

# OUT & ABOUT

## 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.

## 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!

## 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 chose 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!

## FILM SHOW: KRISHA

**Date:** January 25, 7pm

**Venue:** Bahrain Cinema Club Juffair

Krishna is a 2015 American drama film written and directed by Trey Edward Shults in his major directorial debut, and produced by J.P. Castel and Jonathan R. Chan, and is the feature-length adaption of the 2014 short film Krishna also directed by Shults. The film stars Krishna Fairchild, Robyn Fairchild and Bill Wise.

When Krishna shows up at her sister's Texas home on Thanksgiving morning, her close and extended family greet her with a mixture of warmth and wariness. Almost immediately, a palpable unease permeates the air, one which only grows in force as Krishna gets to work cooking the turkey and

## HIGHLIGHT

### 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.

### 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

### THE 4TH INTERNATIONAL SELF DEVELOPMENT CONFERENCE - CREATING CHANGE

**Date:** February 7-9

**Venue:** Al Mamlaka Hall BCCI Manama

Bahrain Meditation Centre for Self-development presents the 4th

International Self Development Conference - Creating Change. The 'Creating Change' Conference is all about navigating the waves and winds of change, discovering how to remain calm amidst chaos, and learning how to guide our thoughts, feelings and actions towards the most positive outcomes. When we are able, amidst the outer waves of change, to steer the self towards a safe and stable state of mind, then we can effectively innovate and generate positive change. Throughout the conference we will be using the tool of meditation to help us develop a deeper understanding of the self. People have used meditation as a technique for thousands of years, to develop concentration, regenerate inner power, attain self-mastery, and ultimately initiate change for personal and world benefit. Developing the ability to concentrate, to rule over one's thoughts, to maintain a clear mind, and to nurture appropriate values and attitudes, are all keys to attain self-mastery.

We invite you to join us for these few days of experiential learning from which you will emerge refreshed, rejuvenated, powerful and ready for change. The conference is for people from all sectors of society: corporate, social, educational and anyone wishing to learn how to embrace change and to grow and emerge as a leader. It is for those who wish to be more effective in their work and relationships and who are passionate about making a difference in the world.

### TASTE TOUR

**Date:** Till 18 Feb 2017

**Time:** Based on each restaurant's operating hours

The 'Taste Tour' will return this year and will include a total of 29 participating restaurants. Participants will be able to sample dishes and vote for their favorite restaurants. They will also have the opportunity to win An Infinity Q50 car from YK Almoayyed & Sons as part of a 'The Taste Tour' raffle draw.

### 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

### 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 Ambilikkuttan, Managing Director & Principal, IIPA. For any further information and enquiries, please contact Dr. Nidhi S Menon, Event Coordinator on 38803215.

## HIGHLIGHT

### 2017 FORMULA 1 GULF AIR BAHRAIN GRAND PRIX

**Date:** April 14-16

**Venue:** Bahrain International Circuit (BIC)

Bahrain International Circuit (BIC) announced its highly anticipated launch of ticket sales for the 2017 Formula 1 Gulf Air Bahrain Grand Prix. Tickets are being sold with an 'Early Bird' discount of up to 20%. The offer is available only until January 27 and it covers tickets to BIC's Main Grandstand and Turn One Grandstand. There is also a 10% reduction on ticket prices to the Batelco Grandstand,



University Grandstands and Victory Grandstands. Children aged 12 years old and younger can get their tickets for half the price. The Bahrain Grand Prix is set to be the third race on the Formula 1 calendar for 2017 and it will be the fourth Grand Prix hosted under floodlights in Sakhir. With the

previous night races hailed as the most enthralling and action-packed ever seen at "The Home of Motorsport in the Middle East", the exciting build up for next year's event has already begun. Tickets can be purchased online at www.bahraingp.com or by calling the BIC Hotline on +973-17-450000.