

AMWAJ islander

ISSUE 114
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Letter from the Editor

Dear Islanders,

In light of everything that has happened, and is still happening – we are sending healthy thoughts and positive vibes to all of you. We hope that you and your families are well and mindful about taking care of yourselves and each other, while focusing on all the good that is out there. Your safety is our main priority and we are taking all necessary precautionary measures to address COVID-19 to protect our residents. If you have any concerns, please contact us on info@amwaj.bh

For now, good news that we can bring you from Elite Medical Centre and Gulf Union is that they have special discounts for Amwaj residents, which you can find on pages 2 and 4 respectively.

Also, April is a month of multiplied blessings as many of us will either be celebrating Easter or Ramadhan – a time many of us look forward to the whole year! Stay tuned to our social media channels for up-to-date information on all Easter specials, and Iftar and Ghabga offers throughout the Islands.

As the saying goes, 'this too shall pass', and so we look forward to the time when everything normalizes once again, all events resume, and we can all enjoy the beauty that Amwaj and Bahrain as a whole have to offer. Until then, stay safe and in high spirits.

Sincerely,
The Amwaj Team

Balance Opens in Amwaj

Balance is Amwaj's newest, and only, fitness and dance studio. Balance came about because its owners, who are Amwaj residents, were searching for after-school activities for their youngest child and his friends, and could not find anything that involved exercise classes in Amwaj. As a family of doctors who knew that childhood obesity and inactivity due to electronic devices was having a negative effect on this generation's fitness, and where research shows that repetitive movement activity revives our brains and benefits attention and mental health, they decided to open Balance.

Balance's goal is to help children and adults have an active life while meeting peers and neighbors within the Amwaj community. In Balance, the classes are not only fun and entertaining, but also challenging. Dance and movement have been used for decades to build self-confidence, discipline, coordination and social skills. Flexibility, strength, as well as agility and good posture

are all important for a person's well-being.

Balance's vision is to meet fitness and community needs by providing highly specialized professional instructors who were sourced locally, from Latin America and other countries. Balance offers Zumba, Ballet for kids & teens, belly dancing, acrobatics and flexibility for ladies & kids, salsa and bachata, Latin dance, tango classes for couples, and much more.

At Balance the highest standards of hygiene are used and the newest methods of precautions as per Ministry of Health / WHO standards are applied.

Balance's official opening was supposed to take place on March 28th, however due to the current COVID-19 situation, Balance has had to delay until further instructions. Follow them on Instagram @balance.bahrain or call them on 34688880 to find out when they will be re-opening, or for any queries.



60 seconds with...

ABBAS SALMAN

Business Development Manager at Elite Medical Center



Can you tell us a little bit about Elite Medical Center? Elite Medical Center is located in Juffair and offers highly tailored medical services where our Board-Certified physicians are highly-trained and our facility is stocked with modern medical equipment. Our goal is that you to see your doctor on time if you have an appointment, and in the shortest time possible if you are a walk-in visitor. We strive to provide you with the best, most comfortable experience while you are with us.

How long has it been open? Elite Medical Center has been open since 2017.

What types of services does it have? Elite is a multi-specialty medical center providing high standard services with world-class FDA approved equipment. To be more specific our dental section covers all the dental services like braces, veneers, hollywood smile, root canal treatments and implants. Our Cosmetics and Dermatology section cover laser, body contouring, botox, fillers, HydraFacial, PRP, Thunder MT Hair removal laser, and SculpSure are our Jewel equipment. The GP take care of everything else.

Any medical advice you can offer our residents? Due to the current

situation, we can share some advice regarding the COVID-19 (Coronavirus) on how to reduce its spread:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available use an alcohol- based hand sanitizer
- Avoid close contact with people who are sick
- Self quarantine when you are sick
- Cover your mouth when you cough or sneeze with a tissue then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces
Any special discounts our residents can avail? We have catered special discounts for Amwaj residents and their families. To avail, proof of address needs to be shown and residents will be able to enjoy the following:

- Discount of 25% on all services in Dental Department.
 - Discount of 30% on all services in Department of Dermatology.
 - Discount of 50% Consultation for General Medicine.
 - Discount of 60% on all laboratory test at Elite Medical Center.
- Note: The minimum price is approved in case of seasonal offers of the center.

What is different about Elite Medical Center in comparison to other centers? In Elite Medical Center effective treatment depends on getting the right diagnosis as soon as possible. Our specialists collaborate across disciplines to listen to your story, evaluate your condition from every angle, and develop a diagnosis and treatment plan that's just for you.



April 2020

April Exclusive Offers

As per Bahrain Tourism and Exhibition Authority (BTEA), and in line with the 11 Decrees that have been issued, all Gym's, Spa's, Health Clubs, Swimming Pools, and Restaurants have suspended their operations from March 18th for the period of one month (unless extended). Currently, Food & Beverage outlets can operate only for delivery and take away. If operations do resume after the 1-month period, we will be updating all events and offers through our social media channels:

📷 amwaj_islands 🐦 AmwajIslands 📘 Amwaj Islands

12pm - 10pm **'Take Away Pizza'** Enjoy a sumptuous selection of authentic Italian Pizza made especially by our Italian Chef Enrico by ordering to go from Rosso Restaurant - ART Rotana, Amwaj Islands by calling 33580044 to place your order. Chef Enrico has prepared a wide selection of all your favourite pizzas to take home and enjoy it with your family members from the comfort of your home. Available Every day from 12pm to 10pm.

All Day **"Luxurious Staycation at ART Rotana"** Spend quality time with your loved ones by booking a luxurious staycation in a spacious suite with its own private terrace and jacuzzi while overlooking the mesmerizing Marina area. ART Rotana team are looking to welcome you with an enticing drink upon your arrival. The stay is inclusive of a complimentary bottle of sparkling (alcoholic/non-alcoholic), lavish breakfast in bed and a candle lit dinner served at the terrace. Along with late checkout until 4pm. All of that for only BD99 Net. Call +973 16000111 for more information or reservations. Price: BD99 Net for 2 adults & 2 kids up to 6 years old.

All Day **"50% off your stay at ART Rotana"** ART Rotana is bringing you an exciting opportunity to pack your bags for a local getaway. Book your stay for a minimum of 2 nights at our resort and get 50% off your room rates and an incredible discount of 15% off dining and 20% off laundry services. Call +973 16000111 for more information or reservations.



GULF UNION OPENS GALALI BRANCH

Gulf Union Insurance & Reinsurance Company BSC(c) incorporated in 1995 is licensed to underwrite all types of insurance business and to accept reinsurance inwards business.

Over the past 25 Years the company has positioned itself as one of the leading players with the largest Vehicle insurance and Health Insurance portfolio in the market. It has its own workshop for vehicle repairs, and an in-house TPA for Health Insurance Claims, and a dedicated 24X7 Road Side Assistance.

Gulf Union is the only company in Bahrain to extensively use Whatsapp service on 3880 0668 to invite queries and gives terms and quotations on motors to customers on the move.

The company is leveraging the modern-day technology tools for retail business and providing portals to dealers, channel partners, and brokers. It has a tie up with MAPFRE ASISTENCIA of Spain to provide Travel Assurance Benefits with 24X7 customer service support to all its clients travelling to worldwide destinations.

It has recently opened a new branch in Galali. This branch is just across the highway and with friendly local staff well versed in Arabic and English.

Amwaj residents can enjoy special discounts and surprise gifts on new purchases and will have a good personalized experience they would like to share and continue. The office is open on Saturdays and all week days Sat- Wed (9 am to 5 pm). Enquiries are welcome at +973-3210 7080.



Only for Residents of Amwaj
Avail Exclusive discounts on
Premium at our newly
Opened Branch in
Galali
Near Ithmar Bank

Office open on Saturdays & Extended
office hours on week days



Vehicle Insurance*

- Comprehensive Policy – This covers any accidental damage to the vehicle
- Roadside Assistant and Replacement Car
- Third Party Liability Policy as per law of Bahrain

Motor Policy provides insurances for Cars, Motorcycles, Trucks, Buses, Sports Cars etc



Fire & Allied Perils Insurance* for Flat/Villa/House Insurance
As per New Bahrain RERA guidelines

Coverage for building & Contents (Excl Valuables & Jewellery)

Fire & Allied Perils:

- Fire, Lightening, Explosion of gas in home appliances
- Bursting & overflowing of water tanks/ pipes
- Riot, Strike, Malicious Damage
- Earthquake, Fire and/or Shock
- Flooding, Storm, or Cyclone
- Impact damage by Vehicles



Pleasure & Boat/Yacht Insurance*

We cover accidental loss or damage to:

- Engines & propelling equipment
- Boat or vessel hull or body
- Added accessories & navigation equipment
- Liability for causing damage or loss to TP lives and property
- Theft of Equipment (Tender, Jet, Sails)



Location

* Policy terms & Conditions apply
Please visit our website for full product information

 **Surprise Welcome gift for new comprehensive customers**



شركة الاتحاد الخليجي للتأمين وإعادة التأمين (م)
GULF UNION INSURANCE & REINSURANCE CO. LLC

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www.gulfunion.com.bn

COVID-19 (Coronavirus) Safety Precautions

For the safety of you and your loved ones, please try to practice self-quarantine whenever possible. Should you have any questions, or if you suspect you have symptoms of Coronavirus, please call 444.

The Kingdom of Bahrain have launched the 'Be Aware' app, which aims to support efforts to contain the Coronavirus (COVID-19) by advancing contact tracing efforts, and raising awareness of active cases within the Kingdom, and maintain accurate figures provided by the Ministry of Health. Please download the app, free of charge, for both iOS and Android from apps.bahrain.bh

AMWAJ NOTICE BOARD

The Amwaj Security and Maintenance team are responsible for the below. For leaks or blockage in a common area, contact Kamel on 3666 6007. Beach and road cleaning, damage on roads or pavements, fallen signboards or flags and garbage bins request, contact Niaz on 3315 6871. For construction site issues contact Roger on 3909 4842. For workers' gate pass, contact Mohammed on 3943 4809. For pest control issues contact Pest Control on 1781 1233. Traffic accidents can be reported to police on 199, medical emergency, ambulance or fire can be directed to 999, with the assistance of the Amwaj Security team.

SAFETY & SECURITY

Security Solutions W.L.L. company are responsible for all safety and security around the islands. Security Solutions have developed a respectable reputation in the field of security, and the management looks forward to the improvement of security of the common areas around the islands.



Site Team Supervisor: 3604 6147

Emergency Hotline: 3986 6952

Email: security@amwaj.bh

Security Team: 6639 8857 (working hours, Sunday to Thursday 8am-5pm)

FOR RENTAL/SALES PROPERTIES

For properties on Tala Island, Amwaj Islands, which are good value for money, contact Anastasia on:

Mobile / WhatsApp : +973 3877 7555

Instagram: [amwaj_tala_property_anastasia](https://www.instagram.com/amwaj_tala_property_anastasia)

Facebook: [AmwajPropertiesAnastasia](https://www.facebook.com/AmwajPropertiesAnastasia)





KEY

- Waterside residential
- Inland residential
- Residential & Commercial
- Hotel
- Commercial
- Educational
- Amwaj Marina

Directory

WWW.AMWAJ.BH

Amwaj Islands' Security

Working Hours: 24 hrs
Location: Amwaj Islands entrance
M 66 398 857
M 39 866 952 (24hrs)
E security@amwaj.bh

Amwaj Islands Main Office

Working hours: 8am – 5pm,
Sunday - Thursday
Location: Meritas House
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

Bahrain International Airport

T 17 339 339

Amwaj Hotels

ART Rotana

T 16 000 111

Gulf Suites Hotel

T 16 030 001

Ramada Hotel and Suites Amwaj Islands

T 16 000 099

The Dragon Beach Hotel & Resort

T 16 031 111

The Grove Hotel

T 16 030 303

The Grove Resort

T 16 000 022

The Sea Loft Boutique Chalets

T 16 033 833

Amwaj Outlets

Alforsa Real Estate, Reef Tower, Amwaj Waves

T 38 821 400

Al Osra Supermarket

T 16 033 773
Working Hours
Everyday 7am - 11pm

Balance Fitness & Dance Studio

M 34 688 880

Bavaria Motors

T 16 010 737

Bennigan's

T 16 030 104 / 05

Black & White Laundry

T 17 532 268
M 36 308 889

Carlton Real Estate, Zawia 3

T 16 006 000

Element Inc. Psychology Clinic

T 16 030 527

Guinness Smokehouse and Lounge

M 33 180 001

Jet Pet Global

Pet Relocation & Transport
M 36 464 586

Lantern's Restaurant

T 77 770 055

La Blanche Salon, Amwaj Waves

T 16 006 060

Maya Beach Resort & Fitness, Meena 7

T 16 030 070
Working Hours: 6.30am - 10pm
Saturday - Thursday, 8am - 10pm
on Fridays

My Cuddle Buddy

Pet sitting & Dog Walking
M 36 464 586

Muju Lounge & Restaurant

T 16 039 800

Park & Shop Supermarket, Zawia 2

T 77 115 121

Pet Arabia

T 16 010 501

Quest Realty, Meritas House

T 1607 8378

ScubaLife

T 17 003 636
M 66 753 636

Sea Star Marine

T 16 034 487
M 37775711

Smart Boating Center

T 17 003 838

Solymar Beach

T 17 221 166
M 35 094 777

Speed Rent a Car

T 16 010 131

Universal Music

T 16 010 491

Virtual Reality Solutions

T 16 010 333

Yara Beauty Lounge, Zawia 1

T 16 010 999

24-Hours Supermarket, NOC

T 16 034 498

Emergency Numbers

Emergency line

T 999

Al Hidd Police Station

T 17 671 212

Samaheej Police Station

T 17 334 401

Coast Guard

T 17 700 000

Traffic Police

T 199

Nearest Hospitals to Amwaj

American Mission Hospital, Amwaj Medical & Wellness Center

T 17 248 100

Bahrain Specialist Hospital

T 17 812 000

Al Hilal Hospital

T 17 344 199

King Hamad Hospital

T 17 351 450

Closest Pet Services to Amwaj

Dr Mohammed Hussain

T 17 292 125

Fur and Feathers Pet Sitting, Transfer and Relocation

M 36 464 586
E contact@jetpetglobal.com

House Veterinary Center

T 17 200 075
M 33 994 709
(Emergency) 33 094 999

Pet Land

T 13 107 474
M 33 311 122

Closest Pharmacies to Amwaj

Al Quds Pharmacy

T 17 470 080

Ibn Sina Pharmacy

T 17 677 207

Nasser Pharmacy

T 16 010 505

Taxi Services

Arabian Taxi

T 17 461 746

Bahrain Limo

T 17 266 266

Bahrain Taxi

T 17 682 999

Travel Services

Aradous Travel and Tour

T 17 234 417

Customised Services

M 38 816 065
stefan@customisedservicespc.com

Car Washing Services

Ecowash

T 17 490 565

MASY

T 17 822 404

Closest Removal & Storage to Amwaj

Takhzeen Self Storage

M 69 990 999
M 39 767 977

IT Home Services

TechnoServ

M 39 609 876

Cargo Services

Baz Cargo Services

T 17 771 132

Gulf Agency Co. Bahrain W.L.L. (GAC)

T 17 339 777

Closest Post Office to Amwaj

Al Hidd Post Office

T 17 673 157
Working Hours: 7am - 2pm
Saturday to Thursday

Shopping Malls

Aali Mall

T 17 581 000

Bahrain City Center

T 17 179 779

Moda Mall

T 17 533 140

Seef Mall Muharraq

T 77 911 116

The Avenues Bahrain

T 17 151 060