

INTRODUCTION TO KUWAIT

Kuwait is a sovereign Arab state situated in the north-east of the Arabian Peninsula in Western Asia. It lies on the north-western shore of the Persian Gulf and is bordered by Saudi Arabia to the south, Iraq to the north (at Basra).



BRIEF INFORMATION OF KUWAIT

Capital	Kuwait City
Area	appx 17.818 thousand square kilometers
Administrative Distribution	The State of Kuwait is distributed into six governorates, which are the Capital, Hawalli, Al Farwaniya, Al Ahmedi, Mubarak Al Kabir and Al Jahra
Currency	Kuwaiti Dinar (appx = 3.5 USD)
Local Time	GMT + 3 hrs
Telephone Code	+965



•Population

The population up until 2013 reached approximately 3,695,316 (1,403,962 of which are Kuwaiti nationals the rest are expatriates and foreigners).

- **Religion and official Language**

Religion and Language the official religion of the State is Islam, with believers of other religions having their full rights to practice their religion, provided that they do not disrespect or harm Islam; the official language is the Arabic.

- **Climate**

Since Kuwait is located in a desert region, the climate is continental distinguished by long hot dry summers and warm short winters with occasional rainfall. Sandstorms often occur during the summer months.

- **Flag**

The Kuwaiti Flag was raised for the first time following the independence of Kuwait on 24 November 1961. It includes a rectangle which is divided into three equal and horizontal sections, the first of which being green, followed by the white and then red colors. The flag holds a trapezium of black color. The colors were inspired from the following verse of Arabic poetry:



White are our actions **Black** are our wars **Green** are our fields **Red** is our past

ATM Machine and Visa cards are available in Kuwait.



EASTERN NATIONAL IN Kuwait

15 October 2013. Eastern National Oilfield Services (ENOS) proudly announced the completion of its operations base in Kuwait

P.O. Box 9377, Ahmadi 61004 - Kuwait



POTENTIAL CLIENTS

The Exploration Company working in Kuwait is:
Kuwait Oil Company (**KOC**)

CONTACT INFORMATION

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Visa Application Process

Types of Visa

There are two types of visa for Kuwait:

- 1.) Visit Visa
- 2.) Work Visa / Work Permit

Visit Visas: They are valid for entry within 90 days of issue and then for a stay of up to 30 days only after entry.

As for sponsorship, visitor to Kuwait will have to be sponsored by an individual in Kuwait or a Company, or a resident foreigner who is a relative of the visitor.

It generally takes a week to process the visa.

Work permit: A No-Objection Certificate (NOC) from the General Administration of Criminal Investigation at the Ministry of Interior will have to be obtained by submitting employee's personal details. The employee should then seek an entry visa for Kuwait, using the endorsed work permit and producing other necessary documents such as Police Clearance Certificate (PCC), medical certificate, good conduct certificate, etc.



Documents for Visa

You need the following documents for processing you visa:

1. A valid Passport
2. NOC from your employer
3. Attested degree certificate
4. Attested Police Clearance Certificate (PCC)
5. Medical tests from approved centres ([GAMCA](#))

DEPARTURE

When departing the country make sure that you have:

- Packed all your personal belongings
- Keep your room tidy
- Passport and ticket with you
- Arrange for airport drop

BEST HOTELS OF Kuwait:

There are plenty of hotels in Islamabad, the capital city of Pakistan. Travel & Culture Services Offers special discounted hotel rates at following hotels.

- **Al Manshar Rotatana Hotel**

Al Manshar Rotana Hotel is part of Al Manshar shopping and entertainment complex. Our 5 Star Fahaheel Hotel will offer 200 luxurious rooms and suites with fully equipped kitchenettes, a variety of Food & Beverage outlets, all the business facilities including high speed internet connection, leisure, Sports & Health Facilities in addition to extensive fully equipped and flexible meeting rooms with the latest audiovisual equipment.

Room Type	Single	Double
Standard Room	US\$ 190	US\$ 220

- **Jumeirah Messilah Beach Hotel and Spa**

Jumeirah Messilah Beach Hotel & Spa is a luxurious beachfront development that will feature 307 rooms and suites, 80 serviced apartments and 12 chalets. Guests of the hotel will also have access to six distinguished restaurants and lounges, a Talise spa, 200-metre private beach, swimming pool and children's play area, in addition to extensive conference and banqueting facilities.

Room Type	Single	Double
Standard Room	US\$ 147	US\$ 182

- **Hilton Kuwait Resort**

Step inside Hilton Kuwait Resort, where splendour and glamour await you. Relax and unwind in the lapse of luxury, where the sun always shines and the local area is full of culture.

Conveniently located next to the Arabian coast, and yet 25 minutes by free shuttle bus from the International Airport and Kuwait City. Hilton Kuwait boasts 2 outdoor pools, a 24 hour fitness centre and has tennis courts.

And that's not all. A 1,500metre long beach that is exclusively available to Hilton guests, and the award winning onsite spa

Room Type	Single	Double
Standard Room	US\$ 220	US\$ 270

LOCAL HAZARDS

1. Driving

Driving is the activity that presents the greatest potential risk for accident. Driving policies addresses the risk to ensure the standards for

driving qualification and practices are followed, to ensure safety of employees and contractors throughout the world. The following shall be implemented.

- **Driver Training & Qualification**

Only approved personnel and contractors are allowed to drive vehicles, including company-owned or leased vehicles. Approval is granted to drivers who have been assessed as competent drivers annually.



- **Seat Belt**

As a condition of employment, all employees and contractors must wear seat belts at all times when driving a vehicle, and they must ensure that all other vehicle occupants are also wearing seat belts.

- **Journey Management:**

An active journey management program that complies with the applicable standard must be in place for journeys initiated from town or field locations. Each location's journey management program shall address all local driving conditions and identified risks.

- **Substance Abuse:**



Driving a vehicle while under the influence of alcohol or any drugs or narcotics is strictly prohibited.

- **Cellular Phone:**

Drivers should neither initiate nor answer a cellular phone call or message whilst driving a vehicle, regardless of whether a hands free device is available or not. Cellular phones may be left on during a trip to alert the driver of an incoming call or message, however the vehicle must be brought to a complete and safe stop before responding.



2. HEALTH

- **Health Situation:**

Kuwait is a high-income country where its government provides many social amenities and services including good health services and education to the citizens. Hence the people in Kuwait enjoy a high standard of health, with health indicators and the burden of disease similar to those of highly developed countries.

More than 76% of causes of death in Kuwait are due to non-communicable diseases, with an increase in the incidence of coronary heart disease, cancer, and accidents (mainly road traffic accidents). Furthermore, obesity, diabetes, dyslipidemia and physical inactivity are showing alarmingly high prevalence and are emerging as major risk factors.

This requires a shift from curative to preventive medicine. There is therefore a need for a health sector reform and strong commitment to preventive and primitive health services to address the challenges of the dramatic rise in the level of non-communicable diseases.

- **Health Policies and systems:**

The national health plan, 2010-14, for Kuwait focused on a major expansion of the health sector. Kuwait has one of the most modern health care infrastructures in the region. An overwhelming share of health services is provided by the public sector, but there is a growing private sector involvement in health services.

Adequate hospitals, health centers and clinics manned by skilled health staff provide safe and effective health care to people. Kuwait has one of the most modern health care infrastructures in the region; demonstrating a strong commitment to health at the highest level and the genuine national desire to achieve a very high standard of health, including sufficient resources allocated to public health. In addition, there is a strong health infrastructure and delivery services.

The public health system is built on the primary health care principles with three levels of health care delivery: primary, secondary and tertiary. A robust primary health care infrastructure has been developed, with a clear vision and the integration of non-communicable diseases and mental health within the system. Currently, there are 92 primary health care centers in the country providing services to people in 6 health regions. The health workforce in Kuwait, similar to other GCC countries, relies heavily on expatriate health workforce.

Climatic conditions in Kuwait

Kuwait is a desert country famous for its very dry and hot climate. Kuwait shares European weather patterns but is hotter and drier. Summers (April to October) are hot and humid with very little rain. Winters (November to March) are cool with limited rain. Springs are cool and pleasant. Summer starts in Kuwait from the month of April and continues till October. The summer months are extremely hot and dry and while the normal day temperature is 33°C, it rises up to 51°C, i.e. 124°F, during the months of June, July and August, with very low humidity. The months of April and October are less harsh with temperatures slowly dropping below the 40s to lower 30s. Another feature of Kuwait's climate is that it never rains during the summer months and from June to September are regarded as the driest months.

Food precautions for Kuwait



In Kuwait, gastric diseases are common among tourists who are not accustomed to local food or who do not take precautions. Do not drink tap water and favor bottled mineral water, without ice. Avoid eating ice creams, sherbets, raw or undercooked dishes, especially meat or fish. If possible, order hot dishes. Bring anti-diarrhea medication with you and remember to wash your hands carefully before each meal.

Immunizations and medication for Kuwait

Immunizations systematically recommended for a trip to Kuwait



Hepatitis A

The vaccination is available for children at least one year old. For persons who were born before 1945, who have spent their childhood in a developing country or who have had an icterus, it may prove useful to search previously for serous antibodies in order to avoid an unnecessary shot

Hepatitis B

The vaccination is available for children at least two months old.

Diphtheria, tetanus, poliomyelitis

Get a booster shot before leaving if your last shot is more than ten years old.



Depending on the duration and conditions of the trip to Kuwait

Typhoid fever

If the stay is occurring in precarious hygiene condition. The immunization is available for children at least 2 years old.

Rabies

Recommended for long stays in isolation. The immunization should be given to children as soon as they are able to walk.

Tuberculosis

In case of a long stay, it is recommended to have children immunized against tuberculosis as soon as they reach the age of one month and against mumps, measles and rubella when they reach the age of nine months.

Compulsory immunizations for a trip to Kuwait

No specific immunization is required from travelers entering the country.

- **Diseases transmitted by insects or animals**

There is no specific health risk in the country.

There is no malarial area but several cases of imported malaria have been reported.

Protect yourself from scorpion bites.

There are cases of animal rabies in the country but they remain scarce.



- **Diseases transmitted by food, water or through the environment**

Diarrheic diseases are very common.

- **Diseases transmitted by contact with infected people**

There are no specific risks.

Fun things to do in Kuwait

Liberation Tower

The Kuwait Liberation Tower was completed in 1993 and named so to commemorate the liberation of the country from the Iraqi occupation. Construction of the tower actually began before the invasion and was halted during the occupation. The tower was to be named the Kuwait Communications Tower, but it was replaced by a more symbolic name after its completion. The top of the tower has a revolving restaurant with panoramic views. The tower was formerly the highest structure in Kuwait, rising to 370 metres, but is now superseded by Al Hamra Tower.



The Scientific Center, Kuwait

The Scientific Center, Kuwait is a very beautiful place, consisting of Aquarium with different species of water bodies, IMAX theatre playing many kinds of documentaries, the Harbor of dhows and lot of gift shops.

Here is the link of Kuwait Scientific Center, <http://www.tsck.org.kw/>

The building contains lot of old arts and fossils. It also contains entertainment stuff for kids. Its a very nice place to visit



Olympia Mall, Kuwait

The Olympia Mall, very much near to the Scientific Center, Kuwait is an excellent mall full of world's costliest brands. Symbolic viva twin towers enhance its beauty, and a digital colorful outside view gives it a gen-next look.

Website: <http://www.olympiamall.net/eng/olympia-mall/>

