



## OUTPOST KUWAIT NEWSLETTER JUNE 2017

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### Request for contributions

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

Thanks in advance,  
the Outpost Kuwait Team

Welcome to everyone

This will be the last Outpost Kuwait Newsletter before the summer break. I want to thank everybody who has contributed to this and previous issues.

Since the last newsletter we had the following events: coffee morning at Pam's with guest speaker Country Chair Walid Al-Nader, the visit to the Grand Mosque, the International Potluck Lunch, the visit to the Friday and Iranian Market and last but not least the lunch at Babel. We hope you have enjoyed these events and that you will attend more of them after the long summer break.

If you have any suggestions for events, places to visit, things to see, anything that might be of interest to our community, please let us know by sending an email to [opkuwaitnewsletter@gmail.com](mailto:opkuwaitnewsletter@gmail.com).

Enjoy and hope to see you at one of our Outpost events!

Els Leegte, Outpost Newsletter Coordinator

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## Mark your calendar



### May

30 Taste of Ramadan (location t.b.a.)

### June

14 Coffee Morning (location t.b.a.)

**Note: dates and venues can be subject to change.**



**VISIT TO THE  
GRAND MOSQUE**





## Previous Event Report

### Outpost Coffee Morning with guest speaker Walid Al-Nader, 11<sup>th</sup> April 2017

This coffee morning, we had a special guest speaker, our Country Chair Walid Al-Nader.

A small group of ladies gathered at Pamela's house to enjoy some refreshments and snacks.

Walid answered questions openly and honestly and listened to concerns expressed by some of the ladies. The atmosphere was such that everybody felt free to express themselves and state their opinions.

Having the Country Chair at this coffee morning was a refreshing and informative break from our usual routine at such events.

Outpost Kuwait would like to thank Walid Al-Nader for taking the time and making the effort to join us on this Tuesday morning. We hope that he enjoyed it as much as we did.

If you have other questions or concerns that you can't find the answer to in our community, please feel free to contact our Country Chair directly on email

[Walid.Al-Nader@shell.com](mailto:Walid.Al-Nader@shell.com).







## Previous Event Report

### Visit to the Grand Mosque, 15<sup>th</sup> April 2017

Our tour of the Grand Mosque was well attended. Thirty-one of us braved the weather (wind and sand, not a good mix) and the road works, which seemed both endless and challenging to negotiate.

We were welcomed by staff from the mosque, who dressed our ladies in abayas and hijabs (surprisingly liberating to wear or so I thought) and then we combined forces with a group from "Aware", ably led by our guide, Iman. Iman is English but has married a Moslem man and adopted the religion of Islam. Her knowledge of both Islam and Kuwait from her unique perspective was both interesting and insightful.

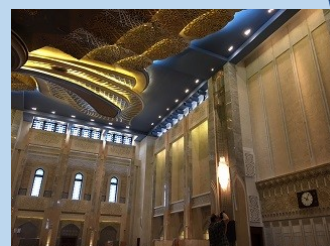
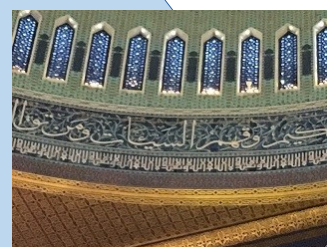
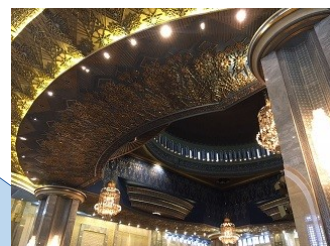


The Grand Mosque is one of the world's 10 largest mosques and the Main Hall is supported by 4 large columns and has 21 teak doors within it. The interior of the mosque is spectacular. Crystal chandeliers (weighing a ton each) hung above our heads, a plush carpet of blue and gold lay beneath our feet and the walls were beautifully designed in the finest marble. Arabic calligraphy adorned both the walls and ceiling, particularly the dome.

We also saw the Emir's room, which is off to the side, again beautifully decorated and this contains an old copy of the Koran encased in a glass cabinet.

The Grand Mosque is open to all for prayer. There is a plentiful supply of books of the Koran to read. During busy periods such as night prayers during the Holy month of Ramadan, the mosque can accommodate 50,00 people – 10,000 inside and the remainder outside in the surrounding courtyards. It is said that almost 180,000 people attended in 2008 for Ramadan evening prayers. Incredible to imagine what the outlying areas must have looked like!

We were able to take photos and I think that we all enjoyed our visit. It is possible to arrange to see the mosque on an individual basis, morning or evening: I would highly recommend it. I'm sure that any visitors you may have in the future would appreciate the tour as well.







## Previous Event Report

### International Potluck Lunch, 25<sup>th</sup> April 2017

Some 12 ladies gathered at Karen's to enjoy each other's company while munching away on some delicious dishes, most of which you will find the recipes of further on in this newsletter. They are all worth trying out.

Unfortunately not many pictures were taken of the dishes due to us all being busy tasting them. It was a wonderful early afternoon and worth repeating after the summer break. Enjoy the recipes and let us know what you think.





### Recipe for Stovies by Pamela Hodgson

This is an adaptation of my grandma's recipe the only thing that is different is it would have been cooked in beef dripping and not oil!

- 4 large onions sliced
- 6 very large potatoes peeled and cut into chunks approx. 2-3cm
- 500g of cubed lamb/beef or leftover roast lamb/beef
- Beef/lamb stock
- 2 tbsp. Oil (veg or olive) for frying the onions
- Salt and pepper

Brown the meat in a heavy based pot on the stove (if not using leftovers) then set aside, keeping the juice from the pan. Add the oil to the pot and fry the onions until soft and beginning to turn brown. Add the potatoes and cook for a couple of minutes stirring to coat with the onions and oil. Add the meat and juices and combine and season with salt and pepper. Add just enough stock to almost cover the ingredients, but not completely as this will make the Stovies too wet. Cover, reduce the heat of the stove and cook for approx. 30 minutes until the potatoes are cooked through, checking and stirring occasionally so they don't stick to the bottom of the pot.

Serve with fresh or pickled beetroot and oatcakes. (Oatcakes can be found in Sultan Centre beside the crackers/crispbreads, the best brand is Walkers).



### Recipe for Huzarensalade (Dutch potato salad, 4 persons as main dish, 12 persons for buffet) by Helga Quint

Ingredients salad:

- 3 potatoes (500 g cooked)
- 2 spring onions (only white part)
- 1 chicken fillet (90 g cooked) or any leftover meat
- 80 g pickled onions
- 100 g pickled cucumbers (gherkins)
- 1 apple
- 1 tsp of lemon juice
- Lettuce
- 1 hard boiled egg
- 1 tomato

Ingredients dressing:

- 3 dessertspoons mayonnaise
- 4 dessertspoons yoghurt
- salt, pepper, 1 tsp mustard

Peel potatoes and cut in cubes. Boil water in a pan, add a pinch of salt and add the potatoes. Bring to the boil and cook for 10 minutes. Drain in a colander and let it cool. Poach chicken fillet in another pan with boiling water, 1 bay leaf, a bit of pepper and a pinch of salt for 10 minutes. Let cool in stock for 5 minutes and then remove. Let the chicken cool and slice in cubes. Thinly and finely slice spring onions, pickled cucumber and pickled onions. Cut apple in cubes and add to a bowl together with the lemon juice, onion, pickled cucumber and pickled onions. Combine with the potatoes. In another bowl make the dressing: mix mayonnaise, yoghurt, salt, pepper and mustard. Carefully mix the dressing with the potatoes and other ingredients. Enjoy immediately or leave overnight and eat the following day (even better)! Put lettuce leaves on a plate, arrange potato salad on top. Chop hard boiled egg and sprinkle on potato salad. Decorate with sliced tomato.





### Recipe boterkoek by Renske Hoving

- 250 grams butter at room temperature
- 250 grams flour
- 250 grams sugar
- 1 egg
- 1 egg yolk for egg wash

Put the butter, flower, sugar and egg together in a bowl and mix well by hand.

Butter a brownie dish and put dough in it.

Make stripes with a fork in the dough.


Give dough a eggs wash.

Bake at 170C/350F for 30-40 min until golden brown.



### Recipe for Adjapsandali (originally is a Georgian cuisine) by Gulmira Tazhieva

Ingredients:

Aubergine   

Carrots   

Onion 1-2 pieces

Paprika 1-2

Garlic 3-6 pieces

Spices like a bit of curcuma, coriander seeds ground, salt, pepper

Better to roast aubergine separately so that it doesn't melt and add it to the stew of all the vegetables fried/sautéed.



### Recipe for Apple Crumble by Karen Beare

- 1kg Apples
- a little sugar to taste
- 1 tbsp. water or apple juice
- Cinnamon to taste ( optional)

Crumble:

- 100g plain flour
- 75g butter (I used unsalted)
- 50g rolled oats
- 100g Demerara sugar

Note: I used 1kg of apples but I doubled the crumble mix.

Method:

1. Preheat oven to 200C/400F/Gas 6.

2. Peel apples, cut into quarters, then remove cores. Slice according to preference. Put in saucepan, add a little sugar for sweetness and water/apple juice to prevent sticking to bottom of pan. Cook on medium for 5 minutes, until apples soften.

3. Transfer the apple mixture to a shallow ovenproof dish. I sprinkled a little cinnamon on top of the apples at this stage before the crumble went on. This is optional.

4. Blend flour and butter in a food processor for a few seconds until the mixture looks like breadcrumbs. Alternatively you can rub the flour and butter together with your fingertips until it looks like breadcrumbs.

5. Stir in oats and brown sugar. Sprinkle the mixture over the apples. Transfer to oven and bake for 30 minutes or until crisp and golden brown.

6. you can serve the crumble with either warm custard, cream or ice cream

**Recipe for Potato Salad and Meat Balls by Ilse Stoffels****Potato Salad:**

- 6-8 medium size potatoes
- 6 hardboiled eggs
- 1 red onion
- 2 tbsp. miracle whip
- vegetable broth
- cucumber pickles
- salt, pepper, paprika , garlic powder

Boil potatoes, let them cool, then peel and slice. Slice eggs, put in bowl together with sliced onion, miracle whip , diced pickles and seasoning. Add 2 tablespoon pickle water and 1/3 cup of vegetable broth Mix well and add the potatoes.

**Meat Balls:**

- 500g minced meat
- 1 onion
- 1 garlic clove
- 1 egg
- bread crumbs
- pepper, salt, garlic powder, paprika, onion powder

Mix minced meat with raw egg, diced onion and garlic.

Ad dry breadcrumbs and seasoning and form little meat balls, fry in a pan.

**Recipe for Chicory Salad by Els Leegte**

- 4 chicories
- 2 green apples
- dried cranberries, dried apricots
- walnuts/brazil nuts or any other nuts

**Dressing:**

- honey
- Dijon mustard
- apple cider vinegar, olive oil
- salt, pepper

**Method:**

1. peel apples and cut into little chunks, sprinkle with lemon juice
2. remove core from chicory and slice
3. add cranberries/apricots and mix all together
4. stir ingredients for dressing and add to bowl
5. add nuts just before serving





**Recipe for Meat Ball Yakhni by Sunita Wali**

Meat balls cooked in a yogurt based gravy

The dish has two parts to it. The first is the preparing of the meat balls and the second is the cooking of the dish

**Preparing the Meat Balls**

Ingredients:

Minced Meat - 500 gm  
Fennel powder - 1 T spoon ( this can be replaced with Coriander powder)  
Dry ginger powder - 1/2 T spoon  
Oil (any oil) - 2 table spoon ( if the meat is fatty, the oil can be reduced)  
Cardamom powder - a pinch  
Black pepper - 1/4 T spoon  
Cinnamon powder - 1/4 T spoon  
Salt - 1/2 T spoon  
Soya powder - 3 T spoons (optional in case of chicken mince if the consistency is too smooth, it helps to soak the moisture)

Procedure - Mix the all the ingredients with the minced meat. Make balls out of the mince and keep them aside.

**Cooking the Dish**

Ingredients:

Cloves - 4  
Cinnamon piece - 1 inch  
Asafoetida - a pinch  
Cumin seeds - 1/2 T spoon  
Cardamom - 3  
Fennel powder - 3 T spoon ( For thicker gravy more can be added)  
Ginger powder - 1 T spoon  
Small piece Fresh ginger - shredded  
Salt - about 1.5 T spoon ( or to your taste)  
Water - 2 cups  
yogurt - 5 table spoons ( whipped)  
Mint leaves - for garnish

Procedure:

Heat the oil in the sauce pan. Add the whole spices: cumin seeds, cloves, cinnamon pieces, cardamom to the oil and fry till the aroma is released. Keep the heat low so that the spices don't burn. Switch off the heat for a couple of minutes and then add 3 cups of water. Now add the fennel powder, ginger powder and salt and put the saucepan on high heat. Once the water comes to boil, add the meat balls slowly. After a few minutes of boiling, cover the sauce pan and let it simmer about 30 minutes. Keep checking in between to make sure there is enough water. Remove one meat ball and check if it is cooked. (If not, add little more water and let it simmer for some more time). Once it is cooked and the gravy is thick (if it is too watery boil for a few minutes without lid), add the yogurt to the dish while it is boiling, keep stirring continuously so that the yogurt doesn't curdle till it boils fully. Let it cook for about 5 minutes or so, add the shredded ginger. Garnish the dish with mint leaves and serve with plain boiled rice or roti (Indian bread)

To know more about Indian spices, you can visit

<http://www.indianfoodsite.com/spices.htm>

### Recipe for Parkin cake by Emma Lowe

Parkin (Traditional North of England Cake),  
Lancashire, Yorkshire

Parkin or Perkin is a gingerbread cake which originated in northern England. Parkin is traditionally eaten on Guy Fawkes night on 5th November also known as Bonfire night in the UK.

#### Recipe:

2 cups flour  
2 teaspoons baking power  
2 teaspoons ginger  
1/2 cup sugar (optional) - I didn't use sugar  
1 cup oats  
1 cup milk  
1/3 cup margarine  
1/2 cup molasses (I didn't find molasses but used treacle)  
1/2 cup honey (mixed in England this would be treacle and golden syrup)

#### Directions:

1. Mix together the flour, baking power and ginger as well as sugar if desired.
2. Soak oats in milk for 1/2 hour.
3. Melt margarine and add molasses (treacle) and honey. Combine wet ingredients and add to dry. Pour into a 9" x 11" pan.
4. Bake at 325oF (160oC) for 45 minutes or until it starts to come away from the sides of the pan.







## Previous Event Report

### Visit Friday & Iranian Market, 11<sup>th</sup> May 2017

On a very hot day a group of enthusiastic ladies met at the French Bakery at Saveco to face the heat and explore the Friday and the Iranian market. We first crossed the Friday market to the Iranian market, both in Shuwaikh. Luckily the Iranian market is covered so we could cool down a bit after the walk. We saw beautiful wooden tables in all sizes with colorful tiles from India, china from Turkey and clothes from Pakistan to name a few things. Of course we tried to bargain to get a good deal. On our way back to the Friday market we walked along the outside section of the animal market with roosters and chickens. Inside we saw rabbits and birds. Having a look around at the Friday market where all kinds of stuff is being sold, was great. You can find anything there from household items, typically Middle Eastern products and even beds. At around 10.30 am more booths were open and everyone had time to explore. Notwithstanding the name the Friday market is open every day of the week. As the heat increased we decided to return to the French Bakery for a well deserved coffee, juice and pastry. We will certainly come back but probably in a cooler time of year.





## Previous Event Report

### Lunch at Babel, 22<sup>th</sup> May 2017

Lunch at Babel is highly recommended. We have all heard this, but some of us were not sure how much of this statement was based on the venue being new, and how much was based on the quality of the food and service.

18 ladies put it to the test last Monday and it was a wonderful, tasteful, enjoyable and utterly pleasant experience.

The food was full of different flavours, the service excellent, the view stunning.

The menu consisted of cold and hot mezze, BBQ beef, kofta and chicken, fresh fruit, candied fruits and a Lebanese dessert.

Conclusion: make a booking (do this well in advance), take the menu option and enjoy.

**Address: Marina World - Salmiya - Gulf Road Street**

**Phone: +965 2208 1111**

**Email: [babel.gulfrd-kwt@alshaya.com](mailto:babel.gulfrd-kwt@alshaya.com)**

**HOURS OF OPERATION (WILL CHANGE DURING RAMADAN PERIOD)**

**12:00 pm – 05:00 pm**

**07:00 pm – 12:00 am**







## IMPRESSIONS OF BABEL RESTAURANT



Pictures by Gulmira  
and Anke

## What will we do this summer.....



### Emma Lowe and family

The kids and I will go back to our home town in Manchester and stay with my parents, the kids love to stay at their grandparents and have some quality time with them. (We are lucky they still have the room to put us up and also that they will put up with us!). My parents both turn 70 this year so we plan to rent a canal boat for a day and have a little family party.

Darren will then join us 4 weeks later and we will go to Center Parcs, Nottingham Forest for 4 days, then camping / glamping (kids will camp, parents will glamp) for two nights in Chester. Then a few days later we will fly out to Rhodes in Greece for an activity holiday for the whole family.

Darren will then fly back to Kuwait with Toby for three weeks and I will stay in the UK with my daughter

We plan to visit National Trust Parks while in the UK. I have booked a driving lesson for the kids (organised lessons for 10-17 year olds in the UK). We also have lots of other family to visit too.

Also I want to show the kids how to use public transport and be a little more independent, as this is difficult in Kuwait.

### Els & Henk Leegte

Most of the summer we will spend in Kuwait. We like to be here when all the locals are elsewhere and traffic is a lot less hassle.

We leave Kuwait for only 3 weeks. Two of those we spend hiking in Portugal. The last week we are in Holland, spending time with family and friends.

After that it's back to Kuwait where it will be very quiet in the office and on the roads. Unfortunately summer also means that most activities stop so not only traffic is down but social meetings as well.

So see you all again in August/September. Have a great summer.

### Helga Quint and family

When the temperature goes up and the school's summer holiday starts it's a good time to go back home.

For me back home is The Netherlands. I enjoy riding my bike and go on walks in the green country side. Sometimes it can be a bit cold, but you can always dress for that. We usually plan a family holiday as well. This year we will head for a special holiday to Kenya and Tanzania. I am excited because I have never been to Africa. Hopefully we can spot the big five and can meet with the local people as well.



## Thoughts on previous postings .....

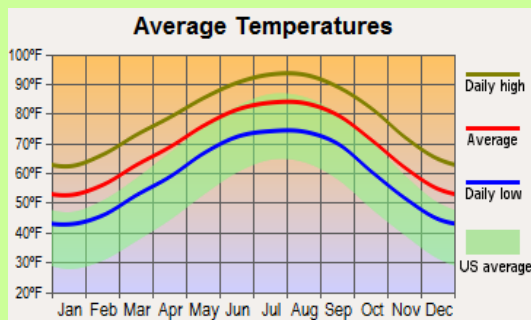
### Helga Quint

I have lived in Houston during two postings.

The first time we moved there I thought it would be an easy breeze to settle in. I would meet other people via my children and in the neighbourhood, I thought. Of course, I did but there was more of a cultural shock than I encountered in other postings.

It took me a while to get used to meeting outside someone's home and to be quickly called a friend. If a play date for one of my daughters was arranged at someone's house coffee wasn't always served, Some ladies brought their own coffee ....It was normal to go out for a meal several days of the week while we only went out for dinner once in a while.

In the end, you adapt to the cultural differences and you help newcomers getting used to them. The second time around was a lot easier because I knew what to expect.





## My name is .....

I am Dr. Rubina Rahiman, a trained Montessori teacher, home-schooling advisor, writer, Cambridge certified English language teacher and a mompreneur with a background in Medicine.

I moved to Kuwait from the Netherlands with four vivacious children and an affectionate husband five months ago!

We have been passionately globetrotting; moved from the US to Canada, and then to the land of windmills and tulips, and now to commence a new journey and adventure in Kuwait City.

As we embark on our new adventure in Kuwait after living in the Netherlands for six years, I am delighted to share my personal journey with you all.

Currently I am self-employed at Planet Eat-In working as a health and wellness coach. In the Netherlands, I was teaching English as Second Language, volunteered as a guest lecturer (<https://volunteerthehague.nl/news/the-world-in-your-classroom>), followed my passion in health and wellness by launching my lifestyle blog, (<http://planetateatin.com>), constantly upgrading my skills through MOOC and several online courses enjoying the luxury of learning from home including my Masters degree in Health and Wellness by American College of Education. I also encouraged women finding their voices as trailing expat spouses by running my Lean In circle impACT (<http://leanincircles.org/circle/impact#memberlist>).

I have linked the Lean In circle on my blog page, [planetateatin.com](http://planetateatin.com). Interestingly enough, I am also active in Lean In Kuwait circle: <https://leanincircles.org/chapter/lean-in-kuwait/activity>.

My plans in Kuwait are to promote awareness on the topics related to Health and Wellness with my research topics such as social media addiction, obesity, and healthy lifestyle habits paving a path to make a difference in Kuwait city! I will be collaborating with prominent youth organizations in promoting awareness on health and wellness targeting youth at the International schools as well as health clubs in Kuwait City.

I am sharing with you all my recent blogpost:

<http://planetateatin.com/2017/04/20/pursuit-of-happiness-through-connections-and-tribes/>

Happy reading!!  
Rubina Rahiman





### **Parents and Tots group by Olga Shamanovska**

In February 2017 with the support of Outpost Kuwait the Parents and Tots Group was started by one of the Shell spouses Olga Shamanovska.

The goal of the group is to bring together moms and dads to share their experiences in raising children here in Kuwait as well as just meeting each other for a chat and a coffee while the children are at school.

The group is meant to be a source of useful information for and from other parents and a welcoming community where you can share your stories and parenting ideas.

If you are interested in joining please contact Olga Shamanovska on [opkuwaitmumandtots@gmail.com](mailto:opkuwaitmumandtots@gmail.com)

### **Career and Development by Sunita Wali**

Sunita Wali has joined the Outpost Kuwait team and will be sharing her thoughts on and experiences with Career and Development

We plan to have a Career and Development section in the newsletter starting from the next issue. This section will have a series of articles.

The first article is on "Volunteering" which will explore the volunteering opportunities available in Kuwait. Some of you may have already got some experience in this area or you may have got to know from some friend. We would like to know about it.

We request you to please share the information with us.

Please drop us an email on [opkuwaitnewsletter@gmail.com](mailto:opkuwaitnewsletter@gmail.com) by 15<sup>th</sup> June, 2017.



## CHECK THIS OUT!

### Partner development programme (PDP)

- Overview
- Eligibility
- Reimbursement levels during the assignment
- PDP provision after the first four years on assignment
- Reimbursement levels on repatriation
- Professional skills and qualifications
- Tertiary/higher education
- Professional membership fees
- Language training
- Job search
- Cultural training
- Non-allowable costs

#### Overview

PDP (formerly known as Spouse Vocation Assistance) is a provision which offers financial assistance to help your [Recognised Partner](#) find a job, start a new career or maintain and transfer employment-related skills from one country to another, (whether moving to the Host Country or repatriating).

#### Eligibility

If you have selected the Accompanied basis, your [Recognised Partner](#) is eligible to claim PDP for allowable costs incurred (see below) whether or not your partner was working prior to expatriation and whether or not your partner actually joins you in the Host Country. Your partner must not be in full time employment in the Host Country to be eligible for PDP. If you choose the [Unaccompanied basis](#) your partner is not eligible as it is assumed your partner remains in the Base Country. Should you change the assignment basis during the assignment, please visit the [Change of Assignment Basis](#) section of the IM website for details of the impact on PDP.

#### Reimbursement levels during the assignment

80% of eligible and receipted costs will be reimbursed, up to a maximum reimbursement of Euro 6,500 per expatriate assignment for the first four years of the assignment. Payment will be made to you on behalf of your partner for contractual and/or fiscal reasons.

#### PDP provision after the first four years on assignment

For each Service Year in the Host Country after the initial four-year period - and while remaining on expatriate terms, even though it may be a new assignment – your partner will be eligible for an additional PDP budget of Euro 1,625 per year even if the last year on assignment is a partial Service Year. If your partner has not used all of the Euro 6,500 during the first four years it will be carried forward to subsequent years and the additional annual amount of Euro 1,625 added to it as set out above.





## CHECK THIS OUT!

### Reimbursement levels on repatriation

If your partner incurs a cost after you have repatriated, (whether or not s/he made a PDP reimbursement claim during the international assignment) that cost can still be reimbursed. The maximum reimbursement will be Euro 6,500 also on the basis of 80% of eligible and receipted costs (to be claimed within the first two years following the repatriation). The Employing Company will pay any tax due on the reimbursement. Unused PDP budget during the expatriate assignment will not be carried over in this case.

**Please Note:** If [termination of employment](#) occurs at the time of or after repatriation, and your partner is eligible for PDP repatriation assistance, you will only be able to claim reimbursement of PDP costs within the first three months following the termination date.

### Professional skills and qualifications

Study for professional level qualifications is eligible, including short professional courses (e.g. existing qualified accountant taking extra taxation qualification) and professional conferences.

#### **Allowable**

Professional refresher courses aimed at those re-entering a profession (e.g. returning teachers' programmes); may also include courses specifically related to change of career, e.g. Teaching of English as a Foreign Language (TEFL).

Computer/website/internet skills, software or word-processor training courses.

Required books, CDs and/or software uniquely related to covered courses (e.g., Windows XP for a home PC would not be unique to a specific course and, therefore, would not be covered).

Courses that lead specifically to eligibility to operate a commercial enterprise.

Leisure and hobby courses for professional or personal development.

#### **Non-allowable**

Membership of recreational bodies, sports federations, wildlife organisations.

### Tertiary/higher education

Tertiary or other higher education costs are allowable. Courses and resulting qualifications must involve significant study and assessment, and not be obtainable on the basis of previous qualifications, experience or payment of a fee.

#### **Allowable**

Degree or MBA courses, Open University-type courses giving credits towards tertiary qualifications.

Professional refresher courses aimed at those re-entering a profession (e.g. returning teachers' programmes); may also include courses specifically related to change of career, e.g. Teaching of English as a Foreign Language (TEFL).



## CHECK THIS OUT!

In all cases, the educational establishments and the qualifications obtained should be nationally recognised e.g. by government regulatory bodies such as Ministries of Education, Industry etc.. or by national professional institutions.

### Professional membership fees

If your partner was practicing in a profession that required fees to be paid to a Base Country organisation before the assignment, and it is necessary to continue paying these fees so s/he can continue practicing in that profession upon repatriation, these will qualify for reimbursement. If your partner is practicing in the same profession in the Host Country it is assumed that any fees required in the Host Country will be paid by the employer and will not be reimbursed under PDP.

### Allowable

Registration with a general medical council for a doctor that is required in order to practice, for example, the General Medical Council in the UK.

### Non-allowable

Membership of an association where membership is not mandatory to practice, for example, for medical practitioners the British Medical Association.

### Language training

If your partner wants to take advanced language lessons (or any language training that is not covered by the [language training policy](#)), the PDP may be used for this purpose.

### Job search

Costs associated with searching for a job in the Host or Base Country will be reimbursed, the latter within a period of six months prior to repatriation so that your partner can begin the re-integration process prior to leaving the Host Country or within two years after repatriation.

### Allowable

CV preparation, translation, evaluation and legalisation of certificates.  
Job market 're-entry' programmes, career re-orientation programmes.

### Cultural training

Unless provided directly by the Host Company, cultural training for your Recognised Partner will be covered under PDP.

Global Expatriate Policy team has the ultimate decision whether an expense is an allowable cost.

### Non-allowable costs

Costs that are considered as non-reimbursable under the PDP provision include costs of computer hardware, communication links, books and software unless they are required for a course. The costs of obtaining a work permit are also non-allowable under PDP.





## INFO SHARED ON OUR WHATSAPP GROUP!

- **Al Shaheed Park phase two now open**  
<https://248am.com/mark/information/al-Shaheed-park-phase-2-now-open>
- **How to renew your driving license in Kuwait**  
<https://248am.com/mark/information/how-to-renew-your-driving-license/>
- **Ophthalmologist (recommended by Lidy de Loe)**  
Dr Hoda Alaa Amin – International Clinic
- **Ophthalmologist (recommended by Evgenia)**  
Dr Ghassan Zein – Beverly Hills Clinic  
<http://www.beverlyhillskuwait.com/dr-ghassan-zein/>
- **Art shops**  
Jarir Bookstore (various branches)  
Barakat Trading Company (Salmiya)  
Mogahwi Stationery & Office Equipment (Salmiya)
- **Gynaecologist (recommended by Rachel Clark)**  
Dr Alia – Al Seef Hospital



## Check this out!

### Parents & Tots Group

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

If you are interested in joining please contact Olga Shamanovska on [opkuwaitmumandtots@gmail.com](mailto:opkuwaitmumandtots@gmail.com)

### BLS (British Ladies Society) Walk the Talk

There is a weekly Thursday walk from Starbucks at the Marina Crescent starting at 08:30am.

The walks will resume as soon as the weather cools down. Please contact Joy on WhatsApp for up-to-date information: +44 7484 253884

### 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/kgEnglish/Pages/Homepage.aspx>

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

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

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

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

### Ramadan Hours TIES May 28 – June 25

**TIES Center RAMADAN HOURS**  
2017 - 1438 H

	<b>Mornings:</b> 10am - 2pm
	<b>Evenings:</b> 9pm - 11pm
	<b>Wednesday iftars:</b> 6:30pm

TIES Center @TIEScenterQ8 [www.tiescenter.net](http://www.tiescenter.net)



### School calendar for some international schools in Kuwait

	Spring Break	Last Day of School	First Day of School
<b>AUS</b>	April 9-16	June 1 (Pre-K & KG) June 7 (Gr. 1-10)	Sep 11 (Gr. 6-11) Sep 12 (Gr. 1-5) Sep 13 (Pre-K & KG)
<b>BSK</b>	April 20-30	June 11 (LP, JP & MD) June 15 (Yr. 9-10)	Sep10
<b>KES</b>	April 6-16	June 15	Sep 10
<b>TES</b>	April 13-24	June 15	Sep 10
<b>AIS</b>	April 7-16	June 8	August 20

### Outpost Kuwait Info

Focal Point	Pamela Hodgson
Events Coordinators	Karen Beare & Helga Quint
Meet & Greet	Emma Lowe
Newsletter & Website	Els Leegte
Outpost Kuwait Website	<a href="https://kuwait-city.globaloutpostservices.com/">https://kuwait-city.globaloutpostservices.com/</a>
Email Outpost Kuwait	outpostkuwait@shell.com

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