



HOW TO REACH US

"Out & About", a ready reckoner for the events taking place on the island, is published from Friday to Tuesday. To be included, please use one of the following: outandabout@dt.bh, or call 38444680.

TUNNEL V.7 - JACK STREET & JOSHUA COVE

Date: Today 7 pm - 23 Jan 2

Venue: Ramee Grand Hotel & Spa-Manama

Tunnel (Bahrain) is a dark and twisted unparalleled event experience for the music lovers. A true underground night dedicated to it's strict music policy. No poster boys, people watchers or selfie kings (and queens for that matter), just good vibes.

MOVEMENT MONDAY (HAVANA NIGHT)

Date: 23 Jan 9 pm - 24 Jan 2 pm

Venue: Ramee Grand Hotel & Spa-Manama

Join us for Movement Monday, a night dedicated to the best of Salsa & Bachata. Learn the best of what Havana has to offer with lessons starting from 9.30pm. Solely Salsa and Havana classics until midnight, with support from De Karner.

INTUITIVE EATING WITH HADEEL KADI

Date: 23 Jan 10 am - 12 pm

Venue: Words BookstoreCafé-Jannusan

Hadeel Kadi from Reach Wellbeing is back this January. She will give an introductory talk on how to move from being an emotional eater to becoming an intuitive eater. Her approach to health and weight loss is very "holistic." This will be a bigger and deeper conversation that goes beyond food and exercise. If you are ready for a different perspective, then come join us. Hadeel has been privately coaching clients since 2012 in her capacity as a transformation life coach and integrative health and nutrition practitioner. With her sister Abeer, and through their company Reach Wellbeing, they have touched the lives of many people from the region and beyond.

OUT & ABOUT

HIGHLIGHT

BAHRAIN ANNUAL FINE ARTS EXHIBITION 43

Date: On-going till 17 March 2017, 8:00 am 8:00 pm

Venue: Bahrain National Theatre

The Bahrain Annual Fine Arts Exhibition, in its 43rd edition, celebrates the creativity and ingenuity of the local artists. Every year, the art community gathers to present their finest work, uninhibited by a subject or theme. The result is a colorful display of styles, techniques, through different mediums of expression.



SEMINAR: STUDY IN FRANCE

Date: January 23

Venue: Sofitel Hotel Bahrain

On Monday, 23rd of January, a seminar dedicated to the French education, entitled "Study in France" will be held on Monday, 23rd of January at the Sofitel Hotel Bahrain, from 9:00am to 2:00pm. This seminar aims at promoting and explaining the exceptional opportunities and benefits France offers in terms of both free and high quality education, whilst informing the public about the variety of curriculum including studies in English. The seminar is open to all: friends and colleagues from the Ministry of Education and the High Education Council, students from high schools and universities, educational staff especially teachers and directors, from private and public schools and universities, etc.

OPERA DINNER

Date: 23 Jan 8 pm - 24 Jan 12 am

Venue: Sofitel Bahrain Zallaq Thalassa Sea & Spa

Come and celebrate the closing of French Week with a beautiful Opera Dinner. Taking place at the Sofitel Bahrain, the evening will include opera being performed during the dinner.

SILK SUN CATCHER WORKSHOP

Date: 25 Jan 9 am - 11:30 pm

Venue: The Art House- Budaiya

In this class your instructor, Sana Asad will teach you how to use paints to create a one of a kind hand painted silk sun catcher. You can choose any design from Mandal, Marine, Botanica etc. No experience required! You will be able to take your unique accessory home to hang and display. These also make special gifts!

TREATING CHRONIC CONDITIONS & DISEASES WITH HOMEOPATHY

Date: 25 Jan 10 am - 12 pm

Venue: Words BookstoreCafé-Jannusan

Do you have a child with chronic eczema, allergies, Autism, ADHD, speech delays and other childhood developmental, behavioral and communication disorders? Are you living in fear of getting cancer, diabetes or depression because it runs in your family; struggle with addictive tendencies or have chronic inflammation? Join Mariette Carstens, homeopath and holistic behaviour therapist, for a workshop dealing with and delving deeper into Homeopathic Timeline Treatment. What are the causes? What are the symptoms? Learn how to address the symptoms as well as the causes. See how the Homeopathic Timeline Treatment can help you deal with those inherited blockages.

MUSICAL EVENT "WATAN SE"

Date: January 27

Venue: Crowne Plaza Hotel

Commemorating 70 years of Indian Independence, Choice Advertising and Publicity in association with Indian Institute for Performing Arts (IIPA) is bringing forward "Watan Se", a scintillating musical evening for all music lovers in Bahrain. The event scheduled to be held on 27th January 2017 at the Bahrain Conference Centre, Crowne Plaza Hotel.

Pankaj Udhas is unique with his outstanding melodious voice which soothes and floats the listeners to a diverse level of experience. He will be accompanied by Mr. Joshi Bimal Gautham on Israj, Qureshi Naser Hussain on Mandolin, Rajendra Singh on Violine, Rashid Mustafa on Tabla and Nirmal Singh Pawar on Dolak all well known, international performers in their respective fields.

"It gives us immense pleasure to announce such an exceptional and outstanding music program presented by a very versatile music genius such as Pankaj Udhas for the music lovers of Bahrain especially to commemorate 70 Years of our Independence of our Great Nation, India", said Ambilikuttan, Managing Director & Principal, IIPA. For any further information and enquiries, please contact Dr. Nidhi S Menon, Event Coordinator on 38803215.

THALI BUSINESS LUNCH

Date: Till Jan 31

Venue: The Ritz-Carlton, Bahrain

Welcome to the Land of Sensory delights - Dine like a Maharajah in Nirvana, where a world of sensory delights and authentic Indian cuisine will transport your palate to new heavens. Timings: Sundays to Thursdays, 12 p.m. to 3 p.m.

BAHRAIN-UK ALUMNI PROFESSIONAL DEVELOPMENT WORKSHOP

Date: Monday, February 6th

Venue: Golden Tulip Hotel

A full day training course for Bahrain UK Alumni on how to be a successful leader through public speaking and persuasive communication.

Seats are limited!

For more information call us on 32210993 or email us on Alumni.bahrain@britishcouncil.org

RESEARCHER CONNECT TRAINING WORKSHOP

Date: February 26 - 28

Venue: TBC

Researcher Connect is training program designed to sharpen early-stage researchers and higher studies student writing and communications skills to increase their chances of being published and participating in international conference.

The program is fully sponsored by the British Council and seats are limited.

To register or for more information, please call 17266166 or email us on marwa.alawi@britishcouncil.orh.bh

MARK YOUR Calendar

SHOP BAHRAIN FESTIVAL

Date: Ongoing till 18 Feb 2017

Time: Weekdays 4:00pm to 10:00pm
Weekends 4:00pm to 12:00am

Venue: Shop Bahrain Festival City Bahrain Bay



The third-edition of the Bahrain Shopping Festival, 'Shop Bahrain', is a unique 30-day celebration of Bahrain's hospitality and tourism offering for the entire family and boasts a wide range of events and unbeatable promotions for residents and visitors. The festival will mirror the Kingdom's position as an accessible family destination, renowned for its close proximity to the Gulf countries with easy access through the King Fahad Causeway and the Bahrain International Airport. The Festival will offer an incredibly diverse range of retail experiences. Shop Bahrain will feature a 'Festival City', located in Bahrain Bay, and will boast a number of activities for the entire family including games, food stalls along with live entertainment and performances.

The 'Festival City' is a fun-filled event boasting a number of activities for the entire family including games and food stalls along with live entertainment. Entrance Fee: BD 2.

COOKBOOK BOOKCLUB

Date: 25 Jan 7 pm - 9 pm

Venue: Words BookstoreCafé-Jannusan

Palestine on a Plate by Joudie Kalla: Palestine on a Plate is a tribute to family, cooking, and home-old recipes created with love that brings people together in appreciation of the beauty of this rich heritage. Immerse yourself in the stories and culture of Palestine through the food in this book. The rules of our CookBook Club are simple. Look through the book, pick a recipe to prepare, and bring the finished dish to our meeting where we will all indulge in a glorious feast!



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