

Last updated: 16:00 (GMT+04) Wednesday, July 23, 2008. Rajab 20, 1429.

gulfnews.com

THREE PROGRESSIVE DECADES

Search

Mobile edition

ePaper

Live weather

Shortcuts

Go

GNAds4U

JOBS4U

WHEELS4U

PROPERTIES4U

CLASSIFIEDS4U

THE NATION

THE GULF

THE REGION

THE WORLD

BUSINESS

SPORT

TECHNOLOGY

IN DEPTH

GALLERIES

YOUR PICTURES

VIDEO

FEATURES

TABLOID

FRIDAY

E+

EXPLORE

UNWIND

NOTES

SPORT EXTRA

ASK THE LAW

RESIDENTS GUIDE

ABOUT THE UAE

SPECIAL COVERAGE



Pictures from the past

YOUR SAY

LETTERS

POLLS

EMAIL US

OPINION

EDITORIALS

COLUMNS

WEEKEND REVIEW

GN FOCUS

ABOUT GULF NEWS

SEARCH

PAST EDITIONS

FRONT PAGE PDF

EPAPER

MOBILE EDITION

SUBSCRIPTIONS

GN REWARDS

RSS FEEDS

JOBS AT GN

BUSINESS

COMMENT AND ANALYSIS

Handling Dubai's traffic chaos calmly

By Carole Spiers, Special to Gulf News
Published: November 13, 2007, 00:23

Notwithstanding the opening of the new floating bridge over the creek and the extra lanes on the Maktoum Bridge, twice in the past few weeks, official directives have recognised the stressful effects of Dubai's fast-growing traffic congestion.

This is particularly apparent not only at Deira City Centre and Shaikh Zayed Road but also in the newly developing areas around Arabian Ranches and elsewhere.

The Department of Health and Medical Services quotes it as a major cause of deaths through high blood pressure (three times higher than in the rest of the emirates). And the Dubai Executive Council has asked the government to adopt flexible working hours, largely in order to ease rush-hour traffic that is now becoming a serious problem.

It is accepted that cars bring out the worst in many people, turning a normally reasonable adult into an angry belligerent child, the moment things cease to go smoothly. Part of the problem in the UAE is that with a diverse expatriate population from India, Pakistan, Iran, Europe and elsewhere, the standard of driving seems to depend more on ethnic culture than on the Highway Code.

Blame game

This presents a basic challenge - which is to learn to stop blaming all the other drivers. The more motorists who need to use the roads, the more congestion there will be, so that more traffic-lanes will have to be built, causing more opportunities for collisions, and requiring more closures for repairs etc.

It is no good just feeling indignant about it, for this will cause needless stress and solve nothing. You really do have to step away from the cosy mental image of your next journey as an uninterrupted drive in a perfectly-functioning vehicle along wide open roads, with green lights all the way.

Allow extra time for hold-ups. Even make creative use of them. Listen to music or a motivational talk. Learn a new language, step by step. You'll find you're less-stressed than the ones who don't.

Listen to your car

You might even see the point of taking more care over the maintenance of your car, so that it does not break down and

RSS RSS FEED

>> Get Business as a news feed

YOUR MONEY

>> Latest Forex rates

LATEST STORIES FROM BUSINESS



BUSINESS
Mercedes-Benz launches new generation cars



BUSINESS
Oman plans makeover of ancient forts and caves

AUTOMOBILES

>> GM unveils 2010 Camaro

AVIATION

>> Etihad flights to Almaty in Kazakhstan start in December

BANKING AND FINANCE

>> Emirates NBD profit soars 45%

>> AUB net profit touches \$211.7 million in midway 2008

>> UNB earnings soar 41% to Dh764.6m

>> Emirates NBD plans Saudi operations

>> Noor in venture to open Islamic bank in Maldives

>> Darling hints at 'profound' effects of global credit crisis

>> Sukuk issuance in Gulf rises 17% to \$17b

COMMENT AND ANALYSIS

>> IT industry holds much potential for future growth

>> Winners of oil prices aren't only international majors

>> Going through a transformation

>> Chinese banks could see shrinking profits in coming days

COMMODITIES

>> Apple posts \$7.46 billion third-quarter revenues

>> Costly food and fuel drive Italy's consumer morale to 15-year low

>> Vietnam to tax rice and fertiliser exports

CONSTRUCTION

>> Housing quality in Dubai has a 'long way to go'

DEVELOPMENT

>> Mubadala forms \$8b GE venture

>> IFA launches \$200m project in Thailand

>> Lifestyle City raises budget to Dh4b

>> Depa venture wins Singapore contract

>> Work begins on tallest building in Jordan

ECONOMY

>> Inflation in Kuwait accelerates to 11.4%

GENERAL

>> e-governance gains ground in Abu Dhabi

>> Russian firm wins \$418m Dolphin deal

HOTEL & TOURISM

RADIO 1



Listen now

RADIO 2



Listen now

>> Streaming FAQs
>> Radio schedules

SPECIAL COVERAGE



Olympics 2008

become the cause of worse jams. (But it makes sense to carry a first-aid kit and some bottled water on your journey, just in case!)

Unfortunately, in the UK, I have seen the birth and burgeoning of a very ugly habit indeed, called 'road rage'. Two drivers try to overtake each other at speed, or compete for the only available parking space. Insults are hurled. Fists fly. Sometimes actual murder is committed.

This has shocked and baffled a nation usually identified with good manners and common decency, and its origins are not fully understood. But it is at least partly caused by simply too many cars on the road. I can only sincerely hope you don't get the same unacceptable effect here.

- The writer is a BBC broadcaster and motivational speaker, with 20 years' experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

More from **Business**

Email this article 	Printer- Friendly version 	Email the Editor 	Bookmark this article 
---	--	---	--

Post this story to:

[Del.icio.us](#) | [Digg](#) | [Facebook](#) | [Reddit](#)

>> Travelodge plans to boost UK seaside holiday market

INDUSTRY

>> Swatch, Rivoli tie up to boost market share in Saudi and India
>> Caterpillar's earnings climb 34% on Asia sales

MARKETS

>> Dubai market advances for third straight day as Arabtec gains 7.61%
>> Wachovia reports record quarterly loss of \$8.9b
>> DuPont earnings up 11% as sales gain

OIL & GAS

>> Fuel price rise boosts Chinese demand
>> Iran not to press for output cuts at Opec's next meeting
>> Demand for oil products hits two-year low in Korea

TELECOM

>> etisalat leads global mobile operators posting fastest first-quarter growth

TOURISM & TRAVEL

>> Oman takes a 'different approach'

TRADE

>> Strong currency forces Dubai to import less from euro zone

MORE STORIES FROM BUSINESS

AUTOMOBILES

>> Mercedes-Benz launches new generation cars

AVIATION

>> BA to transfer to Dubai Terminal 5

BANKING AND FINANCE

>> Doha Bank Q2 net profit increases 25%
>> Noor Islamic Bank expands in Maldives
>> Emirates NBD expands in Saudi Arabia
>> Emirates NBD profit up in Q2 2008
>> UNB records Dh764.6 million profit

COMMENT AND ANALYSIS

>> Do you really fly economy class?

COMMODITIES

>> GCC-based jeweller posts 55% growth

ECONOMY

>> Map of the global food crisis

INDUSTRY

>> GE, Mubadala tie up for global venture

INTERNET

>> Web threatens MidEast business growth

OIL & GAS

>> Dolphin Energy taps Russian contractor

REAL ESTATE PROPERTY

>> Limitless to build Jordan's twin towers

TECHNOLOGY

>> BlackBerry or Apple?
>> Joining the competition
>> Wearable gadgets are in
>> The degeneration of online debates

[Business](#) | [Opinion](#) | [Classifieds](#) | [Features](#) | [Pictures](#) | [Site Map](#)
[About Gulf News](#) | [Contact Us](#) | [Subscribe](#) | [Jobs at Gulf News](#) | [Advertising Guide](#)

[gulfnews.com](#) | [XPRESS4me.com](#) | [GNAds4U.com](#)

© Al Nisr Publishing LLC 2007. All rights reserved.