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### Welcome Message

As we wrap up another vibrant edition of our Shell Kazakhstan newsletter, I am delighted to share the richness of our community's experiences over the past months. From welcoming new colleagues and celebrating local culture to exploring the stunning landscapes of Atyrau and Almaty, this issue is packed with stories that highlight the diversity, energy, and creativity within our Shell family.

We are especially proud to feature insights into Kazakh customs and traditions, giving all of us a deeper appreciation for the culture that surrounds us. From family gatherings and festive celebrations to sporting events and outdoor adventures, there is a wealth of inspiration here for everyone—whether you're a newcomer or a long-time resident.

I would like to thank every contributor for sharing their experiences, tips, and insights. Your stories not only inform and entertain but also strengthen the bonds of our community here in Kazakhstan. I hope this newsletter encourages you to explore, connect, and embrace all that our vibrant locale has to offer.

Warm regards,

*Nima Chandran, Outpost Kazakhstan Focal Point*

### Welcome & Farewell

- **Welcome to NCOC, Atyrau**
  - Kyle McGlacken (UK)
- **Welcome to KPO, Aksai, KZ:**
  - Tony Gifford (UK)
  - Mohamed Elharmil (Egypt)
  - Anton Arts (Netherlands)
  - Benedict Reynolds (UK)
  - Alessandro Barbini (Italy)
  - Douglas Eastaugh (UK)
  - David Qu (USA)
  - Ruan Melandres dos Santos (Brazil)
- **Goodbye to NCOC, Atyrau:**
  - Peter Van Leyenhorst
  - Karl Johnson
- **Goodbye to KPO, Aksai, KZ:**
  - Louise Alice Alexander
  - Arnoud Klomp
  - Rahul Kumar
  - Daan Wilmink



## Outpost Team

### Outpost Team Atyrau

#### **Riviera Park residence buddies**

- 1.Nima Chandran (Nima.Chandran@shell.com)
- 2.Chandran Manickavasagam (C.Manickavasagam@shell.com )

#### **Chagala town house buddies**

Soraya Shah (Sorayaedoo@yahoo.co.uk )

#### **River palace hotel (Renco) buddies**

- 1.Heather May (Heather.May@shell.com )
- 2.Chhaya Patel (patel.chhaya@yahoo.co.uk )
- 3.Davesh Patel (Davesh.Patel@shell.com)

#### **Altaca Residence buddies**

Marisol Molina (mmolinaz@hotmail.com )

### Outpost Team Aksai

#### **Buddies**

- 1.David Roberts (David.A.Roberts@shell.com)
- 2.Ahmed Awad (Ahmed.AbdelRahman@shell.com)

## Kazakh Survival Phrases

Surprise your Kazakh friends and colleagues with your knowledge of some basic Kazakh phrases!

Kazakh Phrase	Usage	English Translation
Sálemetsiz be?	formal	Hello (general greeting)
Sálem!	informal	Hi
Sálem berdik	regional	Hello (Atyrau dialect)
Qalyńyz qalaı?	formal	How are you?
Qalaisyń?	informal	How are you?
Aman-esen	—	I'm well
Jaqsy	—	Good
Kórmegeli qai zaman?	—	Long time no see
Qosh keldińiz	—	Welcome
Keshirińiz	—	Excuse me / I'm sorry
Raqmet	—	Thank you
Sizdiń atyńyz kim?	—	What is your name?
Meniń atym ...	—	My name is ...
Tanysqanymyzǵa qūanyshtymyn!	—	Pleased to meet you
Saū bolyńyz!	—	Goodbye!

## Outpost Coffee Morning Fall 2025: Sharing Truths and Dreams

By Dariya Beisebekova



At the recent Fall 2025 Coffee Morning, spouses from across our international community came together for an uplifting and meaningful gathering. As always, this quarterly meet-up is a chance to connect, support each other, and enjoy some well-deserved fun while our partners are at work.

This time, we introduced a fresh twist to our conversations with an exercise from group coaching called “Two Truths and One Dream.” Instead of the usual “two truths and one lie,” each participant shared two true facts about themselves and one personal dream. This simple yet thoughtful activity helped us learn more about each other, spark deeper conversations, and reflect on our hopes and goals for the future.

While it was a light-hearted warm-up rather than a full coaching session, the exercise reminded us that these gatherings are about building meaningful connections and nurturing our personal growth, even far from home.

Along the way, we discovered some exciting talents among the group, including a salsa instructor and a yoga teacher ready to share their skills. We agreed to organize more activities like these to help us connect even more and learn from each other.

Whether you joined the Coffee Morning or missed out, “Two Truths and One Dream” is a wonderful exercise you might enjoy trying at your next family or friends gathering. It’s a simple way to uncover new stories and dreams while bringing people closer, no matter where you are. We look forward to seeing you at the next Coffee Morning for more opportunities to connect and share.

## Introducing a New Column: Kazakh Customs and Traditions

By Dariya Beisebekova



Living and working abroad gives us a wonderful opportunity to experience new cultures. To help us learn more about the traditions that shape everyday life in Kazakhstan, we're starting a new rubric in this newsletter.

In each issue, we'll share a glimpse of a Kazakh custom, starting with **Qyrqynan Shygaru**, the special celebration held 40 days after a baby is born.

### **Qyrqynan Shygaru: Welcoming a New Life**

The first 40 days after birth are a delicate time in Kazakh culture, when the newborn and the mother are closely cared for and protected by the family. Once the baby reaches 40 days healthy and strong, families celebrate with Qyrqynan Shygaru, marking the child's official introduction to the community.

On this occasion the baby is bathed in a bowl with silver items like coins, rings or bracelets. Silver in Kazakh culture symbolizes honesty and purity. Water containing silver items is considered to be clean and protected from negative influences. Women present during the bathing ceremony take turns pouring 40 spoons of water over the child, each sharing a warm wish for health and happiness.

After the bath, the baby's hair and nails are carefully trimmed for the first time. Traditionally these are then buried under a fruit tree, symbolizing wishes for strong growth and many descendants.

### **Sharing Blessings and Community**

Following the bathing ritual, families host a traditional celebration featuring local dishes such as beshbarmak and forty shelpeks (traditional bread) shared with guests. Women who help with the ceremony often receive silver keepsakes, reflecting their important role in nurturing the baby.

### **Tips if You're Invited to Qyrqynan Shygaru:**

1. Bring a small gift of your choice for the baby and the mother.
2. Prepare a warm, kind wish to say during the bathing ritual.
3. Enjoy the chance to connect and share this heartfelt tradition.

Qyrqynan Shygaru is a meaningful tradition that highlights Kazakh values around family and new beginnings.

## Welcome Lunch from the Outpost Team



The Outpost team organised a lunch for the new Shell secondees at the end of August. We invited a Kazakh NCOC employee Moldir Makhmudayeva as a guest speaker to share her insights with the newbies.

She shared some practical information about the city—where to eat, shop, and relax, how to get around, and a few useful Kazakh phrases.

She also introduced them to the local culture, both Kazakh traditions and the unique lifestyle of Atyrau residents. She highlighted places to travel in the region, weekend getaway ideas, and tips on how to better connect with the local community.

The guest speaker was one of the most passionate people we have met in recent times. We all loved her insights, and the Outpost team really appreciated all her efforts and support.

## A Warm Welcome to the Ural: First Impressions of Atyrau

By Marta Recuerda



When we arrived in Atyrau at the end of July 2025 with our two young children, we were filled with curiosity and excitement. From the very first days, Atyrau surprised us in the best possible way. The warmth and kindness of the people made us feel welcome almost instantly.

Time is flying here, and our days are full of pleasant discoveries. Atyrau offers plenty of joyful activities for both adults and children—from swimming and music lessons to tennis, painting, and creative handcraft sessions, there’s always something to do.

Victory Park and the Riviera Park residence remain our favorite places for family walks. The path along the Ural River feels both peaceful and alive—you can see people fishing, chatting, or simply enjoying the sunset as the water flows slowly between Europe and Asia, a gentle reminder of the city’s unique position between two continents.

Atyrau’s food culture has been another wonderful discovery. We’ve embraced traditional Kazakh dishes like beshbarmak and boursak, and we rarely go for a week without tasting plov or lagman. We’ve also developed a fondness for local handmade dairy products and visiting the local markets has become one of my favorite routines. Colorful displays of fruits, vegetables, and artisanal foods make shopping a truly sensory delight.

As the weeks pass by, Atyrau is no longer the colorful city we moved to, it’s becoming home. The combination of kind people, rich culture, and a family-friendly atmosphere makes us grateful for this new chapter. Atyrau has already given us so much, and we’re excited to see what the next seasons will bring.

## Attitude, Altitude and Aces in the Almaty Open

By Heather May



This October we ventured to Almaty to experience the Almaty Open – an ATP 250 tournament attracting international tennis stars in men’s singles and doubles. We were attracted by three prospects: a weekend in Almaty (always a good time), a chance to see top-level sport, and cheap event ticket prices (after all, we are Scottish)!

First up, arriving at the venue. Easy enough by Yandex to the north-west, although expect the usual Almaty traffic on the way back into the city. The Almaty Arena is an impressive facility, and there was a range of games, activities, sponsor stands and cafes set up outside in a spectator zone. The kids can have a go at some tennis, see who amongst you has the fastest tennis serve, or just enjoy free iced tea.

Inside, we took our seats for the first semi-final on Saturday – Daniil Medvedev vs James Duckworth. We booked late in August and took the best remaining seats – our location for both games was not ideal, but still totally fine to follow and enjoy the game. Duckworth started strong, winning the first set, but Medvedev wore him down and took the victory – ATP 250 rules are best of three sets. The atmosphere was upbeat, with Medvedev proving the crowd favorite, and light-hearted interaction between games with an audience cam (thankfully, no Coldplay CEO moments!).

Returning on Sunday for the final, after a short concert and laser show on the court, the mood took a more intense turn for Daniil Medvedev vs Corentin Moutet. The crowd felt electric, everyone focused on the court, no time now for the hug-cam! A frustrated Moutet slammed his racket on the ground after losing the first set, recovering to force a final set by winning the second. But in the end, the global ranked #41 couldn’t quite match the #14, and Daniil Medvedev achieved his first title since 2023.

### Need to know:

- Venue: Almaty Arena

- Dates: Annually in October
- How to book: Almaty Open Website, electronic tickets – book early for the best seats!
- Ticket prices: We paid KZT 7,000 ea for the final (sector C) and 5,000 ea for semi-final (sector B). VIP options are available
- Game times: Subject to change – tickets stated 12PM/3PM but actual start times were 3PM/6PM, keep an eye on the website and Instagram

## Exploring Atyrau’s Local Scene: Made in Atyrau Fair

*By Marta Nowacka*



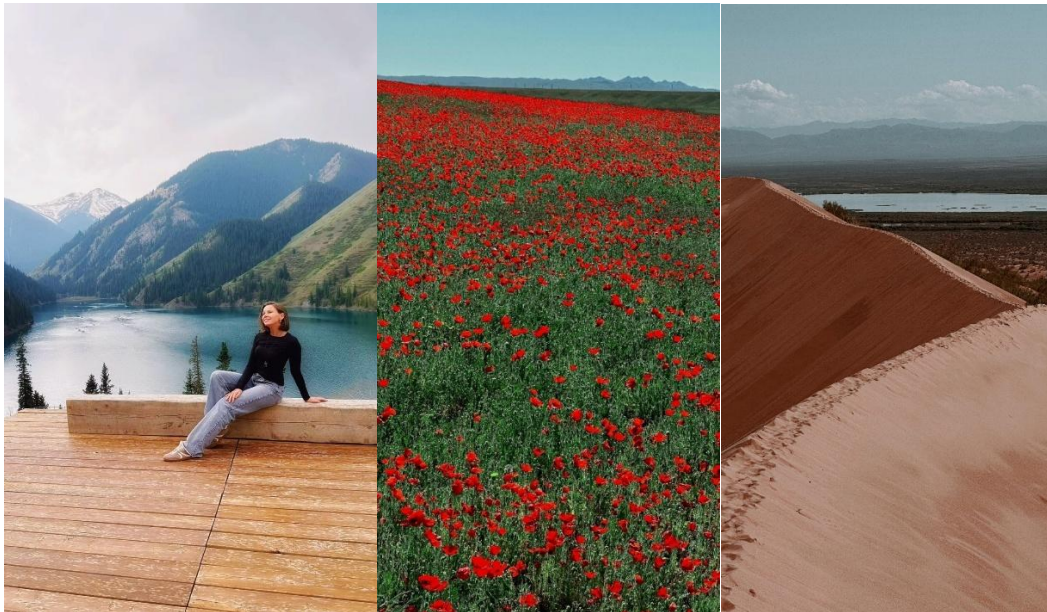
The Saturday visit to the exhibition-fair, "Made in Atyrau," offered a worthwhile opportunity to engage with and support local craftsmanship and enterprise. The event, held on October 4, 2025, at the Exhibition Centre, was designed to provide a platform for regional artisans and entrepreneurs.

The atmosphere was pleasant, providing a straightforward setting for discovery. The fair presented a solid variety of products made by local creators across several categories. Visitors could browse and acquire items that included original paintings, various pieces of clothing and apparel, and traditional craft items like unique jewelry and souvenirs.

A practical addition to the event was the presence of local food producers. Attendees had the chance to purchase regional delicacies and artisanal food products, which rounded out the marketplace experience. This combination of art, fashion, craft, and gastronomy allowed people to acquire unique goods while directly supporting local business initiatives. Personally, I felt the greatest positive was the chance to directly meet the people behind the products. It was definitely time well spent to appreciate local ingenuity. The "Made in Atyrau" fair was a good display of regional talent and offerings, leaving a positive and constructive impression.

## Exploring the Raw Beauty of the Almaty Region

By Ekaterina Dashkovskaya



I recently embarked on a wonderful trip around Almaty, exploring the raw beauty of the Almaty region. I am sure that my travel experience will be both inspiring and helpful for anyone looking to discover the unique charm of this remarkable area.

I spent the first week of May traveling through the Almaty region with a group of my lovely friends.

### Day 1

The road from Almaty flew by, filled with laughter, conversations, scenic stops, and photos with grazing sheep. Our first destination was Lake Kosai: fresh mountain air, breathtaking views, and a delicious lunch.

Personal recommendation: Be sure to visit Tary Café, located on the top of the hill — stunning views and excellent food await you there.

Our next stop was Lake Kaindy, famous for its sunken forest. It's a must-visit for paddleboarders and divers. We spent the night at the cozy eco-hotel @tautas\_almaty, located on the territory of Charyn Canyon.

### Day 2

After breakfast at our favorite Tary Café (yes, it's a restaurant chain), we set out to explore Charyn Canyon.

It's a place everyone should visit at least once in their lifetime. At the end of the trail, you'll find the icy mountain Charyn River — dipping your feet in it after a hike under the hot sun is pure bliss.

### Day 3

Altyn-Emel — a park of wonders.

This incredible national park can amaze even the most experienced travelers. In just one day, you can see multicolored mountains, a singing sand dune 150 meters high and up to 3 km long, a 700-year-old willow tree, stone steles, lava hills, and much more.

We only had time to visit the Singing Dune — and it was magical! The sand seemed to come alive beneath our feet, producing mysterious sounds. Be sure to check out the photos — words can't capture the atmosphere.

We didn't have enough time to visit the rest of the park, as an unexpected surprise appeared on the way — an endless field of red poppies. Of course, we couldn't resist stopping to enjoy the view and taking a few beautiful photos to remember the moment. It was the final day of our short but unforgettable journey through the Almaty region. And it will stay in our memory forever.

## Expat Partners Atyrau Coffee Morning



In the first week of September, Expat Partners Atyrau hosted a wonderful coffee morning, and what a turnout it was! A huge thank you to everyone who joined us.

Dr. Iaan Venter from Prospekt Medical Caspian delivered an informative and inspiring women's health presentation, taking the time to answer everyone's questions thoroughly. We are so grateful that he could join us and share his expertise. A big thanks also go to the Prospekt Medical Caspian team for their ongoing support—they are always ready to be part of meaningful coffee mornings in the future. We can't wait for the next one!

## Marathons, Medals and More

By Thomas Govan



There are a number of sporting events throughout Kazakhstan and Central Asia each year, however, knowing when, where and what they are can be a bit of a challenge. Unlike major European races, the dates and signup generally only open a couple of months before the event – but for your planning and training it’s a good tip to know that the dates are normally consistent year on year – so by looking up the dates from the previous year you can plan to within +/- 1 weekend. Additionally, nearly all events are either in Spring or Autumn, for obvious weather-related reasons.

Most of the major cities have a main “city marathon” with distances generally ranging from 5km to half marathon, with some offering the full marathon option. In Kazakhstan most races are referred to as “marathon” regardless of the distance offered. Event entry includes a completion medal and sometimes a t-shirt – an excellent souvenir of your time in Kazakhstan!

The most well-known events in the running calendar are the Almaty Marathon, Astana Marathon and - considering the locality for those of us in NCOC - the Atyrau Marathon. All of these events are well organised, well supported and are easy to arrange without any Russian or Kazakh language skills. As well as these, other cities such as Aktau, Shymkent, Turkistan and Aktobe have major races and there are a multitude of minor races here in Atyrau and in other cities including some trail running options. The easiest way to find out what is going on is via Instagram “Atyrau marathon”, “runclub\_atyrau” will post about the major runs in other cities and the minor runs in Atyrau or some are organised through the Almaty Marathon organisation (Алматы Марафон. Смелость быть первым!).

If running isn’t your style, Kazakhstan has a few swimming races organised by Ocean man (Almaty and Aktau) who operate races all over the world and ensure suitable levels of safety and water quality. There are various cycling races, generally more in Astana and Almaty, however most recently the Tour de Saraishyq in Atyrau. If you want to combine them all there are a few triathlon options in Kazakhstan however for the internationally recognized triathlon companies the closest are Ironman Baku and Challenge Samarkand.

The running community in Kazakhstan is growing quickly. Atyrau has several running clubs that are very welcoming to newcomers. While confident English speakers are still few, you’ll find motivation through friendly smiles and plenty of “kudos” on your Strava posts, perfect encouragement during the cold Kazakhstan winters.

### Instagram Pages to Follow for Sports Events

- **Running:** @almaty\_marathon | @astana\_marathon | @atyrau\_marathon | @runclub\_atyrau
- **Cycling:** @tourdesaraishyq
- **Swimming & Triathlon:** @oceanman\_almaty | @oceanman\_aktau
- **General Sports:** @infinityfitness.kz | @athletex\_kz

## Running for a Cause: QSI Atyrau’s Turkey Trot Supports Bolashakk Clinic



QSI Atyrau recently hosted the Turkey Trot, bringing together students, teachers, and families for a fun and active event that also raised funds for the Bolashakk Clinic, a local organization supporting children and adults with special needs.

Approximately 2 million KZT was raised, providing a meaningful contribution to support students in need. Each student received a donation form to take home, and several families who benefit from Bolashakk’s services participated in the event, adding even more significance to the day. With beautiful weather, the event was held outdoors, celebrating QSI Atyrau’s Success Orientations, especially kindness, concern for others, responsibility, and positive group interaction.

## Mountain Hiking Tips from a Sea-Bottom Dweller

By Yakov Volokitin



First, a disclaimer that I never wrote travelogues in my life, so bear with me (or “медведь со мной”) in my mother tongue.

Everyone has their own favorite R&R activity, but for me little beats a combination of few days hiking and a few nights in Almaty with a group of friends. If you are also lucky to count your colleagues as friends – maybe some of my tips will be of interest.

### **Logistics – planning:**

Let’s narrow it down to a (long) weekend trip. Astana is spoiled for choice of flights, but from Atyrau (and Uralsk) there are only one or two flights a day. Luckily, there is always a Sunday evening return flight – so mostly we take a Thursday or Friday night flight out and a Sunday evening return, which gives you 2 or even 3 days in the mountains and 1 or 2 evenings in the city.

For accommodation, any 4-star hotel in the “golden square mile” of Almaty Centre will do. Novotel near Kok-tobe might be preferred because it cuts almost half-hour of sitting in notorious Almaty traffic when going to and from Medeu. Recently, we stayed in one of Airbnb’s when my family visited Kazakhstan – so this option is also there.

### **Hiking – some tips and routes:**

For day hikes – the best option is to head up the road that leads to Medeu and start there. “Head-up” – meaning calling Yandex to your hotel and being at Medeu in 30 minutes! Going to the bottom station of Chymbulak ski resort is possible (and cheaper) by Yandex taxi as well – just make sure you select “electric” option. You do the same for return – Yandex can be reliably hailed from Medeu.

Remember – Atyrau is actually below sea level, and there is no adjustment period for a weekend trip - so your choice of a trek is going to be governed by what you know (or discover) about yourself.

Default option for a few hours in the mountains is a walk around Medeu. It is very popular which does not make it less enjoyable, but I would like to also mention a few of my favorite alternatives. My trekking app is **WIKILOK** – it has quite a vibrant Almaty crowd-sourcing community.

### Here are three treks in the order of ease:

- **Only descent:** From the bottom of Chymbulak ski resort (ca. 2000 m) you need first to follow the road up the river, cross it at the mountaineering camp and head down on the left (undeveloped) bank of Malaya Almatinka river. After 2 hours you will come to the “Apa Katya” café at Gorelnik (no beer unfortunately) and an option to take a taxi further, or continue to Medeu with its famous skating rink and 800 steps staircase (down!).
- **Glacier:** If you are ok with altitudes - head up to the top of the Chymbulak ski lift (3400 m) and head right to the Bogdanovich glacier. To reach the real ice you will need 3-4 hours (return), but the elevation gain is minimum – 150-200 m. There are views on the Tian Shan mountains and down on the glacier and the (collapsed) ice cave after less than an hour of a hike.
- **Ak-Bulak and views of the city:** This is the lowest altitude hike (which does not make it the easiest though). The trailhead is on a road shortly before Medeu, then there is a steep climb to a ridge from where you can see the city.

### Evening program:

After you came down from the mountain, which should be about 4 pm, there is plenty of time to refresh yourself and head out for refreshments. For restaurants, the simple advice is to look up any of the ABR Group ones (Daredjani, Del Papa, my favorite is Ogonjek). There are members of our highly sportive group who like a glass of wine – then one of many Vinoteka’s might be a choice. Our resident jazzmen recommends the Chef restaurant with a hearty modern Soviet cuisine. If you need to impress someone and you are not a vegetarian – then Sandyq traditional restaurant never disappoints. And Almaty has something which is not present in either Astana or Atyrau or Uralsk – a Jazzclub with live jazz every night. It is Everjazz club in the park near the Orthodox Cathedral.

## Shell New Year Party in Atyrau: A Night of Fun, Laughter & Celebration



The end of November sparkled with festive joy as the Shell Atyrau community came together for a vibrant and unforgettable New Year celebration. The atmosphere was filled with excitement from the moment guests arrived, greeted by live music and a cheerful photo zone that quickly became a favorite spot for capturing memories.

The evening was packed with delightful experiences for both adults and children. While everyone enjoyed delicious food and lively conversations, the children were kept thrilled with a fantastic animation program and hands-on activities, including a creative piggy bank workshop.

One of the highlights of the night was the magic show, which captivated both kids and adults and ended with a special photo opportunity with the magician's adorable rabbit — a moment that brought endless smiles. Adding a beautiful local touch, a dombra performance accompanied the festive cake presentation, making it a truly special moment for everyone present.

Throughout the evening, a live band kept the energy high and the dance floor buzzing with joy. Laughter, music, and celebration filled the air, making it a perfect way to welcome the upcoming holiday season.

A huge thank you goes to the organisers and everyone who contributed to making this celebration such a warm and joyful success. It was truly a night to remember!

## Useful KZ Web/Instagram Pages and Apps

- [www.azh.kz](http://www.azh.kz) – Online version of Atyrau local Akzhayik newspaper
- [www.inform.kz/en](http://www.inform.kz/en) – Official national news agency
- [www.tengrinews.kz](http://www.tengrinews.kz) – Online news portal
- [afishi\\_atyrau](https://www.instagram.com/afishi_atyrau) – Instagram account for local news
- [www.flip.kz](http://www.flip.kz) – Online store for books, stationery and home accessories
- [www.lamoda.kz](http://www.lamoda.kz) – Online fashion store
- AirKZ – Air quality monitoring app
- iHerb – Health and wellness products
- [Kaspi.kz](http://Kaspi.kz) – Online store for groceries, electronics, fashion, tickets
- Ozon Kazakhstan – Online store
- Wildberries Kazakhstan – Online store
- [kz.globbing.com](http://kz.globbing.com) – Order from Amazon and ship to KZ
- [Grocerykz.com](http://Grocerykz.com) – Online grocery delivery
- [Wolt.com](http://Wolt.com) – Food and grocery delivery
- [glovoapp.com](http://glovoapp.com) – Food and grocery delivery
- [rentalstation.kz](http://rentalstation.kz) – Sports equipment rental
- [expatpartnersatyrau.com](http://expatpartnersatyrau.com) – Community for expat partners
- [Shagala.travel](http://Shagala.travel) – Local day trips and tours
- [ticketon.kz](http://ticketon.kz) – Online ticket sales for events
- [taxi.yandex.kz](http://taxi.yandex.kz) – Local taxi app
- [2gis.kz](http://2gis.kz) – Local maps
- [temu.com/kz](http://temu.com/kz) – Online marketplace
- [i-dorba.kz](http://i-dorba.kz) – Online grocery delivery

## Emergency & Support Line Directory – NCOC

Department	Phone Numbers	Email Addresses
Emergency Security Operator	+7 701 009 3333 / +7 7112 92 3333	SecurityAT@ncoc.kz
Security Operator	+7 701 009 3330 / +7 7112 92 3330	SecurityAT@ncoc.kz
Control Centers Supervisor	+7 7122 92 2742	CtrlCentersAdvisorAT@ncoc.kz
Badge Office	+7 7122 92 2742	BadgeOfficeAT@ncoc.kz
NCOC NV Doctors	+7 7122 92 2854 / +7 701 979 0810	Doctors@ncoc.kz
NCOC NV Transport Services	+7 701 009 2828 / +7 7122 92 2828	Transport.Services@ncoc.kz
Travel Department	+7 701 787 7777	sharedservicedesk@ncoc.kz
Welfare Department	+7 701 787 7777	welfare.helpdesk@ncoc.kz
Accommodation Duty	+7 701 979 5902	accommodationallocationcoordinatorqfat@ncoc.kz
Transavia Agency	—	ncoc@transavia.agency
Medical Emergency – Expat Secondees	+7 7122 763193 / +7 701 266 6399 (24Hrs)	—
Work Permit & Visa Department	+7 701 979 0503	

Do you have more numbers, apps or websites to add to our list? Please let us know so that we can share them!

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### Disclaimer:

The information given by Outpost Kazakhstan is based upon the gathered personal experiences of team members and expatriate families. The views, thoughts, and opinions expressed in the text belong solely to the author. Please note that Outpost Kazakhstan cannot accept any liability for damages directly or indirectly resulting from the services rendered herein. This information is confidential to Shell staff and their families.