

CONNECT

Bahrain

THE **FREE** FAMILY DIRECTORY

**WHAT TO DO
AND WHERE TO GO**

**SPECIAL FEATURE
ON BRUNCHES**

**CHILDREN'S ACTIVITY
PULL-OUT**





مدرسة سنت كريستوفر
**St Christopher's
School Bahrain**

st-chris.net

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★ TOP 100 ★
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in the World

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TOP 100 PRIVATE SCHOOLS IN THE WORLD
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PO Box 32052, Isa Town, Kingdom of Bahrain

Education for a Shared Humanity



EDITORS NOTE

Welcome

We are delighted to launch the first edition of Connect Bahrain, the Family Directory.

The directory lists businesses, schools, restaurants, activities and much more. We hope it will be your essential guide to Bahrain. Published three times a year, at the beginning of each school term, it is distributed throughout the Kingdom. **There will also be a digital version online soon.**

This fabulous first edition has a special feature on brunches with useful information about days, times and prices. Just remember to book in advance.

For our younger readers, there is a children's activity pull-out in the centre page, as well as our regular recipe feature which we hope will inspire the little chefs in your household.

With F1 fever about to grip our island again, and the 19th anniversary race this year, there are 19 x F1 cars hidden amongst the pages. See if you can find them. First one is in the magnifying glass!

We print 40,000 copies of Connect Bahrain every year. If you would like your business to be listed or you would like to place an advert please contact us on hello@connectbahrain.com

With very best wishes,
Ruth Brown and Georgie Jones

Contact us on hello@connectbahrain.com, whatsapp +973 3226 8251
CR 159194

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Disclaimer: Connect Bahrain has ensured to the best of its abilities that all information and details in the directory are correct at the time of going to print. Please note that Connect Bahrain accepts no liability for loss or damage resulting from contacts made through this directory, or from errors or claims made by advertisers. Readers should make their own enquiries and decisions when engaging businesses listed in the directory.

CONNECT
Bahrain

ART & CRAFT

A'ali Pottery
A'Ali 3946 2436
@aali.pottery

Al Jasra Crafts
Al Jasra 1729 9879

Al Riwaq Art Space
Manama 1771 7441
@alriwaq

Artology
Saar 3679 0785
@artology.bh

Artly
A'ali 1762 1802
@artlybh

Art Lounge by Marion
Saar 3921 2060

Art World
Manama 3766 9266

Art Zania
Seef 3996 9933
@artzania

Aurians Academy of Arts
Riffa 3323 2895
@aurians.bh

Bahrain Arts Society
Jidhafs 1759 0551
@bahrainartssociety

Craftzania
Saar 3880 3397
@craftzania

Mosaic House
Al Maqsha 3925 3943
@mosaichousebahrain

Life in Music
Sanad 1762 5583
@lifeinmusicbahrain

Palitra Art Studio
Manama 3411 5037
@palitra_studio

Sard Child's Cultural House
Manama 1728 0281



Twinkle Twinkle
Children's Educational Center

We aim to provide children between the ages of 8 months to 5 years with a range of educational programmes and activities that support learning and development.

Our programmes include:
I'm Ready, School Readiness Programme! Montessori Learning Programme and Arabic Learning Programme!

Activities include music, art, sensory play, messy play and more!

17700412 39653303

Smart Kids Academy
Manama 3343 3595
@smarkids_academy

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

The Art Scene
Riffa 3801 0011
@artscene.bh

Touch of Art
Budaiya 1728 0022
@touch.of.arts

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Wild about Art
Juffair 3330 7249
@wildaboutartco

CHESS

Arjun's Chess Academy Bahran
Zinj 3319 0004
@aca.bh

Bahrain Chess Academy
Seef 1755 4424
@chess.bh

Bahrain Chess Culture
Isa Town 3733 4949
@bhchessculture

Bahrain Chess Club 3920 0111
@bhchess

CINEMAS

Al Hamra Cinema
Manama 1725 8900

Cineco
Riffa 1725 8900
@cineco.bh

Cinepolis
Saar 3899 9770
@cinepolis.bahrain

Novo Cinema
Seef 1710 0121
@novocinemabh

Vox Cinema
The Avenues 6674 8397
@voxbahrain

Vox Cinema
City Centre 6674 8397
@voxbahrain

COOKING CLASSES

Cooking with Gica
Manama 3503 8336
@cookingwithgica

Gulf Institute of Culinary Art
Manama 1366 0660
@Gica.me

Kitchen United Cooking Class
Riffa 3350 3000
@kucookingclass

Piece of Cake
Budaiya 3900 1155
@a_piece_of_cakebh

Ready Get Set Cook
Saar 3942 6665
@readygetsetcook

Susy Massetti Cooking classes
Al Jasra 3900 6292
@susy.massetti

The Cooking Studio
Manama 1711 1022
@cookingstudiobh

DANCE & BALLET

AADS Artistic Productions
Manama 3355 7266

Bahrain Ballet Center
Budaiya 3371 9180
@bahrainballetcenter

Ballare School of Performing Arts, Saar 1730 0021
@ballarestudio

Dynamnics Arts Centre
Manama 3370 3299
@dynamic_arts_centre

Harmony Music Centre
Budaiya 3646 4360
@harmony_bmc

IIPA Indian Institute for Performing Arts
Manama 1723 1717

Victoria Dance
Hamala 3987 6215
@victoriadancebh

DRAMA

Ballare School of Performing Arts, Saar 1730 0021
@ballarestudio

IIPA Indian Institute for Performing Arts
Manama 1723 1717

Makan School of Speech & Drama, Saar 6669 0030
@makankom

Victoria Dance
Hamala 3987 6215
@victoriadancebh



Join The BSB Family Today

The pathway to a successful future starts at the British School of Bahrain, and is why we are the school of choice for knowledgeable families. Every child who enters BSB is guaranteed to progress seamlessly through the school, culminating in its award winning 6th Form, who achieved the best A level results in Bahrain for the last two years.

Our supportive Admissions' Team are here to guide your family, whether you are moving from another school in Bahrain or internationally.



Rated Outstanding
by BQA & BSO



Best A level results in
Bahrain for 2021 & 2022



Pathway to
world-class universities



Most diverse school
in Bahrain



Nursery - Upper 6th
(Year 13)

APPLY TODAY





ACTIVITIES

To advertise please contact hello@connectbahrain.com

All listings are free – please call us if you'd like to add or correct a listing

EATING IN & OUT

E SCOOTERING

E Scooter
Bahrain Bay 3366 8788
[@escooter.bh](#)

GUIDES & BROWNIES

Dilmun Club
Saar 1769 0926
[@dilmunclub](#)

HOLIDAY CLUBS

Athletic Kings Tennis
Saar 3832 5914
[@athletickingsbahrain](#)

Artology
Saar 3679 0785
[@artology.bh](#)

Art Zania
Seef 3996 9933
[@artzania](#)

Bahrain Rugby Football Club
Saar 1769 5809
[@bahrainrfc](#)

The British Club
Adliya 1772 8245
[@britishclubofbahrain](#)

British School of Bahrain
Hamala 1761 0920
[@britishschoolbahrain](#)

Budaiya Pre-School
Saar 1779 1491
[@budaiya_preschool](#)

Juventus Academy Bahrain
Saar 3713 0107
[@jacademybah](#)

Ritz-Carlton Hotel
Seef 1758 0000
[@ritzcarltonbahrain](#)

Sofitel
Zallaq 1763 6414
[@sofitelbahrain](#)

SPARTA, St Christopher's
School, Saar 1760 5000
[@sparta_bahrain](#)

Studio Ceramics
Budaiya 1700 2911
[@studioceramicsbh](#)

Tekkers Academy
Sanabis/Saar/Riffa/Dilmunia
3384 3416
[@tekkers_bahrain](#)

Twin Palms Riding Centre
Saar 3413 7001
[@twinpalmsridingcentre](#)

LIFE SAVING

Royal Life Saving Bahrain Rookie
Lifesavers, Manama 3200 1113
[@rlsbahrain](#)

MUSIC

Abhimanyu Guitar Academy
Tubli 3930 5771
[@abhimanyu.guitaracademy](#)

Bahrain Music Institute
Isa Town 3225 0619
[@bahrain_music](#)

Ballare School of Performing
Arts, Saar 1730 0021
[@ballarestudio](#)

British School of Bahrain
Hamala 1761 0920
[@britishschoolbahrain](#)

Eighty Eight Keys Music
Academy, Jannusan 3217 7703
[@eighteightkeysbh](#)

Harmony Music Center
Budaiya 1362 2002
[@harmony_bmc](#)

Life in Music
Nuwaidrat 3679 8866
[@lifeinmusicbahrain](#)

Manama Singers
Janabiya 3932 6227
[@manamasingers](#)

Room 2 Rock
Saar 1761 1785
Adliya 1774 5203
[@room2rock](#)

Saxophone Bahrain
Sanabis 3737 7718

Seoul Music Center
Seef 3987 6304

Unigrad Acoustics
Manama 3389 9463

Victoria Dance
Hamala 3987 6215
[@victoriadancebh](#)

PLAY GROUPS

Budaiya Pre-School
Saar 1779 1491
[@budaiya_preschool](#)

Child's Cultural House
Isa Town 1728 0281

Learn to Grow
Janabiya 3223 4456
[@learntogrow.bh](#)

Little Chris
Saar 1760 5101
[@littlechrisbh](#)

Little Gems
Saar 1769 4356
[@littlegemspreschoolbahrain](#)

Mini ME
Saar 3376 1361
[@minime_bahrain](#)

Sticky Playgroup Bahrain
Juffair 3643 1822

Tots & Toddlers, British Club
Adliya 1772 8245
[@britishclubofbahrain](#)

Twinkle Twinkle
Saar 1770 0412
[@twinkletwinklecenter](#)

Yellow Submarine
Saar 1700 0037
[@yellowsubmarinekidsbh](#)

2. EATING IN & OUT

BAHRAINI BREAKFASTS

Dona's Wonders
Muharraq 1721 3669
[@donaswonders](#)

Emma Wash
Budaiya 1730 9030
[@emmawash_bh](#)

Haji's Café
Manama 1721 0647
[@hajiscafe](#)

Saffron
Riffa 1369 3191
[@saffronroadfood](#)

COFFEE & CAKE

Audrey's Bakery
Tubli 3889 9021

Aroma Café
Seef 1758 2711
[@aromabahrain](#)

Baker & Spice
Al Aali Mall 1360 9666
[@bakerandspicebah](#)

Boulangerie Sophie
Amwaj 1603 0912
[@chezsophie.bh](#)

Cakes and Bakes
Riffa 3933 3466
[@cakesandbakes.bh](#)

Café Delices
Manama 1771 3000
[@cafedelicebh](#)

Café Lilou
Adliya 1771 4440
Seef 1758 3939
[@cafelilou](#)

Café Sego
Manama 1721 1152
[@cafesego](#)

Cake Boutique
Seef 1755 2253
[@cakeboutiquebh](#)

ChocoBisc
Manama 3509 4993
[@choco_bisc](#)

Crumbles
Riffa 3611 6313
[@crumbles_bakery](#)

Dose café
Water Garden City 1700 0774
[@dosecafe_bh](#)

Eastern Bakery
Mina Salman 1772 7133
[@easternbakerybh](#)

Esquires
Awali 3600 0000
[@esquires_bahrain](#)

Furn
Seef 1717 1441
[@furnbahrain](#)

GB Café
Seef 7708 7768
[@greenbarcafe](#)

Goodness
Saar 3360 0082
[@goodness.bh](#)

Greek Street
Seef 1718 0666
[@greekstreetbahrain](#)

Grotta
Hamala 3320 0780
[@grottabakery](#)

Hala Lebnan
Reef Island 1777 2600
[@hahalebnnan.bh](#)

Haute Cupcakes
Seef 1758 6363
[@haute cupcakesbh](#)

Hopscotch
Saar 1769 1124
[@hopscotch.bh](#)

Jena
Hamala 1761 3191
[@jenabakery](#)

Just Cupcake
Riffa 1766 6090
[@justcupcake](#)

La Reine de Versaille
Riffa 1755 5600
[lareine.patisserie](#)

La Ventana
Manama 7710 6070
[@cafelaventana](#)

Links, Royal Golf Club
Riffa 1775 0777
[@theroyalgolfclub](#)

Le Chocolat
Seef 1711 1144
[@lechocolat_bh](#)

Let Them Eat Cake
Saar 3232 0078
[@let_them_eat_cake_bh](#)

Lilou Artisan Patisserie Bahrain
Riffa 1771 5370
[@lilouartisanpatisseriebah](#)

Lollosa Cookies
Manama 3823 8622
[@lollosa_cookies](#)

Manual
Seef 3229 9277
[@manualbahrain](#)

Maya La Chocolaterie
East Riffa 3920 4222
[@mayalachocolaterie](#)

My Bakery
Riffa 1765 0411
[@mybakerybahrain](#)

My Café
Manama 7734 4444
[@mycafebh](#)

Paul Café
City Centre Mall, Seef 1717 2321
[@paularabia](#)

Paul Café
Seef Mall, Seef 1758 0073
[@paularabia](#)

**DECORATED CAKES
CUSTOM PARTY PACKAGES**

Unique Flavours | Desserts & Savouries
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Saar: 3232 0078 | Al Sayh: 3995 0060
www.letthemeatcakebh.com

LET THEM EAT
CAKE

ECO FRIENDLY



Brunches

IN BAHRAIN

Some of the best brunches on the island!

Al Waha Gulf Hotel Fridays Buffet	1774 6425 12:30pm – 4pm 23BD – 29BD	Cut by Wolfgang Puck Four Seasons Fridays Set menu	1711 5044 12:30pm – 3:15pm 36BD – 50BD	Masso Fri and Sat Set menu	1772 1061 12:30pm - 3:30pm 28BD – 35BD	Rosso Art Hotel Saturdays Buffet	1600 0111 12:30pm -4pm 20BD – 26BD
Atmosphere Wyndham Grand Fridays From 19BD	1711 6116 12:30pm – 3:30pm 19BD	David's Stir Fry Crazy Fridays Set menu from	1754 0188 12pm – 4pm 15BD	McGettigin's Fridays Set Menu	1700 0415 12pm – 4pm 20BD – 29BD	Salero Saturdays Buffet	1717 1300 1pm – 5pm 22BD – 29.5BD
Bahrain Bay kitchen Four Seasons Fridays Buffet	1711 5500 1pm – 4pm 35BD – 48BD	El Chapo Fridays Set menu	3773 8838 1pm – 5pm 20BD – 24BD	Meisei Saturdays	1700 7770 12pm-4pm 25BD - 32BD	Silk Movenpick Fridays Buffet	1746 0000 12pm – 4pm 42BD
Baharat Le Meridien Fridays Buffet	3320 4175 1pm – 4:30pm 26BD – 36BD	Fishbone Novotel Fridays Set menu	1729 8436 12pm – 4pm 38.1BD	Momento Al Alreen Palace Fridays Set menu	1784 5000 12pm – 4pm 24BD – 35BD	Sofitel Fridays Buffet	1763 6363 12:30pm – 3:45pm 36BD
Bushido Fridays Buffet	1758 3555 12:30pm – 3:30pm 24.1BD – 33.2BD	Flavours on 2 Downtown Rotana Fridays Buffet	1311 9999 12:30pm – 4pm 24BD – 35BD	My Café Saturdays Set menu	7734 4444 12pm – 4pm 28BD – 38BD/45BD	Solymar Beach Club Fridays Buffet	3509 4777 12pm – 4pm 38BD
Cantina Kahlo Ritz Carlton Fri and Sat Set menu	1758 6401 1pm – 4pm 35BD – 45BD	Oliveto Fridays Set menu	1771 6747 1pm – 4pm 28BD – 39BD/45BD	The Dilmun Club Fridays Buffet	1769 0926 12pm – 4pm 20BD	The Royal Golf Club Once a month Buffet	1775 1266 12:30pm – 4pm 30BD – 35BD
Choices Art Hotel Fridays Buffet	1600 0111 12:30pm – 4pm 26BD – 36BD	Opa Royal Saray Fridays Set menu	3355 5244 12:30pm – 3:30pm 25BD – 35BD	Texas Longhorn Fridays Set menu	1710 4655 12pm – 5pm 16BD – 21BD		
Circa Fri and Sat Set menu	3992 7872 1pm – 5pm 35.6BD – 44.5BD	Origins Vida hotel Fridays Buffet	7748 8888 1pm – 4pm 28BD – 34BD				
Crowne Plaza Fridays Buffet	1753 1122 12:30pm – 4:30pm 21BD – 34BD	Origin Kitchen and Culture Hilton Bahrain Fridays Buffet	3369 2013 1pm – 4pm 27BD -39BD				
		Regency Intercontinental Fridays Buffet	1722 7777 11am- 4pm 28BD – 37BD				



COFFEE & CAKE CONT.

Piece of Cake
Riffa 1777 7909
@a_piece_of_cakebh

Red Crossaint bakery
Juffair 7799 5551
@redcrossaintbakery

Rich
Janabiya 6636 0633
@rich.bhr

Ritz Gourmet Lounge
Seef 1758 6434
@ritz_gourmet_lounge

Saffron by Jenna
Muharraq 1362 3191
@saffronbyjenna

Tariq Pastries
Adliya 1768 0461
@tariqpastriesbahrain

Tea Club
Amwaj 3977 7098
@teclub_official

The Orangery
Adliya 1736 9696
@orangeryme

The Lebanese Bakery
Seef 1759 5559
@thelebanesebakerybh

Tuga
Amwaj 3636 7431
@bakeryoftuga

DELIVERY

Dine In @dinein.me

Jahez @Jahezbh

Talabat @talabatbh

RESTAURANTS

Al Arisha
Manama 1772 5414
@alarisharestaurant

Al Fayez
Reef Island 1332 0612
@alfayezbahrain

Attic
Adliya 1771 7780
@atticbahrain

Bahrain Bay Kitchen
The Four Seasons
Bahrain Bay 1711 5500
@fsbahrain

Bagatelle
Seef 1667 7770
@bagatellebahrain

Baker & Spice
Al Aali Mall 1360 9666
@bakerandspicebah

Banana Leaf
Adliya 1774 4171
@banana.leaf.restaurant

Bhaja Indian Restaurant
Budaiya 1771 0444
@bhajarestaurants

Black Tap Craft Burgers
Seef 1710 0363
@blacktapbahrain

Bushido
Seef 1758 3555
@bushidobybuddhabar

Butcher's Shop & Grill
Seef 1717 2323
@butchershopar

Calexico
Adliya 1766 6644
@calexico_bahrain

Cafe Italia
Seef 1758 2823
@cafeitalia_seef

Camelot
Adliya 3997 7540
@camelotrestaurant

Cantina Kahlo
Ritz Carlton, Seef 1758 0000
@cantinakahlo

China Garden
Gulf Hotel, Manama 1774 6423
@chinagardenbh

Cico's Italian Restaurant
Adliya 1771 3710
@cicco.bh

Cocos
Adliya 1771 6512
@cocoscakebahrain

Copper Chimney
Manama 1772 8699
@thecopperchimneyrestaurant

Clay
Adliya 1755 4545
@clay_bahrain

Cucina Italiana
Manama 1700 1317
@lacucinaitaliana

Cut by Wolfgang Puck
Bahrain Bay 1711 5044
@cutbahrain

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

Domino Pizza
Juffair 1782 6222
@dominosbh

Dough
Bahrain Bay 3356 0367
@doughbahrain

Fatto
Seef 6677 8822
@fattobahrain

Fish Bone
Manama 1729 8436
@fishbone.bh

Fish Market
Bahrain Bay 1710 0800
@fishmarketbah

Fiamma
Sofitel, Zallaq 1763 6414
@sofitelbahrain

The Furn Bistro & Bakery
Seef 1717 1441
@furnbahrain

Fuddruckers Bahrain
Juffair 1772 8728
@Fuddruckersbahrain

Fusions by Tala
Adliya 1771 3000
@fusionsbytala

Gallery 21
Manama 1771 1600
@gallery21bh

Gusto Pizzeria Ristorante
Riffa 1777 8887
@gusto_bahrain

Gusto
Janabiya 1769 5556
@gusto_bahrain

Hash House
Adliya 1771 5094
@hashhouse_bh

Honey
Gudaibiya 3345 5442
@honeyrestaurant

Indigo
The Merchant House
Manama 1667 8666
@indigo.manama

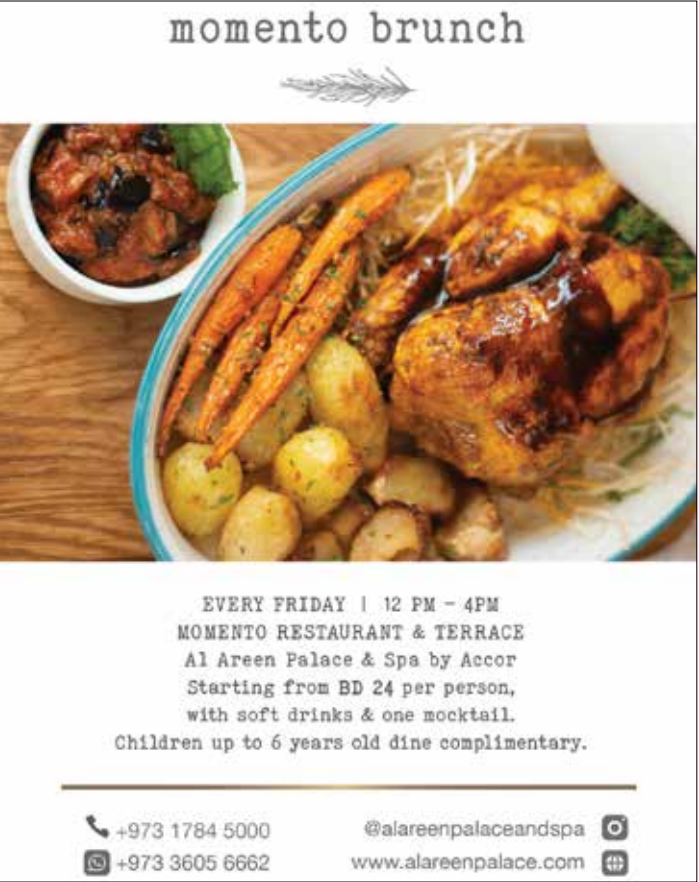
Isfahani
Bahrain City Centre
Seef 1729 0027
@isfahani

La Fontaine
Manama 1723 0123
@lafontainebh

La Mediterranee
Ritz-Carlton, Seef 1758 9317
@ritzcarltonbahrain

La Mer
Sofitel, Zallaq 1763 6363
@sofitelbahrain

La Mosaïque
Diplomatic Area 3924 2391
@lamosaiquebahrain



La Perle
Novotel Al Dana
Manama 1729 8439
@la.perle.restaurant

La Pergola
Adliya 1774 6419
@lapergolabh

La Plage
Ritz-Carlton, Seef 1758 0000
@laplage_bh

Lanterns
Adliya 1724 6777
@lanternsbahrain

Lanterns
Budaiya 1759 0591
@lanternsbahrain

Leila
Seef 1756 6556
@leilaminlebnen

Legendz
Manama 1722 7777
@legendzsteakhouse

Links
Royal Golf Club, Riffa 1775 1266
@theroyalgolfclub

L'orto
Adliya 1777 1718
@lorto.bh

Lucky Clucks
Seef 1755 4400
@luckyclucksbh

Luigi's Pizza
Saar 1769 3533
@luigisbahrain

Lumee
Saar 1769 4848
@lumeestreet

Mahonia
Adliya 3722 2244
@mahoniabh

Maki, Moda Mall
Diplomatic Area 1752 2733
@makirest

Manos, Bahrain Rugby Football
Saar 3989 3101
@manos.bh

Masso
Manama 1772 1061
@massorestaurant

Masbah Pizzeria
Riffa 1775 0777
@theroyalgolfclub

Meat Company
Adliya 1774 2080
@themeatcobh

Medzo
Manama 1722 7777
Medzo_bh

Meisei
Adliya 1700 7770
@meiseibahrain

Mirai
Adliya 3917 3951
@mirairestaurantlounge

Monsoon
Adliya 1774 9222
@monsoonbahrain

Moti Mahal
Juffair 1782 5333
@motimahahal_bh

Momento
Al Areen 3605 7494
@momento.bh

Muju Dragon Resort
Amwaj 1603 9800

My Café
Manama 7734 4444
@mycafebh

Nomad Urban Eatery
Seef 1700 0330
@nomadeatery

N'ovo
Hamala 3223 0428
@novo.bh

Nino's
Seef 1756 6555
@ninobahrain

Nirvana
Ritz-Carlton, Seef 1758 3318
@nirvana_bahrain

NKD Pizza
Saar 1748 4894
@nkdpizzabh

Nu Asia
Seef 1743 4344
@nuasia

Opa
Seef 3355 5244
@opabahrain

Oliveto
Adliya 1771 6747
@olivetobahrain

Otto
Hamala 1733 6622
@ottobahrain

Papa John's
Budaiya 1750 6070
@papajohnsbahrain

Pashawat
Sofitel Zallaq 1763 6363
@sofitelbahrain

Pizza Hut
Seef 1771 1113
@pizzahutbahrain

Plant Café (Vegan)
Hamala 1700 1677
@plant_cafe

Plums
Ritz-Carlton
Seef 1758 6499
@ritzcarltonbahrain

Primavera
The Ritz, Seef 1758 0000
@primavera_osteria

Rasoi by Vineet
Manama 1774 6461
@rasoiyvineetbh

Re Asian
Four Seasons
Bahrain Bay 1711 5500
@reasiancuisine





RESTAURANTS CONT.

Ric's Kountry Kitchen Manama @ricsbahrain	1772 5550
Roast Saar @roastbahrain	1745 6006
Roma Manama @roma_restaurant_bh	1772 5885
Royal Golf Club Riffa @theroyalgolfclub	1775 1266
Royal Thai Manama @royalthaibahrain	1771 3000
Sage & Sirloin Hamala @sageandsirloin	1761 1949
San Carlo Seef @sancarlobahrain	1765 6565
Saraya Zallaq @sofitelbahrain	1763 6363
Saveur Westin, Seef @westinbahrain	1717 1000
Selections International Regency Manama @selectionsrestaurant	1722 7777
Senor Pacos Adliya @senor_pacos_bh	1772 5873
Shake Shack Seef @shakeshackme	1711 0588
Spices Indian Restaurant Manama @crowneplazabahrain	1753 1122
Tabreez Manama @tabreez_restaurant	1740 6206
Takht Jamsheed Manama @thegulfohotelbh	1774 6431
Tapas Zallaq @sofitelbahrain	1763 6412
Thai Lounge The Ritz, Seef @thai_lounge_bh	1758 6480
Terrace at 28 Manama @terrace_at28	6639 8787
The Bistro Dilmun Club Saar @dilmunclub	1763 0926
The Harvesters Pub and Terrace Diplomatic area @crowneplazabahrain	1753 1122
The Foundry Adliya @thefoundrybh	1722 3223
The Meat Company Adliya @themeatcobh	1774 2080
The Terrace Seef @theterrace_bh	1710 0346
Trader Vics Ritz-Carlton Hotel Seef @tradervicsbh	1758 6555
Vapiano Seef @vapianobahrain	1749 1391
Villa Mamas Saar @villamamas	1730 5031
Waves Seafood Manama @crowneplazabahrain	1753 1122
YaSalam Budaiya @yasalambahrain	1743 4317

3. EDUCATION

LANGUAGE TUITION

Alliance Française French Classes & Cultural Centre Isa Town @af.bahrain	3720 0679
American Cultural and Educational Center Manama @acec_bahrain	1772 9997
Babylon Translation Centre Sanabis @babylon_centre	1738 2505
Bait Al Taleem English Language Institute A'ali @baitaltaleem1	1764 3199
Berlitz Manama @berlitzbah	1782 7847
British Council Manama @britishcouncilbh	1726 6166
British Language Center Saar @blc_bh	1779 1468
English Language Skills Center Manama @elscbahrain	1778 6449
InLingua Manama @inlingua_bahrain	1722 3099
Shaikh Ebrahim Center Muharraq @shaikh_ebrahim_center	1732 2549
Teach Bahrain Janabiya @teachbahrain	3729 9525

NURSERIES & PRESCHOOLS

ABC Pre-school Tubli @abcpreschool	1778 5795
Abdul Rahman Kanoo International School Manama @arkis1997	1787 5055
Ajyaal Montessori Pre School Hamala @ajyaalmontessoripreschool	1761 3144
Alia Primary School Sitra @aliaschool.bh	1773 7377
Al Fateh Pre School Manama @alfateh_preschool	3360 6612
Al Shorooq Pre-School East Riffa @alshorooqpreschool	1762 2500
American School of Bahrain Riffa @americanschoolbahrain	1721 1800
Bahrain School Juffair @thebahrainschool	1772 7828
British Preparatory School Saar @bps_bahrain	1779 2010
British School of Bahrain Hamala @britishschoolbahrain	1761 0920
Budaiya Pre School Budaiya @budaiya_preschool	1779 1491
Capital School Zinj @capitalschoolbahrain	1700 8880
Children's House Montessori Nursery School Janabiya @the_childrens_house	1769 9844

Clever Kid Pre School Riffa @cleverkidbh	1722 7997	KG Kids Pre School Riffa @kgkidspreschool	1766 3556	Kidz World Kindergarten Adliya @kidzworldkindergarten	1771 5050	Little Village Center Um Al Hassam @littlevillagecenter	1732 2570
Disney Nursery Saar @disney.nursery	3905 6662	Kiddy Care Pre School Zinj @kiddycarepreschool	3231 4680	Ibn Khuldoon National School Isa Town @ikns	1778 0661	Little Wonders Preschool Saar @littlewonderspreschoolbahrain	3644 7000
Eton House Hamala @etonhousebahrain	1749 0333	Kidsland Nursery Jid Al Haj @kidslandbh	1740 5717	Lamara Pre-school Saar @lamara.preschool	1700 6162	Lycee Français MLF de Bahrein Muharraq @lycee.francais.mlf.de.bahrein	1732 3770
Evolution Childcare Adliya @evolutionchildcare.bh	1766 9079	Kinder World Preschool Adliya @kinderworld_adliya	1771 0405	Lilliput Pre-School Jid Al-Haj @lilliputpreschool	3950 7035	Madeleine's Pre-School Adliya @madeleinespreschool	1772 1851
First Steps Nursery Isa Town @first_steps	1778 0760	Kinder World Preschool Janabiya @kinderworld_janabiyah	3360 0097	Little Gems Pre-School Budaiya @littlegemspreschoolbahrain	1769 4356	Nadeen International School Adliya @nadeenschool	1772 8886
Golden Days Nursery Barbar @goldendaysnurserypreschool	1722 3103	Kids Corner Nursery Isa Town @kidscorner.bh	3807 7758	Little Pearls Nursery Hidd @littlepearlsnurserybahrein	3355 8911	Quest School Janabiya @questschoollbh	3366 6014
Happy Hearts Kindergarden Sanad @happyhearts.bah	7708 2017	Kipina Nursery Saar @kipina_kids_bahrain	1700 9598	Little Starz Pre-School Riffa @little.starz.bh	1765 1516	Rainbows for Kids Muharraq @rainbowsforkids	1734 5090

SCHOOL ADMISSIONS
NOW OPEN

Why Choose Us?

- ✓ English/Arabic Bilingual Program
- ✓ Fully Qualified Experienced Staff
- ✓ Early Drop Off
- ✓ After Care Program
- ✓ Spacious Classrooms
- ✓ Registered Nurse
- ✓ Indoor And Outdoor Play Areas
- ✓ Parent Portal
- ✓ Excellent Teacher To Child Ratios

British EYFS Curriculum 18 months to 4 years

📞 1769 4356 ✉ admin@littlegemsbh.com 📍 Building 73, Avenue 21, Block 517 Saar, Bahrain





Welcome to our world... KINDER WORLD PRESCHOOL

Two Campuses... One World!

- Spacious classrooms, equipped with smartboards for interactive learning.
- Multiple Indoor and outdoor play areas for sensory development and play.
- Strong EYFS British Curriculum taught in English and Arabic daily.
- Dedicated and nurturing staff with over 20 years of Experience.



REGISTRATION IS OPEN!
COME AND EXPERIENCE A TOUR
OF OUR WORLD.

KINDERWORLD_ADLIYA
KINDERWORLD_JANABIYAH
KINDERWORLD_ADLIYA
KINDERWORLD_JANABIYAH

ADLIYA CAMPUS
+973 3365 4050
JANABIYAH CAMPUS
+973 3360 0097



NURSERIES & PRESCHOOLS CONT.

Rawan Pre-school
Bu Quwah 3925 2862
@rawanpreschool

Reach Nursery
Isa Town 1766 3280
@reach.nursery

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Saar Nursery
Saar 1700 2009
@saar.nursery

St Christopher's School
Saar 1760 5000
@stchrisbahrain

Talent International & The Infant
School
Manama 1725 2346
@infantschoolbh

The British Nursery
Riffa 1766 0024
@thebritishnursery

The Golden Days Nursery
Barbar 1722 3103

The Canadian School
Diyar Al Muharraq 1369 1111
@canadianschoolbh

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Very Berry Nursery
Sanad 3390 9599
@veryberrynursery

PRIMARY & SECONDARY SCHOOLS

Abdul Rahman Kanoo International
School, Manama 1787 5055
@arkis1997

Al Hekma International School
Sanad 1762 0820
@ahisbh

Al Noor International School
Sitra 1773 6773
@alnoorschool.bh

Al Rawabi School
Jebelat Hebshi 1759 5252
@alrawabischool

Al Salam School
Janabiya 1791 0528
@alsalamschool.bh

Alia National School
Sitra 1773 7377
@aliaschool

Al Wisam School
Budaiya 1769 9595
@alwisamschoolbahrain

Bahrain Bayan School
Isa Town 7712 2244
@bahrainbayanschool

Bahrain School
Juffair 1772 7828
@thebahrainschool

Bahrain Indian School
Budaiya 1759 8000
@bahrainindianschool1

Beacon Private School
Hidd 6600 0088
@beaconprivateschool

British Preparatory School
Saar 1779 2010
@bps_bahrain

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Britus International School
Salmabad 1759 8440
@bisbh_official

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Eton House
Hamala 1749 0333
@etonhousemea



What makes our school unique

1. our holistic approach to education since 1978

Nadeen School has a holistic approach to education. This means that we focus on and develop all aspects of the child and treat each aspect with equal importance.

2. our caring and supportive community

We take pride in offering a caring and supportive community by the way we support, encourage and help one another.

3. our enriching international experience

With over 50 nationalities and a range of events, celebrations and key days making this a true international experience. Our students have many opportunities of a range of cultures, countries and languages from around the world.

4. our extensive English provision

We offer a high-quality provision for English across our entire school in class and through our EAL programme. Students make rapid progress in their acquisition and application of English.

5. our progressive and innovative learning opportunities for all

Our qualified, dedicated and committed staff members model our philosophy each day. Our students enjoy 'hands on' learning, collaboration and enquiry through an inclusive and positive learning environment.

6. our nurturing and personalised approach

Knowing every individual, what they enjoy, their passions and how they learn best.

**Rated 'outstanding' by the Bahrain Quality Authority
and British Schools Overseas; COBIS Accredited Member**

Respect - Unity - Compassion - Growth

Join us as we move to our new state of the art campus in the heart of Dilmunia in Spring 2023, where we will continue to offer an outstanding British education to students from Nursery to Year 13.



info@nadeenschool.com



@nadeenschool



+973 17728886



BAHRAIN SCHOOL
2023 - 2024
ADMISSIONS OPEN
KINDERGARTEN - 12TH GRADE

CONTACT US
+973 1772 7828
WWW.THEBAHRAINSCHOOL.COM

PRIMARY & SECONDARY SCHOOLS CONT.

French School of Bahrain
Busaiteen 1732 3770
@lycee.francais.mlf.de.bahrein

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Nadeen International School
Adliya 1772 8886
@nadeenschool

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
Bug hazal 1727 2700
@newmilleniumschoolbahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool

Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoolbahrain

Quest School
Janabiya 3366 6014
@questschoolbh

Riffa Views International School
Riffa 1656 5000
@rvs.bh

Sacred Heart School
Isa Town 1768 4367
@sacredheartschoolbahrain

Shaikha Hessa Girls' School
West Riffa 1775 6111
@shgs.bahrain

St Christopher's School
Saar 1760 5000
@stchrisbahrain

Talent International School
Manama 1725 2346

The Asian School
Tubli 1772 2886
@the.asian.school

The Bangladesh School
Gufool 1725 7745
@bangladesh.school.bahrain

The Canadian School
Diyar Al Muharra 1369 1111
@canadianschoolbh

The Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

The New Indian School
Isa Town 1762 2350
@the_new_indian_school_bahrain

SPECIALIST EDUCATION

Affinity Consultancy
Saar 3966 9267
affinityconsultancy.org

Alia Autism Center
Sitra 1773 0960
@aliaschool

Anne Mostafa Clinical Psychology
Amwaj 6692 9422

Athena Private School for Special Education
Salmabad 1656 8120
@athenaprivateschool

Brain Body Dynamics
Saar 3888 0188
@brainbodydynamics

British Council
Manama 1726 6166
@britishcouncilbh

Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

Clever Play (specialized in STEAM) Riffa 3221 8929
@clever.play

Disabled Sports Federation
Isa Town 1778 9191
@disabledsportsfederationbahrain

Hope Institute
Isa Town 1768 0815
@hope_institute_bahrain

Leap Frog Education
Adliya 3687 3317

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Oasis Training Center
Budaiya 1733 0823
@oasis.tc

Reach
Saar 3900 6065
@reachabaththerapy

R.I.A Institute
Manama 1771 6871
@riacenter

Steps Rehabilitation Centre
Janabiya 1724 6256
@stepsrehabilitationcenter

Talk Play Grow
Manama 3829 2331
@talkplaygrow

Think Behaviour & Development Centre
Saar 3838 3760
@thinkinc.me

TUTORS

Brain Box
Budaiya 3975 7222
@brainbox_bh

Brainy Bahrain Academy
Manama 3312 1588
@brainy.bahrain.academy

Kumon Bahrain
Janabiya 3684 3445
@kumon_in_bahrain

Kumon Bahrain
Mahooz 1774 1168
@kumon_in_bahrain

Kumon Bahrain
Sanad 1700 6355
@kumon_in_bahrain

Learning Plus
Saar 1759 0135

Mathnasium
Saar 3300 8840
@mathnasiumbah

Sylvan Learning Center
Sehla 1740 0227
@sylvanbh

Teach Bahrain
Janabiya 3729 9525
@teachbahrain

Wise Young Generation Center
Hooraa 3377 9830
@wiseyounggeneration

4. FITNESS & WELLNESS

GYMS

Al Nakheel Fitness
Hamala 3883 3663
@alnakheelpremium

Amed's Predator Studio
Jannusan 3319 2666
@ameds_predator_studio

Anytime Fitness
Amwaj 3339 7147
@anytimefitnessamwaj

Healthy Thursday
FOR ONLY
BD 25 NET
Enjoy
One 60-Minute Massage
+
One Healthy Breakfast, Lunch or Dinner (Set Menu)
Receive 20% discount on Spa treatments & Healthy Lunches for your friends & family when you use our Promo Code!
CODE: CONNECT360
FOLLOW US: @frasersuitesbahrain
+973 1542 1014
+973 1514 1888

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Bodyline
Saar 1779 3932
@bodylineladiesclub

Dilmun Club
Saar 1769 0926
@dilmunclub

District Gym
Janabiya 3880 0102
@districtgym_bh

Equilibrium Fitness Centre
Saar 3699 9250
@equilibrium_pilates_bh

Equilibrium Fitness Centre
Amwaj 3699 9257
@equilibriumbahrain

Energy Fitness Gym
Salamabad 1762 3332
@energy_fitness

F45
Saar 3233 2145
@f45_training_saar

Fit Bahrain
Sehla 7701 7711
@fitbahrain

Fitness First
Juffair 1747 3000
@fitnessfirstoasismalljuffair

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Grip Fitness Centre
Riffa 3555 5510
@gripfitness_

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfc Bahrain

Ki Train
Manama 3624 2230
@kitrainBH

La Sante Women Wellness Center, Maqabah 1700 0878
@BH_wellnessCent

Oxygen Gym
Budaiya 1761 6165

Push Gym
Budaiya 7771 0101
@push_bh

REPs Fitness Studio
Manama 7737 7348
@repsfit

Ride Nation
Riffa 1748 4828
@ridenation.me



GYMS CONT.

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@royalgolfclub

Sports Training Complex
Saar 3916 9475
@sportstrainingcomplex

Spartan Fitness
Saar 1777 1700
@spartan.fitness.bh

So Fit Gym
Riffa 1768 0902

Sofitel
Zallaq 1763 6363
@sofitelbahrain

Tower Gym
Seef 1758 7007
@almoyyedtower

UFC Gym
Juffair 1700 0044
@ufcgymbh

SPAS

Al Areen Palace & Spa Hotel
Al Areen 1784 5000
@alareenpalaceandspa

Argan Day Spa
Amwaj 1603 0888
@argandayspa

Argan Day Spa
Janabiya 1703 0888
@argandayspa

Bodyline
Saar 1779 3932
@bodylineladiesclub

Cocoon Wellness Spa
Manama 3817 0088
@cocoon.bahrain

Derma One NK Med Spa
Saar 1759 5560
@dermaonenk

Diplomat Radisson Blu Spa
Diplomatic Area 17531666
@diplomatradsissonblu

Domain Bahrain
Muharraq 1600 0000
@domainbahrain

Fab u Spa
Saar 7704 7704
@fab.u.spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic Spa
Diplomatic Area 3362 1016
@fraserdiplomatic

Heavenly Spa by Westin
Seef 1717 1122
@heavenlyspabahrain

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

Jumeirah Gulf of Bahrain Spa
Zallaq 7777 1000
@jumeirahgulfobahrain

Wyndham Grand Spa
Manama 1711 6116
@wyndhamgrandmanama

La Fontaine Spa
Manama 1723 0123
@lafontainebh

Lavande Beauty Spa
Riffa 7777 4433
@lavandebahrain

Nine Senses
Barbar 1781 0999
@9senses

Pure Skin Spa
Riffa 1700 4142
@pureskinspa

Purple Patchouli
Seef 1758 1051
@purplepatchouli

Purple Patchouli
Riffa 1730 9103
@purplepatchouli

Purple Patchouli
Janabiya 3900 7711
@purplepatchouli

Purple Zowi
Riffa 3455 5066
@purple_zowi

Royal Spa
Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sparadise
Muharraq 1731 3131
@sparadisebahrain

Thalassa Sea & Spa Sofitel
Zallaq 1763 6391
@sofitelbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

The Golden Key
Riffa 1722 4444
@tgkbahrain

The Merchant House Spa
Manama 3401 8565
@themerchanthousebahrain

YOGA & PILATES

Ballare
Saar 1730 0021
@ballarestudio

Bodyline
Saar 1779 3932
@bodylineladiesclub

Core Yoga Studio
Saar 39219 0401
@corestudio.bh

Equilibrium Fitness Centre
Saar 3699 9250
@equilibrium_pilates_bh

Equilibrium Fitness Centre
Amwaj 3699 9257
@equilibriumbahrain

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

Mini Me Yoga
Manama 3373 3633
@minimeyoga

Namaste
Budaiya 1759 1565
@namastebh

PROP Yoga & Therapy Center
Budaiya 3370 0730
@propytc

Pure Yoga
Hamala 1700 7111
@pycbh

Royal Golf Club
Riffa 1775 0777
@royalgolfclub

Pilates Bahrain Studio RCT
Sanabis 3944 5816
@pilatesbahrain

Sports Training Complex
Saar 3616 9475
@sportstrainingcomplex

Yoga Union
Juffair 3458 0018

5. HAIR & BEAUTY

BARBERS & HAIRDRESSERS

Beauty Spot
Hamala 1761 1888
@beautyspotbahrain

Blo Professional Salon
Seef 1700 6070
@blo_bh

THE Green Zone



DID YOU KNOW THAT THE
BAHRAIN INTERNATIONAL
CIRCUIT HAS RECENTLY
INSTALLED SOLAR PANELS
IN THEIR CAR PARKS AND
NOW THEY GENERATE
ENOUGH SOLAR ENERGY
TO POWER THE ENTIRE
F1 WEEKEND!

FACTS ABOUT SOLAR ENERGY

Luckily in Bahrain we have plenty of sunshine!

1. Solar energy is obtained from the radiant light and heat from the Sun.
2. Solar energy is a sustainable energy resource.
3. Solar energy is a safe, clean energy resource and emits fewer greenhouse gases than fossil fuels.
4. Solar energy is the cheapest source of energy on our planet.
5. Solar energy is the largest source of energy on our planet.
6. Solar energy can be used to generate electricity (solar power), heat water and buildings (solar heating), treat water (solar distillation), cooking and many other things.
7. A solar power system converts sunlight to electricity for use in a home or business.

BEACH CLEAN UP

Clean Up Bahrain
@cleanupbahrain

OTHER

Pavilion Renewables
@pavilionrenewables

Plant Your Wishes Seed Paper
@plantyourwishes

EDUCATION

Learn To Grow
@learntogrow.bh

RECYCLING

Plant More Trees
@recyclepointsbh

Recycle Day 18/03
@recycleday

Bahrain Recycle
@bahrainrecycle

SOLAR ENERGY

Solar One
@solaronebh

Solar Power Trading
@solarpowertrading



BARBERS & HAIRDRESSERS CONT.

Elie & Jean, Regency
Intercontinental Hotel
Manama 1722 7300
@ejhairofficial

Elie & Jean, Ritz-Carlton Hotel
Seef 1758 7757
@ejhairofficial

Elloods Hairdressing
Budaiya 7723 1111
@elloods

Hair Etc
Saar 1753 6693
@hair_etc

Hairpage
Saar 1700 9002
@hairpagebh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

Johnny & Co
Seef 3914 6119
@johnnycompany

Johnny & Co, The Art
Amwaj 3222 9299
@johnnycompany

Joz Salon
Amwaj 1736 9133
@jozsalons

Lina Ladies Salon
Riffa 6691 1101
@linaladiessalon

Majestic Arjaan by Rotana
Seef 3999 7289
@majesticarjaanbyrotana

Man Spa
Saar 1758 0110

Moustache Salon
Suqayya 3655 0554
@moustachesalon

Pat Salon
Seef 3911 1115
@patsalon

Prive
Seef 7717 7155
@fraserbahrain

Tigi Concept at the Four
Seasons, Bahrain Bay 1711 5000
@fsbahrain

Toni & Guy, Seef Mall
Seef 1700 1700
@toniandguybahrain

Toni & Guy, City Center
Seef 1701 1701
@toniandguybahrain

Tony Hairdressing
Seef 3637 3538
@tonyhairs

The Groom Room
Riffa 1777 9955
@thegroomroom_bh

The Groom Room
Janabiya 1769 1699
@thegroomroom_bh

BEAUTY

Beautopia
Saar 7733 9999
@beautopiabh

Beauty Lines Mobile Salon
Manama 3223 3326
@beautylines_bh

Blink and Wink
Hamala 3314 5254
@blink_and_wink_bh

Boho Nails
Saar 1711 6115
@bohosalonbh

Cryo
Seef 3800 0155
@cryo_bahrain

Fab u Looks
Saar 7703 7703
@fab_u_looks

Glam and Glow
Al Qadam 3838 0338
@glamandglowbeautylounge

Hospitalia by Yara
Saar/Riffa 1781 1111
@hospitaliabyara

House of Nails
Saar 1759 3311
@houseofnails.bh

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

Jamila
Seef 1753 7853
@thejamilaofficial

Lavish
Budaiya 1759 9022
@lavish_nailbodycouture

Lillia Beauty Lounge
Gufool 1726 6966
@lilliabeautylounge

N.Spa
Seef 1758 7766
@nspabahrain

NStyle Beauty Lounge
Seef 1758 1974
@nstylebh

Novel Beauty Salon
Saar 1779 1222

Posh Beauty lounge
Hamala 7708 2680
@posh.bh

The Nail Hut
Jannusan 3883 0304
@thenailhut.bah

The Lash Room Bahrain
Seef 3306 2448
@thelashroom.bah

U Beauti
Hamala 1369 1999
@ubeauti_bh

Vanity Ladies Beauty Salon
Janabiya 1700 7121
@vanitysalonbh

Yara Beauty lounge
Amwaj 1601 0999
@yarabeautylounge

6. HEALTHCARE**DENTISTS**

Al Jishi Specialist Dental Centre
Manama 1729 2777
@aljishidental

Al Mutawa Dental
Tubli 1787 7816

American Mission Hospital
Manama 1717 7711
@american_mission_hospital

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

British Dental Center
Saar 1782 6855
@bdc.bahrain

Dr Ali Mattar
Manama 1771 4877
@doctoralimattarclinic

Gulf Dental Speciality Hospital
Zinj 1774 1444
@gulfdentalspecialityhospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Irish Speciality Clinic
Al Hooraa 7718 5006
@isc_bahrain

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Saar Dental Specialists
Saar 1759 6444
@saardentalspecialists

Seef Dental
Seef 1758 7991
@seefdental

Smile Dental Clinic
Zinj 1740 0899

FIRST AID

First Aid Box
Seef 3936 3622

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

GP CLINICS & PAEDIATRICS

American Mission Hospital
Manama 1717 7711
@american_mission_hospital

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

American Mission Hospital
Amwaj 1724 8100
@american_mission_hospital

American Mission Hospital
Riffa 1724 8101
@american_mission_hospital

Awali Hospital, Awali 1775 7600
@awalihospital

Bahrain Defense Force Hospital
Riffa 1776 6666
@bdf_hospital



GP CLINICS & PAEDIATRICS CONT.

Bahrain Specialist Hospital
Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic
Zinj 3360 0393
@draymanclinic

Dr Hani at RBH
Manama 1724 6800
@royalbahrainhospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain,
Budaiya 1759 8222
@ihbahrain

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic
Manama 1771 5515

Kidz Care Klinik
Saar 3367 7344

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Royal Bahrain Hospital
Janabiya 1724 6800
@royalbahrainhospital

MATERNITY

American Mission Hospital
Manama 1717 7711
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital
Riffa 1776 6774
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

King Hamad University Hospital
Muharraq 1744 4444
@king_h_hospital

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Salmaniya Medical Complex
Salmaniya 1728 8888

OPTICIANS

Ahmed Alwazzan Opticians
Manama 1722 6969
@alwazzanopticians

Ahmed Alwazzan Opticians
Seef 3990 6162
@alwazzanopticians

Optica
City Center 1751 6839
@optica_me

Optica
Seef 1751 6848
@optica_me

Optica
Bahrain Mall 1751 6840
@optica_me

Yateem Opticians
Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians
Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES

Al Kindi Hospital
Zinj 1724 1381
@alkindihospital

Bliss Lab
Manama 1772 0800
@blisslab.bh

INTOUCH CLINIC - WHERE YOU AND YOUR FAMILY MATTER

- EDUCATIONAL & PSYCHOLOGICAL ASSESSMENTS
- NATUROPATHIC MEDICINE
- DIETARY & NUTRITIONAL COUNSELING
- CHIROPRACTIC CARE
- PRE & POST-NATAL WELLNESS
- SPEECH & LANGUAGE THERAPY
- SCOLIOSIS SCREENING & TREATMENT
- PEDIATRIC & ADULT PHYSICAL THERAPY
- POSTURAL RETRAINING

INTOUCH Integrated Rehabilitation Centre

17690100
33174458
intouchclinicbahrain

Boots The Chemist
City Center 1717 9851
@bootsmiddleeast

Boots The Chemist
Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain
Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy
Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy
Muharraq 1733 1168
@ruyanbahrain

You Plus
Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Art Therapy Centre
Riffa 3348 6060
@arttherapybh

Back on the Move Osteopathy
Seef 3919 7480
@backonthemove

East Riffa High Performance
Centre, Riffa 3731 7317
@eastriffa_hpc

Gulf Diabetes Specialist Centre
Manama 1723 9239
@gulfdmdc

THE Fun Zone

Formula One Cars!
Can you find all the words in the wordsearch?

ASTON MARTIN
ALPHATAURI
MERCEDES
WILLIAMS
MCLAREN
REDBULL
ALFAROMEIO
HAAS
FERRARI
ALPINE

A	U	I	S	X	R	Y	B	R	Q	V	K	P	K	W
V	A	C	F	Y	E	J	R	T	J	X	X	I	O	I
Q	C	R	E	D	B	U	L	L	Z	J	A	I	A	L
V	A	L	P	H	A	T	A	U	R	I	L	N	L	L
C	Z	Y	P	V	E	O	F	D	S	G	P	M	F	I
N	E	M	X	W	I	I	E	V	M	J	I	E	A	A
V	G	H	S	V	P	I	R	Q	V	A	N	R	R	M
A	S	T	O	N	M	A	R	T	I	N	E	C	O	S
G	T	Y	P	I	X	T	A	P	D	P	F	E	M	Z
M	C	L	A	R	E	N	R	H	R	N	A	D	E	L
F	A	C	F	I	P	H	I	V	B	V	I	E	O	I
O	S	P	Y	O	W	A	S	Q	R	V	K	S	R	L
T	I	H	Y	A	C	A	V	H	G	R	W	M	R	V
B	Y	Y	P	R	Y	S	J	M	U	W	V	C	H	S
G	B	Q	X	X	D	L	J	W	L	H	S	I	Y	J

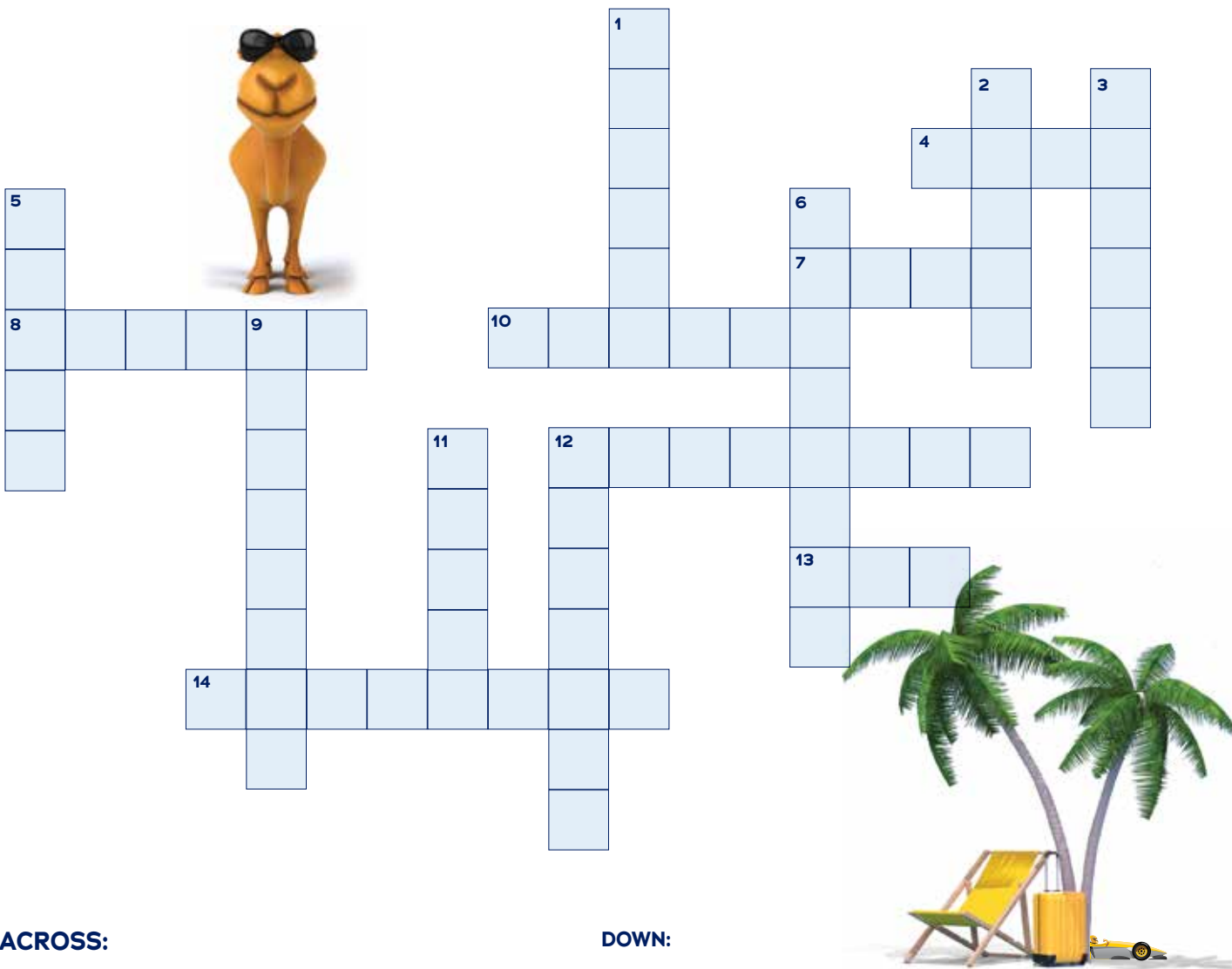
SPOT THE 7 DIFFERENCES



Colour
me in



THE Fun Zone



ACROSS:

- 4. The number of triangles on the Bahrain flag
- 7. Continent where Bahrain is located
- 8. Capital of Bahrain
- 10. Official language of Bahrain
- 12. Most popular sport in Bahrain
- 13. Discovered in Bahrain in 1931
- 14. Structure that links Bahrain to Saudi Arabia

DOWN:

- 1. Island off Bahrain best visited at low tide
- 2. The official currency of Bahrain
- 3. Often used in jewellery and found on Bahrain’s sea beds
- 5. Animal known for having humps
- 6. National dish of Bahrain
- 9. Location of Bahrain’s famous pearling path
- 11. One of the colours of the Bahrain flag
- 12. Team which has won the most F1 races in Bahrain

SPECIALIST HEALTHCARE CONT.

InTouch Janabiya 1769 0100 @intouchclinicbahrain

Life Element Incorporation Amwaj 6692 9422

Little Village Center Um Al Hassam 6632 4600 @littlevillagecenter

Physio Relax Seef 1700 1818 @physiorelaxbh

Steps Rehabilitation Centre Saar 1724 6256 @stepscenterbahrain

Well Med Clinic Manama 1760 0221 @wellmed.centre

ART GALLERIES & FRAMING

Abbas Al Mosawi Art Al Qurayyah 3992 7300 @abbasalmosawiart

Arabesque Art Gallery Umm Al Hassam 1772 2916 @arabesque_art_gallery

Busaad Art Gallery Muharraq 3206 6339 @busaadartgallery

Ghada Art Gallery Manama 3943 8887 @ghada_art_gallery

RAK Art Foundation Riffa @rakartfoundation

HOME FURNISHING

Artikel Babar 1779 5070 @artikeljawaddome

Home Centre Seef 1717 2355 @homecentrestores

Homes R Us Sehla 1755 6001 @homesrusbahrain

Ikea Manama 8000 1120 @ikeabahrain

Luxe Living Seef 3717 7701 @luxelivingbh

Marina Home Seef 1758 2752 @marinahomeinteriors

HOME IMPROVEMENTS

Anooj Upholsters Manama 3882 4803 @anoojbahrain

iFix Manama 1755 2555 @ifixbh

Fix it Manama 3651 0027 @fix_it.bh

Hempel Paints Budaiya 1772 8668 @hempeldecorativeme

Liverpool Services Saar 1761 3244 @liverpoolservices

Manazil Salmabad 1778 6727 @manazil.bh

INTERIOR DESIGNERS

Aalaa Interior Design Manama 3773 3873 @aalaa.design

Aulian Interiors Saar 3900 7985 @aulian_interiors

Beckett Interiors Seef 1734 4432 @beckett_bh

Qreative Design Manama 3224 3993 @qreative.design

PROPERTY AGENTS

CBRE Manama 1655 6600 @cbrebahrain

Century 21 Manama 1721 2000 @century21bahrain

Green Gate Saar 6667 5000 @greengatebahrain

Property Locators Manama 1772 0017 @bahrainpropertylocators

Savills Manama 1756 2860 @savills_me

Star Real Estate Manama 3354 7470 @starrealestate

REMOVAL COMPANIES

Allied Pickfords Manama 1773 5355

Crown Relocation Manama 1722 7598

Gulf Agency Company Manama 1733 9777

M Nasir House Movers Manama 3404 7026

Moomin Removals Saar 3311 0541

Writer Relocations Manama 1721 4270

8. PARTY TIME

CATERING

Aroma Manama 1758 2711 @aromaexpressbh



Arabesque Art Gallery

You name it, We frame it!

UK Fine Art Guild Master Picture Framers
45 years of serving our loyal customers

With the largest selection of quality frame mouldings on the island !!

Contact us : 17722916 39643221 or info@arabesque-gallery.com



CATERING CONT.

Baker and Spice
Seef 1360 9666
@bakerandspiceme

Bite Me Catering
Riffa 3926 9696
@bitemebahrain

Cake Boutique
Seef 1755 2253
@cakeboutiquebh

Chipa
Salmaabad 3964 0177
@tastechipa

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

Donut Wall
Saar 3974 0496
@donutwallbh

Flaming Salmon
Seef 6666 8444
@flamingsalmon

Gulf Hotel Catering
Adliya 3737 2111
@thegulfhotelbh

Haute Cupcakes
Seef 3306 7770
@haute cupcakesbh

Hopscotch Rustic Kitchen
Saar 1769 1124
@hopscotch.bh

Jena
Hamala 1761 3191
@jenabakery

Let Them Eat Cake
Saar 1769 1114
@let_them_eat_cake_bh

Let Them Eat Cake
Busaiteen 3995 0060
@let_them_eat_cake_bh

Lilou
Seef 1771 4440
@cafelilou



Events Essentials
Manama 3407 6282
@events_essentials_bh

Fatoom Events
Manama 3900 4465
@entertainment.world.bh

L'Arabia
Hamala 7717 7377
@l_arabia

Newbury Events
Riffa 3720 2786
@newburyevents

Noah's Events
Manama 3940 6706
@noahseventsahrain

Picnico
Manama
@picnico_bh



Sleepie Teepee
Saar 3974 0496
@sleepie Teepee bh

The Party People of Bahrain
Seef 3352 2571
@thepartypeople_ofbahrain

PARTY SUPPLIES

Al Wasmiya Tent & Supplies
Manama 3316 6999
@alwasmiyatent

Costume Chest
Juffair 3965 8541
@costumechest

Entertainment World
Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain
Manama 6666 2013
@eventodebh

YallaCake
Manama 3391 4140
@yallacake

EVENT PLANNERS

Bubbles Events
Manama 3331 0133
@bubbleevents

By Amna Alkan
Manama 3443 1788
@amnas_events_

D&D Décor Co
Manama 3838 4949
@departydesigns.bh

Events A La Carte
Manama 3993 0324
@eventsalacarte

Events by Dhabiya
Manama
@eventsbydhabiya

Events by Leaves
Seef 1759 9055
@eventsbyleaves

Lumee
Seef 1743 4300
@lumeestreet

M by Mirai
Seef 1778 3030
@mbymirai

Piece of Cake
Riffa 1777 7909
@a_piece_of_cakebh

Piece of Cake
Budaiya 1759 1655
@a_piece_of_cakebh

Rue Catering Services
Janabiya 3939 9090
@rue.catering

Sage and Sirloin
Hamala 1761 1949
@sageandsirloin

Swiss Belhotel
Seef 1736 2233
@swissbelhotelseef



Little Chefs

Here is a great recipe from our friends at Let Them Eat Cake!

INGREDIENTS VANILLA COOKIES

- ☐ 200g Unsalted Butter
- ☐ 200g Sugar
- ☐ 400g All-purpose Flour
- ☐ 1 Egg
- ☐ 1tsp Vanilla Flavour

ROYAL ICING

- ☐ 450g Icing sugar
- ☐ 3 Egg Whites
- ☐ Gel Food colour



Equipment you will need:

Handheld mixer or Stand mixer, Sieve, Bowls, Scraper, Piping bag, Cookie Cutters, Rolling pin, Baking tray and Rack

Method for Cookie Dough:

1. Cream together the butter and sugar until light and fluffy. Use a mixer on medium speed.
2. While the butter and sugar are mixing, sieve the flour into a container.
3. Add the egg with the vanilla to the butter and sugar and mix well.
4. Reduce the speed of the mixer and add the flour in small batches.
5. Prepare a clean surface, pour on the cookie dough and knead together.
6. Wrap the cookie dough in three batches in cling film and refrigerate for a minimum of 3 hours.
7. The dough should be soft enough to roll out but still firm and cold.
8. Set your oven at 180c.
9. Sprinkle a clean surface with flour and roll the dough to about ½ cm thick.
10. Using your chosen cookie cutters, cut out the shapes and place them on a baking tray with parchment. Once the tray is full, place it in the refrigerator for 30 mins.

11. Place the cookies in the oven and bake for 15-20 mins. (It is always best to turn the tray around halfway through baking to make sure all cookies are baked evenly).
12. Once they are baked place the tray on a rack to cool.

Method for Royal Icing:

1. Put the egg white into a bowl and gradually add sieved icing sugar using a mixer on a slow speed (it is very important to sieve the icing sugar as it can get rather lumpy at times).
2. Icing sugar tends to fly all over the kitchen if the speed of the mixture is too high!
3. Once you have added all the icing sugar increase the speed of the mixture to high.
4. The royal icing will thicken the more icing sugar you add. It is best to let it mix for a good 5 mins so that it is very white, then place into a container for later.
5. Make sure that the royal icing is covered with cling film. This will stop it from going hard.
6. Food colour can be added to the icing, however it is best to buy a gel type of colour. Do not use the liquid food colours, these colours will make your icing too runny. For the gel colours you will only need a tiny amount to make brilliant colours.
7. Finally Decorate your cookies and have fun!

Pick up your ingredients from your local Alosra



PARTY SUPPLIES CONT.

Party Mania
Budaiya 1766 0515
@partymaniabahrain

PARTY VENUES

Al Areen Palace and Spa
Al Areen 1784 5000
@alareenpalaceandspa

Artology
Saar 3679 0785
@artology.bh

Artzania
Manama 3996 9933
@artzania

Bahrain International Karting
Circuit, Sakhir 1745 1745
@bahrain_karting

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Bahrain Science Centre
Isa Town 1768 6466

British Club
Adliya 1772 8245
@britishclubofbahrain

Budaiya Pre-School
Budaiya 1779 1491
@budaiya_preschool

Dilmun Club, Saar 1769 0926
@dilmunclub

Escape Code
Saar 1750 0023
@escape.code

Flip n Fun
Hamala 3889 4111
@flipnfun.bh

Four Seasons
Bahrain Bay 1711 5000
@fsbahrain

Funland Center
Manama 1729 2313
@funland.bahrain

Kids Palace
Saar 1765 1050
@kidspalacebh

Jumpsters
Saar 1769 1558
@jumpsters_bh

Jump Up
Tubli/ A'ali 3355 1225
@jumpup.fun

Lost Paradise of Dilmun Water
Park, Al Areen 1784 5100
@lpodwaterpark

Magic Island
Seef 7791 1211
@magicislandbh

Mosaic House
Budaiya 3925 3942
@mosiachousebahrain

Nutty Scientists
Seef 3355 3551
@nuttyscientistsbahrain

Pottery at Studio Ceramics
Budaiya 1759 9026
@studioceramicsbh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sleepee Teepee Bahrain
Saar 3974 0496
@sleepee Teepee bh

Soccer Stars Academy
Janabiya 3319 3060
@soccorstars_bh

Soul Culture
Saar 3338 2263
@soulculturebh

Tekkers Academy
Saar 3384 3416
@tekke rs Bahrain

Yellow Submarine
Saar 1700 0037
@yellowsubmarinebh



9. PETS

VETS

Animal Care Clinic
Hamala 1761 2459
@animalcareclinic2

Barri's Vet Hospital
Saar 1700 1088
@barrisvethospital

Charis Vets
Budaiya 1310 6800
@charisvets

Dr Nonie Coutts Vets
Adliya 1724 5515
@drnoniecoutts

Dr Nonie Coutts Vets
Budaiya 1769 1397
@drnoniecoutts

Eman Veterinary Clinic
Riffa 3944 2216
@emanvetclinic

House Veterinary Center
Muharraq 1720 0075
@house.veterinary.center

Save Vet Clinic
Saar 1799 9898
@save_vetbh

Tails Veterinary Centre
Manama 6633 4537
@tailsvetcentre

PET HOTELS

Bed & Biscuits
Manama 1740 2350
@bedandbiscuitsbh

Delmon Boarding
Kennels & Cattery
Barbar 1769 4066
@demonkennels

Saar Kennels The Pet Hotel &
Spa, Saar 1779 0017
@saarkennels

ANIMAL RESCUE

Bahrain Animal Rescue Centre
BARC
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Strays
Manama 3967 5919
@saveourstraysbahrain

BSPCA
Askar 1759 1231
@bspca

BSPCA Thrift Shop
Budaiya 1759 3479
@bspca

GROOMING & PET SUPPLIES

California Pets
Budaiya 1760 0933
@californiapets

Horse and Hound
Budaiya 1700 1761
@horseandhoundbh

Pet Arabia
Amwaj 1759 2288
@petarabia

Pet Arabia
Budaiya 1759 2288
@petarabia

Petland
Arad 1310 7474
@pet_land

Pets Home
Hamala 1730 0203
@pets_homebh

Pick me Pets
Budaiya 3883 0311
@pickmepetsgcc

Pretty Paws Mobile
Manama 3728 8188
@pretypawsbh

10. PLACES TO GO

ART GALLERIES

Abbas Al Mosawi Art
Al Qurayyah 3992 7300
@abbasalmosawiart

Arabesque Art Gallery
Umm Al Hassam 1772 2916
@arabesque_art_gallery

Busaad Art Gallery
Muharraq 3206 6339
@busaadartgallery

Ghada Art Gallery
Manama 3943 8887
@ghada_art_gallery

RAK Art Foundation
Riffa
@rakartfoundation

BEACHES

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands
Sitra 1770 4600
@aldarislads

Al Jazeera Beach Zallaq
Amwaj Islands
Amwaj 1603 3100
@amwaj_islands

Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Hawar Islands from Al Dur Jetty
Manama 3200 0149
@hawariland.bh

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Marassi Al Bahrain
@marassibeach

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Solymar Beach
Amwaj 3509 4777
@solymarbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Water Garden City
Seef 1710 0150
@watergardency

CULTURE

A'ali Burial Mounds
A'ali Open 24 hrs

A'ali Pottery
@aalipottery
10am - 6pm

Al Jasra Handicraft Center
Jasra 1761 1900
10am -7pm

Al Jasra House
Jasra 1761 1454
10am -2pm

Al Khamis Mosque
Manama 1729 8777
12pm-5pm

Arad Fort
Muharraq 1729 8777
from 12pm

Bab el-Bahrain Souq
Manama 3445 1280
@manama_shopping

Bahrain Capital Mall
Seef 1710 2369
10am-9pm

Bahrain Fort
Seef 1756 7177
10am-8pm

Bahrain National Museum
Manama 1729 8714
@bahrainnationalmuseum
10am-8pm

Barbar Temple
10am-5pm

Beit Al Quran Museum
Manama 1729 0101
10am-2:30pm

Grand Mosque (Al Fateh Mosque)
Manama 1772 7773
10am-4pm

Khamis Mosque
Manama
@al_khamis_mosque

National Theatre of Bahrain
Manama 1753 2233
@culturebah

Rashid Al Oraifi Museum
Muharraq 1733 5616
10am-5pm

Riffa Fort
Riffa 1729 8777
10am-5pm

Shaikh Isa Bin Ali House
Muharraq 1733 4945

Shaikh Ebrahim Center for Culture
Muharraq 1732 2549
@shaikhebrahimcenter

Siyadi House
Muharraq 3323 3521
@pearlingpathbh

DAYS OUT

Adhari Park
Tubli 1740 7 00
@adharipark
4pm-10pm

Al Areen Wildlife Park
Al Areen 1784 5480
@alareen.bah
10am-5pm

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

Bahrain Science Center
Isa Town 1768 6466
@mys_yc_bsc
10am-1pm / 4pm-8pm





DAYS OUT CONT.

Dino Park	
Prince Khalifa Park	3466 6318
@dinoparkbh	
Escape Code	
Saar	1750 0023
@escape.code	
10am-11:30pm	
Experience Bahrain Boat Hire	
Amwaj	1700 3636
@scubalife.bh	
Gravity Indoor Skydiving	
Zallaq	1310 0000
@gravitybah	
12pm-10pm	
Kashta Tours	
Manama	3212 2163
@kashta.tours	
La Fontaine	
Hoorah	3881 9909
@lafontainebh	

Lost Paradise of Dilmun Water Park	
Al Areen	1784 5100
@lpodwaterpark	
10am-7pm	
Rashid Equestrian & Horseracing Club	
Sakhir	1744 033
@rehc.bh	
10am-2pm	
Royal Camel Farm	
Janabiya	1788 1188
@camelfarm_bh	
10am-5:30pm	
Tree of Life	Open 24 hrs

EVENTS

Al Dana Amphitheater	
Sakhir	1745 4444
@aldana_amp	

Bahrain National Theatre	
Manama	

Exhibition World Bahrain	
Sakhir	
@ewbahrain	

FAMILY CLUBS

Bahrain Rugby Football Club	
Saar	1769 5809
@bahrainrfc	

Bahrain Yacht Club & Marina	
Sitra	1770 0677
@thebahrainyachtclub	

BAPCO Club	
Awali	1775 3666
@bapcoclub.official	

British Club	
Adliya	17 728 245
@britishclubofbahrain	

Country Club	
Budaiya	1759 3593
@thecountryclubbahrain	

Dilmun Club	
Saar	1769 0926
@dilmunclub	

Four Seasons Hotel	
Bahrain Bay	1711 5000
@fsbahrain	

La Plage Beach Club	
Sofitel, Zallaq	1763 6363
@laplage_bh	

Ritz Carlton Hotel	
Seef	1758 0000
@ritzcarltonbahrain	

Royal Golf Club	
Riffa	1775 1266
@theroyalgolfclub	

The Art	
Amwaj	1600 0111
@theart.bahrain	

11. SHOPPING

BUTCHERS

Butcher Shop and Grill	
Manama	1717 2323
@butchershopar	

Fine Foods	
Manama	1736 4327
@finefoodsgourmet	

Prime Cuts	
Amwaj	1600 9200
@primecuts.bh	

Sage and Sirloin	
Hamala	1761 1949
@sageandsirloin	

BOOK SHOPS

Bookland	
Isa Town	1759 2193
@blb_bookstore	

The Bookcase	
Budaiya	1769 0566
@thebookcasebh	

The Bookmart	
Manama	3391 5293
@bookmartme	

Jashanmal Bookstore	
City Centre	1717 8407
@jashanmal_bahrain	

Jashanmal Bookstore	
Seef	7791 1114
@jashanmal_bahrain	

Jarir	
Seef	7799 7755
@jarirbookstore	

Neo Books and Coffee	
Riffa	1700 2233
@neobooksandcoffee	

Oh My Bookness	
Manama	3888 2129
@ohmybooknessbh	

Skills Centre & Bookshop	
Abu Saiba	1768 1696
@skillsbh	

Virgin Megastore	
Seef	1717 2300
@virginmegastoreme	

GIFTS

Anisa Tablecloths	
Saar	3996 3486
@anisaislandliving	

Bahrain Jewellery Centre (BJC)	
Manama	1752 0053
@bahrainjewellerycentre	

BJC Baby	
Seef	1758 1000
@bjc.baby	

Hanger 57	
Seef	3397 3977
@hanger57	

Harmony Jewellery & Engraving	
Saar	3917 1921
@harmonybahrain	

Laderach Chocolatier Suisse	
Seef	3881 8080
@laderach_bahrain	

Plant Your Wishes Seed Paper	
Manama	
@plantyourwishes	

Re-Loved Luxury	
Saar	
@re_loved_luxury	



Sherie Boutik	
Hamala Hills	1731 0535
@sherieboutik	

The Paper Truck	
Manama	6699 8800
@thepapertruck	

Tiny Om	
Budaiya	3334 8180
@tinyomjewellery	

V Designs	
@v.designs.bh	

SCHOOL UNIFORMS

House of Uniforms	
Seef	1700 1448
@hou_bh	

Zaks	
Saar	1759 0139
@zaksuniforms	

SHOPPING MALLS

Al A'ali Mall	
Seef	1758 1000
@alaalimallbahrain	

Bahrain Mall	
Seef	1755 8181
@thebahrainmall	

City Centre Mall	
Seef	1717 7771
@citycentrebahrain	

Country Mall	
Budaiya	1759 2250
@countrymall	

Dana Mall	
Seef	1755 6665
@danamall.bahrain	

Dragon City	
Muharraaq	3229 6366
@dragoncitybh	





Home Gifts

Explore modern interior and design at Bahrain Jewellery Centre.

Visit us at Al Aali Mall.



مرکز المجوهرات البحرين
BAHRAIN JEWELLERY CENTRE

bjc.com.bh

SHOPPING MALLS CONT.

El Mercado Janabiya	1756 7554	@elmercadoj	Ramli Mall A'Ali	1764 6600	@ramli_mall
Galleria Mall Zinj	7735 3535	@galleriabh	Seef Mall Muharraq Arad	7791 1116	@seefmall
Jawad Dome Budaiya	1769 1010	@the_jawad_dome	Saar Mall Saar	1779 0203	@saarmallbahrain
Marina Mall Manama	1711 6281		Seef Mall Seef	7791 1114	@seefmall
Moda Mall Diplomatic Area	1721 3198	@moda_mall	Sitra Mall Sitra	1754 0330	
Oasis Mall	Juffair	@oasismallbahrain	Thai Mart Muharraq	3354 5410	@thaimartbahrain
Oasis mall	Riffa	@oasismallbahrain	The Avenues Manama	1715 1060	@theavenuesbh

SUPERMARKETS

Al Jazira Adliya	1772 0700	@aljazira.supermarket	Alosra Najibi Center	1773 9739	@alosrasupermarket
Al Jazira Budaiya	1759 0845	@aljazira.supermarket	Alosra Riffa Views	1775 0006	@alosrasupermarket
Al Jazira Mahooz	1774 0111	@aljazira.supermarket	Carrefour Bahrain Mall	8000 8899	@carrefourbahrain
Al Jazira Janabiya Park	7799 4010	@aljazira.supermarket	Carrefour City Center	8000 8899	@carrefourbahrain
Alosra Amwaj	1603 3773	@alosrasupermarket	Carrefour Saar Mall	8000 8899	@carrefourbahrain
Alosra Durrat	7777 0001	@alosrasupermarket	Carrefour Jawad Dome	8000 8899	@carrefourbahrain
Alosra El Mercado	1773 9769	@alosrasupermarket	Lulu Hypermarket Dana Mall	1755 3555	@luluhyperbh

12. SPORTS

ATHLETICS

Lulu Hypermarket Atrium Mall	1779 9888	@luluhyperbh	Bahrain Ahtletic Association Manama	1717 6569	@baa_bh
Lulu Hypermarket Juffair Mall	1755 5588	@luluhyperbh	BSB Sports Academy Hamala	1761 0920	@britishschoolbahrain
Lulu Hypermarket Hidd	1746 5599	@luluhyperbh	SPARTA, St Christopher's Saar	1760 5190	@sparta_bahrain
Lulu Hypermarket Muharraq	1735 0200	@luluhyperbh	Bahrain Triathlon Association Manama	7771 3777	@triaathlonbh
Tamimi Markets Dilmunia	7791 1000	@tamimimarketsbh	BADMINTON BAPCO Club Awali	1775 3666	@bapcoclub.official
Tamimi Markets Nakheel	8009 0001	@tamimimarketsbh	Bahrain Badminton and Squash Fed Manama	3220 6755	@bbsf.81
Tamimi Markets Riffa	8009 0001	@tamimimarketsbh	BSB Sports Academy Hamala	1761 0920	@britishschoolbahrain

TOY SHOPS

Baby Essentials Seef Mall	3693 2777	@baby_essentials_bahrain	World of Carousel Saar	3935 0044	@carouselbahrain
Kiddy Kingdom Saar	3656 3063	@kiddy_kingdom_bh	Sandooqi Amwaj	3666 9415	@sandooqi_bh
Toys R Us Seef	3967 0426	@toysrus.seef	Toys World Manama	3723 3371	@toysworldbh
Wonderland Toystore Riffa	3998 5060	@wonderlandtoystore			

BIKES & CYCLING

Bahrain Triathlon Association Saar	7771 3777	@triathlonbh	Cycling Bees Budaiya	3977 7464	@cyclingbees
Kashta Tours Manama	3212 2163	@kashta.tours	Manama Tours and Travel Manama	1754 0990	@manamatours.bh
Skate Shack Budaiya	1769 7176	@skate_shack_bh	TriLife Saar	7733 3777	@gotrilife

BOAT HIRE

Al Dar Islands Sitra	1770 4600	@aldarlands	Bahrain Yacht Club Sitra	1770 0677	@thebahrainyachtclub
Experience Bahrain Amwaj	1700 3636	@experiencebahrain.bh			

BASKETBALL

Bahrain Basketball Association Umm Al Hassam	1781 0353	@bah_basketball	BSB Sports Academy Hamala	1761 0920	@britishschoolbahrain
SPARTA, St Christopher's Saar	1760 5190	@sparta_bahrain			

BOWLING

Adhari Park Manama	1740 7300	@adharipark	Funland Center Manama	1729 2313	@funland.bahrain
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MJ's Bowling Lounge Budaiya	7755 7777	@mjsbowlinglounge	Yalla Bowling Seef	1717 3017	@magicplanetmena
Al Doy Sports and Martial Arts Riffa	3370 8866	@aldoy_sports_centre			

Big Up Sports Saar	3983 1113	@bigup_sport	JD Boxing Club Saar	3319 9023	@jd_boxing
UFC Gym S.P.C Manama	3434 2928	@ufcgymbh			

CRICKET

Bahrain Rugby Club Saar	1769 5809	@bahrainrfc	Colts Saar	3362 4226	@coltscricketacademy
SPARTA, St Christopher's Saar	1760 5190	@sparta_bahrain			

DIVING

Dive Bahrain	@divebahrain		Into the Blue Manama	3775 7373	
Marina Mania Budaiya Beach	1337 1717	@marina_mania_bh	Scuba Master Hooraa	1729 2154	@scubamasterco
Experience Bahrain Amwaj	1700 3636	@experiencebahrain.bh			



**FOOTBALL**

Adhari Park Manama @adharipark	Kick Off Academy Saar @kickoff.academy	6969 0000
Bahrain Rugby Football Club Saar @bahrainrfc	Tekkers Saar/Muharraq @tekkersbahrain	3384 3416
British Club Adliya @britishclubofbahrain	Soccer Stars Academy Janabiya @soccerstars_bh	3319 3060
BSB Football Academy Hamala @britishschoolbahrain	SPARTA, St Christopher's Saar @sparta_bahrain	1760 5190
Dilmun Club Saar @dilmunclub	The Football Academy (TFA) Saar/Riffa @tfa.bahrain	7730 0000
Footpool Bahrain Manama @footpoolbh	Winners Football Centre Isa Town @gowfc	3808 5535
Juventus Academy Bahrain Saar @jacademybh	Bahrain International Circuit Sakhir @bah_int_circuit	1745 0000

FORMULA ONE**GOLF**

Awali Golf Club Awali @awaligolfclub	1775 6770
Royal Golf Club Riffa @theroyalgolfclub	1775 0777

GYMNASTICS

Aspire Budaiya @aspiregymnasticsbh	1700 5831
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Bahrain Gymnastics Fed Manama @bahrain.gymnastics	
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BSB Gymnastics Academy Hamala @britishschoolbahrain	1761 0920
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Flip n Fun Janabiya @flipnfun.bh	3889 4111
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Motion Gymnastics Academy Janabiya @motiongymnastics_bh	3700 2432
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Riffa Gymnastics Academy Riffa @riffa_gymnastocs_academy	3359 9656
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SPARTA, St Christopher's Saar @sparta_bahrain	1760 5190
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HOCKEY

Bahrain Hockey Association Saar	3965 8618
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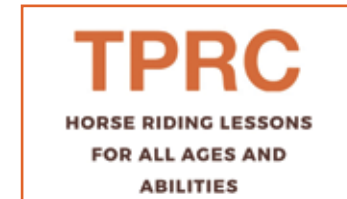
HORSE RIDING

Dilmun Club Saar @dilmunclub	1769 0926
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Horse and Hound supplies Budaiya @horseandhoundbh	1700 1761
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Muharraq Equestrian Academy Muharraq @mea.brn	3985 8770
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REHC Zallaq @rehc.bh	1744 0330
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Twin Palms Riding Centre Saar @twinpalmsridingcentre	3413 7001
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ICE SKATING

Funland Center Manama @funland.bahrain	1729 2313
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Funscape World Dimunia @funscapebh	3509 7333
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KARTING

Bahrain International Karting Circuit Sakhir @bahrain_karting	1745 1975
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Gulf Speed One Juffair @gulfspeedone	3922 6612
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Trax Seef @trax.bh	3838 8555
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KITE SURFING

Beach Culture Bahrain Bay @beachculture	3303 6361
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Experience Bahrain Amwaj @experiencebahrain.bh	1700 3636
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Skate Shack Budaiya @skate_shack_bh	1769 7176
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MARTIAL ARTS

Aces Taekwondo Academy Zenj @aces_zenj	3999 6499
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Albanna Martial Arts Center Juffair @albanamac	3666 8390
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Bin Jamal Taekwondo Saar @binjamal_tkd	3303 6330
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British Club Adliya @britishclubofbahrain	1772 8245
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Hoi Jeon Moo Sool Seef @hjms_bh	3340 0063
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Japan Karate Association Budaiya @jka_bahrain	3888 6930
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KI Train Seef @kitraining	3624 2230
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Reza's Martial Arts Center Barbar @rmac_bahrain	3884 4055
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SPARTA, St Christopher's School Saar @sparta_bahrain	1760 5190
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Excellent Taekwondo for Kids Adliya @excellentaekwondobh	3881 6222
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MOTORSPORT

Bahrain International Circuit Sakhir @bah_int_circuit	1745 0000
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Y.K. Off-Road Experience Sakhir @bah_int_circuit	1745 0000
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NETBALL

Bahrain Rugby Football Club Saar @bahrainrfc	1769 5809
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British Club Adliya @britishclubofbahrain	1772 8245
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Dilmun Club Saar @dilmunclub	1769 0926
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SPARTA, St Christopher's School Saar @sparta_bahrain	1760 5190
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PADDLE BOARDING

Beach Culture Bahrain Bay @beachculture	3303 6361
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PADEL TENNIS

Padel Tennis Beach Padel Seef @beach_padel	3979 7797
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Let's Padel Seef @letspadel.bh	1753 3337
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Padel Bahrain Juffair @bahrainpadel	3327 7360
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Padel Park at Gravity Village Zallaq @padelparkbh	3223 0303
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Pink Padel Riffa @pinkpadel.bh	3822 2444
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Padel at The Royal Golf Club Riffa @theroyalgolfclub	1775 1266
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Sky Padel Manama @skypadel.bh	3672 0775
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RUNNING

Bahrain Triathlon Association Saar @triathlonbh	7771 3777
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Let us Run Manama @lettuce.run	3638 3348
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SAILING

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Bahrain Sailing Club
Zallaq 1783 6078

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

SWIMMING

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Mermaid Swimming Classes
Sanad 3779 8823
@merschoolbh

Elements BSB
Hamala 1761 0973
@elements.bsb

Dilmun Club
Saar 1769 0926
@dilmunclub

Dolphin Swimming Training
Um Al Hassam 3950 3169

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

Swim Stars
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Water Discovery
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@waterdiscovery.bh

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@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

Elements BSB
Hamala 1761 0973
@elements.bsb

JCs Tennis Academy
Riffa 3969 7114
@Jcstennis

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

Teddy Tennis
Janabiya/Adliya 3885 4881
@Teddytennisbh

TRIATHLON

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

13. TRAVEL

AIRLINES

Air Arabia 1750 5111
@airarabiagroup

Air Canada 1782 8768
@aircanada

Air France 1722 0870
@airfrance

Air India 1722 0788
@airindia.in

American Airlines 1782 6725
@americanair

British Airways 1758 7777
@british_airways

Cathay Pacific 1722 6226
@cathaypacific

Cyprus Airways 1722 0849
@cyprusairways

Egypt Air 1724 3317
@egyptair

Emirates Airlines 1758 8700
@emirates

Etihad Airlines 1751 9999
@etihad

Gulf Air 1733 5777
@gulfair

KLM 1722 9747
@klm

Kuwait Airways 1722 3300
@kuwaitairways

Oman Air 1750 0020
@omanairofficial

Qatar Airways 1721 2202
@qatarairways

Saudi Airlines 1721 1550
@saudi_airlines

AIRPORT INFORMATION

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain
Muharraq 1713 9002
@halabahrainhospitality

HOTELS

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Areen Palace and Spa
Zallaq 1784 5000
@alareenpalaceandspa

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomaticradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Elite Resort & Spa
Manama 1731 3333
@eliteresort_spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic
Diplomatic Area 1616 1800
@fraserdiplomatic

Golden Tulip
Manama 1753 5000
@goldentulipbahrainhotel

Grand Swiss-Belhotel Waterfront
Seef 1717 7333
@grandswissbelhotelwaterfront

Gulf Hotel
Manama 1771 3000
@thegulfhotelbh

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay



Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Intercontinental Regency
Bahrain Manama 1722 7777
@interconbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Laguna Beach Resort
Budaiya 1663 0000
@laguna.bh

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Reef Resort Hotel
Reef Island 1311 0110
@reefboutiquehotel

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Swiss-Belhotel
Seef 6631 0000
@swissbelhotelseef

The Address
Marassi Beach 7749 9666
@addressresortbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

The Grove
Amwaj 1603 0303
@thegroveresortbahrain

The K Hotel
Juffair 1736 0000
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Air - Gulf Air Daily x4 Manama - Dammam	Police 999 / 911	Fire 999 / 911	Le Meridien Al Khobar +966 1389 69000 @lemeridienkhobar
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EMERGENCY

HOTELS

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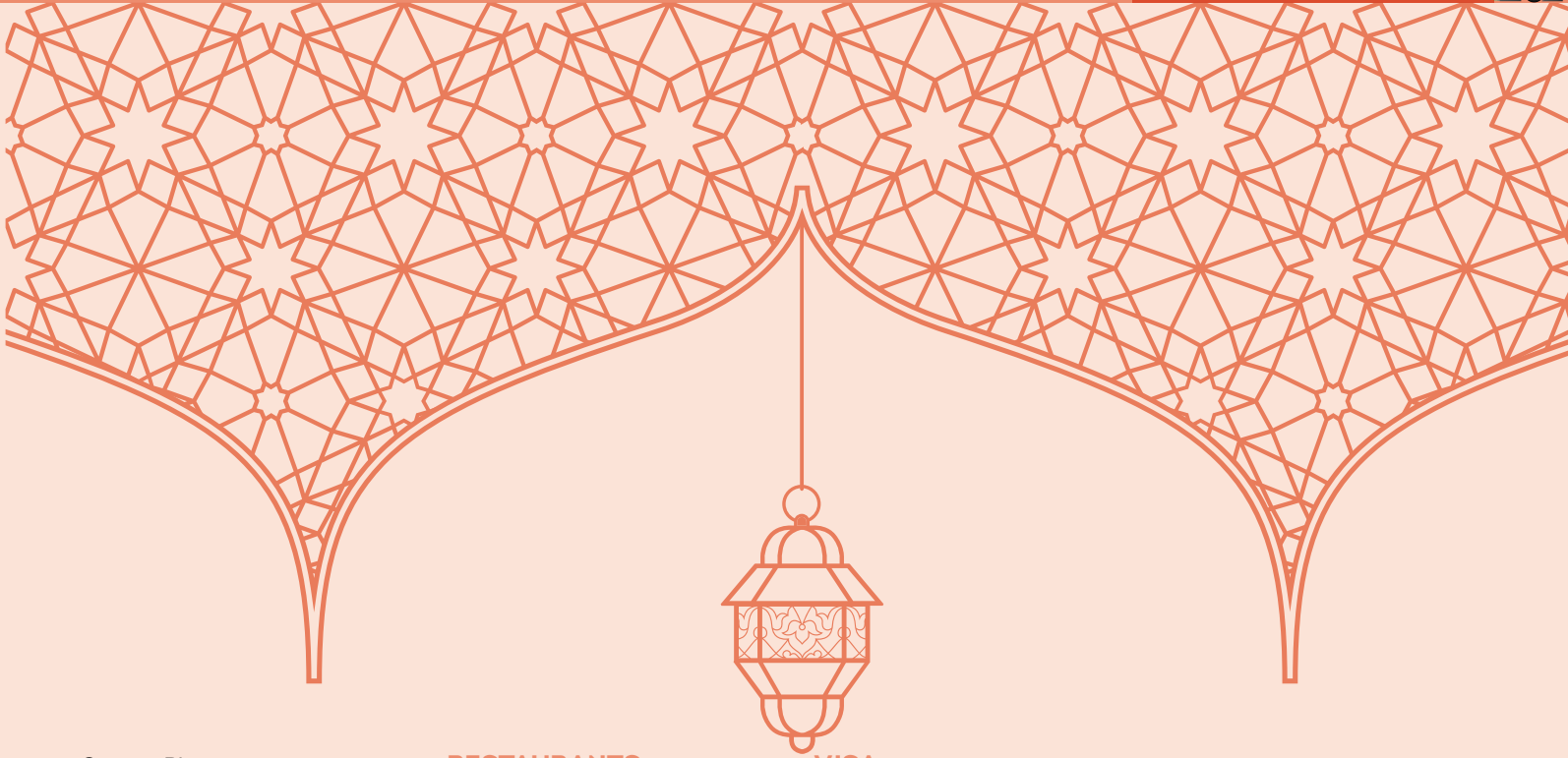
King Abdulaziz Centre for World Culture (Ithra) is a state-of-the-art cultural destination in Dhahran, Saudi Arabia. It ignites cultural curiosity, stimulate knowledge exploration, and inspire creativity through the power of ideas, imagination and innovation.

The Ithra Children's Museum is the first museum in the Kingdom of Saudi Arabia for children up to the age of 12 and their caregivers. With 11 different zones, young minds are offered an array of exciting experiences that aim to enrich their lives through interactive play-based offerings, including exhibitions, classes, and workshops.

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Greece	3996 7686	Kuwait	1753 4040
India	1771 2785	Lebanon	1757 9001
Iraq	1774 1472	Malaysia	1756 4551
Ireland	1772 8146	Mexico	1725 2104

Morocco	1774 0566
Netherlands	17 600 110
Oman	1729 3663
Pakistan	1724 4113
Qatar	1772 2922
Russia	1772 5222
Saudi Arabia	1753 7722
Turkey	1753 3448
UAE	1774 8333
UK	1757 4100
USA	1724 2700

GAS & WATER

Nestle Water	1740 4435
Aqua Cool	1778 4101
Bahrain Gas	1770 2811

INSURANCE

GIG Bahrain Manama @gigbh	8000 1060
Patrick York Insurance Seef @pyinsurance	1758 7031

INTERNATIONAL DIRECTORY

Enquiries	191
Local Call Assistance	100
Local Directory Enquiries	181
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Migrant Workers Protection Society
Manama 1782 7895
@mwpsbh

Shamsaha
Manama 3844 7588
@shamsaha_me

Think Pink Bahrain
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OTHER

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@bahrainbritishbusinessforum

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@amaniphotostudio

Bader Alwazeer Photography
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@bader_photo

Euroway Photography & Design
Hooraa 3730 0097
@euroway_photography

Fatmina Photography
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@fatimaphotography.bh

Hannah Helson Photography
Janabiya 3615 5345
@hannahhelsonphotography

Jodie Baker Photography
Janabiya 3885 2723
@jodiebakphotography

Khatoon & Bader
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@bkweddings

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Manama 3444 3662
@littlemiraclesbys

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