men received on-site primary screening for major ailments and for those unable to attend, the hospital generously provided vouchers for a free screening anytime throughout the month. To encourage participation, those that were screened were entered into a draw for the chance to win an iPhone 7. Congratulations to Hari Prasad from Group IT for winning!

Introducing Ads to Bags
This November, Emirates NBD introduced Ads to Bags, our newest skill-building activity at Manzil centre. With the help of our Exchangers, students learnt how to stitch, using specialized industrial machines, transforming old Emirates NBD ad banners into functional bags. Ads to Bags is just one of many ongoing Exchanger-driven activities at Manzil. Others include Bead a Dream - a year-round activity where Exchangers help students in beading jewelry, and Story Time and Dance, where they stimulate both mind and body by reading to students and then leading a session in Zumba.

Bringing together all workers
In November, Emirates NBD competed to win in the SmartCup 2016, an annual cricket tournament organized by Engage Dubai and SmartLife. Founded in 2009, the tournament has grown to include 20 corporate teams, each with an equal mix of blue and white collar members. The tournament aims to bridge gaps between societal segments and all proceeds from the event go to support project ‘Sapna’, an education scholarship fund for children of blue collar workers in Dubai. 4 Exchangers also participated in the event, helping with registration and cheering on the team.

Supporting people with breast cancer
As part of our breast cancer awareness campaign, we teamed up with Pink Caravan to raise money to support Friends of Cancer, a global non-profit organization operating locally, which supports cancer patients and their families throughout treatment and recovery. Throughout the month, Emirates NBD Exchangers hosted a series of bake sales, selling pink cupcakes, cookies and cake pops supplied by Small Cakes, Mev Bakes and Al Noor, and diligently manned Pink Day stands selling breast cancer awareness merchandise including flip-flops, bracelets and more. In total, our Exchangers were able to raise AED 21,540 to support those in need.

SNF Fun Fair
On November 18th, the Annual SNF Fun Fair returned to the Dubai Marine Yacht Club to raise money for Special Needs Future Development Center, a holistic organization focused on assessment, training and social integration for people with disabilities. This wonderful event was open to the public and offered children’s games and activities, as well as arts and crafts for sale. A total of 53 Emirates NBD Exchangers helped make the event a success by facilitating games and activities, taking registrations, providing security, refreshments and selling arts and crafts created by SNF students.
Zabeel Adventures

On November 24th, 18 of our Exchangers explored the neon fantasy world of Dubai Garden Glow and Dinosaur Park with 47 orphans under the ongoing care of Emirates Red Crescent. The evening began with an early dinner followed by exciting games and a tour of the park’s 11 fabulous attractions. Participating youth also received new school bags for themselves and their siblings, to help support their academic pursuits.

Developing new skills

First introduced in August, Crafty Ceramics, our pottery design programme, has become a monthly Exchanger event, joining Crazy Canvases and Grow, Smile & Discover, as a regular favourite for the students of Manzil, Al Noor and the Emirates Autism Center. Crazy Canvases brings students to thejamjar, a community art space, to explore artistic concepts and paint, while Grow, Smile & Discover challenges students to combine their physical and mental skills in an exploratory environment. All 3 activities are facilitated by Emirates NBD Exchangers and challenges students with disabilities to develop new skills in a social setting.

4get-me-not

Throughout October, 19 Emirates NBD Exchangers from Abu Dhabi and Dubai spent their mornings visiting the geriatric wards of Rashid Hospital and ProVita International Medical Center, to bring laughter and provide good company to seniors suffering from Alzheimer’s disease and other forms of dementia. The Exchangers dressed in funny costumes, and spent their time joking and laughing with patients to improve their mood and help reduce stress. Laughter has been proven effective in reducing aggression levels in seniors with dementia, a common symptom of the disease triggered by confusion and frustration.

Raising awareness with Ramp Day

In November, Emirates NBD partnered with Wings of Angelz to help raise awareness for accessibility. Throughout the month, 7 Exchangers traveled to high footfall areas of the city to identify restaurants, cafes, parks and other locations that were not wheelchair friendly. The Exchangers then approached these organizations to urge them to build wheelchair ramps for a more inclusive city.
Smiles in Motion

First introduced in September, Smile in Motion has quickly grown to be one of our most popular volunteer opportunities. Offered every Wednesday, Exchangers travel to the pediatric ward of Latifa Hospital to spend the afternoon with the hospital’s youngest residents, indulging in arts and crafts, bead making, puzzles and Lego building. Due to high demand and positive reception, the initiative is expected to extend to a number of other hospitals in 2017. A special thanks to our Procurement, Private Banking, Retail Liabilities and Cards, and Emirates NBD Asset Management departments who have dedicated their time as bulk teams.

Celebrating UAE National Day at Family Village

On November 27th, in honour of the 45th UAE National Day, Emirates NBD took the celebrations to Family Village, the region’s first-of-its-kind community orphanage managed by Awqaf and Minors Affairs Foundation (AMAF). Celebrations included traditional arts and crafts, games and quizzes led by standup comedian and actor, MC Ali AlSyed, as well as traditional story-telling (kharofa) by al Dhakher Center for the Elderly. 16 Exchangers from our Business Banking team participated with their families, managing food preparations, serving in the live cooking and traditional foods area, applying henna and face painting, and distributing traditional goodies for the children and elderly.

Pens 4 Thought

In September, Emirates NBD partnered with Emirates Red Crescent and the Dubai Chamber of Commerce to collect new or gently-used stationery and school supplies for refugee children throughout the region. Together, Emirates NBD and Tanfeeth collected 313.85 kg worth of stationery and on October 14th, 11 Exchangers joined volunteers from across Dubai to help filter, separate and categorize collected items into different boxes. The initiative raised 11,000 kg of stationery in total, breaking records for the largest donation of its kind. Thank you to everyone that contributed to making this initiative a success!

Upcoming Exchanger Events

<table>
<thead>
<tr>
<th>January</th>
<th>February</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th - Smile in Motion</td>
<td>1st - Smile in Motion</td>
</tr>
<tr>
<td>5th - Think Globally, Clean Locally</td>
<td>2nd - Zumbathon! Move for a Cause!</td>
</tr>
<tr>
<td>11th - Smile in Motion</td>
<td>3rd - Think Globally, Clean Locally</td>
</tr>
<tr>
<td>14th - Manzil Sale</td>
<td>4th - Poetic Heart</td>
</tr>
<tr>
<td>18th - Smile in Motion</td>
<td>4th - Aid to Maids (POLO)</td>
</tr>
<tr>
<td>21th - Manzil Sale</td>
<td>5th - Poetic Heart</td>
</tr>
<tr>
<td>25th - Smile in Motion</td>
<td>8th - Smile in Motion</td>
</tr>
<tr>
<td>28th - Manzil Sale</td>
<td>11th - Ramp Day</td>
</tr>
<tr>
<td>29th - Zumbathon! Move for a Cause!</td>
<td>15th - Smile in Motion</td>
</tr>
<tr>
<td></td>
<td>18th - Enable Market</td>
</tr>
<tr>
<td></td>
<td>22nd - Smile in Motion</td>
</tr>
<tr>
<td></td>
<td>24th - Al Noor Fun Fair</td>
</tr>
</tbody>
</table>