

The Fin-tastic Nour The Hamour

On A Mission To Save Her Mangroves



Written by Samira Hammadi

Illustrated by Naidielee Laquindanum

Reviewed by
Environmental Agency - Abu Dhabi



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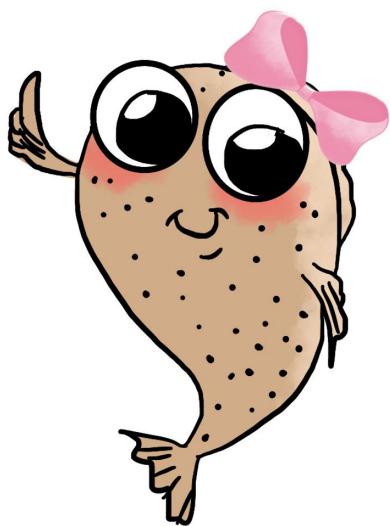
Illustrated by

Naidielee Laquindanum

Designed by

Amine Elbrenssi





To you children,

Nour the Hamour is a fictional story from a child at heart to children around the world. In this story, we discover how Nour learns to trust herself, raises her voice, and becomes the change to see changes around her.

You know, children, my family, and I are lucky to live in the beautiful city of Abu Dhabi. It is not only one of the most advanced cities globally. It is also one of the cleanest, and where littering is taken very seriously. Therefore, only for dramatization purposes and because we live on the beautiful Yas Island, allow the little girl within me to imagine that creatures can speak and communicate with us. Furthermore, allow her to pretend that the little mangroves where these sea creatures live are facing an issue with littering. Lastly, please permit the little girl to dream of changing the world into a better place simply through communication, leading by example and teamwork.

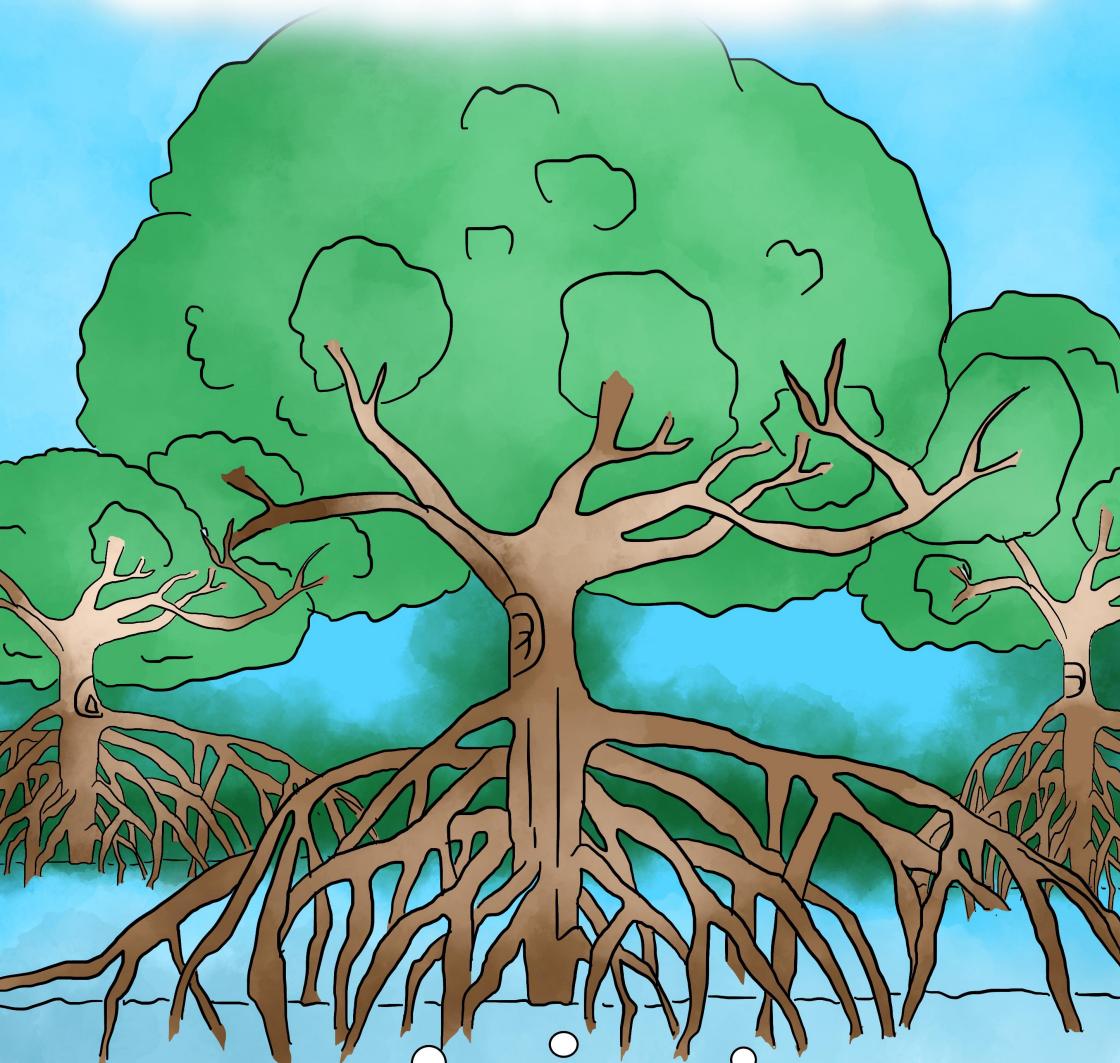
As I mentioned above, I am still a child at heart, just like you, children. And I believe that we children love stories where good succeeds, and heroes always win.

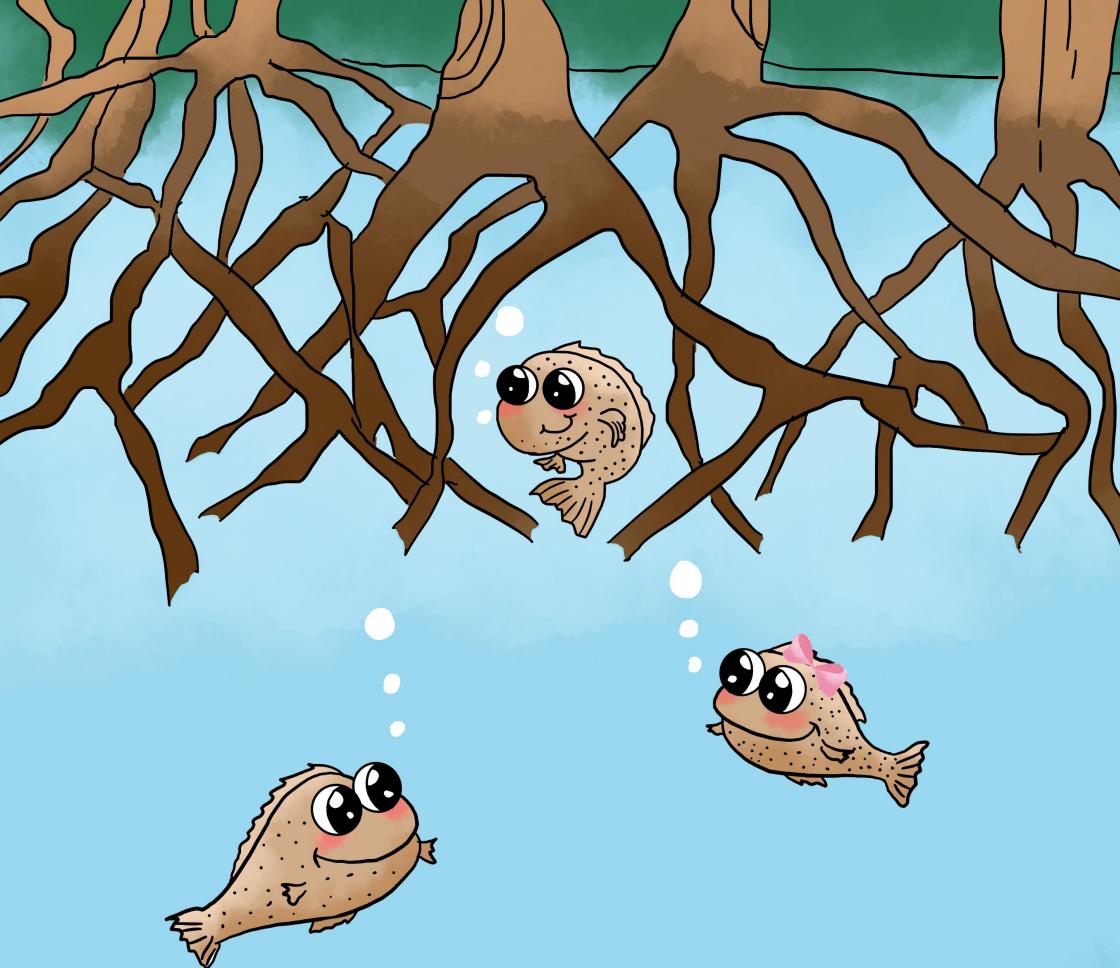
To my beautiful daughters, Sofia Maria Laura and Eva Mia Angelina, who every time we go to the beach, take the time to clean it and leave it a better place. You are my daily inspiration to be and become the person you see in me.

To Fatouma, my aunt. You are the one and the only fisherwoman I know from back home. You taught me how to fish, love the sea, and always be a lady. For that, I thank you, and I am forever grateful.

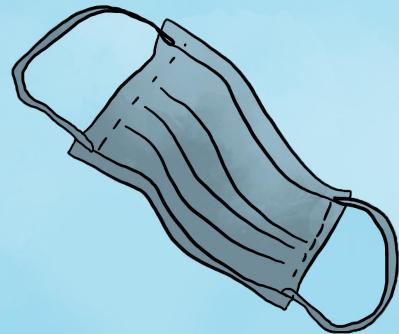
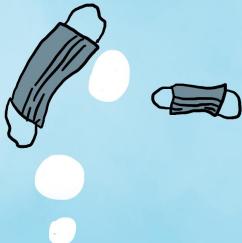
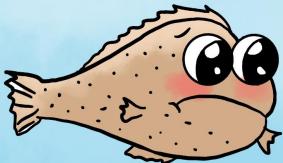


Once upon a time, there was a little Hamour named Nour. She lived with her siblings in the beautiful mangroves of Yas Island, Abu Dhabi.





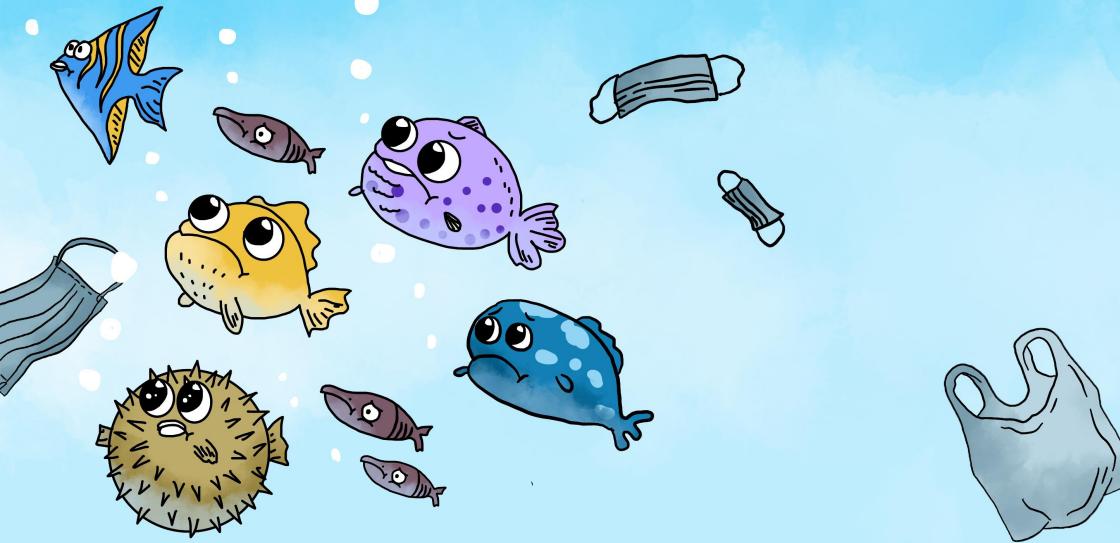
Nour's hobby was playing with her siblings Samook and Samootch around Yas beach. They had fun swimming after each other and playing hide and seek under the roots of the mangroves. They spent their days happily and carefree.



Until one day, when Nour and her siblings noticed that the seabed was not as clean and beautiful as it used to be. Instead, there was plastic waste, masks, and empty bottles all over the sea.

They realised that every Friday, at night, when the boats leave the island, the wind rises and pushes all the trash into the sea. Fish and other sea creatures were trying to find a solution to work together in the hope of living peacefully in their beautiful mangroves.

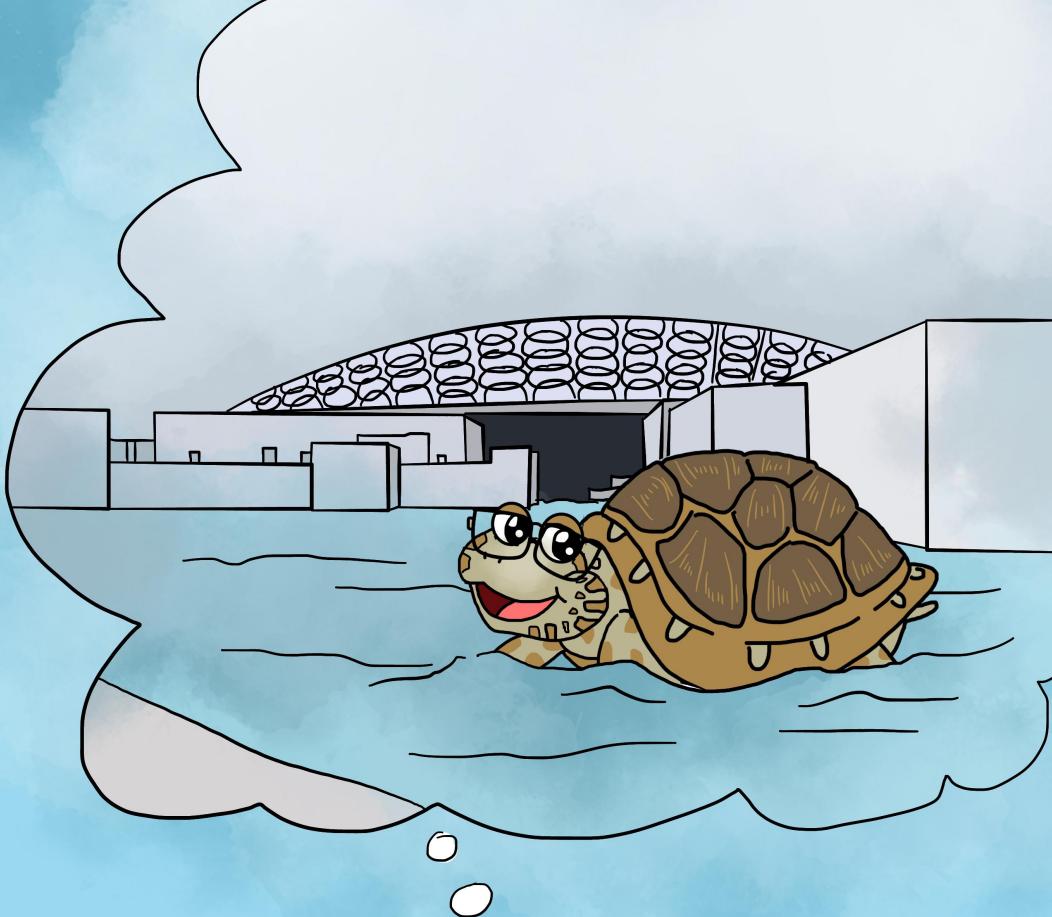




Nour became worried about the situation and decided to do something about it; after all, her mangroves are a fragile ecosystem that is highly sensitive to changes and needs to be protected.

"There must be something we can do to save our precious mangroves and prevent our friends from leaving to a different reef. We must act fast before it is too late," said Nour to herself.

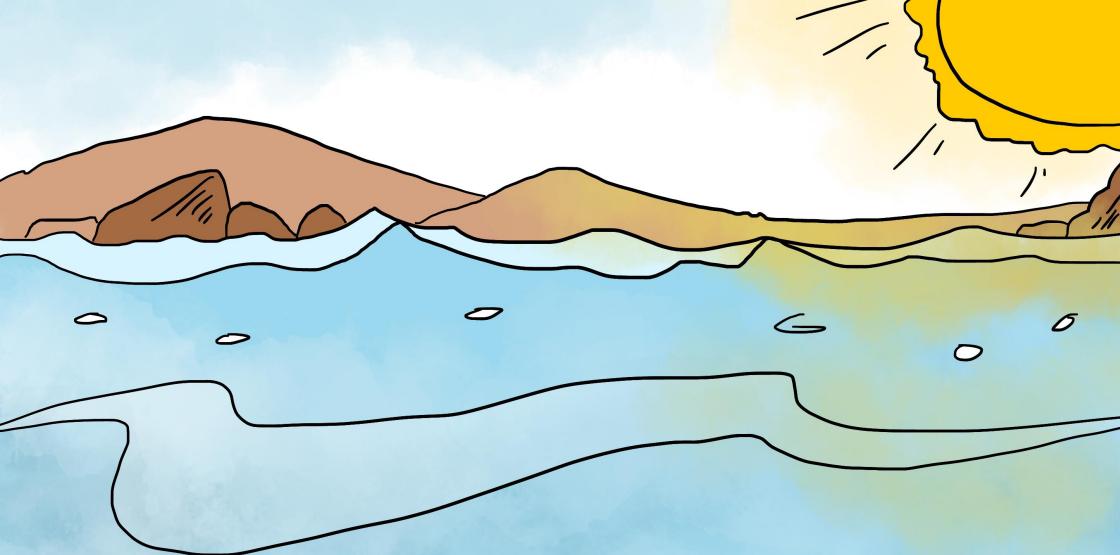




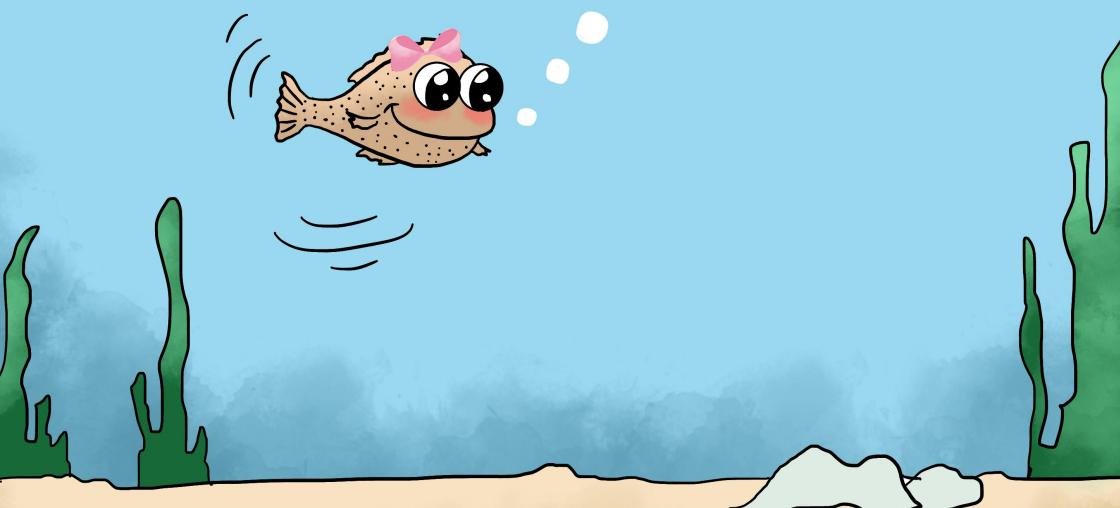
Nour heard of a wise Hawksbill turtle named Sulahfat, who happened to have all the answers, living under the dome of knowledge and the world history called the Louvre.

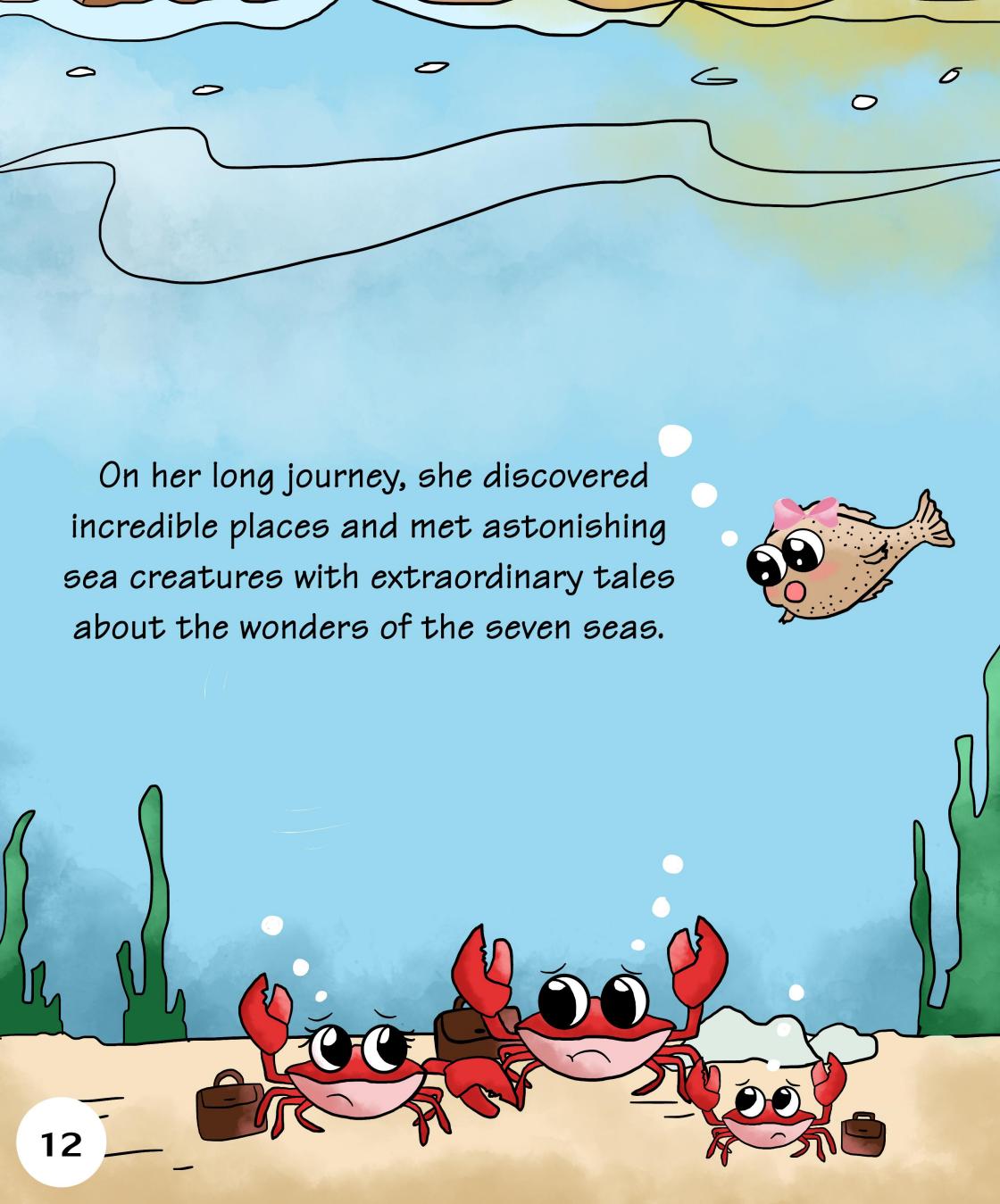
"I must find her," said Nour. "I must ask the wise turtle what we can do to fix the situation."



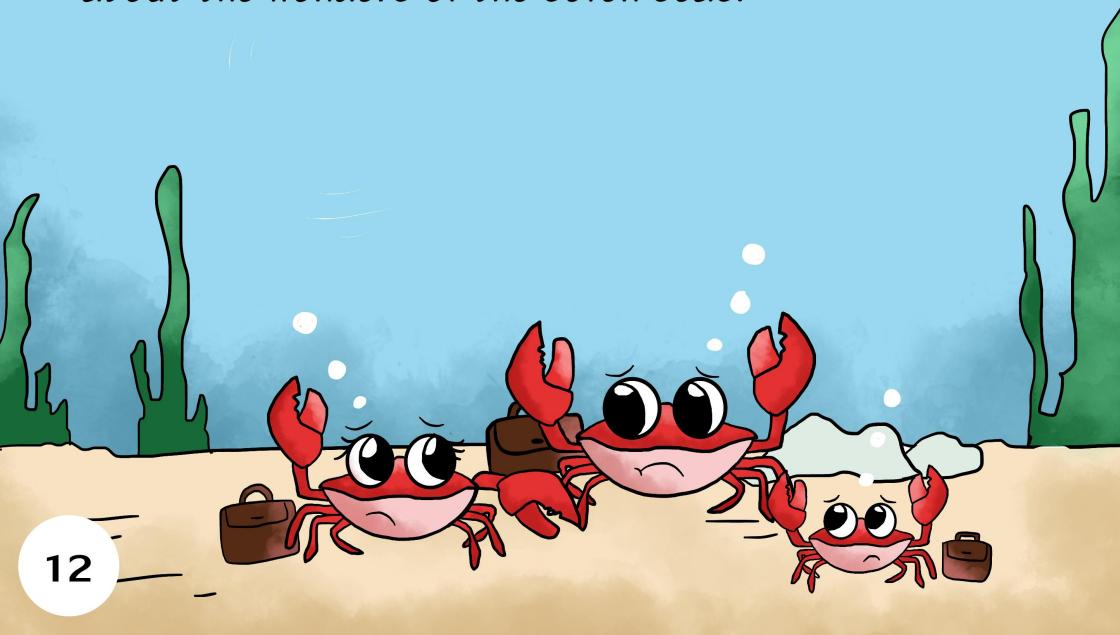


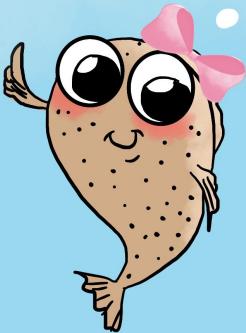
At sunrise, Nour embarked on her journey to change her world, not knowing what awaited her. Nour spent days swimming to reach the Louvre to find her answers, where she could meet Sulahfat, the wise turtle.





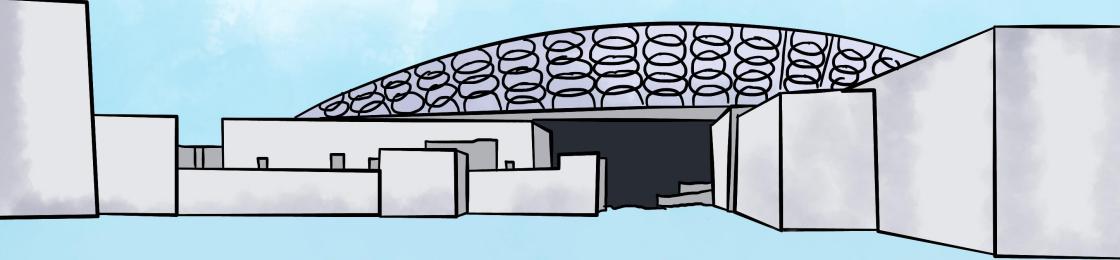
On her long journey, she discovered incredible places and met astonishing sea creatures with extraordinary tales about the wonders of the seven seas.



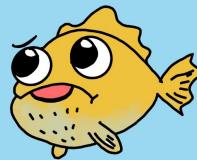
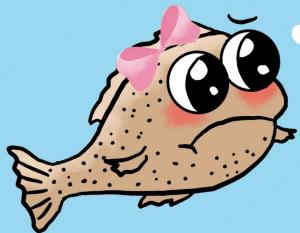


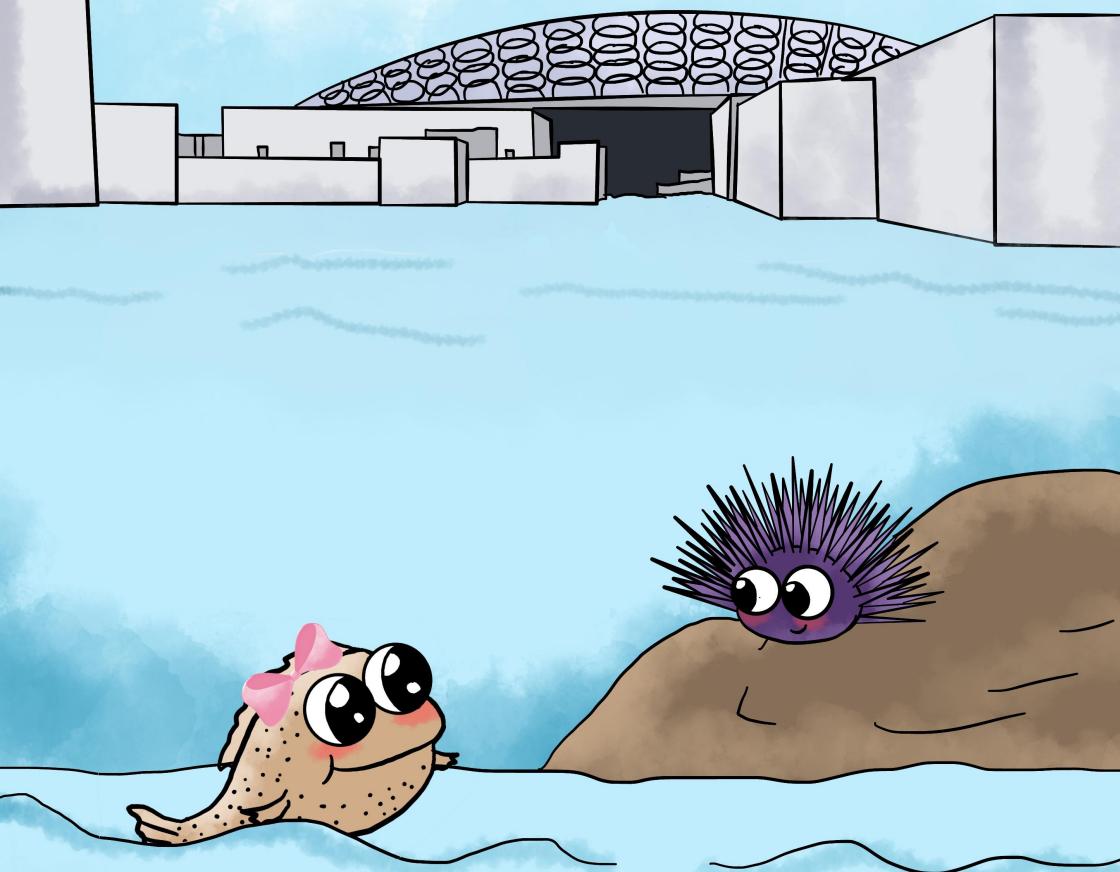
While Nour enjoyed making new friends and learning new facts about the seven seas, She did not lose sight of her mission. She was always thinking about her friends and family and how to save her beautiful mangroves before it was too late.

“I will meet the wise Sulahfat and ask for her guidance,” Nour said to herself with a reassuring voice while speeding up her swimming pace.



Nour finally reached the Louvre after a long and exhausting journey. She asked around about the wise turtle, but no one seemed to know her.





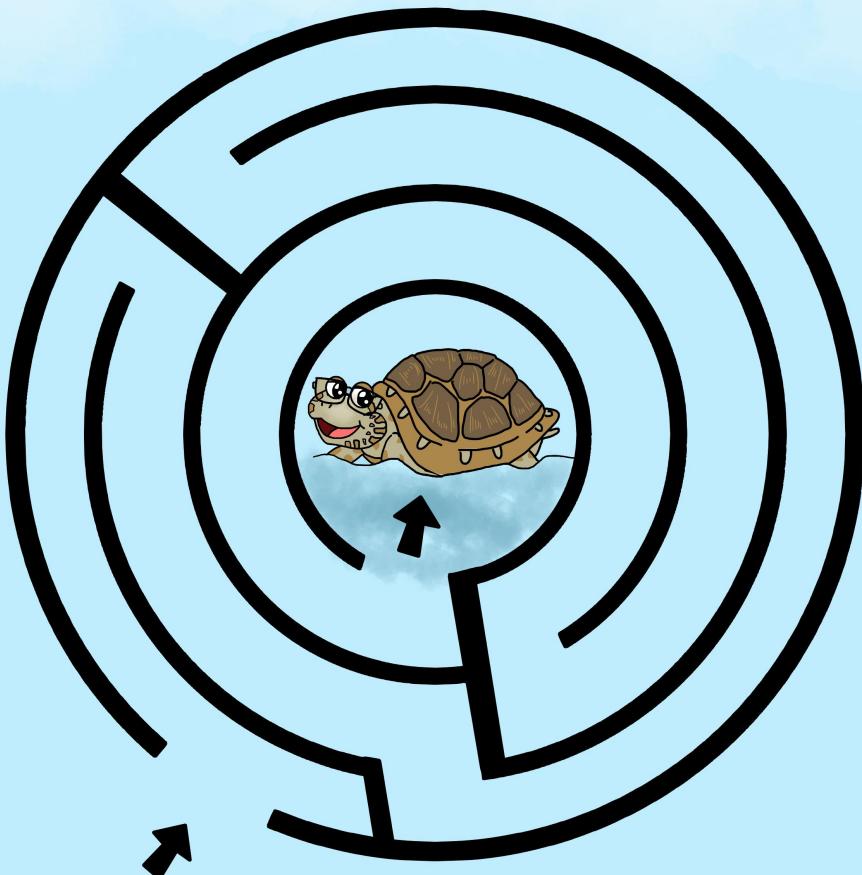
When she was about to give up, a little sea urchin came from behind a rock.

“Are you looking for Sulahfat, the turtle?” He whispered with a hesitant voice.

“Yes!” replied Nour with excitement after seeing a ray of hope.

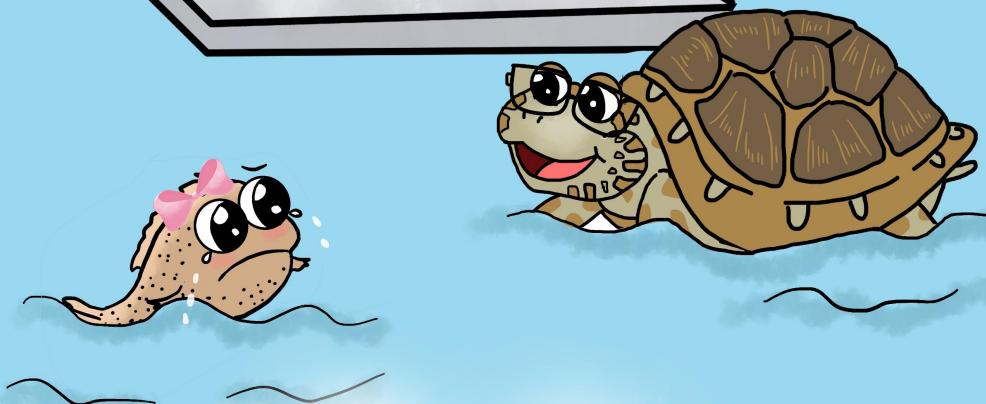
“You must follow the maze to the end. You will find yourself surrounded by seven circles. Each circle will take you closer to your target, and Sulahfat will be waiting for you,” the little sea urchin said to Nour and left after giving her warm words of encouragement with an ambitious tone.

Nour entered what looked like a maze to find herself inside seven circles under the Louvre. At the end of it, Nour looked around and couldn't see a living creature. The place was quiet without a single soul in sight. Then, while Nour was trying to figure out what to do next and where to go, a majestic old turtle appeared from nowhere.



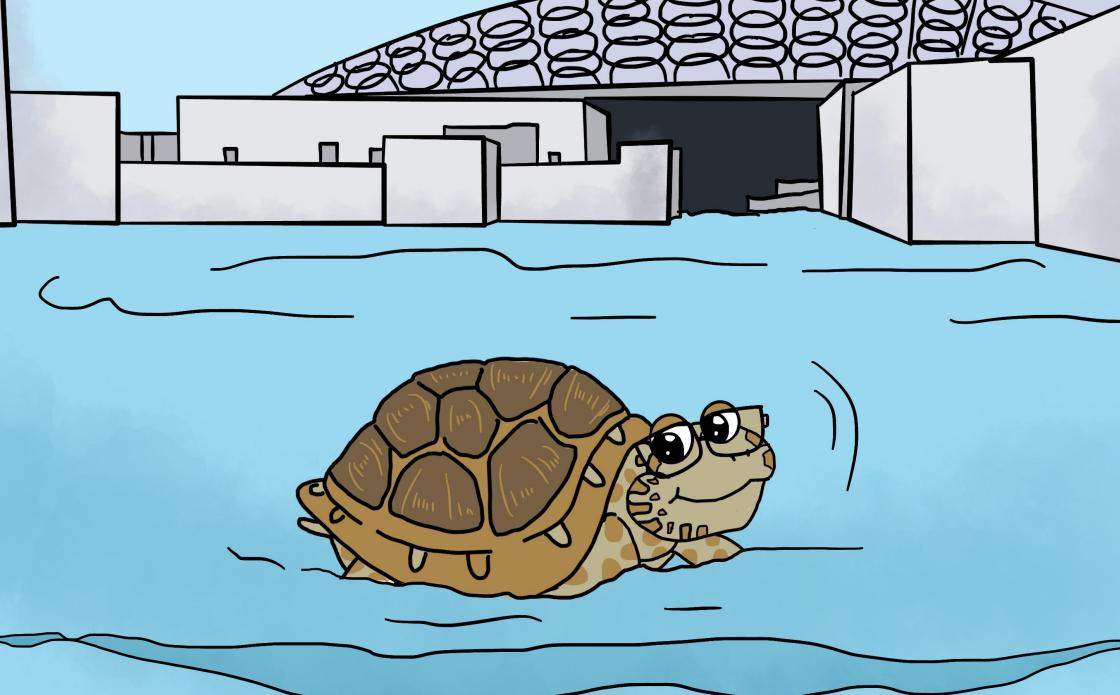
Sulahfat approached Nour. “I was waiting for you. Rest assured, I have the answers you are looking for,” she said with a smile on her face before Nour could even say a word.

“Now, my beautiful Hamour, you need to know that you already have all the answers. You cannot live your life hoping that someone else will solve your problems. If you want to see changes, be the change,” Sulahfat added.



“How?” said Nour.

“How can I prevent people from polluting our beautiful mangroves and inspire them to become mindful of our sea? I am only a small fish,” wondered Nour with tearful eyes.



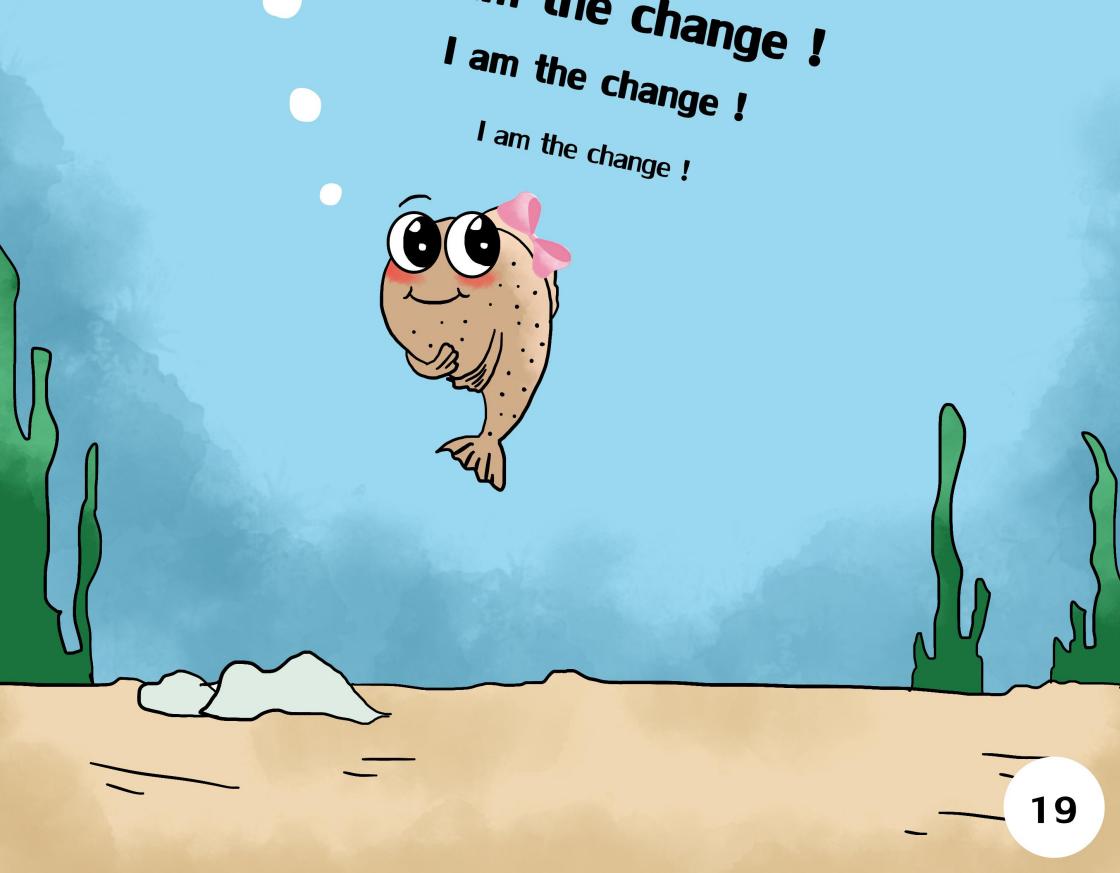
Sulahfat cheered and said, "Raise your voice! Raise your voice! Raise your voice, and the right people will hear you. Speak to the little Humans. The change is in their hands."

"You will meet two pure-hearted souls on your way back. Be the messenger you are meant to be, and the one they have been waiting for; Because what you are seeking is also seeking you, my beautiful Nour the Hamour."



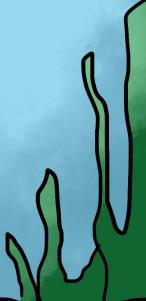
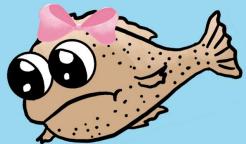
On her way back, Nour tried to make sense of the message Sulahfat gave her. “Be the change! Be the change! I AM the change!” She kept on repeating.

I am the change !
I am the change !
I am the change !



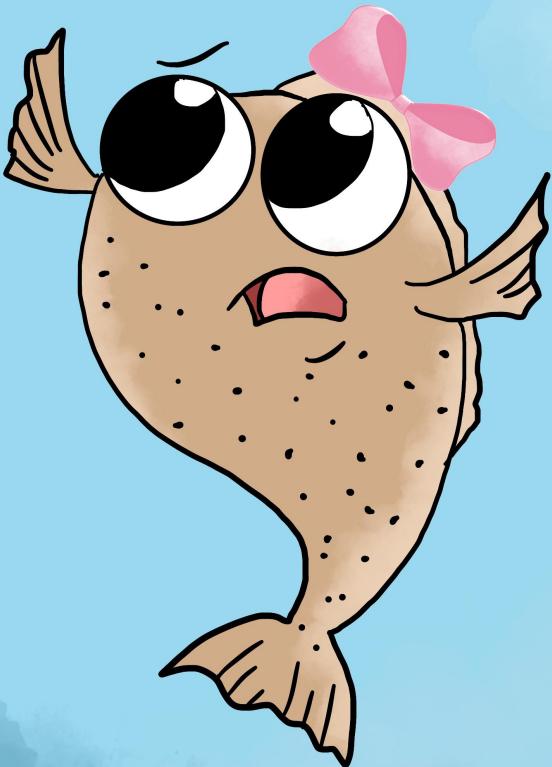


Once she reached home, she was sad to discover that the situation had not improved. She heard stories about fish trapped in plastic bags, crabs had plastic around their claws and even learned that some seabirds could no longer eat due to the trash wrapped around their beaks.



“Enough!” said Nour to herself, “I will go to the beach and stop this.”

ENOUGH!



As she swam to the shore, furious and frustrated, she saw two little girls playing and swimming while holding a bag and cleaning the beach together with their little hands.



She heard one calling the other, "Mariam, look, there is a plastic bag here."

"Good job, Fatoom. Let's pick it up to make sure that the fish and the birds do not eat it. The sea takes care of us, so let's return the favor, Fatoom," replied the other.



Nour approached the beach and started vocalizing in despair, even though she thought that the little girls would not understand her.

To her immense surprise, the little girls understood what she said and started communicating with her.

"Hello, little fishy, my name is Mariam, and this is my little cousin Fatoom. What is your name?" asked the older girl with a big smile on her beautiful face.

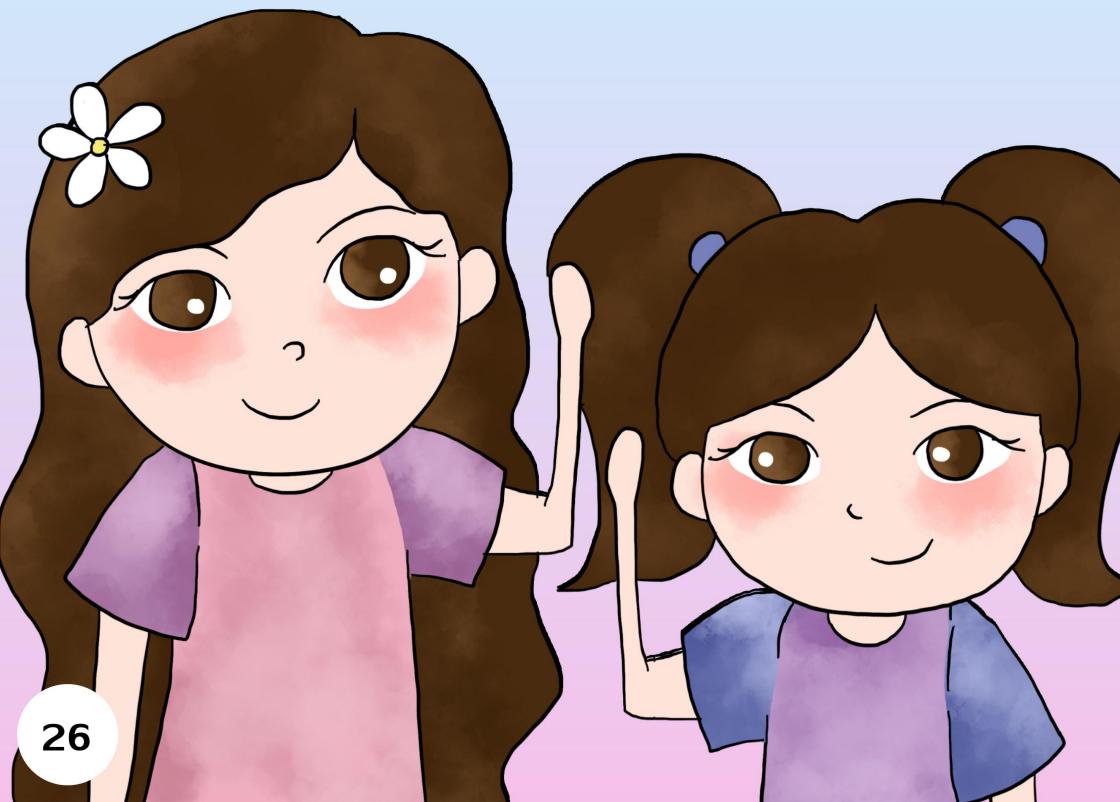


"Nour... my name is Nour... and we are suffering because of the litter found in the sea. A wise turtle told me that I would meet two pure-hearted souls who would help me save my world," added Nour with a reassuring voice.

"It will be an honor to be your eco-saviors. We promise to be a part of the solution rather than the pollution," said Fatoom cheerfully.

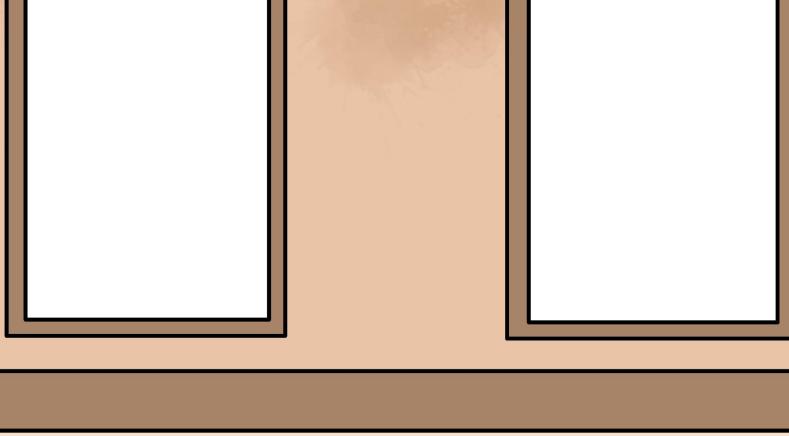


The little girls promised to raise awareness about littering and vowed to clean the beach every weekend and ensure everyone would do the same. They thanked Nour for choosing them for this noble mission and swore never to fail her.

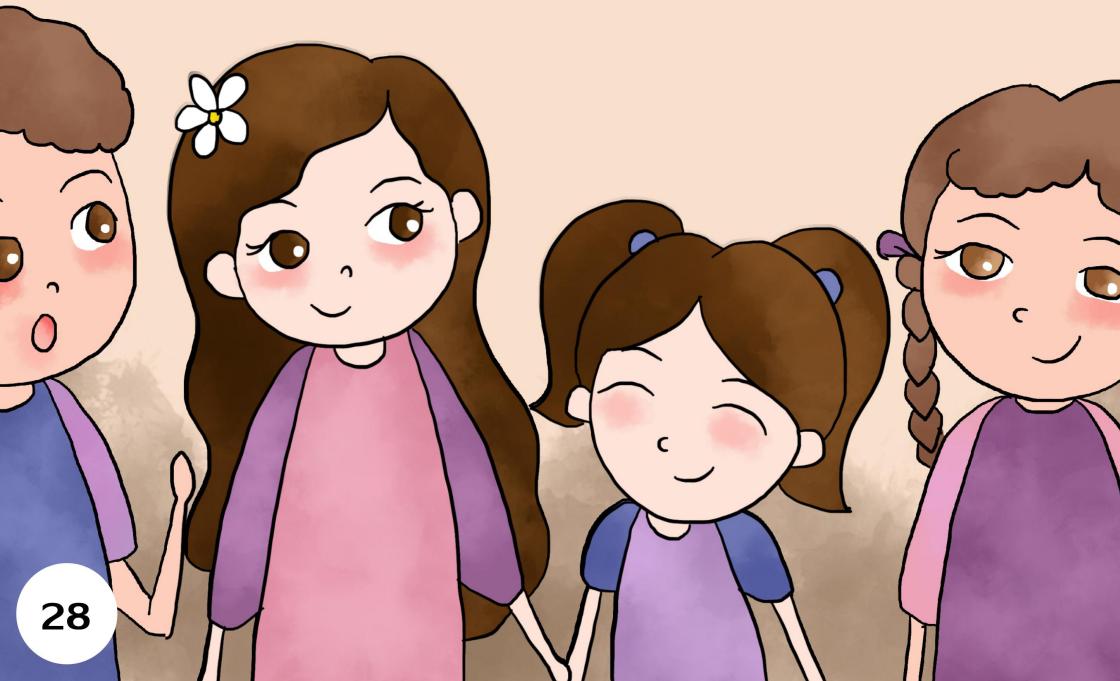


Once home, the girls started doing their homework to raise awareness by speaking about the importance of preventing littering and starting recycling and why everyone should work hand in hand to protect the mangroves and the sea.



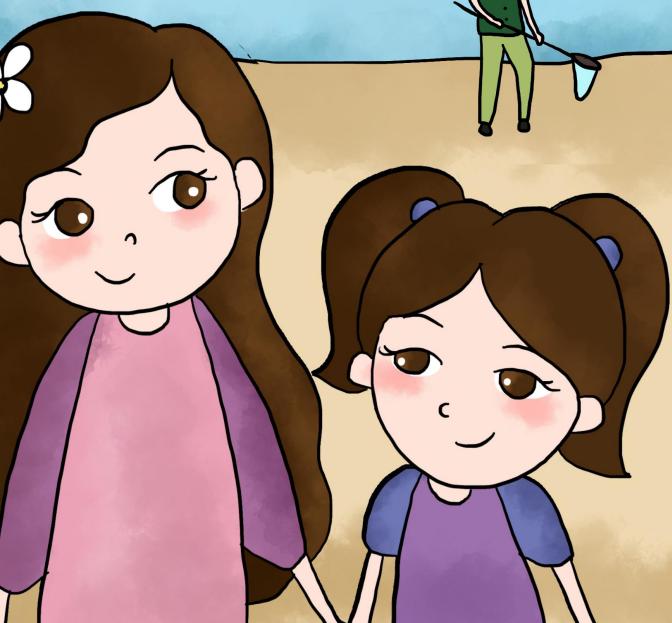


First, they started by talking to their friends, family members, peers, and teachers. Then, to the beachgoers about the consequences of littering and the need to keep the beach clean every time they went there; stating what Nour the Hamour had shared with them and how big of a difference they could make if everyone would pick up a little piece of trash and place it in its allocated area.

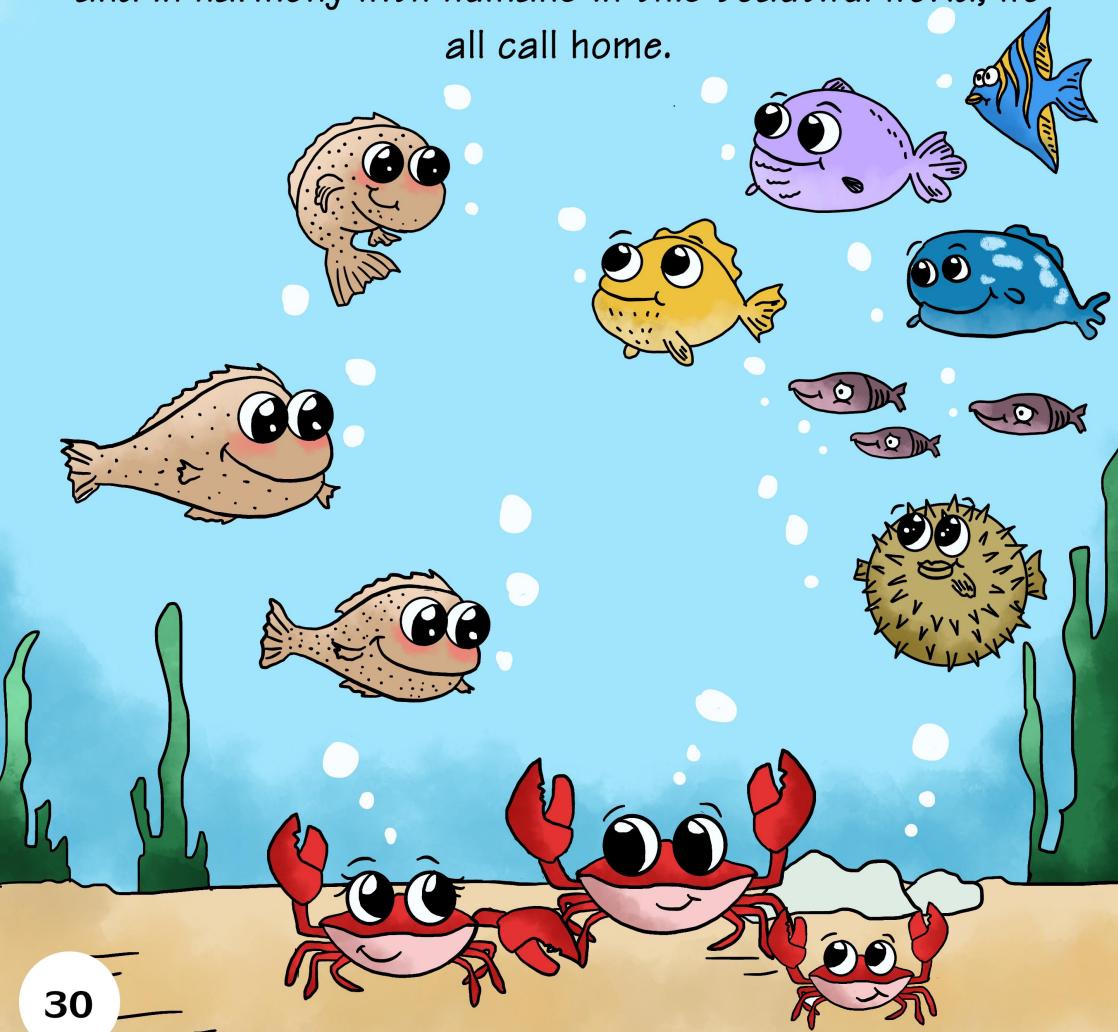




People could see our eco-saviors every Friday by the beach cleaning it, as the girls knew that changes are only achieved when they are led by examples, not only by words.



And after a lot of effort, perseverance, and exceptional teamwork from the little girls, the beachgoers, and other environmental associations around the globe, transformations started to be seen where the seas and the oceans gradually transformed into a vast paradise, and all sea creatures could live peacefully and in harmony with humans in this beautiful world, we all call home.



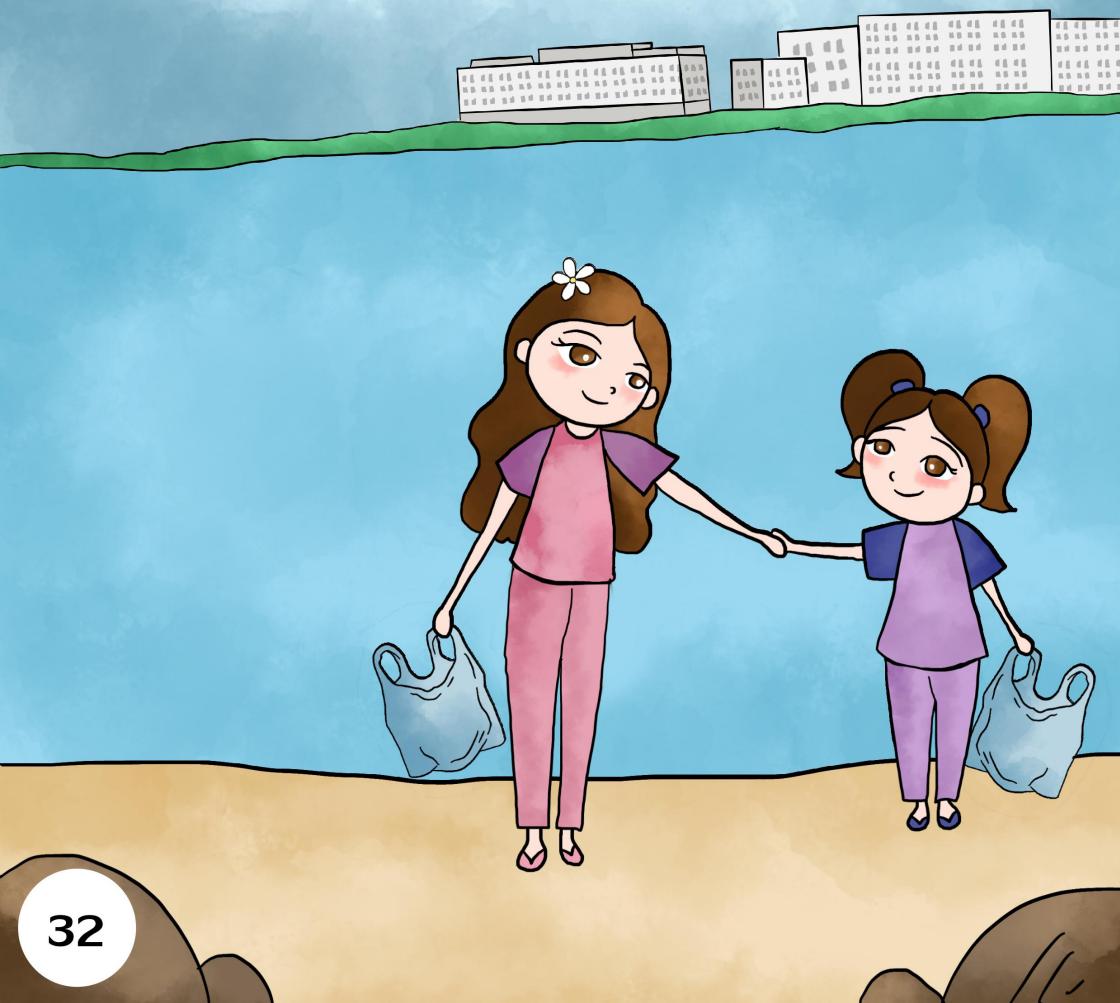


Nour came every week to witness the same beautiful act of kindness.



Mariam and Fatoom made it a habit to clean the beach, the sea, the parks, and everywhere they went because they knew that this is how we make this world a better place and how we become kind to all kinds, not just humankind.

The end.

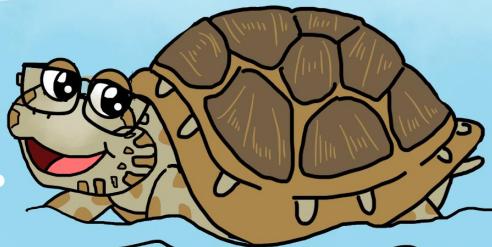


Mariam and Fatoom's Activity Corner



Sulahfat, what is Plastic?

Plastic is an efficient material for many different usages because it is cheap to make, strong, and doesn't fall apart easily. It is not a natural material, it is human-made. It is mainly made from fossil fuels, such as crude oil.



What is single-use Plastic, Sulahfat?

Single-use plastics are items made from plastic that we use **ONCE** only. To illustrate, think of the new toy you buy or the plastic bottle of water you drink; when the toy is opened and removed from the plastic packaging, or the bottle of water is finished, the plastic becomes **RUBBISH**.



Straws



Plastic Carrier Bags



Plastic Water Bottles



Cups + Lids



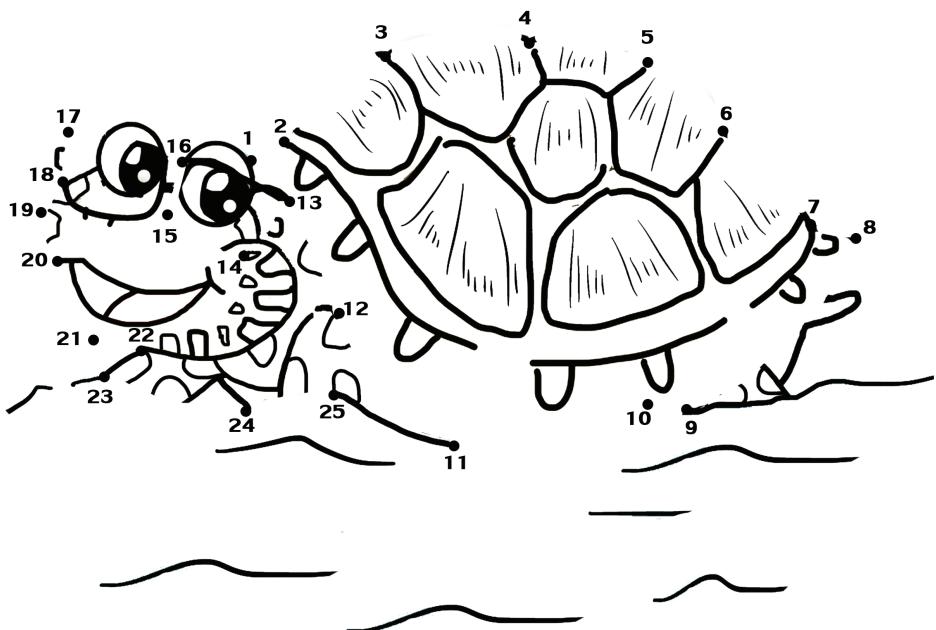
Balloons

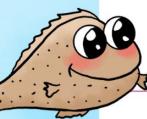
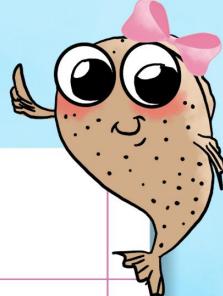


Glitters

Connect the dots with Sulahfat

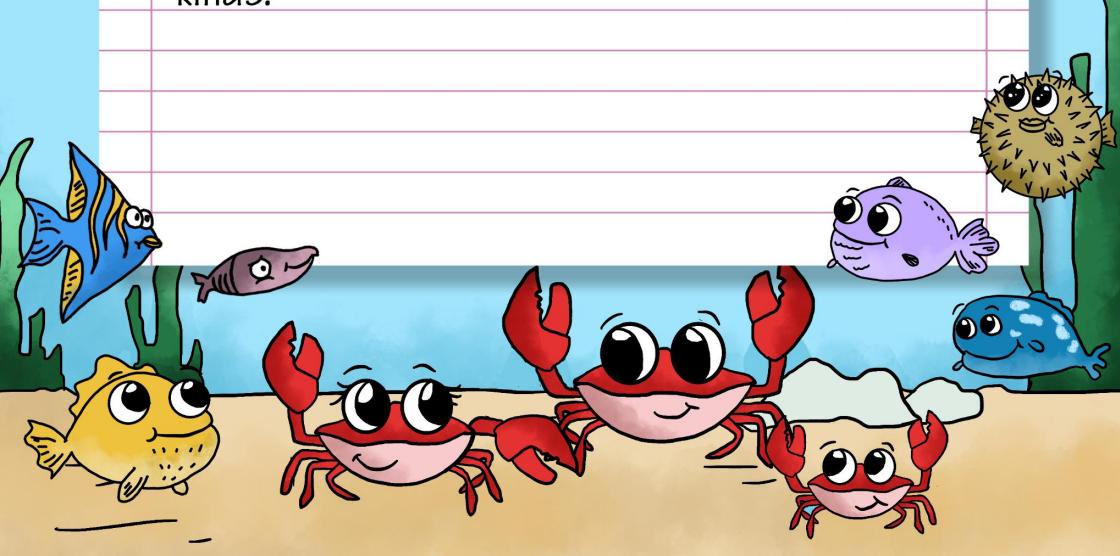
Connect the dots to complete the picture.
Color it for fun!





Marlam and Fatoom's Healthy Habits

1. Refrain from using plastic straws, balloons, and plastic bags.
2. Buy reusable water bottles.
3. Do not litter – especially plastics.
4. Refuse, Reduce, Reuse, Recycle.
The magic formula of the 4R.
5. Lead by examples to inspire others.
6. By making small changes, we can all make a difference. Let's all work together to make the Earth a healthier and cleaner place for all kinds.



Could you help Nour reach
the litter to recycle it ?



Being an eco-savior starts from home

Nine ways to help reduce our plastic consumption



BRING YOUR OWN SHOPPING BAG



CARRY A REUSEABLE WATER BOTTLE



BRING YOUR OWN CUP



SAY NO TO DISPOSABLE STRAWS AND CUTLERY



USE COMPOSABLE PRODUCE BAGS



USE BIODEGRADABLE BAGS INSTEAD OF PLASTIC BAGS



PACK YOUR LUNCH IN REUSEABLE CONTAINERS



STORE LEFTOVERS IN GLASS JARS



PLAY WITH BUBBLES INSTEAD OF BALLOONS



Color us !



See You Soon



We Would Love To Hear From You



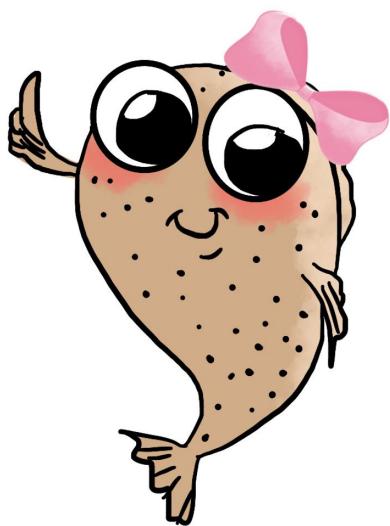
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Samira Hammadi



SAMIRA HAMMADI is the author of
• Having Manners Is The New Cool
• The World Needs Superheros
• Princess In The Making Série
She is also the founder of
Modern Etiquette Consultancy

Meet Nour, the little hamour from Abu Dhabi, with a big dream. Her dream will take her on a lifelong adventure. She will learn to trust herself, raise her voice and be the change to see changes around her.

A fantastic story about the importance of not littering and being mindful of our footprint on this beautiful planet that we all call home.

As a human race, our number ONE Priority is to respect it, protect it, and preserve it.