

Business Traveller Poland

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AZAMARA

A DREAM
HOLIDAY

EXECUTIVE

NIP-TUCK

VIENNESE

STYLE

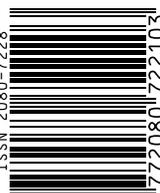


TOP 50 HOTEL POOLS & GYMS

INDEKS 256765



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Cracow ● Budapest ● Milano ● Sicilya ● Riga ● Lancia Delta

SAS NA CZAS

ZAPRASZAMY NA POKŁADY NAJPUNKTUALNIEJSZEJ
LINII LOTNICZEJ W EUROPIE

Waż swój czas:

Dogodne godziny wylotów

Największa ilość połączeń w Skandynawii

Rejsy tylko na główne lotniska



Scandinavian Airlines

flysas.pl

SAS – „Najpункtualniejsza Linia Lotnicza w Europie” według flightstats.com 2009 i 2010

A STAR ALLIANCE MEMBER 



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Class; Warsaw – Budapest –
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We answer all your
questions regarding
travel and journeys



To be in good shape – that's more or less the central theme of this issue of Business Traveller. We have made an attempt – hopefully with some success – to create a list of hotels with an interesting fitness offer and swimming pools. It turns out, that the number of people who consider it vital when choosing a hotel, is considerable and the list of the hotels is quite extensive – both in Poland and abroad. Another health-related issue concerns cosmetic surgery which, these days, you can undergo even on your business trip. It's by no means a rare phenomenon. Many businesspeople claim that they feel much better and healthier after such surgery.

In this issue we also invite you on a flight to Paris and Budapest, and we recommend hotels in Cracow and the Masuria. We check a couple of hotel chains and airlines. We visit Franciszek Liszt airport in Budapest, which has a huge ambition to become the main hub in this part of Europe.

We also devote much space to conference trips. Apparently everything has already been said and written about Milan. Or has it? The city develops dynamically, and there is always something going on. World Expo, which will be held in 2015, is a nice inspiration for investment in the area of Lombardy. We perceive Milan as a place with plenty of opportunities to organize a business meeting. A stone's throw from Milan, in Sicily, we try to find out what facilities are offered for companies which are planning their incentive trips. It turns out that the

island's offer is really huge and very attractive.

Traditionally, Business Traveller doesn't forget about slightly less serious matters. We give you some tips about how to spend a couple of hours in Ryga, or where to make an appointment for a golf game in Brussels. And finally, the last but not least – a cruise aboard Azamara Quest. It's a great idea for an inspiring holiday and also a very healthy option, as the ship features extensive fitness and spa facilities. After all, who wouldn't like to return from their holiday in a better shape? Enjoy your reading.



Robert Grzybowski
Publisher BT Poland



Read more details! Visit businesstraveller.pl

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POLSKIE LINIE LOTNICZE

LOT

A STAR ALLIANCE MEMBER



Bilety w Business Class kup na **lot.com**

Masz biznes? Leć z klasą

Żeby pomyślnie załatwić sprawy, musisz być w dobrej formie. Wybierz klasę biznes i odpocznij w podróży przed spotkaniem.

- Usiądź wygodnie, rozprostuj nogi, rozłóż laptopa lub teczkę z prezentacją. W klasie biznes jest miejsce na wszystko, ponieważ w każdym rzędzie fotel między pasażerami jest pusty.
- Nie trać czasu na stanie w kolejkach. Skorzystaj ze specjalnych stanowisk w biurach sprzedaży LOT-u i podczas odprawy (check-in) oraz z szybkiej ścieżki podczas kontroli bezpieczeństwa.
- Jeśli Ci się nie spieszy, odpręż się w naszym Business Lounge na lotnisku Chopina w Warszawie (na zdjęciu).
- Wejdź pierwszy na pokład, zrelaksuj się i zamów pyszny posiłek z menu przygotowanego przez naszego mistrza kuchni. Świetnie smakuje i doda Ci energii.
- Wiemy, że pierwsze wrażenie jest najważniejsze, więc zadbamy o Twoją garderobę, dając Ci większy limit na bagaż. Kiedy wylądujesz, odbierzesz go szybciej, ponieważ pasażerowie klasy biznes mają pierwszeństwo.

Odkryj świat Miles & More! Korzystaj z licznych przywilejów!

Gromadź cenne mile, korzystając z usług naszych partnerów – linii lotniczych, sieci hotelowych, wypożyczalni samochodów i wielu innych, a następnie wymieniaj je na bardzo atrakcyjne nagrody.

Gdybyś potrzebował czegoś jeszcze, załoga jest do Twojej dyspozycji. Teraz prosimy o zapięcie pasów i życzymy przyjemnej podróży.

PS Trzymamy kciuki za Twój sukces.

LOT TELEGRAM LOT TELEGRAM LOT TELEGRAM LOT

The Holiday Offer

LOT Polish Airlines has introduced a new offer on flights on European routes, prepared especially for the holiday season.

The latest promotion is aimed at all those passengers who will buy tickets for flights within the European

flight network of LOT Polish Airlines by 12 June. The prices of round-trip tickets start at PLN 495.

This offer is available through all of the Polish carrier's sales channels: the *lot.com* web site, call centre, LOT ticket offices and travel agents. To qualify for the summer sale offer, tickets must be purchased for travel between 1 July and 15 September.



Bye-Bye Bratislava

Unfortunately, life isn't always rainbows and skittles. After a year-long attempt to keep the connection from Warsaw to Bratislava alive, on 17 May LOT operated the last flight on this route. This was LOT's second approach to this route. The previous connec-

tion had lasted much longer – for 11 years, before it was cancelled in 2004. Restoration of the route in 2010, didn't bring the expected results. The connection turned out to be unprofitable, and it wasn't as popular as it had been expected. Initially, the airline operated weekly six flights to Bratislava. Later this number was decreased to four weekly flights.

DELIAN GOSPODAREK

BT ABOUT CULTURE ISOLA DEL CINEMA

This year marks the 17th edition of the Italian festival called Isola del Cinema. Over the years, the festival, which is organized on Tiberina island, has attracted more and more crowds. Suffice to say that last year, over 400,000 people came to the event over the course of a few days (the festival lasts until the end of August).

Tiberina is situated on the southern bank of the Tiber, and is one of two islands to be found on the river around Rome. It's just 270 meters long and 67 meters wide. However, it's always full of life.

The island attracts lovers of good Italian cinema, because the festival screenings comprise mostly films produced by local film-makers. However, the festival is becoming more and more open



to presentations by artists from other countries. The island is simply a Mecca for entertainment, culture and widely understood art. It's the venue for various exhibitions, concerts, meetings with authors and artists, as well as heated debates on the present and future role of art in our lives.

This year, Poland will also be distinctively present at Isola del Cinema. Our culture is highly appraised there, and the names like Grotowski, Kieślowski, Wajda and Kantor still mean a lot.

The Polish days will be held from 7th to 9th July. They will begin with a special press conference, followed by a concert of the „Quo Vadis? Ultra” project. There will also be film screenings of such works as „Beats of Freedom”, „All That I Love”, „Erratum”, and „Mother Teresa of Cats.” Poland will also show its more entertaining side, because late in the evening, on 8th July, a grand Polish Party will be held.



Internet in InterCity Express

In June, a new timetable of the Polish Railways will be introduced. However, there's another important change which will affect those who travel by train in business. PKP Intercity will now consist of several brands. The company will now consist of: 269 Twoje Linie Kolejowe trains (TLK), 46 Express trains (Ex) and 22 InterCity Express trains (EIC). Most importantly, on InterCity trains, which will feature exclusively the most modern rolling stock belonging to the company, you will be able to use free wireless Internet. Beginning June 1, the service will be available in 1st Class carriages, but already during the holiday season it will be extended to the carriages of 2nd Class. As before, the comfortable EIC trains will serve the fastest routes between the major cities of the country. Each train will offer a full Warsaw catering service, seat reservation, as well as a choice of newspapers. Express trains will feature a high standard of 6-person soundproofed compartments, a full reservation of seats, Warsaw carriages, free refreshments, and daily newspapers.

Also in June tickets for all trains operated by Intercity will be available on the website *intercity.pl*.



Nasze hotele są zaprojektowane na miarę twojego sukcesu.

Szybkie i bezpłatne łącze internetowe dostępne dla wszystkich uczestników spotkania.* 100% gwarancji satysfakcji gości, nowoczesne rozwiązania oraz idealne lokalizacje naszych hoteli to wszystko czego potrzebujesz do udanego spotkania. Na najbliższą konferencję zapraszamy do hoteli w Gdańsku, Krakowie, Wrocławiu, Warszawie i Szczecinie. Wybierz jedną z ponad 200 lokalizacji naszych hoteli w Europie, na Bliskim Wschodzie i w Afryce.

*Aby uzyskać pełną listę hoteli sprawdź
www.radissonblu.com/freebroadband

00800 353 1265
radissonblu.com

Radisson 

HOTELS THAT LOVE TO SAY YES!



Under The Volcano

We have recently experienced another week of volcano horror. This was caused by the eruption of Grimsvotn – a 1,700 metre high volcano, located in Iceland. Grimsvotn differs from Eyjafjallajökull – the volcano which caused last year’s chaos – in that it’s higher and its name is much easier to pronounce.

The first predictions were as grim as in April 2010, when for a few days of the volcano’s activity, tons of volcanic ash grounded effectively over 100,000 flights and consequently millions of passengers who were forced to camp at airports. Fortunately, this time the situation was better. There were only several prob-

lems and cancellations in Iceland, the UK (particularly in the north) as well as partly in Norway, Denmark and Germany. Polish passengers hardly experienced any problems related to the situation. The European Organisation for the Safety of Air Navigation, Euro-control, tried to calm the panic and promised that the problems would last only three or four days. In total, a few hundred flights were cancelled across Europe and several airports were temporarily closed. The nature once again showed its strength and it seems that volcanoes have become a permanent potential threat to civil aviation in Europe.

DREAMSTIME

A NICE GADGET A NICE GADGET A NICE GADGET



A Large Mini

Sony Ericsson has just introduced new smartphones belonging to the popular Xperia series. Both models – Xperia mini and Xperia mini pro – are full of useful functions, equipped with Qualcomm’s Snapdragon 1GHz processor and are powered by the new Google Android Gingerbread 2.3 operating system. They also utilize the best technology in this class for image processing and display, called Reality Display, which in combination with BRAVIA Engine enables the user to record HD films (720p).

Android Market provides users with access to more than 150,000 applications. The new smartphones are resistant to scratches, and have a glass 3-inch touch-screen featuring multitouch technology. The user interface can display up to 16 applications on the main screen. There is also a new, interesting feature called Facebook inside Xperia, which provides a unique integration of the phone with the popular social networking site.

Novotel Kinect Tour In Poland

Novotel focuses on new technologies. The hotel guests have now access to Xbox 360 gaming consoles, WiFi in the rooms, and special Internet corners. The brand is also planning to introduce Kinect sensors throughout its hotels.

Thanks to the Kinect sensor connected to the Xbox 360 and a large screen, you can take part in a virtual whitewater rafting, dancing competition, or become an adventurer – all depending on the selected game. This cutting-edge technology is able of producing an perfect on-screen illusion of the reality. Players feel and see themselves as an integral part of this space – controlling the game with their bodies instead of a joystick or pad. In the future, the company wants to introduce Kinect sensors in all its hotels. As of now the equipment is being tested in Portugal and Italy, before it’s implemented in other countries where the

chain has its hotels. The guests of Novotel hotels in Warsaw, Poznań, Cracow and Gdańsk had an opportunity to try it out during a three-day Kinect Novotel Tour event where the technology was presented. There was also a gaming competition with the consoles and weekend stays at Novotel as the main prizes.

Novotel hotels have been implementing new technologies to meet the needs of the most demanding customers, The guests can play Xbox 360 gaming consoles which are to be found in special children cor-



ners. WiFi is available throughout all the hotels, both in public areas and the guest rooms. In addition, the executive rooms, you can use a docking station for iPods and iPhone’ów and corners of the hotel lobby with Internet Web Corner on a Mac.

GDZIE WITAM
ZMIENIA SIĘ W
BENVENUTO

BARI

OD
545 PLN

W DWIE STRONY
PODATKI WLICZONE

NEAPOL

OD
630 PLN

W DWIE STRONY
PODATKI WLICZONE

CROTONE

OD
800 PLN

W DWIE STRONY
PODATKI WLICZONE

REGGIO
CALABRIA

OD
805 PLN

W DWIE STRONY
PODATKI WLICZONE



ODKRYJ CAŁE WŁOCHY Z ALITALIA - DZIĘKI LOTOM DO 28 WŁOSKICH MIAST ZABIERZEMY CIĘ TAM GDZIE TYLKO CHCESZ. NOWE! DODATKOWE REJSY DO RZYMU BĘDĄ OPEROWAĆ W GODZINACH: WARSZAWA 05:50 - RZYM 08:10 (W PONIEDZIAŁKI I CZWARTKI) i RZYM 21:25 - WARSZAWA 23:55 (W NIEDZIELE I ŚRODY). PRZEZ CAŁY LIPIEC I SIERPIEŃ '11 NA NOWOCZESNYM AIRBUSIE A32S.



alitalia.pl

Alitalia SKYTEAM

PRZEDSTAWIONE PRZYKŁADY DOTYCZĄ PODRÓŻY W DWIE STRONY W KLASIE EKONOMICZNEJ. CENA ZAWIERA PODATKI I OPŁATY DODATKOWE. TARYFA PRZEWIJUJE MAKSYMALNY CZAS POBYTU DO 12 MIESIĘCY. ZMIANY REZERWACJI SĄ DOZWOLONE ZA OPŁATĄ 50 EURO. ZWROTY BILETÓW NIE SĄ DOZWOLONE



An Oasis In The Wilderness

fectly integrated into the landscape of the Kampinos Forest. The location in Małocice (municipality Czosnów), near Warsaw agglomeration, and a large number of hiking trails as well as numerous monuments (Modlin fortress, a church in Brochów, Żelazowa Wola, the palace in Leszno, and many others), make the area especially attractive for families with children.

The green homes, designed by UBM's team of architects, will be built in 4 stages. Apart from the houses, the forested plot of land, which borders the Kampinoski National Park, will also accommodate a children's playgrounds, a kindergarten, a commercial building, a fitness club, as well as tennis courts, and a porter's lodge. The first houses are ready and are awaiting their new owners. They living area is 164-200 sq m, and each house possesses a two-vehicle garage which is 27-41 sq m large. You can choose from seven types of buildings, which will be built on the plots whose sizes vary from 801 to 1,625 sq m. The standard features

of all the houses are: wooden windows, anti-theft shutters, wooden window sills, stone exterior window sills, condensing boiler, and solar panels.



It's incredible, but the story of the Austrian developer named UBM dates back to 1869, when it was first recorded in the Austrian commercial register. Years of tradition during which the company developed steadily, result today in projects of the highest quality. Especially those ones in which throughout the whole process of design and construction much attention is placed on protecting the environment.

Oaza Kampinos is a prestigious building project of detached and terraced houses per-

Alitalia

The Tastes Of Umbria And Lombardy

The Italian carrier has introduced an interesting concept where every few months the business class passengers on transcontinental routes are served dishes from a different region of Italy. Currently, until the end of July, Alitalia serves the delicacies from Umbria. Pasta alla Norcina with lentils from Castelluccio is only one of them. The passengers travelling in the business class cabin from Italian airports, will be able to enjoy such specialties of Lombardy as ravioli with pear and pumpkin sauce, or vegetable pizzoccheri valtellinesi. All of these served on crockery designed by the famous designer Richard Ginori, and of course washed down with fine wine. Not without a reason has the Italian carrier recently been presented the award for „Best Airline Cuisine.”

It is not surprising then that the airline has an increasing number of fans on Facebook – a popular social networking site. The number of Alitalia's fans has recently exceeded 300 000. This fact was celebrated with a special competition with bottles of fine wine as main prizes.



B&B AT OKĘCIE

The corner stone has just been laid, and in a few months time the first hotel guest is expected. This unusual pace has been set by B&B hotel chain, which already has one hotel in Poland (opened in July 2010 in Toruń), and now is starting the investment in Warsaw. The location couldn't be better – the hotel will be built in Krakowska Avenue, just a few minutes from Chopin Airport.

B&B Warsaw-Okęcie Hotel will have 154 rooms, mostly double ones, as well as the rooms for families and for the disabled. The building will have five floors and an above-ground car park. The in-

vestment will cost approximately PLN 30 million.

B&B Hotels is a French hotel chain, which was established in 1990. It has over 230 facilities in Europe, primarily in France and Germany. The intention of the founder of B&B was to create a chain of inexpensive, but comfortable hotels, with common standards regardless of location. Today, each room of B&B hotel chain is equipped with such amenities as wireless Internet access, air conditioning, satellite TV, and a comfortable bathroom. Within the next several years, the chain intends to open 10 hotels in major cities of Poland.



REZYDENCJA
FOKSAL



KLEJNOT WŚRÓD APARTAMENTÓW



Luksusowe apartamenty, stylowe biura i ekskluzywne lokale usługowe w wyjątkowej rezydencji tuż przy Trakcie Królewskim.

Rezydencja Foksal mieści najwyższej klasy apartamenty, ekskluzywny salon spa & wellness z basenem, jacuzzi oraz salą do squasha i piwnicę do starzenia wina. O komfort i wygodę mieszkańców troszczy się dedykowany konsjerż.

Parter zajmują wysokiej klasy lokale usługowe, których witryny wychodzą na sąsiadujący z ulicą Foksal fragment ulicy Kopernika. Do kameralnych biur na pierwszym piętrze prowadzi osobna recepcja przy głównym wejściu do budynku.

Najwyższy standard architektury, wysmakowane wnętrza art déco i najlepsza lokalizacja w sercu dawnej Warszawy – to gwarancja nienagannego stylu, prestiżu i wyjątkowości.

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 **JUVENES**
PROJEKT

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CZECH AIRLINES – 65 YEARS ON THE POLISH MARKET

This year marks the 65th anniversary of presence of Czech Airlines on the Polish market. Over the years, the carrier has adapted the range of its services in such a way to make sure that passengers are fully satisfied. An example of this may be OK Plus OK Plus Corporate loyalty programmes.

OK PLUS |

You earn miles on your OK Plus account for flights operated by Czech Airlines and other airlines belonging to Sky Team alliance. The number of points can also be increased by using the services of partners of the loyalty programme, including car rental companies, and selected international hotel chains. The awards which are most popular among the members are airline tickets, which can be used for air travel on board of planes of any member of the Sky Team alliance.

However, you can redeem you miles in many other ways. The members of the programme can, for example, pay with them for a class upgrade, car

rental, hotel accommodation, or entrance to the business lounges. Interestingly enough, the members of the program often choose quite „unorthodox” award. These include a balloon flight, a lesson on an Airbus 320, Boeing 737, or ATR simulator in the pilot training centre in Prague, or a trip organized by HOLIDAYS Czech Airlines travel office.

OK PLUS | CORPORATE

OK Plus Corporate loyalty programme has been prepared for companies and institutions which frequently fly with Czech Airlines. The participation in the programme can translate into significant savings in the company related to business trips of its employees. The points are earned for all flights marked OK and operated by Czech Airlines. The decision on how to use the air tickets, which are earned for the points collected on the account, is solely and exclusively made by the member of the programme.



The programme was designed in such a way so that with appropriate management of business trips, even every 5th ticket to/from Poland to Prague and every 10th one to selected European airports can be a prize ticket on the same route.

Participation in both programmes is complementary, which means that a company receives points to its OK Plus Corporate, while its employee earns miles on his private account of OK Plus frequent flyer programme.

Visit: czechairlines.com



The Korean Superjumbo

Korean Air has become the first airline in northeast Asia, to receive the first out of ten ordered Airbus A380 aircraft. In this way, the airline has become the sixth member of the elite club of the superjumbo owners.

The Korean machine will be the most luxurious of all the previously supplied A380s. The entire upper deck will be reserved to Business Class, while the back of the cabin will feature a lounge and a bar for premium passengers. There will be merely 406 seats, which is the lowest number of all the A380s now in service.

Initially, the machine will serve the Asian routes. When new A380s join the fleet of the airline, they will also operate on routes to Europe and America.

Holidays With TRIP Group

You get up at dawn, take a backpack and just go. Starting from Zakopane you can visit lovely valleys, walk along the Way Under the Regle, but also try more difficult trails. From Kuźnice you can quickly get to the Hala Gąsienicowa with a beautiful view over the peaks of Świnica, Kościelec, and Kasprowy. The image of the Tatra Mountains in the sun will undoubtedly remain seared in your memory. The highest and toughest peaks are reserved for well-prepared and equipped tourists, but the views are for everyone! Hardly anyone remembers that the Rusinowa Glade, which is close to Gąsienicowa (on the other side of the Pańszczyca Valley) is easily accessible. The trail, which leads there is relatively short and not very demanding, but the view – truly spectacular.

On Rusinowa you will find something more than the views – every year between spring and autumn the highlanders take their sheep to the pastures. There you can taste the original sheep cheese called oscypek or redykołek, and learn the traditional techniques for making cheese, as well as find out more about highlanders. The contact with folk customs and the whole



highlanders» tradition is a truly unforgettable experience. This feeling is unparalleled and your fast-paced life so typical of city dwellers, here slows down considerably. The time stops, flows differently, sometimes not quite in the same direction to which we are accustomed to.

You return from the Tatra Mountains to Zakopane as a completely new person... and it seems to be the best moment to visit the hotel's swimming pool, sauna or spa. The hotels belonging to Trip Group – the elegant Litwor in Krupówki, the snug Czarny Potok, and Belvedere (which is close to the Tatra National Park), all feature well-equipped hydro-thermal centres. They are ideal to swim a few refreshing lengths of the pool or to spend a few enjoyable hours with your family in the water.

What about the evening? On summer evenings, Zakopane attracts with a rich offer for tourists – you can dine at a restaurant (Connoisseur restaurant in Litwor hotel is a place not to be missed), you can join the crowds of tourists on Krupówki and enjoy the sounds of the city which remains lively until late at night.

Art and culture lovers will also find something for themselves in the capital of the Tatras. In the summer, the city is abuzz with festivals, exhibitions etc. The contact with the culture of the region – especially music and architecture is guaranteed on every corner. The Witkiewicz Theatre is a class of its own.

In other words, Zakopane is an ideal place to spend your summer holiday. Holidays in the mountains are always unforgettable. For more info go to: trip.pl



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ON BOARD: WARSAW – PARIS – WARSAW

Air France

Premium Economy Airbus A319/A320



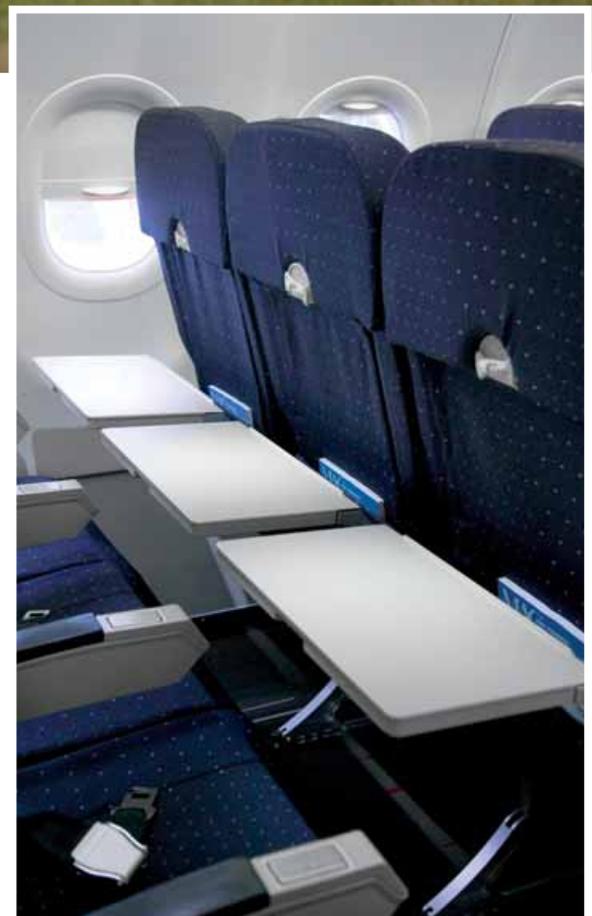
INFO The French airline operates the flights to Warsaw four times during the day. The first flight takes off at 7.05 am, while the following ones depart at 12.40 pm, 3.45 pm, and finally at 7.05 pm.

CHECK-IN Air France is quick to develop new facilities for its passengers. When during the confirmation of booking a ticket I provided my e-mail, I didn't think it can be useful for anything. I was wrong. Almost two days prior to my departure, I got a message from the airline with info about my trip and a number of suggestions on how to check-in online (you may choose the seat and print your boarding pass at home), or download the boarding pass directly to my mobile phone, which then can be used while boarding. I took advantage of the first option and chose seat 4A in Premium Economy class. My flight AF1047 departed at 7.05 pm, so I needed to arrive at Okęcie about 6.30 pm. I did so, and, since I didn't even have any luggage to register, I went straight to the security control zone. Several hours ago the world had learnt about the death of Osama Bin Laden, and the feeling of some tension could be felt at the airport. There were more border guards than usually, and the personnel checked the boarding passes and identification documents twice, before letting you in to the luggage control. The whole procedure, however, went very smoothly.

BOARDING I went to gate 26, where several other passengers had already gathered. The plane had a few minute delay due to the bad weather which was quite terrible on that day. To make matters worse, the sky, instead of the typical downpour, suddenly treated us with a sticky snow-like substance.

When Airbus A319 appeared at the boarding bridge everything went very quickly. Following the technical meeting, the personnel started boarding. This was done at two desks, so after a short while I marched along the bridge with a newspaper and a boarding pass in my hand (a newspaper rack is located at the entrance to the boarding bridge). I put my bag into the locker and I took my seat.

THE SEAT Airbus A319 is a comfortable and extremely popular medium-range aircraft. The seats are configured 3+3. Premium Economy class consisted of five rows of seats. There's no row 1 in the right section, as this space is occupied by various lockers (row 1 in the left section is separated from the personnel area and the galley with a glass pane, so the passengers may observe the cabin crew at work). The seats are upholstered with thick blue cloth with tiny multicoloured patterns. They are also quite comfortable, providing a lot of legroom (the seat pitch is 81 centimetres), and if you recline them by a few de-



Facts **SEAT CONFIGURATION** 3+3
SEAT WIDTH 45,7 cm
SEAT PITCH 81 cm
CONTACT airfrance.com



greens, they will definitely provide enough comfort to relax in blissful atmosphere.

THE FLIGHT We reached the cruising altitude about 10 minutes into the flight, and soon the in-flight service began.

A white plastic box featuring the symbols of Air France contained: a slice of bread with butter and a slice of Parma ham, olive paste with herring fillets, vegetable ragout, camembert cheese with a slightly too cold roll, and a fruit mousse for dessert. As for the drinks, there was a wide selection of alcohols as well as coffee and tea. The cabin crew were very nice and helpful, asking me several times if I needed anything else. I decided to take advantage of it, asking for a double serving of tomato juice with lemon.

ARRIVAL At 9 pm, the captain informed us that the landing procedure is about to start. We made up for the earlier delay caused by the winter storm in Okęcie. Since I didn't have to wait for my luggage at the carousel, just a few minutes after the landing I was on my way to the centre of Paris.

THE RETURN The direct flights from Paris to Warsaw take off four times a day (9.35 am, 12.40 pm, 3.55 pm and 7.00 pm).

CHECK-IN This might be my professional obsession, but I believe that some airports are simply worth seeing. Some of them are excellent examples of the skills

of architects and logistics at the highest level. The airport in Paris is a perfect example of this approach. This futuristic monster is an ultimately passenger-friendly structure. It's evident at every turn, and it's difficult to get lost there. My flight AF 1246 departed at 7.00 pm from Terminal 2F. You can easily get there by train or a shuttle bus, which travels from the Opera Square, fighting its way bravely in the traffic for about an hour. I already had the boarding pass in hand, so I went straight to the security control. Although the luggage checking procedure was very accurate (a lot of passengers had their suitcases thoroughly inspected), the whole operation took less than 10 minutes. At gate F36, where the passengers flying to Warsaw gathered, there was a screen displaying various info related to our flight: the type of our aircraft, the basic technical data of Airbus A320, the seat plan, the air temperature in Warsaw, and even the name of the captain. A tiny thing, but still impressive.

BOARDING Boarding was announced punctually, and suddenly I felt as if half of the city's population decided to go on a trip to Warsaw. The hall got literally crowded. It seemed that the easiest way was to wait out the first wave of passengers eager to get on board as fast as possible. Especially because after showing our

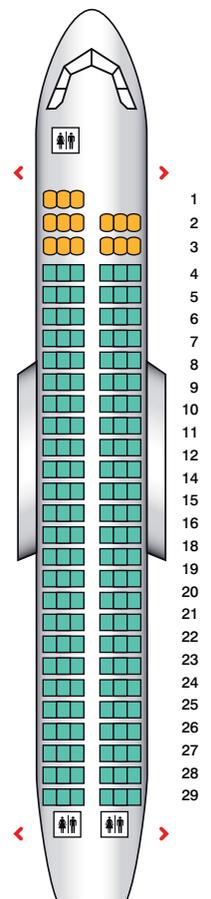
boarding passes we all entered a hallway leading down the stairs, straight to one of two buses which transported the passengers to the plane.

THE SEAT Seats in Airbus A320 are arranged in 3+3 configuration, and the first row has only three seats on the left side. In other words, Premium Economy section had only 5 incomplete rows, but this time all three seats in my row (I had place 3F at the window) were occupied, so I felt a bit less comfortable.

THE FLIGHT We took off with a delay due to the large air traffic the queue of other aircrafts waiting to depart. About 15 minutes into the flight the in-flight service started. This time the plastic box contained a snack with anchovies, a cheese roll, a piece of cheese, delicious oriental salad with mushrooms, and a piece of cake with pudding. In the middle of the flight it began to get darker, so after the meal a considerable number of passengers dozed off. After a while, the captain spoke to us, promising to make up for the lost time, and so he did.

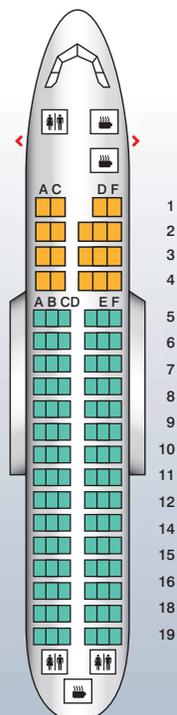
VERDICT It's a quick and convenient connection between Warsaw and Paris with friendly cabin crew. Premium Economy class guarantees comfort during the flight, especially if the middle seat in stays unoccupied.

Wojciech Chelchowski



ON BOARD: WARSAW – BUDAPEST – ATHENS

Malev Boeing 737 Business Class



INFO The Hungarian airlines offer two connections from Warsaw to Budapest, one at 9.00 am, and the other one at 7.50 pm (except Saturdays, on Fridays at 7.55 pm).

CHECK-IN Having completed all the formalities over the Internet several hours before the flight, I didn't have to rush and I was at Okęcie slightly before 8.00 am. I had only hand luggage with me, although my Business Class ticket entitled me to take two pieces of baggage weighing 18 kg altogether. Of course, my bag weighed significantly less. The security check went without any delays and surprises, so a few minutes later I reached gate 23, where boarding had just started.

BOARDING After showing my boarding pass and ID, I boarded the apron bus that took the passengers to the Boeing 737-600, wearing the livery of the Hungarian airline. By the way, I must admit that the morning flight MA841 to Budapest is quite popular, as there were many passengers, on board. I found my seat and sat down.

THE FLIGHT Sky Club Business class on the flight consisted of four rows of seats in 2+3 configuration, and only the first row had two seats on both sides. The economy class, which is located behind, has its seats configured 3+3.

2A, which I chose on the Internet, was a window seat. We were offered a welcome drink of water or juice. The starting procedure took about fifteen minutes. We took off according to the schedule, and several minutes into the flight „fasten your seatbelts” lights turned off, and the nice cabin crew were ready to start the in-flight service. Since it was still early morning, we were served breakfast: cold cuts and Italian cheese with bread and a cookie. We were also offered juice, water, coffee and tea, as well as a large selection of alcohols, which, taking into consideration the time of the day, weren't in great demand.

The trip to the capital of Hungary takes 70 minutes, so before I even noticed (I was able to read merely a few short articles in the morning paper), we were informed that the landing procedure would soon begin. This took place on time and without any surprises.

TRANSFER My journey was to continue with the flight to Athens at 12.10 pm. In other words, I had enough time to look around the brand new Sky Court terminal (you will find our guide to the airport in this issue) and the airport's business lounge.

THE LOUNGE The lounge is located on the mezzanine and it's open from 5.30 am to 11.30 pm. It's a tastefully decorated, comfortable place with free WiFi and a well-stocked buffet, where you will find juice, coffee, salty snacks and cookies. The large selection of spirits was

definitely overshadowed by Hungarian wines, including the excellent sparkling dry, „Hungaria.” There was also a large selection of newspapers — I was particularly to see among them the Hungarian edition of Business Traveller.

BOARDING Around 11.40 I headed towards the gate to board flight MA232 to Athens. A few moments later, I was on the bus taking us to the aircraft. It was the same Boeing on which I travelled from Warsaw.

THE FLIGHT When I was going up the stairs to the plane, holding my boarding card for seat 2C, I was welcomed by exactly the same crew, with which I had flown several hours before. I felt like at home, especially because I took exactly the same place as before. The queue to the runway wasn't too long, so we took off on time.

On the way my cabin crew served a warm, Hungarian meal which, I must admit, was very tasty. This, of course, washed down with delicious Hungarian wines. The journey took 3 hours, but the comfortable seat and a nice atmosphere made it pass very quickly and pleasantly. **VERDICT** The business class offered by Malev is a really comfortable choice. The service is at a very high level.

Jakub Olgiewicz

SEAT CONFIGURATION 2+3
SEAT WIDTH 46 cm
SEAT PITCH 87.5 cm
CONTACT malev.com



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FACTS **CONTACT** Hotel SPA Dr Irena Eris
 Wzgórze Dylewskie;
 Wysoka Wieś 22, 14-100 Ostróda;
 Tel. +48 89 647 11 11;
 drirenaerisspa.com
PRICE Internet rates for a standard room with breakfast at the end of May started at PLN 490.

HOTEL: WZGÓRZA DYLEWSKIE

Hotel Spa Dr Irena Eris

WHAT'S IT LIKE? The last kilometres of the road to the hotel lead through trees and vast fields, which makes you expect a peaceful and rustic atmosphere. The complex, which was erected on Wzgórze Dylewskie (Dylewskie Hills), is a haven of tranquillity. This combination of calm, luxury and nature is so appealing, it makes you quickly forget about the hubbub of the city life. The main building with spacious hall and discreet reception is divided into a hotel and a conference area, as well as two restaurants. The hotel has its own stable, where you can enjoy riding on horseback or take a few lessons if you've never done it before. There is also the Forest House, hidden among the greenery, a Masurian tavern and a housing project – a number of

houses in the neighbourhood, which you can rent making use of all the hotel mod cons. The resort was built to match the urban architecture, but you can also notice traces of Scandinavian simplicity, severity and elegance.

It's the only Polish hotel (as is Dr Irena Eris SPA in Krynica Zdrój) which is a member of the prestigious International SPA Association. It also has the Premium Quality certificate – granted by German Wellness Association, and a title of Business Superbrand. Football fans should be delighted, as UEFA – known for its sophisticated tastes – has chosen the Wzgórze Dylewskie Hotel to host one of the teams playing at Euro Cup 2012 finals.

WHERE IS IT? The hotel is located in Wysoka Wieś, near Ostróda. It's in the

Western part of Masuria, an area not very popular with tourists yet. It's about 120 kilometres away from Gdańsk, and slightly more than 200 kilometres from Warsaw. However, it is relatively easy to get there, and it takes about 3 hours to reach the destination from the Okęcie airport, although recently there has been a lot of road renovation going on before the Euro Cup 2012. The hotel has its own helipad and guests can use the helicopters, provided they book in advance.

ROOM FACILITIES In the main hotel building there are 87 rooms, and in Forest House – located several metres from the reception area – there are additional 9 ones.

The rooms are spacious and light and elegant in the Scandinavian way. Even the standard rooms are more than 30 square metres. There are 60 Standard Rooms, including one adapted for disabled guests. Superior rooms are 49 square metres, while suites provide you with a real sense of space (Junior 72 sq m, Senior 76 sq m, and Grand 94 sq m).

The furniture is simple, elegant and provides good conditions for work and relaxation. The superior rooms are decorated in light, while suites – including the two-level ones with a separate exit to a corridor – in a bit darker colours. Each room comes with individually-adjusted air-conditioning, a mini bar, a safe, tea and coffee making facilities, satellite TV and free access to the Internet. If you wish so, you can use the wired Internet access.





The Forest House with its 9 rooms is a separate building, which can be rented as a whole, especially that the conference room on the ground floor can accommodate all the 19 guests. The rooms (sized between 21 and 43 sq m) are decorated in a forester lodge's style with a lot of light, impregnated wood.

The Siedlisko Project – the houses are scattered around the vast area surrounding the hotel complex – is still being developed. Currently, there are eight houses, but the number is to increase to 25. They look like typical Masurian houses, but are modern and perfectly fitted at the same time. The distance between particular houses is big enough to provide the guests with peace, intimacy and anonymity. They come with separate bedrooms, a lounge, a patio, a kitchen. A single house provide you with an excellent

place to spend some time with your family or friends and access to all hotel mod cons. It is also the only place, where you can bring your pet.

BUSINESS FACILITIES The separate conference wing of the hotel consists of three big rooms called Jeziorak (86 and 104 sq m), which can be combined into one within a couple of minutes. Thus, you can get the space of more than 270 sq m, which allows you to organize a meeting for nearly 250 people. The number also corresponds to the number of hotel rooms. Spacious patio is a charming place for coffee breaks.

All the rooms are equipped with screens, projectors, professional sound system and access to broadband, wireless Internet. There is also a possibility to organize conference interpreting on request.

BARS AND RESTAURANTS

Oranżeria restaurant, on the ground floor serves breakfast in a form of buffet and lunch and dinner a la carte. It offers a fusion of flavours from the continental cuisine with some local specialities. If you decide to buy full board in the hotel, you are provided with the menu of the day, consisting of a few dishes to choose from. Wine enthusiasts will be delighted to try wines from Chile or Spain, selected especially for the hotel.

The second restaurant, on the first floor, is Romantyczna. It is a unique place. It's the only restaurant in Poland to have Slow Food Polska recommendation. If you are familiar with the organization, you should know what to expect. The chef, Bartosz Budnik, creates wonderful dishes prepared according to the traditional recipes and using natural products like cheese, milk or eggs, which he himself buys from local producers or grows in the hotel garden. It takes quite an effort, but the effects are astounding, and the taste of meals – un-

forgettable. You will not be able to resist eel soup with boletuses and thyme leaves, chopped smoked beef with grilled vegetables or white goose in apples and rowanberry vodka or fresh fish (dependent on catch) stewed in fresh cucumber sauce with spelt linguine and young beet greens. Romantyczna is open daily (except for Mondays) from 5.00 pm. Due to the character of the place, the offer is valid for people with children above 12.

If you feel like having a coffee, check Cafe Plotka, on the ground floor, opposite the reception desk. In the evenings, you can go to Farma Club – apart from a well-supplied bar, there is also a snooker table and two bowling lanes. The décor includes soft cow spot sofas, which design corresponds to the name of the place. An ideal place for a business meeting in less informal atmosphere.

Slightly tucked away, Sielanka Inn is equally interesting. It's a traditional tavern with regional food, bread stove and wooden benches. It's an ideal place for an event for even up to 200 people with excellent local cuisine and folk music.

LEISURE FACILITIES It's definitely the major league. Dr Irena Eris Cosmetic Institute offers a huge selection of face and body treatments, medicinal treatments (all of them begin with a consultation with a beautician or dermatologist and skin test; the staff can also advise on treatment programme) and relaxation revitalizing massages. The number of specialist treatment room amounts to 35. However, the clients are advised to book in advance, as the place is quite busy. All the treatments are based on cosmetics designed and produced by Dr Irena Eris Cosmetic Laboratory. The effects of their research are very often presented on the most important cosmetic congresses in the world. Treatments are not only aimed at women, men can also find something for themselves among a whole selection of products, or make an appointment with a specialist.

Next to the Laboratory, there is also SPA Centre with two pools, a Turkish bath, a termarium, a steambath and a few jacuzzi, including an outdoor one, which can be also used in winter.

To complete the offer, there is also a possibility to do some Nordic Walking, horse riding or to take part in a cycling trip or cross-country skiing in winter.

OCENA Top class quality of service, excellent leisure facilities and fabulous cuisine. Ideal, not only for a business trip.

Wojciech Chelchowski





HOTEL: CRACOW

Park Inn

WHAT'S IT LIKE? There's no way you could miss and forget this hotel. The modern, metallic building is decorated with black stripes – horizontal in the front, and vertical at sides of the building – in which windows are placed. The dark blue metallic background sharply contrasts with the colourful logo. One of the floors protrudes from the building, which makes it even more unique. The Cracow Park Inn was designed by the famous architect Jurgen Mayer, cooperating with Ovotz studio. As a result, the building received numerous awards and media attention. Naturally the architecture, and decor of the interior – also very modern – attracts numerous guests as well. Park Inn belongs to the international chain by Rezidor. The brand itself was founded 10 years ago, while the Cracow hotel was open quite recently – in 2009.

WHERE IS IT? Park Inn is situated in the heart of Cracow, near Wawel, Kościuszko Mound and the former Jewish district in Kazimierz. The Kraków-Balice airport is less than 12 kilometres away, so getting here does not take much time. The Railway Station is even closer – only 4 kilometres away. Nearby there is also the Main Market Square (20 min-

utes» walk), which is a must-see for all the visitors coming to Cracow. Hotel has an underground car park with 72 places.

ROOM FACILITIES Hotel has 152 comfortable rooms with modern design. There are 10 Junior Suites. What makes the hotel stand out in the crowd, are the colours. Unlike the other modern hotels, where the interior is usually decorated with subdued tones, Park Inn is not afraid of bold colours. Standard rooms – 23 sq m – come with vivid blue curtains and armchairs, while in suites the curtains and armchairs are red. Bathroom furniture is also brightly-coloured, and the walls are covered with colourful pictures. Room amenities include: two single, or one double bed, a safe, an LCD TV set, a mini bar and toiletries. There are also tea and coffee making facilities, and a huge and comfortable desk, for those who wish to devote their time to work. Rooms have free access to wireless Internet, and bathrooms have been equipped with comfortable, spacious shower cabins – some of the suites also come with a bathtub. Junior Suite are 10 sq m bigger, and the guests have free access to Pay TV, mineral water, as well as a bathrobe and slippers. The suites overlook Wawel. The hotel offers a 24-hour concierge service, while the hotel service is so good, that you will literally get to know the meaning of the «Sleep well. Live well» slogan, which is the official motto of the brand. The whole stay is enjoyable and relaxing.





BARS AND RESTAURANTS The hotel restaurant, called RBG, specializes in grilled dishes, which makes it stand out in the crowd of other hotels. Open between 06.30 am. to 11.00 pm., can accommodate 140 people. You might think that grill may be some kind of limitation for the cooks, but that would be far from the truth. RBG has an unusually extensive menu. Among the starters you will find specialities like shrimp cocktail, tomato soup with baked red pepper and burnt pumpkin seeds, or sliced beef with chili, nachos and avocado salsa and a selection of salads.

As for main dishes, it is worth trying the local tenderloin steaks, New Zealand lamb or salmon steak. Those, who have a weakness for burgers, will have difficulty choosing, or – if they wish to try it all – should have a large appetite. The local burgers come in large portions with French-fries and a selection of side dishes like Cheddar cheese with tomato and pickle, or lamb with tomato, cucumber and mint sauce. No good Cracow restaurant should forget about including local delicacies in the menu. Here, Park Inn is no exception. Its menu include sauerkraut soup with vegetables in sour cream, or braised pork in cumin sauce.

There is also a huge selection of wines. What completes the culinary offer is the hotel bar, open between 10.00 pm. to 01.00 am., offering a wide choice of cocktails and snacks.

BUSINESS FACILITIES There are 5 conference rooms in the hotel, situated on the first floor. The area of all of them altogether is 1,000 sq m. They are called after the letters of Greek alphabet: Alpha, Beta, Gamma, Delta and Epsilon. The first one is the biggest, and can host up to 460 people. The others can accommodate 20-80 guests. All the rooms have access to the natural daylight, as well as wireless Internet. Guests have also access to a large foyer – 400 sq m – where coffee breaks can be organized. Business guests have also access to a business centre, fax machines and photocopiers. The rooms come with all the necessary equipment and audio and video systems to organize a business meeting. Three out of five rooms have moveable walls, so they could be combined together when a need arises.

LEISURE FACILITIES Hotel has a small fitness room, a sauna, and a selection of massage offers. They are available at request.

VERDICT A modern, comfortable hotel with interesting design, ideal for a business stay in the former capital of Poland.

Adam Walczak

PRICE Internet rates for a standard room in the middle of a week start at €120.

CONTACT Park Inn; ul. Monte Cassino 2, 30-337 Kraków; tel. +48 12 375 5555; parkinn.com



HOTEL: ANNECY

L'Imperial Palace

WHAT'S IT LIKE? L'Imperial Palace hotel is located in a fabulous scenery, by a lake of an extraordinary beauty, and surrounded by picturesque mountains. This gives the hotel its specific charm and makes it an ideal place to hold corporate conferences. The four-star hotel, which was built in the Edwardian style in 1913, has hosted many celebrities, among them Charlie Chaplin, Winston Churchill, Edith Piaf. In the 60s, the hotel was closed down, then a huge fire broke out here. However, it re-opened in 1990. It's a place full of typical French style, and chic. It's also very spacious, which is especially important, because with the numerous conferences being held here, there's no worry that the guests will bump into each other.

WHERE IS IT? The town of Annecy has recently been on the tongues of many – because it's one of several candidates bidding to host the Winter Olympics in 2018. The conditions for practising winter sports here are perfect – after all, we are in the French Alps. Annecy itself is not only located in a picturesque spot, but it's also very conveniently accessible – the trip here from the airport in Geneva takes only about an hour. L'Imperial itself is located slightly outside the town, perfectly blending into the surroundings. Some time ago the management decided to open the hotel's impressive garden to the public, and the building isn't separated by any fence or wall.

ROOM FACILITIES L'Imperial offers 91 rooms and 8 suites spread over 6 floors. Most of them have balconies or terraces, and the morning view of the misty lake in the morning is unforgettable. The decor of standard rooms is very calm, with creamy walls and wooden furniture complementing each other very well. The desk has a semicircular shape and is

topped with a mirror of the same shape. Other furniture include a bed, a table and two armchairs. An interesting solution has been implemented in the bathroom – when a guest is standing over the washbasin and wants to look in the mirror, instead of his own reflection he sees the view of the lake from the lounge window. How is it possible? The answer is simple: by default the mirror is folded, so you can see directly into the lounge through a decent-sized hole in the wall. The standard amenities include an LCD TV, a safe, an umbrella, coffee and tea making facilities, and wireless Internet.

BARS AND RESTAURANTS It is well known that the French attach great importance to food and L'Imperial isn't an exception here. The main eatery of the hotel is La Voile restaurant. It's always elegant, features white decor and nicely decorated tables. The restaurant offers dishes a la carte for lunch (from noon to 2.30 pm) and dinner (from 7.00 pm to 10.30 pm). The meals can be eaten in the dining room or on a spacious terrace. There is also a bar combined with a sort of club part with a fireplace and comfortable armchairs (the bar is open from noon to midnight). For conferences or private parties, the hotel opens La Brasserie du Parc, which can accommodate up to 400 guests. La Rotonde is another restaurant, which is located in the hotel's casino.

BUSINESS AND MEETING FACILITIES It's definitely a strong point of the hotel. The Convention Centre, is attached to the west wing of the building. It has a separate entrance, the cloakroom, stairs and lifts. It consists of 21 conference rooms – all with access to daylight, and overlooking the lake. WiFi is also available. L'Imperial can host really big events – Rotonde and La Salle de l'Europe

rooms, which are located on the first floor, can accommodate up to 600 guests. They are often rented for product presentations, concerts, fashion shows, exhibitions, and auctions. The meeting rooms on the third floor have access to large terraces, which are often used for coffee breaks. The fourth floor is reserved for smaller rooms which are ideal for small meetings or board meetings. The AV equipment, which is available in the hotel, is of the highest quality.

LEISURE FACILITIES The small but well equipped fitness centre located on the 6th floor will satisfy the guests' needs. In winter, you can go skiing in Annecy, while in summer there's a wide range of water sports available on the lake. The centre features two saunas, and it's open from 6.00 am to 8.00 pm. There hotel has also a casino which can be accessed after presenting an ID.

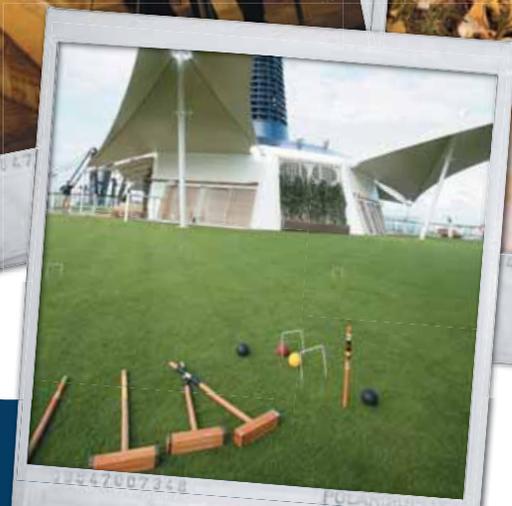
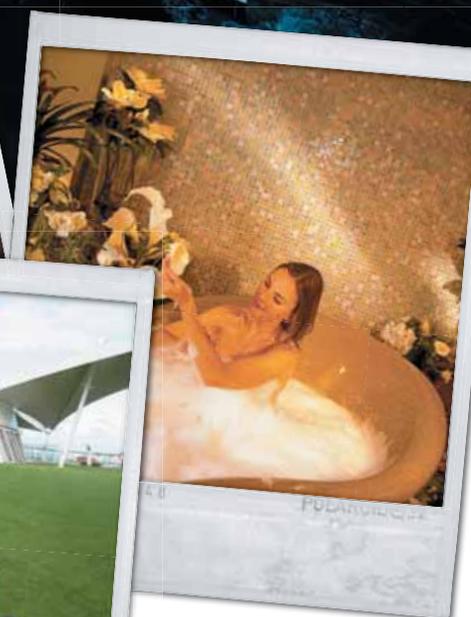
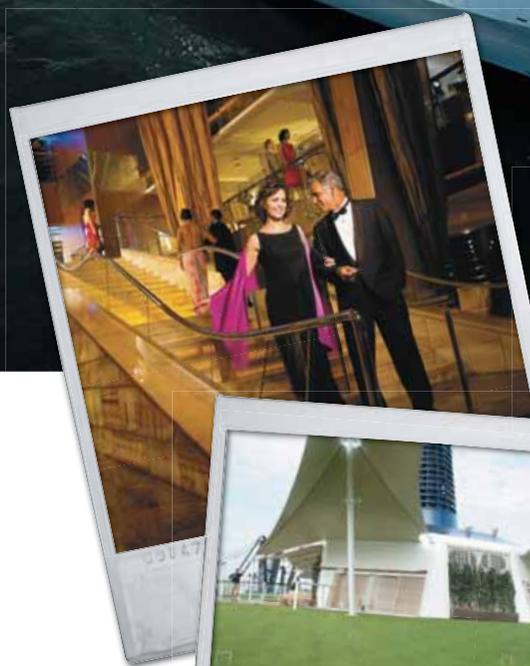
VERDICT A very nice place for business conferences, offering unforgettable views and fine dining.

Andrzej Czuba



FACTS **CONTACT** L'Impérial Palace; Allée de l'Impérial, 74000 Annecy; tel. +33 4 50 09 30 00; hotel-imperial-palace.com
PRICE A standard room overlooking the park costs about €190 per night.

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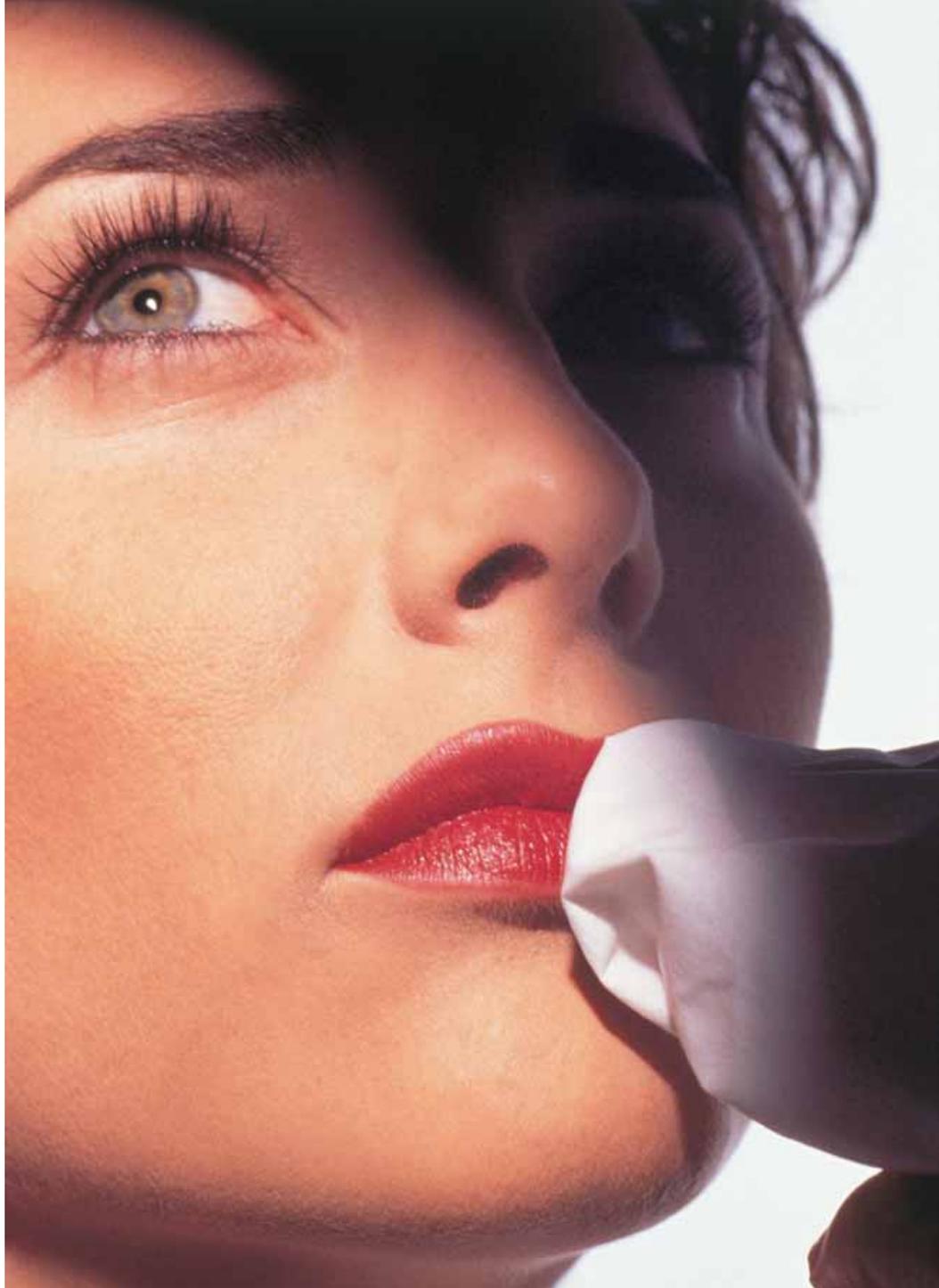
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- ▶ WYCIECZKI

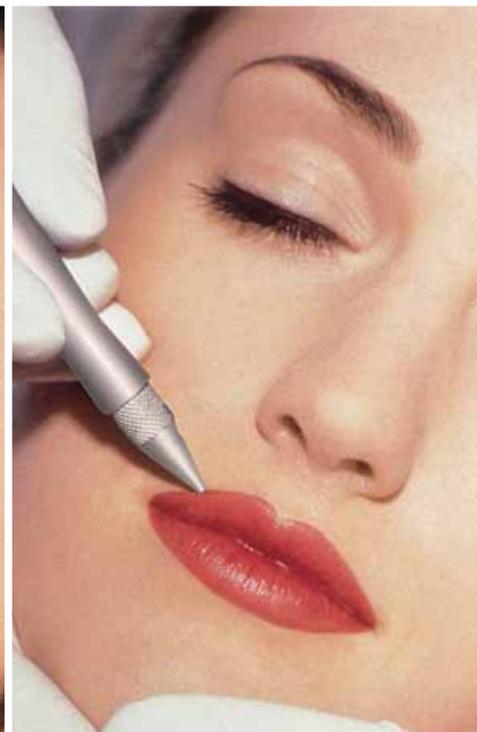
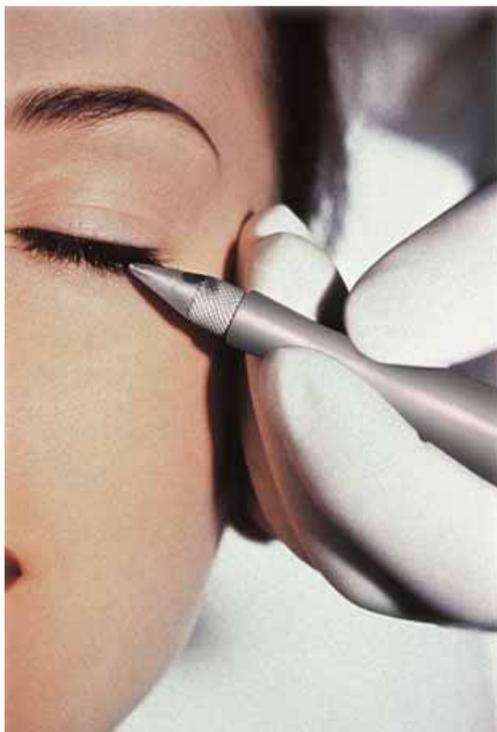


MEDICAL SPA: WARSZAWA

Sharley

WHAT'S IT LIKE? Travelling businesswomen, especially those who fly to other continents, and spend many hours on the plane, are faced with several serious problems. Women need a whole lot of cosmetics, which means checking-in their baggage (the capacity of the containers in the hand luggage mustn't exceed 100ml). Checking in the luggage is a real pain in the neck, because it often gets lost on the way, and even if it's finally found, it may take days before you finally get it back. On transcontinental routes you can take to the cabin a suitcase weighing up to 12 kilograms. That's enough for a week trip. However, cosmetics are always the heaviest. Nowadays, many stores in the U.S. offer the miniature versions of cosmetics. Also in Poland, Rossman has introduced a series of minicosmetics which are ideal for a journey. On long flights the dry air which circulates in the cabin, may cause the makeup to irritate the eyes. On board bathrooms are usually small, so correcting your make-up isn't particularly convenient. That's why permanent makeup seems to be a great solution. The method is a type of tattoo (permanent pigmentation of the dermis), but a really harmless one. Until recently, the equipment used in this procedure didn't guarantee a perfect result, and the whole thing was very painful. Today, however, permanent make-up can be applied with the latest European technology called LONG TIME LINER. The equipment is owned by Sharley Health and Beauty Institute in Warsaw. The institute is located





in a detached villa at 75 Aleja Jana Pawła II, right next to Arkadia shopping mall. It has its own car park and it's very cosy. What distinguishes Sharley is a team of professionals who have been working in the industry for many years. The three professional linergists working in the institute have over 11 years of experience.

TREATMENTS Permanent makeup is applied using Conture Make-up method, with natural pigments (they fade away after 3-4 years), which are nontoxic and don't cause allergies. This method is perfectly suitable for eyebrows (now they are deceptively similar to real thing), the upper and lower eyelids, and lips.

The lines on the eyelids are made at the base of the hair, which makes the eyes appear larger, their frame is darker and thus

more complete, with thicker eyelashes. The effect is very natural and radically improves the appearance. You can also eliminate irregularities in the contour of the lips and give them an ideal form. It's much better than injecting botox which makes your lips look inflated. The whole procedure takes approximately one hour per each part of the face.

PRICES Upper lid-lines: PLN 900, bottom lid-lines: PLN 450, eyebrows hair method: PLN 1,200, lip contour PLN 700 (with shading PLN 1,000). The make-up needs to be repeated after 2-4 weeks, but this is included in the price of the procedure.

Cheaper permanent make-up, which is done with older methods, is not only much more painful, but also applies pigments to

different depth of the skin, which may result in the dye changing its colour (e.g. from black to green). Investing in your beauty, make sure you invest in the highest quality.

CONS Bardziej strach, niż ból przed zabiegiem był problemem. Powieka, mimo iż bardzo wrażliwa, została znieczulona kremem. W trakcie zabiegu linergistka dodatkowo znieczuliła specjalnym płynem, tak więc dyskomfort jest minimalny. Oczyszczając ją tego dnia są lekko opuchnięte, ale już następnego można iść do pracy. Po dwóch dniach nie było śladu po opuchliznie.

WHO SHOULD HAVE IT? Women who travel frequently, older ladies with rare hair, those who often go to the swimming pool, sauna, and all those who are getting more and more annoyed with ordinary makeup. ■

Sharley[®]
INSTYTUT ZDROWIA I URODY
MEDICAL SPA



Keep

FIT

50 top class hotels with fitness facilities

We've been told by the hotel owners and staff that only some guests are positively interested in working out in the gym or relaxing by the hotel pool. But first of all, this group is not a small one, and secondly they put considerable attention to the quality of service. After all, it's important not only to keep fit, but also to do it in a nice and friendly atmosphere. Below, we provide you with a list of 50 hotels which are a premium choice for those who are keen on being fit.

Poland

WARSAW

Le Méridien Bristol

One of the most famous and stylish hotels in Poland provides its guests with access to its Recreation Club. There, you will find a 11m x 4m swimming pool, a sauna, a Turkish bath, a gym (equipped in treadmills, exercise bikes, steppers and a mul-

tigym) and a solarium. The offer also includes massages and many other treatments, as well as a few treatment packages. lemeridien.pl

Radisson Blu

In the basement of the Warsaw Radisson, you can find one of the most interesting places of its kind – the First Class

Fitness centre. It comes with two gyms, a swimming pool, a sauna and a special exercise bike studio. Guests have also access to a truly extensive list of exercise sessions held by highly trained staff. The offer includes theme sessions like Body Art or Schwinn Cycling. There is also a swimming pool.

radissonblu.pl



andel's Łódź

InterContinental

The hotel is situated in the centre of Warsaw, in a building with an huge gap in one of the walls. It's not the only original thing about it – on the 43th floor there is a swimming pool (18m long), so the guests can relax and admire the Warsaw panorama at the same time. On the next floor, you will find a gym and an aerobics room –

both these floors come under the name of Riverview Wellness Centre. Guests have also access to a sauna and a Turkish bath. intercontinental.com

Sofitel Warsaw Victoria

The hotel has a swimming pool – Victoria Pool, and Fitness Club. The water in the pool is heated, and there is a mirror

covering the ceiling. Guests have access to comfortable wooden deckchairs, towels, bathrobes, mineral water and a bar serving refreshing drinks. A sauna and a Turkish bath are also available. 24/7 fitness centre comes with top class equipment and offers treadmills, steppers and exercise bikes with touch screens. sofitel.com



Radisson Blu Warsaw



City Park Residence



Marriott

Mamaison Hotel Le Regina

Situated in a historic tenement in the Old Town area, the hotel offers a truly comfortable spa. You will find here a huge indoor pool, a massage salon and a Turkish bath. The offer also includes various relaxation treatments like massages – including temple Lomi Lomi Nui massage – peeling, and beauty treatments. Impressive architecture of the hotel is an additional bonus. mamaison.com



Mamaison Hotel Le Regina



Sofitel Victoria

Hyatt Regency

Warsaw Hyatt hotel comes with Club Oasis Fitness Centre & Spa. Because of its nice décor, the hotel took place in many photo sessions. The guests have access to a fully-equipped gym, a swimming pool, a sauna and a Turkish bath. The offer also includes group sessions, and relaxation treatments such as massages, facials, aromatherapy etc. The area of the club is 1200 square metres. warsaw.regency.hyatt.com

Hilton

25-metre long swimming pool with heated water is divided into five lanes, so good swimming training is guaranteed. It is a part of Holmes Place Premium Club, accessible for free by all the guests. Other facilities include jacuzzi, a sauna, a Turkish bath, a solarium and a gym, equipped with over 80 cardio machines. There are also a separate spinning and a group session rooms. The offer also includes various spa treatments. hiltonwarsaw.pl

Marriott

For a few years, the hotel has offered access to World Class Health Academy, which belongs to a Swedish fitness chain. You can relax in a pool with two huge jacuzzi on each side, work out in a spacious cardio room – equipped with professional machines, or spend some time in spa, which offers numerous treat-

ments. The trainers in the fitness room are always willing to advise, but it's better to have an individual consultation. marriott.com

SZCZECIN

Radisson Blu

A fitness room, saunas, a swimming pool and massage rooms – all of them are available in the hotel in Szczecin. What is more, the hotel is adjacent to Baltica Wellness & Spa. The guests can access the centre through a passage on the second floor. The complex occupies 3 storeys, and the area of over 2,000 sq m. There is a decent-sized fitness room, you can try one of 25 types of massages, or go to the only three-level cryochamber in the city. radissonblu.pl

CRACOW

Hotel Stary

In this historic mediaeval building, in a vaulted room you will find a spa centre, consisting of a gym – equipped with modern exercise machines, a sauna, a Turkish bath with aromatherapy and a salt cavern. There are also two swimming pools combined together. Each is over 8-metre long and comes with counter-current and water massage system. Guests can also go to a massage therapist. stary.hotel.com.pl

POZNAŃ

Sheraton

Sheraton Fitness programmed by Core Performance refers to the sports and recreational complex, found in all Sheraton hotels all over the world. On the 8th floor there is a swimming pool with counter-current (7x4m and 1,25m deep), two saunas, a gym with the newest equipment and a massage room. The staff are always ready to help and advise on an exercise programme. Extensive massage offer is an additional bonus. sheraton.pl

City Park Residence

Fitness room, cardio-fitness, aerobics and weight studios – all this is included in the offer of the Poznań hotel, which intensively promotes active leisure. Guests have access to group or individual training and consultations with instructors. What especially catches attention is the swimming pool, situated under a glass dome. It's an ideal place to have some rest. cityparkresidence.com.pl

KATOWICE

Monopol

Monopol hotel has not only an impressive history, but also an interesting fitness offer. Inside, you will find Fitness

Le Méridien Bristol



Faltom

nas, a gym and a jacuzzi. You can have some rest in a sauna during an aroma session, for which essential oils are used. A squash court, bowling room, snooker table and Studio Cardio with top class equipment are also available.

hotel-faltom.com.pl

SOPOT

Sofitel Grand Sopot

The hotel has an inner pool with heated water, a massage waterfall and counter-currents and a separate paddling pool for children. The pool is situated on the ground floor, from the beach side, so while swimming you can admire the beautiful views over the sea. Guests have also access to a sauna, decorated with an interesting Turkish bath mosaic and a fitness centre with steppers, treadmills and exercise bikes.

sofitel.com

Monopol Centre. It spread over 1,000 square metres. Guests have access to a gym with weight and endurance training equipment by the best brands in the world. There are also two group session rooms (fitness and exercise bike sessions are held there), a massage room, a swimming pool, a sauna and a Turkish bath.

hotel-monopol-katowice.pl

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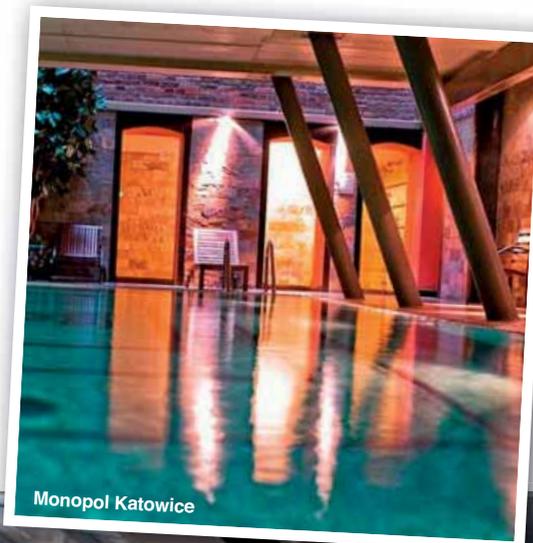
The hotel is situated in building of a former spinning mill owned by a well-known entrepreneur, Izrael Poznański. Spa Centre and skySPAcE Fitness is to be found on the top floor, and it covers the area of 1,000 square metres. Thanks to glassed walls and a sunny terrace, you can admire spectacular views of the city. Guests have access to cosmetic treatments, a swimming pool, a sauna, a Turkish bath, weight and cardio training rooms, massage rooms and a Wellness Bar.

andelslodz.com

GDĄŃSK

Faltom

It's a hotel with an extensive fitness offer. Guests have access to Aqua Centrum, where you can find a swimming pool, slides, paddling pool for children, sau-



Monopol Katowice

Sheraton

Spa at Sheraton Sopot occupies the area of over 2,000 square metres scattered across three floors. You will find here a swimming pool, hydrotherapy pool with Sopot brine baths, an aromatic Hammam Turkish bath, a brine bath, a sauna, an ice fountain, rain caves, a tepidarium with heated couches and a gym. The treatment offer is really extensive – you can select them individually. A well-equipped fitness room is also available.

sheraton.pl

Europe

LONDON

One Aldwych

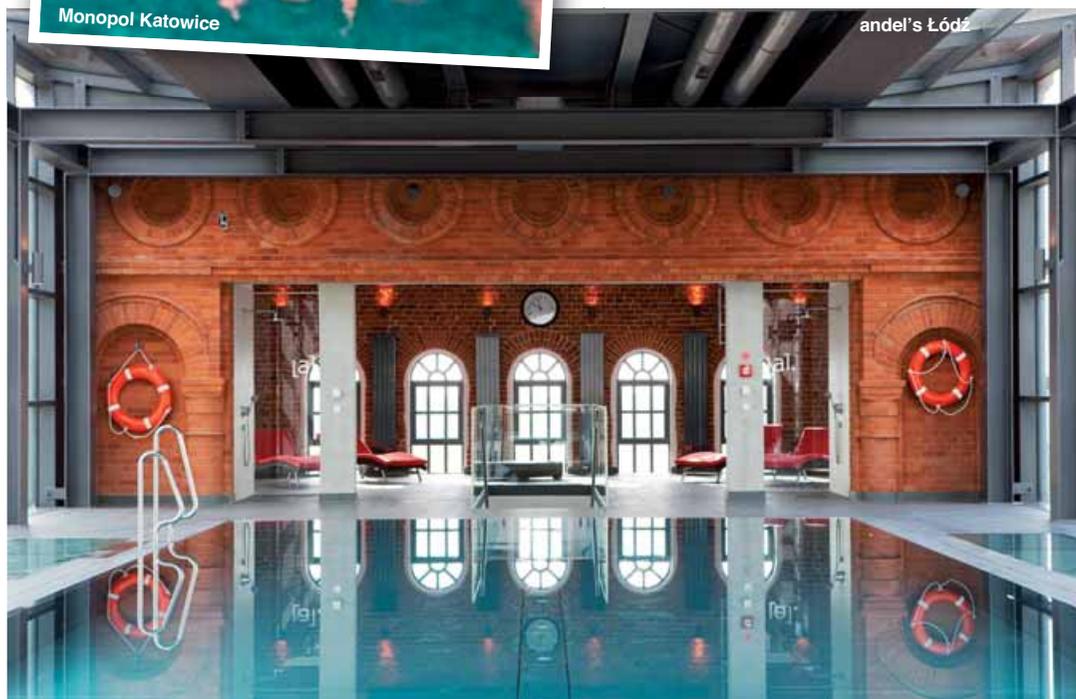
Housed in a former bank, this beautiful boutique property just off The Strand has a 750 sqm fitness club in the refurbished vaults. There is 24-hour access and the equipment includes Technogym treadmills with mini TVs, personal trainers and an 18-metre lap pool with underwater music. There are also saunas and three treatment rooms.

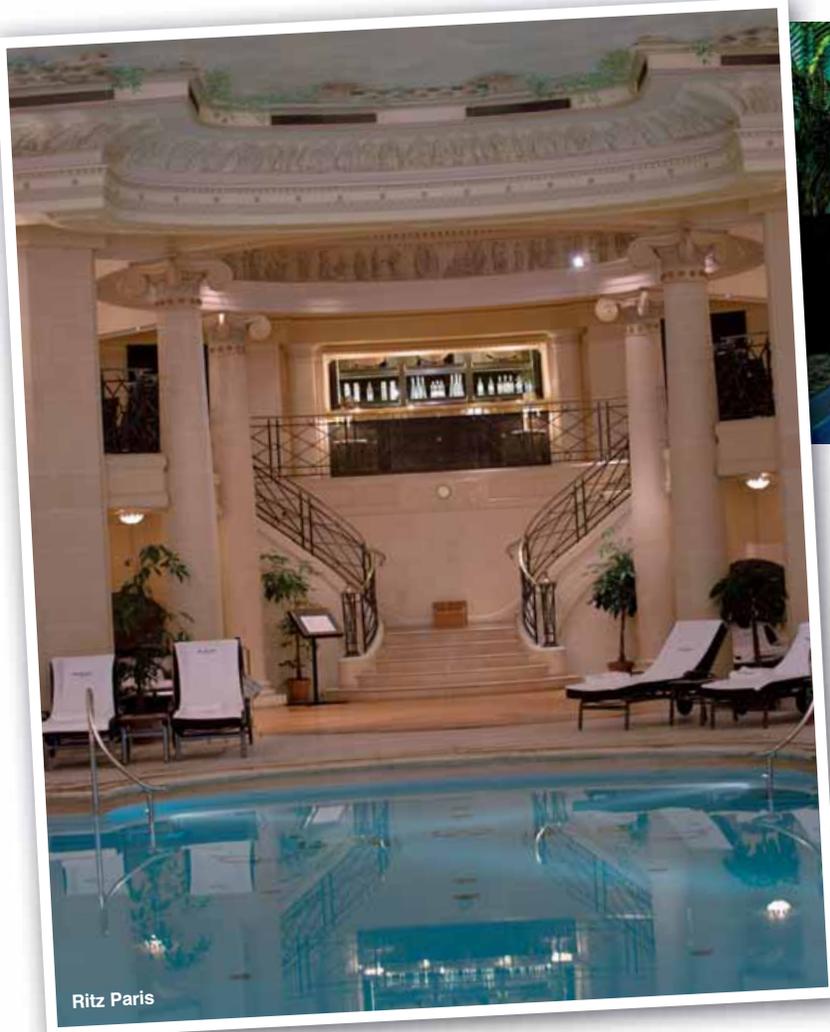
www.onealdwych.co.uk

Le Méridien Picadilly

On the lower ground floor of the hotel, the Piccadilly Health Club is a fabulous, secretive sort of place very popular with those in the know, and has recently been refurbished. It has a state-of-the-art gym, and a 14 x 14 metre pool which looks like something a Roman emperor would build if he found himself in 21st-century London. There is also a sauna, ▶

andel's Łódź





Ritz Paris

spa bath, steam room, squash court, and a full range of high-tech cardiovascular equipment.

piccadillyhealthclub.com

BERLIN

Hotel de Rome

With Sir Rocco Forte being an accomplished triathlete, it's hardly surprising that the health facilities at his properties are second to none. The Hotel de Rome is located in the former headquarters of Dresdner Bank, and among the quirky features is a 25-metre pool housed in what was the bank's jewel vault, a fact that has inspired the myriad of coloured glass mosaic pieces shimmering under the water.

hotelderome.com

FRANKFURT

Maritim Hotel

A conference hotel in Frankfurt is an unlikely workout venue, but this four-star-plus property offers some of the best fitness facilities in town. Located across

the road from the Messe fairground, it has a large health club on the top floor of the building with panoramic views of the city skyline from the well-equipped gym.

maritim.de

BRUSSELS

Conrad Brussels

A key hotel for visiting dignitaries and high-ranking Eurocrats, the Conrad Brussels also has access to some of the city's best fitness facilities, at the next door Aspria Avenue Louise. Spread over three floors below street level, the gym, fitted with latest Technogym equipment, makes up for its lack of natural light with views of the 16-metre pool.

hilton.com/conradbrussels

MUNICH

Le Méridien

Resting on a sub-level of the hotel, the Le Spa heated indoor pool is 17 metres long. There is no view of the outside world, but the white pillars and walls which surround the area give a calming feeling,



Maritim Frankfurt

and the inside of the pool is lit from below so the water glows. The spa also offers a sauna, steam baths, a solarium and a spa bath, and there is a small but well-equipped gym.

lemeridien.com

MILAN

The Chedi

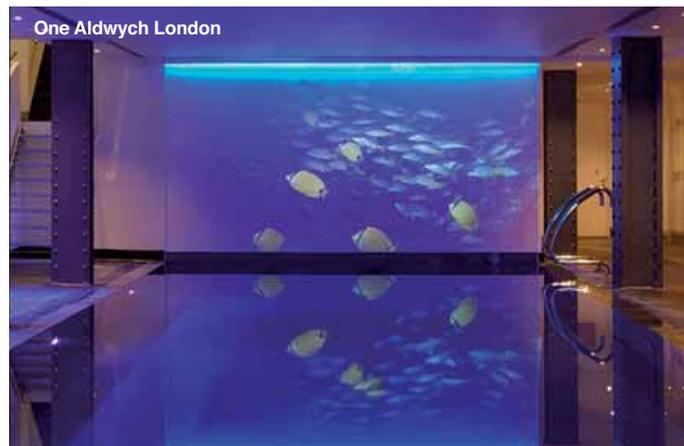
Good pools can be hard to find in Milan, so the opening of The Chedi last year is a boon for swimmers. Located in the residential Bovisa district, this "urban resort" is the first European venture from south-east Asian group GHM, and its understated oriental elegance is a welcome relief from Milan's prevalent bling. As well as the 18-metre glass-covered pool, The Chedi also offers a high-tech gym, spa, Turkish bath and hydro-massage facility.

thechedimilan.com

Hotel Principe di Savoia

If you want to "be seen" in Milan, there's no better place than this one. Fitness Club 10 salon in Principe di Savoia hotel (the oldest 5-star hotel in the city) is one of the most popular spots among the local celebrities. While exercising, you can admire the roofs of the surrounding buildings, or use a small swimming pool, hydro massage, a sauna, a Turkish bath and a terrace.

hotelprincipedisavoia.com



One Aldwych London



One Aldwych London

North America

NEW YORK

Mandarin Oriental

A luxurious hotel, situated in Time Warner Center. The windows overlook Central Park and the Hudson River. Guests have access to a well-prepared, spacious fitness centre and a spa. On the 35th floor, there is a huge swimming pool with three lanes.
mandarinoriental.com

LAS VEGAS

The Venetian

You may not have come to Las Vegas to work out, but it's a shame to pass up facilities this good. The Canyon Ranch Spa Club does charge hotel guests to use the facility (US\$35 – or less if you book for three days or more), which seems outrageous, but means it's free of blundering time-wasters. Instead, you have the run of a comprehensive class schedule (spinning, Cardio Kick, several types of yoga and strength training) and a giant gym with two huge rooms. The 6,400 sqm basement area also has a spa and a three-storey climbing wall.
venetian.com

CHICAGO

The Peninsula

Floor-to-ceiling windows overlooking Lake Michigan are what make this one special – that, and the varied fitness options, including a separate studio for fitness classes. Cardio equipment runs to treadmills and crosstrainers, upright cycles, step machines, a Nordic Track Incline Trainer and free weights. The 25-metre pool has excellent views and natural daylight, and there is a whirlpool and a steam room.
peninsula.com

WASHINGTON

Hilton

A 25-metre heated outdoor swimming pool and three clay tennis courts mark this city-centre Hilton out from the crowd, as does the renovated fitness centre, which offers a wide range of aerobics classes. Options include indoor cycling/spinning, Cardio Kick, several types of yoga, Pilates, strength training and cardio sculpt.
hilton.com

ROME

Crowne Plaza Rome, St Peter's

If you want to “see and be seen”, the Principe's health club is the place to be. The Club 10 is popular with locals for its high-end beauty treatments, but the real highlight is the gym, which has views over the city's rooftops from nearly all its cardiovascular machines. Guests also have use of a small pool, hydro-massage tub, sauna, Turkish bath and roof terrace.
crownplaza.co.uk

PARIS

Ritz

Appropriately for the city's flashiest hotel, The Ritz contains the largest private swimming pool in Paris. The décor was designed by the owner, Mohamed Al Fayed, and was apparently inspired by the work of English Pre-Raphaelite artist Alma-Tadema – it's all a bit camp, but the pool is 17 metres long and there's also a well-equipped gym. A restaurant and bar overlook the pool area.

Pullman Paris Rive Gauche

The first of Accor's ex-Sofitel properties to open after being rebranded as a Pullman at the end of last year, this deluxe hotel has a fitness centre with sauna, hammam and solarium, as well as a stunning indoor swimming pool on

the 22nd floor with panoramic views of the city. While it is not the biggest pool in the world (13 x 7 metres), it's about as good as it gets in Paris, and the airy space filled with natural daylight creates a very calming atmosphere.
accorhotels.com

MOSCOW

Renaissance

Part of Moscow's Olympic Sports Complex, the Renaissance was originally built for athletes at the 1980 Games and is surrounded by sports facilities, including two 50-metre pools and a vast multi-purpose stadium. The Renaissance itself has maintained a top-class fitness centre, with its own 22-metre pool and a spacious gym.
marriott.com

ISTANBUL

Ciragan Palace Kempinski

Open all year round, the hotel's 33-metre outdoor infinity pool is heated in winter and, sitting almost at sea level, overlooks the Bosphorus. Against the backdrop of this luxury resort, within lush gardens with pristine lawns and palm trees, heavenly bodies will fit right in. Inside the hotel, guests will find a nine-metre pool and a fitness centre with Technogym equipment open 24/7.
kempinski-istanbul.com



Ciragan Palace Kempinski

TORONTO

Intercontinental Toronto Yorkville

This boutique hotel in the Yorkville district boasts one of Toronto's best pools, a 35-metre facility flooded with natural light from a glass roof. The health club is located on the eighth floor and includes several different types of workout equipment. Treadmills, an elliptical machine, rowing machines, free weights, Life Cycles and stair machines are all offered in the fitness centre.

hotelsgroup.com

Middle East

DUBAI

Burj Al Arab

The original "seven-star resort" has two 13-metre indoor swimming pools (one for men and one for women) on the 18th floor, along with two gyms (one mixed and one ladies-only, both with Technogym equipment), a squash court and a fitness studio with views of Palm Jumeirah. There are two infinity pools, a sauna, spa bath, solarium, steam room and plunge pool in both the ladies and gents changing rooms.

jumeirah.com

Jumeirah Beach Hotel

The sister hotel to the Burj has a giant, two-storey gym and fitness facility on the beachfront. There are 60 pieces of equipment in the cardiovascular area, a free-weights section, fitness classes including yoga, karate, RPM, Body Pump, Body Combat and Body Balance, squash, and a spa with two saunas, two massage rooms, two hot tubs, spa bath, steam room and plunge pool.

jumeirahbeachhotel.com

ABU DHABI

Beach Rotana

Try a workout with a view in the Bodylines health club at Beach Rotana, where the gym has a panoramic outlook over the sea. It is equipped with a range of cardiovascular and weight-training facilities, and fitness classes are also available. The 1,050 sqm infinity-edge outdoor pool is open 8am-10pm, and with its palm trees and pool bar is a great place to cool down.

rotana.com

DOHA

Ritz – Carlton

This is a water-lover's bonanza, with an indoor junior Olympic swimming pool, an outdoor pool with swim-up bar, a children's pool, two whirlpools (hot and cold) and a steam room. It also has the latest fitness gadgets – for cardiovascular and strength training there is a state-of-the-art workout room, and fitness classes include step, stretch, low impact, strengthening and toning, power-walking, yoga, spinning and aqua-fit.

ritzcarlton.com

JEDDAH

Rosewood Corniche

High on the 17th floor of the property, the fitness centre has the latest isotonic weight machines and cardiovascular training equipment. There is also an outdoor rooftop swimming pool with views of the Red Sea and a hot tub, with sau-



Langham Hong Kong



Fairmont Singapore

na and steam rooms in each set of changing rooms.

hotelcorniche.com

Asia

NEW DELHI

Crowne Plaza Today Gurgaon

The open-air infinity pool, located on the first floor of the hotel and measuring 25 metres, is an ideal place to chill out, and guests can order food and drink from a special menu until sunset. But if it's treadmills, bikes and crosstrainers you want, the on-site gym offers excellent views of the city through its glass façade.

crowneplaza.com

MUMBAI

Taj Mahal

Located at the back of this historic property, the Taj Spa has something for everyone, with a 30-metre indoor pool, a 24-hour exercise room, a "relax zone" and a range of treatment options. The pool overlooks the outdoor gardens and is a calm retreat from the bustle of the city, with all the facilities bathed in plenty of natural light.

tajhotels.com

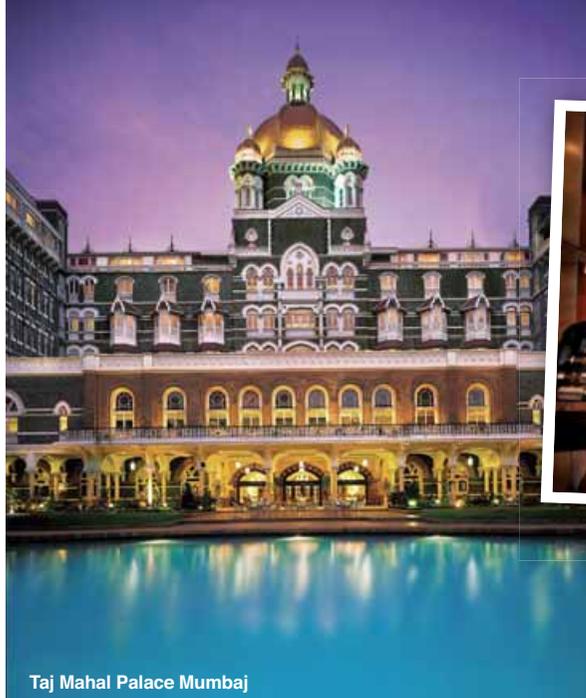
TOKYO

Park Hyatt

Located on the 47th floor, the Park Hyatt's gym and 20-metre pool are at the top of the second of its three towers and offer breathtaking views of the city from the floor-to-ceiling windows. The gym area and aerobics studio flank the pool, while on the 45th floor is the Club on the Park spa. Guests should note that, because of



Fairmont Singapore



Taj Mahal Palace Mumbai

negative associations with Japanese mafia, the yakuza, tattoos are banned from being on view.

tokyo.park.hyatt.com

BEIJING

Grand Hyatt Beijing

Located in the hotel basement – so no natural light – the facility has soothing music, chirping birds and computerised twinkling lights on the ceiling to create atmosphere, and that's not to mention twinkling palm trees, Balinese sculptures and a waterfall. Fitness offerings include a 15-metre pool along with two saunas, two spa baths, an aerobics room and all the latest equipment in the gym – many machines have LCD TV screens too.

hyatt.com

HONG KONG

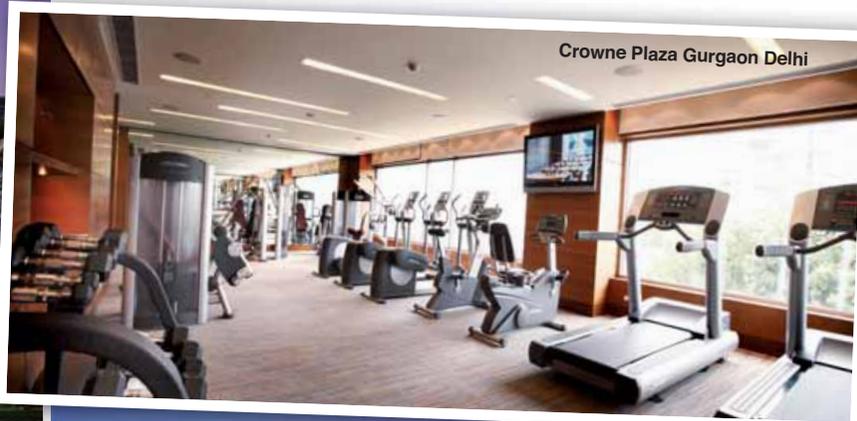
Langham Place

Billed as the “highest gym in Hong Kong”, with views overlooking the bustling streets of Mong Kok, this is on the 41st floor of the hotel along with Plunge, its 20-metre rooftop heated pool, sauna, steam room and oriental hot tub. There is a wide range of cardiovascular and strength equipment (loaded with a personal cable TV and DVD player), regular tae kwon do classes and the excellent Chuan Spa.

langhamplacehotels.com

Le Meridien Cyberport

On the hotel's fourth floor, the Cardio Vascular Suite offers magnificent sea views as well as a good selection of training machines. A unique feature is the



Crowne Plaza Gurgaon Delhi



Shangri-La Bangkok

Wellness System programme – register for a fitness account, and you get a small device like a thumb drive which you can insert in any machine you use. The data gathered is stored in a computer, to help you set fitness targets and track your progress.

lemeridien-cyberport.com

MACAU

Crown Towers

This is the brand's first hotel in Asia and one of the tallest on Taipa Island. The 25-metre heated infinity pool, located on the 16th level, has underwater music, floor-to-ceiling windows with panoramic views of the Macau Peninsula and a juice bar. The gym, also on the 16th floor, has a range of cardiovascular and weight-training machines.

westin-macau.com

BANGKOK

Shangri-La Bangkok

Spanning over 10,000 sqm on the third floor of the hotel overlooking the Chao Phraya river, this is one of the largest fitness centres in the city. Classes include step aerobics, yoga, Pilates, tai chi and energy jam, and lessons in swimming, tennis or Thai boxing are also available. Other amenities include rooftop tennis

courts, floodlit squash courts, table tennis, sauna and steam rooms.

shangri-la.com

SEOUL

JW Marriott Hotel Seoul

One of Seoul's best-kept fitness secrets, this has a gym, spa, swimming pool, whirlpool, scuba-diving pool, mini driving range, putting green, golf simulation corner, squash court, 12-metre climbing wall, restaurant and snack bar. Occupying four levels of the five-star hotel, it has over 300 pieces of Technogym equipment including the Cardio Wave (simulating a slalom motion) and Kinesis Wall (providing resistance to a full range of movement).

marriott.com

SINGAPORE

Fairmont Hotel

The Fairmont's gym boasts top-of-the-range Life Fitness cardio machines and Cybex equipment, including treadmills, recumbent and upright bikes, rowing machines and weight machines. Certified professional fitness trainers are on hand to help with any queries, and one-on-one sessions allowing for a more detailed fitness analysis and personalised advice start from US\$52 an hour.

fairmont.com/singapore

ELITE FLEET

Keeping Up With The Best



The Polish carrier adapts to the expectations of the most demanding passengers. The new customer service programme will assure that the new Dreamliner, which will join LOT's fleet in a few months time, will have the best cabin crew.

The long-lasting financial crisis which caused a lot of havoc in the aviation industry, has permanently changed the image of the civil aviation. Those, who survived, had to resort to the most sophisticated ways of saving money. Passengers got accustomed to low prices of tickets caused by severe competition among airlines. They felt strong, because carriers, especially the smaller ones, who were struggling for survival, reduced their prices to the verge of profitability.

When the dust had settled, it became clear that now it wouldn't be easy to return to previous solutions. Since passengers got used to attractive ticket deals, they are reluctant to turn to carriers who don't lower their prices, although very often there's hardly anything to lower from.

That's why, the quality of passenger service is so important, because services at a high level combined with a modern approach to a client are crucial in attracting new passengers. These qualities are very often a

decisive factor for a client to choose an airline again and perhaps even become a regular passenger. Flight attendants are perceived as the pride of each airline. Unfortunately, they are also the ones who have to deal with unruly passengers. That's why the cabin crew must be prepared for any, even the least likely, situation in the air and on land.

THE CREW FOR THE DREAMLINER

LOT Polish Airlines has just started a series of comprehensive training programmes called „Elite Fleet”. The project is primarily aimed at improving the quality of customer service, of course, by developing the competence of the personnel. And although these days budgets of many companies are reduced, LOT has



Elite Fleet training project aims to improve the quality of customer service

assigned to business class passenger service on long-distance flights will be made. After successfully completing all of the courses in the programme, these personnel will serve business class passenger on long-distance flights beginning on Boeing 767 aircraft, and later on the 787 Dreamliner.

So what will the training look like and how will business passengers benefit from it? Dorota Dmuchowska explains that this will be a truly extensive programme. Carrying out the Elite Fleet programme will allow LOT to increase the skills of the cabin personnel through workshops on modern methods of customer service, language courses, and training to develop “soft skills”. For many years now, those international airlines that provide world-class service have hand-picked their cabin personnel for service of passengers in particular classes such as First Class, Business Class, and Premium Economy. It’s too early to speak about the facts, but the company is planning big changes and modifications to its business service. We will learn more details soon.

“We want our cabin personnel to meet the highest standard of service for LOT passengers. As an employer, we also want to support the people who are working in the cabins of our aircraft to improve their skills and qualifications” said Marcin Piróg, chairman of the board of LOT Polish Airlines. “We are aware that the work of the cabin crews has a special kind of impact on the positive image of the airline,” added Marcin Piróg. ■

managed to find funds to finance the programme which is ultimately focused on what should happen next year. Following several months of waiting and a few false starts, the hope is that in April 2012, a new unique machine - Boeing 787 Dreamliner - will join the fleet of the Polish air carrier. However, Dorota Dmuchowska, the head of the Cabin Crew Department of LOT Polish Airlines, convinces that even if the ultramodern aircraft were not supposed to arrive, this training would still be carried out. In this way, thanks to the financial backing, two very important issues can be dealt with.

“We want to make sure that the service on board is at a higher level, more consistent. We are also trying to set high performance standards”, says Dorota Dmuchowska. „We received feedback from

passengers, and read opinions on discussion forums, where users claimed that the level of service on our aircraft was sometimes inconsistent. On most occasions the service is excellent, but sometimes it doesn’t live not up to the passengers’ expectations. We, therefore, want to invest in the training for the whole cabin crew personnel, and we intend to continue with it in the future, by introducing annual training to somewhat ‘revive’ soft skills of our employees.”

KEEPING UP

The training, which will soon begin, will include all cabin crew employees. The process of open recruitment for the Elite Fleet programme is now underway. As a part of the “Elite Fleet” project, the selection of cabin crew personnel who will be



MISSION BUDAPEST

The goal: to be the best airport in Central and Eastern Europe. We must admit that the management of the Budapest Ferihegy Airport is aiming high. **Adam Nowacki** checks how the Hungarians are coping with this task.

What must an airport do in order to become the best in a region? The answer is quite simple. Increase the number of passengers, the quality of service, and operational efficiency. These are the main points that Budapest Airport Zrt. – the airport management company – wants to focus on in the near future. Knowing how ambitious the Hungarians are, we can be sure that they will do their best to become one of the three best airports in our region by 2015.

FIGHTING FOR 15 MILLION

The origins of the Ferihegy Airport (which has recently been named in hon-

our of composer Franz Liszt) dates back to World War II. At that time, it was a civil-military port. The first military flights took off here in 1943. The port was completely destroyed by German bombs, but later rebuilt throughout the years of 1947-1950. Since then, the Ferihegy airport has been operating as a civilian airport. The first regular flights operated to the countries of the communist bloc (including Warsaw). The first truly international flight took off to Vienna in 1956, but the Budapest airport had to wait one more year before it hosted its first aircraft from Western Europe (a KLM machine).

In the early 1960s, Ferihegy served about half a million passengers a year. The airport was expanding rapid-





ly at that time, the runway was extended, and in 1977 a new control tower was built. The number of passengers in the late 1970s reached one million annually to increase to 2 million in early 1980s. In 1985 the second terminal was launched, and 13 years later – Terminal 2B was also ready.

Today, the three terminals are able to handle almost 10 million passengers a year, and since the short-term predictions for our part of Europe are very promising, the management of the Ferihegy airport is planning further investments which will cost over €250 million.

The most spectacular point of this expansion process was the construction of Sky Court terminal which connects the Terminals 2A and 2B. It is an architectural gem that has already won a number of awards for its design – let us add that the steel used in building Sky Court would be sufficient to build a football stadium. Terminal 2 will also be expanded, but here the changes will mainly be mostly made to the apron, which will be increased by 76,000 sq m. Terminal 2B will obtain a new extension building for passengers, and in two years, the same will be done with Terminal 2A. All these measures are taken to make sure that soon the

airport will be ready to handle the expected 15 million passengers a year. Also, at the end of 2012, a new air cargo hub called Cargo City, will be launched.

ALL AT HAND

Liszt International Airport is located 16 kilometres south-east from the centre of Budapest. The most convenient way to get there is by train from Budapest Nyugati station. The travel time is a little less than half an hour, and the cost is 365 forints. Passengers are taken to one of two platforms of the airport's Terminal 1, where they get off. Those who want to get to Terminal 2, must change for the bus. The airport can also be reached from the metro station Kőbánya-Kispest, by bus lines 200E and 93. The fare is 320 forints (400 – if paid to the driver.) It is also possible to use the so-called “Centrumbus”, which departs from Regency hotel, and goes directly to the airport (a ticket costs HUF 1,000). If you happen to travel by car, the airport has a number of car parks which altogether can accommodate up to 3,000 cars.

Check-in desks are located in Terminal 1, on the upper floors of Terminals 2A and 2B, as well as in Sky Court. Of course, apart from them, we can also

The new Sky Court terminal is a true gem of architectural design. It's a real pride for the Hungarians

find here a number of restaurants and shops, with souvenirs, clothes, alcohol, food, electronics, toys, etc. It is worth checking the stores that offer local products like Hungaricum, or visit Szamos shop which offers various marzipan delicacies. If you feel peckish, you can go to the bistro, which offers a selection of dishes from Hungarian cuisine. There's also a snack bar, and several cafeterias with a wide selection of delicious cakes. Those who prefer more exquisite dishes, must definitely go to the world's renowned Gundel Restaurant, specializing in Hungarian and traditional dishes. Another interesting eatery is the Hippopotamus, serving French cuisine. For Italian specialties visit Negroni restaurant. Those who prefer Greek or oriental cuisine can go to Kouzina and Yum Cha respectively. The internet cafe is located in Terminal 1. Of course, the airport has also other facilities such as numerous car



rental stations, travel agencies, currency exchange offices, post offices, pharmacies, or information desks.

BUSINESS IN A HUNGARIAN STYLE

Similarly to other airports, Budapest very much relies on services related to business. Franz Liszt airport, has several conference rooms. In Terminal 1, such room is located on the first floor, near the arrival and departure halls. It can accommodate up to 8 people, so it's mostly used for smaller meetings. A slightly larger conference room for 12 people is located in Ter-



terminal 2A. For even bigger events, there is Business Center in Terminal 2B. There are two rooms, 30 sq m each. They can be combined to accommodate about 50 people altogether. There is also the reception room with an area of 31 sq m. Of course, all the rooms are quipped with any necessary audio-visual equipment, and catering service can also be organized.

Business class passengers, or members of loyalty programs, can use the fast-track check-in, located in Terminals 2A and 2B.

Passengers with VIP status, who travel with Malev Airline, can arrive at the airport 45 minutes before departure, and are transported to the aircraft by a special VIP bus. The Hungarian carrier has recently launched a new busi-

ness lounge at the Liszt airport. It's located in Sky Court. The modern and tastefully decorated interior features facilities where you can relax, eat, use the business corner (computers with printers), read a newspaper, as well as work. The lounge obviously has WiFi access. One of the biggest treats of the lounge is a wide selection of fine Hungarian wines.

The airport also provides so-called Platinum Service. It offers personalized services, including airport transfer, ticket and baggage handling. Baggage is carried by porters and passengers are assisted by hostesses if necessary. The Platinum lounge in the transit area at terminal A and B awaits passengers with exclusive services: tranquil surroundings, business corner, internet access, TV, photocopier and fax.

What about the Internet access at the airport? You can access the net in two different ways – by purchasing virtual vouchers in the T-Mobile network, or by using a free connection via Telenor network. Of course, all Internet services within the airport's business lounges are free of charge. ■

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The Viennese Style

Vienna International Hotelmanagement AG has found a permanent place on the European hotel market. It's dynamic and growing fast. **Olga Chelchowska** has a closer look at this Austrian phenomenon.



Loipersdorf Austria

Vienna International Hotelmanagement AG has been active on the European hotel market for over two decades, and presently operates in several countries. Currently, it manages 34 hotels in Poland, Germany, Austria, France, Czech Republic, Russia and Slovakia. Two of them are members of the exclusive Leading Hotels of the World club, which focuses on unique enterprises, and another one is listed in a prestigious ranking called Leading Spa. The recent years have also brought the expansion of individual brands of the group. Such brands as andel's, angelo, or familiarly-sounding Chopin, are more and more recognizable. Altogether, Vienna International offers as many as 6,968 rooms, 15,103 beds, and employs nearly 3,000 people. The company is currently managed by Dr. Thomas Aistleitner.

Astoria Opatija Croatia



Bristol Croatia



andel's Suites Bohemia



Cube Savognin Switzerland



Martinspark Hotel Austria

A GOOD CHOICE

The portfolio of Vienna International Hotelmanagement AG is very rich. In Austria, the group manages Martinspark hotel in Dornbirn, Castellani Parkhotel in Salzburg and Loipersdorf Spa & Conference in Styria. It has also two hotels, Senator and Rainers, located in the very heart of Vienna, and Royal Spa Kitzbühel in Jochberg.

In the Czech Republic, where good hotels are not a rarity, Vienna International is doing very well, especially in the beautiful Prague, where it has 8 hotels, including the five-star Le Palais, Palace and the Savoy, and four-star andel's angelo and Diplomat. Those who visit the Czech Republic can also stay at andel's Suites, dedicated mostly to business guests. The suites feature a fully equipped kitchenette, because the apartments are designed for long stays. Prague also hosts one of Chopin brand hotels,

while outside the Czech capital, the Austrian hotel group possesses such beautiful establishments as Dvorak Karlovy Vary and angelo in Pilsen.

Six years ago the group entered the Croatian market. On the Croatian Riviera, which is visited by more and more tourists hungry of the sun and stunning views, the group manages 3 hotels in Opatija: Bristol, Astoria and Opatija. There's also a nice hotel called Apoksiomen which is located on an idyllic Mali Lošinj island.

Another country where the group has been strengthening its position is France. Vienna International manages there Dream Castle Hotel and Magic Circus Hotel (former Holiday Inn). Both of them are located within the area of the huge Disneyland Resort in Paris.

In Romania, the group possesses angelo Airporthotel in Bucharest, while in Germany are angelo Designhotel in Mu-

Vienna International is a thriving group which already manages 34 hotels in several European countries

nich, and andel's in Berlin. In Slovakia visitors can stay at Chopin Airporthotel in Bratislava, and in October 2008, Vienna International entered the difficult Russian market. Since then, the group has been managing Liner and angelo Airporthotel located in Yekaterinburg.

THE NEW HORIZONS

It is already known that the Vienna group is going to expand its resources in Europe.

In a few months» time a new Angelo hotel with 210 rooms will be launched, and in 2010 the luxurious Minsk Tower hotel will be completed, offering accommodation for 560 guests in the very centre of the Belarusian capital. In this way, Belarus will become another country where Vienna International operates.

The offer of Vienna International also includes Cube hotels. These are remarkable places which, as the name suggests, ▶

Royal Spa Kitzbühel



Le Palais Prague

Royal Spa Kitzbühel





are thoroughly modern, built in a cubist-like style in mountainous villages, where there's no time for boredom at any time of the year. The hotels share the following three principles: sport without borders, endless fun, design without compromise. They are aimed at open, active people who don't feel like spending too much time in a hotel room, at the same time providing them with everything they need in order to relax and practise the sport disciplines they love. The Cube brand has currently 3 hotels. Two in Austria (Nassfeld and Biberwier-Lermoos), and one in Switzerland (Cube Savognin).

THE POLISH STYLE

Poland is a very important place on the business map of Vienna International Hotelmanagement AG. Not surprisingly there are as many as 6 objects representing the logo of VI in our country. The group entered our market shortly after it

has been established. Already in 1991 it launched its four-star Amber Baltic hotel in Międzyzdroje, which is now celebrating its twentieth anniversary. This coincided with various investments in the city, which was turned into a seaside resort. Surrounded by hills of Wolin National Park, Amber became a showcase of Międzyzdroje, for years attracting those who are keen on swimming, good food and relaxation at the local spa salon. The hotel possesses 191 rooms all with balconies and with panoramic views of the Polish sea. The beginning of the 21st century marked the launches of other Polish hotels managed by VI. Chopin hotel in Cracow is located opposite the Opera House building in the financial and tourist centre of the former Polish capital. This 3-star establishment offers 219 rooms and one suite, and some of the novelties which can be found in the renovated rooms include DVD players and laptop safes.

Two hotels belonging to VI are members of the exclusive Leading Hotels of the World club

Jan III Sobieski hotel is, in fact, an integral part of the capital. It's conveniently located on the busy Zawisza Square. Its distinctive body, with elevations in vivid colours, is known to every inhabitant of the city. Visitors will find there as many as 435 well-equipped rooms (including 47 spacious suites) and large conference and banqueting facilities, including one of the largest ballrooms in the region (for up to 800 people).

The andel's hotel chain is growing fast, and in Poland it has two hotels, both of exceptional beauty and uncompromising interior design, as well as excellent adaptation to the needs of hotel guests. The hotel in Cracow, situated in the very heart of the city, was designed by the famous Jestico & Whiles architect studio. The studio also designed the concept of the first andel's hotel, which was launched in Prague. The Cracow hotel has 159 rooms and a professional conference centre. Another unique andel's



angelo Ekaterinburg



Savoy Prague



hotel is to be found in Łódź. It is located in the former spinning mill buildings, which once belonged to a cotton mogul, Izrael Poznański. The place surprises with interesting solutions, from the very entry to the reception area to a very clever use of old walls in furnishing the rooms. The hotel has a total of 278 rooms and suites, and the ballroom with its 1,300 sq m, is the largest in the city.

The newest purchase of the Austrian group is Angelo Katowice, which opened merely a year ago. The hotel is located a few hundred meters from the city's most characteristic spot – the Spodek arena complex. This 4-star establishment is aimed mainly at business customers, offering a total of 181 rooms, with additional facilities for more demanding guests on two executive floors (with computers, coffee facilities and a bar). The conference facilities comprise 12 fully equipped meeting rooms, which can accommodate up to 450 guests. ■



angelo Ekaterinburg



Savoy Prague

Chopin Bratislava



Andrzej Strzelczyk, a sommelier and shift supervisor in La Regina hotel in Warsaw.

A Day In the Life of...

SOMMELIER

3.00 pm I start work at 3.00 pm, taking over the shift. It's important to check if all the bills are correct, if all the first shift errands have been done and if you can easily start the next part of the day. Apart from the fact that I am a sommelier, I also supervise the shifts, so checking all these things is part of my duty. At weekends I sometimes show up earlier (usually on Sunday), usually an hour earlier – so it's not that bad. After Friday there is always more work, especially during lunch, while the evenings are much more peaceful. In Poland there is still a difference in the number of clients going to a restaurant during a week or at the weekend. Every day I check if all wines have been placed in the fridges, and if they are ready to be served to guests at any time. Given the fact that our menu is changed frequently – at least every ten days – there are days when you have to match the wines to the dishes from the menu, and it has to be done before 6.00 pm. The menu consists of 6 dishes, and we match it to six different glasses of wine. We need to know how the new dishes look like and taste, so that we can match the flavours to particular food.

5.00 pm. After two hours, usually spent in a great hurry, there comes a time for a 30-minute dinner break and for gathering strengths before the upcoming work. Sometimes, because of large number of guests or an unexpected special order, we need to postpone the break, or even forget about it – luckily, this doesn't» happen too often. Further work depends on how many guests we have, and how many bookings have been made so far.

5.30 pm. Now it's the last moment to work on all the details before

the arrival of the guests. It often happens that around this time, me and the chef host various importers to try wine and stronger alcohol samples. Every decision is made together – what we especially take into account is whether the wines match the menu, but also the relation between quality and price. There are more and more importers, and the offer is really extensive, which makes the final choice especially difficult. What we look out for is good quality for reasonable price, because it is easy to sell expensive wine – but if you can find a truly magnificent wine for relatively low price – that's a huge success.

7.00 pm. Usually around this time, guests begin to gather in the restaurant as well as in the bar lobby. Some guests order room service. If this happens, I take the wine list and go with the service to the particular room, to help choosing the correct wine. The amount of work depends on the number of guests, but there is always something to do. We often first try to invite guests for aperitif to the bar lobby, only after are they directed to the restaurant, to choose the dishes. The next stage is helping to choose wine, although there are guests who first want to choose the wine, and later match it to a dish. At this point I am at guests» disposal when they need me.

Midnight I usually finish work at midnight, but on some occasions I am needed even up to 1.00 am. This is because after the day is



over, somebody has to make sure the restaurant is closed, and appraise the whole day, so that the next shift – which starts at 5.30 am can start working straightaway. What's specific about this profession is that you can't limit your work to particular working hours. Numerous wine tasting events or meetings with producers take place outside the working hours and, to be honest, that is precisely what I like about it. Wines are my passion and my hobby, so even when I am on holiday I can't help trying new flavours and aromas of this noble beverage. ■



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Air France Connect

Stay In Touch

The French air carrier has introduced an important innovation to keep the passengers informed on the status of their journey. It's just enough to provide your phone number or e-mail address.



The digital age has completely altered the relationship between customers and companies. Nowadays this relationship is in constant flux. Currently 99% of our frequent flyers use mobile phones that they carry or keep close to them round the clock. In addition it appears that two thirds of Air France frequent flyers use their mobile phones to surf the internet. It's therefore necessary to take advantage of this fact to try to develop an even better relationship with the passenger. Air France has managed to do this. Following several months of tests, the French airline launched „Air France Connect“, a new exclusive service, which is available for all passengers worldwide providing open access without subscription and giving information about changes or irregularities concerning their trip.

KEPT INFORMED IN REAL-TIME

This entirely new service, which is provided free of charge, keeps customers informed throughout their trip in proactive manner. Air France and KLM are the first airlines to offer such a service on such a large scale. How does it work in practice? In practical terms, Air France will inform customers, starting 14 days prior to departure, either by telephone, text message or e-mail of any cancellation, even a delay or change of boarding gate or after take-off of delayed baggage delivery using the cell number and email address provided by customers when the ticket was purchased. When a delay is forecast or a flight cancelled Air France Connect sets to work worldwide, round the clock, seven days a week to alert passengers as early as 14 days before the flight and up to three ho-



urs before boarding, offering an alternative solution such as another flight or a new flight time. This service is operated by 70 staff members belonging to the Reservation Operations Centre (ROC).

In the three hours prior to departure until boarding, Air France Connect informs customers by e-mail or text message about any delays, cancellations or boarding gate changes. With this new service, Air France is ahead of its time and enables customers to better organize their trip. Interestingly enough, if you a passenger tends to be impatient and wants to be first at the gate to board, they can receive a text message informing them that boarding has just begun. Similarly, if someone hates queuing and prefers to spend that time otherwise, a few minutes before boarding finishes they will be informed of this fact. In this way, they will be able to board without any queues. In other words, all tailored to your tastes.

If one or several pieces of baggage are missing on the carousel at destination, customers receive a text message or e-mail offering apologies and requesting that the passenger contact the baggage desk straight away therefore avoiding stress and an unnecessary

wait. An Air France staff member will handle the customer's file. As soon as Air France has located the missing piece(s) of baggage, the customer is informed by text message or e-mail confirming when and where delivery will take place. This new service provides customers with clear, precise information in real time.

100% MOBILE

The system was being implemented gradually, taking care of all the details. The whole launching procedure was divided into two stages. The first one took place in December 2010, while the other one in February 2011. All went well and Connect has already sent 620,000 e-mails or text messages since 1 February 2011.

Presently, the system sends information in 8 languages: English (Polish passengers receive their messages in this form), French, Spanish, Dutch, Brazilian Portuguese, and Romanian. Soon other languages are to follow. They will be: Japanese, Portuguese, Korean, Chinese, and Russian. The work on the availability of other languages is still in progress. We, therefore, hope that soon Connect will be able to communicate with us in Polish.

The system informs passengers of any delays, but it's worth remembering that Air France is among the top-ranking European majors as far as on time performance is concerned. On time performance is paramount and an objective measure when appreciating the quality of service an airline has to offer. Since the start of 2011, over 85% of Air France flights as a whole left on time or within 15 minutes. 85% also arrived on time or within 15 minutes.

That's a very good result.

Air France has also recently launched a complete mobile website with the aim to become the benchmark on this market. <http://mobile.airfrance.com> is accessible from any mobile phone equipped with an internet connection. In addition to the mobile website, Air France also offers free mobile applications dedicated to iPhone, Android and Blackberry users, with quick and easy access to information from the mobile website. Indeed, the French airline knows that it's worth staying connected. ●



Tri-City



Novotel Gdańsk Marina

Discover The Polish Riviera

Wide sandy beaches, charming streets, monuments, atmospheric cafes and the oldest wooden pier in Europe – and these are only some of the attractions you can enjoy in Tri-City. The local Orbis group hotels offer comfortable conditions both to the individual tourists, as well as business travellers.

Tri-City is an ideal place for longer stays as well as few-days» trips. It can live up to the expectations of the most demanding tourists. Each year it is visited by 500,000 foreigners, and each of them can find here something for themselves. Gdańsk attracts tourists with the Old Town and its charming streets, atmospheric cafes and restaurants and nice little galleries with beautiful amber jewellery. As for Gdynia, it has an attrac-

tive yacht port and an oceanarium. In Sopot, you should definitely go to Bohaterów Monte Casino Street, also known as Monciak – the main promenade and its continuation – the oldest wooden pier in Europe. Both townies, who enjoy the hubbub of the city life, as well as enthusiasts of nature and lying on the beach, will feel at home in Tri-City. The hotel offer of Orbis Group will surely live up to their expectations.

Guests who wish to relax as close to the beach as possible listening to the swoosh of surf, and at the same time to savour the French-like luxury, should stay at Sofitel Grand Sopot, as the hotel has its own beach. The hotel windows overlook stunning marine views, and in the close proximity, there is the famous wooden pier. In the beautiful recently-renovated interiors dating back to 1927, guests will find elegant rooms. All the rooms come with air-conditioning, an LCD

TV set, tea and coffee making facilities, a mini bar and a radio in the bathroom. Guests can relax in a stylish swimming pool, a sauna, a Turkish bath, have an ice bath, or work out in the gym. Grand Spa by Algoterm offers a selection of beauty treatments. Sofitel Grand Sopot is also an excellent choice for family holidays. Family rooms are equipped with cots. The youngest guests can spend their time in Kids Room.

Novotel Gdańsk Marina, situated on the beach, in a recreational district of Gdańsk – Jelitkowo, offers various ways of spending leisure time, like playing tennis, swimming in an indoor pool, a visit to a fitness centre or a sauna. The proximity to the sea and numerous attractions gives you an opportunity to relax. For instance, you can try windsurfing or sailing – a yacht port in Gdańsk is 10 km away from the hotel. At the hotel, guests have access not only to the ten-



Sofitel Grand Sopot

nis courts and the pool, but also basketball courts. Rooms come with TV SAT and Pay TV, tea and coffee making facilities, a mini bar, a telephone, a radio, the Internet and a comfortable desk. Provided they stay in one room with the parents, two children aged under 16 are given free accommodation and breakfast. Children have also access to a playground, a toy room and an Xbox console. Business travellers can expect the following facilities: a fax machine, a safe, access to a printer and Xerox, as well as a self-service business room.

Orbis Posejdon Gdańsk, situated 100 m away from the beach, offers various ways of spending leisure time. This includes: a fitness centre, playing snooker, badminton, heated outdoor pool and much more. It's a nice place especially for families with children, as the hotel has combined family rooms, fitted – at request – with a cot for a child. Even on a rainy day, the youngest ones will never be bored. Small children, aged 3-6, can

spend time in a special club. They will be also delighted to use the colourful outdoor playground. The hotel offers comfortable accommodation with access to a telephone, WiFi, TV SAT and Pay TV. There is also a car park with 60 spaces. To live up to the expectations of business travellers, the reception area has been equipped with a safe, a fax machine, a printer and a Xerox.

Those who cannot imagine living far from the hubbub of the city life – even during holidays – should stay at hotels in the heart of Tri-City. Novotel Gdańsk Centrum, is located on the Granary Island (Wyspa Spichrzów) by the Moltawa river, next to the most beautiful monuments in the Old Town. It has spacious air-conditioned rooms designed in a modern fashion. At the hotel, you can rent a bike and visit the nearby the Old Town. After the trip, you might want to relax in the garden or the sunny terrace. Guests have also access to a gym. The hotel provides a cot at request, and

Tri-City is liked both by townies and those who love beaches and the nature

has its own play areas and other facilities for younger and older children, including Xbox games. Children under 16 are provided with free accommodation and breakfast. Business travellers have access to the Business Corner equipped with a scanner, a printer, and a computer with Internet connection, open 24/7.

Those under impression of Gdańsk, should choose to stay at the biggest Gdańsk hotel, located in the very heart of the city – Mercure Hevelius Gdańsk. Modern rooms are equipped with air-conditioning, tea and coffee making facilities, a safe, a mini bar, a TV set, a radio, a telephone, a hair-dryer, a desk and free access to broadband Internet. As for families, the hotel offer includes combined rooms, and a cot for the youngest children. Guests have access to a 24/7 Fitness Centre. Business travellers can stay at Privilege rooms, arranged in such a way to make your work as efficient as possible.

The atmospheric Nadmorski Boulevard situated nearby, is one of the things



Novotel Gdańsk Marina

that attracts guests to come and stay at Orbis Gdynia hotel. You can expect various attractions here. There is a recreation centre with an indoor pool, a sauna and a solarium. Families with children are especially welcome here. There is a special Kids Club for children aged 3-6. Older children can use a video games area. There is a possibility to put a cot for a child at a request of a guest. The hotel is also well-prepared to accommodate business travellers. The rooms come with ergonomic space with a comfortable desk, wireless internet access, a telephone, a safe and a mini bar. In the close proximity to the hotel there is Musical Theatre, Aquarium Gdynia and the Navy Museum. ■ accorhotels.com



Mercure Hevelius Gdańsk

Executive nip-tuck

On the verge of a mid-knife crisis? **Sally Brown** lifts the lid on the growing trend for undergoing cosmetic surgery abroad

What's the most memorable souvenir you've picked up abroad? For a growing number of business travellers, it's a new nose or a wrinkle-free forehead.

Coming back from a trip with a new-and-improved face or body is not as unlikely as you may think – about 34 per cent of *Business Traveller* readers said they'd consider medical treatment abroad in a recent online poll. And of the 60,000 UK residents a year who travel for medical reasons, an estimated 20,000 of them go for cosmetic surgery, while about 26,000 go for dentistry.

Discretion is undoubtedly a big part of the appeal – tag an extra week for surgery on to your next business trip, and your colleagues need never know the real reason you're looking so trim or re-



freshed. A recent survey by the BAAPS (British Association of Aesthetic Plastic Surgeons) found that almost half of those polled (46 per cent) had thought about undergoing cosmetic surgery and, of these, almost all (97 per cent) would consider getting the treatment done abroad.

In today's competitive workplace, there's no doubt that image counts. Demand for cosmetic surgery from men has increased by 54 per cent in the past year, according to the Harley Medical Group. And Keith Pollard, managing director of medical tourism specialist Treatment Abroad (treatmentabroad.com), says: "Since the economic downturn, we're seeing proportionally more enquiries from men than women about cosmetic surgery."

According to a recent University of Leeds report, men see cosmetic surgery as "an investment in «body capital» that can be deployed in a variety of different fields". Dr Jacqueline Sanchez Taylor, a sociologist from the University of Leicester, says: "Image is an asset in business. At a certain level, you're expected to dress well, be clean-shaven and have trimmed nails, but it goes beyond grooming. Looking like you're fit and in good health conveys strength and capability. It's becoming more important as we're working for longer – exuding vitality gives your career longevity."

According to figures from the BAAPS, the demand for male brow lifts and nose jobs rose by about 13 per cent, face and neck lifts by 11.5 per cent, and eyelid lifts (blepharoplasty) by 6 per cent last year. "Hooded, baggy eyes can make you look permanently tired," says consultant plastic surgeon Kevin Hancock. "A good upper and lower eye lift leaves no visible scars. People are aware you look younger but they can't work out why."

While competitive pricing is one of the main drivers of medical tourism, it's not the only reason business travellers seek treatment abroad. Independent cosmetic surgery consultant Wendy Lewis (wlbeauty.com), who is also known as "the Knife Coach", says: "Men treat having surgery like any other business transaction. These clients want to see the best

surgeons and they want good service at a time to suit. I deal with a lot of bankers who line up treatments such as laser work whenever they're in New York because clinics there will fit in with their schedule." Although there are bargains to be had – an eye lift that costs £1,600 in Belgium will set you back £3K in the UK, for instance – convenience and quality of work is the main consideration for this consumer group. "New York and LA have great surgeons, and some of the world's best are in Madrid, Paris and Milan," says Lewis. "Geneva is also a popular destination."

Although TV makeover shows and media speculation about celebrities such as Gordon Ramsay having treatment have helped to normalise cosmetic surgery, men are still more likely to have it when there's a medical reason involved, says Sanchez Taylor. Martin (*name*

Tag an extra week on to your trip and your colleagues need never know the real reason

has been changed), a 42-year-old former rugby player who had broken his nose on a number of occasions, was finally motivated to do something about it when part of it collapsed. He says: "I did my homework and decided on a surgeon from Vienna because of her outstanding reputation as a plastic surgeon specialising in facial procedures." To reduce costs, the surgeon carried out the operation in Slovakia. "Her professionalism, medical advice, as well as artistic advice, together with her warmth and her ability to make me feel at ease made me feel I could trust in her," he says. "I love the result."

Cosmetic dental work such as whitening or veneers is also a top choice for professionals. "Worn, stained teeth are very ageing," says Lewis. "When men come to me for advice about looking younger, the first thing I do is look at their teeth. A straight, healthy white smile adds an instant impression of youthfulness and confidence." And spending money to fix your teeth or face, rather than simply grinning-and-bearing it, has become acceptable among the older generation, says Harley Medical Group nurse counsellor Lisa Littlehailes. "We find that men have saved money they thought would go on an expensive car,





but decide they'd rather put this toward surgery." Roy (*name has been changed*) had a face lift at 65. "It was definitely the right decision. Surgery has made me feel great and look ten years younger. I lost a lot of weight in my 40s and was left with saggy skin around my face and neck. The older I got, the more this affected my self-esteem," he says.

After rhinoplasty, the second most popular treatment for men is "man boob" or gynaecomastia reduction, demand for which rose by 28 per cent last year, according to the BAAPS. And a recent Treatment Abroad analysis of 1,000 male enquiries about cosmetic surgery abroad showed that 40 per cent were about liposuction and tummy tucks.

"The word 'love handles' came up a lot," says Treatment Abroad's Pollard. Many surgeons now add general liposuction to the chest and abdomen area on to gynaecomastia treatment. "If you've got a decade or two of corporate entertaining behind you, you can acquire a layer of abdomen fat that's hard to shift," says Lewis. "The effects of liposuction can be very impressive."

That said, many UK surgeons aren't fans of medical tourism. A 2009 BAAPS survey found that a quarter of surgeons said they had seen an increase in the number of patients who had experienced complications stemming from cosmetic surgery "holidays". "If you go abroad for surgery it is much harder for you to research a surgeon's record or the safety of the hospital you will be visiting, even if they are members of that country's association of surgeons," says Fazel Fatah, consultant plastic surgeon and president of the BAAPS.

He adds: "Aftercare will also be much harder – it can take weeks, even months, for someone who has had cosmetic surgery to realise there is a problem. By that time they are back home again. People go abroad thinking they are getting a better deal but when things go wrong, the NHS is expected to pick up the pieces. The NHS is currently underwriting cut-price cosmetic surgery overseas because there is no clear policy in place on when the NHS should and shouldn't treat patients who have elected to have cosmetic surgery abroad."

If possible, go on personal recommendation. Failing that, an independent adviser such as Wendy Lewis will give you candid advice on which surgeons to choose and which to avoid throughout the world. "It's worth checking the surgeon is a member of a relevant professional body," says Pollard (see treatmentabroad.com for a European list). "Ask how often they perform the operation you're interested in – the more they do it, the better they'll be at it. And a good clinic should be able to put you in touch with past patients." If there's one golden rule, it's to make sure your pre-op consultation is with your surgeon, rather than a nurse or other representative from the clinic.

Lewis steers her business traveller clients to surgeons in places they visit regularly. "If you're in and out of Geneva or New York, it makes sense to get treatment there as you can fit in pre- and post-op appointments," she says. Some surgeons do fly into the UK for new client consultations, and others use video-conferencing or Skype. And depending on the treatment, you need to factor in from two to seven days recovery before flying home.

Not every doctor is against treatment abroad. "There are some excellent surgeons operating in Europe and the US, and many clinics offer exceptionally high standards of care," says Hancock. "The same principle applies to choosing a surgeon in the UK – do your homework first." ■

KNIFE WORK

The lowdown on the treatments worth travelling for...

BLEPHAROPLASTY

(Upper or lower eye lift)

Excess skin and fat is removed from droopy upper lids or puffy lower lids. It's the treatment cosmetic surgeons admit to having themselves and can stave off the need for a facelift. An incision is made in the natural crease of the eyelid or under the lashes, and excess fat, muscle and skin removed.

Where to go: Madrid, Barcelona, Los Angeles, Geneva

Latest techniques: In some cases you can opt for a local anaesthetic, which speeds up recovery time.

Recovery time: You'll have bruising and swelling for seven to ten days but you could be back at work within a week with a suitable cover story (sports injury?).

Price guide: £2,725 in the UK; £1,284 in Spain

RHINOPLASTY

(Nose reshaping)

The most popular cosmetic treatment for men.

Where to go: Spanish cosmetic surgeons are considered top class, with a particularly good reputation for work that requires a fine aesthetic eye, such as face lifts and rhinoplasty. New York and LA surgeons are also good at noses as they do so many.

Latest techniques: The classic nose job will remove a bump from the bridge but newer techniques can reshape the tip of the nose and trim down prominent nostrils. In some cases, the surgeon can work from inside the nostrils (as opposed to cutting and stripping back the skin).

Recovery time: You shouldn't need an overnight hospital stay but, ideally, you need to stay in the country for seven days, which you'll spend behind dark glasses with a splint over your nose, facial swelling, bruising and possible black eyes. You should be back at work within two weeks.

Price guide: UK £3,000-£4,000; Spain £2,566; US £2,600

COSMETIC DENTISTRY

If your teeth are worn, wonky or discoloured, consider cosmetic dentistry before any other work.

Where to go: Hungary – it has more dentists per head of population than any other European country and one of the world's first dental universities. The standard of work is considered so high that Germans regularly travel over the border for appointments. Clinics offer the latest reconstructive treatments, such as implants, as well as cosmetic modification at highly competitive prices.

Latest techniques: Replacing false teeth or a bridge with dental implants.

Recovery time: Major treatment usually requires two visits, about a week apart. Recovery time is instant – you shouldn't need any extra time off work.

Price guide: Full set of veneers in the UK from £10,000-£20,000; in Hungary £2,500-£4,000. Laser teeth whitening in Hungary is around £320; £500 in the UK.

GYNAECOMASTIA

(Male breast reduction)

Removal of fibrous breast tissue that doesn't respond to dieting or exercise.

Where to go: Italian, French and Spanish surgeons are good on body contouring techniques.

Latest techniques: In many cases, a small incision is made around the nipple and excess flesh is removed by liposuction, leaving almost undetectable scarring.

Recovery time: Usually done as a day case. You'll wear a compression garment on your chest for up to eight weeks but can usually return to work in seven days.

Price guide: UK £4,400; France £2,800

LIPOSUCTION

A very fine canula is inserted under the skin to suck out excess fat deposits. Men



tend to store fat around the abdomen, back and "love handle" area but it can also be used around the hips, thighs and bottom.

Where to go: Switzerland, France, Spain and Italy, or LA and New York.

Latest techniques: Smartlipo, which combines liposuction with radiowaves to break down fat deposits before removal helps to minimise bruising.

Recovery time: Usually done as a day case but you shouldn't fly home for at least a week. You'll feel sore and bruised but should be back to work after ten days.

Price guide: UK £3,000; Spain £1,862

LASER SKIN RESURFACING

Laser treatments can smooth out acne scars and facial redness, and soften wrinkles. Mild treatments can be done in one appointment; deeper techniques require a course of six to eight.

Where to go: New York, LA, Geneva

Latest techniques: IPL (intense pulsed light) lasers are good for broken blood vessels and general reddening around the nose and cheeks. The newest lasers are known as "fractional", as they pinpoint selected sections of the skin and leave others intact, stimulating collagen production but minimising downtime.

Recovery time: There's no downtime with milder techniques, but if you choose a deeper technique for full skin resurfacing, such as a CO2 laser, skin will look red raw, and then peel, for up to two weeks.

Price guide: UK from £500 to £5,000; US from £300 to £3,000 (depending on number of treatments needed)

■ For general information about cosmetic surgery, see the British Association of Aesthetic Plastic Surgeons' website – baaps.org.uk



Sztynort the Masurian Refuge

The largest Masurian port attracts sailors and organizers of corporate getaways with its great atmosphere and rich infrastructure.

Sztynort is a small, picturesque village situated near Węgorzewo, which each summer turns into a small paradise. This is because in summer hundreds of yacht owners, as well as those who want to experience the taste of sailing adventure by chartering a boat, come here to sail around the most beautiful Masurian lakes. Sztynort, though small, has an extensive offer which will suit all tastes, mostly thanks to Tiga Yacht company, which has for many years managed the local marina, and the surrounding sailing complex.

For more than 500 years Sztynort has inextricably been linked with the von Lehndorffs - a renowned family which originated from Chelmno. One of the reminders of the family is the splendid palace, where bishop Ignacy Krasicki was a frequent guest. He was enchanted by the place and its surroundings and would often say that „whoever possesses Sztynort, possesses the whole of Masuria, too”. During World War II, Heinrich von Lehndorff, who served in Wehrmacht, joined the group of plotters led by Claus von Stauffenberg who unsuccessfully attempted to assassinate Hitler. The plotters were later sentenced to death.

THE CALL OF ZEZA

Today the place is a paradise for sailors. The area has for years been managed by Tiga Yacht, and Sztynort port, which today is the largest Polish inland port, is constantly developing, with a new set of attractions prepared here every year.

The quality of the marina's service has been appreciated by many yacht owners, who reside here over the winter, or moor at the quays in summer. The port provides a number of useful facilities, such as boat monitoring or a private parking space for each yacht owner.

In order to get here you need to slightly deviate from the main waterway and

Sztynort is the largest inland port in Poland. It's famous for its marina and great conditions for sailors

take Sztynort channel which will lead you to Sztynorckie lake. The whole Sztynort port stretches over the area of 50 ha. 14 quays provide as many as 500 berths for boats. Sailors are provided here with professional assistance with the waterside petrol station, the hoist, trolleys, mo-

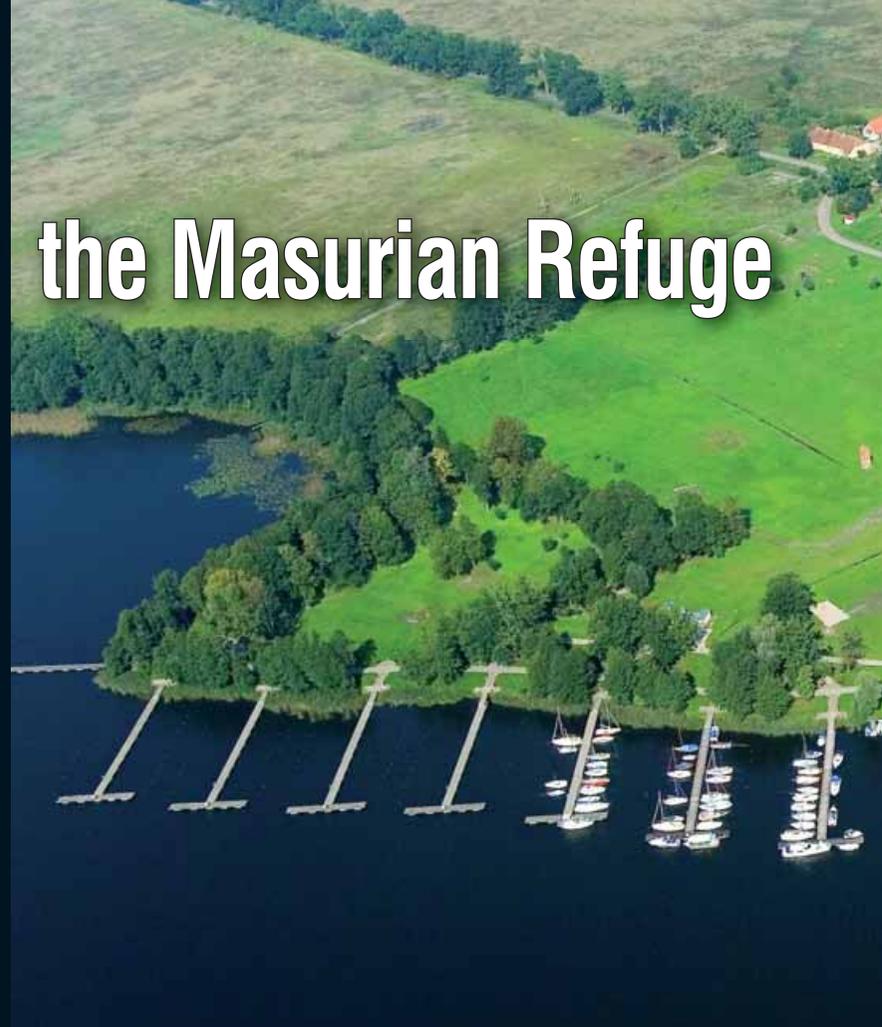
oring of large boats, and the chemical toilet disposal point. They can also do their shopping in the port's sailing shop.

Coming ashore doesn't have to be boring, because Tiga Yacht provides a lot of attractions for everybody. Each guest can feel at home here, use the picnic tables, or blissfully doze off in one of the hammocks. One of the historic buildings of the Sztynort palace complex has recently been renovated and turned into a guest house called „Sztynort. The place offers 22 rooms and a suite with 52 beds altogether. Several rooms and the guest house facilities have been adapted to the needs of disabled guests.

The guests can also dine here at several eateries. You can use visit the friendly restaurant, a tasteful wine bar, or a rustic pizza parlour. However, the real centre of the culinary and cultural life of the marina is the renowned “Zeza” tavern. This is where the sailors go in the evening to reminisce, raise a few toasts and listen to sea shanties, as the tavern is being filled with live music.

ALL HANDS ON THE DECK

Of course, water and the joy of sailing are the essence of your stay in Sztynort. Sailing enthusiasts can, of course, use





the port's rental shop. On its offer, Tiga Yacht has a number of refurbished and reliable yachts of Fortuna and Nautiner type, which were made to special order of the company. All the boats have a slim body outline, are stable and have excellent nautical characteristics which have been frequently praised by our customers. The smallest of them, Fortuna 27 TS is considered to be the fastest yachts which sail in the Masurian lakes.

What about the specifications of the boats? Fortuna 27 TS is 8.5 meters long, has 33 sq m of sails, and its cabin height reaches 172 centimetres. The berths can accommodate 8 people (two bunks and two double sofas). The boat is equipped with a refrigerator. The second model, Fortuna 29, is offered in two variants. The boat's length is 9.1 meters, the sail area is 36 sq m. The boat also features an auxiliary outboard engine, and a cabin,

which is 180 cm high. The luxurious Nautiner 30S is 9 meters long, is 2.98 m wide, has 42.5 sq m of sails, and its cabin is 172 cm high. The power of the outboard engine is 10 HP, and the boat can accommodate up to 8 people. The additional equipment includes a fridge, a shower (with hot water), a radio with MP3, the cabin heating and battery charger.

Security is extremely important so the site is regularly monitored by a lifeguard unit, and all boats come with a comprehensive damage, third party liability, and personal accident insurance, as well as the insurance of the crew's property. The company provides a free service of its fleet over the whole route of the Great Masurian Lakes and the price of the charter includes 10 litres of fuel. If you feel like taking your pet on the cruise, you can do it without any problem, and without any additional charges. Those who ha-



ven't earned any sailing licence yet, can take advantage of the services of professional helmsmen who will take them to a location of their choice, and enable them the start and the end of their adventure at any port.

This area isn't only great for a holiday with family and friends, but it's also a good place to organize an active team-building trip for the company. Apart from sailing (which can be done in various ways, including real corporate regatta), you can use the off-road track, the paintball training ground, bike paths, and sports fields. The choice is really wide. Visit: tiga-yacht.pl ■



MEET IN...

MILAN



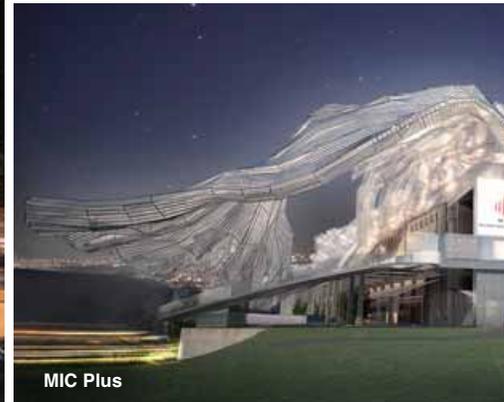
Castello Sforzesco



Italian gelato



Piazza del Duomo



MIC Plus

Italian ambition

A new-look conference centre and excellent lake-and-mountain incentive options are a tempting combination for Italy's business capital, says **Sara Turner**

MILAN IS PREPARING ITSELF for a European premiere. Not content with being home to Italy's largest congress centre, MIC (Milano Convention Centre), the Lombardy capital is extending it to make it the biggest in Europe. In 2015, the city will host the World Expo.

Launching this spring, the new-look MIC Plus, its new name, will have

an additional 1,500-seat auditorium and an extra 10,000 sqm of exhibition space, creating a total seating capacity for 18,000 people across 73 rooms.

Conference centre operator Fiera Milano Congressi founded the original MIC and will manage the renovated one. It also runs Stella Polare, the exhibition and conference centre, north of the city, which has space for 20,000 people.

Francesco Conci, executive director of Fiera Milano Congressi, says the new centre's facilities will be "at the forefront of technology", with wifi internet access throughout and state-of-the-art audio-visual equipment. It will also be green-friendly, with solar panels on the roof generating enough power to run the centre.

Fiera Milano Congressi bids for national and international events and coordinates hotels and transport for delegates. The inaugural event to be held at MIC Plus is the Joint Congress of the European Society of Clinical Microbiology and Infectious Diseases and the International Society of Chemotherapy, which will be attended by 9,000 delegates. A major Powergen Europe industry event will also be held here this year.

Conci hopes business people visiting the convention centre will take the time to explore the city's cultural offerings and take part in incentive activities.



‘The new convention centre has allowed us to tell the world about what Milan has to offer’

“Milan has always been seen as a bit distant [in terms of atmosphere] – it has always been regarded as a business destination,” he says. “The new centre has allowed us to tell the world about the great things the city has to offer.”

These include Milan’s stunning architecture – it is home to iconic buildings such as the Duomo and Galleria Vittorio Emanuele II, as well as breathtaking art including Leonardo da Vinci’s mural *The Last Supper*, housed in a church called Santa Maria delle Grazie, on Via Fratelli Ruffini. It also has some of the most sought-after retail space in the world on Via Montenapoleone, the centre of the fashion district.



- fieramilanocongressi.it
- micmilano.it
- micplus.it
- expo2015.org

In 2015 the city will come under the global spotlight when it hosts the world Expo. Planning is well under way, with new hotels to house visitors including a 104-room Mandarin Oriental on Via Monte di Pietà, due to launch in 2012, and a 137-room Intercontinental next to the Duomo, due to open in 2014.

Improvements are also being made to the city’s transport infrastructure. Milan already has an extensive metro network but this will be expanded ready for 2015, with two new lines – M4, connecting with Linate airport, and M5, extending west to San Siro.

Expo 2015, which will be held between May and October, is expected to bring 21 million visitors to Milan. It will ►



Milan is served by three airports – Linate is closest to the centre, about 7km east and served by regular buses, while the larger Malpensa is about 40km north-west, with a good rail link. The third option is Orio al Serio, which is, in fact, closer to Bergamo, a charming city to the north-east of Milan, and is popular with low-cost carriers. A direct bus link operates from the airport to Milan’s central train station. The city’s high-speed rail network has recently been improved, with a reduced journey time to Rome of three hours. You can also travel by rail to almost any destination in Europe – you can reach Zurich in three hours 45 minutes, and Paris in just over seven hours.



MEET IN...

MILAN

be based around the theme of “Feeding the Planet, Energy for Life”, with some 130 nations setting up exhibitions on a 110-hectare site a few kilometres north-west of the centre. The entrance to Expo will be surrounded

by greenhouses and cultivated fields, and, as part of the project, a municipally owned farm near the city will be restored, representative of the traditional rural architecture and farming techniques of Lombardy.

In the meantime, the super-size convention centre and the region’s picturesque lakes and mountains (see panel below) will continue to provide tempting options for event organisers. ■

INCENTIVES

THE MOUNTAINS

For some post-conference fun or an incentive trip with a difference, hit the Alps north of Milan. About a two-and-a-half-hour drive from the city, or two hours from Milan Malpensa airport, the valleys of Alagna, Gressoney and Champoluc boast some of the most beautiful slopes in the world. The resorts are linked by a network of cable cars, which means visitors can explore all three during a trip. Mike Crompton, co-founder of Zuba Ski (zubaski.com), has been running ski trips to the area since 2003.

He says: “I learnt to ski in Switzerland and thought I’d found the perfect place,” he recalls. “Then my wife, who learnt to ski in Alagna, took me there and introduced me to a few of the locals – I fell in love with the place.”

Skiing has taken Crompton all over the world but the slopes in the area, dominated by Europe’s second-highest mountain, Monte Rosa, are hard to beat. They offer some of the most difficult skiing in the Alps, such as the Marinelli Couloir, a 2,500-metre-tall near-vertical drop.

For the less experienced, Gressoney has a ski school and gentle slopes, so private lessons can be arranged for groups. “It’s amazing because the pistes are so quiet,” Crompton says. “One of the scariest things when you’re learning to ski is when you get lunatics flying around you. You end up thinking more about what’s happening around you than what you’re doing with your feet.”

The potential for off-piste and heli-skiing is also a real draw, says Zuba Ski’s other co-founder, Ian Seccombe: “You can get access to high mountains with long descents and the higher you go, the better the snow conditions and the fewer the people.” If you opt for heli-skiing, usually for groups of between three and six, a helicopter will fly you up to about 4,000 metres – well above the ski lifts. Snow at higher altitudes is usually drier and you’re more likely to get powder – “the light fluffy stuff”, Seccombe says – which means a better ski experience. “You will be bouncing down,” he adds.

If skiing isn’t your thing, you could try snow-shoeing – donning tennis racket-like footwear to make walking on the snow easier, a great way to get off the beaten track – or simply relax at the ranch. Many of the hotels, built in distinctive wood and stone, are located near the slopes so guests can make the most of their time, with spas offering massages and treatments.

And, of course, don’t forget the après-ski – in these valleys a local favourite is a drink called *coppa dell’amicizia*, which means “the cup of friendship.” Essentially coffee with added zing – spices, orange peel and grappa – it is traditionally served in a wooden cup with multiple

spouts for people to drink from, and gets passed around between friends.

THE LAKES

For smaller scale events, an escape from bustling city life can be found at Como, less than an hour’s drive from the centre of Milan. A popular spot since Roman times, the tranquil Lago di Como offers plenty of opportunities for water sports, as well as venues for meetings and events.

One of the largest facilities in the area is Villa Erba (villaerba.it) in Cernobbio, 5km from the city of Como, or a short boat ride across the lake. The late 19th-century villa is surrounded by extensive grounds, and houses a museum dedicated to Italian director Luchino Visconti, who spent childhood summers here as his mother owned the villa. Now owned by the municipality, some of the rooms can be used for events. There are 15 spaces, many with intricate frescoes, for between 12 and 90 people theatre-style.

Part of the Villa Erba estate and also enjoying a prime lakeside position, the contemporary Spazio Villa Erba conference centre is run by Fiera Milano Congressi. Designed by Mario Bellini, it is made of glass and steel, and affords uninterrupted views of the lake and gardens. Inaugurated in 1990, Spazio has 28 conference rooms for between 50 and 1,500 people.

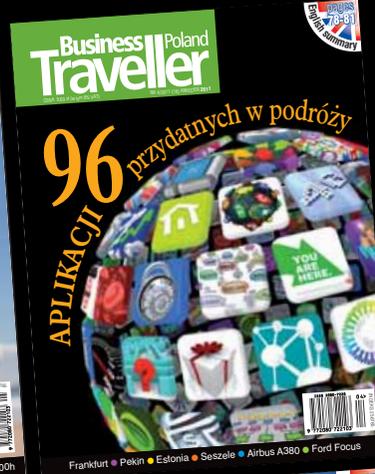
Post-conference activities could include waterskiing, a concert at the Teatro Sociale (teatrosocialecomo.it) in Como, or a round of golf followed by a gala dinner at the opulent Villa d’Este (villadeste.com), a member of the Leading Hotels of the World. Located 11km from the hotel, Villa d’Este’s golf club features an 18-hole course designed by Peter Gannon in 1926. For dinner, try Veranda for Italian haute cuisine or opt for a more informal dining experience at Grill, which features regional specialities on its menu.



Villa Erba

Business Traveller Poland

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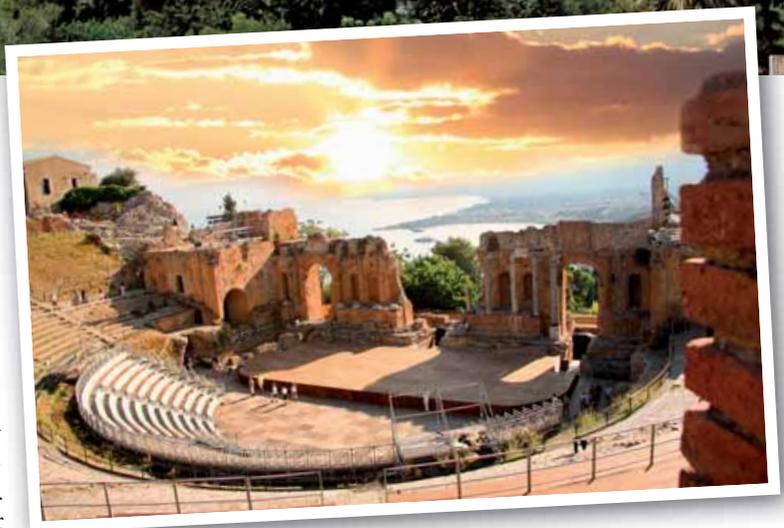
With Mount Etna In The Background

The Italian island offers everything you need to have a successful incentive trip: Sunshine, a beautiful beach and lots of attractions and sense of mystery. **Olga Chelchowska** explores Sicily.

Sicily is the biggest island in the Mediterranean Sea and has the population of over 5 million people. Inhabited for a thousand years, it has seen many fights by the Phoenicians, Greeks, Carthaginians, Romans and eventually the Arab people. The multicultural tradition is still present there. The basic source of income comes from agriculture – they grow here excellent olives, lemons, oranges or grapes. The island is also known for good wine – food and oil industry comprise only a tiny percentage of the country's GDP. It's no secret that autonomous Sicily is not really a wealthy area. What has become a real nuisance in a few decades, is organized crime – the capital of the island is the famous Palermo – which takes control over a significant part of activities and most of the island's income. You don't hear people here talking about mafia loudly and openly. There's no use asking too many questions, as probably you will never get an answer. The inhabitants, however, are open, friendly and love good food. They also know something about relaxing leisure, and that is precisely the purpose of our trip.

ALLURING SIGHTS

Getting to the island should not be a problem – you can fly with Alitalia airlines. The flight from Warsaw to Rome lasts for less than 3 hours, then you have to change and take an hour-long flight to Catania, a beautiful city on the Eastern coast. You will quickly learn, that there are plenty of places to see here. But we definitely prefer two of them. The former is the town of Taormina (several dozens kilometres northwards, along the coast) and the good Grand Hotel Timeo. This 5-star hotel offers 70 rooms and excellent conditions, including top class cuisine. Its restaurant comes with a terrace overlooking the whole town and Mount Etna. Truly a charming spot. Suffice it to say, that about a century ago Guy de Moupasant, fascinated with Taormina, wrote that it is a place, where you can find everything, that has been created to temp your eyes, mind and imagination.



The latter place, is the Club Med Kamarina village, situated southwards, near the city of Ragusa. The All inclusive oasis with fabulous cuisine – which is a hallmark of the whole chain – is aimed at enthusiasts of active leisure by the most beautiful beach on the whole island. The hotel building and bungalows scattered around the area, offer more than 500 air-conditioned rooms. When a need arises, business facilities are also available. Sports attractions include catamarans, kayaks, bodyboarding, tennis, volleyball, archery or squash.

Sicily isn't only about Etna. It's worth soaking the local atmosphere full of pure, carefree fun



ally, and, what's also important – safely.

Etna is still an active volcano – the last eruption took place on 13 January this year, and the mountain is 3,340 metres high. The moon-like landscape and unforgettable sight – that's what you are to see after you have finally reached the top.

There are also plenty team-building games. The group is divided into teams, which enter a mountain cycling or archery competition. After a short training, the participants can also take part in a recognition wine or honey tasting – which is a blind test, as the participants are blindfolded. The competitions are enjoyable, and there is lots of fun. Demanding and experienced participants might opt for more extreme forms of leisure, from scuba-diving to cave tours.

If you are staying at Taormina, you might consider organizing a sumptuous dinner on one of the Aeolian islands, scattered northwards from Sicily, with an active volcano located on one of the island – Stromboli. The dinner takes place in the evening, and the guests reach the island in helicopters, which always makes a huge impression on everybody. ■

TEAM-BUILDING

Further attractions include a climbing frame, circus trapeze sessions, skateboarding half-pipe, three swimming pools, and a Turkish bath. There is plenty to choose from, and you will never be bored. If you add some more attractions, the participants may lack the time for sleeping.

One of the must-see places in Sicily is, naturally, Mount Etna. After breakfast, a group reaches the bottom of the volcano and gets into jeeps. The trip is thrilling, especially that the drivers know exactly what to do to increase the adrenaline rush in your blood. They do it profession-

Quest. Means *'A Challenge'*



If you dream about holidays which combine a possibility to see the world, comfort and high quality service – then think about a ship cruise. Not any kind of cruise – Azamara Quest is something for real connoisseurs, who can relish the unforgettable atmosphere of a luxurious travel through the waves.

The term “Azamara” comes from the word “Acamar” – an ancient Greek name of one of the stars. According to what we learn from the advertisements, the cruise line called Azamara Club Cruises wishes to be a lodestar for its clients. Its aim is to introduce them into the world of marine voyages, where the quality of service is of highest impor-

ance. Azamara Club Cruises has two ships, which can accommodate slightly less than 700 people each, so the company can't be compared to large cruise lines which provide services to masses. One of them is Azamara Quest (the other one is Journey) built 10 years ago. Its relatively smaller size (59-metre in length) was an intentional strategy, as the fewer the passengers, the better the service offered

FROM ACROPOLIS OF ATHENS TO THE COLOSSEUM

Azamara ships cruise all over the world. One of the most interesting offers is a one-week cruise from Athens to Rome. Along the way, the ships visit a couple of ports in Greece, Malta and Italy. Passengers have a chance to see the rich ancient culture – and much more!

The cruise starts in Athens, more specifically – in the port of Piraeus. Azamara Quest starts at 6.00 pm on Saturday, but it's worth setting off one day earlier to see Athens. The city was founded a few millennia ago, and its turbulent history has left it with numerous interesting historical sites. The most impressive ones include Acropolis of Athens, the famous hill in Athens, where you can see well-known buildings such as the temple of Athena Polias, the Parthenon and Erechtheum. You can also visit Agora – the central market of the ancient city – and its monuments, the winding street of Plaka, The Arch of Hadrian, Odeon Theatre and Theatre of Dionysus, or a stadium – erected because of the first modern Olympic Games.



On the next day after sailing out, the ship reaches the coast of Santorini, where it stays until the evening, so there's plenty of time to explore the island. It is especially well-known for the pictures of house roofs painted blue. The pictures don't lie, it really looks like this. The ship stops near the capital of Fira, which can be reached by means of cableway. It's an interesting city, full of not only churches and museums, but also atmospheric little restaurants. The most interesting place of Santorini, in terms of history, is Akrotiri, an ancient city destroyed by a volcano eruption at the end of 17th century BC. – Today it is an archaeological site.

The third day is spent in sea, so that's a perfect occasion to see what it's like to live aboard a luxurious ship. On the fourth day, the ship stops in Valetta, the capital of Malta. Because of its strategic position, this small island has always been an important place both in the culture and politics of the Mediterranean area. Malta changed hands many times, which resulted in numerous historical sites – there is plenty to see in Valetta. Its most interesting part abounds in monumental churches and fortresses from the times of the Order of Saint John rule. Not everybody knows that brave Maltese people forced the troops of Napoleon Bonaparte to leave the island in 1800, which makes them feel very proud of the fact.



and the more attractions the passengers get to see.

From the very moment you embark on the ship, Azamara Quest offers loads of attractions. Its decor makes you think about noble houses – or rather palaces – from the Victorian era, with its solid wooden furniture, walls in pastel-coloured padding, carpeted stairs. It's luxurious and home-like at the same time, making the passengers immediately feel nice and comfortable.

The same applies to the cabins, divided into a few categories – starting from inner cabins, without windows, but also very comfortable, to impressive suites. Standard facilities include an LCD TV, a fridge with a mini bar, adjusted air conditioning, a desk, two beds, a hair dry- ▶



er and a safe. There are only a few inner cabins here – most of them come with windows and balconies. Veranda cabins are equipped with sliding balcony doors and a resting area. Club Ocean suite comes with a separate lounge, bedroom and a bathroom for guests. Club World Owner’s Suite, in turn, has an additional dressing room.

But what makes Azamara Quest stand in the crowd, is not the room amenities, but most of all, the quality of service. As for the meals, for instance, you can have them in your room’s terrace at any time of the day. In each cabin, guests will always find fresh flowers, and they also receive a fresh fruit basket as a welcoming gift. Passengers can expect to receive a turndown service, tea and coffee after waking up, as well as assistance when

packing and unpacking their luggage. The high standard of service is also reflected in the fact, that there is one staff member per only two passengers.

You cannot talk about a good marine voyages if the cuisine leaves much to be desired. On Azamara Quest you don’t have to worry about that. You can indulge in various delicious dishes, served in different ways -either in a form of buffet, or at a table in one of the stylish ship restaurants. The main eatery is Discoveries restaurant, which serves excellent traditional cuisine, slightly modified with less ordinary meals like prawn linguine with chilli and tequila sauce or fish fillet with black truffles. If you look for a less formal place, you can go to a grill by the pools, or Windows Café, serving delicacies from all over the world. But

Azamara Quest accommodates only 700 people. Not without a reason. Fewer passengers means better service

the height of the culinary experience are two “special” restaurants: Aqualina and Prime C. The former specializes in Mediterranean cuisine, the latter serves seafood and meat. You should book the tables in advance.

But there’s much more to a cruise than just food. Azamara Quest offers loads of activities. And that includes a huge number of events and competitions for instance a dancing contest. In the evening, at the ship theatre professional singing, dancing and cabaret performances are held. Guests can also try their luck in a casino, or relax in a huge armchair by a nice drink in one of the clubs or bars.

Shopping can also be a form of entertainment – on the ship you will find several top brand boutiques selling clothes,



alcohol, jewellery or cosmetics. You can also stumble upon many pieces of art like paintings, photographs or sculptures. They are here for a reason – on the ship you can take part in an auction and buy works of really interesting artists, including Marc Chagall.

Azamara Quest also offers a fitness centre and a high quality spa. You can go to an experienced therapist, and the selection of massages and treatments is really huge. Spa treatment session can also be held in passengers» suites. There is also a special offer of treatment sessions for two. Guests have also access to yoga, pilates, aerobics sessions, or individual training in a gym. It's worth making the most of the ship, to come back in a good form and even better humour. ■

On the next day, the ship stops at the coast of Sicily, in the town of Taormina. It's an old town, full of mediaeval streets and beautiful gardens, hidden behind stony walls. Its history and beauty is impressive. It's especially worth visiting Palazzo Santo Stefano, a Greek-Roman amphitheatre, as well as one of the many restaurants serving seafood.



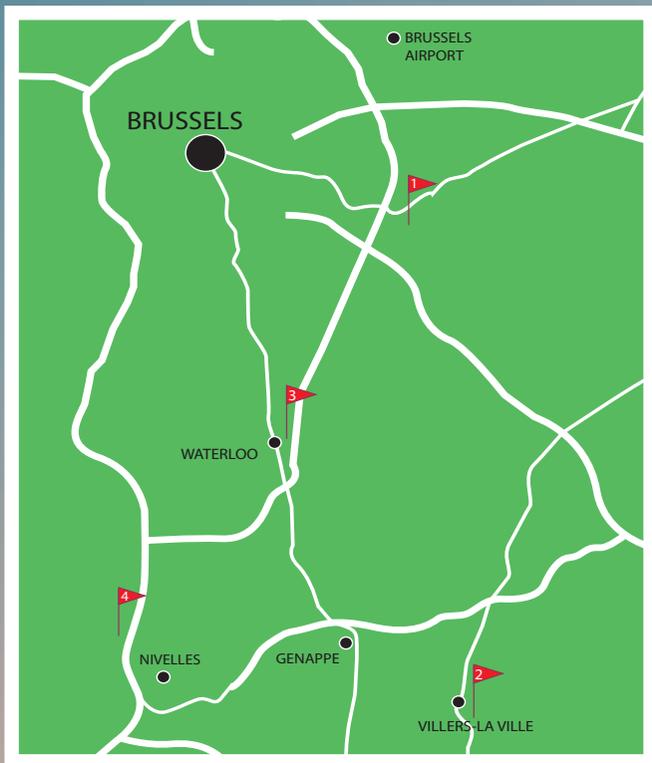
The passengers spend the next two days in Sorrento, in The Gulf of Naples, known for unusually impressive cliffs. It's a stone's throw from Pompeii, and the island of Capri, which can be reached by means of a motor boat. Sorrento has been a holiday resort for already about 20 centuries, attracting visitors with its weather, flavours and views. Piazza Tasso is the heart of the town – always full of life. You can walk along the same Sorrento streets as Friedrich Nietzsche, Charles Dickens, Byron or Franz Liszt. Among interesting places worth seeing are St. Francis of Assisi's Church



from 15th century, Correale Palace, built partly from volcano stone from 14th century, a Renaissance cathedral or old walls dating back to ancient Greek times. Sorrento is full of small restaurants, narrow streets and many other things which contribute to the "Mediterranean atmosphere" of the place.

The last stop of the voyage is Rome. On the last day, the ship reaches the port of Civitavecchia, and it's a perfect occasion to spend some time in Rome. The Eternal City amazes with cultural and historical richness – obviously you will not have enough time to see everything, but there are a couple of places you should go to. That includes the Colosseum – dating back to 72 AD, where 50,000 spectators watched gladiator fights, the Arch of Constantine from 315, Roman Forum – once the centre of the city, the Pantheon originally a pagan temple from 27 BC, in 7th century converted into a Catholic one, the city of Vatican and its monuments, the most famous Villa Borghese park and a well-known di Trevi fountain. The list of monuments may not be too long, but it is enough to make you feel that during the Azamara Quest voyage, you have acquired the basic knowledge of culture – a must for everybody in today's world.





BELGIAN beauties



Minty Clinch
tries out some
courses in
and around
Brussels

1. RAVENSTEIN ROYAL GOLF CLUB OF BELGIUM

WHERE IS IT? 12km south-east of Brussels

WHAT IS IT LIKE? Seymour Dunn, the celebrated architect of Ireland's Royal County Down course, provided the inspiration for the original 1905 green by command of its patron, King Leopold II.

The monarch was particularly interested in trees, insisting that some of the species he was growing in his arboretum be incorporated into the new project. The design provided by Tom Simpson is largely unchanged today, while the trees have matured into splendid stands of oak, elm, blue cedar, birch and willow. These provide a lush forest character that underpins a nicely varied layout.

With a few notable exceptions, the tee shots are more straightforward than the approaches to greens, which conceal more than they reveal. Martin Hawtree, another British stalwart on the continental scene, has lengthened some of the holes where space permits, but the course is still short by contemporary standards. The nine-hole New course, created by P Mackenzie Ross in 1951, is an easier alternative for high handicappers.

ADDRESS Château de Ravenstein, Tervuren

CONTACT Tel +32 2767 5801; ravenstein.be

PRICE Old course €100. New course €60.

No buggies.

CLUB HIRE Not available

CLUB HOURS Tuesday-Sunday 8am-7pm.

Closed Mondays. Members and their guests only at weekends and public holidays.

MINIMUM HANDICAP Old course: 20 men, 24 women. New course 36. Certificates required.

FACILITIES Old course, 18 holes (6,041m, par 72). New course, nine holes (1,937m, par 32). Covered driving range, practice area and putting green.

AFTER THE GOLF The handsome clubhouse, an 18th-century château built on the site of the original 15th-century Manor House of Ravenstein, was donated by King Leopold in 1903.

Opening hours are Tuesday-Friday 8am-9pm, weekends 8am-9.30pm; restaurant from 10am to about 7pm or 8pm.



2. RIGENEE GOLF CLUB

WHERE IS IT? 35km south of Brussels

WHAT IS IT LIKE? Wide open spaces dominate an almost treeless course that opened in 1982, but beware when the wind rips over the Brabant countryside. The terrain may be dead flat, but local designer Christophe Descampe has incorporated a variety of hazards to prevent players from getting complacent. By digging new ponds, establishing plantations and growing up the rough, he guarantees an ever-sterner challenge for the future.

The par fives receive particular praise for their technical excellence and the large greens are well defended by intelligent bunkering, some of it in the form of link-style grass swales. Rigenée goes out of its way to make strangers welcome – a plus in a country where golf can be very private.

ADDRESS Rue du Châtelet 62, Villers-La-Ville

CONTACT Tel +32 7187 7765; rigenee.be

PRICE Weekdays €47, weekends €74, before 10am €63. Buggies €32.

CLUB HIRE €15 (various makes)

CLUB HOURS Tuesday-Sunday 8am-7pm. Closed Mondays.

FACILITIES Old course, 18 holes (6,106m, par 73). Covered driving range, practice area and putting green.

MINIMUM HANDICAP 30 men, 36 women

AFTER THE GOLF The bar/restaurant, run by Alfonso and his son Lawrence, lists casserole of veal kidneys trifolati, and prawns "Tiger Woods" with rice and squid ink as its top specialities. Weekday lunch and dinner (March-October), weekend breakfast (from 9.30am), lunch and dinner year-round.

Minty Clinch travelled with Norfolkline ferries from Dover to Dunkerque. There are departures about every two hours, with the crossing taking two hours. Tel +44 (0)844 847 5042; norfolkline.com

3. ROYAL WATERLOO

WHERE IS IT? 25km south of Brussels

WHAT'S IT LIKE? No business traveller with golf networking to do need look beyond Waterloo, located on the edge of the historic battlefield half an hour's drive from central Brussels.

The two courses, La Marache and Le Lion, cover very different terrain within an expansive 150-hectare site. La Marache, created by Fred Hawtree in 1960 and brought up to contemporary standards in 2004 by his son, stretches over rolling countryside, with serious hills to climb, especially on the back nine. The 14th, 15th and 16th wind a tight path through woods, but "grip it and rip it" tee shots stand a fair chance on the other holes. The approach shot is more of a conundrum, the greens often so tightly ringed with bunkers that only precision shooting will hit the spot in regulation.

Le Lion, which opened in 1985, is a better choice for the higher handicapper, not least because it is less crowded. Its contours are more forgiving, its fairways more open and its greens more accessible. The tenth hole takes golfers to the edge of the plains of Waterloo, offering a sighting of the Lion Mound for which the course is named.

ADDRESS 50 Vieux Chemin de Wavre, Lasne

CONTACT Tel +32 2633 1850; rwgc.be

PRICE Le Marache: €100 weekdays. Le Lion/Le Bois-Héros courses: €90 weekdays. Buggy €35. Members only at weekends in high season.

CLUB HIRE €25

CLUB HOURS Summer 8am-2pm, winter 9am-6pm

MINIMUM HANDICAP Le Marache 24, Le Lion 28

FACILITIES Two 18-hole courses, La Marache (6,371m, par 72), Le Lion (6,215m, par 72); one nine-hole course, Le Bois-Héros (2,143m, par 33). Covered and grass driving range, practice areas and putting greens.

AFTER THE GOLF The clubhouse is welcoming and attractive, with a long terrace banked with flowers. The bar/restaurant promises – and delivers – quality Belgian cooking. L'Amusoir (tel +32 2354 8233) in nearby Waterloo offers similar quality, value and good cheer in the evenings.

4. GOLF CHATEAU DE LA TOURNETTE

WHERE IS IT? 30km south of Brussels

WHAT'S IT LIKE? A relatively modern development on a 120-hectare site with high-status appeal for Brussels' cosmopolitan elite.

The focus is a 17th-century château, now a clubhouse and conference centre. There are two 18-hole courses, l'Americain and l'Anglais, each supposedly encapsulating appropriate national characteristics. L'Americain, the first to open in 1988, is hillier, tougher and more panoramic.

The start is relatively mellow, despite the carnivorous Florida turtles that allegedly live in the water hazard between the fourth and fifth holes. You may well keep your powder dry at this point, but you'll need luck – or great skill – to avoid submersion on the back nine, with the 15th providing a particularly savage challenge.

L'Anglais, designed by Martin Hawtree and Peter Alliss, is an inland links concept. It has fairways bordered by artificial mounds, elevated amphitheatre greens and pot bunkers, but six ponds rather detract from the links illusion.

ADDRESS 21-23 Chemin de Baudemont, Nivelles

CONTACT Tel +32 6789 4266; tournette.com

PRICE 18 holes: €60 Mon-Thurs, €70 Fri, €90 weekends

CLUB HIRE €20 (Taylormade/King Cobra)

CLUB HOURS Apr-Sept 8am-6pm, Oct-Mar 9am-5pm

MINIMUM HANDICAP 36

FACILITIES Two 18-hole courses, l'Americain (6,198m, par 72), l'Anglais (6,103m, par 71); par-three executive nine-hole course, Orival (7,11m, par 27). Covered and grass driving range, practice area and putting green, golf academy.

AFTER THE GOLF Gentlemen's club-style bar/restaurant fitted out in dark wood (open 9am to about 12am) and terrace with teak furniture. Food ranges from unambitious dishes (spaghetti €10, *porc mignon* with rice €14) during the day, to international gourmet (tempura, foie gras) in the evening. There are also six conference rooms with banquet catering for up to 120 delegates.

Being an electronics freak is a full-time occupation. Holidays are just round the corner, so it's worthwhile to consider buying some devices, which may come in handy on your journey. Thanks to them, your holiday stay – whether long or short – will definitely be more enjoyable. Below, a list of six new and exciting gadgets, as selected by Darek Zawadzki.



PANASONIC DMP-B100

A cinema on four wheels? Why not?

Panasonic's portable Blu-ray player was designed to provide ultimate entertainment to passengers on long car journeys.

This concept might seem a bit peculiar, since Blu-ray technology is all about image quality, and this, in turn, can only be appreciated on large screens. It is true that the 8.9-inch screen is far from being impressive, but it certainly provides a much better image quality than competitive, portable DVD players, and for many people it's a sufficient reason to buy this gadget. The device can be powered by batteries (which can last up to 3.5 hours per charge), via both AC adapter, and car DC adapter. In addition to Blu-ray discs and DVDs, the device can play media from SD memory cards (photos, videos). With HDMI output and a remote control, the player can successfully take over the role of a home media player. Price PLN 1.700.

Summary: a perfect mobile media player, which can be fitted into the headrest of a car seat. This is the second generation of Panasonic's portable Blu-Ray player, and, in our opinion, this really proves that the device is worth its price. It is a shame, though, that the player features only one headphone jack.



SHARP IG-BC2J-B

Although at first glance, the thing looks like a thermal mug, you won't find any hot coffee inside, because all this smart gadget can offer is the fresh air. Plasmacluster – IG-BC2J-B is the world's first ionizer designed specifically for drivers. It might get useful both in a huge traffic jam on a French motorway leading to the coast, and in the centre of Rome. Apart from cleaning the air in the car cabin, it also adjusts the level of humidity, at the same time eliminating the adverse effects of air conditioning. Interestingly, Poland is the only country in Europe, where Sharp will offer this magical mug. Is it because the air in our country is so polluted, or perhaps because we

are such an environmentally-conscious society? Price PLN 600.

Summary: *an inconspicuous gadget which is likely to remain in our car for a long time. Perfect for the urban jungle, especially during peak hours. We all know that we shouldn't skimp on health, so the price of the device shouldn't be a shock to anyone.*



SAMSUNG HMX-Q10

Statistically, about 10% of the world's population is left-handed. Samsung hasn't forgotten about them and designed a camera that can be successfully handled by both left-handed and right handed filmmakers. This is due to a gyroscope, which automatically adjusts the screen image to a position in which the camera is positioned. The slim chassis features a Schneider Kreuznach Varioplan HD lens with 10x optical zoom, focal length of 1.8, optical image stabilization, a 1/4-inch BSI 5MP CMOS, and a 2.7-inch LCD touch screen. The device records Full HD images on SDHC/SD cards, and has a built-in software for playing and editing of the collected material. The dimensions are 43.7 x 53.3 x 119.4 mm. Weight: 185.85g (without batteries). Price PLN 1200.

Summary: *a perfect example of a device offering good quality at a decent price. This season, of course, 3D cameras are a real hit, but before we invest lots of cash in advanced video equipment, we'd better check if it's a lifelong love or just a momentary infatuation.*

Choiix Power Fort 5.5Whrs

Take it easy, it's just a power failure. Smartphones, media players, portable navigation – all of these devices have large, touchscreens, ensuring excellent image quality and easy handling. However, the downside of all those gadgets is their relatively high power consumption. We are all familiar with situations when our dying battery called for an immediate attention and we were looking desperately for a socket to plug in our charger. You will no longer care about that with Choiix Power Fort 5.5Whrs, which has been designed especially for mobile devices and equipped with a special port that provides the output current of 1 amp. The time required for recharging a battery is approximately two times faster than with USB power cable from the computer. This "Pocket power station" features a 1500 mAh battery, which is more than enough to charge virtually any battery in one cycle. The four-level security system protects the charged battery from any damage. Price PLN 109.

Summary: *thanks to its compact size (98 x 48 x 16 mm), the charger will easily fit a pocket of your jacket. Definitely recommended, especially for long trips e. g. to the mountains where a mobile phone and a sat-nav are extremely useful.*





CANON PowerShot SX230 HS

A camera is one of the main pieces of equipment that we almost always take with us on holiday. After all, thanks to this digital gadget we are able to capture our memories and re-live them every now and again. Obviously, the highest position in the camera hierarchy is occupied by SLR cameras, which are mostly praised for a wide range of manual settings, as well as removable lenses. Such equipment, however, requires considerable knowledge and skills, and in summer we'd rather take hundreds of photos than learn how to operate our advanced cameras. We don't encour-

age you, then, to try to experiment with such expensive equipment, but rather get your hands on intelligent compact cameras, which are extremely forgiving. has built-in GPS receiver, which will precisely mark each location we photographed on our journey, and on our return home, it will faithfully reproduce the entire route (also via Google Earth).

The metal body of the camera features Canon 28 mm wide angle lens with a 14x optical zoom and Optical Image Stabilizer (IS), 12.1 MP CMOS sensor, HS system (which improves the quality of images tak-

en in poor lighting conditions), Smart Auto mode (recognizes 32 scenes and selects the optimal settings for them). Moreover, the new Canon records HD videos with stereo sound. As an option, we can go for a waterproof underwater housing case (provides water resistance to depths of 40 metres). The camera is available in three colours: black, blue and pink. Price: PLN 1,200

Summary: *it's a universal solution for the whole family, as the equipment does not require special knowledge about taking photos. It's easy to use and very solidly built.*



CLARION NZ501E / NX501E

A party for four wheels. Engineers at Clarion, a brand belonging to Hitachi, have been involved in designing automotive entertainment systems for over 70 years. Recently, the company released a heavy artillery – the two new multimedia stations. The devices will entertain us with music (CD), films (DVD), lead us to our destination point (satnav), and act as a handsfree system. Model NZ501E (1 DIN – standard slot) has a 7-inch touch screen with adjustable angle. NX501E takes a bit more space (2 DIN) and features a 6.2-inch touch screen». Both devices support two media sources simultaneously, are equipped with a 4 x 50W amplifier, a high-quality 24-bit D/A converter and a tuner with RDS. Price PLN 3699.

Summary: *these solid multimedia combos featuring large LCD displays, will definitely complement an interior of an elegant car. Unfortunately, the prestige and convenience are also translated into a high price.*



Mishmishya

the eastern mish mash

The problem with the Middle Eastern cuisine is that sometimes it's difficult to tell where exactly a given dish originated. Some dishes come from the common source of culinary traditions, which various nations try to appropriate for themselves, modifying them according to their needs and tastes

Politics divides, but the table unites» – that's what you would say, looking closer at something that is quite well known in Poland, namely the Jewish cuisine. And if you look really close, you will quickly find out that a uniform culinary tradition of Israel simply doesn't exist. The Jews lived in the Diaspora for centuries, so their style of cooking was influenced by the traditions of the places where they settled. We are especially interested in Middle Eastern food, which would seem to be the most traditional. But even here we will come across numerous influences, which are so potent that often actually it's hard to say if a given dish belongs to the Jewish or the Arab cuisine. Ironically, the Arab cuisine is the one with which the Israeli cuisine shares most similarities in the Middle East – as opposed to politics which has been dividing those two nations for so long.

Falafel is a dish which supposedly originated in Egypt. It's thought of as Arab food, but it's eaten everywhere throughout the Middle East region. What's more, some studies indicate that it doesn't even have Arab roots. Falafel is believed to have been eaten as early as the 4th century, by the Copts – the Christians who li-



Falafel

ved in Egypt at the times of the Roman Empire, until the Muslim conquest. Falafels are chickpea balls which are served with various salads in a round pita bread. It's very easy to prepare. The recipe: Soak two cups of chickpeas overnight, next day grind them with onions, garlic and parsley. Season the mixture and form balls. Then fry them in hot oil. The fried balls can now be put into pita bread with tomato, cucumber, lettuce, or anything we only wish.

Hummus is another dish, which has an international status in the Middle East. Both Arabs and Israelis claim that it was them who invented it. Last year, the Lebanese tried to prove their point, preparing the world's largest plate of hummus,

The disputes over who invented hummus or falafel are never-ending. However, one thing is for sure: they taste simply delicious

which weighed 10.5 tons. The Israelis argue that the description of this dish appears in the Old Testament. Anyway, the two nations take great delight in this popular dish, Hummus is a snack, which is made from cooked and ground chickpeas, garlic, tahini sesame paste, lemon juice and spices. It is served cold with bread or sliced raw vegetables.

Snacks are great, but it's time for something more nutritious. If you want to surprise your guests with oriental flavours and aromas, I recommend a dish



Hummus

with a slightly Japanese-sounding name – mishmishya. This name derives from the Arabic word, meaning «an apricot». Not without a reason – apricots (or prunes) give this dish taste and flavour, so we will need about 200 grams of dried fruit. Other ingredients are: 700 grams of boned veal, 2 large potatoes, 1 large onion, a few cloves, a spoonful of cinnamon, a handful of raisins, sliced almonds, salt, sugar, and fresh grated ginger. Cut veal into slices and fry briefly in the pan in the hot olive oil. On the other pan fry the shredded onion until golden brown. Then add the apricots or plums (first soak them for a few hours in water to make them soft), sprinkle with spice, raisins and almonds. Cover all that with slices of raw potatoes, and then add another layer of fried meat. Add enough water to cover the ingredients, boil, and then reduce heat. Bring to the boil and lower the heat to simmer for an hour or until the meat is tender and the water evaporates, leaving sticky, sweet sauce. I guarantee that this dish will leave no-one indifferent and will convert even the greatest opponents of the oriental cuisine. Serve the dish with wine – preferably semi-sweet Moscato. It's a perfect combination. ■

Artur Kolger

SAY 'YES' TO SWEETNESS

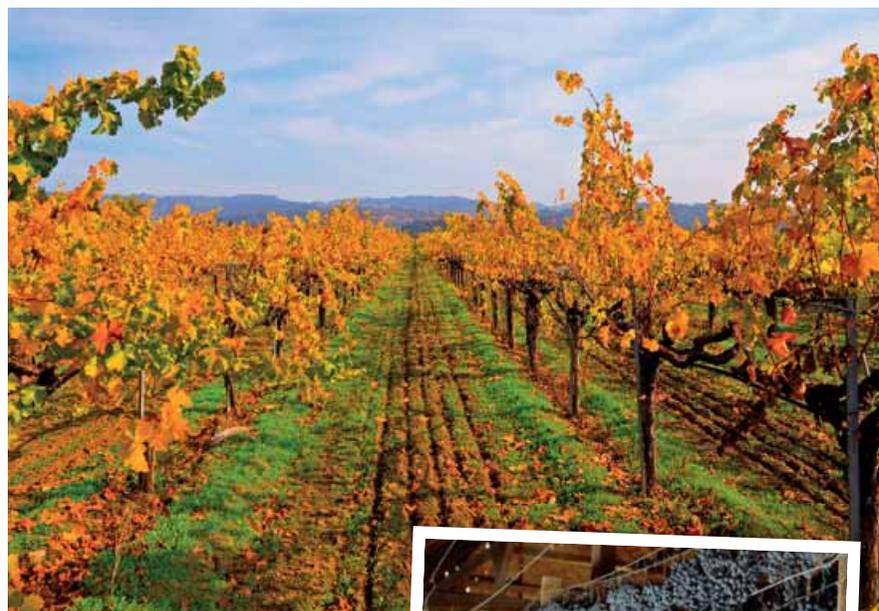
Most of us associate drinking sweet wines with our first steps into the wine world. It is considered a necessary, but rather shameful period in our wine-related education. Well, it's high time to give them a second chance.

Sweet wines aren't widely regarded among the wine enthusiasts. We are used to reserve them for those, who are not fans of dry wine, because it seems too sour or bitter, and thus we treat them somewhat patronizingly. At some point, everybody stops paying so much attention to the wine type, and starts searching for quality and authenticity. That's why, sooner or later, you will find yourself drinking sparkling, rose and sweet wine again.

INSIDE THE GLASS

We are in for quite a surprise. As for quality, sweet wines – i. e. wines which don't contain artificially added sugar, but those that derive its sweet taste from grapes – can surprise with the complexity of aromas. You can't compare them to those wines, which we used to drink when we were young, and which were produced in warmer countries of the Warsaw Pact. Real sweet wines require special knowledge and effort on the part of the winemaker and you can feel it all when tasting it. The smallest mistake in the art of winemaking can spoil the final effect.

Contrary to what you may think, dry wine is a lot easier to make than sweet one. In a nutshell, all you need is grapes,



or the grape juice, then you put it into the tun, and wait until the yeast start to ferment, changing the sugar into alcohol. In order to receive sweet wine, you need to find a way to stop the fermentation and leave some of the sugar unprocessed by the yeast. It's not an easy task to do, not to mention that it raises the production costs, and consequently the final price of the product. That's why, more often than not, the price of the sweet wine indicates its quality.

STOP FERMENTATION

Currently, there are three ways to stop the fermentation. The first method uses the technology, which replaced more tedious techniques used in the past. You can rapidly cool down the fermenting wine, so that it reaches the temperature where the yeast remain inactive, and then filter it. It's a relatively simple procedure. By means of this method the famous Moscato d'Asti from Piedmont is obtained, although this wine also requires adding fresh must. The final result is slightly sparkling wine of intensive but fresh sweetness and low strength.

The second method involves adding distillation to the tun. The increased level of alcohol kills the yeasts, which leave plenty of unprocessed sugar. That is how the strong and thick Porto or Madeira wines are produced.

The third method is about the natural concentration of sweetness in grapes, so that the yeasts won't be able to process all of it. To achieve this, the grape are harvested only after they have overripened, which sometimes does not take place until the first frost. This is how the famous

Eiswein is obtained. You can also harvest the grapes earlier, to dry it on special mats, or hooks – as it is the case with passito wines, Vin Santo from Tuscany or Recioto from Veneto. Sometimes you might also use noble rot, which covers the grape skin and enriches the taste of wine with subtle truffle overtones. That is the secret of Sauternes from Bordeaux, or incomparable Tokaji Aszu.

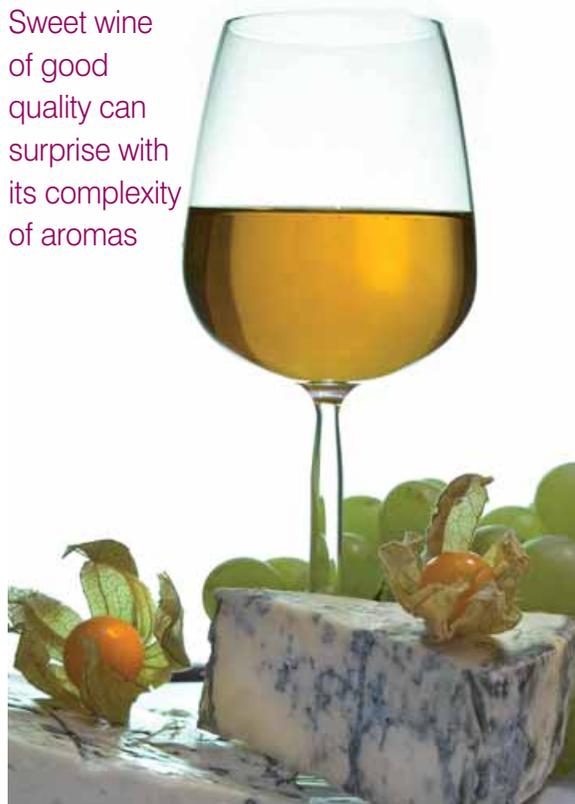
NOT ONLY FOR DESSERT

Zupełnie zjawiskowe jest jednak to, jak cudownie można uzyskać połączenia, konfrontując słodkie wino z jedzeniem i nie zawsze musi to być deser. Tokaj wspaniale zagra nie tylko z piernikiem ale i z pasztetem, wzbogacając posmak gałki muszkatołowej o niuanse grzybowe. Morelowa jedwabistość ukoi metaliczny posmak wątróbki, nadając nowy wymiar tradycji. A kiedy zapagniemy odmiany można pomyśleć o serze Roquefort.

Warto dojrzyć do win słodkich i docenić je nareszcie, bo zbyt długo traktowaliśmy je znacznie gorzej, niż na to zasługiwały. Wiemy, że odwzajemnić się z nawiązką... ■

Michał Poddany & Robert Mielżyński

Sweet wine of good quality can surprise with its complexity of aromas





The Street

“Don’t buy an Italian car”
- I have been persuaded
in this way for ages.
But why would I believe them?

Why should I? Lancia Delta doesn’t break down more often than its competitors. What’s more, it’s really spacious (though it’s a compact), drives like a dream, and has so much character that no other car can match!

Italian cars are believed to be less reliable than others. In fact, its critics could not be further from the truth. The times are tough, so you should not be led to believe that Italian manufacturers don’t care about their products, or that they don’t monitor the activity of their rivals, convinced that their technology will always be the best. The progress is clearly visible - Italian cars don’t break down as quickly as they did before, although Polish roads don’t make it any easier for them. However, Italian cars have one undeniable advantage: being designed by creative Italian designers, they are

unique, beautiful, majestic and simply desirable. Don’t you agree with this statement? You don’t have to, but when I see Lancia Delta, I know one thing: I would really like to drive this car, because it’s light years from being boring (especially the double colour version), has its own character and it really stands out in the crowd.

POLTRONA FRAU

The first thing which will greet you at the wheel of the Delta is ... the smell. Some think that the most important things are the one you can see. They are wrong!

The car can also tempt with its smell. In case of the Delta it’s the subtle fragrance of smooth leather which covers the seats and the dashboard. The leather is of the highest quality - it is provided for Lancia, by Poltrona Frau - an international leader in furniture manufacture, renowned for its high-priced furniture such as designer sofas, padded chairs and armchairs. It’s a remarkably pleasant view for the eyes, because Fiat designers (Fiat owns Lancia brand) worked really hard for Delta to look as it does. The car was supposed to be luxurious and prestigious, and it is. The trouble is that what is comfortable in the





beauty

living room when we're watching TV, is not always the best choice for a car. The layout of the dashboard is ideal, but the curvature of the seats leaves much to be desired. They just don't offer enough lateral support in corners.

PEDAL TO THE METAL

The strongest types of Lancia Delta are powered by a 200 BHP 1.8 DI Turbo petrol engines or TwinTurbo 1.9 Multi-jet Diesel engines, producing 190 BHP. This latter one is - in my opinion - the perfect choice. Why? Nearly 200 BHP is absolutely enough to drive the car in

a truly racing style, and squeeze in every free gap between other cars (though the suspension is definitely comfort-oriented and lacks the rigidity and which is typical of cars with a true sports character.) What about the acceleration? Thanks to twin turbochargers the car reaches 100 km/h in 7.9 seconds. Remember that this is a diesel-powered car! At the same time, Lancia Delta doesn't consume much fuel. It's satisfied with mere 6 litres of diesel fuel per 100 km. Even dynamic driving won't slim your wallet too much. The diesel engine is only a tad less powerful than the petrol

one, which needs only half a second less to reach 100 kph.

LOTS OF SPACE

People buy cars with their eyes, although there are those who stay oddly unimpressed with the looks of Lancia Delta. The malcontents aren't interested in performance or technical data, but they have to agree with one thing: this Italian compact is comfortable, functional and remarkably spacious. After moving the rear bench to the front, you are left with unbelievable 465 litres to pack your suitcases, holiday equipment, not even talking about large shopping. The long wheelbase and doors, which open very wide, make sure that driving the car isn't tiring and it's really easy to get inside. And this space on the back seat! I can definitely confirm that the Italians know that cars are for people and not just to move from point A to B. So please, stop believing in some old rumours. We should appreciate what is the most important, not only regarding cars: the beauty. ■

Rafał Jemielita is a journalist for Playboy and a co-presenter of TVN Turbo's 'Automaniak' - a motor magazine programme.



Riga

Stefan Konieczny visits the city with great traditions and irresistible charm. There's no way you can walk around its streets without craning your neck – all because of the fascinating architecture.



BRĪVĪBAS BOULEVARD

Riga boasts its huge almost 400-metre high TV tower, but it is by no means the most attractive thing about this city. It appeals to visitors because of its charm and rich history – which is easy to notice already on your arrival.

The Freedom Monument towering the Brīvības Boulevard is the symbol of turbulent history of the city. This 40-metre high construction is topped with a figure of a woman holding three golden stars in her hands, which is to represent three Latvian lands. The monument was erected in 1935, to replace the statue of Peter the Great, which stood here during the tsar rule. The woman's face is turned westwards, while the people carved in the monument look to the East, and they are chained up.

Nearby, there is a really pleasant park, called Esplanade – one of 22 parks in Riga – full of greenery and fountains.

STARŌWKA

If you set off from The Freedom Monument and head towards the Džwina river, soon you will find yourself in the Old

Town. And there are plenty of interesting things. Although it covers a rather small area, there are many cafes, shops and interesting buildings. What especially catches attention is „The Cat House” (Kaku nams) on 10/12 Meistaru Street. It's a building from 1909, whose roof is topped with two pointy towers with two cat sculptures on it. The legend has it that the owner built it to express his anger at Riga City Council. Riga always was a merchant city, so the its architecture corresponds to this tradition. On Amatu Street you will see two buildings – once a seat of merchants and craftsmen association. These are called the Large Guild and the Small Guild. The former, originally erected in 1354, was destroyed, and later rebuilt in the middle of 19th century. Today this monumental building with arch windows houses a concert hall. The Small Guild has similar history, and today is often used for conferences and symposia.

THREE BROTHERS

On Mazā Pils, you will see three charming buildings, called The Three Brothers.

MOTO MUSEUM

■ If you have some spare time, you can go to a nearby Museum of Motorization. This monumental building houses an extensive collection of Mercedes-Benz cars from 1930s, Lincoln KB, which once belonged to the writer Maxim Gorky, and a collection of limousines from Kremlin, including a non-socialist Rolls Royce owned by Leonid Brezhnev. The Museum is on 6 S. Eizenstein Street, open daily between 10.00 am to 6.00 pm. You can reach the museum from the city centre in 20 minutes by means of a bus, numbers 5, 15 or 21.

ers. They date back to different times – the white one is the oldest and was built in 1490. It once houses a workshop. The second yellow „brother” is younger, and was built in 1646. The last one is green, and on its facade you can see a mask, which was supposed to protect the inhabitants of Riga against the powers of evil.

This unusually narrow building dates back from the end of 17th century. On 19 is Latvian Museum of Architecture – worth visiting to find out how the styles of architecture and design has been changing over the years. Inside, you can also see a collection of various designs. It is open from 9.00 am. to 5.00 pm. (on Mondays to 6.00pm, and on Fridays to 4.00 pm.).

If you are an enthusiast of contemporary Latvian art, then visiting the nearby Ars Longa gallery is a must (10/20 Skarnu street, open during the week from 11.00 am. to 6.00 pm.). You can see a collection of paintings, graphic arts and glass articles.

CATHEDRAL

The tower of the biggest church in the Baltic states overlooks the buildings in the Old Town in Riga. The size of the protestant Riga Cathedral, situated by Doma Square, is really impressive. The foundation stone was laid in June 1211. The construction works took 60 years, and the final effect is astounding.

The monumental tower was destroyed in the great fire of Riga in 16th century, but was later rebuilt. Now it is 90-metre long, and is topped with a golden rooster. The oldest part of the church is the altar in Romanian style. The cathedral is known not only as a place of worship or



NW NE

W E



The railway bridge



The Old Town



The Freedom Monument

RIGA CARD

If you want to get around Riga easily and comfortably, consider buying a Riga Card, which gives you free access to use public transport (including the 22 line, from the airport) and museums without buying a ticket. It also gives you many discounts, e. g. 50% on a bus tour around the city, or on a guide tour around the Old Town. You can expect further discounts in hotels, restaurants, and car rental companies. The card is valid between 1-3 days. A one-day card costs LVL 10 (€14). It can be obtained at the airport, at „Welcome To Riga” office, on the first floor or arrivals hall, in zone E. Check for details at rigacard.lv.

a historical site, but also because of the music. It holds many official concerts.

What attracts attention are the organ from 1884, constructed by a German company from Ludwigsburg. It's the fourth biggest organ in Europe, and consist of almost 7,000 pipes.

The Cathedral is open for visitors Tuesday to Friday from 1.00pm to 5.00 pm and on Saturdays from 10.00 am to 2.00 pm.

THE CASTLE

When heading for Riga Castle, it's worth taking a stroll to Džwina – as it's only a few minutes walk – and take a look at the bridges. There are five of them in Riga, each with its own history.

The oldest one, from 1914, is a railway bridge, illuminated white and blue during the night.

If you look left, with the castle behind you, you can see Akmens Bridge, which whistles on windy days – or rather it is the wind that whistles in its spans.

The closest bridge to the castle is The Vanšu Bridge, popular among the local extreme sports enthusiasts, who, illegally, try to climb it. The castle itself has been standing in the same place for 700 years, but it got damaged a couple of

times. What's characteristic about it is its oval, yellow tower. Today it is the seat of the President of Latvia. It also houses three museums – Museum of Foreign Arts with a collection of Roman, Italian and German pieces of art, Museum of Literature and Art History, as well as Historical Museum.

It is worth mentioning, that another castle is being built in Riga, called the Castle of Light. It is a 70-metre high spectacular building shaped like a mountain, which is to house the National Library, and be a host to a numerous cultural events. It is due to be open in 2013.

THE POWDER TOWER

While the inhabitants of Riga wait for the Castle of Light, they will surely be glad to show anybody the way to the Powder Tower, also called The Sand Tower. Erected in 14th century, this 25-metre high tower was part of the city's defensive walls. It was used to store gunpowder, hence the name. The tower has its own, interesting and original history – in 19th century the students ask the city authorities to hand over the tower to be used for scientific purposes. The authorities agreed, on condition that the tower be renovated. The students used pigeon droppings to clean the building.

Today the tower houses the Latvian Museum of War. Behind the 3-metre thick walls you have a chance to get to know the military history of Latvia, which is interesting at every means – in 1940 after conquering Latvia, the Russians closed the museum, which was reopened as late as in 1990. The Tower is on 20 Smilšu Street, open daily, except for Mondays and Tuesdays between 10.00 am. and 6.00 pm. ■



The Guild



Piotr Kalita has been associated with the air travel market for almost 20 years. He specializes in corporate and diplomatic travel. **Do you have any questions?** Ask Peter. Send your question at redakcja@businesstraveller.pl

A TROUBLESOME TICKET

I bought a ticket from Milan to London with a change in Zurich. The inbound flight was supposed to be direct. The ticket was very cheap, because I bought it in a promotion. It turned out that I had to go to London two days earlier than expected. However, I couldn't re-book the flight. Having no other choice, I decided to buy a new ticket for the outbound flight at a low-cost airline. However, it has now turned out that I can't even use the inbound flight ticket. They reservation won't be honoured if I don't use the full ticket. Why is that? Several years ago I didn't have this problem.

Tomasz

Dear Tomasz,

I've checked the ticket you sent to me. Unfortunately, the airline is right. When buying an airline ticket, you signed a contract for a specific route from Milan to London and back, in strictly specified dates. What's more, this tar-

iff doesn't allow for any refunds or changes, even with an extra fee. This is quite typical of promotional offers with airlines. You said that since you were unable to change the departure date, you wanted to use only the inbound flight. This change isn't possible either, because the general rule is that the stages of the journey must be completed in the order they were booked. Therefore, such manipulation with the stages of a journey isn't possible. In case you didn't turn up at the airport in Milan (a „no show passenger”), the other stages of your route would automatically be cancelled and the ticket would expire.

You've mentioned that a few years ago there were no such problems. The general principle for using the flight coupons in the order they are issued, has been in effect for a long time. I suspect that a few years ago, you had been issued a paper ticket and

a wrong coupon was torn out. Passengers in such a situation often didn't realize that they were violating the terms of service. Currently, when only electronic tickets are used, a similar situation shouldn't happen.

Reservation and airport systems accurately verify each reservation with the corresponding coupons of the electronic ticket. In the event of any inconsistency, a passenger risks losing the connection, in your case—losing the entire ticket.

I understand that you were thrilled with the low price of the ticket and decided to book it. Do remember, however, that when your plans change, it is extremely difficult to rebook a cheap ticket. For business travel I suggest buying tickets in flexible tariffs. They are considerably higher, but allow you to change your reservation. In this case, it didn't pay to economize on the ticket.

A CELLO ON BOARD

My daughter is flying to a concert in Italy. She has played the cello for several years. This will be her first overseas appearance. Other members of the orchestra have smaller instruments. How can we organise the transport of the cello by plane? What is the cost of such service? I've heard that it's very expensive.

Jakub

Dear Jakub,

The transport of a musical instrument is subject to special procedures. That's mainly because instruments like this are very valuable, and particularly sensitive to any shocks. When transported by air and especially when being loaded into an aircraft, they are prone to potential additional damage. Needless to say, that the musicians treat their instruments with great care.

The cello can be transported in the hold in a special box, which protects the instrument. The box is specially reinforced and lined with appropriate padding which can absorb shocks. Such method is used mainly when there's a whole orchestra travelling on the plane and, consequently, more instruments to carry. It is certainly way more economical, because we pay only for the extra kilos of the checked in luggage. In Europe, most airlines now use the rate of €10 for each additional kilogram.

A more popular way of carrying a cello is on board, in a passenger seat. This isn't cheap though, because we have to buy a separate seat. However, most musicians choose it, anyway. In this way the instrument is continuously under care. When booking tickets, please inform the airline about the need to purchase additional space on the cello. You will be asked to provide the weight of the instrument together with its case and its exact dimensions. Problems may arise when the journey is combined, because different airlines may specify a maximum size of individual instruments. Therefore, prior to the trip it's good to check exactly what lines we are going to travel and what rules each carrier applies. It's very important for code-shared flights.

The cost of the ticket for the cello should be slightly lower than the passenger's ticket. This is because an instrument is not subject to all inspections and checks a passenger must undergo. Consequently, some airport taxes aren't charged. However, fuel surcharge is added and this has recently been increasing. If the instrument is very valuable, I suggest buying a separate seat and a ticket.

Good luck to your daughter at the concert.

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Ekspresy EQ.7 Plus i EQ.5 otwierają nowy rozdział w kulturze picia kawy. Ich zadaniem jest precyzyjne spełnianie najbardziej wyszukanych potrzeb miłośników kawowych specjalistów. Służą temu innowacje w ekspresie EQ.7 Plus: **individualCup Volume**, **aromaDouble Shot**, czy **oneTouch-Function®**. Te profesjonalne rozwiązania dostarczają nowych doznań ściśle według indywidualnych wymagań. Również ekspres EQ.5 bez trudu zrealizuje wszelkie oczekiwania użytkowników dzięki funkcji **aromaDouble Shot** z dokładną regulacją mocy kawy oraz wbudowanemu systemowi **autoWhirl Plus**, wytwarzającemu idealną mleczną piankę. Przyjemność delektowania się aromatycznymi napojami potęguje też komfort obsługi oraz ekskluzywny design. Wejdź na www.siemens-kawa.pl i zobacz, co znaczy smak, aromat i styl.

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