

# Business Traveller Poland

CENA: 9,60 zł (w tym 8% VAT)

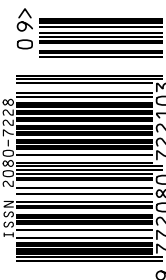
NR 9/2011 (20) SEPTEMBER 2011

## ZONED OUT

New ways to combat jet lag

**21** BEST SPA HOTELS IN POLAND

INDEKS 256765



Munich ● Zanzibar ● Madrit ● Andora ● Paris ● Opel Ampera



# SINGAPORE AIRLINES BUSINESS CLASS

NAJBARDZIEJ PRZESTRONNA JAKĄ WIDZIAŁ ŚWIAT



Nasza Business Class – najbardziej obszerna w swojej kategorii, zapewnia luksus wypoczynku w czasie lotu. Wyjątkowy fotel rozkłada się w idealnie płaskie, największe podniebne łóżko, gdzie możesz swobodnie się wyciągnąć.

Zasmakuj komfortu na pokładach samolotów typu A380, Boeing 777-300ER i A340-500.



A STAR ALLIANCE MEMBER

Skorzystaj z połączenia: z Gdańska, Poznania, Wrocławia, Krakowa, Katowic, Rzeszowa i Warszawy przez Frankfurt – dwa razy dziennie, przez Monachium – raz dziennie; z Warszawy przez Amsterdam, Mediolan lub Zurich – rejsy codziennie – do Singapuru i dalej na Daleki Wschód, do Australii i Nowej Zelandii.



36



44



62



74



54

## 4 EDITORIAL

## 6 ON TOP

Hotel and airline news

## 12 BT ABOUT CULTURE

Books, music, and games which are worth trying

## 14 TRIED&TESTED

Warsaw – Donetsk – Warsaw, LOT Polish Airlines, Business Class; Zurich – Chicago – Zurich, Swiss International Air Lines, Business Class; Radisson Blu Daugava Riga; Sheraton Schiphol; Medico Warsaw; The Residence Zanzibar; Billila Lodge Serengeti

## REPORTS

## 32 HEALTH

Jet lag is not only an unpleasant consequence of travelling. It can also be dangerous

## 36 REPORT

We present the best Spa hotels in our country

## 44 GUIDE

Munich Airport which has been awarded by Skytrax

## 50 STARWOOD

Conferences in a healthy style

## 52 ORBIS

A|Club's 3rd anniversary and a new challenge for ibis hotels

## 54 REPORT

Business Traveller visits Airbus factory in Toulouse

## DESTINATIONS

## 58 CONFERENCES

Madrid – the Spanish capital has many places of interest

## 61 DEALS

Tissot and Cortina diving watches

## LIFESTYLE

## 62 A BUSINESSPERSON ON HOLIDAY

Andorra – an ideal place for a ski escapade

## 66 GOLF

Golf courses in and around Berlin

## 68 TECHNO

Docking stations for Apple devices

## 72 WINE

Wine in the colours of rainbow

## 74 BUSINESS MOTO

A new electric Opel Ampera

## 76 PARIS

Our guide on how to spend unforgettable four hours in the French capital

## 78 BT POLAND IN ENGLISH

## 82 ASK PETER

We answer all your questions related to travelling



The feeling of tiredness after we have crossed several time zones when travelling by plane, is far from unusual. However, when you look more accurately at this phenomenon, it will turn out that jet lag has many faces – because it negatively affects our health, makes us feel uncomfortable, and most of us don't really know how to handle it. We do know, so we've decided to share with you this knowledge in the main article of this issue.

In general, knowledge is a very useful thing, and so we thought that it would be good to prepare a list of 21 best Polish Spa hotels. We can assure you that it's a very interesting reading.

As for other interesting articles, we particularly recommend a text about our visit to Airbus factory. The plant in Toulouse assembles aircraft from numerous parts, manufactured, among others, in Poland. The factory itself is a very impressive place, as are the manufacturer's plans for the future.

As you might expect it from Business Traveller, we also visit many amazing places such as hotels in Riga, Amsterdam, Serengeti and Zanzibar. We also invite you to Madrid, where we look at various meeting venues. From Madrid we take a short leap to Paris, France, where we will actively spend four hours. A visit to Berlin can be a great opportunity to visit the local golf courses, and there are quite a few around the German capital.

We also recommend other sections devoted to automotive industry, cuisine, wine and brand new electronic gadgets. For the dessert an article on Andorra – after all, the ski season is approaching and the Pyrenees seem to be a perfect choice for skiing – especially if you use our advice from this issue and effectively fight your jet lag.

Enjoy your reading.



**Robert Grzybowski**  
Publisher BT Poland



Read more details! Visit [businessstraveller.pl](http://businessstraveller.pl)

# Business Traveller Poland

Business Traveller Poland  
ul. Świętokrzyska 36, 00-116 Warszawa  
tel. +48 22 455 38 14, +fax +48 22 455 38 13  
[www.businessstraveller.pl](http://www.businessstraveller.pl)

**Editor-in-Chief** Wojciech Chelchowski  
[wojtekc@businessstraveller.pl](mailto:wojtekc@businessstraveller.pl)

**Deputy Editor-in-Chief / Editorial Assistant**  
Andrzej Czuba  
[andrzejc@businessstraveller.pl](mailto:andrzejc@businessstraveller.pl)

**Art Director** Dejan Gospodarek  
[dejan@dwb.pl](mailto:dejan@dwb.pl)

**DTP** studio CARRY

**Wydawnictwo R & S Media Sp. z o.o.**  
ul. Świętokrzyska 36, 00 -116 Warszawa  
tel. +48 22 455 38 33, fax+ 48 22 455 38 13

**Publisher** Robert Grzybowski  
[robertg@businessstraveller.pl](mailto:robertg@businessstraveller.pl)

**Coordinator** Wojciech Tymiński  
[wojtekt@businessstraveller.pl](mailto:wojtekt@businessstraveller.pl)

## Advertising, sponsorship

**Wydawnictwo G+J Gruner+ Jahr Polska Sp.z o.o. & Co. Sp. Komandytowa**

Agnieszka Wierzbicka-Baxter – Dyrektor  
[agnieszka.baxter@guj.pl](mailto:agnieszka.baxter@guj.pl)

Aneta Nowakowska  
[aneta.nowakowska@guj.pl](mailto:aneta.nowakowska@guj.pl)

Olga Sztąberska, [olga.sztaberska@guj.pl](mailto:olga.sztaberska@guj.pl)  
Magdalena Świć, [magdalena.swic@guj.pl](mailto:magdalena.swic@guj.pl)

## Biuro Reklamy G+J Corporate Media

Małgorzata Teodorczyk – Dyrektor  
[malgorzata.teodorczyk@guj.pl](mailto:malgorzata.teodorczyk@guj.pl)

Anna Dembska, [anna.dembska@guj.pl](mailto:anna.dembska@guj.pl)

Monika Łodej, [monika.lodej@guj.pl](mailto:monika.lodej@guj.pl)

Anita Michalska, [anita.michalska@guj.pl](mailto:anita.michalska@guj.pl)

Justyna Badowska, [justyna.badowska@guj.pl](mailto:justyna.badowska@guj.pl)

Bożena Zieliński, [bozena.zielnik@guj.pl](mailto:bozena.zielnik@guj.pl)

## Distribution, subscription

TM Media, Al. Jana Pawła II, 61/lok 239  
tel. +48 22 252 80 38  
fax +48 22 252 55 07

**Printing house**  
Drukarnia TINTA

## Business Traveller

**Managing director** Julian Gregory  
Perry Publications, Cardinal House,  
39-40 Albemarle Street, London, W1S 4TE  
tel. +44 (0)20 76 47 63 30  
[www.businessstraveller.com](http://www.businessstraveller.com)

In the US, Business Traveler is published at 303 Fifth Avenue, 1308, NY 10016, tel 1 212 725 3500. In Germany, Business Traveller is published at Schulstrasse 34, 80634 Munich, tel 89 167 9971, fax 89 167 9937. In Denmark, Business Traveller is published at Rymarksvej 46, 2900 Hellerup, tel 45 3311 4413, fax 45 3311 4414. In Hungary, Business Traveller is published at 1074 Budapest, Munkas utca 9, tel 36 1266 5853. In Hong Kong, Business Traveller Asia-Pacific and China are published at Suite 405 4/F Chinachem Exchange Square, 1 Hoi Wan Street, Quarry Bay, tel 852 2594 9300, fax 852 2519 6846. In the Middle East, Business Traveller Middle East is published jointly by Motivate Publishing, PO Box 2331, Dubai UAE, tel 9714 282 4060, and Perry Publications. In Africa, Business Traveller Africa is published by Future Publishing (Pty) Ltd, PO Box 3355, Rivonia 2128, South Africa, tel 27 11 803 2040.

© 2009 Perry Publications Ltd –  
a subsidiary of Panacea Publishing  
International Ltd, United Kingdom



# 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 

## FareFinder In Star Alliance

*FareFinder is an application which allows you to search for fares in one and both sides to fly between any two airports in the Star Alliance network. There is also an option to introduce additional search criteria, such as the number of passengers, time of arrival and departure, cabin class, number of stops, airport transfers and sales outlets. The application also provides information on the availability of seats on the plane. Passengers can make their reservations either through the call centre or the website of the airline of their choice.*

*FareFinder is available only in English. It's free to download from website staralliance.com or in the App Store. In the near future, the makers of the application will release new versions for other operating systems.*



## Save On lot.com



*The recent promotional campaign of LOT finishes on 10 September. All travellers who will purchase tickets through lot.com, will receive a 10 percent discount on the purchase price. It's possible to take advantage of the offer if you buy tickets through the airline's website for a flight between 1 October to 15 December. You also need to create or have an existing account at LOT's website.*

*"Our website is being continuously developed and ticket sales through lot.com are on an increase. This is one of the most important sales channels for LOT, so through this new offer we are trying to meet the expectations of passengers and encourage them to make greater use of our website," says Leszek Chorzewski, a spokesman for LOT Polish Airlines SA..*

## LOT Catering In the Black

*LOT Catering is successfully implementing the development strategy, which was designed at the beginning of 2010. Actions taken by the company include focusing on diversification of its sources of income, and the expansion of its sale outlets. As regards its core business, the company currently serves 16 airlines as well as special VIP flights.*

*"We are currently holding talks to start cooperation with new carriers. We are also planning to expand our Tomatillo restaurant chain. Finally, LOT Catering wants to launch retail outlets for Biscuiterie confectionery. Such outlets will appear in cities where LOT Catering has its branches i.e. Cracow, Poznań and Gdańsk," said Krzysztof Wiśniewski, the President of LOT Catering.*



## From CSA To Abu Dhabi

**C**zech Airlines – the Czech national carrier and the main air carrier of the United Arab Emirates – Etihad Airways have signed a code share agreement. Thanks to the agreement, on 21 September Czech Airlines will launch a new, private connection between Prague and Abu Dhabi. In this way, if you transfer in Abu Dhabi, you will be able to take advantage of connections operated by Etihad Airways with combined EY/OK designation numbers to cities in

Australia, Africa South and Southeast Asia. The cooperation between the two carriers means that flights to cities such as Abu Dhabi, Muscat, Bahrain, Colombo, Bangkok, Singapore, Sydney and Melbourne, will be offered in convenient connections at favourable prices.

This means that passengers travelling from Warsaw to Abu Dhabi will now be able to transfer in Prague. Such flights will take place on Mondays, Wednesdays and Thursdays (return

on Mondays, Tuesdays, Thursdays and Fridays). The transfer doesn't take more than 3.5 hours, and the whole journey takes about 10 hours. It's also possible to take such a trip from Cracow on Mondays and Thursdays.

Until 13 September Czech Airlines offers promotional prices for flights to Abu Dhabi – the cheapest round-trip ticket from Warsaw or Cracow costs barely PLN 1,599 including airport taxes. For other destinations go to: czechairlines.com



# your*fashion*store

## PODWÓJNE MILE WE WRZEŚNIU

4 PLN = 2 MILE



**AELIA DUTY FREE**

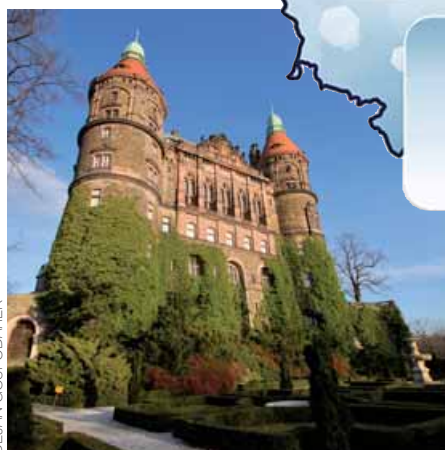


Port Lotniczy im. Fryderyka Chopina, Warszawa.

Partner of  
**Miles & More**  
Lufthansa

**LOT** POLISH  
AIRLINES

# Orbis Prepares a Photomap



Accorhotels hotel chain has organized a photo contest for its fans on Facebook social networking site. The aim of the project is to create and develop a unique map of Poland which will display the most attractive tourist spots in our country. The photomap will be, simply speaking, a map made up of all the images sent by the participants of the contest. Each photo should be carefully described, so it can be properly placed on the map. The pho-

tos will be evaluated by the participants of the portal. Every day two most interesting photographs are selected and the winners receive discount vouchers worth PLN 40. For the second stage of the contest 50 best photographs will be selected, out of which the jury will later choose 10 finalists. The finalists will receive weekend vouchers to be redeemed at one of Accor hotels, while the winner will enjoy a stay in a suite at a Sofitel hotel.



## Portugal With Yes Airways

The charter airline Yes Airways has launched Warsaw – Faro (Portugal) connection. This is the fifth destination of the carrier. So far it has operated flights for ITAKA travel agency to Turkey (Antalya, Izmir, Bodrum and Dalaman), Tunisia (Monastir), Egypt (Hurghada, Marsa Alam, Taba) and Greece (Crete). Yes is the first Polish airline to have introduced Airbus aircraft to its fleet. Currently, the fleet consists of 3 A320 aircraft with an increased take-off weight. Such a procedure is used when a carrier plans to launch connections on even further routes. In case of YES Airways these plans include flights to the Canary Islands and the United Arab Emirates. It seems that following initial difficulties, Yes Airways are doing quite well on the Polish market.

## Sky Connections Get Harmonized

The preparations for the European Football Championships are in full swing, not only as regards building stadiums and roads. Flight schedules must also be suitably adapted to the increased traffic. That's why, Grzegorz Kruszyński, the President of Civil Aviation Office, has announced his decision to coordinate schedules at Warsaw Chopin Airport, effective 25 March 2012. In addition, from early June to 8 July 2010 – that is for the period when EURO 2012 is held, a temporary coordination of schedules will be implemented at the Gdańsk Lech Wałęsa Airport, Wrocław-Starchowice Airport, and at Poznań-Ławica.

## Modlin Has a New Logo



Modlin Airport, which is located barely 40 kilometres north of the centre of the Polish capital, has unveiled its new logo. The round symbol contains references to local folklore, the airport's location and air travel. The blue intersecting lines represent the confluence of the rivers Narew and Vistula, where Modlin is located. Naturally, the blue col-

our represents the rivers, while the green represents the surrounding nature. The port is being built in the area of a former military airfield, and is planned to act as a complementary airport for Warsaw Okęcie. Modlin Airport will operate 24 hours a day, serving short and medium range flights. The construction work is scheduled to finish in Q2 of 2012.



## GŁĘBOCZEK

VINE RESORT & SPA

Czterogwiazdkowy hotel **Głęboćek Vine Resort & Spa** to oaza zmysłów i ciszy pośród wspaniałego krajobrazu Pojezierza Brodnickiego, idealne miejsce na konferencje, szkolenia, spotkania... Ekskluzywne wnętrza spełniają oczekiwania najbardziej wymagających Gości. Starannie dobrane kształty i barwy przedmiotów dopełniają się wzajemnie podkreślając malowniczy klimat miejsca.

Serwowane dania kuchni regionalnej i śródziemnomorskiej zachwycają każde podniebienie.

To również pierwszy w Polsce ośrodek SPA, promujący pielęgnację ciała opartą na winoterapii, który proponuje serię aktywnych zabiegów z wykorzystaniem kosmetyków stworzonych na bazie składników pochodzących z winorośli.

Hotel WINNICA - 24 pokoje (20 pokoi dwuosobowych, 1 superior, 3 apartamenty lux, 2 apartamenty suite).

Hotel OSADA trzy wiejskie chaty - 15 pokoi.

Chata SPA - wolnostojący apartament z własną sauną.

SPA - trzy strefy zabiegowe (Winnica Spa, Strefa Łaźni brodnickich, Alfaserfa)



Wielki Głęboćek 1 87-313 Brzozie

tel./fax: +48 (56) 493 51 19 +48 660 497 245

e-mail: [gleboczek@gleboczek.pl](mailto:gleboczek@gleboczek.pl) [www.gleboczek.pl](http://www.gleboczek.pl)



## Clarins For a Man

**C**larins Skin Spa in Różana Street is one of the more popular places of its kind in the Polish capital. Ladies like it for a wide range of treatments, including the facials, and massages. There's also something for gentlemen, especially businessmen who are always short of time, but like to feel good, fresh and healthy. At Clarins Skin Spa you can choose among a wide selection of treatments such as scalp massage or the massage of the back.

## Fairs Join Forces

**I**nternational Tourism Fair ITM Warsaw is expanding. The Meetings Poland Expo Business Tourism Fair, organized by Meetings Poland Sp. z o.o. for the last 13 years, has joined forces with ITM Warsaw, organized by Fairex Sp. z o.o., creating a tourism and business tourism fair under one roof. The ITM Business Tourism fair will be held in Warsaw from January 27 to 29, 2012, as part of the ITM Warsaw fair at the Expo XXI exhibition centre on Prądzyńskiego Street in Warsaw.



## TRIP Group Say 'No' To Routine

**O**rganizational success of a congress or a conference is based on professionalism and creativity of people who start planning the whole event much earlier. The idea to provide a dedicated project manager to each event, which is implemented by Trip Group, is nothing new. However, the most important aspect of this idea is providing assistance of real professionals in this area. It's worth emphasizing that the responsibility for the success of the project should never be merely an empty slogan.

The key factor is to define the scope of cooperation – the wider, the better it is for the event. The Department of Conferences at Trip Group has prepared a comprehensive offer and provides thorough assistance to your conference: from the individual website for the event to transporting its participant. The idea to pass on the responsibility of organizing our congress to a group of professionals must be based on mutual trust. Naturally, it's difficult to be responsible for everything alone. However, if you receive support of a trusted team, everything becomes simple. The conference team of Trip Group has been working together for years and the list of events it has organized is impressive. The preparations for the event are often made under considerable time pressure, with growing customer demands. Congress Project Managers of Trip Group deal with all them using innovative

technologies and thanks to many years of experience, as well as their creativity. They have known for a long time that there are no two events look the same, and each of them deserves individual attention. That's why, Trip Group always provided this individual attention to its customers.

"This is a matter of utmost importance," says Kuba Chechliński, CEO of Trip Group. "In this business sector, where competition is fierce, routine can be lethal. We must constantly look for and stay close to recent trends, as well as the most interesting offers. That's why, the events we organize, are so successful."

One of the most difficult tasks of a project manager is to select services that suit best the nature of the event, as well as the profile of the participants and the budget. The team makes sure that the customer is provided a wide choice of options and guarantees their high quality. When a project manager carries out the preparations for a conference or congress, he/she must make sure that various stages of the event are completed. Such stages include visual communication, registering participants, providing them with accommodation, meals and transportation, as well as preparation of materials and the technical facilities. Finally the event starts and everything takes place in a strictly determined order. When the event has finished, the project manager will thoroughly clear all the expenses.

# A New Interior Of Golden Tulip

**T**he process of transformation of Warsaw Kyriad Prestige hotel into Golden Tulip hotel belonging to Louvre Hotels Group – one of the largest hotel chains in the world – began earlier this year. It's time for the renovation works on the interior so that it matches the standard of Golden Tulip. The appearance of the lobby will be transformed, the reception desk refreshed and moved to the other side, and the bar will soon become an elegant place, suitable for various meetings. The restaurant will also undergo changes. It will receive new furniture and parquet floors made of exotic wood. Businessmen will be glad to hear that the hotel will also feature an additional conference room.



# A multi-touch mouse



Microsoft has just released its multi-touch Touch Mouse. The device has been designed specifically for Windows 7 operating system and uses the touch pad technology. It's characterized by a flat surface, so it doesn't have any scroll wheel or a touch bar. To scroll up, down and sideways you just need to move your finger across the touch surface – the speed with which you do this determines how quickly you browse through your documents or photos. The movement of two fingers minimizes and maximizes the open windows. Three fingers allow users to manage their whole desktop by switching between different tasks or clearing all open windows. Additionally, by moving the finger on the side of the touch panel, you can navigate websites forward and back, as well as any documents and photos. Touch Mouse can be used on almost any surface – from the wooden floor to a leather armchair.

## Wizz Air Expands Its Base At Okęcie

The largest low-cost airlines in Central and Eastern Europe has announced to expand its Warsaw fleet with another aircraft. This will be Wizz Air's fourth Airbus A320 at Okęcie Airport. This decision will help increase the frequency of flights on existing routes and launch a new connection from the Polish capital. In April 2012 Wizz Air will start a connection on Warsaw – Stavanger (Norway) route. Initially, the flights will take off three times a week. Norway's second largest passenger airport is located only 15 minutes from the city centre, which is particularly advantageous for business

people flying for a business meeting. The passengers of Wizz Air can also now take advantage of Citibank Wizz Air World MasterCard, which allows them to collect points and exchange them for tickets and services provided by Wizz Air. The points can be redeemed for discounts of up to 50% in more than 4,700 service outlets and stores. The card also enables its users to pay in instalments, or even not to pay reservation fees when purchasing tickets at wizzair.com. In addition, the company plans to launch a connection from Riga to Eindhoven, with the first flight taking off on 9 December 2011.



## MIĘDZYNARODOWE STUDYUM REFLEKSOTERAPII

Maja Krauze

licencjonowana placówka  
SORENSYSTEM w Polsce

organizuje: **szkolenia  
prezentacje**



- COSMOFACIAL
- Japoński COSMOLIFTING
- ZABIEG ZE ZŁOTEM

[www.reflexology.com.pl](http://www.reflexology.com.pl)  
tel. 508-113-098, 791-113-098

## LASEROWA KOREKCJA WZROKU LASER VISION CORRECTION



bezbolesnie i precyzyjnie  
painless and precise



w trybie ambulatoryjnym  
in outpatient treatment  
conditions



czas zabiegu 2 oczu około 20 minut  
duration of treatment 2 eyes  
to 20 minutes



badanie i zabieg jednego dnia  
examination and treatment in one day



kontrole do 1 miesiąca w cenie zabiegu  
free examinations to 1 month  
after the treatment



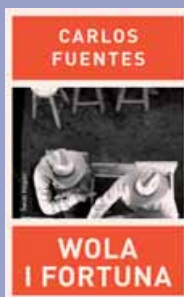
szybka regeneracja i trwały efekt  
quick recovery and permanent effect

**artlife**  
Management & Innovations

Centrum Okulistyki Laserowej

Laser Ophthalmology Centre  
Szpital SWISSMED w Gdańsku, ul. Wileńska 44 SWISSMED Hospital in Gdańsk, Wileńska Str 44  
Tel.: +48 58 740 24 30, mobile: +48 605 036 630, [www.artlife.com.pl](http://www.artlife.com.pl), [info@artlife.com.pl](mailto:info@artlife.com.pl)

# BT About Culture



## THE STORY OF A CUT-OFF HEAD

Carlos Fuentes is one of the pillars of the renowned Latin American literary boom of many years ago, and is often mentioned as a candidate for the Nobel literary prize. In recent years he has seemed to be in pretty poor shape, but the new book shows that those who have already

brushed him aside, were wrong. Fuentes may be old, but he returns here in grand style with a novel written with a lot of verve and which is a very good read. The story of two young men, who don't know their background, are intertwined with the story of a strange prisoner, a financial oligarch, women, and a mysterious lawyer who seems to be the main force behind the events. Add to this odd dreams, contacts with the spirit world, politics, the history of Mexico, and references to antiquity and mythology. From all these ingredients, Fuentes has created an amazingly coherent book which keeps you in suspense from the very first paragraph in which we learn that the tale is being told by a head which was separated from the rest of the body of one of the two main characters. It's an outstanding novel, showing that the Latin American boom is still alive, despite the repeated announcement of his death.

*Carlos Fuentes: "The will and fortune."*

*Świat Książki, 512 pages*

## THE RETURN OF CHRIST

Hernán Rivera Letelier – one of the most prominent Chilean writers – tells a hilarious and, in places, a sad story of a man who lived in a poor region of Chile where he was acclaimed as the modern incarnation of Jesus. The main character is both an inspired preacher and an imposter, who likes his „mission” because it's better than hard work. However, his greatest wish is to find his own Mary Magdalene. When he finally finds a prostitute, who is as fervent believer as he is, things get extremely complicated.

*Hernán Rivera Letelier: "The Art Of Resurrection." Muza S.A.; 248 pages*



## THE CZECH STORY

Our authors rarely write novels that show how the fate of ordinary people intertwines with the recent history, so you might want to read the Czech writers instead. They can do this without the pathetic pomposity, at ease, and – most importantly – credibly. One of such authors is Tomáš Zmeškal who 3 years ago was proclaimed by our Czech neighbours a real literary revelation. The stories of four generations of a Czech family are looped in his novels in such a way that due to the inhuman political system and its functionaries, it's impossible to find there love, and even a normal life. Although the events seem to be dramatic, they are told with a discreet sense of humour, so the whole book reads really well.

*Tomáš Zmeškal: "Love Letter In Cunieform Script." W.A.B.; 400 pages*

# MUSIC



## RED HOT CHILI PEPPERS I AM WITH YOU

Five years of silence, and two years of working with the new guitarist following John Frusciante's departure. As the musicians claim themselves, the old RHCP is a thing of the past and now it's a completely new band and music. This seems to be this summer's hottest premiere.

## 3 DOORS DOWN TIME OF MY LIFE

This is one of the most famous and, for more than a decade, on of the most reliable American bands. Their fifth album provides us with the usual dose of real unpretentious rock of the highest quality. It simply nice to listen.



# GAME

## Tiger Woods PGA Tour 12

Despite his recent personal trouble, Tiger Woods remains an unquestionable golfing star. The makers of the most realistic golfing game to date, know about it, as well. The 12th edition of Tiger Woods PGA is an accurate simulation of the most important golf tournament, with new, though admittedly cosmetic improvements to the gaming system. Good fun guaranteed.



## Najlepsza inwestycja nad Zalewem!

Komfortowe, duże domy jednorodzinne na działkach powyżej 1000m<sup>2</sup>. Osiedle zlokalizowane na pięknych, zadrzewionych działkach, oparte o ścianę lasu. Charakter działek porównywalny z atrakcyjnymi terenami Konstancina czy Milanówka. Dodatkowym atutem, stanowiącym wyróżnik jest sąsiedztwo Zalewu (Jeziora) Zegrzyńskiego, jego specyficzny mikroklimat i dostęp do rozbudowanej infrastruktury sportowo-rekreacyjnej.



# Wille nad Zalewem

Wille – projekty domów, funkcjonalne, starannie zaprojektowane układy funkcjonalne z dużym salonem, częścią jadalną, kuchenną, możliwością aranżacji gabinetu, pokoju TV. Są zaprojektowane dodatkowe funkcje typu: sauna, grill na tarasie, pokój sportowy, pomieszczenia zaplecza np. pralnia.

I etap inwestycji obejmując 19 willi znajduje się na etapie realizacji, planowany termin oddania to IV kwartał 2011 roku.

W projekcie znalazły się 3 podstawowe typy willi z możliwością indywidualnego kształtowania i rozbudowy domu o dodatkowe pomieszczenia i funkcje np. pokój sportowy na poddaszu. Układ pomieszczeń wewnętrznych może zostać dostosowany do potrzeb klienta bez dodatkowych kosztów pod warunkiem podpisania umowy na odpowiednim wczesnym etapie inwestycji. Konstrukcja budynku uwzględnia obciążenia i niezbędne elementy instalacyjne pozwalające np. na rozbudowę wybranego domu o dodatkową sypialnię.

„Wille nad Zalewem” położone są naprzeciwko największego nad Zalewem, nowoczesnego Portu Jachtowego Nieporęt i Portu Pilawa. W pobliżu zlokalizowany jest

nowoczesna, prywatna marina „Marina Port” w pobliżu hotelu „Marina Diana” oraz komfortowe ośrodki rekreacyjno-szkoleniowe w Ryni. To wymarzone miejsce dla osób, które chcą na co dzień mieć dostęp do swoich jachtów i możliwość uprawiania sportów wodnych поблизу Warszawy. Wille nad Zalewem pomagają rozwijać pasje żeglarskie. W „Willach nad Zalewem” znajdziesz ciszę i spokój dla siebie i swojej rodziny. To kameralny kompleks willi, otoczonych lasem. Będą tu mieszkać ludzie, którzy cenią spokój i życie na wysokim poziomie.

### Wille nad Zalewem 28

*Twoje Mazury pod Warszawą*

Szczytno	170
Olsztyn	210
Mikołajki	220
Giżycko	250



[www.willenadzalewem.pl](http://www.willenadzalewem.pl)



517 045 446

**wille nad zalewem**  
*Twoje Mazury pod Warszawą*



**ON BOARD:** WARSAW-DONETSK-WARSAW

## LOT Polish Airlines Embraer 170 Business Class



**SEAT CONFIGURATION** 2+2

**SEAT WIDTH** 43,2 cm

**SEAT PITCH** 79 cm

**CONTACT** lot.pl

**BACKGROUND** LOT Polish Airlines launched Warsaw-Donetsk connection in early June this year. This was done with next year's UEFA Euro 2012 Cup in mind, because Donetsk is one of the host cities of the tournament. It's also a reaction to the increasingly visible interest of passengers in eastbound routes. Donetsk International Airport is located less than 25 minutes by car from Donbass Arena stadium which was opened two years ago and which will be one of the venues of Euro 2012. LOT hopes that this move will make it easier for the Polish air carrier to operate westbound and northbound transit flights. The departure from Warsaw are held three times a week — on Mondays, Wednesdays and Fridays at 10.30 pm, with return flights from Donetsk on Tuesdays, Thursdays and Saturdays. The flight from Ukraine takes off at 4.40 am local time. At 6.05 CET the aircraft lands at Warsaw's Okęcie airport. The price for a roundtrip ticket starts at PLN 296.

**CHECK-IN** The check-in procedure at Warsaw airport took place very smoothly. Having booked a business class ticket, I didn't have to queue. Checking in

luggage took merely four minutes and after a short while I received my boarding pass.

**THE LOUNGE** Polonez Business Lounge, which is situated on the first floor of Terminal A, is available to business class passengers of LOT, other airlines belonging to Star Alliance, and the holders of the Star Alliance Gold status. The interior of the lounge is modern and pleasant. There was a large selection of beverages such as coffee, tea, juice, and various types of alcohol. Snacks were also aplenty with a wide choice of cheese, bread, sausages, or candies. Those who wished to focus on their work, could use the wireless Internet and stationary personal computers.

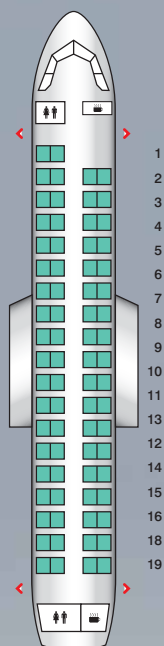
**BOARDING** It turned out that the plane was almost completely full and there were many Russian-speaking passengers around me. The cabin crew greeted me with a smile and offered a selection of newspapers. The purser collected our jackets, coats and hand luggage and put them into the overhead compartments.

**THE SEAT** Embraer 170, which operates Warsaw — Donetsk route, seats 70 passengers with 14 of them in business

class. I took window seat 4A. All seats have adjustable headrests and can recline slightly to a more comfortable sleeping position. This is a relatively small aircraft with 2+2 seat configuration, but I was positively surprised with quite a lot of leg space in each row.

**THE FLIGHT** A few minutes into the flight, when the "fasten your seatbelts" lights turned off, a flight attendant handed out refreshing wipes and the service began. As this was a two-hour flight, we were served dinner on board. The seat trays in business class cabin were covered with white starched tablecloths, and each of us received a tray with crockery and cutlery. We were served smoked salmon on lettuce, chicken slices with fruit and arugula, warm, crispy bread roll and a chocolate candy bar. As for beverages, we could choose among coffee, tea, or various fruit juices. There was also a large selection of alcohols (2 types of whiskey, gin, vodka, French and Italian wine). The service was perfect. About 30 minutes into the flight the captain informed us about the weather conditions which, fortunately, were perfect for air travels.





## THE RETURN JOURNEY

**- CHECK-IN** Currently the airport in Donetsk has just one, a relatively old terminal which, in fact, is quite similar to Warsaw Central Railway Station. Despite this, the check-in procedure went smoothly and without any hassle. Boarding started at 4.20 am and also went swiftly, without any unpleasant surprises. In the upcoming year, Ukrainians are planning to launch a brand new terminal, whose first task will be to serve thousands of football fans per day coming to Euro 2012. This will for sure relieve pressure on the old terminal.

**BOARDING** An apron bus took us directly to the aircraft. When boarding, a flight attendant offered us Polish and Ukrainian daily newspapers. Shortly after taking our seats, we were offered water or juice, and after a while the crew greeted the passengers, offering them some Polish magazines, including Business Traveller Poland.

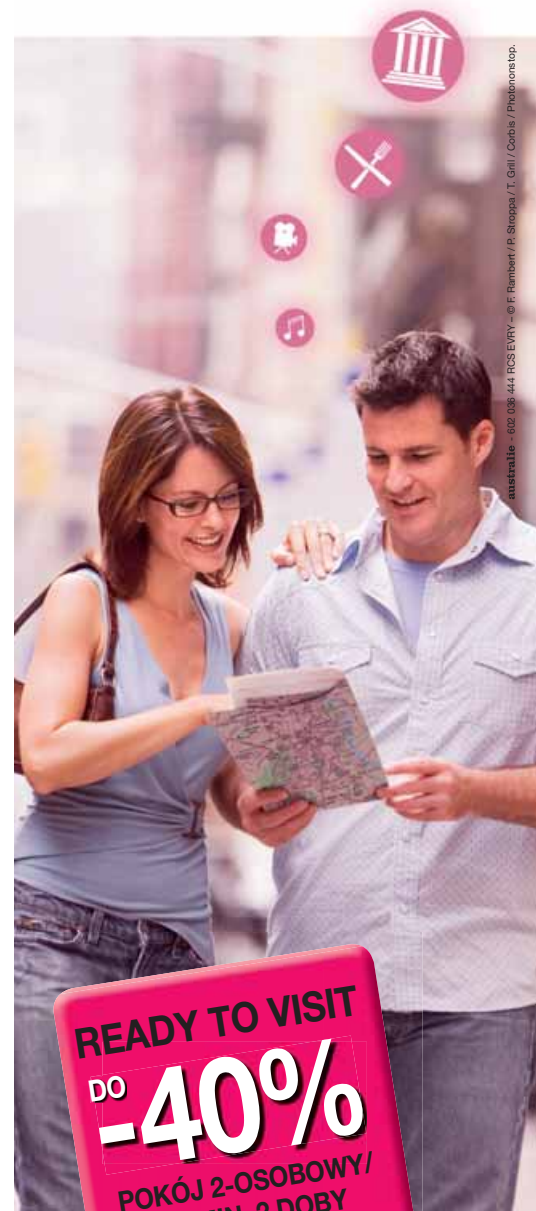
**THE FLIGHT** About 25 minutes into the flight, after we reached cruising altitude, the flight attendants began

serving meals and drinks. It was 5.00 am, so we were served a really early breakfast consisting of warm croissants, as well as bread rolls with incredibly delicious home-made pâté. We were also served cottage cheese with red pepper and cucumber, which added more freshness and flavour to the meal. The flight took less than 2 hours and, not surprisingly, most passengers slept through the whole journey. Before landing, the captain informed us of the current local time, the weather conditions in Warsaw, and the time left to the end of our journey. The whole flight went without any problems.

**ARRIVAL** We arrived in Warsaw, almost 15 minutes before the scheduled time. Unfortunately, though the weather in Donetsk was sunny, the conditions in Warsaw were totally different — it was raining with temperature of only 12 degrees Celsius.

**VERDICT** It's a quick and convenient connection. The meals were delicious and the cabin crew were friendly and very helpful.

*Olga Chelchowska*



Odpoczywaj  
i ciesz się urokami  
miasta.

700 hoteli na świecie

mercure.com  
accorhotels.com  
INFOLINIA 801 606 606

AICLUB  
Your loyalty program

**ON BOARD:** ZURYCH – CHICAGO – ZURYCH

# Swiss International Air Lines

## Airbus A330-300 Business Class



**BACKGROUND** The Swiss airline pushes forward with a very decent result. Once doomed to failure, mired in problems, it's now boldly changing the well-known logo and carry passengers on long-haul routes in the new business class. In order to promote it, Swiss International Air Lines invited Business Traveller Poland (as the only Polish magazine) to fly from Zurich to Chicago on board Airbus A330-300. You can fly from Warsaw to the Swiss carrier's main airport, which is now rapidly expanding, by Contact Air (an airline which is a part of Lufthansa Regional) three times a day at 9.40 am, 2.40 pm and 7.50 pm. I had a business class ticket, checked in online one day before the flight, so the procedures at Okęcie took literally just a few moments.

**CHECK-IN** As opposed to many other airports worldwide, checking-in at the airport in Zurich, is pleasantly surprising. I used a fast track, so I appeared at the boarding bridge much quicker than I had expected. To my surprise, however, even those passengers who didn't use the fast track procedure were checked in extremely quickly and efficiently. Obviously, Polish citizens flying

to the USA need to obtain a visa first and fill in a special form at the airline's website, which is very helpful at the check-in.

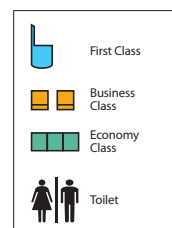
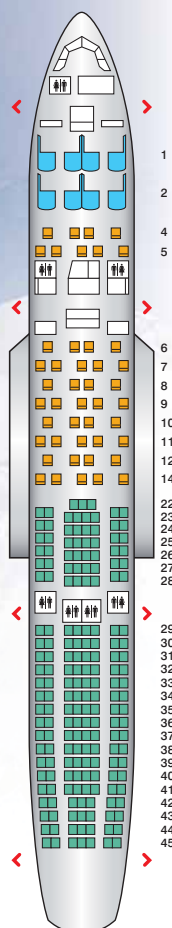
**THE LOUNGE** Earlier, I had a chance to visit three airport lounges – Business Lounge, Senator, and the First Class. All of them were perfectly designed and decorated with a real sense of taste. Business Lounge, which has been in operation since June 2008, is open from 6.00 am to 11.00 pm and spreads over the area of 1,100 sq m. It seats 233 guests and every day serves almost a thousand passengers. You can find there comfortable chairs, massage beds, showers, 12 computer stations, free wired Internet access, and a well-stocked buffet (champagne, wine, beer, hot meals and many snacks). Access to the lounge is given to business class passengers travelling with member airlines of Star Alliance. The two-storey Senator Lounge can accommodate up to 128 people and features 17 Internet stations with Sony Vaio laptops. There are also showers and an ample buffet table. First Class Lounges comprises three separate rooms with 80 seats. Apart from showers and free Internet access, they feature a well-stocked library, conference rooms, two VIP rooms

with separate showers and beds to enable you to sleep off sleepless nights on board. The lounge also offers a limousine service which take passengers straight to the aircraft parked on the apron.

The place which particularly stands out there, and which is available to all guests of the lounges, is the Smokers» Bar. It's located on upper floor and is extremely popular thanks to the world's longest airport bar, measuring incredible 28.6 meters. The place is really impressive.

**BOARDING** My seat was 11D. Boarding for flight LX008 was done at two counters – first and business class passengers could use a separate entrance. In fact, I boarded the plane much earlier, because being a special guest of the airline, I was able to walk around the whole aircraft, see all cabin classes, and even talk to the captain, before over 230 other passengers flying to Chicago took their seats.

**THE CABINS** The renovated interiors of all the three classes (First, Business and Economy) have something in common – all of them are decorated in colours of earth and sky (lots of brown, a bit of white and blue colour inside the overhead compartments).



First Class features 8 seats – each 56 centimetres wide, and 203 centimetres long when fully-flat. Each of the seats has a table and there is even a separate seat to accommodate a guest passenger for dining and discussing some business. Another impressive thing is an individual 23-inch LCD screen – the largest ever seen on an aircraft.

The Business Class comprises two cabins. The first one is very intimate, featuring only 9 seats, which are often booked by regular customers of the airline. The other cabin accommodates further 36 seats configured 1+2+1/2+2+1. The largest cabin, with 183 seats (configured 2+4+2) is reserved for the economy class.

**THE SEAT** The business-class seat was designed by Patrick Lindon, with special, adjustable air cushions produced by cabin interior specialist Lantal (their ideas made it possible to reduce almost 4 kilograms per each seat).

My seat – 11D – was an isle one. I had really much space there. The seat was 52.1 cm wide and it provided maximum comfort. You can customize it by changing the settings so that the seat fully suits your needs. The seat has three default positions: takeoff/landing, lounge (the footrest extends slightly, the whole seat transforms into a sort of an ottoman) and bed (a fully flat 200.6 cm bed). You can also change almost all parameters, and the massage function is very useful.

Another nice function is an option to increase or decrease the hardness of the seat. You can also, for example, switch on so-called «mood light» which is light blue

illumination of the space around the legs. There's a 21-inch LCD screen with a small shelf underneath where I found headphones and an amenity kit (eye mask, socks, toothbrush and paste, lip balm). Each seat is equipped with a 110V socket, as well as USB and iPod sockets. A personal crane-neck lamp with adjustable light intensity gives enough light to work or read, and a wide armrest with a pop-up tray provides additional space for handy items and stores the remote control for in-flight entertainment system which is truly impressive.

You can choose from as many as 22 films, 40 television programmes and over 300 music albums from rock to classical music. The system also contains lots of games and an interactive application to learn basic phrases in several languages. There's, obviously, also a whole section for children.

**THE FLIGHT** The quality of service and the food provided the business class are at the highest level. The crew of several people, which serves only passengers from the two higher classes, did their best to satisfy our needs, and the pursuer entered the cabin several times to ask if everything was alright. The meals

were served quickly, the selection was large and everything tasted delicious (the fresh fruit salad was made of really fresh fruit, and the bread was always warm and crispy). On my return journey I chose chicken breast smoked on rose tea with grilled vegetables for a starter, while for my main dish I decided to try grilled beef fillet in red wine and shallot sauce and pear & cheese fagotini with Alfredo sauce. We were also served various snacks such as cheese or ice-cream. On my return flight (LX009) we could choose our breakfast from the menu. The wine list was long, as was the list of other good spirits offered on board. The journey, thanks to the perfect service, went in a truly great atmosphere. The Swiss precision was also visible as regards the takeoff and landing times.

**VERDICT** Excellent cuisine combined with perfect service. The new flat-bed in the business cabin have considerably changed the comfort of travel. Business Class by Swiss is an optimal solution for a comfortable journey.

*Wojciech Chelchowski*



**HOTEL:** RIGA

## Radisson Blu Daugava

**IMPRESSIONS** Riga is a beautiful city – no doubt about it. It attracts more and more tourists and business guests. No wonder then that the five-star Radisson Blue has been opened here. This seven-storey building is one of a few hotels of

this chain in the capital of Latvia. This is in line with the policy of Rezidor Group, the brand owner, which strongly emphasizes its presence in the Baltic region. Daugava Hotel is a modern place, with an interesting atrium, which is topped

with a glass roof. The hotel is large, but quite intimate. An advantage that is just impossible to overrate is the fact that the bedrooms oversee the Old Town.

**WHERE IS IT?** Riga Radisson is located on the banks of the Daugava River, which inspired the hotel name. It's within a walking distance from the charming Old Town, as well as the most important business centres in the city. The airport is about 12 kilometres away from the ho-





tel and the journey takes merely 15 minutes. The railway station and the main bus station are also nearby – about 2 kilometres from the hotel. Daugava Hotel location allows very fast access to many attractions in Riga, and there is plenty to see, as the city is full of historical sites. It's certainly worth sinking in the atmosphere of the Latvian capital, with its narrow streets and landmarks like The Freedom Monument, standing where once used to be the statue of Peter the Great.

**ROOM FACILITIES** Radisson Blu Riga offers 361 rooms overlooking the Old Town and the Daugava River. All rooms come with air conditioning, free wireless Internet access, television (cable and paid one), a work desk, a minibar, a safe, a hairdryer, and a set of toiletries in the bathroom. Rooms are divided into four categories: Standard, Business Class, Executive Suites and suites. Standard rooms are decorated in beige colour with more vivid accents. They are sized 18 – 30 sq m. Slightly larger (35 sq m) are Business Class rooms. In-

side, guests can expect to find a Nespresso coffee machine, a morning newspaper, a bathrobe and slippers, as well as an iron and an ironing board. They also have access to free movies on Pay TV networks. Executive Rooms have much more spacious (60 sq m), and come with a bedroom and two bathrooms, a living room and a separate workplace and a comfortable corner, where you can sit with guests. Executive room guests are of course provided with all the facilities available in business rooms. Suites in Daugava are intended for those who wish to stay in Riga for a while. Hence the presence of a fully equipped kitchen, comfortably connected to the dining area. The offer is highly popular, as it's convenient to live in a suite, where you can always expect hotel service. For business travellers it's an advantage impossible to underestimate. Regardless of the room you occupy, the price always includes breakfast.

**BUSINESS FACILITIES** Daugava Hotel Conference possibilities are really impressive. Radisson offers 13 meeting rooms, with the total space of 1,155 sq m, and can accommodate up to 350 people. The rooms are located on the ground and first floor, and the largest of them, Daugava, is able to accommodate 240 guests, but it can be also divided into two smaller rooms. The smallest room, Igaunija, offers 20 seats. All conference rooms are air conditioned, have access to high-speed wireless Internet, and are equipped with high quality audio visual equipment. The banquet hall, with its special lighting effects, can be perfect for slightly less formal meetings. The hotel offers assistance in organizing and conducting business meetings. Interpreter service is also available, as is the possibility to choose the catering offer. You can also use the dedicated garden, designed for conference participants.

**RESTAURANTS AND BARS** The hotel has two restaurants, but the one called Tavalera is used only for organizing such events like private parties, banquets or weddings. The main eatery is Panorama restaurant. You can have your breakfast here – called Super Breakfast Buffet and served between 6.30 am. and 10.30 am (at weekends until 11.00 am). Expect a wide choice of international cuisine dishes. What is especially worth recommending are tiger prawns with avocado salad, chicken in honey served with multi coloured rice or New York cheesecake with cream and berries. Panorama Restaurant is open until 11.00 pm. In the evenings it plays live music. Culinary offer is complemented by Lobby Bar (open between 11.00 am to 2.00 am), where you can have a couple of drinks, coffee, tea, and many snacks. Guests who set off on a journey are provided with the so called Grab and Run Breakfast, consisting of a hot drink, Danish cakes and fresh fruit.

**LEISURE FACILITIES** The fitness centre is a strong side of the hotel in Riga. Not only has it an interesting design – being a mix of modern and traditional Scandinavian sauna style, but its offer is also quite impressive. Guests can enjoy access to the swimming pool of an interesting, irregular shape, a sauna, and a room for vigorous exercise. All this is supplemented with an interesting program of exercise sessions conducted and supervised by qualified instructors. There is also a solarium. The fitness centre is open between 7.00 am and 11.00 pm on weekdays, and from 8.00 am to 10.00 pm on weekends. Guests have also access to the Alexandra hairdresser, and Spa Zone, offering an extensive choice of relaxing and beauty treatments.

**VERDICT** Comfortable hotel for travellers visiting Riga on business. Interesting suite offer, intended for longer stays.

*Ryszard Kownacki*

**CONTACT** Radisson Blu Hotel  
Daugava, 24 Kugu, LV-1007 Riga,  
tel. +371 6706 1111,  
radissonblue.com  
**PRICE** Internet rates for  
a standard room booked at the  
end of June started from €80.



**HOTEL:** AMSTERDAM

## Sheraton Airport Hotel & Conference Center

**WHAT'S IT LIKE?** Schiphol Airport in Amsterdam is one of Europe's giants. It's well-organized and has received many accolades. The local Sheraton is, in turn, the only hotel with the direct access to arrivals and departures halls. Opened in 1997, it's always bustling with people, especially because it houses a huge conference centre which is occupied all day long. The hotel sponsors the Wheel of Energy, which is a giant treadmill created by marathoner runner Richard Bottrama, and dedicated to cancer patients. Volunteers gather there every day to power a great machine with the strength of their own muscles.

**WHERE IS IT?** Just a few minutes' walk through the airport alleys and a short escalator ride will take you right to the hotel's reception desk. In this way you don't have to worry about unfavourable weather conditions. It can't be closer, indeed.

**ROOM FACILITIES** The Sheraton offers 406 rooms located in two 8-storey buildings, including 7 suites and one Royal Suite. Smoking is not allowed in any part of the hotel.

Deluxe rooms (there are 287 of them) are 25 sq m, air-conditioned, well-soundproofed, and are equipped with blackout curtains. Each room features dark, solid furniture with gray trim. Apart from a large work-desk, you will find there also a minibar, a laptop safe, tea and coffee making facilities, a trouser press, and in the spacious marble bathrooms—a hairdryer. Internet is charged at €19 for 24 hours. The rooms also feature up-to-date information on flight arrivals and departures.

Floors 7 and 8 are club sections of the hotel. Rooms there are 25 (standard ones) or 36 sq m (Executive Club rooms). Apart from being spacious, they also go with a plasma TV, a morning newspaper, and the breakfast included in the price. You can also use the Club Lounge which is reserved only for the guests staying on those two floors.

The hallmark of the hotel, and of the whole network, is a comfortable large bed called Sweet Sleeper, which was designed especially for Sheraton. The bed features Simmons BeautyRest mattress and a set of hypoallergenic pillow.





**CONTACT** Sheraton Amsterdam Airport Hotel & Conference Center; Schiphol Boulevard 101, Amsterdam 1118 BG; Tel. 020 316 4300; [sheratonamsterdamairporthotel.com](http://sheratonamsterdamairporthotel.com)  
**PRICE** The price for a Deluxe room booked at the hotel's website is €169.



**BUSINESS FACILITIES** Sheraton Amsterdam offers 29 conference rooms and ballrooms. Their total area exceeds 1,500 square meters. The largest meeting room is the Universe (420 sq m) which can be divided into three smaller rooms and accommodate up to 600 people. Stargate room with the access to the natural daylight (318 sq m) can accommodate 300 attendees, while Skyway (135 sq m) will seat over 100 guests. Other rooms are slightly smaller, but all of them feature high-class conference equipment. In 2008, the hotel gained another two meeting rooms – Lunar and Solar – each capable of accommodating up to 50 people. They are, obviously, designed for smaller meetings.

There is also a business centre and the well known social space and connectivity hub called Link@Sheraton, near the reception.

**BARS AND RESTAURANTS** Restaurant Voyager is a culinary centre of the hotel. The menu changes every two months, so if you frequently visit Amsterdam in business, you can be sure that your palate will never be treated with the same food over and over again. Breakfast buffet is very abundant. In the evening you can have exquisite dinner consisting of regional dishes and local delicacies. At the level of the hotel's atrium, almost at the vestibule of the restaurant, there's

a bar called Gate. It's indeed, a sort of gateway to an evening of relaxation in a club atmosphere with a glass of good drink in your hand. Another good place for a short meeting over coffee or beer is Runway Cafe, open from 6.30 am to 1.00 pm.

The eighth floor houses Sheraton Club Lounge – a place dedicated only for the guests who stay on one of the two club floors. You can enjoy there free snacks and drinks throughout the day, check in and check out of the hotel, have a cosy meeting with your business partner, or work in a nice and peaceful atmosphere at one of the computer stations, or using the free WiFi.

**LEISURE FACILITIES** A fully equipped gym with Techno Gym equipment has recently been renovated. It's open around the clock, so that even the busiest guests may use the cardio machines. The gym offers various types of equipment featuring flat screens which can display television programmes to make your physical exercise much more enjoyable. The gym is also available for non-guests who buy special passes. You can also use there a sauna, a steam bath, receive a relaxing massage and even beauty treatment.

**VERDICT** This is a top-shelf airport hotel and a perfect place for a business traveller.

*Jakub Olgiewicz*



**HOSPITAL:** WARSAW – WILANÓW

## Medicover

**BACKGROUND** Life of businesspeople is full of rush and nerve-racking moments. In the maze of decisions to take, they often struggle with stress which can have extremely negative impact on their health. Sometimes, however, it's good to slow down for a moment and take care of your own health. Medicover has recently opened a luxurious hospital in Wilanów, which has prepared a special offer of thorough medical examination called Total Health Screening. The screening procedure allows you to find out about your current health condition. It's a series of tests, which are conducted under the supervision of a physician and a nurse. As a result, you receive an overall picture of your health, together with the doctor's recommendations. What's important, all information about your phys-

ical condition is provided to you immediately, as opposed to several weeks or even months it might take if such tests were carried out in a traditional way. Total Health Screening is focused on the quick and accurate identification of risk factors related to a multitude of serious conditions, with special emphasis placed on the cardiovascular system and the neoplastic diseases. Total Health Screening program enables the early detection of diseases that may develop asymptotically and highlights risk factors for conditions which may develop in the future. The total cost of the screening is relatively low, making the offer especially attrac-

tive for foreign businesspeople visiting Poland.

**WHAT'S IT LIKE?** Medicover's hospital is one of the most modern and best equipped medical facilities in Poland. It offers the highest quality in terms of service and equipment as well as the conditions of stay. A person undergoing Total Health Screening is provided with their own room with a flat TV, and free Internet access (the access code is available at reception). The first series of tests requires you to provide your blood sample, which is done on an empty stomach, and then you receive lavish breakfast (lunch is also included in the





price). Then, you are introduced to the doctor coordinating the screening, with whom you have a detailed medical consultation, covering amongst other things your medical history and any specific questions you may have. It's worth noting that the breaks between consecutive tests don't exceed 10 minutes.

**WHERE IS IT?** Medicovert Hospital is located in one of the most luxurious districts of Warsaw – Wilanów. It's an integral part of the town which is full of modern residential buildings and parks. Wilanów is the place of the former royal residence, with a historic palace nearby, so it's a prestigious location, indeed. Following the recent major road construction works, it now takes 15-20 minutes to get there by car.

**PRAEPARATIONS** To take your Total Health Screening, you should arrive at the hospital on the booked day (preferably about 8:00 in the morning) and

with an empty stomach. The day before, you should use a light diet, with minimal fat content. You must also provide necessary samples for the tests, including a sample of urine. It's also recommended to bring comfortable shoes and light clothing, which is useful during the cardiac stress test.

**MEDICAL EXAMINATION** The Total Health Screening starts with a medical consultation with your doctor and laboratory tests, which is a logical introduction to the rest of the day. Then comes the cardiac stress test, followed by a series of X-ray and ultrasound examinations, performed using the most modern medical equipment. Next you receive specialist examinations of the cardio-vascular system and an MRI scan of the whole body performed using the most advanced equipment. During MRI (Magnetic Resonance Imaging) the patient is placed in a sort of tube, with only 10 cm space in front of the eyes, which can be difficult for someone who is claustrophobic. The machine scans the entire body, emitting high-frequency sounds which aren't too annoying for patients because at the time they are wearing headphones, listening to music. The examination takes a little over half an hour. Then you have time to rest and have lunch in your room after which you receive a computed tomography examination using the most modern, unique and non-invasive technology.

You then have a further medical consultation before discharge, including – interpretation of the tests results, recommendations and advice, and a further opportunity for you to raise any questions. Finally, you receive a comprehensive final report including all your tests results and any recommendations.

It's worth noting that the screening can detect many diseases such as anaemia, blood and bone marrow neoplasms and precancerous conditions, many inflammations, including those indicating cardiovascular risk, abnormality in kidney function, arterial hypertension and diabetes. Laboratory tests of liver and metabolic function indicators can identify diseases of the liver or kidneys, or diabetes, while so-called lipidogram can identify risks of stroke, heart infarction, and vascular diseases. You will also receive hormonal examinations evaluating the condition of the thyroid. There are also genetic examinations for women focusing on congenital predispositions to breast, ovarian and cervical cancer. As a result, you receive detailed information regarding the physical condition of your body.

**VERDICT** The Total Health Screening is an excellent choice for a businessman – just one day is enough to find out everything about your physical condition. It's also worth noting that Medicovert Hospital offers a comfortable stay and the friendly atmosphere.

*Jakub Olgiewicz*



**CONTACT** Medicovert Hospital,  
al. Rzeczypospolitej 5 02-972 Warsaw (Wilanów),  
Tel: 500 900 900; +48 22 857 20 00.

**PRICE** The cost of the Total Health Screening is PLN 6,900 (about €1,700). In case of foreign patients, extra charges are added for service in English and the translation of medical records.



**HOTEL:** ZANZIBAR

## The Residence



**WHAT'S IT LIKE?** One might think that The Residence Zanzibar hotel looks a picture. It does, indeed, look like a picture from a perfect vacation. The luxury resort, situated on the waterfront, has everything it needs to be associated with elegance and relaxing holiday atmosphere at the same time. Guests stay here in separate villas, each with its own swimming pool – this provides maximum privacy and true serenity, which is primarily sought for by the guests who come here. Add to that an over 1 km long beach, palm trees and crystal clear waters of the Indian Ocean.



**WHERE IS IT?** Zanzibar Island is one of Tanzania's territories (although it's an autonomous area) and is located on the waters of the Indian Ocean. Residence Hotel is located on the south west coast of the island, on the area of over 32 hectares. It's about 55 minutes drive from the airport, which is located in the capital – Stone Town. It's close to Kizmikazi, which is quite famous for its dolphinarium. There are remains of Persian and Arabic buildings on the island, as well as vast spice plantations. Those who are keen on diving will definitely want to do that at Prison Island, where you can find giant turtles.

**ROOM FACILITIES** The resort consists of 66 separate, luxurious villas, equipped with stylish furniture, reminiscent of African and Arab influences. The villas are equipped with a satellite TV, a CD/DVD player, a mini bar, a hairdryer, mosquito nets, coffee and tea making facilities, the Internet access, air conditioning, as well as ceiling fans in the living room and in the bedroom. Each villa has a 30-35 sq m swimming pool in the garden, and there are several chairs and beds on the terrace which can be used during the day. There are also bikes available. The resort offers several types of villas, varying in size and

the layout of the interior. Luxury Garden and Luxury Ocean are similar and they differ only in the type of view they offer – the former overlooks the garden, while the latter the beach and ocean. These villas have one bedroom and one living room. The bathrooms are equipped with a bath and a shower, and there's also an additional shower in the garden. The total area of such villas is 99 sq m (155 sq m with the garden and the swimming pool). Prestige Ocean Villas, which are situated right at the oceanfront, are slightly larger, while Frangipani Garden and Frangipani Ocean offer two bedrooms, two bath- ▶





rooms and spread over 234 sq m. The hotel's most luxurious and largest is the Presidential villa, which occupies the area of 468 sq m. Apart from the bedrooms and the living room, there's also a dining room and a lounge there. The villa can accommodate four adults and two children. The service is another highlight of The Residence Zanzibar. Each villa has dedicated personnel, which provides the guests with cold towels, as well as with fresh fruit, water and biscuits.

**BUSINESS FACILITIES** The Residence Zanzibar is a typical holiday resort, so it has no dedicated conference facilities.

**BARS AND RESTAURANTS** As you might expect it from a luxury resort, the cuisine and the way of cooking food are top notch here. Not to forget about a truly wide range of fine wines. Breakfasts, lunches and dinners are served in The Dining Room. We can enjoy there international cuisine, enriched with Zanzibar flavours. The hotel also has an a la carte restaurant called Pavilion. It's open from 7.00 pm to 10.30 pm and offers Mediterranean cuisine with an emphasis on Greek and Turkish dishes. Between noon and 4.00 pm you can have lunch

on the beach – it's served by the local bar, which offers a wide variety of salads, seafood and pasta. The Residence also offers something called Sundown Special, which is cocktails and snacks, served at the pool between 6.00 pm and 7.30 pm. The meals can be eaten also in the villas, the delivery from the restaurant is free of charge. Finally, there's The Library Bar, where you can enjoy good cognac, surrounded by bookshelves stacked with wonderfully published books.

**LEISURE** The Residence is located by the ocean, so it's natural that the guests enjoy here mainly swimming, sunbathing and various water sports, including snorkelling or kayaking. But that's not all. They can also use the hotel's tennis courts, the well equipped fitness centre, and a spa centre with six massage rooms, which offers a wide range of treatments (e.g. shiatsu massage). For an additional fee you can take part in a sea fishing expedition, safari with dolphins, or scuba diving trips.

**VERDICT** It's an ideal place for comfortable rest. This luxury resort offers perfect service and guarantees good relaxation.

*Tomasz Tomczyński*



**CONTACT** The Residence Zanzibar, Mchamgamle, Kizimkazi, PO Box 2404 Zanzibar, Tanzania

Tel: +255 245 555 000, [theresidence.com/zanzibar](http://theresidence.com/zanzibar)

**PRICE** The cost of renting a villa depends on the season: for Luxury Garden Pool Villa range from €500 (in April, May, November, and December) to €1017 (in holiday season) per day. The price includes a stay for 2 people with breakfast and dinner.

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](http://alitalia.pl)

**Alitalia** SKYTEAM

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



**HOTEL:** TANZANIA

## Bilila Lodge Serengeti

**WHAT'S IT LIKE?** An expedition into the wilderness of Africa is a dream for many travellers. If, at the same time, you can stay in a luxury hotel with excellent service and perfect approach to a guest, you can say that dreams really come true. Bilila Lodge Serengeti is a comfortable hotel, located within the Serengeti National Park. It was opened two years ago, and one of its greatest advantages is that when you're swimming in the pool, you can watch zebras and elephants gathering around a nearby pond, which is a watering place for wild animals. Is it enough of a recommendation? Add to this comfortable accommodation, delicious food and very friendly service. Bilila Lodge is, without doubt, one of those extremely original places, where you always want to come back.

**WHERE IS IT?** The hotel is located in the centre of the northern part of Serengeti National Park, called Seronera. You can get here by plane, flying to Dar es Salaam, from where you will reach the hotel within 45 minutes. The trip from the airport is one big prelude to the excitement everyone gets when observing the African wild life.

**ROOM FACILITIES** Bilila hotel has 74 luxurious, comfortable rooms, decorated in brown colours, which immediately

ly bring to mind the African style. There are several types of rooms to choose from: Savannah, Horizon, Terrace, the presidential suite and separate family villas. All rooms are spacious, their design is typically African, which is emphasized by various decorative vases and sculptures. Each room has a balcony with a table, chairs and a telescope to admire Africa's amazing views. Other amenities include a comfortable bathroom, a four-poster bed with mosquito net, Internet access, minibar, safe, satellite TV and radio, DVD player, as well as coffee and tea making facilities. The suites and villas have their own pools. Each room in Bilila Lodge has its dedicated staff, so the quality of the service is extremely high. Another thing is the incredible views that are guaranteed for those guests who stay in villas. There are hundreds of animals roaming the nearby plain, and in May, when the time of migration comes, there are thousands of them.

Sometimes a buffalo, a wild cat, or even a majestic elephant approach quite close to the villa. This, however, poses no danger for the guests. The only nuisance may sometimes be the mischievous monkeys, which are kept away from the area thanks to special electric repelling devices.







**BUSINESS FACILITIES** The hotel has two conference rooms that can accommodate up to 80 people. They are equipped with high-end audio and video equipment, and the hotel also offers assistance of experienced personnel. There is, of course, no problem with catering, coffee breaks, and all other services which you normally can expect to find at a hotel. Let's not forget that the place in itself is already a great advantage. A conference in the very heart of the great safari? It sounds sensational!

**BARS AND RESTAURANTS** Bilila Lodge Serengeti has two restaurants, which offer full board (breakfast and dinner buffet) – lunch is also served in the bar at the pool. The menu is international, so it will satisfy even the most de-

manding tastes. Guests can also use the club area with a snooker room, a fireplace room where you can smoke a stylish cigar, as well as wine cellar with various types of fine wine from around the world, especially those produced in South Africa. On a request the hotel organizes feasts in place called Boma, which is central point of a traditional Masai village where the community members meet to eat together, dance, and listen to various stories. You can experience such an evening in Bilila Lodge – it's a sort of a performance for the guests, during which you can see how traditional Masai food is prepared and dance to crazy, African rhythms.

**LEISURE FACILITIES** Typically, when describing hotels, we mention a fitness

club or spa. They are also present in Bilila Lodge – the former in the form of a fully equipped exercise room with equipment of the highest quality, and the latter offering a broad range of treatment, performed in six massage rooms, with an emphasis on Thai massage. Not without reason, because the treatment is provided by specialists from Thailand. Of course, the hotel has a large pool, where you can relax. However, this what can really make your stay in Tanzania unique is what the English call "game drive", and what is popularly called safari. Guests can take advantage of the hotel's offer and take a jeep ride to observe from a very short distance the life of wild animals. The possibility of seeing elephants and tigers in their natural environment always evokes incredible emotions. To calm them down, you can visit the library, a game room (chess, backgammon and others) or an art gallery, which is also located on site.

**VERDICT** It's a perfect hotel for those who enjoy comfortable relaxation, yet don't avoid contact with wild nature.

*Tomasz Tomczyński*



**FACTS** **CONTACT** Bilila Lodge Serengeti, Central Serengeti, Grumeti Reserves, Tanzania, Tel: +255 768 981 890. **PRICE** The cost of the rooms depends on the season. In low season prices for a standard room start at \$263, with \$493 in high season.



## Golfowy raj z *AIR MAURITIUS*



**Darmowy limit dla przewożonego  
sprzętu golfowego do 20 kg  
(1 sztuka na osobę)**

Zwiedz z nami najlepsze pola golfowe świata. Nasz Airbus A340-300 wylatuje na Mauritius z 6 europejskich miast: Frankfurtu, Genewy, Londynu, Mediolanu, Monachium i Paryża. W naszej nowej klasie biznes możesz liczyć na odprawę w pierwszej kolejności, całkowicie rozkładane fotele oraz wyszukane posiłki. Więcej informacji i rezerwacje na stronie: [www.airmauritius.com](http://www.airmauritius.com)

DTL Sp. z o.o. ul. Świętokrzyska 36 00-116 Warszawa  
Email: [airmauritius@dtl.waw.pl](mailto:airmauritius@dtl.waw.pl) tel. 22 455 38 28 fax. 22 455 38 27



**AIR MAURITIUS**



# Eyes wide open

**Sally Brown**  
reports on what  
really causes  
jet lag –  
and how to  
avoid it

If you've ever taken a long-haul flight east, chances are you have first-hand experience of how jet lag feels. There's no mistaking that distinctive combination of exhaustion and insomnia, spiced up with a sense of unreality, a screwed-up appetite, digestive problems, lack of concentration and a liberal sprinkling of irritability. A bad bout can take a week to shake off, playing havoc with your productivity and personal relationships. And in the long-term, the health consequences are potentially more serious.

Scientists have now linked repeated episodes of jet lag with a higher risk of heart disease, cancer, weight gain and mental health disorders such as depression. Take a stoic, "grin and bear it" approach to jet lag and you may be gambling with your future health.

But the good news for anyone facing an unavoidable schedule of eastbound flights is that anti-jet lag pills are in the pipeline and, in the meantime, we know more about how to minimise the impact.

We've long known that jet lag affects the body's circadian clock – the 24-hour cycle of biological processes that exists in both animals and plants. "You need it to fine-tune your internal physiology – it's your body clock that cranks up your metabolism, raises your temperature when you need to be alert, and winds it down when it's time to rest," says Russell Foster, professor of circadian neuroscience at the University of Oxford. The typical body clock actually runs fractionally longer than 24 hours, which is why adding hours to your day when you fly west seems to have less impact than shortening it (for example, trying to get to sleep at midnight local time when your body thinks it's 5pm) by flying east.

And while it used to be thought that the body clock was in the hypothalamus, a grape-sized nodule at the base of the brain, we now know there is a body clock gene in every one of our cells. It's these cells that directly influence the rhythms of the heart, lungs, liver and other organs. "The hypothalamus acts like the conductor of an orchestra, keeping them all in time," says Dr Victoria Revell, a chronobiologist at the University of Surrey.

Fly from London to Hong Kong and, during an 11am meeting, when you need

## JET LAG THERAPY

You'll find antijet lag treatments on the spa menu of most good hotels, and a relaxing massage is a better way of tackling insomnia than the minibar – alcohol disrupts the amount of deep and REM (rapid eye movement) sleep you get, so you don't wake up refreshed.

Therapists at Elemis spas (elemis.com) use a blend of sleep-promoting essential oils such as geranium, marjoram and lavender to relieve muscle tension and start the wind-down process. An invigorating massage early in the day, such as the "jet lag reviver" from Espa (espaonline.com) or the "energy re-balancing massage" at Hong Kong's Regal Airport hotel (regalhotel.com) could counter grogginess by improving blood flow to the brain.

In the future, your hotel room could be the only therapy you need if more chains take their cue from the Westin Chicago River North (westinchicago.com), where showers are fitted with high-intensity lights to help reset your body clock, or London's Rafayel (hotelrafayel.com), where river-view suites feature Philips Activiva anti-jet lag lighting.



to be alert and capable of coherent conversation, your body would hit its lowest temperature point because if you were still at home, it would be 4am and you'd be in the deepest sleep of the night (usually three hours before waking).

"Forcing your body to be alert and active at a time it should be asleep triggers a stress response that lowers the immune system, and puts strain on the heart," Foster says. "We know that even after 20 years, the body doesn't adapt."

## Living out of sync with your natural rhythm can have an impact on your brain

Making a habit of living out of kilter with your body clock is also linked to cancer – studies suggest that nurses who work nights for many years on end are up to 36 per cent more likely than average to get breast cancer. This may also explain why the disease is more prevalent in female cabin crew, and why prostate cancer is more common among long-haul pilots.

The suggestion is that disruption to the body clock interferes with the production of melatonin, a powerful, cancer-fighting antioxidant. Experiments have shown that breast cancer cells actually stop growing when exposed to the amount of melatonin that the brain manufactures at night.

Repeated bouts of jet lag could also influence your weight if you find yourself eating at a time you'd normally be asleep. "The body isn't as efficient at processing fat at night-time, and the glucose-insulin response is impaired," Foster says.

Missing sleep also has an effect – scientists at the University of Chicago found that after only a few days of cutting back to four hours' sleep a night, people struggled to process glucose, in a similar way to the early stages of diabetes. And it takes only two nights of having two or three fewer hours' sleep than normal to result in 15 per cent more ghrelin (a hormone that boosts appetite), and 15 per cent less leptin (the "full-up" hormone) being produced.

"It results in the brain receiving the message that the body's intake has been cut by 900 calories a day. It's the same

feeling of hunger you'd get if you were on a low-calorie diet," says Dr Shahrad Taheri, a senior lecturer from the University of Birmingham, who carried out the research.

But it's not just your body that takes a punishing from the regular crossing of time zones. Living out of sync with your natural rhythm can also have an impact on your brain, leading to memory problems, anxiety and depression. In a recent study on hamsters exposed to the equivalent of a New York to Paris flight twice a week for a month, jet lag created changes in the hippocampus, a part of the brain that controls memory processing, for up to a month afterwards. And research from a team at Liverpool John Moores University published in *The Lancet* found that cabin crew had a higher risk of experiencing mental health problems, including brief episodes of psychosis.

What we still don't understand, however, is why jet lag seems to affect some people more than others. We know that it worsens the more time zones you cross in one flight, or in a series of flights within a few days, and that most people aren't affected by journeys north or south because they don't cross time zones.

Age may be a factor – a survey of 1,002 business travellers commissioned

by British Airways a few years ago found that older executives reported fewer problems coping with jet lag than younger managers. "Most people tend to become 'larks' as they get older," Revell says, "and people who are natural 'larks' will find flying east less disruptive than those who are 'owls'."

The researchers also suggested it may be down to self-selection – people who can tolerate jet lag are more likely to stick at a job that involves travel. Lifestyle factors can also influence how bad it feels, Revell says. "General fatigue will make jet lag symptoms feel worse, so sleeping on the plane, not drinking alcohol, and staying hydrated are important," she says.

In the meantime, it's possible to fly without jet lag if you gradually adjust your sleep schedules before flying, says Dr Charmane Eastman, director of the biological rhythms research laboratory at Rush University Medical Centre in the US. She devises personalised programmes of adjusted sleep times, exposure to bright light – from the sun or a light box – at specific times during the day, avoidance of bright light at other times, and melatonin supplements, which should mean you will hopefully arrive at your destination perfectly in sync with the time there.

**Jet lag can reduce decision-making skills by 50 per cent, and attention by 75 per cent**

#### TIPS FROM FREQUENT FLYER

"Generally I take a nonstop day flight where possible, but where an overnight flight is the only option, a flat bed is a must. No late-night meal or alcohol on board or prior to the flight".

**"Never eat on the plane during a long-haul flight – eat at the correct local time when you land instead".**

"Set your watch to the time applicable at your destination as soon as the aircraft takes off and act on it for food and sleep".

**"The worst thing to do is take a nap when you arrive – try to stay awake until bedtime. This can be difficult but going for a walk or engaging in other physical activity helps".**

"The only time I avoid jet lag is when I completely cut out alcohol for a few days before I fly, and the whole time I'm away. I think it improves sleep quality".

In the week before a westward flight from London to LA, for example, you'd go to bed and get up two hours earlier each night for five nights before you depart. Flying east, you'd shift your sleep schedule later.

The downside is the practicality of going to bed before the kids and getting up in the middle of the night, or staying up until 3am and rolling into work just before lunch, for a week before you fly. But it could be worth it if there's a lot riding on your performance at your destination, if you're taking the holiday of a lifetime, or if you're flying somewhere to take part in an extreme physical challenge.



"It's used by athletes and the military," Eastman says, "although I'd like to see it adopted by politicians and the diplomatic service, or anyone who is making important decisions on our behalf." You can see her point when you consider that jet lag can reduce communication skills by 30 per cent, memory by 20 per cent, decision-making by up to 50 per cent, and attention by 75 per cent, according to research by leading sleep expert Dr Chris Idzikowski for BA.

Revell says: "Not making any attempt to shift your sleep schedule will prolong your jet lag. If you're flying east and your trip is longer than two or three days, it's worth making the effort to get up two hours earlier for a few days before you go, and preferably use an LED light [see panel, right] as soon as you get up."

If that still sounds like too much effort, take heart – the race to license the first anti-jet lag pill is on. Pfizer is funding research by Andrew Loudon, a professor at the University of Manchester, who has discovered an enzyme, casein kinase, that controls the biological clock. "We've found that we can control one of the key molecules involved in setting the speed at which the clock ticks and, in doing so, actually kick it into a new rhythm," he says. "We've shown that it's possible to use drugs to synchronise the body clock of a mouse and so it may also be possible to use similar drugs to treat a whole range of health problems associated with disruptions of circadian rhythms. This might include some psychiatric diseases and certain circadian sleep disorders. It could also help people to cope with jet lag and the impact of shift work."

A team from Germany's Max Planck Institute is investigating how peaks and troughs in the hormone cortisol can influence circadian rhythms. They used a drug called metyrapone to adjust cortisol levels in mice. "By shifting the cortisol peak to an earlier or later time, one can alleviate jet lag in our mouse model and that strategy may also work in the case of humans," says researcher Gregor Eichele. "We would want to develop a pill that one would have to take a day or so before travelling."

For now, if you're nodding off in your meeting, there's always the tried-and-tested fallback of every business traveller – the strong cup of coffee. Caffeine won't eliminate the effects of jet lag, but it could help make them less obvious. ■

## HOW TO HELP YOURSELF

■ **Time your light exposure.** Russell Foster's team at Oxford University recently discovered that there is a separate sensor in the eyes that detects light specifically to regulate the body clock. Put simply, exposure to light wakes you up, so getting out in daylight when you've flown west will help you stay up and adapt to local time – or switch on a portable LED light box (such as the Lumie Zip, £125 from lumie.com) for the last two hours of your flight. If you've flown east and



wake up too early in the morning, avoiding bright light for the first few hours will help your body to adjust. Check out "Dr Sleep's Jet Lag Advisor" on [ba.com](http://ba.com) for personalised, journey-specific advice of when to seek and avoid exposure to light.

■ **Use your shades.** Wear sunglasses on the plane to minimise exposure to bright light at inappropriate times. If you're on a 9pm flight from New York to London, for instance, wear your sunglasses when they turn all the lights on for breakfast, and keep them on until you land. Then get lots of bright light on the ground.

■ **Have breakfast al fresco.** This signals to your body that the day has begun. "Morning light is essential for synchronising our internal body on a daily basis," says Surrey University's Victoria Revell. "It can boost alertness and mood, and affect different levels of hormones".

■ **Know your low-zone.** You'll feel worst when your body temperature hits its lowest point in its daily cycle. For most of us, it's around 4am, approximately three hours before our usual waking time at home. If you can, avoid scheduling any meetings at your destination that coincide with that time at home (lunchtime in Tokyo, for instance).

■ **Don't eat on the flight.** New research suggests the brain has a second "feeding clock", which keeps track of meal times, rather than daytime. In studies on mice published in the journal *Science*, when food is scarce, the feeding clock (dorsomedial hypothalamic nucleus) over-rides the biological clock, keeping animals awake until they find food. "We discovered that a single cycle of starvation followed by re-feeding turns on the clock, so that it effectively hijacks all of the circadian rhythms on to a new time zone that corresponds with food availability," says Dr Clifford

Saper, a researcher at Harvard University. "Avoiding food on the plane and then eating as soon as you land should help you to adjust, and avoid some of the uncomfortable feelings of jet lag".

■ **Sleep in pitch darkness.** According to recent research, even a dim light in your bedroom (from a clock radio or the standby button of a TV) could interfere with the chemical structure of your brain. If you can't block out all light, try sleeping with an eye mask. And if you have to get up in the night, avoid putting on any lights (keep a torch by your bed or night light in the hall). Even a short burst of brightness can temporarily suppress your body's production of melatonin.

■ **Crank up the air con.** Your body temperature naturally drops when you sleep, probably as a way of conserving energy. If your bedroom is so warm that this drop in temperature can't occur, you won't go into a deep sleep, and will wake up feeling groggy.

■ **Use melatonin** (available from US health food stores, via the internet, or on prescription from your GP). "A wide body of research indicates that melatonin pills do effectively shift the circadian clock and are a useful tool for reducing jet lag," says Charmane Eastman of Rush University Medical Centre. "It seems to help you sleep or stay awake, depending on what time you take it." Take 5mg in the afternoon when flying east (seven hours before you plan to go to bed at your destination). If you've flown west, take it when you get up in the morning.

■ **Get your "anchor sleep"** – a minimum block of four hours' respite during the local night – which is thought to be necessary to help you adapt to a new time zone.

■ **Get a personalised anti-jet lag schedule.** Eastman devises a select few free of charge, in return for feedback. Contact [ceastman@rush.edu](mailto:ceastman@rush.edu)



# 24 Best Spa Hotels In Poland

Relaxation and tranquillity at their best. Spa and wellness have become a commonplace in Poland, offering various types of treatment allowing us to achieve and maintain a balance of the mind. There are a number of good spa hotels in our country, but **Olga Chelchowska** has selected the best of the best.





## Farmona

Farmona Natural Cosmetics Laboratory offers an intimate place which attracts guests with its oriental Wellness & Spa in Cracow. The interior was designed in collaboration with Asian artists in order to most accurately capture the harmony and nature of the Orient. To complement this exotic feel the therapists and masseurs come from various places around the world – the Philippines, Thailand and the Indonesian island of Bali. The unique beauty enhancement programme was developed specifically for Farmona Wellness & Spa and is full

of various treatments of the Indonesian Archipelago, which centuries ago were only available for members of royal families. You can try here floral and mud baths, sauna, Turkish hamman, Thai herbal steam bath, and exclusive treatments, combining aromatherapy steam, chromo therapy and music therapy. Farmona specializes in complex facial and body treatment for both women and men. It also offers anti-cellulite, slimming and figure modelling programmes for ladies.

[farmona.pl](http://farmona.pl)





Leda Spa

### Leda Spa

The 4-star Leda Spa hotel is situated merely 200 metres away from the sea, in Kołobrzeg – the capital of the Polish coast. This place attracts attention already from a long distance, because it looks like a glass vessel, moored on the shore. The 2-storey Spa & Wellness Centre tempts with its original salt grotto, whirlpool baths, sauna, Turkish bath, and an extensive range of cosmetic and dermatological treatments. You can benefit here from Thai massage, Ayurvedic cleansing and rejuvenating ritual, hot stone massage, as well as subtle and soothing Polynesian massage. Other treatment techniques take advantage on the latest inventions in the area of cosmetology and medicine. Those guests who aren't keen on visiting crowded beaches, can use the hotel's swimming pool (13m x 7m).

[hotelleda.pl](http://hotelleda.pl)

### Baltica Wellness & Spa

It's not just a standard Wellness & Spa centre, where you can take advantage of the individual treatments such as massages, body treatments, facials and peelings of all kinds. It's also a health centre with a modern rehabilitation facility and it's located in the very heart of Szczecin. Guests can enjoy here such treatments as magnotherapy, electrotherapy, hydrotherapy, kinesiotherapy, laser therapy, phototherapy with ultrasounds, and inhalation. Additionally, the place has modern diagnostic equipment, including the USG or ECG, and qualified ther-

apists provide advice if needed. It also houses 3 swimming pools, an Ottoman steam and aromatic bath, whirlpool bath, a sauna and a cave filled with real snow. To complement all of these, there are also special rooms where you can enjoy a series of oriental treatment. [spabaltica.pl](http://spabaltica.pl)

### Dom Zdrojowy Jastarnia

The Health and Beauty Clinic belonging to Spa Dom Zdrojowy hotel, is situated in the middle of the Hel Peninsula, and is a place created for sheer relaxation. The complex offers a 100 sq m swimming pool with two large and comfortable whirlpool baths, a steam room, sauna, heated tepidarium beds, and a sunny meadow. The incredibly comprehensive package of treatments for various body parts includes facial care, as well as oxygenating, brightening, firming, hydrating and smoothing hard skin. You can also order full body care which involves peeling cavitation cleaning, bathing in goat milk, various massages, hand and foot care as well as waxing.

[zdrojowy.com.pl](http://zdrojowy.com.pl)

### Medical Spa Unital

The spit that separates the Baltic from Lake Jamno, is the location of Unital Medical Spa hotel. Currently, guests can enjoy an indoor pool with Jacuzzi and steam room, as well as 15 physiotherapy rooms. The extremely wide offer of the place includes hot stone and Lomi



Baltica Wellness &amp; Spa



Dom Zdrojowy Jastarnia



Warszawianka Wellness &amp; Spa

Lomi massage, massages with chocolate, honey with a steam bath, with elements of aromatherapy, bamboo and collagen massage, body brushing, as well as a facial massage with cold stones. Soon an entirely new building will be put to use, where a four-star, modern Medical Spa will be located. Over the surface of 1600 sq m everyone should find something for themselves. The idea behind the new centre is to become closer to the climate of the Dead Sea, by the most accurate representation of the atmosphere which is prevailing there. To achieve this goal, Unital is planning to build a brine pool with 15% brine salinity, brine and mud baths, a sunny meadow, a sauna com-



Medical Spa Unital



Hotel \_arnia



Faltom



Havet Hotel Resort &amp; Spa

plex, a year-round outdoor Jacuzzi, cryochamber, and 16 further body care rooms.  
[unital.pl](http://unital.pl)

### Hotel \_arnia

This place is undoubtedly distinctive thanks to its modern architecture and location in beautiful surroundings of Wielkopolski National Park. DAY Spa \_arniakcal – as this spa centre is exactly called – offers over 100 sq m of pure relaxation. The place offers a steam

room, whirlpool, individual beauty care rooms, massage rooms. There's also a swimming pool lined with glass mosaics, crystal clear ozone water, counter-jet shower, as well as dry sauna and a large recreation room and aromatherapy. The idea behind the place is "to slow life", or guarantee the atmosphere of tranquility and escape from the busy city. This idea apparently is highly appreciated, as Spa \_arnia has been awarded four times as "Best Day Spa in Poland".

[hotelarnia.pl](http://hotelarnia.pl)

### Faltom

This 4-star spa hotel, which is located only 10 km from Gdynia city centre, offers a pool, 2 water slides, 2 whirlpool baths. Spa & Wellness Centre, which is situat-

ed here, has 24 treatment rooms, occupying a total area of 2,100 sq m. There is a choice between a Finnish sauna, steam bath and infrared one. There are over 150 beauty treatments for face and body, various massages, including hot stone and San Shui massage, as well as Spa capsule. For those who prefer to spend their time actively, the hotel has prepared a gym, a cardio studio, a squash court, a room with stationary and spinning bikes. The rich offer also includes a brine bath with hydro massage, needles mesotherapy, magnetotherapy, cryotherapy, electrotherapy, hydrotherapy, kinesiotherapy, laser therapy and ultrasounds. Those who are willing to spend their time more actively, can go bowling, play table tennis or billiards.

[hotel-faltom.com.pl](http://hotel-faltom.com.pl)

### Havet Hotel Resort & Spa

This modern facility, built of wood and stone, is found among the beautiful coastal pine forest. Many visitors are attracted to this place due to the unique Thermal Centre stretching over an area of over 300 sq m. Here you can enjoy the swimming pool, whirlpool, underwater hydro massage and other water attractions. What's interesting, the floor around the pool, as well as the entire floor surface, is heated. In addition, the pool hosts a lot of events: film screenings, pool parties, Aquaerobic classes, and swimming lessons. The centre also includes a dry sauna, a steam room, a floral bath and a brine grotto. You can relax, calm and even rejuvenate at the hotel's

Hi Tech Medical La Perla, through the extensive range of beauty treatments and massages.

[havethotel.pl](http://havethotel.pl)

### Warszawianka Wellness & Spa

The spa at Warszawianka hotel is located above the Żegrzyński reservoir, less than 35 km from Warsaw city centre, and it offers up to 16 wellness rooms. The guests can expect here much more than only a wide range of treatments for face and body. Ayurvedic massages and treatments will bring you closer to the Indian Orient. Specialist baths, beds and capsules will enable you to undergo more intense treatment. The guests can also enjoy here a steam room with aroma of flowers, as well as a caldarium – which is a hot & cool relaxation for the feet. The offer, which takes advantage of the latest achievements of science and technology, is rich in treatments with ultrasound, microdermabrasion, and even cavitation peeling.

[warszawianka.pl](http://warszawianka.pl)

### Bryza Hotel

Located on a sandy beach of Jurata, Bryza hotel is a unique oasis of relaxation. The uniqueness of the wide range of spa treatments is further emphasized by the fact that the walls of treatment rooms are fully glazed. That's why, using the offer of this place you can almost feel like being in the nature, having the sea at your fingertips. The guests can take advantage of a whole range of relaxing, beauty and reju- ▶



Bryza Hotel

venation treatments, as well as all kinds of massages of the face and the whole body. You can also use dry sauna, steam room and fitness room. Those who like active leisure can use hotel bikes, tennis courts, fitness room and the closeness of the sea enables you to practise increasingly popular water sports such as windsurfing and kite surfing.

[bryza.pl](http://bryza.pl)

### Dr Irena Eris Spa Dylewskie Hills and Krynica Zdrój

The slogan "Luxury close to nature" which advertises both places, is not an exaggeration. Hotel and catering departments of Dr Irena Eris hotels are at the highest level, as are the beauty institutes, providing a whole bunch of services from relaxing massages to complex treatments for health and beauty. Dylewskie Hills is a place situated right next to the famous site of Grunwald battle. An interesting solution is the possibility to rent a whole house on the so-called "habitats".

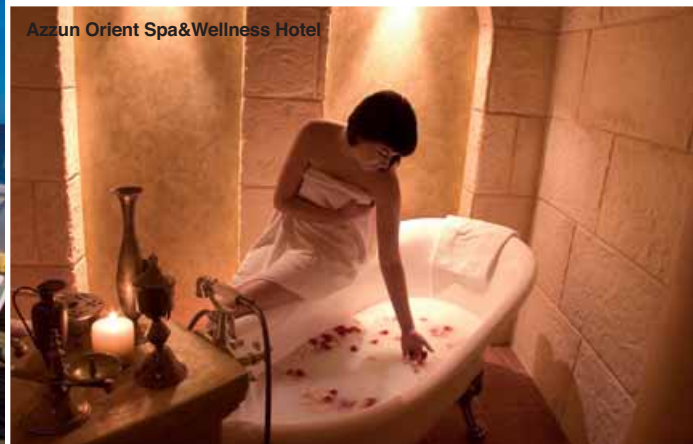
Doing so, you can, of course, enjoy all the benefits of the hotel accommodation. Many celebrities use this form of residence, which provides maximum peace

and privacy. Both hotels offer extensive spa facilities – the swimming pool in Krynica is especially interesting (the hotel is now being expanded). The cosmetic institutes comprise of numerous beauty salons with modern equipment, where guests, including men, often benefit from face and body treatment, use massage rooms, water treatment or consult dermatologists. The cosmetics used there, are of course of the owner's brand (Irena Eris research centre has already gained a global reputation), and most of them are only available there.

[drirenaerisspa.com](http://drirenaerisspa.com)

### Azzun Orient Spa&Wellness Hotel

Masuria has always been associated with relaxation and peace of mind. Now it also offers luxury at the highest level. Spa Azzun near Olsztyn is distinguished by its oriental atmosphere. It combines the ancient world together with elements of modernity. This involves a whole ritual consisting of oriental body scrub, foam massage in foam on a heated stone, or moisturizing body



Azzun Orient Spa&amp;Wellness Hotel

with warm and fragrant olive. All kinds of massage, ranging from the one inspired by yoga, ayurveda or shiatsu massage, are a two-hour ceremony aimed at relaxation and relieving stress in the body as well as the tired mind. All treatments take place with relaxing oriental music purring in the background, creating a harmonious whole in this palace of relaxation. Guests can also enjoy the swimming pool complex, as well as saunas, steam rooms, and even a leisure terrace.

[azzun.pl](http://azzun.pl)

### Głęboćek Vine Resort & Spa

The hotel is situated on a beautiful lake district, surrounded by forests and a 2 hectare vineyard. The spa centre, which is a part of the complex, is the first centre in Poland, which introduced a full range of specialized body treatment based on active ingredients derived from grapes and shrubs. There are three treatment areas: Vineyard Spa – which fully



Dr Irena Eris Spa Krynica Zdrój



Dr Irena Eris Spa Wzgórza Dylewskie



Głęboćek Vine Resort &amp; Spa



Bagiński Spa



Holiday Inn Józefów

utilizes the advantages of Vinotherapy. The Brodnicki Bath Area – offering various herbal inhalation with therapeutic effect (purifying influence on the respiratory system by improving its functioning). The treatment is also complemented by the application of peat wraps rich in micronutrients, as well as relaxing detoxifying massage. The last area is called Alfaser – the place offers various relaxation procedures, mainly using AlphaLounger cradle, which helps to enter the alpha state of deep relaxation. For those seeking more active way of spending their free time, the hotel proposes raft trips, canoeing, Nordic walking, cycling, and Watsu.

[gleboczek.pl](http://gleboczek.pl)

### Bagiński Spa

The place in Pobierowo surrounded by coastal pine forest, offers a full range of spa services. They are recommended for anyone who wants to get away from the hustle and bustle of big cities. To ensure proper relaxation, Bagiński Spa offers a 12-metre long swimming pool with countercurrent and massaging jets, whirlpool bath to relax your body and the mind, and sauna with aromatic essential oils added at guests requests. In the Beauty Centre located next to the pool, both ladies and gentlemen, can take advantage of high quality beauty services. The wide offer of the place includes facial body treatments, as well as figure slimming and modelling sessions where only highest quality products are used. Classical relaxation and oriental massages are a perfect complementation. For the tougher ones, the place offers well equipped fitness rooms.

[baginscyspa.com.pl](http://baginscyspa.com.pl)

### Holiday Inn Józefów

The hotel owned by Intercontinental Hotels Group, is situated close to

Józefów, near Warsaw. Besides a huge area and large business facilities, it also offers a fitness centre and spa. Thalga Ella Bache Spa Centre specializes in Thalassotherapy. The place mostly utilizes unique formulas enriched with sensual scents. The decor of the two-level spa combines luxury with oriental elements. The place offers over 100 types of treatment both for men and women. Ladies will be most interested in those aimed at body care such as anti-cellulite, slimming, firming, and relaxing treatments using apparatus Thalgoslim, Body Health, Vichy Shower and HydroCo capsule. After a tiring day of work, the place recommends baths with algae, essential oils, or donkey milk to soothe your exhausted body. You can also take advantage of the swimming pool, whirlpool, dry sauna and steam room, gym, tennis courts, multipurpose pitches, a 6-hole golf course, or even decide to go a bit crazy in Poland's largest rope park.

[holiday.aquila.pl](http://holiday.aquila.pl)

### Hotel Ossa Congress & Spa

The multifunctional Ossa complex is located in the very centre of Poland, between Warsaw and Łódź, making it easy to get here from any place in the country. Apart from 522 rooms and 29 meeting rooms, the hotel offers a leisure club and an extensive range of treatments at the spa. A relaxing hydromassage in sea crystals with precious essential oil of patchouli and vanilla, gentle exfoliation of the body with the extract of rhodochrosite, face treatment that adds shine and freshness of complexion, a relaxing massage and treatment of feet – this is the contents of only one of many relaxing packages prepared for guests. Ladies can order an extremely soothing bath in goat's milk, soft touch treatment for hands, paraffin for the feet, and a special relaxation massage. Gentlemen, on

the other hand, can take advantage of hydrotherapy and relaxation massage or a Spa-JET treatment, as well as therapeutic massage.

[hotelossa.pl](http://hotelossa.pl)

### Aphrodyta Spa Pension

This is one of three facilities being part of Afrodyta Pension. The other two buildings comprise guest and conference rooms, as well as restaurants. For its guests Afrodyta has prepared modern spa and hydrotherapy rooms with a bit of luxury for everyone. Flower and Finnish sauna, as well as an illuminated swimming pool facilitate recovery and maintaining well-being. The latest offer consists of Terraké ritual treatments, which is a combination of two elements, "Terre" (Earth) and "Aqua" (water). Afrodyta also offers a comprehensive range of treatments and products of the sensual world of nature called Luxuriant Plant Life. It provides you with the harmony of colours, smells and sounds combined with a specially selected set of preparations of plant and flower from distant Amazon. For ladies who wish to significantly improve the firmness of their body, the place recommends Pellevé – the latest non-invasive method for skin firming.

[afrodyta-spa.pl](http://afrodyta-spa.pl)





Aphrodyta Spa Pension

Lomi” oriental massage originating from Hawaii. It’s done on the whole physical body of a person, as well as on the energy bodies surrounding it. One of the characteristic features of this technique is massaging with forearms and performing dance-like, graceful movements.

[miedzyzdrojespa.pl](http://miedzyzdrojespa.pl)

### Villa Verde Congress & Spa

This elegant hotel, located in the region of Jura, combines accommodation, business facilities and a spa centre. Guests can enjoy here the swimming pool complex, a Turkish bath, Finnish sauna and a salt-iodine cave. The beauty spa rooms offer relaxing massages, spa treatments, as well as aromatic and nutritional treat-



Villa Verde Congress &amp; Spa



Modrzewie Park Hotel



Sheraton Sopot Spa

### Spa Bagiński & Chabinka

One of the largest wellness and leisure resorts in Międzyzdroje offers, among other attractions, a 6m x 12 m pool with the depth of 130 cm. Is additionally equipped with hydromassage, which can be used, for example, during Aqua Aerobics. The water complex is complemented by whirlpools, prepared for those who want to get rid of arthritic pain and headaches, or simply want to relax and eliminate muscle tension. The guests can also use a fitness room which is equipped with treadmills, bikes and other high-quality equipment to improve the condition of the body. Those who wish to improve their blood circulation, can use dry sauna and a steam room. The more demanding guests can choose from a wide range of massages: classical, reflexive, with warm stones, “Shiatsu”, with bamboo brushes, slimming, anti-cellulite, relaxing and beautifying, with Thai herbal stamps, or even with special sound bowls. The place specializes in hand and foot reflexology, as well as “Lomi

ments performed by licensed physicians. Facial treatments such as: “Bioline”, “Gold and Diamond”, “Thalgo”, or “Skin Ceuticals”, help refresh and rejuvenate facial skin. “Bioline” and “Thalgo” packages for the body include a range of various treatments, which both relax, rejuvenate, and enhance beauty and your well being. Ladies can slim and firm their body here, and even get rid of cellulite, while gentlemen can take advantage of treatments designed especially for them to improve the condition of the skin, slim their stomach and back. There’s also the “Strong Men”, treatment which adds strength and vitality.

[villaverde.pl](http://villaverde.pl)

### Sheraton Sopot Spa

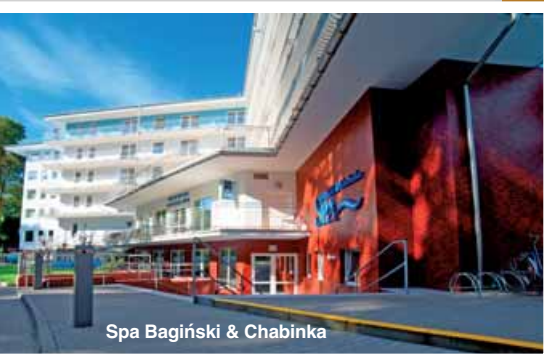
The hotel has a prime location, just off the splendid Sopot pier. „The Spa at the Sheraton Sopot” has a special area, called ‘The Spa Sensation’, which offers relaxation and reloading your vital energy. You will find here a swimming pool, hydrotherapy pool with Sopot brine baths, an aromatic Hammam Turkish bath, a brine bath, a sauna, an ice fountain, rain caves, a tepidarium with heated couches and a gym. There is also Rasul - a delicate aromatic steam bath with Moroccan clay applied for moisturizing and nourishing action. A stay in Rasul ends with tropical rain showers, which wash off the cosmetic. The cosmetics used there come from ‘Anne Semonin’ and the American ‘Dermalogica’ brand. There’s also an interesting offer of special treatment packages for couples.

[sheratonsopotspa.pl](http://sheratonsopotspa.pl)

### Modrzewie Park Hotel

Modrzewie Park Hotel is the first five-star hotel situated in the very heart of Szcawnica – one of the most beautiful spa towns in Poland. It’s set in a beautiful larch forest, and is ideal for anyone looking for peace, comfort and well-being. The offer of Wellness & Spa situated in this boutique hotel, is very generous. It comprises an indoor swimming pool with counter-current, whirlpool, dry sauna, Turkish bath and aroma showers. The hotel’s Spa Suite offers a wide range of treatments based on products by Germaine de Cappucini: moisturizing, rejuvenating, anti-aging, firming and lifting. Relaxation massages are particularly worth recommendation.

[mparkhotel.pl](http://mparkhotel.pl)



Spa Bagiński &amp; Chabinka



## The World Of Business In a SPA

Today's businesspeople perceive SPA hotels, not only as a place where you can receive some biological renewal, but also a great opportunity to make a business meeting more attractive.

In the ranking of the best hotels in Poland by Forbes magazine, the respondents placed a five-star business SPA Dr Irena Eris Dylewskie Hills hotel, next to typical city hotels. It was the only spa facility in the top ten. In the eyes of businessmen SPA appears to be the ideal place to rest, relax and forget about professional matters. Or just as a place conducive to building creative concepts, team integration, or conducting initial negotiations in an informal manner.

### SPA privately

the benefits of a stay in SPA can be considered at two levels-as a great idea to spend some time with friends or as a perfect family weekend in comfortable conditions. You can also regard it from the perspective of your personal benefit. Business people believe that since they work hard, they can spend their free time taking care of themselves, and that includes: having massage, relaxing in a sauna, or treating themselves to a sumptuous dinner or lunch. Stay in the SPA is an opportunity to comprehensively take care of yourself by means of biological regeneration, and restoring healthy look of your skin. There are only three hotels meeting these expectations, providing excellent customer service and catering for individual needs of the guests. Therefore, what makes Spa Dr Irena Eris hotels stand out in the crowd, is uniquely wide range of beauty treatments matched to individual needs thanks to a professional skin diagnosis.

### SPA business-way

Business people have long recognized that the negotiations can bring better results, if the atmosphere is pleasant and conducive to relaxation. Without the pressures of time and in a small group. Polish business people are no different in this respect. — It often happens that executive managers and directors choose to have a business meeting in our hotels. Business talks in SPA are often conducted in an informal atmosphere, often without time pressure — says Dr Irena Eris.



Spa Hotels around the world are subordinated to business by offering special programmes aimed at small conference or business meetings. SPA Dr Irena Eris hotel also has such service on its offer. For larger groups, conference rooms with adequate and modern equipment are prepared, and the range of what can be organized for such a meeting is really impressive. The hotel club is a nice place for meeting participants to integrate and it's also possible to organize additional activities by request.

The Masurian hotel offer aimed at small groups includes a possibility to stay at Forest House, where there are 9 double rooms, a living room with fireplace, a meeting room and a terrace. It's a place of a very high standard, yet providing unprecedented comfort and cosiness. An ideal solution for intimate top management meetings are luxury villas (6-8 beds) located in the vicinity of the hotel, but with full access to all site services.

Conference of the Group have a possibility to use the status programme. That's because SPA Dr Irena Eris hotels are keen on building long-term ties with their customers. To get some further information, visit [www.DrIrenaErisSpa.com](http://www.DrIrenaErisSpa.com) and go to the Business tab, specially dedicated to business customers.

\*

SPA Dr Irena Eris Hotel — Dylewskie Hills and Krynica Zdrój have been on a list of hotels recommended by Forbes and Noble Concierge for several years. They are widely appreciated not only because of their exclusive offer, but also for the highest quality service. These are the only Polish hotels to boast many years of membership in an elite organization with a global reach — the International SPA Association, as well as a certificate of the highest Premium Quality granted by the Independent German Wellness Association.

[www.DrIrenaErisSpa.com](http://www.DrIrenaErisSpa.com)

# H A SUPER B

For the second time in a row and sixth in total, Munich Airport has been listed as one of the 'Best Airports in Europe' by Skytrax consultancy firm. This only proves that the German hub is working well and developing more and more dynamically. **Stanisław Borkowski** reports.



You might think that rankings like that don't mean too much, because there are so many of them. That's true, but it's hard to ignore the fact that the best airports were selected following a written survey taken from 11 million passengers from over 100 countries. They have selected Franz Josef Strauss airport as the fourth best globally (traditionally, the airport in Singapore won the first place) and as Europe's top spot. What's important, in the first half of this year, the airport in Munich served 3 million passengers more than last year when over 34.7 million people used the German hub.

### THE TIME CENTRE

Where does this popularity come from? Certainly the location of the airport itself plays an important role. After all, it's situated in the very heart of Europe, so it's a convenient place to transfer both on short-haul and long-haul, transoceanic routes. It is no wonder then, that the German port is often used by Asian and American carriers, because it gives them an opportunity to operate flights within their alliances.

There's also another important reason – time. Munich Airport Board remembered the old adage, saying that time is money and so it did everything possible to reduce the minimum period necessary for passengers to transfer between flights. It's hard to believe, but 30 minutes is more than enough now to transfer from one flight to another at Terminal 2. It's a truly impressive result, and for many other airports it seems like “mission impossible”. Not without significance is the signposting system at the airport – it was carefully selected to make sure that passengers can quickly and accurately read the information it conveys, ▶

which shortens the time it takes to move from one place to another. Alongside the time of your next flight, the screens also display arrows that direct the passengers towards their boarding gates. Travel time is also reduced thanks to a highly-efficient luggage sorting and transporting system. All of this is supervised by the Hub Control Center, which is a sort of a command centre for logistics operations at the airport. The centre employs almost 40 specialists who make sure that everything proceeds in a coordinated way, in the right place, at the right time. The crucial element of HCC is so-called “Connex Center”, where a special team takes care of transfer passengers and their luggage. They maintain constant contact with air traffic control, can request priority landing clearance and reassign gate positions to minimize the distance that connecting passengers have to cover. When incoming flights are delayed, leaving less than the required 30 mins. to make connections, the HCC team pulls out all the stops, dispatching the special “ramp direct service” to pick up passengers and their luggage right at the gate and drive them directly to their connecting flight.

Of course, Munich is an important business centre, an interesting tourist destination, and the capital of a region which is really worth visiting. Franz Josef Strauss has a lot to offer in this area. Anyone who would like to explore the area can take advantage of special excursions, organized according to the time passengers need to wait for their next connecting flight: over 4 hours, or over 6 hours. In this way you can visit the town of Freising whose history dates back to 15th century, Weißenstephan – one of the oldest breweries in the world, Schleissheim Palace Complex, or Erding – the largest Hot Water Spa Complex in Europe. There are many ways to explore the city – you can also use the offers prepared by one of many tour operators.

### A MINI CITY

Munich hub also offers plenty of attractions within the very area of the airport. According to the current trend in airport development, this one is also turning into a separate “mini city” that wants to be attractive not only as a place where you start, finish or continue your journey, but also as a good choice for those who want to spend time in a nice way.

If you like shopping, you can decide to visit the airport’s mall, with over 150 various shops offering a wide range of products – from cheap to luxury ones, to regional and world-renowned brands. Hungry or thirsty visitors will find here a great deal of restaurants, cafes, pubs, including the most authentic brewery, where you can try beer brewed at the airport. Terminal 2 has an 800 sq m observation deck. To get there, you need to go through a glass tunnel, called Skywalk. The terrace is open from 8.00 am to 10.00 pm.

Shops, restaurants and the observation deck are the attractions which are available at almost any airport. However, the airport in Munich also features more unusual things. Take, for example the iPilot flight simulator, where you can become a virtual captain of Boeing 737NG. Sitting at the controls of an airplane, even the virtual one, is still quite an experience. The simulator is located at level 03 of Terminal 2. Another very interesting place is so-called Visitors Park, an exhibition where you can learn how the airport operates (children are shown around the place by MUCi the mascot) and watch films about aviation at the airport’s cinema. The outdoor part features an exhibition of old aircraft and a rescue helicopter. There is also a mini golf there, and from the nearby hill you can watch the handling operations on the ramp and the take-offs and landings on the runways.

Those who wish to look at other airport’s operations, can take advantage of organized tours around place. Each tour takes about 50 minutes. The 12 kilometre



## AIRPORT IN NUMBERS

Franz Josef Strauss Airport in Munich, named after the Bavarian politician in 1992, is situated 28 kilometres from the city centre. It has been operating since 1939, and in 2003 received a second terminal. The airport spreads over 1560 hectares of land, with 925 has being green areas. The airport is managed by Flughafen München GmbH, and its shareholders are the Free State of Bavaria, the Federal Republic of Germany, and the City of Munich.

The airport has two runways with a length of 4,000 metres each. Passenger Apron West has 60 aircraft parking space, 14 boarding stations, while The Apron West has 75 aircraft parking spaces and 47 boarding stations. The airport also has a cargo terminal and area for private and business aviation.

The port in Munich has two passenger terminals. T1 can handle 20 million passengers per year. It has an area of 198,000 sq m. and 150 check-in desks. T2 can handle up to 25 million passengers annually, its area is 260,000 sq m and it has 124 check-in counters. The airport’s system of luggage sorting and transporting system is able to handle 33,000 pieces of luggage per hour.

There is also the so-called Central Area, which is a place that connects the two terminals. It features an underground station, 37 check-in counters, 6 underground and four above-ground car parks. The airport can be reached by S1 and S2 trains which depart every 10 minutes. There are also special airport shuttles, and hotels have their own buses for their guests.



tre route covers the Terminal 1 and Terminal 2 aprons, passing both runways and the two fire stations. You will see the freight buildings and maintenance hangars, the engine testing facility and the storage tanks while picking up all kinds of information on every aspect of ramp operations.

And when you get tired of all the passenger’s attractions, you can always take advantage of the offer prepared by spa located in Kempinski Hotel at the airport. The offer includes massage, solarium, as well as beauty and rejuvenating treatment. Wouldn’t it be great to return totally relaxed from your business trip to Munich? ■

POŁĄCZ  
PRZEPIĘKNE MIEJSCE W SAMYM SERCU WARSZAWY,  
ELEGANCKIE WNĘTRZA PAŁACU SOBAŃSKICH,  
SZEFA KUCHNI ZE ŚWIATOWYM DOŚWIADCZENIEM.  
DODAJ NAJWYŻSZEJ JAKOŚCI MIĘSO OD POLSKICH HODOWCÓW  
I RYBY Z MAZURSKICH JEZIOR.  
PODLEJ ŁYKIEM WYBORNEGO WINA.  
POŁĄCZ Z ZESTAWEM TRZECH DAŃ W CENIE 79 ZŁ\*.  
UDEKORUJ UŚMIECHNIĘTYMI KELNERAMI  
Z NAJLEPSZYMI MANIERAMI W WARSZAWIE ...  
... I PODAJ DO STOŁU.



SKŁADNIKI KULINARNEJ DOSKONAŁOŚCI.



AMBER ROOM  
RESTAURACJA



PAŁAC SOBAŃSKICH, ALEJE UJAZDOWSKIE 13, 00-567 WARSZAWA  
+48 22 523 66 64 WWW.KPRB.PL/AMBER

\*3-DANIOWY BIZNES LUNCH (PRZYSTAWKA, DANIE GŁÓWNE I DESER) 79PLN. OD PONIEDZIAŁKU DO PIĄTKU OD 12.00 DO 15.00.

# Business In Blue

BlueBiz is an offer targeted at companies whose employees often travel by air. No matter how often, no matter how far - the offer is tailored to customers' needs, so each PLN you spend, brings you points to your reward account. It's a good deal, especially because KLM/Air France have prepared a special promotional campaign which is valid until the end of September.



Loyalty programmes prepared by airlines offer numerous opportunities for individual passengers to earn additional award miles, which can be later redeemed for free flights and various bonuses. BlueBiz programme offered by Air France, KLM, Alitalia and Delta Air Lines, offers similar privileges, except that it's aimed at companies whose employees travel for business. There are a lot of benefits of the programme, and the conditions that must be met are simple and transparent, while the necessary procedures are limited to a minimum.

To register in the programme, you need to provide your company's name, your business sector, contact information and the personal data of the administrator – i.e. the person who can be contacted to complete all necessary formalities and who represents the company which is being registered. During the registration procedure you are also asked to provide information on the travel agency which handles your company's business trips – such information allows for quick and easy handling of all matters related to travel of the members of the programme.



What is the idea behind the BlueBiz programme? It's simple. When your company purchases airline tickets, some part of the paid sum returns to the BlueBiz account in a form of BlueBiz points. Then all the points gathered in this way can be exchanged for free flights and other equally attractive prizes.

When you register your business in BlueBiz programme, each time when your company books air tickets with Air France, KLM, Alitalia and Delta Air Lines or with the partners of these lines, your company earns points called Blue Credits. The conversion rate is very simple – you 1 earned Blue Credit equals 1 zloty. As a result, you don't have to make lots of calculations to easily find out how many credits your company has collected on BlueBiz account. In order to collect points, during the booking process you need to provide your registration number. If you do this, the system will take care about everything else.

After the flight, Blue Credits are calculated and stored for the company on its corporate account. Blue Credits are valid for at least 2 full calendar years. For example, Blue Credits obtained in September 2011 remain valid until 31 December 2013. At BlueBiz programme you can freely redeem your Blue Credits for any type of ticket offered by AIR FRANCE KLM, Alitalia and Delta Air Lines. You can choose any flight fare to any destination around the world available in the booking section of BlueBiz website.

What are the advantages of the abovementioned promotion which is valid until the end of September? The programme is available to your company as well as any other business invited by your company to BlueBiz. For every new company that will register to BlueBiz thanks to your recommendation – your company will be awarded 100 bonus points (=100 PLN). For new members we have a welcome bonus of 300 points (=300 PLN), which will be given to them on your behalf.

The number of credits that a company receives for each flight depends on how far the journey was, and in which



booking class the ticket was purchased. If you want to get information about an exact number of credits that it's possible to earn, please read the following tables.

Another advantage is that the members of Flying Blue – an individual loyalty programme – also earn Flying Blue miles to their personal accounts.

For more news about the programme go to:

[www.airfrance.pl](http://www.airfrance.pl), [www.klm.pl](http://www.klm.pl), [flyingbluenews.com](http://flyingbluenews.com) and [www.alitalia.pl](http://www.alitalia.pl) ●

# Want a Conference In a Healthy Style? Try Sheraton!

KORSAK/IVANSKA

Must conferences always be associated with consumption of vast quantities of coffee, high calorie sandwiches and cookies? Lots of us complain that by taking part in such trainings we not only gain necessary knowledge, but also lot of weight. Sheraton has now found a way to prevent this.

The hotel chain along with its partner, Core Performance, specializing in promoting healthy lifestyles and nutrition, has created an offer of healthy meeting breaks.

### A HEALTHY COMPOSITION

In Sheraton hotels, instead of the traditional croissants, sandwiches and cakes served during a meeting break, you can order a serving of forest fruits with crunchy muesli and mint sour cream or fruit and vegetable mousse. Moreover, the ingredients in these snacks have been specially combined to positively affect the mood of delegates and provide them with more energy.

Sheraton has managed to select the appropriate and healthy ingredients thanks to a specialist from Core Performance, a company known in the whole world for preparing sportspeople for various types of competitions.

"I think the snacks we have prepared will evoke much interest. We made sure that they taste good, are healthy, but also appealing to the eye. What's more, you don't have to worry that such meeting breaks will put you straight on a diet. On the contrary, the snacks are varied ranging from light fruit cakes, through seafood shashliks to sorbets", says Artur Grajber, the chef of Warsaw Sheraton.

### CHOOSE AN OPTION

In fact, the menu is very diverse and meeting organizers can choose from the three options: "Energize", "Tailored To You" and "What Do You Crave?"

The first option – Energize – consists of carrot-pineapple, lemon meringue or chocolate peanut butter cup cakes, as well as a wide choice of fruit and vegetable shots, which will give the participants lots of energy.

The "Tailored To You" option offers a wide selection of healthy cookies with lemon-poppy or vanilla. To add some variety, you can have them with fruit, nuts, and other healthy toppings. As for drinks, you can treat yourself to refreshing elixirs – the available flavours include pineapple, ginger and raspberries.

And the last but not least, "What Do You Crave" option, which includes refreshing sorbets, low-fat flavoured milk and freshly baked pastries.

Each option comes with some additional treats – again, difficult to resist.

"We strongly encourage you to try fruit kebabs, they are healthy, and yet look incredibly appetizing. However, the sauces we serve to them, make them taste even more heavenly", says Tomasz Leśniak, the chef at Sheraton Cracow. Indeed, he knows what he's saying – who could resist a pineapple shashlik with grape sauce, or a mango marinated in a chilli syrup?



In Sheraton hotels the traditional coffee break has become a brand new experience

### MORE ENERGY

Sheraton Signature Meeting Breaks are certainly an interesting offer and bring some fresh air to the catering market. Sheraton Hotels & Resorts is planning to expand its offer to Sheraton Fit Meetings, during which the participants will not only be provided with healthy snacks, but also given the opportunity to take some physical exercise to increase concentration. Experts will also share their tips on how to be more energetic and effective. Given all that, you can safely say that the world of fitness and conferences is undergoing some major change. ■



# A | CLUB

## Celebrates Its 3rd Birthday!

A | Club has been around for 3 years and has turned out to be a great success. On 15 September, Accor Group's loyalty programme will celebrate its 3rd anniversary together with its 7 million members worldwide. On this occasion, Polish A | Club cardholders can expect lots of attractions such as triple points for stays at hotels and plenty of other surprises.



In Poland, the guests of Orbis Hotel Group have been able to enjoy the privileges of the A | Club since September 2008 and, as the figures show, the programme is a real hit. Since the beginning of this year, tens of thousands of people have received the A | Club card, and each day the programme gains a few

thousand new members. -The activities designed to promote A | Club are a result of our great motivation, hard effort and commitment of all employees of our hotels, who do their best to provide guests with services at the highest level. Three years into the programme in Poland it has already gathered a large communi-

ty of people who not only earn points for stays in hotels and exchange them for rewards, but also receive a guaranteed number of privileges that we reserve only for our most loyal customers – says Joanna Świerkosz, the Marketing Manager for Orbis Hotel Group.

The most important advantages offered by A | Club are ultimate convenience and services at the highest level. To celebrate its 3rd anniversary, A | Club has prepared special rewards for its most loyal customers. Every time you stay at a hotel participating in the programme between 12 September and 9 October, you will receive triple points. There are also many other surprises waiting for A | Club holders.

A | Club members always feel special. The receptions of selected hotels have arranged special sections for the members of the programme where they can check-in without having to wait in a queue. A | Club members also enjoy special offers prepared exclusively for them. "Wednesday's Deals" or "Mountains and Masuria" are only some of them. Over the past few months, A | Club members have been invited to pre-premiere screenings of "Tron: Legacy" and "Cars 2", organized by Orbis Hotel Group.

A | Club points can be collected and redeemed for awards and privileges at over 2,300 hotels of 10 brands worldwide. These are Sofitel, Pullman, MGallery, Novotel, Mercure, SuiteNovotel, ibis, All Seasons, Adagio, as well as Orbis Hotels in Poland and Accor Thalassa in selected countries. This is the only loyalty programme in the world, which functions in hotels ranging from 2 to 5 stars. It's also very easy to become its member. You just need to fill in a form at the reception of a hotel or on the website <http://www.a-club.com>. Upon registration, each member starts collecting points for stays at hotels and may redeem them for prizes and privileges, not only in hotels but also at partners of Accor – Europcar, Club Med, 30 airlines, French Lenôtre pastry shops, Shell petrol stations, and Pasteur Institute in Paris. There are three types of cards – the free of charge **A | Club Loyalty**, and two paid ones: **Accor Favorite Guest Business** or **La carte ibis**.

You can find detailed information about A | Club loyalty programme at <http://www.a-club.com> ■ [www.accorhotels.com](http://www.accorhotels.com)

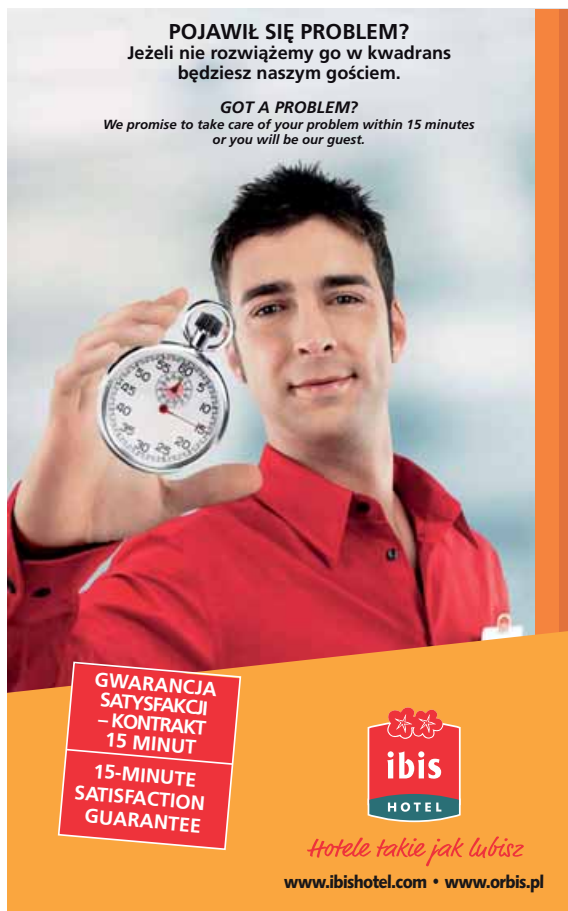
Ibis hotels take care of their guests in a unique way. If you encounter a problem, something unpredictable happens or you need urgent assistance, you can be sure that the staff is quick to respond and will find a solution in just a few minutes. The "15 Minute Satisfaction Contract" is one of the elements of high quality services offered to customers at ibis hotels, which was the first budget hotel chain to receive ISO 9001 certification.

At hotels of ibis chain guests can expect high quality of service, no matter what part of the world they are in. ibis is now the only European budget hotel chain, which offers its hotel services 24/7. Such openness to customer needs has resulted in granting the brand ISO 9001 quality certificate in 1997.

#### IBIS 24/7

Hospitality and professionalism of staff as well as availability to customers around the clock, 7 days a week, are the foundation of the quality of service offered by ibis hotel around the world. The reception will check in guests at any time of day or night, arranging the formalities swiftly and efficiently. On the guest request the hotel can arrange for hot and cold snack to be served at any time of the day. Guest rooms at ibis hotels are clean and comfortable. They are well designed, have Internet access, as well as TV sets with a wide range of international and local channels, offering hotel guests comfortable conditions for work and rest. The bathrooms are equipped with a shower and a toilet. For the convenience of guests, breakfasts are served for 8 hours from 4 am until noon. Especially for its clients ibis has created restaurants, which enables them to

# ibis – Comfort and High Quality



**POJAWIŁ SIĘ PROBLEM?**  
Jeżeli nie rozwiążemy go w kwadrans  
będziesz naszym gościem.

**GOT A PROBLEM?**  
We promise to take care of your problem within 15 minutes  
or you will be our guest.

**GWARANCJA SATYSFACJI – KONTRAKT 15 MINUT**  
**15-MINUTE SATISFACTION GUARANTEE**

**ibis HOTEL**

*Hotele takie jak lubisz*  
[www.ibishotel.com](http://www.ibishotel.com) • [www.orbis.pl](http://www.orbis.pl)

taste delicacies of the international cuisine. In Poland, guests can visit the chain of L'Estaminet restaurants as well as "Oopen" restaurant at ibis Kielce where pasta dishes and barbecue are prepared in front of the guest.

#### EFFECTIVE HELP IN 15 MINUTES

The "15 Minute Satisfaction Contract" shows the commitment of the chain to maintaining a high quality of service. ibis encourages customers to instantly report problems they have encountered, and it promises to solve it in just a few minutes. In other words, if you need assistance, you can ask the reception desk for assistance at any time of the day or night. The personnel are available 24/7rs a day

and do their best to ensure that no unforeseen events affect negatively your stay at the hotel. The brand declares that the comfort and well-being of the guest are of the utmost importance. If, however, a solution can't be found in a short time, ibis guarantees to provide its customers with free accommodation. You can be sure, then, that the hotel staff will always come with assistance and will do anything to get rid of the inconveniences you might encounter. The leaflet informing about the principles of the "15 Minute Satisfaction Contract" is available in each room.

#### THE QUALITY CONTROLLED

Up to the present, 758 ibis hotels throughout 21 countries have been granted ISO 9001 certification. All of them use the same methods and quality control systems, ensuring continuous development and consistent quality of the service to all customers of ibis hotel chain. They also provide their guests with a feeling of comfort and space. To maintain an international standard of quality, ibis continually trains its employees and encourages them to upgrade their qualifications. The chain also carries out regular and thorough inspections of all its facilities. Also the companies with which ibis cooperates, as well as its suppliers, are a part of this policy of high quality. A single global standard, while maintaining very competitive prices, is a definite advantage of ibis hotel chain. The growing number of hotels of this brand are a proof of this well chosen policy. In 48 countries worldwide there are already more than the 900 of them. In Poland, ibis hotels are located in 10 cities, the latest one opened in Kielce, in May 2009. Other hotels are situated in Warsaw (3), Cracow, Łódź, Częstochowa, Poznań, Szczecin, and Zabrze. The 11th hotel of ibis chain will launch in May 2012. ■

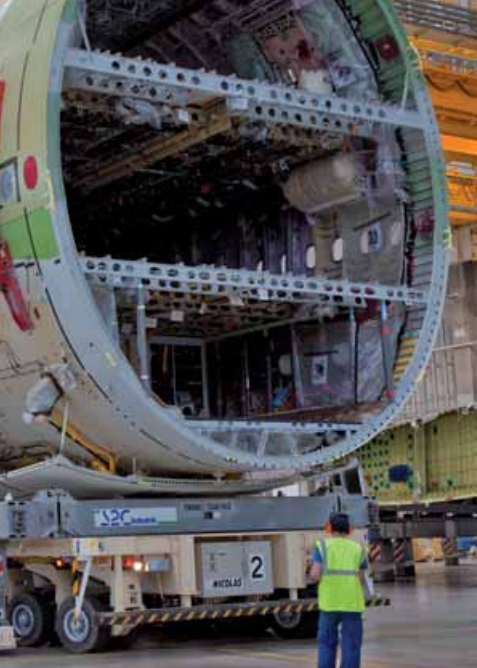
[www.ibishotel.com](http://www.ibishotel.com)

[www.accorhotels.com](http://www.accorhotels.com)



# Business Traveller **visits Airbus factory**





The capital of Airbus international consortium is located in Toulouse in southern France. Airbus is the second largest employer in the area, and even though the factory in Toulouse is responsible for mere 4 percent of total Airbus production, it's still very impressive. **Olga Chelchowska** reports.



anding at Toulouse-Blagnac airport, I can already admire the sight of several units of Airbus aircraft at various stages of production. Most of them are painted, but some are in colours which makes them look more like military aircraft because of the protective layer of deep green anti-corrosion paint that covers the planes. It's impossible not to draw attention to Airbus A300-600ST, which is standing nearby. Its official name is Super Transporter, but its more common name is Beluga. This term refers to a type of whale, living mainly in Arctic waters, that this aircraft really resembles. It is these "freaky monsters" which transport large aircraft parts – including Airbus A320 fuselage. The company currently has five such machines.

On the other side of the airport there is a whole production complex, spanning over the unbelievable area of 600 hectares. Once inside, you are taken aback with the surprising quietness prevailing here – it was so quiet there that for a moment I thought that everyone had gone for a lunch break. I was wrong – the omnipresent quietness comes from the way the place is organized. Nobody wanders

Business Traveller talks to **Kimonem Sotiropoulos**, Vice President for Central and North Europe for Airbus, about the company's presence in Poland, plans for its expansion and possible threats to it.

**"Crisis" is a word that has for many months haunted many branches of the economy including the aviation industry. Can we say that it's already over?**

The terrifying situation, that started with the collapse of Lehman Brothers, is now under control. Fortunately, our forecasts for the difficult crisis years of 2009 and 2010, were too pessimistic. We can assume that the period of the greatest trouble and fear is already behind the airline industry, but of course we can't be completely sure of what is going to happen in the near future.

**What is the current condition of Airbus and what are the main priorities for the consortium?**

The recent months have been a favourable time for Airbus. We have received a large number of orders and, what is also important, we are now producing more aircraft than ever before (510 in 2010). The company's financial situation is good and it's improving with each month. There are still a lot of challenges ahead of us – we are now in the process of introducing our two new models: the A350 and the A400M military transporter.

**What is the position of Poland in the scope of the company's activity? In our country only Yes Airways – a private charter airline – uses three Airbus aircraft, and despite a long delay, LOT Polish Airlines has decided to wait for Boeing's Dreamliner.**

Poland is an important European market, especially because it notes steady economic growth year after year. We want to contribute to this market as well, therefore we operate in your country as an investor – the companies in Mielec and Warsaw has produced parts for Airbus aircraft for as many as 13 years. Over 500 people work for us in Poland. There's no any war between Airbus and Boeing, as some may think, but of course there is a healthy competition, because these are two large, independent suppliers. Delays in delivery of Boeing 787, which is a direct competitor to our A330 and A350 models, taught us how to avoid the same mistakes in the future.

**Can we expect anything special coming from Airbus in the nearest future?**

The plans for the coming years are very precise. First of all, we want to finish the development, obtain certification and launch A350. This will be followed by the introduction of the new, transformed A320neo, and increased production of A380. We also have a lot of challenges in the manufacture of military aircraft.

**How do you predict the civil aviation will change over the next 50 years?**

We will, for sure, experience next great technological breakthrough. The development department at Airbus works in full swing, many solutions are already developed, but they require further study to become a reliable and to be applied with regard to cost reduction. I think that in the mid-40s of this century it will be possible to build aircraft which will be far better than those that fly today.



els. There would be nothing surprising in it, if not for the fact that these models are in real size! You can see there various versions of the interior, but mostly the luxury ones, which are ordered by Singapore Airlines, Emirates and Qantas, are on display. You can also see there what

around without a purpose and no one looks for anything. Any action the employees perform takes place in a predetermined time, each person has to be at the right place, and all elements – even the tiniest ones like small screws – are placed in special, accurately labelled drawers. Visitors (and there are reportedly up to 150,000 of them each year) are required to walk only along a separate track, which means that you can neither touch nor see the machine from the inside. Safety rules are an extremely important aspect of work there. At times it may seem irritating and excessive, but thanks to this, each month up to 15 ready-made aircraft leave the plant.

### XXL JIGSAW PUZZLE

The plant in Toulouse performs the final stage of Airbus assembly. Other European factories are located in Hamburg, Germany, where smaller parts of aircraft are assembled (as is Airbus A320 on a smaller assembly line), in Bristol, Great Britain – where they primarily manufacture wings, and in Seville, Spain – where the complete tail of each aircraft is made. The plant in Toulouse puts those giants together, like a huge jigsaw puzzle. Finally, the engines are mounted and the machines are ready to be delivered. There is also a new assembly line located in China (launched 2 years ago), but, as of yet, it doesn't play a significant role in the production process.

### A320 INNOVATIONS

Aircraft from the A320 family are the most frequently ordered planes produced by Airbus. So far the company has received over 7,000 orders for these machines, from over 320 customers. But the company hasn't rested on its laurels and decided to refresh A320, which has been continuously manufactured since 1987, and is now taking orders for A320neo. The new model will have new engines which work far more quietly than in the older model, and the so-called “shar-

klets,” i.e. winglets which are curved upwards and which help reduce fuel consumption and damp vibrations (David Velupillai – the head of Marketing for Airbus, told us that customer airlines will be able to order the sharklets as a retrofit option).

However the most impressive part of the plant is the section where Airbus A380 aircraft are assembled. Obviously the assembly section of the world's largest passenger aircraft occupies the largest part of the hall, and even though before entering the area you are aware of what you are going to see in a moment, the very second you see this huge machine can make your jaw drop. The parts of two-storey cabins shown in cross section look really amazing.

### FAMILY SIMILARITY

The mock-up centre is a separate hall with sample cabins for all Airbus mod-



minute details the manufacturer must pay attention to. For example, overhead luggage compartments are designed in such a way to enable even very tall passengers to sit down comfortably. This doesn't mean, however, that shorter passengers must jump up to reach the compartment, because there are special mini steps mounted on the side of each seat to enable shorter passengers to put their luggage into the compartment more easily. Storage compartments are also wider now, and their covers are equipped with mirrors. In this way you can easily see if you have taken everything from the compartment on leaving the plane. There is, however, something else, that really surprised me in A320 models. It turns out that it's possible to quickly fold the last row of seats if it's necessary to put a stretcher there. For similar purposes, it's also possible to move one of the walls of the toilet cabin to make more space. Only the latest model, the A350 hasn't yet been fully shown.

A characteristic feature of all models of Airbus aircraft is that they are considerably similar to each other – not just when it comes to appearance. The control panels for many flight parameters are almost identical for all models. Cabins and cockpits are also not much different. Thanks to this, training A320 pilots to fly A330/A340, A380, and A350 takes only 7, 13, and 9 days respectively.

To sum up my visit to Airbus factory in southern France, I must admit that it was a truly sky-high adventure. ■



# Wymagający Najemcy – Najlepsze Usługi Telekomunikacyjne dla Biznesu

- Telefonia ISDN oraz VoIP
- Szerokopasmowy Internet
- Infrastruktura teleinformatyczna
- Systemy telekomunikacyjne
- IT Outsourcing

- Kompleksowość (usługi + infrastruktura + sprzęt)
- 365/7/24 – dyspozycyjni zawsze i o każdej porze
- Dedykowany opiekun dla każdego Klienta
- Gwarantowana jakość i dostępność usług
- Wieloletnie doświadczenie w obsłudze najbardziej wymagających klientów biznesowych
- Obsługa wiodących ośrodków biznesowych
- Najszybszy czas realizacji projektów telekomunikacyjnych na rynku
- Nowoczesna i stabilna sieć teleinformatyczna
- Elastyczne podejście do indywidualnych potrzeb Klienta
- Najlepsze rozwiązanie dla budynków biurowych z wieloma najemcami
- Własna sieć światłowodowa



Tel. 22 379 88 88

**Intelligent Technologies S.A.**

[www.itsa.pl](http://www.itsa.pl) [itsa@itsa.pl](mailto:itsa@itsa.pl)





Puerta del Sol



Hotel Silken Puerta America



Hotel Urban

# Reign in Spain

A welcoming feel and value for money make Madrid a winning choice for your event, says **Michelle Mannion**

**WHAT DO YOU PICTURE** when you think of London? If you are not from there, probably the London Eye or the Houses of Parliament. What about Paris? Doubtless, the Eiffel Tower. But how about Madrid? That one's a little trickier.

The Spanish capital's lack of an iconic symbol in comparison with its European rivals – even Barcelona has Gaudi's extraordinary architecture – is something of a bugbear for Alessandro Sansa, director of the Madrid Convention Bureau (MCB). When you are trying to persuade organisations across the globe to choose your city for their meeting, it helps to have a landmark recognised the world over as being unmistakably Madrid.

But what the city does have, Sansa says, is a unique spirit and atmosphere that makes it ideal for holding events. "You have the Spanish way of life and the energy of the people – the tapas and nightlife. It's a good place to mix business and pleasure," he says. "It also has a welcoming and open-minded feel. A

century ago it had less than one million people – now it has six million [in the Greater Madrid area] and has welcomed people from all over Spain. It's hard to find someone here with grandparents from Madrid. And if you're in a city where you or your parents have been welcomed, you are going to be welcoming yourself."

And what the city also offers, according to Sansa, is value for money. "That is what we're trying to sell, especially now, when expense management is a key issue," he says. "At the top end, you can generally get two nights in a luxury hotel for the price you would pay for one night in London or Paris."

He also points to the city's warm climate, and its air and transport links. More than 170 destinations worldwide are served direct from Madrid Barajas airport, which is itself well placed – it takes about 15 minutes to get into the city centre using the well-developed metro system, which costs €2. In addition, the high-speed AVE rail system, which

operates from the centrally located Atocha station, offers fast, punctual connections to other Spanish cities.

For Juan Carlos Beneyto Benavides, head of the MCB's corporate and incen-

## FIVE INCENTIVE IDEAS

**Traditional tapas tours** – taste local specialities in the city's historic centre

**Photo safaris** – hit the metro system in teams to find Madrid monuments

**Flamenco lessons** – learn to dance Spanish style

**Historical re-enactments** – step back in time as actors bring the old streets to life

**UNESCO visits** – see one of the six World Heritage sites within an hour of the city: Ávila, Aranjuez, Toledo, Segovia, Alcalá de Henares and El Escorial



Hotel Silken Puerta America's fourth floor, by Plasma Studio



Husa Paseo Del Arte

tives department, being situated in the heart of Spain is a big advantage. "We are strategically located in the centre of the country, so if you want to [build another city into your itinerary] it's convenient. We do not have the sea, but in two hours 35 minutes you can reach Barcelona." And when the AVE system is extended to Valencia at the end of the year, you will be able to reach the coastal city in one hour 45 minutes.

The bureau acts as an umbrella organisation for its almost 200 members, which include all of the four- and five-star hotels in the city, as well as destination management companies and conference organisers. "We mainly work with our members because, to become one, you have to meet certain requirements," Beneyto Benavides says. "Being part of the MCB is like a quality standard."

Event organisers have about 60,000 hotel beds in the city centre to choose from, and three conference centres. A fourth,

'You have the Spanish way of life and the energy of the people'

## HOTELS

### HOTEL SILKEN PUERTA AMERICA

Each floor of this inventive 315-room five-star property has been designed by a different architect, from Jean Nouvel to Norman Foster, with themes ranging from dreamlike to futuristic. Five ground-floor meeting rooms hold 210 people each and can be combined – there is an outdoor terrace too – while on the fifth level are 11 smaller spaces. Open since 2005, it's located between the centre and the airport.

**Avenida de America; tel +34 917 445 400; [hotelpuertamerica.com](http://hotelpuertamerica.com)**

### HUSA PASEO DEL ARTE

Well placed for Atocha station, this four-star hotel has been open since 2006. The 260 rooms are modern and there is a meeting room on the ground floor that holds 130 people theatre-style – next to it, the light-filled restaurant seats 120. The gym on the top level was set to become a meeting venue at the beginning of this year.

**123 Atocha; tel +34 912 984 800; [hotelhusapaseodelarte.com](http://hotelhusapaseodelarte.com)**

### RADISSON BLU MADRID PRADO

Open since 2009, the Radisson Blu has 54 rooms and is housed in an attractive neoclassical building off Paseo del Prado. Rooms are stylish, with huge pictures of Madrid's skyline acting as a backdrop. A 43 sqm meeting room divides into three and holds 48 delegates theatre-style – when combined with the adjoining bar, it can host 120 for cocktails. Informal events for 25 can be held in the Cask Whisky Bar.

**52 Calle Moratin; tel +34 915 242 626; [radissonblu.com](http://radissonblu.com)**

### HOTEL URBAN

A short walk from Puerto de Sol, the central point of Madrid (and Spain itself), this hip five-star property has been open since 2004. It's a member of Design Hotels, and pieces from the owner's collection of ancient and Egyptian art are on display. The 101 rooms are plush with rich fabrics. Five basement meeting rooms can be connected to hold 150 theatre-style, while the rooftop terrace holds about 150.

**34 Carrera de San Jeronimo; tel +34 917 877 770; [derbyhotels.com](http://derbyhotels.com)**

### AYRE GRAN HOTEL COLON

Open since 1966 but recently renovated, this 361-room four-star hotel comprises two buildings linked by a 1,200 sqm garden, which can be used for gatherings. There are 22 meeting rooms holding up to 250 people, and many feature stained-glass windows by Manuel Ortega. It's in the Estrella district, east of Retiro Park.

**1 Calle del Pez Volador; tel +34 914 009 900; [ayrehoteles.com](http://ayrehoteles.com)**

### MIRASIERRA SUITES HOTEL

The official bolthole for the Real Madrid team, the five-star Mirasierra opened seven years ago. There are 182 spacious suites and 14 function rooms holding up to 800 theatre-style. The leisure club is superb, with a huge gym and indoor and outdoor pools – the pool terrace can be used for gala dinners. Bear in mind, though, that it's a good 25-minute drive north of the centre in traffic.

**43 Calle Alfredo Marquerie; tel +34 917 277 900; [jubanhoteles.com](http://jubanhoteles.com)**

### MERCURE MADRID SANTO DOMINGO

Two hotels were set to become one in January when the Best Western on Plaza de Santo Domingo was to merge with the new-build Mercure property next door. The 80-room Mercure opened in June and features some spectacular rooms with everything from aquatic to nature themes. The 120-room Best Western is more traditional. There are 16 meeting rooms in total, holding up to 300 people, and an unusual option for events is the underground car park, decorated with murals.

**1 Calle de San Bernardo; tel +34 915 479 800; [hotelsantodomingo.es](http://hotelsantodomingo.es)**

### AC CARLTON HOTEL

Close to the Reina Sofia gallery, the four-star Carlton was refurbished at the beginning of last year after becoming an AC Hotels property. Its 122 rooms are modern and its three meeting spaces have a maximum capacity of 100 people.

**26 Paseo de las Delicias; tel +34 915 397 100; [hotelaccarltonmadrid.com](http://hotelaccarltonmadrid.com)**



Juan Gris' *Mujer Sentada*, from the Museo Thyssen-Bornemisza

## CONTACTS

- Madrid Convention Bureau: tel +34 917 585 528; [esmadrid.com/mcb](http://esmadrid.com/mcb)
- Spanish Tourist Office: tel +44 (0) 20 7486 8077; [spain.info](http://spain.info)
- Iberia flies from London Heathrow to Madrid eight times a day. Visit [iberia.com](http://iberia.com)



Casino de Madrid

the International Centre of Congresses and Conventions, will be one of Europe's largest when finished. Its first phase of development is complete, Sansa reports, but construction has stopped for now as a result of the financial crisis. He is hopeful that it will be finished by 2014-2015.

When the work's done, there is much to attract culture fans, Sansa says. "We have the Prado, Thyssen-Bornemisza and Reina Sofia museums all next to each other, and if you are in a conference until 5.30pm you can get into the Prado for free at 6pm." The three institutions are referred to as the Golden Triangle of art, with the Prado focusing on classical works, the Reina Sofia looking at contemporary art, and the Thyssen-Bornemisza (see panel, right) acting as a bridge between the two. There are more than 90 museums in the city centre, more than 5,000 restaurants, and 27 golf courses in the area, while within an hour's drive are six UNESCO World Heritage sites, such as the medieval city of Toledo.

Sansa sums up: "It's a great city, it's fun, and it makes business a pleasure. Add in the good hotel rates, infrastructure and the fast link from the airport and Madrid is the perfect place to hold your conference." ■

'It's a great city, it's fun and it makes business a pleasure'

## VENUES

## CASINO DE MADRID

Not a gambling den but one of the city's most prestigious private clubs. Just off Puerto del Sol, Casino de Madrid has been here since 1910 and has a range of ornate spaces for hire. They include Salon Real, which holds 300 theatre-style under its frescoed ceiling, the classically inspired Salon Alcala, with space for 230 for drinks, and a 400-capacity outdoor terrace.

● 15 Calle de Alcala; tel +34 915 218 700; [casinodemadrid.es](http://casinodemadrid.es)

## CIRCULO DE BELLAS ARTES

Further down Calle de Alcala in a beautiful 1920s building, this private cultural centre stages a range of artistic activities. It has several spaces that can be used for events, many of which boast original period details. The largest venue, Salon de Baile, has a wonderful cupola ceiling and holds 1,200 for cocktails. The rooftop terrace offers great views and can take 250 people for dinner.

● 42 Calle de Alcala; tel +34 913 605 400; [circulobellasartes.com](http://circulobellasartes.com)

## GALERIA DE CRISTAL

Located in the Palace of Communications, formerly the Post Office HQ and now the seat of Madrid City Council, the Galeria de Cristal is a soaring glass-ceilinged space that can be used for everything from musical performances to gala dinners. The L-shaped area covers more than 2,400 sqm and can hold 1,800 people for cocktails or 1,000 banquet-style.

● Plaza de Cibeles; tel +34 91 588 0934/1406

## MUSEO THYSSEN-BORNEMISZA

Forming one corner of the Golden Triangle, this art museum offers a chronological walk-through of all the major artistic movements from the 13th century to the present. Events and private tours can be arranged when it is closed to the public (every evening and all day Monday), while the 187-seat auditorium and gleaming white upper balcony can also be used during the day. Dinners for 300 delegates or drinks for 800 can be held in the central hall.

● 8 Paseo del Prado; tel +34 913 690 151; [museothyssen.org](http://museothyssen.org)

## MERCADO DE SAN MIGUEL

Housed in a beautiful circa-1916 iron structure in the historic centre, this food market attracts 75,000 visitors each week. Reopened following a restoration in 2009, it buzzes with locals and tourists, especially in the evenings, when grabbing a seat to tuck into your gourmet goodies can be a challenge. Happily, part of the market can be hired for private events, holding 120 people for cocktails. Tapas tours and fashion shows are also possible. Open 10am-10pm (until 2am Thurs-Sat).

● Plaza de San Miguel; tel +34 915 424 936; [mercadosanmiguel.es](http://mercadosanmiguel.es)

## SANTIAGO BERNABEU STADIUM

The home of Real Madrid football team boasts that it can host groups of two to 80,000 people, with more than 20 meeting rooms, but it's on the pitch that things get really exciting. In June and July, it can be hired for dinners or corporate matches – referees are supplied and you can use the changing rooms, scoreboards, lighting and loudspeaker system – while penalty shoot-outs can be arranged year-round. Tours are also available.

● 152 Paseo de la Castellana; tel +34 913 984 373; [realmadrid.com/eventos](http://realmadrid.com/eventos)

# Time Under Water

Tissot Sea-Touch



Diving enthusiasts, who primarily seek great adventure and a chance to enjoy the beauty of the nature, can now also buy high quality watches for divers. They have been designed in line with the latest trends, and allow you to indulge safely in your passion.

**U**nder water you can lose the sense of passing time. The new models of watches by Swatch Group are masterpieces of design, which also look very impressive on the land.

## TISSOT SEASTAR 1000

Tissot diving inspiration shapes both the appearance and the functionality of these timepieces. They maintain their performance under water to a pressure of 30 bar, proving that a passion for under-water sports and a preference for automatic watches are totally compatible buddies. The new family consists of automatic chronographs, integrating the revolutionary C01.211 movement, and elegant three-hand models, also with Swiss automatic movements.

All models also have their own helium valve, which allows to automatically depressurize the watch.

The chronograph versions have a large, 48 mm case. A total of ten different models accommodate a broad spectrum of wearer tastes. There is the option of a totally new blue, ocean-inspired PVD finish, a choice of black and white, blue, or black and orange dials, plus a se-

Tissot Seastar 1000



lection of metal or rubber attachments. The Tissot Seastar reconfirms the proven Tissot talent for encapsulating operational excellence in appealing design. Together with a bracelet, the model costs PLN 3,940 (about €970).

## DS ACTION DIVER

The DS Action Diver stands out thanks to its 43.2 mm brushed steel case and bold, striking bezel.

Broad, large-toothed and easy to use, its Superluminova-treated surface and oversized numerals ensure clear reading even in deep maritime darkness. Reliability is guaranteed by the DS Concept, as well as ISO 6425 production techniques, and a protected screw-down crown and case back to handle pressures up to 20 bar (200 m). The watch is protected by a sapphire crystal with anti-reflection coating. PRICE: PLN 2,960 (about €700).

## TISSOT SEA-TOUCH

In this model Tissot has used a patented technology that provides reliability, both above and under water. The watch shows two time zones, calculates the speed and depth while scuba diving, has an integrated digital chronograph, a thermometer, an alarm, a perpetual calendar and a special logbook recording the history of diving. All functions are activated by touch of the glass.

When the depth of diving goes beyond 140 centimetres, the watch automatically enters the diving mode. From that moment, the minute hand shows the depth of immersion on a special scale on the bezel. The hour hand displays the diver's descent speed in metres per minute. The scale for this function is on the dial of the watch. The display is very clear thanks to a special luminescent substance and effective backlighting of the dial. Sea Touch is waterproof up to 200 meters and together with a steel bracelet costs PLN 3,390 (about €800). ■

DS Action Diver



# *Skiing in Andorra*

There is a small piece of land located between France and Spain, which can safely be called a paradise for skiers. The Principality of Andorra has the largest ski area in the Pyrenees and, in addition, it is perfectly organized and tourist-friendly.

It takes a three-hour flight to Barcelona, another three hours in a coach and finally you can reach Andorra, a little country majestically set in the Pyrenees. The Principality has existed since the 9th century, and has two rulers – the Bishop of Urgell, and the president of the French Republic – but it is politically independent. Slightly more than 84,000 people live in the seven parishes, Andorra has been divided into. The official language is Catalan, but you can communicate without any major problems in any local dialect. When you arrive in Andorra, you will be amazed with its landscape – the beautiful, pointed peaks, valleys and no billboards whatsoever. It's because Andorra's authorities care about the consistent architectural style of the country – all buildings are constructed in a similar style. Admittedly, it makes a really good impression.



## THE SKIING EUPHORIA

Andorra is a true ski paradise: there are 300 km of ski runs stretching over 3 thousand hectares of land, with the capacity of up to 156,000 people per hour. There are nearly 1,500 snow cannons to ensure that there is enough snow, though in winter-spring season, it's the last thing you can complain about. The ski season in Andorra doesn't end until May.

The main ski area in Andorra is Grandvalira. There are 200 ski runs, 3 snow parks, and nearly 500 instructors in numerous ski schools, waiting for those who want to improve their skills. Six little towns – Encamp, Canillo, El Tarter, Grau Roig, Soldeu and Pas de la Casa – are connected with a modern ski lift system, which allows skiing across the whole complex, without having to use another means of transport. It's a perfect solution, especially because you can take a break between individual

ski runs and visit the local bars and restaurants, situated in the mountains. In Grandvalira you can find runs for both beginners and advanced skiers, holding a FIS certificate. Those who are just starting their skiing adventure, should visit Canillo, a peaceful resort whose major advantage is a cableway car with cabins for 8 people. Those who look for real challenges, will certainly choose El Tarter, because it has one of Europe's best winter parks. The village of Soldeu is an ideal place for groups or families whose members have different levels of skiing ability, because everyone will find there something for themselves. Another advantage of Soldeu, is its rich hotel infrastructure. It's worth mentioning, that in 2012 Soldeu will host Alpine Skiing World Cup.

Apart from the access to ski lifts, Grandvalira offers other unusual ski experiences. Would you like to follow

The Principality of Andorra has a lift system that allows skiers to navigate through the mountains without unstrapping their skis

the trail of a snow-groomer? No problem. Or maybe you would like to be first one to go down the ski run in the morning? There you go. Or perhaps you feel like trying skijoring, a popular sport in Scandinavia, in which a skier is pulled by dogs? Easy. Not enough? Why don't you try scuba diving in the ice holes, fly in a helicopter or balloon over the inaccessible mountain areas, or spend a night in an Igloo ice hotel – the only one facility of this kind in southern Europe? The choice is yours.

## EVEN MORE SNOW

Another popular ski area in Andorra is Vallnord, called here the Kingdom of Snow. That name is not an exaggeration. There are more than 70 downhill runs, three freestyles routes, and special areas for children. The district of Vallnord consists of three sectors – Arcalis, Arinsal and Pal. Arcalis is a place for ex- ▶



plorers who are looking for pristine areas, far from popular tourist destinations, yet we can find here the longest route for beginner skiers in the whole of Andorra. Arinsal has a similar character – it's a town connected with ski runs by means of a cableway and a ski lift with chairs for 6 people – the journey itself already provides quite a visual experience. The Pal is a place for families, full of winter gardens and children's clubs, where our kids can learn to ski.

Some smaller, but also interesting places, where you can practise those winter activities, are two regions – La Rabassa and Parador Ski Canaro. The first one is actually a great winter theme park called Naturlandia, where you can try out such different pleasures as toboganami rides on three routes, each 120 m long, or take a quad trip in the snow. A very interesting place is the

Parador Ski Canaro – it has been designed especially for beginner skiers, and intended for both adults and children.

Prices for ski passes are different, depending on what you want to do during your stay in Andorra and which region you go to. A really good offer is to buy a ticket pass for the whole country – it may sound expensive, but let's not forget Andorra is a very small country. A 5-day long unlimited access to all ski runs in Andorra costs only €193 (€170 if you're under 17). It's a great choice for those who want to try out various winter sports.

It's also worth emphasizing that Andorra has a huge accommodation base. Everyone will find there something for themselves, and the big advantage is a specific atmosphere of the place – the ski resorts are very quiet, almost intimate, despite a considerable number of tourists. The total number of beds reach-

Andorra is not just skiing: you can visit the capital, Caldea baths and local museums

es almost 40,000, and they are located in modern hotels, guest houses and quiet spa centres.

#### APART FROM SKIING

Andorra is not just about skiing. While the country is small (468 sq km), there are lots of places worth visiting. The largest city and capital is Andorra la Vella. You can go shopping there, especially because the principality is a great duty free zone – it's literally packed with shopping centres. You can also walk down the streets of the old part of town, and look down on the flowing mountain river Valira, when going over one of many bridges.

Another great attraction is the thermal pool complex Caldea, located in the town of Escaldes-Engordany. It advertises itself as "the paradise spa resort" and there is no exaggeration in that. Here you



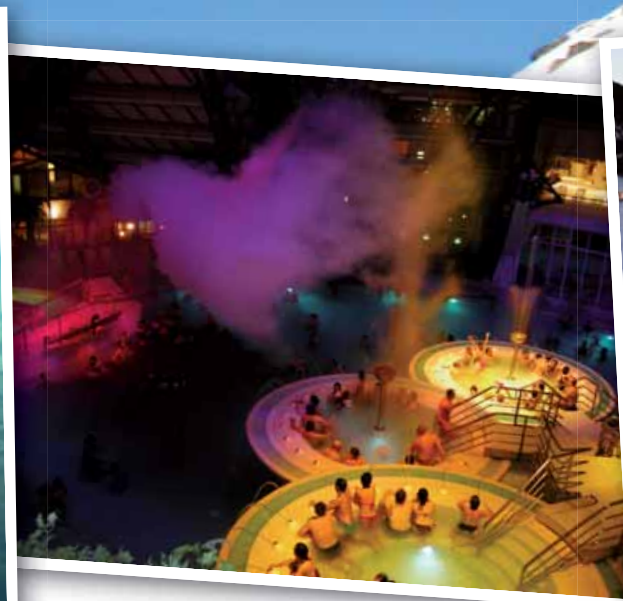
will find indoor and outdoor swimming pools with water of different temperature – usually higher than 30 degrees Celsius – but there's also a separate place for those who are not afraid of colder water (14 degrees). Of course you will also have access to water massage, jacuzzi, under-water currents, and genuine theatre performances, which you can admire under the surface of water. If you are interested in relaxing and rejuvenating treatments, you won't be disappointed either.

In Andorra you can find many historic churches, interesting galleries and museums worth visiting. One of them is the Museum of Electricity, situated by the river in a picturesque valley, next to the village of Encamp. It's situated on the ground floor of a working power plant, and its most interesting part is the hall with interactive models through which we see how the electricity "is made".

Other interesting place is the Museum of Perfume, which teaches its visitors the world's history from the perspective of various scents.

Let's not forget about one thing no skier can do without – food. Since Andorra borders with both France and Spain, its cuisine is influenced by those two countries as well as the Italian style of cooking. The presence of mountain streams and rivers means that ordering a trout for dinner always sounds like a good idea. Excellent cheese, jams or local pastry products are also worth recommending. The local delicacies also include such treats like snails in oil (for adventurers) or a dish called trainxat. It consists of bacon, potatoes, boiled cabbage and oil with garlic. It's really nutritious – but you need it to have the energy to ski down the slopes in the Pyrenees. ■

*Andrzej Czuba*



# GERMAN GREENS

**Minty Clinch** battles with some deceptively tough courses near Berlin, and negotiates some serious water hazards



## SPORTING CLUB BERLIN

**WHERE IS IT?** 75km south-east of Berlin

**WHAT'S IT LIKE?** The Sporting Club is a resort on Scharmutzelsee, a large lake near the spa town of Bad Saarow. The 224-room A-Rosa hotel has a beach and a spa, sailing and tennis schools, and conference facilities. The Arnold Palmer course opened in 1995 and the Nick Faldo two years later. Greenkeeper Jake McEwan has been honoured with his own nine-hole, and the Stan Eby public course was added in 2001. At first sight, Faldo's flat, open terrain is not intimidating, but what you think you see is not necessarily what you get. As is his custom, he used subtle landscaping and lots of bunkers. The well-drained front nine have a links feel, while trees are used on the final stretch. The result is always austere, often cruel – all liberties are punished to savage effect. Palmer is a marriage of convenience between the 1930s Sporting Club nine-hole course and the newer, and wilder, non-adjacent front nine. While not obviously cohesive, it is playable, enjoyable and less of a card wrecker than the Faldo.

**CONTACT** 3 Parkallee, Bad Saarow; tel +49 336 3163 300; [sporting-club-berlin.de](http://sporting-club-berlin.de); [resort.a-rosa.de](http://resort.a-rosa.de)

**PRICE** Faldo €90 (resort guest €70), Palmer €70 (guest €50), Stan Eby €60 (guest €40), McEwan €20 (guest 215). Buggy €35.

**CLUB HIRE** Taylor Made (changed annually), €20 per round

**CLUB HOURS** 8am-7pm summer, 9am-6pm winter

**MINIMUM HANDICAP** Faldo: men 24, women 28; Palmer 36; Eby 54

**FACILITIES** Three 18-holes – Nick Faldo (par 72, 6,486m), Arnold Palmer (par 72, 6,563m), Stan Eby (par 71, 5,950m). One nine-hole, Jake McEwan (par 27, 1,221m). Golf academy, double-ended covered and grass driving range, practice area and putting green.

**AFTER THE GOLF** Clubhouse restaurant open from 12pm Tues-Thurs/10am Fri-Sun until last customer leaves. Closed Dec 1-Mar 1.



## GOLFPARK SCHLOSS WILKENDORF

**WHERE IS IT?** 40km north-east of Berlin

**WHAT'S IT LIKE?** In the mid-1990s, Sandy Lyle turned a rectangular plot of rolling countryside into a nicely judged layout catering for players of all standards. Using the natural contours, he created broad cambered fairways, many with doglegs, out of fields and woods. The trees are rarely intrusive – the narrow 15th is an exception – and the bunkers, while plentiful, don't necessarily spoil the chance of a decent score. Water kicks in at the 16th and 17th, set on either side of an irrigation lake, but this is an unpretentious, tranquil course, only marred in wet weather by dead terrain. The 50-room Lakeside Castle Hotel Strausberg (tel +49 334 134 690, [thelakeside.de](http://thelakeside.de)), a 19th-century Gothic property 3km down the road, is similarly relaxing. The cheerful pub serves honest, affordable food and has a pool table.

**CONTACT** 1 Am Weiler, Altlandsberg; tel +49 334 1330 960; [golfpark-schloss-wilkendorf.com](http://golfpark-schloss-wilkendorf.com)

**PRICE** Sandy Lyle: 18 holes €38-45 weekdays, €65 weekends; nine holes €30 weekdays, €40 weekends, €30 twilight. Westside public course: €30-€38 weekdays, €50 weekends.

Six-hole Academy course: €10 weekdays, €15 weekends.

Buggy €26.

**CLUB HIRE** €14 per round

**CLUB HOURS** 9am-6pm Apr-Oct, 9am-5pm Nov-Mar

**MINIMUM HANDICAP** Lyle 45 (weekends 36), Westside 54

**FACILITIES** Two 18-hole courses: Sandy Lyle (par 72, 6,517m), Westside (par 71, 5,792m). Six-hole (par 3). Academy course, driving range, practice area and putting green. Golf Academy

(+49 334 1330 910) with separate facilities and clubhouse.

**AFTER THE GOLF** Roman villa-style clubhouse, Restaurant am Grun, opens at 9am. All-day happy hour in the bar.



## GOLF AND COUNTRY CLUB SEDDINER SEE

**WHERE IS IT?** 45km south-west of Berlin

**WHAT'S IT LIKE?** After the conceptually British North course opened in 1996, Robert Trent Jones Jr was asked to work his American magic on the South course, his first design in Germany. The blueprint for a project located in the Berlin lake district included 11 reservoirs, many of them intrusively incorporated into both courses. Water runs the whole way down the ninth and 18th fairways on the South – a big no-no for hydrophobics. Whereas the North course is fairly routine, the South course benefits from Trent Jones's intelligent use of flat terrain. Best for low handicappers with a strong sense of strategy and tactics.

**CONTACT** 44 Zum Weiher, Michendorf; tel +49 332 057 320; gccseddinersee.de

**PRICE** South: €75 weekdays, €85 weekends. North: €60 weekdays, €70 weekends. Golf Academy: from €25 for 30 minutes, from €50 for one hour.

**CLUB HIRE** King Cobra and Callaway, €20 per day

**CLUB HOURS** Nov-Mar 8.30am-4pm, Apr-Oct 8am-7pm

**MINIMUM HANDICAP** South 28, North 36

**FACILITIES** Two 18-hole courses: South (par 72, 6,486m) is closed mid-Nov to Mar; North (par 72, 6,259m). Covered and grass driving range, practice area and putting green.

**AFTER THE GOLF** The spacious, glitzy clubhouse restaurant is open May-Oct from 12pm and has an international menu. Tel +49 332 0573 263.



## GOLF AND COUNTRY CLUB BERLIN WANNSEE

**WHERE IS IT?** 26km south-west of Berlin

**WHAT'S IT LIKE?** This historic option (see main picture) lies within minutes of a motorway that leads to the heart of Berlin. Founded in 1895, Wannsee was later reshaped to accommodate German and American clubs. In the mid-1990s, the pack was shuffled again to create an 18-hole championship that combines the German layout with the US front nine, leaving the remainder as a stand-alone nine-holer. An expansive hillside with mature trees is dominated by a large clubhouse with an aggressive portico and extensive flower beds. Corporate Berlin loves Wannsee for its convenience, its manicured if sloping fairways, its conference facilities, and its general ambience of money mixed with machismo.

**CONTACT** 22 Golfweg, Berlin Wannsee; tel

+49 308 067 060; glcbw.de

**PRICE** Championship course: 18 holes €100; nine-hole course: 18-holes €80, nine holes €60.

**CLUB HIRE** Various makes, €15 per round

**CLUB HOURS** 8am-8pm

**MINIMUM HANDICAP** 34

**FACILITIES** 18-hole course (par 72, 6,001m); nine-hole course (par 32, 2,069m). Driving range, video hut, practice area and putting green.

**AFTER THE GOLF** The clubhouse restaurant has an international menu for lunch and dinner with fresh fish and big meat. Breakfast is served from 10am.



Minty Clinch travelled on Stena Line (stenaline.co.uk; +44 (0)870 570 7070), which offers twice-daily six-hour crossings from Harwich to the Hook of Holland, from £49 one-way for a car and driver. She stayed in the Hotel Concorde Berlin (tel +49 30 800 9990; concorde-hotels.com).

# Let's Get Loud

The contents of an iPod or iPhone are often the whole musical life of their owner. But why not share it with other family members? These days there are literally hundreds of devices designed especially to amplify the contents of the world's most popular music player. **Darek Zawadzki** – our consumer electronics specialist, has checked for you six docking stations which will cope well with any kind of music.



## Bowers & Wilkins ZeppelinAir

is already a classic brand when it comes to docking stations for Apple players. B&W introduced this device which features an extremely bold design, 3 years ago. A lot has changed since then, and today, literally dozens of companies producing excellent sound equipment compete to win the hearts of iPhone/iPod users. One of the advantages of Bowers & Wilkins might be its 50-year's experience in building speakers, as well as truly unique design of the

company's products. The latest incarnation of the Zeppelin is confusingly similar to the appearance of its older brother, but inside a real revolution took place! The new speakers feature a fully active system 2.1 system (which means that each of the five speakers is individually powered by its own amplifier), Bowers & Wilkins Flowport+ technology, Digital Signal Processing system (strong and deep bass sound), the new 24-bit C/A 96 KHz converters, and

full integration with AirPlay technology (enables wireless streaming of music from iTunes, iPhone, iPad and iPod). It's 1x50W plus 4x25W of sheer power, which can fill any room with high-quality sound. Price PLN 2599 (about €630).

**Verdict:** *stunning design, good electronics – all this by an experienced manufacturer of quality sound systems. Available for over PLN 2000. Expensive? Sure, but despite this, the Zeppelin still sells like hot cakes.*



### ONKYO CS-245

Onkyo CS-245 mini Hi-Fi system is unlikely to become a "conversation piece" in the environment it will work. Design-wise it's just a classic "block" with a solid interior. The device supports CD-R discs with MP3 files, has a USB port, and an iPod/iPhone docking station at the top. CS-245 is con-

trolled with a remote control, which can also control the docked iPhone.

The device is available in interesting colour schemes: dark brown, red and yellow with green variation. The set features a pair of two-way speakers (a 10 cm subwoofer, and a 2 cm tweeter), a digital 2 x 15W

amplifier, a subwoofer output and analogue audio input. Price around PLN 1,000 (€ 240).

**Verdict:** *it's an option for those who appreciate the classic design. The interesting colours, solid construction, and a very affordable price, make this piece worth consideration.*

### ION Audio Block Rocker

Ion was established in 2004 in the USA. The company is a real gem among the manufacturers of home electronics. The engineers employed by ION have decided to organize a sort of "rescue mission" for such classics as a cassette tape, a vinyl gramophone record or a photographic slide, by "digitizing" their contents. That's not the end, the company is also involved in creating an unusual sound equipment such as Audio Block. This device is a real thing for musical backpackers, planning outdoor events. The music box has its own battery, which is able to keep the device alive for about 12 hours. The sturdy handle and wheels make it easier to move Audio Block around. The output power is 22W, which certainly won't be enough for those who wish to organize a rock concert – it's rather more suitable for a group of friends who like listening to al fresco music. You can connect to it an iPhone/iPod, as well as CD players, microphones and musical instruments e. g. a guitar. The dimensions are 572 x 483 x 387 mm, and the weight 16 kg. Unfortunately, if you want to purchase this unusual docking station, you will have to go abroad. It costs around GBP 200 (PLN 900).

**Verdict:** *it's a truly unique docking station for iPod/iPhone devices. Its sturdy build and the wide range of uses (can be powered from the battery or a power supply), makes this machine an interesting proposition for active music fans. Its weight may, however, be a slight problem.*



### PANASONIC RC-DC1

The device looks simple, but it's very useful during those difficult days of work. Panasonic's gadget is a variation of a clock radio. However here, instead of unpleasant sirens, you can be woken up to the sound of your favourite music stored in the memory of the iPhone/iPod. Of course, there is also an option to use a traditional buzzer or the radio. The device features a large, readable display. The speaker power output (2.6 W) isn't too impressive, but it's enough to wake up even the heaviest sleeper. A special application allows you to control the device directly from the iPlayer. Of course, when your iPhone is docked, its battery is charged as well. Available in two colours: black and silver. Price PLN 240 (about €60).

**Verdict:** *a simple, affordable and effective way to wake you up. Importantly, the speaker of this small gadget works really great (no glitches), even at maximum volume.*



### LOEWESoundVision

The minimalist design, high quality materials, and above all an excellent sound. You will find all of these in LOEWE SoundVision. The device is of extreme beauty – it's available in black or silver, and open to any kind of music – apart from the dock for iPod / iPhone / iPad, there's an on-board CD player and an FM tuner. The engi-

neers haven't forgotten to make the device capable of connecting with the wireless network (WLAN) and other devices (via Bluetooth), which of course means even more music! The piece is controlled with a 7.5-inch touch screen or Loewe Assist remote control. There are six integrated speakers, including 2 integrated subwoofers, thanks to which the sound this little box makes is truly stunning. The price of this very unique device is mere PLN 6,000. (€1,500)

**Verdict:** nice but the price... Sound equipment designed by Loewe has never been cheap, but has always guaranteed the highest quality of assembly and a timeless design.



### PHILIPS Fidelio Primo DS9000

For some time now, engineers from the Netherlands have been promoting the Fidelio design, which some associate with a head-rest of a car seat, while for the others it resembles a hovercraft. We like this bold design very much. The device, which looks modern and extremely original, is made of wood, metal and fabric. Primo DS9000 is a top model of the series. Philips is able to dock not only an iPhone, but also an iPad and iPod, which is a real rarity for such devices. The device generates high-quality sound thanks to

the advanced electronics such as Passive Crossover (full spectrum of audible sound), PureDigital technology (high audio quality), and a precise tuning of the bass speaker. Some of the novelties include a proximity sensor, which is responsible for backlighting the control panel, and application Philips Fidelio (providing access to Internet radio stations). Price PLN 1999 (about €500).

**Verdict:** an impressive design combined with high quality sound. It's a shame though that the device lacks wireless connectivity.



Potęga smaku i aromatu.  
Nowa era dla koneserów kawy.

sensoFlow System   aromaPressure System   aromaDouble Shot   singlePortion Cleaning   autoWhirl Plus   directWhirl   creamCleaner  
oneTouch Function®   individualCup Volume   creamCenter   creamCenter Cleaner   autoValve System   silentCeramic Drive   ceramicDrive

Ekspresy EQ.7 Plus i EQ.5 otwierają nowy rozdział w kulturze picia kawy. Ich zadaniem jest precyzyjne spełnianie najbardziej wyszukanych potrzeb miłośników kawowych specjałów. 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](http://www.siemens-kawa.pl) i zobacz, co znaczy smak, aromat i styl.

The future moving in.

**SIEMENS**

# Coloured Wines

Although the colour is quite a fundamental criterion for wine division, even for people whose knowledge in this field is largely superficial, hardly anyone thinks about the very essence of colour. We are so accustomed to classifying wines into white and red that we seem to overlook the fact that in reality white wine isn't really white. Similarly red wines aren't red either. This – however ironical it may sound – is often the case with the so called rose wines. But is there anything more, apart from the white-rose-red trio?

Besides the fact that the colour and intensity of wine can be adjusted depending the grape variety, method of vinification, or the length and aging conditions we use, there are wines of such a unique colour that they don't seem to fit the typical division, and so a whole new colour classification was created for them. This is the case with yellow, copper and cherry-coloured wines.

## COMTE IN A GLASS

One of the most recognized legends in France is one about yellow wine from Jura – extremely difficult to come by in our country. Vin Jaune – to use its original name – is obtained from the Savagnin variety (not to be confused with Sauvignon), which is the most common variety in Jura, even though most of the wines produced from it's not very thrill-

ing and tiring in the long run. The only exception is the yellow wine, called Clae-lins, which is easy to recognize thanks to a very distinctive huge bottle of 620 ml capacity and high price. Genuine yellow colour is a by-product of the unique production method. The grapes are collected when slightly overripe, thanks to which the fruit juice oxidizes and darkens before the harvesting. Then, after the fermentation the wine is subjected to a very long aging process in “barriques” (French model of a barrel with the capacity of 228 litres). The total aging time is not less than 6 years with constant access to fresh air, which reduces its volume by up to 35%. But what make its character and colour so remarkable is the crust of yeast, which tightly covers the surface of wine during the aging time and slows down its oxidation. This allows the wine to retain the bright colour. Without this natural and rich-in-flavours “seal” its colour would resemble the one of peat and the taste would turn bitter. Equally remarkable is the expression of the yellow wine. It’s very dense and because of the low acidity seems to be almost greasy. It develops very appetizing notes of nuts, peanuts and whey. Fruitiness is withdrawn and is hardly the background. Therefore, Vin Jaune creates is with Comte cheese duplicating many of its flavours and resulting in one of the best and definitely immortal culinary compositions while maintaining the principle that the older the wine the older the cheese.

Red, white or rose? How about yellow, almond-coloured or green? Wine colour is a sheer mystery



### CHERRY-COLOURED

In Abruzzo, Italy, in turn, a rose wine called Cerasuolo (meaning cherry-coloured in Italian) is produced. It’s so unique, that a whole new appellation has been created for it. It’s vinified on the basis of the Montepulciano variety. There would be nothing extraordinary in it if not for the fact that before fermentation the grapes are macerated in low temperature, so that the colouring agents dye the juice before the whole process even begins. As a result, the wine gains a dark, cherry-like colour without the process of long maceration during the alcohol fermentation. The usual process would deprive it of its freshness and fragility. Fortunately, the cherry wine gets to preserve its ruby colour, while at the same time being unusually delicate, and authentic with its fruit, herbal and mineral overtones. Sometimes you can also sense a note of cocoa – very intriguing in rose wines.

### COPPER-LIKE GREYNESS

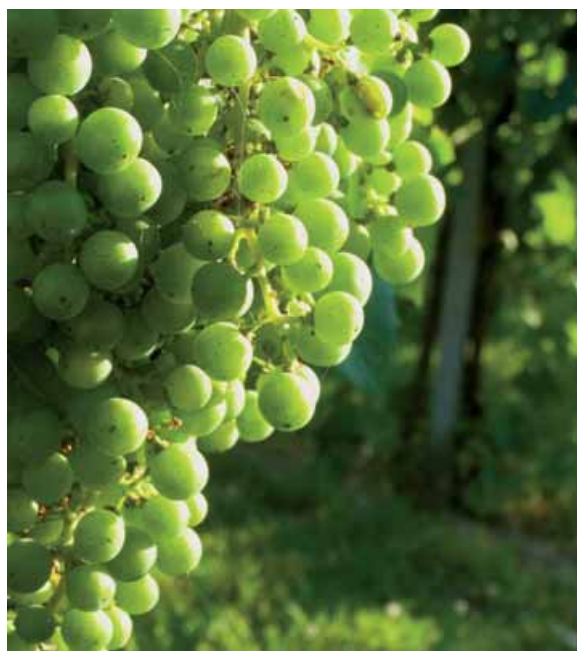
If you’re planning to stay a little bit longer in Italy, it would be a good idea to go to Friuli, to look for copper wine. This unique wine produced in scarce quantities by only a few producers is a bow to tradition. Once the Pinot Grigio variety, from which Ramato is produced, did not give white wines. All because of an unusual brick-gray colour of skin which “infected” the wine during the slow and imperfect pressing process. As a result, instead of maintaining its transparent greenery – as we know it today – the wine changed its colour to pale-copper. Fortunately, out there, there are still people willing to produce wines in opposition to what we may call McDonaldization of vinification style

and we can – though not without difficulty – find a bottle of copper-like Pinot Grigio, and enjoy its rustic and slightly apricot identity.

### GREEN, BUT NOT IN COLOUR

There are also situations in which the wine due to an error of misunderstanding on part of the people, takes on a new colour, even though in reality the colour is quite ordinary. That is the case with the famous “green” wine (Vinho Verde) from the Northern Portugal. Most of its enthusiasts are confident that its name refers to the colour. But they couldn’t be more wrong. The word “verde” in addition to the colour also describes the youth, which is essential to this particular wine. Vinho Verde is produced from not quite ripe, young grapes. As a result, it’s very delicate, rather acid for the hot climate of Portugal and has a low level of alcohol. Thus in Portugal is treated almost interchangeably with water. However, those who are confident about its extraordinary colour, are right only in the sense that it indeed has some green reflections, but not more than equally young Sauvignon Blanc or Garganega. But there is more to this. However absurd it may sound, there are also red and rose green wines. What we should remember about, however, is that wine colour is something that could please the eye and give some information about its production. It shouldn’t determine whether we take interest in it, or not. It’s worth staying open to all colours, tastes and ways of perception. Because, the truth is, that fabulous and off-putting wines can be found virtually everywhere. ■

*Michał Poddany & Robert Mielżyński*



# A FAULTLESS ELECTRIC CAR

Electric cars have a short range, which truly annoys their potential owners. That's why Opel has built Ampera – a car driven by an electric motor, but also equipped with an internal combustion engine.



**T**he first electric cars on the European market were those designed and built by the French PSA Group and Japanese Mitsubishi. Those manufacturers joined their efforts to produce a small eco-car. What was the result? Well, not entirely satisfactory, because the car (sold as Citroen C-Zero, Peugeot Ion, or Mitsubishi I-Miev) can only cover the distance

of 160 kilometres with fully charged batteries. In Poland, this tiny vehicle costs around PLN145,000-160,000 (depending on the manufacturer), so it's hard to say that it's a real hit. The situation of electric cars will change, when there is more of them on the roads, and when other car manufacturers join the fight for their share in the market. Opel has just done so, launching the Ampera.

## A NORMAL CAR

Given its size, Ampera can be classified as a small saloon – the car is 4.5 metres long, has 4 seats and a 300-litre boot, which may not be huge, but it's understandable – most of its space is occupied by the car's batteries. For the first 60-80 km of a journey (depending on the driving style) the car is powered solely by the batteries. However, when the go flat and the 150 horses sud-



denly want to rest, the car automatically launches a power-generator. Incidentally, this small power plant is a regular engine which powers Opel Astra and which can be found in the cars assembled in Opel's factory in Gliwice. The generator operates independently of the accelerator pedal and the electronics select the revolutions to make sure that there's enough power to accelerate. What does this mean for the driver?

In this way the car is way more economical in several aspects – the combination of the two drives leads to lower gas emission (barely 40 grams of CO<sub>2</sub> per 1 kilometre) and consumes only 3.5 litres of petrol per 100 kilometres.

#### TIME TO MOVE ON

What about the overall convenience? The generator makes Ampera utterly in-

dependent of stationary charging facilities. This means that while the French-Japanese triplets are parked and plugged in to the nearest power point, Ampera may drive on and on. That's not all! The car has a range of up to 500 kilometres, so it's suitable not only for a city drive. Thanks to the combined petrol and electricity drive, using Ampera for holiday voyages is really inexpensive. Sadly, you can't say the same about the car itself. Although half of the first series of 10,000 cars sold almost immediately, basing only on the photos and bragging of GM engineers, it's still not enough – the prices of Ampera start at about €40,000. However, if you compare Ampera's price to that of its competitors, you will see that the electro-twins made by Citroen, Peugeot and Mitsubishi cost roughly the same. Alright, you will probably have to spend a bit more, but in return Ampera will give you a much greater comfort. In the long run, especially in the era of soaring value of the Swiss franc, and galloping prices of petrol, the car may turn very useful.

When you're driving Ampera, you must get used to two, slightly odd phenomena. First of all, when the batteries go flat and the generator starts to work, you may hear a sort of humming noise. It's not annoying, but you will definitely hear the power-producing unit. Also, the driver must get used to the fact that pushing the gas pedal has no connection whatsoever with the sound the car produces, as opposed to a regular combustion engine. Another surprising thing in the new Opel is its weight. It's obvious that such a car has to weigh, as it carries a whole load of electric batteries plus an internal combustion engine. Surprisingly, the overall weight of Ampera is only 1,700 kg. As a result, the car drives dynamically, without visible effort. So, should you buy it? Absolutely, but as for now, we don't know the price of Ampera for the Polish market. The car had its European premiere a long time ago, but we are still waiting. Apparently, if you want to protect the environment and your own wallet, you first need to be patient. It's not easy to be eco-friendly in Poland. ■

*Rafał Jemielita  
is a journalist for Playboy  
and a co-presenter of TVN Turbo's "Auto-  
maniak" – a motor magazine programme.  
zdjęcia: materiały producentów*

# Paris

Hotel Crillon,  
Place de la Concorde

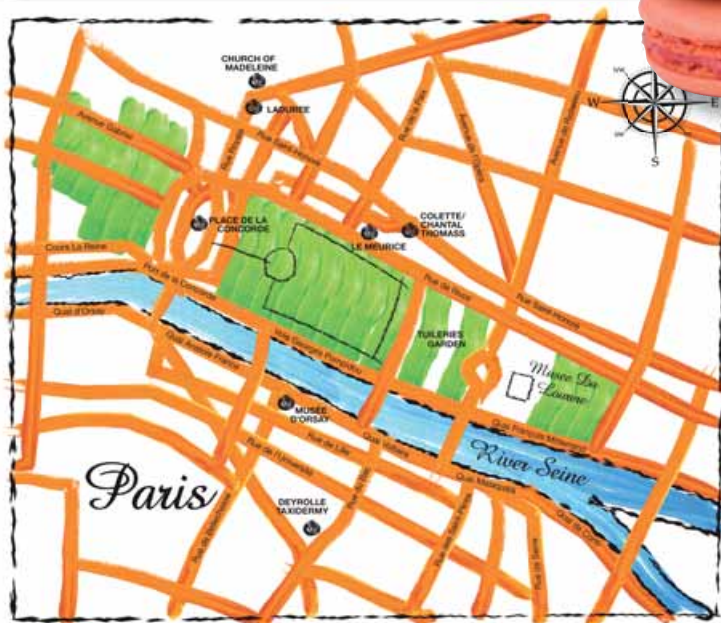


From obelisks to taxidermists, **Jenny Southan** discovers top spots on both sides of the River Seine

## PLACE DE LA CONCORDE

Whether or not you are lucky enough to be staying at the Hotel Crillon, one of the French capital's most luxurious properties, the square it is positioned on is a good place to start your tour. Place de la Concorde lies on the right bank, at the eastern end of the Champs-Élysées in the eighth *arrondissement*, and at almost nine hectares is the largest piazza in Paris. Many of the buildings that surround it offer fine examples of rococo architecture, a style typical of the period during the reign of Louis XV.

During the French Revolution, the king's successor Louis XVI lost his head to the guillotine here, along with his wife Marie Antoinette, and the site was temporarily renamed Place de la Révolution. During the year-long "Reign of Terror" between 1793 and 1794, many hundreds were execut-



ed on the site. Nowadays it's a far less perilous area to take a stroll – look out for the ornate fountains (you may recognise one of them from the movie *The Devil Wears Prada*) and the 3,300-year-old Obelisk of Luxor, which was gifted to the French by the viceroy of Egypt in 1829, and stands in the place of the dreaded "national razor".

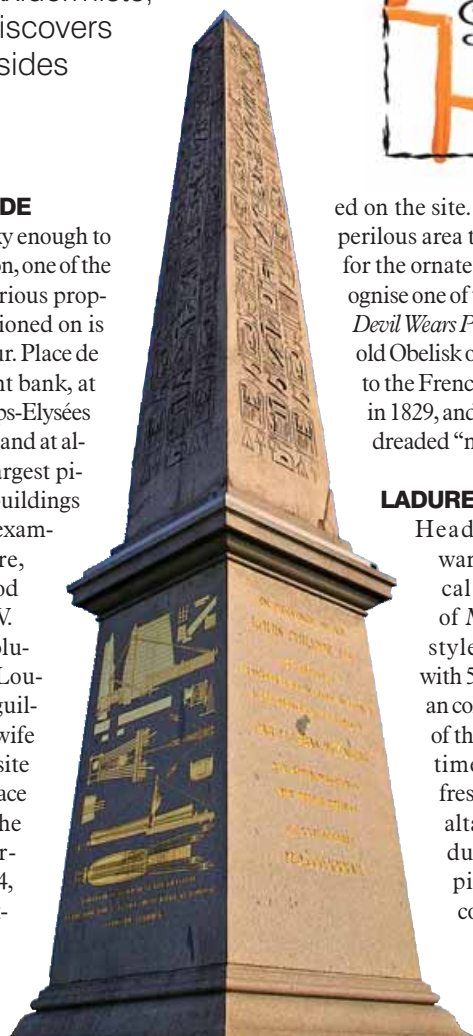
## LADUREE

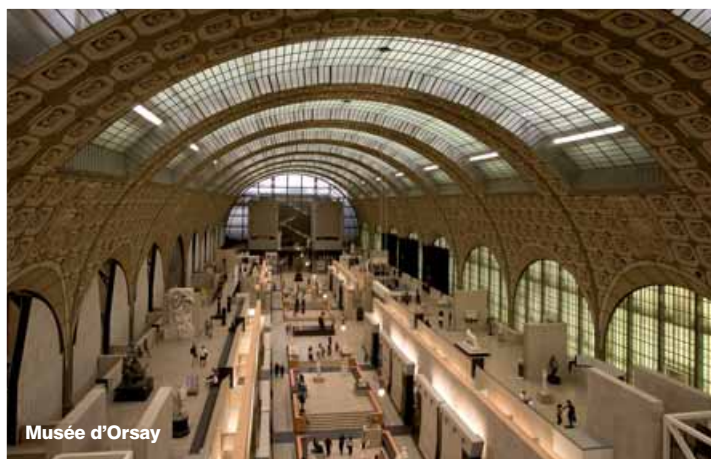
Head up Rue Royale towards the grand neoclassical 19th-century Church of Madeleine, built in the style of a Roman temple, with 52 20-metre-tall Corinthian columns bearing the weight of the roof. Pop in if you have time – there is a beautiful frescoed half dome over the altar – then stop off at Ladurée, at number 16, and pick up a box of pastel-coloured macaroons. The

little round cakes, which come in all manner of shades, from frothy pink to pistachio green, are made from almonds, eggs and sugar, with a layer of smooth ganache between two squishy shells. Although the patisserie dates back to 1862, it now has branches all over the world (one will soon be coming to London's Covent Garden), and the adjacent salon is a charming place to enjoy a cup of tea. Open 8.30am to 7.30pm (until 8pm Fri-Sat, 10am to 7pm Sun). Visit [laduree.fr](http://laduree.fr)

## RUE SAINT-HONORE

Treats in hand, turn the corner and head down Rue Saint-Honoré, a chic boulevard with designer boutiques to tempt even the most frugal of window shoppers. Longchamp, Brooks Brothers, Hermes, Gucci, Miu Miu, Dary's, Mulberry and Goyard are all in attendance, but particular favourites are Colette and Chantal Thomass. The former resides at number 213 and is an uber-trendy concept store selling everything from Com-





mes de Garçons clothing to books on graphic design, Leica cameras, vinyl records and even surprise goody bags.

And while you may not be in Paris for romance, if you are looking for a gift for yourself or your *amour*, Chantal Thomass next door at number 211 specialises in fine lingerie of the kind only the French can create – think basques and blindfolds. It's the stuff of truly classy fantasies. Visit [colette.fr](http://colette.fr), [chantalthomass.fr](http://chantalthomass.fr)

## LE MEURICE

This opulent 160-room hotel was revamped in 2007 by Philippe Starck and is located five minutes away on Rue de Rivoli. A member of the Dorchester Collection, its interiors are reminiscent of the ostentatious grandeur of the Palace of Versailles – all glittering chandeliers, gilded moldings, lavish murals and Italian marble. The three Michelin-starred Restaurant Le Meurice serves breakfast, lunch and dinner, with diners seated at tables draped with pristine white cloths and laid with polished silverware. The menu is described as “modern and au-

dacious”, with dishes including the likes of duck foie gras (€82) and wagyu beef in a bread and pepper crust (€170).

If you don't have time for a full meal, stop for an aperitif at the hotel's Bar 228 or a light bite – the croque Meurice (€26) is a good bet – or simply have a nose around and admire the décor before moving on. Visit [lemeurice.com](http://lemeurice.com)

## MUSEE D'ORSAY

Turn right off Rue de Rivoli and on to the gravel boulevard that takes you through the Tuileries gardens and past the Louvre's glass pyramid. If you want to join the throngs and queue to see the Mona Lisa – arguably, one of the most overrated paintings in the world – then do this; otherwise, continue over the bridge and turn right along the Rive Gauche until you come to the Musée d'Orsay instead. The grand Beaux Arts building opened as the Orsay railway station in 1900 but was reinvented as a museum in 1986. Over the past few years it has undergone renovation, with the project set for completion in autumn. In the meantime, visitors can access the ground floor and level

## TAXI TIP

Hailing a cab in Paris can be confusing. If any of the three small rooftop lights (A, B and C) indicating different rates are on, it is available – though it may not stop. If the lights are off, it is occupied or booked. By the end of next year, about 20,000 taxis will be fitted with a more obvious red/green lighting system to show their status.

two, which exhibit works by Monet, Gauguin, Van Gogh, Toulouse-Lautrec and Bonnard. Entry is €8 and queues can be long so it's advisable to pre-book at [musee-orsay.fr/en](http://musee-orsay.fr/en). Open Tues-Sun 9.30am-6pm (until 9.45pm Thurs).

## DEYROLLE TAXIDERMY

A short walk from the gallery at number 46 Rue du Bac is this taxidermy shop, which dates back to 1831 and was almost completely destroyed by fire in 2008. Fortunately, it has been rebuilt and once again sports a frozen menagerie of beasts, all of which are for sale and make for a curious encounter with which to end your tour. Grizzly bears stand on hind legs, claws ready to strike, lions pause mid-prowl and tigers recline while giving you an icy stare. For €10,000-€20,000 you can pick up a Nile crocodile or baby elephant, but if this could pose problems going back on the Eurostar then an iridescent blue butterfly or exotic parrot will not only be more manageable but cheaper too. Visit [deyrolle.com](http://deyrolle.com) ■ Visit [en.parisinfo.com](http://en.parisinfo.com), [eurostar.com](http://eurostar.com)

**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](mailto:redakcja@businesstraveller.pl)



## A CAR ABROAD

I'm going on my dream holiday to France. My travel agent has booked a car for me at the airport and told me the price for a week – apparently the cheapest scheme, but she added I would have to spend the same amount on taxes. Why is it so expensive? Do I need to order a child seat?

**Anna**

**Dear Anna,**

When booking a car in a travel agency you only receive information about the net price. But apart from hiring costs, there are also additional charges. I listed them in detail over a year ago, but I'll be happy to remind you. Your agent was right to suggest a weekly rental as they are more favourable than 1-day or weekend rentals.

On average, the lowest class cars cost about €50 for 1 day or the whole weekend, while a weekly rental costs about €150.

But these rates don't include the mandatory and optional fees, as well as the cost of insurance. Mandatory fees are VAT, surcharge for renting at the airport and a whole range of insurance policies. The most important ones are

Collision Damage Waiver, Theft Protection (insurance against theft), and Personal Accident Insurance. Car companies may offer additional insurance, such as young driver surcharge, insurance of an additional driver, or purchasing insurance with the so called zero-deductible, in case of theft or damage. In winter, special accessories like winter tyres or a ski rack may be charged extra. If you add up all the fees, it may turn out that the actual rental cost is twice as much as the basic rental charge. I always recommend buying full insurance.

Child seat must be booked in advance (inform the rental company on your child's age and weight), although recently rental companies typically equip their cars with such seats at no extra charge.

## A MEAL FOR A DIABETIC

My boss told me to buy a ticket for his mother, who suffers from diabetes. A flight to New York is quite long, and she won't have any food with herself. Is it possible for her to get a diabetic meal on a plane?

**Marta**

**Dear Marta,**

Of course this is possible. The airlines, especially on long-haul flights, provide special meals to passengers with health problems. Such a request should be made at the time of booking, so you don't have to wait until the ticket has been issued. The special meal offer includes food for diabetics, meals for people with gluten intolerance, and those on salt-free or low-fat diet.

The information about the required special meals should be sent to the airline at least 24 hours prior to departure, but it's safer to do it even earlier. Please, make sure that the confirmation email that you receive includes the information about the meal. A four-letter abbreviation – DBML – means a meal for a diabetic person.

Before a journey across the ocean, the passenger should consult with her doctor about the time she should take her medications (including insulin), due to the change of the time zone.

## A JOURNEY WITH A NEWBORN BABY

My wife and I are planning to spend Christmas with our family in Portugal. On the Internet, we have seen some interesting promotion. My wife is pregnant now, so in December we will already be travelling with the baby. I wanted to buy a ticket for the three of us. It turned out, however, that it was impossible to purchase such a ticket online, and a hotline operator told me that it wasn't possible, as the child isn't born yet. Can I only provide the child's name, and complete the date of birth at a later time? It's important to me to get the ticket at promotional price.

**Mirek**

**Dear Mirek,**

I have to admit, it's the first time I've been asked a question like this. An airline ticket is a contract for carriage of the passenger and luggage, and it also acts as an insurance policy for the flight. Each agreement must be concluded with a specific person mentioned by name. That's why you can't conclude a contract of carriage of passenger if the passenger doesn't have a birth certificate, yet. I don't recommend entering only the surname, because then adding only the first name to the ticket won't be possible. In addition, an air ticket comes with a "non-transferable" note, meaning that it can't be transferred to another person. Traditional airlines generally don't allow you to change the name on the ticket, while low-cost airlines sometimes charge extra.

I think that your efforts should be limited to buying a ticket for you and your wife. I understand your urge to make use of the special offer and the euphoria related to the birth of your baby, but you should be realistic. You can always buy a ticket for the baby at a later time, giving its full personal details. Don't worry about the cost, because a ticket for a child up to 2 years who doesn't take a separate seat in the aircraft, costs only 10% of the regular ticket plus selected airport fares.

# 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](http://www.radissonblu.com/freebroadband)

00800 353 1265  
[radissonblu.com](http://radissonblu.com)

**Radisson** **BLU**

HOTELS THAT LOVE TO SAY YES!

---



---

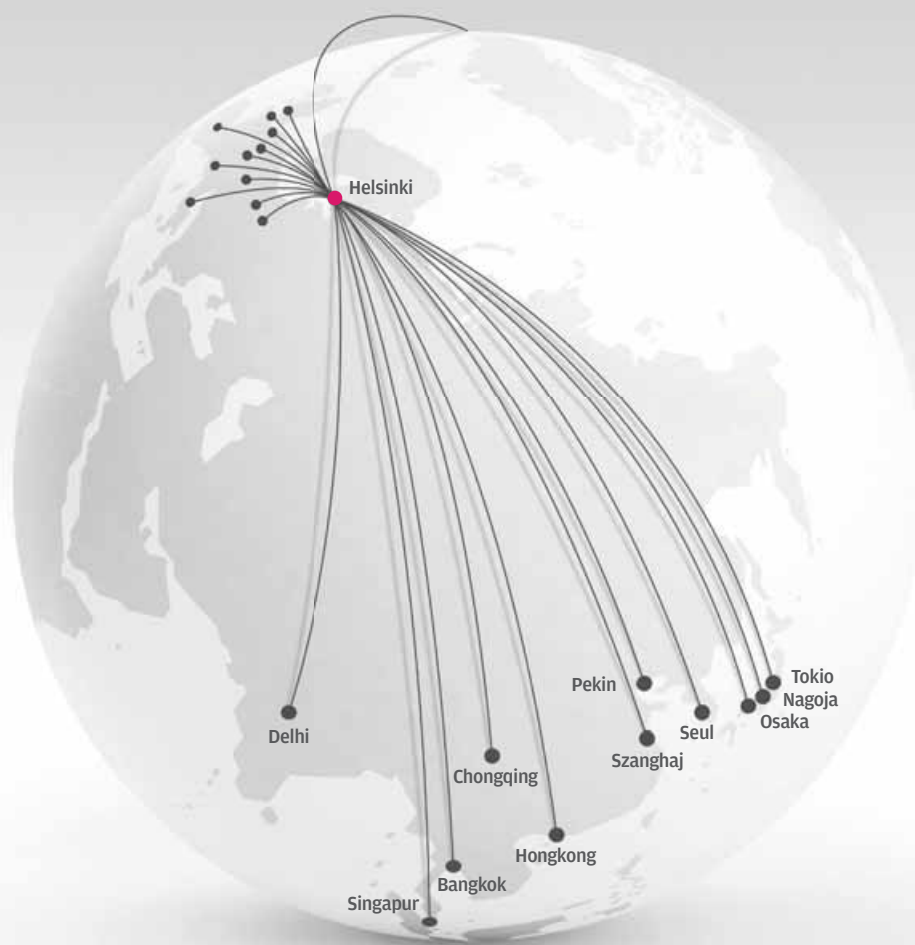
# PROWADZISZ INTERESY **W AZJI?**

---

## MY TAKŻE

---

Wybierz krótszą i szybszą trasę przez port lotniczy w Helsinkach do wszystkich ważniejszych destynacji w Azji. Zapoznaj się z naszymi aktualnymi ofertami i zarezerwuj swoje loty na stronach [www.finnair.com/pl](http://www.finnair.com/pl)



\*Trasa otwarta od maja 2012

**FINNAIR**  
DESIGNED FOR YOU