

60 SECONDS

WITH

YOUSSEF ABU GABAL



COUNTRY: EGYPT.

DATE OF BIRTH: 04/11/2001.

STAR SIGN: SCORPIO.

PROFESSION: STUDENT.

**Tell us a bit about yourself.**

My name is Youssef and I am a showjumper at Gezira Sporting Club in Cairo. My father is the one who inspired me to love horses and supported me to compete in showjumping. I graduated from “Modern English School” in Cairo where I completed my IGCSE .My main focus after graduating from school was to choose subjects related to technology, such as Information Technology and Computer Science. Now I study “**Business**” in **New Giza University**.

My experience in sports started when I was 7 years old, I enrolled in the swimming team of Gezira where my dad kept his horses. I used to ride only for fun until I turned 8 years old. At that time I started training at the Equestrian School in the Club.

Ahmed Sabry has been my coach and role model in the sport; he is an international rider who has not only taught me riding but also taught me good qualities to live with.

**Tell us things in your training that contributed to your success.**

I believe that hard work and dedication are the keys to success, and that involves me and my horse.

**What was the best advice you were given?**

The best advice given to me was to be patient and to believe in myself and abilities.

**What advice would you give to young athletes?**

Believe in God’s plan, work hard, stay motivated, help people who need your help, have good relationships and when you have a chance to make someone happy do it without hesitation.

**What is your best achievement?**

In **2012** during the **FEI World challenge**, I won the 6th place at the 1.10 m, which placed me 20th globally and that gave me an opportunity to travel and ride abroad.

**What are the goals that you aspire to achieve?**

I would like to continue and sustain the success of my father’s company after he passed away t. I would also love to help the less-fortunate as much as I can. And of course I dream to ride internationally and go to great competitions like the Olympic Games.

ART

# SIHAM MOHARRAM

EGYPTIAN PROFESSIONAL WOOD BURNING ARTIST



**Who has been your greatest support?**

My Dad gave me all the support I needed; he always wanted to do the best for us and for anyone who needed anything from him.

**What is the biggest challenge you have ever faced?**

My father's passing away.

**Who is your sporting hero?**

Cristiano Ronaldo.

**What is your second favorite sport?**

Water polo, but I retired 4 years ago. I also like football; I am a good goalkeeper.

**What is your favorite genre of movies?**

Drama.

**What kind of music do you enjoy listening to?**

Rap and Pop music.

**What is your favorite book?**

The Great Gatsby by F. Scott Fitzgerald

**What is your favorite food?**

Seafood especially shrimps and lobster

**What is the most memorable place you ever visited?**

Al Madina and Mekka , Saudi Arabia.

**What is your strength and what is your weakness?**

My strength is that I don't let difficult circumstances or incidents affect me badly, I try as much as I can to make the best out of them. My weakness is that I am a bit impulsive.

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**WOOD BURNINGS:**

SIHAM ART EXHIBITION WAS HELD IN CAIRO OPERA HOUSE FROM SEPTEMBER 13<sup>TH</sup> TO 19<sup>TH</sup> & MARKED GREAT SUCCESS AMONG THE AUDIENCE.