

live the island dream today!

Issue 25 | December 2012

# The Amwaj Islander



## Letter from the MD

Dear Amwaj Islanders,

It astonishes me time and time again how fast this year has passed by. It has been an eventful year, to say the least, and I can only hope that 2013 will be just as good to all of us as 2012 has been.

This month many of you will be celebrating the Bahraini National Day, while others will be celebrating Christmas and New Years. Whatever the occasion, there will be lights, joyous colours, laughter and love. Please do share your holiday pictures with us - we would love to feature them!

We are excited to be sharing with you the new look of the newsletter next month, and thank you all for the continuous support you have given us over the last two years to help make The Amwaj Islander a great success. We could not have done it without you. It is not too late to submit ideas for new sections in the newsletter, so please do send them in.

December is always a busy month for us, events-wise. Many events are going to take place throughout the islands, so make sure to check the 'events' section regularly in order for you to not miss anything. Additionally, make sure to check all Amwaj Islands social media to be updated on a regular basis with what is taking place on the Islands.

I would like to end this note by wishing you all Happy Holidays. Stay safe.

Sincerely,  
Jameel Almatrook,  
Managing Director, Amwaj Islands

## Behind the Name

### DALIA RESIDENCE AMWAJ

Dalia Residence, an apartment building located in Amwaj, was named 'Dalia' for simple reasons - the owner, Mr. Ali Al Madhi, was purely inspired by tradition. Dalia, when translated, means 'a small farm or garden' where one would find all types of nature - trees, greenery, animals, birds, water-wells, and open channels formed by mud and stone tiles to control the water flow.

"For as long as I can remember, it has always been understood that the name Dalia also means a grape tree; a grape tree that is supported by wooden frames and joints which are tied to pillars from tree branches. The grape tree would grow to rise on the supporting pillars and joints, and form the perfect shade. All the while the grape would hand down from the joints, and allow farmers to be able to reach them at ease," said Mr. Al Madhi.

The name relates to the building as plants and terraces are a key part of the interior and can be found throughout the entire facility, thus giving justice to its name 'Dalia' or 'the small farm'. Facilities such as a swimming pool, jacuzzi, steam and sauna rooms, kids game area, gym and recreation area, are also available. Dalia is currently being managed by Cozyhome Real Estate.

For more information, please contact +973 16030580 / +973 39178683 or visit [www.daliaresidence-amwaj.com](http://www.daliaresidence-amwaj.com)



# 60 Seconds With...



**Name:** Mariette Carstens

**Place of Birth / Country:**  
South African

**Company Name / Position:**  
Self Employed Inner  
Connection Consulting  
80003-01: Behaviour  
Specialist and Homeopath

## 1. What is Homeopathy?

Homeopathy is a form of natural medicine that was developed by Dr. Samuel Hahnemann more than 200 years ago. Homeopaths view the body as a holistic energetic system and believe that every disease has an underlying energetic cause. Homeopaths are trained to treat the root cause of disease and restore balance to our natural system. One of the differences between Homeopathy and mainstream medicine is that we do not use chemical medicines as all chemicals have side effects which may lead to further complications. What Dr. Hahnemann discovered was that when you dilute a chemical substance over and over again until no trace of the chemical substance remains it still holds the energetic signature of the chemical which is even more potent than a crude dose of the original chemical. Treating a disease with this energetic remedy is therefore 100% safe with no side effects. This is the greatest benefit of homeopathy; only by addressing the cause of the problem can we have a cure. Normally we address the symptoms of the problem thinking that the symptoms are the disease; this suppresses the real disease and often leads to more chronic problems.

## 2. What is the nature of your job?

I started as a behaviour specialist dealing with children with developmental and language delays, and behaviour disorders like AD/HD and other communication disorders. Now with the Homeopathy my work has expanded and people come to me with all kinds of disease symptoms. As a Homeopath I can treat any disease whether it manifests on a physical, mental/emotional, behavioural or soul/spiritual level.

## 3. Is it a new concept? Or is it just new to the people of Bahrain?

Homeopathy is not a new concept at all. You will find that a lot of the Indian doctors in Bahrain have had training as homeopaths alongside their training as General Practitioners. There are also some Auverdic centers in Bahrain which have classically trained homeopaths. Traditionally India has a very holistic and natural approach to health and medicine; of course it is also much more affordable than normal medicine. Homeopathy is also very popular in countries like Canada, Holland, France and England where people are more open minded about natural or holistic medicine. I practice a very special form of homeopathy called Sequential Homeopathy where in some cases I will make a timeline of all the shocks that ever happened to a person in their life and treat them in sequence. This is different from Classical Homeopathy and this is definitely new in Bahrain.

## 4. Do you need a degree to practice it? If so, where did you receive yours?

I have a Practitioner Diploma in Homeopathy and Heilkunst which is an intense five year course which includes one year of clinical practice. I received my training from the Hahnemann Centre in Ottawa, Canada.

## 5. How is the response for it in Bahrain? Is your client list large?

The behaviour therapy side of the practice is very busy and the Homeopathy has naturally followed on from that. From many years of practice I understood that a child's behaviour is merely a symptom of underlying problems and always felt uncomfortable with chemical medication for young children; that is what motivated me to look for natural and holistic ways of treating children without any side effects. I have combined the behaviour therapy and homeopathy in a lot of my cases and the homeopathy side of the practice is expanding so fast and I am usually fully booked.

## 6. Do you conduct it from the home?

Most mornings I work in various schools and in the afternoons I see clients at my home in Tala Island.

## 7. Do you encourage your clients to learn the remedies so that they can apply them in the future? Or do you prefer them to keep coming to you?

If clients are doing the timeline or sequential therapy the process to regain their health can be an in-depth journey of self-discovery and so we have appointments once a month to keep on track. For other more common ailments I prefer that my clients are able to deal with the situations that arise in their home, in the middle of the night or while traveling. Treating yourself and your family for symptoms like colds, coughs, fevers, burns etc. can definitely be learned by anyone, and with a little practice you will definitely see your family become stronger. I want people to take as much responsibility for their own health as they possibly can. It's very empowering. I teach people to become independent with home prescribing, but for more serious issues, chronic problems or timeline treatments, they will need a qualified homeopath to guide them until the issues are resolved.







**8. What do you think the most important thing about homeopathy is?**

Its greatest benefit is that it is a safe form of medicine that can be used during pregnancy, while breastfeeding and with young children. It has no side effects and does not create further complications and stress for our body to deal with as normal medicine often does. Treating a problem with homeopathy makes one aware that we are more than physical beings and that pain and discomfort are merely our mind's way of drawing attention to an underlying energetic disturbance. We are meant to use our bodies for higher spiritual purposes and homeopathy strengthens our

system and helps create awareness of self and our purpose for being.

**9. Why do you think it is not widely known in Bahrain?**

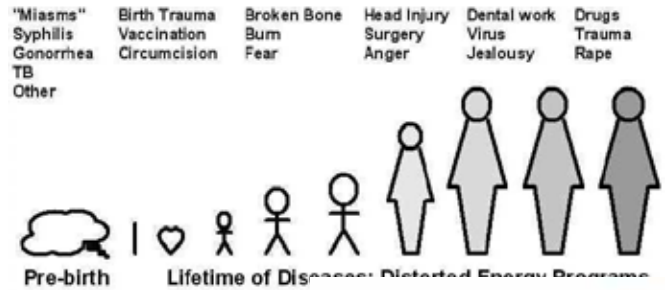
We all are in our comfort zones of what we know and live by. It's only when you become unsatisfied with the accepted norm that you look for alternative ways of dealing with problems. Bahraini's are actually very receptive to the concept of homeopathy because the Prophet makes numerous references to energy and the power of intent and dealing with health and disease in a natural way.

**10. Can kits be purchased in Bahrain?**

I make home kits which can be used for most common ailments.

**11. Do you have a favourite motto/saying in life which you would like to share?**

I have so many favourite saying like: Be the change you want to see /Every choice has a consequence / The life we live is the lessons we learn and teach.



*Mariette is yet another 'hidden secret' in Amwaj which we have uncovered. Only a few steps away, she is located in Tala Island and can be reached on +973 39255531 or by email on mariettecarstens@heilkunstler.org*

**A Hidden Talent in Amwaj, Revealed...**



Louisa Lamine Alahmed, the French Creative Director at Mimosa Arabia, has been an Islander for quite a while now. Having spent the last four years living at The Dragon with her husband of 11 years, business man Tariq AbdulAziz, and their two beautiful children, Lousia decided it was time to introduce break-through design in hijabs, and further down the line – abayas, to the Bahraini market.

What could be so different about hijabs and abayas? Well, according to Mrs. Alahmed, quite a lot! "At Mimosa Arabia, our vision is to provide a breathable and innovative fabric as a replacement to the traditional polyester fabrics that are uncomfortable and restricting in movement. Our claim is to make it easier and comfortable for Muslim women to wear hijabs and make it 'sweat free' especially on hot and humid summer days. Mimosa Arabia will produce the first of its kind in hijab technology."

"Using contemporary and traditional designs in hijab, we will mix the technological fabric to produce new fashionable, chic, and comfortable hijabs to wear. The designs will be suitable for all ages. Hijabs which use drawstrings and zippers, and turban with velcro and embellishments, as well as the traditional wrap around scarf, are just a few samples of the styles we will be producing," added Mrs. Alahmed.

The launch of Mimosa Arabia will be in The Golden Tulip on December 1st 2012 at 7pm.



# Amwaj Updates

## The Amwaj Business Park



The Amwaj Business Park, which is conveniently located at the entrance of Amwaj Islands, is now operational and in business. The five-storey waterfront building is being in two phases, where phase I was completed in June of 2012, and phase II is due to be complete during the first quarter of 2013, meeting its intended completion schedule.

Currently 'home' to several businesses, the Business Park has leased out more than 50% and are in negotiations for several others. All units can be customized to meet the tenants needs.

The Business Park offers its tenants various facilities, such as an underground car park, two external car parks which can accommodate up to 200 cars for tenants and visitors alike. Additionally, the Business Park comprises of a coffee shop - The Lighthouse Cafe - and boasts high levels of security which are provided around the clock, and all entrances and exits are fitted with surveillance cameras.

If you are interested in leasing in the Amwaj Business Park, please call 16001600 – Mr. Sandeep Likhdhari.



## A 'Sneak Peek' into The Renaissance Bahrain Amwaj Islands Hotel



The much anticipated up-and-coming development - The Renaissance Bahrain Amwaj Islands Hotel - is coming up fast and looking just as the renderings deemed it would. Amwaj Islands management and residents alike, are looking forward to see the launch take place in 2013. To ease everyones anticipation, we wanted to show you a 'sneak peek' of the interior of one of the show guest rooms. The Renaissance boasts over 300 fully-sea facing rooms on 14 floors, including 24 suites, and a luxurious presidential and vice presidential suite, a private beach in the middle of gorgeous carefully landscaped grounds. It will also comprise five restaurants, lounges and a banquetting hall for 1,500 people, which can be used for social events, a health club, and three outdoor pools. Other amenities include 24-hour room service, in room mini-bars, laundry/valet service, lobby gift shop and on-site parking. With unparalleled service in strikingly stylish surroundings, The Renaissance will surely delight the senses.

Under the Patronage of  
His Highness Shaikh Nasser Bin Hamad Al Khalifa  
President of The Supreme Council for Youth and Sports

DECEMBER 6-7-8, 2012 at THE LAGOON - AMWAJ ISLANDS

**ALL WELCOME**

**THE WALK**  
**Family Festival**

**AMWAJ TRIATHLON**

Net proceeds will be donated to Bahrain Special Olympics  
[www.amwajtriathlon.com](http://www.amwajtriathlon.com)

Organized by

**THE LAGOON**  
BAHRAIN

**AMHARLEY-DAVIDSON**  
CYCLES

**Chevron**

**DHL**

**Confidential** **ارزج** **Gulf Insider**

**أحمد الزياتي وأولاده**  
**AHMED ZAYANI & SONS**



## December 2012

**6,7,8 The Walk**, a fun family festival, will take place from 5pm - 11pm at The Lagoon. All are welcome.

**7 The Amwaj Triathlon** will take place from 8am - 5pm at The Lagoon. To participate call

**11 The Grape Gourmet** wine tasting will be held at Muju Restaurant and Lounge, Amwaj Islands on Tuesday the 11th of December from 7-10PM. Premium wines will be intelligently paired with a five course set menu to intrigue the taste buds. The BMMI Sommelier will be available for guests to ask questions about his exquisite choices

**21** Its the **End of the World** party at the Amwaj Marina from 3pm-midnight. Theme: Angels (white clothing) & Demons (red clothing) Contact Stalls Warren on 37779936 for more information.

**25** Jingle all the way to MUJU for **Christmas brunch**, delicious fare and festive decoration. 12PM -5PM, BD27 per person. Buy your tickets before the day and only pay BD25.

**Every Saturday Tuga Bakery** is inviting everyone for a free coffee/tea & Pastel de Nata (traditional Portuguese sweet) & some Brazilian sweets, every Saturday from 10am-12pm and 4pm-6pm.

**Every Monday Amwaj Cooperative Playgroup** holds playgroups for newborns and kids up to 4 years old. Sundays from 3.30pm to 5.30pm and Mondays from 9am to 11am. For more information, please visit the group 'Amwaj Cooperative Playgroup' on Facebook or email shaemaimam@hotmail.com.

**Every Monday & Tuesday Kindermusik**, a Music and Movement Program for children aged up to 7 years with a different theme every time. Mondays: 3:30pm, newborn - 20 mths and 4:30pm, 21 mths - 4.5 yrs. Tuesdays: 3:30pm & 4:30pm, newborn - 20 mths. For more information, or to join, please email kindermusikwithnatasha@gmail.com or visit Facebook group 'Kindermusik with Natasha'.

**Every Wednesday Once upon a story time** sessions are taking place every Monday at 4.30pm and every Tuesdays at 10am and 4pm and every Wednesday at 4pm and every Thursday on Tala Island at 10am.. Prices are BD18 for the 6 week term (2yr + includes the story time program and craft) and BD15 for the 6 week term for under 2yrs (story time only). Please remember class booking are on a first come first serve basis and can only be made via email on onceuponastoytime@hotmail.com

**Every Tuesday** it's **Yamin Jana's** Ladies Night! Between 6pm - 2am Ladies receive free shisha and juices!

**Every Weekend** Enjoy live music from Alphonse Bahri at **Yamin Jana**.

**Every Thursday** it's **Corner's** Ladies Night from 6pm-2am, complimentary beverages.

**Every Friday** Enjoy a **Jazzy Brunch** in very relaxed and informal surroundings, held every Friday between 12noon to 5:00 pm at Muju in The Dragon Hotel & Resort. Now with live cooking stations. BD27 per person. Buy your tickets before the day and only pay BD25.

**Monday-Friday** Happy hours at **Corners** from 12noon- 7pm.

**Every Friday** **Corner's** Karaoke Champs, from 8pm. Brunch at **Muju Restaurant & Lounge** with new live cooking stations and jazz duo. BD25, presale tickets BD22.

**Every Wednesday** Brainiacs Quiz at **Corners**.

**Once a month** Join the **Amwaj Ladies Dinner Group** and try a new restaurant every month. For more information, please visit the Facebook group 'Amwaj Ladies Dinner Group'.

**Daily animals** is an activity center for mums/dads and children. For more information, please call 16 030 103.

## January 2013

**5** The **Amwaj Shopping Festival** will be held every first Saturday of the month, from 12pm - 10pm at The Lagoon. For more information, please call 17 713 716 or email: sama@stareventsme.com, lovely@stareventsme.com

**26** The much anticipated **Amwaj Marina Market** will be held every last Saturday of the month, from 10am - 5pm. For more information, please email n.alpachachi@meritas.bh



We are pleased to announce that preparations for the Bahrain Boat Show International 2013 are well underway. The event is currently scheduled to take place during the first Quarter of 2013. Full details and progress of the Boat Show will be disclosed in upcoming issues of The Amwaj Islander, so be sure to check out the events section regularly!

FOR RENT/FOR SALE home owners/hunters please contact Anastasia 39 555 745 or email: anastasia.ageeva@yahoo.co.uk

FOR RENT TALA Penthouses 4-bedroom semi furnished and fully furnished with a maid's room, access to the swimming pool and the beach, rent upon request, call 39 555 745 Anastasia

FOR RENT TALA 2-3 bedroom f/f apartments, different units available, nice design, rent from BD 600 inclusive, 39 555 745 Anastasia

FOR RENT AMWAJ 3-bedroom f/f duplex brand new apartment, all facilities, Rent BD 1150 inclusive, call 39 555 745 Anastasia

FOR RENT AMWAJ Penthouse 2-bedroom, 2 baths, fully-furnished, large 100 sq.m. terrace overlooking the ocean, Rent BD 850 inclusive of Tax, electricity and water, call 39 555 745 Anastasia

FOR RENT ZAWIA TOWERS 2-bedroom brand new f/f apartment with access to all the facilities, rent BD 700, 3 and 4-bedroom units available, call 39 555 745 Anastasia

FOR SALE TALA sea view block, 2-bedroom apartment, 109.7 sq.m., price BD 90 K, viewing on prior appointment only, call 39 555 745 Anastasia

FOR SALE Floating City 2 bedroom, 2 bathroom fully-furnished apartment 2nd floor, 72 sq.m., Price BD 75 K with furniture, 39 555 745 Anastasia

FOR SALE Floating City 2 bedroom, 2 bathroom fully-furnished apartment 2nd floor, 72 sq.m., Price BD 75 K with furniture, 39 555 745 Anastasia



# Meet Your Neighbours



**Name:** Diane Bob Smith  
**Nationality:**  
British  
**Place of Stay:**  
Palm Beach

## 1. How long have you been living in Amwaj?

I have been a resident in Bahrain for twenty two years.

## 2. Was Amwaj Islands your first place of residency? If so, what attracted you to the Islands?

We moved to Amwaj last year, after a long time of building our villa! Our dream was always to have an infinity pool on a beach so finally our dream came true!

## 3. We have over 80 developments currently up in Amwaj; What made Palm Beach stand out to you?

Palm beach had a beautiful view and a nice sandy waterfront - it was the perfect plot to build on!

## 4. Can you talk us through a 'day in the life of Diane' in Amwaj?

My sons Ronan and David head off to school by 7.30, followed by my dog Wralf having his daily dip and rub down! Spoiled! I either swim in the lagoon or pool before the normal daily chores. After the boys return from school we usually go on our canoes whilst David does some fishing! He seems to catch buckets of them! Ronan has just completed his padi course so he's always ready to go diving at the marina. Now that the weathers cooler we take our bikes to The Lagoon or cycle around the islands in the early evening.

## 5. Do you feel like you have made the right decision by living in Amwaj as a whole?

Yes! Living in Amwaj is like living a permanent holiday!!

## 6. Would you recommend it to friends/family?

My friends come over at any opportunity! My family also love Amwaj! My mother bought a small apartment in the floating city for the winter months.. it's a favourite for all!!

## 7. What are the downfalls of Amwaj, if any?

Only downside is driving out of Amwaj. As I used to stay in town I notice the extra journey! However, it's well worth it!

## 8. What do you think Amwaj needs to focus on?

I think Amwaj should focus on keeping the beaches clean; it's difficult to keep on top of, but I know it can be done.

## 9. Which event are you looking forward to taking place in Amwaj?

I enjoyed the morning market! Looking forward to it starting again!

## 10. Do you have a few words you would like to add about life in Amwaj?

Life on Amwaj is fantastic. We used to go to Jumeriah Beach in Dubai for a treat, but now we feel no urge to leave the island!



## Photo of the Month!



*Congratulations to Diane Mitchell who won a BD25 shopping voucher from Alosra Supermarket for December's 'Photo of the Month' competition with this picture!*

*To participate, please send your pictures to:  
n.alpachachi@meritas.bh*



## Safety & Security in Amwaj

Amwaj Security would like to remind residents that fishing and bird catching are strictly prohibited in all areas of Amwaj Islands by both residents and visitors alike. If you would like a drawing of these areas, please contact us. Furthermore, swimming is prohibited except in the areas allocated next to Saraya Al Bahar. As mentioned previously, to help ease the traffic flow of the main gate onto the Islands, the Jurdi Bridge - located on Jood Island - will now be open for access to all construction vehicles and workers. Additionally, we are currently working on plans to ease the traffic flow at the Choueifat junction, and will be keeping you posted on our plans as they develop. Furthermore, in an effort to improve security in Amwaj, Secure Services Limited has been contracted to ensure security for Amwaj residents. Secure Services Limited is currently responsible for all the common areas throughout Amwaj Islands. We acknowledge the residents' concerns regarding several issues and are taking necessary measures with regards to progressing safety issues. Part of the new arrangement is to have the following contact details; Security Team telephone: 33 530 223 during working hours, Sunday to Thursday 8am to 5pm. For all other times and 24hour emergency telephone: 39 866 952. If you have any comments, suggestions, or complaints with regard to the Security Service, please email [amwaj@secureservices.bh](mailto:amwaj@secureservices.bh).



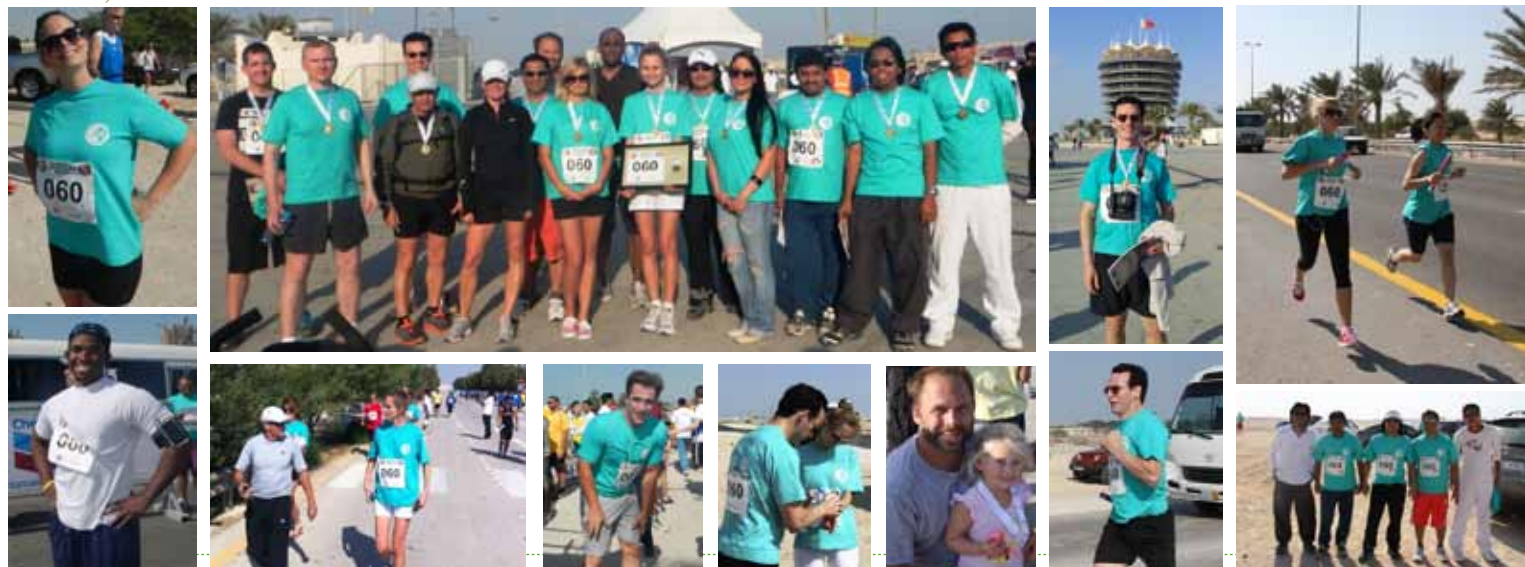
For the first time this year, a newly formed team of runners representing Amwaj Islands, trained and geared up to compete in the Bahrain Marathon Relay (BMR) - the Kingdom's biggest annual charity event. Sixteen residents of Amwaj Islands, made up of seven different nationalities yet united by a healthy dynamic sporty spirit, ran the great distance of 48 km of the relay as the 'Amwaj Islanders' team. The team captain and organizer, Anastasia, had previously participated in the BMR and thought it would be a good challenge to bring her own team this year.



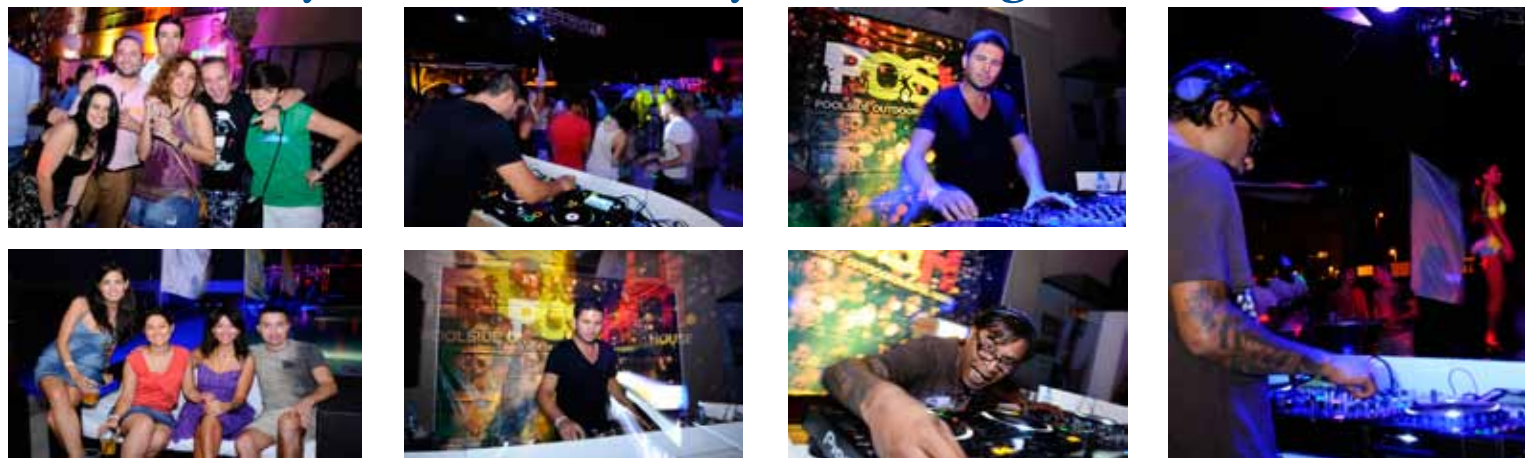
"The residents of Amwaj enjoy different kinds of water sports like diving, kite surfing, skate boarding and there are plenty of cyclers, runners and walkers spotted daily on the roads of our area", said Ms. Anastasia.

More than BHD25,000 was raised by hundreds of runners representing 150 various teams, who all joined in the spirit of sharing the amazing atmosphere of the race held for the 32nd time at the Bahrain International Circuit.

"The team was delighted to participate in this charity event and aspires to make BMR a good tradition for the residents of Amwaj Islands!", concluded Ms. Anastasia.



## Photo Gallery: POSH Pool Party at The Dragon Hotel & Resort



## Bahrain Bike Week at The Lagoon



# Directory

**Amwaj Islands Security**  
Working Hours: 24 hrs  
Location: Amwaj Islands entrance  
M 39 866 952  
E security@amwaj.bh

**Amwaj Islands Main Office**  
Working hours: 8am – 5pm, Sunday - Thursday  
Location: Amwaj Islands entrance  
T 16 033 100  
E info@amwaj.bh  
W www.amwaj.bh

**Tala Island Security**  
T 16 060 033

**Nuetel Communications**  
Working Hours: 8am – 5pm, Sunday - Thursday, 8am - 2pm on Saturdays  
T 16 033 000

**International School of Choueifat**  
T 16 033 333

**Amwaj Marina**  
T 16 011 160

**Amwaj Marina Dive Club**  
Robin Bugeja  
M 39 671 748

**Bahrain International Airport**  
T 17 339 339

**Amwaj Hotels**  
**The Dragon Beach Hotel & Resort**  
T 16 031 111

**The Sea Loft Boutique Chalets**  
T 16 033 833

**Amwaj Outlets**  
**Muju Lounge & Restaurant**  
T 16 039 800

**The T-Club**  
M 38 887 107

**Tuga Bakery**  
T 16 010 284

**Franky Joes**  
T 16 011 601

**ChocoLoco**  
T 16 123 456

**Yamin Jana**  
T 16 033 800

**Burger Lounge**  
T 77 055 772

**Curry Tree**  
T 16 030 660

**Houseboat**  
T 16 010 321

**Leewan Al Khor**  
T 16 010 666

**Levante**  
T 16 030 393

**Johnny Rockets**  
T 16 011 199

**Mei N Yu**  
T 16 010 160

**Costa Coffee, The Lagoon**  
T 16 071 003

**Alforno, The Lagoon**  
T 16 010 529

**Corners**  
T 16 031 113

**The Cat House**  
T 16 030 200  
M 36 636 283

**aminals**  
T 16 030 103

**Costa Coffee, Tala Island**  
T 16 034 509

**Starbucks Coffee**  
T 16 010 233

**Black & White Laundry**  
T 17 532 268  
M 36 308 889

**Joz Salon & SPA, The Dragon Hotel & Resort**  
T 16 031 120

**Salon 5, The Lagoon**  
T 16 010 555  
Working Hours: 10am - 8pm  
Monday - Saturday

**Al Osra Supermarket**  
T 16 033 773  
Working Hours:  
Everyday 7am - 11pm

**Kut & dry Saloon, The Lagoon**  
T 16 030 631

**Jawad Express**  
T 16 034 501

**Waitrose Supermarket**  
T 16 030 636  
Working Hours:  
Everyday 8am - 11pm

**24-Hours Supermarket**  
T 16 034 498

**Maya Beach Resort & Fitness - Meena7**  
T 16 030 070  
Working Hours: 6.30am - 10pm  
Saturday - Thursday  
8am - 10pm on Fridays

**Tala Leisure Center**  
T 16 071 007  
Working Hours:  
Weekdays 6am - 10pm  
Weekends 9am - 6pm

**Pet Arabia**  
T 16 010 501

**Movie Time**  
T 16 010 491

**MAZ Business Center**  
T 16 030 646

**Al Rifai Roastery**  
T 16 010 475

**Speed Rent a Car**  
T 16 010 131

**ACES Taekwondo Academy- Tala Island**  
M 39 658 741

**Dance Studio- Tala Island**  
M 33 393 344

**Food Deliveries**  
**Hunger Line** (Papa Johns, Dairy Queen, Burger King, Quiznos & Chilis)  
T 17 506 070

**Breadtalk**  
T 17 535 371

**Little Ceasars Pizza**  
T 17 675 552

**Pizza Hut**  
T 17 111 113

**KFC**  
T 17 111 111

**Hardeez**  
T 17 111 112

**China Express**  
T 17 717 598

**Wahid Pastries**  
T 17 466 771

**EZ Burger**  
T 17 241 111

**YO! Sushi**  
T 17 583 373

**Shanghai Hut**  
T 17 292 988

**The Clay Oven**  
T 17 717 008

**Chickey's**  
T 17 467 771

**Pizza Inn**  
T 17 671 777

**Amwaj Banks & Financial Services**  
**Bahrain National Insurance**  
T 16 030 400

**Citibank, The Lagoon**  
T 16 010 203

**Emergency Numbers**  
**Emergency line**  
T 999

**Al Hidd Police Station**  
T 17 671 212

**Samahej Police Station**  
T 17 334 401

**Coast Guard**  
T 17 700 000

**Traffic Police**  
T 199

**Nearest Hospitals to Amwaj**  
**Al Hilal Hospital**  
T 17 344 199

**Bahrain Specialist Hospital**  
T 17 812 000

**King Hamad Hospital**  
T 17 351 450

**Closest Vets to Amwaj**  
**Dr Nonie Couatts**  
T 17 245 515

**Dr Mohammed Hussain**  
T 17 292 125

**Closest Pharmacies to Amwaj**  
**Nasser Pharmacy**  
T 16 010 505  
**Al Quds Pharmacy**  
T 17 470 080

**Ibn Sina Pharmacy**  
T 17 677 207

**Taxi Services**  
**Bahrain Taxi**  
T 17 682 999

**Bahrain Limo**  
T 17 266 266

**Arabian Taxi**  
T 17 461 746

**Travel Services**  
**Aradous Travel and Tour**  
T 17 234 417

**Car Washing Services**  
**Ecowash**  
T 17 490 565

**Home Maintenance Services**  
**AXEM**  
T 17 500 260

**MASY**  
T 17 822 404

**ReactFast**  
T 17 585 367

**Atlas BMS**  
M 36 558 817  
M 36 191 810

**Closest Removal & Storage to Amwaj**  
**Takhzeen Self Storage**  
M 69 990 999  
M 37779009

**IT Home Services**  
**TechnoServ**  
M 39 609 876

**Cargo Services**  
**Baz Cargo Services**  
T 17 771 132

**Closest Post Office to Amwaj**  
**Al Hidd Post Office**  
T 17 673 157  
Working Hours: 7am - 2pm  
Saturday to Thursday

**Shopping Malls**  
**Seef Mall**  
T 17 581 111

**Aali Mall**  
T 17 581 000

**City Center**  
T 17 179 779

**Moda Mall**  
T 17 533 140



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