

## OUTPOST KUWAIT NEWSLETTER March 2020

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Dear Everyone,

I do hope you are keeping safe and healthy in these difficult times. This will pass and we will tide through these turbulent times.

Outpost newsletter team decided to go ahead with this edition, even though there is very little to report in terms of any past or future activities.

As schools are closed and no outdoor or group activities available, online resources come in very handy to keep children constructively engaged. We are sharing a categorized list for children as well as adults. Hope you find this useful.

Stay safe and stay healthy

Sunita Wali  
Focal Point

### 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,  
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## Mark your calendar



**Due to the current situation with the COVID-19, all the events and activities are postponed until further notice**

**Welcome to Kuwait the following Employees and their families  
Arrival in February-March 2020**

- ❖ Paw Than Nyein
- ❖ Syed Haq
- ❖ Imran Iftikhar



## 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



Yvette Warrlich

Career & Development  
Coordinator

Lindsay Mowad  
Karen McConnachie

Volunteers (Newsletter  
Reviews)



## Previous Events Report



### Visit to Yasmin Farm

By Ruba Issa Abu Shiekah

A group of Shell's employees and their families came to the Yasmin farm that is just an hour away. We experienced a tour around the farm with a guide, who showed us the factory, and the products they produce at the farm. After that, he took us around the farm to see the plants and farm animals, the guide gave us a very detailed explanation, and asked questions and encouraged kids to engage and answer. After the tour, we went to pick the freshest strawberries and cherry tomatoes. Besides that, the kids were allowed to feed animals such as cows, rabbits, gazelles, and much more. The kids got to interact with the rabbits, guinea pigs, cows, and turtles! Once the animals were fed, everyone spread out, people went to a cafe and got drinks, some kids went and bounced on a bouncy castle, and lastly, the parents went and bought fresh products from the farm's market. Overall this was a great experience, and I would love to do it again!



## Recipe

### Herbal Tea (based on Ayurveda) to boost your immunity

By Sunita Wali



#### Ingredients: (to make 2 big mugs of tea)

- ✓ Ginger (1-inch piece cut into small pieces or grated)
- ✓ Curry Leaves (6 -8)
- ✓ Lemon grass (1 or 2 strands cut into small pieces. If fresh isn't available, lemon grass extract or powder can be used)
- ✓ Tulsi (Holy Basil) 6 – 8 leaves. If fresh isn't available, Tulsi extract or powder can be used.
- ✓ Clove – 1
- ✓ Cinnamon – a small piece ( or ¼ tsp if powdered)
- ✓ Mulethi (Liquorice) (a small piece crushed or powdered)
- ✓ Green tea – Little less than 1 tsp or 1 tea bag
- ✓ Jaggery (Raw Sugar)- Small piece or ½ tsp

#### Preparation:

Put all the ingredients in a flask and add boiling water to it. Close the lid and let it brew for at least 25 minutes. Your tea is ready! Enjoy your tea but wait, don't throw away the ingredients yet 😊

For another cup of tea with same ingredients, add one cup of hot water in a container. Boil the contents for a couple of minutes, strain and drink the tea. If you do not like to boil the tea, then you can discard the ingredients.

**Note:** you can prepare this tea even if a couple of ingredients are missing. Our family has been enjoying this tea for many years now. We have it first thing in the morning. You may have it any time of the day and as many times as you like.



# New Design for Bulletin



Dear Readers,

If you are a talented graphic designer or would like to design bulletins/newsletters or you have some great ideas, we need your help. Please send us an email to [outpostkuwait@shell.com](mailto:outpostkuwait@shell.com) and we will contact you!

Thanks!



# Staying at Home



Staying at home for long periods of time especially for children, can be overwhelming. Thanks to internet, there are many free online resources available to keep us engaged. Here are some you could use.

## ➤ Free Learning Websites:

### ➤ Elementary higher to Grade 12

- ✓ <https://www.bbc.co.uk/cbeebies/radio>
- ✓ <https://www.oxfordowl.co.uk/for-home/>
- ✓ <https://classroommagazines.scholastic.com/support/learnathome.html>
- ✓ <https://allinonehomeschool.com/>
- ✓ <https://kids.nationalgeographic.com/>
- ✓ <http://www.mathgametime.com/>
- ✓ <https://www.uniteforliteracy.com/>
- ✓ <http://www.sciencekids.co.nz/>
- ✓ <https://www.e-learningforkids.org/>

### ➤ Elementary lower grades

- ✓ <https://www.starfall.com/h/>
- ✓ <https://www.coolmath4kids.com/>
- ✓ <https://www.abcya.com/>
- ✓ <https://www.funbrain.com/>
- ✓ <http://www.literactive.com/Home/index.asp>
- ✓ <https://www.splashlearn.com/>
- ✓ <https://www.storylineonline.net/>
- ✓ <https://pbskids.org/>
- ✓ <https://www.highlightskids.com/>
- ✓ <https://www.seussville.com/>
- ✓ <https://www.turtlediary.com/>
- ✓ <https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgudD49l71ep8-sjXmrac>

## ➤ Other Online resources for younger kids:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

## ➤ YouTube Channels for all ages:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake



# Staying at Home

## ➤ Learn languages: Duolingo

- ✓ <https://www.duolingo.com>

## ➤ Easy arts and crafts for little ones

- ✓ <https://www.redtedart.com>
- ✓ <https://www.kennedy-center.org/education/mo-willems/>

## ➤ Educational online games

- ✓ <https://toytheater.com/>
- ✓ <https://world-geography-games.com/world.html>
- ✓ <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
- ✓ <https://www.prodigygame.com>
- ✓ <https://blockly.games>
- ✓ <https://scratch.mit.edu/explore/projects/games/>
- ✓ <https://www.switchzoo.com/>

## ➤ Virtual Tour of Museums.

- ✓ <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

## ➤ Exercise videos

- ✓ <https://youtu.be/QeSiT0HVEJo>
- ✓ <https://www.youtube.com/watch?v=y9fNh7cYo64>
- ✓ <https://www.youtube.com/watch?v=3XVGDYUyPay4>

## ➤ Yoga Classes

- ✓ [Yoga to Boost Immunity https://youtu.be/QeSiT0HVEJo](https://youtu.be/QeSiT0HVEJo)
- ✓ [Yoga for complete beginners https://youtu.be/v7AYKMP6rOE](https://youtu.be/v7AYKMP6rOE)

## ➤ Cooking videos

- ✓ <https://www.youtube.com/watch?v=yc8nkYgA4AM>
- ✓ <https://www.youtube.com/watch?v=KmzBwppxons>

## ➤ Baking videos

- ✓ <https://www.youtube.com/watch?v=dT6C--QY8Qs>
- ✓ [https://www.youtube.com/watch?v=03\\_EDK9Sn\\_E](https://www.youtube.com/watch?v=03_EDK9Sn_E)



## Useful Information

### Online Delivery Options

1

#### Food Delivery

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

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

[www.sultan-center.com/](http://www.sultan-center.com/)

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

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

[kdcow.com/](http://kdcow.com/)

2

#### Shopping Online

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

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

[www.sultan-center.com/](http://www.sultan-center.com/)

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

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

[kdcow.com/](http://kdcow.com/)

3

#### Kids Toys & Games

[play.google.com/store/apps/details?id=com.dabdoobapp.android](https://play.google.com/store/apps/details?id=com.dabdoobapp.android)

### Under Curfew Procedures:

**Please note that all types of online delivery options will stop delivering products after 3 pm**

### Emergency Numbers in Kuwait



**Kuwait Police 112**  
Ambulance -  
Firefighter



**Kuwait  
Municipality 139**



**Ministry of  
Electricity and  
Water 152**



**Ministry of  
Health 151**



**Ministry of  
Public Works 150**

# Recommendations from



## Outpost WhatsApp Group!

- **Boarding For Small/medium size dogs and cats**  
Luna & Beau Instagram(@luna\_beau)  
International Veterinary Hospital  
Royal Animal Hospital
- **Tailor**  
Osama Center Al Anaka Tailor +965 66084929
- **Dentist**  
Dr. Marika- Asnan Tower
- **Orthodontist**  
Dr. Rania Nada- Kuwait University Dental Centre, Jabriya, 24633450
- **Jewelry**  
Nafisa Designs- Salmiya +965-25723815
- **Hair Salon for Kids**  
Arnubah and Dabdoob-360 and Avenues Mall
- **Carpet Cleaning**  
Chemdry.com
- **Laundry**  
JustClean App
- **Food Delivery**  
Talabat.com  
Trycarriage.com  
Sultan-center.com  
Deliveroo.com  
Tons.com  
Kdcow.com

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.

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