

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.

ALL PHOTOS © HAMADA HAMDY

WOOD BURNINGS:

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