

Connect freely, Follow rules

Licence-free Wi-Fi, Bluetooth get clearer rules – and tougher enforcement

● **Covers Wi-Fi, Bluetooth, Zigbee and low-power wide-area networks**

Mohammed Darwish
TDT | Manama

People in Bahrain can continue using Wi-Fi, Bluetooth and other low-power wireless devices without individual spectrum licences or usage fees, but equipment that exceeds permitted limits or interferes with licensed services can now face regulatory action, including seizure and fines.

The Telecommunications Regulatory Authority (TRA) has issued its formal position on



licence-exempt radio spectrum, setting out the conditions under which wireless devices can operate without an individual spectrum licence.

The rules cover widely used technologies including Wi-Fi, Bluetooth, Zigbee and low-power wide-area networks, which are increasingly used in consumer electronics, connected devices and smart-city systems.

Under Article 43 of the Telecommunications Law, as amended, the TRA can exempt selected frequency bands from individual spectrum licensing, provided users comply with specified technical conditions.

For ordinary users, this means no individual spectrum licence or usage fee is required when approved devices operate within the permitted frequencies, transmission-power levels and emission limits.

But licence-free does not mean unrestricted.

Devices operating in exempt bands must not cause harmful interference to licensed services and cannot claim protection from interference themselves. If a device disrupts a licensed service, its user must stop operating it when ordered by the TRA.

Equipment that breaches the technical requirements can face regulatory measures including warnings, seizure and fines.

The TRA said the framework is intended to make shared use of radio spectrum easier while protecting licensed services from harmful interference and providing clearer rules for manufacturers, importers, service providers and users.

The licence-exempt framework covers a range of equipment, including low-power short-range devices, equipment operating in industrial, scientific and medical bands, certain radio equipment used within licensed networks, and some private mobile radio devices.

Receivers used for services such as GPS and satellite television are also covered.

The TRA said Bahrain has assigned spectrum bands for licence-exempt use in line with international practices identified by the International Telecommunication Union, subject to Bahrain's own technical requirements.

Radio equipment intended for use in these bands generally requires type approval before being sold or used in Bahrain, with an exception for devices brought into the country for personal use.

The TRA said the framework may be reviewed as wireless technologies, market requirements and international practices evolve.



Youth City 2030 showcases young Bahrainis' ideas, skills

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Youth City 2030 is turning young people's ideas and talents into practical projects and tangible outcomes, Minister of Youth Affairs Rawan bint Najeeb Tawfiqi said during a visit to the programme's Outcomes Exhibition.

Tawfiqi reviewed projects developed across various training tracks and heard participants explain how they developed their ideas, overcame challenges and applied the skills gained through the programme.



She said the projects demonstrate the value of investing in young people by helping them build skills, explore their poten-

tial and turn ideas into achievements.

The minister said the programme's success should ultimately be measured by its impact on young people's skills, confidence, initiative and ability to innovate.

She described Youth City 2030 as a platform where young people can gain experience, test ideas and develop them into practical projects, adding that the exhibition reflects the energy and capabilities of Bahrain's youth to help shape the future.

SCW marks 25 years of advancing women's empowerment

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The Supreme Council for Women (SCW) marked its 25th anniversary on August 22 with a ceremony themed "Twenty-Five Years at the Heart of the Reform Project."

Secretary General Lulwa Saleh Al Awadhi, who attended the event with General Secretariat members, conveyed the congratulations of HRH Princess Sabeeka bint Ibrahim Al Khalifa, President of the SCW, to staff and praised their con-



tributions over the council's 25-year journey.

MPs pledge continued support for women's rights

Mohammed Darwish
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Parliament Speaker Ahmed Al Musallam praised the Supreme Council for Women (SCW) for transforming women's role in Bahrain over the past 25 years, while MPs pledged to continue backing laws that protect women's rights and expand their role in public life.

Al Musallam said the council



Ahmed Al Musallam, Parliament Speaker



Maryam Al Sayegh, MP



Waleed Al Dosari, MP

had become a key part of Bahrain's reform and development efforts, with women making

greater contributions to decision-making, the labour market and political, social and eco-

nomic life.

He credited His Majesty King Hamad bin Isa Al Khalifa with establishing the SCW and HRH Prince Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister, with translating the National Plan for the Advancement of Bahraini Women into government policies and programmes.

He also praised HRH Princess Sabeeka bint Ibrahim Al Khalifa,

President of the SCW, for leading its work over 25 years and establishing it as a recognised regional and international model.

Al Musallam said Parliament would continue working on legislation to support family stability, protect working women and encourage their participation in business and senior positions.

MP Maryam Al Sayegh said women had expanded their presence across Parliament,

government, the judiciary and key sectors including business, education, healthcare, media and diplomacy. She pledged continued parliamentary efforts to protect these gains.

MP Waleed Al Dosari said women's growing contribution was closely linked to Bahrain Economic Vision 2030 and praised the SCW's programmes for their impact on families and national development.

Two seconds of silence before you speak: The trick to steadying your voice

Speaking and influence coach Hashma shares four techniques to calm nerves and regain control before a presentation

● **A shaking voice is not weakness. It is your body reacting.**

Hasan Barakat
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You have prepared the material. You know exactly what you want to say. Then you stand in front of everyone—and suddenly your body behaves as though you are in danger.

Your breathing quickens. Your heart starts pounding. And the first word feels impossible to get out.

Speaking and influence coach

Hashma says this happens to many people before meetings and presentations. The problem is not necessarily your ability to speak or your understanding of the material. Your body has simply entered a state of tension, and what it needs is a signal that you are safe.

She suggests four things to do before you begin.

First, do not start speaking immediately.

When you take the microphone or your turn arrives, resist the urge to rush. Take two seconds of silence. Breathe, look at the audience, then begin.

Those two seconds can interrupt the rush of nervousness at the start and give you a sense

that you are leading the situation — rather than allowing your nerves to lead you.

Second, avoid taking a large, quick breath.

It is one of the most common instincts when we are tense. But instead of helping, a sudden deep breath can sometimes make you feel more uncomfortable.

Instead, breathe in calmly through your nose, then breathe out through your mouth for slightly longer than you breathed in. Repeat twice.

Third, keep your opening sentence short.

Do not begin with your strongest or longest idea. The first 20 seconds are often the

most difficult, so do not overload them.

Start with a sentence you have memorised and can deliver comfortably:

"Today I am going to talk to you about..."

Or:

"Let me start with a simple question..."

Or:

"Imagine this situation with me..."

The goal is simply to get started. Nobody expects you to be perfect from the first second.

Fourth, slow down.

When we are nervous, we often speak faster without realising it. We rush through sentences, forget to breathe and,

as a result, may notice our voice shaking even more.

If your voice begins to tremble, slow down. Take a short pause. Breathe. Then continue.

The more space you give yourself, the more control you regain over your voice and breathing.

A shaking voice does not mean you are

weak, Hashma said. And a racing pulse does not mean you are unprepared.

Nerves are simply the body's response to a stressful situation. The goal is not necessarily to eliminate them, but to learn how to manage them instead of allowing them to manage you.

Speaking and influence coach Hashma

