



OUTPOST KUWAIT NEWSLETTER SEPTEMBER 2017

Index:

- .Welcome
- .Mark your calendar
- .Meet the Outpost Kuwait Team
- .Previous event reports
- .Volunteering in Kuwait
- .Info from HR on visa
- .DOs and DON'Ts traffic accident
- .Some origins
- .Holiday memories
- .School Calendars
- .Check this out
- .Did you know?
- .General Info

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 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 back everyone,

Here it is, Outpost Kuwait Newsletter number 4, the first of the season 2017/2018.

After a long summer break we hope you have all come back full of energy, new ideas and initiatives and are ready to make your stay in Kuwait a time to remember.

During the summer we've had no planned events due to the fact that there were so few of you to do events for.

This month we've had our wonderful start of the season Welcome Coffee Morning at the Mövenpick Hotel and at Paul's. More on those later in this issue.

The Outpost Team is looking for new ideas, new initiatives so we can better cater to our diverse community. Please get in touch with us as soon as possible on email opkuwaitnewsletter@gmail.com and let's share ideas.

Hope to hear from you soon so we can start planning!

Els Leegte, Outpost Newsletter Coordinator

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+965 22438660
outpostkuwait@shell.com



Mark your calendar



October

- 3 Orogold demonstration – venue tba
- 11 Coffee Morning – venue tba
- 20 or 21 Family Event – venue tba
- 30 Brunch – Restaurant Assaha

November

- 11 Family Event – Beit Al Arab at 10:30 AM
- 15 Coffee Morning & jewellery - venue tba
- 20 Event – House of Mirrors
- 30 Brunch – Restaurant Mado

December

- 13 X-mas lunch – Hotel Radisson Blu (Al Bustan Terrace)



Note: dates and venues can be subject to change.

Meet the Outpost Kuwait Team

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

**Welcome Coffee Morning, 14th September 2017
at Mövenpick Hotel**

How lovely to see everybody again and meet all the new arrivals.

We all had a great morning spending time catching up, sharing information and enjoying each other's company.

A perfect start of another year in Kuwait.





Coffee Morning, 26th September 2017 at Paul's Marina Mall

What a treat to spend the morning at Paul's in the company of so many new faces. Thank you all for coming. And thank you Helga for organising.





Volunteering in Kuwait (article by Sunita Wali)

Volunteering is an avenue to explore to keep one gainfully occupied. Many partners choose to volunteer instead of seeking/taking employment (although volunteering can sometimes lead to paid employment). There are many benefits to doing voluntary work: it provides opportunities to maintain and upgrade skills thereby helping improve your resume; to develop a local social network; to meet like-minded people; and to improve language skills.

When you are considering a volunteering opportunity, it might be useful to consider the following:

What skills or experience can you offer?

How much time can you give?

At what time of day?

What do you want to get from volunteering?

For instance, do you want to meet new people or gain new skills?

Before contacting an organisation, think about what you want to know about them, and what they are likely to ask you.

As well as voluntary sector, you will also hear the terms not-for-profit sector, voluntary and community sector, third sector and charity sector. The broadest definition of this sector includes not only charities but also small voluntary groups, housing associations, universities and colleges, schools and places of worship, trade unions and trade associations, sport and recreation clubs and trust organisations.

How to find an opportunity

In most countries there are volunteering opportunities, from helping local people to teaching someone to read. Unless you already know what you want to do, it is worth finding out what kind of volunteering opportunities are available near where you live.

In Kuwait there are some such organisations available, a few which I have been able to find are mentioned below

<http://krccs.org.kw/>

Kuwait Red Crescent Society is a voluntary humanitarian society that provides assistance to the most vulnerable people affected by social conflicts, wars or natural disasters without discrimination against any human being regardless of nationality, gender, colour, race, religions or political and intellectual beliefs.



<https://www.loyac.org/PartnersSponsors.aspx>

LOYAC is a nonprofit organisation working towards the overall development of the youth. They design and develop many programs to facilitate the professional development and personal growth of the youth, ages 6 to 30.

LOYAC was founded by a group of committed women in Kuwait as a proactive response to the violence that shook the world in September 11, 2001. The founding members of LOYAC recognised that youth can be led towards peace by providing them with opportunities for personal growth, experiencing the joy of service and developing their professional skills through on job training internships that builds self-confidence. Embracing peace as its prime awareness message, the group set about formulating programs and activities that will help them achieve their stated objectives.

<http://www.kharafi-akc.org.kw/en/>

Al-Kharafi Activity Kids Center is the first center of its kind in the Gulf region and the Middle East. It gives disabled children the opportunity to learn through play and fun within a safe and enjoyable environment. Playing is vital for a child's development and well-being. It is one of the natural rights of disabled children and special needs. The center was developed to help children play with their peers whilst developing their physical, emotional, social, and verbal abilities. They concentrate on training the children to deal with each other and communicate in a nurturing non-discriminatory environment.

<https://darmuseum.org.kw/>

The Dar al-Athar al-Islamiyyah's Children Library is looking for Volunteers during summer and later too. If you love to be with children and books, then this should be interesting for you.

Value of Volunteering.

Volunteering can be a way to explore career and personal interests as well as earn great recommendations for future employment or college applications. Partners may use volunteering to develop their marketable job skills, build CVs and enrich their education to a certain extent. It is also a way of maintaining existing job skills and/or developing new ones and providing evidence of your transferable skills in your formal work experience in your CV.

Volunteering can also be an incredibly rewarding experience and a way of integrating more quickly into the local community, as well as giving something back to your host country. Unlike paid employment, volunteering provides a more flexible schedule and varying time commitments. However, volunteering work can also be demanding; many organisations maintain a high professional standard.

Before signing off I must mention another valuable option for voluntary work – OUTPOST.

We support the Shell expat community in Kuwait and periodically require new people to help out with the team work. You can also support Outpost by sharing your experiences in and around Kuwait. We will happily publish it in the newsletter.

If you are interested in joining our team please send your email to outpostkuwait@shell.com or approach one of the Outpost Kuwait Team members.



Info from HR

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.

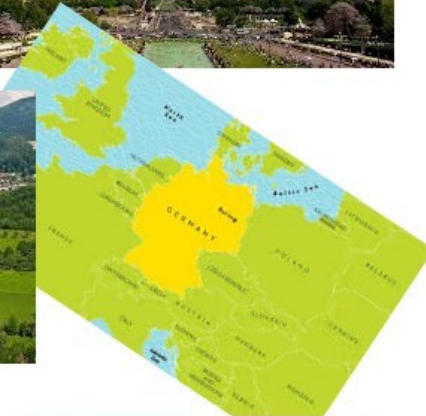
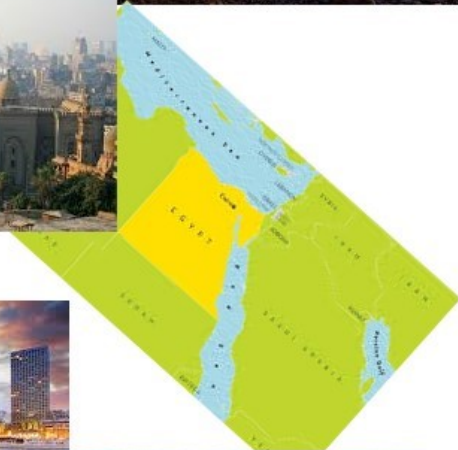
We have put together the following **Dos and Don'ts** that are to assist you in the event that you have been involved in an automobile accident.

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

Where do some of us come from?





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Grossglockner Hochalpenstrasse

Ngorongoro Crater



Elbsandstein Mountain



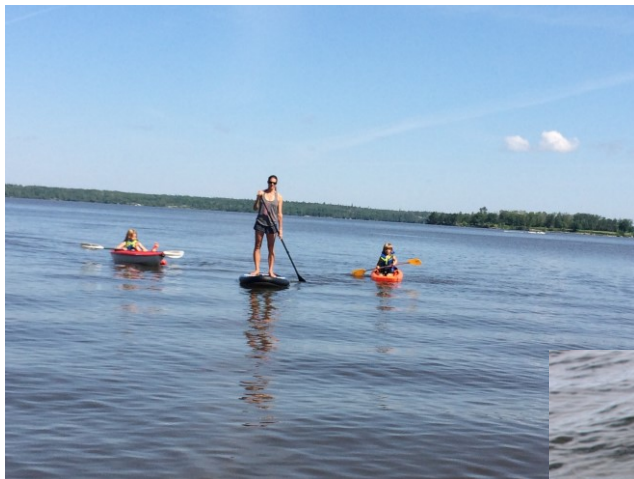
Bruges





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Bracciano, Italy



The Hague, Holland



Danube, Germany



TES SCHOOL CALENDAR 2017-2018



Term Dates

[Print Term Dates](#)

2017 - 2018

Term 1

Term Starts	10th September 2017
Islamic New Year*	21st September 2017
Half Term	27th October - 4th November 2017 (inclusive)
Prophet's Birth (PBUH)*	3rd December 2017
Term Ends	19th December 2017 at noon
Winter Break	20th December 2017 - 2nd January 2018 (inclusive)

Term 2

Term Starts	3rd January 2018
Half Term (incl. National & Liberation Days)	23rd February - 3rd March 2018 (Inclusive)
Easter Holiday	1st April 2018
Term Ends	12th April 2018 at noon
Spring Break	13th - 21st April 2018 (inclusive)

Term 3

Term Starts	22nd April 2018
Term Ends	12th June 2018 at noon

*All religious holidays noted above are for information purposes only and are subject to change at short notice by the Ministry. TES cannot be held responsible for any last minute changes/cancellations.

AUS SCHOOL CALENDAR 2017-2018

Jan 2017



American United School of Kuwait Academic Calendar 2017 - 2018

2017

July						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30	31					

August						
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September						
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- 13 Administrators return to work
- 16 Mentors return to work
- 17 New Educators Arrive
- 20-24 New Educators Orientation
- 20-22 Non Teaching Staff return to work
- 27 Returning Educators report to work
- 28-29 Teachers Professional Learning
- 30-31 Teachers work days

- 3-7 *Arafat day & Adha Holiday/
School Closed
- 10 Student Orientation Day (11:00-13:00)
- 11 First day of School (Grades 6-11)
- 12 First day of School (Grades 1-5)
- 13 First day of School (Pre-K and KG)
- 19 Open House (Elementary School)
- 20 Open House (Middle & High School)

October						
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November						
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December						
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24	25	26	27	28	29	30
31						

- 19 Teachers In-Service Day/ No Classes

- 9 End of First Quarter (43 days)
- 12 Beginning of Second Quarter
- 14 Early dismissal at 11:00/Teacher Work Day
- 15-16 Parent Conferences / No Classes
- 23-30 CIS / MSA Accreditation Visit

- 21 Early dismissal 11:00
- 24-31 Winter Break - School Closed

2018

January						
Su	Mo	Tu	We	Th	Fr	Sa
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February						
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- 1-4 Winter Break -School Closed
- 7 Instruction resumes
- Teachers In-Service Day / No Classes
- 25 End of Second Quarter(44 Days)
- 28 Beginning of Third Quarter

- 22 National and Liberation Day Celebrations
- 25-26 National and Liberation Day Holidays

- 8 Field Day Activities - ES
- 11 Teachers In-Service Day/No Classes
- 15 Field Day Activities - MS & HS
- Early dismissal at 11:00/
- 27 Teacher Work Day
- Parent Conferences / No Classes
- 28-29 End of Third Quarter (43 Days)

April						
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June						
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- 1-5 Spring Break - School Closed
- 8 Beginning of Fourth Quarter

- 10 Teachers In-Service Day/No Classes
- 16 * Ramadan Schedule starts

- 4 Last Day of School (Pre-K and KG)
- Last Day of School (Grades 1 - 11)/
- 7 Early dismissal at 11:00 -
- End of Fourth Quarter (44 Days)
- 10 Last Day for Teachers
- 14 Last Day for Administrators
- 17-21 *Eid Al-Fitr Holidays

- Instructional Days - 178
- New Teacher Work Days - 189
- Returning Teacher Work Days - 184
- *Islamic Holidays will be determined by the Ministry of Education.
- *Shortened school days during Ramadan - Schedule to be determined



BSK SCHOOL CALENDAR 2017-2018

The British School of Kuwait (/)

The British School of Kuwait

Kuwait's Premier School

Home (/Default) Information (/information) Dates and Times (/datesandtimes) Term
Dates 2017-18

Term Dates 2017-18

TERM 1	
First day of term	Sunday 10 September 2017
Holiday: Islamic New Year	Thursday 21 September 2017 or Sunday 24 September 2017 (tbc)
Last day of term	Thursday 26 October 2017

TERM 2	
First day of term	Sunday 05 November 2017
Holiday: Prophet's birthday (PBUH)	Sunday 03 December 2017 (tbc)
Last day of term	Thursday 14 December 2017

TERM 3	
First day of term	Wednesday 03 January 2018
Last day of term	Wednesday 21 February 2018

TERM 4	
First day of term	Sunday 04 March 2018
Student holiday (staff training)	Tuesday 10 April 2018
Last day of term	Wednesday 11 April 2018

TERM 5	
First day of term	Monday 16 April 2018
Last day of term (Rec - Year 8)	Tuesday 05 June 2018
Last day of term (Years 9-10)	Saturday 09 June 2018
Release of final reports (Rec - Year 8)	Sunday 10 June 2018
Release of final reports (Years 9-10)	Monday 11 June 2018
Parent consultation day (Rec - Year 8)	Monday 11 June 2018
Parent consultation day (Years 9-10)	Tuesday 12 June 2018

Note: All official holidays are subject to change at short notice by the relevant government authority. The British School of Kuwait cannot be held responsible for any required changes to official or school holidays.

NES SCHOOL CALENDAR 2017-2018

**2017-2018
CALENDAR**

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SEP 2017

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OCT 2017

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JAN 2018

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MAR 2018

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APR 2018

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JUN 2018

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JUL 2018

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AUG 2018

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British School Overseas
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Email: admin@neskt.org

www.neskt.com



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/>



Note: for tickets, please call 5063 8435

Zumba at Zida's:



For health and wellness, check out:

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



Check this out!

flyhighkuwait
Jumeirah Messilah Beach Hotel & Spa

**SUP YOGA
TEACHER TRAINING**

OCTOBER 31ST - NOVEMBER 2ND

At the Jumeirah Messilah
Beach Hotel & Spa, Kuwait

SIGN UP NOW ON
FLYHIGHKUWAIT.COM

**KD 360
20 HOURS**

flyhighkuwait 20hr SUP Yoga teacher training. Few spots remaining. Please sign up on our website. #funthingsdohappeninkuwait #flyhighkuwait #supatjumeirah...

flyhighkuwait
Jumeirah Messilah Beach Hotel & Spa

**AERIAL YOGA
TEACHER TRAINING**

NOVEMBER 5TH - 9TH

At the Jumeirah Messilah
Beach Hotel & Spa, Kuwait

Learn to fly with Fly High Kuwait

SIGN UP NOW ON
FLYHIGHKUWAIT.COM

**KD 480
40 HOURS**

flyhighkuwait 40 hr Aerial Yoga teacher training back in Kuwait for the fourth time. Sign up now on our website. #funthingsdohappeninkuwait #flyhighkuwait ...

WWW.FLYHIGHKUWAIT.COM



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

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

There is a weekly Thursday walk from Starbucks at the Marina Crescent starting at 06:45am for now. Time will change after weather cools down.

- **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/>

- **Vigonovo has closed but will soon be available via Carriage; for catering call 55520134; follow on Instagram [vigonovo_kw](#)**

- **K's Path Animal Shelter is closing; check their website for free adoption of dogs and cats: <http://kspath.org/en/>**



REPEAT - 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.



REPEAT - 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).



REPEAT - 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.



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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

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