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10 WAYS TO GET A GOOD NIGHT'S SLEEP ON THE GO

Millions of people around the world complain of insomnia. This problem also affects businesspeople that frequently change time zones and continents. Each of us has at least once woken up in the middle of the night in their hotel room with a feeling of anxiety or ready to work, while outside there was dark Asian night...New research from the University of Surrey has found that living out of sync with your body clock affects the activity of more than 700 genes, disrupting several metabolic processes, including how we respond to stress and the ability of cells to regenerate. This may help to explain why regular disruption to sleep increases your risk of depression, as claimed by the University of Washington Medicine Sleep Centre, and puts you at higher risk of cancer and heart disease, as proven by a wealth of research. Scientists at the University of Chicago found that after only a few days of cutting back to four hours' sleep a night, people struggled to process glucose in a similar way to the early stages of diabetes. When you travel frequently, you undermine two aspects of your sleep cycle – your sleep homeostat, which regulates the drive to sleep, and the body clock or circadian rhythm. Fortunately, there are ways to fight insomnia. I encourage you to read our cover article where we talk about state-of-the-art hotel beds, tailor-made pillows, special diets, and gadgets that help us relax on the go. Enjoy your reading and have peaceful dreams!



Marzena Mróz

Marzena Mróz
Editor-in-Chief



DEFINIUJEMY NA NOWO POJĘCIE BUSINESS LOUNGE

Qatar Airways Al Mourjan Business Lounge na Międzynarodowym Lotnisku Hamad daje wrażenie luksusu, który może rywalizować z każdym innym 5 - gwiazdkowym hotelem. Jest również obietnicą na zmianę światowych standardów oraz zapowiedzią jeszcze lepszych wrażeń wynoszonych z lotniskowych business lounge.

Od momentu wejścia nasze zmysły syci dziedzictwo kultury arabskiej, atmosfera miejsca działa na nas kojąco i odświeża, jak w turystycznym kurorcie, kusi nas bufetem i daniami ala carte, jest wizytówką gościnności z której Qatar Airways jest dumny. Qatar Airways zaprasza do doświadczenia wyjątkowych wrażeń w Al Mourjan Business Lounge.

World's 5-star airline.





New Generation Hotels

Radisson Blu and Park Inn by Radisson

FLIP SMART TECHNOLOGY

Radisson Blu and Park Inn by Radisson Blu hotels offer an innovative solution for business meetings - Flip Smart technology. Participants in business meetings at Radisson Blu and Park Inn by Radisson hotels can now forget about time-consuming and laborious data processing. Taking notes, copying slides or scanning tons of materials, are a thing of the past. Participants in conferences, meetings, lectures and trainings that take place in Poland and Central Europe, can now enjoy the benefits of innovative digital Flip Smart technology.

Classic notebooks used during meetings are gradually being replaced by innovative DigiCharts available in Radisson properties. Each click is recorded and digitized from the surface of the flipchart, and several seconds later each participant receives the saved data via e-mail. All this thanks to one button-Plug and Play.

In Poland Radisson has six hotels – in Gdańsk, Cracow, Szczecin, Wrocław, and two in Warsaw. These properties are adjusted to all sorts of meetings. Altogether, Polish hotels of Radisson Blu chain offer their guests more than 1 600 comfortably furnished guest rooms and 50 conference rooms. The Experience Meetings concept implemented by the brand, guarantees organization of meetings at the highest level, with a suitably selected menu, space for creative work, free internet, and concern for the environment.

Restaurant

Belvedere

NEW INTERIOR

Belvedere restaurant situated in the Royal Baths in Warsaw is one of the most beautiful and the most interesting points on the culinary map of Poland. In 2014, basing on a new project by Boris Kudlička, the restaurant has become an example of modern design at the highest level. Dishes are prepared under the watchful eye of chef Adam Komar who creates here a signature contemporary Polish cuisine. Mr Komar uses local produce available seasonally. Designing new dishes, he often decides to experiment with bold combinations, which result in unique food creations.



The restaurant has hosted many celebrities. Some of its notable guests were Barack Obama, Mick Jagger, Claudia Schiffer, Roman Polański, and Bruce Springsteen. In 2014 Belvedere for the seventh time was among the restaurants recommended by Michelin Guide “Main Cities of Europe. Hotels and Restaurants 2014”; more details at: belvedere.com.pl



Tourism

Carinthia

BEGINNING OF THE SEASON

Carinthia, the sunny south of Austria, amazes both ambitious athletes and ordinary enthusiasts of active leisure. Its mild, rich in snow climate, many hours of sunshine and beautiful scenery provide limitless opportunities to keep your body and the soul in the best shape.

Cross-country skiing trails in Carinthia are long and scenic - Bad Kleinkirchheim offers 42 kilometres of trails, while Feld am See tempts with wonderful landscapes on the shores of Lake Brennsee. Both beginners and advanced ski runners love the Lavanttal valley for the 100 km of trails it offers, and Katschberg for the 18 km route alpine trail and a unique panorama. Some of the trails are illuminated. These include the 3-km long Villacher Alpen Arena that offers various levels of difficulty, and the trail situated in St. Jakob im Rosenthal training centre. Professionals generally prefer cross-country skiing centres located on Lake Weissen (a member of the Cross Country Ski Holidays since this winter) and Pirkdorfersee. Not everyone is yet familiar with the 60-kilometre Grenzlandloipe trail in Lesachtal valley. The best cross-country skiing club in Carinthia is Union Rosenbach in St. Jakob. Its 3.5-kilometre illuminated trail is artificially covered with snow cannons beginning the end of November. Just put on your skis and go!

BMW 218i: zużycie paliwa w cyklu miejskim: 6,4–6,1 l/100 km, pozamiejskim: 4,5–4,3 l/100 km, mieszanym: 5,2–4,9 l/100 km. Emisja CO₂: 120–115 g/km.

*Wysokość miesięcznej raty brutto jest przykładowa i została obliczona dla BMW 218i Active Tourer za 108 900 zł brutto przy założeniu następujących parametrów: oferta BMW Comfort Lease, opłata wstępna 20%, okres leasingowania 48 miesięcy, średnioroczny deklarowany przebieg 15 000 km, gwarantowana wartość końcowa. Oferta BMW Kredyt Niska Rata, opłata wstępna 20%, okres kredytowania 48 miesięcy, prowizja za udzielenie kredytu 6% (kredytowana w ratach miesięcznych), ostatnia rata balonowa 48 791 zł brutto, roczne oprocentowanie nominalne 7%, RRSO 8,99%. Niniejsza symulacja nie stanowi oferty w rozumieniu Art. 66 Kodeksu Cywilnego.

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Airlines

LOT

LOT SPREADS ITS WINGS

LOT has started operations in the most modern area of Heathrow, the T2 Terminal, also known as the Queen's Terminal. All LOT Economy, Economy Plus and Business passengers can use 66 automatic check-in kiosks and baggage desks, and then proceed to one of 27 security check points. All that significantly reduces the check-in time and one can reach the departure area within just several minutes. And there are 33 shops and 17 restaurants available to suit every taste. The terminal offers also the unique "Personal Shopper" service. Just take a seat comfortably at the designated place and your dedicated assistant will present you with the products of your interest, do the shopping and bring them to you. The passengers of LOT Business Class can use the new executive lounge with a breathtaking view over one of the world's busiest runways! lot.com.



In the land of scents

Hermès

FOR HER AND FOR HIM

This fall is dominated by two unique scents by Hermès - for her and for him.

Eau des Merveilles: fairy, sparkling and warm, dedicated to a woman who has never lost her inner child's ability to marvel at the world. Inspired by the Hermès look at the world, which is full of admiration. On the occasion of the 10th birthday of the brand, the fragrance is offered for a limited time in the collector's bottle. Available only at Douglas perfumeries.

Price: 100 ml PLN 520.

Terre d'Hermès Eau Tres Fraiche: most recent edition of the iconic brand fragrance for men, available in only one capacity - to the delight of its fans - 125 ml. The coolness of aldehydes, the bitter orange and warm wood notes make up this beautiful masculine scent. **Price:** 125 ml PLN 42



Cutting Edge TVs

Samsung Ultra High Definition

BEAUTY AND TECHNOLOGY

How would you describe the latest curved Ultra High Definition (UHD) TVs produced by Samsung? One thing we know for sure - these TVs start a new era in the world, where not so long ago everyone dreamt of having a FullHD screen. Now, sitting in front of Samsung UHD HU8500 you will be able to not only see four times more details, but also feel as if you were in a real cinema. Due to the curvature of the screen the user has a better sense of depth, and colour saturation as well as detail fidelity, distinguish the curved flat UHD Samsung among others. Add to this the option to connect the TV to the Internet, voice control, and over 120 Polish and 300 global applications to watch films and videos, and you can confidently say that the new era of TVs has just begun.

Airlines

Lufthansa

100 NEW ONLINE GUIDES

"Lufthansa Travel Guide" is available free of charge at lh.com. It is perfect for preparing a trip and finding your way around a destination. With Lufthansa, the passenger's journey begins even before the flight. The airline wants to enhance its passengers' stay at all its destinations and has recently published a digital travel guide to more than 100 Lufthansa destinations at LH.com/travelguide. It is available at <http://lh.com/travelguide>. Passengers have now the possibility to inform themselves about their destination even prior to travel. These destinations range from A for Aberdeen to Z for Zurich, from New York to Shanghai. And by the end of this year, there will be a travel guide to every one of Lufthansa's 200 current destinations. Passengers can use the travel guides online for free, both on a computer at home and on mobile devices when travelling. All the recommendations, tips and articles are available in German and English, and have been specially researched by Lufthansa's travel editors. The Lufthansa Travel Guide offers all the important aspects of a classic guidebook, in addition to the topicality and interactive features of an online format. A brief overview sketches a portrait of each city. The first look around is quickly and easily planned with the help of an interactive map and a list of the top 10 attractions. Another big advantage over print versions is the topicality of the online guide: the events calendar, and the restaurant and club listings are always right up to date. This information is supplemented by reports, city tours and multimedia content, such as video clips. Then there are individual recommendations from Lufthansa crew members, who present their favorite locations in the 'Crew Tip' section. Useful details about the local airport and the rest of the country help to plan the trip. Users can search for friends on Facebook who have already visited the destination and can also share the travel guide with them. Another firm fixture is the 'door-to-door planner', a detailed itinerary that combines the flight connections and more than 600 other transport options of different providers (train, car, public transport) to describe the journey from your own front door to global destinations in minute detail.



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A Dream Car

Rolls-Royce

TAILOR-MADE MODEL

Apparently the human imagination knows no bounds. Workers from Rolls-Royce factory are well aware of that fact and they can talk for hours about the most unlikely requirements of their customers. Each owner of the car can now participate in its design, and the designer becomes a confidant of the owner's memories and dreams.

"Bespoke programme uniquely combines modernity with tradition," says Matt Danton, Bespoke Designer. The most interesting inspirations for our projects come from the stories shared with us by our customers. At the core of the programme lies the desire to attract attention, lead and express your own character, with the car playing a key role in the process. And to fully demonstrate an appropriate sense of style, the car must be tailor-made. Almost all units of the Phantom and most of the Ghost and Wraith models, which leave the Rolls-Royce factory in Goodwood, are equipped with items prepared in accordance with the philosophy of Bespoke programme. In recent years, also Rolls-Royce itself has decided to create a number of models based on its rich heritage. This resulted in limited collections such as Phantom Coupé Aviator. Produced in 35 units, the model is inspired by the Rolls-Royce engine-driven S6B aircraft, which won the Schneider Cup between 1931 and 1933. One of the contributors to the appearance of the car was the brand founder Charles Rolls, an aviation pioneer and the first man who twice flew over the English Channel.

Accessories

OCHNIK On the Go

SUITCASE FOR EVERYONE

OCHNIK loves travel, both short and long distance. For those looking for a faithful companion of unforgettable escapades, OCHNIK has prepared a wide range of high-quality luggage. Small and large, hard and soft, classically dark and succulent in colour – all of them will meet the expectations of even the most demanding customers. The offer of the brand includes both soft, nylon suitcases and durable hard-shell cases made of such materials as polycarbonate, polypropylene



and ABS. Regardless of your destination and the purpose of your trip – Ochnik's suitcases will never let you down. Prices from PLN 199,90.

OCHNIK has a chain of 78 stores located in the most prestigious shopping centres in Poland. It also sells its goods online and has a special B2B sales department, which offers products to corporate and institutional customers. Each season OCHNIK offers a wide range of leather jackets, coats, skirts, and dresses, as well as other leather goods and accessories



Beauty

Body Sculptor

PERFECT SILHOUETTE

Warsaw now enjoys a new Body Clinique salon where you can shape your body to become simply perfect. During its launch, the invited guests had an opportunity to try the treatments performed using state-of-the-art medical equipment for modelling, firming and slimming the body. One of them is the Body Sculptor device which not only helps you reduce cellulite, but also the visceral fat (which is an absolute novelty), as well as reduce the waist or to get rid of excess water accumulated in the body. The clinic is the first in Poland and the only one in Warsaw, which has such equipment. The invited guests also admired the results of cryolipolysis and Venus treatments, which are popular with Hollywood stars who wish to achieve a spectacular lifting effect without the use of a scalpel. The special guest of the event was DJ Adamus, who trusted the Clinique Body team and underwent a metamorphosis. With a glass of prosecco and a homely atmosphere the launch of Body Clinique was also celebrated by the representatives of the media, people from the film, music and fashion industry, as well as, regular customers.



FOT.: MATERIAŁY PRA-SOWE

Business Poland Traveller

5 LAT
NA POLSKIM RYNKU

10 ŚWIATOWYCH EDYCJI



*Magazyn dla podróżujących biznesmenów i travel managerów.
Wszystko, co chcielibyście wiedzieć o podróży ...*



40

DREAMING OF SLEEP

We all have ways of dealing with jet lag, but what are the long-term effects of sleep deprivation and how are travel companies trying to help? **Sally Brown** investigates

Tiredness comes with the territory when you travel for business, but new research points to long-term consequences for physical and psychological health and well-being when we regularly miss out on quality sleep.

On average, we sleep for two hours less than we did in 1960 and, according to a recent survey commissioned by insurer Direct Line, 48 per cent of us say we need eight hours of sleep but two-thirds of us only get six. Many frequent travellers get much less than this.

In the short term, a lack of sleep affects your ability to concentrate and make decisions, and renders you more irritable. Your family and colleagues often bear the brunt of that. In the longer term, it puts you at risk of several serious diseases.

“When you travel frequently, you undermine two aspects of your sleep cycle – your sleep homeostat, which regulates the drive to sleep, and the body clock or circadian rhythm,” says Professor Jason Ellis, head of

the Centre for Sleep Research at Northumbria University.

New research from the University of Surrey has found that living out of sync with your body clock affects the activity of more than 700 genes, disrupting several metabolic processes, including how we respond to stress and the ability of cells to regenerate.

This may help to explain why regular disruption to sleep increases your risk of depression, as claimed by the University of Washington Medicine Sleep Centre, and puts you at higher risk of cancer and heart disease, as proven by a wealth of research.

Scientists at the University of Chicago found that after only a few days of cutting back to four hours’ sleep a night, people struggled to process glucose in a similar way to the early stages of diabetes.

“Forcing your body to function when it’s supposed to be asleep puts it under tremendous strain,” Ellis says. “We know from studies on shift workers that it can lead to serious health problems.”

One of the latest discoveries is that sleep “detoxes” the brain. According to recent research from the University of Rochester Medical Centre in New York, sleep helps to flush out waste products such as amyloid-beta, the protein that has been linked with Alzheimer’s disease.

Thankfully, companies are finally taking the issue seriously, says sleep physiologist Dr Guy Meadows, clinical director of the Sleep School (thesleepschool.org) and author of *The Sleep Book: How to Sleep Well Every Night* (Orion).

He says: “We’ve still got a long way to go to create the cultural shift we need to fully appreciate the importance of sleep. But when we speak to HR departments of top companies, improving the sleep of employees is now as important as reducing stress – and the two tend to go hand in hand.”

Meadows runs a programme called “Sleep to Perform”, which provides company-wide sleep-need assessments, seminars, webinars, and one-on-one coaching for those



On average, we sleep for two hours less than we did in 1960. Lack of sleep adversely affects the ability to concentrate and for appropriate decision-making.



staff who need it most. It's no surprise that they are often frequent travellers. MartinSinclair, a contributor to our forum, writes: "Sleeping problems have affected me for the past 30 years of travel. My solution up until April 2013 was to take sleeping pills, which I fortunately recognised as being a serious problem. I kicked the pills 100 per cent and now conquer sleep problems with yoga."

Ellis says the problems can continue when you get home. "It can take as little as two weeks of disrupted sleep to trigger a long-term sleep disorder," he says. "So even at home, you wake up in the night or find it hard to drop off."

What can you do if your job is ruining your sleep? According to the Economic and Social Research Council, one in ten people in the UK take sleeping pills regularly.

Meadows says: "People who come to the Sleep School have had insomnia problems for ten years on average and I'd say 90 per cent have tried five or six types of medication to help them sleep. The catch-22 is that they become dependent and feel they can't sleep without them, even though they realise they're not sleeping well."

Last year, a University of California study found that even occasional use was as bad for your health as smoking, raising the risk of early death at least 3.6 fold.

Meadows doesn't think sticking to a "wind-down" routine helps. "Sleep is a natural physiological process that can't be controlled, and relying on unnatural night-

time rituals or props – such as warm baths, pills and alcohol – can fuel sleep anxiety. You can lie there thinking: 'I've had my bath and done my deep breathing and still can't sleep, so what's wrong with me?'"

It makes sense, he says, to avoid late-night caffeine and alcohol, and to try to go to bed and get up at roughly the same time every day (travel permitting). But acceptance is key – the irony being that it's only by giving up the struggle to sleep that we are able to sleep better.

"It's about changing your relationship with your thoughts about sleep," he says. "Rather than trying to control your anxiety about lack of sleep, allowing it to be there allows it to pass." Meadows says labelling your thoughts ("there's that old fear that I won't be able to cope tomorrow") allows you to step back from them, rather than allowing them to affect you.

"Most clients resolve their sleep problems within three months," he says, although he points out that once you have them, it tends to be for life. He explains that insomnia remains in the memory like anxiety does, so during a heatwave, for instance, you'll be affected more than most as it can trigger your old thoughts and beliefs.

Making an effort to upgrade your sleep is an investment in your health and mental well-being, both now and in the future. There's also another welcome pay-off – you'll become more efficient. As Meadows puts it: "Sleep is still the most under-rated performance enhancer out there."

SLEEP MONITORS

Withings Aura £250 withings.co.uk

Withings already offers the Pulse wristband for tracking your activity day and night, including sleep. But the new Aura pair of devices goes further, obsessively poring over every detail of your night. The sensor slides under your mattress and monitors your body movement, breathing cycles and heart rate. The bedside device measures noise, temperature and light levels, and works as an alarm clock, using coloured LEDs to lull you to sleep and wake you naturally. You can listen to music stored on your phone. All the Aura sleep data can be examined in an app (iOS only) alongside data from other Withings wellness gadgets.

Jawbone Up 24 £125 jawbone.com

This slender activity-tracking wristband monitors your exercise and sleep, and then makes the data available in an app (iOS and select Android devices). Some clever features make it particularly good for tracking sleep. If you forget to press the sleep button when you go to bed, you can use the app the following day to tell it when you went to bed, so your records won't show you pulling a 36-hour day with a strange lull of inactivity in the middle. The app also lets you set yourself goals such as going to bed by 11pm every night for a week, and motivates you to achieve them.

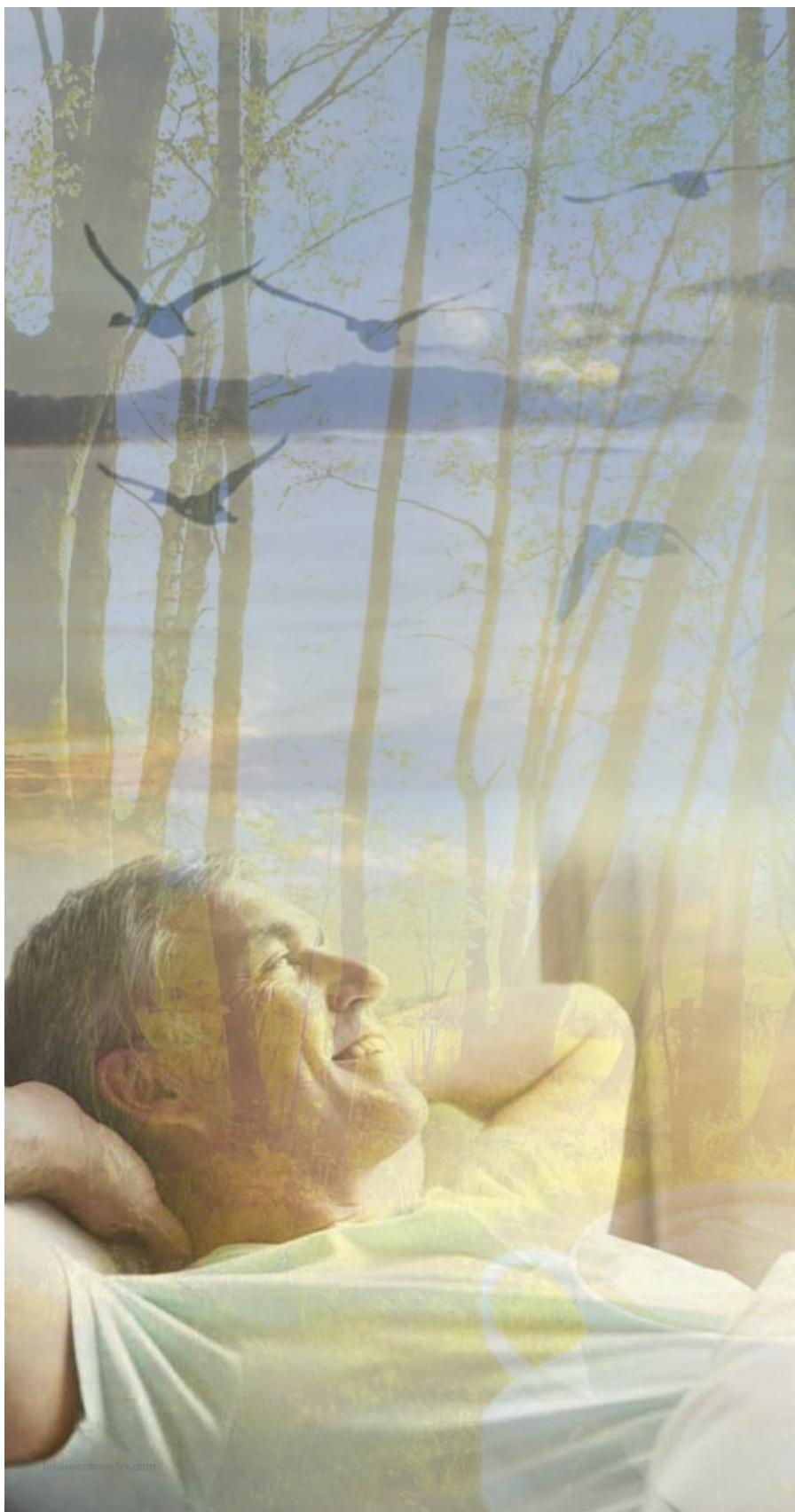


Basis Carbon Steel Edition

US\$150 mybasis.com

This health tracker watch, currently only available in the US, takes a holistic approach. It measures heart rate, perspiration, skin temperature and motion – providing insight into your sleep and stress levels as well as fitness, all via an app (iOS and Android). It tracks sleep in detail, using the heart-rate monitor and motion sensor, without you needing to press a button to set it to sleep mode. It claims to be the only band capable of detecting REM (rapid eye movement) sleep, which is the stage in which we dream, as well as the depth of your slumber, tossing and turning, and any interruptions. Each morning it gives you a sleep score and graphs of your night's kip.





Making an effort to upgrade your sleep is an investment in your health and mental well-being, both now and in the future.

INDUSTRY INITIATIVES

Hotels and airlines are fast recognising the importance of sleep to their customers. Here are some of the ways they are trying to improve your rest.

- **BETTER BEDS** Starwood's Westin brand was a pioneer in sleep quality, introducing its "Heavenly Bed" concept in 1999. Now it has a store selling custom-designed mattresses (about £1,750 for king size), pillows and 400-thread count cotton linen (sets from about £900). westinstore.com

Four Seasons has upgraded its beds with a custom-designed mattress that includes a "Gel Touch" foam centre to absorb heat and regulate body temperature. Like Goldilocks, guests can also choose from a soft, medium or firm mattress topper. The new beds are available in most US hotels, while the international roll-out should be completed over the next few years. You can also order one to take home. fourseasons.com

Etihad Airways collaborated with the American Centre for Psychiatry and Neurology in Abu Dhabi to develop its new sleep programme. It now offers first class passengers all-natural mattresses sourced from the Hevea rubber tree, 100 per cent cotton bedding and down duvets.

etihad.com/comfortzone

- **PRESCRIPTION PILLOWS** There's a reason behind the trend for hotel pillow menus - sleep specialists believe the wrong pillow height throws the spine out of alignment and can lead to restlessness. One solution is buying a bespoke pillow online, designed by sleep guru and osteopath Sammy Margo, by filling out a questionnaire about your sleeping position, body size and preferences. £15, goodsleepexpert.co.uk

Alternatively, make the most of the sleep menu on offer at most premium hotel brands. At the Dorsett Grand Labuan in Malaysia, you can choose from a water pillow, a magnetic pillow or one that plays music. dorsethotels.com

- **DIET PLANS** What you consume throughout the day can improve your sleep quality by regulating your blood sugar levels. At London's Corinthia hotel, a sleep menu devised by nutritional therapist Jeannette Hyde includes a turkey burger with Beenleigh blue cheese and baby spinach, which is rich in tryptophan, used to make the sleep hormone melatonin, and magnesium-rich choices such as warm asparagus with orange hollandaise sauce, roasted sunflower seeds and golden berries, and baby red chard to ease muscle tension. It's available to guests who opt for the two-day "Sleep Retreat", which also includes a spa treatment. corinthia.com

POLSKIE LINIE LOTNICZE

LOT

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85

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lot.com

Ty wyznaczasz kierunek

WAKE-UP LIGHTS

PHILIPS £130 philips.co.uk

Philips' top-of-the-range Wake-Up Light boasts a "coloured sunrise simulation". You choose what time you want dawn to break, and then awake to light that shifts from red through warm orange to bright yellow. You choose how quickly, too – your virtual sun can take anything from 20 to 40 minutes to rise. The light can be accompanied by one of five natural sounds, such as "birdsong", or FM radio. There are two separate alarms and a snooze button that allows you to doze for another nine minutes. At this price, it's a shame you can't connect a smartphone or memory card to wake up to your own music.

OREGON SCIENTIFIC ILLUMI

£170 oregonscientific.co.uk

The Oregon wake-up light connects to your smartphone via USB, not just to play music but also to control the Illumi. This is done with a smartphone app called Illumisleep (iOS and Android). The app uses your phone's built-in accelerometer to track your sleep. As a result, when connected to your phone, the light can be set to wake you at the optimum time in your sleep cycle instead of a precise moment. Wake to FM radio, smartphone music or a choice of six soothing moods: combinations of sounds and colours, including a sunlight simulation.

PURE TWILIGHT £140 pure.com

This offers an array of sounds to wake up to: DAB or FM radio, built-in lullabies, or relaxing ambient sounds like "forest" or "wind chimes". The sound quality and user interface are superb. Meanwhile, its six energy-efficient LEDs can give you a glowing nightlight, a dawn simulation to wake up to, coloured mood lighting or simply a bright reading lamp. You can set up to four different alarms and a USB slot lets you listen to music from your smartphone and charge it (or a Kindle) overnight. A clock radio for the 21st century.



Delta Air Lines recently showcased a "photon shower" prototype created by University of Oxford neuroscientist Russell Foster. The light-filled cubicle is designed to instantly reset your body clock and eliminate jet lag.

● **SLEEP COACHING** Crowne Plaza offers guests free podcasts from sleep expert Dr Chris Idzikowski. crowneplaza.com

At Champneys' UK resorts, Jason Ellis from Northumbria University holds specialist retreats throughout the year to look at your personal barriers to better rest, identifying your ideal bedtime and working out how much sleep you really need. champneys.com

● **POWER-NAP PODS** Singapore Changi airport has free rest areas with reclining seats. changiairport.com

Abu Dhabi International airport's Terminal 3 has egg-shaped "Go Sleep" pods that can be rented by the hour for Dhs 30-48 (£5-8). They feature a chair that converts to a flat bed and secure storage for luggage, wifi and power points. abudhabiairport.ae, gosleep.aero

Dubai International Terminal 1 has ten soundproofed "Snoozecubes", bookable by the hour for Dhs 65 (£11). The units include a full-size mattress, TV, wifi and flight updates. snoozecube.com

Moscow Sheremetyevo's 4 sqm "Sleepboxes" house up to three bunk beds, bookable by half-hour periods. sleepbox.co.uk

"Napcabs" at Munich Airport and "Sams Snooze at my Space" pods in Terminal 3 of New Delhi's Indira Gandhi International are bookable by the hour, while Yotel cabins in Gatwick South Terminal and Heathrow

T4 can be hired for four hours. napcabs.com, newdelhiairport.in, yotel.com

● **SLEEP CONCIERGES** At London's Montcalm hotel, sleep concierges are on hand to help you choose the right pillow to suit your sleeping position, bring you a bedtime drink, or ensure your room is the perfect temperature and level of darkness. themontcalm.com

New York's Benjamin hotel will set up a white noise machine to drown out background sound, and arrange a sleep-inducing pre-bed spa treatment. thebenjamin.com

At the Westin New York at Times Square, you can opt for a "rest well call", which will remind you when it's time to go to bed. westinnymedia.com

● **QUIET FLOORS** More and more hotels are creating business-only or quiet floors. Crowne Plaza properties have allocated zones from Sunday to Thursday with no children or leisure guests allowed. Rooms also include soundproofed walls and headboards, anti-snoring pillows and white noise machines. crowneplaza.com

WEIRD SCIENCE

Delta Air Lines recently showcased a "photon shower" prototype created by University of Oxford neuroscientist Russell Foster. The light-filled cubicle is designed to instantly reset your body clock and elimi-

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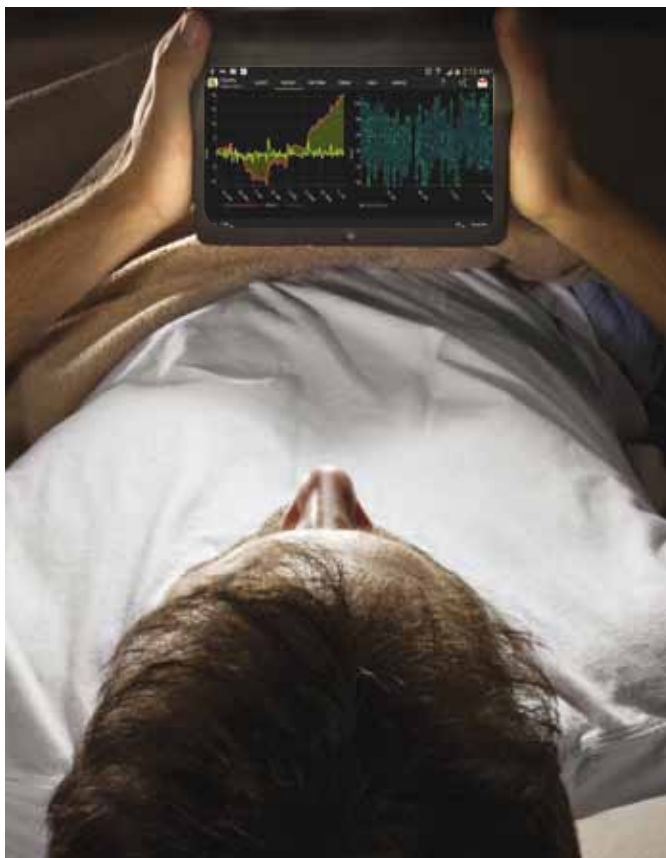


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lot.com

Ty wyznaczasz kierunek



As well as tracking your sleep, application can use your smartphone's accelerometer to measure your movement. Also help to fall asleep, making soothing sounds.



nate jet lag. fastcocreate.com, delta.com
British Airways has trialled a “happiness blanket” that connects to neuro-sensors that measure passengers’ brainwaves and changes from red to blue depending on how relaxed they are. The idea is that cabin crew could alter their routine according to a passenger’s mood (see news, June 30). ba.com

PILLOW TECH

The latest gadgets and apps can help you to control the length and quality of your sleep, says Caramel Quin.

● **Sleep Genius Free** (iOS and Android)
sleepgenius.com

As well as tracking your sleep, Sleep Genius uses your smartphone’s accelerometer to measure your movement. It will play soothing sounds to lull you to sleep, gently wake you over the course of five minutes, and offer relaxation exercises when you’re feeling stressed.

● **Sleep Cycle Free** (iOS and Android)
sleepcycle.com

By tracking your sleep via your phone’s accelerometer, you can analyse how you slept in detail, and the alarm can wake you at the optimum point. It also records the percentage of sleep quality and average time in bed.

● **Dream: ON Free** (iOS)
dreamonapp.com

An intriguing app that claims to be able to

help you choose what you dream about and even support lucid dreaming. It monitors your sleep like other apps, but then plays your chosen soundscape – from “peaceful garden” to “wild west” – when your subconscious is most suggestible.

● **Sleep as Android Free** (Android)

This tells you when it’s time for bed, helps you drift off with soft sounds, tracks sleep phases, then wakes you with natural sounds while you’re in a light sleep phase. It detects snoring and makes clicking sounds to encourage you to stop.

● **Relax Melodies Free** (iOS and Android)
ipnossoft.com

This app lets you combine sounds and melodies to create your own relaxation soundtrack. Experiment to find the mix that’s best for you – whether that is thunder or monks chanting, a flute or a cat purring. It sounds quirky, but many insomniacs swear by it.

● **Sleep Time Free** (iOS and Android)
azumio.com

A sleep tracker app with cycle analysis software developed with Stanford University, what makes this app stand out is its audio. Choose from a range of natural soundscapes to lull you to sleep or rouse you when you’re snoozing – you choose the 30-minute window in which you’d like to be woken.

● **MotionX 24/7 69p** (iOS)
motionx.com

This does all the sleep sensing offered by other apps, but also uses the iPhone camera to measure your pulse optically from your fingertip – finding correlations between your sleep and resting heart rate.

● **Entrain Free** (iOS)
itunes.apple.com

A clever app from the University of Michigan that calculates how to tackle jet lag before and after your journey, by using light and darkness to support your body’s natural circadian rhythms. Tell it where and when you’re travelling and it will create a schedule of light, dark and sleep for you.

● **SleepBot Free** (iOS and Android)
mysleepbot.com

This tracks data including sleep time, waking time, hours of sleep and your “current debt” – the hours of rest you’re missing out on. Unusually, it records sound, too. There’s a graph of noise levels – tap it to hear the audio – proving finally who snores and who talks in their sleep.

● **SleepRate US\$80** (iOS only)
sleeprate.com

If you’re sleeping badly, the problem may be holistic. This pricey app (full kit sold for US\$100) requires a Polar H7 heart rate monitor and uses Stanford University’s Cognitive Behavioural Therapy for Insomnia to look at thoughts, routines and emotions by day, alongside sleep logs.

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SONEVA FUSHI RESORT



CONTACT

Soneva Fushi
Kunfunadhoo Island
Baa Atol
The Republic of Maldives
reservations-fushi@soneva.com
tel.: +960 660 0304
www.soneva.com

LOCATION

Soneva Fushi, the first “Robinson Crusoe” style hideaway in the Maldives, is set on the privately owned tropical island of Kunfunadhoo in Baa Atoll. The resort can be reached by a scenic 30-minute sea plane flight direct from Male International airport or for guests scheduled on evening flights by domestic carrier flights via nearby Dharaandhoo airport.

CONCEPT

The island is 1,400 metres long and 400 metres wide, one of the largest islands in the Maldives. Apart from the crystal clear waters, white beaches and tropical climate, the island’s unusually rich vegetation offers a unique natural experience. Villas are

scattered along the beach and tucked into the lush greenery, providing the ultimate privacy. Fringed by white sand beaches that shelve gently into the azure blue sea, the iconic Soneva Fushi looks like a Robinson Crusoe idyll, however the finest creature comforts are always at hand. An undoubted advantage of this place is its distance from civilization. Its remoteness is central to its charm, offering the ultimate in barefoot sophistication for which the expression “No News No Shoes” was coined. At the reception desk shoes are packed into special bags and then delivered to the villa. Each guest gets a bike - the best means of transportation on the island. Soneva Fushi is the flagship resort of the Soneva Group, a world lead-

ing sustainable luxury resort operator. The Soneva Group came into being following the decision by Sonu Shivdasani, the founder of Six Senses Resorts & Spas, to sell the Six Senses and Evasion branded resorts in February 2012. The resort is based on the philosophy of slow life: SUSTAINABLE – LOCAL – ORGANIC – WELLNESS LEARNING – INSPIRING – FUN – EXPERIENCES.

VILLAS

The resort consists of 65 villas. Each of them opens to its very own stretch of white sand beach just a few steps away, whilst many also include private swimming pools. Outside, in a private garden there is an open-air garden bathroom with bath-

tub, shower and a double sink unit with large over hanging mirror. The villas are equipped with a ceiling fan, air conditioning, minibar, safe deposit box, DVD player, as well as Bose Hi-Fi system with a docking station, as well as an iPod with preinstalled 500 films. Wi-Fi connection is provided in villa on request. The resort also offers the services of a private butler – Friday.

The villas are of different sizes, starting with the 235 sq m Crusoe Villa (including internal 64 sq m), which consists of consisting of one bedroom, bathrooms and a terrace. Then there is Soneva Fushi Villa with two bedrooms, a swimming pool, and a total area of 395 sq m (internal 112 sq m). The largest one is Jungle Reserve Villa, which stretches over 1,720 sq m (internal 375 sq m) and has a private seawater pool. It is situated by the beach, with foyer entrance. It includes four spacious bedrooms with king size beds, three bathrooms with large garden tubs and separate showers, a large living room with sofas and a 55-inch Sony plasma TV, a dining room, a floating table for 10 people, a private spa, a library and a wine cellar.

BARS AND RESTAURANTS

Dining is a strong asset Soneva Fushi. The resort's offer includes everything from gourmet menus across a variety of cultures and cuisines, to organic offerings, simple barbecues or elaborate romantic escapades. The cuisine is based on products grown on the island and incorporates the talents of inventive chefs from East and West. All this is complemented by great wine, and it is worth noting that the resort is famous for its extensive range of more than 700 fine wines. Approximately 50 % of the list is organic or biodynamic. The day begins here and you will find a seemingly endless spread of fresh fruits, comforting classics, live cooking stations, creative juices



Fringed by white sand beaches that shelve gently into the azure blue sea, the iconic Soneva Fushi looks like a Robinson Crusoe idyll, however the finest creature comforts are always at hand.



and a collection of Asian dishes including Maldivian specialties. Return at lunch to feast on the equally bountiful buffet of organic garden salads, freshly caught and grilled-to-order fish, sushi or bespoke pizzas straight from the wood-burning oven. Nine is a restaurant which offers a mouth-watering menu crafted around nine different methods of cooking including; steaming, poaching, roasting, braising, baking, grilling, stir-frying, pot cooking and pit cooking. Fresh in the Garden, surrounded by tropical banana trees, rises above the organic herb and vegetable garden, with a sparkling

sea panorama and sublime sunsets. Chefs in the open kitchen use freshly picked produce from the garden to create delicious Mediterranean inspired dishes. So Hot and So Cool is a place to taste over 60 flavours of ice cream and sorbets to choose from. You should also visit the neighbouring chocolate room (open from noon until late night), serving complimentary chocolates handmade by the resort's in-house chocolatiers. So Delicate offers gourmet hams, cold cuts, cheeses and preserves to be enjoyed throughout the day. In By the Beach you will enjoy Japanese and Korean in-

spired cuisine at one of our beautiful candlelit tables on the beach at the water's edge. By the Bar has one of the best selections of freshly made cocktails, spirits and liqueurs in the Maldives. It is an oasis of calm for reading, relaxing after a spa treatment or playing a board or snooker game. It is also a Wi-Fi hot spot if you really need to catch up with the outside world. By the Beach Bar sits on the sunset side of the island. It is truly the most idyllic place to watch the sunset behind the blue waters of the Indian ocean. Bar(a)bara-Bar is known for its delicious tapas snacks which

Hotel

MALEDIWIY



can be enjoyed at any time. Tables there are set over water. As the sun starts to set ease onto one of our cushioned overwater net day beds and enjoy an organic pre dinner cocktail. Extensive 'in villa' dining options are available 24 hours a day, every day.

ACTIVITIES AND ATTRACTIONS

Soneva Fushi offers a cornucopia of attractions, including Robinson Crusoe picnic, water skiing, snorkelling on the reefs, dolphin watching, fishing, scuba diving, as well as practising yoga and tai-chi. Central to the Six Senses Spa is a large reflecting pond and waterfalls, setting

the tone for soul therapy. You can choose here from a menu of holistic and traditional treatments conducted by highly skilled therapists using all natural products or indulge in one of our Six Senses signature journeys. Two libraries on the sunrise and sunset sides offer a vast selection of easy reading and reference books, DVDs, VCDs and CDs. Cinema Paradiso is the first open-air cinema in the Maldives with the widest screen in the Indian Ocean measuring 13.8 meters wide! Reminisce over a classic movie at Cinema Paradiso on Turtle beach, lie back under the stars and enjoy popcorn, selected dry snacks, Soneva homemade ice cream

and a wide selection of beverages. Equipped with a striking Meade RCX400 telescope, the observatory in the organic garden is the latest addition to Soneva Fushi's unique guest experiences and offers magnificent views into the starry sky.

VERDICT

It is a unique place for people who want to leave the luxury of home in order to spend their holiday in harmony with nature. Seclusion, silence, fine dining, excellent service, a surprisingly large selection of wines and very good spa - Soneva Fushi stands out from many other places in the Maldives.

Rafał Sobiech

Soneva Fushi offers a cornucopia of attractions, including Robinson Crusoe picnic, water skiing, snorkelling on the reefs, dolphin watching, fishing, scuba diving, as well as practising yoga and tai-chi.



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www.shiseido.pl

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EXOTIC MESSAGES



CONTACT

Hotele SPA Dr Irena Eris
www.DrIrenaErisSpa.com

SPA Dr Irena Eris Hotels have expanded the offer of their oriental massages by Thai and Balinese massages performed by professional massage therapists from Bali. Now, both in Dylewskie Hills and Krynica-Zdrój you can relax like on an exotic island and forget about the whole world. At least for two hours.

TREATMENT WITH TRADITIONS

Balinese massage is derived from the Indian and Chinese medicine, combining traditional massage from the islands of Bali and Java with Ayurveda, acupressure and aromatherapy techniques. The elements of yoga and reflexology, which are a part of this procedure, make it a truly pleasurable experience, and improve the harmony of your body, mind and soul. It is an perfect choice for people living under great pressure and dreaming of proper rest and relaxation. It is worth noting, that the procedure is performed by professional massage therapists from Bali, with plenty of knowledge and experience, as well as

appropriate professional certificates. They are nice, focused and full of positive energy. The treatment begins with a moment of relaxation in the prone position, and after a while the therapist starts to massage your feet, legs, back, and neck.

REFLEXOLOGY AND PRESSURE

Balinese massage of the whole body is performed with oriental essential oil, which is massaged into the skin by means of a stroking technique and strong rubbing. This is followed by kneading combined with reflexology and pressing specific parts of the body, which not only relieves the individual sections of the body, but also the entire body. The mind ceases to control every detail of reality, and the body relaxes. As I learned after a massage, it is also recommended for persons who suffer from ailments due to injury, as well as to athletes.

VERDICT

Balinese massage positively affects the regeneration of connective tissue, reconditions your

muscles and joints. It improves blood circulation, oxygenating the tissue, and unlocks the channels of energy flow, improving your well-being. Such treatment is an excellent boost of energy and vitality. The procedure can be performed in one hour (PLN 220) or in a 90-minute session, which I personally recommend. At SPA Dr Irena Eris Hotels you can also try Thai massage, which combines acupressure of the important sections of the human body with elements of passive yoga, stretching and reflexology. It is performed using thumbs, elbows and forearms, as well as the feet. Such massage relaxes the muscles, joints, and tendons. It also stimulates the circulatory and lymphatic system, which restores the balance in the body. In addition to the positive action on the spine, it also reduces pain and tension felt around the neck and shoulders. It relieves headaches and stimulates the blood circulation in the scalp, strengthening the hair roots. The prices of the procedure range from PLN 140 to PLN 310.

Agata Janicka

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FRENCH CONNECTIONS

The sheer size of Paris Charles de Gaulle can be daunting to the uninitiated. **Tom Otley** provides an introduction





For first-time visitors to Charles de Gaulle, it can be slightly disconcerting looking out of the window as you descend towards the airport to see another aircraft mirroring your approach. Charles de Gaulle (CDG) International occupies a huge area, almost one-third the size of the city of Paris itself, which it serves 25km to its south, yet with four runways it has room to spare and can land planes simultaneously.

80 MILLION A YEAR

Earlier this year, CDG celebrated its 40th anniversary. It is the second-busiest airport in Europe, after Heathrow (with its two runways), and the eighth-busiest worldwide in terms of traffic, with 62 million passengers passing through in 2013.

The airport has room for expansion, however, with a capacity of 80 million, useful when annual traffic growth worldwide is expected to rise by about 3-5 per cent per annum over

the next 20 years, according to the International Air Transport Association (IATA). On average, an aircraft takes off or lands at the airport every 30 seconds, with more than 180 airlines flying there and – according to the airport’s owner, Aéroports de Paris – up to 25,000 connection opportunities of less than two hours between medium- and long-haul flights every week, and a total of 315 cities served.

SHORTER TRANSFERS

Charles de Gaulle isn’t the only Paris airport – there are several, including Paris Orly, which also receives international passenger flights – but it is CDG that hosts the global hub of Air France-KLM and is the principal European hub of the Skyteam alliance. FedEx and La Poste have their European hubs here, as do many of the principal players in the international freight segment.

Some 60 per cent of passengers are connecting, flying into the airport only to continue

on to their eventual destination. In recent years, Air France has worked with Aéroports de Paris to try to shorten transfers, smooth out security checks, provide more information and assistance, and generally make the airport a less forbidding place to change flights. There has undoubtedly been progress, and yet it can still be a complicated process.

NINE TERMINALS

To begin with, the nine terminals are Terminal 1, then Terminal 2A, 2B (closed for refurbishment), 2C, 2D, 2E, 2F, 2G and Terminal 3. In 2012 Air France opened a new Hall M in Terminal 2E, joining Hall K and Hall L as part of 2E (for non-Schengen international flights). These are termed “Halls”, not terminals, but Hall L is also referred to as Satellite 3, while Hall M is Satellite 4.

If this wasn’t confusing enough, for travellers transferring from short- to long-haul, Terminal 2F (for Schengen medium-haul



This year, the Charles de Gaulle airport in Paris celebrated its 40th anniversary. It is the second-busiest airport in Europe, after Heathrow (with its two runways), and the eighth-busiest worldwide in terms of traffic. In 2012, it handled 62 million passengers.

flights) and Terminal 2G (for Schengen flights operated by Hop and Cityjet) are also ones you might encounter, along with 2E if you are arriving from the UK. Air Terminal 1 is home to Star Alliance member airlines, while Terminal 2 brings together carriers belonging to Oneworld (2A, B, C and D) and Skyteam (2E and F), with Skyteam-operated intercontinental flights making up more than 60 per cent of CDG's traffic and more than 80 per cent in Terminal 2.

HUNDREDS OF CONNECTIONS

All of this sounds a little abstract until you land at the airport. Suddenly you are faced with giant boards filled with seemingly hundreds of departing flights, and directional arrows in both French and English pointing you to different parts of the building.

For leisure travellers, it's an extra bit of stress. For business travellers, who often have a choice over their airline and routing, it can be a deal breaker.

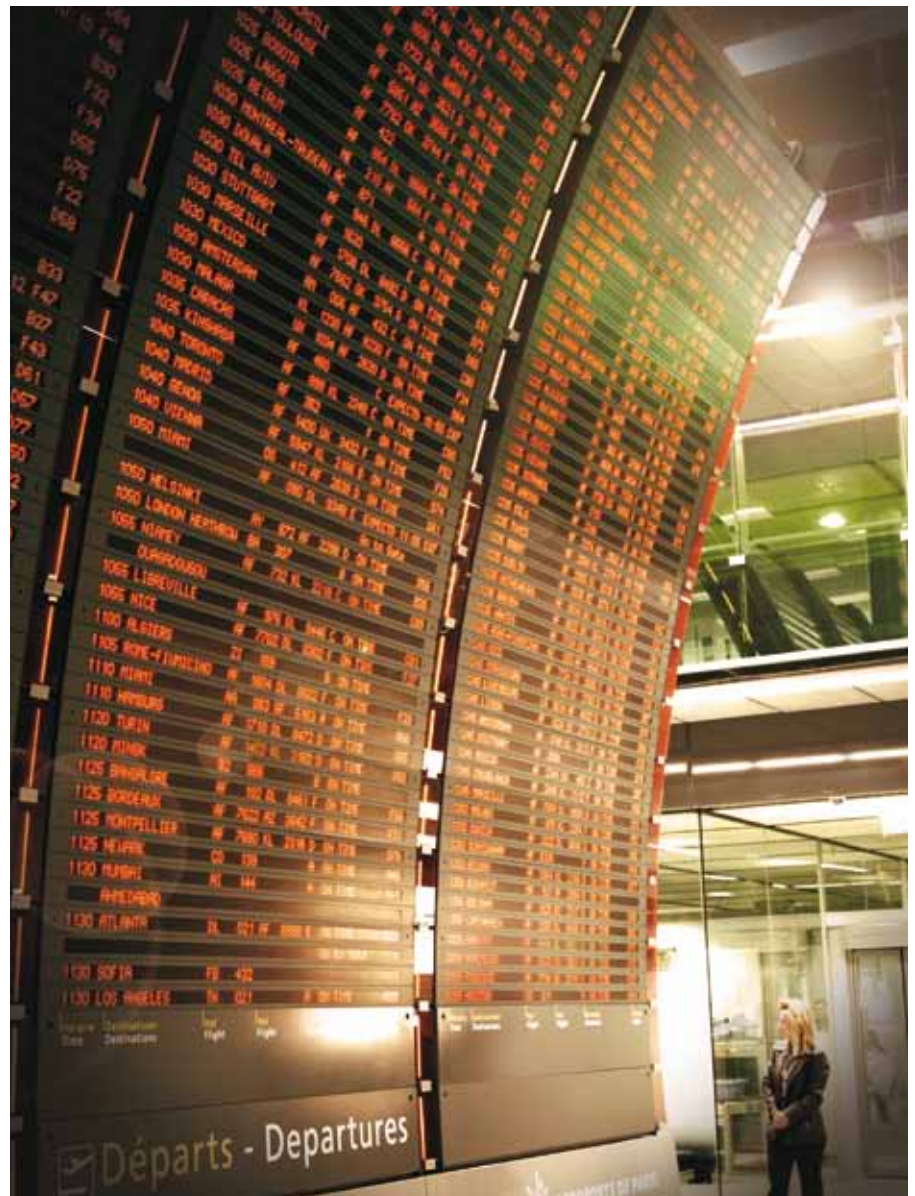
Charles de Gaulle recognises this, and wants to attract business travellers, even having a special section on the Aéroports de Paris website promoting initiatives such as the Parafe programme (visit tinyurl.com/q2jvjds). This allows you to pass through border control with just your passport and fingerprints (like the e-passport gates at London Heathrow) and is available to European Union citizens, including those from the UK. (You need to pre-register.)

SKY PRIORITY

If you are a frequent flyer and have status with Skyteam, then you will no doubt be on the look-out for Sky Priority areas, where first class, business, Club 2000, Flying Blue, Elite Plus and other eligible members can take advantage of fast-track lines to go through security.

Having travelled through the airport twice recently, it's clear to me that, as with many airport hubs, the minimum connection time (MCT) is something you might want to add padding to. At Charles de Gaulle, depending on route, security, the location of the terminals and the distance between them, it can be anything from 60 to 90 minutes, although the airport itself refuses to specify a MCT.

On one connection I made recently, I was even advised that it would be quicker for



Suddenly you are faced with giant boards filled with seemingly hundreds of departing flights, and directional arrows in both French and English pointing you to different parts of the building.



Ten things

A GOOD HUB NEEDS

1. Wide choice of connections
2. Realistic minimum connecting times
3. Quick transport between terminals
4. Clear signage
5. Adequate lounges in appropriate locations
6. Paid-for lounges for non-members
7. Free wifi and plentiful power points
8. Lots of places to sit
9. Airside hotels/sleep pods
10. Varied restaurants and bars

CDG IN NUMBERS

- 2nd busiest airport in Europe
- 8th busiest worldwide
- 4 runways
- 9 passenger terminals
- 180 airlines
- 315 cities served
- 61.6 million passengers
- 3,257 hectare site
- Up to 25,000 connecting flights a week within two hours of passenger arrival
- 54.7% Air France traffic
- 6.5% Easyjet flights
- 2.8% Lufthansa flights
- 1.5% Delta flights

BUY & FLY

Business travellers have plenty of opportunities to spend their money while waiting for their flight:

- 391 shops, bars and restaurants
- Almost 50,000 sqm of retail space
- 600,000 Eiffel Tower souvenirs sold every year
- 1 million bottles of wine
- 400,000 bottles of champagne
- 400,000 cheeses
- 250,000 units of foie gras
- Luxury brands such as Dior, Gucci and Hermes, and gourmet food companies such as Laduree, Caviar House and Prunier



Charles de Gaulle is now also concentrating on the connections into Paris (to Gare de l'Est station) with its CDG Express construction project. One must admit that the plans are ambitious.

me to exit airside and go landside, then go through security again. If I hadn't, I would have used a new tunnel from 2F to 2E (Hall K) that was completed two years ago.

For first class passengers with Air France (about 150 of them each day), there is the benefit of being escorted through the airport and transferred from the aircraft to the first class lounge by limousine.

LOUNGES AND STORES

The new Hall M in Terminal 2E contains a 3,000 sqm Air France business lounge with a buffet restaurant, work areas (and play zones for children) as well as floor-to-ceiling views of the airport.

The problem is that Hall M, accessed by an impressive electric train and home to top-class shops (Bulgari, Burberry, Cartier, Dior and Prada among them), is at the far end of the airport, and for cost reasons is only open between 5.30am and 2.30pm.

The airport has arranged for flights with potentially high-spending passengers to depart from there – to keep the retailers happy – but for the rest of the day Hall M, and its large lounge, remains closed.

Perhaps one day Hall M will be more integrated into CDG's overall operation, but

until then, its most impressive retail hall, along with Air France's most modern and design-oriented lounge, is unseen by the majority of passengers.

CDG EXPRESS

This is the challenge that Charles de Gaulle is struggling to overcome – meeting 21st-century requirements with an airport planned and built in the 20th century. The addition of security, huge passenger numbers and myriad new airlines serving new traffic flows has meant the airport has kept expanding.

But this enviable size – and the capacity to become even larger – has to be made manageable and understandable to passengers, and every piece of new infrastructure has to be slotted in and around what already exists.

Charles de Gaulle is now also concentrating on the connections into Paris (to Gare de l'Est station) with its CDG Express construction project. Work is due to begin in 2017, and the line should be operational to the public in 2023.

Like most hubs, Charles de Gaulle is a work in progress, but at least the progress continues.



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SWISS INVESTS IN “NEXT-GENERATION AIRLINE OF SWITZERLAND”



SWISS will be investing billions of Swiss francs in advanced aircraft, attractive destinations and further product enhancements over the next few years as part of its “Next-Generation Airline of Switzerland” strategy. The airline will be adding 22 new European destinations to its Zurich network with the start of the 2015 summer schedules, and will also be commencing a new Geneva-Lugano service. On board, meanwhile, the carrier will introduce a new-look cabin on its European Airbus fleet from the end of November onwards, along with fresh new Swiss products for its inflight

foodservice in the SWISS Economy cabin.

SWISS, The Airline of Switzerland, will be investing several billion Swiss francs in its aircraft fleet and in making its products and services even more appealing to its guests. In doing so, it will also be putting an even firmer focus on the Swiss population’s air travel needs, and on keeping Switzerland even better connected with the world.

NEW EUROPEAN DESTINATIONS FROM ZURICH AND GENEVA

From the start of the 2015 summer schedules, SWISS will be

supplementing its traditional hub concept with a new point-to-point system and expanding its Zurich-based European network through the addition of 22 new destinations. Sixteen of the new points – Naples, Bari, Bilbao, Porto, Toulouse, Leipzig, Dresden, Graz, Gothenburg, Helsinki, Riga, Krakow, Ljubljana, Sarajevo, Sofia and Zagreb – will be provided with year-round service, while six of them – Palermo, Brindisi, Malta, Thessaloniki, Izmir and Santiago de Compostela – will be served in the summer months. Parallel to this, SWISS will also be expanding its range of services from and to Geneva, with

the addition of 16 weekly Geneva-Lugano flights. The innovations will give SWISS a highly attractive timetable with more non-stop connections than ever, to meet the needs of the Swiss people, the Swiss economy and the Swiss tourist sector.

SWISS TO CRACOW

Many passengers will appreciate the fact that from 1 May to 23 October 2015, they will be able to travel from Zurich to Cracow on Mondays and Fridays at 12.10. On Wednesdays and Sundays the aircraft from Zurich to Cracow will take off at 5.10 pm. The flights from Cracow to Zurich will take off on Mondays and Fridays at 2.30 pm, while on Wednesdays and Sundays at 7.35 pm.

REFURBISHMENT OF THE EUROPEAN AIRBUS FLEET

SWISS will also be introducing extensive innovations for its European aircraft fleet. Work will begin this November on a number of enhancements to its Airbus A320s and A321s that will also increase their seating capacity. By adopting a new type of seat which offers more

legroom than at present, the new configurations will offer passengers the same comfort levels as today, and even more comfort in the Business Class section. At the same time, capacity will be increased by 12 seats on the A320 and by 19 seats on the A321. The new cabin interiors (including the seat covers) will also be modified to the style already seen in the SWISS Lounges and on the long-haul fleet. The first A320-family aircraft with the new-style cabin will be back in service towards the end of November.

NEW SWISS ECONOMY FOODSERVICE ON EUROPEAN FLIGHTS

The refurbishment of the European Airbus fleet will also see the adoption of a new foodservice concept for the SWISS Economy cabin. Under the new approach, all the products will be sourced fresh daily from local Swiss producers. And these will include – depending on the flight's length – warm quiches, fresh bakery items or (on longer flights) fresh salads and warm desserts. The meals will also

be served in an attractive new packaging. As a result of these innovations, SWISS will now offer quality Swiss products in SWISS Economy on all European flights.

BILLIONS OF INVESTMENT IN ONE OF THE MOST ADVANCED AIRCRAFT FLEETS

SWISS is continuously investing in its aircraft fleet. On the short- and medium-haul front the airline will be taking delivery of 30 new Bombardier CS100s from next year onwards to replace the present Avro RJ100 fleet. The Airbus fleet will be further expanded with the arrival of a new Airbus A321neo in 2016. And between 2019 and 2022 SWISS will add ten state-of-the-art new Airbus A320neos and five Airbus A321neos to its fleet to replace ten of its older A320s and five A321s. SWISS also holds ten further options on A320neo-family aircraft. And on the long-haul front, six Boeing 777-300ERs will join the SWISS fleet from 2016 onwards. All in all, the new aircraft represent a total investment of some CHF 5 billion.

SWISS will be investing several billion Swiss francs in its aircraft fleet and in making its products and services even more appealing to its guests. In doing so, it will also be putting an even firmer focus on keeping Switzerland even better connected with the world.



ADJUST YOUR FLIGHT TO YOUR NEEDS

Extra services on Air France and KLM flights



Planning an air travel, you might want to know additional options that will allow you to tailor the flight to your individual needs, regardless of whether it is a trip for business or leisure. For a great number of passengers a flight means the cheapest and the fastest way to get from A to B, but some travellers also care for such amenities as extra comfort during their air journey, special assistance during the transfer, or

richer on-board menu. That is why more and more often airlines provide their customers with an opportunity to choose between a cheap flight and a slightly more expensive option with more frills. For example, for an additional fee you can get an upgrade to a higher class or (in a less expensive option), pay extra for a seat with more legroom. You can also order a dish from the à la carte menu, as an addition to the standard meals served during the flight.

Passengers who anticipate that their journey plans may change, can purchase a flexible ticket or go for the “time to think” option.

“TIME TO THINK” AND “FLEXIBILITY” – SOMETHING FOR THE UNDECIDED

Booking a ticket online at Air France and KLM websites, you can use the “time to think” option. In this way, in exchange for a small fee (€5-15), you can

book a ticket at a given price without having to pay for it right away – you can make the payment within 7 days. The option applies to flights on all routes and for all classes.

“Flexibility” option, on the other hand, can be paid in advance (only €14), if you predict that either the date or the destination of your trip may change. The option allows you to one free change. This applies to European KLM flights purchased online at KLM’s website. For other extra services see the December issue of BT.



Increased legroom -special seats on KLM flights

Type of the seat	Description	Flights	Price
Economy Comfort	Standard seats in separate, front part of the Economy Class (for faster boarding and disembarkation), with more legroom; twice as much space to recline your seat.	European and intercontinental	€10-160 or Flying Blue miles (5,000-25,000)
Preferred seats	Standard seats at the front part of the economy cabin, behind Economy Comfort zone, by the window, aisle, or in a two-seat row.	Intercontinental	€30 or Flying Blue miles (7,500)
Extra Legroom	MSeats in Economy Class with more legroom (97-140 cm)	European	€20-70 or Flying Blue miles (5,000-22,500)

More and more often airlines provide their customers with an opportunity to choose between a cheap flight and a slightly more expensive option with more frills. For example, for an additional fee you can get an upgrade to a higher class or (in a less expensive option), pay extra for a seat with more legroom.

Special, comfortable seats on Air France flights

Type of the seat	Description	Flights	Price
Seat Plus	More legroom, the seat located at an emergency exit (after meeting the safety requirements) or on the upper deck of B747.	European and intercontinental	€10-70
Duo Seat	Seat in a two-seat row.	Intercontinental	€30
Upper deck Duo Seat A380	Seat on the upper deck of Airbus A380 in a two-seat row.	Intercontinental	€40
Seat at the front of the cabin	Seat at the front of the Economy Class cabin.	Intercontinental	€20

How to buy: at a travel agent, at klm.pl or airfrance.pl websites, during online check-in. Discounts for members of Flying Blue: Silver – 25%, Gold – 50%, Platinum – free of charge.

SCANDINAVIAN ADDED VALUE



One of the methods to meet the expectations of frequent flyers are the so-called frequent flyer loyalty programmes. One of those that enjoy a growing popularity is SAS EuroBonus. It is one of only few programmes of this sort that offers its members an opportunity to quickly earn free prize tickets.

Travelling has become part of everyday life – we travel both in business and for leisure. We fly by plane for business meetings, as well as on holiday or to meet our friends. The ease of getting to so many places, and the pleasure and positive emotions associated with flying, make people perceive the aircraft not only as a means of transport, but also as an indispensable part of their lives.

EUROBONUS – WHO CAN BENEFIT?

A reflection of this approach is SAS campaign launched recently in Scandinavia. The airline uses the photos of its customers and employees to show that travellers come from different walks of life, may have various motivations and lifestyles, but they have one thing in common – they love to travel and they do it as frequently as possible.

One of the methods to meet the expectations of frequent flyers are the so-called frequent flyer loyalty programmes, and one of those which enjoy a growing popularity is SAS EuroBonus. It is one of only few programmes of this sort that offers its members an opportunity to quickly earn free prize tickets: only five return tickets (for example on Poland-Brussels route), guarantee you a free ticket (e.g. to Copenhagen) in SAS PLUS. One card can be registered for a maximum of seven family members who can work together to gather points for the cardholder.

SOMETHING EXTRA

Those who obtain a higher status in the programme are granted a right to give a free frequent flyer card to a selected person, and thus become the programmes ambassadors. EuroBonus reflects the philosophy whereby participants should feel that they get something

extra before, during, and after a journey. The members of the programme accumulate points, gaining additional privileges, such as the option to take more luggage on board, or use a comfortable lounge at an airport. In addition to free tickets, points can also be redeemed for stays in hotels or flight upgrades.

3.6 MILLION PARTICIPANTS

The amenities that distinguish SAS EuroBonus from other programmes include free phone calls between the participants, as well as texting via a special app. The advantages of SAS EuroBonus are reflected in the continuously growing number of its participants – presently the number is 3.6 million! Airline loyalty programmes are undoubtedly a useful tool. They bind customers with airlines, in exchange providing them with a number of benefits that make the trip easier and more comfortable.

Podróż służbowa: łatwiej, szybciej, taniej

Pomaga zarządzać podróżami służbowymi i redukować związane z nimi koszty nawet o 20 proc. Amadeus e-Travel Management to narzędzie ułatwiające kompleksowe planowanie wyjazdów biznesowych. Jak działa?

Podróże służbowe odgrywają kluczową rolę w zacieśnianiu relacji z klientami czy partnerami biznesowymi. Spotkania face to face są najlepszą formą kontaktu, pozwalającą osobiście przedstawić stanowisko firmy w danej sprawie czy efektywnie negocjować warunki współpracy. Dlatego firmy, pomimo dynamicznego rozwoju technologii związanych z komunikowaniem się, jak wideo- czy telekonferencje, zdają sobie sprawę, jak ważną funkcję pełnią osobiste spotkania biznesowe.

Planowanie kontrolowane

Wydatki na podróże służbowe w przedsiębiorstwach czy instytucjach publicznych często są znaczącą inwestycją. Jeśli szuka się oszczędności w tym obszarze, warto wdrożyć Amadeus e-Travel Management – efektywne, przetestowane przez ponad 6 tys. firm na całym świecie, internetowe narzędzie do samodzielnego rezerwowania usług turystycznych i zarządzania podróżami służbowymi w firmie. Pozwala ono łatwo i szybko uzyskać znaczne oszczędności i kontrolować wydatki ponoszone na ten cel, a w perspektywie długofalowej pomaga zoptymalizować budżet firmy przeznaczony na wyjazdy biznesowe. Często proces implementacji narzędzia zaczyna się od stworzenia w firmie zbioru zasad i reguł dotyczących delegacji, czyli tzw. polityki podróży.

Ważne jest również przekonanie pracowników do korzystania z wprowadzonego rozwiązania. Od tego zależy, czy wdrożenie Amadeus e-Travel Management będzie sukcesem w wymiarze finansowym. – *Rezerwowanie podróży przez tzw. self booking tools daje firmie pełną kontrolę*

nad wydatkami na ten cel, a co za tym idzie, umożliwia optymalizowanie budżetu przeznaczanego na wyjazdy biznesowe pracowników. Mając dostęp do kompletnych raportów zawierających bardzo szczegółowe dane na temat czasu i miejsca pobytu, noclegu, przelotu czy rodzaju wypożyczonego samochodu, firma zyskuje kartę przetargową w negocjacjach z dostawcami usług turystycznych – liniami lotniczymi, hotelami czy wypożyczalniami samochodów – mówi Paweł Rek, dyrektor generalny Amadeus Polska i dyrektor regionalny Amadeus na Europę Środkową.

Podróż za jednym kliknięciem

Amadeus e-Travel Management umożliwia łatwy i szybki dostęp do kompleksowej oferty wielu dostawców usług przy zachowaniu prostoty obsługi, wygody użytkownika oraz kontroli kosztów już na etapie planowania podróży. Konkretnie oferty są przy tym prezentowane na jednej stronie, w przejrzysty sposób, co pozwala na ich selekcję i finalny wybór dosłownie za pomocą jednego kliknięcia. Pracownicy mogą porównywać stawki poszczególnych przewoźników (np. tradycyjnych i niskokosztowych) na jednym ekranie i wybrać ofertę zgodną z polityką przedsiębiorstwa. Co więcej, system pozwala zintegrować wszystkie elementy globalnych programów podróży (preferowani dostawcy, negocjowane stawki, wytyczne firmy) na jednej, prostej w obsłudze stronie internetowej, a także dostosować się do proekologicznej polityki firmy dzięki kalkulatorowi emisji CO₂. Aplikacja pozwala na przyznawanie pracownikom określonych uprawnień, w ramach których mogą oni samodzielnie

Amadeus IT Group
Działalność: Rozwiązania IT dla branży turystycznej i transportowej m.in.: linii lotniczych, kolei, portów lotniczych, hoteli i biur podróży oraz internetowych wyszukiwarek biletów lotniczych.

dokonywać rezerwacji oraz zarządzać nimi według stosowanej przez przedsiębiorstwo polityki podróży. Firma może zarządzać tymi uprawnieniami oraz profilami podróży zarówno w przypadku grup pracowników, poszczególnych działów firmy, jak i pojedynczych osób. Dzięki narzędziu śledzenia rezerwacji i raportowania w każdej chwili można sprawdzić, gdzie aktualnie znajdują się podróżni, a także zareagować w przypadku problemów podczas podróży.

Ponadto aplikacja z łatwością integruje się z istniejącą infrastrukturą IT firmy, co nie zakłóca dotychczasowej pracy. Narzędzie zostało również wyposażone w funkcjonalności do sporządzania raportów i zestawień finansowych. Automatyzacja procesów pozwala na obniżenie opłat serwisowych i kosztów transakcyjnych, a nawet średniej ceny biletów. – *Zdarza się, że w ciągu roku od wprowadzenia rozwiązania Amadeus e-Travel Management firmy redukują wydatki na podróże służbowe nawet o ponad 20 proc.* – dodaje Paweł Rek. Ogromną zaletą Amadeus e-Travel Management jest mobilna wersja tego narzędzia, która pozwala na zarządzanie podróżami służbowymi 24 godziny na dobę przez 7 dni w tygodniu. Rozwiązanie jest szczególnie przydatne w sytuacjach kryzysowych związanych z nagłą chorobą czy koniecznością zmiany planów.



Paweł Rek
Dyrektor Generalny
Amadeus Polska
Dyrektor Regionalny
Amadeus Europa
Środkowa



Zarządzaj podróżami służbowymi

Łatwiej, szybciej, taniej.

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ORBIS HOTEL GROUP WE MEET OUR GUESTS' EXPECTATIONS!



David Henry, SVP Sales, Distribution and Marketing Department for Poland and the Baltic States at Orbis SA, talks about Le Club Accorhotels loyalty programme, new offers, as well as technological solutions available at properties owned by Orbis Hotel Group.

Loyalty programmes are one of the fastest growing marketing tools today. Can you briefly tell us who can become a member of Le Club Accorhotels and how the programme works?

The principle of Le Club Accorhotels is simple. The more you spend in one of over 3,000 hotels available in the programme, the more points you earn. In Poland and the Baltic states you receive them in Pullman, Sofitel, Novotel, Mercure, ibis, ibis Styles and Orbis hotels for all services that you use in the hotel. To enjoy the privileges during your stay at Accor hotels, simply complete the application form at the reception or via the website www.accorhotels.com/leclub. Our

customers appreciate the flexibility of the Le Club Accorhotels, because the points can also be earned and redeemed at our partners. The companies we collaborate with include Club Med, Europcar, Lenôte, Shell, as well as more than 20 airlines, such as Air France or Lufthansa. The advantage of membership in Le Club Accorhotels is constant online access to your account. Logging to their account, each member can check the status of their reservation, the history of point redemption, as well as select a prize or benefit from personalized offers at preferential prices. The latest offer for the members of the programme is the option of electronic check in and check out of the hotel.

Taking this opportunity, I would like to ask you about the latest technologies available in your hotels.

The hospitality industry is experiencing a true technological revolution, where we need to do our best to correctly and quickly anticipate the expectations of our guests. One of our latest services available in our hotels is the new Welcome Experience where guests can check in and check out digitally. It aims to improve the efficiency of front-desk assistants and revolutionize check-in and check-out processes. With this solution hotel staff can play the role of real hosts and devote more time to guests and their needs. This promotes better contact with



customers and maintains good relationships with them, which is of utmost importance to us. We offer this service to Le Club Accorhotels cardholders, those who book rooms directly via accorhotels.com or websites of our brands, via mobile apps, by phone, or directly at a hotel's front desk. The Welcome Experience is not complicated. Two days before the scheduled stay guests receive an electronic invitation to check in at the hotel. On the day of their arrival, we send them a welcome text message and travel directions based on their means of transport. On their arrival at the hotel, they receive the key to their room without further formalities. When they check out, they simply return the key at the front desk, and the invoice is sent to their e-mail address.

Last year you introduced WINESTONE concept for Mercure brand, which features an open kitchen as well as les planches – stone tablets on which dishes are served. Are you planning any further innovations in the gastronomic offer in your hotels?

Our latest project in this area is the NOVO² lounge bar for Novotel brand. The place is a result of transformation of bar and restaurant spaces into one common space, which provides more freedom to its customers. The concept is based on three values: VITALITY – a further implementation of healthy and eco-friendly solutions in Novotel hotels, CONNECT-AINMENT - an international, laid-back atmosphere in a friendly setting, and IMAGINATION – highlighting the contemporary design of the interiors. Since June this year, guests of Novotel Warszawa Airport, Novotel Kraków Centrum, Novotel Gdańsk Marina, and Novotel Wrocław hotels can experience the unique nature of NOVO² lounge bar.



Sofitel Warsaw Victoria



ibis Kraków Centrum

The hospitality industry is experiencing a true technological revolution, where we need to do our best to correctly and quickly anticipate the expectations of our guests.



STARWOOD PREFERRED GUEST® NOW IN POLISH



www.spgpolska.pl

Starwood Hotels & Resorts has just launched spgpolska.pl – a Polish website for the members of its SPG® loyalty programme. Through the platform you can now book Polish hotels of the chain and keep up to date with all the latest news from Starwood hotels and special offers. - With the introduction of Polish language in our global systems and launching the spgpolska.pl website, we have become more open to Polish guests,

providing them with the opportunity to book in their own language more than 1 200 properties from our chain, as well as benefit from offers that we have specially prepared for them in Starwood hotels in Poland – said Gonçalo Duarte Silva, the managing director at Starwood Hotels & Resorts in Poland. The spgpolska.pl platform enables you not only to book your stay at Sheraton hotels in Warsaw, Cracow, Poznań, Sopot, as well as Bristol and Westin in

Warsaw, but also to learn about special offers prepared for the participants of the SPG® programme .

The portal also serves as the source of knowledge about the programme, informs members about their status level, suggest various options of redeeming points, and presents all the Polish hotels of the chain.

SPG® – LOYALTY PAYS OFF

The history of Starwood's loyalty programme began in 1999

with the introduction of Starwood Preferred Guest®. Back then it was the only programme of this type in the hospitality market, which did not have any limitations regarding redeeming points for rooms – if only there is an available room in the hotel, it can be booked in exchange for 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.

Another stage of the resolution was introducing SPG® to bars and restaurants of the chain, where members can receive discounts ranging from 10% to 30% at over 870 participating restaurants and bars globally.

HOW TO JOIN SPG®?

The good news is that the membership in the programme is free – all you need to do is register at spgpolska.pl or spg.com, and then collect points during your stays in hotels and visits in restaurants that participate in SPG®.

Earning points is very simple - for every dollar spent in Starwood hotel chain, the guest receives one point. They can be redeemed for free hotel nights, airline tickets, the items offered by the programme partners such as Amazon, iTunes, Gap, etc., but also use them at SPG Moments auctions to bid on extraordinary events and once-in-a-lifetime experiences.

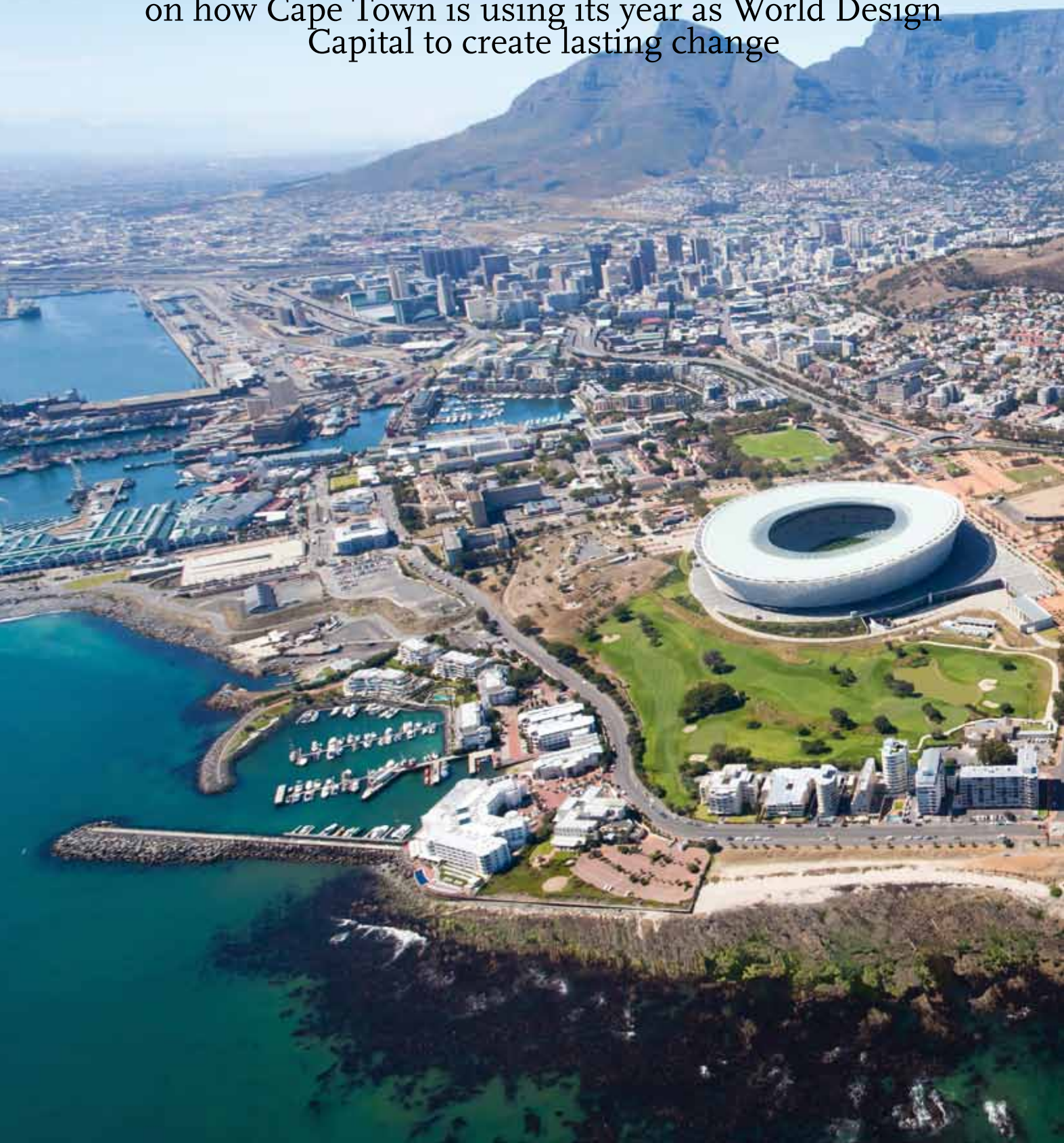


We have become more open to Polish guests, providing them with the opportunity to book in their own language more than 1 200 properties from our chain.



CAPE OF GOOD HOPE

From townships to tech hubs, **Jenny Southan** reports on how Cape Town is using its year as World Design Capital to create lasting change





Outside Cape Town's grand Edwardian City Hall, a student is building a house out of plastic Coke bottles filled with rubbish, wedged between plywood boards.

She's demonstrating how the "Eco-brick Exchange" project is promoting upcycling, not only to solve the problem of waste in poor communities but also to show how easily it can be appropriated as a building material. August's 11-day Open Design Festival is my first taste of the endeavours taking place as part of Cape Town's year as World Design Capital (WDC). Some 460 events are happening across the city – from the Red Bull Doodle Art competition to the reviving of a 17th-century community vegetable patch in Company's Garden.

IMAGINE THAT

At City Hall, stands are set up showcasing everything from 3D printing to an "action wall", where people have written their ideas for better living.

"Think differently", "Collaborate", "Teach design in rural communities", "Turn the bench at the bus stop into a swing", "Food gardens on rooftops", "Bring back the neighbourhood", "Affordable housing", "Meditation and Google" and "Free internet" are all scrawled in black marker,

alongside smiley faces and "Amy loves Leo". In another room, the "Imagine That" zone exhibits blueprints for an urban concept car, a solar-powered mobile cinema, and developments taking place around the city. These include No 1 Silo, part of the former industrial Silo precinct on the V&A Waterfront and now the HQ of investment firm Allan Gray. Next door, the 57-metre-tall Grain Silo is being transformed into the Zeitz Museum of Contemporary Art Africa. Designed by the UK's Thomas Heatherwick – creator of the London 2012 Olympic cauldron – it will be complete in 2016.

ART CHANGES THE WORLD

Now in its fourth iteration, the World Design Capital title has previously been awarded to Turin (2008), Seoul (2010) and Helsinki (2012). In 2016 it will go to Taipei. But while former destinations have won the bid based on strong creative heritage, Cape Town's pitch promised the use of design for social and economic transformation.

Richard Perez, director of World Design Capital 2014, City of Cape Town, says: "Cape Town is the fastest-growing city in South Africa – how do you use design to deal with that? You have a lot of informal settlements, the legacy of apartheid. How can we reconnect communities? Design isn't just an ob-

ject, it's a thinking process – and you can't use the same thinking to solve a problem you created."

Despite 20 years of democracy in South Africa, the divide between the "rich white and poor black" is still very much apparent. The more than 200 informal settlements (or townships, as they are known) remain a sad testament to the legacy of apartheid's urban planning, as they continue to be populated by more than a million poverty-stricken non-whites, places where the privileged rarely venture.

HOUSES LIKE GALLERIES

While the WDC projects taking place in the townships are not going to solve problems overnight, there is a sense they are helping to put Cape Town on the right path. This month, in Gugulethu, homes are temporarily turned into galleries as part of the Maboneng Township Arts Experience, while the Ocean View social housing project sees locals learning stonemasonry.

In Langa, the oldest black community in the city, dating back to 1923, volunteers have come from across the world to build the Guga S'thebe Theatre. Made of shipping containers insulated with clay and straw, it has a recording studio and space for an audience of 200 beneath its timber beams.



While the WDC projects taking place in the townships are not going to solve problems overnight, there is a sense they are helping to put Cape Town on the right path.

MAGICZNY RZYM

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W DWIE STRONY, CENA CAŁKOWITA

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Cape Town is the fastest-growing city in South Africa – how do you use design to deal with that?

The locals seem excited and there is a celebratory fish braai (barbecue) going on. In August, there was a 27km bike ride (1km for every year Nelson Mandela was in prison) “An ordinary citizen wouldn’t think about cycling that route but we opened people’s eyes. More than 2,500 turned up for it,” says Priscilla Urquhart, spokeswoman for Cape Town Design.

Aside from the development projects, Cape Town also wants to show that it is a creative hub that can operate on a global level. It has dozens of galleries, a strong advertising and film industry, many architectural firms and numerous top-ranking universities and art schools.

Perez says: “One of our drivers is to attract R&D companies to tap our pool of young creative thinkers – we lose a lot of people to Johannesburg, who go there for the jobs, but we want to retain them.”

FROM FOOD TO TECHNOLOGY

When it comes to innovation, in everything from food to tech, the most cutting-edge district is Woodstock, 3km east of the central business district. One lunchtime I head to the Test Kitchen (thetestkitchen.co.za), run by British chef Luke Dale-Roberts in the Old Biscuit Mill on Albert Road. At the sit-up bar facing the open kitchen, I am

mesmerised by the stunning dishes that are prepared in front of me – grilled scallop with miso on toast and braised shitake; pickled ceviche with lightly curried dressing, smoky carrots and honeycomb; and deconstructed apple crumble with nettle granite and sour cream. Unsurprisingly, it was this year ranked among the world’s top 50 restaurants (theworlds50best.com).

The converted 19th-century mill (theoldbiscuitmill.co.za) is owned by Indigo Properties and houses a second Dale-Roberts restaurant on the roof – the Pot Luck Club – as well as the Cape Town Creative Academy and the Cocolat chocolate factory. (All moved in last year.)

Not far down the road are the mural-covered warehouses of the Foundry (woodstockfoundry.co.za). Another trendy new development, it’s home to Bronze Age, a gallery and foundry for metalwork sculpture; Tribe Coffee, which roasts its own beans on-site; and Cinderwood, which makes geometric terrariums filled with miniature plants.

Sticking to the main drag, I soon come to the Woodstock Exchange (woodstockexchange.co.za), another former factory space converted by Indigo Properties a couple of years ago.

It’s this place, with its freshly painted walkways and al fresco art installations, that re-

ally captures Cape Town’s zeal for creativity – in residence are fashion labels, design studios, artisan workshops, technology companies, publishing houses, photo agencies and delis. Here, Bandwidth Barn (bandwidthbarn.org) provides short-term leases, office space, networking events and business support for start-ups. Partnered with the Silicon Cape Initiative (siliconcape.com), which “serves to attract and bring together local and foreign investors, the brightest technical talent, and the most promising entrepreneurs”, it’s home to Google’s first technology incubator in South Africa, launched in 2011.

I spend my final night in town at Gold (goldrestaurant.co.za), which serves “opulent African cuisine” and is located in a red-brick former nightclub in the CBD.

Beginning with a group lesson in djembe drumming, followed by a ceremonial hand-washing, the meal takes place against a backdrop of wildlife films projected on to the wall. Again and again, crocodiles leap out of rivers and lions tear into the flesh of their prey.

Although distinctly touristy (and somewhat surreal), it brings home to me how, in a country wild at heart, Cape Town is fast moving from analogue to digital, from past to future.



HILL PARK
APARTMENTS

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Hill Park to luksusowe, czteroapartamentowe wille miejskie położone na warszawskich Bielanach. W każdym budynku znajdują się przestronne i nowoczesne apartamenty dwupoziomowe o powierzchniach od 145 m² do 225 m².

Apartamenty Hill Park powstały z myślą o aktywnych rodzinach, które cenią sobie komfort mieszkania w domu w spokojnym otoczeniu. To idealne rozwiązanie dla tych, którzy nie chcą ponosić kosztów finansowych, czasowych i innych związanych z utrzymaniem własnego domu. Nasza ukończona i gotowa do zamieszkania inwestycja łączy powierzchnię, funkcję oraz inne zalety domu jednorodzinnego z dodatkowym bezpieczeństwem, jakością i usługami charakterystycznymi dla apartamentowców – to nowoczesna willa miejska!

Specjalnie dla rodzin wielopokoleniowych przewidzieliśmy możliwość podziału większych lokali, poprzez wydzielenie mini apartamentu z oddzielnym wejściem. To idealne rozwiązanie dla rodzin ze starszymi dziećmi, które potrzebują więcej prywatności lub dla najstarszych członków rodziny, wymagających opieki.



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WEEKEND NEAR... FRANKFURT

Andrew Eames discovers a world of tranquillity within easy reach of the big city

Cities are like a nation's front door, but sometimes they can give the wrong impression about what lies within. Nowhere is this more so than in Frankfurt, Germany's economic powerhouse, where rampant renewal has rendered the cityscape shiny and hard.

Penetrate beyond that front door, however, and take the train either an hour west to the Rhine Gorge, or an hour south to Heidelberg, and you'll find two quieter worlds.

The former is more active, the latter more cultural, but both are ideal for a gentle, relaxing weekend after your work in Frankfurt is done.

RUDESHEIM AND THE RHINE GORGE

The name "Rhine" is mostly associated with shipping and, for much of its passage through Germany, the waterway is lined with industry and burdened with freight. That said, one 65km section of its journey, within easy striking distance of Frankfurt, is recognised as a World Heritage site by UNESCO.

Here it carves its way through the spectacular Rhine Gorge, where handsome towns nestle on steep forest-topped hillsides, and vineyards stretch over the south-facing shores.

The most accessible gateway town (to which there are hourly trains from Frankfurt Hauptbahnhof, is Rudesheim, a cheerful winemaking settlement with a clutch of traditional hotels snuggled away down cobbled lanes, and surrounded by small wine estates. Its most famous street, Drosselgasse, is lined with taverns and restaurants, many of them offering live music.

Rudesheim is strategically sited on a bend where the gorge begins and the river accelerates. The water is alive with barges and river-crossing ferries that weave in and out of each other. Many boats pull in at Rudesheim's piers, including long-distance

cruisers tying up here overnight and spilling excited passengers out into the narrow streets.

But there are also regular daily services from the likes of KD Line (kdrhine.com), travelling all the way through the gorge from here to Koblenz, in a regular four-hour journey that stops off at pretty little towns such as Lorch, Oberwesel and St Goar.

Where it narrows, the gorge is dominated by a combination of baron's castles, up above, and former toll stations built down on mid-river islands, so the landowners could fleece the river-users as they passed. The most extraordinary of these is the pugnacious 14th-century Burg Pfalzgrafenstein, perched on a rock, from where it has defied 600-odd years of winter floods.

Not much further downstream are the Loreley rocks, where the river shimmies between giant boulders, the dwelling place of the legendary Loreley maiden, who supposedly distracted ships' captains with her beauty and song.

The best overview of the gorge is from the Rheinsteig footpath, which sets out along the east bank through Rudesheim's vineyards.

It climbs steadily up through alleys of green into dappled forests of birch, pine and slender-legged oak, dipping down again into successive villages and towns. Regular viewpoints and rest places dot the path, and a couple even have honesty boxes where you can buy local Riesling to enjoy while gazing down on the river far below.

Quiet Assmannshausen is an easy walk on the Rheinsteig, and a train (or boat) will take you back to Rudesheim.

For cyclists – Rudesheim's hotels generally have rental bikes – there's a dedicated track that runs along the river's west bank, reached on the regular ferries to Bingen on the opposite side.

● **RESTAURANT** There's no shortage of restaurants in Rudesheim, but for something different, cross over to Bingen and head 500 metres up the hill to Burg Klopp, a fortified manor house with a fine restaurant and a great view back over Rudesheim and the surrounding vineyards. Try the lamb shank in Burgundy sauce. Open Wed-Sun 12pm-3.30pm, 6pm-11pm, closed Tues; tel +49 672 115 644; restaurant-burg-klopp.de

● **BAR** In Rudesheim, sample local Rieslings in a traditional courtyard under creeping vines at the Weingut Jacob Lill IV. 17 Schmidtstrasse; tel +49 6722 3296; branchenbuch-rheingau.de

● **WHERE TO STAY** The Rudesheimer Schloss is the most stylish of the downtown



To penetrate the modern façade of Frankfurt, take the train either an hour west to the Rhine Gorge, or an hour south to Heidelberg, and you'll find two quieter worlds.



hotels, situated just off the popular Droselgasse, with its own restaurant courtyard and live music. Double rooms from €125. 10 Steingasse; tel +49 672 290 500; ruedesheimer-schloss.com
Visit ruedesheim.de

HEIDELBERG

Historic Heidelberg is home to a university that is the German equivalent of Oxford or Cambridge.

The town's location, in a cleft in wooded hills, with the River Neckar running through and the ruins of a castle rising above, is indisputably romantic, although its approaches through Germany's most populated region are rather less inspiring.

Its railway station (frequent trains from Frankfurt's Hauptbahnhof, bahn.com) is rather insipid, but the old town is only a ten-minute ride away by taxi or tram, and is reminiscent of the best bits of Prague. This old part is dominated by the river, the university and Heidelberg castle, which towers above everything.

Between them runs a network of pedestrianised cobbled streets lined with mostly Renaissance or Baroque gabled houses. In the evenings these streets – particularly Hauptstrasse and Untere Strasse – fill with students, music and laughter.

University buildings are dotted around the Old Town's Universitätsplatz – the ancient

wood-panelled Alte Aula lecture theatre could be straight out of Harry Potter's Hogwarts.

It regularly hosts concerts, worth attending just for the venue. Also worth trying out are the student mensa – cafeterias that are great value and popular with locals as well as students. There's one on Universitätsplatz, and another by the river in the Marstallhof, a former imperial stables.

Just off Universitätsplatz is the Student Prison, an austere place where students used to be incarcerated when their partying got out of hand. Mind you, back in the 18th and 19th centuries, it was a badge of honour to be locked up here, and so high was a Heidelberg student's social status that they'd only graciously agree to serve their sentences if they could spare a couple of days. 2 Augustinergasse; open April-Sept Tues-Sun 10am-6pm, Oct until 4pm, Nov-March Tues-Sat until 4pm; entry €3.

Having percolated gently through narrow streets lined with bakeries and boutiques, most visitors end up on the Alte Brücke. This is an arched red sandstone bridge over the Neckar, which is a popular site for street musicians and looks up to the castle and across to the millionaires' houses that line the northern shore.

At the north end of the Alte Brücke, a footpath zigzags up several steps to the Philosopher's Walk (a favourite of the likes of Goe-

the and Hegel, both Heidelberg students), a broad path that runs through trees for several kilometres, offering great views.

Back on the Old Town side, the castle is also a short walk up steep flights of steps (or by funicular from the Rathaus). Parts of it date back to the 13th century, but war and decay have rendered it (mainly) a picturesque lump of scenery.

Its terraces offer lovely views over the river and the town. Open 8am-6pm; entry €6; schloss-heidelberg.de

● **RESTAURANT** The Roten Ochsen started life as a student pub back in 1703. Cuisine is hearty stuff such as beef and dumplings, and the ambience is convivial, particularly when the resident pianist gets going. Open Mon-Sat 11.30am-2pm and from 5pm. Nov 1-April 27 evenings only. 217 Hauptstrasse; tel +49 622 120 977; roterochsen.de

● **WHAT TO BUY** "Snowballs", "cobblestones" and "birds' nests" from the wonderful display of cakes in the window of Café Gundel. 212 Hauptstrasse; gundel-heidelberg.de

● **WHERE TO STAY** NH Heidelberg is a sophisticated conversion of a former brewery, well placed between the railway station and Bismarckplatz. Four stars, with a fitness centre, a small spa and a wonderful breakfast spread. Doubles from €101. 91 Bergheimer Strasse; tel +49 622 113 270; nh-hotels.com



Having percolated gently through narrow streets lined with bakeries and boutiques, most visitors end up on the Alte Brücke.



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THE CRATER ISLAND

Covered in lava, unspoiled by industry or commerce, it offers both the truth and a mystery. El Hierro does not have a single university or cinema. Its 10,000 inhabitants live in small houses erected close to the crater, near 800 volcanoes scattered across the land.

On El Hierro, one of the youngest of the Canary Islands, which formed merely a million years ago, numbers are important. Number “one” can be associated with the only lighthouse here. Two is the number of kindergartens on the island, three – the number of petrol stations. There are only four rooms in Punta Grande - the smallest hotel in the world that made its way to the Guinness Book of Records. There are five schools and electric windmills, and the tourists can choose from six hotels. On the tiny island of only 278 square kilometres, number seven can be associated with just one thing – the seven Canary Islands. What is missing on El Hierro? Zero is the number that corresponds to the number of factories

and industry, as well as – pollution. On El Hierro you will not find a single university or cinema. Its 10,000 residents live in the close vicinity of 800 volcanoes, and El Hierro is considered an island with the biggest number of active volcanoes in the Canaries.

IN THE RHYTHM OF THE SEASONS

In this westernmost part of Spain life goes on slowly, with its rhythm determined by the time of the day and seasons of the year. Almost 70 percent of people are employed in administration. Others are involved in animal husbandry and tourism. Agriculture is based on the cultivation of figs, pineapple, papaya, banana and mango. Wine is also produced here, and few inhabitants live off

fishing, mostly tuna. You can rent a 100 square metre house for €200 a month. One of the most important projects currently being implemented by the authorities is Goron del Viento, which is a plan to transform El Hierro into the first island in the world relying solely on renewable energy sources.

NATURE AND WI-FI

Why choose El Hierro? The greatest treasure of the island is its untouched nature. In 2000, the island, together with La Palma, Lanzarote and Fuerteventura, was recognised as a UNESCO Biosphere Reserve. Untouched by mass tourism, it still remains a haven for those seeking peace, relaxation, living with nature. You can take a hike, swim or ride bicycles here. Visitors addicted



The greatest treasure of the island is its untouched nature. In 2000, the island, together with La Palma, Lanzarote and Fuerteventura, was recognised as a UNESCO Biosphere Reserve.

to the mod cons will be glad to know there are as many as 26 Wi-Fi spots on the island. So you can check your mailbox while standing next to a high tree. I must admit that the network is working really well.

NATURAL SPA

The landscape of El Hierro is diverse - from green bay of El Golfo in the north, pine forests in the central part of the island to the volcanic landscape to the south and west. Steep cliffs along the coast rising up above 1,000 metre are truly impressive. Hundred-years old juniper trees are a bit smaller and the strong wind bends their branches into fascinating shapes. There are few beaches and all are of volcanic origin. However, this should not stop you from enjoying the ocean, as you can bathe in charming little bays called charcos, formed in the hollows of rock. They are shallow and safe like natural pools with the ocean water cascading into it. A true natural spa.

THE CAPITAL WITHOUT THE OCEAN

The island has a great infrastructure, which is good news especially for European tourists accustomed to heavy traffic. Here, there

are so few cars that you will not bump into another driver more often than once every hour. It is also worth taking a trip to Valverde – the only Canarian capital not situated by the ocean. It is so small (the entire municipality has fewer than 5,000 inhabitants) it does not compare to urban Santa Cruz de Tenerife or Las Palmas. The town was founded in the former settlement of the Bimbache people. Today, its life is concentrated on just a few streets near the main Plaza de Quintero Núñez. The most interesting objects of this place include: Temple of Iglesia de Nuestra Señora de la Concepción, Town Hall and Casa de las Quinteras ethnographic centre. Valverde is just a few kilometres from the nearby Puerto de la Estaca airport and harbour, where ferries from Tenerife arrive. The capital is also close to Tamaduste – a charming place, where the locals usually go for... holidays.

JUNIPER TREES AND THE SMALLEST HOTEL

The village of Las Puntas is famous for the world's smallest hotel - Punta Grande. It is located in a renovated port warehouse – a building dating from 1884, which is quite dramatically situated on a rock protruding

into the ocean. It has only four modestly furnished rooms (from €70 a night), but it is definitely worth seeing. If you want to stay there – room no 3 is worth recommending. There is also a bar and a not very sophisticated restaurant.

El Sabinar forest is a place you will never forget. You can see here juniper trees bent into surreal shapes because of the strong winds blowing in the island. The tree crowns bend down towards the ground as if under some weight. It is also worth taking El Julan road with views over magnificent cliffs and Mar de Las Calmas (Sea of Calm), and then go to a fishing village of La Restinga, where there was a volcano eruption a year and a half ago. Then, the road will take you to El Pinar and the vantage point of Mirador de Las Playas with a view over the most spectacular hotel on the island – Parador de El Hierro. Balneario hotel in Pozo de la Salud where you can enjoy Thalassotherapy treatments, is also worth recommending. When on the island, you must see Mirador de La Pena – a vantage point with a restaurant designed by Cesar Manrique. It offers spectacular views over Salmor rocks – romantic, mysterious and veiled in mist.

Marzena Mróz

The island has a great infrastructure, which is good news especially for European tourists accustomed to heavy traffic. Here, there are so few cars that you won't bump into another driver more often than once every hour.





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SOUTH TYROL AT A SLOW PACE



There is no hustle and bustle of big cities or our noisy compatriots – simply peace and quiet. And there is, of course, the excellent Cheese Festival. Read on, to find out why it is worth visiting a tiny Alpine valley called Valle Aurina, situated in the Italian South Tyrol.

ITALIAN STYLE

The Italian Alps are a known and highly-valued destination among Polish skiers. Especially popular are such South Tyrolean resorts as Sella Ronda, Oberreggen or Kronplatz. However, the South Tyrol is also abundant in smaller and more intimate places. One of them is the cosy valley named Valle di Tures – Aurina. To get there you must take the motorway through Brenner Pass and in Bressanone turn towards Brunico. Once past this small town, your turn to Campo Tures/Sand in Taufers, and you have reached your destination.

FOR EVERYONE

Do not expect here crowds of skiers, noisy apres ski bars, or long queues for lifts. In this peaceful valley you can relax in

two small, but also modern ski stations. The first of them, Speikeboden, is perfect for families. Ski pistes (their total length is 25 km) – extend from 951 to 2 400 m above sea level. Paradoxically, although this family resort offers nearly 12 kilometres of the hardest ski runs, especially commendable is the 5.5 km long Speikeboden, which runs from the top to the lower station. The through station, located at 1 958 m asl, is in turn, a perfect place for kids. It offers several baby lifts, as well as a ski school for children, where parents can safely leave their offspring for a whole day.

Located nearly 10 km into the valley Klausberg resort is a special treat for adult skiers. The station stretches from 1 052 m above sea level with the peak at 2 502 m. It is an ideal place for those who love peace and quiet – the ski traffic is small and the runs are long, fairly steep and situated in narrow snowy cauldron. Both stations – Klausberg and Speikeboden are connected by a free ski bus. Kronplatz station, which offers more than 100 km of slopes, is also fairly close (you can see it from the

peaks of Klausberg and Speikeboden). For just a small fee paid together with your ski pass at Aurina, you can, for example, spend a whole day in the Plane de Coronas.

CHEESE ON THE TABLE

The trademark of Aurina is Kaase Festival (Cheese Festival) which is held here on regular basis. The event takes place in the village of Campo Tures/Sand in Taufers. It is visited by well-known producers from the whole valley (Aurina is famous for its dairy farms), but there is no shortage of other major cheese manufacturers from all over Italy. During the festival you can taste more than a thousand types of cheese – including ones you can only dream of having in Poland. You can find here, for example, ripened goat and sheep cheese, as well as bufalla mozzarella made on the spot from scratch in special vats. The festival is also popular with producers from other countries, such as Austria or Hungary. Last year Polish highlanders also had their stall here, where they promoted their delicious oscypek.

Filip Gawryś

The trademark of Aurina is Kaase Festival (Cheese Festival) which is held here on regular basis. You can try here more than a thousand types of this delicacy.



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IN THE FRAME

Smartphone snaps are fun, but if you want to take photos like a pro you need a decent camera. **Caramel Quin** picks models compact enough for travel

Until recently, if you wanted to take really good photos, there was only one option – a DSLR (digital single-lens reflex) camera.

These “proper” cameras with interchangeable lenses were expensive and bulky, so not great for travel, but their large image sensors and manual controls meant that, with a bit of practice, anyone could take great photos. Now smaller DSLRs are available and there’s also a wealth of alternatives delivering the same quality in smaller and lighter packages, according to Gordon Laing, editor of independent reviews site cameralabs.com. “If you want the quality and flexibility of a DSLR, but not their size and weight, go for a mirrorless system camera. You get similar quality and can still swap lenses.”

This style is also known as a “compact system camera” or simply a “system camera”. Not all lenses are compatible with all of these cameras, though. The widest range of lenses is for the “micro four-thirds” system, a standard created by Panasonic and Olympus.

“If you want a camera that can go from wide-angle to extreme telephoto, go for a superzoom or bridge camera,” says Laing. “But be aware the quality of image from most plummets in low light.”

Bridge cameras tend to have DSLR-style controls but you can’t change lenses. A superzoom is usually smaller – the size of a compact camera – but again has a built-in zoom lens with a massive range, ideal for shooting distant subjects.

And don’t rule out compact cameras. They’re very portable and they’re not all equal. “If you want DSLR quality from the smallest camera and don’t need to swap lenses, go for a compact with a big sensor. Some will even squeeze into your pocket,” says Laing.

Don’t get hung up on megapixels – sensor size has the biggest impact on image quality. “A camera with a ‘1in’, ‘micro four-thirds’ or ‘APS-C’ sensor will thrash the quality from a phone,” says Laing.

A relatively new feature worth looking out for is built-in wifi. Use it to copy images to your phone, tablet or laptop, or to upload straight to social media.

Some cameras can even be remote-controlled by smartphone app. And if the camera has NFC then it can be paired with compatible phones and tablets (such as Google and Samsung Android devices).

One final shopping tip is never to believe the suggested retail price. This is a product category where the “street price” is almost always significantly less. Shop around, even on the high street, and you can easily save up to 20 per cent on the RRP’s listed overleaf.

Compact camera

SONY RX 100 II

£599, sony.co.uk

This little camera packs a big punch. It’s supremely pocketable, at 10.2cm x 5.8cm x 3.8cm and 281g, but inside is an unusually large image sensor. It’s up to four times bigger than the sensor in most compacts, which means it performs better in low light and all photos contain less “noise”. Its 20.2 megapixel photos and 1080p high-definition videos have plenty of detail. And it’s feature packed: manual controls, image stabilisation, 3.6x Carl Zeiss zoom lens, flip-out screen, even a hot shoe for adding an external flash or an electronic viewfinder. Best of all, for travellers, there is built-in wifi with NFC so you can wirelessly connect to your smartphone or tablet to send pictures anywhere in the world.



Compact superzoom

PANASONIC LUMIX DMC-TZ40

£260, panasonic.com/uk

If zoom is important to you, this 18.1-megapixel (1080p video) compact superzoom is stunning for the size. It’s the smallest camera featured here (at 10.8cm x 5.9cm x 2.8cm and 198g), yet boasts a 20x zoom that lets you capture distant details of a vista or photograph fauna and flora on your travels. If you’re a birdwatcher, it’s worth keeping in your pocket at all times. Image stabilisation is used to reduce the impact of camera shake, vital for a long lens. Alternatively, there’s a thread for tripod mounting. It has a flash (but no hot shoe) and built-in GPS for geotagging photos, very useful for when you upload them and need to remember the specifics of where you took them. Wifi with NFC enables you to upload photos to social media via phone or tablet. The camera can be controlled with buttons, touchscreen or via an app.



Retro style

FUJIFILM X100S PRO

£950, fujifilm.eu/uk

Travel in style with this beautiful, retro-styled compact. At 12.7cm x 7.4cm x 5.4cm and 445g, it’s a bit big for your pocket but it won’t weigh your bag down. The synthetic leather looks great and is good to grip. The lens is also classically styled – it’s a fixed (35mm) focal length, so no zoom. This means the camera gets going very quickly. It starts within half a second, claims the world’s fastest autofocus (0.08 seconds) and has negligible shutter lag. The image sensor is even larger than the Sony’s, and it has a flash, hot shoe and viewfinder (electronic, optical and hybrid) as well as a screen, but sadly the X100S has no wifi. With 16.3-megapixel snaps and 1080p video, the looks may be retro but the quality is thoroughly modern.



Digital SLR

CANON EOS 100D

£500, canon.co.uk

If you’ve ruled out DSLRs because they’re too big, think again. This is billed as the world’s smallest and lightest DSLR to date. The body measures 11.7cm x 9.1cm x 6.9cm and weighs 407g. Of course, adding a lens increases bulk. The price quoted is for a kit including a standard 18mm-55mm zoom lens. There’s a wide range of other lenses to choose from, too, ideal for creative types.

A large image sensor means it performs well even in low light conditions, taking 18-megapixel stills and 1080p video.

As well as the optical viewfinder that shows precisely what the camera sees, the Canon has a three-inch touchscreen, and its “hybrid” autofocus is great at capturing fast-moving action. There’s no wifi or GPS, but for a simple, lightweight DSLR, it’s superb.





TIPS FOR TAKING BETTER PHOTOS

- 1. Keep everything in focus** When shooting landscapes, use “aperture priority” mode and zoom out to the lens’s widest setting. Then select a large “f number” (focal ratio) such as f16 or f22. This will give you more depth of field, so everything’s in focus, whether distant or near.
- 2. Create a blur** In contrast, a common technique among portrait photographers is to make the background blurry, to focus attention on their subject. To do this, begin by choosing the “aperture priority” mode, before zooming in slightly and choosing a small “f number”.
- 3. Shoot at night** A camera with an image sensor helps in low light, as does using “manual” mode, a small “f number” and a slow “shutter speed” of one second or more. This lets more light into the camera, but hold it steady: lean against something solid or use a tripod.
- 4. Use leading lines** Compose images so that lines lead from one or more corners into the middle of the picture. These “leading lines” draw your eye in and create a sense of depth. Roads, fences, bridges, shorelines, lamp posts and even sun rays will do the trick.
- 5. Avoid subjects in silhouette** If a bright window or sky is fooling the camera into underexposing everything else, switch to “manual” mode and use “exposure compensation”. Tinker until it looks right.
- 6. Take panoramas** Many cameras have an automatic panorama mode. Instead of taking lots of photos and laboriously stitching them together, simply pan the camera around and let it do the work for you.
- 7. Crop carefully** Experiment with cropping to Instagram-style square images or striking, wide landscapes to best draw attention to your composition.
- 8. Create artful “bokeh”** Position your subject in front of a well-lit background, as far in front of it as possible. Set your camera up for a shallow depth of field (see “Create a blur”). Then marvel as any little highlights on the background turn into “bokeh”, blurred circles of light that look beautiful.
- 9. Shoot in the golden hour** Just after sunrise or just before sunset, when the sun is near the horizon, light travels through more of the atmosphere to get to you. As a result, it takes on a warm red hue that makes everything look gorgeous, including your photos.

Micro four-thirds system

PANASONIC LUMIX GM1

£630, panasonic.com/uk

This might be the smallest system camera you can buy. Whereas some mirrorless cameras are bulky, the GM1’s body weighs only 204g and measures 9.9cm x 5.5cm x 3cm. It shoots 16 megapixel resolution (1080p video) and uses the micro four-thirds system of interchangeable lenses, which means a wide range to choose from. The price quoted includes a svelte 12mm-32mm lens. The camera’s large image sensor offers results to rival a DSLR but with far less bulk. It also boasts a pop-up flash and wifi. But there’s no room for NFC, GPS, viewfinder, image stabilisation or hot shoe. Still, it’s a compelling alternative to a DSLR and it also rivals quality compacts, because even with the kit lens it’s barely bigger than a compact.



Mirrorless system camera

OLYMPUS OMD EM10

£650, olympus.co.uk

This is a mid-priced mirrorless system camera pitched as an alternative to entry-level DSLRs. It even looks like a DSLR. And, thanks to the micro four-thirds lens mount, you have a wide range of lenses to choose from. At 11.9cm x 8.2cm x 4.6cm and 396g for the body alone, it’s a fair bit chunkier than the Panasonic Lumix GM1. In return, though, there’s enough space for image stabilisation and a three-inch tilting touchscreen. It also has a pop-up flash and wifi, like the Panasonic, and shoots the same resolution – 16-megapixel stills and 1080p video.



System camera

NIKON AW1

£750, nikon.co.uk

And now for something completely different... a system camera that works underwater, to a depth of up to 15 metres. You can also drop it from two metres without it breaking. Even if you have no plans to scuba dive on a business trip, the AW1 is pretty much life-proof. If someone spills a beer on it, or you drop it in the toilet, just rinse it off. The price quoted includes a waterproof 1.1cm-2.8mm lens. The camera is compatible with other Nikon “one system” lenses, but it’s only waterproof when paired with a waterproof lens. Its 14.2-megapixel image sensor isn’t as large as micro four-thirds or DSLRs, but it’s still bigger than most compacts. At 11.3cm x 7.2cm x 3.8cm and 356g, it’s compelling – but mostly for its toughness.



Bridge camera

OLYMPUS STYLUS 1

£550, olympus.co.uk

The styling may look like a DSLR but this is actually a bridge camera, so it has a long (10.7x) zoom lens that can’t be changed. Cleverly, the lens is designed to fully retract so you avoid the bulk and the awkward shape of a DSLR. That leaves less space for an image sensor, but it’s still bigger than the sensor on most compacts and takes respectable 12-megapixel snaps and 1080p video. At 11.6cm x 8.7cm x 5.7cm and 402g, the camera is lighter than a DSLR body. A pop-up flash and clever motorised lens cap are also features on this impressive bridge camera.





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Aktualnie projektanci wnętrz kuchennych coraz częściej proponują proste formy wkomponowane w otwartą, jasną przestrzeń. Najnowsze modele urządzeń Siemens świetnie spełniają te wymagania. Zarówno piekarniki, płyty grzewcze, jak i chłodziarki oraz okapy wyróżniają się ponadczasowym wzornictwem o niezwykle eleganckiej, oszczędnej linii. Ekskluzywna obudowa z materiałów

najwyższej jakości kryje innowacyjne rozwiązania i zaawansowaną automatykę, która zapewnia urządzeniom maksymalną samodzielność i efektywność. Kontrolowane przez elektroniczne systemy sensorowe, pracują oszczędnie i cicho, z gwarancją doskonałych efektów. Dla Twojego komfortu i dla dobra natury. Więcej informacji: www.siemens-home.pl

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4 HOURS IN... SEOUL

South Korea has gone from aid recipient to donor in a mere 50 years – an achievement spearheaded by the economic steam engine at its heart. The story of its capital, Seoul, is one of survival, tenacity and unprecedented success.

The city proper has about 11 million people and three buzzing central business districts – the centre of Myeong-dong; Seoul's Wall Street equivalent, Yeouido; and the newer Gangnam, located south of the Han River in an area made up of rice paddies only 30 years ago. The Seoul National Capital Area, which encompasses Gyeonggi province and the colossal free economic zone of Songdo, near Incheon (see "Songdo style"), is the second-largest metropolitan area in the world, after Tokyo, and houses about 23 million people.

KOREAN GIANTS

This economic breeding ground spawned the emergence of domestic corporate powerhouses, or chaebols, such as Samsung, Hyundai, Lotte and LG. Their interests run the industrial gamut, from telecommunications to shipbuilding to international infrastructure developments – a dynamism that has propelled exports. Foreign businesses have also flocked to the city, with Seoul hosting 22 global banks, 45 foreign securities services and 82 transnational insurance firms as of the end of last year, according to AIG. The city sits at a com-

fortable ninth place in the Global Financial Centres Index. Comprehensive convention services and infrastructure have cropped up to cater to this growth. The standard of facilities and public transport is such that Seoul was the location for the 1988 Olympics and a host city for the 2002 World Cup and a 2010 G20 summit.

METROPOLIS FOR ONE DAY

To see and fall in love with Seoul, you must spend there more than one day. But when time is short, and business meetings fill the whole day, it is worth devising a special itinerary, which must include Changdeokgung Palace - a distinctive oriental architecture and a UNESCO site. Fans of constructions that are typical of East Asia should also see Gyeongbokgung and Deoksugung palaces. It is also worth visiting the National Museum, where an inquisitive tourist can spend even several hours (free admission). On a fine, clear day, you might want to go by cable car from the city centre to Seoul Tower, which offers a beautiful view of the enormous capital and the surrounding hills. Since the viewing platform is open until 11.00 pm, you can leave this attraction for the very end of your

stay to see the city at night. Another must-see spot is the colourful Insa-dong shopping street, which features plenty of souvenir stalls. The fans of shopping in unusual places should definitely go to the night Namdameun Market. Businesspeople on a business trip usually have the opportunity to see the COEX - a huge business and exhibition centre, which is both modern and sophisticated. It is interesting to know that on the opposite side of the street there is a beautiful Buddhist temple.

CITY FOR BUSINESS

Nothing is more demonstrative of Seoul's nurturing economic climate than the rise of the chaebols. Take Samsung, currently the ninth-largest company in the world in terms of brand value on Interbrand's list. It has risen ten places since 2010, and is now the top non-US company, valued at US\$32,893 million. It may be at the forefront of the smartphone and telecommunications industry, but that is by no means its only focus. Samsung is the umbrella company under which more than 30 others operate, in fields ranging from electronics and semiconductors to shipbuilding and petrochemicals. It also runs charitable or-





To see and fall in love with Seoul, you must spend there more than one day. You might want to devise a special itinerary to see as much of the city as possible.

organisations, sells life insurance and operates the Shilla hotel and duty-free shopping outlets.

METRO, HOTELS, AIRPORT

Infrastructure has developed in tandem with the increased international business activity in the city. Incheon airport, opened in 2001, was rated the best in Asia-Pacific this year by Airport Council International. Seoul Metro is one of the busiest and most developed in the world. It is also affordable, clean and punctual. Aside from the Olympic Park and Olympic Stadium complexes, it also led to the development of many five-star hotels and the entrance of international hotel chains to Seoul. This is something that has continued to develop, so much

so that according to the Union of International Associations, Seoul hosted the fifth most international conferences of any city in the world for the third consecutive year in 2012. The Seoul Tourism Organisation's Meeting Planner's Guide names 40 hotels with exceptional meeting facilities, as well as the Coex, 63 and SETEC convention centres. This high-quality base is what contributed to the successful hosting of the G20 meeting in 2010 and the Nuclear Security Summit in 2012.

EXCEPTIONAL RESIDENTS

South Korea is a remarkable country with clearly a remarkable people, when you consider the utter devastation and the income levels of Koreans in the early 1960s. The

history has created a culture of people who are very hardy, nationalistic and proud of their heritage, and I think that is the reason why Korea has become so dynamic. This is where you should look for the source of the Korean success. Certainly, examples of South Koreans donating their personal gold during the 1998 International Monetary Fund bailout after the financial crisis, and the constant sense of urgency to move forward, illustrate this point. The *bbalibbali* ("hurry hurry") culture that is so often cited does not just refer to Koreans' efficiency, but also their desire to perform, compete and succeed – and this is something you immediately sense when you interact with Seoul's people.

Michał Mizerski

5-GWIAZDKOWE PODRÓŻE DO KOREI

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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

Transit visa to China

My boss is planning to travel to Asia. She's flying to Hong Kong, Beijing, Singapore and Tokyo and wants to spend two days in each of the cities.

I've booked tickets and hotels and I'm in the process of taking care of her Chinese visa. I hear you can apply for a special visa to China for short trips. What formalities should I complete? Apart from Polish passport, my boss also has an American one.

Aneta

Dear Aneta

Perhaps what you mean is a transit visa to selected cities in China. From 1 January 2013 the Chinese government introduced a 72-hour transit visa for citizens of 45 countries (including Schengen countries and the United States and Canada). Initially, transit visas applied only to airports in Beijing and Shanghai. Passengers travelling through China to another country could get a transit visa at airports in Shanghai and Beijing for a stay of no more than 72 hours. What's important is that during that time you mustn't leave the metropolitan area, and the journey must be continued from the same airport. However, on 1 August 2013 the procedure was extended to the airport in Guangzhou (you can only stay in Guangdong province), and on 1 September 2013 – the Chengdu airport in Sichuan province (you can't leave the zone of Chengdu city).

Passengers are obliged to have documents confirming the reservation to another country. Therefore, you can't come from Poland to Beijing for two days and come back to Poland. In this case, you must apply for a residence visa. You need to have a confirmed airline reservation for a specific flight. Open or unconfirmed ticket (from a waiting list) won't be honoured.

A transit visa can be applied for via the airline. The passport must be valid for at least 6 months from the date of leaving China. It's important that at least one page in the passport is blank for the visa.

Transit visas are supposed to be awarded to people traveling to China for tourist purposes. If your boss is traveling for business, she should get an adequate residence visa. I refer you to the Chinese Consulate for the current details.

Business with restrictions

I have a ticket to Vienna in business class. It was bought cheaper than usual. Meanwhile, my meeting plans have changed and I will be leaving the Austrian capital one day sooner. The agent didn't want to change the ticket, because apparently it's not subject to change. I've bought a Business Class ticket, haven't I? Is it possible to only use the return ticket, and buy a new one-way ticket? Because I had problems with that as well.

Grzegorz

Dear Grzegorz

I have read the ticket that you sent. We are coming back to the question of using the tickets in the order in which they were issued. Your agent gave you the correct information. You entered into a contract of carriage with the airline to fly from Warsaw to Vienna and back. The contract mentioned specific dates and flights based on fare conditions specified in separate regulations. Some rates (usually more expensive ones) allow to change time and dates after charging extra for the change and paying the difference in prices to a more expensive rate available with the new flight.

Your ticket was indeed issued in business class, but it was in a special promotional rate, which doesn't allow for changes and returns. In this case, you can't change the date or time of the flight. The special rate doesn't allow to pay the difference for the full rate, which would be more flexible.

In this case, all you can do is to go one-way from Warsaw to Vienna without using the return section of the ticket. You aren't entitled to the reimbursement for the unused section. You need to buy a new one-way ticket for a different date. The reverse situation isn't possible. This means, you can't only use the return section of the ticket. If you don't use the first section of the ticket your reservation will be cancelled, and the ticket will expire. This is because the ticket sections need to be used in the same order in which they were issued.

Please note, that promotional rates in business class are also subject to restrictions. This should be taken into account when changing meeting plans.



AEROFLOT – OFICJALNY PRZEWOŹNIK KLUBU MANCHESTER UNITED



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* Zgodnie ze statystykami społecznościowymi usługi FlightStats.

** Zgodnie ze statystyką ACAS za lipiec 2014 r. spośród linii lotniczych dysponujących aktywną flotą ponad 100 samolotów.

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