



# Information for Newcomers to Bahrain

## General Information

The FAB magazine publishes a free Bahrain A-Z family directory full of ideas and contact details for clubs, activities and things to do. They can be picked up from Nadeen School, or from Alosra, Jashanmalls or any of the family clubs. There is also the FAB website - [www.fabbahrain.com](http://www.fabbahrain.com) making this information even more accessible. The magazine includes information on everything from family healthcare, holiday clubs, eating out to transport/travel. FAB also has a Facebook page showing regular 'What's On This Week' updates - <https://www.facebook.com/FabBahrain>.

[www.WhatsUpBahrain.net](http://www.WhatsUpBahrain.net) is a comprehensive events calendar showing hundreds of events - exhibitions, music, productions and everything in between. Simply search by event category, date or venue.

## Living

Nadeen School is located in Um Al Hassam.

Areas closest to the school:

- Um Al Hassam
- Mahooz - 2 minute drive
- Adliya - 5 minute drive
- Juffair - 10 minute drive

Areas further away (Nadeen School can be reached by highway)

- Amwaj islands - 20 minute drive
- Saar - 15 minute drive\*
- Budaiya - 15 minute drive\*
- Janabiya - 15 minute drive\*
- Hamala - 15 minute drive\*

\* please note, traffic flow coming from these areas at morning drop off/afternoon pick up can be slow. At times it could take up to 45 minutes to reach Um Al Hassam.

## School Uniform

School uniform can be bought at the [House of Uniform](#). There are three shops in Bahrain - Al A'ali Mall (Seef), Hoorah and Al Andalus.

## Social and Family

There are a number of expat family clubs on the island. Annual membership fees apply for all expat clubs:

- [Bahrain Rugby Football Club](#)
- [Bahrain Yacht Club & Marina](#)
- [BAPCO Club](#)
- [British Club](#)
- [Coral Bay](#)
- [Country Club](#)
- [Dilmun Club](#)
- [La Plage Beach Club \(Sofitel\)](#)
- [Ritz Carlton Hotel](#)
- [Royal Country Club](#)

Many of the hotels in Bahrain offer a Friday brunch for couples, families and groups. It is definitely worth trying one or two while you are here. Have a look at the reviews on [www.tripadvisor.com](http://www.tripadvisor.com) for hotel and restaurant recommendations.



### **Shopping**

There are a large number of shopping malls on the island with the usual international high street brands (please see the list below). For traditional Bahraini/Arabic items you may want to visit the souqs in Manama and Muharraq.

- Al A'ali Mall, Seef
- Bahrain Mall, Seef
- City Centre Mall, Seef
- Country Mall, Seef
- Dana Mall, Seef
- Marina Mall, Manama
- Moda Mall, Diplomatic Area
- Saar Mall, Saar
- Seef Mall, Seef
- Sheraton Mall, Manama
- Sitra Mall, Sitra