

OUTPOST KUWAIT NEWSLETTER JANUARY 2018

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Request for contributions

This newsletter will only be a success if we all send our contributions, ideas, tips, favourite recipes/restaurants, get-away ideas, thoughts, etc. to opkuwaitnewsletter@gmail.com so we can share them and make this newsletter a true source of info. We hope to receive lots of information from you so that the next newsletter will be bursting with info.

Thanks in advance,
The Outpost Kuwait Team

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Hello Everyone,

Here is our First Newsletter of the Year 2018!

Hope all of you are enjoying the nice weather in Kuwait! We are making the best use of this weather and arranging events outdoors. We are pleased with the response to the events so far and hope you continue to participate actively in the future too.

The Outpost team has had some changes. We now have two new members Kelly Dueck and Pamela Ballabh and old stalwarts Helga Quint and Olga Shamanovska. We are looking for more volunteers to join us. If you are interested, please get in touch with us!

In this edition, we have newcomer Heleen and Herman Baars sharing their story along with their first impressions of the country. As always, we have the highlights of the all previous events between end of November and present time. There is also some important information (repeated) especially for the benefit of newcomers.

The Outpost Team is always looking for new ideas and new initiatives so that we can better cater to our diverse community. Please get in touch with us as soon as possible and let's share ideas.

Hope to hear from you soon!

Sunita Wali
Focal Point



Mark your calendar

February 2018

- 9 Family visit to Yasmin Farm, Wafra
- 14 Morning Gathering for spouses with career talk by Mia v/d Heijden
- 19 Safety Workshop for Spouses

March 2018

- 5 Visit to Souq Mubarkiya followed by lunch
- 17 Family Boat Trip
- 27 Morning Gathering for spouses

April 2018

- 6 Children's event
- 11 Visit to Arab Organization Headquarters
- 24 Morning Gathering for Spouses

May 2018

- 10 Breakfast in Kuwait Tower
- 24 Family Event - Ramadhan Diwaniya

Note: dates and venues are subject to change.

Meet the Outpost Kuwait Team

Focal Point	Sunita Wali
Events Coordinators	Helga Quint & Olga Shamanovska
Meet & Greet	Kelly Dueck
Website & Social Media	Pamela Ballabh
Parents Group	Olga Shamanovska
Newsletter	??? Vacant
Career & Development	??? Vacant





Welcome to these Employees and families to Kuwait Arrival in Dec 17/Jan 18 Ahlan Wa Sahlan

Alexander Matvienko
Erwin Boering
Gregorio Gomez
Jan Tamminga
Pieter Melching
Stephen Daly

Based in information received from HR

Info from HR – REPEATED INFO

As there have been many changes to the process of tourist/visit visas, we thought it would be an idea to provide you with the most up to date information.

Visa On Arrival:

Visitors from 52 countries can obtain a Visa on Arrival in Kuwait – the visa is obtained via the dedicated immigration desk found in the Arrivals Halls. Fees are payable, a return ticket needs to be presented and the passport to meet the validity requirement. The latest information can be found: [Visa On Arrival](https://www.dgca.gov.kw/en/travellers/traveller-information/arrival-procedures/visa-services) (<https://www.dgca.gov.kw/en/travellers/traveller-information/arrival-procedures/visa-services>)

Pre-arranged visit visa:

Visitors who are unable to obtain a Visa on Arrival, need to be sponsored by an individual in Kuwait who has a Civil ID. These visits are limited to twice per calendar year.

Visitors above the age of 60:

Unfortunately, by law – anyone above the age of 60 who is unable to obtain a Visa on Arrival will not be able to be sponsored into Kuwait on a dependent visitor pass. This issue is not only faced by our expatriate staff but also our local non nationals who have been living in Kuwait for decades. Under the current legislative frame work Shell is in no position to provide this sponsorship.

The alternatives known to us:

- Hotels have a special status in Kuwait and can issue pre-arranged visit visas for bookings. There are no limitations in terms of number of visits a year.
- Certain mobility companies in Kuwait are set-up in a way that allows sponsorship of dependents above 60. Meadware House (sub provider of Metrica) is sometimes able to help against a fee. Contact details: [+965 97264958](tel:+96597264958).

For more information about visitors visas it's always best to consult with your nearest Kuwaiti embassy or consulate.

ROAD TRAFFIC ACCIDENTS IN KUWAIT – DOs & DON'Ts

MESSAGE FROM HSE

Dear Colleagues,

If you are ever involved in a car accident in Kuwait, there are important steps you must take to make sure you follow the in-country process/procedures.

We have put together the following **Dos and Don'ts** that are to assist you in the event that you have been involved in an automobile accident.

They are meant to be specific, concrete suggestions that should be kept in mind any time an accident occurs.

If you are involved in a Road Traffic Accident:

- ✗ Don't move your vehicle
- ✗ Don't panic
- ✓ Stay calm
- ✓ Immediately call the country emergency services **112**
- ✓ Stay with your vehicle at the scene until the police arrive
- ✓ Call the Duty Manager mobile **+965 6090 9968**. The Duty Manager will advise you of the correct action and arrange an Arabic speaker to join you if necessary
- ✗ Don't ask the Duty Manager to contact 112 on your behalf. You are the one in the scene and in a better position to answer any questions from the operator
- ✓ Follow the instructions from the operator, for example he/she may ask you to move your vehicle or to go to the nearest police station
- ✓ If you require medical treatment as a result of the accident, it is a legal requirement to be done at a Government Hospital. After the initial evaluation and treatment you may move to any private hospital
- ✗ It's illegal to repair your car unless you have a police report, so make sure to obtain the required report from the police station on the same day



Heleen Baars – New Arrival's Story

My name is Heleen Baars, I'm 55 and I am married to Herman, who works in Ratqa Heavy Oil in the field. We have two children, Aimee (22) and Robbin (20). As a family, we have lived outside the Netherlands for 12 years, from 1993 to 2005; in Aberdeen Scotland, Damascus Syria and Yuzhno-Sakhalinsk Russia. In 2005 Herman got a rotation job as OIM on the Molikpaq in the Arctic Sea of Okhotsk and we decided to move to Zwolle, in the eastern part of the Netherlands, where we have lived until 2017, since Herman continued his career in 2009 at NAM in Assen.

In October 2017 Herman started his job in Kuwait. 1st of December we moved into an apartment in the Al-Maha tower in Bneid Al-Gar and during the end of year festive holidays we explored the area with our daughter who came to visit us. Bneid Al-Gar is an area with a lot of clinics, hotels and apartment blocks and towers close to the commercial heart of Kuwait portraying some very impressive skyscrapers. There are two supermarkets (City Centre and Sultan Convenience Store), a good Yoga Centre (Alive Yoga), nice vegetarian restaurants (Healthy Feast and OVO) and a new restaurant Madison and Heig, where they bake a great selection of bread as well.

What we like about living in this area, is that on the one side you are close to the beautifully landscaped and evening lit Al Shaheed park (15-minute walk) and the other side – at the sea shore - the Kuwait country landmark water towers (15 minutes) and to Souk Sharq shopping centre (10 minutes by car). The City Centre is 10 minutes' walk away. We see the impressive 414 meter Al-Hamra Tower from our 15th floor living room and kitchen and the Kuwait Towers from the common swimming pool and terraces on the 23rd floor.

Before I met my husband I studied French Language and Culture at Utrecht University and when I teamed up with Herman I worked as a French teacher in Aberdeen, Damascus and lately The Netherlands.

In Sakhalin I did the Dutch PABO to be able to be a primary teacher and - together with Herman - set up the NTC (Dutch Language and Culture, e.g. Nederlandse Taal en Cultuur) Primary School stream.

Our children were 3 and 5 years old when we arrived in Sakhalin and returning to Holland after 4 years we were pleased to see that they transited well into the Dutch Schooling system again.

Together with a new Committee of 6 Dutch enthusiast expats we are preparing setting up a similar type of NTC school here in Kuwait soon. To this respect I will be visiting the Dutch overseas educational authority NOB (Nederlands Onderwijs in het Buitenland) in Voorburg shortly.

In the Netherlands I started working for 'De Wereldschool' (World school) in 2009, which is an organisation where Dutch children, who live abroad, can take school subjects with online tuition. Nowadays, already for 5 years there are also students in The Netherlands, who cannot attend a regular school because, for instance, of health problems, who are educated this way. Currently I have 80 students on roll for French.

In Kuwait, I maintain my French professional skills at the French Institute in Jabriya, where they have a Café Parlant every Tuesday Night from 6-7 PM for 5 KD (Dutch tip: coffee included) for people who like to speak French. In Holland, I work with the French Language and Culture organisations such as the Alliance française and Institut Français where students take qualified French State Exams.

In 2006 I enrolled in a History, Philosophy, Literature and Arts bachelor programme at the Dutch Open University and recently I did research on colonialism and emotions at the Expatriate Archive Centre in The Hague for my master's degree. I hope to find a subject for my thesis which is relating to the 19th century - the Netherlands & the Middle-East. If anyone has an idea, thanks for sharing this with me. Hope to see you soon at one of the Outpost gatherings!



City Skyline



Some Interesting Pictures of Kuwait from Heleen and Herman Baars

During Sandstorm



Fishing



Contrast





Brunch at Mado 29th November , 2017

We enjoyed a brunch at Mado, a turkish restaurant, during a sunny morning. The delicious spread of menemen (eggs with tomato), eggs with soujouk (sausage), various cheeses and bread was very tasty. It was fun to catch up with everyone's news and the restaurant and waiters did a good job.





Christmas Coffee Gathering, 13th December, 2017

We enjoyed Christmas coffee gathering at Archana Singh's house. Her house was beautifully decorated in Christmas style. Everyone brought a Christmas dish from their home country so we had a variety of dishes to choose from: Christmas cookies and stollen from The Netherlands, pancakes from India, mince pies from England and a savoury snack from Malaysia to name a few. We saw some newcomers as well and lots of ladies were exchanging mobile numbers. Sunita thanked Pamela Hodgson for her tremendous job of setting up Outpost Kuwait and thanked her for all her hard work. Pamela is leaving for Tunisia at the beginning of January 2018. She was very happy with the huge card she received from all the ladies present at the gathering. Karen Mcconnachie also sold her handmade Christmas trees. Thanks to Archana for being a wonderful host.



Visit to Camel Racing on January 20, 2018

There was a huge response of the community for this event: the largest turn out for any Outpost event to date. Despite the dust in the air most people who had registered for the event attended. Sunita and Helga welcomed everyone at the car park. We could watch the races in an indoor area as well as outside along the track. It was quite windy and cold outside. Some enthusiastic people even drove to the start of the race track where they could see how the camels were getting ready for the race. Cars also drove along the track to direct the electric whip on the camel. We had the opportunity to go to the field where the camels rest after the race. They all had colourful blankets on their back.

It was a nice experience and from the positive comments after the outing, most people seemed to have enjoyed this event. It was a good opportunity for everyone to mingle.







Morning Gathering with Country Chair, Walid

Outpost spouses met at Sunita's house to enjoy a cup of coffee. There were around 30 attendees. Shell Kuwait Country Chair Walid Al Nader joined the meeting to chat with the ladies. Walid listened and took a note of the issues raised.

Our hostess served some delicious North Indian snacks that were thoroughly enjoyed by everyone.





Cultural evening at the TIES center, January 27th 2018.

Shell families had the opportunity to learn about the differences between the Arab and Western worlds from Dr. Teresa Leshner's presentation at the TIES cultural center. We gained some insight into understanding Arabic hospitality and how to communicate effectively during business meetings with Arab colleagues. Hearing about non-linear thinking was very enlightening for many of us! Dr. Teresa gave us many real-life examples of the cultural peculiarities of the Arab Culture, followed by a question and answer session where we had the opportunity to ask those questions we have had since arriving in Kuwait. It was good to see many children (pre-teens/teens) interested in the topic. The evening was wrapped up with a traditional Kuwaiti dinner and more lively discussion about the new things we had learned. This was a successful event in all respects.

Note: The TIES center offers cultural and Arabic language courses for expats in Kuwait.

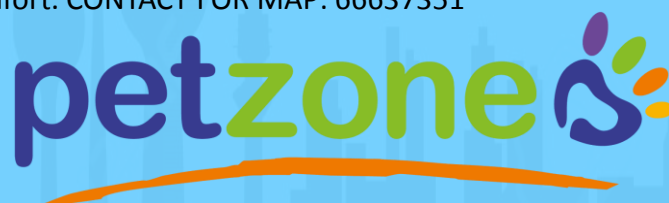




Check this out!



Better Books and Cafe is located in the heart of Salmiya, Kuwait. A used books store that offers you store credit on returned purchases and complimentary tea/coffee. Its spacious interior of endless shelves filled with books of all genres, conveniently placed chairs and plush rugs strewn over the floor tempt avid readers of all ages to browse in leisurely comfort. CONTACT FOR MAP: 66637351



Petzone has opened branches in Mahboula and Egailia. Please check their website:
<http://www.kuwait.petzone.com/find-us/>

Zumba at Zida's:



For health and wellness, check out:

<http://planeteatin.com/2017/08/25/whats-your-voice/>



Check this out!

- **Parents & Tots Group**

The group is planning to meet every few weeks from 10am to 12:30pm at varying locations.

If you are interested in joining please contact Olga Shamanovska on opkuwaitmumandtots@gmail.com

- **BLS (British Ladies Society) Walk the Talk**

There is a weekly walk on Thursdays from Starbucks at the Marina Crescent starting at 08:30 AM for now.

- **Arabic courses and regular outings:**

<http://aware.com.kw/>

<https://www.tiescenter.net/>

- **Interesting websites:**

<http://248am.com/>

<http://www.theblskuwait.com/>

<http://new.kuwaittimes.net/website/>

<https://www.e.gov.kw/sites/kgoEnglish/Pages/Homepage.aspx>

<https://www.lonelyplanet.com/kuwait>

<http://gulfnews.com/news/gulf/kuwait>

<http://aware.com.kw/>

<https://www.tiescenter.net/>

- **Pet fostering & adoption : BFG (Become a Foster Guardian) Contact Anna [\(+96560443425\)](tel:+96560443425)**

- **KareQ8 [\(+96597833237\)](tel:+96597833237)**



DID YOU KNOW?

- **Dental/Orthodontal**
orthodontist (Adnan Tower, Al Salmiya, [+9651896666](tel:+9651896666)) **recommended by Maria F**
Dr. Nael (MaxioFacial Clinic), for implants, bone grafting **recommended by Yvette**
Orthodontist Dr Reddy-Early age ortho (3 in 1) **recommended by Yvette**
- **Physiotherapy /Chiropractor recommendation**
Dr Peter : Fawzia Rehab center on Baghdad St Salmiya **recommended by Leanne**
Dr. Thomas P Chickonoski (ATP medical) **recommended by Pamela H**
- **Place to get curtains made**
Danny ([+96594972170](tel:+96594972170)/[+96522456810](tel:+96522456810)) **recommended by Lidy**
Jamal ([+96550712417](tel:+96550712417)) **recommended by Pamela H, Delyth & Lidy**
- **Library**
British Ladies Society,
Amricani Cultural Centre (small children library)
- **Used Book Store**
Yarmouk Culture Center
Better Books

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Outpost Kuwait Website	https://kuwait-city.globaloutpostservices.com/
Email Outpost Kuwait	outpostkuwait@shell.com

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