

# Business Traveller Poland

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## Hero Of The Year

CAPTAIN TADEUSZ WRONA  
TALKS ABOUT HIS PASSION

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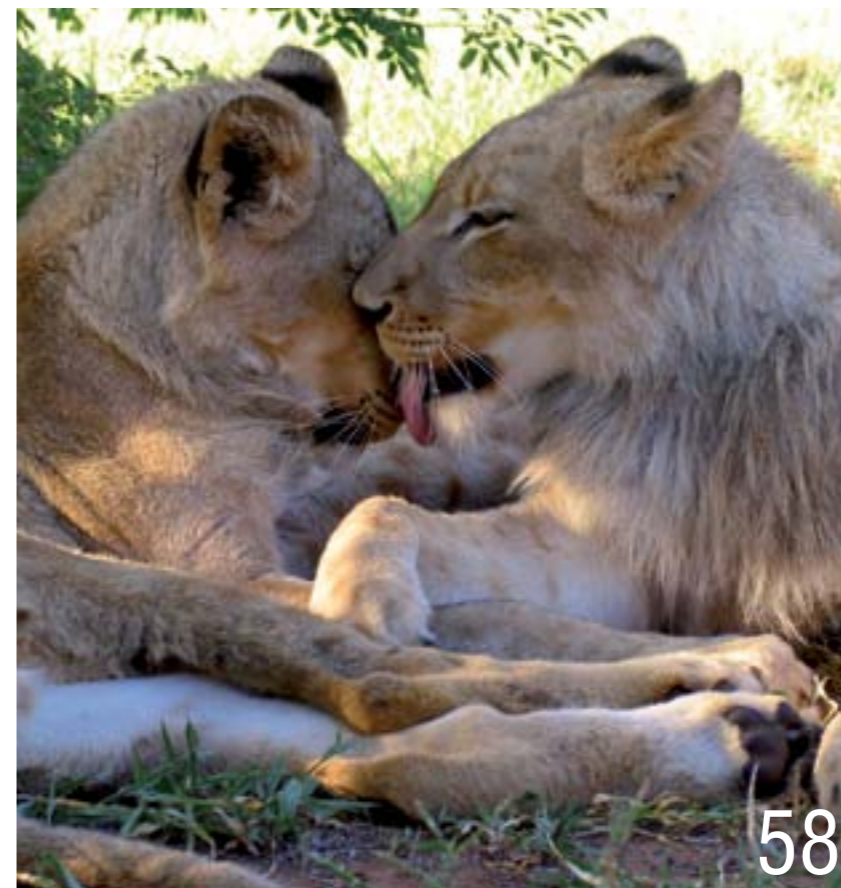


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58

**Business Traveller** Poland  
DECEMBER 2011/JANUARY 2012



62



76

**4 EDITORIAL**

**6 ON TOP**

Hotel and airline news

**10 WHAT'S ON**

The events you must go to

**12 TRIED&TESTED**

Cracow, Głęboczek, LUX MED, Samsonite

**20 BT ABOUT CULTURE**

Books, music, worth trying

■ ■ ■ **REPORTS**

**22 EVENT**

BT interviews captain Tadeusz Wrona "I'm not Icarus"

**30 GUIDE**

We visit Barajas Airport in Madrid

**32 AIR FRANCE**

The Chic in the Sky

**34 HEALTH**

Yoga, or how to achieve balance in life

**36 REPORT**

Where to go to rejuvenate your body

**42 ORBIS**

Skiing in the Mountains and the Masuria ibis hotel chain in Poland

**44 COURTYARD**

So Close to Your Plane!!

**46 STARWOOD**

Westin – a True Relaxation!

**48 MISSONI**

Fashion for Hotels

■ ■ ■ **DESTINATIONS/ MICE**

**54 DESTINATIONS**

Prague for Connoisseurs

**58 INCENTIVE TRIPS**

A Waterfall Bungee-Jump

**66 CYPRUS 2012**

Winning with Quality

**80 4 HOURS IN...**

...Stockholm

■ ■ ■ **LIFESTYLE**

**28 THE GIFTMANIA**

Our ideas for Christmas gifts

**62 A BUSINESSPERSON ON HOLIDAY**

The Paradise on the Slopes of Savoy

**68 TECHNO**

Forget Paper Maps

**72 CUISINE**

The Best Aphrodisiacs

**74 WINE**

The Magic of Wine

**76 MOTO**

Rest Assured – 4x4

**82 ASK PETER**

Travel without problems



I'm very happy that this time the cover of Business Traveller features a true hero AD 2011 - captain Tadeusz Wrona. His feat – an emergency belly landing with Boeing 767 at Warsaw Okęcie – will certainly go down in the history of the Polish aviation. The captain has all the features we can expect from the best pilot. He's brave, modest, consistent, responsible, has the nerves of steel – while at the same time being very open, cheerful and witty. I had the opportunity to find this out in person during our meetings and conversation, when I had an opportunity to congratulate him on this great manoeuvre.

Captain Wrona has been working for LOT for 20 years, is an avid glider, loves clouds and Boeing aircraft. So far, he has logged over 15,000 hours in the air. Without a doubt, he saved the lives of 231 people who flew on 1 November 1 from Newark, USA to Warsaw. I recommend reading this unique and sometimes a very personal interview, entitled „I'm not Icarus,” in which the captain answered the questions asked by our new editor-in-chief, Marzena Mróz. Taking the opportunity that we are meeting for the last time this year, I would like to extend my wishes to you, wishing you all the very best, good health, and happiness. A bit of good luck will also come in handy...



*Robert Grzybowski*

**Robert Grzybowski**  
the Publisher of BT Poland

## 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.businesstraveller.pl

**Redaktor naczelna** Marzena Mróz  
m.mroz@businesstraveller.pl

**Dyrektor artystyczny** Barbara Scharf  
b.scharf@businesstraveller.pl

**Skład/amanie** LACRIMA

**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

**Wydawca** Robert Grzybowski  
robertg@businesstraveller.pl

**Koordynator** Wojciech Tyński  
wojtekt@businesstraveller.pl

**Reklama, sponsoring**  
biuro@businesstraveller.pl

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

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**Managing director** Julian Gregory  
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FOT. M. DEMBŃSKI



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lot.com



## Captain Wrona Flies Again

Captain Tadeusz Wrona has made his first New York bound flight following a two-week break. The passengers on board, greeted him with loud applause after the take-off when they learned who was the captain of their flight, and after landing in New York, to express their deepest apprecia-

tion. In the Big Apple the captain met with UN Secretary General Ban Ki-moon. He also took part in an official ceremony, during which he was honoured as Man of the Year 2011. The ceremony took place in the Polish-Slavic Center, home of the largest Polish organization on the East Coast of the United States.

## LOT Over Siberia

LOT Polish Airlines has received permission from the Russian authorities to fly over Siberia. The negotiations on this issue were led by the Ministry of Infrastructure. This decision is particularly important for the Polish air carrier which is planning to launch a new connection to Beijing in 2012. The possibility of flying over Siberia opens up the shortest air corridor, which will have an impact on a number of factors, including savings in terms of both fuel consumption and flight duration. LOT Polish Airlines is currently awaiting the decision of the relevant authorities in China in respect of take-off and landing slots at Beijing airport. The route will be flown by the LOT fleet of Boeing 767s. Obtaining consent to fly in Russian territory is also crucial in terms of LOT's other flights to and from the Federation's airports. LOT has also received favourable landing and take-off times for flights to and from Moscow, enabling the company to introduce highly convenient flight times for the 2011/2012 winter season. In practice, this will mean a change from the six night flights provided by the airline to date, which will be superseded by three early morning flights and three during the course of the day.

## LOT leases a plane

LOT Polish Airlines SA and with the Ukrainian carrier Aerosvit signed a lease agreement for the rental of an additional long-range B767-300ER. The aircraft has been hired under wet lease terms (along with the crew of the Ukrainian carrier) until January 15, 2012. Boeing 767 will serve LOT flights to Toronto and Hanoi. The configuration of the leased Boeing is similar to that used by the Polish national air carrier. It has 23 seats in business class and 182 in the economy class cabin. The on board service will be exactly the same as this provided on other aircraft of LOT Polish Airlines. Aerosvit's cabin crew will be supported by two members of the Polish personnel.



## Quality of the Year

You've certainly have seen it somewhere, or, at least, heard about it. But have you had a chance to try it out? Sit comfortably in a chair. Place your arms freely on the armrests. Put on SITA device on your head. Close your eyes and listen to the pace of your breath... This is just one stage of learning a foreign language with SITA method. One of our colleagues has decided to test it. In the next issue you will read about the results of the test and her opinion about the method which uses relaxation to improve memorization process. SITA system has also been honoured with the title of Quality of the Year, awarded by the Polish Centre for Testing and Certification.



FOT. MATERIAŁY PRASOWE

# Na novotel.com wyskocz w miasto z „City Breaks”



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## Top Sommelier

**P**aweł Demianiuk – a sommelier of the Polish Business Council and Amber room Restaurant, has won the 11th Polish Sommelier Championship organized by the Polish Association of Sommeliers. This year, the championship gathered 15 participants, who started with a theory test followed by a practical selection of wines to dishes. The dish they were to match wine to was a venison pie. Three participants advanced to the final stage of the championship where in front of the gathered guests they had to prove their skills. In an arranged dining room the finalists had to take care of their customers, serving wine from magnum decanters which are especially difficult to hold. They also had to choose appropriate wine to dishes from a menu which they had never seen before, and hold conversation in Polish and English. The last task was the correction of errors in a wine list. This year's championship was regarded as extremely difficult. The finalists showed a very good preparation and demonstrated that the quality of sommelier service and customer care in Polish restaurants is improving. It also seems that there's a growing number of wineries and restaurants in Poland, representing a world-class level.



## Bristol Celebrates 110th Birthday

**WARSAW'S LE MERIDIEN BRISTOL** is a truly noble hotel as it was and still is a symbol of the vibrant Warsaw. To celebrate the hotel's 110th anniversary, its chef Michał Tkaczyk, has prepared a special cake, inviting all Varsovians to taste it. The main ingredient of this unique cake is chocolate with a note of vanilla and raspberry flavours and a drop of Polish vodka. The cake is also abundantly covered with chocolate sauce. You can eat this delicacy in the café of the hotel or take it to go.



## In Winter - from Warsaw to Rzeszów and Poprad



**THE WINTER SEASON** will see the launch of new routes from Warsaw to Poprad and Rzeszów. Some flights have been cancelled, while the number of other connections has been increased, including such destinations as Helsinki, Frankfurt and Milan Malpensa. On December 10, keen skiers will be able to fly by EuroLOT from Warsaw to Poprad, Slovakia. Another new destination is Rzeszów, with the flights available from 14 November by OLT Jetair. There are several destinations where air carriers have increased the number of their flights. LOT has launched additional morning flights to Helsinki three times a week. We will also be able to fly now to Milan Malpensa (17 flights a week) and Lviv (7 flights per week). Lufthansa has launched an additional afternoon flight to Frankfurt. Also Wizz Air has increased from three to four the number

of weekly flights to Milan Bergamo. On the other hand, some airlines have reduced the number of flights to certain destinations, or cancelled them completely. LOT has pulled the plug on connections to Damascus and Beirut, Wizz Air has cancelled the connection to Burgas and Madrid, while Norwegian - to Bergen. Lufthansa Italia, due to cessation of its activities, will no longer fly to Milan. Also Spanish Vueling has decided to cancel Warsaw connection. Chopin Airport is the largest airport in Poland. It handles scheduled charter and cargo flights. In 2010, the airport handled a total of 8.7 million passengers, which accounts for almost 43 per cent of the total passenger traffic in Poland. Until September 2011, the airport handled more than 7.25 million passengers, which is 8.3 per cent more than in the same period last year.

FOT. MATERIAŁY PRASOWE

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# WHAT'S ON

## MAJOR CULTURAL EVENTS

AT THE TURN OF 2011/2012



### Gustaw Klimt, Josef Hoffmann The Pioneers of Modernism

**Belvedere Palace in Vienna, until 4 March, 2012**

The exhibition of two most eminent figures of the Vienna Secession. If you happen to be soon in the Austrian capital, don't forget to visit the world's largest collection of paintings of Gustav Klimt, combined with the work of the renowned architect Josef Hoffmann. Klimt wanted to create absolute works of art, which were free from all rules imposed by academic conventions. The exhibition is a good opportunity to see how consistently he implemented his plans. [www.belvedere.at](http://www.belvedere.at)

### The Sleeping Beauty

**MOSCOW – BOLSHOI THEATRE**

In December and January, it's worth going to Moscow to see „Ruslan and Ludmila” by Michael Glinka and „Sleeping Beauty” by Pyotr Tchaikovsky. You will also have a chance to see the results of the recently completed renovation of the Bolshoi Theatre. It cost \$ 700 million, but experts say it's money well spent. [www.bolshoi.ru](http://www.bolshoi.ru)



### Premiere of the Ninth Symphony by Philip Glass

**NEW YORK'S CARNEGIE HALL,  
31 JANUARY 2012**

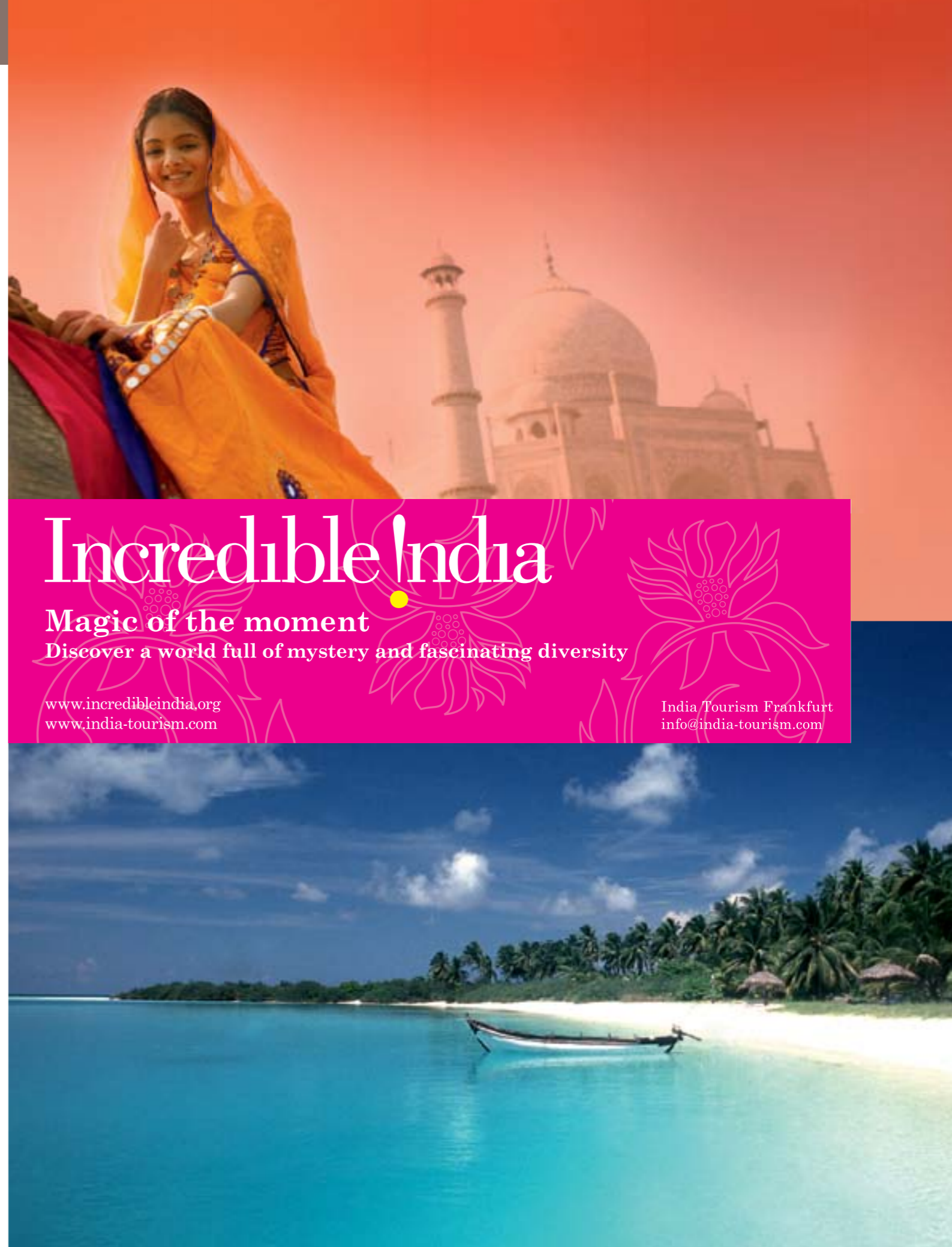
The most prestigious concert hall of the world will host a concert to celebrate the 75th birthday of the eminent composer Philip Glass. The honorary guest will sit in the audience and the concert premiere of his Ninth Symphony, will be conducted by Dennis Russell Davies. To book tickets go to [www.carnegiehall.com](http://www.carnegiehall.com).

### Leonardo da Vinci's „The Court Painter of the Duke of Milan”

**London - National Gallery, until 2 May 2012.** This is the most complete presentation of the works of da Vinci with such paintings as „La belle Feroniere” - a portrait of Lucrezia Crivelli, „Madonna Litta” from the Hermitage in St. Petersburg, two versions of the painting „Madonna on the Rocks” - from the Louvre and the National Gallery, our „Lady with an Ermine”, and a copy of the renowned „Last Supper”. The centrepiece of the exhibition is the painting „Christ the Saviour,” which for years was regarded as the work of one of the students of the great master. [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk)



FOT. ANTONIO JODICE/DREAMTIME.COM, LUCADEROMA /DREAMTIME.COM



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**HOTEL:** CRACOW

# Cracow Novotel Centrum

Novotel Kraków Centrum is a modern building surrounded by green boulevards near the Vistula river. The reception area is bright, spacious, the lounge is well-designed, while the small coffee tables and seats set in cosy corners, contribute to the fact that here even waiting can become a pleasant experience.

**WHERE IS IT?**

The hotel's location provides a very easy and fast access to the airport, the railway station, and the motorway. It's also very close to major sights and attractions of Cracow. A walk to the market square (you can go there through Planty Park) takes only 10 minutes. The hotel is surrounded by lush greenery and its windows overlook a beautiful view of the Wawel Castle and the Vistula river.

**ROOMS**

The rooms are spacious (all are 25 square meters) and bright, so they provide the highest possible comfort of rest and work. They are equipped with air conditioning, satellite TV, a safe and free internet access. In its offer of 198 rooms, the hotel, apart from the standard option also offers execu-



tive rooms with higher standard, combined-family rooms, and those adapted to the needs of disabled guests.

**BUSINESS FACILITIES**

Guests especially appreciate the free broadband internet and the web corner featuring the latest Mac computers. A separate entrance on the first floor leads

**Contact:**

ul. Tadeusza Kościuszki 5, 30-105 Kraków,  
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**BARS AND RESTAURANTS**

The Garden Brasserie Restaurant serves Polish and international cuisine, and offers a 24-hour room service. The cosy and comfortable bar offers a relaxed atmosphere. Drinking gourmet coffee, tasty drinks or enjoying a small snack, you can follow here on TV screens various political, business and sports events.

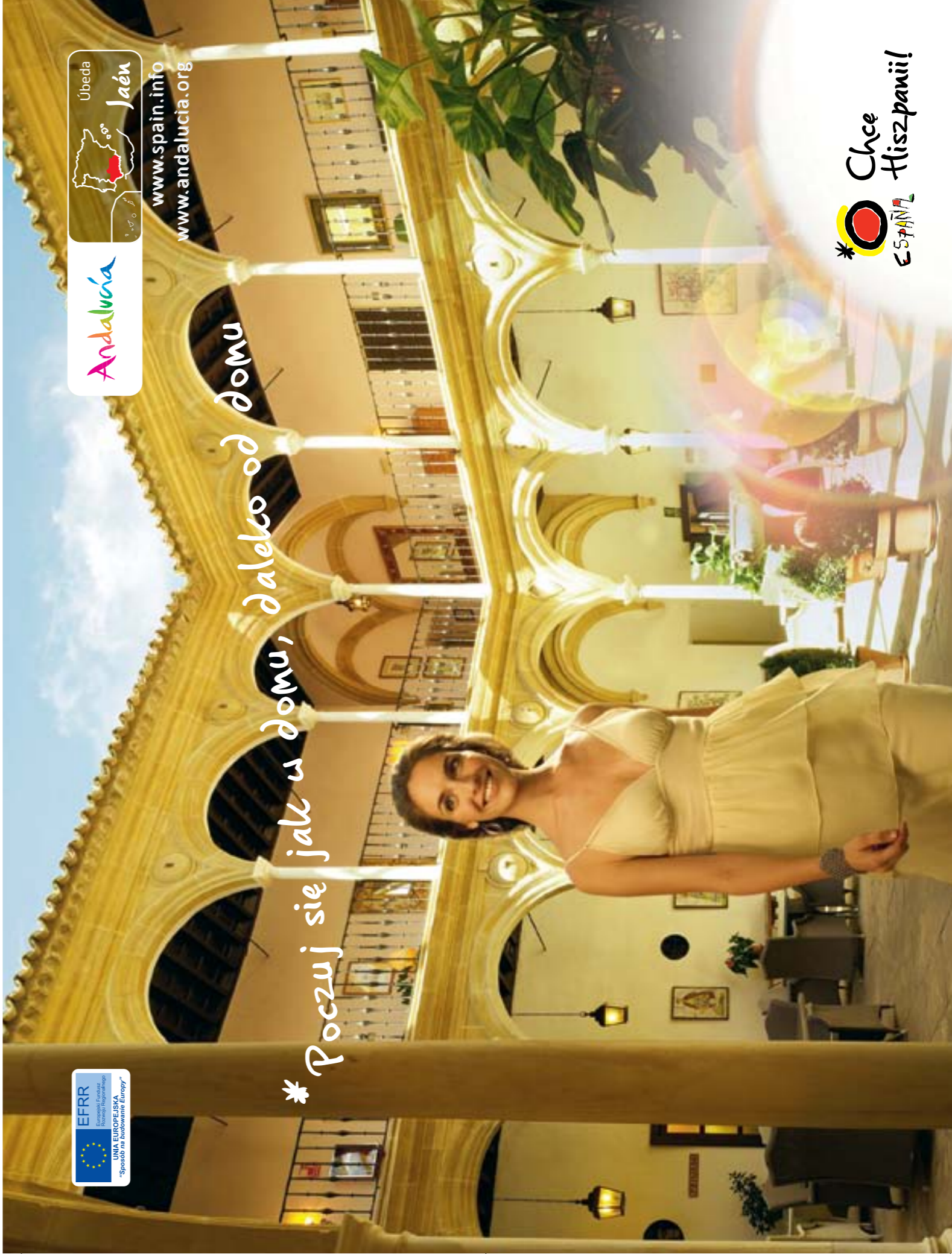
**LEISURE FACILITIES.**

Guests can go here to one of the largest hotel pools in Cracow, equipped with water jets conuter-current and a well-equipped gym, sauna and Jacuzzi. They can also enjoy a relaxing massage. The youngest guests are treated with equal attention as adults - the hotel has prepared for them, a play area with toys and Xbox consoles.

**VERDICT**

You will find here everything you need and it's close to major attractions of Cracow. The special offer called Family&Novotel means free accommodation and breakfast for the child travelling with his/her parents. ■

FOT. ARCHIWUM HOTELU



[www.spain.info](http://www.spain.info)  
[www.andalucia.org](http://www.andalucia.org)



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**HOTEL:** GŁĘBOCZEK

## Głęboćek Vine-Resort i SPA

**Contact:** Wielki Głęboćek 1,  
87-313 Brzozie, tel. 660-497-245  
[www.gleboczek.pl](http://www.gleboczek.pl)  
Price: A Duo Room in Gościenna Chata costs  
PLN 390 per night

Since on the list of the world's most prestigious hotels I found a Polish name, I decided to go and see how far we are from the world's standards. I grew up in Vienna, and due to the nature of my I've been travelling the world for over 30 years and I know most major tourist destinations on all continents. I wanted to see if the presence of a Polish hotel in a Western guidebook wasn't accidental.

### WHERE IS IT?

Vine Resort & Spa Głęboćek lies 195 km from Warsaw among scenic views of neat, local vineyards. The hills feature magnificent, modern buildings, which resemble old mansions. The hotel consists of several buildings, where guests can relax in 40 rooms. You can see the detailed work of an architect there, as all the rooms have a magnificent view over the meadows and forests. Late autumn is the worst time to visit this part of the Poland, but this place is an exception to this rule. You will certainly be impressed with the mist-covered landscape which you can admire from the spacious, heated terrace.



### ROOMS

I was greeted with a welcome glass of mulled wine. My room, number 49, was 72 sq m, had a glass wall and a terrace with comfortable furniture. The terrace is glazed in such a way that the sun can freely penetrate the whole room, and the wind doesn't have any access to it. The room features a huge modern bathroom with a shower, a bed facing the magnificent view from the window, a hidden dresser in the corner, and a large wardrobe. Never before had I seen any hotel which would so deftly combine a somewhat antiquated rustic style with ultra-modern solutions.

### SPA:

It's huge and can compete with the best ones in Asia. The treatment offer is very wide – from wine bath to aromatic candles. The 12 treatment rooms as well as the entire space of the Spa (the wine and floral baths, dry aromasauna) are decorated tastefully and feature the best quality equipment. The pool is similar to the one in the legendary Dolder Grand, near Zurich. The solutions used here may not be the most original ones, but certainly copied from the best: the welcome and the all-inclusive formula from Club Med, the Asian style from Banyan Tree, the South African cosmetics and wine extracts.

### SERVICE:

The staff are well trained and, what's important, open to wishes of the guests. My remark about too loud music resulted in an immediate action.

### CATERING:

Mr Dariusz, the main chef, has truly impressive knowledge of wine. He knows even more about wines from all over the world than I do, and has incredible intuition as regards combining Polish tradition with modern culinary trends. Surprisingly, wine costs there roughly as much as you would pay for it in a store. The food is delicious, light and beautifully served.

### VERDICT:

I was proud that I'm Polish. I want my friends from Austria and other countries to come here and see that at Głęboćek we were able to match European standards. ■

Magdalena Boratyńska

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**HOSPITAL:** WARSAW

## LUX MED ONE DAY SURGERY CENTRE

### INFO:

The hospital launched by LUX MED Group has been operating for over a year. The centre consists of 10 diagnostic and therapeutic units, which are centres for Hernia Treatment, Venous Diseases, Proctology, Plastic Surgery, Gastrointestinal Endoscopy, Orthopaedic Surgery, Paediatric Surgery, Hand Surgery, Foot Treatment, as well as the Emergency Department.

As part of General Surgery, the hospital provides proctology treatment, tension-free mesh hernia surgery, treatment of venous diseases with Vnus method (intra-venous thermal ablation with radio following which there are no visible signs of surgical intervention).

The surgical procedures provided by Plastic Surgery Centre include breast enlargement, correction of the nose, ears, abdominoplasty, body modelling, and modern liposuction with infrasound.

The newly established Centre for Treatment of Obesity offers a comprehensive range of services - from consulting a dietician, a psychologist, to

modern surgical procedures (e.g. fitting a gastric balloon by means of endoscopic techniques), as well as fitting gastric bands.

The hospital also specializes in paediatric surgery, with procedures as phimosis surgery, hernia repair, or removal of the appendix – the child patient is given general anaesthesia and wakes up in the presence of the parents.

Many patients visit the Emergency Department consulting the specialists who are on duty at the hospital for 24 hours a day.

The treatments is provided for a fee, as well as through the National Health Fund.

### WHATS IT LIKE?

The hospital is spacious, clean, and friendly. What's important – it's not crowded, no queues either. The staff are competent, educated, with a positive attitude to work and the patients they serve. The operating are consists of two appropriately equipped operating theatres and a recovery room for two patients.



**Contact:** ul. Puławska 455, 02-801 Warszawa

tel. 22 431 20 59; [www.luxmed.pl](http://www.luxmed.pl)

**Pelleve treatment - prices:** the lower part of the face - PLN 1000  
the lower part of the face and neck – PLN 1320, the upper part of the face - PLN 700  
removing "the crow's feet" – PLN 410, treatment for the whole face - PLN 1700,  
the neck - PLN 800

Another very important aspect is the hospital's comprehensive health monitoring system - including an on-site diagnostics laboratory. The diagnostic facility is equipped with high-quality ultrasound equipment, x-ray and a CT scanner. Thanks to this, patients can undergo here such procedures as biopsy and ablation, as well as lung, abdominal orthopaedic, vascular, and urological examination.

Following the surgery, patients stay at the inpatient ward, which consists of six spacious and functionally decorated rooms.

### PELLEVE TREATMENT:

It's recommended to those young in spirit who have noticed the first signs of aging, such as „crow's feet” or wrinkles. The treatment is one of the most recent non-surgical techniques invented to maintain a youthful appearance. It's a patented system based on the use of radio frequency waves (RF). Without damaging the epidermis, the rays penetrate it to the level of the dermis. There, they warm and even overheat the tissue to the temperature of 70-80 C, smoothing the wrinkles. Pelleve renews collagen fibre structure,

which is often referred to as the reactivation of collagen. The procedure is non-invasive, painless, and requires no anaesthesia. It's so pleasant that you can even relax while it's being performed. Already a single procedure provides the desired effect, in some cases, however, it needs to be repeated. Pelleve treatment makes the skin of the face, neck, abdomen or legs firmer, the eyebrows lift slightly and the skin on the face looks smoother. The treatment can't be performed when the patient is pregnant, suffers from bleeding disorders, has cardiovascular predisposition, or a cardiac pacemaker.

### VERDICT:

The procedure rejuvenates the skin and the effect lasts for 12-16 months. On leaving the treatment room I felt a pleasant feeling of tension in the area of the face where the surgery was performed. The procedure makes you feel relaxed, lasts no longer than an hour, and not only improves the appearance of the skin, but also the mood. The hospital, located at Puławska street in Warsaw, is easily accessible both by car and public transport.

Marzena Mróz

REKLAMA

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## FOR YOUR TRIP

# Suitcase Samsonite Cosmolite

I bet you didn't know that the company, which is renowned for manufacturing the best quality travel bags, celebrated its centenary last year, and its name comes from the biblical Samson.

Back in 1910, when Jesse Shwayder founded Samsonite, travelling was a luxury activity reserved only for those who had a specific reason as well as lots of money to be able to travel around the world. No wonder then that a journey was a unique experience mostly due to the means of transport of that day, but also owing to the fact that much attention was paid to service and accessories used to carry our belongings. Who was the „father” of the modern Samsonite travel bag? He was a Polish immigrant who, during the American gold rush, designed the best, most durable bags of those days, in which one could transport both hard rocks and... light diamonds.

Today, the company is an undisputed leader on the world market for luggage and leather goods, each year selling millions of its products worldwide. The source of Samsonite's success is the legendary innovation and quality. It's hard to imagine today, but already in 1967, Samsonite launched the first suitcase made of polypropylene, in 1974 - the first suitcase on wheels, in 1999 - the first notebook bag, and business briefcases with a special compartment for a laptop, and in 2000 the company presented the first Samsonite product made of aluminium.

### DESCRIPTION:

According to the manufacturer, Cosmolite cases are the most durable and lightest products ever designed by Samsonite. The suitcase is made of advanced impact-resistant, lightweight material, taking advantage

of Curv® technology. This new concept in thermoplastics causes that the suitcase is lightweight and impact resistant. It's available in two colours: black and silver.

### ON A JOURNEY:

I took the case with me on a trip to Athens. The first impression – it's really light. Indeed, it's weight is only 2.4 kg. The second impression – it's small, but after a while I managed to pack into it all clothes I needed for the weekend, together with a small cosmetic bag. To my great surprise and joy, I was also able to fit there an extra pair of high heels.

The case has well-shaped wheels, so it can be rotated in all directions. This feature was really useful at the airport, especially at check-in and then in the duty free shops, when I had to navigate along the narrow aisles between the shelves. Cosmolite is equipped with a retractable handle with two set height levels. There is, however, no handle by which it could be lifted in the upright position. I



was particularly missing this detail when I wanted to put the bag into the compartment. On the other hand, I must admit that the case with its small size ideally fits overhead lockers on the plane. The bag also performed well on the bumpy pavements of the capital of Greece. It also has a simple lock, which turned out to be useful on my way back, when I decided to check it as hold luggage.

### IMPRESSIONS:

Functional, handy, nice aesthetic – or even pretty - Cosmolite has lived up to my expectations. It turned out to be easy to use, fairly roomy, and easy to move around thanks to the smoothly operating wheels. The only thing I didn't like was the handle that allows you to lift the case in the horizontal position. It was made of rubber and was unpleasant to touch. And since I always take all ads with a grain of salt and must personally find out if they are true - I decided to check the quality as it was promised by the manufacturer. In a suggestive advert, Samsonite argues that Cosmolite is resistant to crushing, and describes the suitcase as „the world's most durable and lightest.” To check the reliability of the company, I tossed the suitcase into the air, and when it fell on the ground, I stepped onto it, jumped and... nothing happened. The shell was slightly bent, but then it bounced back and the Cosmolite returned to its original shape.

### VERDICT

I recommend this suitcase. It is roomy, comfortable, lightweight, durable and pretty. Given all these advantages, I decided to turn the blind eye to its minor shortcomings. The suitcase costs PLN 554. ■

Marzena Mróz

FOT. MATERIALY PRASOWE

# The Third Leader's Title for SITA



I'm sitting comfortably in my chair with my arms resting freely on the armrests. I'm wearing special glasses and headphones and slowly falling into a very nice state. My breath, which just a moment ago was quite rapid, is now slowing down and taking on a different pace. In harmony with my breathing pattern, the LEDs on the glasses are sending pulsating light, accompanied by a pleasant sound. I feel good. No sound is coming to me from the outside world. I'm starting to feel pleasant heaviness and warmth. The music is fading away, and now I can mostly hear the voice of the teacher speaking a foreign language. The phrases and words are sinking deeply into my memory. Following the memorization mode in the state of relaxation, I will move on to the next mode, called activation. During this stage I will be utilizing the newly acquired knowledge and express my own thoughts using the memorized words and phrases. This is how a foreign language is learnt with SITA method.

SITA Ltd. is the only Polish manufacturer and distributor of SITA system. Since 1991, it has been actively promoting the method of language learning based on the use of natural capabilities of a person put in a state of relaxation. The state of relaxation increases perception, facilitates memorization, and, in the longer term - improves the mood and increases the body's immunity. SITA system is a combination of a unique device which helps

achieve and maintain the state of relaxation while memorizing the material, with language courses specially prepared in a form of recordings, along with the handbook. With SITA you can learn such languages as English, German, French, Spanish, or Italian. The company has repeatedly been selected to conduct language courses funded by the EU bodies which are responsible for allocation of these funds and their proper use.

SITA has been praised by its customers for twenty years. Time has passed and the company is still winning awards and prizes in various polls and competitions. In 2011, SITA was awarded two prestigious certifications: European Safety Certificate - for the SITA device, and the European Guarantee of the Highest Quality - for SITA courses. These certificates were granted to SITA with the decision of the European Chapter of Safety and Quality, which comprises representatives of science, as well as directors of institutions dealing with issues of quality, ecology and safety.

SITA system has also been honoured with the title of Quality of the Year, awarded by the Polish Centre for Testing and Certification. The competition selects as winners those companies which pay special attention to the issues of high standards of services and products. SITA received the prize in the category of innovation.

That's not all. On 10 December 2011, SITA will re-

ceive further awards: Victoria – the Entrepreneurs' Quality Mark, and the Leader's Title. The latter is a challenge award, which for the first time in the history of the competition organized by the Warsaw Chamber of Entrepreneurs, has been granted for the third consecutive time to the same company. The competition aims to promote the principles of ethics and reliable business activities, as well as to promote the best Polish companies engaged in trade, manufacturing and services. The assessment of the companies which submit for the competition is made by the jury. The honorary patronage over the competition is held by: the Deputy Prime Minister, the Minister of Economy, the President of the European Parliament, the Government Representative for Equal Treatment, the Marshal of Mazovia Province, the President of Warsaw, the President of the Supreme Council of Associations of Trade and Services, the President of the Polish Agency for Development Enterprise, and Adam Szejnfeld - a Member of Parliament. So far over 500 Polish companies has taken part in the past fourteen editions of the Victoria Quality Mark competition. The awards granted by the Warsaw Chamber of Entrepreneurs are just another proof of the fact that the SITA is one of the leading companies involved in the process of language teaching.

Łukasz Szary

## Books

Marek Figurski recommends



### Alice in the Land of Ancestors

The world's renowned short-story writer, has surprised her readers, publishing a collection of short stories which are so interconnected that the book reads like a saga. The twelve texts, which make the book tell the story of the family of Alice Munro – a Canadian citizen

and a descendant of the Scottish Laidlaw family. To explore the history of the Munros, she travelled to Ettrick Valley about 50 miles away from Edinburgh. She browsed through church and library archives, visit cemeteries, so that the part of her book which can be de-

scribed as the history of the family could grow into a literary fiction, but always based on real events taking place between 18th and 20th century.

**Alice Munro**  
„The View from Castle Rock”



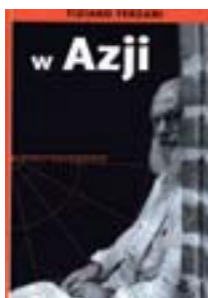
### A Journey Analysed

A careful analysis of one of the favourite human activities - setting on a journey. Each, even the shortest trip starts with waiting - the vision of what we wish to see and experience. Therefore, in preparation for the departure, we move to some exotic „there”, even though

our feet are still stuck in „here”. According to the author, an anticipated journey has its flip side – a journey we recollect. It fully begins for the third time on your return home. The chapters in the book are impressions, describing cities, their atmosphere, people, but also re-

flections based on associations featuring Tarkovsky, Fellini, and Mrożek.

**Dariusz Czaja**  
„Somewhere further,



### Exotic Reports

A collection of reportage articles by a master of the genre - Tiziano Terzani. He describes there a fascinating continent – Asia - over the period of three decades. He vividly and with great simplicity paints the portraits of people he encountered along the way, and who cre-

ated the history of the 20th century. Among them are Mao Zedong, Mother Teresa of Calcutta, and Dalai Lama. The articles by Terzani, which were originally written for the weekly „Der Spiegel” and published also in the „Corriere della Sera”, „L'Espresso” and

„La Repubblica”, are colourful, and above all extremely important reports from almost all explosive regions of the world, including Cambodia, Vietnam, Philippines, China, Sakhalin, Kashmir, Sri Lanka, Japan and India.

**Tiziano Terza „In Asia”**

## Music



### Marcin Wyrostek & Coloriage

Playing his accordion, he is able to break all time, language and geographical barriers. Music by Marcin Wyrostek is a combination of ethno, jazz, folk, classical and hip-

hop. Music critics say that there's definitely a mixture of Slavic, Balkan, Argentinean, Hungarian and French blood flowing in Wyrostek's veins. One of the songs, „Jovano,

Jovanka” is performed by Kayah. It's a perfect Christmas present.

**Kayax, premiere 15/11/2011**



### Caro Emerald "Deleted Scenes From The Cutting Room Floor"

An album by the brilliant Dutch singer who is in love with music and movies from the 1940s and 1950s. The release successfully combines tango, swing tunes, jazz and mambo – presented here in a

new, interesting way. The twelve great-sounding tracks were recorded live during the artist's concert in Amsterdam. Emerald Caro's biggest „A Night Like This” is also present. Probably not all fans

of the artist's know that this song was used in an advertising campaign of Martini.

**Grandmono, recorded with Grandmono Orchestra**

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składniki kulinarnej doskonałości

# I'm Not Icarus

Marzena Mróz talks to captain Tadeusz Wrona who made a successful belly landing attempt with B767 at Okęcie Airport on 1 November.

I appreciate all the senses, the fact that I can see, hear, feel. Also, the fact that I still want to fly. Another important thing is to set yourself a certain goal then do your best to achieve it.



**MARZENA MRÓZ:** First of all, congratulations from the readers of *Business Traveller*! It was a truly great deed.

**TADEUSZ WRONA:** I think that providence watched over me, because despite the procedures and guidelines, it was impossible to predict the final phase of our flight. And the true miracle was that no-one was hurt. Let's say that the providence watched us over and the miracle occurred.

**MM: Do you prefer to walk on the ground, or do you feel better when in the air?**

**TW:** I prefer to fly, but actually not by means of an engine-powered aircraft. I love to soar through the sky, hovering like a bird. When controlling the glider, you can't reach a desired altitude anytime you want. Instead, you need to find a place where the air rises and use it in a natural way.

**MM: This loneliness in the skies...**

**TW:** In the glider I'm all alone, but with my wings and the nature. Not to mention the matter of metaphysics and religion, because we know that God is everywhere.

**MM:** At that moment you're like Icarus. **TW:** Yes, but as you know, he lost control of his flight, and he found himself too close to the sun. Therefore, he's not my idol.

**MM: You took off from Newark as an unknown person, and landed in Warsaw as a hero. Who is your greatest authority?**

**TW:** Since gliding is my greatest passion, no wonder I truly admire the champions of this sport. I had a great friend and mentor - Edward Makula - who was a great enthusiast of gliding. I must also mention Tadeusz Góra who is inarguably Poland's top glider pilot.

**MM: Can flying be considered as a sort of magic?**

**TW:** People are afraid to fly, because they lose the ground under their feet, lose a sense of security. I don't come from a family of aviators, so I don't really know how I picked up this passion. When I was a kid, I assembled model airplanes together with my dad and my brother, but it never really grabbed me that much. I always wanted to be inside that plane I was assembling, and as we know - nobody constructs such big models. I dreamed of steering a plane and feeling the rush of the wind.

**MM: Do you like to contend with the elements?**

**TW:** It's clouds that are a real element! You have to approach them with great respect and caution, as well as be



The crew of Boeing 767 in the Presidential Palace

able to predict how they will behave. I personally like the ones that can be seen from far away. They are shapely, proportionate, have a high base, and wind up to 5 m/sec. It's a real pleasure to meet them while flying. But even when I'm going by car, I enjoy watching the clouds and pick the ones which are the most beautiful.

**MM: I bet lifting a huge 100-ton machine off the ground must be an exciting feeling.**

**TW:** The planes I fly, are around 185 tons at the take-off. They are, however, designed in such a way that I feel as if I were steering a sport aircraft. They are excellent!

**MM: How long have you been flying Boeing aircraft and what's your opinion of them?**

**TW:** I've been flying them for 22 years and I can confirm - especially following the emergency landing - that they are very safe. I believe in this plane. Our belly landing and scraping the runway was the best evidence of how strong the design of Boeing is. The aircraft was designed to provide maximum passenger protection. If nothing else happens, like hitting an obstacle or being blown by a strong wind - we have a 100% certainty that should such belly landing ever happen again, the aircraft will withstand it.

**MM: The further it is from the earth...**

**TW:** ...the safer. That's what I always tell my mom.

**MM: What character traits are the most indispensable when at the controls?**

**TW:** I appreciate all the senses, the fact that I can see, hear, feel. Also, the fact that I still want to fly. Another important thing is to set yourself a certain goal then do your best to achieve it.

**MM: Which traits are the least desirable then?**

**TW:** Perhaps the excessive creativity at work where everything is arranged, filed, each instrument is described,

with the exception of a situation which hasn't been foreseen by the designers of the plane.

**MM: Do you prefer taking off or landing?**

**TW:** Definitely landing, because it's an easier manoeuvre, although this time it was different. The landing gear didn't deploy, even the wheel well bay doors didn't move. The doors didn't open, the wheels didn't extend. We had nothing. We flew for several minutes over Warsaw in complete silence.

**MM: Were you worried after you found the fault?**

**TW:** Yes, because every technical problem is a minor limitation. If the cabin movie projector had failed to work, it would surely be uncomfortable for passengers, but not for the crew. We could accept it without a problem. However, when there is a technical problem with the aircraft, you need to act quickly to confirm or rule it out.

**MM: Were you thinking of turning back to New York?**

**TW:** I thought I could contact with the operations centre, which followed the flight, and ask them for suggestions. I assessed the situation: we had a lot of fuel, so we could continue the flight or turn back. Since the problem didn't require from us to land immediately, and the centre informed us that this will affect the process of deploying the landing gear - after some discussion with the whole crew - we decided to fly to Warsaw. We even talked about the fact that following the landing in Warsaw (with the landing gear successfully deployed) we would have to enter the information about the failure to a special book.

**MM: However...**

**TW:** The fate had a completely different scenario in store for us.

**MM: When did you become to be worried for good?**

**TW:** When we were near Warsaw, at the second attempt to

deploy the gear, which failed. From that moment on I executed only routine procedures based on the contact with the rapidly formed crisis management centre at Okęcie. I knew that I couldn't risk it. The passengers were informed and trained in the event of the possible emergency landing. At that time I still believed that sooner or later we will deploy the landing gear. We received precise instructions from the ground as to which fuses we should switch and how to reset the system. I thought that with such assistance we had nothing to worry about. However, we were running out of time.

**MM: Was it the moment when a dark cloud appeared?**

**TW:** A cloud of dark thoughts? No. I just felt a little sorry that I had so many passengers on board, and had to land without the undercarriage. It was November 1st, that is All Saints' Day, and I thought that perhaps all those saints would help us.

**MM: What was the most important for you at that time?**

**TW:** Our aim was to do our best in order not to overload, weaken the structure of the aircraft. I knew that I must first touch the runway with the fuselage and then with the area under the engines. There were only 9 minutes left to landing. We made one more attempt to deploy the undercarriage, this time by means of gravity drop system, but it was unsuccessful. We knew that on the ground everything was ready: fire engines, ambulances, the foam on the runway, even beds in hospitals.

**MM: You were even assisted by F-16 jet fighters.**

**TW:** It looked nice - as if a fly had been flying next to a huge bumblebee - that is our Boeing. Once we landed and got off the plane, I saw that the pilot of the F-16 did a barrel roll. That's how he said goodbye to us, happy that nobody was hurt.

**MM: Which of your life experiences were came in handy during this landing?**

**TW:** Certainly the large number of take-offs and landings, both in reality and in the simulator. My gliding experience was also important.

**MM: What are the dreams of the hero who has just been decorated by the President of Poland?**

**TW:** I always have the same wish - to have time to fly a glider. The day after the emergency landing, my friend called me. He is the owner of a beautiful glider, a real technical masterpiece. He told me that I could fly it whenever I only want. Besides, our whole cabin crew was invited by Tomek Kawae to Międzybrodzie Żywieckie to Żar gliding mountain. We can spend there two weeks at his expense and relax.

**MM: Do you know that the LOT Polish Airlines has been recognized by the readers of the English edition of Business Traveller as the best in Central Europe?**

**TW:** I would say even more: we are a safe airline on all continents. I hope that our landing proved it best.

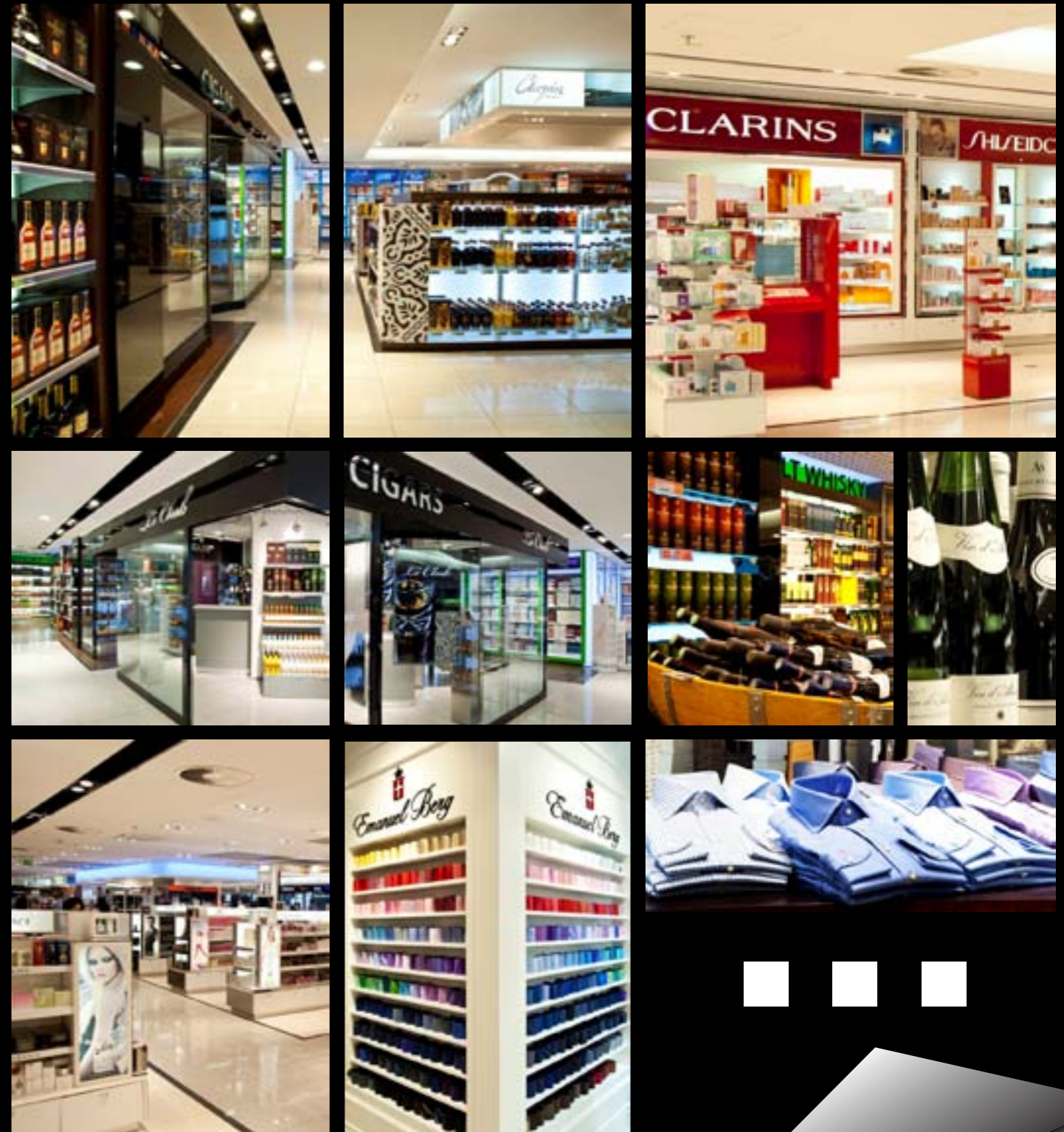
**MM: Thank you.**

I always have the same wish - to have time to fly a glider. I love to soar through the sky, hovering like a bird.



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# THE GIFTMANIA

There is nothing more pleasant than giving presents. Of course, Christmas and the New Year are perfect opportunities to do so. It could be a trip to one of the most beautiful spots in the world, a ship cruise, a good watch, a state-of-the-art telephone, cosmetics or an elegant briefcase – the choice can make your head spin. Here are our recommendations!



**Club Med** Can you imagine a more beautiful gift than a trip? Windsurfing in Martinique, swimming with dolphins in Cancun, skiing in Chamonix with views of Mont Blanc – book at [www.clubmed.pl](http://www.clubmed.pl) **Sephora** "Diane" the latest scent by the renowned fashion designer Diane von Furstenberg combines the notes of frangipani blossom, almond and patchouli – all created for a modern, sensual woman. Eau de Parfum Spray 100 ml. Price: PLN 389; [www.sephora.pl](http://www.sephora.pl) **Wittchen** A leather briefcase – a classic product of the world famous brand. Elegant and timeless. Price: PLN 839; [www.wittchen.com](http://www.wittchen.com) **Tissot Racing -Touch** A leading manufacturer of sports watches designed a unique model featuring an extended chronograph, a dual-time zone capability, two alarms, and an illuminated dial. The best gift for young, dynamic individuals, who appreciate precision. Price: white dial PLN 1950, black dial from the limited Tony Parker edition PLN 2100; [www.tissot.ch](http://www.tissot.ch) **Samsung Wave 3** A luxury gadget which highlights the individual character and style of its owner, has a distinct Super AMOLED screen. Now you can always be in touch with your beloved one thanks to the new ChatON communicator! Price: PLN 1299; [www.wave.samsung.pl](http://www.wave.samsung.pl) **Royal Caribbean Cruise Line** A cruise aboard a luxury ship in the Mediterranean or around the Caribbean, is a great gift for the whole family – book at [www.rccl.pl](http://www.rccl.pl)



# THE AIRPORT CORRIDA

Barajas Airport is situated only 13 kilometres away from downtown Madrid. It has four terminals, one of which has gained a reputation as the most spacious and most interestingly designed in Europe. Marzena Mróz tells us why it's worthwhile to make a stopover to see the Madrid airport

Barajas Airport, which was designed by Richard Rogers Partnership is a truly original place. The characteristic, wavy roof, leaning on yellow bays, large round windows and red walls make an impression on travellers arriving in the Spanish capital from various parts of the world. Barajas has also been appreciated by professionals - it was awarded by the British Royal Institute of Architects for its contribution to the development of architecture. You can admire it if you are flying via Madrid to such destinations as Majorca, the Canary Islands or South American airports.

## SPANISH GENIUS

This modern building, intriguing owing to its sophisticated architectural details, resembles some people a bullfighting arena and has a total surface of 760,000 sq m. Thanks to this, it can handle 70 million passengers per year. The



airport accommodates 150 stores, nearly 50 cafes, bars and restaurants, as well as car rental stations of Hertz, Avis and Europcar.

Although it's difficult to imagine, the airport in Madrid provides employment for several thousand people which generate €3 million of revenue each year. Madrid has also two smaller airports: Madrid Torrejon and Madrid Cuatro Vientos, but they are of less significance for businessmen and tourists visiting the Spanish capital.

## PLACE WITH HISTORY

The history of Barajas airport began in 1928, when the Spanish government put forward the plant to create a route network for the air transport with the main base in Madrid. In order for this to happen, the capital needed a new, large airport, instead of the two small one used by UAE and Iberia airlines which at that time flew to Seville and Barcelona. 330 hectares of barren land were cho-

sen near the then town of Barajas and the construction work began. The airport started its operations on 22 April 1931. By the end of 1933 Postales Espanolas Lineas airline launched flights to Barcelona. In the 1930s first international connections were launched. Soon first modernisation works followed. In 1940, the grass runway surface was replaced by a concrete one, and by the end of the same decade the airport had already three modern runways. In 1950, Barajas increased the number of runways to five, thus becoming one of the most modern airports in Europe, handling 500,000 passengers each year. Four years later, the airport in Madrid saw the take-off of the first plane heading over the Atlantic. In 1970, with the advent of jumbo-jet era, the annual number of handled passengers exceeded 10 million. The airport entered the 21st century with the largest in its history expansion of its facilities. This involved building a modern building of passenger terminal T4, as well as two new runways. They were launched on 5 February 2006.

## BULLS IN THE TERMINAL

In 2010, Madrid-Barajas airport served over 57 million passengers, which means that as of now it's the world's 10th and Europe's 4th busiest airport. Barajas Airport is also very modern

and convenient for travellers. You can spend your time of waiting for your connecting flight in one of several lounges. The numerous shops offer the latest collections of world-class brands - clothes, shoes, eye-wear, luxury gadgets, Spanish porcelain and ... the images of bulls which are invariably associated with Spain. Restaurants and bars serve excellent and world famous regional specialties, such as tapas, paella and chorizo sausages that taste best with a glass of red wine rioja. Comfortable, spacious corridors, glass lifts, and above all, simple layout of the gates contribute to the fact that travellers often choose Madrid as the place for their stopover.

Businessmen who decide to stay in the Spanish capital to continue their journey in the morning, have several hotels to choose from in the proximity of the airport. Best Western Hotel Villa De Barajas is especially worth recommendation, as it offers good service and a varied buffet breakfast. Other choices include Melia Barajas Hotel with an outdoor pool (open only in summer), Tryp Alameda Aeropuerto hotel with 148 modern rooms, and Ibis Hotel Madrid Barajas - belonging to a well-known chain which doesn't need any further recommendation.

Barajas Airport is the main base for Iberia Spanish Airlines. The air-

line operates over 60% of all flight operations. It's worth knowing that the airport in Madrid is served by as many as 83 carriers, including British Airways, Lufthansa, CSA, easyJet, Air Berlin, Germanwings, LOT, Norwegian, Merida, Ryanair, KLM, Turkish Airlines, Ukraine International, and Wizz Air. Barajas operates nearly 150 domestic and international connections.

## HOW TO GET THERE

There are seven parking areas at the airport. The tickets which entitle us to leave our car there, need to be purchased prior to parking in one of 15 automated cash registers. There are left luggage facilities at terminals 1, 2 and 4. The lockers are so spacious that they can store there even a bicycle or a surfboard. The fee for luggage storage is €3.7 per hour.

Taxi ranks are located at the exit doors of all the four terminals. Taxi fare for a trip to the centre of Madrid is around €20, but you'd better confirm it with the driver beforehand. At night and early morning surcharge is added. The trip to the centre takes at least 20-30 minutes. The airport is best reached from N2 Madrid-Barcelona and then N100 motorway which leads directly to the terminals. The underground line number 8 connects the airport with the city centre and the railway station. ■



The wavy roof is the most distinctive architectural element of the airport.



The panorama of the Spanish capital.

FOT.: DARWIN LOPEZ | DREAMSTIME.COM, MIGUEL APARICIO | DREAMSTIME.COM, LUIGI ROSCIA | DREAMSTIME.COM

# The Chic in the Sky

Only the greatest designers could stand up to the task of designing outfits for the staff of Air France. The uniforms have changed over the years, reflecting the major trends in fashion, as well as the French style and elegance.

## THE FIRST CHANGES

In the late 1920s, trying to entice more passengers, numerous airlines were literally changing their aircrafts into luxury bars and gourmet restaurants. In order to ensure proper service in line with the etiquette of that day, Air France – the airline created in 1933 – hired former employees of exclusive hotels and transatlantic ships. It was then when the first uniforms were introduced on board passenger aircraft.

At first, the cabin crew consisted only of male stewards. They looked almost like bartenders with their white jackets with high collars, or double-breasted jackets with mandarin collar, complemented by bow ties, white caps and sailor trousers. In 1948, when Air France became the national airline, the berets of the cabin crew obtained the embroidered logo

of a seahorse, and the white uniforms were changed into blue ones.

In the early 1950s, Air France introduced a „tourist” class for its flights to New York, and the old Le Bourget airport was replaced by the newly built Orly. The uniform designed at that time by Georgette de Trez, introduced to the outfits of female flight attendants, a more modern, feminine style, reflecting the trends of the 1950s. The suit jacket narrowed in the waist, alluding to the figure resembling an hourglass, which was promoted by Christian Dior. The outfit was complemented by white poplin blouse with a rounded collar. In the 1960s, with the introduction of Boeing B707 and Caravelle, the fleet of Air France received the first jet aircraft. The uniform could no longer restrict the freedom of movement while remaining elegant and sophis-

ticated. The challenge was taken by the famous Christian Dior fashion house, and since 1963 the passengers flying with Air France could admire the elegant, light blue dresses and wide belts worn by the female flight attendants.

## VARIATIONS AND ACCESSORIES

Subsequent creations were two versions of the uniform by Cristobal Balenciaga – light pink for summer and dark blue for winter. It was the first uniform, which Air France ordered with accessories: a purse, classic navy blue shoes, and white cotton gloves. In 1978, a new uniform was created – this time designed by Carven fashion house. Blue and white colours, regarded as the traditional colours of the company, were complemented with red tones. In 1987, the task of designing the new clothing



1933

1948



1969



FOT.: ARCHIWUM AIR FRANCE

1963

The challenge was undertaken by Christian Dior fashion house and passengers could admire dresses with flat wide belts since 1963.



1987

1978

1978

was given to three clothing designers. Summer dresses made of cotton and polyester blends were made by Louis Feraud fashion house. They were enlivened by stylish jewellery, a satin handbag and a blue belt.

In order to enhance the diversity of uniform styles, Gérard Pipart – the artistic director of Ricci fashion house – created a winter woollen suit. A jacket with long sleeves, a turn-down collar and a flared skirt were complemented by a blue-white shirt. The third new uniform, introduced in 1987, was a spring/summer dress called „Frégate”, designed by Carven fashion house. It was worn for nearly 20 years until the introduction of the uniform by Christian Lacroix in 2005, and was recognized as one of the most popular dresses worn by Air France’s flight attendants.

Also in that period Carven created a winter suit called „Quatuor”. The four most important elements of clothing were designed by Franck Tacque, and Harper’s Bazaar magazine called it „the first European designer uniforms” by Carven fashion house. The suit was made of a heavy, dark blue crepe. It was complemented by a white cotton blouse with long

sleeves, and the silver buttons featured the image of a seahorse.

## THE TURN OF THE CENTURY

The uniforms worn by Air France flight attendants were again refreshed in 1997, to include the style of outfits of Air Inter airline which was taken over by Air France. Carven, which was once again chosen for the task, created a navy blue woollen suit. The jacket with round collar could be worn buttoned or unbuttoned. Also the striped shirt with an upturned collar looked especially attractive.

The presented designs were just milestones in the long history of cabin crew uniforms. The present outfits were designed in 2000 by Christian Lacroix, who expanded the clothing range, offering over 100 various items such as hats, gloves, coats and dresses. The collections were created not only for the cabin crew, but also for all employees who deal with customers (about 35,000 people). Lacroix began designing more diverse outfits, limited the use of red colour, while maintaining the basic palette of navy blue uniforms in dark blue and light grey tones.

# Yoga or How to Gain Balance in Life

It's difficult to disagree with the words of the famous conductor Yehudi Menuhin - who practised asana for several years - that doing yoga restores original sense of proportion and measure. Reduced to your own body, the original instrument, you learn how to play it, to keep harmony and maximal resonance.

Yoga is an ideal technique to prevent physical and psychological conditions. It protects the body, strengthens your will, gives you a sense of freedom and makes you trust your intuition. The 21st century's world comes back to the ancient practices to find the lost proportions.

## IDEAL HARMONY

What is yoga? The word yoga comes from a Sanscrit stem meaning 'to

bound, to focus attention on something'. It's a relation, ideal harmony between the needs of your body and soul. Yoga is also referred to as work wisdom, or an ability to reconcile various activities with one another, a harmony and order. Therefore, it is not for everyone. It's not suitable for those who eat too much, or starve. Neither for those who oversleep, or those who deprive themselves of sleep. Thanks to moderate eating and relax, steady working hours and right

proportion between sleep and activity, yoga gets rid of all the pain and sadness - at least that's what yoga masters claim. Yoga is the constant control over your mind and senses, and those who practise it - are free.

## KEEPING YOUR EMOTIONS

The Yogi distinguish eight yoga limbs to discover your soul. These are: yama (common moral standards), niyama (purity through discipline), asana (exercise, meditat-

ing positions), pranayama (rhythmic breath control), pratyahara (withdrawal of the senses and thus liberation of your mind of your senses and the outside world), dharana (concentration, focusing on one object), dhyana (meditation), samadhi (higher consciousness through deep meditation).

One of the most prominent contemporary yoga teachers, B. K. S. Iyengar wrote in this book „Light on Yoga” that yamy and niyamy help control passions and emotions, and enable living in harmony with other people. Asana make our body healthy and strong. The Hindu gurus claim that people who use their own wisdom to distinguish between real and unreal entities, eternal and ephemeral, and good and enjoyable ones are truly happy.

## HATHA, KUNDALINI, IYENGAR

Millions of people around the world practice different kinds of yoga. The three most popular ones are: hatha yoga, yoga kundalini, and the classic one with the bigger number of followers - a variety proposed by master Iyengara.

The word hatha consists of two stems: ha - means the sun, active, hot, masculine energy and tha - passive, cold, female energy coming from the moon.

Hatha yoga is based on practising asan, in order to clear your body, strengthen it and make it more flexible. The idea behind hatha is to harmonize our energy. After the exercise you feel the sense of bliss, tranquility, balance - but at the same time - the joy of life.

Yiga kundalini is based on using the essence of human power. This essence, kundalini, is hidden in your body, at the bottom of the spine. This is the first chakra energy centre in your body. During yoga practice, this energy is gradually stimu-



lated and directed upwards, along the spine up until the pineal gland in your brain. On this level, the spiritual enlightenment is a chemical process. Kundalini is considered the most complex of all the yoga varieties. It comprises physical exercise, meditation, breathing techniques and prayer.

Master Iyengar's yoga is an interdisciplinary domain. The aim of the practice is to discover your soul, but there are also numerous side-effects like: health, happiness, peace of mind and balance. In that sense, yoga can be referred to as therapy - the master says.

## WHO IS MASTER IYENGAR?

Bellur Krishnamachar Sundararaja Iyengar lives and teaches in Pune, India. He is the greatest contemporary yoga teacher and a prominent persona. He has been practising and propagating yoga for seventy years. What characterizes his original teaching method is precision and regularity. It's the most popular yoga variety in the world, and the guru himself is an inspiration for all students from all over the world. ■

Zuzanna Bass

## Rady dla początkujących

You can't build a house without solid foundation. Therefore you must practice the principles of yama and niyama, which develop character. Practise asana on an empty stomach. The best time for exercise is early morning or late evening, the best place - a peaceful, aired-out room. When doing asan, only your body should be active. The brain should be passive, observant and alert. When exercising, breathe through your nose, not mouth. After finishing, lie down for 10-15 minutes and have a rest.



FOT: ARCHIWUM HOTELU, CHRISTIAN WHEATLEY/ISTOCKPHOTO.COM



Are you tired after work, weakened by constant stress and 'burned out', we dream about some leisure, not necessarily passive? A deckchair by a palm tree isn't enough for you? Those who feel a need to regenerate their body and soul, seek to change their eating habits and wind down will be delighted to browse through the best ten holiday resorts in the world, selected by Marzena Mróz.

**WHERE IT IS: ICELAND, 40 KILOMETRES FROM REYKJAVIK.**

Blue Lagoon is a unique and one of the most popular tourist attractions in Iceland. This spectacular bathing resort is fed by hot springs from 2,000 metres beneath the earth. Salt springs, rich in minerals, silicon and algae have therapeutic and soothing properties, effectively treating skin disorders, especially psoriasis. Algae make the skin look better, silicon strengthens it and the minerals stimulate it. The lagoon water is milky-blue and very soft. Its temperature close to the estuary is constant and equals 70 C. That's why the lagoon is open 7 days a week throughout the year.

A visit to the lagoon helps you maintain the harmony of your body, mind and soul, as well as get rid of the stress of your daily life. You can also use a sauna, which overlooks the lagoon, a Turkish bath, or just stand beneath the waterfall. The geothermal Spa offers a wide range of treatments and massages. Thanks to the huge salinity, the body seems to be lighter, and all the moves are performed effortlessly.

Blue Lagoon was awarded Spa Finder's Reader's Choice Awards for Best Mineral Springs 2007 and Spa Finder Readers Choice Best Spa in Scandinavia 2007. Readers of Conde Nast Traveller selected Blue Lagoon as the best medical and thermal spa in the world in 2005 and 2009. For the five following five years Blue Lagoon has been awarded the Blue Flag, a certificate given to natural beaches. [www.bluelagoon.com](http://www.bluelagoon.com)

**WHERE IT IS: KOH SAMUI ISLAND, THAILAND**

Kamalaya Wellness Sanctuary&Holistic Spa is a winner of numerous prestigious awards, like Best Wellness Retreat 2008, Destination Spa of the Year 2008 & 2010, Spa Finder Reader's Choice Awards 2009 & 2010, Best Complementary & Alternative Medicine Wellness Centre 2009 & 2010 or Best Conscious Cuisine 2011. It's an unusual, sophisticated and inspiring place. It offers both cosy guestrooms on the slope of the hill, as well as spacious suites and villas on the beach. Ancient medicine philosophies - traditional Chinese medicine and Ayurveda believed that food is a part of the therapy. Menus in Kalamaya are based on this assumption. Dishes are prepared only from fresh and organic products.

Wellness Sanctuary&Holistic Spa combines oriental and western traditions of treatment. You can make use of the knowledge of traditional Chinese physicians, naturopathic doctors, Ayurveda specialists, dieticians, bioenergotherapists and physiotherapists, take part in fit-



ness, yoga, chi gong, or tai chi sessions, meditate or go for walks along the beach. Some of especially recommended treatments include Thai massage, lymphatic massage, chi nei tsang (stomach massage), Ayurveda treatments, or cranio-sacral therapy. The resort offers also packages combined with therapeutical treatments: Detox and Rejuvenation, Asian Bliss, Relaxation and Regeneration, Ideal Weight, Optimal Fitness, Personal Yoga, Stress Control. [www.kamalaya.com](http://www.kamalaya.com)

**WHERE IT IS: KOH SAMUI ISLAND, THAILAND**

Absolute Sanctuary is an ideal place for those, who want to take a journey into their body and mind, in order to restore the harmony, youth and health. Detox Centre offers a variety of detoxifying and cleansing treatments. During the therapy, the body is strengthened with vitamins, minerals and nutritional supplements, so that it can get rid of excessive fat and toxins.

The offer includes 3- or 7-day detoxification programmes conducted by highly-qualified specialists. The therapy comprises special diet, treatments and physical exercise. Therapists also give advice and promote healthy lifestyle. The Love Kitchen restaurant serves healthy low-calorie meals both vegetarian and non-vegetarian. They are prepared only from organic products, the bread is baked lo-

You can make use of the knowledge of traditional Chinese medics, naturopathic doctors, homeopaths, Ayurveda specialists and dieticians.

cally, and they serve only cold pressed oils. Guests have access to an outdoor pool, a Turkish bath, a cinema, as well as Absolute Spa&Yoga Center.  
[www.absolutesanctuary.com](http://www.absolutesanctuary.com)

#### WHERE IT IS: HIMALAYAS, INDIA

Situated on the forested slopes of the Himalayas, at the bottom of the meandering Ganges, Ananda in the Himalayas, it's an ideal place for a harmonious leisure of body, mind and soul. Once a residence of maharaja Tehri-Garhwal, today it's a mecca for those seeking original places and ways to regenerate their body. Basing on Ayurveda, yoga and vedanta in connection with modern therapies, Ananda is a place, where you can escape earthly worries and get filled with harmony.

Located at 1,000 metres above the sea, it has temperate climate and steady yearly temperature. The resort offers 70 luxurious guestrooms, 5 suites and 2 villas. All rooms come with a spacious balcony and a bathroom with a panoramic view.

The restaurant serves dishes from Hindu, Asian and International cuisine. Light and healthy meals are prepared with organic vegetables and herbs. Ananda Spa is a winner of numerous prestigious international awards, such as World's Number 1 Destination Spa, granted by Conde Nast Traveller in 2005, 2007, 2008, 2009, 2010 and 2011. The spa offers over 80 therapies and treatments. It has 24 treatment rooms, where you can have both traditional Hindu and Oriental treatments, as well as modern and Western ones. The therapies especially worth recommendation include: anti-stress, clearing, relaxation, anti-aging and slimming treatments. Guests have also access to an outdoor pool with heated water, overlooking the Himalayas.

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

#### WHERE IT IS: KERALA SOMATHEERAM, INDIA

Ayurveda Resort was the first Ayurveda Centre in the world. It's a unique place: well-equipped, with traditions, culture, history, ayurveda, yoga, the beach and close to the nature.

In Somatheeram and the sister-resort in Manaltheeram, you can stay in huts and traditional kerala houses, built from eco-friendly materials, surrounded with a fence and overlooking the sea.

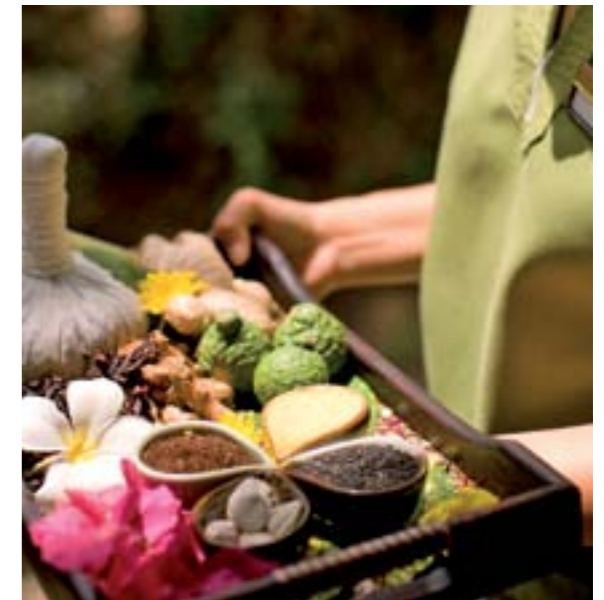
Guests participating in Ayurveda programmes: rejuvenating, body clearing, slimming, anti-stress, beauty or anti-aging therapies - can choose among 250 dishes based on three doshas: Vatha, Pitha and Kapha.

The resort is a winner of numerous national and international awards for excellent quality of Ayurveda treatments, Classified Heritage Ayurveda Resort and Green Leaf Classified Ayurveda Hospital.

Ayurveda helps with treating rheumatism, asthma, hypertension, high cholesterol level, stress, and overweight.



FOT. ARCHIWUM HOTELI



Treatments in Somatheeram and Manaltheeram are performed by qualified doctors and therapist, coming from traditional Ayurveda families. Herbal garden with over 600 herb species provides all the ingredients needed for preparations in the resort's dedicated pharmaceutical pharmacy.

[www.somatheeram.in](http://www.somatheeram.in)

#### WHERE IT IS: TUSCANY, ITALY

Terme di Saturnia Spa & Golf Resort is a winner of numerous prestigious awards, like the one for the World's and Europe's best hotel Spa or the best thermal/medical Spa (Conde Nast Traveller 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011) for the best detoxification and anti-aging therapies.

The hotel has 140 guestrooms and suits decorated in the Tuscany style. Two restaurants Aqualuce and All'Acquacotta serve dishes from Tuscany and Mediterranean cuisine. This is complemented with excellent local wines. You can also ask for light low-calorie meals, prepared by the hotel's dieticians.

The place is famous for its hot springs. What especially attracts tourists is a natural crater-pool, fed by water of 37 C flowing from beneath the earth with the speed of 800 litres per second. The water is rich in compounds of hydrogen and sulphur, as well as in carbon dioxide. In Terme di Saturnia Spa & Wellness it's all about health and well-being of their guests. Medical, holistic, beauty treatments based on hydrotherapy, diet and gymnastics are especially recommended.

Nearby, there is a 18-hole golf course (70 ha), designed by a famous American designer Ronald Fream. [www.thermedisaturnia](http://www.thermedisaturnia). Where it is: Ischia, Italy Terme Resort&Spa is one of the best hotels and Spa resorts in Forio and on

## Baths in the Dead Sea and revitalizing treatments have a wonderful effect both on the body and the soul.

the whole island. In 2009 it received an award as „The most hospitable hotel in the Naples province”. Located on a slope of Monte Epomeo in a Mediterranean garden, the hotel has 72 rooms and suites in two complexes of hotel buildings: Paradiso Garden and Paradiso Terme. The hotel restaurant with a panoramic terrace offers a wide selection of dishes based on traditional Italian, and local Neapolitan cuisine.

Guests have access to three outdoor pools with thermal waters of various temperature, an indoor pool with thermal waters, a fitness centre, a sauna and tennis courts. You can also go to Wellness&Spa Centre, the best one on Ischia, specializing in thermal and mud baths, inhalations, anti-stress, anti-cellulite, clearing, aromatic, Ayurveda or shiatsu massages and reflexology. Guests can also count on free transport to Poseidon's Thermal Garden Parks.

[www.hotelparadisoterme.it](http://www.hotelparadisoterme.it)

### WHERE IT IS: SEYCHELLES ISLANDS

Maia Luxury Resort\*Spa is located by the Indian Ocean, on the South-Western coast of Mahe. The hotel is surrounded with beautiful garden, mixing Creole and Far East traditions, where there are over 300 species of various trees and bushes. It's a winner of many international awards, like Conde Nast Traveller, Harpers Bazaar - Travel Guide 2010: „Best for Nurturing Body&Soul”. The resort offers top-quality therapies and treatments based on La Prairie cosmetics.

Guests have access to three open-air pavilions, of 120 sq m. Each one comes with a separate garden, a cloak room and showers. The offer also includes yoga, meditation, self-shiatsu and qi gong sessions. The Fitness Centre is equipped with the most modern machines. Individually-prepared programmes help you restore balance, immunity and body flexibility.

[www.maia.com.sc](http://www.maia.com.sc)

### WHERE IT IS: BALI

Spa Village Resort Tembok Bali pays tribute to ancient Bali traditions. It combines local, natural therapeutic practices with relaxation and regeneration treatments, making it possible to discover the charm of the island on your own. This luxurious resort guarantees peace and quiet necessary for full and harmonious leisure. That's why in its comfortable rooms there are no TV, CD and



DVD players, internet connection and the guests are kindly asked to silence their mobile phones. The hotel is inaccessible for guests under 16, and there is a smoking ban on the whole of its premises.

The resort is located on North-Eastern coast of Bali, and has 27 rooms, 2 suites and 2 villas. The hotel restaurant serves meals a la carte, everything based on organic products.

Spa Village Resort Tembok Bali provides its guests with a choice of four renewal programmes: Balance, Creativity, Vigour and Spa Village Academy.

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

### WHERE IT IS: JORDAN, THE DEAD SEA COAST

Dead Sea Spa Hotel and Dead Sea Medical Centre is located in the town of Salt Land, 408 metres beneath the sea level.

It offers spacious rooms, sophisticated dishes in the hotel restaurant, and most of all - a possibility to take a bath in the Dead Sea and revitalizing treatments. Apart from dermatologic and rheumatologic treatments, also mud masks, ultrasound, galvanic, thermal therapies as well as hydrotherapy are recommended.

The Centre comes with a well-equipped fitness room, indoor pool, special pools for skin and rheumatism treatment, as well as a natural solarium at the seaside. [www.jordnadeadsea.com](http://www.jordnadeadsea.com)

The resorts were checked by Spa Travel, which offers the most attractive prices. ■

Health and beauty trips are organized by Spa Travel, [www.spatravel.com.pl](http://www.spatravel.com.pl)



## ...witajcie w Nassfeld!

...w największym ośrodku narciarskim w Karyntii, oferującym mnóstwo słońca, łagodne, przyjazne dla całych rodzin stoki i dwa wspaniałe, ekskluzywne ośrodki spa, wybudowane przez sieć Falkensteiner. Tu na szczyty można poczuć prawdziwą wolność, a dzięki typowej dla Karyntii gościnności i wysmienitej kuchni alpejsko-adriatyckiej, specjalności firmy Falkensteiner, wieczorem w hotelu każdy czuje się jak w domu. Oba czterogwiazdkowe ośrodki znajdują się w samym sercu terenów narciarskich, w bezpośredniej bliskości wyciągów. Znakomicie odpoczniesz zarówno jeśli lubisz sportowe, aktywne wypady, jak i w czasie spokojnego rodzinnego urlopu na nartach. Tak czy inaczej przyjeżdżając tutaj, znajdziesz się w najlepszych rękach! Witamy w domu, witamy w ośrodkach Falkensteiner.

### Familienhotel Sonnenalpe\*\*\*\*

Hotel Sonnenalpe łączy czterogwiazdkową jakość i obsługę z pierwszorzędym designem, przytulnością i pomysłowymi dodatkami. Rozkoszuj się wypoczynkiem w wygodnych pokojach rodzinnych albo urządzonych z fantazją apartamentach w stylu domków na drzewie. Dzieci w wieku od 3 lat znajdują troskliwą opiekę w czasie zabaw w doskonale wyposażonej sali. Goście mają też do dyspozycji centrum spa o powierzchni 1700 m<sup>2</sup> z saunami, basenami i atrakcjami dla dzieci, np. ogromną zjeżdżalnią oraz znajdującą się tuż obok hotelu szkółkę narciarską.



### Hotel & Wellness Carinzia\*\*\*\*\*

Architektoniczny cud położony w samym środku narciarskiej areny! Ciekawa architektura, łącząca modny styl i naturalny urok, zapewnia hotelowi wyjątkowy klimat nowoczesnej przytulności. Delektuj się wyśmienitą kuchnią regionalną alpejsko-adriatyckiego i odpręż się w basenie i ośrodku wellness Acquapura SPA o powierzchni 2400 m<sup>2</sup>.



### ZIMOWY TYDZIEŃ od 998,-€

Cena obejmuje: 7 noclegów z pełnym wyżywieniem dla osoby dorosłej w pokoju wybranej kategorii, najlepsze zniżki dla dzieci, 6-dniowy karnet uprawniający do korzystania z wyciągów narciarskich dla osoby dorosłej.

**GŁÓWNA ATRAKCJA:** Kupon do spa \* o wartości 30 € dla osoby dorosłej.

\* Acquapura Spa o powierzchni 1700 m<sup>2</sup>, sauny, ogromna zjeżdżalnia wodna, brodziki dla dzieci, terapie leczniczymi ziołami z Karyntii, zabiegi kosmetyczne oraz wellness dla dorosłych i dzieci, siłownia i wiele innych.

Tel.: +43(0)4285 8211; [reservierung.sonnenalpe@falkensteiner.com](mailto:reservierung.sonnenalpe@falkensteiner.com)

### NARCIARSKI HIT od 651,-€

Cena obejmuje: 7 noclegów z dwoma posiłkami dla osoby dorosłej w pokoju dwuosobowym, razem z 6-dniowym karnetem uprawniającym do korzystania z wyciągów narciarskich od 829 Euro.

**GŁÓWNA ATRAKCJA:** Kupon do spa \* o wartości 30 € dla osoby dorosłej. \* Basen i ośrodek wellness Acquapura SPA o powierzchni 2400 m<sup>2</sup>, kompleks basenów wewnątrz i na zewnątrz, sauna, studio fitness, program sportowy, przytulny placzek kąpielowy z torbą kąpielową i ręcznikiem (do wypożyczenia na czas pobytu) i wiele innych.

Tel.: +43(0)4285/72 000; [carinzia@falkensteiner.com](mailto:carinzia@falkensteiner.com)

[www.carinzia.falkensteiner.com](http://www.carinzia.falkensteiner.com) \* Wazne 3.12.2011 – 15.04.2012



## Skiing in the Mountains and the Masuria

Ski lifts, sports equipment rental stores, swimming pools and saunas – these are just some of the attractions that you may count on if you decide to go skiing in Poland, choosing one of the hotels of Orbis Hotel Group. For the winter season most of the hotels have prepared special family packages and promotions.

### THE SKI MADNESS IN ZAKOPANE

The beautifully located 3-star Mercure Kasprowy Zakopane offers its guests splendid views of the Tatras, as well as the access to over 160 kilometres of ski runs, and remarkable winter attractions. The skiers have also access to the hotels skiing equipment storage facility and a ski rental shop. The beginners, for an extra charge, can take skiing lessons. The package, which has been especially for the winter holidays, includes comfortable guest rooms, buffet breakfast, as well as the evening dinner with a la carte menu. There will also be entertainment for the whole family, such as a sleigh ride along a mountain valley followed by a bonfire and refreshments, a professional dance course with an instructor, and a party in the hotel's disco. Children will enjoy their time in the Mini Club under the care of a babysitter, while teenagers can have fun in the Junior Club which features Playstation and Wii gaming consoles. The youngest will certainly be happy to take part in various active events prepared by the hotel staff. Skiers can take advantage of a 15% discount for ski passes at Szymoszkowa ski slope. Hotel guests will also have free access to Mercure's fitness centre, swimming pool, as well as the ski storage facility located next to the slope. For an additional fee, they can take the hotel shuttle bus to Białka Tatrzańska. The package is available from 2 January to 29 February 2012.

### THE WINTER IN THE KARKONOSZE

Skiers appreciate the beauty of the Karkonosze, located on the border between the Czech Republic and Poland. You will find there ski runs not only for advanced skiers, but also for beginners. Mercure Skalny Karpacz hotel is situated at the foot of Śnieżka - the highest massif of Karkonosze. There are two ski slopes



just opposite the hotel, where you can embark on your first attempts at skiing. Also, 3 kilometres further, there's Kopa ski complex. Hotel is also a great starting point for the trip to Czech Republic and Jakuszycka Glade, which is particularly liked by enthusiasts of cross-country skiing. When the winter sport craze is over, the guests can enjoy the hotel's jacuzzi and sauna. The youngest can enjoy the sitting room with a pool of balls, a slide, and various toys.

If you are planning to the Karkonosze, you may also consider staying at Mercure Jelenia Góra, near the borders with Czech Republic and Germany. The hotel is an excellent base for skiers willing to explore the ski runs nearby, especially Łysa Góra just 10 kilometres away from the hotel. There are numerous ski slopes in the nearby town of Karpacz, as well as in Szklarska Poręba with its Ski Arena - one of the best and most modern ski centres in Poland, excellent both for beginners and more advanced skiers. Mercure Jelenia Góra offers its guests a free skiing equipment storage facility, and for an additional fee, the transport to and from the ski slopes. Those who are keen on other activities, can take advantage of the heated indoor swimming pool, a paddling pool for children, a sauna, and a jacuzzi.

### THE „ICE AGE” IN MASURIA

The region of Warmia and Masuria is also very attractive for skiers. Mercure Mrongovia Resort & Spa hotel in Mrągowo has prepared a special winter holiday offer aimed at families. The „Ice Age” promotion includes accommodation with breakfast, daily dinner with drinks and a 10% discount for the ski lift. Those who want to learn how to ski, can take advantage of free lessons, while others will certainly enjoy playing the snow hockey. Additional attractions include table tennis, water polo, Nordic walking, and for the youngest - the Winter Junior Club. The guests can spend their afternoons and evenings on playing board games, taking part in bowling tournaments, or at the bonfire, playing the “Hunt for the mammoth” game. Evening concerts at the fireplace will warm them up after a long day spent on the slopes. The hotel also offers other attractions, such as the swimming and leisure pools with a water slide and water massage, the outdoor jacuzzi, sauna, and the Techno-Gym. The package is available from 13 January to 25 February 2012. For detailed information go to [www.accorhotels.com](http://www.accorhotels.com)

## ibis Hotel Chain Awarded the Golden Emblem of the Highest Quality QI 2011

ibis was awarded for the implementation and promotion of quality in all areas of activity of its 10 hotels in Poland. The Golden Emblem for the Highest Quality QI 2011 in QI Services category is proves the high quality of services offered in hotels of ibis brand.

On 6 October 2011, at a gala which took place in Poznań, the editors of Business Forum – a supplement to „Gazeta Prawna” - rewarded the winners of the Emblem for the Highest Quality. It's already the 5th edition of the Highest Quality QI programme, implemented under the auspices of the Ministry of Regional Development, the Polish Agency for Enterprise Development, and the Polish Forum Club ISO 9000. Ibis hotels located in Poland have won the Golden Emblem of the Highest Quality QI 2011 in QI Services category for consistent policy of implementation of international standards for the high quality of facilities, rooms, catering, and service. Ibis brand is the world's first budget hotel chain which has received the international certificate of quality ISO 9001, as early as 1997. Guests planning to stay at any Ibis hotel throughout the world, are certain to find there the high quality of service. As many as 758 hotels of the brand are ISO 9001 certified. All the hotels have the same methods and systems of control, and the uniform standards and procedures guarantee the same high quality service to customers of Ibis chain in all 48 countries where the brand is present. This provides the guests with a feeling of comfort, safety and security.

This is a truly valuable distinction

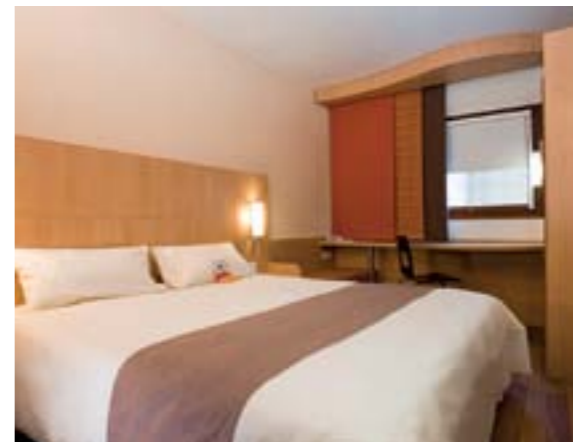
for us, especially because the quality of service is one of the most basic values, which determine the level of customer satisfaction. “The jury has appreciated our intense work done in all areas of operation of Ibis chain

- the choice of location, the teamwork, as well as the booking system and, of course, the stay at the hotel,” says Christian Barbier, the Manager of Ibis Poznań Centrum, who received the award.

The jury was especially impressed with Ibis' „15 Minute Satisfaction Guarantee”, which means that if a guest to the hotel encounters a problem in their room, the staff promise to make things right as quickly as possible no matter what time it is. The hotel staff is available 24 hours a day and always does their best to ensure that unforeseen problems are solved for the benefit of the guests. This is because convenience and customer satisfaction are determinant for the success of the Ibis brand.

Ibis is a world famous brand that offers all the amenities and services of a budget -class hotel at an extremely attractive price. The brand is appreciated by customers as the best value for money, as well as for its uniform standards. The hotels of the brand provide their guests with fully equipped rooms, a 24/7 service, as well as a wide selection of restaurants. The high quality of services is confirmed by international ISO 9001 certification, obtained as early as in 1997. Ibis is actively committed to protecting the environment and as the first hotel brand in the world has obtained ISO 14001 certification. Ibis brand was created in 1974, and today it's leading European brand and one of the largest chain of budget hotels in the world with more than 100,000 rooms and over 900 hotels in 48 countries, including 10 in Poland.

For more information, please visit [www.ibishotel.com](http://www.ibishotel.com).



### The Golden Emblem for the Highest Quality QI



This prestigious competition organized by the Business Forum – a supplement to the “Gazeta Prawna” daily newspaper, rewards all initiatives that promote professionalism and quality. The winners of QI medals are state institutions, companies, major corporations, smaller businesses, as well as local governments and organizations that carry out consistent policy with regard to the quality of their products, services and offers.



# So Close to Your Plane!

What is the perfect location of a hotel for the businessperson? At an airport! If we have a planned a business trip by plane which takes off early in the morning, the ideal solution would be to spend the night prior to the flight, as close to the gate as possible.

For now, only one hotel in Warsaw, meets these requirements. It's Courtyard by Marriott Warsaw Airport, located near the terminal so you can get from there to the airport on foot.

## A HOTEL WITH A VIEW

Courtyard by Marriott is situated at Chopin Airport - only 49 steps away from the apron, and mere - 7 kilometres from the centre of Warsaw. „Some hotels have a view of the ocean, and we have the view of the apron,” says Aneta Stępkowska, the manager of the hotel. Such convenient location allows the guests to the hotel to combine their business with

travel, which is especially important in case of late arrivals or early morning departures. An airport hotel is also an ideal solution for passengers whose flights have been delayed and who have to spend several hours in Warsaw, waiting for their connecting flight. The TV screens in the lobby of the hotel are connected to the terminals at the airport. This allows travellers who are sitting at the bar to obtain the information on the present aircraft departures and arrivals.

## CARING FOR THE ENVIRONMENT

Courtyard by Marriott Warsaw Airport is a spacious, elegant, and

functional hotel, awarded by the hotel guests for the most comfortable beds and cleanliness. It's managed by the Polish company and is one of the most popular Warsaw hotels chosen by businesspeople. In accordance with the corporate policy of Marriott International Inc., and with the natural environment in mind, the hotel is entirely non-smoking. It has also undergone a number of pro-ecological changes both in the parts available for hotel guests and in the back offices. Courtyard by Marriott Warsaw organizes green conferences, proving that you can prepare your business meetings, while effectively protecting the natural environment.



WARSAW AIRPORT

## FOR POLITICIANS, ATHLETES AND LADIES

Due to its perfect location, comfort and excellent service, Courtyard by Marriott Warsaw Airport is often chosen by MEPs flying to Brussels in the morning, as well as athletes. The national handball team, for whom the hotel has been home for four years, awarded Courtyard the title of the Partner of the Polish Handball Association. The hotel also hosted... the world's most beautiful ladies who came to Warsaw for Miss World 2006 beauty contest. However, above all, Courtyard is a great Warsaw haven, praised by business people coming here from all over the world.

## BOOK AT THE WEBSITE

You can enjoy here tasty and healthy dishes, both before your journey



and just after landing at the airport. The hotel has 15 comfortable conference rooms where various business meetings, but also banquets, weddings, proms, and even car exhibitions are held. Recently, every room has gained access to Wi-Fi, so now the wireless internet is available throughout the whole hotel. Marriott hotel chain has recently started the construction of a new 5-star Hotel Renaissance, located just opposite the new part of the terminal. The new hotel will be managed by Port Hotel Ltd, the company which now manages the Courtyard by Marriott Warsaw Airport. The easiest way to book rooms in one of the 3,500 Marriott hotels worldwide, with the guarantee for the best prices, is to go to [www.marriott.com](http://www.marriott.com) or [www.warsawcourtyard.pl](http://www.warsawcourtyard.pl). ■

A good night's sleep is better than good sex –this is, at least, one of the findings of a survey carried out in Europe, Africa and the Middle East for Westin Hotels & Resorts, and over half of the respondents were of this particular opinion. What's more, as much as 38 % of those surveyed claimed that they would prefer to find sleeping pills on the pillows in the hotel rooms instead of chocolates.



No wonder then, that when in 1999 Westin offered the Heavenly Bed to its clients, it immediately won the hearts of those who travel actively, and raised hotel standards. From just one product, a comfortable bed, the brand has expanded its offer into a rich portfolio of initiatives, aiming at improving the comfort of stay of its hotel guests.

#### THE HEAVENLY BED

In 1999, Westin hotels have revolutionized the hospitality industry, by introducing into their rooms the Heavenly Bed, which has since become an icon and an inspiration for bed designers all over the world. Over the past decade more than 75 million visitors, including heads of state, Hollywood celebrities and the

most outstanding athletes, have rested in Heavenly Beds at Westin hotels around the world. The success of this invention was so huge that the hotel chain was persuaded to make the Heavenly Beds available for retail sale. As of now, more than 30,000 beds and 100,000 pillows have been sold. The whole Heavenly Bed set consists of pillowcases, sheets, 4 pillows

filled with goose feathers or down, a bolster, a cosy blanket, as well as a comfortable, springy mattress and a frame. Westin has spent over \$30 million to make sure its guests have a healthy and restful sleep.

The ideal beds are just one element which is set to stimulate the senses of guests to Westin hotels. The relaxation process starts on entering the hotel, when your senses are stimulated with the scent of white tea and soothing music in the lobby. The scent of white tea with a hint of geranium and freesia has been specially designed for Westin in order to highlight its personality. It has relaxing properties and was created in accordance with the results of a one-year long research. The fragrance collection created for Westin hotel brand includes an oil atomizer and potpourri based on natural ingredients.

Also floral arrangements found in Westin hotels are not accidental. They were created by Jane Packer - a favourite florist of Calvin Klein and Donna Karan. They delight with their simplicity and elegance, and surprise with such additions as willow leaves, moss, or stones. Their aim is to highlight the personality of the brand.

#### FOR THE BODY AND THE SOUL

Westin knows that the key to well-being is finding a balance between work, exercise and good nutrition. That's why everything starts here with breakfast, which in Westin is treated as something utterly unique. The morning menu has been composed in line with SuperFoodRX philosophy of food synergy. The recent research confirms that certain components consumed together, have higher nutritional value than those eaten alone. For ex-



anced, tasty and healthy meal. The carefully selected products, which are the ingredients of dishes, can add us energy and improve our mood. In other words, they can improve the quality of our lives.

#### PERFECT FITNESS

The guests of The Westin Warsaw hotel can relax and improve their fitness at a special gym called Westin WorkOUT. It's open 24/7, which is a real blessing especially for those with busy schedules. Westin WorkOUT is equipped with modern cardio machines, treadmills, bicycles with TV screens, and other modern equipment. The experienced instructors prepare an individual set of exercises for each guest, tailored to their needs and abilities. They also have lots of useful advice on the appropriate diet, supplements, and can help you to start a healthy lifestyle.

Guests of The Westin Warsaw especially appreciate the luxuriously equipped rooms of this hotel. The beautiful, spacious interiors are a perfect place to relax and feel almost like in a spa, following a long day of exhausting meetings. Instead of going to a wellness centre, you can order a massage in your room, thanks to the 'in-room spa' service. The experienced therapists will choose and suggest the most appropriate treatment, for example Swedish, relaxing, or sports massage.

Westin's concern for the well-being of its guests, as well as stimulating their senses, are a part of a well thought out strategy of the company. Today, the brand has 170 hotels in 35 countries and plans further expansion. In today's crazy times, when it's difficult to find time for regular meals and relaxation, a place which provides initiatives improving your lifestyle, should be particularly appreciated.



ample, avocados eaten as an addition increase the absorption of antioxidants in other Superfoods such as tomatoes and spinach, while cinnamon combined with grains helps control blood sugar levels. That's why it is so important to be able to properly compose the ingredients of a well-bal-



## Missoni a Fashion for Hotels

One of the most recognizable brands in the fashion world, has decided to expand its business. In addition to the characteristic colourful dresses and sweaters in zigzag patterns, inspired by art deco, Missoni - a renowned Italian family has also invested in developing hotels under their name.

### TRADITION ABOVE ALL

The history of Missoni - a family business specializing in knitwear, which in 60 years transformed into a multi-brand global empire, is a real lesson of style, class and elegance.

The fashion house was established in 1953, in the basement of Ottavio and Rosita Missoni. Five years later, in the year when their daughter Angela was born, they showed their first collection. In the 1970s this European fashion house, started to be perceived in the U.S. as a symbol of Italian design, not only in the clothing department. The company also designs fabrics, furniture, vehicle equipment, as well as sets and costumes for La Scala in Milan.

Since 1998, Missoni has been managed by Angela, who is also the chief designer. Margherita, her daughter, is the ambassador of the brand.

### THE STYLISH TERRITORY

Recently, along with Rezidor Hotel Group the company has created the Missoni Hotel Chain. The first hotel was launched in 2009 in Edinburgh, the second one in 2011 in Kuwait.

As you might expect, the hotels are characterized by unique comfort, style, and design. Also each new hotels belonging to the chain alludes in its

design to the characteristic features of the city in which it is built. Referring to the cultural heritage of Scotland, the originator of this project - Rosita Missoni – equipped the hotel with the famous Laderback chair - designed by Charles Rennie Mackintosh. The hotel in Edinburgh is



perfectly located, and most of the 136 rooms and suites have a view of the famous Royal Mile. The minimalist interiors perfectly contrast with the explosion of colours a la Missoni. The Italian restaurant serves meals on porcelain tableware designed by the family. The price of the room (starting at £210) includes breakfast, laundry, WiFi, local calls, movies on demand, transfer to the airport, and the access to the entire contents of the minibar.

### THE COLOURS ON THE GULF

The view from the 18-storey Missoni Hotel in Kuwait overlooks the Persian Gulf. The armchairs and sofas in the lobby are covered with patterns which are typical for the company: stripes, squares, and zigzags. Each of the 63 suites is different, although the dominant colours in this new hotel (launched in 2011) are turquoise, gold, beige, raspberry and lilac. All details, including furniture, tableware, as well as towels and bathrobes were designed by Rosita Missoni, who claims this hotel is her favourite one.

In the near future Missoni is planning to launch new hotels in Oman, Brazil and Turkey.

Zuzanna Bass

FOT. ARCHIWUM HOTELI

vivabox

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# The World for Sale

Until recently, industry events weren't too attractive to mere mortals. Today, however, a trade fair is a great show, during which business recedes into the background. Today, the world went bananas about spectacular exhibitions, with companies spending millions of euro to promote their products.

It's worth visiting trade fairs to witness the grandiosity with which exhibitors from all over the world can present their products. They are also a chance to observe the latest trends in the field we are interested in. Only during a motor show can you get into a Bentley or check the interiors of a real Ferrari. At wine fairs you can taste samples of this noble drink until the world starts spinning, and at photo expo you can test the most advanced cameras and lenses. Below, we present several trade shows which are considered the biggest and the most important.



## MOTOR SHOWS

### North American International Auto Show (14-22 January 2012, Detroit)

It's the largest motor show in the U.S. The event takes place in Detroit - the cradle of the American automotive industry, whose glory days are now, unfortunately, a thing of the past. (You'd better not venture into the area outside the exhibition area, as Detroit is a dangerous city). The trade show, however, has retained its good reputation. Luckily, the stalls there aren't scattered all over the place, so you can see the most important exhibitors in less than a day.

### Geneva International Motor Show (8-18 March, Geneva)

It's the most popular and most important motor show in Europe. It invariably gathers all the major exhibitors from the automotive industry and is a place where most new models have their world's premiere. The first and important advantage of this event is that all manufacturers are gathered there in one large hall. Another one is its close proximity to the airport and the railway station. Getting to the fairgrounds on foot

takes barely fifteen minutes. On the downside, most hotels in Geneva are very pricey.

## CONSUMER ELECTRONICS/ENTERTAINMENT

### IFA (31 August - 5 September 2012, Berlin)

The consumer electronics trade fair in Berlin may not be the world's biggest, but it's certainly easier to get there from Poland. Besides, it's an event with traditions because its history dates back to 1930s. It's here where the CRT TV was presented for the first time in history. Also today, the IFA trade fair is an important event where you can see up close all the novelties from the world of electronics.

### Consumer Electronics Show (10-13 January 2012, Las Vegas)

One of the largest and most renowned trade fairs for electronic entertainment. It's here where the first ever VCR and CD player were shown. Also in the early 1980s the expo in Las Vegas witnessed the premiere of first PCs. In recent years, such giants as Intel, Apple, Motorola, Google,

Samsung, Microsoft, Sony presented there their new products.

### Photokina (18-23 September 2012, Cologne)

If you are interested in photography, film - whether as an amateur or a professional - you should definitely visit Photokina. It's one of the most interesting events of the industry, organized every two years since 1950. All major manufacturers in the industry present their comprehensive offers there, with numerous products having their premiere there. The 2010 edition gathered a total of 1,251 companies from 45 countries. The expo was visited by over 180,000 people, which shows how popular the event is.

## TOURISM

### ITB Berlin (10-11 March 2012, Berlin) and ITB Asia (3-5 October 2012, Singapore)

The most important tourist fair in Europe, which now also has its Asian edition, organized in a similar way. Apart from the regular exhibitors (hotel chains and travel agents), you can see there presentations of individual countries wishing to promote

STWORZYĆ  
ŚWIĄTECZNY NASTRÓJ ...  
To łatwe, gdy ma się pod ręką  
prezenty Świąteczne  
Villeroy & Boch !



Collections  
CHRISTMAS 2011



ODKRYJ MAGIĘ ŚWIĄT  
Z PREZENTAMI  
VILLEROY & BOCH

## Trade shows are a chance to observe the trends in the industry we are interested in

themselves. Poland also participates in the event, and the last edition saw the presentation of the most beautiful regions of our country.

### FASHION

#### Pitti Immagine Uomo (10-13 January 2012, Firenze)

The men's fashion show which opens the season of fairs in the clothing industry, both in Europe and worldwide. The exhibition halls resemble a giant store where you can find all sorts of men's clothing as well as various accessories.

#### SIMM Madrid International Fashion Fair (2-4 February 2012, Madrid)

It's, in fact, a combination of a giant trade fair with a neverending fashion show. The fair is a place where big business combines with admiring various presentations of original attire. Of course, this spectacular part of the fair is just an addition to more serious business such as negotiations and signing contracts.



### BOATS

#### International Boat Show (21-29 January 2012, Dusseldorf)

Usually, this event is called simply „Boot”, which in German means „boat”. That's much shorter and everything is clear right away. The fair in Dusseldorf is a place where major manufacturers of boats, yachts and equipment for water sports present their novelties. Generally, the show gathers are over 1,500 exhibitors from over 50 countries. One of the largest attractions of the show is presentation of huge boats in all their glory.

### WINE

#### Vinitaly (25-28 March 2012, Verona)

Some would say it's a truly noble fair, when the world's best wines are presented. Of course, the show is dominated by Italian manufacturers, promoting their latest products. It's worth noting that the event is aimed not only at professionals but also at wine lovers who have the opportunity there to taste a wide variety of species of their favourite drink.

### AVIATION

#### ILA Berlin Air Show (11-16 September 2012, Berlin)

Up to 2010, every two years the airport in Schönefeld near Berlin hosted an aerospace exhibition combined with spectacular air shows. Visitors to the exhibition had an opportunity to see all the latest passenger jet airliners, military fighter jets, small jets and piston engine aircraft aimed at private buyers. The 2012 edition will be held in a different location: at the site of Berlin Brandenburg airport which is

still being built and is set to become one of the major European hubs.

### FLOWERS

#### Euroflora (April 2012, Genoa)

The fair whose exhibition grounds resemble a giant botanical garden. Numerous exhibitors prepare spectacular arrangements made of flowers and shrubs, as well as genuine sculptures made from plants. It's definitely worth seeing! The fair is also the place to go for the novelties in the gardening equipment.

### FURNITURE

#### Milan Furniture Fair (17-22 April 2012, Milan)

The largest furniture fair in the world, where the latest trends in furniture design are presented. There are also numerous presentations prepared by well-known furniture designers and renowned schools of design. The exhibition area is almost 230 thousand sq m, with over 2,700 companies presenting their products. ■

### SWEETS

#### International Sweets World (29 January-1 February 2012, Cologne)

A real treat for those with a sweet tooth. It's one of the world's largest trade fairs of the industry, where various manufacturers present numerous novelties from the confectioners' world. Of course, the biggest attraction for visitors is the opportunity to taste the presented products, such as chocolates, cakes, biscuits and other confectionery products.

BMW 525d  
TwinPower Turbo

www.bmw-autofus.pl



Radość z jazdy



## RADOŚĆ TO ARGUMENT NIE DO WYPRZEDZENIA.

Elegancja i dynamika jadą w parze w każdych warunkach. Tylko pomyśl, jak zachowuje się na drodze BMW 525d z nowym silnikiem diesla TwinPower Turbo z potężnym momentem obrotowym 450 Nm\*. I wyobraź sobie, jak to jest, kiedy w pełni panujesz nad tak dynamicznym autem! Połączenie xDrive – elektronicznie kontrolowanego, najbardziej inteligentnego napędu na 4 koła – z silnikiem TwinPower Turbo zapewnia absolutną radość z jazdy. By poczuć to naprawdę, umów się już dziś na jazdę próbną. Radość nie wymaga innych argumentów, zarejestruj się na [www.bmw.pl/seria5](http://www.bmw.pl/seria5)

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\* Emisja CO<sub>2</sub> i zużycie paliwa w cyklu mieszanym według normy ECE dla BMW 525d xDrive: 134-140 g/km i 5,1-5,3 l/100 km. Zdjęcie przedstawia elementy wyposażenia dodatkowego nieobecne w wersji podstawowej.

# Playtime in Prague



FOT. NIKADA/ISTOCKPHOTO.COM

The Czech capital's popularity as a tourist destination is enduring. In the past year more than four million people visited Prague, and for most it was not their first time. Rose Dykins discovers how to make the most of the Czech city on a return visit.

Nearly 60 per cent of tourists are returning for a second, third or fourth visit, says a Czech Tourism spokesperson. „It's still cheap compared with most European capitals because we don't have the euro and everything in the city centre is in walking distance.”

Prague's centre forms the largest UNESCO site in Europe, and the Gothic charm of the Old Town has no doubt played a large part in encouraging repeat visits. The city has also become a top stag party destination thanks to its breweries and beer culture. But beyond the romance and cheap pints, what else has it got to offer?

„People know Prague is here, but they often don't know what there is to do,” says Hana Langmajerova, senior project manager of Kuoni Destination Management ([kuoni-dmc.com](http://kuoni-dmc.com)), which arranges group travel in Prague. „There needs to be more promotion of the city, telling people what's new.” She recommends trying out „the trendy restaurants, the many festivals and the walks around the back streets of both sides of the Old and Lesser Towns”. Here are some more suggestions.

## KAMPA ISLAND

If you are familiar with the Old Town and have already marvelled at the Astronomical Clock and the Church of Our Lady Before Tyn, cross the Charles Bridge to Kampa Island to see a different side of the city. Separated from the lovely Mala Strana, or „LesserTown”, by an arm of the River Vltava, it is a popular spot with locals for escaping the crowds. Walk across the stone bridges and you will feel as if you are in the countryside, despite being minutes from the centre. In good weather, the grassy spaces that line the river are full

of picnics and people playing games. The island has its own modern art gallery, Kampa Museum. It's surrounded by some of the city's most interesting sculptures – look out for the giant bronze crawling babies by Czech sculptor David Cerny. There are also plenty of pubs – the Mlynska Kavarna (Park Kampa; tel +420 608 444 490) is a converted mill with a secluded garden, reachable by bridge.

Kampa Museum: open 10am-6pm; entry is Kc260 (£9.40). U Sovovych Mlynu 2; [museumkampa.com](http://museumkampa.com)

## MUCHA MUSEUM

Czech artist Alphonse Mucha is considered a pioneer of the art nouveau movement. Mucha created posters that featured glamorous women in natural surroundings that morph into intricate patterns.

Prague's understated Mucha Museum, on the edge of the Old Town, has a wide collection of the artist's prints. A highlight are the black and white photographs Mucha took in his Parisian studio of his friends and models. A video about Mucha's life puts his work into context.

Open 10am-6pm; entry is Kc180 (£6.50). Panska 7; [mucha.tyden.cz](http://mucha.tyden.cz)

## MUSEUM OF COMMUNISM

Above a McDonald's on Na Prikope street in the Old Town, the compact Museum of Communism is well hidden. It provides a clear account of the worldwide development of the movement from 1948 to 1989, and encourages reflection on how remnants of this history can be seen in the city today.

The array of busts, artworks and artefacts are displayed in a slightly disorderly fashion, but this gives the museum an intimate feel. Interesting exhibits include framed communist propaganda posters and a replica of





Open daily 9am-9pm; entry is Kc180 (£6.50). Na Prikope 10; **muzeumkomunismu.cz**

William Lobkowicz retrieved more than 1,500 paintings and 20,000 objects, including well-loved musical instruments, the world's third-largest collection of 16th-century Spanish court paintings, and two Canaletto oil paintings of the Thames. Daily



Museum is open 10.00am - 6.00pm,  
entry: 275 KC. Concerts take place at  
1.00pm., tickets: 390 KC Jirska 3; **lob-  
kowicz.cz**

Open daily 10.00am - 10.00pm.  
Kremencova 11; [en.ufleku.cz](http://en.ufleku.cz)  
More details: [czechtourism.com](http://czechtourism.com), [pragueconvention.cz](http://pragueconvention.cz)

**Alchemist Grand Hotel and Spa** Near to Prague Castle in Mala Strana, this boutique five-star hotel bursts with character. Expect decadent Baroque furnishings, zebra print chairs, antique four-poster beds and lashings of gold leaf. It has 47 opulent bedrooms, two conference rooms, an Indonesian spa and a restaurant.

Trziste 19; tel +420 257 286 011; [alchymisthotel.com](http://alchymisthotel.com)  
Rooms at 6,405 KC



**Hard Rock Café** For generous portions of American-style food, head to the largest Hard Rock Café in Europe, just off Old Town Square. Typical of the restaurant brand, the walls are lined with authentic movie and music memorabilia, such as outfits worn by Madonna and Elvis Presley. Colourful cocktails are on offer.

Open daily 12.00pm-12.00am; two courses Kc558.  
Dum U Rotta, Male Namesti 3; tel +420 224 229 529;  
[hardrock.com](http://hardrock.com)



# A Waterfall Bungee-Jump

What are the winter options for a short four-day trip? The place of your destination must be warm, exotic, eccentric, and provide a lot of adrenaline. Egypt? Too trivial and flooded with tourists. The cities of the Mediterranean? Not bad, but there's a risk involved that they might be covered with snow, just like Warsaw. Asia? Good, but this time difference... Africa? Too hot. The south of Africa? Even hotter! Marzena Mróz recommend a remarkable journey - only for the brave ones.



David Livingstone, who discovered the Victoria Falls - one of the seven natural wonders of the world, referred to them as “the scenes so lovely that must have been gazed upon by angels in their flight.” The falls, located on the border of Zimbabwe and Zambia, are present on the UNESCO World Heritage List. They are the aim of this short trip, but... that's not the end of the attractions!

## AFRICA ON BOARD

When planning a flight to Johannesburg, we can choose among many carriers, but the offer of South African Airways turns out to be most interesting. First of all, you will fly there in the evening, spending the first night of your trip on board (thus saving time and money). The airline has a very good on board service, which will provide you with the very first tastes of real Africa (colourful cabin crew, good catering, South African wines). From the capital of South Africa you must take one more 1.5-hour flight to Zimbabwe, also operated by South African Airlines.

You will land at a small airport in the very heart of the bush. Already during the transfer to your hotel (this takes only 20 minutes) you can observe the wildlife. You'll come across numerous monkeys, giraffes and even elephants – if you're lucky. The choice of hotels near Victoria Falls is large, but it's definitely worth investing in a better one such as ultra-stylish and decorated in colonial style Victoria Falls Safari Lodge, a modern and spacious Elephant Hills, or Stanley and Livingstone boutique hotel which offers the accommodation in 16 stylish suites. Importantly, you will stay in the same hotel throughout your whole stay in Africa. Thanks to this, you won't have to pack and unpack your suitcases all the time.

## THE RAINBOW BY THE MOONLIGHT

You are in a unique location, situated on the border of four countries: Zimbabwe, Zambia, Namibia and Botswana. There's only 1.5 hour drive to Chobe National Park - one of the most beautiful places on the continent, which is famous for the largest elephant population in Africa. In Chobe you can also observe lions, leopards, and lycaons – the African wild dogs. The following day you will cross the border to get to Botswana for your safari to observe wild animals in their natural surroundings, as well as take a boat ride on the river to watch herds of playful hippos. Then there's lunch in Botswana and in the evening the return to the hotel. The following day begins with watching and taking photos of the wonderful Victoria Falls, some of which are located in Zambia. You can watch them at close range, touch the water, watch the mist that rises over 300 metres above the waterfall and is visible from a distance of 60 km. The most remarkable phenomenon in this region is the rainbow seen at night, by the moonlight. The falls are 1.7 kilometres wide, 111 metres high, and in the peak season over 2 million gal-

FOT. M. MRÓZ, ASPX/BIGSTOCKPHOTO.COM, STYVE/BIGSTOCKPHOTO.COM



Rafting enthusiasts consider the Zambezi to be one of ten rivers that are best suited for practising this sport.



Indigenous tribes call these waterfalls „The smoke that thunders“. It's a good name because the mist over them is visible from a distance of 37 miles.



lons of water hurtle over the edge each second! They are higher than Niagara falls, but slightly smaller than Khom Falls in Laos.

#### THE ADRENALINE BOOST

The next attraction is canyoning to a small island, located close to the falls. If you decide to start the day in this way, you will certainly see a herd of hippos bathing near your boat at dawn. During the ride among the powerful hippopotamuses you will be accompanied by an armed escort. On reaching the island, the guests will be served outdoor breakfast. If you are lucky, you'll be able to see elephants swimming in the river.

Another great excitement is white-water rafting. It's a crazy, but wonderful adventure, which involves navigating a foaming river on an inflatable boat, and avoiding water obstacles along the way. Sometimes your raft may capsize. You shouldn't worry, however, because if the river current isn't too strong you will be able to get into the boat and carry on. Since you are in such a remarkable place, why not decide to bungee jump from a bridge on the border between Zambia and Zimbabwe (108 metres to the water surface), which is considered the highest natural bungee-jumping spot in the world?

For the ultimate happiness you can decide to take a helicopter flight over the falls. It takes only 15 minutes, but you will be able to see the unusual topography of the surrounding areas as well as the meanders of the river deep in the canyon. For those with a romantic soul, and those who get dizzy on large heights, we suggest alternative activities: a trip to the 100 years old bridge over the Zambezi. There you can enjoy a glass of champagne at sunset, or have romantic dinner by the torchlight, tasting such delicacies as crocodile and ostrich meat, and sipping the exotic local beer called Chibuku.

Such a trip, which will definitely integrate each group, finishes with an „Out of Africa“ theme party - held in the banquet hall of the hotel or in the garden, with the stage design and music from the renowned film by Sydney Pollack. The sumptuous menu is written on recycled paper made from elephant dung, and as a reminder that all this really happened, each participant receives a commemorative photo from the expedition – their own portrait in sepia tones.

Discovery Travel Agency specializes in organizing incentive events taking place in various destinations throughout the world. The agency has been operating in Poland since 1994. Contact: [www.discovery.pl](http://www.discovery.pl)






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# Savoy Skiing Paradise

Valmorel is a perfect place both for experienced single skiers, as well as for families with children who only begin to learn how to ski. Sunny slopes of various difficulty, proximity to the airport in Geneva, unique charm of the Savoy style, architecture and cuisine, as well as a possibility to spend a week skiing and basking in luxury should make enough of an argument to make you think about Savoy as your winter holiday 2012 destination, says Marzena Mróz.

**T**he skiing area of Le Grand Domaine, is situated beneath the pass of Col de la Madeleine, between two mountain ranges: Massif du Cheval Nor and Massif de la Lauziere, at 1400 - 2550 metres above the sea level. It connects three valleys ideal for prac-

tising all kinds of winter sports: Valmorel, Doucy and Saint Francois Longchamps. It offers various ski runs of total length of 153 km, a snowboard park with half-pipe and boardercross, 160 snow cannons, and over 50 ski lifts: cabin lifts, chair lift with canopies of without them, as well as

T-bar lifts, carrying about 50 000 people per hour in the season. The most popular, and the longest run is „La Madeleine” of 3.2 kilometres.

## THE „BEAUTY SPOT” OF SAVOY

No wonder French people refer to Valmorel as the „beauty spot” of

Savoy. What makes it special among other alpine towns, is its’ people’s attachment to tradition. Small houses made of stone resemble cottages that people erected here in previous centuries. Thanks to this, today the place looks like an old mountain village. Was it not for the ski lifts, you could think you ended up in some magic place which had been cut off from civilization in some miraculous way. Today Valmorel is one of the most beautiful ski resorts in Savoy. Although it located rather low (only 1400 - 2550 metres above the sea level), all the skiing runs here are al-

ways perfectly prepared. The town is completely pedestrianized, and the centre - le Bourg-Morel is surrounded with five stylish housing estates, is the beating heart of the station. It’s an ideal meeting place, with numerous cafes, restaurants, shops and pubs. Peaceful during the day, it comes to life in the evening.

## LUXURY A LA FRANCAISE

On the most beautiful, sunny slope of Valmorel, you will find a luxurious Club Med, whose architecture refers to the best models in Savoy. Exclusive interiors of the public are-

as of the club as well as guestrooms were designed by well known designers - Nicolas Adnet and Marc Hertrich. On the one hand, you can spend holiday close to nature, on the other - surrounded by luxury. The place is spacious, unique and idyllic. Guests have access to villas, spacious suites, as well as rooms and chalets of such high standard, that French newspapers - when reporting the opening of Club Med Valmorel in December 2011 - emphasized that it showed the highest possible standard of quality. Club Med Valmorel offers 26 spacious suites, a private

FOT. ARCHIWUM HOTELU, BSCHARF



lounge overlooking Mount Blanc, a concierge service, champagne from 6.00 in Y5 zone, as well as private villas with a few bedrooms (84-194 square metres), a butler service, a fireplace, a terrace, WiFi, and access to high quality electronic equipment.

#### FIVE TRIDENTS OF LUXURY

The club was given five tridents, which denotes the highest standard. But most of all, you should know that once you decide to spend your holiday in Club Med, you make your payment only once. All the attractions, like skiing with instructors, sophisticated dishes and the best alcohols served in bars, child care, evening performances, discos, and even aromatic espresso served after dinner, before another skiing escapade - all this is already included in the price. Guests

can choose a few restaurants, where buffets are real pieces of art. The culinary theme changes each evening, which makes it possible for the chefs to present their skills and prepare dishes from French, Asian, Italian or seafood cuisine. Club Med Valmorel is the only hotel in the whole France, which offers attractive infrastructure and professional care to all age groups. Starting from the youngest children, who spend their day in Baby Club to teenagers, who - under the supervision of instructors - learn how to ski or snowboard, goes skating or tobogganing. They also have their own place in Club Med, called Passworld, where adults are not allowed to enter. There is a minibus shuffling between the villas and the main part of the hotel. Guests can choose among a few restaurants, use an in-

door pool, a skating rink, a fitness club, for long walks, practise Nordic walking as well as go to an exclusive Spa, occupying the area of 600 metres square. But what's the most interesting in Club Med is the atmosphere full of joy and genuine happiness, without any subservient bows, as tipping in Club Med is strictly forbidden. Guests are taken care of by the so called GO - gentle organizers - young, talented people from all over the world, who also join in the fun. They are sports instructors, work at reception desk, take care of children and perform on the stage in the evening. GO also await those coming back from skiing trips - dressed up in funny costumes with mulled wine or tea with rum, a piece of cake or fresh oysters. Who else would wait for you like that? Only mum, I'm afraid... ■

Exclusive interiors of the public areas and rooms were designed by Nicolas Adnet and Marc Hertrich

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For more details about Club Med holiday, go to [www.clubmed.pl](http://www.clubmed.pl)

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## International Business Centre, Winning on Reputation

One of the European Union's most advantageous international business centres, Cyprus offers low taxation, high performance and unrivalled access to key investment markets that include Russia, Ukraine, India and the EU. Cyprus offers one of the world's most globally-orientated and business-friendly environments for establishing corporate structures within the European Union. With EU membership and the harmonization of legislation, Cyprus' reputation has grown whilst the corporate tax rate remains the lowest in the European Union at 10 per cent. Attracted by a wide network of over 40 double taxation treaties, a highly educated, multilingual workforce, state-of-the-art telecommunications and world-class business services, the island now hosts over 230,000 registered companies from Cyprus and across the world.

### LAYING THE GROUNDWORK

As long ago as the early 1960s, the country looked ahead and forecasted that knowledge and information would be the drivers of sustainable economic growth. Following up insight with action, Cyprus then invested intensively in the key pillars of the knowledge economy: skills, infrastructure and a services-based mind-

set. The large number of Double Taxation Treaties (DTTs) signed by Cyprus strengthened the island's position as a key corporate location. Today, Cyprus is a vibrant business centre, offering an all-round package of services, from banking and accounting, to sophisticated telecommunications and technologies, to world-class professionals and a highly qualified workforce. The island offers significant advantages to companies looking to reduce their overall tax burden, whether they do so by using the island as a springboard from which to launch their products or services into regional markets, or whether they choose to use Cyprus to set up a holding company for their international operations.

### MAIN ADVANTAGES

Cyprus has a flat rate of corporate tax of 10 per cent. This remains the lowest tax rate in the European Union which, when coupled with its large network of DTTs and other tax-related measures, ensures maximum tax efficiency and minimum tax leakage for Cypriot-registered companies. Supporting this fiscal advantage, Cyprus also offers a workforce that is one of the best educated in the world, with 44 per cent of 25 to 29 year olds holding university degrees. In addi-

tion, the Cypriot workforce is multilingual, with Greek as its mother tongue, English as the language of business and commerce and French, German and Russian easily sourced especially by graduates from overseas universities. Cyprus has a strong legal system based on English common law and amended over the last few years to ensure it is in line with EU regulations. This means that international companies are dealing with a familiar and wellunderstood system.

### HOLDING COMPANIES

Cyprus' international reputation has increased significantly in recent years. With the lowest tax rate in the European Union, a tax system that has been approved by both the EU and the OECD, Cyprus has become one of the most attractive international finance and business centres in the region. Investor activities include international business structures such as holding companies, finance companies, shipping companies, investment funds and head office operations, amongst others. The most prevalent activities include using Cyprus as a holding company and finance company jurisdiction. Holding and finance companies enjoy numerous benefits under Cypriot law, including the

low income tax rate on company profits, the favourable withholding tax provisions of the Cypriot double taxation treaties network, the advantageous repatriation provisions under Cypriot tax law which allows payment of dividends, interest and royalties without payment of withholding tax, the exemption from tax of trading gains and capital gains made by a Cypriot holding company from the sale of shares in a foreign subsidiary, and many others.

### WELL-PERFORMING BANKING SECTOR CYPRUS'

international business centre is supported by a strong and stable banking system that includes more than 40 international and domestic banks. Emerging from the international crisis as one of the most resilient and stable banking systems in the world, Cypriot banks were proven to be strong, liquid, well capitalised and well regulated, with no toxic assets found in the banking system. Cypriot banks were praised for holding capital and liquidity ratios well above the regulatory minimum, a factor that helped retain investor confidence through the crisis and one that was further confirmed by the successful results of the EU-wide bank stress tests on the island's two largest banks, Bank of Cyprus and Marfin Popular Bank, in July 2010. With a loans-to-deposits ratio of 1:1, well below the EU average, and strong capital adequacy ratios of 12:1, the Cypriot banking system is internationally recognised for its conservative approach based on sound fundamental banking practices. Holding strong deposit bases, with no reliance on interbank lending, the Cypriot banks' effective and prudent risk management policies have created an environment of stability and confidence for financial services operators and investors conducting business on, or from, the island.

### INTERNATIONAL SHIPPING CENTRE

Cyprus' maritime and shipping industry is another top performer, and the port of Limassol is now considered the largest third party ship management centre in the European Union and one of the largest in the

world. The Cyprus Registry is today classified as the 10th largest merchant fleet in the world and the 3rd largest fleet in the European Union, while members of the Cyprus Shipping Chamber own and/or manage more than 2100 ships with more than 40 million gross tonnage in total. Indeed, it is estimated that around 4 per cent of the world's fleet is managed from Cyprus. Maritime and shipping generate more than 5 per cent of Cyprus' GDP and employ 4000 shore-based and 60,000 seafaring personnel.

### FAVOURABLE BUSINESS ENVIRONMENT

The World Bank Group's 2011 Doing Business Report ranks Cyprus 37th out of 183 nations in terms of overall ease of doing business, and companies are attracted to Cyprus by a number of factors, not all are tax-related. Professional fees charged for financial and business services are extremely competitive and the quality of service offered is internationally recognised. In servicing Eastern and Western clients alike, Cyprus has complemented its geographic proximity with world-class telecommunications services, further enhancing the services sector's reach and accessibility. The country has a fully digital national network, along with reliable, high-speed connectivity to other modern economies via satellite and fibre optic submarine cable systems and international call rates are

the cheapest in the European Union according to Eurostat.

### PERSUASIVE PACKAGE

Cyprus' strategic location at the crossroads of three continents has been a major factor in shaping its history throughout the centuries and its development into an international business centre in recent years. European Union and eurozone membership have further enhanced the island's attractiveness and today Cyprus is being transformed into a key outpost in the eastern Mediterranean, serving as a business bridge between Europe, the Middle East, Africa and Asia. Official statistics show that international business structures in Cyprus are already generating more than 857 million euro a year. The island, with the highest percentage of university graduates in Europe, good infrastructure, open, free, market economy, low corporate tax rate and long-standing relations with Central and Eastern Europe as well as the Middle East, also enjoys more than 340 days of sunshine every year and an enviable quality of life. With all the right elements firmly in place, Cyprus will continue to be ideally positioned to expand its reputation as an international centre of business excellence well into the next decade. Professional but without a hint of the rat race, Cyprus offers an atmosphere that makes business pleasurable as well as profitable.

FOT: BAPALGIN/DREAMTIME.COM, PETER LOVAS/DREAMTIME.COM



Ministry of Commerce, Industry and Tourism  
13-15 Andreas Araouzos Street,  
1421 Nicosia, Cyprus; Tel.: +357 22 409328  
Fax.: +357 22 409432  
E-mail: [onestopshop@mcit.gov.cy](mailto:onestopshop@mcit.gov.cy)  
Cyprus Investment Promotion Agency  
Tel.: +357 22 441133  
Fax.: +357 22 441134  
E-mail: [info@cipa.org.cy](mailto:info@cipa.org.cy)  
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fax: 00 48 22 854 01 80  
e-mail: [ctc@cyprustrade.pl](mailto:ctc@cyprustrade.pl)  
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# Forget Paper Maps

Satellite navigation is mainly associated with cars. It's not surprising, though, as motorists benefit from the system the most. The coordinates calculated by GPS satellites can, however, be used in many other situations.

We could say without too much exaggeration that in recent years there has been a real breakthrough in the area of satellite navigation systems. Less than a decade ago, those systems were reserved for most luxury cars and yachts. It was also used by extreme sports enthusiasts, especially paragliders.

Today, GPS devices have become much more common. They're cheaper, but also - thanks to a huge amount of data collected from various regions of the globe - more and more practical. They enable you to control your running or cycling performance, participate in the global game of geocaching (searching for hidden „treasure”), or simply design an interesting walk

route at an unknown location. There are also a number of other uses of navigation devices, well known to motorists - with their help you can find a nearby restaurant, a shopping centre or a petrol station. Below, we present several devices that can help you embark on a journey without a pile of maps, but with a supply of batteries. Without them you can really get lost.



## MapaMap

The navigating system prepared by Imagis is one of the oldest in Poland and also unarguably the most popular. It's partly owing to the fact that it's available for various navigation devices from Garmin, through various less-known gadgets, to smartphones and tablets running Google's Android, as well as iPhones and iPads. Thanks to this diversity, those remarkably accurate maps (including maps of Poland prepared by Imagis) are available to a large number of Polish users.



Thanks to this, MapaMap for Android can run not only on phones, but also even on small tablets like Samsung GALAXY Tab 8.9 featuring Android 3.1 operating system. MapaMap will guide you to your destination, as well as find for you useful facilities near your route. In addition to the road grid (including speed limits and speed cameras) the system features topographic data as well as hiking trails and bicycle paths. In other words, the maps are useful not only for motorists.

In September Imagis released MapaMap Travel navigation for the iPhone and the iPad. It's installed entirely in the device's memory, so it doesn't need to be constantly connected to the Internet. You can buy it in the Apple's AppStore.

## TomTom

TomTom has been present on the market of satellite navigation systems for 20 years, but in recent years the company has been conquering the European market especially rapidly. One of its latest products, operating also in Poland, is a GO LIVE series - the navigation systems whose aim is to enable motorists to move around the most congested cities in the least painful and most effective way. The information on traffic jams or road works is obtained from the public network of sensors and cameras, as well as GPS navigation systems which are connected to the Internet. Other interesting features include access to weather forecasts and Google search engine.





## Garmin

Garmin is the most known manufacturer of devices which use data from GPS satellites. The company manufactures various types of maps and measuring devices for travellers, cyclists, sailors, airmen, and climbers. That's why, Garmin has prepared the Edge series represented by models 200 and 800. The first one is a simple bike computer, which, thanks to the precision of GPS can save your route together with such data as speed, time and distance. Later you can review your performance on your computer and compare it to the results of other cycling enthusiasts. Edge 800 actually does the same, but also collects much more data (e.g. ascent and descent), and features a basic built-in map.

Garmin has made a similar distinction in the hand navigation series called eTrex. The basic model 10 has a monochrome display and a basic map of the world in order to easier determine your location. Of course, eTrex 10 is waterproof, and its batteries can last up to 20 hours of continuous work. The more expensive models 20 and 30 feature 2.2-inch colour displays and the casing which is water, dust, and shock proof. You can use here detailed road, marine and topographic maps saved on an SD



card or in the internal memory. The most top model, eTrex 30, has a built-in barometric altimeter and an electronic compass.

Finally, there are the most versatile devices, called Montana 600 and 650, which can be successfully used in the car, on the bicycle, or during a hiking trip thanks to their sturdy casing. On both, you can install any Garmin maps, including satellite images. Also, both of them have barometric altimeters and an electronic compass, while model 650 is additionally equipped with a 5-megapixel camera.

## Nokia

The Finnish company specializing in mobile phones, is also active in the field of car navigation, steadily increasing the number of their phones with GPS receivers and improving their software and maps. Nokia Maps software works primarily on Symbian operating system which Nokia uses in its phones, but more recently it's also available in any web browser.



■  
Marcin Strózik

FOT. MATERIAŁY PRASOWE

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They have been known for centuries. The term „aphrodisiac” comes from Greek mythology, and the word „Aphrodisia” means sexual pleasure. Today, it has been scientifically proven that compositions of microelements and vitamins found in certain plants, fruit, vegetables and spices increase our libido and influence potency. How about using some of these common, yet uncommon products to prepare a New Year's supper?, asks Krzysztof Suligowski.

#### THE MOST FAMOUS APHRODISIACS INCLUDE:

**Ginseng** a wild perennial plant, found in China, South Korea, Japan and Eastern Russia, and it has acted as a symbol of potency for many years. Today's research has confirmed these assumptions. It turns out ginseng loosens smooth muscles in the arteries, releasing nitrogen oxide, which in turn increases potency. According to Chinese tradition, it can be applied only in cold months.

**Oysters** that might be the most popular aphrodisiac in the world and... the main dish in the menu of the best restaurants. What's the secret of this seafood, that even mentioning it is regarded as a sexual allusion? Most of all, it contains considerable amounts of zinc and selenium, which increase lust and foster fertility. You have to also bear in mind that all human senses are stimulated by the unusual and suggestive consistency of oysters...

**Yohimbe** powdered bark of this African tree is said to have „magical” powers. It contains chemical substances (alkaloids), which quickens erection and ejaculation. When applied regularly - for 2-3 weeks, but not more - magnifies your sexual experience. Be careful! Overdosing may result in hallucinations



#### THE MOST BIZZARE A PHRODISIACS:

**Spanish fly** this well-known mixture containing cantharidin - substance secreted by one of the African beetles. It has a stimulating effect on nerve endings around genital area. Overdose might lead to painful erections and problems with prostate gland.

**Bird's nest soup** considered a delicacy and the most expensive soup in the world. The soup is prepared from the nests built by birds called swiftlets. The main ingredient of this unusual soup is protein contained in the saliva of birds. The most wanted are red nests, which are said to increase libido. However, these are found much rarely than white, brown and black nests. The nests are also eaten raw, although they taste rather rubbery.

**Balut** this mysterious name refers to a an egg with fertilized duck embryo (usually 9-days old, although the Vietnamese especially enjoy 21-days old baluts). The eggs are eaten after boiling. This aphrodisiac is well-known and appreciated in all Asian countries. The Europeans eat it only when desperate, so it is treated more or less like a last resort.

#### THE MOST TASTY:

**Asparagus** apparently when boiled in wine, it increases potency.

**Chilli** hot, burning flavour lets loose the energy and increases libido.

**Avocado** contains many vitamins (especially B and E) as well as unsaturated oils. It relieves stress, and stimulates erotic imagination at the same time.

**Pomegranate** its beautiful shape and distinct taste became a symbol of bliss and fertility already under the king Solomon rule.

**Fennel** Roman soldiers used fennel brew both before the battle, and before a night with a beloved woman.

**Mint** doctors recommend to for people suffering from impotency and decline of vital powers.

**Nuts** contain substances thanks to which the organism produces dopamine, which improves the mood and increases libido.

**Rosemary** it quiets your heart, stimulates brain and positively influences the nervous system.

**Basil** improves blood circulation and its intensive smell stimulates the senses. Attention! In the past, it was believed to work only on women.

**Cardamom** Kama Sutra considers it an aphrodisiac, especially when consumed with ginger and cinnamon.

**Vanilla** contains aromatic oils, which has a relaxing effect and stimulates your appetite. Sex appetite included. ■

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# The Magic of Wine

We associate the upcoming Christmas with great feast, although not in every aspect. Many wine enthusiasts need to grin and bear it drinking alcohol, whose primary function is to appeal to everyone, including aunts, who don't drink wine, unless it's sickeningly sweet. That raises an important question: is there any wine, which will not contort your aunt's face, while satisfying the palate of true wine connoisseurs?

In order to check if there is a universal wine - in the best meaning of the phrase - you need to distinguish what are the expectations of occasional wine drinkers and those of connoisseurs and gourmets. Another thing is the menu, that will go with it. Those not accustomed to wine drinking are usually put off by wine acidity - but you can avoid it, by buying wines from the New World, or by trying to disguise it with sweet overtones.

## CONNOISSEUR'S WINE

Wine enthusiasts will probably look for complex, mineral, authentic wines, which will allow us to spend long time sipping it from the glass without the sense of tiredness or unbearable predictability. The food, will be mostly Christmas Eve's traditional delicacies, so acidity is more than welcome, as - contrary to what you might think - it is a must when eating dishes which are already sour. The flavours of wine and food wash away (???) one another, so when drinking wine of low acidity after eating sour cabbage with mushrooms, the wine would taste like a bland fruit drink - completely dull, characterless and insipid. That's why we need extra acidity, so that the wine tastes acid when confronted with such a dish. In a nutshell, you need a slightly sweet wine with massive acidity hidden inside, a wine of rich and complex nature that would satisfy your needs. And natu-

rally, it should be white, so that it doesn't dominate over the food. You don't need to look further to find such wine. The best place to look is behind our western border...

## GERMAN DELICACIES

Yup, Riesling. Despite the initial aversion, caused by the sight of characteristic blue wine bottles with Virgin Mary on the label, you have to admit that Riesling is one of the greatest white varieties having the widest range of possible tones and flavours. Starting from raw, stony and cold wines from Rheingau, through warmer and thicker from Mosel, to massive, evolved and muscular wine from Palatinate. Not to mention the wine classification with regard to sugar content, which is so characteristic in Germany. From dry and light Kabinett wine to aromatic, thick and moderately sweet Trockenbeerenauslese, produced with the use of noble rot, which covers the fruit skin, perforates it and enables water evaporation, leaving thick nectar saturated with the aroma of honey, dried fruit and truffles. For Christmas, it's best to take semi-dry, noble Riesling from the best two wine regions: Mosel and Rheingau.

## RESERVED AND FRAGILE

Rheingau wines are a bit more reserved than those from Mosel, even semi-dry ones, which are milder and more fruitful than their dry equiva-



lents. However, what dominates here are still cool mineral and citrus overtones. These are more fragile and fresh. Mosel wines are more similar to wines from Alsace. They are more massive, mineral and of thick consistency and apricot and turf overtones. They are also sweeter, unlike in Rheingau, it's quite difficult to find classic dry wines in Mosel.

## BALANCED SWEETNESS

In this case, slight sweetness is something completely natural and does not prevent the local wines from reaching their grandeur. Especially because semi-dry wines from these two regions are far from giving you the primitive taste of sugary sweetness. Rather than that, you will feel soft and distinctive fruit aromas, reserved acidity which is necessary to balance the sweet flavour. In an excellent semi-dry or sweet wine, the sugar should be mostly a medium to express aromas unobtainable by dry wines. Sweetness itself is a second-category factor. That's why you should not be afraid of sweetness hidden in good quality wines. Instead, enjoy the delight it causes as you pour it into your family members' glasses. And once you managed to suppress the aversion towards noble semi-dry wine, perhaps it's a good moment to keep it up and even have a glass of sweet wine to go with dessert? ■

*Michał Poddany  
i Robert Mielżyński*

# REST ASSURED

## 4x4



Slippery and snowy roads have been a Polish norm for many years. In fact, you can feel truly safe in difficult conditions only if you drive a decent 4x4 car – preferably one which also provides a lot of comfort.

**T**he fashion for off-road vehicles came to Europe only several years ago, straight from the USA where such vehicles have successfully replaced the station wagon version. Perhaps the same thing will happen with time in Europe, where SUVs of various sizes are becoming more and more popular. The wide range of cars offered in this segment proves that the demand for them is still growing. This is especially true for premium class models.

#### AUDI, MERCEDES OR VOLVO?

Let's just take a look at the offer of Audi, BMW, Mercedes or Volvo. Just a few years ago, those manufacturers had a maximum of two 4x4 models in their offer. Today, however, each of them offers at least three SUVs of various size. For instance, Audi currently offers a compact Q3, a middle-sized Q5, and a huge, over 5-metre long Q7. Let's not forget about BMW and their small X1, a slightly larg-

FOT. MATERIAŁ PRASOWE

er X3, and much bigger and also most luxurious X5 and X6. In other words, the choice is huge. Manufacturers also benefit from that, because now they can meet the requirements of various customers. Some of them look for a slim and vigorous off-road vehicle, which drives easily even in narrow streets of a big city, while others prefer a large and room car designed to comfortably cover large distances at high speeds.

## Window dressing

We know how to recognize a real off-road car. Usually, it has a characteristic shape of the body. A 4x4 vehicle must be tall, have a distinctly visible engine compartment and an almost vertical rear body line. The body of such a car is spacious and functional, while the driver's high sitting position enables him to see the road much better than in a regular car. The problem with off-road machines, however, is that people living in cities, in fact, rarely need to take advantage of the four-wheel drive. That's why, those who don't want to pay through the nose, can buy an "off-road" car with front or rear wheel drive only. These include not only small, luxury SUVs like Audi Q3 or BMW X1, but also larger vehicles – the likes of Audi Q5 or Volvo XC90. So, when buying a SUV, be sure to ask your salesman if your version is a real „4x4”.



#### OFF-ROAD ELEGANCE

The new Mercedes M-class belongs to the latter category. This is the third generation of this model, which has successfully combined the ability to cover off-road tracks with the luxurious finish of the interior and an elegant body. The new M-class retains these features and adds a more efficient fuel consumption. Version ML 250 BlueTEC 4MATIC is a real champion in this respect. The version, which features a 2.1 turbocharged engine, consumes an average of just 6 litres of fuel per 100 km. This means that when the car is equipped with the optional 93-litre fuel tank, it can cover almost 1,500 kilometres without visiting a petrol station. That's truly impressive. But keep in mind that this result is real only when you drive the car smoothly and on a good road surface. High speeds and frequent overtaking immediately increase the vehicle's appetite for fuel. Of course you can choose other versions of the ML, with both petrol and diesel engines, the most powerful of which produces the impressive 306 BHP. How does Mercedes ML drive off-road? It depends. The basic variant, despite having a 4x4 drive, still feels best on tarmac. Yes, it drives quite well on dirt roads, but more difficult obstacles may turn out to be too difficult. The situation changes if picking your ML, you will also go for an off-road package, which, includes a gear reducer box and a central differential lock. With this option, Mercedes becomes a true tamer of the wilderness.

#### A CAR FROM A DIFFERENT TALE

By a car from a different tale I mean Porsche Cayenne. Here, off-road driveability isn't essential, because what counts here the most is excellent handling and stability on regular roads. Well, even an off-road Porsche should at least in some respect allude to the renowned 911. Indeed, Cayenne handles much better than any other car in this class. In fact, Cayenne's enhanced electronic suspension makes this 2-ton car drive better than many sporty coupes. What's important: even the basic version of the Cayenne petrol engine produces 300 BHP, and the more expensive versions can provide as much as 400 or even 500 BHP. Of course, it's more than enough to drive quickly and dynamically. The fans of the make know that petrol engines are best suited to Porsche models. However, the company, contrary to earlier claims of their engineers, has recently introduced to its offer also cars with diesel engines as well as those with hybrid power - i.e. the petrol engine combined with an electrical one. Still, even the most economical Porsche can boast about its performance. As a result, the turbocharged engine produces 240 BHP, while the hybrid version as much as 380 BHP.

#### A RECORD HOLDER

BMW also offers an environmentally friendly SUV with a combustion-electric motor. The name of the model is X6

ActiveHybrid, which - as some may be surprised - beats the Cayenne in terms of performance. This particular version of the off-road BMW offers a power of 485 BHP accelerates to 250 km/h in just several seconds. BMW offers yet another variation of its sporty SUV, which turns out to be far faster than the off-road Porsche. Its name is X6 M - that is a model which has been tuned by the renowned BMW's sports department. In this sports version X6 features a 555 BHP engine, thanks to which it can successfully compete on a racetrack even with the basic versions of Porsche 911. It's impressive how well the engineers refined the suspension of this version. However, X6 is certainly not your typical off-road car. On winding, mountainous tarmac roads it will handle better than many sports car, however, if you try driving it off the beaten track, it will most probably get stuck in the first mud pit you will drive it into. Well, you can't have everything.

## A LA VICTORIA BECKHAM

Range Rovers - manufactured by Land Rover, are praised for their versatility, ranging from the traditional, bulky vehicle designed exclusively for the British aristocracy, through a slightly less expensive model called Sport, to a spectacular Evoque, whose design is reported to have been supervised by Victoria Beckham herself. These cars, although luxuriously finished and equipped with powerful engines, are also real off-road beasts. The British brand, which is now owned by Indian Tata Motors group, maintains the tradition started by uncompromising off-road Land Rover Defender. And it was a good idea. Thanks to this people who are serious about 4x4, know well where to go for a new car.

## THE JAPANESE PROPOSAL

Of course, these few models I've mentioned above, aren't the only ones worth consideration, since the offer of luxury 4x4 vehicles is quite generous. The Japanese and their Infiniti are also in the game with two models: EX and FX. Both are available with diesel or petrol engines, handle exceptionally well on tarmac roads and are very well equipped. However, since they were initially designed for the American market, they are probably not suitable for serious off-road driving. Kind of like the aging Lexus RX, whose most interesting version is the one featuring a 299 BHP diesel-electric powertrain.

Finally, we must mention the legendary make, which, no doubt, started the whole fashion for 4x4 cars. Of course, I'm talking about Jeep. Presently, in Europe the company has only one luxury model in its offer: it's Grand Cherokee. It's a huge car, with a characteristic appearance, and driven by powerful engines. Interestingly, just like Mercedes M-class with the off-road package, this Jeep is actually copes quite well in difficult terrain. In other words, it's not a road racer, but a serious off-road car. ■

*Marcin Strózik*

# Following Porsche

The decision to start the production of Porsche Cayenne was initially a very controversial one. Some were afraid that the car, which is so different from the iconic 911, would spoil the image of the make. It turns out that Cayenne upset only the most uncompromising Porsche fans. In fact, it proved to be an instant hit, it found numerous buyers and strongly increased the revenue of the company based in Stuttgart. It's not surprising then that other manufacturers have decided to follow suit. That's why, the market has been inundated with luxuriously finished off-road cars with a sporty character. The latest of these is Maserati Kubbang, whose prototype was shown at the end of 2011. The Italian brand owned by Fiat Group is famous for manufacturing beautiful sports cars, but it has never produced any off-road vehicles. However, things are set to change very soon. Following the merger of Fiat and Chrysler, Maserati has gained access to 4x4 technology developed by Jeep, and using it has created its own luxury off-road vehicle. The car is reported to have a sporty, sleek shape in the Italian-style, as well as an engine combined with a gearbox developed in Maranello, with the help of engineers from Ferrari.



**Even fairly young manufacturers want to have a SUV in their offer. Infinity FX.**

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# 4

## hours in... Stockholm

Michelle Mannion is immersed in an art atmosphere of Swedish capital on the water.

### MODERNA MUSEET

The best way to see a city comprised of 14 islands is via the water, so begin by catching the hop-on hop-off sightseeing boat from Nybroplan, in central Stockholm. The boat costs Kr 40 (£4) for one stop or Kr 100 (£9.50) for a 24-hour ticket. Take a brief two-stop journey to Skeppsholmen and en route you'll see the grand houses of Strandvagen, one of the city's most exclusive streets, and the restored 17th-century warship Vasa, now a museum ([vasamuseet.se](http://vasamuseet.se) – if you have time, jump off and have a look).

The peaceful green island of Skeppsholmen is home to Moderna Museet, an impressive art gallery showcasing works from the 1840s to the present. Here you'll find pieces by Picasso, Pollock, Irving Penn

(pictured, Mouth for L'Oréal, 1986), Warhol, Magritte and Bacon, as well as Dali's mind-bending The Enigma of William Tell. Until the end of the year, there is a sizeable photographic exhibition. From October 8 until January 15, works by Turner, Monet and Twombly will also be exhibited. Open Tues 10am-8pm, Wed-Sun 10am-6pm; entry is Kr 100 (£10) or free with a Stockholm Card (Kr 425/£40 for one day). Visit [moderna-museet.se](http://moderna-museet.se)

### FOTOGRAFISKA

You're not done with art yet – hop back on the boat and take it three stops to Fotografiska, passing by the Grona Lund fun fair, in operation since 1883 and home to heart-stopping rollercoasters and drop rides. Open since May last year, Fotografiska is housed in an art nouveau industrial building on the southern island of Södermalm and plays host to some excellent temporary photo exhibitions. When I visited, a typically provocative Robert Mapplethorpe show was the main attraction, along with a fantastically clever series of shots by Chinese artist Liu Bolin – the “Invisible Man” – who appears camouflaged in each of his works.

From October 10 to November 13, Joanna Rytel's The Seal will explore power, taboos, pornography and gender, while Johan Wik's Untitled (Nov 14-Dec 11) will depict men having a fistfight. There is an attractive café and bar on the second floor with floor-to-ceiling windows looking out on to the water. Open daily 10am-9pm; entry is Kr 110 (£10) or free with a Stockholm Card. Visit [fotografiska.eu](http://fotografiska.eu)

### VASTERLANGGATAN

Take the quayside walk along Stadsgardsleden to Gamla Stan, the old town – it takes about ten minutes. Suspended 33 metres above ground by the busy junction that links the two islands is Gondolen ([eriks.se](http://eriks.se)), a bar and restaurant that offers great views. In Gamla Stan, walk up the main road, Vasterlanggatan. It's also the main tourist drag so expect hordes of visitors and shops selling Viking hats and “I love Swedish girls” T-shirts. But you'll also find charming eateries, design shops and, at number 76, Kurt Svensson Konsthandel ([kurtssvenssonskonst.com](http://kurtssvenssonskonst.com)), which sells vibrant oil paintings dating back to the 1800s. Closed after 3pm on Saturdays, a note in the window with the telephone number says: “Don't hesitate to call if you are in the need of spending money.” Don't expect a bargain, then...

### STOCKHOLM CATHEDRAL

Walk north on Vasterlanggatan then take a right at Storkyrkobrinken. Here, next to the mighty Royal Palace, you'll see Storkyrkan, Stockholm's cathedral and the scene of Crown Princess Victoria's marriage last year. The oldest parts were consecrated in 1306, and in 1736-42 the exterior was rebuilt in Italian Baroque style. But it's the inside that is really stunning. Under its high vaulted ceiling you'll find an ornate 17th-century ebony and silver altarpiece, two huge paintings by David Klocker von Ehrenstrahl depicting the crucifixion and the last judgment, and a wonderful 15th-century oak sculpture of St George and the Dragon, the saint protecting Stockholm from the Danish beast. Take a look, too, at the Parhelion Painting, a celestial-looking depiction of the old town dating back to the 1630s. Entry is Kr 40 (£4) or free for prayer. Visit [stockholmsdomkyrkoforsamling.se](http://stockholmsdomkyrkoforsamling.se)

### BIBLIOTEKSTAN

Cross back to the city centre via Strombron bridge and walk up by Kungstradgarden (the King's Garden) towards Bibliotekstan. As the city's upmarket fashion district,



this pedestrianised road and the ones that branch off it are full of brands such as Gucci, Louis Vuitton, Marc by Marc Jacobs, Fred Perry, Hugo Boss and Agent Provocateur. For homegrown fashion and design, try J Lindeberg, Tiger, Acne, Filippa K and Design House Stockholm. Even if the quirky aesthetic of Urban Outfitters isn't your thing, take a look at the store here anyway – it's housed in a 1915 former cinema and many of the building's original features remain intact, such as a high frescoed ceiling and wooden balcony. Some stores have maps that suggest themed shopping walks around the area. Visit [bibliotekstan.se](http://bibliotekstan.se)

### NOBIS HOTEL

End with refreshments at the Nobis hotel, at the foot of Bibliotekstan on Norrmalmstorg square. Open since

December last year, this luxury property is a member of Design Hotels and its grand buildings have a story to tell. In 1973 a bank raid took place here, giving rise to the term “Stockholm syndrome” after employees held hostage grew attached to their captors. Nowadays it's home to a smart all-day bistro with a summer terrace, a sleek mirrored bar open in the evenings, and Caina, an excellent Italian restaurant (open weekdays for lunch, Mon-Sat for dinner). The lounge, housed in a soaring 28-metre atrium, is the highlight. Open to the public after 6pm, it's a great place to sip a cocktail. Norrmalmstorg 2-4; tel +46 8614 1000; [nobishotel.com](http://nobishotel.com), [designhotels.com](http://designhotels.com). Visit [businessstraveller.com/tried-and-tested](http://businessstraveller.com/tried-and-tested) for a full review.

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ask

Peter

Piotr Kalita is related with air transport market for almost 20 years. He is specializing in corporate and diplomatic travel segment. Have a question? - ask Piotr. Mail your question to: [redakcja@businesstraveller.pl](mailto:redakcja@businesstraveller.pl)



# Business class, please!

For some time, I've been dealing with travel booking in our company. The boss is flying to New York for a business meeting. I've booked and paid for a cheap ticket. My boss asked me to change it to business class. Are there any possibilities to change it now?

Agnieszka

Dear Agnieszka,  
There are a few possibilities to upgrade to a higher class. The easiest way is to pay the difference between the original fare and the business one. But you should bear in mind that not all fares allow for such surcharge. Some promotional tickets may come with restrictions on surcharges and upgrades.  
Many travellers belong to airline loyalty schemes. There is a possibility to use a given number of points to upgrade to a higher class. If you want to take this option, you should notify the airline in advance, as the number of seats for passengers paying with their points is limited. You need to also remember that not all fares allow you to use your points to upgrade to a higher class.  
Some airlines have a possibility to upgrade to a business class for a fixed charge. In that case, you don't need to calculate the fare difference. The charge is known in advance. Naturally, such an offer has numerous limitations. It is available for a very short time before departure - 7 days, 24 hours, or even on the day of departure. The airlines may introduce such offers during the times of lower passenger load. Such possibility of upgrading to a higher class is the most attractive financially, but not always available. There is also another opportunity to fly in business class, but let's treat it as an anecdote. It sometimes happens that the airlines allow to book more seats, so that the total number exceeds the plane capacity, which is known as overbooking. If all these passengers check-in for the flight, some of them are transferred to business class. The first passengers to be upgraded would be those with the most expensive tickets or with high status in the loyalty scheme.  
In your situation, I recommend contacting the agent, who issued your ticket and paying the fare difference.

# A seat with no guarantee

I often travel on business I always ask my assistant to book me a specific plane seat with bigger leg capacity. I can't book the seat next to the emergency exit. Sometimes, however, I get a different seat, than my confirmation says. How can I make sure my seat will not be changed?

Andrzej

Dear Andrzej,  
A possibility to book a particular ticket on a plane is a free-of-charge service available with most traditional airlines. On transcontinental routes you can usually book a ticket in all class types: economy, business and first class. With shorter flights within Europe, the service is available for business class passengers. On Polish market LOT Polish Airlines gives you a possibility to book particular seats in economy class when flying on short and national routes.  
In various planes, indeed, there are seats with larger leg capacity. These are so called bulkhead seats in front rows, seats next to emergency exits and some seats in the front section of the plane.  
Some part of the seats cannot be allocated when booking. These special seats are blocked by the system and are at disposal of the ground crew. Such seats are usually given to children travelling without supervision, passengers with medical problems or travelling with small babies, or to passengers with high status in the frequent flyer scheme. Seats next to emergency exit can be given to passengers, who are able to open it, know English and will be able to cooperate with the crew. Such evaluation of skills is made by the check-in agent and cabin crew. That's why your assistant can't book the place next to the emergency exit.  
Seats allocated at the time of booking are never guaranteed. Airlines use different terms like „allotted seats”, „allocated seats” or „designated seats - but never „guaranteed”. The final seat number is given only during the check-in at the airport or when you do it online.  
It sometimes happens that the original plane that you were supposed to fly in gets replaced with another type. Then, the allocated seat numbers may change. It may also turn out, that you ought to give your seat to a handicapped passenger in a wheelchair, or to a child travelling without supervision. From time to time, it also happens, that crew members asks passengers to change their seats during take-off to correctly balance the aircraft.  
Some airlines charge extra for allocating more comfortable seats. In that case, the seat is guaranteed, and you are entitled to a refund should any changed arise.

FOT. PIOTR WALICKI

