

# 999

SECURITY AND SAFETY FOR ALL

ISSUE 73 FEBRUARY 2018

MARCH FORWARD  
WITH MOHAMED  
BIN ZAYED

BEWARE: DANGERS  
OF UNREGULATED  
E-PATHWAYS

**ABU DHABI  
SPOTLIGHT**  
SPRING IN  
YOUR STEP IN  
THE CAPITAL

# SP T POLICE IMPERSONATORS

CLUES TO LOOK OUT FOR TO PROTECT YOURSELF

UAE	5,000	AED
KSA	5,000	SAR
Kuwait	0,500	DK
Bahrain	0,500	BD
Oman	0,500	OR



**IN THIS ISSUE:** TOP 10 BEHAVIOURS THAT WILL LAND YOU IN TROUBLE IN THE UAE



**Ministry of Interior  
United Arab Emirates**

**Editor-in-Chief**  
Col. Awadh Al Kindi

**Managing Editor**  
Issam Al Sheikh

**Contact Us**  
Tel: +971 2 4194488  
Fax: +971 2 4194499  
P.O. Box: 38999  
Abu Dhabi – UAE  
www.moi.gov.ae

policemgz@adpolice.gov.ae  
Toll Free: 800 9009

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twofour54  
Abu Dhabi, UAE  
Tel: 02- 491 7100  
editorial@newperspectivemedia.com  
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Tel. 8002220 Fax 02-6424842

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A LEADER WITH A DREAM AND DETERMINATION TO SUCCEED, HH SHEIKH MOHAMED BIN ZAYED AL NAHYAN, CROWN PRINCE OF ABU DHABI AND DEPUTY SUPREME COMMANDER OF THE UAE ARMED FORCES, HAS CAPTURED THE IMAGINATION OF THE PEOPLE. THIS IS HOW A LETTER FROM HH SHEIKH MOHAMMED BIN RASHID AL MAKTOUM, VICE PRESIDENT AND PRIME MINISTER OF THE UAE, AND RULER OF DUBAI, TRIGGERED A TIDAL WAVE OF TRIBUTE FROM THE NATION AT THE START OF 2018

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**Dr Samar Al-Shamsi**  
Internationally respected artist

# TAKE CHARGE OF YOUR SAFETY

IN THE UAE, LAW ENFORCEMENT WILL QUICKLY COME TO YOUR AID IF YOU'RE IN DANGER. BUT EVEN SO – BECAUSE THE POLICE CAN'T BE EVERYWHERE ALL THE TIME, LEARN TO BE YOUR OWN FIRST RESPONDER IN A PERILOUS SITUATION

BY ORLANDO WILSON



It's a sad fact that in many countries, crime is a part of everyday life. I believe that everyone should be aware of the threats and know how to identify and avoid potentially hostile situations. This is particularly important when travelling – not every place is as safe as the UAE, and the police in many countries aren't so helpful when you fall prey to crime. This article gives you some basic tips on how you can be more security aware and able to protect yourselves, your families, and businesses.

Let me start by posing a question: when do you think people first started to be security aware? I'd say, the answer is: since people first inhabited the earth. Since the beginning of history, all kings and rulers have had their bodyguards and the main difference between their tactics now and two thousand years ago is that these days they have guns and cars, while back then they had swords and horses. So, nothing we're going to discuss is new.

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**In nearly all cases of burglary, mugging, robbery or kidnapping, the criminals put their target under surveillance to assess their target's routines and level of personal security**

**Practise counter-surveillance**

This sounds like something only the James Bonds of the world should know about, but it is, in fact, a very simple skill to master. The reason you need to understand counter-surveillance is to identify anyone who has you under surveillance. In nearly all cases of burglary, mugging, robbery

or kidnapping, the criminals put their target under surveillance to assess their target's routines and level of personal security. If you're going to a high-risk area, where professional organised criminal groups or narco-terrorists are active, you can be assured that they'll be employing multi-layered surveillance programmes that identify threats to their organisations and identify potential targets for kidnapping or extortion.

Professional surveillance operatives put their targets into three categories: unaware; aware; and professional. Most people – I would say at least 75 per cent – fall into the unaware category; you can follow them around all day, and they won't realise you're there. About 24 per cent of people would fall into the aware category; they'd realise after a while if someone was watching or following them. The 1 per cent left would fall into the professional category; they take active counter-surveillance measures and would spot people acting



## CASE STUDY 1: MEN ROB COMPANY ACCOUNTANT OF DH679,665

On May 15, 2017, a company accountant was attacked in Dubai by four employees of his company after withdrawing Dh679,665 from the bank. After leaving the bank in a company car, the driver made an unexpected stop and the waiting robbers opened the car doors, pepper-sprayed the accountant and stole the cash. It was an inside job: the company driver admitted to police he had planned the robbery with the other employees. All five were arrested and jailed.

**Note:** This was a well-planned crime and committed by men that the company should have been able to trust. Whenever you are moving cash or valuables, you must take security precautions. The first precaution is not to let others know you're moving cash or let them know your routines. Keep such things secret!

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**Even if you are in an area where the police will come quickly to your assistance, you must know how to alert them you're in danger and then protect yourself until they're able to get to you**

suspicious, watching, or following them. So, I expect most people reading this article are in the unaware category, but by the time you finish reading this, there's no reason not to be in the professional category.

### Learn to read body language

I'm going to highlight some general considerations for personal security and counter-surveillance, and detail some

## 'EVERYONE SHOULD THINK ABOUT HOW THEY'D REACT TO AN ASSAULT AND PUT A PLAN IN PLACE'

### INTERVIEW WITH JERRY ARRECHEA

Jerry Arrechea is a corporate security manager and world champion martial artist, based in Mexico City. I wanted to know what Jerry recommends to his clients for keeping themselves safe. He says:

"In Mexico, we must deal with a wide array of security problems ranging from drug cartel violence to general street crime and there's no magic solution. Some criminals here are professional, they plan and organise their crimes from the initial surveillance of their targets to how to escape after the crimes have been committed. It's important for us to be able to identify the criminals in the surveillance and planning stage of their operations and take counter-measures. The last thing we want is a confrontation as the criminals are usually very well-armed and not afraid to shoot. We would sooner lose goods or money than put our clients in hostile situations.

"One situation where we're always extra-careful is when we're attending meetings in unfamiliar areas, especially with people we don't know 100 per cent, as these meetings could be set-ups for robbery or kidnapping. Before the meeting, we do a thorough due diligence check on those we are meeting with. On the day of the meeting, we sweep the area looking for anyone or vehicles that look suspicious. And we usually employ protective surveillance personnel while the meeting is taking place. I advise all my clients, especially women, to be cautious when attending meetings where they'll be isolated even if they are meeting with people they know to some degree. I have a female client who is a luxury real estate agent and has had several issues with men who've tried to sexually assault her while she was showing them properties. These days, she always has a male driver to take her to appointments, has worked out a plan of action if she is attacked, and always has something close at hand she can use as a weapon. The last wannabe playboy, someone whom she had met before, that tried to touch her inappropriately ended up with two broken fingers and a broken nose.

"This lady feels it can be intimidating for her clients if she had a bodyguard shadowing her, so her driver usually waits in the car. This is why she had worked out her immediate reaction drill, as she knew it would take 15 to 45 seconds for her driver to get to her assistance.

"Everyone should think about how they'd react to an assault and put a plan in place. Even if you are in an area where the police will come quickly to your assistance, you must know how to alert them you're in danger and then protect yourself until they're able to get to you. As I said earlier, there's no magic fix; you must be aware of your environment and have plans in place for how to avoid potentially hostile situations and, in the worst-case scenarios, how to use force to defend yourself."



## CASE STUDY 2: MANAGER JAILED FOR SEXUALLY ASSAULTING JOBSEEKER

It was reported on December 2, 2017, that a company manager was jailed for three months in Dubai for luring a woman to his office for a fake job interview and then assaulting her. The young woman had responded to an online advert for a job and when attending the supposed interview, she was attacked. The manager picked her up from a metro station to take her to his office for the interview. He touched her while in the car and then hugged and groped her when they entered the office. The woman told the manager she needed to use the bathroom and then escaped. She then called a relative and the police who arrested the accused.

**Note:** This case highlights why you need to be careful when attending interviews or meeting with people, especially those you don't know. This woman was lucky but also smart enough to be able to escape this sexual predator. Always have a security plan in place and let people know where you are going.

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**Watch the body language of those that come around the corner after you – any flinch could be an indication you've surprised them**

simple but effective street drills. You can start training while you're reading this article – look around where you are now. If you're in an office, look out of the window. Are there any people hanging around in the street or sitting in parked cars for no apparent reason? If they're still there in 30 minutes and there's no logical reason, what are they up to, what's their body language saying,

## STREET DRILLS

You must always be on the lookout for criminals watching you or following you and here I've listed a few simple drills, which are used by professional criminals and security operatives alike. These simple drills will help you identify anyone who's watching or following you. Adapt a few of these drills to your situation; they're simple and proven.

- When walking down the street, turn around and walk back the same way you came; remember the people you walk past or anyone that stops. Also, remember to check on the opposite side of the street for anyone stopping etc. Do this several times and if you see the same person or couples more than once, they may be following you.

- If you're driving, take a couple of U-turns, watch for anyone doing the same and the cars you pass. If you see the same car a couple of times, you may be followed.

- Walk around a corner, stop, and remember the first few people that come after you. Again, do this several times and, if you see the same person more than once, they may be following you. Watch the body language of those that come around the corner after you – any flinch could be an indication you've surprised them. You can also do the same



when you're driving. From a personal security point, remember to always take corners wide as you never know what's waiting for you on the other side.

- Escalators are good for counter-surveillance, because while ascending, you can take a good look at who is behind you. A simple drill would be to go up and come straight back down again. If anyone is following you, they'd have to do the same.

- Go into a café and covertly watch what goes on in the street. Look out for people waiting around to follow you when you leave or anyone who keeps walking past the café; they could be trying to see what you're doing. Pay special attention to locations where people are congregating for legitimate reason, e.g. bus stops, cafés etc.

- Walk across open spaces such as parks or squares and see if anyone is running around the outside of the open area, trying to keep up with you. They must do this because there's no cover for them in the open space, and the distance to go around the open space is greater than walking straight across it.

- Use reflections from windows and other surfaces to see who's behind you or use the selfie camera on your mobile phone.

- Look for people who look out of place or are waiting in the same place for a long time, such as waiting at a bus stop without getting on any buses or at a payphone for an extended period.

- Be aware of people waiting in a location by themselves, especially fit, young men with short hair. Chances are they are criminals or police. Professional surveillance teams usually consist of mixed couples in their thirties to fifties. Criminals regularly use children, so be wary.

- If you think someone is following you, do not acknowledge them, just slow down and stop to look in shop windows, or go into a café and have a coffee. If you still see the person waiting around, you are most probably under surveillance.

- When you're driving, drive slowly, and take note of anyone doing the same. Occasionally, pull over and make note of the cars that go past you; if you see the same car more than once, you might have a problem.

- If you don't want to look directly at someone who could be following you, look at their feet and remember their shoes. Check this out the next time you're out. If you keep seeing the same pair of shoes at various locations, this person could be following you.

- Criminals following you may change their hair, jackets and pants etc to try and disguise themselves, but they rarely change their shoes. The same goes for jewellery or watches. It can be difficult to give a description of someone, so look for distinctive jewellery, tattoos or type of cell phone or anything that makes them stand out. If the person is completely nondescript, chances are they are pros.

- If you think someone is following you, check their clothes to see if they could be concealing cameras or weapons. Are they always on their mobile phone possibly describing your actions or taking photos? What does their body language say, do they look nervous, over-observant, or as if they are concentrating too much?

- Be suspicious of unknown people who start conversations with you – they could be testing your reactions and personal security level.

are they being over-observant? People don't hang around the streets and sit in parked cars for no reason, unless they are on surveillance or up to something!

Learning to read people's body language is an extremely important skill. If someone is on surveillance or looking to commit a crime, chances are they'll be acting differently than those around them. Most people don't pay attention to their surroundings, so if someone is over-observant, what are they up to? When you're out at the mall or in a restaurant, watch the people around you and try to identify what mood they're in or what type of discussion they're having with others. It should be easy to identify if a man and a woman are on a romantic date or two business people are having a heated discussion. When in a coffee shop, try to determine what people are looking at on their laptops; are they concentrating or goofing around. Reading body language will help you identify, avoid and, if necessary, react to potential threats.

So, a basic counter-surveillance plan for your home, business or office would be simply to look around the general area and identify where someone could watch you from, then keep an eye on that location from time to time.

Now let's say you have spotted someone acting suspiciously; what will you do? In the UAE, if you report suspicious activity to the police then they'll send officers to investigate, but in other places, the police will not take you seriously until a crime occurs. So you need to work out a plan.

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**Escalators are good for counter-surveillance. A simple drill would be to go up and come straight back down again. If anyone is following you, they'd have to do the same**

## 'INTERNATIONALLY, THERE HAS BEEN A BIG INCREASE IN DRUGS BEING USED IN ROBBERIES'

INTERVIEW WITH STEPHEN LANGLEY



Stephen Langley served with the British Royal Military police for over 14 years, and has worked as corporate investigator, a senior security and

crisis manager for a large international corporation. He is now the owner of Unique Global Consultancy. I asked Stephen what were the problems some of his clients have encountered while travelling and what advice would he give to travellers these days. He says:

"Firstly, I tell my clients to try to blend in with their environments; don't stand out and look like someone who's worth robbing. This might sound simple, but can be a problem when we have European clients who do business in, say, East Africa. They can't change their skin colour, so they're going to stand out. In these situations, we ensure their trips are planned in detail: from who's picking them up at the airport, ensuring their hotels are secure, and having a crisis plan in place. But always remember, we can make all the plans in the world, but we still must consider the human factor: a

lot of people won't follow the plan for whatever reason. I remember one client arrived at Jomo Kenyatta International Airport in Nairobi, and his arranged driver was late, so he took a taxi to his hotel. Well, the taxi driver pulled off the main road after leaving the airport, stopped and aggressively demanded \$100 (Dh367) from the client as the fare to take him to his hotel. This was well over what the fare should have been, but the client was terrified and handed over a hundred pounds, because he had no dollars. The client was luckily dropped off at his hotel unharmed. It was not worth informing the police, as there was no evidence of anything more than a dispute about the taxi fare. I stress to female clients to always use the drivers or car services we arrange or approve for them, as they run the risk of sexual assault and not just robbery.

"Another area where people have problems is where they socialise after work hours and this can be a big problem in the US, Europe, or Africa. You can tell your clients to dress down and not wear expensive watches etc, but they always will, and such things can draw the attention of criminals. Internationally, there has been a big increase in drugs being used in robberies. Its common knowledge that date rape drugs are used by men who want to sexually assault women, but they're also increasingly being used against men for sexual assault and robbery. The drugs incapacitate the victims, who can't protect themselves, remember the details of being robbed or raped.

"In many places, the police will dismiss the cases, as there's little evidence. Even if caught, the criminal can claim the victim gave them their valuables or the sex was consensual. For the victims, they're lucky if they have just lost their valuables and money. If they have been sexually



## CASE STUDY 3: ABU DHABI POLICE ARREST TWO ROBBERS

Abu Dhabi Police arrested two people, as reported on December 6, 2017, for distracting their victims and then robbing them. They'd spit on the targets or spray them with a liquid, and while the victim was distracted, the robbers stole their wallets. Abu Dhabi Police arrested a man in a similar case, where he sprayed liquid on someone leaving a bank and then tried to rob him. The criminals now face prison.

**Note:** These men were waiting around and looking for their victims. If you see anyone acting suspicious, avoid them and, if necessary, call the police and report them. If you can try to take a photo or some video of the suspect, that can help the police to identify them.

assaulted, they have to deal with the trauma of the attack.

"I was approached by one client who sought training after he had an incident while visiting the Grand Bazaar in Istanbul. He had bought tea from a vendor and, shortly afterwards, began to feel light-headed. He noticed he was being watched by several young men and made his way to the street and flagged down a taxi. At this point, one of the young men tried to pull him away from the taxi, but, even though this gentleman was in his late fifties, he was 6 feet 2 inches tall, 270 pounds, a former rugby player and he was able to push the young man away to get into the taxi. The taxi took him to his hotel where a doctor was called, and it was found he had been poisoned with ketamine. He was lucky because the doctor believed the dosage used on him was not enough to take full effect, but would have been enough to knock out a smaller man or woman. When I asked the client about the incident, it became clear why he had been targeted – he was carrying an expensive Nikon camera and wearing a Bvlgari watch and sunglasses, overall a little over ten thousand dollars' worth of valuables, to start with.

## GATHER SOME EVIDENCE

Now, from a personal security point of view, if you're out in the street and you seriously think you're being followed, get to a safe area as soon as possible and call for someone trusted to come and pick you up. In a lot of countries, you can inform the police, but I strongly expect they won't take the call seriously, unless there's a domestic restraining order in place or there's a case history. In Abu Dhabi or Dubai or other cities in the UAE, if you have serious concerns for your safety, the police are there to help you.

If you're being watched, followed, or stalked, you need to start building up evidence against the criminals or stalker, take videos, and write occurrences down. Any photos or video you take, even with a mobile phone camera, can be used by the police to identify the suspects and as evidence against them.

I hope these points make you think about your personal security procedures and assists you in putting together a personal security plan. Remember: ultimately, your personal security and the security of your assets is your responsibility.

## CASE STUDY 4: SIX MEN ROBBED MONEY EXCHANGE STAFF OF DH3 MILLION

Six men were given three years in jail each by the Dubai Criminal Court in May 2017. The criminals contacted a money exchange house in the Muraqqabat area of the city on February 15 and asked to exchange \$1 million (Dh3.673m) into dirhams. The employees of the money exchange went to do the deal at a hotel room, where they were tied up and robbed at knife point. The police identified and arrested the criminals, all of whom will be deported after serving their prison sentences.

**Note:** This is an example of people attending a meeting with people they don't know and having problems. The criminals even knew that the employees of the money exchange would be bringing a large amount of cash with them.

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**Remember:  
ultimately, your  
personal security  
and the security of  
your assets is your  
responsibility**

### Think like the bad guys

I tell my clients to always think like the criminals and put themselves in the criminals' shoes. How would you watch yourself? How would you target yourself? This is a basic threat assessment, and something you need to think about on a regular basis as situations change. You can do this with your friends, play a game where you work out how you would, say, kidnap each other. From what you know about each other's routines and lifestyle, could you plan a time and location for the crime? Let me give you a hint: check out your friends' Facebook and social

media accounts; a lot of people post photos and updates of where they are and what they are doing, that can all be used by criminals!

When you're on the streets, learn to be aware of your surroundings. When you walk from your office or apartment, be aware of who is around you and their body language. If you're walking to your car, check to make sure you're not being followed.

In cities such as London, it's common for criminals to identify a victim wearing an expensive watch or some jewellery and follow them until they reach a location where they can be robbed. A lady I know was leaving a business

meeting in a very nice part of Chelsea; she put her designer handbag in her car and the next thing she knew, the car window was smashed by someone riding as a passenger on a motorbike, and then someone riding as a passenger on another motorbike snatched the bag at gunpoint. The whole incident was over in seconds and luckily, she was not hurt. Police followed up, but only because there was a gun involved.

It's obvious that the robbers in this incident were watching the woman, even if only for a short period of time. Criminals are constantly looking for victims, but very few people take precautions and stay on the lookout for criminals.



**About the writer:** Orlando Wilson has worked in the security industry internationally for over 28 years. He is the chief consultant for Risks Inc. and based in Miami but spends much of his time travelling and providing a wide range of kidnapping prevention and tactical training services to private and government clients.