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This book is for private circulation of the ABA Community only.

Disclaimer:

This booklet is purely for information purposes.

ABA PTA has no affiliation with any of the contacts / supplier within. If you are aware of any alterations, please let us know so we can keep it up to date.

WELCOME

Welcome to Oman, a wonderful and welcoming place to live. It is important to remember that we are guests in this beautiful country and we must respect the culture and traditions of the local community. Dress respectfully and act the same, and you will find Omani's wonderfully helpful and welcoming people.

We hope this section of our website will provide you with some useful information to help you get over that first difficult stage of adjusting to life in a new country.

If you need any more help, or would like to know where you might find something, just ask. Homeroom Parents, PTA members, parents and teachers at school, all will be happy to help you out if you need it.

Enjoy your stay here in this lovely country.

ABA CONTACT INFORMATION

Address: ABA-An IB World School,
PO Box 372, PC 115
Medina Qabous
Muscat – Sultanate of Oman

Telephone: +968 2495 5800

Facsimile: +968 2460 3544

Email: admin@abaoman.org

Website: www.abaoman.org

IMPORTANT CONTACTS

Emergency Services (24 hours)

Police, Ambulance, Fire

9999

Water Emergency

Telephone Directory

Dialling Code is

00

968

National 1318

International 1319

Talking Pages

24600100

Flight Information

24519223

Consumer Complaints

24817013

Sewerage – Oman Waste Water

2469 3412

ABA GENERAL INFORMATION

- Student Parent Handbook is available on the website.
- Al Noor ABA Newsletter is sent via email on a Thursday of each week. Or it can be found on the ABA parent's portal.
- Cafeteria is available from Grade 3 and up. The menu is posted in the newsletter, website and outside the cafeteria.
- Parents can register at the school library to borrow books themselves.
- All school assemblies are held in the PAC (Performing Arts Centre)
- Mufti- Day or non-uniform day is held on the last Thursday of every month. Some are free and others are paid. On a paid Mufti, children not wearing the school uniform bring in 200 baisas that will be given to charity.
- Uniforms are on sales every Sunday, Tuesday and Thursday in the Uniform shop (in the high school building) from 7.15AM-7.45AM.
- It's compulsory for students to wear uniforms from grade 1 – grade 12. ECE students do not wear school uniforms.
- Physical Education Facilities include
 1. Gym
 2. MPH (Multi-purpose Hall)
 3. Astro-turf Pitch
- After School activities are available from Grade 1-12. There are seasonal and year long activities available. Please check the website www.abaoman.org/activities

- ABA Vipers Athletics Programme information can be found on the ABA Website.

www.abaoman.org/activities

- ABA is a member of a number of competitive leagues
 1. MESAC (Middle East South Asia Conference). From Grade 8 and up
 2. MSSL (Muscat Secondary Sports League) From Grade 6-8
 3. MPSL (Muscat Primary Sports League). From Grade 1-5.
- Vipers Swimming Club
- Vipers Choir
- After School Mother Language Programme is available to students. Please check the website for more details.

<https://sites.google.com/a/abaoman.org/mother-language-program-oman/>

EMBASSIES

		Malaysia	24698329
Austria	24793145	Netherlands	24603706
Belgium	24563011	New Zealand	24694692
British	24609000	Pakistan	24603439
China	24696698	Palestine	24601312
Columbia	24816264	Philippines	24605140
Cyprus	24699815	Portugal	24561400
Denmark	24526000	Russian	24602894
Egypt	24600411	South Africa	24647300
France	24681800	Spain	24691101
Germany	24832482	Sri Lanka	24697841
India	24684500	Sweden	24708693
Ireland	24701282	Switzerland	24568202
Italy	24695223	Thai	24602684
Japan	24601028	Turkey	24697050
Jordon	24692760	Uruguay	24799799
Korea	24691490	USA	24643400
Lebanon	24695844		

TRANSPORT

Purchasing a Car

There are many different ways to purchase a car in Oman. You can buy new from a dealer, but you can also buy second hand, either from a second hand dealer or from adverts you will find on notice boards outside most of the supermarkets. Finance for a car purchase can be organized through your bank, or through an independent finance company, just ask the company you are purchasing through and they will be able to help you.

Most new car dealers can be found in Wattayah, which is down the Sultan Qaboos Highway, towards Ruwi, just after Qurum.

Car Hire

Short or long term hire is available.

Avis	24683999
Budget	24683999
Hertz	24625200
Al Maskry	95400188

Car Breakdown

Breakdown cover is usually included with your car insurance.

- AAA – 2460 5555

Taxis

There are no fixed priced taxis or taximeters in Muscat; you will need to agree the price for your journey before you get in the taxi.

- Abdulla Hassan 9331 2252

HOUSEHOLD INFORMATION

Real Estate Agents

Better Homes	24470851	www.bhomes.com/oman
Hilal Properties	24600688	www.hilalprp.com.om
Savills Oman	24692151	www.savills.om
Cluttons	9933846	www.cluttons.com
Towell Property Division	24526000 24526001	www.wjtowell.com
Engel & Volkers	24600433	www.engelvoelkers.com/om
Taif	99595592	www.taif.me.uk
Hamptons International	24699773	Oman.hamptons-international.com
Gulf Property World (GPW)	24692630	www.gpw-oman.com

Utility Bills

Electricity and water bills can be paid at the nearest OIFC Office at Zakher Mall in Al Khuwair. Bill Payment machines are also available in malls and Omantel kiosks around Muscat.

www.oifcoman.com.

Phone: 24727272

Telecommunications

There are 2 main operators in Oman

1. Omantel
2. Ooredoo

Omantel	www.omantel.om	Call Centre - 1234
Ooredoo	www.ooredoo.om	Call Centre - 1500

Newspapers/Weeklies

Below is a list of a number of English papers/

Times of Oman	www.timesofoman.com
Oman Tribune	www.omantribune.com
Muscat Daily	www.muscatdaily.com
Oman Observer	www.omanobserver.om
Hi Magazine	www.timesofoman.com/Hi Free weekly Magazine found outside grocery stores, malls and coffee shops.
The Week	www.theweek.co.om Free weekly newspaper covering mainly Oman based news.
Y- Pulse of Oman Magazine	www.y-oman.com Free Weekly publication every Thursday from supermarkets, malls, cafes and fuel stations.

Post Office

There is a number of post offices around Muscat.

www.omanpost.om

Nearest Post Office is in Madinat Qaboos. Next to the Oman Oil Petrol pump, not far from the British Council.

Phone: 24697083.

Opening Times: Sun-Thur 08.00AM-02.00PM

Couriers

Aramex	24473000	Al Khuwair
DHL	24520100	Airport Heights
Fedex	24833311	Ruwi
UPS	24683953	Al Khuwair

Household Gas

Gas bottle supply is usually supplied by orange trucks throughout Muscat. If you spot one in your area, try and get down their number.

- Marjan Oman Trading

Adil 96775292

- Mohammed Al Hasini
99131911

Television

OSN is a provider of satellite TV in Oman.

Kiosks are found in most shopping malls.

Phone: +71 4 3677888

Bein is another provider of TV services in Oman.

Main Showroom

Ghubra South - Assalah Towers - Postal Code 130

Drinking Water

Bottled water is readily available in all supermarkets. Water gallons can be home delivered to your home for your water coolers.

- Albayan

24504464

- Oasis
- 80071222 or 24495822

www.omanoasis.com

Refuse / Rubbish Bins

Recycling is not as widespread in Oman as in other parts of the world. Some recycling facilities are provided via the school. Other than that, rubbish should be placed in the larger metal hoppers that you will find on the streets or in green bins depending on the neighbourhood you live in.

Laundry / Dry Cleaners

There are many excellent laundries and Dry Cleaners in Oman. They include:-

- Snowwhite

www.snowwhite-oman.com

Closet branch to school is in MQ, next to Pizza Hut.

- Kwik Clean

24539851

Multiple Locations.

Housemaids in Oman

Many people have housemaids in Oman. Housemaids can be found advertised on the notice boards outside most supermarkets. Please check with your company as it is illegal to hire a housemaid part time or without a visa. Personal recommendation is always best if possible. Ensure you interview as many people as you can. Always check references.

There are a number of companies that can provide a housemaid either full time or part time.

Muscat Maids: +968 98817146/99644737

Repairs

- Al-Yazen National

24456661

Fixing and repairing air-conditioning / maintenance contracts

E: mail – vibin.antony@yahoo.com

- AEG servicing

98531274

Fixing and maintenance of most white goods, no call out charge

Computer Engineers

- Daniel Santhi Swaroop will come to your house and deals with most computer issues – 96175908
e: mail: thabithamum@gmail.com

MEDICAL INFORMATION

Hospitals

There are two main hospitals which are used by expats

in Muscat. They are Muscat Private Hospital in Bausher and Starcare Hospital in Seeb. Both provide general medical services, as well as screening, Paediatric, Obstetrics and Gynaecology services.

Muscat Private Hospital	24583600	www.muscatprivatehospital.com Has an emergency Department. Bausher
Starcare Hospital	24557200	www.starcarehospital.com Has an emergency department Seeb and Al Khuwair
Al Raffah Hospital	24618900	Ghubra
Al Hayat Clinic	22004000	www.alhayathospital.com Ghubra
Kims Hospital	24760105	www.kimsoman.com Ruwi
Royal Hospital	24599525	For Cardiac and serious infections.
Khoula Hospital	24563625	For Accident, Emergency and broken bones.
Badr el Sama Hospital	24799760	www.badralsamahospitals.com Ruwi, Al Khuwair, Al Khoud

Doctors

Most Doctors are based at hospitals as above.

Medident	24600668	GP and other services
Al Massaraat Medical Centre	24566435	GP and other services

Al-Maha Polyclinic	24491803	
Homeopath	24491803	Dr Sumitra

Pharmacies

Pharmacies below are open 24 Hours a day:-

Al Hashar Pharmacy	24783334	Ruwi
Apollo Medical Centre	24788261	Hamriya
Atlas Pharmacy	24503585	Bowshar
Badr Al Samaa	24488322	Bowshar
Badr Al Samaa	24546099	Seeb
Muscat Pharmacy	24497264	Ghubra
Muscat Pharmacy	24535977	Al Hail
Muscat Pharmacy	24485740	Al Khuwair
Muscat Pharmacy	24695536	Al Sarooj Complex
Muscat Pharmacy	24702542	Ruwi

Ophthalmologists

Finland Eye Centre	24564488	www.finlandeyecentre.com Qurum
German Eye Centre	24693738	www.germaneyecentre.com

Dentists

The Dental & Oral Care	24698066	www.dentaloralcenter.om Madinat Qabous
Precision Dental Clinic	24696247	www.precisiondentalclinic.com Shatti Al Qurum
Al Harub Medical Centre	24600750	www.harubhealthgroup.com
Muscat Dental Specialists	2460064	Shatti al Qurum

Child Dental Centre	24692898	www.childdentalcentre.com
Qurum Medical Centre	24692898	www.qurummedicalcentre.com

Physiotherapists

German Orthopaedic Centre	24486711 24485866	Jo McDougall
Finland Osteopathy Clinic	24482836 24481831	www.osteopathy-oman.com

Pet Care

Pet Care Veterinary Centre	22043965	The Walk Mall, The Wave
Al Qurum Vet Clinic	24562263	www.muscatvets.com

SHOPPING

Opening Hours

Shopping centres and supermarkets are open every day. Saturday to Thursday usually from 10AM until 10PM. Friday, some are open from midday and others are open from 10am to 10pm.

Smaller local shops will vary their opening times, usually though they will open from 9am until 1pm and then from 4pm until 10pm.

Supermarkets

- Carrefour

Open from 09:00AM-12:00AM

City Centre, Seeb, City Centre Qurum and Muscat Grand Mall in Bausher.

- Lulu

Open from 08.00AM-12.00AM

Bausher, Darsait, Wadi Kabir and Al Seeb.

- Al Fair

Open from 07.30AM-10:00PM

Madinat Qabous, Sarooj and the Wave.

- Sultan Centre

Open from 07.00AM – 12.00AM

Qurum, and on 18th November Street in Athaiba.

Shopping Centres

The Main Shopping Centres in Muscat are:

- Muscat City Centre, Seeb
- Qurum City Centre
- Muscat Grand Mall
- Panorama Mall
- Qurum area –
 - CCC (Capital Commercial Centre)
 - Al Araimi Complex

- Sabco Centre
- Al Khamis Plaza
- Al Wadi Centre

Electrical Items

Most large supermarkets have an excellent selection of electrical items. Other Speciality stores include:

- Sharaf DG

Muscat Grand Mall (MGM)

- Emax

Muscat City Centre Seeb

- Jumbo Electronics

Qurum City Centre

- Extra

Ghubra

Home Furnishing

- Shuram LLC

24600919

Delivers Ikea furniture that can be ordered from the catalogue.

Jawharat al Shatti

- Home Centre

Khuwair

City Centre Seeb

- ID Design,

Markaz Al Bahja Mall near The Wave.

- Home r Us

Muscat Grand Mall.

- Marina

The Avenue Mall, Baushar

- L'Espace Furniture

Bowshar

Tailors

There are many Tailors in Oman, it's best to get a personal recommendation before you try one.

- New Eagles Garments

24561957

Al Wadi Centre, Qurum.

- European Tailors

Al Wadi Centre, Qurum

Book Stores and Stationary

- Let's Read Charity bookshop

1st Floor of the CCC building in Qurum
www.facebook.com/daralattasletsread.com

- PTA Room

There is a wide range of books that available to parents to borrow and swap for a minimal fee.

- Borders

Book Store with stationary supplies
Qurum City Centre, MGM and The Avenue.

- The Family Bookshop

Markaz al Bahja

- My Book & Me

24121327

Al Athaiba Beach Road

Centre which has activities and library for children aged 3-16 years.

- Al Fikir

Stationery shop for all your needs, including printing, binding, laminating. They are located near the Shell petrol station just off the Sultan Qabous highway between Ghubra and MQ.

- Shah Nagardas

excellent for paint, paper and many other stationery items. Can be found near the entrance to Sabco Centre in Qurum.

Muttrah Souk

Muttrah Souk is a traditional souk with many items available. There are no fixed prices so bargaining is essential.

Opening hours

- Saturday – Thursday 9.30am – 1pm and 4.30pm – 10.30pm. Friday 4.30pm – 10.30pm.

SPORT AND LEISURE

Golf

Almouj Golf	www.almoujgolf.com	The Wave 22005990
Muscat Hills Golf & Country Club	www.muscathills.com	24514080
Ghala Wentworth Golf Club	www.ghalagolfclub.com	Ghala 24591248

Soccer

- Arsenal Soccer School

24483344 / 2448 8565

Offer after school soccer coaching for children of all ages.

www.arsenalsoccerschooloman.com

- Muscat Football Academy

24631428

www.muscatfootballacademy.com

- Muscat Community Football League (MCFL)

Run an after school / weekend football league for children.

www.sites.google.com/site/mcflmuscat/

Rugby

There is rugby for all ages available in Muscat.

- Muscat Rugby Football Club (MRFC)

Run an adult and vets team which play local fixtures as well as training sessions. **muscatrugby.com**

chairman@muscatrugby.com

There is also a very active children's rugby club running.

Training takes place once a week and local and international fixtures are also arranged. Email muscatjuniorpirates@gmail.com for more information.

Sports memberships for gyms

Most main hotels all have pools, tennis courts, and a gym. Membership is available for purchase for individuals or families.

There are a number of gyms and circuit training centers around Muscat.

Self-Defence Classes

- Professional Martial Arts and Fitness Academy

Ghubra

Phone: +968 24496683

Boxing, Taekwondo and many more classes

REV GX

Phone: +968 9976 0621

Health & Fitness

- Yoga

- Yoga for Children

95938671

Lindsey

- Pilates

95097474

Contact Andrea on aleitmann@yahoo.com

- Ballet for Children

92196269

Contact Alena

- Muscat Gymnastics

99205250

Activities and sports centre

www.muscatgymnastics.com

Horse-Riding Classes

- Qurum Equestrian
99339222
Equestrian School
www.qu.hashimani.com

Tennis

- Al Hayat Tennis Centre
Shatti Al Qurum
99416391
www.alhayattenniscenter.com

Running for fitness

- Muscat Road Runners run at various locations throughout Muscat
www.muscatroadrunners.com

Diving

- Intercontinental Hotel
99311350
www.dimaniyat.com
- Global Scuba dive Centre
99317518
at the civil Aviation club
enquiries@global-scuba.com

- Muscat diving & adventure Centre –
24485663
Near the Radisson Blue Hotel, al Khuwair

- Blue zone diving.
Marina Bander Al Rowdha in Sidab

Sailing

- Capital Area yacht club
24737712
Sidab

- Oman Sail
Run sailing courses for children and adults.
www.omansail.com

Music Classes

- Music Palace Oman
24602445
Large range of music and art lessons
Madinat Qabous
www.musicpalaceinoman.webs.com

- Melody Music Centre
24486647
Al Khuwair

ENTERTAINMENT

Cinema

- City Cinema

MGM, Shatti al Qurum, Ruwi

www.citycinemaoman.net

- Vex Cinema

Qurum City Centre & Seeb City Centre

www.voxcinemas.com

- Al Bahja Cinema

Markaz al Bahja

- Star Cinema

Ruwi

Museums

- Bait Al Baranda Museum

Muttrah Corniche

- Bait Al Zubair Museum

Old Muscat

- Children's Museum

Shatti Al Qurum

- Oil and Gas Exhibition Centre(OGEC)

24677834

- Ecology Oman Centre

24676375

Petroleum Development Oman (PDO)

ecoman@pdo.co.om

- Natural History Museum

Ministry of Heritage and Culture Complex

Al Khuwair

Amusement Centres and Activities

- Magic Planet-

24558888

City Centre, Seeb

Qurum City Centre

- Marah Land

24562215

Qurum park and nature reserve

- Happyland

Muscat Grand Mall

- Adventure Zone

24776666

Indoor soft play area with lots of long slides at Shangri
La Resort

- Fun City Kids Play area

22009708

Level 1 Al Meera Mall
Athaiba

- Kids Rest

The Khoud

- Fun Zone

Qurum Park

94212719

Ice skating, bowling and laser blast

www.funzoneoman.com

- Paintball Oman

Al Hail

98500777

- Karting

Oman Automobile Association

www.omanauto.org

24510239

- Bowling

Al Masa Mall

Al Sarooj

24693991

- Mini Rainbows crèche

STS Building

22348095

- Planetarium

PDO

24675542

www.planetarium.pdo.co.om

Costume Rentals

- Party Fever
Party supplies
Al Qurum Complex
98288855

- Muscat Rentals
Party costumes for Rent
Way 7311 Muscat
97165070

- Magic Party
Al Masa Mall

EATING OUT

All major hotels have great restaurants in them.
As well as that you might also like to try:

- Left Bank
24695953 / 24693699
12.00PM-3.00PM/ 6.00PM-02.00AM

European style restaurant serving food & drinks.
Located near the rear entrance to Qurum Park

- Mumtaz Mahal

24605907 / 24605979

Indian restaurant of the highest quality.

Located above Left Bank

- D'Arcys Kitchen

24699119

8.30AM-10.00PM

Café style restaurant

Shatti and in Madinat Qabous.

- La Brassiere

24713707

Great European style food, excellent for breakfast and lunch.

- Paul Café

22009583

08.00AM-12.00AM

Muscat Grand Mall

- Pavo Real

24602603

Mexican style restaurant.

- McKenzie's Deli

97776111

Opens at 7am

Breakfast/Lunch/Dinner

Al Noor Plaza, Madinat Qabous

- Mani's Café

24607015/98132125

Breakfast, Lunch and Dinner

7.30AM – 9.00PM

Jawharat al Shati. First Floor

- Crafty Kitchen

24696660

Breakfast, Lunch and afternoon tea.

7.00AM-8.00PM

Al Noor Plaza, Madinat Qabous

- Café Ceramique Oman

24946145

Bareeq Al Shatti Mall

Great for kid's birthday parties

BEAUTY SALONS AND SPA'S

- Ayana Spa

24693435

Day spa in Shatti offering massage, manicure, pedicure
and hair styling.

www.ayanaspa.com

- Essence Spa

24603225

Day spa in Al Ilam offering massage, manicure, pedicure
and many other treatments.

www.essence-spa.com

- Muscat Beauty Salon

24562541

Located in Qurum in the Sabco Centre offering hair styling and colouring, manicure and pedicure and other services.

- Grand spa

24695766

18th November Street (just ladies) or Bareeq Al Shatti Mall, men and ladies but separate sections.

- Signature Beauty

24490282

Salon located in the Ramada Hotel in Shatti, offering hair styling, colouring and manicure and pedicure plus other services.

www.signaturebeauty.com

- Vibes Hair and Beauty

99620537

Hair and Beauty lounge
Madinat Qabous

- Dashing Nails & Beauty Lounge

24555000

The Walk, The Wave

- Hayati Spa

24601255

Hair, beauty, gym, dance classes, spa
www.facebook.com/hayati.spa.page
Bareeq Al Shatti

- Silver Senses Salon

98054901

Hair and Beauty
Ramada Hotel

ORGANISATIONS

There are lots of Organisations in Oman that are here to support you, help you meet new people and aid your transition into your new life in Oman.

AWG American Women's Group	www.awgoman.com
WGO Women's Guild in Oman	www.womensguildoman.com
ISO Irish Society Oman	irishinoman@hotmail.com
ANZO Australians and New Zealanders in Oman	www.anzoman.com
Muscat Women's Fellowship	www.mwfellowship@gmail.com
Indian Social Club	24797921
Muscat Singers	www.muscatsingers.org
Southern African Group Oman	www.sagoman.net

PLACES OF WORSHIP

Oman Evangelical Church	Ghala	
Protestant Church Oman	Ghala	24799475
St Peter & Paul Catholic Church	Darsait	24701893
Holy Spirit Catholic Church	Ghala	24590373
Shiva Temple	Muscat	24737311
Sri Krishna Temple	Darsait	24798546
Gurudwara	Athaiba	
Buddhist Temple	Darsait	24798546

FACEBOOK GROUPS OF MUSCAT

Muscat Ads	www.muscat.ads.com
Muscat, Buy, Sell or Rent	www.facebook.com/MuscatBuyAndSell
Muscat- Where can I find?	www.facebook.com/Muscatwherecanifind
Muscat Mums	www.muscatmums.com
Crafty In Oman	www.facebook.com/groups/craftmomsoman/
Muscat Real Estate	www.facebook.com/groups/muscatrealestate/
Muscat Beauty and Spa Forum	www.facebook.com/groups/muscatbeatyandspa/
What's Happening Muscat, Oman	www.facebook.com/whats happening muscat/
Kidz in Muscat	www.facebook.com/groups/kidzinmuscat/
Muscat Maids	www.facebook.com/OmanMaid

Muscat Vets	www.facebook.com/muscatvets/
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BANKS

Banking hours in Oman are 8.30am – 3pm and 8.30 – 1pm on Thursday. Banks are closed on Friday and Saturday.

Many major banks operate out of Oman such as HSBC, Standard Chartered and others. All provide the standard services of Current Account, Savings Account, ATM Card and Credit Card.

