



## OUTPOST KUWAIT NEWSLETTER

### January 2020

#### Index:

- .Welcome
- .Mark your calendar
- .New Arrivals
- .Meet Outpost Kuwait Team
- .Shell Corporate Events
- .Welfare Committee Events
- .Mommy I'm Bored
- .Previous events reports
- .Curriculum Vitae (CV) Workshop
- .Recipe –Blueberry Muffins
- .Kuwait Winter Guide
- .Recommendations



#### Request for contributions

The success of this newsletter relies upon the contributions made by you – The Outpost Community. Your ideas, tips, favourite recipes/restaurants, get away suggestions etc., are all valuable sources of true info for our newsletter and we welcome them.

Please send your contributions to: [outpostkuwait@shell.com](mailto:outpostkuwait@shell.com) so that our next newsletter can be even better!

Thanks in advance,  
The Outpost Kuwait Team

Outpost Kuwait  
P.O. Box 28487  
Safat 13145  
Kuwait  
Tel. +965 98765985  
FAX +965 22438660  
Email [outpostkuwait@shell.com](mailto:outpostkuwait@shell.com)  
URL <https://kuwait-city.globaloutpostservices.com/>

Hello,

This is undoubtedly the best time of the year in Kuwait and an amazing time to explore the outdoors! Many of us recently enjoyed an interesting and educative tour to Jal al Zor (the sandstone and limestone escarpments within the Sabah Al-Ahmad Natural Reserve). Another tour for families is planned for the 1st February at Yasmin Farm, for which we have received an overwhelming response. We are all looking forward to an enjoyable time together.

We will try to organise a few more outdoor events in the next couple of months while the weather is pleasant. As always, we are hoping that you will participate with your usual enthusiasm. Let us all have fun and enjoy the outdoors while the weather is on our side!

I am very pleased to announce that Lamia Al Shinnawi, who recently arrived from Oman, has joined the Outpost Team as our new Meet & Greet Coordinator.

Hope you enjoy reading this edition!

Sunita Wali  
Focal Point



## Mark your calendar

### February

- 12 Coffee Morning (Partners)
- 17 CV Making Workshop (Partners)
- 18 Bowling at 360 Mall (Welfare Activity)

### March

- 8 Salsa Class followed by breakfast (Partners)
- 14 Visit to Bait al Arab

### April

- 4 Visit to the Scientific Center
- 6 Visit to the Oil & Gas Museum (Partners)

**Note: dates and venues are subject to change.**

**Feb 25th National Day/26th Liberation Day**

**KOC Carnival 13 – 15 Feb**



**Welcome to Kuwait the following Employees and their families  
Arrival in December 2019/January 2020**

- ❖ Imran Abdul Majid
- ❖ Dennis Khlebnikov
- ❖ Robert Adamski
- ❖ Severino Simeone
- ❖ Geetika Mahajan
- ❖ Umut Karamahmut



## Meet the Outpost Kuwait Team



Sunita Wali

Focal Point



Olga Shamanovska

Events Coordinator



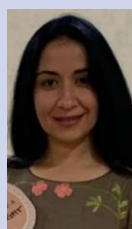
Pamela Ballabh

Events Coordinator



Gaby Landino

Website and Newsletter  
Coordinator



Lamia Al Shinnawi

Backup & Support  
Meet & Greet Coordinator



Yvette Warrlich

Career & Development  
Coordinator

Lindsay Mowad  
Karen Mcconnachie

Volunteers  
(Newsletter Reviews)





## Shell Christmas Party

*Pictures by Karen Mcconnachie  
& Mehran Moini.*







## Welfare Committee

### Jal Az Zor Tour and Picnic

A truly wonderful tour arranged by Philip Benham, Georg Warrlich and Mike Cheers.  
Very Educative and Enjoyable.



Fossilized Tree Roots



Kids rolling on the sand



Climbing to the Ridge top



Flora & Fauna



If you are interested in Geology and History of the area,  
there is a very detailed document by Philip, Georg and  
Mike, available on Outpost Website.

<https://kuwaitcity.globaloutpostservices.com/wp-content/uploads/sites/24/2020/01/Shell-Field-Day-Jan-2020-b.pdf>





## Mummy “I’m bored”

By Lamia Al Shinnawi

What does your heart do when you hear the two words every parent dreads...? “I’m Bored.”

I believe that there is a place in the parent’s brain that is labelled the “I’m bored response.” This then provides you with a list of options and ideas before the whining, sibling fights and open-the-fridge-door-and-stare technique begins. Sometimes, if our brain fails to provide the “Things to Do List”, it often results in screen time as a fallback option.

A lot of us are carrying round a sense of guilt because busy lifestyles often mean that we feel obliged to keep our children busy. We may find ourselves planning ahead for time off school or free time with a full schedule of activities and then worry about the remaining days that are free!!

Being a mother of two, I realised that my children are continuously “on the go” just like myself. I have read a few articles written by Child Psychologists and that is what I wanted to share with you. They suggest that you put on a huge, knowing smile and simply say: “I love being bored,” “being bored makes your brain grow bigger” and then DO NOTHING! Expect some pushing back, but when their brain finally settles, it will start working to fill this space. This boredom creates THEIR own space, their own world, their sense of self and being that we are not allowing to awaken. You will be surprised when they dig deep and come up with some new games or ideas.

If we spend our time filling up their time, they will never learn to do it for themselves. If you feel they are struggling at first, sit with them and write down a list of everything they might enjoy doing and when they say that word anytime, ask them to go and look at their list. I have found that sometimes it works and sometimes it doesn’t. Raising children is never straightforward but these techniques are definitely worth a try. I hope we can all raise confident, capable and contented young people.







## Previous Events Report

### Souq Mubarakia Tour

*By Iman Martin*

A walking tour of Souq Mubarakia; the traditional trading centre in Kuwait; was well attended on Monday, 2nd December. Many of the streets still bear names of the old markets even though their relevance may be long gone, for example, Souq Al-Jatt (the Clover Market). The ladies walked through many of the old markets including Souq Al-Gharabally and Souq Hareem (the Women's Market). They also visited Mubarakia School Museum and Sheikh Mubarak's Khoosh (now also a museum), where Sheikh Mubarak the Great used to hold his daily diwaniya. They were later welcomed with a cup of Arabic tea at the Abu Nashy Diwan and learnt all about the Bisht; the traditional men's cloak worn over the dishasha; from a helpful shop owner in Souq Al-Bshoot. The morning was rounded off with a delicious lunch at Freej Swaeleh, a traditional Kuwaiti restaurant.

Iman Martin from the Aware Center was the Guide. She knew the Souq area extremely well and answered all questions raised by the ladies.







## Previous Events Report

### Welcome Morning Gathering

*By Olga Shamanovska*

Sunita Wali very kindly hosted the annual welcome coffee morning on January 21st. We all enjoyed the delicious Indian food and snacks as well as Sunita's special Kashmiri tea. It was a clear, sunny day and the view of the Arabian Gulf from her apartment was just stunning!

Walid Al-Nader, Kuwait Country Chair and Olaf Maree, the HR Manager joined the gathering, answered questions and talked with the ladies about the highlights and difficulties of life in Kuwait. Walid encouraged ladies to volunteer for various Shell sponsored activities for supporting/educating local community.

As always it was a great gathering with a warm and welcoming atmosphere. Thank you Sunita for your hospitality!







## Career Development Workshop



If you plan to return to the workforce in the near future, now is a good time to update your CV.

## Outpost Curriculum Vitae Workshop

This workshop covers;

- Elements of a CV
- How to make your CV stand out
- Career Gaps
- Choosing the right format
- Reviewing your CV
- Cover Letter
- Following up

**When:** Monday 17<sup>th</sup> February, 9am – 12:00pm

**Where:** Shell Office, Kuwait city

**Cost:** courtesy of Outpost

**Presented by** Yvette Warrlich, Outpost Career & Development Coordinator

Reserve your seat before 7<sup>th</sup> February by emailing [Outpostkuwait@shell.com](mailto:Outpostkuwait@shell.com)  
Further details will be emailed post registration.



## Blueberry Muffins

By Gabriel Gonzalez

### Ingredients (for the chicken):

- 1 ½ cups all purpose flour
- ¾ cup granulated sugar
- ½ teaspoons salt
- 2 teaspoons baking powder
- ½ cup of milk
- 1/3 cup of oil
- 1 large egg
- 1 ½ teaspoon vanilla extract
- 1 cup of blueberries



### Preparation:

- Preheat the oven to 210°C
- In a large bowl, whisk flour, sugar, baking powder, and salt
- In another bowl, whisk the oil, egg, vanilla, and milk until combined
- Add mixture to the dry ingredients and combine. Do not overmix, the batter will be pretty thick
- Add the blueberries
- Fill the muffin cups (about ½ full)
- Sprinkle a little sugar on top of each muffin
- Bake for 15-20 minutes





As winter is finally here and most of you are back from the Holidays I thought I'd help you guys out with a small winter guide. Kuwait can be very pleasant for eating out and a bunch of various outdoor activities. Here is my personal list of how to make best of the time here.

## Eating Out

### Breakfast/brunch:

- Madison & Haig  
([https://instagram.com/madisonandheig?utm\\_source=ig\\_profile\\_share&igshid=1xytn5165d6nb](https://instagram.com/madisonandheig?utm_source=ig_profile_share&igshid=1xytn5165d6nb))
- Cocoa Room  
([https://instagram.com/cocoaroom?utm\\_source=ig\\_profile\\_share&igshid=202onao6nye0](https://instagram.com/cocoaroom?utm_source=ig_profile_share&igshid=202onao6nye0))
- Table Otto  
([https://instagram.com/table.otto?utm\\_source=ig\\_profile\\_share&igshid=8vanlxih1g4a](https://instagram.com/table.otto?utm_source=ig_profile_share&igshid=8vanlxih1g4a))
- Lunchroom  
([https://instagram.com/lunchroomkw?utm\\_source=ig\\_profile\\_share&igshid=9txkewtrumf2](https://instagram.com/lunchroomkw?utm_source=ig_profile_share&igshid=9txkewtrumf2))
- Coucou ( for lunch dinner this transforms to tiger tiger)  
([https://instagram.com/coucou.kw?utm\\_source=ig\\_profile\\_share&igshid=1innzwnj953om](https://instagram.com/coucou.kw?utm_source=ig_profile_share&igshid=1innzwnj953om))
- Dalaq Sehail (traditional Kuwaiti restaurant in the old souq)
- St. Almakani ([https://instagram.com/st\\_almakan?utm\\_source=ig\\_profile\\_share&igshid=1kxsi44tfd2da](https://instagram.com/st_almakan?utm_source=ig_profile_share&igshid=1kxsi44tfd2da))
- Gia ([https://instagram.com/giakwt?utm\\_source=ig\\_profile\\_share&igshid=3wvk435gtng](https://instagram.com/giakwt?utm_source=ig_profile_share&igshid=3wvk435gtng))
- Magnet  
([https://instagram.com/magnet.kw?utm\\_source=ig\\_profile\\_share&igshid=ueteang1qeo](https://instagram.com/magnet.kw?utm_source=ig_profile_share&igshid=ueteang1qeo))
- Baker & Spice  
([https://instagram.com/bakerandspicekw?utm\\_source=ig\\_profile\\_share&igshid=1br47ve678f28](https://instagram.com/bakerandspicekw?utm_source=ig_profile_share&igshid=1br47ve678f28))
- Veranda at Harvey Nichols Avenues

### Lunch/dinner:

- White Robata ([https://instagram.com/whiterobata?utm\\_source=ig\\_profile\\_share&igshid=a4zsvk6wfwvo](https://instagram.com/whiterobata?utm_source=ig_profile_share&igshid=a4zsvk6wfwvo))
- Ora ([https://instagram.com/ora.kw?utm\\_source=ig\\_profile\\_share&igshid=5jqbz3j9k7vb](https://instagram.com/ora.kw?utm_source=ig_profile_share&igshid=5jqbz3j9k7vb))
- Solo Pizza (best pizza in Kuwait)  
([https://instagram.com/solopn?utm\\_source=ig\\_profile\\_share&igshid=ar0nueabdrh5](https://instagram.com/solopn?utm_source=ig_profile_share&igshid=ar0nueabdrh5))
- Tatami  
([https://instagram.com/tatamirestaurant?utm\\_source=ig\\_profile\\_share&igshid=tgu1czpdaaaa](https://instagram.com/tatamirestaurant?utm_source=ig_profile_share&igshid=tgu1czpdaaaa))
- Ubon ([https://instagram.com/ubonkw?utm\\_source=ig\\_profile\\_share&igshid=1rcgrl8ex4lda](https://instagram.com/ubonkw?utm_source=ig_profile_share&igshid=1rcgrl8ex4lda))
- Burger Boutique recommend the one in Murouj  
([https://instagram.com/burgerboutique?utm\\_source=ig\\_profile\\_share&igshid=157linqr3q4iz](https://instagram.com/burgerboutique?utm_source=ig_profile_share&igshid=157linqr3q4iz))
- Al Shimam in the old souq.
- KCAL healthy food options ([https://instagram.com/kcallifekw?utm\\_source=ig\\_profile\\_share&igshid=wobcieluyed9](https://instagram.com/kcallifekw?utm_source=ig_profile_share&igshid=wobcieluyed9))
- Ovo ([https://instagram.com/ovokwt?utm\\_source=ig\\_profile\\_share&igshid=o0e3wkk5pg5h](https://instagram.com/ovokwt?utm_source=ig_profile_share&igshid=o0e3wkk5pg5h))





## Outdoor Activities (Adult & Kids)

- Abdullah Al Salem Cultural Center, Salmiya, Kuwait, +965 2206 6444. <https://maps.app.goo.gl/w4BTw>
- Sheikh Jaber Al-Ahmad Cultural Centre, Arabian Gulf St, Shuwaikh • Kuwait, +965 6669 7400. <https://maps.app.goo.gl/uRBkx>
- Al Shaheed Park, Soor St, Al Kuwayt, Kuwait, +965 2246 1267. <https://maps.app.goo.gl/h68sP>
- Kite Flying - Al Farsi Kite Team, every Friday you can enjoy a wonderful event for the kids full of huge kites. Strongly recommended.  
([https://www.instagram.com/p/Br5WwOPA8do/?utm\\_source=ig\\_share\\_sheet&igshid=1lazp3nrxb16](https://www.instagram.com/p/Br5WwOPA8do/?utm_source=ig_share_sheet&igshid=1lazp3nrxb16))

## Farms to visit:

- Blue lake farms ( مزرعة البحيره الزرقاء ), Abdulrahman Alfalah St, Abdali, Kuwait +965 550 58663. <https://maps.app.goo.gl/PTEcM>
- Yasmin Farms, Al Wafrah, Kuwait +965 2226 0040. <https://maps.app.goo.gl/EbX8W>
- Sadeer farms, Abdali, Kuwait +965 9444 4911. <https://maps.app.goo.gl/UxrZg>
- Farm Bab Doukkala, Abdulrahman Alsafran St, Abdali, Kuwait +965 6665 3910. <https://maps.app.goo.gl/5iZEe>

## Camping:

Camping in Kuwait is truly a soothing and amazing experience. I always do it with family as it's nice to disconnect from the hustle and bustle of the city. Here are some companies that rent out camps though I have not tried them myself:

- <https://www.q84sale.com/index.php/public/kuwait/en/categories/listings/166/Camps-for-Rent>
- Aware centre (I'm sure most of you are familiar with them) have a yearly camp usually.
- <https://www.instagram.com/kashta.kwt/?hl=en>
- <https://www.instagram.com/nakshet/?hl=en>

Highly recommend the last two, they will set up a place for you in the desert for you to spend typically 5-7 hours where you can barbeque, etc. They also clean up the place after you leave.

Hope you all enjoy Kuwait at it's best during winter, personally it's my favorite time.

P.S. Always stay safe and follow Safety Guidelines especially when going out into the desert.

# Recommendations from **OUTPOST**



## >>>> Outpost WhatsApp Group!

- **Restaurants' recommendation**  
Fatburger- Jassem Tower, A-Soor st. 22960601
- **Tailor**  
Osama Center Al Anaka Tailor +965 66084929
- **Dentist**  
Dr. Marika- Asnan Tower
- **Orthodontist**  
Dr. Rania Nada- Kuwait University Dental Centre, Jabriya, 24633450
- **Jewellery**  
Nafisa Designs- Salmiya +965-25723815
- **Hair Salon for Kids**  
Arnubah and Dabdoob-360 and Avenues Mall
- **Fabrics**  
Barakat Showroom- Salmiya- +965 25746727  
Souk Safat
- **Laundry**  
JustClean App

Previous recommendations can be found in our Outpost Kuwait Web page under Living in Section.

Please Register, if you haven't done so already

[www.globaloutpostservices.com](http://www.globaloutpostservices.com)





Dear Readers,

Would you like to recommend

A restaurant?

A Shop?

A Website?

Anything else that the community will benefit from?

Please let us know and we will share it in this space.

***This newsletter may contain information based upon the collective personal experiences of expatriate families. Therefore Outpost cannot accept any liability for damages directly or indirectly resulting from the services rendered or information given. Information provided is solely for the use of Shell employees and their families, if you have received this communication by error, please notify us by email and erase the message from your system. Please note that in order to properly deal with your information requests you may be asked to provide personal data. Private data voluntarily provided is handled in accordance with data privacy regulations and may be recorded. Please contact us if you would like your data to be corrected or deleted from our database or if you do not wish to be contacted anymore. All information will be treated in the strictest confidence. © 2015, Outpost The Hague, Shell Nederland B.V.***