

Bahrain



Information

Country Name	Kingdom of Bahrain
Capital City	Manama
Major Cities	Manama, Muharraq, Riffa, Hamad Town, Isa Town, Sitra, Budaiya, A'ali
Official Language	Arabic
Business Language	Arabic is the official language, while English is widely used throughout business, banking, education and the private sector. Hindi, Urdu, Malayalam, Tamil and Bengali are also commonly spoken due to Bahrain's large South Asian expatriate population.
Currency	Bahraini Dinar (BHD), one of the world's highest-valued currencies. The Bahraini Dinar has been pegged to the US Dollar at USD 1 = BHD 0.376 since 2001, providing excellent currency stability.
Time Zone	Arabia Standard Time (AST), UTC +3. Bahrain does not observe daylight saving time.
Weekend Days	Saturday and Sunday. Government departments and most private sector companies operate a Sunday to Thursday working week, with Friday and Saturday as the official weekend. Retail, hospitality, healthcare and tourism businesses may operate seven days a week.
Population	Approximately 1.7 million people (2026 estimate). Around 55–60% of the population are expatriates. Indian nationals form the largest expatriate community, with an estimated 350,000–400,000 residents working across a wide range of industries.
Size of Country	Approximately 790 square kilometres , making Bahrain the smallest country in the GCC. It is an island nation consisting of more than 30 natural islands connected by modern road networks and causeways, including the King Fahd Causeway linking Bahrain to Saudi Arabia.
Climate	Bahrain has a hot desert climate with long, sunny summers and mild winters. Summer temperatures regularly reach 40–45°C , accompanied by high humidity due to its island location. Winter temperatures generally range between 15–25°C , providing pleasant conditions for outdoor activities. Rainfall is low and occurs mainly between December and March.

Religion & Cultural Overview**Information**

Islam is the official religion and plays an important role in Bahrain's culture, traditions and public life. Bahrain is widely regarded as one of the Gulf's most open and cosmopolitan societies, with a long history as an international trading and financial centre.

The country has a diverse population representing many nationalities and faiths. Expatriates enjoy considerable lifestyle freedoms while being expected to respect local customs, modest dress standards and Islamic traditions, particularly during Ramadan and religious holidays. Alcohol is legally available in licensed hotels, restaurants and retail outlets.

Why Bahrain is Popular with Desi Region and Indian Professionals

Bahrain has long been a preferred destination for Indian professionals and skilled workers due to its welcoming business environment, relatively affordable cost of living and strong Indian community. With approximately **400,000 Indian nationals** living and working in the Kingdom, newcomers often find it easy to integrate into both professional and social life.

The country is recognised as one of the Gulf's leading financial centres and offers excellent opportunities in banking, financial services, information technology, engineering, manufacturing, healthcare, education, hospitality, retail and logistics.

Key Advantages

- Tax-free personal income
- Lower cost of living than many other GCC countries
- One of the Gulf's leading financial and banking centres
- Friendly and multicultural society
- Large, well-established Indian community
- Excellent healthcare and modern infrastructure
- High-quality international schools, including Indian CBSE curriculum schools
- Easy access to Saudi Arabia via the King Fahd Causeway
- Strong demand for skilled professionals in finance, technology and industrial sectors
- Relaxed lifestyle with a wide range of restaurants, entertainment and recreational activities

For Desi region and Indian professionals seeking a balance between career opportunities, family life and affordability, Bahrain offers an attractive alternative to the larger GCC economies. Its compact size means commuting times are generally short, while its business-friendly environment and international outlook continue to attract multinational companies and highly skilled expatriates.