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Business Traveller Poland
ul. Świętokrzyska 36, 00-116 Warszawa
tel. +48 22 455 38 14, +fax +48 22 455 38 13
www.businesstraveller.pl

Redaktor naczelna Marzena Mróz
m.mroz@businesstraveller.pl

Sekretarz redakcji Joanna Kadej-Krzyckowska
j.krzyckowska@businesstraveller.pl

Dyrektor artystyczny Barbara Scharf
b.scharf@businesstraveller.pl

Skład/famanie LACRIMA
lacrima.barbarascharf@gmail.com

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

Wydawca Robert Grzybowski
robertg@businesstraveller.pl

Szef serwisu
www.businesstraveller.pl Filip Gawryś
f.gawrys@businesstraveller.pl

Koordynator Wojciech Tymniński
wojtekt@businesstraveller.pl

Reklama, sponsoring biuro@businesstraveller.pl

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

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Managing director Julian Gregory
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SAVING THE ISLAND

The world is changing every day. Its natural beauty disappears, often forever. It might be difficult to imagine, but each year almost 1,000 species, which we have not yet managed to describe, become extinct! Today, one in four species of mammals, one in five species of birds, and a one third of amphibians are threatened with extinction. I have recently sensed the changes brought by civilization, while visiting the green Borneo, which may soon become a desert with a few forest oases. Only here can you see orangutans living in the rainforest and long-nosed monkeys, canoe on the Kinabatangan river and watch the surrounding jungle, climb Mount Kinabalu which is the highest mountain in Southeast Asia, see Rafflesia – the world's biggest flower, and shake hands with descendants of the renowned head hunters. Unfortunately, man disturbs the natural ecosystem. Over the past 20 years, half of the forests on the island have been cut down. Huge trees were turned into paper, and oil palms were planted, because such plantations bring a lot of profit. It turns out that over the last 30 years, Borneo has been haemorrhaging 2 million hectares of forest a year to loggers, forest fires and plantations. The governments of Malaysia and Indonesia, which rule the island, declare to combat illegal logging and promise that the cleared areas will once again be afforested. This is estimated to cost as much as \$60 million per each 4,000 hectares of land. Meanwhile, rain forests of Borneo and their inhabitants: pygmy elephants, clouded leopards and Sumatran rhinos are in real danger of extinction. To find out more, please read the article "Borneo - the last such paradise". Enjoy your reading.



Marzena Mróz

Marzena Mróz
Editor-in-Chief

ibis.com



Trzy marki – jedna, szczęśliwa rodzina ibis. Odkryj hotele ibis, ibis Styles oraz ibis budget.

Odkryj 1600 hoteli na całym świecie, w tym 24 hotele w Polsce i na Litwie, zjednoczonych w celu zapewnienia Ci wyjątkowo spokojnego i słodkiego snu.

W hotelach **ibis** docenisz przytulne pokoje i wygodne łóżka, gwarantujące najwyższy komfort, obfite, urozmaicone śniadania, gorące przekąski i napoje dostępne 24 godziny na dobę oraz troskliwy personel, oferujący swoją pomoc zarówno w dzień jak i w nocy.

Każdy **ibis Styles** słynie z unikalnego, designerskiego i nowoczesnego wystroju, pysznych śniadań bez ograniczeń oraz dostępu do Wi-Fi w cenie pobytu.

ibis budget, idealne połączenie komfortu z korzystną ceną zawdzięcza pokojom, wyposażonym w wygodne łóżka, puszyste kołdry i poduszki oraz w przestronne kabiny prysznicowe.

Poznaj hotele **ibis**, **ibis Styles** oraz **ibis budget** i już dziś zarezerwuj niepowtarzalny pobyt na **ibis.com**.

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KOMFORT.





Hotel Group

Rezidor

AWARDS FOR REZIDOR AND KURT RITTER

The Rezidor Hotel Group, one of the fastest growing hotel companies worldwide and a member of the Carlson Rezidor Hotel Group, remains one of the World's Most Ethical Companies: The US-think tank Ethisphere has awarded Rezidor for the fourth consecutive year for real and sustained ethical leadership.

"We are extremely proud that we have been named one of the World's Most Ethical Companies since 2010. Receiving this award for the fourth year in a row underlines our long term commitment to Responsible Business. A strong ethics programme is a key component to a successful business model, and we continue to scrutinize our ethical standards to keep up with an ever-changing regulatory environment", said Wolfgang M. Neumann, President & CEO of Rezidor.

Kurt Ritter, former President & CEO of The Rezidor Hotel Group, has received the Lifetime Award 2013 of Germany's Travel Industry Club. Swiss-born Kurt Ritter was Rezidor's President & CEO from 1989 to 2012 and therefore one of the longest serving CEOs of the hospitality industry. Under his leadership, Rezidor grew from a small regional group to a truly global player. Rezidor owns four clearly defined brands and currently more than 430 hotels with 95,000 rooms in 70 countries across Europe, the Middle East and Africa.

"I feel honoured to receive the Lifetime Award of Travel Industry Club, and want to thank Rezidor's outstanding team that has so strongly supported me over all these years. It is the team that makes Rezidor – and that made me the man and leader I am", said Kurt Ritter.

Airline Aeroflot

THE RUSSIAN LEADER

Aeroflot, which is the leading airline on the Russian civil aviation market, offers flights to 95 destinations in 48 countries. The carrier mainly focuses on the development of the continental market, especially Siberia and the Far East.

Passengers of Aeroflot enjoy comfortable and ergonomic seats. Meals are varied according to class - business or economy. Dishes for vegetarians and diabetics are also served on request. The carrier has its own loyalty programme called Aeroflot Bonus. More details at: www.aeroflot.com.pl

Airline Finnair

AGREEMENT

American Airlines, British Airways and Iberia celebrate a key milestone as fellow oneworld® alliance member Finnair has announced its intent to join the transatlantic joint business, established by the three airlines in October 2010. Once Finnair joins the transatlantic joint business later this year, customers in North America and Europe will have increased choice of flights and services as well as more convenient connections to flights across the Atlantic.

As part of the joint business, Finnair will add its (AY*) code to selected American Airlines, British Airways and Iberia flights between North America and Europe (EU, plus Norway and Switzerland). American Airlines, British Airways and Iberia will add their respective (AA*), (BA*) and (IB*) code to Finnair's daily flights between New York and Helsinki.



Hotels

Starwood
Hotels & Resorts

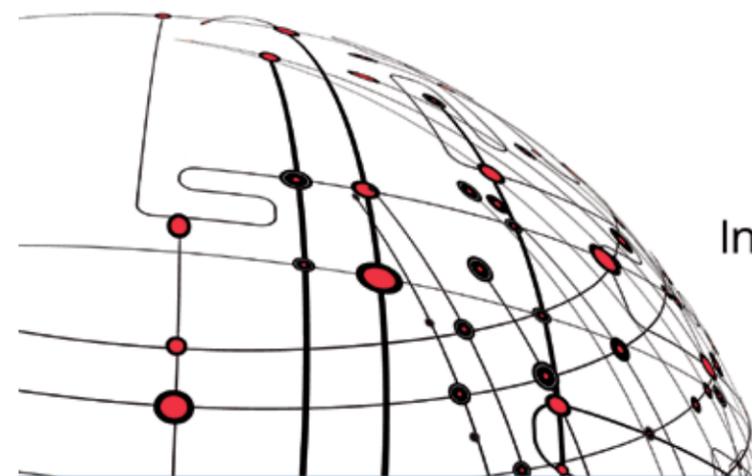
50 NEW HOTELS

Since 2009, Starwood has added 25 new hotels to its European portfolio of now 163 hotels in 32 countries. This year alone, the company will open nine new hotels in established as well as fast-growing markets such as Russia, the Commonwealth of Independent States (CIS) and Turkey.

Highlights include: three new Starwood hotels in Turkey, including the debut of the Sheraton brand in Adana, Turkey's culturally-charged commercial centre; Sheraton and Aloft brands in Bursa, Starwood's third hotel in Moscow with the opening of the Sheraton Moscow Sheremetyevo Airport Hotel, hotels in St. Petersburg, Rostov-on-Don, Perm, Kaluga, and Krasnodar in Russia, as well as in Kiev, Ukraine and Ismayilli, Azerbaijan; a new Starwood hotel in Tajikistan, in the emerging city of Aktobe in Kazakhstan, and the Four Points by Sheraton Kecskemet Hotel & Conference Center in Hungary. In addition, King George hotel in Athens will join Starwood's Luxury Collection portfolio, marking the brand's eighth hotel in Greece. This represents the largest concentration of Luxury Collection hotels in any European country. W Hotels will open its first ever ski retreat with the highly-anticipated opening of W Verbier and The Residences in Switzerland.



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Airline

Airberlin

FLY COMFORTABLY

Passengers flying with airberlin in 2013, can enjoy even more comfort and pleasure. The airline is ready to launch new destinations with its new Business Class and a larger flight network for summer 2013. Together with Etihad Airways - airberlin's strategic partner, as well as members of the oneworld @ alliance, the German carrier offer connections to all continents. airberlin has modernized its route network, further expanding its hubs in Berlin and Dusseldorf and strengthening its position in key markets.

The U.S. is a strategic market for airberlin. The codeshare agreement with American Airlines allows airberlin to offer a number of connections from all US destinations. This means that passengers flying with airberlin can now reach almost any city in the USA. The airline will also increase the number of direct flights from Berlin and Düsseldorf to Miami, New York and Los Angeles. This allows passengers to fly daily on the west coast of the U.S., using the connection from Berlin (operated three times a week since May).

Tourism

Warsaw

WARSAW CHOPIN GUIDE

To mark the 203rd anniversary of the birth of Frederic Chopin (on 22 February) Warsaw has released a new mobile application. When you visit the city and have a smartphone with Android or iOS operating system, you can learn a lot of interesting facts about the great composer, who spent half of his life in the capital of Poland. The application called "Warsaw Chopin Guide" is available in six languages: English, Russian, French, Japanese and Chinese. Enthusiasts of classical music will certainly browse through the app's events calendar which is packed with information about upcoming concerts and festivals. The application also features an audio guide with interesting facts about places in Warsaw associated with the composer. There's also a comprehensive description of the Frederic Chopin Museum at Tamka Street. The application also supports community features. Users can recommend the content on Facebook, and check in at popular sites on foursquare.com. Soon, Tourist Information offices across Warsaw will offer NFC tags to enable you to download additional information to your phone. "Many tourists go online to look for information about our country, before they come here. The application we have prepared, lets them have it always at hand," says Katarzyna Ratajczyk, the director of Warsaw Promotion Centre.



Tourism

France

ART IN NICE

A land of hospitality for the greatest artists of the 20th century, the French Riviera will be in the spotlight in 2013, to pay tribute to its Great Masters: Matisse, Chagall and Picasso as well as Jean Cocteau. Nice will celebrate the 40th anniversary of the Chagall Museum and 50th anniversary of the Matisse Museum, but will also be honouring Picasso and Cocteau for the 40th and 50th anniversary of their deaths. Many of the Riviera's towns and villages will be involved in this commemoration, while places where these artists lived or worked and Museums remember his personalities and their unique talent. More news related to art, as well as other information on www.cotedazur-tourisme.com.



MATERIAŁY PRASOWE

Hotel Group

Orbis

HOTEL OF THE YEAR 2013

Four hotels belonging to Orbis Group have been awarded in the second edition of the Hotel of the Year competition. The competition is organized by portal HRS.pl, Newsweek magazine, Forbes magazine, and Polsat TV. The poll took place from 24 October 2012 until 7 March 2013. Users of the HRS.pl portal evaluated the nominated hotels in 9 categories: Business, Best Service, Budget, Luxury, Design, Resort Hotel, Palaces and Castles, Premiere, and Spa.



The four hotels of the group were awarded in four categories. Ibis Łódź Centrum was chosen the best budget option, Novotel Gdańsk Marina was selected as the best resort hotel, Mercure Warszawa Grand was awarded for the best service, while ibis HOTELS received the award for the hotel chain of the year. The main advantage of ibis Łódź Centrum which was often mentioned by its guests is its perfect location in the city centre, close to the atmospheric Piotrkowska Street with numerous shops and restaurants. Novotel Gdańsk Marina is ideally located on the seafront promenade, connecting Gdańsk and Sopot. Mercure Warszawa Grand secured its win in Best Service category, mainly thanks to highest rating in three subcategories: "The atmosphere in the hotel", "Warm welcome" and "The personnel's willingness to serve." The hotel is surrounded by ministries and embassies, close to the famous Three Crosses Square. One of the four special awards were presented to ibis hotel chain, for its general activities in the market.



Art

Krosno

3D IMAGE

It is 80 sq m large, is situated on the floor of a staircase, took almost three months to create, and is the most complex 3D painting in Poland. "The UnderGlass" made by Ryszard "Ryho" Paprocki in Krosno Glass Heritage Centre is has been completed. In his painting, Paprocki combined realistic scenes relating to the metallurgical tradition of Krosno (including glassblowing scenes and metallurgical laboratory equipment) with elements of the landscape, dominated by a deep rock crevice with a stream of lava flowing at the bottom. The work has been enriched with several wooden bridges, shelves and a rope hanging over the studio. All of these are there for "fun", because they are the best spots for tourists to stand when posing for photos. In order for photos to be as impressive as possible, they should be taken from a specific point, which is marked on the floor. Photographs taken from other spots will not be as impressive, because the image will be distorted. It's also worth noting that the full three-dimensional work is visible only after taking a photo or recording a video. The central point of the work is introduced by a smaller painting done in the same technique, being Poland's fourth permanent 3D image. Paprocki has already done two similar projects - in Niedzica and Wieliczka.

Tourism

Giant Mountains

SEVEN WONDERS OF THE GIANT MOUNTAINS

Every hiking enthusiast has his favourite spots. In order to mark the 50th anniversary of the establishing of the Giant Mountains National Park (KRNAP), the Czech management board of the park carried out a survey among tourists, with the aim to select the seven most beautiful places in the Giant Mountains. Voting took place from April last year to the end of February 2013. Based on the survey results, a list of 21 most popular places for tourists was created.

Interestingly, the popular Mount Śnieżka took only the 10th place, while the source of the Elbe river didn't even make the list of 21 most beautiful places. It turns out that tourists were charmed by less crowded, romantic corners.

The official announcement of the survey results and the celebration of the 50th anniversary of KRNAP will be held on 17 May in Vrchlabí.

Here are the seven wonders of the Giant Mountains:

1. Obří důl (272 votes)
2. Mumlavský Waterfall (271)
3. Meanders of the River Elbe (212)
4. Pančavski Waterfall (208)
5. Mount Kotel (190)
6. Rýchorská Forest (163)
7. Modrý důl Valley (122)





Fashion

Da Vinci

SUITS MADE TO MEASURE

A suit is a man's best friend. However to choose an appropriate one, you need to visit a professional tailor. Da Vinci is a Polish company with almost 25 years of experience in the men's fashion market. Its offer includes tailor made and ready-made shirts, accessories and of course suits.

The most important factor which makes a suit elegant is its cut. An ideally fitted suit can cover up the shortcomings of your figure. Colour counts too. Although fashion changes with years, navy blue colour seems to be timeless. Different shades of grey are dominant in offices, while black seems to be an ideal choice for a night out. The third step to success is selecting the right fabric. Undoubtedly, the most appropriate is wool, regardless of the season of the year, because this fabric it's soft and holds its shape. The finest types of wool come from the Andean llama hair, and Da Vinci offers fabrics produced by such well-known companies as Valentino, Loro Piana, Cerruti, Vitale Barberis, Scabal or Canonico. The details, such as buttons, lining, and threads, must also be of high quality. More details at: www.davinci.pl

Report

Amadeus

TRAVEL BY RAIL BY 2020

Long-distance passenger traffic will increase by an estimated 21 per cent (2.2 per cent annually) to reach over 1.36 billion by 2020, 238 million up compared to 2011 figures, according to a recent study from Amadeus, *The Rail Journey to 2020*. The report focuses on the period 2011-2020, which will see the passenger rail industry in Europe impacted by an unprecedented combination of factors: some relating to structural change, others arising from opportunities created by infrastructural investments and technology. The report identifies that anticipated growth in passenger volume over the period 2011-2020 is driven by four key markets in particular: the United Kingdom, France, Switzerland and Germany.



The report is based on authoritative data and best practice modelling techniques from a dedicated research team at Amadeus. Over 100 sources from rail companies, public and regulatory bodies were consulted and Amadeus built predictive models based on correlations between long distance rail share of total traffic, national population densities, rail densities, rail industry structure across countries and geography.



Airline

British Airways

AIRBUS A380

You can now book tickets for flights onboard the legendary Super Jumbo, which will join the fleet of the British carrier's in July 2013. Los Angeles will be the first destination for the aircraft with the first flight to take off on 15 October. The double-deck A380 will also operate on the route to Hong Kong. Passengers have the choice of traveling in one of four classes offered by British Airways: World Traveller, World Traveller Plus, Club World and First. Prices of round trip tickets for Super Jumbo journeys from Warsaw to Los Angeles, start at PLN 2,653 in World Traveller economy class. Tickets in premium economy class called World Traveller Plus cost PLN 5,365. The cost of the flight in business class called Club World is PLN 13,752, while the most exclusive First Class option costs 29,359. Prices include all airport taxes and charges. The Warsaw - Hong Kong route will be available from 15 November 15, 2013. Prices of round trip tickets on the route start at PLN 2,653 in economy class. Tickets in premium economy, business and first class cost PLN 4,656, PLN 10,187, and PLN 27,050 respectively. You can book your ticket at www.ba.com.

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TOYOTA FOR BUSINESS

We tend to think that ideal cars should be so quiet that you could hear birds chirping, and so efficient that they would consume as much fuel as a lighter. Is this just some Hollywood fantasy? Not necessarily. Such cars do not exist, but hybrid vehicles are as close to the ideal as it gets.

It may be hard to believe, but hybrids appeared as early as the beginnings of the automotive industry. First such vehicle was presented in 1900 at the World Exhibition in Paris, by Ferdinand Porsche himself. The project gained recognition, but didn't stir lots of emotions, simply because the very idea of a motor vehicle was enough of a novelty.

TOO EARLY FOR REVOLUTION

The vehicle built by Ferdinand Porsche had a 5 HP electric motor which allowed to reach the dizzying (for that time) speed of 50 km/h, while its range was healthy 50 kilometres. When the batteries were close to full depletion, the 16 HP petrol engine automatically turned on, which not only allowed the driver to continue the trip, but also charged the batteries. For a short time the hybrid system was used in city buses, but ordinary petrol engines were much more reliable and easier to use. The automotive industry grew so rapidly that no one seemed to be no longer interested with the hybrid drive.

However, this technology turned out to be very successful in submarines. Combustion engines were used on the surface, and to charge the batteries. When submersed, submarines switched to electric motors, which

were quiet and did not produce fumes. However, on the road these benefits were negligible. At least, everyone thought so...

HOW IT WORKS

Hybrid drive consists of two engines - combustion and electric one. The first one also powers the electric generator, while the other is an independent motor, which also charges batteries. In contrast to the first solutions, in modern hybrid drives both motors can work at the same time or separately, depending on the power needs of the car. There can be several hybrid vehicle power train configurations. The series hybrid configuration means that the energy of an internal combustion engine is transformed into electrical energy, and excess energy is used to charge batteries which power the electric motor. This solution is not used today separately, but is often applied as part of series-parallel drive. In parallel configuration, power generated by the combustion engine drives the vehicle and charges the batteries. Also, both engines, if necessary, can work simultaneously.

CUTTING DOWN ON FUEL

During the post-war economic boom car engines, especially those designed in the United States, were bigger, more powerful, and

of course consumed much more fuel. Six-litre units were not uncommon, and their fuel economy would give a today's driver a real headache. It is worth noting, that at that time petrol was cheap, and in the post-war euphoria nobody bothered about ecology. With time, however, manufacturers started to search for new solutions. The first auto maker that returned to the concept of the hybrid drive was General Motors, which installed it on board its Opel Kadett B in 1969. A few years later Mazda offered the electric motor combined with Mazda Wankel engine, but it was not until mid-80s when manufacturers started to think about hybrids quite seriously. In 1986, Audi developed a hybrid car based on the Audi 100 Avant.

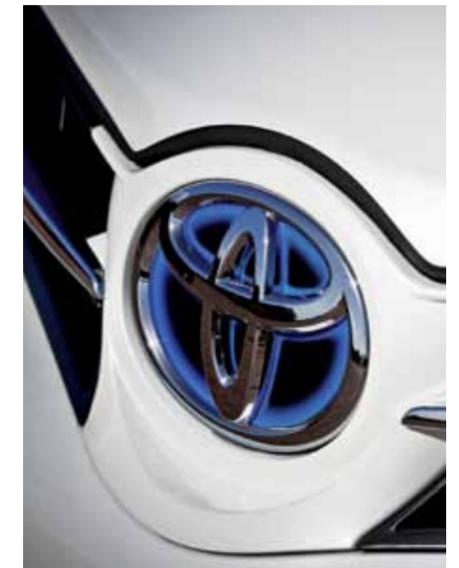
However the real revolution came nearly 16 years ago. In 1997, Toyota introduced its first series production hybrid car - the Toyota Prius. Thanks to its 53 kW petrol engine and a 33 kW electric motor, the Prius proved to be extremely cost-effective. The combined fuel consumption was mere 4.3 litres of petrol per 100 kilometre, which at that time seemed to be an incredible result. Today, hybrid cars are more and more dynamically conquering the market, and most well-known car makers want to have a hybrid model in their range. The avail-

Lower fuel consumption, lower emissions of harmful substances into the atmosphere, and reduced noise pollution, are the main advantages of hybrid vehicles.

In some countries, owners of hybrid vehicles can enjoy numerous privileges - for example, in London, they can enter the city centre free of charge.



In modern hybrid drive systems motors can operate separately or simultaneously – for example when the car needs more power when driving over rough terrain or during acceleration.





On 13 and 14 April, all Toyota showrooms in Poland will present another version of the new Auris, equipped with full hybrid technology.

able models include Opel Ampera, Honda Insight, Honda Civic IMA, Lexus GS 450h, Lexus GS 400h, Chevrolet Volt, Toyota Highlander, Camry Hybrid, and Toyota Auris which has just debuted on the Polish market.

THE DOUBLE DEBUT

The second generation of Toyota Auris debuted in Poland in January 2013, quickly gaining the trust of customers throughout Europe. After the first two months of 2013 years, the car's share in the segment of compact models increased to 6.2%. On 13 and 14 April, all Toyota showrooms in Poland will present another version of the new Auris, equipped with full hybrid technology. In this way, the Auris Hybrid will be Toyota's fifth fully hybrid car available on the Polish market after the Yarisie Hybrid, Prius, Prius Plug In, and Prius Plus.

The Auris Hybrid is different from petrol and diesel versions both regarding body components and interior details. The hybrid version has received a matt-black lower grille, a rear bumper diffuser and blue finish known from other Toyota hybrid models. The car also features rear LED lights,

as well as distinct "Hybrid" and "Hybrid Synergy Drive" lettering. Toyota has also designed unique 15 and 17-inch alloy wheels for the Auris Hybrid.

Inside, the hybrid version, similarly to petrol and diesel variants, boasts full functionality of the passenger compartment and the boot. The components of the hybrid system, including batteries that power the electric motor, are situated under the rear seat, thus not limiting the passenger space.

The Auris Hybrid, similarly to other Toyota's hybrid models, is distinguished by exceptionally low fuel consumption and CO2 emissions. In the city mode, it uses only 3.7 litres of fuel per 100 kilometres, emitting 87 g CO2/km. This result makes it the most economical compact car on the market. An integral part of Toyota's hybrid system is automatic planetary transmission, providing a comfortable ride. The latest generation of the hybrid Auris has received a modified version of the gearbox to guarantee smooth and quiet operation during acceleration.

In combination, the petrol engine and electric motor generate a maximum system power output of 134bhp, giving performance to match a conventional 2.0-litre pet-

rol or diesel hatchback. But the Auris HSD has lower CO2 emissions and significantly lower NOx emissions than diesel-powered cars of comparable performance.

When operating in EV mode, the Auris Hybrid generates zero CO2 and NOx emissions. The hybrid system on board the new Auris has been designed to maximise the use of electric motor in the city mode, and reduce the use of combustion engine.

RECORD ECONOMY

The remarkable economy of Toyota's hybrid cars is achieved not only thanks to very low fuel consumption, but also high reliability of the technology. Toyota's hybrid technology has been on the market for 15 years, on board nearly 5 million cars. The internal combustion engine works in the so-called Atkinson cycle, which puts about 30% less strain on the unit. The hybrid system does not feature elements which might be potentially prone to failure, such as the alternator, dual mass wheel, DPF, starter, or belts, and with regenerative braking, less wear and tear is imposed on the regular friction brakes resulting in much longer pad life.

Joanna Krzyczkowska



Hotel

FALZEBEN - ITALY

FALKENSTEINER FAMILY HOTEL MERAN 2000



CONTACT
 Falkensteiner Hotel Meran 2000
 Falzeben str 225,
 I-39010 Hafling bei Meran
 tel. (+39) 0473 37 80 70
 fax (+39) 0473 37 80 68
 Meran2000@falkensteiner.com
 www.meran2000.falkensteiner.com
 www.falkensteiner.com

PRICES
 from €79 (PLN 340)
 per person in a double room
 Prices inclusive of meals

The semi-circle-shaped hotel features four floors. Levels 1 and 2 feature parking lots from which you can take a lift to the reception area, a spa, restaurants, guestrooms and suites.

WHERE IS IT?

The region of Avelengo-Verano-Merano is sometimes called "the sunny terrace of Merano". Grapes are grown on the slopes to produce wines known all over Europe. On the altitude of

1,200 metres above the sea, in the town of Meltina, there is the highest-situated sparkling wine manufacturer in Europe. Falkensteiner Hotel is located at 1,621 metres above the sea level, on Hafling plateau at the bottom of the Alps in the town of Falzeben. You can reach it by bus from Merano, located 15 kilometres away, known for the Mediterranean climate, very clean air and hot springs, which together with a spa and a garden cover the area of almost 2 ha. In

Merano the temperature is always 7-10 degrees higher than in the higher areas. In the neighbourhood of the hotel there are plenty of leisure options. In winter you can make use of 40 kilometres of ski runs, and in spring, summer and autumn - of 25 mountain trails where you can hike, practise nordic walking, horseriding and mountain biking. If history is your thing, there are over 800 historical buildings, castles, palaces, churches and chapels.

ROOMS

The hotel offers 59 rooms and suites. They all come with balconies overlooking the mountain ranges of Brenta, Ortler and Texel, nearby trees and a car cable. The offer includes 39 double rooms of 20 sq m, 12 family rooms of 35 sq m consisting of a bedroom for two, a living room with a foldable bed for two, a kitchen annexe and a bathroom, and 8 family suites of 45 sq m. All the rooms are air-conditioned, and have access to the internet (unfortunately there's no wi-fi). The kitchenette comes with a fridge, hot plate, coffee and tea making facilities and basic tableware. Guests usually buy half board, but because of the different food preferences of the kids, you can prepare the meals independently. The rooms are arranged in the same style: light floors, simple pine furniture, modern lighting. Huge bathrooms come with hair dryers, magnifying mirrors, bathrobes and slippers.

BARS AND RESTAURANTS

1600 restaurant specializes in Mediterranean and Tyrolean cuisine. Breakfasts are served here in the morning, and the choice of meals is excellent (champagne included). Around noon they serve a light lunch, and in the evening an elegant dinner is served by likeable waiters. The meals are tasty and beautifully arranged. Every day the offer includes a different set of starters, soups, main courses and desserts. The choice includes meat and fish. There are over 200 wine varieties. The service is very professional, and the hotel manager Heiko Neumann personally greets the guests and accompanies during meals. The cafe and the bar offer a selection of different types of coffee, drinks and wine.

SPA

Acquapura spa covers an area of almost 1300 m2. Everything was designed to help you have a rest

and relax. You will find here an indoor pool with a water current, a Jacuzzi bath, an outdoor pool, a small paddling pool for kids, a sauna and a Turkish bath, infrared cabin, a Kneip path and tanning cabins. Upon entering the spa you will be offered a selection of herbal teas. Nearby there is a well-equipped fitness room and relaxation rooms overlooking the slope, trees and mountains. On request you can have a rest in a crystal room which features ceiling with artificial stars. There you can also observe unique pictures of salt lumps from all over the world. Each

day after skiing I would spend at least 2 hours in the spa. I especially recommend an hour-long massage. The manager of Victoria spa is a professional and an expert on physical therapy and healing the soul. She specializes in Ayurveda massages.

VERDICT

Excellent location for skiers. Exceptionally friendly service and wonderful Mediterranean cuisine. The hotel's motto "Feel at home" is not just an empty slogan. I recommend it for families with children.

Katarzyna Siekierzyńska



Comfort and unique views of nature, which you can see from every spot. Is there anything more you may want?



TAJ CAPE TOWN



CONTACT

TAJ CAPE TOWN
Wale Street
2001 Cape Town
South Africa
tel. +27 (0) 21 819 2000
www.tajcapetownresidences.com

BACKGROUND

In the very heart of Cape Town, which is the historic and cultural centre of the city, there is an extraordinary five-star hotel. The meticulously restored interiors of its older wing impress with the classic elegance. Taj Tower, in turn, is a classic combination of the old and modern styles. The hotel's 17 floors feature luxury suites, guest rooms and ... private residences.

WHERE IS IT?

The hotel's location is one of the strategic advantages of the place. Taj Cape Town is just 1.5 km away from the railway station and the airport is less than 20 km. From the hotel's windows you can see the parliament, while just a few minutes' walk will get you to Cape Town International Convention Centre and the famous Long Street. Table Mountain is almost at hand, and getting there by a limo with a driver or by a taxi takes a few minutes.

ROOMS

All rooms and suites are air-conditioned and have private

balconies or terraces, as well as wireless Internet access. Marble bathrooms feature showers with rain showerheads and large bathtubs. I stayed on the top floor, in a luxuriously decorated room with a spacious terrace. Its biggest attraction was the ... bathroom. One of its walls was made entirely glass, thus offering the guests a wide panorama of the city, Table Mountain and Signal Hills.

RESTAURANTS

Guests often visit the three-level Mint restaurant, which offers fine international cuisine. I especially recommend trying grilled local delicacies and delicious wines. The walls of the restaurant are lined with shelves of best wines delivered here by South African vineyards, while the casual atmosphere of the place makes you feel like staying here just a little bit longer than you would do in any other restaurant. Well, unless you want to visit the Cigar Lounge, which is situated nearby. Bombay Brasserie, which is situated just next to the reception

area, is an Indian restaurant offering a unique dining experience, while Twankey bar bustles and hums with life from dawn to night, and its main specialty is mouth-watering seafood.

RELAXATION AND BUSINESS

Taj Cape Town does not disappoint in this department, either. Jiva Grand Spa, which has received numerous awards in prestigious competitions, is especially popular for Ayurvedic treatments offered here. There is also a sauna, a steam room, a heated swimming pool and well-equipped fitness centre. The hotel also provides optimal working conditions. You can rent book here a private office or a well-equipped conference room, while secretarial and courier services are available 24 hours a day.

VERDICT

It is an extremely civilized and luxurious hotel. The hotel's distinct whiff of exoticism makes you want to stay here for as long as possible.

Rafał Sobiech



The meticulously restored interiors of its older wing of the hotel impress with the classic elegance, but the place also provides a range of modern amenities.



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SAXON BOUTIQUE HOTEL & SPA



CONTACT

Saxon Boutique Hotel & Spa
36 Saxon Road
Sandhurst 2196
Johannesburg
South Africa
tel. +27 11 292 6000
fax +27 11 292 6001
reservations@saxon.co.za
www.saxon.co.za

BACKGROUND

This peaceful oasis, surrounded by a 10-acre garden, is located in the very heart of the luxurious district of Sandhurst, 35 km from the airport. It is about 2-3 km away from business and shopping centres, as well as the Hyde Park in Johannesburg.

ROOMS

Saxon Boutique Hotel & Spa is simply the southern hospitality at its best. Following the renovation in 2010, all 53 rooms are now air-conditioned and centrally heated – the latter being quite a rarity in Africa. Each room also comes with a flat-screen TV, a DVD, a computer with gaming options, wi-fi, and a safe. The Presidential Suite is the most impressive. It is extremely

luxurious, covers the area of 200 sq m and has all possible amenities. By the way, its name is fully justified, because it was here where the former South African president and Nobel Prize winner, Nelson Mandela completed his autobiography. However, even if you opt for a smaller suite or a room, you will not complain there about the lack of luxury.

BARS AND RESTAURANTS

Regardless of culinary tastes, everyone will find here something for themselves. The hotel restaurant serves exquisite international and regional cuisine; it also has a truly impressive wine list. The seasonal poolside restaurant offers light snacks, which are perfect addition to

your afternoon tea, but coffee enthusiasts will not be disappointed, either. If you feel like having your breakfast outside, you can try buffet breakfast served on the hotel's terrace with an impressive choice of exotic fruit.

SPA AND RELAXATION

The hotel's spa will satisfy even the most demanding tastes. It is not surprising then that the place is frequently visited by celebrities (there are even handprints of some of them). You can choose from classic treatments by reputable companies, but the centre also offers its own massages and treatments. Hair and nail beauty salons are especially popular here. Saxon Spa also has an outdoor heated swimming pool, water jets, Jacuzzi baths, a sauna and a small pool of brine which pleasantly relaxes the muscles.

VERDICT

It is a perfect base for business travellers and those who want to go on safari. The hotel is also child-friendly - you can hire a babysitter, babies up to 2 years stay free of charge, while parents of children up to 13 years of age can enjoy substantial discounts. The hotel has a rich collection of African art.

Rafał Sobiech



FOT.: MATERIAŁY PRASOWE

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Hotel

WROCLAW

HOTEL WITH ELEMENTS OF HISTORY



CONTACT

Art Hotel****
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ul. Kiełbaśnicza 20
tel. +48 71 78 77 100
SMS +48 661 120 300
fax + 48 71 78 77 333
rezerwacja@arthotel.pl
www.arthotel.pl

PRICES

single room BB PLN 260-650
double room BB PLN 350-750

Places like this are said to have character and Art Hotel fully deserves this description. In the world where hotel rooms are more and more alike, a place that can draw on its history and what is the best in the region, are difficult to overrate. Especially, if the history is perfectly compatible with functionality and modernity.

WHERE IS IT?

Art Hotel is located in the heart of Wrocław, in a charming part of the Old Town near Ostrów Tumski and the famous Raławice Panorama. On the Market Square, 150 metres away, there are over a hundred restaurants and clubs bustling with life until early morning hours. Most of the theatres, galleries, and museums are within the walking distance.

INTERIOR

Art Hotel offers 80 uniquely designed rooms decorated with warm colours of beige and ol-

ive green. Each of the room not only comes with individually-designed furniture in stylized ancient style, but also hand-painted wall-hung patterns mostly by painter and interior designer Renata Jarodzka, who is also responsible about the hotel interior arrangement. All this is complemented with graphics, watercolours a huge choice of books in the suites. However, you will not find reproductions of any paintings. In each room, hall, or corridor, you will find only original pieces of art by famous artists not only from Wrocław. Banquet rooms often host various exhibitions, while the suites are venues of numerous theatrical plays. Some of them, like "Psycho" staged by AdSpectatores Theatre were written especially for Art Hotel. Perhaps that is why it has been the favourite spot of well-known Polish artists and actors, and Czesław Miłosz left his autograph under his poem that had been engraved on the restaurant's window.

RESTAURANT

The restaurant and cafe has been arranged with a unique sense of style and both are flooded with greenery. I was particularly amazed by Sala Ogrodowa with "a Lucky Well" resembling gardens in the South of Europe. In this magical scenery, you will be served Italian dishes and traditional delicacies from Wrocław cuisine. I especially recommend wholemeal bread cream, Wrocław crayfish salad, or Lutheran carp. What also captures attention are breakfasts, consisting of organic local products. The traditional Wrocław cuisine menu was created by two people - Grzegorz Sobiel - a culinary detective tracking and recreating original recipes and a chef Grzegorz Pomietło.

VERDICT

A place for a weekend for two or a family stay with the kids. There are four conference rooms with the capacity of 20-150 people, suitable also for business meetings.

Car

BMW

NEW TECHNOLOGIES IN THE SERVICE OF LUXURY

INFO

The new BMW 7 Series continues to strengthen its position as the most innovative limousine in the luxury segment. The new LED headlights, more attractive and better soundproofed interior, as well as a comprehensive range of accessories, and the latest security technologies to provide the highest standard of travel.

INTERIOR

The interior of the BMW 7 Series is characterized by great design, the finest materials, hand-crafted precision and supreme functionality.

The multifunction instrument display behind the wheel can now be fully adjusted to the driver's needs. Also, the central on-board monitor is optimized visually and technically – it features high resolution for displaying 3D images, such as the information about the current speed limit or warnings of the pedestrian recognition system.

XDRIVE TECHNOLOGY

XDrive technology, which is used in BMW 7 Series, in addition to providing typical advantages of a four-wheel drive, is a system which with its electronic control and instant power distribution between the front and rear wheels, ensures excellent traction, safety and optimal power utilization. The system has been set up to deliver greater agility and precision through corners as well, offers an ideal combination of dynamism and comfort, and provides the perfect basis for a refined driving experience.

FUNCTIONS FOR BUSINESS-PEOPLE

The latest-generation Professional navigation system features a full speech recognition function and optimised voice control system to complete the portfolio of office functions offered by Connected Drive as BMW further extends its innovative lead on this front as well.

The dictation function gives drivers the opportunity, for the first time, to dictate text freely and compose short text-based messages simply by saying what they wish to write. The multilingual system can recognise six languages. A further speech-based option to enhance office functionality is voice memos which can be sent directly by email if required.

VERDICT

The new BMW 7 Series, which I drove on Warsaw-Poznan-Warsaw route, is in my opinion a perfect car. The comfort available in limousines has been successfully combined with dynamic, large motors – which are an ideal choice for speed enthusiasts. With innovations such as Brake Energy Regeneration, BMW has managed to reduce fuel consumption and CO2 emissions. BMW's slogan "Sheer Driving Pleasure" is best shown in this model.

Marta Wilk

CONTACT

www.bmw.pl

PRICE

from PLN 345,500
for the 730d model



BMW's flagship model is all about sporty elegance, excellent drive technology and luxurious comfort. The luxurious interior and enhanced onboard features clearly show who is the leader in the segment.

DR IRENA ERIS COSMETIC INSTITUTE



CONTACT
www.DrIrenaEris.com/Instytut

PRICES
from PLN 295 to PLN 535
(€70 to €130);
treatment duration
- from 1.5 to 2 hours.

The upcoming spring has motivated me to test the latest treatment offered by Dr Irena Eris Cosmetic Institute. COLLAGÈNE meso-TECHNOLOGIES proved to be an intensive stimulating and regenerating treatment, resulting in rejuvenated skin.

PREPARATIONS

In a light, up-to-date treatment room, a beautician examined my face, asking about my health and the cosmetics I use. After removing my make-up, she put an enzyme peel mask and disinfected my skin with an antibacterial preparation.

Each patient who chooses COLLAGÈNE meso-TECHNOLOGIE buys their own roller with needles of 0,5mm, which is then stored in sterile conditions until the next treatment.

THE TREATMENT

The first part of the treatment, lasting 15 minutes, is all about

moving the roller vertically (three times in the same spot) across your cheeks, chin, jaw and the neck. The punctures are so delicate that no anaesthetization is necessary. Next, the beautician puts a collagen concentrate and - making use of the fact that the skin absorption increases after the punctures - massages the preparation with slow motion until the skin absorbs it. The next step is placing biomatrix mask with an algae and vitamin C extract. Then she presses it against the collagen-covered skin and activates it with warm mineral water. While I was lying in a comfortable bed, the beautician gave me a hand massage, and after the mask removal - a head drainage massage. Then, she put anti-wrinkle serum under my eyes. She informed me that putting make-up after the treatment is not advisable, as is touching the skin, bathing in the pool, or exposing to the sun. Similar treatment can be done to the skin around the eyes.

WHO CAN HAVE COLLAGÈNE?

The treatment is recommended for mature skin, which ages prematurely, is less flexible, and requires intensive rejuvenating stimulation. The final effect I experienced included smoothing the wrinkles and intense skin hydration, thanks to the collagen permeating deep into the skin. It's one of the most important components creating 70 to 80% of skin layers, responsible for the flexibility and firmness of the skin. The treatment contraindications include melanocytic nevus, antibiotic or roaccutane treatment or a tendency to develop keloidal scars.

VERDICT

Stimulation with new generation micro-needle rollers guarantees spectacular effects. It naturally stimulates collagen fibres enabling regeneration and absorbing active substances by deeper layers of the skin with no health hazard. Your face receives a stunning glow.



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www.rccl.pl

ENDORFINA AT FOKSAL

You might want to go Warsaw's Foksal Street until its very end. As a prize you will enjoy a good lunch or dinner in Endorfina restaurant, located in the historic Palace of the Zamoyski family.

INTERIOR

Many Varsovians know well the spacious rooms of SARP club. This is where we used to spend intoxicating nights having fun until the break of dawn. However, not everyone knows that as early as in 1776 the local gardens were a place of entertainment for the wealthy inhabitants of Warsaw, named "Vauxhall". The Palace was built between 1875-1877 to a design by Leonardo Marconi for count Konstanty Zamoyski. Also here in 1789 took off the first balloon flight in Warsaw, which was witnessed by King Stanisław August. Today, the place is renowned for its delicious cuisine. As befits the name, Endorfina (endorphine) can captivate, amaze, and even get you addicted. The restaurant

consists of two large and rooms, renovated in the new-old style. One features an old fireplace and antique furniture, while the other is decorated with modern furniture, and sophisticated moulding. However, what truly distinguishes the interior is the distinctive terrace and garden where in spring and summer, tables are set up. Major events that are often held here, also take place in the pavilion and the glass walled conservatory with old trees.

MENU

The chef Michał Górecki, who is a member of the elite Chefs' Club Foundation, offers European cuisine with elements of molecular cuisine. For an appetizer I chose a young beetroot cake on grilled oscypek cheese. Then the waiter brought a roasted eggplant with goat cheese and roasted tomatoes. I also tried pikeperch sous vide, served in Chablis sauce. As for meat dishes, I went for a breast of goose with marjoram, served with caramelized beets and cherries,

as well as a rack of lamb in rosemary sauce with Żubrówka – a dish which gave Michał Górecki the title of the Culinary Champion of Poland. Recently, the restaurant has introduced a special tasting menu (PLN 190), consisting of 7 or 9 items. These include such delicacies as smoked steak tartare, a loin of Baltic cod, consommé with goose dumplings, or rolls of turbot.

VERDICT

Good food, professional service, unique atmosphere. You can have lunch in the garden - in the very centre of Warsaw. It is an elegant establishment with spacious interior and many options of table arrangement. Endorfina hosts numerous parties and corporate events for up to 1,000 guests, with specially selected menu and the interior adapted to the needs of the organizers. It is a place with good food, where you can have fun at the club, or stroll through the garden and completely forget that you are in a big city.

Marzena Mróz



FOKSAL

CONTACT

Endorfina Foksal
ul. Foksal 2
00-366 Warszawa
tel. 22 827 54 11
www.endorfinafoksal.pl



Endorfina is a place with good food, where you can have fun at the club, or stroll through its garden and completely forget that you are in a big city.



BOOKS AND MUSIC

Marek Baranoski recommends books and CDs

Our national dish

A beautiful album with Polish dishes recipes, published under the patronage of the first lady - Anna Komorowska, who reveals a few of her own recipes. The book includes the recipes by the most prominent Polish chefs, like Wojciech Modest Amaro, Adam Komar, Grzegorz Labuda, Karol Okrasa, Paweł Oszczyk, Krzysztof Rabek and Marek Widomski. Each recipe comes with a photograph, and you have to admit the photos really make you take the effort to prepare the original and sophisticated dishes, yet still deep-rooted in the Polish tradition. We were delighted by the recipe of boar with parsley, poppy seed dumplings served with white mulberry sauce, sour beet-root soup with eel, ginger oil or buckwheat flummery with mead, dark chocolate and raspberry preserves.

„*Wykwintna kuchnia Polska*”, **Bosz Publishing House**

Mother and daughter travelling the world

Isn't a journey a nice way to strengthen the family bonds? A mother and a daughter - Claire and Mia, inspired by the itinerary of a crazy journey around the world called Global Scavenger Hunt; they set off on an expedition around Asia, Egypt, and the Balkans in order to end up living in the South of France. They fly kites with Chinese kids, take part in a programme to save the Indian elephant, search for the traces of their ancestors in Budapest, visit the SOS Children's Villages in Nepal, barely escape with their lives in Egypt, and discover how to live a happy life while in France. The book, which is an account of a journey during which the mother and daughter not only get to know different cultures but also themselves, is a quick and very pleasant read.

„*Kapitel ze słoniem*” **Claire i Mia Fontaine, Carta Blanca Publishing House**

Cuisine for every season

The author - an excellent chef, a member of international culinary organizations, including Cordon Noir Gourmet Club, Cercle des Chefs de Cuisine Bern Switzerland, Toques Blanches International - have invited prominent chefs to present their own recipes. The book is a collection of recipes for all seasons. The menu for pre-spring was made by Grzegorz Labuda, while spring delicacies are Dariusz Struciński's recipes. Summer recipes were proposed by Ewa Olejniczak, while "indian summer" - by Adam Chrzastowski. Ernest Jagodziński is responsible for early autumn, late autumn - Justyna Słupska-Kartaczowska while winter - Janusz Pura. Christmas recipes were prepared by Krzysztof Żurek, while carnival ones by Joseph Seleetso. Each recipe comes with an illustration, and looks mouth-watering.

Kurt Scheller „Blżej sztuki kulinarnej”, Słowe Publishing House

A few good ideas

Nick Cave & The Bad Seeds have recorded their 15th studio album. The record is titled "Push the Sky Away" and includes 10 new tracks. It was recorded in La Fabrique studio, located in a 19th-century mansion in the South of France. The album was produced by Nick Launey (Arcade Fire, PIL, Killing Joke, Talking Heads, INXS). "I entered the studio with a few ideas, but it was The Bad Seeds, who changed them into real jewels," says Nick Cave. The fans have been waiting for this gem for years.

„*Push the Sky Away*”, **Mystic Production**

Suspense on the stage

Alfred Hitchcock's films not only keep you in suspense, but also feature wonderful music. The CD is a compilation of music pearls taken from the films by the king of suspense. The CD premiere was combined with the premiere of the film "Hitchcock" by Sacha Gervasi, about the making of the legendary "Psycho". The album includes the famous piece called "Suite" by Bernard Herrmann, as well as tracks by such film music masters as Dimitri Tiomkin, Franz Waxman or Miklos Rosza.

„*Alfred Hitchcock and His Music*”



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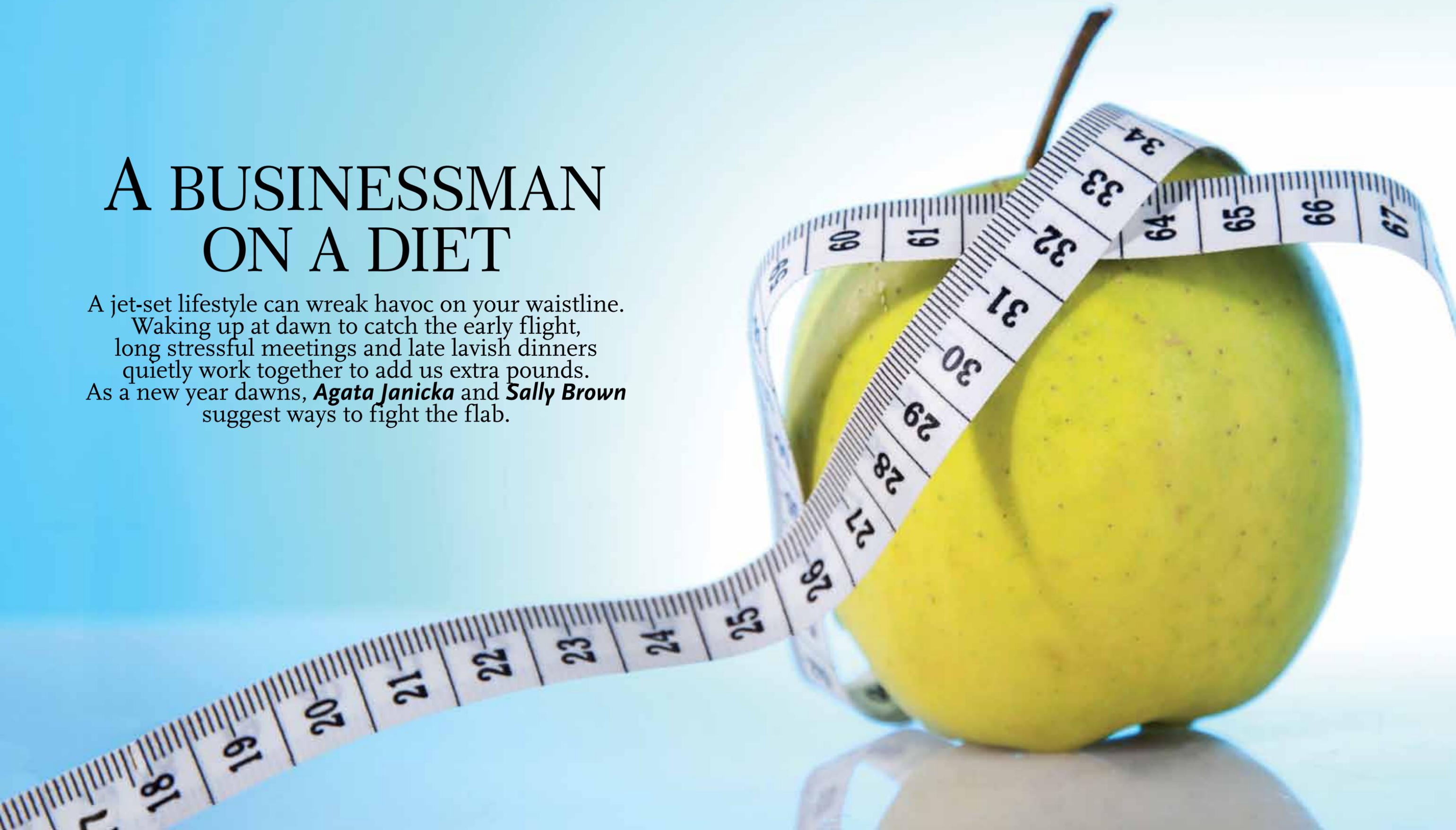
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Michelin Guide Recommendation

A BUSINESSMAN ON A DIET

A jet-set lifestyle can wreak havoc on your waistline. Waking up at dawn to catch the early flight, long stressful meetings and late lavish dinners quietly work together to add us extra pounds. As a new year dawns, **Agata Janicka** and **Sally Brown** suggest ways to fight the flab.



Easy access to unlimited free food and drink is the opposite of what you need when you're trying to lose weight. Anyway, it's just one of the "food" traps. Anyone who has ever tried any diet (that is about 90 percent of the population) knows a thing or two about it. If you're a frequent traveller, it can feel like the world is out to sabotage your attempts to stave off the flab. "Sticking to a healthy diet is simple – if you live alone and work from home," says nutritionist Ian Marber, author of *How Not To Get Fat*. "For anyone else, particularly those who travel a lot, it's a challenge." It's estimated that obesity as a social problem exists mostly in societies where food is abundant, and the dominant way of life does not require physical activity. Adults are classified as overweight when their body mass index (BMI) is in the range of 25-30 (more than that is classified as obesity). BMI is calculated by dividing weight in kilograms by the square of height in metres. This means that a person with a height of 180 cm who weighs 90 kg has a BMI of about 27.8.

MORE AND MORE KILOS

The results of the latest research show that being overweight or obese is a problem of more than 54% of adult Poles, with a predominance of males (64%). What's more, the obesity rate is still growing. In Europe, the problem is especially serious in Malta, the Czech Republic, Slovenia, Greece, Latvia, and Hungary. The thinnest nations are the French and the Belgians. In the UK about 42% of men and 32% women are overweight. Nigel Denby is seeing more and more top executives at his Mayfair and Harley Street clinics. "They're aware that their lifestyle has an impact on their health," he says. We all know now that being overweight puts you at increased risk of health problems such as heart disease and diabetes.

JET LAG AND CALORIES

Staying slim in today's food-abundant society is a challenge for anyone, but frequent travellers face more obstacles than most. Whether it's the onboard tuck shop or the working buffet lunch, it's easy to graze your way through the day. Corporate entertain-

ing is another hazard – studies show that the more people you eat with, the more calories you consume, says Professor Marion Hetherington from the University of Leeds. "You eat the most – up to 70 per cent more – when in a same-sex group," she says. Jet lag also plays a part, as sleep deprivation affects the body's ability to regulate appetite. Research by Dr Shahrad Taheri from the University of Birmingham has found it takes only two nights of having two or three hours less sleep than normal to result in 15 per cent more ghrelin (a hormone that boosts appetite), and 15 per cent less leptin (the "full-up" hormone) being produced, leaving you feeling hungry all the time.

DON'T WORK WHEN YOU EAT

Eating while you work is another culprit – have lunch in front of your laptop and you'll eat twice as many snacks later in the day than you would if you left the office to eat, according to a study from Bristol University. "If you don't pay attention while you eat, it doesn't get encoded as a memory, which is why you eat more later," Hetherington says. It's also easy to miss "full-up" signals



If you're a frequent traveller, it can feel like the world is out to sabotage your attempts to stave off the flab.



when you're distracted and eat too much – research shows we take in 14 per cent more calories if we eat while watching TV. Lack of routine is another factor. "Consistency is crucial when it comes to staying slim and healthy. It's what you do the majority of the time that counts," Marber says. Finding a few simple rules that work for you and sticking to them is the key, says Denby. "You can't change your lifestyle but you can find a way of making it work for you," he says.

One that works for lots of people, says diet guru Judith Wills, author of *Escape The Fat Trap For Life*, is cutting out "white" stuff. "Avoid white rice, white bread, white pasta, and other refined carbohydrates such as biscuits, pastries, pies and cakes," she says. "Nutritionally, you get nothing from them but calories."

EAT BEFORE A PARTY

"If you have a choice, opt for the three S's", says Denby: "Soup, salad or sushi are all good choices." Keep water by your wineglass and drink more from that. And, as we make better food choices when we're not starving, consider pre-eating before big events. "I order an omelette and salad from room service, so when I go out, I'm more likely

to lay off the canapés," Marber says. Small changes can make a difference over time – create even a small "energy gap" (by taking in fewer calories than you burn off) most days of the week, and you will lose weight. Research has shown that losing just 10 per cent of your body weight (for example, 21lbs if you weigh 15 stone) reduces your risk of diabetes by 58 per cent, lowers blood pressure and cholesterol, and reduces the risk of several cancers.

SEVEN WAYS TO WEIGH LESS

The lowdown on today's most talked-about diets, with expert verdicts from Judith Wills

1 5:2 DIET

The theory Five days of the week, you eat normally. On two non-consecutive days, limit your food intake to 600 calories (500 for women). As well as reducing your weekly calorie intake to result in a minimum 1lb fat loss, it may bring health benefits. Fasting has been shown to reduce cholesterol and blood pressure. There is also research that suggests intermittent calorie-restriction can stave off ageing by reducing levels of growth factor 1 (IGF-1) and switching cells from growth to repair mode. Not recommended for diabetics.

What you eat For best results, pack as many nutrients into food choices on fast days – boiled eggs, vegetable soup, grilled chicken breast or fish and steamed vegetables are all good choices. It's up to you whether you eat them in one meal or spread them out throughout the day. Drink lots of water – it's easy to get dehydrated when you're not eating much.

Expert's verdict "Works very well for many people and may be ideal for a business traveller who can find two days a week when it's possible to eat little without offending anyone," Wills says. "Nutrient lack isn't a problem as you are unlikely to have shortfalls in such a small timescale."

2 PALEO (CAVEMAN)

The theory Our "hunter-gatherer" digestive system has never adapted to the introduction of farmed food 9,000 years ago – cut out grains and dairy-based foods and you will effortlessly achieve a lean, hunter-gatherer physique and get rid of niggling health issues such as aching joints and skin problems.

What you eat You base your meals on lean protein, such as chicken, lean red meat, fish or eggs, add lots of non-starchy vegetables (everything but potatoes), and finish off



Water is responsible for transporting all nutrients to the body. Also without it, we wouldn't be able to remove waste products. So let's drink water – never mind if we want to lose weight or not.

with fruit. Not a cheap option, as you're encouraged to go for organic, free-range meat where possible. Not surprisingly, processed meats, salty and sugary foods are also verboten, but so are a whole list of "healthy" foods, including anything wheat or grain based (all types of bread and pasta, brown rice, bulgar wheat, couscous and quinoa), pulses (peas and all types of beans), and starchy vegetables. Milk and alcohol are also off-limits. If you stick to it, you should lose around 2lbs a week.

Expert's verdict "If you can manage to avoid alcohol, it is a fairly good diet," Wills says. "My only gripe is that you're not allowed legumes – pulses such as lentils and chickpeas which are full of nutrients and low in fat." More info The Paleo Answer by Dr Loren Cordain (£8.99, amazon.co.uk)

3 DUKAN

The theory This low-carb diet is enduringly popular, probably because of the rapid initial weight loss that most people experience on it (losing a stone in the first month isn't uncommon). There are four phases: Attack – between one to ten days of nothing but lean protein, plus a daily tablespoon of oatbran. Then comes Cruise, alternating days of protein-only with protein plus non-starchy veg, followed by Consolidation, in which you reintroduce foods such as fruit, bread and cheese and are allowed two "celebratory" meals a week that include your favourite foods and alcohol. The final phase allows you to eat whatever you want except on Thursdays, which is a protein-only day. What you eat Scrambled eggs with smoked salmon and grilled steak and salad (no chips) are favourites.

Expert's verdict "Like the Paleo, but lower in carbs because fruit is frowned upon – fruits contain more carbs than vegetables because of their higher sugar content. It should be easy to follow when travelling as the foods you can eat tend to be widely available. The healthiest type of high protein diet keeps saturated fat low, and includes plenty of healthy fats from oily fish, nuts, seeds and avocados."

More info dukandiet.co.uk

4 GL

The theory Based on a medical diet designed to lower blood sugar levels in diabetics, this is a high-fibre, lifelong eating plan rich in complex carbs such as wholegrains, pulses and vegetables. The idea is that slow-energy release foods discourage your body from storing fat by reducing insulin release, so all fast-release foods, such as sugary stuff and refined "white" carbs, are out. Good for



vegetarians and those who like their food in decent volume.

What you eat Porridge, baked beans on wholegrain toast, grilled salmon steak with roasted veg, hummus and oatcakes.

Expert's verdict "A good way to eat and lose weight without counting calories, for many people," Wills says. "But frequent travellers may find it hard to find the favoured low-GL foods such as wholegrains."

More info The 7-Day GL Diet by Nigel Denby, Tina Michelucci and Deborah Pyner (£9.59, amazon.co.uk)

5 DIET CHEF

The theory Pay a weekly fee (from £39) and a week's worth of calorie-controlled, microwavable meals are delivered to your door (you need to add your own fruit and veg). Other home delivery diets include purepackage.com – a daily delivery (within the M25) that includes fresh foods.

What you eat A typical day's eating might be treacle and pecan granola, or vanilla and ba-

If the diet doesn't help

When diets don't help, and the problem of obesity is becoming increasingly uncomfortable or threatening to your health - you need to use the help of doctors, specialists in aesthetic medicine. They will provide professional advice, and then propose one of the treatments that will not only restore your hope and confidence in yourself, but also improve your figure. Dr Szczyt Plastic Surgery Clinic is one of the places it's worth turning to. More details at: www.drsczyt.pl.

nana porridge, minestrone soup or chicken couscous salad, lasagne or salmon and vegetable curry.

Expert's verdict "It won't work on a week you're travelling unless you stuff all your packaged meals in your suitcase and have a microwave in your hotel room. Also, most diet deliveries ask you to add your own fruit and vegetables, which rather negates the point. But on a home-based week, the advantage is someone else does all the work for you – and with added fruit and vegetables, it's a nutritionally balanced diet."

More info dietchef.co.uk

6 LIGHTER LIFE

The theory Depending on how much you want to lose, you replace some or all of your daily meals with Lighter Life food packs, reducing your daily calorie intake to between 500 and 800 calories a day. The idea is that by taking "normal" food out of the equation, you get a break from the psychological issues that are bound up with eating. That leaves you emotional space to get to the bottom of why you overeat, with the help of weekly "team support" group counselling based on cognitive behavioural therapy. If you stick to it, weight loss can be rapid, with people losing over a stone a month.

What you eat Sunrise orange drink, minestrone soup, crispy cranberry and raspberry bar, beef casserole.

Expert's verdict "Too low in calories, I would have thought, for most busy people and unlikely to fit in with you if you do a lot of entertaining. The 5:2 would be better."

More info lighterlife.com, lighterlifeforwomen.com

7 MINDFULNESS DIETS

The theory The new zeitgeist in weight-loss thinking is that tuning into your natural appetite is the key to staying slim. That means learning how to recognise true hunger from other emotions (such as stress or boredom), and eating slowly without distractions when you do eat. Mindfulness, meditation and self-hypnosis techniques are used to help you retrain your brain.

What you eat Nothing's banned – but by tuning into your natural appetite, the theory is you gravitate towards healthier foods.

Expert's verdict "The best diet in the world won't work if you haven't got the right mental attitude to actually do it and continue with it, so any programme that helps you to find the motivation, determination and attitude to start and carry on can be very helpful," Wills says.

More info The Headspace Diet: Ten Days to Finding Your Ideal Weight by Andy Puddicombe (£9.09, amazon.co.uk)

CARE FOR YOUR HAIR

Medications, stress, illnesses, weight loss or simply aging – all these factors may cause your hair to become thinner, lose its colour, weaken and eventually ... fall out.

Agata Janicka finds out if there is an effective way to stop this process.



Sixty years ago, a certain physician decided to improve the effect of a medication by applying it directly to the affected area of the patient's skin. Since then, the method has been applied in various areas of medicine, and eventually ended up in aesthetic medicine. The results were surprisingly fast and spectacular. Most importantly, the method did not cause any damage to the human body. What are we talking about here? About the so-called mesotherapy.

UNIQUE PEPTIDES

Caregen Laboratory, a supplier of growth factors and biomimetic peptides for the world's largest cosmetic laboratories, has developed a series of medical products for hair care, which provide physicians with a powerful tool to fight hair problems. High efficiency of Dermaheal mesotherapy involves supplying the dermis, not only with high quality growth factors, but also with unique peptides which stimulate natural regenerative processes by releasing nourish-

ing and moisturizing elements. They are called biomimetic peptides, similar to aminopeptides produced by our bodies, that use small molecules to stimulate the production of collagen and elastin. These in turn are responsible for the smoothness and firmness of the skin. In addition, each of the formulations contains suitable active compounds, depending on the aesthetic problem which we wish to treat. In mesotherapy an individual approach to the problem is of utmost importance. The product should be formulated in such a way that apart from bringing direct effects to the affected area, it should naturally stimulate the skin to regenerate.

STRAIGHT TO THE POINT

Dermaheal HL is a specially developed mesotherapy cocktail which strengthens and restores hair follicles, at the same time preventing hair loss. Its unique composition, rich in appropriately selected peptides, stimulates and nourishes the scalp cells, which in turn stops hair

loss. Thus hair becomes dense and receives a healthy glow. The cocktail contains two types of peptides: Decapeptide 4 strengthens hair while stimulating hair follicles to produce strong hair shaft.

Copper Tripeptide1 - helps strengthen hair while stimulating hair follicles to produce strong hair shaft. Helps blood circulation in the scalp and revitalises hair follicles.

BENEFITS OF MESOTHERAPY

The method is completely natural and safe, as well as non-invasive. It allows you to achieve excellent and fast results, such as increased flexibility, radiance and firmness of hair.

Stosowana na całym świecie daje trwałe efekty w postaci korekcji zmarszczek, poprawy kondycji włosów, przywrócenia elastyczności skóry. It is also not too costly.

First, you need to undergo a treatment every 7-10 days to prevent hair loss. To maintain the effect, you should receive one treatment a month.

Dr. Maciej Kulicki of Dr Szczyt Plastic Surgery Clinic, recommends biomimetic peptide products, also to prepare the scalp to hair transplant surgery or to strengthen hair after transplantation. Peptides delivered directly into the dermis using mesotherapy, take action delaying the process of hair loss and stimulate new hair to grow faster.

Agata Janicka: Is aesthetic medicine effective for hair loss?

Dr. Maciej Kulicki: Aesthetic medicine improves the condition of hair. Apart from carefully selected shampoos and hair conditioners, we can take advantage of mesotherapy - a method that allows for provision of appropriate components under the skin - that is where hair follicles are situated - to stimulate correct "production" of hair. In some cases, hair transplantation is the only method to guarantee hair density around the front or top of the head.

AJ: Who usually comes to your clinic with such problems?

Dr MK: There are many reasons that cause hair problems. These include illness, hormonal imbalance or improper diet. Some medications, such as anti-cancer drugs, radiation therapy, trauma and stress, can cause permanent or temporary hair loss. We must, however, remember that over the years hair loses its natural colour and lustre, becomes thinner and more brittle, eventually falling out. When hair loss is bigger than hair "production", we deal with the so-called alopecia. It is one of the most visible signs of aging and external diseases. Our patients are both women and men who notice the changes in the quantity and quality of their hair. Sometimes they need to consult a dermatologist who will apply appropriate treatment. However, on most occasions it is a natural process that can be inhibited to some extent by appropriate nutrients, particularly those that can be provided into the immediate vicinity of hair follicles by means of needle mesotherapy.

AJ: What treatments do you recommend in particular?

Dr MK: In needle mesotherapy we use vitamins, minerals, hyaluronic acid, as well as some elements. Laboratories around the world are working hard to find preparations that will allow our cells to have a better life. Preparations containing synthetic peptides that stimulate the reparative processes in active cells, are becoming more and more popular. Those main aim of those peptides is to repair hair follicles, resulting in a longer period of hair growth, as well as improved thickness and lustre.

AJ: After what period of time can mesotherapy bring visible results?

Dr MK: In this therapy you should wait several weeks for best results. There are various programs of peptide administration to hairy skin. Usually, patients can see significant improvement after just 2-3 treatments.

AJ: Thank you for your time.



Dr Maciej Kulicki

Plastic surgeon, a graduate of Medical University of Warsaw. Second degree specialist in general surgery and a specialist in the field of plastic surgery. He practiced plastic surgery in Clinic at the Medical University of South Carolina in Charleston. He is a member of the Polish Society of Plastic, Reconstructive and Aesthetic Surgery. He works in Dr Szczyt Plastic Surgery Clinic.

The more peptides, the better effect

MESOTHERAPY

• Mesotherapy employs multiple injections (with thin needles) into the dermis to provide it with active substances, such as specially selected biomimetic peptides which stimulate the natural repair mechanisms of the skin, inhibiting hair loss. Effects can be seen already after a few treatment sessions, but it is the doctor who decides on the selection treatment and its length. Scalp needle mesotherapy is virtually painless and takes just a few minutes. Price: PLN 700-1,000



• Mesotherapy treatment with active biomimetic peptides is produced by Caregen - a Korean company which is a world leader in the production of peptides and growth factors for the cosmetics industry. Cosmetic companies often add peptides to their products, because they increase the effectiveness of preparations in an almost magical way. Research has shown that the more peptides, the better effect. It is mostly caused by the fact that every single peptide works on a single process that occurs in the skin, so for the effect to be noticeable, we need to provide the skin with a variety of peptides.



Katarzyna Ptasznik

The Managing Director at Anti-aging Institute, a company that supplies the Polish market with innovative and modern solutions in the area of biotechnology, aesthetic medicine, and professional cosmetology.

LUFTHANSA'S SUMMER NOVELTIES

Lufthansa is continuing to expand its services to popular leisure travel destinations. The new summer timetable includes new attractive holiday destinations.



CONTACT
www.lufthansa.com

Holidays are rapidly approaching, so it is time to carefully look at the map and choose the most attractive destinations and most convenient means of transport. Starting your holiday trip at one of the seven Polish airports served by Lufthansa, you will be able to quickly and comfortably fly to the most popular seaside resorts, but also explore the lesser-known corners of Europe.

MENORCA, JEREZ AND VARNA

A new service is planned to the Balearic island of Menorca, the smaller sister island of Mallorca. Non-stop flights from Munich, Düsseldorf, Hamburg and Berlin will land in Mahón, the capital of Menorca. The Andalusian city of Jerez de la Frontera in the Spanish holiday region of Costa de la Luz will be served this summer from Düsseldorf and Frankfurt. The Bulgarian

resort of Varna on the Black Sea is another new, sun-blessed destination that will be served from Düsseldorf.

BRITAIN REVEALED

Flights to two new British destinations will also depart from Düsseldorf: Cardiff, the capital of Wales, is an ideal starting point for holidays on the coast or in the Welsh mountains. Glasgow, the largest city in Scotland, is renowned for its vibrant

arts scene as well as for its architecture and design.

This summer, vacationers will benefit from a further six new connections to holiday regions around the Mediterranean. These, combined with existing summer destinations, will at times bring to 25 the number of seasonal destinations in Lufthansa's route network, most of which will be served from several airports in Germany.

OR MAYBE TO CANADA?

But that's not all the news. The comprehensive international flight network will be further expanded to include trips from Munich to Vancouver. From 16 May 2013, the new route to the largest city in British Columbia will be served daily with an Airbus A330. Vancouver is a major centre for trade and commerce. It also has Canada's largest seaport and is home to the headquarters of numerous forestry and mining companies.

HOLIDAYS IN HONG KONG

Lovers of Far East will not be disappointed, either. The latest addition to the Lufthansa fleet, the Boeing 747-8, has rapidly become a favourite among Lufthansa passengers. The "Queen of the Skies" is currently deployed on routes to Washington and Los Angeles, as well as to Bangalore and Delhi in India. Overall, in the summer timetable, Lufthansa customers will have a choice of flights to 218 Lufthansa destinations in 82 countries. Whether they are taking a beach vacation, a discovery tour or a city break - they can enjoy the full service of a scheduled airline when they fly with Lufthansa to their holiday destination.

AWARDED ON-BOARD SERVICE

It is worth emphasizing the traditionally high standard of service on board Lufthansa aircraft. The carrier has been repeatedly recognized in the industry rankings and consum-

er surveys. Lufthansa is also known for its convenient flight times. The carrier lands only at airports which offers convenient local communication. Thanks to this, passengers are saved unnecessary stress and unexpected expenses. Travelling with Lufthansa, you can also collect miles in the "Miles & More" loyalty programme, which celebrates its 20th anniversary this year. The carrier also remembers about

attractive promotions, which you can optimize your travel costs without sacrificing comfort. Searching and booking flights via Lufthansa's (lufthansa.com) is fast and easy. For Polish customers Lufthansa prepares a special weekly newsletter sent to their email accounts. The subscribers to the newsletter learn in advance about the latest promotions and exclusive offers by Lufthansa's partners.

Overall, in the summer timetable, Lufthansa customers will have a choice of flights to 218 Lufthansa destinations in 82 countries



FOT: MATERIALY PRASOWE

YOUR DREAMS IN YOUR iPhone

The ibis family launches iPhone Sleep Art



record time simultaneously in 57 countries. It centres on the modernization of the ibis family brands and focuses on providing guests with a happy sleep, notably thanks to the brand's new bedding: Sweet Bed™ by ibis.

An opinion poll carried out by Ifop company on behalf of ibis brand in May 2011 concluded that for hotel guests a comfortable bed is one of the most important factors which determine whether a stay in a hotel is pleasant or not. Guided by these results, the group set up a team of experts in various fields: marketing, engineering, design, procurement and logistics, who started working on the project a new bed for ibis chain. The new generation beds incorporate the latest technology, innovation and unique design, which until recently has been absent in most hotels. Each element, part and detail have been carefully thought out, analysed, designed, compared, and finally tested to ensure Accor guests will have a good night's sleep for 365 nights a year.

Before the new beds were sent to all ibis hotels worldwide, they were thoroughly tested. The re-

searchers interviewed over 1,000 hotel guests who expressed their opinion and rated the overall comfort provided by the beds. The tests were carried out in France, the UK, Latin America and the Asia-Pacific region. The results of the research confirmed the improvement of comfort. Summarizing all the responses, the guests evaluated the new formula as providing "absolute



comfort," giving it 8.4 points out of 10. Sweet Bed by ibis is the first and largest bed replacement project in the economic hospitality industry, conducted in such a short time.

SLEEP ART IN THE SPIRIT OF IBIS FAMILY PROMISE

Last year, the hotels of the ibis family joined forces with the Swedish company ACNE and the creative department of BETC Digital to create a technologically unique experience. For the first time in the history of hospitality industry, guests were able to transfer their dreams directly onto the canvas. This unprecedented digital operation ran for a three-month period in the four major European capitals of Paris, Berlin, London and Warsaw. In October 2012, the ibis family created this unique technological experience using a robot and 80 sensors that were connected to the Sweet Bed™ by ibis, ibis Styles and ibis budget. During the operation, the winners of a competition organized by the brand on Facebook were able to spend an exceptional night and take their own canvas home.

Sweet dreams!
This is one of the most popular things we say, wishing somebody a good night.
Now, with application called Sleep Art by ibis, iPhone users can see not only if their night dreams were colourful, but can also admire original pieces of digital artwork that their dreams are transformed into.



accorhotels.com
ibis.com
ibisbudget.com
ibisstyles.com

Sweet dreams! This is one of the most popular things we say, wishing somebody a good night. Apparently, people dream every night, though it happens that on waking up we don't remember our dreams. Now, with application called Sleep Art by ibis, iPhone users can see not only if their night dreams were colourful, but can also admire original pieces of digital artwork that their dreams are transformed into.

Sleep Art is a unique digital experience that charts on canvas the wonderful comfort of a night's sleep. Until recently, you could have this experience when staying in one of selected ibis hotels. Now, this digital ex-

perience created by the ibis family in collaboration with BETC Digital, is free and available for all iPhone users upon downloading a special app.

HOW DOES THE APP WORK?

Once the Sleep Art app has been programmed, the iPhone becomes a sensor that captures movements and sounds. This data is converted real-time into a virtual "work of art" as the user sleeps. The app is extremely simple to use. After downloading it for free, the user plugs in his/her iPhone to charge and sets the alarm clock. The iPhone is placed on the mattress and the app runs all through the night. The sleeper is woken by Sleep Art's gentle music and discov-

ers the work of art produced by his/her night's sleep. Users can chart their picture's progress minute by minute on the screen. These virtual works of art are stored in the gallery and users can therefore compare each night's sleep and share results by email or on Facebook, so that as many people as possible can also find out about this unique digital experience. The app is compatible with new generation iPhones and the iOS 5 and 6 operating systems.

IT STARTED WITH BEDS

This new application has been created as a continuation of the ibis brand transformation, which kicked off in September 2011 and was completed in



FOT: ACCOR.COM

STARWOOD PREFERRED GUEST®

– LOYALTY PAYS OFF

Starwood Hotels & Resorts continues to pamper its most loyal guests. As a result of these observations, Starwood has introduced new benefits to SPG programme, which is a revolution in the market of hotel loyalty programmes.



The Romanos, a Luxury Collection Hotel, Costa Navarino

The revolution in the market of hotel loyalty programmes began in 1999, when Starwood launched Starwood Preferred Guest® (SPG) programme, offering its participants the possibility of exchanging points for rooms without any restrictions, as is the case with other loyalty programs. Any vacant standard room in a Starwood hotel can now be booked and paid for with Starpoints.

Every year Starwood improves its programme, offering breakthrough solutions, such as SPG Moments, where points can be exchanged for an exciting experience: backstage passes, individual meetings with artists, a seat in a VIP box at Formula 1 races, and many more.

In 2012 Starwood surprised its competitors by introducing the service of an ambassador who offers assistance before, during and after your stay at the

hotel. Another novelty was Your 24 service with flexible check-in and check-out times. Elite members of SPG can check out exactly 24 hours after his arrival at the hotel. In this way, traditional fixed check-in and check-out times were abolished.

SPG IN PARTNERSHIP WITH DELTA AIR LINES

There is more to come. At the beginning of this year, Starwood announced a global partnership

with Delta Air Lines in which Starwood Hotels guests who are also premium members of the SPG programme, as well as passengers of Delta Air Lines who are holders of both SkyMiles Diamond and Platinum Medallion cards, can enjoy benefits provided by both companies.

The joint programme called Crossover Rewards™ was launched on 1 March this year. Just register at delta.com/crossoverrewards or spg.com/crossoverrewards to start enjoying the benefits of the programme. How does it work in practice? SkyMiles Diamond and Platinum Medallion members will have access to added benefits including priority check-in, 4 p.m. late checkout and free in-room internet access when staying at Starwood Hotels and Resorts. All Delta Medallion members also will earn one mile per dollar spent on eligible room rates when staying with Starwood in addition to the Starpoints usually earned for their stay. In turn, SPG Platinum members will receive one free checked

bag, priority check-in and priority boarding when flying Delta. SPG elite members will earn one Starpoint per dollar spent on eligible flights in addition to the miles usually earned for their flight.

SPG FOR GUESTS SHERATON CLUB

Sheraton hotels have prepared a special offer for members of Starwood Preferred Guest® (SPG) loyalty programme. You can earn a 1,000 Starpoints bonus for every Sheraton Club room stay consumed through 31 May. Sheraton Club is available seven days a week and offers the best views, excellent service, and benefits such as complimentary breakfast, snacks and drinks available throughout the day, evening cocktails, and much more.

SPG IN RESTAURANTS AND BARS

SPG is not only about benefits in hotel rooms. SPG members can receive discounts ranging from 10% to 30% at over 870 participating restaurants and

bars globally. In addition to savings, SPG members will also enjoy themed monthly promotions at participating restaurants and bars, while families who dine together may be entitled to benefits such as free desserts for kids and 4 for the price of 3 dining offers.

In addition to uniting an amazing collection of chefs and cuisine with SPG members, SPG Moments will provide members with the opportunity to indulge in memorable culinary experiences. Starpoints can now be redeemed for cooking classes with top chefs from around the world. Marc Vondrasek, Senior Vice President, Distribution, Loyalty and Partnership Marketing, Starwood Hotels & Resorts assures there is more to come: "Starwood Preferred Guest programme continues to expand its offer of benefits to provide unique rewards for customers who are loyal to our brands. We believe that this approach to business will cause our guests to be even more committed to our brands and the SPG programme."

Starwood Preferred Guest programme now offers a wider choice of benefits for its members.

They now can receive discounts ranging from 10% to 30% at over 870 participating restaurants and bars globally.



Naka Island, a Luxury Collection Resort and Spa, Phuket

IDEAS FOR AN ENJOYABLE HOLIDAY

Regional Product Fair REGIONALIA, the first Agro-Tourism Fair, and the 18th Tourism and Recreation Fair: LATO, are great opportunities for busy businesspeople to find out about the unique flavours of the regions.



MORE INFO

www.targiregionalia.pl
www.targiagroturystyka.pl
www.targilato.pl

It is worth following this culinary trail to find ideas for a holiday close to nature in Poland or abroad. For three days – from 19 to 21 April 2013 – the Trade Fair and Congress Centre MT Polska in Warsaw will host as many as three fairs at the same time. The exhibitors will present local products from all over Poland and from abroad, including healthy and organic food and handicraft. There will be plenty of inspirations for holiday away from the hustle and bustle of the city, as well as a rich tourist offer. For spring-summer season – the offer will include domestic and foreign destinations, presented as a part of the SUMMER Fair. The events will feature wine tastings, culinary demonstrations and inspiring contests with prizes.

"Each manager should find a moment to relax," says Bartosz Sosnowski, the President of MT Poland, which organizes the Regional Product Fair and Agro-Tourism Fair. Trips

to nature are always a perfect choice. Many such ideas will be presented in Congress Centre MT Polska. This will also be an opportunity to appreciate the taste of healthy food, meet local producers, and learn about rich culinary heritage of our country. The list of traditional Polish products consists of over 1,000 items, many of which will be present on the stands.

REGIONAL BEER FESTIVAL

For the first time this year the REGIONALIA Fair will also feature the Regional Beer Festival, during which local breweries will present their amber fluid. Visitors will have an opportunity to taste unique products of local breweries, often prepared using traditional recipes and a wealth of local ingredients.

LOCAL SMELLS AND FLAVOURS

In addition to local beers, producers will also present a wide range of regional products from

Poland and abroad, as well as healthy and organic food. There will also be original wood crafts, hand-made jewellery and fashion inspired by folklore. The Agro-Tourism Fair invites visitors to find out about the offer of tourist farms, private lodgings and cottages.

THREE DAYS OF ATTRACTIONS

Participants of the fair will enjoy numerous attractions. The events will feature wine tastings, culinary demonstrations for children, and inspiring contests with prizes. There will also be a lecture entitled: "Gluten-free menu and gluten-free foods," which will be particularly interesting to people who are on a gluten-free diet.

The Fair of Regional Products REGIONALIA (20-22 April), the Agro-Tourism Fair, as well as the Fair of Tourism and Recreation: LATO, will be held from 19-21 April at Marsa 56c Street, Warsaw.

SUMMER WITH SWISS

Swiss International Air Lines will be expanding its services and capacities to Asia and North America in its 2013 summer schedules. A new direct connection between Zurich and Singapore will be launched in May.

SWISS will be expanding its range of services to and from Asia during the 2013 summer timetable period. From 12 May onwards the airline will offer a new daily non-stop flight between Zurich and Singapore. The new route will be operated with Airbus A340-300 equipment providing 219 seats in a three-class cabin configuration. Singapore is SWISS's eighth Asian destination from its Zurich hub.

MORE OPPORTUNITIES

The airline will also be increasing the capacity on its Zurich-Beijing services from the start of the summer schedules by switching these flights from Airbus A340 to A330 operation. Additional capacity will also be offered to and from North America from the end of March, when the equipment used on the Zurich-Newark service is also switched to an Airbus A330 with 236 seats. And, as in 2012, the frequencies on SWISS's Zurich-Chicago route will be raised from a daily service to eleven flights a week from June onwards.

TO LISBON AND TO SARDINIA.

SWISS is also making selective adjustments to its European services from Zurich in its summer schedules in response to seasonal demand. These will see frequencies increased to various popular leisure destinations, especially in Southern Europe. The airline will add a further daily flight to its Zurich-Lisbon route from April onwards. And two new destinations, Olbia and Catania, will join the network from July to August. SWISS will also be expanding its Zurich-Barcelona service from 28 to 32 flights a week over the same July-to-August period, while services on the Zurich-Dublin route will be increased from seven to nine weekly flights.

73 DESTINATIONS IN 39 COUNTRIES

SWISS will also be expanding its range of services from Geneva. The two new destinations of Olbia and Catania will be added to the Geneva-based network from May onwards, each receiving twice-weekly service. Frequencies will also be increased from May on the Gene-

va-Malaga route (to four weekly services) and the Geneva-Palma de Mallorca route (to five weekly flights). And a further point will be added to Geneva's destination portfolio at the end of June: Porto, which will receive twice-weekly service until the beginning of September. The SWISS route network will extend to a total of 73 destinations in 39 countries. The services will be provided by a fleet of 92 aircraft.

EDELWEISS AIR / SWISS LEISURE FLIGHTS

SWISS will also be providing further summer air services to attractive leisure destinations all over the world with its partner Edelweiss Air. From Zurich, the new services introduced last summer to Tampa Bay and Vancouver will be offered once again. Weekly services will also be provided from Zurich to various other destinations including Male and Punta Cana. In a further extension of the partners' collaboration, one of SWISS's three daily Zurich-New York flights will be operated by Edelweiss Air from the end of March onwards. The summer timetable period runs from 31 March to 26 October.



CONTACT
swiss.com



SWISS is making adjustments to its European services in its summer schedules in response to seasonal demand.

PASSENGERS WILL WANT TO FLY WITH US AGAIN

Marzena Mróz talks to **Tamas Hanyi**, Country manager Poland & Hungary airberlin



airberlin has decided to expand its offer in Central Europe, increasing the number of connections from Poland to Berlin. What prompted you to make this decision?

Poland is a very interesting market for us: an emerging market with an increasing need for business travel options and growing interest in worldwide leisure travel. So we decided to open up our third nonstop route between Warsaw and Berlin. We operate up to three daily flights between Warsaw and Berlin, 18 flights a week in total, making us the carrier with the most flights between Warsaw and Berlin. Also, we are going to increase our frequency between Krakow and Berlin from two to three daily flights from Monday till Friday, offering more and better connections via our Berlin hub. Our flights to and from Gdansk to Berlin will remain the same with two daily flights.

How do you assess the potential of the Polish aviation market?

Poland is clearly amongst those countries in Europe where we see a chance to grow; hence, air-

berlin identified Poland as one of the key markets. Competition is also becoming more fierce – both from new entrants and existing carriers increasing capacity – which are evident signs for the potential the Polish aviation market has, as everybody wants to be part of this development and have a healthy share of the business.

airberlin, Germany's second largest airline, served more than 33 million passengers in 2012. How do you predict this number to increase, following your decision to expand airberlin's route network in Poland, by offering three daily flights from Warsaw to Berlin?

The routes to and from Poland performed very well and we are satisfied with the overall result. Making further investments in the market and opening up a new route to Warsaw as well as increasing of frequencies from Krakow to Berlin support our focus on Central and Eastern Europe. While any new route needs to be established and become known among travelers we are sure that Berlin – Warsaw will contribute to our success in

2013. We do have all the possibilities to do so by offering flight times convenient for business and leisure travelers and excellent connections beyond Berlin for all travelers from Poland.

Which Polish airports are served by AirBerlin? Can we expect AirBerlin to further expand its services in Poland, offering its services also from other Polish airports?

airberlin flies to three destinations in Poland out of Berlin: Warsaw, Krakow, Gdansk. We have 8 flights a day during the week, and a total of 48 flights per week. Considering that one year ago we had 4 flights per week, this is a very significant increase. However at the moment, we do not plan to add additional destinations as we are serving the main airports in Poland.

Why is it worth flying with airberlin to the German capital?

First of all, we have an attractive route network and offer up to three daily flights from all Polish destinations to Berlin and

numerous connection flights are available for travelers from Poland. We have excellent service on board which has been awarded several times during the last years. We are known as the airline with "the heart". Since several years, the airberlin chocolate hearts which we present to every passenger leaving the plane at the end of all German domestic and Euroshuttle flights, is airberlin's trademark and a symbol of our service orientation. Besides, Berlin has been becoming very popular destination for incentive trips, as in addition to the great venues, the city caters for all sorts of interest, whether its museums, arts, cafes, nightlife, shopping, sightseeing and surely has of the most fascinating history in Europe.

What destinations can we reach, flying via Berlin hub?

Travelers from Poland can reach up to nine destinations within Germany and up to 42 destinations within Europe, among them are Dusseldorf, Vienna, Gothenburg, Stockholm, Copenhagen, Oslo as well as Barcelona, Madrid, Malaga, Rome and Tel Aviv to name a few. Within our international route network flight guests from Poland can reach the new destination Chicago - also starting on the 23rd of March - New York, Miami, Los Angeles, Bangkok or Abu Dhabi. Via Abu Dhabi – which is a fantastic airport to transfer - travel-

ers can reach numerous destinations with our strategic partner Etihad Airways in Asia, Africa, Australia and the Pacific.

Are you competitive?

As mentioned before, our route network, our frequencies out of Poland and the full service we offer on board make airberlin very competitive. Although we have a high service standard, our prices are reasonable starting from 369 Zlotys for a return ticket to Berlin. In addition, we offer special fares during sales promotions on a regular basis.

The fleet of AirBerlin, with an average age of five years, is considered to be one of the newest in Europe. What type of aircraft does your fleet consist of?

Indeed, our fleet is one of the most modern in Europe. We have different aircraft in our fleet. For long haul we are using the Airbus A 330-200/300. Our short and medium haul flights we mostly use fleet comprises of Boeing 737-700/800, Airbus 319/320/321, as well as the Bombardier Dash Q400.

What is so special about AirBerlin's business class offered on long-haul routes?

So that our flight guests can enjoy a maximum of convenience and service, we have constantly improved our product. As part of this and as a result of our ongoing product harmonization with Etihad Airways airberlin recent-

ly introduced a new Business Class. The new cabin configuration with 19 seats offering flight guests even more privacy as well as direct access from every spot to the aisle. A full-flat function quickly transforms the new seats into a comfortable sleeping configuration and guarantees a relaxing and pleasant flight. In addition, the seats have a massage function. An individual in-flight entertainment system with 15-inch monitors provides entertainment on board for every seat. More than 200 hours of entertainment is available to choose from, with current movies TV series, music, games and a USB interface, so we can confidently say this is one of the best product you can get today on a flight with a European airline. And by the way, the food and the wine selections are excellent too.

What are your goals for the near future?

I have been working for airberlin since December 2012 as Country Manager Poland and since January, I am also responsible for Hungary. Together with the teams in Poland and Hungary, we aim to make airberlin even better known in both markets and pursue even more people to choose our airline. We are pretty confident that once experiencing our product, our flight guests will see the great value we offer and will choose airberlin for their next flight again.

Our flight guests can enjoy a maximum of convenience and service, we have constantly improved our product. We can confidently say this is one of the best product you can get today on a flight with a European airline.



BORNEO THE LAST PARADISE

If you feel like observing orangutans in the jungle, see the world's biggest flower and take a picture of the most stunning sunsets - you should go to Borneo. And you had better hurry up, as soon the beauty of the island may be just a faded memory, warns **Marzena Mróz**, who has just got back from this incredible place.



Unfortunately, people interfere with this natural ecosystem and in a few years' time Borneo might be merely a desert with just a few forest oases. Within the last 20 years, half of the island's forests has been cleared out.

The world's third biggest island - after Greenland and New Guinea - is still green and wild in some parts. Only here can you see orangutans and long-nosed monkeys living in the rainforest, canoe down the Kinabatangan River, climb Mont Kinabalu, the highest mountain in the South-Eastern Asia, see the biggest flower in the world - *Rafflesia arnoldii*, shake hands with descendants of head hunters and spend a few days on Galapagos. Unfortunately, people interfere with this natural ecosystem and in a few years' time Borneo might be merely a desert with just a few forest oases. Within the last 20 years, half of the island's forests has been cleared out and replaced with oil palms, as the plantation of these trees proved to be a successful business.

RESCUING THE ISLAND

The damage is astounding. It turns out that over the last 30 years, Borneo has been haemorrhaging 2 million hectares of forest a year to loggers, forest fires and plantations. The governments of Malaysia and Indonesia, which rule the island, declare to combat illegal logging and promise that the cleared areas will once again be afforested. However, it seems an empty promise as reforestation of 4,000 ha costs \$60 million. And the rainforest of Borneo is a real nature's wonder. Within the last 15 years, scientists have discovered 300 species of animals and plants living here. New plant species may be useful when treating various diseases like malaria or AIDS. However, these facts mean nothing to corporations making profit out of selling palm oil and wood. The forest is still being cleared, which is a threat not only to the people, but also all animals living in the jungle including pygmy elephants, clouded leopard or Sumatran rhinoceros.

ORANGUTAN - THE MAN OF THE FOREST

Orangutans - those intelligent, red-haired animals, whose certain behaviours resemble those seen in humans, live only on Borneo and Sumatra. They are among the closest human relatives, together with chimpanzees and gorillas, sharing 97% of the genome. They spend most of their life on trees, feeding on fruit, leaves, termites and birds' eggs. On the island there are merely 60,000 of them and the population is dropping significantly, even 10% a year! If this trend continues, in 20 years' time the only



Only here can you see orangutans and long-nosed monkeys living in the rainforest, canoe on the Kinabatangan river and watch the surrounding jungle, climb Mount Kinabalu which is the highest mountain in Southeast Asia, see *Rafflesia* - the world's biggest flower, and shake hands of descendants of the renowned head hunters.





In Tunku Abdul Rahman National Park on Gaya island, you can have a rest at the luxurious Gaya Island resort. Comfortable houses in the middle of the jungle, one of the best spas in the South-Eastern Asia and excellent cuisine are characteristic of this place.

place to watch orangutans will be zoos. Today we can still observe them in the wild, as well as in the so called rehabilitation centres and monkey orphanages. One of the most frequently visited of them is Sepilok, located 25 kilometres from Sandakan, on the North-Eastern part of the island. The place is a home to orangutans found away from their natural habitat. Some of them were taken away from people, who kept them in cages and tried to sell. You can watch them twice a day from a distance during their feeding time or when they play, hanging on the ropes which spread from tree to tree.

CANOEING DOWN THE RIVER

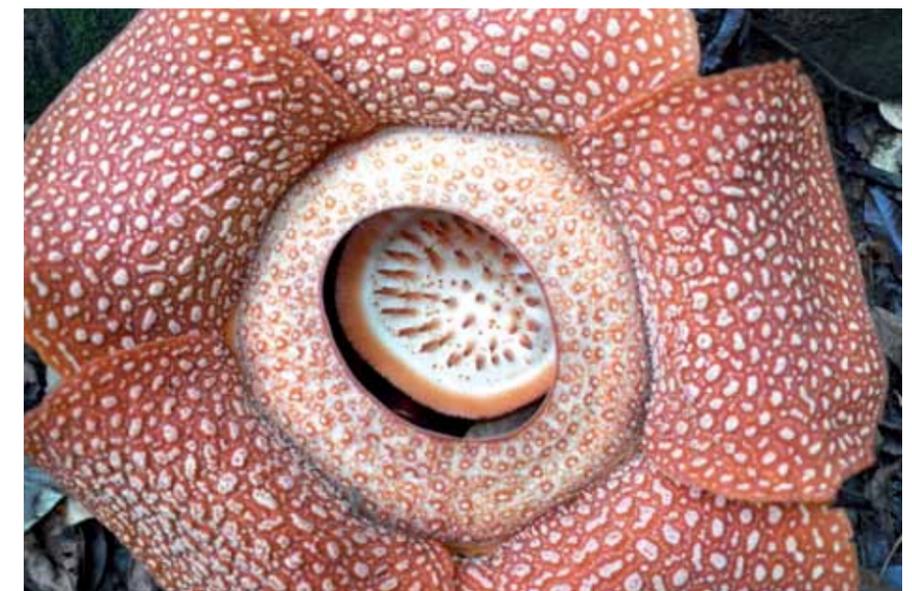
There's no better place to see the jungle than the banks of the river. It's worth getting to Kinabatangan River, stay in one of the austere lodges, and canoe in the morning or afternoon down the river to look for animals: pygmy elephants, white crocodiles, orangutans, komodo dragons, flying squirrels, snakes and exotic birds. Water in the river is rust-coloured and flows quite slowly. The family of my guide - Mahomet - has lived by Kinabatangan for over 100 years. He learnt from them the laws of the jungle, and they taught him there's no better cure for malaria than the extract from papaya leaves. When three years ago he fell ill, he tested his grandmother's method on himself. He recovered. Nobody else can track down monkeys, snakes and scorpions as effectively as him.

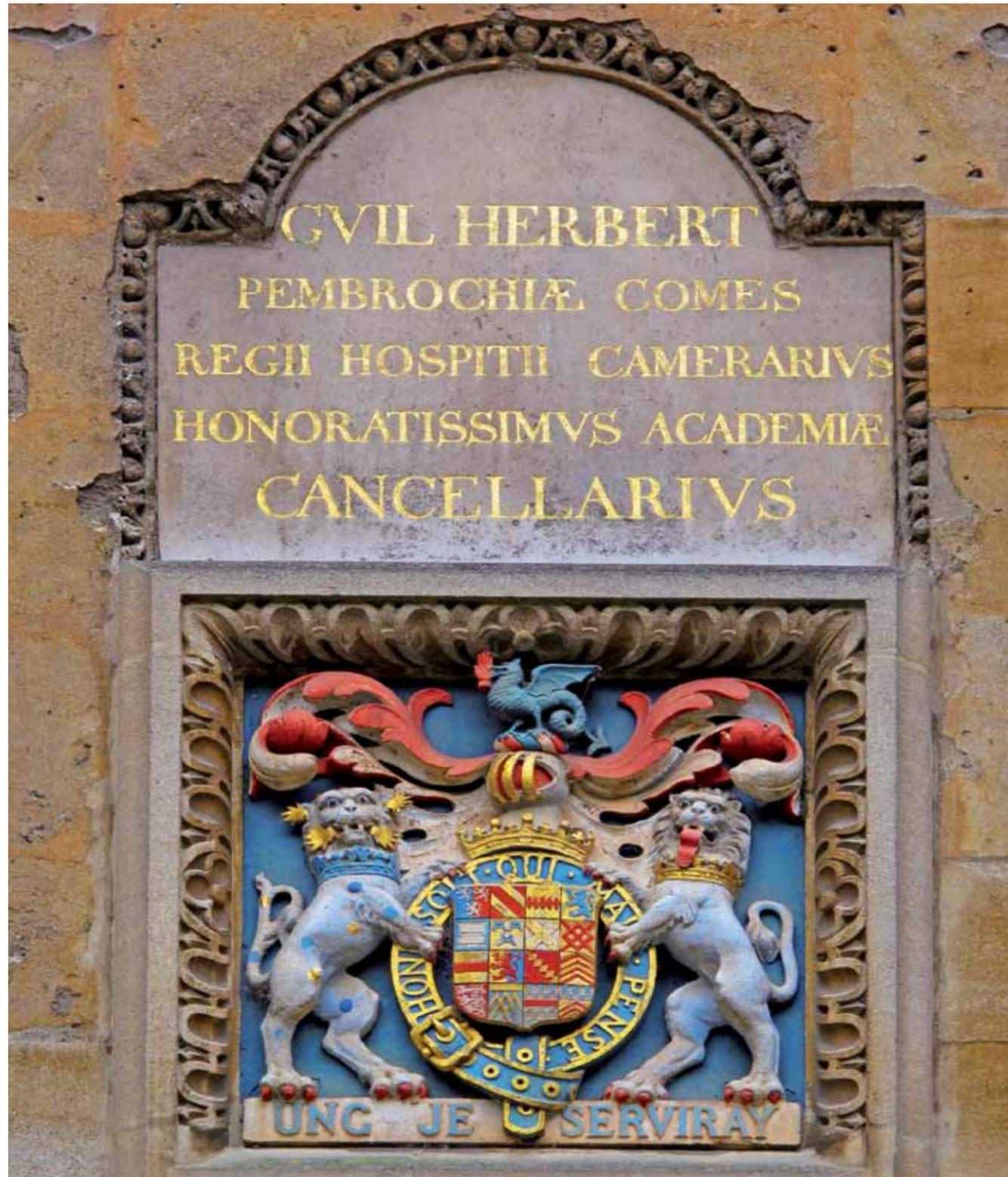
TO SEE THE RAFFLESIA

Borneo is still a paradise for enthusiasts of exotic flowers. Here you can see the smallest orchid in the world, which is as tiny as a grain of rice. Rafflesia arnoldii - considered the world's biggest single flower - is one of the biggest attractions. This unique plant doesn't have a stem, leaves, and roots. However its red-brownish flower is 1m in diameter and weighs even up to 10 kg. The remaining part of the plant consists of long, thread-like cells. Their function is to suck juices out of its host, since Rafflesia arnoldii is an obligate parasite. Rafflesia keithii Meijer can be found in Borneo in the region of Sabah. It grows in humid rainforests, mostly in lowlands and hills, close to the streams and rivers at the altitude of 250-940 m. It's more and more difficult to find them, as they blossom once every 5 years to wither after just 7 days, giving off the smell of rotten meat. How can you find this plant? Usually, when it's in blossom, the owner of the area hangs out a handwritten message by the road. If you see one, you have to take the effort of finding "rafflesia garden", but it's worth it.



Rafflesia arnoldii - considered the world's biggest single flower - is one of the biggest attraction. While its red-brownish flower is 1m in diameter and weighs even up to 10 kg. It blossoms once every 7 years.





MEET IN OXFORD

What better way to add gravitas to your meeting than hold it in the City of Dreaming Spires? **Michelle Mannion** finds out what venues are on offer

PEMBROKE COLLEGE

Founded in 1624, Pembroke is one of the 38 colleges that make up the University of Oxford. Its alumni includes everyone from Samuel Johnson to Michael Heseltine, while JRR Tolkien and Roger Bannister taught here. Walking into the serene Old Quad, you immediately feel at a remove from the bustling city centre.

The 19th-century dining hall, with its high wooden vaulted ceiling and heraldic shields, can host 150 delegates for dinner or 120 theatre-style – its upstairs gallery has a cabinet full of memorabilia commemorating Bannister’s four-minute mile, and can hold a small reception. There are several smaller meeting rooms, while the stone-walled college bar can be used for drinks and marquees can be set up.

As we went to press a £35 million extension was about to open with a 170-seat lecture theatre, meeting rooms, a café and 96 bedrooms, bringing the number of en suite bedrooms available outside term time to 186. Limited room availability in term time means large conferences are best organised in August, September or at Easter. Dinners and receptions are possible year-round.

Pembroke College; pmb.ox.ac.uk/conferences

EXAMINATIONS SCHOOLS

Inaugurated in 1883, the Grade II Listed Examinations Schools is where thousands of the university’s undergraduates sit their exams. It is also Oxford’s largest city-centre conference venue, with almost 1,200 sqm of floor space.

On the ground level are 11 elegant rooms for between ten and 120 people, all with ornate clocks set to precisely the same time. Up a sweeping staircase are the North, South and East School rooms, each attractive, high-ceilinged spaces with wood panelling and oil portraits. The T-shaped South holds 440 delegates theatre-style and has an examiner’s throne designed by Sir Christopher Wren, while the North accommodates 330 and the East 160. Availability is limited in term time.

High Street; examschools.ox.ac.uk

OXFORD TOWN HALL

The city’s municipal headquarters since 1897, this Grade II Listed building has a range of historic spaces. The grand Main Hall boasts a soaring alcove ceiling, elaborate plasterwork and a Henry Willis organ (its twin is in Blenheim Palace) and holds 500 delegates theatre-style (742 including the balcony). The beautiful Assembly Room and Old Library adjoin each other

and hold 120 and 100 people for dinner respectively, while the Council Chamber seats 106. The Court room, the former magistrates’ court, was used in episodes of Inspector Morse and seats 93, while the Judge and Jury rooms offer boardroom set-ups. St Aldate’s; oxford.gov.uk

MACDONALD RANDOLPH HOTEL

Morse aficionados will love the Randolph – the city’s only five-star hotel, its bar was a regular haunt of the TV detective, who declared it served “a decent pint”. It has duly been named the Morse bar and its walls feature stills from the show.

Built in 1864, the centrally located property has a refined, welcoming feel. The ground-floor ballroom has huge crystal chandeliers that are replicas of those from the Titanic – it holds 230 guests for a banquet and has a pre-function area with a bar. Also adjoining the bar, the Lancaster room hosts 100 for a reception, and there are several smaller meeting rooms. The hotel has 151 stylish guestrooms, a small spa and gym.

Beaumont Street; macdonaldhotels.co.uk

ASHMOLEAN

Britain’s oldest public museum, the Ashmolean was founded in 1683 and houses the university’s superb art and archaeology collections. The current site was inaugurated in 1845, though it reopened in 2009 following a major reconstruction that kept the neoclassical façade but created a striking new



five-floor building arranged around an atrium. Its galleries showcase artefacts and art from 8,000BC to the present, with treasures including Guy Fawkes’ lantern, the mantle of Powhatan (the father of Pocahontas), and the world’s largest Pissarro collection.

Outside opening hours, walk-through canapé receptions for between ten and 900 delegates can be held in the galleries, with guides on hand to talk guests through the exhibits. (Refreshments are not allowed in some sections.) Dinners for 40 are possible in the atrium, while on the top floor there is an 80-seat dining room and a 20-capacity boardroom, both with terraces. Part of the original building, the Randolph Gallery is lined with classical sculptures and can host 170 people for dinner, while the Mallett Gallery of European works holds drinks for 120. Beaumont Street; ashmolean.org

MALMAISON

Oxford’s Malmaison is a prime example of the group’s ability to transform historic buildings into sleek, sexy boltholes. It’s housed in Oxford Castle, built for William the Conqueror in 1071 and extended in the Victorian Gothic period. For many centuries it was the city’s prison, and TV show *Bad Girls* was filmed here. Malmaison opened it as a hotel in 2005, carving a 95-room property from the atmospheric interiors and retaining many original features. The visitors’ room is now a sultry lounge ideal for parties of up to 100 people – the look-out point from where the warden used to keep an eye on inmates is now a DJ booth. Five “cells” next to the brasserie can be used for meetings or dinners – the largest seats 38 diners and has a terrace. There is also a 100-capacity roof terrace available in summer. Guestrooms on the dramatically lit A Wing are crafted from three cells apiece and feature the original doors.

Oxford Castle, 3 New Road; malmaison.com

THE BIG BANG

Also in the Castle Quarter is this vibrant restaurant specialising in bangers and mash. Max Mason founded the Big Bang in the city’s Jericho district in 2004 after deciding that “Britain had way too many faceless, characterless chain restaurants which offered no real impression of Great British cuisine”. It moved to its new 170-seat home in October last year.

Succulent sausages on the menu include traditional Oxford, wild boar and pigeon, and Merguez lamb (the “spicy bad boy”), and all ingredients are sourced from a 32km radius. The restaurant is available for exclusive hire and barbecues can be held outside

in summer, or marquees set up year-round. 42 Oxford Castle Quarter; thebigbangrestaurants.co.uk

FOUR PILLARS OXFORD SPIRES

Local hotel group Four Pillars has four properties in the Oxford area, the nearest of which to the city is the Spires, a short walk from the centre. The four-star hotel is set in 16 hectares of parkland, in which activities can be held. It has 174 guestrooms, a leisure club and 16 meeting spaces – the Cathedral suite divides into four and holds 266 people theatre-style, while others range in capacity from six people boardroom-style to 100 for a banquet.

Abingdon Road; four-pillars.co.uk

BLENHEIM PALACE

If you are looking to stage a grand event, there are few more magnificent venues than Blenheim Palace, 13km from Oxford. A gift from Queen Anne to the Duke of Marlborough following his victory in the 1704 Battle of Blenheim, the UNESCO World Heritage site remains the Marlborough family seat and is the birthplace of Winston Churchill. But the upkeep of privately owned palaces must be paid for, which no doubt explains why Blenheim embraces the meetings market.

The Great Hall is a soaring space that holds

250 people for drinks – it links with the ornate Saloon, where the family gather for Christmas lunch, and which seats 70 diners. The gorgeous 55-metre Long Library, with its 10,000 books, Willis organ and views of the Capability Brown-designed grounds, holds 600 people for a reception, while the elegant Orangery seats 180 diners and overlooks the Italian Garden. The Marlborough and Courtyard rooms accommodate 120 and 180 delegates theatre-style respectively, and there are smaller rooms for board meetings. Teambuilding events can be staged in the grounds – try the 007-inspired Marlborough Assignment,

INCENTIVE OPTIONS

- Helicopter flights from London Oxford airport
- Punting on the River Thames
- Cooking classes at Raymond Blanc's Le Manoir aux Quat' Saisons
- Personal shopping at Bicester Village
- F1 simulation at the Williams F1 Conference Centre
- Afternoon tea in Christ Church's dining room, the inspiration for Harry Potter's Hogwarts hall

Visit meetoxfordshire.com, visitengland.com

which encompasses challenges such as code breaking and sniper shooting, with "Bond girls" on hand to help. Summer barbecues, trout fishing and tours of the State Rooms are also possible.

Woodstock; blenheimpalace.com

EYNHAM HALL

Set in a 1,215-hectare country estate 18km from Oxford, Eynsham Hall is a Grade II Listed mock Jacobean mansion built as a family home in 1908 and now a stylish hotel and conference centre. It's well set up for meetings and incentives, with 40 spaces for between two and 150 people in the main house and outer buildings, and 19 hectares of grounds available for activities – these can include quad biking, 4x4 blind driving, wacky racing, sheepdog handling and tribal dance-offs.

On the ground floor, the adjoining Green room, Red room and Library have big fireplaces and pretty views, and hold 100, 80 and 50 people for dinner respectively. Upstairs, two smaller rooms feature beautiful hand-painted Oriental wallpaper from the Georgian house that stood here previously. There are 126 guestrooms, a health club, tennis court and croquet lawn, and up to 5,000 delegates can be accommodated for corporate days.

North Leigh; eynshamhall.com

ADRENALINE RUSH IN KITZBÜHEL

The legendary "Die Streif" piste, alpine skiing tradition dating back to the 19th century, and remarkable accommodation facilities. Not without reason, the Austrian Kitzbühel can be described as "The Best of the Alps".



Located in Tyrol, near the border with the state of Salzburg, the small town of Kitzbühel and the ski resort extending across the surrounding mountains, make a real impression. It features almost 170 kilometres of ski runs of all difficulty levels, including over 20 km of perfectly prepared black runs, and more than 32 km of excellent off-piste slopes. There are also 52 gondolas and chair lifts, transporting skiers to the height of over 2,000 metres.

And if that was not enough, Kitzbühel is also the only non-glacier ski resort in Austria, where the season may start even in early November. This is thanks to green pastures where for hundreds of years sheep have been herded. Thanks to their grassy surface and appropriately low temperature, even a 20-30 cm layer of snow is enough to prepare a ski run.

SKIING, BOUTIQUES AND CELEBRITIES

Pengelstein, Resterhöhe, Gaisberg, Bichlam and Hahnenkamm ski areas are a real

mecca for good skiers from all over Europe. Most of them are Austrians, Germans, and Italians. It is not surprising, because Kitzbühel - alongside St. Anton and Lech - are Austrian top resorts. This charming town features numerous boutiques of famous brands, such as Hugo Boss or Louis Vuitton. On the streets you will meet many European celebrities, but let us not reveal their identity here. If you go there, you will see.

A PLACE WITH HISTORY

Why is there so much splendour about this place? Kitzbühel is the oldest ski resorts in Austria, where in 1893, a skiing pioneer Franz Reich managed to ski down from the Kitzbueheler Horn, making it the first Alpine ski run in Austria. A few years later, the surrounding slopes hosted the first alpine skiing competition. Each year, since 1931 Kitzbühel has hosted the most famous and most challenging downhill race in FIS World Cup. Skiers start from the elevation of 1,665 metres above sea level, while the finish line is set almost in the centre of the

town. The gradient of some slopes reaches 85%, while some of the jumps which the skiers must do are even 80 metres long! The downhill run called "Die Streif" always takes place at the end of January. After professional ski racers and thousands of fans have gone away, experienced skiers try their luck on this challenging run. Each year, Kitzbühel also hosts the world's largest snow polo tournament.

A BUSINESS-FRIENDLY RESORT

Kitzbühel is not only an excellent resort offering skiing facilities at the highest level. It also boasts high-class business facilities. In comparison with other Austrian resorts, it is here where most five and four-star hotels are located. Kempinski chain has recently launched here its first Austrian hotel, while the luxurious Gran Tiroliä, A-Rosa Spa Resort, and Rasmushof hotel situated close to the finish line of "Die Streif", are also worth consideration. Many hotels offer exclusive entertainment in the summer – Kitzbühel itself has four multi-hole golf courses.

Filip Gawryś



50 WAYS TO MAKE TRAVEL HAPPIER

Business Traveller suggests ways to keep mind, body and soul in check on the road

1 Book flights intelligently. Weigh up price over convenience – arriving in the middle of the night or at rush hour has its drawbacks, as do overlays and doglegs. Consider what time you will have to get up to catch that 6am flight. Don't make life hard for yourself.

2 Don't obsess over miles. Focusing on how many points you earn can become addictive. Try flying a different airline, pay extra to stay in a hotel you really love – perhaps an unbranded boutique property – and remember that status isn't everything.

3 Be organised. Poor planning can result in missed meetings and general confu-

sion. Carry a detailed itinerary, keep documents in one place, and sync your smartphone with your desktop calendar.

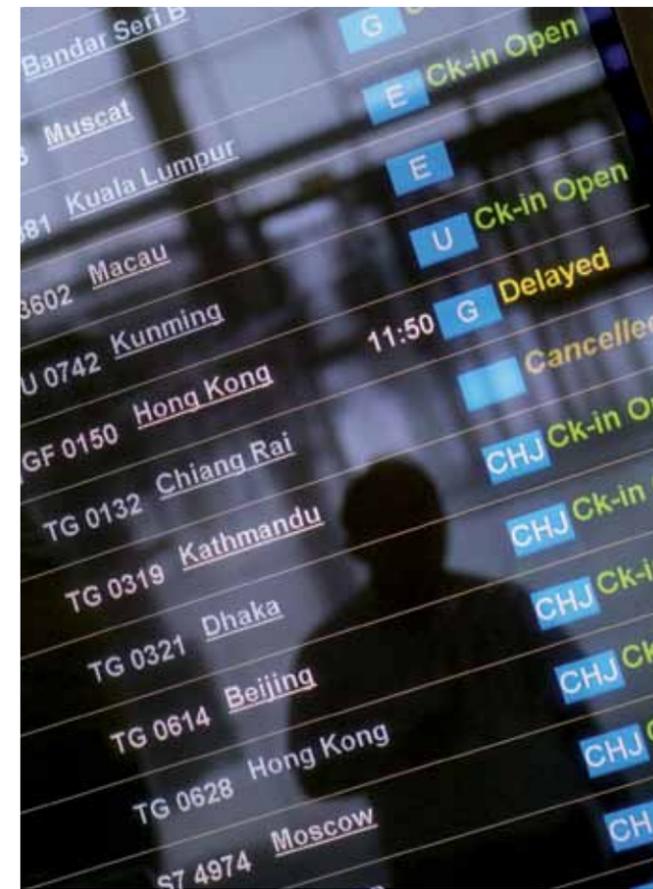
4 Decide your own black-out dates. There are certain days of the year – birthdays and anniversaries in particular – when you might not want to travel. Mark these off in your diary and don't book a trip that clashes with them. Make sure you are getting your priorities right.

5 Dress for the air. Get a made-to-measure crease-free suit (or wrap dress) so you still look sharp when you land. Visit nortonandsons.co.uk, ingenuelondon.com. Try brooksbrothers.com for non-iron, [Supima](http://Supima.com) cotton shirts.

6 Wear slip-on shoes. Don't fumble with laces at airport security – invest in some quality slip-on loafers, deck shoes or pumps. Bottega Veneta, Ludwig Reiter, Church's and Quoddy are all good brands.

7 Invest in good underwear. Be comfortable at all times. Pack Happy Socks (from £8, happysocks.com/uk) to brighten up your flight – they come in a range of colours and patterns and are nicer than the ones you get in business. Try Sunspel for quality cotton T-shirts (from £45) and boxers (from £26, sunspel.com).

8 Be punctual. There is little worse than rushing to an airport only to realise you



have missed your flight. Build in enough time to get to meetings and departures on schedule. Set your alarm a bit earlier and don't be over-optimistic about how many appointments you can squeeze into one day.

9 Use a mobile wallet. For those with Apple's iOS 6 iPhone software, the Passbook app stores all your 2D-barcode enabled mobile boarding passes, cinema tickets, coupons, loyalty and reward cards in one place, and will even alert you when your flight is leaving. Lemon (Android, iOS and Windows Phone) and Google Wallet are other options.

10 Wake up gently. A blaring alarm clock or hotel wake-up call instantly puts you in a bad mood. Try downloading a piece of music, the sound of the sea or noises of the jungle to your phone and ease yourself into consciousness.

11 Buy the best briefcase. For the 007 in you, check out Globe Trotter's James Bond collection of slim attachés, handcrafted from vulcanised fibreboard (the 16-inch costs £725; globetrotter1897.com).

12 Refresh your wash bag. The happy traveller doesn't start or end the day by rifling through an old toothpaste-stained pouch. Invest in something durable you can use for both short- and long-haul trips and that will look classy if you get searched at the airport. Try Paul Smith (paulsmith.co.uk) for funky designs.

13 Protect against theft. Fit your suitcase with a TSA-approved lock or choose luggage with one built in. This month, Tumi (tumi.com) is introducing its Ticon ID Lock anti-fraud range of bags and wallets to protect your credit and debit cards, using material that blocks the signal from rogue RFID readers that can scan your details.

14 Feed your mind. Download the free Philosophy Bites app (iPhone and iPad) and listen to some of the world's greatest thinkers discussing topics ranging from free will to the free market. TED Talks, Stuff You Should Know, Freakonomics Radio, In Our Time with Melvyn Bragg, 60-Second Science and The Infinite Monkey Cage will all expand your mind in minutes.

15 Choose the perfect case. Whether you are a fan of Samsonite, Rimowa or Tumi, investing in smart, reliable luggage will make packing that bit more pleasurable and travelling that bit more bearable. Plus, you will look more stylish when you wheel up to the reception desk. For short-haul trips, choose the size wisely to avoid being stung by unexpected charges. (See page 42 for hand luggage reviews.)

16 Download an audio book. If you feel too tired to read, visit audible.co.uk and have someone tell you a story. Audio books are compatible with iPhone, Android, Kindle Fire, Windows Phone and most MP3 players.

17 Listen to music. Try downloading a new album before each trip and listening to it when getting from A to B. Visit pitchfork.com, guardian.co.uk/music or bbc.co.uk/music for reviews and samples. Free radio platform Mixcloud allows you to stream radio and DJ mix sets to your Android or Apple device.

18 Pay for lounge access. Flying economy doesn't mean you have to miss out on



chilling in an airport lounge. No 1 Traveller has facilities in Heathrow, Gatwick, Stansted and Birmingham (£17.50-£30 entry), while Servisair has lounges at most UK airports, and entry is less than £20. You could also sign up to Priority Pass or Airport Angel, which offer access for annual fees.

19 Seek shade. All globetrotters need some good sunglasses. Peruse duty-free for the frames that best suit your features. For a hip look, try Rock Optika's retro-inspired eyewear (rockoptika.co.uk).

20 Document your memories. "We write to taste life twice, in the moment and in retrospect," said Anais Nin. Start a diary to record things you want to remember. If you find it too daunting to produce reams of prose, buy Chronicle Books' One Line a Day: A Five Year Memory Book (£10) or Smythson's Travels and Experiences or Places to Remember Panama notebooks (£45). Moleskine produces Restaurant, Wine and Travel journals for £16.

21 Point and click. Apps such as Instagram and Camera Bag mean it's easier than ever to take good photos when you're on the road. Try to snap one well composed shot each trip to document your experiences – it will also help you become sensitive to the beautiful and interesting things around you. If you're more serious about photography, treat yourself to a top-

of-the-range camera – Hasselblad, Leica, Canon and Nikon all make high-quality products.

22 Commit to being fit. Make the effort to exercise and not only will your physique thank you, but your mind as well. If you need motivation, wear a Nike+ Fuel Band (nike.com/fuelband) or Fit Bit activity tracker (fitbit.com/uk). If you don't like gyms, go running, or buy a workout DVD – Shaun T's Insanity (beachbody.com) is great if you want a challenge and can be done in your room.

23 Learn the lingo. Knowing just a few words or phrases in the local language can be a great help – plus, people will have more respect for you. Gen up with Rosetta Stone software (rosettastone.co.uk), download Mirai iStart language learning apps or visit bbc.co.uk/languages.

24 Have a love affair. If you're single, take the opportunity of being in a foreign place to meet someone new, and have a whirlwind romance. Get the number of that person you like the look of on the plane or in the bar, and make it happen.

25 Be a flaneur. Usually getting lost is a major inconvenience but if you have some free time, a lot can be said for ditching the map and heading out for an explore – you will make unexpected discoveries and

see a side to the city you wouldn't otherwise. **26** Get back to nature. Take a stroll through a park, get down to the beach or find some woodland. Just a short time in natural surroundings will help melt stress away.

27 Establish a haunt. Find a coffee shop or restaurant you love in a city that you frequent and visit it each time you're in town – it will make you feel at home.

28 Get fresh air. Air conditioning dries out your skin and can leave you feeling stuffy in the morning, so if you can, open the window in your hotel room. Breathing recycled air on planes isn't great either, so when you disembark, get outdoors as soon as possible.

29 Call your friends. If you know people in the city you are going to on business, clear your diary to spend time with them one evening.

30 Do a good deed. Invest in your karmic bank balance by being generous of heart and wallet. Give loose change to homeless people, slip a tenner into the charity envelope handed out on the plane or buy some sweets for the street kids you come across.

31 Be appreciative. Try to keep things in perspective. It's easy to get cynical, irritable and demanding when you travel frequently, but remembering the position



of privilege you are in and looking on the bright side can do wonders for your temper.

32 Create time for you. It's the days when you feel you are too busy to stop that you really should take a moment's pause – even a few minutes to yourself can work wonders. Visit donothingfor2minutes.com, dedicate an hour to running or an afternoon to taking in some culture. Sleep or watch a movie instead of working on the plane. Learning when to say "no" is important too.

33 Tag on some holiday. Consider adding on a couple of days' leisure time to explore the city you are in, or escape to a nearby beach for some downtime. You could fly your partner out to join you or simply enjoy being alone.

34 Take a long break. Remember, travel doesn't always have to be associated with business. When was the last time you took two weeks – or even a month – off work? Charter a yacht, fly to a desert island, go mountain climbing. Book the holiday you have always dreamed of.

35 Eat sensibly. Skip dessert, order healthily, don't snack and go easy at the breakfast buffet. If you are putting on weight, consider the 5/2 fasting diet, where you eat no more than 600 calories (500 for women) for two non-consecutive days a week, and the rest of the time eat normally. (See "Carrying some extra baggage?" for more diets and advice.)

36 Try aromatherapy. Essential oils can improve your mood and cognitive functioning – pack a couple of small bottles and inhale the next time you need relaxing or rejuvenating. Aromatherapyassociates.com

sells De-stress Frankincense (£24.50) and Support Breathe (£16.50) essence, as well as Essential Travel Oils (£30 for a set of four).

37 Drink less. There is nothing worse than having to face an important day or long journey with a hangover. Learn some self-control and keep an eye on your units.

38 Turn off your gadgets. It's all too easy to become addicted to checking your emails, Facebook and Twitter accounts. Don't check your phone before going to sleep and if you feel you really need help getting it under control, consider a "digital detox" retreat or downloading software such as Freedom or Anti-Social (for Macs and PCs), or Android's Digital Detox app, which disables the online/social elements of your devices for a set time.

39 Manage your stress. Travelling regularly can affect your mental state as it is unpredictable, tiring and fraught with potential problems. Don't let it get you down. Visit stress.org.uk to try its online test and get advice.

40 Meditate. It's easy to do on a plane, train or in a hotel room, and potential benefits range from reduced stress to lower blood pressure. Download the Headspace app (getsomeheadspace.com) for iPhone/Android for ten-minute meditations. (See "Beautiful mind" for more on the benefits of meditation.)

41 Tip generously. Tipping culture around the world is complicated but if in doubt, there is no harm in offering a little something. Dip into your pocket to reward the people who are making your trip easier and more pleasurable.

42 Smile. This simple human expression can be more powerful than you think. Do it, and others will respond more positively to you.

43 Talk to your family. Schedule regular slots to speak to your loved ones on the phone or via Skype. They will worry less and it may ease any loneliness.

44 Send a postcard. These days, it is easy to forget what it's like to pick up a pen and paper, let alone go to the effort of sending a card. But for the older relative in your life, receiving one could make their day.

45 Go on a gustatory adventure. Try something different – get to the lounge early and try a wine you have never tasted, order a dish you have never heard of, accept the chef's recommendation, buy some street food, drink the local tippie and eat anything you are offered (unless it's shark fin soup).

46 Talk to strangers. Have a chat with your taxi driver or waiter about where to go and what to see. Most people are happy to talk, especially when they get a sense their opinion is of value.

47 Don't drive. Driving on the other side of the road in an unfamiliar vehicle in a place you don't know can ratchet up your stress levels like little else. If you can, leave the driving to someone else, or take public transport.

48 Use an on-demand chauffeur service. Download free app Uber (for iPhone and Android, uber.com) and at the touch of a button a luxury car will use GPS to locate you, pulling up at the curb in minutes. The app links to your credit card, so no cash changes hands, and you'll get text updates on where your driver is. It works in more than 20 US and European cities.

49 Stay at home. If you're dreading an upcoming trip, ask yourself if you really have to go. Know and respect your (and your family's) limits, and don't be a martyr.

50 Share your knowledge. Travelling frequently means you build up a wealth of information about the cities you visit, hotels you stay in and airlines you fly with. Online forums such as businesstraveller.com/discussion and review sites such as seatplans.com are a great way to share your experience with others.

Rafał Sobiech



Pamper yourself. Sleep or watch a movie instead of working on the plane. And even when traveling on business, find at least one afternoon to have fun or relax.



WAY OUT WEST

Rich natural resources have brought a business boom to Perth's sunny shores, reports **Chris Pritchard**.

Perth is “easy Australia” – that’s my conclusion after my first day in Western Australia’s state capital. Having spent a productive yet unhurried day visiting a number of contacts, I phone a friend at 5pm, who suggests a drink in his 18th-floor office on St Georges Terrace. The view is captivating – the Swan River, along which the city’s residents sail their yachts in a stiff breeze. “We work hard and play hard,” says my friend, a British émigré, noticing my repeated glances out of the window.

A CITY BY THE SWAN RIVER

My early-morning journey in from the airport, about half an hour’s drive from downtown, had been equally breezy. Passing Burswood’s sprawling entertainment complex and the hallowed WACA cricket stadium, I soon reached Adelaide Terrace, which becomes St Georges Terrace, Perth’s main drag located near the river’s edge.

The compact grid system means it’s impossible to get lost. Business etiquette is laid-back and almost gaffe-proof. I wear a suit but find jackets discarded as rapidly as first names are used. The solitary golden rule? Be punctual.

Business hotels such as the Hyatt Regency, Novotel and Pan Pacific (see overleaf) are clustered along Adelaide and St Georges. Meetings are often in high-rises reached easily on foot, though taxis wait at hotels, car hire companies compete vigorously, and free buses run frequently, covering several downtown routes.

THE SUNNY CAPITAL

The climate, often described as Mediterranean, is wet mid-year, with mid-teen temperatures typical. Summers are dry and warm – commonly in the mid-20s but occasionally hitting the 30s – while it’s cool from March.

“Perth is Australia’s sunniest capital,” says Stephanie Buckland, chief executive of Tourism Western Australia. “With 19 white sandy beaches, it averages 3,000 hours of sunshine a year. There’s something for everyone – an outdoor lifestyle, great food, vibrant nightlife and world-class shopping.” Matt Young, Western Australia general manager for Accor Hotels, agrees. “Perth has enjoyed a rise in sophistication as a result of mining boom money. The bar and restaurant scene approaches Melbourne’s in terms of quality and innovation. Its laneways have intimate bars, and with warm evenings for nine out of 12 months, the dining scene would be the envy of most cities.” He adds: “You can finish your working day with a swim in the sea, followed by drinks



and dinner in the open. With locals saying the state props up the rest of Australia’s economy, there’s an infectious vibe of confidence and progressiveness.”

A BUSINESS POWER

Business is certainly booming. “Western Australia is the nation’s economic powerhouse, producing 46 per cent of exports,” Buckland says. It produces one-fifth of the world’s iron ore, as well as crude oil, liquefied natural gas, gold (some 70 per cent of Australia’s total output), nickel, alumina, diamonds and planned uranium.

She adds: “Perth is a regional resources hub and many of the world’s biggest companies have established corporate bases here, including BHP Billiton, Chevron and Rio Tinto.”

Mining is the top industry in a state with 270 mines, and the sector accounts for much corporate travel to the city, where controlling companies maintain offices. The boom’s frontline is centred on Karratha, 1,500km from Perth and commonly dubbed Australia’s most expensive town – residents share it with cashed-up miners flown from Perth on fly-in-fly-out charters.

Iron ore is the number-one mineral, with 64 per cent going to China. A slowing Chinese economy sparked suggestions elsewhere in Australia that the curtain was falling on mining’s boom times, but in Perth such talk is muted. Analysts suggest demand will continue, though less frenetically, and extensive iron ore and natural gas reserves are forecast to last well into the next century.

As one might expect from a state of this size, the second-biggest export market is agriculture – notably, wool, beef, wheat, fruit

and wine. Fish is exported, particularly to Asia, pearls are farmed near far-northern Broome, and forestry is significant.

FAR FROM ADELAIDE

The sheer size of Perth’s backyard is mind-boggling – Western Australia is 11 times bigger than the UK. Its arid wide-open spaces comprise one-third of the country, but vast tracts are uninhabited – some 78 per cent of the state’s population live in Perth, while the rest are overwhelmingly in towns such as Karratha, gold-mining Kalgoorlie and tourist-driven Broome. With its closest major urban area being some 2,100km south in Adelaide, it’s no wonder Perth calls itself the world’s most isolated capital. Locals often confide it’s cheaper and easier to visit Asian destinations than their own country’s eastern cities.

Business travellers may also find visiting comes at a cost. Young is upfront about room rates in what is the country’s most expensive state capital. “Perth is Australia’s most ‘supercharged’ city in terms of corporate travel,” he says. “With bumper demand since the end of the global financial crisis and no substantial new supply in the past decade, three- and four-star hotels have edged towards A\$300 [£193] a night from Monday to Thursday, with five-stars averaging almost A\$430 [£279]. It’s an expensive city, but such is the supply-demand equation.”

This situation is likely to continue, with the next new-build hotel – an addition to the Burswood complex from hotel and casino company Crown – not due to open until 2016. A few smaller conversion properties may come on to the market before then,

Important info

WHERE TO STAY

● **Hyatt Regency** This modern five-star property is close to the WACA cricket ground. Its 367 rooms are large and some offer Swan River views. Joe's Oriental Diner serves excellent South East Asian fare, the lobby-level Conservatory is well-suited to business huddles, and Plain Street bar is good for relaxed drinks. Rooms from A\$299 (£194); 99 Adelaide Terrace; hyatt.com

● **Novotel** This four-star hotel has 253 well-equipped rooms and suites – the latter have Swan views. Sen5es is a fine-dining restaurant serving modern Australian cuisine – similar to Californian but with Asian spiciness – while Fenians is a pleasantly boisterous Irish pub that attracts the after-work crowd. Rooms from A\$359 (£236); 221 Adelaide Terrace; novotel.com

● **Pan Pacific** This 486-room former Sheraton, smartly refurbished in 2011, is a five-star link in the Asian Pan Pacific chain. Rooms (some with Swan vistas) have spacious marble bathrooms and good business amenities. The lobby lounge is popular for hushed shop talk, while Origins attracts a corporate crowd for fine dining. Rooms from A\$440 (£286); 207 Adelaide Terrace; panpacific.com

● **Parmelia Hilton** This 284-room downtown hotel is arguably Perth's best-located five-star property; a short walk to many appointments. Rooms are spacious, the Adelphi Steakhouse and Bar is an in-vogue post-work watering hole, and Globe is an upscale eatery and wine bar popular for business entertaining. Rooms from A\$500 (£325); 14 Mill Street; hilton.com

while Frasers Hospitality opened a 236-unit serviced apartment complex in October.

A CORNUCOPIA OF ATTRACTIONS

What the city is abundant in is post-work attractions. By the river and offering great views is the 82.5-metre tall Swan Bell Tower, built 25 years ago to house 18 bells from St Martin-in-the-Fields church, a gift to Perth from London. On St Georges is the 75-year-old mock-Tudor London Court, a shopping arcade that is more kitsch than quaint, which leads to the main retail zone on Murray and Hay streets. Head over the horseshoe-shaped bridge across Perth rail station and you'll come to Northbridge, the city's most central entertainment district. The Brass Monkey (thebrassmonkey.com.au) is a good watering hole serving micro-brewery beers. Also here is the Art Gallery of Western Australia, home to an extensive collection of aboriginal work, the experimental Perth Institute of Contemporary Arts and, a few blocks away, the history-rich Western Australian Museum.

Downtown, close to Murray and Hay, is the West End – a warehouse district reborn as Perth's hippest dining and shopping zone. Look out for His Majesty's Theatre, a 110-year-old Edwardian-style edifice painstakingly restored and staging symphonies, opera, ballet, drama and musicals.

If you have more spare time, river cruises leave from Barrack Street Jetty for the historic suburb of Fremantle, Swan Valley vineyards (Margaret River is a further-afield cellar-door option if you have several days) and whale-watching off the coast (Septem-

ber to December). Fremantle can also be reached by rail in 35 minutes. Built in sandstone by 19th-century British convicts, its attractions include a World Heritage-listed prison and the Shipwreck Galleries, an archaeological museum displaying sailing ships that crashed off this wild coast.

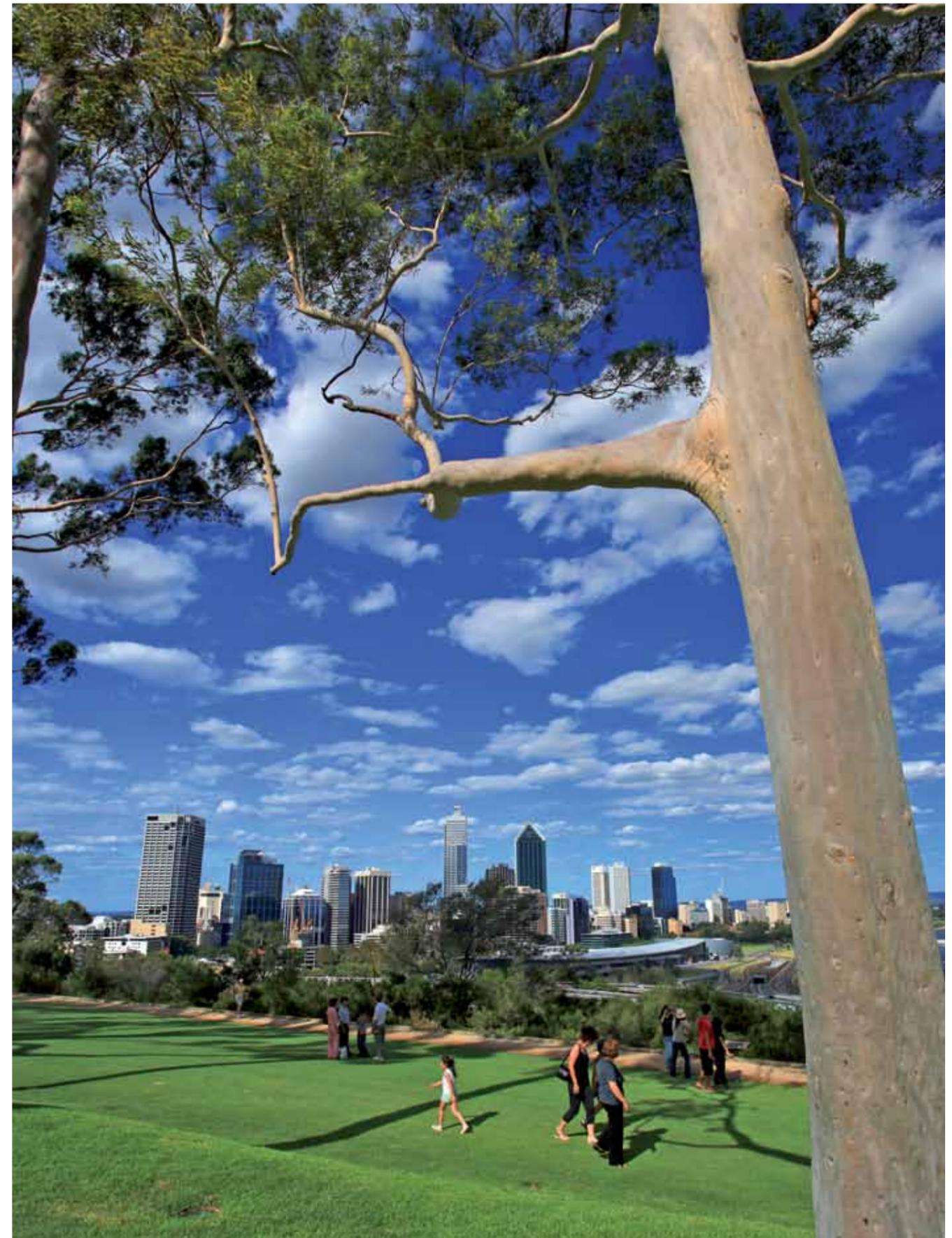
A COAT-OF-ARMS ON THE PLATE

Fremantle is also good for dining, with kangaroo and emu on the menu. "We're the only nation to eat its coat-of-arms," quips a waitress at foodie pub the Sail and Anchor (sailandanchor.com.au). Nearby is the "cappuccino strip", home to Italianate coffee shops with al fresco tables, while Fremantle Markets' warren of covered stalls is ideal for souvenir-hunting.

Just up the coast is Cottesloe, one of the city's top beaches. You can enjoy classy-yet-casual dining here at Indiana (indiana.com.au), housed in a renovated century-old beachside teahouse, where you can wash down oysters with Margaret River sparkling wines.

From Fremantle, a 25-minute ferry ride will take you to Rottnest Island, where walking trails, cycling paths and strange cat-sized marsupials called quokkas attract visitors also coming for swimming, snorkelling and diving.

I finish my day back towards the city's offices at the long-established Frasers restaurant (frasersrestaurant.com.au) – a good option for business entertaining with a sterling reputation for seafood, beef and lamb. Heading back to my hotel, I again notice boats bobbing on the Swan – Perth's residents are still playing, I think to myself.



SPEAK EASY

Remember the bit in Star Wars where Princess Leia sends a hologram of herself to Obi-Wan Kanobi? Well, that technology is no longer science fiction. Imagine a holographic representation of yourself beamed to every major city in the world for that big presentation you have been planning. It certainly beats a couple of Power Point slides and a laser pen



Technology is revolutionising the way public speakers can interact with their audiences and overhauling the way information and ideas are communicated. Where once live presentations were the privilege of a minority, “webinars” mean anyone with a broadband connection can interact with experts across the globe.

RETRO POWER POINT

All of this is eroding the consensus, which peaked at the end of the last decade, that technology was a hindrance to the delivery of a good presentation – the dreaded “death by Power Point”. This led to a vogue for minimalist speeches with no slides and, latterly, no notes, with politicians such as Gordon Brown, David Cameron, Nick Clegg and Ed Miliband competing to see who could speak for the longest without breaking into tears. Simon Bucknall, a Toastmasters Pub-

lic Speaking Championship winner and founder of theartofconnection.co.uk, agrees that technology can help to lift a presentation – but only if used carefully. “The most exciting use of technology in presenting is its ability to connect speakers and audiences in new ways,” he says. “Rather than spending a fortune sending people around the world to seminars, you can get a great experience on a tablet. Why fly a speaker in when you can beam a live holographic image of them to your staff?” He adds: “It is a mistake to think of Power Point as an autocue for what you’re going to say. If you use it, don’t fill it with bullet points – one slide should be one simple idea. Technology can be amazing when it is properly incorporated into your presentation but it also gives people a tendency to over-complicate. You can’t beat the emotive power of the spoken word.”

THE POWER OF SPEECH

Of course, technology has other drawbacks – run out of juice on your tablet and all of those beautiful graphics you have created may as well have never existed. Cloud storage is one solution, but this isn’t without its pitfalls – no internet connection equals no presentation. So double check the wifi signal, and if you are presenting to a large group, make sure you have your own dedicated, password-protected line, otherwise all of those eager people ready to tweet your every word will suck up all of the bandwidth and there will be nothing to report. Get it right, and the results can change the world. The gadgets overleaf will help to make sure your presentation not only looks great but can be enjoyed by the entire world. Now you just have to think of something interesting to say.

Hologram

MUSION EYELINER

UK company Musion’s mind-bogglingly futuristic service allows you to beam a holographic projection of yourself (or someone more interesting) live to anywhere in the world. It requires a purpose-built studio space at the speaker’s end and special projectors at the audience’s end, and the price is astronomical, but the result is nothing short of spectacular. As the technology develops and prices come down, this could well be the future of presenting, saving the huge costs of flying public speakers around the globe. Until then, it will probably be more suited to beaming Rihanna concerts across the world (a hologram of Richard Burton was created for the War of the Worlds live show using similar technology) – but the rest of us can dream.

Rent from £40,000, buy from £220,000; musion.co.uk

Projector

MIGHTY MEETING



Forget video-conferencing – who wants to actually see the people they’re interacting with? That’s so 20th century. With Mighty Meeting you can host group presentations in real time, during which you will be able to sketch ideas on to your tablet and whizz them instantly across the ether to your entranced audience. The app will allow you to open emails, PDFs, Dropbox documents or web pages and instantly share them with other people

on Mighty Meeting (who you can choose from your contacts list). If you want to go back to basics, you can even save the presentation and hook it up to a projector. The downside? If you lose your internet connection, you can kiss goodbye to your talk.

US\$19.99 a year or US\$4.99 a month; Apple App Store/Android Marketplace

Remote control

IPHONE SMART DOT

The laser pen is dead, and not only because young hoodlums kept trying to use them to scare police horses and bring down helicopters. The new iPhone Smart Dot is an ingenious device that plugs into the headphone jack of your handset so you can use it to control your presentations. Functions range from basic scrolling to doubling up as a remote trackpad on your desktop, allowing you to open programmes without losing the flow of your talk. It also works as a “dot” that you can use to draw attention to pertinent parts of your slides.

US\$50; tangramdesignstore.com



Fast effects

KEYNOTE

Once upon a time, you would have got the intern to put together your presentation. Now you can sit on a plane and pull it all together on your iPad. The tablet version of the software allows you to drag and drop text, images, video and animations into a package that looks far more polished than it has any right to. Of course, using the iPad version isn’t without its drawbacks – the gesture controls are impressive but they aren’t yet a match for a full keyboard, and importing images from the web can be a pain. If you have to create something at short notice, though, Keynote is an essential for all members of the cult of Apple.

£14; Apple App Store



Mini Projector

BENQ GP2



The BenQ isn’t just small – it’s also designed to attach to your iPhone, so you don’t even need to lug a laptop around. If you need to display movies, photos, videos or that keynote presentation when you’re on the road, this is the perfect device. It even features a touchscreen display, making setting up your presentation a breeze. Connectors include HDMI, USB and an SD card reader. Its plug-and-play installation means you will be able to rustle up a killer presentation as soon as you take it out of the box.

£380; store.apple.com/uk

Visualisation

TABLEAU

Tableau is all about data visualisation, allowing you to drag and drop raw data files such as Excel spreadsheets or text files and create intuitive graphical representations. It can analyse trends in multiple documents and create filters to find key patterns, which can be displayed as graphs or bar charts or in any number of other ways. It is also blisteringly quick when going through big databases (think millions of entries, rather than hundreds). The interface is a little “techy” for mainstream users (especially Mac users) and it is probably more suited to people who are used to wading through databases – but if you need to crunch data quickly, this is for you.

Desktop Personal Edition US\$1,000, Professional Edition US\$2,000 ; tableausoftware.com

Portable Public Address System

QTX (MODEL QR15PA)

If you’re presenting to a big crowd – especially outdoors – you might need a portable PA. The QTX Sound QR15 is an easy to use, all-in-one system on wheels, which you will be thankful for if you have to lug it very far. As a fully portable device, it comes with a rechargeable battery, although it is also mains compatible.

The sound level isn’t going to burst any ear drums, but unless you are speaking to a stadium full of people, it should suffice (and if you are, you should ask yourself why you are dragging your own PA around with you). The mixer and amp are built into the rear of the unit. Two wireless mics are included, with two additional input slots if you need to do a group presentation.

£245; djstore.com



Motion sensor

KINECT



Microsoft’s Xbox Kinect is just for playing games, right? Not any more. If you want to really rock a presentation, you can use the motion sensing hardware to control your Power Point slides. To use the Kinect in this way, you will need to install Kinect for Windows SDK 1.0, a free program that allows you to use the Kinect with PC-based software such as Power Point. Once you have everything set up, you will be able to scroll through slides by simply moving your left or right arm to go forwards or backwards. The software is even able to tell when you are simply gesticulating and when you are ready for the next stage of your presentation. If you want to go more in-depth, you can also try adding voice commands. The software is still at an early stage but this is definitely where the future lies. And, best of all, you can pretend you are Tom Cruise in Minority Report.

£200; microsoftstore.com

Graph creation

ROAMBI ANALYTICS (LITE)

This publishing tool is all about breaking data down into easy-to-understand graphics, which you can sync with your iPhone or iPad and integrate into presentations. Creating images using your own data requires a PC and a registered Roambi account (free for the Lite version). Data can be uploaded from files including Excel, CSV, HTML and Google Docs, and turned it into slick graphs that won’t put your audience to sleep. The graphics are then sent to your iPhone/iPad. The lack of ability to create data straight from your gadget is the software’s biggest failing, but it is easy to use and the finished product makes a great addition to a slide-based presentation.

Free; Apple App Store

Practical templates

PREZI

Prezi is a cloud-based presentation programme that “helps you organise and share your ideas”, allowing you to construct presentations using a host of interactive templates. Adding images, video and text to a template is easy and intuitive. The idea is to use a single template for all of your slides, with the audience being led on a “journey” through your presentation – for example, one of the templates is a winding road, with the “camera” roaming down the road to explore different images and ideas. The drawback is the fairly limited repertoire of design customisations. If you have a Facebook account, you can sign up for Prezi using this, and it only takes about five seconds.

Free; prezi.com



4 HOURS IN... DALLAS

Martin Ferguson finds friendly firemen, exotic marine life and peaceful parks in the Texan city.



Dallas is known mainly for two things. On one hand, it's immediately associated with the tragic assassination of President Kennedy. On the other, it's known for its respect for the ecology, as 5 years ago it launched a comprehensive "green" website (www.greendallas.net). It's also a city full of attractions.

BELMONT HOTEL

The Belmont is as well known for its funky accommodation as for its unrivalled vantage point facing the Dallas skyline. It takes about ten minutes in a taxi to climb up to the property from downtown, but it is a great place to start – or end – a whistle-stop tour of the city.

Perched at the summit of West Commerce Street and Fort Worth Avenue, the hotel bar patio – famous for its cocktails – has long been an escape for locals looking to kick back and enjoy the views after work. Bar Belmont is a hot spot for live music, DJs and art exhibitions, while Smoke restaurant serves award-winning southern cuisine. 901 Fort Worth Avenue; belmontdallas.com

SIXTH FLOOR MUSEUM

Skip back down the hill and into downtown via Elm Street and you're in the location for which Dallas is best known. This year is the 50th anniversary of the assassination of President John F Kennedy, and a number of commemorative events are planned. Two large white crosses on the road mark the spots where JFK was shot.

The former Texas Book Depository at Dealey Plaza – from where the president was allegedly gunned down by Lee Harvey Oswald – is now home to the Sixth Floor Museum, where films, photographs and artefacts chronicle JFK's life, murder and legacy. Outside, the infamous overpass and picket fence remain intact. The official Kennedy memorial is a two-minute walk from the museum. 411 Elm Street; open Mon 12pm-6pm, Tues-Sun 10am-6pm; entry US\$16; jfk.org

DALLAS WORLD AQUARIUM

Head north-east on Elm for two blocks, turn left on to North Market Street – passing its

tempting steakhouses – make a right on to Corbin Street and right again on to North Griffin Street for the city aquarium. Opened to the public in 1992, it is much more than just an urban habitat for marine life. Bamboo-planked paths lead visitors through a rainforest of exotic birds, monkeys and endangered species from Latin America. The 386,000-litre aquarium – which includes a 100,000-litre walk-through tunnel with a panoramic view of the underwater reef – is brim full of turtles, stingrays and sharks. It can get uncomfortably busy at weekends. 1,801 North Griffin Street; open daily 10am-5pm; entry US\$21; dwazoo.com

ARTS DISTRICT

From the aquarium, walk south-east on North Griffin towards Hord Street and take the first left on to Ross Avenue. After a half-mile walk you enter the vibrant Dallas Arts District via North Pearl Street. The area, which runs over 27 hectares and 19 blocks, is home to dozens of venues, including the Dallas Museum of Art (pictured), the Nasher Sculpture Center and the neoclassical Belo Mansion. Find out more at thedallasartsdistrict.org

For refreshment, head north-west on North Pearl and turn right on to McKinney Ave-

nue and into uptown Dallas. This is where the city's trendy professionals bar-hop from patio to patio. Del Frisco's Grill and Tex Mex eatery Primo's are great places to people-watch. Also uptown, the Loon Bar and Grill is a local favourite serving traditional Texan food and beer.

DALLAS FIREFIGHTERS MUSEUM

One of the city's best-kept secrets is this museum on Parry Avenue, about a seven-minute taxi ride from both uptown and downtown. The building was an active fire station from when it was built in 1907 until 1975. It is a very small museum managed by a team of enthusiastic retired firefight-



ers who happily spend time with visitors recounting the local history through the eyes of the fire service.

Among the exhibits are old engines, equipment and every press article ever published about the station. Though the volunteers have no issue with visitors sitting in the drivers' seats of the old engines, the fire pole is, sadly, not an interactive part of the experience. 3,801 Parry Avenue; open Wed-Sat 9am-4pm; entry US\$4; dallasfiremuseum.com

DALLAS ARBORETUM AND BOTANICAL GARDENS

Dallas can often seem like a hectic metropolis, but there are a number of outdoor spaces that visitors can escape to. Perhaps most popular is the Dallas Arboretum and Botanical Gardens. Located about 12 minutes' drive from the Firefighters Museum, the gardens are a haven of peaceful woodlands, manicured lawns and immaculate flowerbeds. Entertainment and exhibitions are hosted throughout the year. 8,525 Garland Road; open daily 9am-5pm; entry US\$15; dallasarboretum.org. Downtown, the recently opened Klyde Warren Park attracts joggers and street artists. 2,012 Woodhall Rogers Freeway; open daily 6am-11pm; free.



The former Texas Book Depository at Dealey Plaza – from where the president was allegedly gunned down by Lee Harvey Oswald – is now home to the Sixth Floor Museum.



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

All about hand luggage

I'll be flying from Dusseldorf to London with British Airways. I'd like to take a bigger hand luggage. Do I have to report that ahead of time? How much do you have to pay for an additional hand luggage? Several times I've seen that the baggage is taken to the cargo hold. The passengers didn't pay. Can I take baggage free of charge? Can I take on the duty-free products?

Adam

Dear Adam,
Every airline has precise baggage regulations concerning what can be taken on board. Depending on the route and class there might be some differences. Most airlines allow taking a piece of hand luggage weighing up to 8 kg. British Airways are quite liberal when it comes to baggage in the passenger cabin. Every adult may take 1 piece of luggage weighing up to 23 kg and 1 additional bag (a handbag or a laptop bag). The size of the main baggage should not exceed the following measurements: 56cm x 45 cm x 25 cm. The additional luggage should be no bigger than 45cm x 36 cm x 20 cm. The size of hand baggage is checked before boarding. Quite frequently, at airports you can see special baggage racks to check whether your luggage meets the requirements.

Naturally, there are times when the hand luggage doesn't fit into the overhead lockers (e.g. when the plane is fully booked and each passenger takes the maximum amount of luggage). Then the crew may decide to take the baggage to the cargo holder. It mainly applies to pieces of luggage reaching maximum measurement and baby buggies, which are taken directly before embarking and given back as the passengers disembark.

If you take more pieces of hand luggage than it's allowed, you will be asked to return to the check-in desk and check in your luggage. You will be charged extra for the additional piece of luggage. Currently, the extra charge on your route is €50 (€43 if you pay in advance using an application available on British Airways website).

The airport policy with duty-free shopping is more liberal though. The crew usually doesn't consider shopping as an additional hand luggage. On the other hand, you should expect more restrictive attitude toward luggage policy and careful verification on the part of the airline.

How to book the right way?

My boss often flies to Zurich. He always asks me to book him the cheapest ticket for less than PLN 1,000, and then asks me to change it. Each time I pay a different price for the ticket and the change. When I asked for a ticket that could be changed later on, it was much more expensive - it cost over PLN 3,000. The highest prices are when the return is on the following day. What is the best way to book the tickets?

Katarzyna

Dear Katarzyna,
You have asked about an important issue of airline fares. There are low fares, aimed at the economy travellers (leisure type) as well as for business passengers (corporate types). Leisure fares are cheaper but more restrictive. Most of all, such tickets should be booked well in advance and paid for within 24 or 72 hours from the time of booking. A passenger should meet the requirement of staying at the destination for 3 days or for Saturday night. The number of seats with the lowest fare on a plane is also limited, so such tickets may be sold out. The most important for us are charges connected with returns and changes. The lowest fares don't allow returns, or the charges reach up to 50% of the fare itself. Changes might not be allowed or charged extra. Apart from the change charges, you also have to pay the fare difference. You never know which fare will be available. That's why the amount you have to pay were so different. Fares aimed at business travellers (not necessarily in business class) are higher, but the requirements are more flexible. Most of all, they can be booked at the last minute. You don't have to pay for the ticket right after booking - you have more time to do it. There are also no requirements regarding the minimum stay at a destination, as business travels are usually short, sometimes only a few hours. The most convenient is the possibility to make free-of-charge changes without the need of paying for the difference in the fares. The number of seats for business passengers on a plane is relatively higher. You can also gain more points in loyalty schemes.

I recommend booking in advance and not buying the cheapest tickets, but opting for fares that are more flexible. In case you want to change cheaper tickets, you must take into account the fact that you'll have to pay extra and the availability of the seats might be a problem as well.

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*airberlin unowocześnia fotele oraz wyposażenie klasy biznes na rejsach typu long-haul. Aby sprawdzić na których rejsach oferujemy już naszą nową klasę biznes zapraszamy na stronę: airberlin.com/followme.



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