

# Business Traveller Poland

| 9,60 zł (8% VAT included) | N° 2/2012 (24) FEBRUARY 2012 |



## ST. VALENTINE'S DAY 10 HOTELS FOR LOVERS

ISSN 2080-7228 INDEKS 256765



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Perry Publications, Cardinal House,  
39-40 Albemarle Street, London,  
W1S 4TE  
tel. +44 (0)20 76 47 63 30  
www.businesstraveller.com

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

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# LIFE ON THE ROAD

There's no happiness for those who don't travel. Living in the society of men, even the best man becomes a sinner." The Chinese believe that the ability to have time for yourself and for your beloved one is the best cure for the illnesses of the soul. That's why, the Valentine's Day celebrated on February 14th, can be an excellent opportunity to decide to embark on a romantic journey. Trying to find the hotels which seem to be ideal for those in love, we have selected 10 most spectacular and unique places that we especially recommend. And since planning journeys is a long process, I encourage you to read the article about the 7 new wonders of the nature. I hope that the descriptions of such places as the Amazon Rainforest, Ha Long Bay, Iguazu Falls, Jeju Island, Komodo Park, River Puerto Princessa and Table Mountain, will be an inspiration for subsequent expeditions. Ski enthusiasts will, certainly, be interested in our article „Extreme Winter” where we recommend original and most suitable destinations for practising winter sports. I hope that the new issue of our magazine, which features a brand new layout, will appeal to all our readers. Enjoy your reading.

Marzena Mróz  
Editor-in-Chief



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LOT  
New Outfits

PILLBOX HATS FOR CABIN CREW

Since 1 January 2012, stewardesses of LOT Polish Airlines have got a new image. Their elegant clothes have been complemented with tasteful and good-looking pillbox hats, decorated with steel wings with the logo of LOT Polish Airlines on them. Stewards carry the same wings in the lapels of their jackets.

The new headgear was first presented when Ethiopian Airlines became a member of Star Alliance. - Polish stewardesses look especially professional and elegant in the uniforms, which was noticed by many representatives of Star Alliance airline members – says Leszek Chorzewski, the spokesman for LOT Polish Airlines. – The headgear isn't a brand new element in the uniforms of the cabin crew of our airline – says Dorota Haller, Product and Marketing Office Manager in Lot Polish Airlines. - It alludes to the best traditions of LOT. Our stewardesses have always been associated with elegance, professionalism and the latest trends in fashion. Pillbox hats, with a narrow brim and raised sides, were designed especially for Polish stewardesses and they emphasize their feminine beauty, at the same time making their uniforms look complete, and this is what makes the new cabin crew image so elegant. The introduction of the headgear and winter coats is only the beginning of the changes in uniform, to be expected in 2012. In spring, the cabin crew will be wearing classic, elegant trench coats and new scarfs in white, red and dark blue colour.

Eurolot  
On board

ANY WINE  
ON BOARD?

On board Eurolot aircraft flying from Gdańsk and Warsaw to Poprad, Slovakia, flight attendants serve Slovakian wines. This pleasant surprise has been prepared by Slovak National Centre for Tourism in Poland in collaboration with Slovakian winemakers, in order to promote the country and attract Polish tourists for winter holiday in Slovakia. A special attraction of this year ski trips to these areas are FLY & SKI & RELAX packages including: the flight, the transfer from the airport to the hotel and ski slopes, accommodation, breakfasts, dinners, ski passes as well as relaxation in the hotel's wellness centre. Those who decide to buy a long-stay package, can expect free ski and snowboard transfer, while those who prefer to leave their equipment at home, will receive a 25% discount on ski rental and skiing lessons in Tatra TMR skiing resorts.



Air Baltic  
Riga-Brussels

MORE FLIGHTS

Latvian national airBaltic airline is planning to increase the number of flights from Riga to Brussels. Currently, there are eight flights a week on this route, but in summer 2012, this number is set to increase to 12 and passengers will be able to choose from a morning or an evening flight during a week, as well as a single flight at weekends. - Each flight will be operated in collaboration with Brussels Airlines on board Boeing aircraft, in order to offer the highest quality of service to all passengers of the Latvian airline: businesspeople, politicians and tourists - says Martin Gauss, the head manager of airBaltic. The new, more convenient timetable will be effective from 26 March 2012.



Scandinavian Airlines  
Poznan – Copenhagen

ONE MORE FLIGHT

SAS introduces the third daily flight from Poznań to Copenhagen. Starting 26 March, Poznan will gain an additional connection to the largest Scandinavian hub - Kastrup Airport in Copenhagen. The new connection of SAS Scandinavian Airlines on the route between Poznań and Copenhagen will be operated every day except Saturdays and Sundays. Afternoon and evening hours of the additional connection may be especially interesting to business travellers. The new comprehensive schedule of SAS flights departing Poznań means that soon you will be able to travel to Copenhagen (and back) at any time of day. The new flights will depart from Copenhagen at 4.40 pm and arrive in Poznań at 5.45 pm, while the return flight will depart from Poznan at 6.20 pm and arrive in Copenhagen at 7.25 pm. The third, evening, flight will complement the offer of the carrier. This will allow travellers to gain even more convenient connections on board SAS aircraft, not only to Scandinavia, but also to many cities in Europe, Asia and the United States, e.g. to Beijing, Tokyo, Bangkok, Shanghai (from March 1, 2012), Chicago, New York and Washington, as well as Singapore in collaboration with Singapore Airlines.



Czech Airlines  
New Menu

A BUSINESS  
CLASS TRIP

Czech Airlines has introduced a new onboard menu. On Prague-Abu Dhabi route, you can now taste exquisite dishes prepared by the chef of Kempinski Hotel in Prague - Marek Fichtner. The new menu looks extremely delicious, especially such dishes as smoked salmon with avocado rolls, grilled eggplant rolls with red pesto, or red terrines with foie gras served with apple jelly. Passengers now also have an excellent choice of red and white wine, whose taste will ideally complement the food and the flight.



BALDOWSKI



Już od 1973 roku dostarczamy naszym Klientom obuwie najwyższej klasy. Nasza marka jest synonimem jakości w Moskwie, Londynie, Wiedniu, Berlinie, Sztokholmie, a także za oceanem. Dzięki 60-osobowej załodze mistrzów rzemiosła obuwniczego czuwających nad nowoczesnym parkiem maszyn, nasze wyroby spełniają oczekiwania najbardziej wymagających odbiorców. Nasi projektanci dokładają wszelkich starań, by obuwie, które tworzymy od podstaw, podążało za modą w każdym sezonie.

www.baldowski.pl



## Zakopane, Rawa Mazowiecka

Family Activites

### FOR WINTER HOLIDAYS TO THE TATRAS



Zakopane, thickly covered in snow, attracts tourists not just because of winter holidays. The hotels belonging to Trip Group have prepared special offers for winter holiday dates aimed at families with children. Thanks to heavy snowfalls, all ski runs on Kasprowy Wierch - the most important mountain for ski enthusiasts - are open. The beginning of winter holidays marked launching a new traffic information system, which will enable drivers to avoid heavy traffic on the roads leading to Zakopane. Information boards were installed along the state road no. 47 ("zakopianka"). Another innovation, this time introduced by Trip Group is a special tourist service, which combines all the most interesting attractions in the region. Guests of Litwor and Czarny Potok hotels can expect assistance of the hotel personnel in purchasing aircraft tickets, ski-passes and tickets for cable cars to Kasprowy Wierch. All of this can be now done conveniently in one place. However, it's worth noting that winter season is not just about the winter holidays. It's a well-known fact that snow in Zakopane can, on occasion, stay until April, and in the Tatra Mountains even longer. This season you will be able to taste the climate of Zakopane in Ossa Congress & Spa hotel. There may be no high mountains there, but the nice atmosphere, which facilitates great fun, is always the theme of the day. A team of promoters from Ossa Kids club has prepared plenty of attractions for the youngest hotel guests. The winter holiday programme in Ossa is aimed at both children and the parents. In March, Ossa will launch the 'Family Weekends' programme. For more details go to [www.hotelossa.pl](http://www.hotelossa.pl) as well as the hotel's and Ossa Kids' profiles on Facebook.



## Portugal

Guimarães

### THE HEART OF EUROPEAN CULTURE

Guimarães, located in the north of the country, is the third Portuguese city (after Lisbon and Porto), to be given this year's title of the European Capital of Culture. The organizers expect that in 2012 Guimarães, a city, whose historical centre, has been listed as UNESCO World Heritage Site – will be visited by about 1.5 million guests and tourists. They can expect to find there interesting cultural events and warm reception on the part of the citizens. The organizers have planned over 600 cultural events, 200 workshops devoted to music, cinema, photography, fine arts, architecture, literature, philosophy, theatre, dance and street performance. You can find the the programme of the events at: [www.guimaraes2012.pt](http://www.guimaraes2012.pt).



## Hotel

Westin Warsaw

### THE OYSTER MONTH

Good news for enthusiasts of this treat! For February, the chef of Fusion restaurant offers a special oyster menu. This unusual seafood will be served in various ways: raw with lemon juice, vinaigrette sauce, shallot and black Hawaii sea salt; in soy sauce and lime, fresh ginger and hot green chilli salsa; raw in leek cream soup, curry oil and anchovies crouton;



roasted with spinach, bacon and parmesan, or dipped in tempura in mango sauce and papaya salad. It's worth noting that oysters are rich in protein, minerals and vitamins. It's an ideal choice for those who are on a diet, as they are low in calories and are known to provide the body with energy. [www.restauracjafusion.pl](http://www.restauracjafusion.pl)

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# WHAT'S ON

The Most Anticipated Events in February



## PARIS PHOTOS BY DIANE ARBUS

**Jeu de Paume Gallery until 25th February**

The whole Paris waited for the exhibition of this eccentric photographer from New York. Diane Arbus – often called “Goya and the Fellini of photography”, usually compared herself to Mata Hari. In interviews she often admitted that she preferred to photograph things she couldn't understand. The images presented in the French capital show realism, as captured by the artist, combined with the reality. There are over 200 photos of children, middle-class representatives, nudists, transvestites, fanatics, and celebrities. The works were created in the 1950s and 1960s [www.jeudepaume.org.fr](http://www.jeudepaume.org.fr)

## NEW YORK MUSEUM OF MODERN ART – MOMA

**Murals by Diego Rivera until 14th May**

The long-awaited retrospective of Diego Rivera's works from the 1930s, when the artist had the exhibition of his art in MoMA. It was the second monographic show at the legendary museum of contemporary art. For the sake of the exhibition, murals – which by definition are wall paintings - have become portable works of art. Rivera created eight murals - the themes of six were devoted to his native country - Mexico. The inspiration for the other two was the city of New York. “Agrarian Leader Zapata” is an iconic image in the collection of the museum. Apart from the characteristic murals, MoMA has also revealed his other works, which are elements of a non-literal portrait of a cosmopolitan, situated somewhere between Mexico, Russia and the United States. This is the only exhibition where with works by Rivera, we can go back in time to the reality of the 1930s. [www.moma.org](http://www.moma.org)

## WIENNA PAINTINGS BY RENE MAGRITTE

**Albertina Gallery until 26th February**

Over 100 works of art by this outstanding Surrealist painter have been put on display in one of the most beautiful galleries of Vienna. The leitmotiv of the exhibition is the artistic methods of the painter: the use of recurring items, the omnipresent subject of covering and unveiling, visual breaks and eroticism in his oeuvre. Together with the exhibition of works by Magritte, Albertina Gallery also presents the “Kaplan Collection” consisting of excellent drawings and collages of Surrealists such as Max Ernst, Joan Miró, and Salvador Dalí. [www.albertina.at](http://www.albertina.at)



## BERLIN PANORAMA OF THE ANCIENT CITY



**Pergamon Museum until 30th September**

Not only Berliners hailed the exhibition as one of the greatest events of the 21st century. The panorama of the ancient Pergamum, a city situated centuries ago on the western coast of the present-day Turkey, is 100 meters long and 20 meters high. The panorama is presented in a huge rotunda in front of the Pergamon Museum on the Museum Island. To create it, nearly 50,000 photos were used and the whole creation process took about 5 years and cost €3 million. With this exhibition, you can go back AD 129 and see one day in the life of the metropolis - exactly the 8th of April. On that day the Dionysia celebrations were held, with Emperor Hadrian as the honourable guest. That's why this is one of the best documented moments in the life of Pergamum and its inhabitants. [www.smb.museum.de](http://www.smb.museum.de)

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# HOTELS FOR THE LOVERS

Feelings require new inspirations, commitment and the proper setting. Nothing can rekindle your feelings and bind two people together more than journey.

That's why lovers have always travelled to the most beautiful places on Earth to enjoy their happiness there. **Marzena Mróz** presents you a list of 10 hotels, which are especially recommended for couples in love.





Daily life isn't very conducive to passion. That's why everyone benefits from a change of setting. An old Hindu proverb says: „There's no happiness for those, who don't travel. Living in the society of men, even the best man becomes a sinner." The people of Mexico say, that the fate of someone who stands still is also motionless - sleeps with them, and gets up only, when they wake up. The Chinese believe that the possibility to have time for yourself and your beloved, is the best treat for the sickness of your soul.

**INDIGO BAY RESORT, BAZARUTO ISLAND, MOZAMBIQUE**  
*A journey to a place, with no shops*  
[www.indigobayresort.com](http://www.indigobayresort.com)

It's hard to believe, but such places are still to be found. We will find it on the Lesser Sunda Islands Archipelago on the Pacific Ocean. There's a long sandy beach surrounded by a tropical forest and azure sea. You can stay in one of 30 huts on the beach, or in one of 14 luxurious villas. Both villas, as well as huts, have been built from natural materials like wood or stone, but at the same time, they have been equipped with all mod cons of the Western civilization. Indigo Bay covers the area of 12,000 hectares on an island 30 kilometres from the coast of Mozambique. It's one of the best places for scuba-diving (you can admire over 100 species of corals, dolphins and sea turtles) and fishing. It's considered one of the most beautiful natural spots on the African coastline. And not a single shop...



**THE SAROJIN, THAILAND**  
*Relaxation, freedom, inspiration*  
[www.sarojin.com](http://www.sarojin.com)

A place, where time flies with its own rhythm. Discreet, elegant and intimate - everyone will find something for themselves. Here, on 10 acres of land, you will find 56 manor houses with a 11-kilometre beach by the Andaman Sea. Each of them is located in a private garden and comes with an outdoor bathroom. In the heart of the place, there is a square with an old and gigantic fig tree in the middle. The Sarojin is surrounded by 5 national parks, including one protecting the primal jungle and the biggest natural ecosystem of Khao Lak and Khao Sok mangrove trees in Thailand. Every attraction suggested here is prepared individually. You can also only set out for a boat cruise, eat romantic lunch by the waterfalls or learn to cook Thai specialties. The place has received several awards, it also had a spectacular Spa.

**VILLA CIMBRONE, THE GULF OF NAPLES**  
*It's where Greta Garbo fell in love!*  
[www.villacimbrone.com](http://www.villacimbrone.com)

„There is such a place, where mountains fall to the sea, where roads lead through rock shelves to paradise-like gardens that are closer to the sky than seashore" - as an Italian poet described the place, and you have to admit, he was right. Villa Cimbrone - a hotel located in a 12th-century mansion house, which was frequently visited by artists, politicians and aristocrats - is one of

the most stunning places by the Gulf of Naples. The surrounding garden blossoms with thousands of flowers in spring, and pine trees and cypresses growing on the remnants of stone columns and ruins contribute to the romantic atmosphere of the place. No wonder Richard Wagner was inspired by the scenery and wrote the opera „Parsifal" here. Such well known personas as D.H. Lawrence, Virginia Woolf, the duke and duchess of Kent, Winston Churchill spent the best time of their lives here. Greta Garbo spent here a week while in love with Leopold Stokowski. Today, the most beautiful suit has been named after her.

**HOTEL SEEZ, PARIS**  
*Luxury a la Francaise*  
[www.hotelseez.fr](http://www.hotelseez.fr)

To choose a hotel in „the city of love", „the city of light" or „the city of lovers" - isn't an easy task. But if you are after an intimate, sophisticated and modern spot, you can choose nothing, but this boutique, noble, minimalistic Hotel Seez aimed at real individuals. The idea behind it, was to provide guests with luxurious space and ideal service. Each of the guests is treated uniquely and individually. What's interesting, the hotel doesn't have a standard reception area. Instead, each client has their own butler, who takes care of them 24 hours a day. Lamps have been made of Murano glass, grey and green stone has been brought in from Cascais, Portugal and other standard interior elements like wood, cashmere and cotton are also of highest quality. The hotel was designed by Christophe Pillet - a protege of the famous Philip Starck. The hotel is little, with only 17 rooms, hammam, Jacuzzi, massage salon and original Veuve Cliqot Grande Dame bar, where - as the name suggests - excellent champagne is served.

**HOTEL CIPRIANI, VENICE**  
*Just like Casanova*  
[www.villacipriani.com](http://www.villacipriani.com)

Hotel, situated in one of the most recognizable sceneries in the world - the venetian lagoon - provides its guests with unique, theatre-like experiences. It's situated in Casanova, at the end of Giudecca island, and has 79 rooms and a few suites. Staying there, you can experience a truly Venetian style of life: have breakfast late in the morning, drink prosecco wine before the noon, take a gondola ride or rent a private



HOTEL PRESS ARCHIVE

There is a place on earth, where the mountains fall into the sea, where the roads lead through rock ledges to paradise gardens hanging closer to heaven than the sea “- wrote about this place Italian poet ...





Every attraction suggested here is prepared individually. You can also only set out for a boat cruise, eat romantic lunch by the waterfalls or learn to cook Thai specialties.

hotel „Schirley” boat, and fall asleep and wake up admiring the most beautiful city in the world. Palladio suite, whose walls are made of glass, is especially spectacular. The guests have an impression they are in a glass capsule with a stunning 180-degree view over the city.

**HOTEL ARTS, BARCELONA**  
*A room with a view*  
[www.hotelartsbarcelona.com](http://www.hotelartsbarcelona.com)

Barcelona - the city of Gausi, Picasso and Miro - is considered to be one of the most stylish and dynamic places in the world. Hotel Arts blends perfectly with the landscape and atmosphere of the city. It was built by the very sea, and that’s why it boasts the most beautiful views. Because - as the hotel managers claim - it was built to bring enjoyment - the windows of all the 400 rooms overlook the sea. You can have a rest in one of 44 executive suites equipped with huge beds and audio equipment by Bang&Olufsen, choose a room separated from the bathroom with a glass wall, or take the special „Romantic escape” package aimed at couples in love, which includes a welcome gift in a form of a bottle of Spanish cava wine and strawberries in chocolate.

**JK PLACE, CAPRI**  
*Paradise on the island of lovers*  
[www.jkcapri.com](http://www.jkcapri.com)

A legendary hotel, which have been visited by couples in love for over 100 year. Located on the north of the island, it overlooks the Gulf of Naples and Mount Vesuvius, it’s famous for being an oasis of peace, intimacy and good taste. Spacious rooms decorated with pale colours: white, beige and blue are very comfortable. Deluxe double rooms have 40 sq m, while Junior Suite - over 50 sq m. Most of them come with balconies or terraces overlooking the sea. Unfortunately the time passes quickly on the island of lovers. Apart from escapades to Blue Grotto - a cave sparkling with blue airglow, walks to Villa Jovis - an impressive mansion, from where Tiberius ruled the Roman Empire for the last years of his life, or Certosa di San Giacomo - a romantically-looking monastery building, you can also sunbathe, swim, and most of all - love.

**AYANA RESORT&SPA, BALI**  
*A bath in rose petals*  
[www.ayanaresort.com](http://www.ayanaresort.com)

The very journey to the Island of gods is a fascinating adventure for every couple. Not to mention the stay in the new Ayana resort, situated in a tropical garden in the south of the island on a steep cliff. The cliff, repeat-



edly hit by the waves of the Indian Ocean, is located only 12 kilometres from the airport. You can stay here in a comfortable room or villa with a private pool and eat breakfast in Padi restaurant, serving dishes from European, Japanese, Indonesian and Thai cuisine. You can spend all days, just the two of you, by walking down a secluded beach or in a sophisticated Spa, situated in a wooden hut. The Spa specializes in treatments for two, mainly hot and cold stone massages, treatments with fragmented pieces of pearl and corals, as well as baths with 500 red roses petals. The specialty of the resort is organizing romantic dinners as well as traditional Bali weddings.

**ADAM&EVE, BELEK, TURKEY**  
*The paradise on Earth*  
[www.adamevehotels.com](http://www.adamevehotels.com)

Adam&Eve is an original hotel for couples in love, and really stands out in the crowd. The inventors of its concept claim it’s for everyone who seeks paradise on Earth. Here, you will find the largest hotel bed in the world (4,6 x 4,6 metre), the longest hotel pool in Europe (104 metres), the longest hotel bar (96 metres) and the biggest standard rooms (64 sq m)! The rooms are white, so that you can change its interior to suit your mood - by using light of various colours. The colour also changes with the different sounds produced by the guests. Each room, apart from the bathroom, comes with additional bathtub and three beds. One is for

sleeping, the other - to have a rest in after a bath, and the third one, located in a lodge, guarantees ideal intimacy. On each wall there is a mirror (in the whole hotel there are 108,000 sq m of mirrors), and the ceiling above the bar in the main lobby is made of millions of mirror pieces.

**RIAD LAURENCE OLIVIER, MARRAKECH, MAROKO**  
*Oriented towards love*  
[www.luxury-riads.com](http://www.luxury-riads.com)

Love might shine and sparkle again in this Oriental scenery. One of the places like that is a riad located in the centre of Marrakech - a traditional house with 5 rooms and suites, decorated with antiques and preserving original Moroccan style. It offers everything you might expect during a romantic journey to Morocco: sophisticated rooms with comfortable beds, a swimming pool with heated water, hammam, Spa, a garden, excellent cuisine and an inner courtyard. The rooms overlook the Old Town and the Atlas Mountains. Riad Laurence Olivier is situated near Jemaa el-Fnaa Square in the oldest part of the town, bustling with life in the evening. This is the place where everyday performances by artists, fakirs, snake whisperers, acrobats and a cnojuror. Koutoubia Mosque from the 12th century towers over the square, and its tower is the highest point in the city. You can see it all from the hotel windows, without even leaving your room.

HOTEL PRESS ARCHIVE, MICHELE CUREL



Airline

VIRGIN ATLANTIC



The sitting area of the business lounge looks like from the space-age era. Waiting for a flight here is very comfortable – you can even get a complimentary massage.

CHECK-IN

I arrived at Heathrow Terminal 3 by taxi at 0630 for my 0920 flight (VS003) to New York JFK. Virgin's check-in Zone A was quiet, with plenty of staff on hand to help. I used one of the numerous self-service kiosks to check-in and print my boarding pass, and noticed I had been assigned window seat 55A, which I stuck with, although I was hoping to be upgraded.

After consulting with a member of staff, I was told that if I was going to be, it would either show up on the screen at this stage in the process, or I would be told when I got to the gate so I kept my fingers crossed and headed for one of the bag-drop desks.

There was a two-minute wait before my case was weighed and tagged – passengers are allowed to check in one piece of luggage weighing no more than 23kg in economy, two pie-

ces weighing 23kg if going premium economy or three items weighing 23kg each if flying business (Upper Class).

Security was upstairs via a set of escalators and plastic bags for liquids were provided free of charge. There were plenty of channels open and so the wait was no more than five minutes to get through – laptops came out, coats, belts and shoes off. I was airside by 0700.

THE LOUNGE

For those travelling in Upper Class, follow the signs to lounge H, which is Virgin's excellent Clubhouse. Free à la carte cuisine is served throughout the day, there is free alcohol including champagne, plenty of seating in a slick, space-age environment, and a salon and spa where travellers can get complimentary 15-minute massages, pedicures and manicures.

BOARDING

The boarding process started at 0830 from Gate 17, a ten-minute walk from departures. I arrived at 0845 and there was no line. Fortunately, I was granted my upgrade and was assigned seat 19D. Upper Class passengers were called first to board via airbridge B, followed by those in premium economy and then economy via bridge A. The crew were friendly and welcoming, directing people to their seats as required.

THE SEAT

This three-class A340-600 is configured with economy seats in a 2-4-2 (A-C, D-E-F-G, H-K) layout, premium economy in a 2-3-2 (A-C, D-E-F, H-K) configuration, and business aligned 1-1-1 (A, D, K). Premium economy occupies rows 18-23 and each seat has individual nine-inch screens and audio-video on-demand (AVOD) entertainment, as well as tray

tables that slide out of the armrests, bottles of water, purple leather upholstery, blankets, and amenity kits containing socks, toothbrushes and paste, eyemasks and biros.

WHICH SEAT TO CHOOSE?

Bulkhead seats A-C and H-K in row 18 offer more legroom so are preferable for those who are taller. Don't choose seats A-C or H-K in row 22 or seats D-E-F in row 23 as they are directly in front of economy class and the washrooms so you may suffer from disturbance. They also have limited recline. Middle seats E are also best avoided as you don't have direct aisle access or a view out of a window.

THE FLIGHT

Once settled in my seat I was offered a glass of champagne and my coat was hung. The captain came on at 0920 to say that there would be a 30-minute delay to replace a missing part of the navigation equipment but it turned out to be closer to an hour, as we didn't push back until 1010. After take-off at 1030, the meal service started at 1050, with drinks including wine, beer and spirits offered. I asked for another glass of champagne and the

attendant was happy to oblige. It was served with a packet of sour cream and chive pretzels.

To pass the time I started watching a film – of which there was a good selection (click here to find out what's on your next flight), and at about 1120 lunch was dished up. Despite having pre-ordered a vegetarian meal there was no suitable starter for me (my tray came with a prawn cocktail like everyone else's) and the bread roll it came with was a bit stale.

The main course of mushroom risotto was rather tasty, though, and there was also a small packet of crackers, some red Leicester cheese and a small square of toffee and ice cream cake for dessert. The amenable crew were generous with drinks, coming around several times giving top-ups, followed by liquors, coffee and tea.

The flight was about eight hours in total, and at about 1400, the cabin lights were dimmed to allow people to rest. Afternoon tea (hot drinks and a biscuit or brownie) was served about one hour 45 minutes before landing. The seat reclined enough to make you feel comfortable on a daytime flight of this length and I arrived feeling rested.

ARRIVAL

Landing was 30 minutes late at 1250 local time but disembarkation was efficient meaning I was off the plane and into the terminal by 1300. It was a ten-minute walk to immigration where there was a long, snaking queue, so I then had to wait about half an hour to be processed. Surprisingly, this was done with a smile and I was promptly through to baggage reclaim where my suitcase was waiting. Taxis from JFK to downtown New York cost about US\$50 and take 30 minutes depending on traffic.

PRICE

Internet rates for a return premium economy flight from London to New York JFK in June started from £1,719. Economy tickets started from £425.

VERDICT

A good premium economy product with seven extra inches of legroom compared with economy, a broad selection of drinks including champagne, decent food, and priority boarding and disembarkation. I was impressed by the crew who went out of there way to make all passengers feel welcome, safe and looked after.

Jenny Southan

PLANE TYPE  
A340-600  
CONFIGURATION  
2-3-2  
SEAT PITCH  
38in/96.5cm  
SEAT WIDTH  
21in/53cm  
SEAT RECLINE  
8in/20cm

CONTACT:  
virgin-atlantic.com



FOT: MATERIAL PRASOWE



## Hotel

## BEST WESTERN HOTEL PORTOS

BEST WESTERN  
HOTEL PORTOS

CONTACT  
ul. Mangalia 3a,  
02-758 Warsaw,  
tel. + 48 22 207 60 00  
fax +48 22 207 69 00  
e-mail: hotel@bwportos.pl  
www.bwportos.pl  
www.bestwestern.pl  
Price: 255 PLN (about €60)  
per night.

At first glance, Portos hotel belonging to Best Western group, makes a good impression. The façade shines with extreme purity while the intelligently located information plates will make even the most disorientated visitors to their destination.

## WHERE IS IT?

This is one of the huge advantages of the hotel. Although the guests can't expect spectacular views (except for upper floors, where the city panorama looks impressive), but that's the only drawback. The hotel is located almost exactly at the junction of multilane Sobieski and Sikorski street - so although it's located outside the centre, is easily accessible both by car as well public transport.

The latter option is greatly appreciated by the guests, who travelled to Warsaw by train or plane. Portos hotel can be reached by a bus both from Warsaw Central railway station as well as from Warsaw Chopin Airport and the bus stop is right next to the hotel.

If you have a free afternoon and would like to go for a walk, you'd be delighted to know that you can reach Łazienki Park on foot, and if you wish to get to Wilanów, you can take an express bus.

## ROOMS

The hotel has 225 rooms of three categories: lux, premium (also with a double bed) and studio – a two-room suite equipped with a workdesk and a convertible sofa. Studio rooms

are often chosen by families with little babies, especially that by request they can receive a cot. In restaurants they can expect a high chair as well.

A clever and friendly solution for the guests is that the equipment and interior of the rooms on different floors differ colour-wise.

All rooms come with a TV, a radio, a phone, a hair-dryer and free internet connection. Guests to premium and studio rooms are also provided with a laptop stand, daily newspapers, slippers and tea and coffee making facilities. It's an excellent solution for those, who need to have a cup of coffee to get fully awake. Bathrooms are quite spacious, well-planned and – like the rooms – of different colour according to the floor.



## BUSINESS FACILITIES

Guests who have come to Warsaw to do business, can organize a meeting in one of the small, air-conditioned conference or workshop rooms. The rooms come with wireless internet connection, projection screens, and you can also rent professional audio-visual equipment. The hotel also has its own internet kiosk (10 min/1 PLN) It may not be the most convenient solution, but if you happen to forget your laptop, at least you won't get disappointed. A printer and photocopier are available at the reception desk.

## BARS AND RESTAURANTS

You can have a substantial Polish dinner or sophisticated dishes from Italian or French cuisine here. The restaurant can accommodate up to 120 guests, but the tables are arranged in such a way, that everybody feels comfortable. Breakfast (included in the price) are served in a form of buffet until 10.30 am, while in the 24/7 bar you

can not only sit in a comfortable armchair, but also watch your favourite programme on a huge screen.

## VERDICT

Good value for decent money. A little for a fairly narrow hall next to the reception area and not enough places to seat, as there are only two small sofas. And a second minus – for the fact that there is no kiosk or shop. There is one in a twin Atos hotel, but it's still not enough. A little plus for a hotel car park (unfortunately a paid one) and a big plus for the attitude towards pets – both dogs and cats are welcome.

In one of the conference rooms you can organize a business meeting as well as a banquet.



FOT.: MATERIAŁY PRASOWE

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# DOWNTOWN RESTAURANT&STEAKHOUSE



**T**his restaurant, which is famous for the best steaks in Warsaw, is located in a modern, 5-star InterContinental Hotel in the city centre. Recently, owing to its original menu, Downtown Restaurant & Steak-house has gained a real publicity.

## THE DECOR

A narrow but spacious room on the first floor can accommodate about 200 people. However, thanks to large windows and curtains, which make the room feel more discreet, it's not too overwhelming. Mandarin trees in pots are also wonderful elements of decoration.

## MENU

The menu by chef Ernest Jagodziński, who takes us for a culinary trip to Masai Mara, is sensational. It's for sure the only place in Poland, where you can try roasted slices of crocodile meat served with hot chilli oil and ginger (PLN 58/ €14), kangaroo meat roasted in herbs with

pear sauce and date and cashew nuts „salsa” (PLN 38/€9) or zebra steak marinated in herbs with sweet potato puree, rarely eaten in Poland fried okra, and fried tomatoes with lime and coriander (PLN 115/€27).

A real delicacy is also Kudu leg roasted in boletus and pear sauce, served with couscous and green vegetables (PLN 85/€20), which in taste resembles venison.

In between the courses, the chef serves beetroot sorbet or delicate coconut cream with basil mousse and mini shashlik with crocodile meat, lemon leaves and ginger.

Meat portions are not too big, and both look and taste-wise the dishes are absolute pieces of art. Apart from „exotic” meat, you can always order a traditional beef steak. The menu also features steak tartar prepared in front of the customers, oysters, sushi, and dishes from such types of fish as pikeperch, tuna, halibut. There are also typically Polish

specialties like the meat pie, herrings and bread with lard.

## SERVICE

The waiters are competent, don't impose their suggestions and care about the proper atmosphere of the place. They can also advise you about the wine. If clients order something from the „safari” menu, the chef sometimes comes up to their table to share his impressive knowledge about the ingredients and side dishes.

## VERDICT

The restaurant is worth recommendation. The original menu, good quality of service and convenient location in the heart of Warsaw are additional bonuses. The prices won't scare you, although they're not for everybody. On the other hand, you don't get a chance to try exotic specialties every day. The „African” dishes will be present on the menu until the end of February.

*Zuzanna Bass*

MATERIAŁY PRASOWE

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fax: +48 328-88-89  
[www.intercontinental.com](http://www.intercontinental.com)



# WITTCHEN SUITCASE

Travel Light suitcases are available in three sizes. The smallest one is 41 cm wide, 57 cm high and 25 cm deep

Wittchen was founded in 1990. Not much, if compared to some of the world's most respectable manufacturers, some of whom are over 100 years old. On the other hand, 20 years is a pretty good source of pride and glory for the company, which competes on the market with much more recognizable and award-winning brands.

A significant role in this success plays the fact that from the very beginning of its existence the company has drawn attention to quality of its products. The design is original, shows attention to detail and the goods are well-known for their perfect stitching.

Having decided what brand to choose, I now had to select a product which would best suit my needs. It may seem easy, but Wittchen's offer consists of 4 different lines of products. Eventually I decided to stick to the provision that my suitcase has to be large and rigid. I still remember the situation from several years ago when traveling overseas, I carried a set of china (which was supposed to be a gift) in a soft sided suitcase. Not surprisingly, it arrived at its destination in a deplorable state. No more mistakes – my next suitcase had to be hard-shelled!

## PRODUCT DESCRIPTION:

The manufacturer claims that the suitcases

from Travel Series Light line are lightweight and durable. The outer surface is made of ABS thermoplastic, and the interior is lined with polyester fabric. Wittchen stresses that the great advantage of the collection is a wide range of colours and three convenient sizes - 20, 25 and 29 inches. Thanks to this, travellers can easily adjust the size of the suitcase to their needs. Both compartments are equipped with elastic straps to hold the clothes.

## THE TRIP:

I decided to try the suitcase during my weekend trip to Gdańsk. Eventually I decided to go for the smallest size, which is 20-inch. On one hand, I wanted a suitcase which would be ideal for two people on shorter trips. On the other hand, in case of travelling alone, I wanted something I could lift easily.

First impression – as for the smallest size, the suitcase is surprisingly large and incredibly light. And when you open it, it seems to be even bigger... I decided to do a test. I took out my husband's suit out of the closet, folded it and put into the suitcase. It fitted the main compartment perfectly, even though I put it together with the hanger! On top of the suitcase I put thick sweaters, a pair of spare trousers, and two shirts. I fastened the flexible X-shaped straps, so the whole luggage was now being firmly held in one place. To the se-

cond compartment, which has a mesh cover, I packed underwear a fair-sized toilet bag, and a cocktail dress with an evening bag. There was still a little space left on the side, which seemed ideal for my pins and business shoes.

At the railway station it turned out that the wheels of the suitcase were simply brilliant. They were quiet and stable even on a bumpy surface.

## IMPRESSION:

The suitcase proved to be an excellent choice. Even when it got splashed with slush, it was enough to wipe it with a damp towel to restore it to its original condition. The retractable handle can be easily adjusted to the height of the user. There's only one small drawback - the handles are made of soft touch plastic, but when lifting the suitcase, they can slightly "pinch" your skin, which isn't painful, but rather surprising.

## OUR OPINION:

Travel Light suitcase is spacious and light. I also discovered one more function of the case. The lining has a zip fastener and if you open it, you can see the inside part of the shell. In Gdańsk I bought an old map of the city and I decided to put it into this extra compartment. It fit perfectly and the capacity of the suitcase didn't decrease, at all. The price – PLN 439 – is also moderate.

Joanna Krzyczkowska

Wittchen is famous for its attention to quality. To effectively safeguard against counterfeit products, apart from the characteristic logo, the company also provides its products with individual Certificates of Authenticity.

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*AIR MAURITIUS*



# BOOKS AND MUSIC

## Marcin Furgurski recommends books and CDs



### Road to Happiness

The author writes about philosophy, career, literature and love. This time, he has written about the art of travelling. If we assume, he claims, that our existence is dominated by the pursuit for happiness, nothing reveals the dynamics of such a pursuit better than our travels. They express our idea of what is the missing component of life apart from the need to work and the struggle for existence. The book is written with imagination, and touches upon real stories of famous people, who, fascinated with the Orient, the Extreme North or the West, have left their safe, well-known (and therefore boring and ordinary) houses and set out for a quest to look for the new and fascinating.

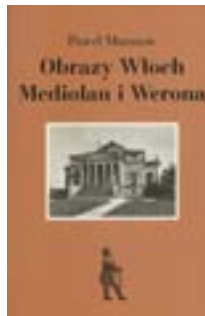
„*The Art of Travel*” Alain de Botton Czuły Barbarzyńca



### Prague and some Mystifications

The whole world waited for this novel for several years. And there it's – beautifully published, sometimes controversial and difficult to understand. The plot takes place in the 19th century and the main character, Simone Simonini, is fictional. He was born in Turin, works as an intelligence agent for a few countries and is also a forger of documents. He burns with hatred towards priests, Jesuits, communists, Masons, women and Jews. He forges information about a mysterious late night rabbi meeting on a Jewish cemetery in Prague and sells it. The between-the-lines story that emerges out of it, is the most interesting part of this novel. All those who get absorbed with this book, need to answer one question: how much is our perception of reality influenced and manipulated by other people?

“*The Prague Cemetery*” Umberto Eco Noire Sur Blanc



### An Advanced Course in Italy

Having read the charming, old, but not invaluable for today's traveller, descriptions of Rome, Venice, Tuscany and Umbria, we can set out for a trip to the North of Italy with an old guide written by Pavel Muratov. The author of this unusual book – a Russian art historian, critic, writer, explore, and a World War I soldier, first published his two-volume work in Berlin in 1911. This polymath, researcher, and a sensitive observer, describes vividly places, pieces of art and the ephemeral, magical atmosphere of various Italian cities.

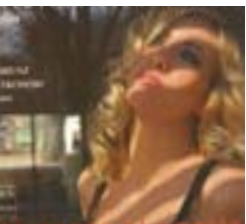
“*Pictures of Italy -Milano & Verona*” Pavel Muratov Zeszyty Literackie



### Ladies&Gentlemen

An ambitious collaborative work with popular songs in interesting arrangements, starting from “By Your Side” by Sade, through “I Can't See Nobody” by Nina Simone, “Why” by Annie Lennox, “Indian Summer” by Chris Botti, to “Spinning the Wheel” by George Michael and “Piękna i Rycerz” by Anita Lipnicka. Naturally, among love songs there is „I've Got You Under My Skin” by Frank Sinatra, „Light My Fire” by Will Young and „Love on My Mind” by Sophie Zelmani. The last track of the first CD is “Jestem kamieniem” by Kayah.

„*Ladies & Gentlemen*”, Sony BMG



### The Power of Emotion

An outstanding Polish violinist Patrycja Piekutowska and pianist Mariusz Rutkowski have recorded a CD filled with emotions, passion and feelings. Among the tracks you will find “The Rose and the Willow” by Carlos Gustavo, “Nocturn F-Sharp Minor” by Ludomir Różycki, “Adios Nonino” by Astor Piazzola, “Romance D-Major” by Karol Szymanowski, ‘Vocalise Op. 34’ by Sergei Rachmaninoff and a theme from “The Schindler's List” by John Williams. The short pieces carefully selected by Patrycja Piekutowska are bound to provoke reflection.

„*The Power of Emotion*” Patrycja Piekutowska/Mariusz Rutkowski, DUX Recording Producers

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# GIFTS FROM THE HEART

Valentine's Day is a perfect reason to buy your nearest and the dearest something truly exceptional. We have selected for you several original and stylish gifts, both for Her and for Him.

**Nikon 1 V1** - a modern and stylish camera, equipped with the latest-generation processor and features such as video recording and intelligent image selection. Available in matte black or glossy white. Price: together with NIKKOR VR 10-30 mm lens, around PLN 3,799.

**Samsung Galaxy Note** with a Stylus  
The smartphone offers uniquely high resolution of the screen, convenient touch-screen operation, and large amount of RAM. Price: around PLN 2,400.

**"Flavours of the World"** by Gavin Baxter and Evita de Gor is a unique bilingual culinary guide thanks to which anyone will enjoy unforgettable experiences. Original recipes and beautiful photos. Price: PLN 59.90.



**Clarins Skin Spa**  
- a gift voucher for cosmetics as well as face and body treatment. The voucher can be purchased directly at Clarins Skin Spa in Warsaw at ul. Różana 8/10, tel. 22 875 96 42, 515 087 052 or online at: [www.clarins.pl](http://www.clarins.pl)

**Sephora perfume by Jimmy Choo** are considered to be synonymous with class and sensuality. The exquisite amber bottle encasing the fragrance is inspired by jewel-coloured Venetian Murano glass, while the perfume itself comprises fruity-chypre scent. The notes of patchouli, orchid, and sweet toffee are simply captivating. Price: PLN 299 for a 60 ml bottle.

**Necklace with turquoise, topaz and pearls** in oxidized silver, handmade in Magdalena Borejko's studio. Price: PLN 2,200.

**Amouage Lyric i Honour**  
- the latest fragrances for Her and for Him. Prices: from PLN 800.



# EXTREME WINTER

Skiing down snowy, sunny slopes of the Tatras, the Alps and the Carpathians is now out of fashion. This season, enthusiasts of winter sports, snow and breath-taking speed head for Spain, Argentina and Chile.



They aren't scared of the conflict in the Middle East, the wilderness of Georgia, or even the Turkish or Lebanese mountains. After all, what counts is the pure pleasure derived from skiing in an exotic place, and the bloodcurdling view of the extremely difficult slopes for adrenaline-seekers.

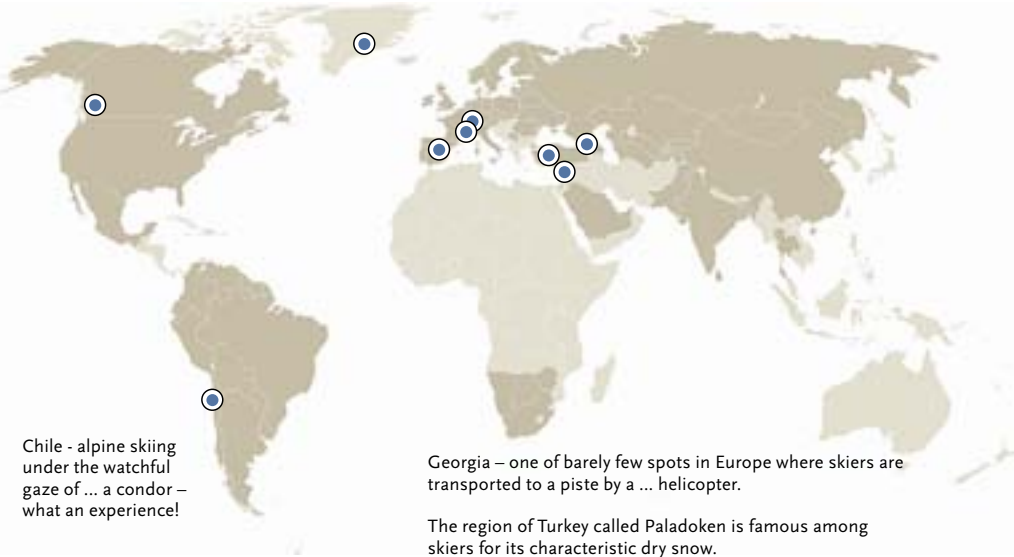
**MOUNTAINS WITH A SEAVIEW**  
Spain is usually associated with summer holidays, bullfighting and flamenco, but skiers will find here nearly 1,000 kilometres of perfectly groomed pistes.

Solynieve, a town in the scenic Sierra Nevada massif, is the southernmost ski resort in Europe. Following FIS Alpine Skiing World Championships which took place here in 1996, the local pistes have met the expectations of even the most demanding skiers. You can go down directly from the snowy peaks which are over 3,000 metres high, to one of the most beautiful beaches in Spain - Costa del Sol. Those who opt for smaller and gentler slopes in the Spanish Pyrenees, (which include the region's most popular resort Alp 2500 with 31 lifts and 111 km of slopes), following a day of various winter activities, can decide to take a stroll along the seafront in Costa Brava.

**A HELICOPTER IN THE CAUCASUS!**  
Among the peaks of the Great Caucasus and only 120 kilometres away from the capital of Georgia - Tbilisi - lies Gudauri resort. It's a perfect destination for slightly more advanced skiers. Here you can try your hand at heliskiing - it's an ultra-extreme form of skiing, practiced in the areas that can only be reached by a helicopter. Gudauri is one of the few European centres which has appropriate facilities for such activities.

You can also practise here more traditional forms of alpine skiing, and the numerous wide, safe slopes are perfect for all tourists irrespective of their age and skiing proficiency. Officially, the ski season in Gudauri begins at Christmas and lasts at least until the end of April. During this period, you can use three Doppelmayr cable-car lifts to explore the wild slopes devoted for the enthusiasts of heliskiing.

**THE WHITE FLUFF TURKISH STYLE**  
In Uludag - a ski resort which is only a 1.5-hour drive from Istanbul, the ski season lasts 5 months. The highest mountain is



Chile - alpine skiing under the watchful gaze of ... a condor - what an experience!

In winter, Spain offers skiers over 1,000 km perfectly prepared slopes.

Georgia - one of barely few spots in Europe where skiers are transported to a piste by a ... helicopter.

The region of Turkey called Paladoken is famous among skiers for its characteristic dry snow.

Lebanon - here you can admire both the beauty of the snow-covered slopes, or the blue depths of the Mediterranean.

2,543 metres above sea level, and the station which is located at an altitude of 2,000 meters, is served merely by 14 ski lifts. That's why, fans of extreme sports are much more fond of Paladoken region, which is located near the border with Armenia and Iran. The high mountains, rising to over 3,000 meters, huge open spaces, and the champagne powder which is so characteristic of the region, contribute to the overall popularity of the place.

**THE PEARL OF SOUTH AMERICA**  
Chile, which boasts the longest mountain range in the world, is also home to Portillo - the most famous ski resort in South America. It's only 180 kilometres away from Santiago - not much, considering general distances between cities in this part of the world. The slopes of Portillo, which rise as high as 3,200 metres, overlook the highest mountain in both Americas - the 6,960-metre high Aconcagua.

**5000 years of skiing**  
The oldest drawings representing skis are 5,000 years. Rock paintings depicting skiers were discovered in Rødøy, Norway. The oldest skis were found in Hoting in Sweden - their age is estimated at around 4,500 years. Independent of this, first skis were also invented around 2,000 years BC by tribes living in the area of today's Iran. First skis made for sport were produced in Italy in 1867 and were made of wood.

There aren't many modern ski lifts there, and the pistes are considered as extremely demanding. This is, however, a great place for practising heliskiing - a helicopter takes the skiers to the most inaccessible mountain areas, where skiing is still possible, although difficult. From there, accompanied by a tour guide and the majestic condors flying over the snow-capped peaks, you can ski till you drop, sliding down the difficult, unspoiled slope.

**THE MIDDLE EAST WITHOUT CONFLICT**  
We generally think of Lebanon as of the hotbed of conflict in the Middle East, but it's also home to the most popular ski resort in this part of the world. Its name is Faraya-Mzaar, and it's situated just 30 km from Beirut. You will find there 80 kilometres of pistes and 20 ski lifts transporting you to the height of 2,460 metres above sea level. The Cedars Ski Resort, with its highest station located at 2,870 metres above sea level (you can get there by a gondola lift), will host the Asian Alpine Ski Championships this year. An additional attraction of skiing in Lebanon are the incredible views - from the highest peaks you can easily see the blue depths of the Mediterranean Sea.

**CONQUER YOUR FEARS AND THE MOUNTAIN**  
Who said that winter is only reserved for such sports as skiing or snowboarding on marked ski runs? These days, more and more thrill seekers decide to take up new



FOT.: DREAMSTIME, BIGSTOCKPHOTO



Verbier, Chamonix  
Whistler, Grenland

EXTREME SPORTS

In Europe, the Mecca of extreme sports are the slopes of the Swiss Alps .. In the renowned Verbier resort located in the region of Four Valleys in a basin sheltered from the wind, you can practise numerous winter sports - from the extremely popular ski touring to heliskiing. And those who feels up to the task, may go down Mont Fort – in winter the piste is 15 km long ..

French Chamonix with the view of Mont Blanc was a host of the first Winter Olympic Games, but it's also one of the world's most famous ski resorts which attracts numerous enthusiasts of snowkiting and freeriding .

However, skiers who are truly addicted to adrenaline, claim that in order to fight with real elements and have the feeling of true accomplishment, you would have to go to Canadian slopes.

Every extreme skier dreams of going one day to Vancouver. The city is located by the ocean, at the foot of the mountains, where even in winter the temperature stays above zero. Vancouver is just a half an hour drive away from two of the most renowned ski resorts in Canada: Whistler and Blackomb. Both are world-famous for satisfying the even the most sophisticated skiing needs. The very name of the region's famous route - Seventh Heaven best describes the possibility of the Canadian slopes and the ski-related fantasies.

Another Canadian region which is associated with extreme sports are the Rocky Mountains, which are a part of the Cordilleras - the mountain range with a length of 8,000 km. The ski season lasts from November to May, and those who want, can ski down ungroomed slopes in the fresh, deep snow. However the place provides opportunities for winter activities also in summer, thanks to glaciers. The most famous ones are: Angel, Columbia, Athabasca, Bugaboo and Wapta.

One of the sports practised there is an eccentric activity called golf on ice. The endless stretches of Greenland host even the world championships in this discipline. The game has the same rules as you may know from the traditional golf. The only difference is that here players use coloured balls, because on the icy course white balls would be barely visible. The balls are also twice as big as the ones used in regular golf. An additional attraction is the incredible silence which can be only experienced at the ends of the world. The silence is broken at times by howling of Malamutes, Samoyeds and Siberian Husky dogs.



(or rather old, but long-forgotten) winter activities.

One of them is ski touring. There are a number of advantages of this sport – one of them is, for sure, the fact that they don't have to stand in queues for the lifts. On a sunny morning they set off for the summit with performance skis on their shoulders. Usually, they choose mountain paths located away from tourist trails, busy pistes and trampled slopes. It's a combination of passion for climbing, often in difficult conditions and using an ice axe and climbing irons, with mountain hiking and skiing. Ski touring, also known as backcountry skiing, is a return to the roots – the era when there were no ski lifts, so you had to climb onto the peak of a mountain in order to slide down its slope. Enthusiasts of this sport, apart from a large dose of adrenaline, and satisfaction which comes with climbing a difficult route, also appreciate the unique opportunity to be alone with the mountains.

FREERIDING  
- TOTAL FREEDOM

Wealthier enthusiasts of winter extreme sports decide to reach the peak of a mountain on board a helicopter or a ski jet. A variation of ski touring is extreme skiing performed on long, steep slopes in dangerous terrain.

There are also those who, seeking even more extreme emotions, go even further and choose especially dangerous areas, full of crevasses and cliffs, or by their own free will they decide to be chased by an avalan-

che. That's how the lovers of sport called "freeriding" seek adrenaline. This English word best describes their state during skiing – it's just absolute freedom and the unique feeling of skiing without any restrictions.

THE SOLITUDE OF A LONG  
DISTANCE RUNNER

This sense of real and unlimited freedom can also be felt while snowkiting – the sport which rather than high mountains requires an open space covered with snow and ice, and - very importantly - a particularly exposed and windy area. In order to practise snowkiting you must purchase a snowboard or alpine skis, as well as a special harness and a parachute-kite. Thanks to this equipment we can first float in the air, and then settle on top of the most beautiful pristine slope, and paving the trail – ski down as quickly as we can.

There's also something referred to as powder skiing, i.e. skiing in powdery snow. This pleasure is, however, only available for those who love setting their own trails. The enthusiasts of this type of skiing describe the pleasure felt while doing it as „flying on the slopes in three dimensions.”

It's believed that a skier who has experienced such extreme feelings for two seasons in a row, later feels no fear, but a kind of euphoria. At such moments, you realize that even the slightest error or distraction may cost you your life. You can only rely on your skills and often feel lonely. However, in our densely populated world, it can sometimes be an advantage...

Marzena Mróz

FOT.: ISTOCKPHOTO



AGENCJA  
MIENIA WOJSKOWEGO

ŁEBA



Powierzchnia gruntu: 4,1852 ha  
Przeznaczenie: rekreacyjno – wypoczynkowe

ROGOWO, działki



Powierzchnie gruntów od: 3,036 ha  
Przetarg: 31.01.2012 r  
Przeznaczenie: rekreacyjno – wypoczynkowe

HEL



Powierzchnia gruntu: 5,7279 ha  
Przetarg: 25.01.2012 r  
Przeznaczenie: rekreacyjno – wypoczynkowe

HEL, ul. Przybyszewskiego



Powierzchnia gruntu: 5,8232 ha  
Przeznaczenie: rekreacyjno – wypoczynkowe

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# GENEVA CHOCOLATE- -SMELLING AIRPORT

Geneva is one of the most cosmopolitan and prosperous cities in Europe, and half of its inhabitants are foreigners. It's an epitome of luxury and wealth, as well as a mecca for skiers who can slide down the snow-covered mountains already two hours after landing at Geneva-Cointrin airport.

This extraordinary city attracts travellers from around the world. Located by the picturesque Lake Geneva and the Rhone river, it's home to numerous international organizations such as: United Nations, World Health Organization, International Labour Organization, or the International Red Cross Movement. Geneva also hosts one of the most important events in the automo-

tive industry - the International Geneva Motor Show. Most visitors to this undoubtedly interesting European city, begin their adventure at the international GVA airport, which is spacious, modern, and run with the world-renowned Swiss precision.

### A TRAIN AT THE AIRPORT

The airport is located just 5 kilometres from the city centre, which can be reached by

train (the trip takes 6 minutes), a bus number 10 or a taxi for around CHF 35. There's also a railway station (final station of CFF rail) serving several Swiss and European destinations. Getting to the ski resorts located in Switzerland is only possible by CFF trains. If, however, your final destination is a French ski resort, you can get there directly from the airport in Geneva by a special bus.

FOT.: BIDSTOCKPHOTO

### CHOCOLATE AND WATCHES

The airport in Geneva is the second largest in Switzerland, with over 11 million passengers handled in 2009. An interesting solution implemented here is the division of the port into two sectors: a French one and a Swiss one. The arrivals hall features a well-stocked shopping mall with numerous stores offering jewellery, branded clothes, watches, home electronics, and famous Swiss pralines in chocolate, which are an obligatory purchase for each foreign visitor. Their captivating smell spreads throughout the terminal. The airport provides a high level of security, is well lit, has a spectacular observation deck, a grocery store, a bank, an exchange office, a hairdressing salon, a children's corner, the wireless Internet access,

as well as some fancy restaurants. After passport control, passengers head for long tunnels located beneath the apron, where moving walkways take them towards the departure area. Quick and efficient service is guaranteed thanks to numerous check-in desks.

### WALK BEFORE YOU FLY

If you have a few spare hours to your plane's departure, take a walk out toward the Pal-expo exhibition hall (where the annual car show takes place). It's just enough to leave the terminal and head to the left, towards the railway station. The exhibition grounds are adjacent to the park with benches where you can relax and unwind before your journey.

There is possibility to reach ski resorts located in Switzerland by CFF train. Whereas all the major ski resorts in France are accessible by shuttle bus directly from Geneva Airport.

## Worth to Know

### Geneva Airport

PO Box 100, Route de l'Aéroport 21 CH-1215 Geneva 15, Switzerland  
IATA code: GVA  
ICAO Code: LSGG

### TAXI

The fare charged by taxi companies in Geneva is CHF 6.30 of the basic charge plus CHF 3.20 per kilometre. At nights, on Sundays, and during public holidays, the rate per kilometre is CHF 3.80. Charge for luggage or an animal is CHF 1.50. Taxi - Phone, tel.: +4122 33 141 33; Ambassador Limousine, Tel: +4122 33 141 00

### BUSES

Lines no. 5, 10 and 23, which head towards the city centre, depart from the departures hall every 8 - 15 minutes. Line no. 5 serves Airport - Hopital route, line no. 10 serves Airport - Onex-Cité route, and line no. 23 serves Airport - ZIPLO route. You can pick up a free ticket for public transport from the machine in the baggage collection area at the Arrival level. This Unireso ticket, offered by Genève Aéroport, allows you to use public transport in Geneva free for a period of 80 minutes.

### THE RAILWAY STATION

Located at the arrivals hall, 200 meters from Terminal 1. Trains go to Geneva - Cornavin station and depart every 12 minutes. The journey takes 6 minutes.

### CAR PARKS

There are six parking areas: P1 - open 4.40 am - 11.30 pm, one hour costs CHF 2. P2 - open 24 hours, one hour costs CHF 3, up to 10 minutes for free. P3 - open for 24 hours, a 30-minute stop costs CHF 2, up to 10 minutes for free. P20 open 5.00 am - 11.30 pm, one hour costs CHF 2. P31 - open 24 hours, up to one hour for free. P51 - open 24 hours, one hour costs CHF 2. The accepted forms of payment are CHF, EUR and credit cards: Eurocard, Visa, American Express. The Parking Control Centre is open 24 hours, tel: +4122 717 70 99.

### CAR RENTAL

Alamo, Avis, Budget, Europcar, Hertz, National, Sixt. You can get to Geneva with the following airlines: Aer Lingus, Aeroflot, Air Canada, Air France, Alitalia, American Airlines, Atlas Blue, Austrian Airlines, BMI Baby, British Airways, Brussels Airlines, easyJet, Iberia, Jet2.com, KLM, LOT, Lufthansa, Malev, MyAir, Norwegian Air Shuttle, SAS, Air France, TAP Portugal,



# 7 NEW WONDERS OF THE WORLD


The Internet campaign to create a list of the most beautiful 7 places, which haven't been affected by human activity, took three years. There were over 400 nominations. At the end of 2011, Swiss New7Wonders foundation, the organizer of the campaign, announced the list of winners. Below, we present 7 most beautiful places on Earth...





THE AMAZON RAINFOREST  
SOUTH AMERICA


The Amazon river basin, the greatest river on the planet, is called the Earth's Green Lungs. It covers the area of 7 million sq km and constitutes half of the world's rainforest. It's a paradise for nature lovers, as it's virtually impossible to even imagine the diversity of the flora and fauna living there. Responsible for all this richness, the Amazon river, flows through Peru and Bolivia and, as a bordering river, through Colombia. Its estuary, in the Peruvian Andes, were discovered in 1996 by Polish explorer, Jacek Pańkiewicz. And although the dispute lasted for many years, the discovery was finally officially recognized by Geographical Society in Lima. Similar disputes concern the length of the river. Some sources say, the Amazon has 6,400 kilometres, others than even 7,040 km. What's beyond all doubt, is the fact, that it's the biggest reservoir of fresh water on Earth. And one more interesting detail - no bridges have ever been built over the Amazon.

 **Getting there** By air to the capital of Colombia - Bogota - departures from big European hubs. Once in Bogota, use local airlines to get to the town of Leticia. It's located by the Amazon, located at the point where Colombia, Peru and Brazil come together. Two days in

the jungle and a cruise down the Amazon in a pirogue cost about \$150 per person.

HA LONG BAY  
VIETNAM


Located in the province of Quang Ninh, called „descending dragons bay”, it covers the area of 1,553 sq km and is one of the biggest natural attractions in Viet Nam and the whole Asia. The coastline has 120 km, and there are 1,900 rock islands scattered around the whole area, but most of them have not been even named yet. The majority takes form of calcareous poles, sticking high up above the surface of water. In autumn it's haunted by cyclones, in July and August it often rains, but during the remaining months the sky above the bay is ideally clear. The shores of the bay are covered with tropical forests, and clear turquoise waters enable you to see the coral reef. The region is inhabited by only 300 people, while the number of tourists exceeds 300,000 each year. This incredible place is home to 1,847 animal species, including rhesuses, macaques, squirrels, antelopes, iguanas and over 200 species of fish.

 **Getting there** By plane with LOT Polish Airlines to Hanoi, and then by car or coach (the journey takes 5 to 6 hours) to Cat Ba, which is an ideal starting point to explore the bay. The cost of the trip from Hanoi to Ha Long varies between \$50 to \$1000.

According to a legend, when enemies attacked their country, the Vietnamese people asked Mother Dragon for help. The dragons are said to have come to Ha Long and spat pearls which changes into little rock islands. The enemies' ships crashed against them.


IGUAZU FALLS  
ARGENTINA AND BRASIL

The word „iguazu” in the Indian Guaraní language means „big water”. It's a spectacular waterfalls complex situated on the border of the Brazilian state of Parana and Argentine province of Misiones. The rapid waters of the river flow from Serra do Mar mountain range. The water falling from the height of 70 m, creates 275 waterfalls along the area of 2.7 km. On the Argentine side they are as wide as 2,500 m, and the most spectacular one is 80-metre Garganta del Gialbo (Devil's Throat). From bird's eye view the landscape looks like a giant horseshoe. The waterfalls are surrounded by two national parks belonging to both of the countries, and the jungle is home to such animal species as tapirs, ocelots, colourful parrots, jaguars and caimans. You can never be tired of observing this stunning views with rumbling water, cascades and numerous rainbows. In this charming scenery „The Mission” featuring Robert de Niro was shot.

 **Getting there** The town of Foz can be reached by local airlines from almost any bigger town in Brasil. To get to the very waterfalls, take a taxi or bus - both on the Brazilian or Argentine side.

JEJU ISLAND  
SOUTH KOREA

It's the biggest volcanic island in South Korea, located 130 km away from the coast, at the same being the smallest province. The area of Jeju is 1,846 sq km. In the centre of the island, there is the highest peak in South Korea and a dormant volcano - Hallasan (1,950 m). It's surrounded by 360 smaller volcanoes scattered all over the place. Jeju is famous for being an island of love - thanks to its warm climate and beautiful beaches it has been a destination for honeymooners from Korea for years. In 2004 an original park called Love Land with 140 erotic sculptures was founded here.

 **Getting there** By plane from Seoul (a round-trip ticket costs about \$100, or by ferry from the cities of Busan and Mokpo.



Apart from Love Land, when in Jeju Island, you should also see Bonsai tree garden, and the museums: Tea Museum, Chocolate Museum and... Teddy Bear Museum.



Amazonia is the realm of nature - it is estimated that one in ten known species „lives” in the Amazon jungle.



Rumour has it, that when the Queen of England saw Iguazu Falls, she said: „Poor Niagara...”






Table Mountain is part of Table Mountain National Park, which came into being in the 1990s. Here, you can come across porcupines, rock hyraxes, mongooses, snakes or ostriches.


**KOMODO NATIONAL PARK  
INDONESIA**

It's one of 50 national parks in Indonesia. It was founded in 1980 in order to protect Komodo dragons - gigantic lizards also known as Komodo monitors. The park consists of three large islands: Komodo, Rinca and Padar, as well as many smaller ones of total area of 1817 sq km. The islands are volcanic ones, and the very park was put on the list of UNESCO World Heritage Sites in 1991. The Komodo dragons were discovered as late as 1910. They have enormous heads, wide necks and impressive jaws armed with 60 teeth. For many years their saliva was thought to be toxic, because of high content of putrefactive bacteria, but recently the scientists have started to believe that Komodo dragons are venomous. They hunt for birds and mammals, even ones as big as a deer. It sometimes occurs that they attack people.

 **Getting there** Take a plane to Bali, then go to the island of Lombok, Sumbawa or Flores, and then to Komodo.

**PUERTO PRINCESSA RIVER  
THE PHILIPPINES**

The national park of this underground river is situated about 50 kilometres northwards from the city of Puerto Princessa, on the Palawan island in the Philippines. It covers the area of St Paul Mountain Range, and borders with a bay with the same name in the North, and with Babuyan river in the East. The most important part of the park is the underground, navigable 8.2 kilometre-long river. The underground landscape consists mainly of stalactites and stalagmites and a few large chambers. The lower part of the river is under the influence of tides. Until 2007, when similar river was discovered on the Yucatan Peninsula, Puerto Princessa had been considered the longest river of this type in the world. You can cruise the river in a rented boat and admire the rock formations resembling gigantic mushrooms, animals, and some of them are even said to resemble some of the saints. One of the caves the river flows through is 65-metre high.

 **Getting there** Take a plane to the capital of the Philippines, Manila, and later reach the island – also by air.

**TABLE MOUNTAIN  
SOUTH AFRICA**

It's a symbol not only of Cape Town, but also of the whole country. It's the only place on Earth that has a star constellation named in its honour (Mensa means table). This flat-peak mountain towering 1086 m, has outlasted 6 million years of erosion. It contains the smallest, while at the same time the richest flowery kingdom in the world - there are 1,470 species, including many rare or endangered ones. Table Mountain is part of Table Mountain National Park, which came into being in the 1990s. Here, you can come across porcupines, rock hyraxes, mongooses, snakes or ostriches. In 1920s there were also leopards. You can reach the peak by means of a rope cable from the bottom Tafelberg Road station at 300 m. Once you've arrived, you can marvel at the magnificent view over Cape Town, Table Bay, Robben Island and the Atlantic. If you are lucky, you might be able to see the famous „tablecloth“ of cloud sometimes covering the top of the mountain and the slopes.

 **Getting there** By air to Cape Town - departures from big European hubs.



The largest ever seen specimen of Komodo monitor was 365 cm in length.



Several months ago, there was discovered fossilized skeleton of a siren, a species extinct 20 million years ago, in the rocks of Puerto Princessa.

FOT.: ISTOCKPHOTO, DREAMSTIME (2)



# THE OrchestraLOT TOOK PART IN THE GOCC

On the 8 January 2012, the OrchestraLOT landed in Okęcie. Among the passengers on board the Embraer 170 belonging to LOT Polish Airlines and decorated with red hearts of the Great Orchestra of Christmas Charity, was Jurek Owsiak, journalists and invited guests, who were welcomed by Marcin Piróg, CEO of LOT and Michał Marzec, the General Director of Polish Airports State Enterprise.



On the day before the Grand Finale, the GOCC team took the OrchestraLOT Flight to Cracow, from whence they were able to make their way to Zakopane for the formal launch of the Grand Finale on 8th January without racing the clock.

During this year's Finale of the GOCC, the guests for the first time flew on board a large Embraer 170 aircraft. In previous years, the role of the OrchestraLOT was played by smaller Embraer 145 planes, called „pencils”. However, the tradition of decorating the plane's fuselage with thousands of red hearts remained the same, as did the captain - Sławomir Majcher – at the controls, and the warm atmosphere, which is a hallmark of this charity action.

After the opening ceremony, the OrchestraLOT Flight returned from Cracow to Warsaw with Jurek Owsiak and his guests on board. The flight was full of surprises and probably all the passengers will remember it forever. First, it turned out that OrchestraLOT had an unusual escort of honour: two F-16 fighter jets. Then, just

before landing, the plane did the so-called ‘low flight’, and finally to celebrate the 20th anniversary of the GOCC, it was greeted with water salute at Chopin Airport.

In support of the 20th Finale of the GOCC, LOT put up for auction the captain's hat donated by captain Tadeusz Wrona, who had performed the famous belly landing at the airport in Warsaw on 1 November 2011.

Marcin Piróg, the Chairman of the Board of LOT Polish Airlines, as well as captain Sławomir Majcher and flight attendants, were the guests during the TV broadcast of the event.

“We are absolutely delighted and very proud that, for the fifth year running, we are able to support the Great Orchestra of Christmas Charity,” said Marcin Piróg on his visit to the TV studio. “It's an enormous joy to observe the sheer commitment and motivation of not only the entire GOCC team themselves, but also of the countless volunteers and supporters that the event has garnered in Poland and around the world. Which makes it all the more of a pleasure to know that, with the OrchestraLOT

Flight, we can help get Jurek Owsiak and his team to the people engaged with the GOCC all over the country,” added the CEO of the Polish airline. “Also in the previous years, LOT Polish Airlines actively supported the GOCC, offering its tickets for auctions, as well as for the organizers. We are pleased that we can help the GOCC and play for all the children who need specialized treatment,” said Mr Piróg. “As a national carrier we are proud to support such an important social action, which has been stirring the hearts of Poles for 20 years. It's also a great pleasure to accompany Jurek Owsiak in the traditional flight on board OrchestraLOT, where there is always an amazing atmosphere. We're also planning for the OrchestraLOT plane to be flying the GOCC heart logo for a while before the Grand Finale as well, in the hopes that this will help to reinforce promotion of the underlying idea of the Orchestra beyond Poland. We would like to be such an informal ambassador for the GOCC in cities and airports to which we fly ... Till the end of the world and one day longer!”

We are very happy and proud that we can support the Great Orchestra of Christmas Charity for the 5th year in a row. We are glad that with the flights of OrchestraLOT we can help get Jurek Owsiak and his team to the people engaged with the GOCC all over Poland.







# TRAVEL COMFORTABLY – NOW YOU CAN

Nowadays, long journeys aren't so time consuming as, for instance, at the beginning of the 20th century. With planes, moving between continents takes just a few hours rather than several weeks, as it would in the past. This unusual convenience is certainly appreciated by those who travel both as tourists and in business.

It's also true that our requirements regarding the quality of travel have increased, because regardless of whether we decide to spend the few hours of the flight on working, reading a book, watching a movie or

just dozing off, we like to do it in the most comfortable conditions.

The Dutch air carrier KLM has decided to meet those expectations of Economy Class passengers on intercontinental routes, and has offered them a possibility to choose a type of the seat in which they want to travel.

So, while booking your ticket, it's worth exploring all the options that KLM gives us. Passengers can now select a seat with more legroom, up to double the reclining angle, or a seat in a row of 2. Moreover, the prices are reasonable and the additional amenities don't

significantly increase the cost of travel. And for members of Flying Blue loyalty programme, the prices are even more attractive. Service and meals are the same as in Economy Class.

One of more interesting options is a special Economy Comfort Zone, situated at the front of the plane. The seats there have distinctive and comfortable headrests and the legroom is increased by 10 centimetres. The most tempting is the possibility of adjusting the seat to reclining position, so the tilt angle is doubled (to 18 cm). The price for this extra comfort is between €60 and €150 (one way) depending on



Our requirements for the quality of travel has increased, because regardless of whether we will work, read, watch movies or just sleep by the few hours, we would like to do it in the most comfortable conditions.

the length of the flight. Flying Blue Gold members can enjoy a 50% discount, and silver card holders (Flying Blue Silver) will receive a 25% off.

If the passenger is a member of Flying Blue Platinum or traveling with a ticket in Full Flex Economy Class, they can book a seat in the Economy Comfort Zone without any extra charges.

KLM also hasn't forgotten about tall passengers and provided for them seats with even more legroom. Depending on the type of aircraft, a traveller can receive up to 140 cm of free space. The number of such seats is limited, so you should hurry up with the decision. Flying Platinum Members incur no additional cost, Gold card holders receive a 50% discount, Silver card holders - 25%.

Travelling in a company? I bet you don't like it when it's too crowded around you. Now you can take advantage of the opportunity to buy seats in a row of 2! Such a seat provides a definitely more comfortable and intimate space. The number of seats is limited and they

are available only on selected aircraft (e.g., MD11, Boeing 777). Legroom and seat angle are the same as in case of standard Economy Class. The additional charge for booking such a seat is €30. In this case, members of Flying Blue loyalty programme also receive substantial discounts.

In all cases, reservation can be made independently via KLM's website [www.klm.pl](http://www.klm.pl). Payment by credit card is required. KLM Economy Comfort can also be booked by phoning KLM call centre (also available in Poland). The number of seats is limited, so the principle - first come first served - is applied.



FOT.: MATERIAL PRASOWE

Options/Type of seat	Standard seat	Economy Comfort Zone	Increased legroomi	Seat in a row of 2
Advantages	Ergonomically designed seat	wExtra legroom and more recline in front of the Economy Class cabin	Regular seat with extra legroom	Sit together in a row of 2 regular seats
Legroom	79–81 cm	86–89 cm	up to 140 cm	79–81 cm
Recline	9 cm	15–18 cm	9 cm	9 cm
Standard price (one way)	–	60 do 150 EUR	20 do 70 EUR	30 EUR
Flying Blue Platinum	–	o EUR	o EUR	o EUR
Flying Blue Gold	–	– 50 %	– 50 %	– 50 %
Flying Blue Silver	–	– 25 %	– 25 %	– 25 %



# Family & NOVOTEL INVITES YOU TO PLAY WITH THE MUPPETS

Winter holidays are a great opportunity to take a short rest, spending a few days with your family, away from daily responsibilities. If you happen to go to one of the seven largest Polish cities, you can use the offer of comfortable Family & Novotel hotels. Parents can take advantage of attractive promotions, while the youngest will certainly enjoy the surprises related to the premiere of 'The Muppets' movie.



If you don't usually have enough time for your closest ones, the winter holidays are a perfect time to take your family for a few day trip. There are plenty of options around – you can go to Warsaw to visit the Copernicus Science Centre, have a close encounter with wild animals in Gdańsk zoo, visit Wawel Dragon in Cracow, or even go to Wrocław for a dwarf-tracking event. Bear in mind that in winter, when the night falls quickly, and the low temperature can effectively discourage you from taking long walks with your children, you will need to make sure that your kids will have proper entertainment for the evening. That's why it's worth choosing a hotel, which not only offers access to television channels for children, but also additional entertainment to keep your kids busy and make sure that they will never complain of boredom.

## YOUR OWN MUPPET SHOW IN NOVOTEL HOTELS

Guests to many hotels of the chain can relax at an indoor swimming pool, or spend time in sauna, where after a long walk on a cold winter day, both parents and children will be happy to warm themselves up. Even if there is no snow, Novo-

tel Poznań Malta invites skiing and snowboarding enthusiasts. Guests of the hotel can take advantage of the artificial alpine slopes located on the southern part of the charming Lake Malta in Poznań.

Also, Polish Novotel hotels have prepared special playing corners for the youngest. The corners are equipped with Kaplan educational toys, which kids can use to create unique structures based on ready-made patterns, or try to create something completely new and original. Playing with plush characters from Barbapapa books will spark the imagination of every child.

This winter in Novotel hotels, the youngest guests will enjoy incredible attractions related to the return of the renowned Muppets to cinemas. Thanks to the collaboration of Novotel hotel chain with Disney, in the play corners children can now play with puppets dolls modelled on the legendary Muppet Show. This classic TV show has inspired many generations, and its characters have enjoyed great popularity not only among children but also among adults. That's why we encourage whole families to play together. For parents, the time spent in this way can become a moving journey back

to their childhood, as well as an excellent opportunity to have fun with their children. Older kids will certainly be happy to play video games on Xbox 360 consoles, which are available to guests at Novotel hotels throughout the country. Visitors to Novotel Warszawa Centrum, can additionally try a completely new dimension of fun with the superb Xbox Kinect. Thanks to implementation of state of the art technology, which allows the console to responds to body movements, games become very realistic and provide unique emotions. Not only parents, but also youngsters will appreciate the unlimited access to the Internet throughout the hotel. For those who have forgotten to take their laptop, or didn't want to take too much luggage, Novotel hotels offer so called Web Corners on a Mac, prepared by Apple.

## ATTRACTIVE PRICES AND A COMFORTABLE STAY

The chain has prepared attractive promotions. Under the Family & Novotel promotion, two children under 16 years old, sharing room with their parents, can stay in the hotel free of charge. Each hotel offers modern, spacious rooms that ensure a comfortable stay of two adults with two chil-



dren. If, however, parents decide to book a separate room for their children, they will receive a 50% discount.

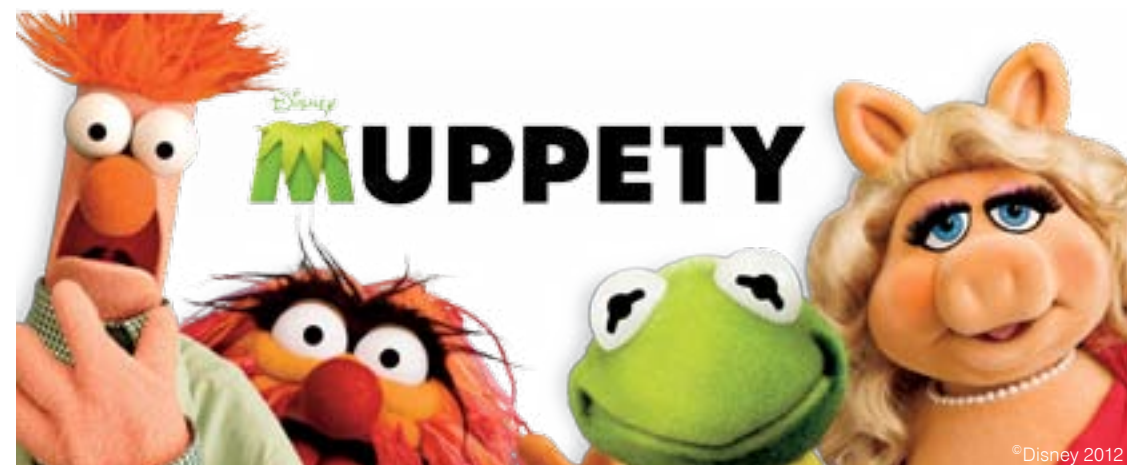
Breakfast for children are also served free of charge. What's more, the restaurant offers a menu prepared especially for children. It includes children's favourite dishes, which are prepared according to principles of healthy eating.

It's a well-known fact that getting up early and packing up may be a real challenge for parents of children of all ages. That's why, Novotel hotels have decided to make this process easier, by allowing guests to leave the room even at 5 pm on Sundays.

## THE DETAILS OF THE OFFER CAN BE FOUND AT

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

When we become parents, usually family trips become a distant prospect. Travelling with all the equipment which is needed when we have a small baby, may be truly difficult. Novotel hotels wish to make travelling easier for young parents, providing them with all necessary accessories such as a crib, a changing table, a high chair, and a bottle warmer.



FOT.: MATERIAŁ PRASOWE



# HOTELS WHERE YOU FEEL AT HOME

We speak to **Marco Foelske**, the General Manager of Sheraton Poznan Hotel



**Sheraton is a brand, which is known worldwide and associated with...**

Our brand for travellers, especially business ones, is a symbol of hospitality. This was the answer given by 96% of those who took part in our survey. We are proud of these results. We do our best so that guests to our hotels don't feel lonely, despite being far from home. That's why we create opportunities for them to be in touch with what is important to them. All Sheraton hotels now feature Link@Sheraton – a special area with computer stations and free internet access. In this way, our guests can stay in touch with their family, friends, and company.

**In Poland, there are 4 Sheraton hotels located in Cracow, Poznań, Sopot and Warsaw. What about other countries?**

We have 400 hotels in 75 countries, but the chain is growing and within 3 years we want to open 50 hotels, offering a total of 20,000 rooms. I'm very pleased with this fact, because it shows that, in accordance with our strategy, this growth is dynamic.

**What is the story behind the name of the chain?**

Sheraton Hotels & Resorts was founded in 1937 in Springfield by Ernest Henderson and Robert Moore. It was them who created our logo, the famous letter „S” entwined with a laurel wreath. Also, thanks to them, the first Sheraton became the most exclusive in the region just a few months after its launch. In the following two years they opened three hotels



in Boston, and then in Florida. 10 years after the launch of the first hotel, Sheraton made its debut on the Stock Exchange in New York.

**You have worked in many hotels. What were the milestones in our career?**

I was lucky enough that I was able to translate my passion for hotels into a profession. My adventure with hospitality industry began in 1982 as a trainee, then I worked in various hotels to eventually take a managerial position in the catering department. Several years later I became a managing director. I worked in Bremen, Sonthofen in the German Alps, Heidelberg, Lucerne, London and Dalaman in Turkey, as well as in Orlando, New York, Newark and Atlanta. A few years ago I moved to Poland, where I initially worked in Warsaw, but for the last 3 years I have mainly been associated with Poznań. I appreciate the fact that thanks to hospitality industry I have the opportunity to work and live in places where many people come just for a holiday. My work also gave

me a chance to witness many important events. I lived in Atlanta during the 1996 Olympic Games and in 2001 in New York when 11 September attacks took place. Now, living in Poznań, I will soon witness the 2012 UEFA European Football Championship.

**What about your private life?**

I'm married and have two children. In the family we describe ourselves as the citizens of the world, because we have lived in many places, and each of us was born in another country. We like learning about the culture of the countries in which we live. My hobby is collecting Swatch watches.

**Let's return to professional matters. What determines if a hotel chain becomes popular?**

The atmosphere is of particular importance, and this is built by the philosophy of the brand and its personnel. In my view, guests appreciate hotels where they can feel at home and where they are recognized by the personnel. During their

stay they want to feel welcome and be certain that they won't experience there any unpleasant surprises. We do our best to provide our guests with such conditions.

**Sheraton Poznań is almost five years old. How was it received by the local people?**

This is the first five-star hotel in Poznan and the first facility belonging to a world-known brand. That's why it aroused much interest from the very beginning. I'm glad that Poznanians treat us as a place where they can go for lunch, coffee or a meeting. This is not just a place for tourists and I'm proud of that. I feel that we have become a part of the city. More and more people come here for their Sunday Brunches or visit SomePlace Else to watch sporting events.

**What are the exceptional features that the hotel can offer to its visitors?**

Above all, the high level of service and the focus on the needs of guests. Our location is also our advantage. The hotel is situated opposite the HQ

of Poznań International Fair, the Central Rail Station is just 700 meters away, the Old Town is just a 15-minute walk away, and it's also easy to get to the airport from here.

**Sheraton Poznan is renowned for its good cuisine and patisserie. Do guests appreciate it?**

I think so, because many people who have experienced our hospitality, return here with their families. Our chef has prepared a variety of offers and everyone should find there something for themselves. For instance, we have several regular guests visiting us for Sunday Brunches. Of course, we want to encourage as many people to visit our hotel - not just on Sundays, but also on other occasions. We offer a variety of places where such a meeting could take place. Fusion Restaurant is a place where Eastern cuisine meets Western one, SomePlace Else is a pub with a relaxed atmosphere and a Tex-Mex menu-style, while Qube Vodka Bar and the Fireplace Corner is a perfect place to relax over coffee or a drink.

**How would you describe Poznań tourist market and the prospects of its development?**

Poznań and Wielkopolska are a special place - it's often one of the first stops for visitors from Western Europe, where they can experience the Polish hospitality. I think the city should be more promoted as an attractive place to spend free time, for instance at the weekend.

This task should be a common concern for all those whose interest lies in the growth of tourism in the region – primarily municipal and local institutions and organizations, as well as hotels and travel agencies. In my opinion, Wielkopolska and Poznan have a great potential.

**Sheraton Poznań is almost five years old. What changes have occurred at this time on the market?**

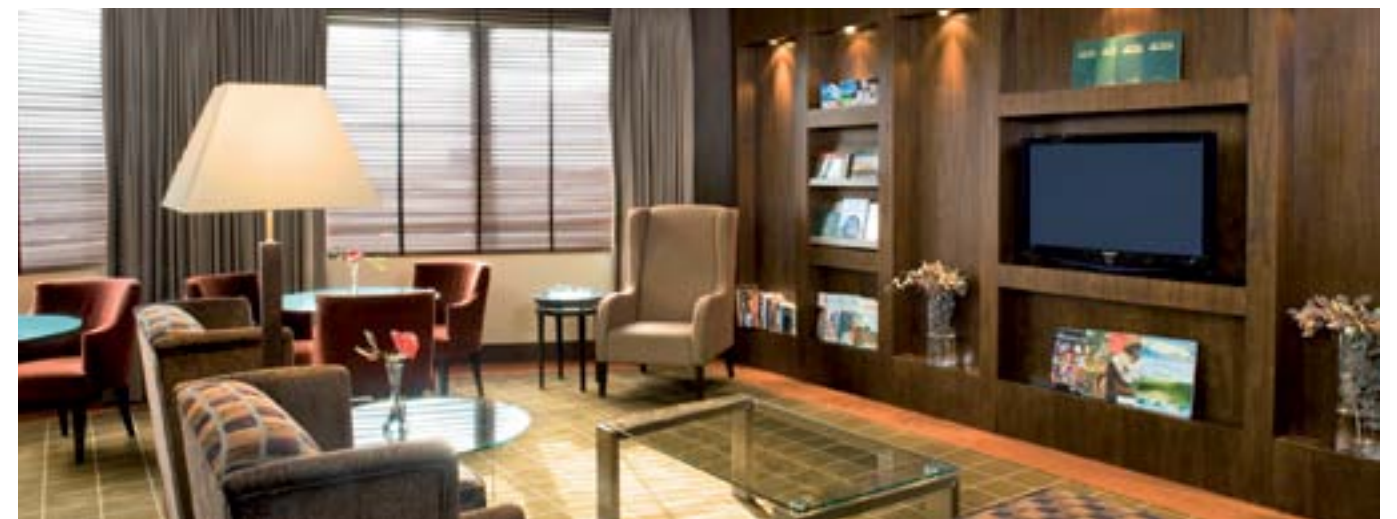
New hotels were launched, so there is a fiercer competition, and the guests have more choices. More hotels mean also a greater number of available beds, so Poznań can now be taken into account when selecting sites for important events.

The first two years were very beneficial for our hotel. Since 2008, everyone, not just in the hospitality industry, have had to face the threat of the economic downfall. This time proved to be a true test for many businesses and I think we managed to pass it. The last two years were the time to strengthen our position on the market, and I hope that this process will continue.

**Sheraton Poznań is known for its environment-friendly attitude. How would you describe it?**

We participate in 20/30 by 2020 project, which is an initiative by Starwood chain. Its aim is to reduce water and energy consumption by 20% and 30% respectively by 2020. By promoting recycling we segregate recyclable waste and try involved our guests in this activity. To reduce the quantity of plastic packaging, we offer (in collaboration with Remondis company) free, reusable cloth bags. We also actively take part in the actions which aim at raising environmental awareness, such as Earth Hour and Clean Up the World.

Many guests, who often stop at the Sheraton, appreciate the fact that our personnel recognize them and remember about their preferences and tastes, such as the title of their favourite newspaper, or the way they like to have their coffee prepared.



FOT.: MATERIAŁ PRASOWE



# INTIMATE SPACE IN SHERATON HOTELS



Each hotel has its own secret places, where guests, especially those who like intimate atmosphere, are fond of staying. You can meet there celebrities, businesspeople, and those who particularly care about their privacy and discre-

tion. Sheraton hotels also offer such places on so-called Club floors. You will find there high-quality rooms, suites, as well as the Club Lounge.

What exactly is the Club Lounge? It's an elegant oasis of tranquillity where guests of Sheraton hotels can feel com-

fortable and at ease at the same time. The place was designed for the most demanding clients who, apart from the highest quality of service, also seek time-saving solutions and conditions which can boost their productivity.

The Club Lounge offers mul-

tiiple services in one place. You can start your day here with remarkably aromatic coffee, and enjoy it in a comfortable couch. Also breakfasts are eaten here in a truly cosy atmosphere. For those who value privacy, having breakfast in the Club Lounge, instead of going to the hotel's restaurant, is a big advantage.

During the day, the place offers a variety of drinks, snacks and fresh fruit. In the evening, the Club Lounge turns into a place where in the intimate atmosphere, over a glass of drink, you can make interesting friends, relax, but most of all, overcome the feeling of loneliness which often accompanies those who spend considerable time away from home. Evening cocktails are an ideal opportunity to discuss current issues in the elegant and spacious rooms of the Club Lounge, while gorging on delicious snacks prepared by the chefs of the hotel. The atmosphere encourages casual

cocktail conversation and relaxation after a busy day.

In the Club Lounge, you can also relax while playing stimulating board games. They appeal to many visitors to the Club Lounge, not only the youngest ones. But the Sheraton Club Lounge isn't only a place of culinary delights and socializing, but also a great space to work. It's equipped with computer stations with Internet access and, if necessary, you can also print and copy documents, as well as send them by fax. The place features comfortable, adjustable seating and a partition wall that separates the computer corner from the main area of the lounge.

However, the Internet isn't the only source of the latest news in the lounge. In the Club Lounge you will always find daily Polish and foreign press, primarily business oriented, but also about the lifestyle. There's a TV corner, as well.



Another big advantage of the place is the possibility of inviting guests to the meeting in the Club Lounge. This is especially important for businesspeople with tight meeting schedules, because in this way they don't have to waste time commuting to various parts of the city.

Club Lounge is available in all Polish Sheraton hotels which are located in Warsaw, Cracow, Poznań and Sopot.

Each one is different and each worth visiting.

Evening cocktails are an ideal opportunity to discuss current issues in the elegant and spacious rooms of the Club Lounge. The atmosphere encourages casual conversation and relaxation after a busy day.



FOT.: MATERIAŁY PRASOWE



# CAPE TOWN - THE MOST BEAUTIFUL EDGE OF THE WORLD

It's considered one of the most beautiful places in the world. Ideal climate, location, the azure colour of the Atlantic ocean, white beaches, vineyards, jazz festivals, and cosmopolitan atmosphere - and there's more! **Marzena Mróz** takes you on a tour around Cape Town.



Cape Town is South Africa's second largest city, right after Johannesburg. It's located at the bottom of the majestic Table Mountain, bordering with two oceans and surrounded with hills sloping down towards empty beaches. The city is full of white and pink colours - bathed in sunlight and bustling with life. Only here can you sunbathe on a beach „guarded” by the Twelve Apostles, see the southernmost point of Africa, swim with penguins or eat the best lobster on Earth.

THE BOULEVARD, AN AQUARIUM AND LONG STREET

Cape Town districts are stretch in a semicircle fashion by the Atlantic, but they are protected from cold Antarctic winds thanks to Table Mountain massif. Skyscrapers are adjacent to old-fashioned buildings resembling those from old Dutch towns. And no wonder, the city was founded in 1652 by the Dutch, as a harbourage for the Dutch East India Company.

The symbol of Cape Town is Table Mountain towering 1,087 metres. TABLE MOUNTAIN Its top is often covered with a „tablecloth” of cloud. The weather in Cape Town changes quickly, that's why if you want to climb it, or reach it by means of a rope cable, better do it when the sky is crystal clear. Thus, you can see the whole city and the Cape of Good Hope scintillating in the sun.

Another characteristic spot is the city is Victoria & Alfred Waterfront - an entertainment district modelled on the most stylish places in London, Boston or San Francisco. It's located between two inner ports founded in 1860 and named after the English Queen and her son. 40 years ago, this place had neither spirit nor atmosphere, but today, it's a symbol of the city. Numerous shops, restaurants (including the famous Cape Quarter), club, bars, and hotels attract both the locals and the tourists. Where possible, the stylish buildings were preserved - a luxury hotel was opened in a former warehouse, the intermediate pumping station was altered into a pub, and a former prison is now a school.

When sightseeing in Cape Town, you cannot miss the aquarium opened in 1995. There are 30 pools with 300 fish species coming from the nearby oceans: A special attraction is Open Ocean Tank of 2 million litres capac-



ity, where you can see sharks and rays. Another must is a walk down Long Street - with Victorian, Dutch and art deco houses - which is considered the most beautiful part of the city. Restaurants, music stages, theatres, flea markets, romantic hotels, antique shops and bookshops attracts mostly European tourists.

Its citizen say that Cape Town isn't Africa. Indeed, it takes time to find elements

Must see:

- Victoria & Albert** Waterfront - sunny boulevard, which is a meeting point for both the locals and the tourists. Restaurants, shops, cinemas, bookshops, museums.
- Table Mountain** towering over the city and one of the most important elements in the landscape. Sun set seen from its top - a real must.
- Long Street** - a two-kilometre long street considered the most beautiful one with unique atmosphere. Victorian, Dutch and art deco houses, atmospheric restaurants, flea markets, theatres and antique shops.
- The Cape of Good Hope** - the southernmost point of Africa.
- Chapman's Peak Drive** – cut in-rock, apparently the most stunning road in the world, leading to magnificent beaches of Clifton and Camps Bay.
- Botanic Garden in Kirstenbosch** - exotic flowers, arbours, cafes.

characteristic for the Dark Continent culture. If this is what you're after, go to South Africa Museum on Queen Victoria Street or South African National Gallery. You can also buy African pieces of art in galleries and shops.

BEACHES IN THE MOUNTAIN SHADOW

Camps Bay beach, situated in the shadow of Lion's Head and Twelve Apostles Mountain Range, is a place suitable not only for holiday, but for your whole life. Surrounded with palm trees and excellent restaurants serving seafood, isn't crowded even in high season - at the end of December and at the beginning of January. In Bantry bay, most houses are luxurious mansions located on the steep slopes of the mountain. In recently-popular Clifton, there are four small beaches separated with granite boulders. Lion's Head peak protects all enthusiasts of this place from strong South-Eastern winds. One of the most beautiful beaches in the neighbourhood is Llandudno, situated around 10 kilometres eastwards from Camps Bay. Semicircular in shape, with golden sand and crystal clear water is considered the most romantic place to watch the sun set. Nearly an hour's walk along the rock coast separates in from Sandy Bay - naturists' favourite beach.

If you go further, you will reach Hout Bay. The road is winding, and the views are marvellous. Views from the mountain called Chapman's Peak are considered the most stunning. At the beginning of the picturesque Chapman's Peak Drive along the coastline, there is a hotel famous for its excellent restaurant. When in the village of Hout Bay, you should visit one of many cafes or pubs, the most famous of which is Dirty Dick's Tavern.

THE CITY OF WINE

Thanks to conducive climate and good soil, the neighbourhood of Cape Town is called the granary of South Africa. Some of the best wine varieties are produced here. The vines were brought in here in 1655 by Jan van Riebeeck - the first colony governor and founder of Cape Town, who wanted to provide wines to the Dutch East India Company ships. The wine was suitable for drinking for longer than water, and it was also believed to protect the seamen against scurvy. The best area for vine growing is the West

On the edge of the continent

Since 2007 between 8.00 am and 4.30 pm there has been a train going along False Bay. It's a common initiative of the local authorities, city railways and the Cape Town Tourism Office. For only 25 rand (about €2.5) you can take Southern Line Tourism Route, which runs from Cape Town through Observatory, Newlands, Muizenberg, Kalk Bay to Simon's Town. The train is attended. Tickets can be bought at railway stations and in Cape Town Tourism office in Burg Street. Together with tickets, you will get a map with tourist attractions around each railway station.

coast, where hot and dry tropical climate neutralizes the cooler and more humid oceanic climate. That's why the local wines combine the best qualities of those from France and the New World. The national grape variety is Pinotage. It was created in 1925 as a cross of Pinot Noir and Cinsault, which was called Hermitage here.

THE CAPE OF GOOD HOPE

The magical rock thousands of ships have crashed against, surrounded with two oceans, oppressed with storms and winds... Can you imagine a more romantic spot? When standing in this southernmost place in Africa, you know you've

reached the edge of the world! The cape seems picturesque for those who came here from the mainland, but it proved deceptive for many sailors. It's made of rock towering 300 metres above the sea level, and elevated 380 million years ago. Today, it's a national park covering the area of 7,150 hectares between Schuster's Bay on the Atlantic coast and Smitswinkel Bay on the Indian Ocean coast.

Here you can observe whales, dolphins, penguins or seals, as well as come across mountain zebras and antelopes. The landscape also changes - there are bushes, grass and thicket. You can easily stumble upon a troop of baboons, which provoke the tourists. Ostriches and common elands are rather skittish and keep distance.

But it's worth climbing a nearby hill. If you don't feel like climbing, take the „Flying Dutchman” car cable, resembling the legendary Captain Van der Decken's ship (which, according to the legend, still cruises around The Cape of Good Hope), which shuttles between the car park and nearby hills. The view is stunning: two capes of the bay being washed over by two oceans. The first cape is The Cape of Good Hope, the other one - Cape Point. The higher you go, the stronger the wind. he concrete strip ends with several steps leading to the summit. Those who've climbed on top, can expect a reward. The unique view: the edge of the continent, rocky cliff and misty horizon...



ISTOCKPHOTO, DREAMSTIME (2)

Recommendations

EVENTS

- January** New Year Karnaval, Jazzathon, Cape to Rio Yacht Race
- March** Cape Town Festival (cinema and theatre), North Sea Jazz Festival
- May** Cape Gourmet Festival
- December** March: concerts in Kirstenbosch Botanic Garden every Sunday

HOTELS

- Mount Nelson Hotel**  
76 Orange St. Gardens  
www.mountnelson.co.za  
„Pink Lady”, as the locals nickname the hotel, is a legendary hotel in the British colonial style, situated in the city centre. An absolute treasure among South African hotels, one of the most expensive, but the most stylish ones in the whole continent.
- Bulwar V&Cape Grace**  
West Quay Road  
www.capegrace.co.za  
It belongs to The Leading Small Hotels of the World group, which guarantees luxurious interior and ideal service. It was opened in 1996, and since then has gained many prestigious awards.
- iKhaya Guest Lodge**  
Wandel St. Gardens  
www.ikhayalodge.co.za  
A beautiful house in African style, with elements made of wood and sand stone. Most of the luxurious rooms overlook Table Mountain.
- The Bay Hotel**  
69 Victoria Road, Camps Bay  
www.thebay.co.za  
The most important hotel, situated by the main street in beautiful Camps Bay. Apart from comfortable rooms, there is spa and 4 pools.
- O on Kloof**  
Kloof, Bantry Bay  
www.oonkloof.co.za  
In 2008 it was listed as one of the 101 world's best hotels. In this perfect villa located on the slope of Lion's Head, the service takes care of all the details. The restaurant is famous in the whole region, and the views from room windows are unforgettable.
- Quayside Hotel**  
Simons Town  
www.quaysidehotel.co.za  
A charming hotel by False Bay, in the heart of a little town. Rooms overlook the port. Within a 30 minutes' walk there is a beach, where you can swim with penguins.





# VIENNA: MUSIC, HORSES AND MONUMENTS

It's a fascinating city right in the heart of Europe - an elegant, nostalgic, luxurious and romantic, full of charm and the centuries of tradition. It's a great place to go – either for a conference or for a team-building event.

The advantage of this destination is undoubtedly the short distance from Warsaw. LOT Polish Airlines and Austrian Airlines offer regular flights to Vienna, but it's also possible to charter a plane. Further advantages of the Austrian capital as a place for a short trip, are the extraordinary beauty of this city of Strauss, Mozart, Beethoven and Schubert, its history, numerous monuments, as well as the excellent hotel structure.

### HOTELS – THE TOP QUALITY

There are numerous hotels in Vienna, which seem to be ideal for an incentive trip. These include Renaissance Wien Hotel (309 well-furnished rooms), featuring conference rooms and a good restaurant, and located mere 7-minute drive from the historic cen-

tre. Hotel Intercontinental Vienna, located in the centre, near the famous Ring, the Vienna State Opera and St. Stephen's Cathedral (453 rooms), is a perfect place to stay in this fascinating metropolis. It's famous for its "MediteraNeo" restaurant, which serves both international and Austrian dishes, as well as for its Viennese cafeteria. Another option is to stay slightly further from the centre, in "Pyramide" hotel (458 rooms) which features a 42-metre glass pyramid. The hotel is a truly original venue for meetings, conferences, and congresses, which is readily used by business travellers coming to the Austrian capital from all over the world. The hotel also has the largest leisure area, featuring wellness, spa and swimming pools. You can arrange there for any event, for example a Hawaiian or Caribbean-style party.

### ON FOOT OR BY A CAB

While you're in Vienna, you should visit at least a few sights. You can do it either on foot or by riding around the city in a horse-drawn carriage, which is the symbol of the Austrian capital. One of the most important sights is Hofburg – a 700 years-old palace, which once was the seat of the Hapsburg dynasty. The building is impressive with its 19 courtyards, 50 staircases, 2,600 rooms, a chapel, a library, gardens and a museum devoted to Empress Sisi. Most of the historical sights can be found in Vienna's old town, which is regarded as one of the most beautiful in Europe thanks to such buildings as St. Stephen's Cathedral and numerous 19th-century houses, including the National Opera and the Museum of Art. The Old Town also features the famo-

us Holy Trinity Column, which was raised to stop the epidemic of plague, as well as the cultural complex called MuseumsQuartier. It's worth going there to see Schönbrunn - one of the most beautiful baroque palaces in Europe, which used to be the summer residence of the imperial family, and where in 1830 to Emperor Franz Joseph was born. You can finish the tour round the city at the Ringstrasse - Vienna's magnificent boulevard, which features stately public buildings, private palaces, squares and parks, as well as numerous monuments and elegant cafeterias.

### COFFEE, WINE AND WALTZ

Vienna is the one of only few cities with the cuisine of their own name : the Viennese cuisine. It continues the culinary traditions of the old Danube monarchy, adapting to the needs of contemporary gourmets the Viennese goulash, Czech dumplings and Tyrolean Alps ragout of venison, as well as sweet

desserts - from Esterhazy Torte to Dobostorte and cheese cakes. Viennese cafeterias and bakeries are a real treat, especially the ones like Demel, Sacher or Cafe Central, where coffee is served in several ways. You should know that the first cafeteria opened in Vienna was known as "The Blue Bottle Coffee House" (Hof zur Blauen Flasche), whose owner was a Pole, Jerzy Franciszek Kulczycki. Something completely surprising among Viennese specialties are candied violets, which are rumoured to have been a favourite delicacy of Empress Sisi. Having tried the Viennese delicacies, it's worth visiting one of the local wineries to taste Austrian wines. The definite highlight of your stay will be an elegant dinner taking place in Schwarzenberg Palace, which was designed by Johann Lucas Hildebrandt. During the event the artists of the Vienna Opera will dance waltz in the ballroom. Then, having eaten their dessert, the participants will also join in.

### YOU SHOULD KNOW THAT VIENNA...

- is ranked 1st congress city in Europe and 4th worldwide
- takes 2nd place in the world as regards the quality of life
- is considered one of the cleanest cities in Europe
- is the 6th safest city in the world
- takes 12th position in the world as regards the cost of living

Agata Janicka

### Discovery Travel invites

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.

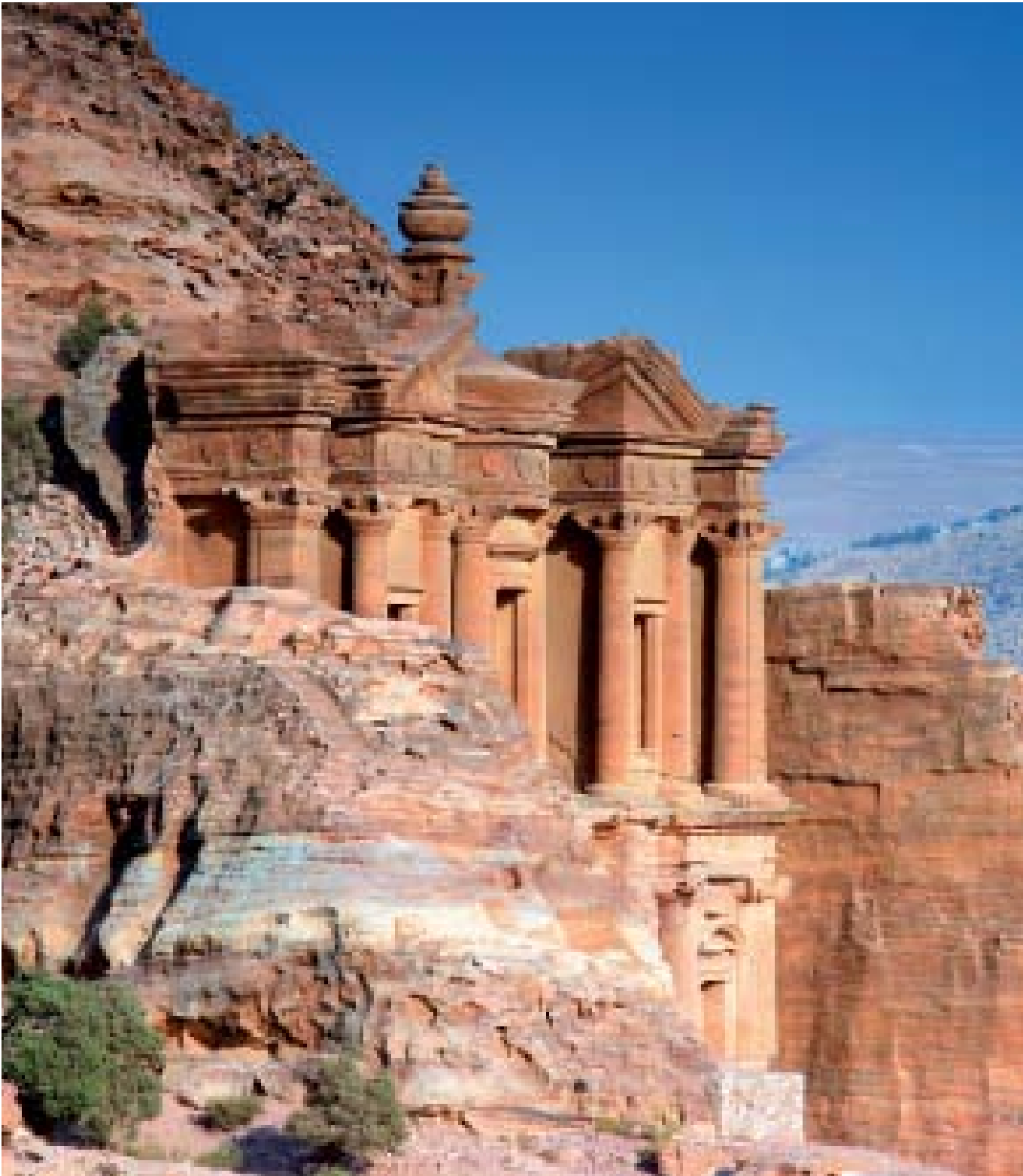
CONTACT: [www.discovery.pl](http://www.discovery.pl)

Daily training of white Lipizzaner stallions in the Spanish Riding School (from Tuesday to Saturday 10.00-12.00), situated in the heart of Vienna, in Hofburg Imperial Palace. Since its founding by Charles VI in 1572, the school has been giving daily shows which present the classical forms of the art of horse-riding.



# SPRING IN JORDAN

If you're still on the fence about where to go in spring, listen to the advice of **Agata Janicka** and choose Jordan. Located between Israel and Saudi Arabia, the Kingdom of Jordan is one of the safest and tourist-friendly Arabic countries.



Jordan is a relatively small country with a very diverse landscape. Occupying the western part of the fertile Jordan Rift, it borders with a huge desert, which stretches up to the highlands of Eastern Bank. It's the most highly populated part of the country. The biggest cities like Ammam, Irbid, Zarqa or Kerak are situated here. The Dead Sea, located on the border with Israel, is the lowest-situated body of water on Earth and famous resort, due to the salinity and the content of the minerals.

Tourists coming to Jordan will also discover the two most famous symbols of the Middle East: ancient rock-cut city of Petra and the breath-taking scenery of Wadi Rum - the desert considered one of the most beautiful in the world.

## FROM THE CAPITAL TO THE SEASIDE

Aircraft from Europe to the capital city of Jordan are usually in the evening (a flight connection by Turkish Airlines is worth recommending), so you'd better book an overnight stay in Amman. Next day, after sightseeing (a well- renovated amphitheatre, a forum and colonnade, and the Citadel - a former Roman garrison - which offers the best views over downtown), it's time for a trip to the Dead Sea.

This endorheic salt lake is situated on the border between Israel and Jordan, in the Jordan Rift Valley is a real natural phenomenon (there are no fish or plants) and the deepest depression on Earth - it's approximately 408 metres below the sea level. It's so salty, that it's impossible to swim in it, you can only float above the surface. It's 76-km long and 16-km wide. It's worth reserving 3 or 4 days for a stay here.

## NATURAL SPA

Water and black mud from the Dead Sea are particularly rich in compounds of magnesium, potassium, calcium, silicon, bromine, iodine, iron, sodium and aluminium. These minerals are absorbed through the skin, which positively affects its appearance, improves blood circulation, metabolism, relieves rheumatic problems, promotes the treatment of diseases such as psoriasis, eczema or inflammations.

The content of magnesium, having an anti-allergic effect, is 15 times higher than in the Mediterranean Sea, and the bromine content 50 times as high.

The low position of the Dead Sea and the steam rising above its surface constitute a natural filter, causing the sunrays to lose their harmful effect. Over the past several decades a number of specialized Spa centres have been opened by the Dead Sea. One of them is Moevenpick Resort & Spa, located on the north shore of the Dead Sea, just 70 km from an international airport and 55 km from Amman. ZARA Spa is considered one of the most modern Spa complexes in the Middle East. The resort has hydro-pools, swimming pools with water of varying degrees of a salt level, steam baths, 24 treatment rooms offering 70 types of treatments and massages. Dead Sea Spa Hotel and Dead Sea Medical Centre, located in Salt Land, are also worth recommendation.



## Where to stay

### Amman

Crowne Plaza Amman [www.amman.crowneplaza.com](http://www.amman.crowneplaza.com)  
Grand Hyatt [www.amman.grand.hyatt.com](http://www.amman.grand.hyatt.com)  
Le Meridien [www.amman.lemeridien.com](http://www.amman.lemeridien.com)  
The Regency Palace [www.theregencyhotel.com](http://www.theregencyhotel.com)  
Four Seasons [www.fourseasons.com/amman](http://www.fourseasons.com/amman)

### Petra

Nabatean Castle Moevenpick [www.moevenpick.com](http://www.moevenpick.com)  
Petra Marriott [www.marriott.com](http://www.marriott.com)  
Crowne Plaza&Guesthouse [www.crowneplaza.com](http://www.crowneplaza.com)

### Morze Martwe

Moevenpick Resort & Spa [www.moevenpick.com](http://www.moevenpick.com)  
Zara SPA [www.zaraspa.com](http://www.zaraspa.com)  
Dead Sea Spa Hotel [www.jordandeadsea.com](http://www.jordandeadsea.com)

## PINK MIRAGE

During your stay in Jordan, you must see Petra - a pink city carved in the rocks, which seems to be a figment of your imagination. The archaeologists consider it the eighth wonder of the world. It was built by the tribe of Nabateans who were going through the Arabian Peninsula to reach the territory of present-day Jordan around 3rd century BC. The heyday began in the first century BC, when the city situated at the crossroads of ancient routes became rich thanks to the trade.

It's best to start a tour around 7.00am, to see a beautiful sun rise. Next to the entrance gate, there are genes, or spirits carved in the wall - a row of obelisks, which have been guarding the city entrance for thousands of years. Afterwards, there will be time for a difficult hiking trek through a very narrow corridor carved in rock. After 20 minutes of march, just round the last corner, you will see a pink cloud covering the city, as if it was a fairy tale-like kingdom.

When entering Petra, we see a massive, pink façade from behind the rock. It's a giant treasury, towering 43 metres - Al Khazneh. There are four pillars supporting the architrave, and above it, there is a row of low-reliefs, surrounded by pillars. When lit by the rays of the rising sun - the treasury turns pink. The walls of the narrow passage are also impressive. The fact that those caved were inhabited by people as early as 5,000 years ago, arouses imagination. High on the hillside, there is a row of giant Royal tombs.

An important stop during a tour to Petra, is a plateau, where there were offerings were sacrificed. From there you can see the rock caves, tombs, abandoned caves and buildings, where the Nabateans' sacred rituals were performed. Such a trip to Petra is offered by every hotel in Jordan, but you can also organize it individually.

## USEFUL INFO

- Climate: Dry and hot in summer (33-38°C), humid, windy and cold in winter (0-16°C). The exception being the Jordan Valley and Aqaba by the Red Sea, where the climate is warmer and milder (in winter temperature ranges between 16 and 22°C).
- Capital: Amman
- Language: Arabic (English widely used especially in tourist areas)
- Currency: Jordanian Dinar (JOD) Rates (Fixed): 1 USD = 0.71 JOD
- Time G.M.T. + 2 hours
- To enter Jordan a visa is required (24 JOD, about 34 USD).
- One-day admission ticket to Petra, costs 21 JOD, which is about 30 USD).





The wide offer of Trade Fair and Congress Centre MT Polska aimed at hunters, preschoolers, fans of old and new vehicles, as well as at those who are interested in cosmetics, wedding fashion, or long distance travel, will certainly leave no-one indifferent.



# NEW TRADE FAIRS IN MT POLSKA CENTRE IN 2012

This year, Trade Fair and Congress Centre MT Polska has already scheduled 27 exhibition events.

As part from the regularly organized fairs, which once again will be held this year on Marsa 56c Street, Warsaw in 2012, there will be seven new events joining the calendar. Throughout the year MT Polska Centre will host multiple events, including tourism, food service, and automotive

fairs, as well as fairs in cosmetics and fashion. "Year 2012 looks very promising," says Bartosz Sosnowski, the Head of the Board of MT Polska Centre. "In addition to regular events that have already established their position in our Centre, there are also some new and very interesting ones. We recom-

mend all of them. Our centre is gaining popularity, so more and more companies, seeing the versatile possibilities of MT Polska, choose to collaborate with us. Satisfied customers are our best recommendation for those event organizers who look for attractive locations for their projects, but haven't used our services, so far.

### SPRING FAIRS

The first trade fair of 2012 is an event of the confectionery industry called Expo Sweet (21-23 February). The enthusiasts of two-wheel vehicles will certainly come to see the 4th National Exhibition of Motorbikes and Scooter (2-4 March). Beauty industry professionals will meet at the Beauty Forum

Poland (10-11 March). Also in March the centre will host the largest event for the catering industry – the 16th International Food Service Fair EuroGastro (21-23 March). This year, MT Poland centre will also be the venue of the 1st International Forensic Technology Fair CrimeLab which will be held at the same time as the 14th International Fair of Analytical, Measurement and Control Technology Euro-Lab (28-30 March). The 17th Fair of Tourism and Recreation LATO, will be accompanied by the first Fair of Regional Products REGIONALIA (20-22 April). The end of April will see the start of the 9th International Fair of Hunting Shooting and Recreation Hubertus Expo (April 27-29). In May, children and their parents will

certainly be glad to find out more about the interesting offer of Preschool Kids Fair (12-13 May). MT Polska Centre will also host for the first time the International Trade Fair Size Plus - Larger Dimension of Beauty (12-13 May), Food Ingredients Central & Eastern Europe (23-24 May), and the 19th International Fair Petrol Station (23-25 May).

The spring season will end with the Nationwide Trade Fair for Historic Vehicles Auto Nostalgia (2-3 June).

### AUTUMN IN MT POLSKA CENTRE

September Fair looks exceptionally attractive as regards the offer of events at Trade Fair and Congress Centre MT Polska. Following a few-years break, Sport Recreation Trade

Fair is returning to the calendar (6-7 September). Just a few days later, the organizers invite you to Gift-Expo (September 11-13), and always popular Wedding Fair - Bridal Fashion and Beauty Forum & Spa (15-16 September).

September is also the month of the second Polish-Chinese business cooperation fair - China Expo Poland (20-22 September), while a week later, the centre will host the 20th edition of the International Tourism Fair TT Warsaw (27-29 September). In October we will have an occasion to visit the 5th Vending Fair, Vending Poland. This year's calendar also includes the 4th Trade Fair for Technologies and Services for Concerts, Events and Congresses EVENT (3-4 October) and the 5th International Trade Fair

of Hotel Facilities WorldHotel (3-5 October).

There will also be held the 10th edition of the International Trade Fair of Municipal and Road Infrastructure 2012 (23-25 October) which, by the way, has changed its name for its 10th anniversary. Camping enthusiasts will certainly be willing to visit the International Fair of Camping and Caravaning Equipment forCamp (27-28 October).

One of the new events is Beauty Planet - Trade Fair for Women (17-18 November), organized in parallel with the autumn edition of the Preschool Kids Fair.

These events, according to the current calendar, will be the last ones from the series of trade fairs held in 2012 in MT Polska Centre.



# ALL ABOUT CHOCOLATE

Magnetic, addictive and high in calories. The first people who made chocolate were the Mayas who called it xocolatl – which means ‘bitter water’. Over 2,000 years ago, if you had 10 cocoa beans, you could buy a rabbit, or... have sex with a woman.





**C**zekoladahocolate has been a real sensation for many centuries. It was brought to Europe by Christopher Columbus, who came across a boat filled up with cocoa beans during one of his journeys. He considered them precious, after he saw the local people hurriedly picking up the beans someone had accidentally scattered.

But it was only Hernan Cortez who realized how important chocolate was in that part of the world. Although neither him nor his companions liked chocolate, because of its bitter taste, they admitted that it provided people with enough energy to cope without any food for the whole day. Moctezuma, the ruler of the Aztecs, told Cortez that he drunk a serving of chocolate before visiting his harem. And so, Cortez began setting up new cocoa plantations, and brought to Spain both cocoa beans and the recipe for the drink.

At first, chocolate was considered to be a therapeutic drink, used to treat apathy, tiredness, digestive problems, anaemia and even mental illnesses. With time, people began to prepare chocolate in a form of sweet drink, which soon became a real sensation among the people of Europe.

#### MAGNESIUM AND THE HORMONES OF HAPPINESS

Why does eating chocolate fill us with pleasure?

Some people claim it's just placebo, others look for scientific reasons behind it. Doctors now tend to believe that this sweet treat stimulates secretion of endorphins, called the hormones of happiness.

Apart from well-known substances like vitamin A, E and B, calcium and protein, chocolate is also rich in health-beneficial minerals and microelements:

Magnesium – increases the neuronal agility;

Different types of alkaloids – have a stimu-

lating, diuretic, expectorant and anti-asthmatic effects;

Niacin - speeds up the body's metabolism; Zinc and selenium – the elements which stimulate secretion of endorphins.

Flavonoids - substances which regulate the level of cholesterol, decrease the exposure to inflammation, take part in the synthesis of nitric oxide, which is crucial for muscle functioning, and decrease the possibility of heart attack and cardiovascular diseases. They are also strong antioxidants, which attack the free radicals - one of the main causes of aging of the body.

#### FROM THE TREE TO THE BEAN

Cocoa (Theobroma cacao L.) is a small evergreen tree, which no more grows in the wild.

The major variety is Criollo, grown in Central America, Ecuador and Venezuela. Criollo chocolate has a nutty or flowery aftertaste. More fecund and easier to grow is Forastero variety, but it's also less aromatic. The greatest number of plantations can be found Western Africa, Brazil and South-Eastern Asia. Trinitario variety is a happy medium, being a cross of Forastero and Criollo varieties, grown in Trinidad.

The trees blossom all year round. Depending on the climate, the fruit mature within 4-6 months, and can be harvested 2-3 times a year. The most precious is the summer harvest, as beans are especially huge. Mature fruit are harvested with a sharp knife or machete tied to a bamboo stick, then cut in halves in order to take out between 20 to 50 beans from the bitter-sweet white flesh. Afterwards, they are left under cover for a few days, so as to enable natural fermentation.

When the process is over, the beans are dried, packed and shipped all over the world. It takes two handfuls of cocoa beans to prepare half a kilogram of chocolate.

#### LONG WAY TO CHOCOLATE

At first, when chocolate was consumed only as a drink, it was prepared quite easily - by pouring water or milk onto ground beans. It gets far more complicated if you want to have a bar of chocolate. And although the general process is always the same, each manufacturer wants to keep the details secret.

First, the beans are processed through soaking and drying. Then, they need to be roasted (the process highly affects the quality of the final product), hurled against special crushing plates and finely ground in ball mills. The mash is then stirred and heated for at least 12 hours. Cocoa butter, sugar and flavours are added to it, and the chocolate bar production can really start. Chocolate mass is heated, stirred up, and then finely rolled. The last stage of production is conching, which is mixing the batter in an appropriate temperature. Thanks to this process, the chocolate is so smooth, and the specific details are well-kept secrets by each manufacturer.



#### Three Faces of Chocolate

Real chocolate doesn't contain any other plant oils than cocoa butter, and all the additives are natural. Therefore, it may contain vanilla, but not vanillin.

**1.** Dark chocolate should contain at least 43% of cocoa powder, and 26% cocoa butter. Some chocolate bars may contain as much as 70%, 80% or even 90%

**2.** Milk chocolate is the most popular with gourmets of this delicacy. Finest milk chocolate bars should have at least 30% of cocoa powder and 18% of milk.

**3.** White chocolate doesn't contain cocoa powder, only 20% of cocoa butter, 14% of powder milk and 55% of sugar. It has been disputed for years whether it can still be considered real chocolate..

FOT.: DREAMSTIME (2)

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# Business Traveller Poland



# NOT MUCH ALCOHOL IN WINE

Not so long ago the measure of grandness of wine was, mostly, its alcohol content. In some countries, its content has an impact on whether given wine is classified as a more sophisticated one. Today the times have changed. When you see a bottle of wine whose label reads 14% of alcohol, you begin to feel sort of tired, not necessarily because of the unexpected or unwanted effects it may have on you. There are, however, wines, which haunt us with the content of alcohol reaching 17%, but nonetheless we are fond of it. Their name is Amarone.

**A**lcohol content in wine is determined by the amount of sugar in grapes. Once, our knowledge about effective ways of wine growing, enabling us to produce better quality fruit, i.e. richer in natural sugar, was not very extensive. This wasn't because of the intellectual or technological inability, but the lack of demand. There were times, when wine served as a safe source of water, and it wasn't in anybody's interest to decrease efficiency of vineyards in exchange for sugar and higher alcohol content. If any, such wines were preserved for special occasions only. Despite the fact that today wine is a more distinct beverage, and many producers focus on quality rather than quantity, the echo of the old times still gets to be heard. Especially in Austria and Italy. In the area around Wachau, wines of higher alcohol content are prestigiously called Smaragd, and are produced from the best and the sweetest grapes coming from individual vineyards.

In Italy, such wines are referred to as Superiore in the appellation. Thus, we get wines of different appellations: Barbera d'Alba and Barbera d'Alba Superiore, Prosecco di Valdobbiadene and Prosecco di Valdobbiadene Superiore, Valpolicella Classico and Valpolicella Classico Superiore and many more. And since we've reached Valpolicella stretching between Garda lake and Verona, we can stay here for a while and enjoy the wines from a unique, incomparable to anything in the world appellation of Amarone,

which fills its enthusiasts with delight and silences the sceptics.

## APPASSIMENTO

As it often happens in the wine world, Amarone came into existence as a result of trying to find a way to refine frail wines. The discovery of secondary fermentation in a bottle proved to be a cure for short vegetation period in Champagne, which made up for unripe grapes, and turned this coolest wine region into a kingdom of the best sparkling wines. Similarly, Amarone was an answer for poor quality of the local grapes, which were previously used to produce watery and bland wines. And although the quality of regular Valpolicella has improved with time, the position of Amarone remains unquestionable. What makes it so special is the unique process of production. Contrary to how it is done with "regular" wines, here grapes brought in from the vineyards are not fermented straightaway, but first they are slightly dried, to reduce the amount of water, which increases the sugar content. While it's true that the drying method was known before in the South of Europe, but the weather there makes it possible to dry fruit it the sun, and in the Alps-adjacent rainy Valpolicella it was impossible, and that's why it was decided the grapes would be dried inside barns and sheds. It's troublesome not only because of the limited space, but also due to humidity and temperature, which is bound to change if the roof is not isolated. That's why the whole process is very laborious. Throughout the drying process, which can last even up to 3 months, you have to control all the parameters, sort the grapes and remove those of bad quality, open and close the windows depending on whether it's sunny or rainy, create draught, and so on. All the work was believed to be rewarded by Recioto - a sweet ancestor of Amarone - also produced from balsamic essence pressed from dried grapes (appassimento). It seems probable that by accident one of the producers came across a very resistant yeast variety,

which didn't die when the alcohol volume reached 13% and the sugar content was fairly high, but instead continued the fermentation process until 16-17% with barely any sugar in it. Although Recioto is still recognized among sweet wines, it was its dry successor which gained wide popularity, overshadowed its predecessor, and became a legend. Thick, intense and massive, while at the same extremely complex, which is rather rare. It is beautifully diverse, with cherry liqueur, pelargonium and sometimes watermelon overtones. You can also sense traces of dried fruit, smoke, wet cinnamon, gammon, coal and many other flavours - it would take literally days to list all of them!

## EFFORTS AROUND DOCG

Despite the fact that Amarone is a recognized wine variety, classified together with Barolo and Brunello, its producers for many years have been vainly making efforts to trade its current DOC appellation to a higher DOCG. What's really frustrating is that many wines already labelled with DOCG, are of too poor quality to deserve such a reward, while world-popular and appreciated Amarone still hasn't received credit. What a shame! However, there is hope that something will change soon, as two years ago Prosecco di Valdobbiadene received DOCG status, while regular Prosecco - received DOC. Additional recognition would surely boost Amarone sales and support its Mediterranean homeland in generating gross domestic product.

But the most spectacular quality of Amarone is how easily it can integrate and absorb so much alcohol. This legendary wine doesn't have a drop of water in it, and each ethanol molecule is filled with so much aroma, that Amarone can be recognized in its finite, closed, but very spacious integrity, in its warmth and balsamic structure and it the way it affects your sense of relaxation, peace and relief. It's like a grape-like morphine in the world of steroid-driven wines of such high alcohol content, but so much less lyricism.

This legendary wine doesn't have a drop of water in it, and each ethanol molecule is filled with so much aroma, that Amarone can be recognized in its finite, closed, but very spacious integrity, in its warmth and balsamic structure and it the way it affects your sense of relaxation, peace and relief. It's like a grape-like morphine in the world of steroid-driven wines of such high alcohol content, but so much less lyricism.

## How to open BOTTLE...



Amarone requires extensive exposure to draught, that's why it needs to be decanted fairly early, preferably for several hours, although the best way to do this is to open it even for a few days earlier, pour into a decanter, then bottle it up, cork, and keep in a cool place, so that it slowly mixed with the air. Rumour has it, that a person named Giuseppe, an Amarone legend, apologized to the visitors, that his wine was too fresh, as he'd opened it a day before.



## ... AND WINE

In order to help Amarone "open up", when it's impossible to uncork it earlier, a procedure of wine aeration was invented. It involves pouring the same portion of wine onto glasses and decanter, which mixes with the air while "staining" the glass. Thus the wine is stimulated to react to the presence of air more quickly. The method really works, although it is not as spectacular as the very procedure itself.



# FUEL FROM POWER POINT

You can laugh at electric cars, because they are awfully expensive and their range is small. You can claim that a real driver must always feel under his foot a herd of horses fed with high-octane fuel. In the past, however, lots of innovations, which today seem to be so obvious, were treated with an ironic smile.



The world will one day run out of crude oil and there's nothing we can do about it. Its world's reserves are still quite large, but the prices – for many reasons (also owing to a giant demand for crude oil), are soaring sky high. That's why, we need to look for alternative sources of energy – also in the automotive industry. For several years now, automotive companies have been trying to develop an alternative to the classical internal combustion engine.

The most obvious replacement seems to be electricity. Since the 1990s dozens of prototypes of such vehicles have been produced. This has, finally, resulted in mass-produced electric vehicles, such as Smart ED, Peugeot iOn or Nissan Leaf.

However, the idea to install a battery pack instead of a fuel tank, isn't that new. In fact, the motoring history began with electric cars. At the end of the 19th century they served as taxis and ... would break speed records. Vehicles with internal combustion engines were considered noisy and unreliable. This, however, changed thanks to technological advancements, while problems with bulky batteries offering a small range, led to definite disappearance of electric cars.

#### A SHORT-RANGE PROBLEM

Surprisingly, over 100 years later, the problem with electric vehicles hasn't been fully solved. Despite the fact that battery manufacturing technologies have taken a great leap forward, the amount of energy they store and their recharging time still leave much to be desired.

For example, with fully charged batteries (the process takes about 8 hours if you plug it to a typical wall outlet), the two-seater Smart ED can cover a distance of up to 140 kilometres. The latest version of Smart ED costs as much as PLN 60,000 plus PLN 300 per month for the battery lease. Comparing its price with that of traditional cars, it's really a lot, because for similar money you can have a good equipped Ford Focus. Bear in mind, however, that other electric cars available in Poland cost even more.

#### BIG MONEY, A SMALL CAR

Take, for instance, Peugeot iOn, a four-door eco-car for four people, which is identical to Citroen C-Zero and Mitsubishi i-MiEV. The French car costs in Poland... PLN 145,000, although it's similar in size to

the smallest urban models of regular cars, with prices starting at just PLN 30,000. At the same time iOn's performance is far from impressive: it's maximum speed is only 130 km/h, and on full batteries (which must be charged for 14 hours), its range is mere 100 kilometres.

However, much depends here on your driving style, the air temperature (the colder it is, the smaller the range), wind



#### HYBRIDS TODAY

Ecological cars are fashionable, so all automakers want to have something on their offer for "green" drivers. The most popular eco-cars are hybrids, or cars powered by electric and combustion motors. This happens in different ways. The first hybrid, Toyota Prius, is powered through the front wheels. Depending on the situation and need, the power is provided by the electric motor, the internal combustion engine, or both at the same time. Lexus GS 450 h uses a similar technology, but here the rear wheels are powered. In Peugeot 3008 HYbrid4, the front-wheels are powered by a diesel engine and the rear ones - if needed - by the electric motor. In this way, an ecological 4x4 was de-

direction, and even terrain (driving uphill uses more energy). Whether you use the radio or air conditioning is also a crucial fact. In other words, in reality recharging iOn's batteries may be necessary even after 50 kilometres.

#### THE GHOST-CAR

You can, however, risk going on a short trip by the first production family electric car. I'm talking about Nissan Leaf here, which can seat up to 5 people with luggage.

Tests conducted in accordance with European standards have shown that Leaf can cover the distance of 175 kilometres without recharging its batteries. When they go flat, you can charge them from a regular 220V outlet, which takes about 8 hours. It's still not enough to get from Warsaw to Masuria without an obligatory stay for the night on your way there, but a trip to Kazimierz Dolny seems quite possible. This looks like the first step made in the right direction. However, owing to problems with Leaf's production and incredibly huge demand for the car, buying it seems like mission impossible...

#### THE MAGIC BORDER

It seems that the new Renault models - Fluence ZE and Kangoo Z.E - will avoid these problems. The former is a comfortable sedan for five passengers, featuring a spacious boot. It's set to hit the market before this year's summer holiday for the price of around PLN 100,000. For that sum you could buy a more luxurious car with a petrol engine, but, hey, who said that eco-image is cheap? Fluence, however, is rumoured to be able to break the magic limit of a 200-kilometre range and have a maximum speed of 135 km/h. This is just enough to properly drive on a motorway. Unfortunately, pushing the pedal to the metal makes the batteries run out quickly and then you need to take a 10-hour stop to recharge them.

Renault Kangoo, which is a panel van, is reported to have similar parameters. Such a vehicle may attract courier companies whose bosses want to show how much they care about the environment.

#### A REAL FASHION

It's clearly visible that the electric car market is at its early stage, and those willing to buy such vehicles don't have much choice. This will, however, change within



## PASJA TO WYJĄTKOWOŚĆ, A NIE PRZECIĘTNOŚĆ.

Wsiądź za kierownicę Zwycięzcy. Nowe BMW serii 3 powstało z pasji do radości z jazdy, innowacji i designu, w przeciwieństwie do swoich konkurentów. Mocne i oszczędne silniki TwinPower Turbo oraz pełno kolorowy wyświetlacz Head-up to tylko jedne z wielu przykładów przewagi technologicznej nowego BMW serii 3. W zależności od Twojego charakteru dobierz jedną z 3 linii stylistycznych: Sport, Luxury lub Modern u Dealera BMW Auto Fus już od 11 lutego. Już dziś zarejestruj się na jazdę próbną na [www.bmw.pl/seria3](http://www.bmw.pl/seria3)

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Zeskanuj kod QR i dowiedz się więcej  
o nowym BMW serii 3.





Virtually all major manufacturers are working on their electric cars. BMW has officially announced that their first models - a hybrid i3 and electric i8 will hit the market in early 2013.



a few years, because virtually all major manufacturers are working on their electric cars. Soon the streets fill with electric Audis, BMWs, Mercedeses, Hondas, Skodas, Toyotas...

There will, probably, be a wide choice of such vehicles, although there's no sign of any technological breakthrough on the horizon. The trouble is that there are still no appropriate low-cost technologies that could improve battery performance: speed up their charging, increase their capacity and prolong their life. That's why, electric cars are unlikely to appear in big numbers on our motorways.

#### THE PROBLEM WITH RANGE

Luckily, there's a ray of hope that the solutions to some of those problems will one day be found. General Motors has recently introduced two electric cars, which are ready for mass production. They are said to do well both in the city - as an ecological means of transport, as well as during a longer journey - as an economical family car.



Where is the secret of this versatility? It's easy: Opel Ampera and Chevrolet Volt received an electric generator that produces electricity by means of an ordinary petrol engine. Under normal conditions both vehicles work using the energy stored in the batteries and the electric motor. However, when the batteries go flat, the generator automatically turns on, providing electricity for the electric motor - similarly as in modern internal combustion locomotives.

#### MORE TO COME

However, the most promising alternative is... a hydrogen car. The gas is used to generate electricity in fuel cells. As a result of the chemical reaction electricity is produced, as well as water and heat. There are no exhaust fumes, at all. One of the examples of such a car is Honda FCX Clarity, which after refueling with hydrogen can cover up to 400 kilometers. However, engineers have still a lot of work to do in order to improve fuel cells.

Marcin Strózik

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#### 6:00-7:30 Siłownia

Z Sony Tablet P oszczędzasz czas:

Jeśli chcesz obejrzeć film lub dokończyć książkę podczas ćwiczeń na bieżni lub stepperze, połącz oba wyświetlacze Sony Tablet P w jeden ekran. Dzięki funkcji kontroli załamania światła obraz na Twoim Sony Tablet P będzie wyraźny pod każdym kątem.

#### 10:00-14:00 Podróż

Sony Tablet P zapewnia Ci pełną mobilność.

Dzięki niewielkim gabarytom i składanej konstrukcji możesz zabrać go wszędzie. Sony Tablet P z technologią 3G pozwoli Ci łączyć się ze światem i bliskimi niezależnie od tego, gdzie jesteś. Jeśli nie wiesz, jak dotrzeć na umówione spotkanie, użyj aplikacji Google Maps i Google Voice do głosowego wyszukiwania celu w internecie.

#### 15:00-18:00 Praca w biurze lub w domu

Sony Tablet P - z nim działasz szybko i sprawnie.

Robisz wiele rzeczy w tym samym czasie? Z Sony Tablet P nie musisz z niczego rezygnować. Oprogramowanie Sony, inteligentny interfejs użytkownika i unikalna kombinacja technologii Quick View i Quick Touch pozwolą Ci jednocześnie łączyć się z internetem i w kilka sekund wypełnić bieżący harmonogram zadań. Korzystając z aplikacji Dokumenty Google, swoje dokumenty edytujesz w „chmurze”, dzięki czemu Twoje dane są zawsze bezpieczne.

#### 20:00 Spotkanie ze znajomymi

Sony Tablet P to prawdziwe centrum rozrywki.

Sony Tablet P wyposażony jest w rozrywkowe aplikacje, np. przeboje znane z PlayStation® 1, jak Crash Bandicoot i Pinball Heroes. Swoje ulubione filmy czy muzykę włączysz za pomocą jednego dotknięcia kory „Ulubione”. Dzięki Skype™, podczas imprezy połączysz się z nieobecnymi znajomymi, a składany i regulowany ekran sprawi, że nie będziesz musiał trzymać urządzenia w dłoniach, by było Ci doskonale widać.

Czas pracy baterii: do 7 godzin.

PROMOCJA





# COMPACT WONDERS

Some people think that winter isn't a good time to take pictures. How dare we compare the daily foul weather with the golden autumn or the sunny summer? Yes, we dare. You just need to have more patience, luck, and the equipment that can cope with the winter light.



**Y**ou have certainly heard the opinions that ambitious photography requires SLR cameras. Until recently there seemed to be a grain of truth in such claims, because the popular compact cameras - by professionals and advanced amateur photographers often contemptuously called "a dummy camera" - are generally aimed at not very demanding customers, mostly those who use them on holidays and whose only ambition, photography-wise, is snapping as many photos as possible.

However, now, amateurs with a more ambitious approach to photography, don't have to carry a whole lot of equipment including an SLR, at least two different lenses, a flashlight etc. On a mountain trip or while skiing, they will definitely cope well with a good compact camera and a good

lens. Moreover, such devices can usually also record movies in high definition and with a really good quality. It's a bonus that sometimes comes in handy. Of course, a good photographer will never admit that with some phenomena and events taking photos is just not enough, but when he eventually takes a photo, he will have a hard time not to succumb to the temptation to record the thing on a video as well.

There is also another category of cameras, which has gained increasing popularity since last year. It's a category of compact cameras with interchangeable lenses. We could say then, that they combine the advantages of SLR cameras and compact cameras. There's no exaggeration in such a statement. Interestingly enough, they old Polish truth saying that is something is universal, it means that it's useless, doesn't apply in this case.

## Full HD in Slowmotion Mode

### NIKON 1 J1

Last year, Nikon released two models: J1 and the expensive V1. They are so-called mirrorless compacts - that is cameras with interchangeable lenses, an electronic shutter, but without a moving mirror. The advantage of such a camera, equipped with a 10.1-megapixel sensor, is its versatility which is characteristic of SLRs cameras with interchangeable lenses. J1 has no viewfinder, so the picture can only be seen on the LCD screen, but in a very good quality. The more expensive V1 is free of this problem, but it must be said that J1 has also a lot of advantages. One of them is the wide choice of image parameter settings, clear menus, excellent video quality, including Full HD and Slowmotion mode, where you can get up to 1,200 frames per second.



## A Real Still Image

### CANON POWERSHOT SX40 HS

SX40 HS is set to be a camera with a compact size and a versatility of a SLR. Instead of interchangeable lenses, it features one lens with a wide range of focal length: from 24 to 840 mm, equipped with the optical image stabilizer. Keep in mind, however, that taking a picture while hand-holding the camera and setting focal length to 300 mm or more, will almost always result in a blurred image. However, for everyday purposes SX40 works perfectly. When the ISO sensitivity settings are up to 800, photos are of good quality. Above this value, the details start to disappear even though the camera has a 12 MP sensor. The camera has decent wide angle lens speed (f/2.7), sophisticated automation and clear menus.



## Shoots with Series

### PANASONIC LUMIX GX1



Panasonic Lumix G Series consists of compact cameras with interchangeable lenses. They are light, small (GX1 can be carried in a pocket of a jacket), easy to use, and their owners aren't stuck with only one lens they can use. It can be changed depending on your needs. For instance, in the interiors you may like to use 14-42 mm zoom, and during an trip to the mountains one of the lenses with longer focal lengths. Picture quality in good light is very good, and the 16-megapixel sensor allows for large, good quality prints. The camera has a function of burst shooting - with the speed of up to 20 fps. GX1 can also record films in Full HD mode.

FOT.: MATERIAŁY PRĄSOWIE



## Fast and Furious

### SONY SLT-A77

SLT-A77 is actually an SLR, but with a semi-transparent mirror, which, although forces us to use an electronic viewfinder, it also considerably speeds up the camera. The camera features a 24-MP sensor. This allows you to produce prints of a very good quality up to the size of 50x32 cm. Other features of this camera include continuous shooting speed of 12 frames per second, and saving images along with GPS data. As every modern mid-range DSLR, it also features lots of options to mingle with parameter settings, the ability to automatically create the HDRs (overlapping scenes) and, of course, filming movies in Full HD.



## Pictures in 3-D

### SAMSUNG WB750



Sometimes simple cameras can also have a big potential, as it's the case with a compact camera designed by Samsung. It features a 12.5 MP sensor, which allows you to easily produce prints in A4 format. It also has a nice lens with 24-432 mm zoom range, so it's useful both for an interior photo shoot, and for photographing distant objects in open terrain (e.g. animals). Samsung has all the modern features such as auto-panorama, three-dimensional images, Full HD video or time-lapse (up to 1,000 frames per second).



# 4 HOURS IN... NEW YORK

Experts say that to know the city not only four hours, but even four years will not be sufficient. **Marzena Mróz** argues, however, that better four hours in the Big Apple than nothing.



One of the most fascinating cities in the world, with its vibrant inner rhythm, beautiful and ugly at the same time, forcing you to intellectual impressions, breath-taking with its skyscrapers, wide streets, and incredibly vast spaces. You can't learn or explore it in just one afternoon, but among its numerous attractions it's worth choosing the most fascinating ones.

## FIFTH AVENUE

Once famous for its magnificent mansion, 5th Avenue in Midtown in the early 20th century it became the street for famous brand shops. It's worth visiting at least the stretch between streets 50th and 59th, where you will encounter the logos of such brands as: Tiffany & Co., Jimmy Choo, Chanel and iconic department stores like Bergdorf Goodman or Takishimaya. Some of the most impressive buildings also include the house of Versace at 647 5th (built in 1905 in the style of Italian Renaissance), St. Regis Hotel at 2 East 55th (secession, 1925), the University Club - 1 West 54th (Florentine palace) or Fred H French Building - 551 5th at 45th (art deco).

## CENTRAL PARK

One of the most characteristic places in the city. It's a huge, green park, with numerous alleys, located in the very heart of the bustling city. It's surrounded by the most expensive apartment buildings in the city, like for example Dakota House in front of which John Lennon was shot in 1980, and where Roman Polański filmed his "Rosemary's Baby". It's also worth seeing the famous Strawberry Fields where one of the alleys features a black and white mosaic with the word "Imagine", created on the initiative of Yoko Ono. You must also find time to sit in Sheep Meadow – also called the Great Meadow, which until the 1930s was simply a pasture.

## MUSEUM OF MODERN ART

It's a real mecca for those interested in the art. The famous MoMA was launched in 1929, with the exhibition of works of Vin-



cent van Gogh and Paul Cezanne who were barely known at that time. The new complex of buildings, which was opened in 2004, has a total area of 38,100 sq m, a 33-metre high atrium, and is one of the most popular places in the city. The museum is famous for anticipating trends and promotion of modern art. Its collection includes works by such artists as: Andy Warhol, Constantin Brancusi, Jackson Pollock, Henri Matisse, Pablo Picasso or Frida Kahlo.

## TIMES SQUARE

Located right beside the renowned Broadway, it's one of the symbols of the city. It's just enough to take a short walk (preferably in the evening, when the numerous neon signs illuminate the place), to understand why Times Square is so popular. New Yorkers call it "the world's most famous intersection" and greet the New Year here. You should stop in front of the Paramount Building, built in Art Deco style, and the illuminated skyscraper at 4 Times Square, standing on the opposite sides of Broadway at the corner of 43rd Street.

## THE STATUE OF LIBERTY

It's a symbol of the American Dream and

freedom for those coming to this city of immigrants in search of better life. It's also an evidence supporting the claim that in America everything is possible. The statue can be seen from the shore or you can go by boat to Liberty Island to admire the grace, the size and strength of this impressive construction. Ferry tickets to the Statue and Ellis Island can be purchased at Castle Clinton in Battery Park from 8.30 am. You should also remember that the first ferry departs as early as 9.30 am.

## WORTH VISITING

**Bar:** Rise, at the 14th floor of Ritz-Carlton Battery Park hotel, 2 West Street  
Restaurant: China Grill at 5th Avenue, across from the Museum of Modern Art;  
[www.chinagrill.com](http://www.chinagrill.com)

A trip: take M5 bus, which stops at the 5th Avenue.

Moviephone: 212/777-3456 – listings and times for NY's cinemas and theatres, with the possibility of booking.

Hotel: St Regis, 2 East 55th Street, between 5th Avenue and Masison Avenue,  
[www.starwoodhotels.com](http://www.starwoodhotels.com)

## GROUND ZERO

New York's "Ground Zero" has been the most visited place in the USA in recent years. It's a more popular tourist spot than Grand Canyon, Yellowstone Park, Las Vegas and even Hollywood. After the 11 September attacks, the place was only one big hole in the ground. Today you can see the walls of the first constructions being built there. The gigantic structure has been raising huge controversy from the very beginning. As of now, the centre of Manhattan is one big construction site with large steel scaffolding, excavators, and hundreds of people, creating lots of noise.

## BROOKLYN BRIDGE

The 83-metre high Gothic towers of Brooklyn Bridge adds a stunning feat of dignity to this 19th century construction. In 1883 the Brooklyn Bridge joined Manhattan and Brooklyn which at that time was a separate city. Upon its completion, it became the world's largest suspension bridge, for the construction of which the engineers used special steel wires. It was also the world's longest one-span bridge. A leisurely stroll across the bridge takes half an hour, including time for taking several photos.





# ASK PETER

## Letters

**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)

## Economy extra class ticket

*In April I'm flying from Melbourne to Warsaw through London with British Airways. I should be in London at 5.40 am. My British Airways plane to Warsaw departs at 7.35 am, and then I'm flying to Wrocław at 1.00 pm with LOT.*

*I would like to know if I can check in my baggage in Melbourne and if it will fly to Wrocław or at least to Warsaw, or will I have to claim in on Heathrow and check it in again. I haven't bought the London-Wrocław ticket yet, as I don't know if I will manage to be on time. I haven't bought a single ticket for the whole trip, as I have bought an economy extra return ticket on London-Melbourne route.*

*Elżbieta*

Dear Elżbieta,

You don't need to worry about baggage reclaim in London. Your baggage will be delivered from Melbourne to Warsaw. W Melbourne you will also be given boarding cards for all your flights with British Airways. You will have to change plane on Heathrow, but your baggage will be transferred to another plane without your participation. It gets more complicated in Warsaw, though. In Warsaw you will have to reclaim your baggage, as your route has not been issued on a single ticket. According to the procedures, your baggage might be checked in only on the routes compatible with your ticket. Your agent on the airport in Melbourne will not have access to your Warsaw-Wrocław ticket, and so, they will not be able to check in your baggage on that route.

Technically speaking, you could write an information about Warsaw-Wrocław route to your baggage tag, but it seems doubtful that ground crew members in Melbourne will agree to this. This method is used only in case of computer system failure, and boarding cards as well as baggage tags are filled in handwriting.

Your next departure is at 1.00 pm, so you will have enough time to reclaim your baggage and check in for the next flight. If your London-Warsaw flight was delayed, you can change your Warsaw-Wrocław flight to a later one. It may be charged extra. In Warsaw you can turn to transfer desk personnel for help. Notice, that when travelling within the country the baggage limits are smaller.

## Changing the name of ticket holder

*I booked a flight to Paris for my boss, but it turns out he has to stay in the country at that time. One of his managers will go to the meeting in Paris instead. I've bought the ticket some time ago already as it was a special offer. I called the hotline, but the airlines didn't agree to change the name on the ticket. Why isn't it possible to change it? Returning a ticket involves extra charges, and I won't be able to buy the new ticket at a lower rate.*

**Marta**

Dear Marta,

I'm afraid I don't have any good news for you. Generally plane tickets are personal and issued for a particular passenger. They all come with a „non transferable” note, which means you cannot give them to another person. It's because the contract of carriage is concluded with a particular person. Plane tickets are simultaneously a receipt, passenger and baggage insurance identification card and payment confirmation. Airlines don't want to allow anybody to book seats at low rate in order to resell them at a later time to other people.

In that case, the only solution is to return the ticket and buy a new one. If the ticket was issued at low rate, it may involve quite big extra charges. New ticket will be issued according to the presently-available rates on a particular route.

Traditional airlines allowed for a name change on a ticket in the case of wedding, as it was still the same person travelling. The name and surname on the ticket should be exactly the same as the one on the identity card. However, today's booking system may not allow for such changes for technical reasons.

Some low-cost airlines sometimes charge extra for changing the name on a ticket. All airlines allow for name changes in case of group reservations. Sometimes the name change is allowed, if a company has signed a commercial contract with the airline, but such a possibility is available only for selected, higher rates.



# Ekscytujące piękno, futurystyczna technologia.

[www.siemens-home.pl](http://www.siemens-home.pl)

Najnowsze trendy w zabudowie kuchni proponują czyste formy wkomponowane w pełną powietrza przestrzeń. Sprzęt Siemens doskonale spełnia te wymagania. Podobnie jak piekarniki i płyty grzewcze, również nowe okapy wyróżniają się ekskluzywnym designem o wyjątkowo eleganckiej, oszczędnej linii. Piękna obudowa ze szlachetnych materia-

łów kryje innowacyjne rozwiązania i zaawansowaną automatykę, dzięki której urządzenia działają prawie samodzielnie, nie wymagając Twojego zaangażowania. Kontrolowane przez elektroniczne systemy, pracują wydajnie, skutecznie i cicho, zapewniając idealnie świeżą atmosferę w kuchni. Więcej informacji: [www.siemens-home.pl](http://www.siemens-home.pl)