

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.

GROUNDING & PROTECTION WORKSHOP

Date: 25 Feb 10:15 am – 1 pm
Venue: Serenity Meditation, Yoga and Reiki Centre- Janabiya

We have all come into contact with people who drain our energy. They can leave us feeling tired, with a headache and sometimes feeling sick. How do we peacefully combat this? Find out about the importance of grounding and protecting your energy field. In this workshop, we experience different ways to disconnect from those who drain us. We look at our energy as a precious entity, and learn to protect ourselves from energy drainage.

IZAKAYA SUNDAY

Date: 26 Feb 7 pm - 11:30 pm
Venue: Bushido (restaurant & lounge) - Manama

Izakaya is a type of informal Japanese food gathering.

Food items are served in small portions, similar to Spanish Tapas.

Izakaya dining includes a wide variety of Bushido's signature dishes.

Food is normally ordered slowly over several courses rather than all at once.

Guests can re-order dishes as much as they like. Dishes on the menu include Bushido's famous volcano roll, the scrumptious rock shrimp tempura and the mouth-watering beef tenderloin with teriyaki sauce.

CURRY NIGHT | CHOICES

Date: 27 Feb 7 pm - 11:30 pm
Venue: ART Rotana- Muharraq

Join us for a night of the best Desi Cuisine! Spice up your Monday nights with aromatic curries from across the Desi region including all your favorites and authentic drinks made to order.

FREE IMMIGRATION ROADSHOW - AUSTRALIA & NEW ZEALAND, BAHRAIN

Date: 27 Feb 6:30 pm - 7:30 pm
Venue: Downtown Rotana- Manama

HIGHLIGHT

SPRING OF CULTURE

Date: February 23 onwards
Venue: Different Venues

Bahrain's 12th Spring of Culture has kicked off with an energetic musical performance by the German group Groove Onkels. The band will be performing throughout the weekend with four street performance acts this season. Groove Onkels' show will be followed by an open invitation "Bucket Drumming" workshop, led by the band itself, in which young and old participants can learn from the masters how to create rhythmic beats from random objects. On Friday 24th, the Groove Onkels' will perform in the Khalifa Al Kubra Garden in Riffa at 4pm, followed by a performance at 6pm in the Prince Khalifa bin Salman Park in Hidd. The band will finish the night with another performance at Block 338 in Adliya, starting at 8pm. On Saturday 26th the band will perform another three shows at Seef Mall in Seef District, at 11am, 4pm and 7:30pm. The performances are themed around recycling and environmental awareness, using only jumps, kicks, slaps and throws to create great beats with household objects. Entrance to all of these family friendly performances is free of charge.



Immigration Roadshow is brought to you by Success Global Limited, a licensed immigration consulting firm based in Wellington, New Zealand. This roadshow is part of our global immigration events covering New Zealand, Qatar, Bahrain and Kuwait. The roadshow represents an excellent opportunity for those of you who are considering to move to Australia or New Zealand either for permanent settlement or for a temporary stay such as work and study. While building on previous success stories around the world, our senior licensed immigration team will be providing important information about immigration, work and study opportunities in Australia and New Zealand. As a participant, you will learn how your partnership with Success Global can help you achieve your dream to migrate to a country famous for quality lifestyle and promising career opportunities.

MONDAY NIGHT BOOKCLUB

Date: 27 Feb 7 pm – 8 pm
Venue: Words BookstoreCafé-Jannusan

The Women by T.C. Boyle. T.C. Boyle's dazzling new novel turns his fictional sights on the colorful and outlandish Frank Lloyd Wright. Boyle's incomparable account of

Wright's life, as told through the experiences of the four women who loved him, blazes with his trademark wit and inventiveness. There's the Montenegrin beauty, Olgivanna Milanoff, the passionate Southern belle Maude Miriam Noel, the spirited and tragic Mamah Cheney, and his young first wife, Kitty Tobin. Boyle deftly captures these very different women and in doing so, creates a gripping drama about marriage, the bargains men and women make, and the privileges and pitfalls of genius and fame.

GINGHAM IN BLUE - AN ART EXHIBITION

Date: 01 Mar 7 pm - 04 Mar 6 pm
Venue: Words BookstoreCafé-Jannusan

I have always been interested in drawing faces and people. In this series of paintings I have tried to incorporate both my love of texture and textiles combined with my drawings and paintings. My paintings are built on layers of drawing, paint, stencils, stamps and pieces of fabric, hence the title, 'Gingham in Blue'. The gingham fabric is present and significant in all the paintings of this collection.

MAKE YOUR MOMMA PROUD LIVE

Date: 3rd March 2017, 6.30pm
Venue: The Indian School Ground, Isa Town

One of the biggest and well-known music bands in the Philippines is coming to Bahrain exclusively for Modern Exchange customers. Make Your Momma Proud known popularly as M.Y.M.P will be performing live on March 3 at the Indian High School Ground, Isa Town.

M.Y.M.P., an acoustic band from the Philippines consists of five members. It is a tribute to lead singer Chin Alcantara's mom. She saw him start with the guitar but never got to see him play professionally. They have rose to stardom through the release of their soulful albums many of which has been certified as Platinum. It is MYMP's first performance in the Kingdom and promises to be a mesmerizing experience for the Filipino community. The process of getting a pass for this exciting program is quite simple. Do a transaction of any amount to the Philippines from Modern Exchange before 03rd of March and get a free pass for the event.

MARK YOUR Calendar

BAHRAIN INTERNATIONAL GARDEN SHOW

Date: February 22, and will be open to the public from the 23rd to the 26th of February 2017
Venue: Bahrain International Convention & Exhibition Centre

This year's Bahrain International Garden Show will feature the latest agricultural innovations in utilizing limited resources to create small gardens or green spaces in order to achieve agricultural development and sustainability. To achieve this goal, the theme of the show is "Compact Gardens", with the University of Bahrain designing a special display, demonstrating unique ideas in utilizing limited spaces to easily create compact gardens. A section in the exhibition has been allocated to showcase pictures of local homes and buildings with creative ways to introduce different plants and flowers that are suited to limited spaces and our climate. Another section has been allocated to showcase practical ideas and solutions for designing small spaces in residential areas such as balconies, roofs, and exteriors, focusing on the positive impacts of limiting pollution, beautifying residences, and providing fresh produce for the owners' needs, said National Initiative for Agricultural Development (NIAD) Secretary-General Shaikha Maram bint Isa AlKhalifa.

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.

HIGHLIGHT

OPERA: "ANTAR WA ABLA"

Date: 25th February, 8:00pm
Venue: Bahrain National Theatre

Experience one of the most important theatrical productions in the Arab world, "Antar Wa Abla", and learn why it has won such widespread popularity and acclaim since its debut in July 2016 in Beirut in commemoration of Arab Tourism Day. This historical opera, produced by Opera Lebanon, showcases



pre-Islamic literature and poetry, Arab heritage, and timeless stories that address important social and human issues through relatable characters in exceptional circumstances.