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Dr. Al-Garoo got her bachelor degree in history from Aden University (Yemen) in 1978 and her Master and PhD degrees in History and Archaeology from Paris I-Sorbonne University in 1986, on topics dealing with the South Arabian Peninsula. In 1986-87, she was appointed Head of Research and Studies Department in the Yemeni Centre for Cultural and Archaeological Research in Aden. During that period, she launched an archaeological journal entitled "Yamanat". At the University of Aden, she was appointed Assistant Professor of history at the Faculty of Arts (1988), promoted as of Associate Professor (1993), appointed Head of the Department of History and Archaeology (1998-2002), and promoted to Full Professor (1999). Since 2002 she is an Associate Professor in History (supervising MA and PhD students) at the Sultan Qaboos University in the Sultanate of Oman.

Among other awards, she received the Aden University Golden Medal for contribution to the University development in research and academic field (10 Oct. 2010), was invited by Yarmouk University (Jordan) as a visiting professor (1995-96), and got a research scholarship for one year from the French government to work as a researcher in (IREMAM) (*Institute de Recherches et d'Études sur le Monde Arabe et Musulman*), C.N.R.S. University of AIX-Marseille-France (1997). She published more than 35 research papers in academic journals, regional and International, and gave presentations in many international conferences and symposia worldwide. She published four books in the field of history of the Arabs before Islam ("Political History of South Arabia" in 1996, "The Cultural History of Ancient Yemen" in 2003, "Sources of Oman Ancient History: An Analytical Study" in 2006, and "Omani Ancient Ports" in 2011.

***Rise and Fall of Maritime Hubs in Pre-Islamic Arabia***

The Arabian Peninsula enjoyed multiple geographical features that have had a great impact on the growth and development of its centres of civilization and maritime. Since the third millennium BC, a number of urban centres of civilizations have emerged in the Arab countries such as Mesopotamia and Magān (old name of Oman), and Dilmun (Bahrain), and the civilization of Egypt and Phoenicia and the Nabataeans, and the ancient South Arabia (Yemen) where such centres reached a high level of development and growth.

In the 1st millennium BC trade Arabs reached the top of its prosperity due to the commodity of frankincense and myrrh. The great experience of the maritime affairs gained by Arabs has opened the door in front of them to control over the vast East trade and access to resources in the East, thanks to their knowledge of the secrets of the monsoon, and thanks to the geographical and astronomical knowledge. The Arabs have reinforced their maritime with unique activities, including the shipbuilding industry

and its development. Their ships sailed the Arabian Gulf and the Indian Ocean since the dawn of history. Evidence discovered in the Arab ports clearly indicates the richness enjoyed by those ports due to its involvement in international trade. Along with trading in domestic goods, their ports received goods from the East to re-distribute and market them in regional and global markets.

Since the fourth century AD, the world began to see signs of serious conflicts took the form of a religious dimension and in essence political and economic dimension. The two empires of Persian and Byzantine entered in raging war conflict and the Arabian Peninsula was not away from that conflict. At the same time, the famous Arab trade of incense lost its importance because of the demise of paganism from the Middle East and Europe, which caused the beginning of the Arab Shipping collapse. In the sixth century AD, the Arab countries have become a prey for foreign ambitions, enabling the Ethiopians control over Yemen through a support from Byzantium. Also, Persians in return were able to control the Gulf region and Iraq, and then control Yemen after the expulsion of Ethiopians. These situations have put an end to the Arab Maritime. In contrast, (Mecca) rose as a unique controller in the Middle East. With the emergence of Islam, the Arab nation has regained its maritime glory.

