



JOIN IN THE FEBRUARY CELEBRATIONS AT MARINA HOTEL KUWAIT

With the onset of Hala February and the festivities of National and Liberation Day, Marina Hotel Kuwait is ready with its best offer and guarantees that all guests have an enjoyable time with their

friends and family. Guests can avail of an exclusive package that includes rooms and a delicious breakfast buffet in addition to free access to the hotel's various facilities, gym, beach and pool.

Unwind in the finest ambiance at the hotel and enjoy with your family and friends a delightful dining experience. Indulge with a complimentary breakfast buffet at Six Palms restaurant followed by a delectable lunch buffet

at the Atlantis Restaurant with a magnificent sea view. Celebrate the holidays at Marina Hotel Kuwait and enjoy the difference, with the exclusive deals combined with the hotel's attractive features and location where Hala

February shopping offers and entertainment programs are at highpoint being close to many attractions like Marina Hotel and Marina Crescent. For more information, please visit our website: www.marinahotel.com



EXCLUSIVE OFFERS ON NATIONAL AND LIBERATION DAYS AT MARRIOTT HOTELS

On the occasion of Kuwait's National and Liberation Days, Marriott Hotels in Kuwait are offering their guests exclusive deals and benefits to celebrate in style. The exciting array of accommodation offers and dining promotions include the perfect weekend escape with up to 30 percent discount on rooms and suites at JW Marriott Kuwait City, Courtyard by Marriott Kuwait and Residence Inn by Marriott Kuwait City. In addition, the package also includes complimentary buffet breakfast, free WiFi, and free meals for children under 6 years old and

50 percent discount for kids between 6 and 12 years old. Furthermore, guests can benefit from a 20 percent discount at La Brasserie Restaurant at JW Marriott Kuwait throughout February. To add to the exclusive benefits, guests can enjoy free access to the swimming pool and health club. Free valet parking and shared airport transfers will also be available along with early check-in and late check-out subject to availability. It is also worthy to note that JW Marriott Hotel Kuwait and Courtyard by Marriott Kuwait have a direct

exclusive entrance to "Salhia" and "Arraya" Shopping Malls, where guests can shop between an array of world-class retail brands. For rich and diverse cuisines, guests can visit the renowned La Brasserie restaurant which offers international buffets for breakfast, lunch and dinner or enjoy huge buffets with scrumptious dishes at Atrium Restaurant in Courtyard by Marriott Hotel Kuwait City. The Terrace Grill restaurant, known to be one of the best steakhouses in Kuwait, is also available for guests who prefer an extensive

menu of the finest meat cuts and seafood. Other interesting cuisines can be tried at the Japanese Sushi restaurant, offering a wide selection of mouth-watering Japanese delicacies, and the much-celebrated Indian restaurant Soul and Spice in Courtyard by Marriott that is well known for its Indian cuisine with a unique fusion twist. Blendz restaurant, located at the lobby of Residence Inn by Marriott Kuwait, offers its guests a unique flavor of modern recipes in a very relaxed ambiance making it a perfect place to spend time with family and friends.



GUST CELEBRATES 25 YEARS OF LIBERATION

Gulf University for Science Technology (GUST) kicked off a week of events in celebration of Kuwait's 25 years of liberation since the Iraqi invasion of 1990. All events took place on the university's campus, and were organized by many of GUST's student clubs with the Office of Student Life (OSL). This year's events, overseen by GUST's OSL, were designed to educate and entertain students and faculty alike on Kuwait's history and traditions, via on-campus decorations in the form of traditional seating areas, henna tattoos, games, a short play performed by students, and a musical performance by a Kuwaiti traditional band. Other notable activities included a giant banner with the flag in the shape of a heart, a

model aircraft show, and a seminar by the relative of resistance fighter, Asrar Al-Qabandi. The celebrations culminated with the release of 250 balloons in the colors of the national flag. Anwar Al Sabah, Head of OSL, said, "This year's celebrations are extra special, as we mark 25 years of Liberation. As our country advances to the future, it is important to keep traditions alive, and ensure that each upcoming generation knows its history and the tough times Kuwait has been through." To cap off the week, OSL arranged for a specially choreographed flash mob to salute the flag, before breaking into a dance to a song specifically commissioned for this occasion. Later on in the day, a performance which recap-

itured the spirit of the dark days of the occupation was acted in front of students. Prof Donald Bates, GUST President, said, "Not only is GUST an educational institution, we are also an incubator of creativity and entrepreneurial spirit. These activities and events - all of which were set up by our student clubs, is what sets us apart. Our students are independent, driven, and ambitious, and I am confident that the skills they develop and hone here at GUST can only make Kuwait a better place." This week's festivities come just weeks after the university celebrated the Amir's tenth anniversary as Head of State, which featured an air show performed by the Kuwait Air Sports Committee.



AL-MUHALLAB MALL HOSTS ITS FIRST HEALTH ACTIVITY EVENT

In efforts of promoting healthy living within the Kuwaiti society, Al-Muhallab Mall announced yesterday that it will be hosting the first of many free Health Activity events, featuring the presence of Dr Ahmad Al-Haifi; one of Kuwait's top nutritionist, head of the Kuwait Food and Nutrition Association, and Professor at the Faculty of Food Science and Nutrition Department (Kuwait University), who will be providing nutrition advice to attendees. The event will be held on Monday, February 22, 2016 from 7 pm - 9 pm at the mall's newly introduced jogging track and is open to females and families to participate in.

Integrating fitness and sports into the Kuwaiti society, comes in line with Al-Muhallab Mall's key priorities, whereby holding its Health Activity event is a clear indication of its utmost consideration of promoting healthy living. At the event, participants will be able to gain valuable nutrition advice by Dr Ahmad Al-Haifi, in addition to the best workout routines by internationally accredited trainers from Flare Fitness Center along with undergoing several contests for a chance to win valuable prizes. Al-Muhallab Mall's management said: "We are excited to be hosting our second event of the year. The health activity is designed to help familiarize the public with the benefits of maintaining a healthier lifestyle and spreading this behavior in all parts of the society. Participants of the health activity will be able to meet famous health influencers and trainers every month, in addition to performing a number of activities at the mall's new jogging track. On behalf of the mall's management I would like to invite everyone to take part in this event which will certainly add a lot to their daily physical exercise routines." Customers interested in taking part of Al-Muhallab Mall's yearlong activities can follow the mall's social media channels for instant updates on Instagram: @AlmuhallabMall, Twitter: @AlmuhallabMall, or Facebook: Almuhallab Mall.

WHAT'S ON - SUBMISSION GUIDELINES

All photos submitted for What's On should be minimum 200dpi. Articles must be in plain text and should include name and phone numbers. Articles and photos that fail to meet these requirements will not be published.

Please send them to news@kuwaittimes.net