

# Business Traveller



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## BEST EUROPEAN BEACHES

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# WAITING FOR THE SUMMER

Where do most people spend their summer holidays? Of course, on the beach. But where exactly? To help you answer this question, we have created a list of the most beautiful, most inspiring, secluded European beaches, as well as those which are renowned for crazy parties. After all, we all have different expectations regarding those unusual places, where the elements of water, land and air meet together to provide us with remarkable experiences.

Our list of top romantic spots starts with Navagio Beach on the Greek island of Zakynthos. Right behind are the picturesque beaches of the Portuguese Algarve, the Cyprus Nissi Beach, Ölüdeniz – the Blue Lagoon in Turkey, the picturesque beaches of Sardinia, Etretat – a pebble beach in Normandy, Zlatni Rat on the Croatian island of Brac which is considered as one of the most beautiful, and the Danish Skagen which has for long inspired artists. The beach that I personally love is Las Salinas in Ibiza. Once mecca for hippies, today it's quite a sophisticated place where you can sip cold champagne and listen to the latest trends in music combining with the sound of the waves of the sea.

Marzena Mróz

Marzena Mróz  
Editor-in-Chief



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## German Tourism 2011

### 400 million overnight stays in 2012?

### GERMANS BEAT THEIR OWN RECORD

Germany has once again managed to once again beat its own record of the previous year and recorded 63.8 million overnight stays of foreign guests. The number of 330.3 million guest nights in the country shows that Germany remains a favourite tourist destination among its own citizens. –“Our target for this year is to break the threshold of 400 million overnightstays”, stated Ernst Burgbacher, Member of the German Parliament, Parliamentary State Secretary at the Federal Ministry for Economics and Technology and Federal Government Commissioner for SMEs and Tourism.

Preliminary figures from the German Federal Statistical Office reveal that the volume of overnight stays by foreign visitors in 2011 was up by 6 per cent compared to 2010. Also Polish citizens are becoming a force to be reckoned with in the German tourism industry. In 2011, there were over 1.7 million overnight stays of Polish guests in Germany, which is an increase of 24.2% compared to 2010.

- „In 2011, Germany again strengthened its position as one of Europe’s favourite travel destinations in striking fashion and generated considerable growth from the key source markets”, explained Petra Hedorfer, Chief Executive Officer of the German National Tourist Board (GNTB). „Recording growth of around 5 per cent, Germany established itself in 2011 as the second most popular travel destination among Europeans after Spain. This result, which is based on preliminary data from GNTB shows that Germany has continued to extend its lead over France, which saw growth of about 2 per cent.

## Switzerland

### Swiss Learning

Swiss Learning AG, which was founded in 2006, is an organization of leading Swiss private secondary schools, universities, colleges of engineering, as well as hotel schools. When asked why we should educate our children in Switzerland, the CEO Christophe Clivaz, who has recently visited Warsaw, said that there are at least a few reasons to do so. First of all Swiss schools provide a high level of education, are safe, guarantee learning of at least three languages, as well as getting to know other cultures. Swiss education has a long tradition pioneered by such artists as Rousseau, Piaget, or Einstein. Determination, discipline, openness and comprehensive education aimed at personal and academic development are the basic elements of Swiss tradition. For more information go to: [www.swisslearning.com](http://www.swisslearning.com)



### For Gourmets

### Surf&Turf

### WESTIN HOTEL

Surf & Turf cuisine originated in the U.S., but it’s also very popular in Australia and New Zealand. It’s main principle is combining various kinds of meat and seafood in one dish. Every Tuesday, westin’s chef Janusz Korzyński surprises visitors with new delicious compositions. The most interesting are beef tenderloin in “Sous Vide” style with jumbo shrimp served with bok choy, shiitake mushrooms and green pepper sauce; breast of duck and St. James’s scallops fried in a wok served with green vegetables, spicy salad of cucumber and lemongrass with crispy shallots; grilled Argentine roast beef with fried shrimp, served with green asparagus, roasted pepper, garlic and coriander butter, and a dash of tabasco; as well as goose breast served with spicy tiger prawns, soba noodles, oriental salad with sprouts and teriyaki sauce. You can taste these dishes every Tuesday from 6:00 pm to 10:30 pm. More on: [www.restauracjafusion.pl](http://www.restauracjafusion.pl)

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Weź udział w loterii **World MasterCard®** i stań oko w oko z żywą legendą futbolu, Leo Messim, na murawie stadionu w samym sercu perły Katalonii. Płać kartą World MasterCard, zgłaszaj dokonane transakcje na [www.worldpromocja.pl](http://www.worldpromocja.pl) i pojedź z wybraną osobą do Barcelony – jednej ze stolic europejskiego futbolu, mody i niezwyklej architektury.

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





## Spitsbergen PAS

### POLISH FLAG

The Institute of Geophysics of the Polish Academy of Sciences manages the Polish Polar Station located beyond the Polar Circle, on Spitsbergen. On the initiative of the Norwegian Promotion Office in Poland, the Polar Station in Hornsund will host a group of volunteers who will knit a Polish flag to decorate the information pole in front of the Polish station. Polish expedition group “Expedition Torell 2012” will deliver the flag to Spitsbergen.

## Maximum Efficiency and Mobility

SONY

### VAIO Z SERIES

New notebooks from Sony VAIO Z series weigh merely a kilogram and are aimed at people who expect maximum efficiency and mobility. VAIO Z Series combines attractive styling and a sophisticated carbon fiber chassis with unmatched performance and innovative solutions. With their unrivaled processing power, these business notebooks which are considered best in their class, enable even the most demanding users to work both in the office or on the go. The main features of VAIO Z series are: a 33.2 cm (13.1-inch) screen, weight lower than 1.2 kg; an ultra-flat chassis (16.65 mm), high performance provided by the latest Intel® Core™ i7 processors and fast SSD mass memory; matte VAIO Premium display offering high-resolution (1600 x 900); optional flat battery with a rapid charger (up to 14 hours of work); Power Media Dock Doc™ with support for up to four monitors and featuring an AMD's Radeon HD graphics card™; the optical drive and additional ports, including HDMI; QuickBoot function which loads the operating system in just 15 seconds.



## Culinary Festival

Lisbon Fish&Flavours

### FIESTA IN PORTUGUESE STYLE



To the delight of lovers of good food, mid-April will see the 5th edition of the largest culinary festival in Lisbon - Lisbon Fish and Flavours. For eleven days - from 12 to 22 April – you will be able to enjoy there the gourmet cuisine of fish and seafood. Everyday from noon until midnight ten best restaurants in Lisbon will be serving Portuguese dishes for the price of €5 to €8. On Pátio da Galé in Lisbon (next to Terreiro do Paco square) various recognized Portuguese and foreign chefs will present their culinary artistry to the audience. There will be a competition for the best Pastel de Nata in Lisbon – which is an egg tart pastry stuffed with pudding, and is considered a real delicacy there. Other attractions include cooking classes, wine tasting, and Gourmet Market - a bazaar of regional products where you can buy a variety of sweets, excellent olive oil and wine.

Warszawa – Pekin

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## Warszawa – Pekin Najszybsze połączenie dla biznesu

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## Lufthansa

### New Business Class

#### COMFORTABLE SEATS

The German national carrier has invested €3 bln in its new business class. In this way, passengers will travel on short and long-haul routes in seats which at the press of a button, it converts into a comfortable bed. The new seat-beds will be available on board Boeing 747-8 aircraft.

Back in 2007 Lufthansa conducted a survey among its frequent flyers in order to find out their preferences and their requirements of a Business Class seat. Then the airline moved on to the next phase and developed various concepts with the aid of well-known ergonomics experts, designers and seat manufacturers. In all, 1,349 passengers and a specially recruited test crew evaluated the prototype on flights LH 400 and LH 401 in terms of comfort, ease of use and technical stability.

The horizontal sleeping surface is 198 long and features ergonomically improved cushioning to ensure a high degree of comfort in a sitting or horizontal position, as well as lowerable armrests that provide more space in the shoulder area when lying down. In addition, each passenger has more surfaces to put things on and additional storage compartments on the actual seat. Another novel feature is the innovative seating arrangement in the form of a “V”. Two neighbouring seats are angled towards one another along a central axis. This solution enabled Lufthansa to fulfil one of the main wishes expressed by customers - to sit or lie facing the direction of travel. This seating arrangement also enables more privacy for business class passengers.



### A Legendary Notebook

#### The New Moleskine

##### TRAVEL JOURNAL

Each year a new series of the world's renowned notebook of European artists and intellectuals hits the stores. We recommend especially the Travel Journal – which is essential while travelling. It's worth knowing that many users of Moleskin products were the most talented artists of the last two centuries. The characteristic black notebook was used by Vincent van Gogh, Ernest Hemingway and Bruce Chatwin, who wrote his famous book „The Songlines” solely on the pages of 100 Moleskin notebooks. For more information go to [www.czuly.pl](http://www.czuly.pl)

#### Promotion

##### LOT

#### DOMESTIC FLIGHTS

Up until 30 April, at [lot.com](http://lot.com) you can buy tickets for domestic flights in Poland, starting at PLN 79 for a one-way ticket.

- “We have observed with satisfaction that the offer of LOT Polish Airlines has generated considerable interest among our passengers. Sales results are very good, so we have decided to extend the promotion on our website,” says Marcin Pawluk, Director of E-commerce in LOT Polish Airlines.

## Legal Culture Campaign

### ART GOES ONLINE

A public campaign has been launched to promote legitimate methods of accessing culture. The campaign is organized by Legitimate Culture Foundation, which integrates all those interested in relevant discussion about online access to various forms of art.

The way we take advantage of culture has a undeniable impact on culture itself, since everyone can support as well as create it. Without consumers, and their contributions, including financial one, culture can't exist, and any legitimate contact contributes to its formation. Supporting digitization of public resources as well as promotion of public domain and free cultural resources,



we will expand access to legitimate culture. The foundation brings together people around legitimate sources - promotes the existing ones and inspires creation of the new ones. It also invites those interested in the project to create a database of legitimate sources of culture. In this way, the recipient of the campaign will become its creators. The foundation also wants to debate about how to adapt culture to the current state of technology and public awareness. [www.legalnakultura.pl](http://www.legalnakultura.pl)



# 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.





# WHAT'S ON

The Most Anticipated Events in April



## AMSTERDAM WOMAN IN BLUE READING A LETTER

Rijksmuseum since 30 March

The most famous painting by one of Dutch masters, Johannes Vermeer is „Girl with a Pearl Earring”, but „Woman in Blue Reading a Letter” is its greater rival. The work was borrowed to tour around Japan, to finance the conservation works of it. The painting is coming back to its home museum, and will be available for visitors to see [www.rijksmuseum.nl](http://www.rijksmuseum.nl)

## PARIS AUCTIONS

Christie's Auction House, 4 April 2012.

Victor Hugo's 210th birthday will be marked with a remarkable event organized by Christie's Auction House, during which over 500 books, paintings, drawings and photographs as well as the furniture and Hugo's personal belongings will be put up to auction. Experts are especially interested in the artist's manuscripts and letters. His private „letter to a fiancée” written in 1820 is considered one of the most interesting documents that is going to be sold on the Parisian auction. The exhibit is estimated to fetch €5,000 and the total profits from the auction are expected to exceed €1,000,000. [www.christies.com](http://www.christies.com)

## ŁÓDŹ ADREA BOCELLI IN CONCERT

Atlas Arena, 29 April 2012.

Andrea Bocelli is one of the best-selling artists in the history of classical music - 70 mln copies of his CD were already sold. It is not known what mostly attracts the fans - an unusual voice of characteristic and electrifying timbre, or his dramatic life story? This 54-year-old artist had an accident while playing football when 12, got a stroke and lost his eyesight. This tragedy didn't break his character, and maybe even thanks to this, he gained strength to pursue his goals and unusual sensitivity which also appeals to his audience. The famous tenor doesn't give concerts too often, that's why each concert is quite an event. This year Bocelli will give just a few concerts in the USA, Great Britain, and in Łódź, Poland. The tickets cost PLN 190 – 799 for a VIP seat.



## PARIS HELMUT NEWTON

Grand Palais, until 17 June 2012.

It is the first retrospective exhibition in France dedicated to this world-recognized photographer, deceased in 2004. He was the first to take photographs of the models outside the studio - on the buildings roofs, with their hair flowing in the wind, in dynamic pose. His black and white nudes, in turn, were considered provocative or even perverse, but they gave him the immortality. During the exhibition you can see over 200 pictures, as well as fragments of a documentary called „Helmut by June”. Adult ticket - €11, student ticket (13-25 yrs) - €8, children under 13 - free admission. [www.grandpalais.fr](http://www.grandpalais.fr)

# W kraju słynącym z gościnności nie może zabraknąć Best Western.



Teraz także w Polsce możesz doświadczyć naszej słynnej gościnności. Hotele Best Western są idealnie przystosowane do każdej podróży: biznesowej, turystycznej czy rodzinnej. Zarezerwuj miejsce on-line lub telefonicznie już dziś, a jutro będziesz zadowolony z wyboru.



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# TOP 10! EUROPEAN BEACHES

LOOKING FORWARD TO THE SUMMER,  
WE HAVE CREATED A RANKING  
OF EUROPEAN BEACHES.

Here is the list of the most beautiful, trendiest and the  
most fashionable strips of sand, the ocean and the sky  
in 2012.



1. NAVAGIO BEACH,  
ZAKYNTHOS ISLAND,  
GREECE

*For romantics.*  
Accessible only from the ocean, Navagio Beach, also called the Shipwreck, is undoubtedly not only one of the most beautiful and most spectacular beaches in Zakynthos, but also in the whole of the Greek islands. Gigantic rocks are surrounded by turquoise sea and fine sand make a huge impression. Romantic, intimate and mysterious - makes you think of the Caribbean. The beach can be seen from the mountains, but you can reach it only by boat.

2. BEACHES IN SAGRES,  
ALGARVE, PORTUGAL

*For stunning views enthusiasts*  
The beaches of Algarve have been listed among the most beautiful in Europe - with fine sand, surrounded by high cliffs and impressive. What also plays a part in it, is the Mediterranean climate of the place, and the fact that it has more sunny days than most of the European continent. Ponta da Piedade peninsula in the region of Algarve will delight you with steep cliffs reaching far into the sea and fantastic landscapes. Between Sagres and Lagos there are dozens of small-

er beaches, hidden between the rocks. One of them is Praia do Burgau, a little beach located by a picturesque village of Burgau. Praia da Mareta is closer to Sagres. Water here is calm, as in the West, the beach is a sheltered by a peninsula, where the city of Fortaleza is located.

3. NISSI BEACH, AYIA NAPA,  
CYPRUS

*For active leisure enthusiasts*  
Crystal clear sea, white sand, the sun, and delicate breeze. It's worth knowing that "nissi" means "an island" in Greek. Until recently, Ayia Napa was a small fishing town, but with time it evolved into a charming resort. A very popular carnival takes place here, and the town is famous for its entertainment. Ayia Napa perfectly combines modernity of a seaside town, with a place whose history dates back to the prime times of The Byzantine Empire. Nissi Beach attracts tourists who long for beautiful, sandy beaches as well as active leisure enthusiasts. The latter ones will find here a wide choice of water sports, such as windsurfing, diving or sailing. In Ayia Napa, there is the most beautiful aqua park in Cyprus – the Water World.

What's attractive about the beach, is that it lies on the border of three classical elements: water, earth and air, while not being any of them.



4. LAS SALINAS,  
IBIZA, SPAIN

*Fiesta, music and tapas*  
It's much more than just a fairy-tale like wild beach surrounded with crystal clear water. Once, a popular place among the hippies, today it's the Mecca of enthusiasts of new music, fashion and cuisine trends. While spending a few days in Las Salinas, you can become familiar with trance music by the most famous DJs. Make sure you have a glass of champagne and eat the most sophisticated tapas in the whole island. It's definitely not for those looking for peace and quiet. The dynamics and unusual rhythm of Las Salinas will make you quit sunbathing already around the noon, and join a Spanish-like fiesta.

5. ÖLÜDENİZ,  
TURKEY

*In search for beauty and nature*  
Ölüdeniz is definitely the most beautiful beach in Turkey. It's long, wide and ends with a famous Blue Lagoon, partly surrounded by mountains. Warm and clear turquoise waters with fine white beach and daily sunny weather - that's what you get in the Turkish Blue Lagoon. It's an intimate place with hidden bays and beaches. The beaches around Butterfly Valley are especially beautiful and intimate. Definitely something for those, who seek the beauty of nature as well as peace and quiet. It's worth knowing that Ölüdeniz is the second best place, after Rio de Janeiro, to for practising paragliding. Mt Baba Dagi ( 1969 m), whose slopes steep down into the lagoon, is a real paradise for extreme sports fans. Because of the ideal natural conditions, climate, stunning views and high mountains, the international "Air Games" festival is held here each year.

6. VILLASIMIUS, SARDINIA,  
ITALY

*A beach overlooking the big blue.*  
The town of Villasimius in Sardinia, located 35 kilometres from Cagliari, is famous for exceptionally beautiful beaches. Especially charming are those resembling the Caribbean: Porto Sa Ruxi, Piscadeddus, Campus, Cala Caterina, Cala Burroni, Porto Giunco, Timi Ama, Simius, Punta Molentis, Spiaggia del Riso. It's also a perfect spots for nature lovers. The town is located within a marine reserve, established several years ago. If you're dreaming about leisure by big blue ocean, here's something for you



HOTEL PRESS ARCHIVE

The beach is an intermediate stage, an open form, a constant hunger...  
A vanishing mystery of constant transformation.



## 7. ÉTRETAT, NORMANDY, FRANCE

*Following the footsteps of Arsène Lupin*

The spectacular rocks in Étretat years ago were mentioned in the title of a famous French detective film starring Arsène Lupin. Also Calude Monet and Guy de Maupassant were in love with the place. Today, this little town surrounded with high rocks, is considered an especially charming seaside resort. Located on Alabaster Coast, whose main attractions include Portes and Aiguille - rock formations sculptured by the sea. During low tide, you can walk on the bottom of the ocean, stepping through natural grottos and passes, which are normally covered with water during high tide. You only have to remember to get to the mainland on time.

## 8. ZLATNI RAT, BRAČ ISLAND, CROATIA

*Looking for the fading triangle*

The publisher of Lonely Planet tourist guidebooks have listed it among the ten most beautiful beaches in the world. Zlatni Rat (Golden Peninsula) is located westward from the town of Bol, on the Brač island (in the middle part of Dalmatia), at the bottom

of Vidova Gora - the highest mountain in the Adriatic Sea islands. It's 5 kilometre long, reaches far into the sea, and it's considered one of the greatest natural attractions in the Adriatic Sea area. One of the most unusual features of this beach, is that it changes its shape depending of the direction and strength of the wind.

## 9. SES ILLETES, FORMENTERA, SPAIN

*Far from the civilization*

Formentera - an island 45 times smaller than Majorca - has the greatest beaches in the Balearic Islands. Ses Illetes and Cala Conta are especially recommended. In order to be able to sunbathe on one of them, you don't have to arrange a hotel on the island - it can be reached by boat from Ibiza. The Spanish people emphasize its attractions such as pine forests, juniper trees, golden dunes, or even vineyards. What's also good about Formentera is that there are no huge tourist complexes and enormous hotels. But the island infrastructure is able to cater for the most sophisticated needs. Most importantly, you'll find here unspoiled nature. Ses Salines Natural Park, a home to 200 species of birds, have been listed as

UNESCO World Heritage Site. Here there are underwater meadows, also called "miniature oceanic forests" - evidence of unusual richness of the underwater world. But what's definitely the most captivating, are long and empty beaches of Formentera.

## 10. SKAGEN, DENMARK

*A beach for the artists*

A picturesque peninsula of Skagen, where the waters of two straits separating the North Sea from the Baltic Sea - Skagerrak (grey colour) and Kattegat (green colour) mix, is the northernmost point in Jutland, Denmark. This ranking wouldn't be complete without this long, virtually unbounded and mysteriously foggy beach. Because of the unique landscape - rough waters of the Baltic straits and pebble and sandy beaches - at the end of the 19th century an artist group was founded here, called Skagen Painters. Despite the passing of time, little has changed here - the charming atmosphere of the place still seems to be magical. Especially when the sun shines through the grey clouds. Perhaps it could be a great idea to paint a picture of the rough sea?

*Marzena Mróz*



Ontologically speaking, the beach is an indefinite form, and that's what makes it so intriguing. Anything that escapes rigid definitions, seems attractive.

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Airlines TOKYO-HONG KONG

# ALL NIPPON AIRLINES B787 DREAMLINER ECONOMY



BACKGROUND

After more than three years’ delay, the first commercial flight for the Boeing 787 Dreamliner, operated by launch customer All Nippon Airways (ANA) and numbered NH7871, took to the sky on October 26. It was a charter flight and Hong Kong International airport was chosen to welcome the maiden landing. The Dreamliner started serving domestic routes in Japan in November, with international routes beginning in December with Tokyo-Beijing, followed by Tokyo-Frankfurt from January 21.

CHECK-IN

ANA staff directed me to counter area C at Terminal 1 of Narita International airport for check-in. Because this was the inaugural flight, the procedure finished unusually early at 0730 for the 1220 departure. I was allocated aisle seat 14C by one of the wings, and in the

usual Japanese fashion the process was well organised and swift, as was security and immigration.

BOARDING

After speeches and the traditional kagami-wari (sake barrel-breaking ceremony), boarding began as scheduled at 1140. We had to be taken by bus to the apron, possibly owing to an incident a few days previously in which an airbridge scratched the new plane. But it may also have been an attempt to give passengers a better view of the aircraft’s exterior, which is noticeably more contoured than other jetliners. On board, crew were stationed throughout the cabin to answer questions. The first thing that caught my attention was the plane’s high ceiling and large storage spaces. My overhead compartment could fit a wheeled cabin trolley, a holdall and my oversized backpack with plenty of room

to spare. Not everything was ready, though – the bar, which was located between rows five and six and was supposed to display drinks, was empty. I noticed that the windows were larger than average but I didn’t quite get the open view I had hoped for from my aisle seat. I had previously been given the impression that even passengers not seated by the windows would have a good view of the outside, but I found the difference to be negligible.

THE SEAT

ANA’s short-haul B787 is configured with two classes, with business class taking up two rows in a 2-2-2 layout, and economy in a 2-4-2 arrangement across three cabins, totalling 32 rows (click here to see the seat plan). The business seat features a hard-shell back and offers 57 inches (145cm) of legroom. The economy seat is also in a hard shell and upholstered in

fabric in the airline’s signature blue shade, with the head-rest cover showing ANA’s omnipresent “We fly first” slogan. I found the seat uncomfortable – while it is just as wide as most economy seats (18.5 inches/47cm), there was not much legroom and it slid forward instead of reclining, which, with the restricted pitch (31-32 inches/79cm-81cm) and my six-foot frame, meant my knees hit the back of the seat in front. Each seat had a nine-inch LCD touchscreen monitor for the audio-video on-demand (AVOD) in-flight entertainment (IFE), which showed 14 Hollywood films, eight Japanese titles and seven world movies. A lot of the TV programmes were in Japanese. The interactive maps were fun and educational, providing information on a selection of cities as well as the usual features. The IFE also included games such as black jack, and multiple passengers could play them together. I tried the seat-to-seat messaging function but some of the passengers I attempted to contact didn’t notice, as the envelope icon was too subtle. There are two universal sockets fitted in the shared armrest, but I couldn’t use mine at the same time as the person next to me as we both had chunky plugs. Each seat also has a USB port, which I used to charge my iPhone, but I noted the content could not be streamed to the IFE system. (The airline says that eventually its international B787s will have the capacity to do this.) The fold-down tray table could hold a laptop of any size with room to spare.

WHICH SEAT TO CHOOSE?

On this short-haul version of the aircraft, I would choose rows three or six, at the front of their respective sections, as they have more space in front. Row 23 next to the emergency exits also offers more legroom, although it is close to the washrooms.

THE FLIGHT

Two things we were told to expect were a less arid environment and no blocked ears caused by changing air pressure. The B787’s cabin air is vented directly from the outside through dedicated inlets instead of passing through the engines, and the crew can also adjust the humidity according to the number of passengers. The cabin is compressed to resemble an altitude of 6,000 feet above sea level, instead of 8,000 feet, so we were breathing in more oxygen. The electrochromatic glass windows, which darkened at the touch of a button, were glare-free and gentle on the eyes. I am sure these factors would have made a big difference on a long-haul flight, but for a journey of this duration (four and a half hours), I didn’t notice them too much. Still, the cabin was noticeably quieter than on conventional aircraft, which made conversation easier. The crew demonstrated the LED lighting a couple of times by changing the colour, though, again, for a short-haul flight this feature is not that important. (On long-haul flights, lighting is programmed to help passengers adjust their sleep pattern to the time zone of their destination.) As it was the inaugural flight, the service was not as usual. I received my meal two hours after take-off. The appetiser comprised smoked salmon, a prawn salad and a slice of salmoni, which was not too bad for economy, while my main was seafood gratin, which was delicious, although the pasta in it was soggy. There was also a Japanese option of pork ragu t in soy sauce. A good selection of drinks was available, including whisky, beer, wine, juices and ANA’s “aromatic kabosu”, a refreshing citrus beverage. My neighbour had to wait 15 to 20 minutes longer for his main course because he had ordered a special no-seafood meal, and

the staff explained, apologetically, that it had to be specially heated up. But it was obviously a teething problem, and cabin crew remained gracious and patient despite all the activity from journalists and industry people walking around.

ARRIVAL

We were told that the Dreamliner was equipped with a “gust suppression” system that would mitigate turbulence, but the plane still shook a little when approaching the runway. Touchdown was on schedule at 1550 local time, exactly four and a half hours after departure. Owing to a welcome ceremony, we had to disembark on the tarmac and then take a bus to the terminal. As a Hong Kong citizen, I was able to make use of the self-service immigration checkpoint so was through to baggage reclaim quickly.

VERDICT

Other than the painful seat design, the flight was reasonably enjoyable. This being a short journey, I didn’t have enough time to appreciate the B787’s innovations, so hopefully I will get to fly on it long-haul soon.

FACT FILE

PLANE TYPE B787  
SEAT CONFIGURATION 2-4-2  
SEAT PITCH 31in-32in  
(79cm-81cm)  
SEAT WIDTH 18.5in (47cm)  
PRICE

Internet rates for a return economy class flight on board the B787 from Tokyo Haneda to Okayama started from ¥28,640 (£232) in January, or from Tokyo Haneda to Hiroshima from ¥32,540 (£263).

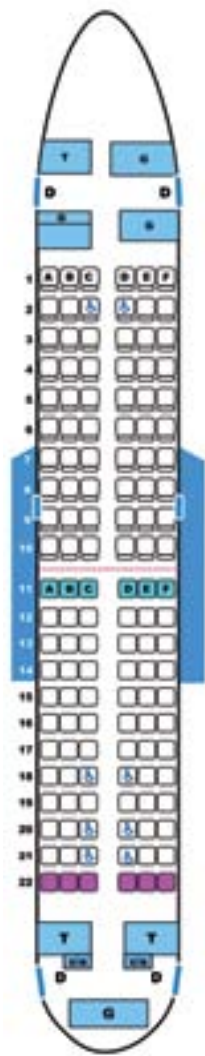
CONTACT  
ana.co.jp





## Airlines

## WARSAW-LISBON-WARSAW

TAP PORTUGAL  
AIRBUS A319

## FACTS

seat configuration 3+3  
seat pitch 81 cm  
seat width 46 cm  
Price for a business class ticket starts at PLN 2372;  
Price for a ticket in economy class starts at PLN 882;

## BACKGROUND

Portuguese airlines TAP PORTUGAL operate a direct connection from Warsaw to Lisbon five times a week: on Mondays and Thursdays at 7:40 am, and on Tuesdays, Fridays and Saturdays at 3:30 pm. Return flights are scheduled on Tuesdays, Fridays and Saturdays at 9:50 am, as well as on Wednesdays and Sundays at 5:00 pm. Since June the number of voyages on this route will increase to seven per week.

## CHECK-IN

Two days before my journey, I received by mail an electronic ticket for business class cabin. I printed it out and 90 minutes before the flight, holding only my hand luggage, I went to a check in desk at the airport. A few minutes later I was already in the duty free zone where I went straight to business lounge „Polonez”. It offers a large selection of Polish and foreign press and the Internet access, as well as variety of snacks, juices, coffee, tea, wine, and stronger liquors.

## THE SEAT

Half an hour before departure, we were invited on board Airbus 320-100/200, which can carry up to 156 passengers. My seat was 1c in the first row, which meant that I had extra legroom. The seat was padded with grey fabric, was quite comfortable and its headrest was well-shaped. Before the take-off small TV screens retracted from the ceiling and the cabin crew played a nicely animated video which presented safety procedures during the flight.

## THE FLIGHT

A few minutes into the flight, which took off without delay, the flight attendants served drinks and the menu. As an appetizer, passengers in business class were offered slices of chicken with grilled vegetables and a choice of main dish - fish with vegetables or farfalle with peppers and zucchini. The dessert consisted of chocolate mousse with orange zest. We

were also served excellent Portuguese wines. I chose white Vallado from Douro region. After the meal, I decided to read. Unfortunately, the choice of press on board is rather poor and not even one Polish newspaper or magazine.

## VERDICT

I worked with an airline for several years, and now I evaluate the work of the cabin crew



from the perspective of a passenger. I really liked the stylish looks of flight attendants working for TAP PORTUGAL. The uniforms designed by Manuel Alves and Manuel Goncalves are very feminine, finely finished in red and aquamarine, while shoes and handbags perfectly match the rest of the outfit. Also the quality of service is at a very good, European level.

THE RETURN JOURNEY  
– CHECK-IN

I arrived at the airport in Lisbon 2 hours before the departure. Following a quick check in procedure, I took the priority express lane and headed for the Premium Lounge belonging to TAP. The lounge spreads over 500 sq m on 2 levels. The working area features computer stations with Internet access, as well as sofas. In the sitting area there are several comfortable armchairs, as well as free snacks and drinks. Large TV screens show news, sporting events, and movies. A separate screen displays information about arrivals and departures.

## BOARDING

The boarding procedure of the flight to Warsaw began exactly at 3:55 pm. Unfortunately, I didn't hear the announcement in English and I was able not to miss it only because I had approached Gate 13 a few moments earlier. Also, we didn't embark the plane via a boarding bridge, so getting on board took me almost half an hour.

## THE SEAT

My seat was 2 F in business class. This time I travelled by on board Airbus A319, which seats up to 132 passengers. Also in this model seats were very comfortable, and the blue-grey colour pleasing to the eye.

## THE FLIGHT

We took off with a slight delay which occurred because of a large organized group, which travelled on the same flight. We watched the well-known video presenting security procedures, and then business class passengers were offered a selection of cold drinks and wine. As an appetizer we were served

fish mousse. This was followed by the main dish of veal with gnocchi or octopus with pine nuts and rosemary, and lemon pudding for dessert. I chose veal and decided to wash it down with red wine „Casa de Santarem Reserva,” which was awarded by the American Global Traveller Magazine as the best red wine in its category. 28 airlines which participated in the contest, entered 136 wines. For dessert, I also tried delicious porto served with ice.

## VERDICT

I'm happy to confirm the high quality of on board service, and wish to praise the author of the on board menu for its flavours and the overall looks of the dishes. The large selection of wines was another positive point. Overall, business class offered by TAP seems to be a very good choice. I'm not surprised that the airline has recently won for the third time in a row a prestigious award for the best airline on routes between Europe, South America and Africa.

Katarzyna  
Siekierzyńska

## CONTACT

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c/o Aviareps SA  
The Polish office  
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00-833 Warszawa  
tel. +48 (22) 620 05 97 (87)  
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The on board service is simply excellent, as is the business class cabin.



## Hotel

# GRANDE REAL VILLA ITALIA



### CONTACT

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fax (+351) 210 966 002  
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realhotelsgroup.com

### WHAT'S IT LIKE?

The stylish villa, located next to the main building immediately catches the eye. Villa D Este, because this is how the hotel area is called, was the place of residence of the last King of Italy Umberto II, who had to leave the country following his abdication. Villa D Este was later adapted for the hotel, while retaining the style of royal residences. The 5-star Villa Italia Hotel was built here in 2007. The interiors were arranged by Grace Viterbo - a famous Portuguese designer, whose works delight with simplicity and modernity.

### WHERE IS IT?

The hotel is located in one of the most famous resorts on the Riviera in the Portuguese town of Cascais, which can be reached by train from Lisbon in 40 minutes. Terraces and balconies offer fantastic views of the Atlantic Ocean, which

stretches along the walking alley. For sports enthusiasts the hotel has prepared cycling routes as well as paths for jogging.

### ROOMS

The hotel has 124 rooms, including 32 Deluxe rooms, 19 rooms with the view of the ocean, 24 Grand Deluxe rooms, 27 rooms with a side view of the ocean, 18 suites, the Premium Suite and 3 Royal Suites. All rooms are fully equipped, and the three Royals Suites which are situated in Villa D Este are real gems of design. They are 106 to 167 sq m large, consist of bedrooms with one or two beds as well as dining and recreation rooms. Some of them feature a microwave, mini-spa, and their walls are adorned with paintings and ceramic tiles from the private collection of the founder of Real hotel chain, Bernardino Gomez.

My suite was situated on the ground floor of Villa D Este. It consisted of a large bedroom, a living room and 2 bathrooms. The suite, which is decorated in a beautiful beige-brown colour, also features subtle mosaics on the floors and walls of the bathrooms. All rooms are air conditioned, have comfortable desks and chairs, a safe, Internet access, and plasma screens with access to satellite TV.

### SPA

The spa has an area of 1,000 sq m and offers comprehensive treatments for the body and the face. The offer includes relaxation massage, as well as classic and oriental one. There's also hydromassage, shiatsu, thalassotherapy, hammam (steam baths), as well as relaxation and detoxifying programmes. I was offered „Massage Real Villa Italia”. First, I underwent the Thalassotherapy. Warm

sea water oxygenates the body perfectly, improves circulation, relaxes and detoxifies the body. Water jets on the back and shoulders alleviate pain and remove stress. After 10 minutes I was invited to the treatment room. At the beginning of the treatment I immersed my feet in warm water with essential oils and orange slices. Then the masseuse scrubbed them with halves of lemons and sea salt. This was followed by the proper procedure. The relaxing massage with specially selected essential oils starts with pressing shiatsu points on the feet. Then the masseuse massages the calves, the thighs, the back up to the neck, and goes back to the feet. Finally, I was covered with a towel and I spent a few minutes in the semi-darkened room, before I woke up completely. That's what I call relaxation.

### BUSINESS FACILITIES

The hotel is ideally suited for conferences, events, and business meetings. It has 6 function rooms that can be divided into 19 smaller rooms. The rooms are air-conditioned, have

access to the natural light, and are equipped with audio-visual equipment, as well as wireless internet and projection screens. They can seat up to 400 participants.

### BARS AND RESTAURANTS

The hotel has two restaurants and two bars. Belvedere Restaurant serves dishes from Portuguese and Mediterranean cuisine. Each dish is a masterpiece, and the taste of fresh seafood is really special. Navegantes prepares breakfasts for hotel guests. „La Terraza” bar, which is open only in summer and is located at the pool, serves coffee, tea, drinks, cocktails and tapas.

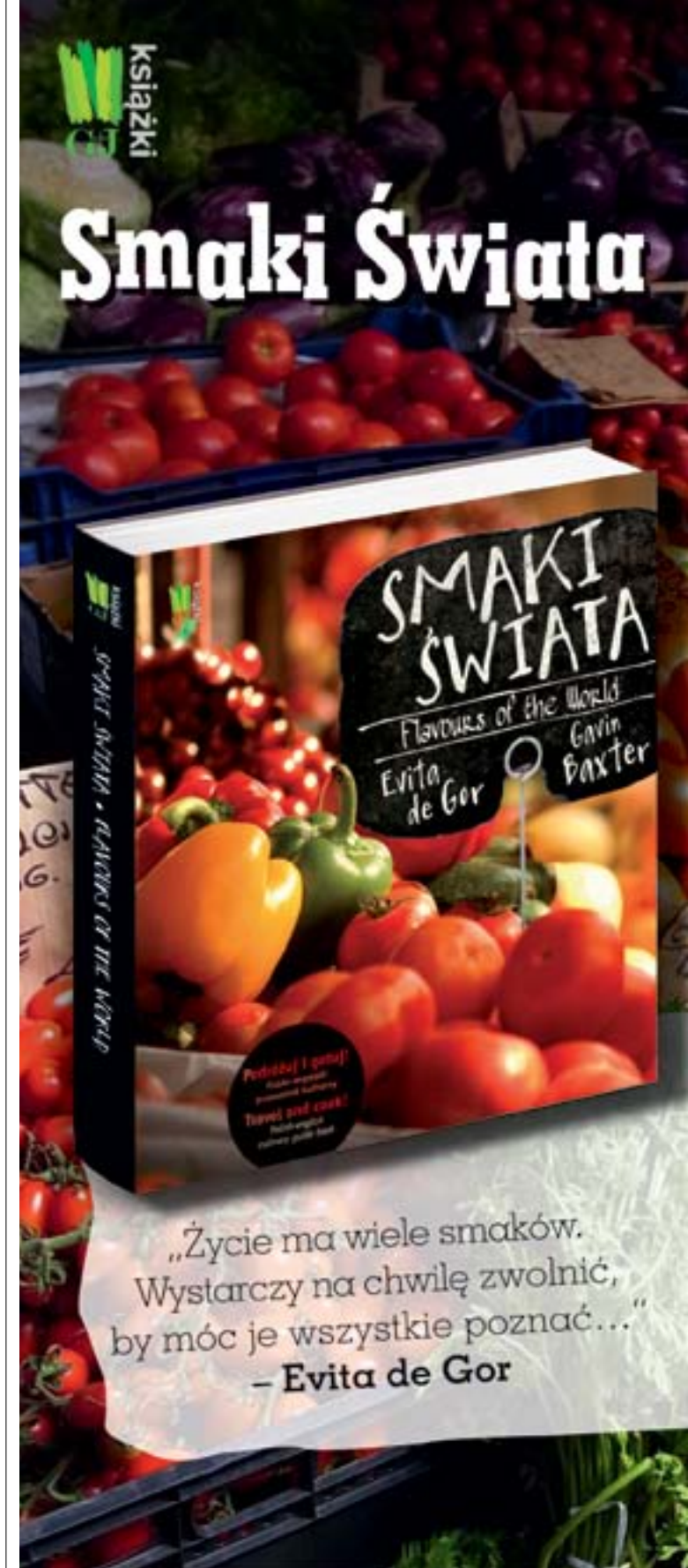
### VERDICT

It's an excellent hotel for relaxation and business meetings. It's also beautifully located, overlooking the Atlantic Ocean and has well-equipped spa facilities. I think it's also one of the most beautifully designed hotels in Europe. Very friendly and professional service. Excellent Portuguese cuisine.

Katarzyna  
Siekierzyńska



The best materials, discreet colours and sophisticated design contribute to the overall luxurious feel of the hotel.



PATRONI:



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www.sita.pl

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one level of the course: PLN 229;  
available courses: English, German, French, Italian, Spanish.

### WHAT'S IT LIKE?

Is it possible to learn a language quickly, easily and pleasantly? Sitting in a comfortable chair in the main office of SITA in Warsaw, I didn't really believe that the course consisting of mere 10 lessons could „painlessly” teach me 650 new words and phrases in English. To my surprise, however, the system turned out to be effective and – what's most important - intriguing, interesting, as well as enjoyable.



### LEARNING

Learning a language with SITA method is based on acquisition of words and phrases while being in a relaxed state. First of all, you need to learn how to achieve a condition in which your breath is calm, the heart is working rhythmically and slowly, the blood pressure is constant, and responses to stimuli are weakened. In other words, you need to achieve the state of inner peace, or even an indefinable joy. The method is based on subconscious use of breath to activate more efficient work of the right hemisphere of the brain to make it much more perceptive.

Achieving the state of relaxation isn't difficult, with SITA device you will learn how to do it in no time.

### A LESSON

Each lesson begins with listening to a dialogue in English from the introductory recording. Then, the student reads the very same text aloud with understanding in Polish. Another step is to listen to the dialogue from the introductory recording once again, - this

time it's combined with tracking the text in English. The next step is just pure pleasure – the student listens to a 40-minute recording while being in a relaxed state. This facilitates memorization. The phase of activation of the new material is done with the teacher. We talked in English only, covering various grammar exercises, making up dialogues, and explaining meanings of various English expressions. The last stage of each lesson consists of a 40-minutes revision of the material memorized during the previous lesson.

### SITA DEVICE

The large glasses with a series of LED lights aroused my interest from the very beginning. Their action is based on (proved scientifically) the relationship between self-control of breath and the state of relaxation. The device shows the rhythm of the breath in the form of light and sound. When through my closed eyelids I watched the lights going on and off, and listened to the sound pulsing in the same rhythm,

my breath became smoother and more controlled. I also noticed some correlation between my breath, and visual as well as auditory stimuli. This was conducive to achieving the state of relaxation, in which - as I have learned – the hemispheres of the brain better cooperate with each other. This, in turn, makes memorizing foreign words much easier. The relaxing music playing in the background, the harmony between music and the text, as well as warm, distinct voice of the teachers, also facilitated appropriate acquisition of the new material.

### VERDICT

Learning with SITA method considerably speeds up memorizing of the material you learn in a foreign language. Thanks to the method you can learn a foreign language or improve your language skills in a pleasant, stress-free and fast way. What's important - you can continue learning at home. All you need is to buy both the SITA device and the course book.

Marzena Mróz

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Restaurant

FOLK GOSPODA



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tel. +48 22 890 16 05  
fax +48 22 654 91 17  
www.folkgospoda.pl

In the very centre of Warsaw, overlooking the Palace of Culture, there is a plain concrete building. Frankly, it doesn't attract with its appearance. However, insiders know that it houses one of the most iconic restaurants in the capital, which looks as if it was moved here straight from the countryside. When you enter the Folk Gospoda ("Folk Tavern"), you suddenly find yourself in a different, colourful world, full of attractive aromas and tastes. The interior immediately inspires confidence.

When I entered the restaurant at 1:30 pm, most tables were already occupied. The guests were chatting, but, most importantly, eating with relish.

**BACKGROUND**  
The restaurant was established in 2004. Its owner, Peter Popiński, has been convinced from the very beginning that traditional Polish cuisine is always the key to success. Although at that time sushi and fusion restaurants seemed to be the newest trend, he decided to invest his money in a niche business that he has developed with real passion. Today, inquiries about table reservation in his restaurant come from all over the world. The Tavern is especially liked by the Spaniards, French, English and Japanese. The place is so popular that several customers visit Warsaw only because they wish to spend the New Year's Eve in Folk Gospoda. The restaurant is also visited by well-known artists and athletes. The list of front-page

celebrities who dine here includes Czesław Mozil, Anna Maria Jopek, Leszek Możdżer, and Lukas Podolski. Also Andrew Golota likes to pop in here to eat something delicious. Other special guests that dined here were Vlad Divac (an NBA star), pop and rock bands such as Boney M, Smokie, and Marillion, as well as the finalists of the international beauty contest Queen Of The World.

**MENU**  
As the name suggests, Folk Gospoda specializes in dishes of traditional Polish cuisine. Some of the most popular dishes among Warsaw residents as well as foreign visitors include Russian dumplings (PLN 16), dumplings with cabbage and mushrooms (PLN 18), stuffed with veal (PLN 24), venison pate with homemade pickles (PLN 23), pork chop (PLN 23), oscypek cheese toasted on the grill and served with cranberry sauce (PLN 19), and - a great rarity in the Polish capital - the curdled milk (PLN 7).

I ordered two starters: a salad with roasted peppers, spinach and tomatoes, served with croutons baked with goat cheese (PLN 21) and carpaccio of marinated duck served with spinach, arugula, smoked cranberries, Grana Padano and basil sauce (PLN 29). Chef Paweł Baranowski also talked me into trying two main dishes: fried Masurian catfish served on fresh spinach with garlic sauce and green pepper (PLN 36), as well as roast chicken stuffed with veal and served with fried slices of potatoes and beets - which wasn't on the menu. All dishes were delicious - perfectly seasoned with spices and fresh herbs. For dessert I ordered a piece of *dulche de leche* cake (19 zł), which is made in the restaurant by several pastry chefs who are employed here. Of course the menu also included several dishes of venison. Steaks of wild boar (PLN 51), stag (PLN 54) or from roe deer (PLN 59) are quite popular. Similarly to traditional Polish soups such as *borsch* (PLN 9), chicken soup with homemade noodles (PLN 12) or tripe (PLN 16).

**INTERIOR**  
The decor is eye friendly and unpretentious. Lots of wooden elements

come from old houses from Podhale, wooden benches and tables come from Wielkopolska, and the walls feature surreal colourful paintings. In the evening, there's live music in the restaurant. Soon, the kitchen will be equipped with a bread oven, and the menu will include dishes of macrobiotic diet.

**SERVICE**  
The waitresses and waiters are competent and very polite. They know a lot about the dishes served in the restaurant and are always ready to advise.

**VERDICT**  
It's a real "must-go", especially because the centre of Warsaw has been dominated by restaurants which don't have Polish delicacies on the menu. Good home cooking, homely atmosphere and attention to detail - you can easily see that the owners focus on the quality of food, not quantity. The restaurant is listed in many guidebooks and always eagerly recommended. The only drawback, is the neighbourhood. However, the owners promise that already this spring you will be able to dine in front of Folk Gospoda in a real green garden.

Marzena Mróz



It's one of the most iconic restaurants in the capital, which looks as if it was moved here straight from the countryside.

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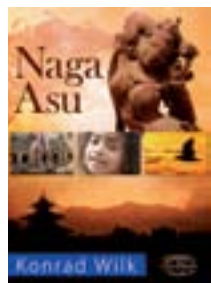
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# BOOKS AND MUSIC

Marcin Firgurski recommends books and CDs



## Discovering your inner self

A moving, taboo-breaking and universal story filled with magical, often funny and hair-raising adventures. Trips to Thailand, Cambodia, Bangladesh, Burma, India, Nepal, Kenya and Ethiopia, the people met there and unusual events are an attractive and exotic background of a different attitude to life. The book is like a miniature form of life, physical and spiritual transformation, rite of passage into the adulthood and discovering your own truth. Conversations with an old man perfectly complete and reinforce the message of a lonely male journey, an inner transformation from a boy into a man, and the essence of masculinity, which is so different from its popular understanding. A must for every man.

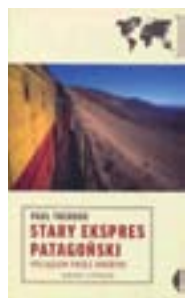
**Konrad Wilk „Naga Asu” Published by: Zysk i S-ka**



## A walk around Dublin

A Dublin guidebook, which describes both the 20th-century and the contemporary city, and guides you into the footsteps of the characters of „Ulysses” by James Joyce. Eighteen walking routes match the eighteen fragments from the book, whose action takes place on 16 June 1904. Vivid narration, photographs and detailed maps make you want to engage into a real as well as imaginary walk around Dublin, its tourist attractions, and its less popular spots. At the end of the book you'll find a glossary of Ulysses characters with nearly 250 biographical entries, encouraging you to read this famous 20th century book - whether for the first or another time.

**Piotr Paziński „Dublin z Ulisessem” Published by: Czuły Barbarzyńca Press**



## A railway journey around the Americas

A story of another great railway journey by an American reportage master - this time around both American continents. Starting from the underground in Boston, Paul Theroux describes the way from the ice-covered Massachusetts to the barren plateau of the Argentina's most southernmost point. The route goes through picturesque cities of Latin America and the ancient Inca city of Machu Picchu. Whether sweating from the heat, or freezing with cold, Theroux describes the people met along the way. In Limón he meets a boring guy, Mr. Thornberry, while in Buenos Aires he reads a book by Jorge Luis Borges to a blind person. Very well-written, full of witty and funny observations description of a journey to „the last station”...

**Paul Theroux „Stary Ekspres Patagoński. Pociągami przez Ameryki” (“The Old Patagonian Express: By Train Through the Americas”) Published by: Wydawnictwo Czarne**



## Madonna and her record

Madonna has returned here to collaboration with William Orbit („Ray of Light”) and they co-wrote several songs for the latest record „MDNA” recorded in New York and Los Angeles. The other producers were: Martin Solveig, The Demolition Crew, Marco „Benny” Benassi, Alessandro „Alle” Benassi, Hardy „Indiigo” Muanza, Michael Malih i Madonna. The first single is „Give Me All Your Luvin”. We will for sure hear this song during Madonna's concert in Warsaw on 1 August this year.

**„MDNA” (Deluxe Edition) Madonna**



## Chillout, pop and ethno

A charming picture painted with the sound of music. Ethereal, mysterious and sensual compilation of music tracks combining the music styles of chillout, pop and ethno. The magical atmosphere and exotic climate made „Mystic&Secret 2” an ideal candidate for „One Thousand and One Nights” soundtrack. The compilation includes songs by the following artists: Sarah Brightman, Delerium, Secret Garden, Conjure One, Schiller with Mike Oldfield, Bliss, Moya Brennan, Afterlife, Keep Shelly In Athens, Lamb.

**Mystic&Secret 2 (2 CD)**

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# BEAUTIFUL MIND

***Jenny Southan*** reports on how  
meditation can make you smarter,  
happier, healthier and more successful.





Some of the most famous words ever written by a philosopher are “I think therefore I am”. On the face of it, most people would agree with Descartes that without their minds, there wouldn’t be much left of them – just a body. No personality, no ideas, no memory, no sense of identity, no comprehension of past or future.

But too much thinking can become destructive. For most of us, the constant whirring of the mind, jumping from to-do lists to worries about deadlines, is something that can become exhausting. Consider how much information you process throughout the day – be it via the internet, advertising, email or television – and then ask yourself how often you manage to “switch off”. Even a glass of wine at the end of the day, a trip to the gym or two weeks on a beach prove short-term answers.

It is modern man’s Achilles heel. And as studies continue to reveal connections between stress and a variety of psychological and physical health problems, there has never been a greater need for a solution.

Fortunately, Western medicine is now recognising the benefits of a simple approach that can be traced back many thousands of years to the early teachings of Jainism, Taoism and Buddhism – meditation.

Studies by Harvard Medical School show that meditation can lower blood pressure, boost the immune system and improve circulation. In January 2011, the Harvard Ga-

zette reported that after taking MRI scans of participants who had meditated for 27 minutes a day over eight weeks, there was “increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection”.

The report’s senior author, Sara Lazar, a Harvard Medical School instructor in psychology, is reported as saying: “This study demonstrates that changes in brain structure may underlie some of these reported improvements and that people are not just feeling better because they are spending time relaxing.”

The Meditation Foundation (meditation-foundation.org), which has the support of the Department of Health, says the practice can help with everything from weight loss and ageing to addiction and depression. The American Heart Association’s journal Stroke published research in 2000 showing that 20 minutes of meditation twice a day had a measurable effect on the build-up of fatty deposits in arteries, helping to reduce the risk of heart attack by 11 per cent and stroke by 15 per cent.

In 2007, research by the US National Institutes of Health showed that it helped to make information processing in the brain more efficient. It can also contribute to better decision-making (Frontiers in Decision Neuroscience, March 2011), heightened

concentration (Psychological Science, May 2010) and, as film director David Lynch has found, enhanced creativity.

Said to have never missed a day’s meditation since he started in the early 1970s, his 2006 book *Catching the Big Fish* describes the artistic benefits he has gained from practising transcendental meditation (TM) for more than 30 years. In 2005 he launched the David Lynch Foundation (davidlynchfoundation.org) to fund stress-reducing programmes that incorporate TM for underprivileged children and war veterans with post-traumatic stress.

Firms such as Google, Yahoo, Apple, NASA and Nike have also started recognising the benefits and are encouraging their employees to meditate by organising free classes, retreats or dedicated quiet rooms. When you consider that in 2009-10, the Health and Safety Executive found that almost 10 million working days were lost through work-related stress in the UK – and that it is becoming more common to see executives in senior positions burning out (Antonio Horta-Osorio, chief executive of Lloyds Banking Group, recently announced he was taking time off because of “extreme fatigue”) – finding a way of tackling it at the source makes sense.

So what kind of meditation is best? There are numerous secular approaches out there and none that will have you sitting in the lotus position for hours on end. Transcendental meditation, for example, requires the



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use of a mantra that is repeated silently in the mind and acts as a vehicle to achieving a “natural state of deep rest; a silent, peaceful level of consciousness where thoughts are transcended”, according to a spokesman for the Maharishi Foundation (named after the founder of TM, the Maharishi Mahesh Yogi). The National Institutes of Health has granted more than US\$24 million to studying its effects.

“TM is incredibly easy to do, and produces comprehensive benefits that have been scientifically verified,” the spokesman says. “Once you’ve learnt it you’re an expert and able to gain results immediately. It’s a skill you can use for life. You don’t need to join an organisation or keep seeing a teacher. It’s a powerful means of getting rid of stress and boosting personal performance, and it’s totally discreet – you can do it on a train or plane and no one will know.”

For those interested in learning TM, it’s best to sign up for a course as you need to be given your own personal mantra. “It is taught individually so the instructions can be tailored precisely to each person,” the spokesman says. “The course involves four two-hour classes on consecutive days, with recommended follow-up sessions. As the technique is taught in a standardised way all over the world, classes and follow-up checks can be taken in almost any major city.” (Course fees depend on income and range from £290 to £590. Corporate programmes are also available. Visit [t-m.org.uk](http://t-m.org.uk) for details.)

An alternative is “pure” meditation (see panel overleaf). This is similar to TM but instead of aiming for a thoughtless state, looks to create one where thoughts are welcomed and then let go of with the help of focusing on breathing, or with the eyes open looking at an object such as a candle. Stuart Bold, founding director of the Meditation Foundation, says: “It’s about enhancing awareness, the clarity of your emotions and thought processes, and how you interact with the environment and people around you. It’s a cumulative process that goes on through the day, and the physiological benefits build over time.”

Dr Andrew McCulloch, chief executive of the Mental Health Foundation ([mental-health.org.uk](http://mental-health.org.uk)), highlights a third approach, known as “mindfulness”. This involves “paying attention to your thoughts and feelings to become more aware of them and better able to manage them by combining elements of meditation, yoga and breathing”.

Dr Guy Meadows, sleep specialist and founder of London’s Sleep School ([thesleep-school.org](http://thesleep-school.org)) is also an advocate of mindfulness, employing it not only in his everyday



life but also to treat insomnia in his patients. He says: “There comes a point when we spend too much time in the past or future and lose all contact with the present. Mindfulness enables us to notice our thoughts, emotions, physical state and urges.

“The simple act of being able to notice them means we are able to respond to them in a helpful way. Most of my clients have racing minds so are always trying to block out thoughts, which, annoyingly, just promotes more thoughts. Allowing them in, watching them, letting them go and returning to your senses, and maybe focusing on your breathing, will quieten your mind down.”

Meadows offers private consultations, webinars and retreats both in the UK, such as at Rockliffe Hall hotel in County Durham, and overseas. The Mental Health Foundation offers online courses only. McCulloch says: “Our ‘Be Mindful’ course lasts four weeks and can be undertaken anywhere with internet access. It consists of ten online sessions featuring videos and interactive exercises led by expert mindfulness practitioners.” So there is no excuse not to be at your best.

#### MEDITATE AWAY

A good way to kick-start a new life habit is to book a stay at a health resort. Wellbeing Escapes specialises in fitness holidays, detox breaks and meditation retreats, working with about 50 properties in destinations such as India, Thailand and Bhutan.

Stella Photi, who founded the company in 2005, says: “A high proportion of our clients are executives and high-flyers who know that they need to be at their best to cope with the challenges of today’s business world. These people are investing more of their time on holidays that will keep them at the top of their game – a well-being holiday will bring benefits long after their tan has faded.”

The luxurious Sha Wellness Clinic near Alicante in Spain is two hours by plane

from London. It offers short stints such as the four-day “Executive Health” programme, which includes a medical check-up, therapeutic massages, stress management classes and health training. It is also one of the resorts to offer Wellbeing Escapes’ “Mind Unwind” package, which includes a meditation component.

During my four-day stay, I signed up for a one-hour consultation with on-site meditation and yoga specialist, Nieves Gonzalez. She sat me down in a bare, dimly lit room and talked me through the basic techniques of “pure” breath meditation: “Find a good position to sit in on the floor or on a chair. Stretch your back so it is straight. Feel your verticality and the sensations in your body, then focus on your breathing. When you become aware of thoughts entering your mind, return to focusing on your breathing and they will shrink away.”

Gonzalez resists advising clients how long to meditate for. “You need to listen to your body and do as much as you feel you need,” she says. “Ten minutes is good, 15 minutes, 20 minutes or one hour is good. Even one minute is healthy. When you feel ready, end with several deep inhalations and slowly open your eyes to come out of it.”

So how does meditation work? “Your brain is a machine – it never stops, even when you sleep,” Gonzalez says. “Pure meditation is not about stopping your thoughts, it is about helping you get some distance from them. Sometimes we get so close to them that we think we are our thoughts. It is about experiencing the present moment, listening to your body and your emotions.”

After about 30 minutes listening to Gonzalez talk, we begin a meditation. I find 20 minutes passes reasonably quickly, and although I seem to have a million thoughts passing through my mind, I find it easy to return to focusing on my breathing. After, I find that I feel calmer and more relaxed.

Over the rest of my stay at Sha, I complement a rigorous regime of physical activities – a one-hour hike before breakfast followed by swimming, yoga and workouts in the gym – with short sessions of meditation. This, combined with a somewhat extreme diet of macrobiotic food – no alcohol, caffeine, dairy, sugar, meat, tomatoes or wheat – all contribute to a feeling of renewal when I get home. (Although I do rush out for a glass of wine and a pizza.)

Sha Wellness Clinic, Verderol 5 El Albir, Alicante; tel +34 966 811 199. A four-day full-board meditation package including flights and transfers for one person starts from £1,739. Visit [wellbeingescapes.co.uk](http://wellbeingescapes.co.uk), [sha-wellnessclinic.com](http://sha-wellnessclinic.com)

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# DREAMLINER- LIVING THE DREAM

Our English correspondent, **Jenny Southan** steps on board Boeing's Dreamliner to find out what's in store for passengers.





Could Boeing's 787 Dreamliner be the most over-hyped aircraft ever? "A plane so revolutionary that it has tinted windows (wow) and LED lights (pinch me)," as one of the posters on our online forum (businesstraveller.com/discussion) says, with just a hint of sarcasm.

FLYING WITH PLEASURE

With the first delivery only having taken place on September 26, to Japanese carrier All Nippon Airways (ANA), and scheduled passenger services not beginning until the first of this month, it is difficult to judge. As Tom Galantowicz, director of 787 interiors for Boeing, says: "It's not about the windows, it's not about the lighting or the shape of the bins, it's about all of those things working together. You can't truly appreciate it until you are in the space and feel it." Kent Craver, regional director of passenger satisfaction and revenue for Boeing Commercial Airplanes, agrees: "It's really combining the lower cabin altitude with a higher relative humidity, our smooth ride technology that dampens turbulence, and our gaseous air filtration system, that will help passengers feel better after a flight.

GREAT DELAYS

Commentators have been keen to quash excitement with reminders that the Dreamliner was delivered three years late. One of the key reasons for the tardiness of the Dreamliner, which also earned the sobriquet of "the Seven Late Seven", was its groundbreaking use of carbon fibre reinforced plastic (CFRP). However, Boeing stresses the carbon composite material is not an everyday plastic. Although CFRP has been employed

in small quantities on aircraft such as the B737 and B777 for years, what makes the B787 unique is that it has been used to build an entire single-piece fuselage, instead of one made up of hundreds of sheets of aluminium. However, as with any new implementation of technology, unforeseen problems arose. "With 1,000 airplanes out there [using carbon composites] we have a lot of experience with this material. What was new to us was how we applied it and how we constructed it," says Mike Sinnett, vice-president and chief project engineer of the B787 programme. Other factors that contributed to the missed deadlines ranged from issues with the wing design to electrical fires. To make matters worse, the media came down on the American giant like a ton of bricks. In Boeing's defence, Scott Fancher, vice-president and general manager of the B787 programme, says: "The last new plane we designed was the B777 16 years ago, so the B787 is a huge step forward. From the standpoint of commercial aviation, this is as big a leap forward as the B707 to the B747, and the introduction of the Jet Age. But that's why we think these investments will pay off for us."

ALBATROSS-LIKE WING TIPS

For the average passenger, the plane will look more or less like any other from the outside – perhaps with the exception of its raked albatross-like wing tips and distinct saw-tooth-shape nacelles that cover the engines. The interior will partly be down to the individual airline, which will be given a selection of seats, colour schemes, in-flight entertainment, galley fittings and even washrooms to choose from by Boeing. But in

terms of the overall aesthetic of the cabin, it is the aircraft manufacturer that has had the final say. While attending the September handover celebrations in Seattle, Business Traveller had the opportunity to look around ANA's first Dreamliner. Stepping on board, one of the most apparent differences are the much talked-about windows, which thanks to the new carbon composite architecture that allows for a larger cut-out, are 30 per cent bigger than on the B777. From your seat, you can look out more easily as the windows meet your eye line better, and add to a feeling of space. What's more, instead of conventional sliding blinds, each pane of glass is "electrochromatic", which allows it to darken gradually (in about 90 seconds) to near black at the touch of a button. For some, the idea of being able to see out of a window while working on a laptop and without the glare of the sun will be appealing. But there is more to it than that. Craver explains: "Windows can be controlled individually or en masse by flight attendants. If it's an overnight flight but it's light outside, the attendants can dim all of the windows – leaning over food trays or people sleeping to close them will be a thing of the past. Attendants can even set a range allowing some individual control, but without completely filling the cabin with light. Even when the windows are fully darkened you can still see outside – it is like being in a limousine with tinted windows. Other design features you are likely to spot are the vaulted ceilings, glowing LED mood lighting and slick overhead bins, which fit four regulation-size .

NO HEADACHES

But as Galantowicz notes, there are also "unarticulated" needs that Boeing has met, which may not be so obvious. "Some of the features create reductions in symptoms that you might not notice – for example, how do you comment on the headache you didn't get? It's one of those phenomena where the features play together to create something that is better – you'll feel good but will not necessarily know why," he says. This has been combined with a lower cabin altitude of 6,000ft (2,000ft lower than normal planes) that improves humidity and allows the body to absorb 8 per cent more oxygen.



We have done a lot visually and aesthetically with things you can see, but some of the real benefits will come from things you can't see.



One of the most apparent differences are the windows, which thanks to the new carbon composite architecture are 30 per cent bigger than on the B777. From your seat, you can look out more easily as the windows meet your eye line better, and add to a feeling of space.







What makes the B787 unique is that it has been used to build an entire single-piece fuselage, instead of one made up of hundreds of sheets of aluminium.

#### WHY HIGHER PRESSURE?

Most air passengers will experience cabin altitudes of about 8,000ft, twice the elevation of Ben Nevis – which is significant because it is from this height that climbers start to report mild symptoms of altitude sickness such as headaches, muscle aches, fatigue and nausea. This feature is unique to the B787, as an aluminium aircraft would suffer structural fatigue if pressurised any higher. Boeing put considerable effort into researching the effects of lower altitudes on human physiognomy to come up with reliable statistics.

Craver explains: “There is great data for altitudes of between 15,000ft and 30,000ft for mountain climbers, and for altitudes above 50,000ft for ejection out of military aircraft, but no good research into the effects of altitude on the human body under 10,000ft. So we teamed up with Oklahoma State University and cycled more than 500 people through a pressure chamber, 12 at a time, for simulated flights up to 20 hours in length. What we found, focusing on moderate to severe headaches, was that at sea level to 6,000ft, statistically there was no difference in our volunteers reporting symptoms.

#### NO TURBULENCE

The manufacturer has worked on improving the smoothness of the flight by introducing a system that “senses turbulence and commands wing control surfaces to counter it”. Boeing also claims to have created

a quieter cabin by incorporating more discreet air conditioning, “advanced vibration insulation and material to reduce squeaks”, and better fan designs in the engines to reduce noise. (Rolls-Royce, which designed the Trent 1,000 engines, says they are its quietest yet.) Scott Fancher, vice-president and general manager of B787 programme for Boeing Commercial Airplanes, says: “We wanted to develop a set of technologies that would serve as the backbone of the planes we design for the next 30 years. We

#### Dreamliner index

3 Number of years late on delivery  
7 Number of B787s Boeing can build a month  
56 Number of airlines that have placed orders  
100 Kilometres of wiring for an B787  
530 Kilometres of wiring for an A380  
210-250 Passengers on board  
821 Number of B787s on order  
1500 Number of aluminium sheets saved by using a single-piece carbon composite fuselage  
\$193.5 million Price for one B787  
US\$32 billion Estimated expenditure by Boeing on the project  
US\$159 billion Total value of B787s on order  
15,200km Maximum range of B787 (Equivalent to London-Perth)

have invested in understanding the latest advances in environmental sensitivity, propulsion, materials sciences, systems integration aerodynamics, and created a wealth of knowledge of these technologies and what their capabilities are. The design represents the beginning of a new focus on the passenger experience.”

#### WHERE WILL IT FLY?

ANA launches regular domestic services with the B787 from Tokyo Haneda to Okayama and Hiroshima on November 1, but it will be on long-haul, point-to-point routes that the Dreamliner will prove its worth. Satoru Fujiki, the airline’s senior vice-president, says: “The B787 is considered a medium-sized aircraft but it can travel more than 52 per cent further than a similarly sized B767, while using 20 per cent less fuel. The Japanese carrier, which is due to take delivery of 20 Dreamliners by spring 2013, will be launching internationally between Tokyo Haneda and Beijing in December, followed by a thrice-weekly Tokyo-Frankfurt service on January 21.

For those who are still not convinced of the Dreamliner’s credentials, there is only one thing for it – book a ticket.

“Travellers will choose flights on aircraft where price is not a factor and forego mileage programmes because they want to fly the plane. Go to [newairplane.com](http://newairplane.com) for further details.

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# ANOTHER AIRCRAFT IN THE POLISH SKY

The fleet of LOT Polish Airlines has been extended with the fourth Embraer 195. The aircraft was registered as SP-LND and proudly presents the livery of the Polish air carrier. Its first commercial flight was on Warsaw –Brussels route.



Embraer 190-200 (commonly known as Embraer 195) arrived in Warsaw from the manufacturer's factory in San Jose dos Campos, Brazil - stopping along the way at three locations: Recife in Brazil, Cape Verde and Malaga, Spain. The aircraft will operate medium-haul flights within the European network of LOT. Currently, there are 26 aircraft made by the Brazilian conglomerate in the fleet of the Polish national carrier, including 10 units of Embraer 170, 12 units of Embraer 175, and 4 units of Embraer 195. Embraer 195 is a medium-range aircraft (2,600 km) with a maximum cruising speed of 890 km/h. It's 38.65 m long and has a wingspan of 28.72 m. It can seat 112 passengers. Embraer 190 is equipped with two jet engines (General Electric CF34-10E) located in underwing nacelles. The aircraft's first flight was in 2004. The



cruising altitude is 12,500 meters with the speed of 890 km/h. The plane's maximum take-off weight ranges from 48,790 kg to 52,290 kg, depending on configuration. When the first Embraers appeared in LOT's fleet (145/170) the cabin crew dubbed the planes "pencils" because of their sleek appearance. LOT's fleet also includes five units of Boeing 767-300 ER - long-range passenger aircraft (9,000 km), which can accom-

modate 247 passengers on board; two units of Boeing 737-500 - medium-range aircraft (2,200 km) which can accommodate up to 108 passengers; seven units of Boeing 737-400 aircraft with 3,000 range and 147 passenger seats, twelve units of Embraer 175 - a narrow body jet airliners with 2,600 km range and 82 passenger seats; and ten units of Embraer 170, offering the range of 2,400 km and taking up to 70 passengers on board.



Embraer 195 is a medium-range aircraft (2,600 km) with a maximum cruising speed of 890 km/h. It's 38.65 m long and has a wingspan of 28.72 m. It can seat up to 112 passengers.





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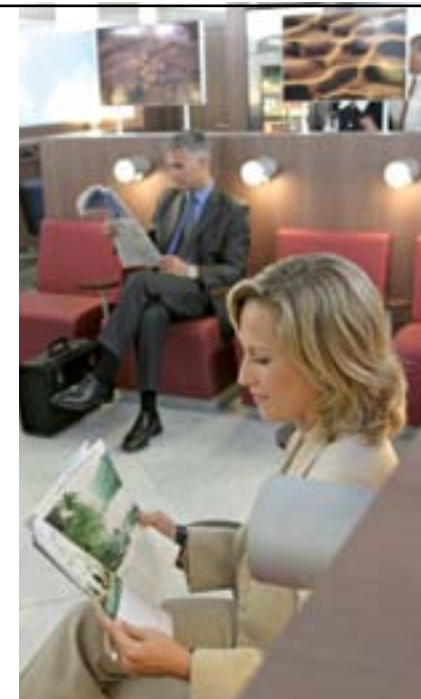
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more enjoyable experience (Air France Seat Plus - free KLM Economy Comfort with a 50% discount).

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Passengers of Air France and KLM, who go on an intercontinental trip in business or first class, can also take advantage of a special hotel offer which enables them to relax before or after the long journey. The offer consists of an overnight stay at Sofitel Victoria in Warsaw, including breakfast, as well as transfers to or from the airport. All of this free of charge! This

unique offer has been designed primarily for customers who live outside of Warsaw, although it can be used by all members of VIP CLUB SKY.

## DEDICATED VIP SERVICE

Club members also have access to a separate telephone line thanks to which VIP customers can easily contact the Reservation and Sales Department of Air France-KLM in Poland. The well-qualified personnel is available to assist passengers in all matters related to their flight. In addition, VIP clients have an opportunity to meet individually with the consultant of the airlines at the main office of Air France-KLM in Warsaw.

## BY LIMO TO THE AIRPORT

Passengers who travel intercontinentally in business or first class with Air France or KLM can take advantage of free limousine service to and from the airport in Warsaw. Just order the service by telephone, providing the address and the time where the car is to wait for you. Upon arrival in Poland the driver of the limousine waits for VIP passengers at the airport to make the journey to their desired address as problem-free as possible.

The cost of the service is full covered by the airline and is offered both before departure and after arrival in Poland to an address within the boundaries of Warsaw.

## PRIORITY AT THE AIRPORT IN WARSAW

To help minimize paperwork and time spent before departure at the airport in Warsaw, both airlines provide members of the club with an option to use priority lanes and desks marked as „Business”, at check-in, security control and boarding.

## FREE NEWSPAPER PACKAGE

To make your journey as pleasant as possible, representatives of the airlines provide club members with free newspapers and magazines at the boarding gate prior to each Air France and KLM flight from Warsaw.

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# EASTER LEISURE

Easter is a special time which we generally spend with our family. It’s also the time when spring comes, creating an ideal opportunity for an inspiring journey and relaxation with family and friends in the biggest Polish cities and resorts.



meters from the Central Station and close to the most famous streets in the capital: Chmielna, Nowy Świat, as well as Krakowskie Przedmieście and the historic Old Town. A three-day stay for two people costs about PLN 440 - if you book it at [www.accorhotels.com](http://www.accorhotels.com) or [www.orbis.pl](http://www.orbis.pl). You don’t have to worry about higher cost when you travel with children, because thanks to Family & Novotel programme, the youngest guests (up to 16 years old) may stay in the hotel free-of-charge sharing the room with their parents. Especially for the young guests the hotel has arranged modern and colourful play areas. They are situated in the hotel lobby and equipped with practical furniture and various educational toys. Children will also find there Barbapapa – a character from a popular cartoon. Teenagers will certainly be eager to play Xbox 360 game consoles, which are available in all the Novotel hotels in Poland. One of the novelties is Xbox Kinect console, which is available at Novotel Warsaw Centre. This interactive entertainment will certainly provide lots of fun for both younger and older hotel guests.

So, take a few days off and take advantage of “3=2” promotion, in which you can stay in a hotel for three nights, but pay only for two.

### COLOURFUL MAZOVIA

Easter palms made of coloured dried flowers, ears of grains and catkins will be on display throughout the country. Each year, many communities organize competitions for the most beautiful Easter palm.

The Polish capital will also be full of such attractions. For many years, on Palm Sunday, Warsaw has hosted folk artist from all over Mazovia who present there their palms, which sometimes are several metres tall. A stroll among the colourful palm trees and other Easter decorations will certainly be memorable. You can experience all of this, while staying at Novotel Warsaw Centrum hotel. It’s located in the very heart of the city, 500

### WELCOME SPRING IN THE MOUNTAINS

The Tatra and the Karkonosze are charming not only in winter. They are the only places in Poland where you can observe the two seasons at one time. It may be warm and green in the valleys, but the higher you climb the more snow you encounter. Mercure Kasprowy Zakopane and Mercure Skalny Karpacz promise their guests unforgettable moments in picturesque mountains. If you

spend Easter there, you will be welcomed with the magical traditions of Podhale, hospitality of highlanders and tables groaning under the weight of local delicacies. During Easter holidays, hotels also offer plenty of attractions for the whole family. These include not only delicious Easter breakfast, but also traditional games such as the Easter Egg Hunt. The 3-star Mercure Kasprowy Zakopany is situated on the picturesque Szymoszkowa Clearing in the neighbourhood of a chairlift, as well as a geothermal pool. The hotel is just 4 km from the bus and railway stations; it’s also close to several ski pistes and the lake. The windows of the hotel offer a unique view of the mountains. This unique holiday in Mercure Kasprowy Zakopane costs only PLN 1,487 for 3 nights in a double room. Mercure Skalny Karpacz is situated at the foot of the captivating Karkonosze mountains, just 300 metres from the city centre. Here, guests can use the hotel’s Wellness & Fitness Centre with an indoor swimming pool, as well as a grill hut. There’s also a playground for children. The hotel has also planned a wide range of Easter activities for its

guests. On Holy Saturday, you will be able to try your hand at egg painting and preparing Easter cards, while on Easter Sunday all guests may join the festive breakfast with folk music, followed by a family hunt for Easter eggs and sweets. For those who want to use the Easter break for total relaxation, the hotel offers free use of the Wellness & Fitness Centre. The price of the package for two people is PLN 1,399 for 3 nights.

### EASTER IN MASURIA

Orbis Hotel Group has also prepared a remarkable offer for those who would like to spend their Easter holiday in Masuria. Mercure Mrongovia Resort & Spa has a special package for this occasion. In addition to the traditional Easter breakfast, families can take part in the contest for the most beautiful Easter egg. On Holy Sunday, the hotel personnel will take the guests to Święta Lipka, which is called “Częstochowa of the North” to bless Easter food at the Marian shrine. The youngest guests will have a lot of fun searching for Easter eggs with the Easter Bunny and playing hare and hounds. Older guests can attend a meeting with a

sommelier where they will taste wines from Mercure Grand Vin wine list. For those who prefer active relaxation, the hotel has prepared a climbing wall, as well as zorbing or Segway rides. The package also includes aerobics sessions for adults and access to the Wellness Centre with recreational and swimming pools, a jacuzzi, a sauna and a gym. A three-day stay for two people in a double room costs PLN 1299.

### SPRING STROLL ALONG THE BEACH

The first sunny days are a ideal for a trip to the seaside. You will feel the maritime climate, if you decide to spend your Easter at Novotel Gdańsk Marina, which is located on the beach, near Sopot. Location and the quality of service make it a perfect place to spend a holiday weekend, especially with the family. The attractions for children include a welcome gift, a playground, video games and a special menu. The offer of the hotel also includes a heated indoor swimming pool, a fitness centre, sauna and bike rental. The Easter stay at Novotel Gdańsk Marina for two people costs PLN 1,055.

If you spend Easter there, you will be welcomed with the magical traditions of Podhale and tables groaning under the weight of local delicacies. During Easter holidays, hotels also offer plenty of attractions for the whole family.





# A COLOURFUL DIET IN SHERATON HOTELS

Sheraton Hotels are introducing new menus designed by nutritionists from Core Performance. Colourful plates are in!



According to experts from Core Performance, a company which has been collaborating with Sheraton since 2007, if you want your diet to be balanced and provide your body with adequate vitamins and minerals, your meal should consist of fruits and vegetables in three colours.

To show how much they care about the health and well-being of their guests, Sheraton hotels have introduced dishes com-

bining fruit and vegetables, which are available in breakfast and lunch offers as well as in a la carte room service.

## SHERATON AND CORE PERFORMANCE

In 2007, Sheraton hotels around the world have entered a strategic partnership with Core Performance - a company that specializes in preparing world-class athletes to competitions. The first result of this collaboration was a specially designed ex-

ercise programme that enables frequent travellers to take care of their physical condition while on the move. The exercises can be carried out at Sheraton Fitness, but also continued at home. Moreover, its success lies in the fact that it also contains exercises for those with very tight schedules, who are able to spend only 20-30 minutes daily on physical exercise.

The next stage of the partnership between Sheraton and Core Performance was to de-



velop a healthy menu which would help meeting and conference participants keep their minds fresh and improve concentration. With that idea in mind Sheraton Meeting Break menus were created, consisting of healthy products, fruits and beverages.

The effects of introducing Sheraton Meeting Breaks were surprising - the guests enthusiastically accepted the new offer, which in turn inspired both companies to develop a menu that would guarantee a balanced diet for hotel guests during their stay at the hotel. Eating healthy meals on the go, has always been a problem for business travellers. Tight schedules packed with business meetings didn't facilitate appropriate nutrition, so no wonder that business travellers often felt exhausted and sick after their business trip. The new programme, which has been developed by Sheraton Hotels, is intended to counteract such situations, by providing guests an option to order light meals throughout the day.

## COLOUR YOUR PLATE

At the beginning of the year Sheraton hotels have introduced the Colour Your Plate programme,

which is an inseparable element of a healthy diet. With the help of dieticians, Sheraton was able to offer meals which provide you with more energy, making you more productive. All of us eat fruit and vegetables, but the sad truth is that it's still way to little. What's more, our diet is rarely varied and balanced. That's why, the food we eat seems to be boring and doesn't provide the body with all the elements we need.

Colour Your Plate philosophy doesn't involve mere inclusion of fruit and vegetables to your diet. It's more than that - the secret is in an appropriate combination of fruit and vegetables (at least three colours in one meal) with proteins, healthy fats and wholegrain products.

In Colour Your Plate programme, which has been prepared with help of nutritionists, hotel guests are offered meals which are 500 calories or less, contain neither butter nor cream, are not fried, and are rich in protein.

## THREE COLOURS:

The dieticians who have designed the Colour Your Plate programme, have divided fruit and vegetables into six groups of colours:

- red: cranberry, red peppers, tomatoes and watermelon.
- orange: pumpkin, papaya, sweet potatoes and peaches
- yellow: yellow pepper, pineapple, squash, and corn
- green: broccoli, spinach, kiwi and avocado
- blue: blackberries, plums, eggplants and figs
- white: cauliflower, onions, parsnips and garlic.

Sheraton chefs have combined these ingredients in delicious and nutritious dishes, such as: smoked salmon served on a sweet potato pie with rocket salad and yogurt; miso soup with tofu cheese, poached egg and soy noodles; salad with fennel, apple, young spinach leaves, and walnuts; shrimp with artichokes and red pepper sauce; grilled pork tenderloin with edam, soybean puree with wasabi, kasha risotto and carrot reduction.

How will you recognize the Colour Your Plate dishes? It's very easy! All the items served during breakfast, lunch and dinner are marked with a special tri-colour icon which informs you that it's a diet dish, created together with Core Performance nutritionists.

Most of us think that we eat enough fruit and vegetables. Unfortunately, it's far from the truth, because we should eat them much more often, and our diet is rarely varied and well-balanced. However, eating fruits and vegetables isn't enough - we should also know how to combine them appropriately.





# THERE'S NO BAD WEATHER, ONLY BAD CLOTHING

**Joanna Krzyczkowska** interviews **Bożena Ślęzak** – a distributor of sports clothing and the owner of S'portofino retail chain.



**What does sportswear have in common with the world of fashion? After all, the way we practise sports in 2012 is no different than 10 years ago.**

Usually, when we think about „sports clothes”, we mean a tracksuit, a shirt, and that's all. However, this term means much more than that. It also means consistence with current trends, and choosing appropriate outfit to the discipline we want to practise. We promote golf, so it's not surprising that we offer a large selection of clothing for this discipline. From summer sports we focus mainly on yachting, tennis, running, and fitness. More demanding customers expect from us to present them more than just one shirt. As far as golf is concerned, they say that there's no bad weather for practising this sport, there's only bad clothing. To a large extent this applies to sports fashion in general. That's why, on our offer we have a wide selection of not only various styles and colours, but also types of clothes.

**But sports fashion is subject to considerable limitations. For example, what happens when floral patterns become fashionable?**

Then we offer shirts with floral patterns. But seriously, sports fashion indeed has to “filter” some trends, in order to find a compromise between what is fashionable in the season and the timeless smartness that is



associated with some discipline. We try not only to follow the fashion, but also act as a trend-setter. Thus, for example, our offer of fitness clothing for ladies includes outfits in colours of fuchsia or eggplant. These are the most fashionable colours of this season, which, however, are out of a question in yachting, where the most dominant are white, blue and navy blue. It's not easy to balance between what is new and unchangeable in such a way that the clothes which we offer are fashionable and in line with current trends, while retaining the elusive charm of tradition. At the same companies that we represent are among the leading one on the market, and understand the importance of translating trends of the general fashion into the language of sport. Clothes that we offer aren't separated from seasonal fashion, but are an integral part of it.

**Can you predict what will be fashionable?**

Absolutely not. There's a whole bunch of professionals working on it. Besides, we must remember that, in fact, all decisions regarding trends are taken more or less a year in advance. Every year in Paris, during the largest sports fashion fair, companies don't necessarily present ready clothes, but rather materials, colours and patterns. This is actually a „trend fair”, and the whole industry obtains information from the same source.

**Why is it that only certain clothes from a collection hit the stores?**

Indeed, collections are usually very large and can't be shown fully in one shop or even a chain of stores. This is where my role as a representative of the brands on the Polish market begins.

**Does it matter that you're a woman?**

I think so. Men have a slightly cold-blooded approach to business. For me it's a passion, I take my job very emotionally. Of course, I want clothes that I choose to sell well, but more than this I want them to look attractive to customers.

**How are you able to choose the best ones?**

In my case, it's probably thanks to 22 years of experience with fashion sportswear. I subconsciously feel what I like. It's a matter of experience, a skilled

eye, as well as knowledge of collections and customers, because it's equally important who the collection is aimed at.

**Does this mean that you have regular customers?**

In case of S'portofino shops - yes, we do. This is our youngest child - it's only three and a half years old. For now we have three shops: in Warsaw's “Klif”, the Old Brewery in Poznań and in Silesia City Center in Katowice. In the near future we are planning to open another one - on the Polish Coast. These stores do have regular customers who like the choice of brands, appreciate the quality of clothes, and who like our staff ... We in turn try to „work out the clients” or, in other words, meet their needs and tastes. We also have a large variety and brands, and outfits for different types of sports.

**Is there any difference between outfits for Zumba, and outfits for yoga?**

Of course, there is. We've got dynamic sports - such as Zumba, but also yoga and pilates,

which aren't dynamic, at all. Each of them requires at least other trousers. We need different outfits for doing fitness and for cycling. Of course, the type of sport also determines sort of fabric that is used, as they are tailored to the specifics of the discipline. In addition, different sports have their own philosophy. We can't sell very short shorts or skirts for practising golf, simply because golfing etiquette doesn't allow it. There's also a more immeasurable matter of colour. In some forms of activity - for example in yoga, colours are also important. That's why we try to adapt our philosophy to philosophies behind various disciplines.

**What is then the philosophy of S'portofino shops?**

Some outfits that we have on our offer are used for professional training, but a large part of our collection is supposed to make us feel the holiday spirit, travel and adventure. These clothes are so comfortable that even after a long journey, for example, by plane, we will still

look good because they do not crease and aren't made only of cotton on which every speck of sweat is visible, but also of special breathable fabric.

**Could you explain to us what this lovely S'portofino name means?**

It's really difficult to choose a name for a multi-brand store, because every brand raises separate associations. When we were creating our shop, we knew it would sell sportswear. That's why we had quite straightforward associations like free time, sun, sea, holiday. Most brands in our store are Italian, and so we wanted the name to be associated with Italy. The choice of the famous resort of Portofino is self-explanatory. Then we played with the name a little, trying to somehow relate it to sports, and suddenly it turned out that adding a single letter “s” does the trick - the name is understandable and often puts a smile on the faces of customers. And ultimately, that's what we want.

Holidays, sun, travel, freedom, comfort, but also the comfort and elegance – these are the key words, which inspired the creation of S'portofino store.





# THE NEW CONGRESS CENTRE

It is 13,000 sq m large, has 12 rooms, can seat up to 4,000 conference participants, and is packed with electronics. The most modern pavilion of Poznań International Fair, which was launched in autumn 2011, can now be used to organize large international congresses and conferences.



The renovation works, which took half a year, involved replacing almost all elements of pavilion 15, including walls, doors, floors, furniture and equipment. The three-storey building is now equipped with modern audio-visual systems, while the sound and video systems, as well as video, lighting, air conditioning, overhead projectors and screens, are controlled via portable touch panels. The building is fully accessible for disabled people. Free access to all levels of the pavilion is provided via lifts and escalators. Two separate entrances to the building facilitate organization of two large events taking place at the same time.

## QUALITY AND FUNCTIONALITY

The conference and congress centre in Poznań provides comfortable conditions for organizing large events which require technical infrastructure, as well as small business meet-

ings. Thanks to a cutting edge system of sliding walls it's now possible to modify the size and number of the rooms. In this way, when the sliding walls are removed, seven smaller rooms can be converted even into one large hall occupying almost the entire floor. The walls are installed on special rails and if they need to be used to create a set of rooms on the first level, one maintenance technician must walk 20 kilometres!

## THE HALL OF GREAT OPPORTUNITIES

The third level houses the largest conference hall in Poznań, which can accommodate up to 1,200 people. When the refurbishment works are finished this autumn, the hall will accommodate up to 2,000 guests. One of the major modifications to this modern concert hall involves raising the structure of the roof. The changes will also be made to the auditorium which will partly have a stadium layout. The hall will also have improved acous-

tics, and a new name 'The Hall of the Earth'. Similarly to conference halls, it will be possible to modify the size of the concert hall. With the new system of portable, acoustically insulated walls and folding grandstands, it will be possible to divide the hall in half in order to host two different concerts, seminars or conferences at one time.

## THE CENTRE IN GREEN

During exciting conference and festive galas, guests to Poznań Congress Centre will find a place to relax in a green enclave adjacent to Pavilion 15. The space, which has been designed specifically for participants of the events taking place in the congress centre, will replace one of MTP exhibition pavilions which will have been completely dismantled by May 2012. In its place, we will see colourful flower beds and comfortable benches. By the end of the summer the place will have become a real treat for those visiting the pavilion.



Madalińskiego/Łowicka

Kameralny budynek

11 Apartamentów  
od 98 do 166 m<sup>2</sup>

REZYDENCJA  
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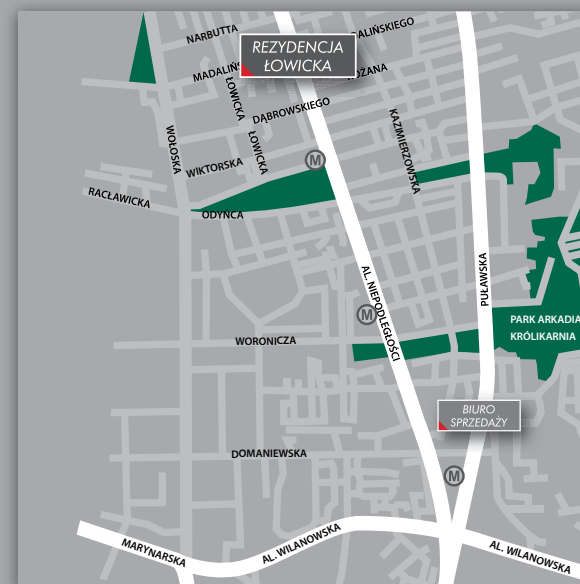
Przy ulicy Łowickiej, jednym z najbardziej prestiżowych miejsc warszawskiego Mokotowa powstaje „Rezydencja Łowicka”. Bezkompromisowy i kameralny projekt to klasa sama dla siebie. Sprawdź nas.

Zakończenie - czerwiec 2012

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# A TULIP FEVER

**Marzena Mróz** invites you to Keukenhof - the famous Dutch garden stretching between Leiden and Haarlem. Each spring, 32 acres of the garden are filled with over 7 million flowers - tulips, hyacinths, daffodils and jonquils. No wonder then that the place is one of the most frequently visited and photographed spots in the world.



If you decide to pay a visit to Keukenhof between mid-March to mid-May, you will certainly notice colourful fields of red, blue and yellow on your way there. The main actors in this symphony of colours are tulips, muscari and daffodils, blending into a sea of flowers, or sort of a flowery carpet. Keukenhof is a unique garden. It presents the world's largest collection of bulbous plants, gathered in one place. This is probably the most popular attraction of the Netherlands and Europe, so far having been visited by almost 50 million tourists.

A FLOWER OF THE THOUSAND AND ONE NIGHTS

Like almost everything that is beautiful, ephemeral and volatile, tulips, along with marijuana, silk, curry and cardamom, came to our continent from the East. Their name derives from the Persian language and means "a turban". The flower also had sexual connotations, as it was considered to be one of the flowers of the Thousand and One Nights. Sultans would organize in their harems an annual spring tulip festival, and poets would praise the flower in their poems.

Tulips appeared in the Netherlands in the 17th century, immediately gaining popular-

ity and admiration by the inhabitants of this small, Protestant country. The Dutch imported them from Turkey, where they were considered as elegant, sophisticated and valuable. Tulip bulb trade flourished, reaching its zenith with the famous „Tulip Fever” in 1636. The most valuable varieties were the ones with large crimson petals accented with white stripes. At that time,

King of flowers

The tulip - an inconspicuous, scentless flower, which is far more modest than lilies, orchids, or even roses, in the past was regarded as the king of flowers. Once closely guarded and cultivated at the courts of Turkey and Persia, shrouded in mystery and legend, and desired by European rulers - today it's one of the most popular and most commonly cultivated flowers in the world. The peak of its popularity came in the 17th century in the Netherlands, where today you can admire hundreds of its varieties. Spring is the best time to visit the European „homeland of tulips”, whose gardens feature the most beautiful flowers in the world.

one bulb was worth 36 bushels of wheat, 72 bushels of rice, 4 oxen, 12 sheep, 8 pigs, 2 barrels of wine, 4 barrels of beer, 2 tons of butter, 1,000 pounds of cheese, a bed and a silver cup. Several months later, the market collapsed and the prices of tulip bulbs fell so dramatically that many traders lost their entire life possessions. In today's Netherlands tulips are again very popular, but relatively cheap. They have also become an important export product and a symbol of this country.

QUEEN OF THE NIGHT AND MONA LISA

Each year, over 4.5 million tulips are planted in Keukenhof in over 100 varieties, including such famous ones as the black Queen of the Night, the white and red Carnaval de Nice, the scarlet Mona Lisa with yellow edges, or the mysterious Aladdin. In 2009 Keukenhof also introduced a creamy tulip called Maria Kaczyńska.

In autumn garden workers manually plant over seven million bulbs. They are supplied by 93 companies that possess a so-called "royal guarantee". Keukenhof also features 2,500 trees of 87 species, and visitors to the park can take a walk along the alleys whose total length is 15 kilometres.



On 21 March 2012 the new season was officially opened by the Polish President's wife Anna Komorowska, and one of the new tulip varieties received her name.



AGENCJA MIENIA WOJSKOWEGO

GDAŃSK, ul. Słowackiego 3



Powierzchnia gruntu: 0,2994 ha  
Przeznaczenie: usługowo - handlowe  
Cena wywoławcza: 4 500 000,00 PLN

WĘGORZEWO - WDW WĘGORZEWO



Powierzchnie gruntu: 2,4404 ha  
Przeznaczenie: rekreacyjno - turystyczne

GDAŃSK, ul. Polanki



Powierzchnia gruntu: 1,2759 ha  
Przeznaczenie: usługowo - handlowe  
Przetarg: 15.05.2012 r  
Cena wywoławcza: 4 300 000,00 PLN

OLSZTYN ul. Armii Krajowej



Powierzchnia gruntu: 6,2322 ha  
Przeznaczenie: mieszkaniowe  
Cena wywoławcza: 4 500 000,00 PLN

ZAINWESTUJ  
W NIERUCHOMOŚCI

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## Important Facts

### WHAT'S ON IN 2012

**9 April** Easter Hat Parade - modest and extravagant, straight, crazy, smart and funny hats - all made of flowers. Before the parade, the jury will select the most beautiful designs.

**13-15 April** – Summer Bulb Weekend  
21 April Flower Parade – a traditional parade of flowers of the “bulb” region. It's the most popular parade in the Netherlands. About 20 platforms and over 30 vehicles lavishly decorated with flowers, travel a stretch of road from Noordwijk to Haarlem, accompanied by marching bands. In the afternoon it reaches Keukenhof. In the evening, the beautifully illuminated platforms can be seen in Haarlem.

**28-29 April** - Polish Dances  
**17-19 May** - Shanty Choirs  
**20 May** – Barrel Organ Festival

#### Chopin Evenings

Keukenhof will host 10 evening concerts of a renowned Dutch pianist Wibi Soerjadi.

**Shows in the pavilions.** Each year Keukenhof hosts over 20 exhibitions of flowers in the pavilions, including the world's largest Lily Exhibition, as well as Orchid Exhibition.

### FACTS

Getting there Keukenhof is located between Amsterdam and The Hague. On reaching Lisse, you will easily find your way to the Keukenhof - you just need to follow the signposts. Public transport: Keukenhof can be easily reached by bus No. 54, which leaves from a stop at Leiden train station, by bus No. 58 from Schiphol airport, as well as by buses No. 50 and No. 51 which run in both directions on Leiden – Haarlem route (departing from the railway station), passing Lisse on their way. Lisse can also be reached by trains e.g. the one departing Amsterdam Central Railway Station.

**Best Time to Visit** This year, the world's most beautiful spring garden will be open from 22 March to 20 May, from 8.00 am to 7.20 pm. Ticket offices are open until 6.00 pm. An adult ticket costs €14.5, children under 11 - €7.

**Address:** Keukenhof, Stationsweg 166a, 2160 AB Lisse



#### A KITCHEN GARDEN WITH A HISTORY

Keukenhof has a very rich history. In the 15th century the area of today's flower garden belonged to the Dutch Princess Jakoby of Bavaria, who would come here to hunt. The area also provided herbs for the castle kitchen, hence the name Keukenhof, meaning „the kitchen garden”. The garden as we know today, was founded in 1949, by the then mayor of Leiden. He was persuaded by growers and exporters of bulbs, who thought it would be a good form of promotion for their products.



The original design for what would become the Keukenhof was modelled on an English-style landscape garden by a Haarlem architect in 1850. At that time the estate was owned by a wealthy merchant family Van Pallandt.

In 1999 the garden was expanded by 4 hectares, where a fan-shaped Conventional Garden was created (it's connected with the old part of Keukenhof). The area also features a walled Castle Garden where the oldest varieties of tulips are grown, as well as a herb garden and a mysterious Labyrinth. Each year Keukenhof prepares new surprises - flowerbeds are rearranged, new secluded spots are created, as well as places where you can simply sit on the grass and just relax.

#### THE POLISH THEME

For several years the major exhibition in the garden has been devoted to various themes. Four years ago, the biggest attraction was a huge 10x15 metre flower mosaic, representing a traditional Chinese dragon. The following spring the garden celebrated its 60th birthday, and the 400th anniversary of the establishment of American-Dutch relations. On this occasion, visitors to the garden could admire a unique mosaic made up of a record 25,000 flowers and depicting the Statue of Liberty. This year's theme is „Poland - the heart of Europe.” In line with the theme, several alleys in the garden have been shaped like a stove, while the most conspicuous place in Keukenhof features a giant flower portrait of Frederic Chopin (12x20 m). It's made up of over 50,000 bulbs.

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**POZnań**<sup>\*</sup>  
\* Eastern energy, Western style





# BUTTERFLIES IN THE TERMINAL

Changi in Singapore is one of the finest and best organized airports in the world. Recently it has been recognized for the 15th time by passengers as the best airport, where you can sleep like "at home". *Agata Janicka* recommends Changi as the most exclusive hub in Asia.

Singapore is one of the most important ports in the world and also the largest aviation hub in Southeast Asia. All the air traffic goes through Changi International Airport. The airport is located 20 kilometres north-east of the city-state centre, on the eastern end of the island of Singapore, near Pasir Ris, Tampines and Bedok districts. Travellers rave about its green gardens, and such amenities as spa, swimming pool, cinema, gym and free sightseeing trips. Those waiting for their onward journey can use 500 computers with free Internet access, gaming consoles, as well as fancy restaurants serving the best oriental cuisine.



**CONNECTING FLIGHTS**  
The airport is the main base of Singapore Airlines and a very important port for such giants as Garuda Indonesia and Australian Qantas. Annually it handles 44 million passengers, which is the world's 19th largest

number and 5th in Asia, after Tokyo, Beijing, Hong Kong and Bangkok. It was founded in 1970s and is still being expanded. Getting there from European airports takes about 12 hours. There aren't any direct connections from Warsaw to Singapore, so you need to take a connecting flight at Frankfurt, Paris, London or Amsterdam.

**WONDERS OF ASIA**  
Changi Airport is regarded as the most popular in this region, and passengers who can choose which port they want to use for their connecting flight, usually opt for this beautiful and functional airport in Singapore, often comparing it to a five star hotel.



One of the attractions is visiting... the airport. Most visitors to Changi are especially amazed with lush gardens located both inside and outside the airport. The colourful orchids, palms, rhododendrons, cacti, and sunflowers which grow there, are surrounded by streams and ponds and provide an excellent opportunity for relaxation after a long journey. Not to mention the colourful butterflies flying over the area... At Changi, you can also use VIP rooms and lounges including two for Diners Club card holders. One of them - Plaza Premium Lounge offers free snacks, drinks, and free internet access. For an additional fee you can use a gym, or enjoy massages as well as foot reflexology. It's also possible to book there a room for a night.

**PARADISE OF FREE SERVICES**  
The airport in Singapore seems to be a paradise when it comes to services provided free of charge. You can, for instance, go to the cinema located in Terminal 3, where Hollywood blockbusters are shown 24/7. Terminal 2 attracts with its free game consoles such as XBOX 360 and Sony PlayStation 3. Also access to wireless Internet is provided for free, and if you don't have a laptop you can use one of 500 kiosks spread all over the airport.

**TERMINALS**  
The airport has five passenger terminals. Terminals 1, 2 and 3 are connected, and you can navigate around them on foot or by special train. JetQuay Terminal, located behind terminal 2, is used for handling special guests and VIPs. Terminal 5, called Budget, is mainly used by low-cost carriers. All terminals can handle as many as 73 million passengers per year. The airport is served by such airlines as Air China, Air France, Air Asia, British Airways, Cathay Pacific, KLM, Lufthansa, and Singapore Airlines.

**TAXIS, BUSES, METRO,**  
Taxi ranks are situated in front of the arrivals halls. The journey to the city centre takes half an hour and costs 18-38 SGD (Singapore U.S. dollars, 1 SGD is approximately €0.60 ). The airport shuttle service serves most hotels in Singapore. A trip costs 9 SGD. You can also reach the city centre by public transport. Bus 36 runs from the airport between 6:00 am and midnight. The journey to the centre takes 40 minutes and ticket costs 2 SGD. Mass Rapid metro station is located under Terminals 2 and 3. It's connected to the arrivals and departures halls via lifts and escalators. Trains run every 6 minutes (every 3 minutes during peak hours). The first one leaves the airport at 5:30 am, the last one at 11:18 pm.

## Important Facts

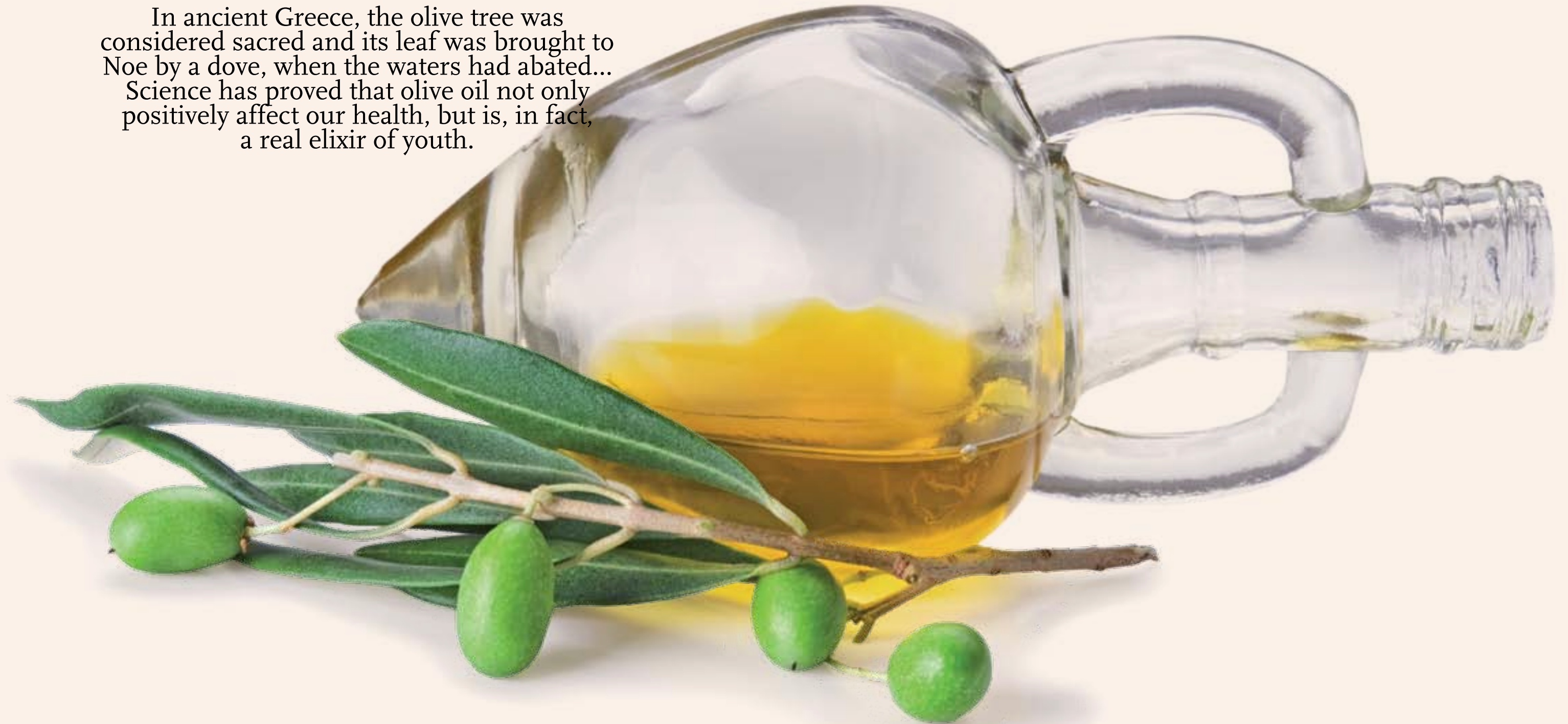
Singapore Changi Airport  
Civil Aviation Authority of Singapore  
P. O. Box 1; Singapore 918141  
IATA Code: SIN; ICAO Code: WSSS  
www.changiairport.com  
Car rental  
Terminal 1 - Avis, Tel: 65 6545 0800  
Terminal 2 - Avis Tel: 65 6542 8855, Hertz, tel 65 6542 5300  
Terminal 3 - Avis Tel: 65 6447 9011, Hertz, tel 65 6446 7211  
Remember! Singapore practises left-hand drive, and motorways as well as main road in the centre are subject to toll charges.  
Taxis  
Booking by phone:  
SMART Taxis: +65 6555 8888;  
City Cab: +65 6552 2222;  
Comfort: +65 6552 1111;  
Premier Taxis: +65 6363 6888;  
SMART: +65 6485 7777;  
Transcab: +65 6555 3333  
Metro There's a separate line leading to the airport. To get to the centre you need to change trains at Tanah Merah station. The journey takes about 30 min. A ticket costs about SGD 2.70 (including a 1 SGD deposit for the card).



# OIL THE LIQUID GOLD

In ancient Greece, the olive tree was considered sacred and its leaf was brought to Noe by a dove, when the waters had abated...

Science has proved that olive oil not only positively affect our health, but is, in fact, a real elixir of youth.





**T**he most well-known legend has it that olive oil was given to people by goddess Athena. When half-god Cecrops united the citizens of Attica and founded the city, he asked gods for goodwill. Both Poseidon and Athena wanted to be its patrons, so they had to compete. Poseidon gave the citizens a salty lake, while Athena - something less spectacular but more valuable - an olive tree and a method of oil production. The citizens didn't hesitate to choose the gift from the goddess and the city was named after her. However, olive oil is much older than the Greek mythology. The beginning of the Greek civilization dates back to the turn of 2 and 3 millennium BC, while the oldest olive leafs found by archaeologists are 50,000 years old, as it has been grown for 6 thousand years. For the people of the Mediterranean are bread, wine and olive oil were symbols of life and affluence. Clay tablets found in Mesopotamia tell us, that olive was four times as expensive as wine in those times. It's no surprise if you take into account the beneficial effects it has on our body.

#### FOR HEALTH AND BEAUTY

Vitamins A, D, E and K, and most importantly unsaturated fatty acids - are the most precious ingredients of oil. It contains substances which protect the organism against numerous diseases, help nicotine addicts get rid of accumulated nicotine, regulate metabolism, decrease cholesterol level, decrease the risk of asthma, mucous membrane allergies, as well as cardiovascular diseases. And apparently, you can experience all these beneficial effects consuming only one tablespoonful of olive oil a day - it's best in the morning, with do additives, on an empty stomach. Beneficial effects of olive oil in cosmetology are also well known. The high content of vi-

tamin E - a natural antioxidant, makes olive oil compress a good way to regenerate and lubricate the skin, but also smoothen the wrinkles and delay the ageing processes. And it's incredibly easy to use - take a shower (you can also do skin peeling, so that the substances get into your skin easier), and then have a bath with a few tablespoons of olive oil.

#### HOW DO YOU GROW IT?

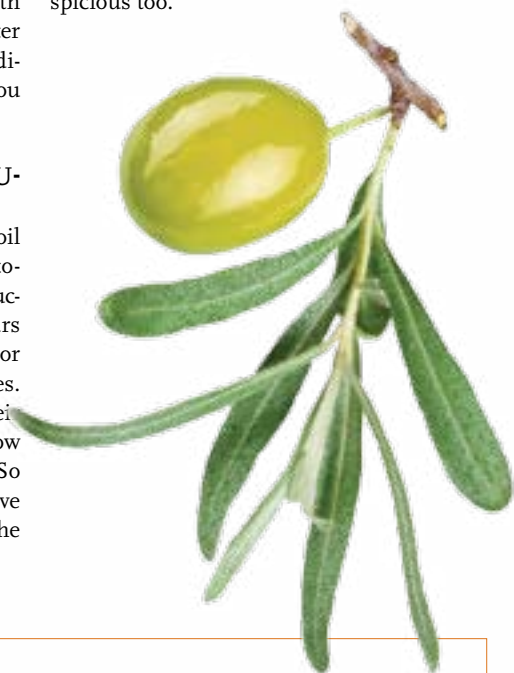
First harvest comes after 3-4 years since planting a tree, but only 10-years-old trees reach full efficiency. The tree is incredibly long-lived - they often even a thousand years old, and the oldest tree - in Montenegro, near the town of Bar - is over 2 thousand year old and still gives fruit. The harvesting method also haven't changed since millennia - the fruit is shaken off onto the net, that is put under the tree. The olives must be pressed as soon as possible to get the oil. It should be done within 48 hours after harvesting, as olives quickly go bad. Clean olives are ground together with their stones to get the extract and then water and fat is separated. You can't use any additives or hear the substance. That's how you get cold-extraction oils.

#### WHAT IS MEANT BY GOOD-QUALITY OIL

The best oils are labelled 'Virgin olive oil extra'. Theoretically it means that this comes from cold-extraction virgin oil production, and was produced within 24 hours after the harvesting from unripe (green or only slightly brownish) best variety olives. Olives are manually harvested, and their acidity is no bigger than 0.8% (acidity below 0.3% usually indicate a real delicacy). So much for the theory. In reality, some olive oils, despite the labelling, don't match the criteria.

#### HOW TO READ LABELS?

What should you pay attention to? Firstly, the bottles should be made from dark glass, transparent bottles should alarm you, as oil doesn't like exposure to the light. Secondly - the label should include the following information: acidity, pressing and bottling location (the more detailed the better, if what you see is: "pressed and bottles in EU", put it aside) and olive variety. The term "monocultivar" means that the oil was extracted from a single variety and is usually of high quality. Usually a bottle contains oil extracted from 2 or 3 olive varieties. And there's nothing wrong with it - the varieties are mixed by a taster to get a preferred taste - exactly like it is with wines. You should also take a look at the date of production. It's said that olive can be kept for 2 years, but it starts losing its properties after only 18 months. And one more thing - the price. A really good olive oil costs between 6-8 euro a litre. If it's suspiciously cheap, you should be suspicious too.



#### All you need to know about olive oil:

1. The colour - everything between yellow to green. Be careful if it looks orange - it may indicate that the oil has begun to oxidize. Cloudy oil is fine. It means it hasn't been filtered, which characterizes only top-quality oils.
2. Taste and smell - fresh, with distinctive fruit aroma, slightly pepper-like, may be a little bit bitter. Metallic aftertaste means it has gone rancid. Be careful! Low-quality oils may be aromatized with herbs.
3. The most popular olive varieties: Arbequina - very mild; Cornicabra - bitter-sweet with distinctive aroma of fruit and spicy aftertaste; Empeltre - fruity aroma, delicate taste and the smell of almonds; Gordal - strong, distinctive taste, rarely used for oil production; Hojiblanca - bitter-sweet with strong fruity aroma; Lechin - distinctive fruity aftertaste with a delicate spicy aroma; Manzanilla - sweet in taste with a fruity aroma, Picual - intense fruity aroma, spicy and bitter aftertaste.

DREAMTIME, NA POPRZEDNIEJ STRONIE ISTOCKPHOTO

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# CAUGHT IN A LABEL TRAP

Wine and the whole environment that influences it, is nothing more than the expression of fruit growing in the sun and innovative ideas of winemakers. Wine is also a celebration, a bit of well-meant self-suggestion and serious snobbery. What should you do to honour the bottle of wine in front of you, but without all the sacrilegious pretentiousness?



Since the wine became a noble product, there has been a number of conventions determining in what way people are allowed to savour its taste. It also created a sense of exclusiveness of the drink, and the elitism of the drinking ones. It may seem funny now, but in the past the art of wine serving and drinking was kept secret. But the times are changing. Wine becomes more and more popular and is now also consumed by masses, which has its minuses, but the overall trend is positive. There is no reason why wine should be reserved only for the chosen ones, especially because its career started as an alternative to water and not a source of sensual pleasure. It doesn't mean of course that popular wines were incapable of satisfying palates of sophisticated consumers. Quite the contrary. The knowledge about optimal methods of cultivation, conditions and techniques of winemaking has developed so rapidly, that even relatively cheap wines are much more complex and have purer aromas, than those produced a hundred years ago and sold for the equivalent price. Whilst the wine serving celebration changes more gradually, which creates quite a controversial dissonance.

## JUGGLERS AND FIRE-EATERS

Most of us have experienced a situation when after ordering wine, the waiter started expressing awkward and incomprehensible gestures, which were supposed to look professional, but we found them quite embarrassing. What to do with wine we get to taste? Smell it? Sip it? What should you say? Sometimes it all gets artificial and pointless. That's what it is most of the time. Most of the forms, like handling the bottle gently, wiping the bottle neck with a cloth or pouring wine into a decanter over a candle, come from the times, when the knowledge about wine production was so imperfect, that wine was drinkable as late as after few years since bottling. That's why it had to be carried carefully, so that not to stir the sediment at the bottom of a bottle, which at

some point always accumulated in red wines. The bottle neck had to be wiped, as it was covered with dust and mould, and dirty glass made it impossible to pour the wine into a decanter and filter the sediment, and that's why a candle was needed for better visibility. It seems that because all those procedures were appropriate then, it should also be so today. But in the past, all this was necessary. Today it's different. Today it's only an empty gesture, which is supposed to look elegant, but from the contemporary perspective, seems somewhat ridiculous. The person who serves you wine in a restaurant, or sells it in a shop, should decrease the mental distance between you and the bottle. They should present it, say something about it and give all the explanation without unnecessary tricks. All in all, you go to a restaurant to have some wine and something to eat with friends, and not to marvel at a sommelier's skilfulness.



The custom of wine tasting before serving has nothing to do with your testing your wine tasting abilities. It isn't celebrated to check if you like the wine either. The whole point of it, is to make sure the wine isn't faulty, doesn't smell of mould, acid or any other unpleasant substance, which may spoil your wine tasting experience.

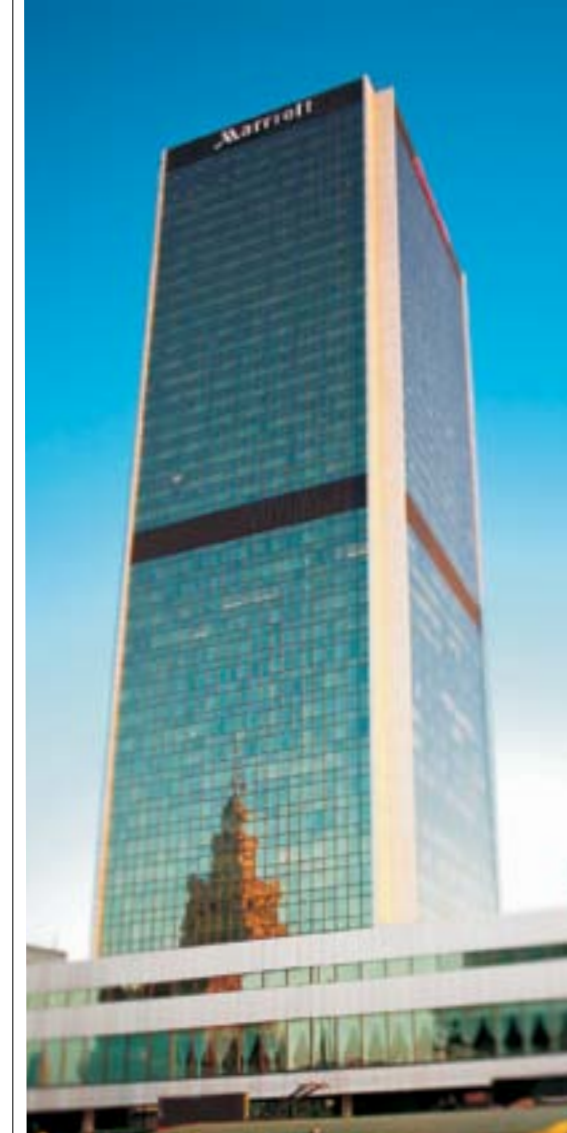
## The cork

Sometimes you can tell if wine is faulty just looking at the cork - if it's natural, you should be given a chance to look at it and smell it, when being served a glass of wine. If the wine is "corked" the cork will smell of mouldy cellar or wet, rotten cardboard, and in the area where the cork touches wine, you will see a greyish coating. If you see patches on the side of it, it means the wine wasn't tightly sealed, and it probably has oxidized. Don't be put off, if you see the cork slightly musty, as it means the wine was kept in high humidity, which is excellent. The same applied to crystal lumps, resembling sugar, which may appear at the bottom of the cork. These are called "tartrate crystals", have no taste and precipitate naturally in some wines.

## JUST THE NECESSARY STUFF, AND NO MORE

But, given the fact that most of the wine-related forms are rather conservative, especially in our country, doesn't mean that all the wine-related gestures are unnecessary. Some of them, as snobbish as they may seem to be, are really necessary, and help you savour the wine, and that's what it's all about, after all. That's why it's good to keep some of the more sophisticated wines in decanters, so that they open up and develop aromas, for which in a bottle is too little space. Decanting young and simple wines, which constitute most of the wines, is pointless. It will only deprive them of their fruity character, and allow weaker aromas come to surface. When you drink very thick, rich and concentrated wine, and didn't open it beforehand, it's good to rinse glasses with it - do it so that the wine drinkers can see it, otherwise you might be accused of serving dirty glasses. There are many examples, but just one rule. Don't do anything for show. Wine is a noble, but also natural and unrestricted, and you should be that way as well.

*Michał Poddany, Robert Mielżyński*



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# LET YOUR CAR SING

Of course, I don't mean real singing, but technologies which car manufacturers employ to please the ears of those who love listening to music while driving. And today's technology makes it possible to turn your car into a small concert hall.



In the past, such devices were called "radio players" mostly because a typical car audio equipment was used mainly for listening to the radio and playing cassettes or CDs. Nowadays, this "radio player", which now is also called "a unit", is one of the most important items of equipment in our cars. Of course, the lone head unit installed on the dashboard is only a part of the whole system which also includes speakers, cables, and amplifiers.

There's no doubt that the car isn't the best place to experience the sound. A little more than two cubic meters of space, windows, lots of nooks and crannies, as well as wind and engine noise – all of these are more than a little challenge for designers and engineers responsible for the quality of sound in the car. They, however, have managed to overcome all those obstacles. The car dashboard, apart from providing comfort and help in driving, can become a multimedia centre, and if you like, even a bastion of unbridled power.

#### ALL-IN-ONE

One of the novelties shown by Sony at CES in Las Vegas was a model of an excellent multimedia station XAV 701HD. The panel is a 2 din (so it's double thick) and is operated via a 7-inch touch screen. With MirrorLink technology this device can be connected (via USB or Bluetooth) to a smart phone, which can then be controlled from the screen on the dashboard - it improves the use of the phone's features, as well as the resources stored on the phone (e.g. maps or music). Optionally, Sony XAV 701HD also features TomTom navigation. The device supports the Phone and Blackberry models. It will be available this spring and cost around \$700 (PLN 2100).

#### PARROT ME

Parrot is probably well known to owners of good phones, as it manufactures various gadgets which can be used with your mobile. Parrot Asteroid, which has recently been presented, is a unit which allows you to connect your phone to it and use mul-



JVC



McIntosh



Parrot Asteroid

iple convenient features while driving. All info is displayed on a 3.2-inch screen. The system runs on Android, features a hands-free function, as well as automatic synchronization with the phone, radio, and voice activated music search (of course it's possible to connect different sources of music). The set is equipped with a GPS navigation module, as well as other novelties such as the Internet radio, geolocation, or even special warnings about radar controls. The built-in amplifier provides 4x55W of power.

#### THE LEGEND IS STILL ALIVE

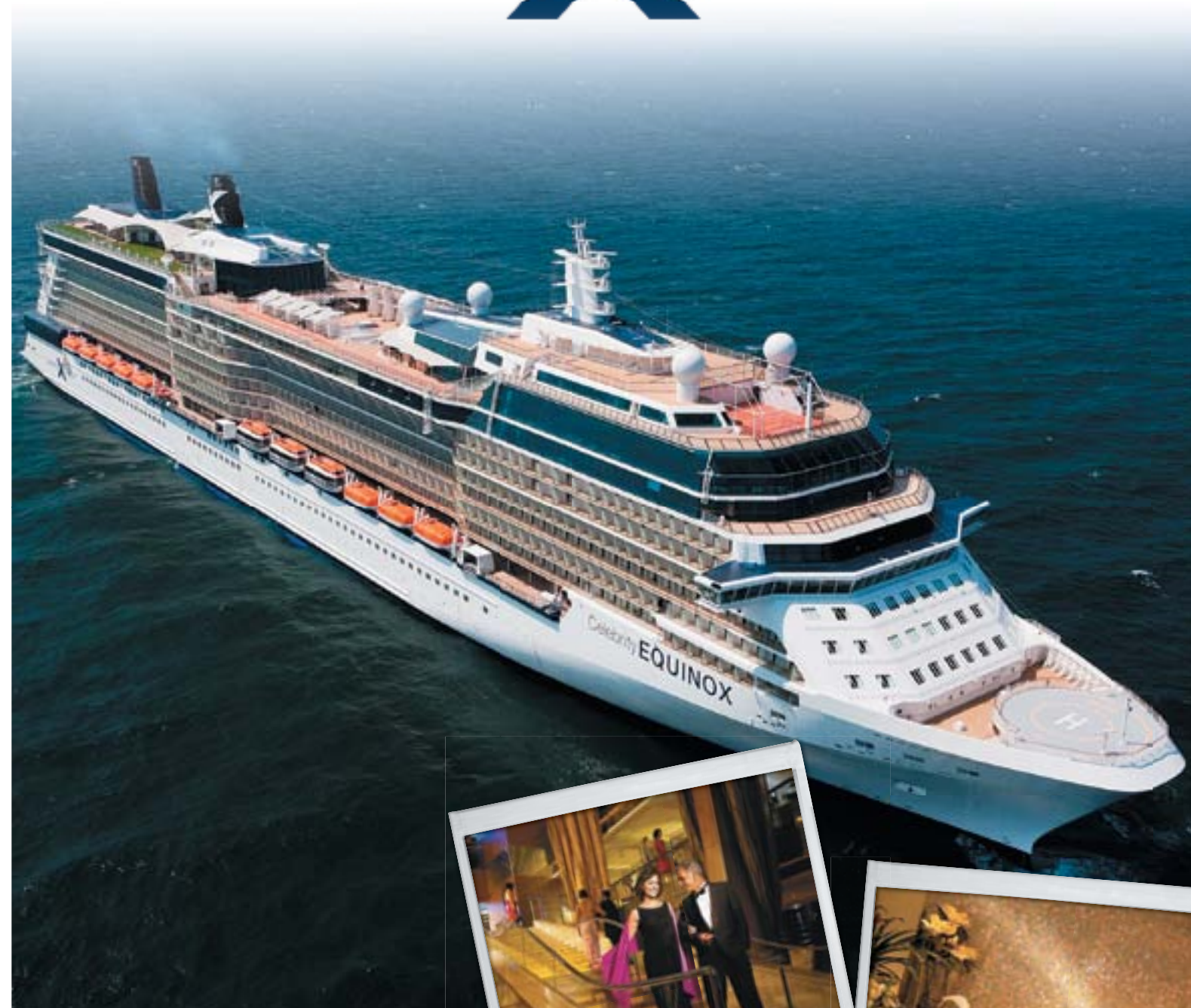
I won't surprise anybody here saying that even car audio industry has its perennial heroes. One of the most important is McIntosh MX406. The company recognizes only units assembled by their representatives, so the equipment sold over the Internet immediately loses the McIntosh's warranty. This audio-legend can't boast with flashing lights (whether you like it or not, the only backlight colour is blue) or numerous electronic goodies. Instead, you get only volume and balance knobs, analogue treble and bass controls, as well as a few buttons for controlling CD player and the radio. These four pounds of happiness cost almost €1,000.

#### BUTTONS IN 113 COLOURS

AVH-2400BT is the latest model produced by Pioneer. This 2 din unit provides not only audio and video features, but also certain phone functions.

Pictures are displayed on a 5.8-inch touch screen, which also serves as a control centre of the whole set. The device can read almost any format of music or images, from MP3 and DVD, to WMA, AAC, JPEG, MP4 and DivX. Thanks to Parrot Bluetooth module using phone via the set is remarkably easy. You can store there up to 1,000 entries, and the microphone is included in the set. Tuning the sound quality is also easy thanks to the 8-band graphic equalizer, and if you feel like personalizing your unit a little bit, adapting it to your whim or your current mood, you can choose from 113 key illumination colours.

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Pioneer

Soundstream

Sony

#### NEO-CASSETTE PLAYER

What can you do if your attic is filled with boxes of old cassette tapes which carry the most wonderful sounds of your youth? You can, of course, copy everything on a CD or MP3s, but ... Well, sometimes we are attached to tradition, and although it seemed that cassette players have long fallen into oblivion, it's just too difficult for us to part with them once and for all. Now, however, thanks to ingenious specialists from JVC, the cassette can experience its second youth. Model KW-XC400 is a good old cassette recorder combined with a CD player with MP3, as well as the radio, CD changer, iPod controller, and satellite radio. The player, obviously supports Dolby system and Blank Skip function (skipping pieces of tape which are not recorded). The maximum power output is 4x50 W, and the unit also supports MP3 and WMA formats, has a built-in satellite tuner. An iPod can be connected via an optional cable. In fact, the unit's AUX output enables you to connect to it almost any audio media. The silver player can, obviously, be controlled from the back seat via a remote control.

#### A REAL POWER

There's no denying that the best-quality of playback is offered by those sets which are prepared by excellent professionals who take into consideration specific needs of the recipient. Almost every driver claims that his own onboard sound system is excellent. However, objective reviews state that one of

the best is Mark Levinson - a company that specializes in sound systems for Lexus cars. How do they do it? Believe it or not, but they examine the design of the car while it's still at the stage of construction, in order to ideally adjust its sound system!

Ultimately, the sound is produced by as many as 19 speakers, with power output of



Mark Levinson

at least 450 W, aided by a 15-channel amplifier. The sound is produced in 7.1 configuration, and the digital signal reaches individually each speaker. No matter where you sit, the quality of experience is unimaginable.

#### LOUD, LOUDER, THE LOUDEST

What would the world be without crazy ideas? One of them is equipping your vehicle with such audio system whose sound power is so big that the construction of the car must be specially strengthened, because otherwise it might go to pieces in just a few seconds. Admittedly, this is hardly healthy for anyone's ears, but "de gustibus non est disputandum", especially because brand-name companies provide such enthusiasts with an unusual weapon – amplifiers producing mega power.

Just a few weeks ago, Clarence showed ZA12KW, a 120 kg monster, which produces as much as 12 000 W! What about speakers to cope with this monster? There's, for example, subwoofer DCX34W – which is 34 inches in diameter and weighs well over 120 kilograms. If you thought that this nothing powerful can be built, you're wrong, because five years ago, Soundstream presented model XXX-15000D with 15,000 W power output.

**Rafał Jemielita,**  
is a journalist for Playboy magazine,  
and a co-magazine Automaniak  
on TVN Turbo

The dashboard, apart from providing comfort and assistance for the driver, can also become a multimedia centre, and if you like, even a bastion of unbridled power.

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# THE EDGE OF IMAGINATION

Where are car prototypes designed? In the most perfect computer of all - the human imagination!

Worldwide there are thousands of car designers who come from different, sometimes exotic, countries.

Do car designs reflect the national traits of their creators? Of course, they do!

Each year, the global automotive industry presents at least a few dozen new models of cars. The number of prototypes designed every year is even bigger. However, most of the designs are mere sketches and drawings, which will never be used and will probably be only archived on computer hard drives. Only a few of them are chosen to be turned by a car manufacturer's pattern shop into one or two real-scale prototypes. This happens for different reasons. Some models are boring, others too... innovative. It's not surprising, though, as some designs exceed the potential of today's technology. However, this whole effort doesn't go in vain, because prototypes not only stimulate the growth of the automotive industry, but also allow car manufacturers to analyse our opinions on their new designs and trends.

## MADE FOR AMERICA

-You don't need to have a big name to become famous. All you need is to have crazy ideas and love of cars – argue the organizers of a design competition which has been held for 8 years during the auto show in Los Angeles. Each year, "The Design Challenge" has a different theme. Some of them included eco-vehicles, unusual racing cars, youngsters (models for young people), while last year's theme was "Hollywood Hottest New Movie Car". Definitely the coolest design of the last contest was Honda (the name is not important, it could as well be called Mercedes or Mini), which on the set of a science fiction Western movie – was supposed to replace... a horse. Three designers (one with a Polish-sounding name Bachleda) made up a story in which in 2012 the Earth will be hit by a giant comet which, in turn, will result in a climate change. The force of the impact

won't kill all the people, but those who survive will have to live in sun scorched deserts. In addition, the comet will sweep away most of the inventions that people have designed and manufactured. Those who survive will have to quickly rebuild the civilization. The above mentioned Honda IH is supposed to help them in this challenge (IH- intelligent horse). The vehicle hardly looks like a car, because instead of wheels there is something resembling a wheel rim with blades (in this way it won't get stuck in the sand). The Honda has an openwork body "strong as the skeleton of a horse", which if necessary can easily be repaired or rebuilt at the nearest "blacksmith shop". The prototype is impressive, but I doubt we will ever see it on the road. In 2012, the project appears to be too bold and technologically not feasible.

## GERMANS WANT A COUPE AND A SUV

Some prototypes seem to be less futuristic, so it's more likely that someone will decide to produce them on a mass scale. This is exactly the case of VW Cross Coupe. The name of the German prototype is somewhat misleading, because this four-door SUV has little in common with a typical coupe. The funniest thing is that for some people it resembles Alfa Romeo Brera with an increased ride height. The prototype, which debuted in Japan, is a hybrid with a plug (so it can be recharged from a regular socket), has a top speed of 200 km/h and... Well, exactly. No-one knows whether the Cross Coupe is intended for mass production. Keep your fingers crossed.

## NIPPON MEANS... DIFFERENT

Pivo. In Poland the word means just "beer", but for the Japanese from Nissan it's associ-

ated with one of the most important projects of the last decade. The Japanese designers have attempted to create a perfect city car that doesn't pollute the environment, is safe, and above all, easy to park. No wonder, since Japan has a huge problem with parking spaces! In Tokyo you can't buy and register a new car without first purchasing a parking space, for your new vehicle. What about the paid car parks? Of course, there are a lot of them in the Japanese capital, but in the country where every square meter

is literally worth gold, they are overloaded and very expensive. The prices for one hour parking start at around €4-5. That's over €700 a month!

The first Pivo looked like a huge sphere mounted on four wheels. The second-generation had a rotating bodywork, so the car could be operated without reverse gear. In 2007, at Tokyo Motor Show, the car caused a real sensation, because the dashboard featured a little robot, whose task was to help and entertain the driver. In the end, Nissan

gave up the idea of the rotating cabin, because the body wasn't strong enough, so the Pivo might not pass impact tests. Pivo 3 Anno Domini 2011 has three seats, (the driver seat is situated slightly forward) and electric motors mounted in wheels. This arrangement causes the wheels to turn at an angle greater than 90 degrees, and the prototype Nissan has a small turning circle and excellent manoeuvrability. It no longer has the robot speaking with electronic voice, but instead the designers have

concentrated on a more serious problem of parking. That's why, the Pivo 3 features an automatic-parking system which can also find a free parking space. To make it even smarter, the car responds to telephone commands and can be manoeuvred in this way. Interesting. Pivo 3 is like a dog on a leash, but the thing is that the leash is wireless...

**Rafał Jemielita**, is a journalist for Playboy magazine, and a co-presenter of "Automaniak" - TVN's motoring programme.





# 4 HOURS IN... KOLKATA

This overpopulated city has undergone quite a transformation. **Marzena Mróz** is proving that Kolkata, a "god-forsaken city", has evolved and is truly worth visiting nowadays.



**T**he city was named after Kali - a terrifying, almighty goddess, often associated with the cruel passing of time, which doesn't really make you expect anything good. On one hand it's hell of Earth, on the other - the pride of Colonial India, a gateway to Bengal - but today, it's a noisy metropolis bustling with life and its own rhythm.

Kolkata is considered the poorest city in the world - at the same time being the fastest developing place on Earth. It's an intellectual capital city of India, proud of the biggest and the oldest Indian Museum founded in 1814, a Nobel Prize in Literature winner Rabindranath Tagore, who was born and lived here, a well-known filmmaker Satyajita Ray, and ten thousand bookshops. No other city in the world can compete in this category!

## VICTORIA MEMORIAL

The monument erected in honour of Queen Victoria is the most impressive building in the city. It's located in the heart of the city, in vast space, surrounded by palm trees, statues and ponds. It was made from marble stone from Makrana - the same as the one used to build the famous Taj Mahal. Today, there is a gigantic museum with 25 galleries housing not the most extraordinary paintings, but the monument creates quite an impression and is still frequented by the Hindu, who are fond of huge forms, also in architecture. One of the most interesting and unique exhibits is a desk - once belonging to Queen Victoria - and ornamented with pictures of Hindu birds. The building was complete in 1921 and the foundation stone was laid by the prince of Wales, who later became King George V.

## WRITERS' BUILDING

A characteristic building often associated with Kolkata is The Writers' Building - the centre of Colonial India since 1777. It derives its name from writers of the British East India Company, which had its seat here. Today this red sandstone building houses Chief Minister's Office and secretar-



On one hand it's like hell of Earth, on the other - the pride of Colonial India and a gateway to Bengal - but today, it's a noisy metropolis bustling with life and its own rhythm.

iat. It's worth having a seat in front of it and observing the noisy life of Kolkata streets.

## MARBLE PALACE

There are many houses and residence in Kolkata, which has been abandoned by its former owners and left at the mercy of monsoons, worn away with age and political changes. One of them is Marble Palace - erected in 1835 by rajah Rajendra M. Bahadur and made from a hundred kinds of marble. Inside, he collected a collection of exhibits - which today are worth a small fortune - including the works of Rubens and Murillo, a collection of glass candelabra brought from Venice, Egyptian sculptures and Chinese Ming vases. His descendants still live in one of the building wings and are willing to host visitors from Europe.

## MOTHER TERESA HOUSE

A grey inconspicuous building on Lower Circular Road 54 A is familiar to every citizen of Kolkata. The locals refer to it as the "Mother's House". The Missionaries of Charity House is like a peaceful oasis in this noisy city. It's a spacious, 3-storey building with a large patio. The missionaries, dressed in white sari, open the door with a smile. You can pray there by Mother Teresa's grave or visit a small and damp room she used to live in. Nothing has changed in it since the date of her death 14 years ago. "I'm a full blooded Albanian, I hold

a Hindu passport, I'm a Catholic nun and I feel I am a citizen of the whole world," this is how Anjeze Bojaxhiu, commonly known as Mother Teresa from Kolkata, used to describe herself.

In 1948 she founded a Missionaries of Charity congregation, whose members, dressed in white and blue sari, sandals and with a cross in their hands, travelled to the poorest districts of Kolkata, and later the whole world. A living legend, a saint already when she visited hospitals, leper colonies, or when

she courageously addressed the world leaders and smiled at the pope. She was the first non-political figure to be depicted on a stamp already during her lifetime. She didn't like speaking in public and didn't care about her fame, but she received the Peace Nobel Prize and hit the headlines of the most popular newspapers in the world. She was accused of being "too Hindu" and creating a "religious fusion" in her congregation, which supposedly differed from the Catholic church doctrine. She was asked to account for the donations given to Missionaries of Charity by her great friend - Lady Diana Spencer. Today, you can not only visit Mother House, but also work in it. Volunteers are accepted on Monday, Wednesday and Friday.

## Where to go:

**Oberoi Grand** A spacious hotel from the colonial era, with sumptuous interior, well-known in Kolkata. The rooms come with enormous beds, there is also a swimming pool and excellent restaurants, especially Baan Thai. [www.oberoi.com](http://www.oberoi.com)

**Taj Bengal** A perfect hotel belonging to a hotel group that is well known for its luxury and mod cons. All the rooms come with stylish furniture. Impeccable service, good restaurants and cosy bars. [www.tajhotel.com](http://www.tajhotel.com)

**Kwality Restaurant** Located in the heart of the city, in Park Street 17, it is famous for such delicacies as chicken karai, fish in masala sauce, and tandoori cuisine. [www.kwalityrestaurant.net](http://www.kwalityrestaurant.net)

## GATEWAY TO KOLKATA

The second most famous building in the city, after Victoria Memorial, is the Howrah Bridge spanning the Hooghly River. It connects Howrah with Kolkata proper - hence its name: "Gateway to Kolkata". Apparently, it's the most crowded bridge in the world. If you want to know the true meaning of the word 'crowd', you should go there during rush hour - which starts here at dawn, to finish only at dusk. Later, you should go to Phool Market, which is said to be the biggest flower market in India, located near the Eastern end of the bridge. You can buy flowers one by one, or... by kilograms.





# 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)

## A mistake while booking a ticket?

*My boss travelled to India by plane with a stopover in Frankfurt. He was at the airport early enough, but he didn't receive a boarding pass for the Frankfurt-Delhi flight. Apparently, there were more passengers than the seats. A few people had to stay at the airport and wait for 4 hours for the next flight. Now he's angry with me, and says I made a mistake while booking the ticket.*

**Aneta**

Dear Aneta

The situation you describe is called overbooking. This occurs when the number of confirmed bookings exceeds the number of seats on a plane.

A plane seat can be sold only once. An empty seat during a flight is a loss in profit for the airline. You can't sell the same seat for the second time. From the carrier's point of view, an ideal situation occurs, when all the seats are sold. But because of various reasons like changes in business schedule, accidents or transportation problems, some passengers never get to the airport. These passengers are referred to as „no-show”. It is a person, who confirmed the booking, but didn't use it. In that case, the airline loses money, because the seat is empty.

The number of „no-show” passengers is carefully observed by airline systems. Based on archive data, and proper forecasts, the airlines are capable of estimating how many people will not show for a certain flight and how many seats will remain empty. That's why all carriers use the controlled overbooking policy, which means more seats are offered for sale, than is actually available for passengers to use. Sometimes the estimation proves incorrect, and it turns out that the number of „no-show” passengers for a given flight was lower than expected, which leads to a check-in problem. In such cases, the airline is obliged to provide the passenger with another flight opportunity, as soon as it is possible. What's more, there are regulations by which carriers are obliged to give compensation to passengers who were not refused to embark. You boss, shouldn't be angry with you then, but file a complaint to the airline

## Documents on a cruise liner

*I set off with my family on a cruise round the Mediterranean Sea. The route includes a few islands and three ports in Israel. What kind of documents must I bring? Do I need a visa?*

**Magda**

Dear Magda,

All your family members need to have a passport. Firstly, because voyage cruises are usually registered in non-EU countries. Second of all, your ship will visit countries, which you can't enter by simply showing your ID. When checking-in online, you need to provide your passport number, and then produce the same document at the terminal.

Passport expiry date is crucial. Every passport should be valid for at least 6 months. A passenger may not be allowed onboard, if the passport expiry date is not in line with Immigration Office regulations in the countries which are visited along during the cruise.

But visas are a totally different story. You are obliged to get all the required visas on your own. While it's true that in some ports you can get off a ship just by producing a boarding pass, but it's not a golden rule. Formally, you are also required to have your ID.

Getting a permission to enter Israel looks a bit different. Israel Immigration officers check the passengers' passports already on board. The process begins before the ship reaches the port. Then it is decided if you will get permission to go off the ship. It may happen that some passengers will have to speak to immigration officers individually.

That's why you need to check carefully if your passports are valid, and as well as all the visa requirements in the countries you are planning to visit ahead of time..

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