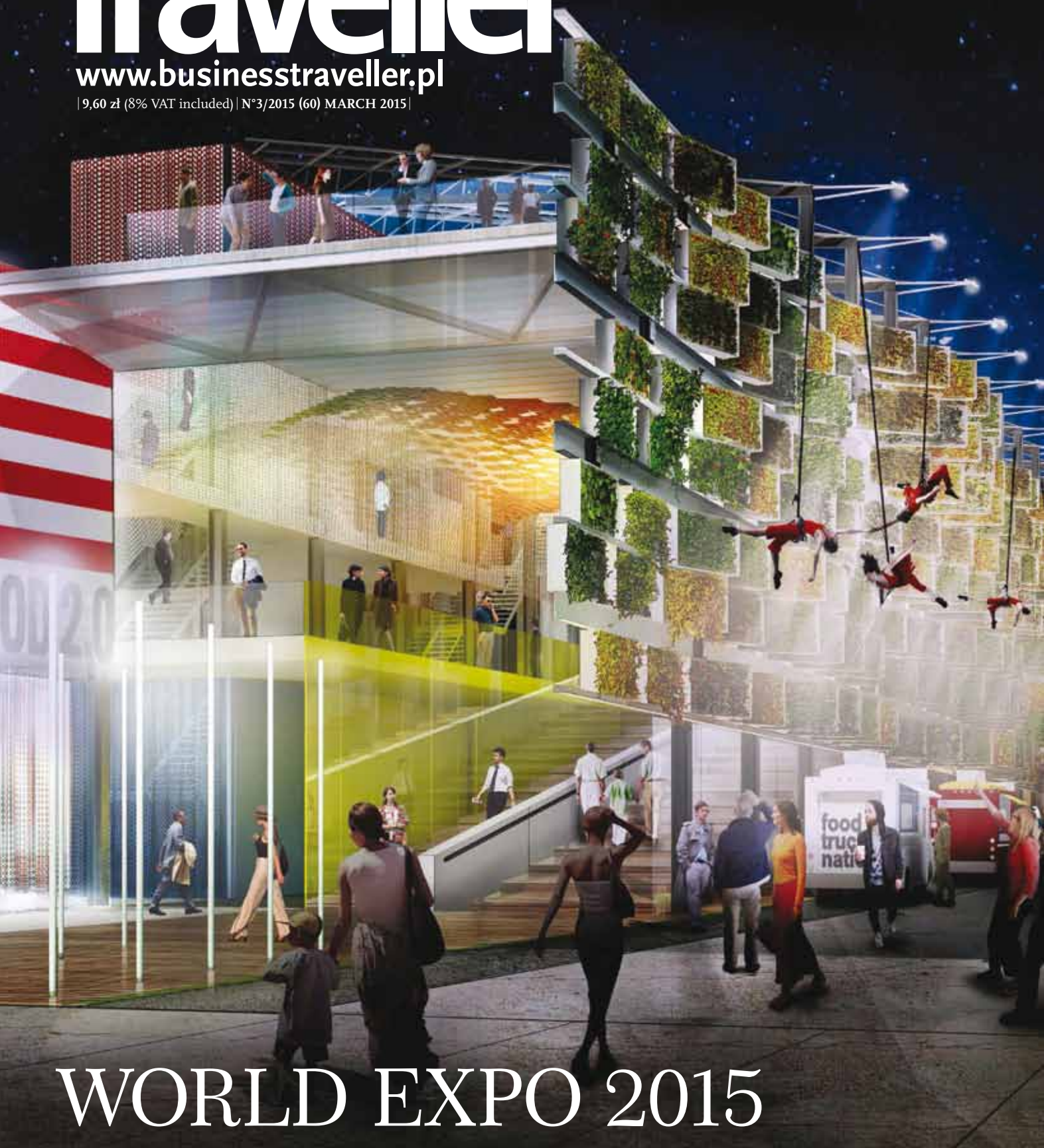


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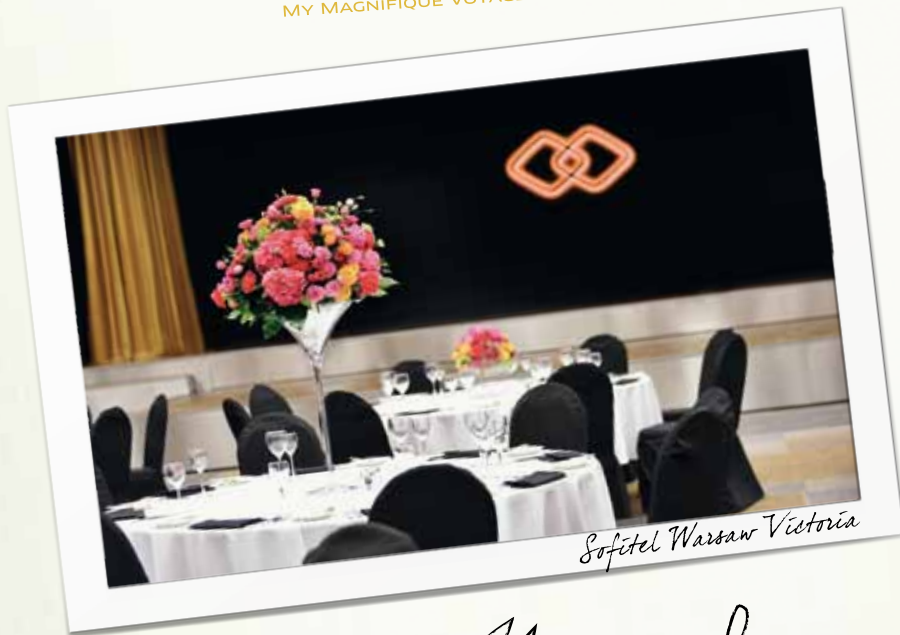


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# MEGACITIES

Only 3 per cent of the world's surface is urban – but cities are growing fast, and most of us want to live in them. By 2050, the UN predicts that two-thirds of the world's population will be living in cities – twice the amount in 1950. In Africa and Asia, more than half of people still live in the countryside – but over the next 35 years, the exodus of migrants flooding to built-up areas in search of work means India, for example, will have to accommodate another 400 million urbanites, China 300 million and Nigeria 200 million. Archana Amarnath, research manager for global growth consultancy Frost and Sullivan, was involved in a study that revealed that by 2025 there would be 35 “mega cities” around the world. Based on forecast data from the UN, these are defined as urban areas with populations of at least eight million and annual GDPs in excess of US\$250 billion. Obvious rankings include New York, Paris, Moscow, London and Sao Paulo, but places such as Bogota and Tehran are also on the list. China will have no less than 13 mega cities – including Guangzhou, Harbin, Hangzhou, Hoshan, Shenzhen and Wuhan. I encourage you to read the article of our UK correspondent Jenny Southan who reveals the business destinations of tomorrow.

Marzena Mróz

Marzena Mróz  
Editor-in-Chief





# TWÓJ DACH: NIEBO.

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## Airlines

### Lufthansa

## TO FLY TO PANAMA FOR THE FIRST TIME

Lufthansa is further expanding its route network to South America. From 16 November 2015, the airline will offer year-round flights to Panama City for the first time, subject to government approval. An Airbus A340-300 aircraft will fly five times a week between Frankfurt and the economic metropolis in Central America. Flight LH 484 will take off from Lufthansa's Frankfurt hub in the morning at 10.15 a.m. and arrive in Panama in the afternoon at 4.40 p.m. (local time) after a flight time of 12 hours and 25 minutes. The return flight LH 485 will depart from Panama City in the early evening as a night flight and land at Frankfurt Airport the following morning.

A total of 298 seats will be available in Business, Premium Economy and Economy Class, featuring the latest cabin design in all classes: seats in the new Business Class can be converted at the touch of a button into a comfortable horizontal bed measuring 1.98 metres in length. In the new Premium Economy Class, increased legroom and a greater seat pitch await passengers. There is a wide range of entertainment on offer for passengers in all travel classes, as well as FlyNet, the wireless broadband internet.

Lufthansa is also expanding its partnership with the Panamanian airline Copa. Lufthansa passengers will in future be able to easily reach a further 50 destinations in Central and South America and the Caribbean with the partner airline. The most important travel destinations in Copa's network include airports in Peru, Ecuador, Costa Rica, Nicaragua and Guatemala. The return trip to Panama can be booked from 799 euros. For more information go to lh.com

## Restaurant

### Senses

## ENGAGE THE SENSES

Senses restaurant in Warsaw is a concept that by definition should engage all your senses. Dishes served here affect through appearance, smells, tastes and even sounds that appeal to memories and obvious associations.

The Italian chef Andrea Camastra successfully combines classical techniques with bold experimentation. The signature tasting menu that changes seasonally consists of three, seven, ten or twelve dishes and is based on experience, research, analysis and culinary journeys of Mr Camastra. The restaurant is regularly stocked with fresh



seasonal products that come here from Senses' own farm in Kolbuszowa in south-eastern Poland. These include specially bred quail, ducks, blackhead sheep, swine and wild boar hybrids, fallow deer, as well as vegetables and fruit. It all starts in Kolbuszowa, that is with high quality product.

"My cuisine is dominated by Polish themes with the elements of childhood memories from Italy, as well as experience with a variety of cuisines in the world," says Andrea Camastra; senses-restaurant.pl



## Tourism

### Canary Islands

## HOLIDAY DIRECTION

Poles are the most dominant nation that likes to visit these semi-exotic islands. Last year Canary Islands noted another, this time 12 percent increase in the number of holidaymakers from our country. This is partly related to an increasing number of air connections between Poland and Tenerife, Gran Canaria, Fuerteventura and Lanzarote. The route is presently served by Ryanair, Norwegian and Travel Service.

Recognizing the new fashion, in March 2015 the government of the Canary Islands will launch in Poland the website Holaislascanarias with the aim to promote and facilitate tourism in the archipelago.

The islands attract with pleasant climate, picturesque landscapes, beaches and volcanoes. The harmonious eternal spring combined with the warm sea are true guarantee of a successful holiday. Exploring the islands closely, you will be taken aback by the diversity of the islands. It is a perfect destination for those who love tours and take hundreds of interesting photos.







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## Airlines

### Czech Airlines

#### TRIP TO PRAGUE

Czech Airlines will soon launch a new service on Prague-Poznań-Gdańsk route. The first aircraft will take off on 25 May with a schedule of four flights a week: on Mondays, Wednesdays, Fridays and Sundays. Departures from Prague are scheduled at 11.15 am with arrival in Poznań at 12.25 pm and in Gdańsk at 2.00 pm. The return flights will depart Gdańsk at 2.25 pm and Poznań at 4.05 pm. The arrival in Prague is scheduled at 5.20. The service will be operated by ATR aircraft. Looks like in spring and summer there will be plenty of opportunities to visit the Czech capital. Tourists will certainly enjoy Prague's numerous cultural, music and sports events. Go to [czechtourism.com](http://czechtourism.com) to find info about the most interesting events there.

## Women's Day

### Wedel

#### CHOCOLATE-TASTING FEELINGS

To properly celebrate the Women's Day, Wedel has prepared a range of products whose secret lies in the intense taste of chocolate. A great idea for a gift for your loved one will be Cherries in Liqueur in two sizes: 141 g or 59 g.



It is a unique combination of crisp dessert chocolate and sweet cherries bathed in the filling of liqueur flavour.

E. Wedel is Poland's most dominant chocolate brand, which for more than 160 years has been providing its customers with joy and pleasure coming from the intense and deep chocolate flavour of the best quality. The brand's portfolio includes such treats as Ptasie Mleczko®, Mieszanka Wedlowska, chocolate bars, biscuits, wafers and candy bars. Since September of 2010, Wedel has been a part of the Japanese LOTTE Group.

"The Best from Wedel!" is a campaign in which you can receive attractive prizes if you vote for your favourite products of the brand at [wedel.pl](http://wedel.pl), and justify your choice in a creative way. Which sweet treat will win: Ptasie Mleczko® or Torcik Wedlowski? Or will it be one of the famous chocolate bars: bitter, milky or with strawberry filling? We will find it out in March.

## Hotel

### Sofitel Warsaw Victoria

#### MICHELIN STARRED CHEF

From 6 to 8 February Sofitel Warsaw Victoria hosted Oliver Nasti, a renowned two Michelin-starred chef from France. Haute cuisine aficionado had a rare opportunity to reserve a table in Le Victoria Brasserie Moderne and taste mouth-watering dishes prepared in cooperation with Maciej Majewski, the head chef of Sofitel Warsaw Victoria.

During his stay in Warsaw, the master chef prepared his signature recipes. The dinner consisted of seven sublime dishes. The specialties included eel with pike mousse and orange gel, or dove served with almond mousseline, truffle, and salt-roasted beets. The dessert menu features pineapple baked in Zacapa rum with sorbet and passion fruit juice, as well as chocolate mille-feuille.







# INNOVATIVE SOLUTIONS IN LE CLUB ACCORHOTELS

**Le Club Accorhotels loyalty scheme** offers its members a range of new amenities. Welcome service enables guests faster check-in and provides them with a warm, personalized welcome at a hotel. The new solution is available in Sofitel, Novote, Mercure, ibis, ibis Styles and Orbis hotels. With this new amenity hotel guests have more time for themselves and do not waste it on filling paperwork.

**Welcome service** is the only such innovative solution in Poland, which helps Le Club Accorhotels programme members speed up formalities related to their stays in hotels of the group. Two days prior to their arrival they receive an invitation to check in online, then the day before they arrive they are sent a text message with useful tips to facilitate their travel, e.g. info on the nearest means of transport or a code to the car park. On their arrival at the hotel, the key is ready for pickup. Another useful function is a quick check-out. Just leave your key at the front desk, and the scan of the invoice will be sent via e-mail.

In addition to innovative Welcome service, the programme offers its members additional **privileges depending on the status** of their membership. They can take advantage of a range of unique benefits, such as room upgrades, free internet access, or guaranteed room availability when booking 2 or 3 days before their arrival. The members of the scheme can also redeem their collected points and participate in exclusive events organized for the most loyal guests!

**Contact**  
[accorhotels.com/leclub](http://accorhotels.com/leclub)



## Hotels

### Best Western

#### PETROPOL PŁOCK JOINS THE CHAIN

Tradition in a modern setting – this is the offer of the three-star Best Western Petropol in Płock that has recently joined the largest hotel family in the world.

Situated at 49 Stanisława Jachowicza Street, Best Western Petropol perfectly blends in with the architecture of the city. Before its opening it underwent a thorough in line with the standards of the brand. The investing firm is Petropol DA&PAF sp. z o.o. i Wspólnicy sp. k.

The property in its new incarnation offers 83 modern rooms and suites, as well as two fully-equipped conference rooms. One of them can accommodate up to 120 people, while the other one is intended for more intimate meetings. The hotel also provides full support for festive banquets and conferences, including coffee breaks and lunches in the restaurant, which serves international cuisine.

“Launching Best Western Petropol we are making the first step towards intensive development in Poland that we have planned for 2015. In the past this property was the city’s landmark and we wish to restore it to its former reputation. I am convinced that our efforts will enable us to gain a lot of loyal customers,” said Gheorghe Marian Cristescu, Country Sales Director for Poland at Best Western.

## Airlines

### Singapore Airlines

#### NEW PREMIUM ECONOMY CLASS

Effective from August 9, 2015, (Singapore’s national day) customers travelling on select flights between Singapore and Sydney will be the first to experience the new cabin product.

Premium economy will subsequently be added to other destinations served by SIA’s fleet of A380s, B777-300ERs and the upcoming A350s.

Work on the new premium economy class began in November 2013, when the airline hired ZIM Flugsitz GmbH (A380 and



**B777-300ER) and Zodiac Seats US (A350) to work with JPA Design in developing the new seat. The investment, worth an estimated US\$80 million will see the new travel class added to 19 A380s, 19 B777-300ERs and the first 20 A350s.**

**SIA has revealed that premium economy will be progressively rolled out to various destinations, including Beijing, Delhi, Hong Kong, Frankfurt, London, Mumbai, New York, Shanghai, Tokyo and Zurich between the latter part of 2015 and early 2016. For more information, visit [singaporeair.com](http://singaporeair.com), where you will find updated timetables and prices for the new cabin class.**



## Airlines

### LOT

#### NEW PROGRAMME FOR BUSINESS

A new website, more transparent and beneficial system of collecting and redeeming points, as well as implementation of the latest technology to manage your account – this is how LOT Polish Airlines supports small and medium-sized businesses in optimizing their travel costs. The Polish national carrier has recently launched a new website for LOT DłA Firm – a loyalty scheme aimed at small and medium-sized enterprises from Poland.

The scheme enables members of the programme to receive awards for travelling with LOT – now in an even more transparent and cost-effective way. The point collection scheme has been revamped – now the number of points you earn depends directly on the travel class and the sum you have paid for the ticket.

One złoty spent on ticket fare = one bonus point! Simple like that. “We have reorganized LOT DłA Firm scheme to make it even more effective and attractive. With the changes that we have introduced, LOT now offers a loyalty programme with simple rules and a functional tool that allows you to easily manage your account. This is our answer to the needs of entrepreneurs who want to manage their travel in an easier way and spend less,” said Magali Olive, LOT executive director ancillary revenue and loyalty programmes.



## Switzerland

### Engadin Scuol Samnaun

#### IT IS TIME FOR SPRING SKIING

The Swiss Graubünden is the land of the ibex, hot springs, beautiful sunny slopes and great food. With such resorts like Davos Klosters, Laax, Savognin or charming and idyllic Engadin Scuol Samnaun, it is one of the top winter sports centres in the world. The place offers 2,200 km of ski slopes, 1,800 km of cross-country trails, as well as an extensive network of winter hiking trails. Other popular activities include telemark, parabol-skiing and snow golf. In this region, where snow is guaranteed, anything is possible.

Embark on last, spring skiing adventure to Engadin Scuol Samnaun where white powder snow lasts even until the middle of April. The international Silvretta Ski Arena in Samnaun-Ischgl offers head-spinning 238 km of pistes. Engadin Bad Scuol is a paradise for après ski aficionados, offering numerous swimming pools, saunas, baths and hot springs. That is why, as many as seven wellness hotels in Scuol offer free spa access for their guests. Samnaun boasts Switzerland's one and only duty free zone, as well as one of the highest located shopping streets in Europe. In addition to practising winter sports on perfectly groomed slopes, you can also buy there luxurious perfume, watches, glasses, jewellery, tobacco and alcohol – all of this at attractive prices. More details at: [engadin.com](http://engadin.com).



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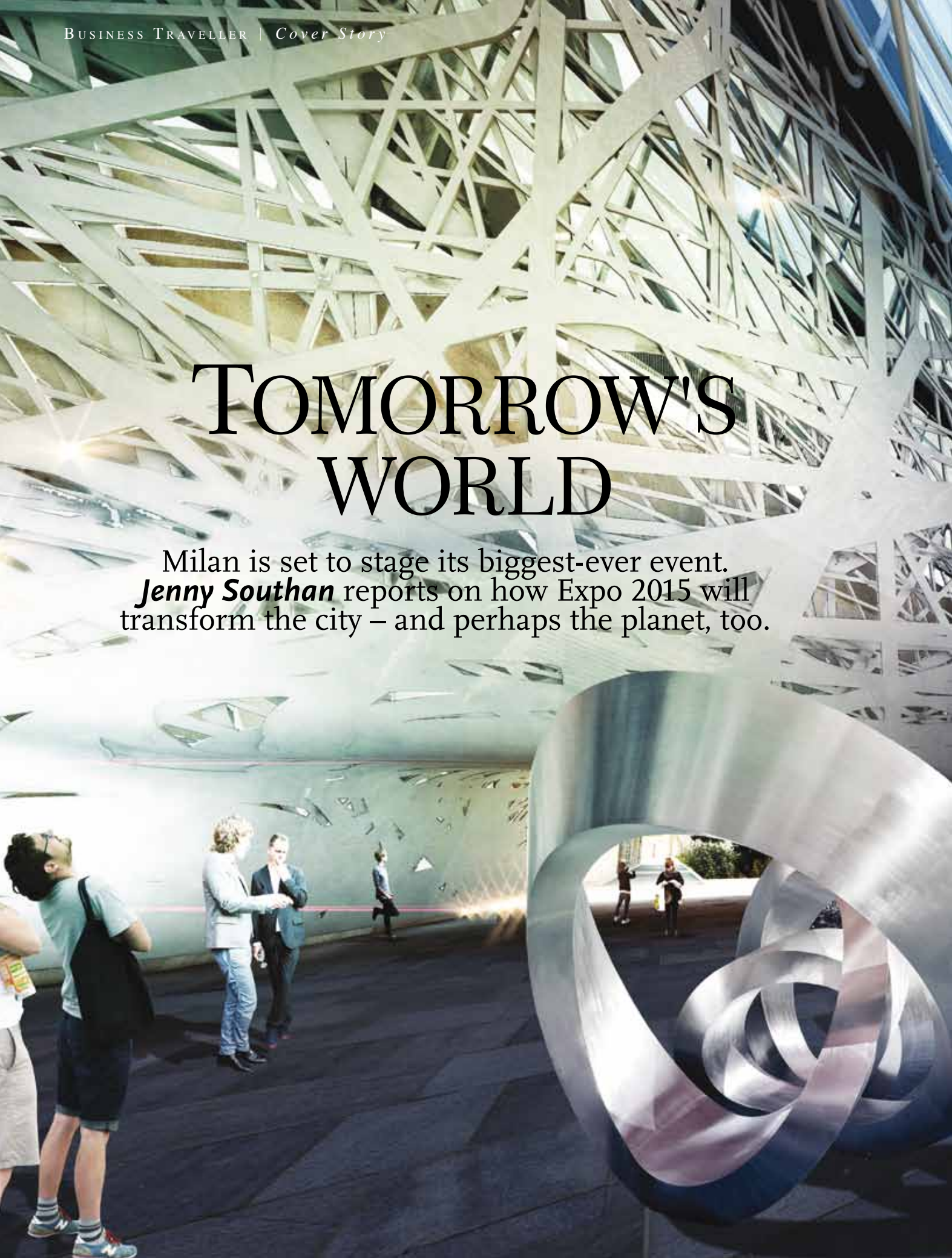
[www.avis.pl](http://www.avis.pl), [www.avislease.pl](http://www.avislease.pl)

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# TOMORROW'S WORLD

Milan is set to stage its biggest-ever event. **Jenny Southan** reports on how Expo 2015 will transform the city – and perhaps the planet, too.







**T**

he theme of the six-month event, which starts on May 1, is “Feeding the planet, energy for life”.

Almost 150 countries will present their ideas on how to support a global population of nine billion people in 2050 (up from seven billion today). The Expo – historically known as the World’s Fair – is more than just another trade show. It is a consumer event that has acted as a dazzling showcase for cutting-edge inventions, innovations and ideas from around the world since the mid-1800s. The telephone, light bulbs, radio, television, public toilets, escalators and even Heinz Ketchup all made their debut at one of these exhibitions.

### THE FAIR FOR THE FUTURE

The last World Expo was in Shanghai, in 2010. Milan won its bid in 2008. Costing Italy more than €2 billion, during a period of economic crisis, taking on this kind of project could be seen by some as unwise, possibly even reckless.

Piero Galli, general manager for the event management division of Expo Milano 2015, says: “We are struggling to break even but making a profit is not our goal.”

Instead, the aim is for Expo to create a legacy that everyone can benefit from. The city’s time in the spotlight will not only bring in an extra 13.5 million people (Greater Milan welcomed 6.5 million visitors in 2013) but also stimulate the economy, boost local development, and give the city and the Lombardy region global exposure.

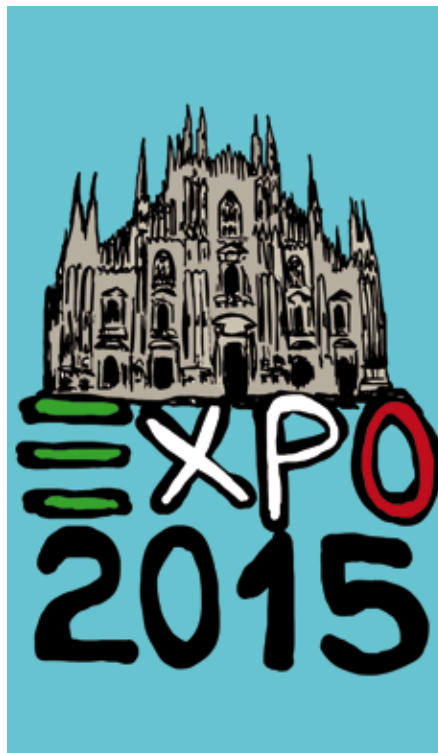
It was recently announced that the official airlines for Expo 2015 would be Alitalia and Etihad – the Abu Dhabi-based carrier has just bought a 49 per cent stake in the Italian flag carrier with the intention of revitalising the formerly loss-making airline.

James Hogan, president and CEO of Etihad, says: “Our plan will integrate the strength of [Milan] Malpensa airport as the main gateway to northern Italy, and [Milan] Linate airport as a northern connection point between Alitalia’s vast domestic network and destinations throughout Europe. Etihad is already a frequent visitor here with daily passenger flights to and from Abu Dhabi. But the route will be better served next year when Alitalia commences daily flights between Malpensa and Abu Dhabi, connecting with Etihad flights to the Indian sub-continent, South East Asia and Africa.”

### LIKE A ROMAN CITY

At the Expo offices just off Via Dante in the city centre, Galli leads me to a conference room, where a map of the project is pinned to the wall. The 1 sq km site is in Rho, about 30 minutes’ drive north-west of Milan, towards Malpensa airport. He explains that the blueprint echoes the layout of an old Roman city, with a 1.5km-long road – the Decumano – bisected by the 350-metre-long Cardo.

Of the 144 countries taking part, 54 will build their own pavilion, each competing in terms of architectural prowess (designers include Foster and Partners and Jacques Herzog) and the message they want to communicate. The Swiss pavilion, for example, will highlight the finite nature of the world’s resources by displaying huge silos full of food, which will deplete as visitors help themselves.



The organizers claim that profit is not an ultimate goal of the event. Instead, the aim is for Expo to create a legacy that everyone can benefit from.

Others will be more a celebration of what we have. The US pavilion (see our cover image) will be an edible “smart city” of vertical farms, food trucks and a boardwalk made of timber reclaimed from New York’s Coney Island. Visitors will be able to try a Thanksgiving dinner or gospel brunch, and go to talks by top chefs.

Spanning five floors, the €40 million Italian pavilion will feature a dramatic tree-like exoskeleton, inside of which will be dozens of food and drink stands. “In the day you learn something and at night you drink,” Galli says. “It will be a party.”

Other places to visit will include a pavilion dedicated to Carlo Petrini’s Slow Food movement, which was born in Italy; a 4,600-seat theatre with daily performances from Cirque du Soleil; and a Biodiversity Park with greenhouses and gardens. The Future Food District, created in partnership with the Massachusetts Institute of Technology (MIT), will have an “interactive supermarket” and a high-tech kitchen.

“You would need a week to see everything,” says Galli, who predicts that on peak days, the site could see 250,000 people pass through, grazing on street food or dining in its many restaurants.

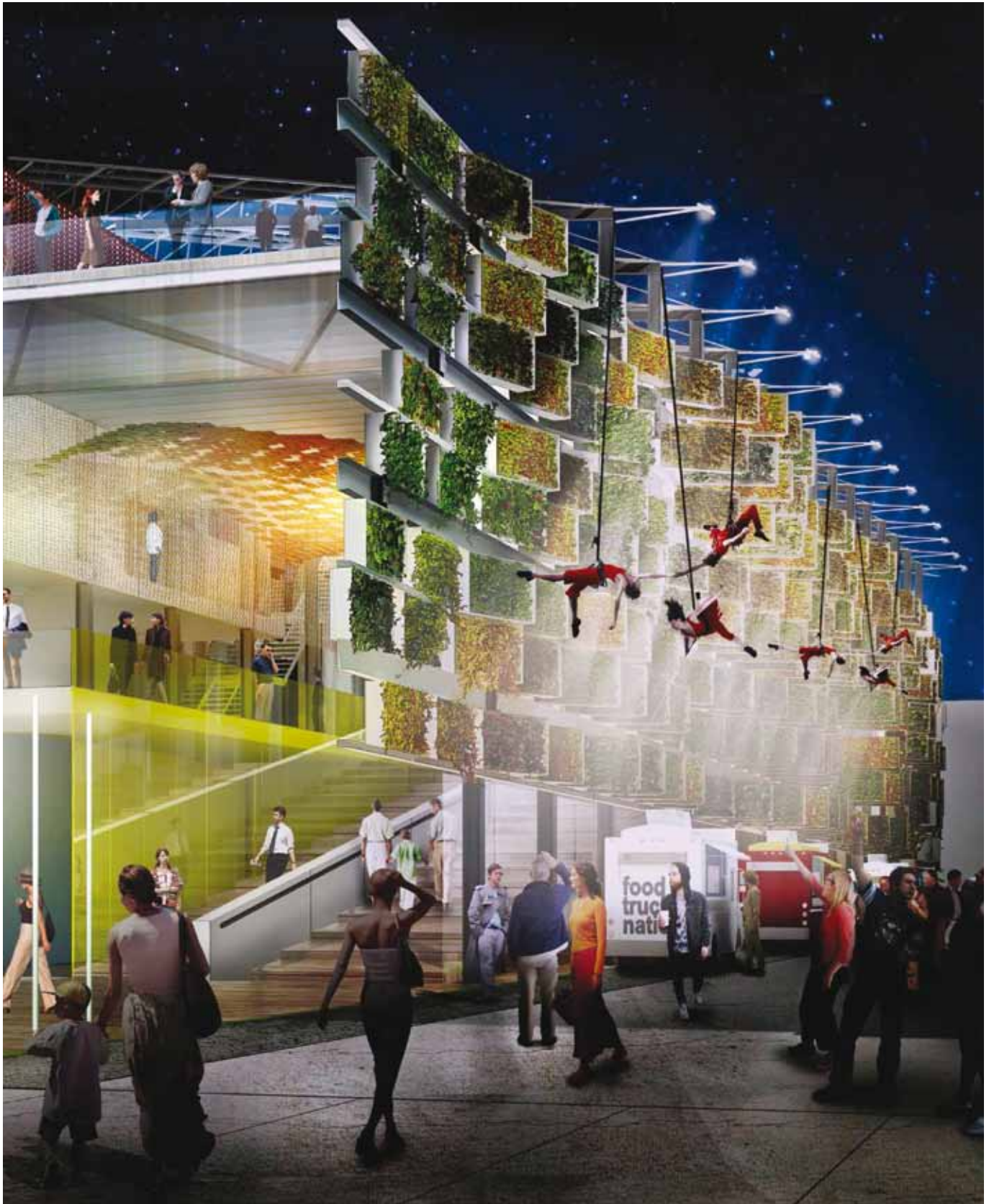
### HOTELS AND THE IMAGE

The city of Milan is also getting ready. To help cope with demand, a number of new hotels will be arriving. At the top end will be the Excelsior Gallia, which is part of Starwood’s Luxury Collection and was set to open on December 1.

In the spring, there will be the Me Milan Il Duca with a rooftop bar on Piazza della Repubblica (not far from the Dorchester Collection’s iconic Principe di Savoia), and the Mandarin Oriental, housed in three 19th-century buildings on Via Monte di Pietà. Marriott’s trendy Moxy hotel was unveiled next to Malpensa airport’s Terminal 2 in the autumn, while the city’s first W will open in 2016.

Other parts of the city are also getting a spruce-up. Milan once had a thriving inland port linked to the Ticino and Adda rivers, and a network of canals more extensive than those in Venice. While many of these have now been filled in, the Navigli district still has a couple of lively waterside thoroughfares (Grande and Pavese) lined with busy aperitivo bars. As part of the Expo preparations, La Darsena harbour, where the two





Spanning five floors, the €40 million Italian pavilion will feature a dramatic tree-like exoskeleton, inside of which will be dozens of food and drink stands.



In a city known for fashion and design, one would expect Milan to be more beautiful. Unfortunately, this is not entirely true.

canals meet, is being redeveloped. By the spring, there will be a market, public gardens and new pedestrian areas along the north and south banks.

The Expo is as much about trying to solve a major world problem as it is a chance to eat and enjoy. What's more, Annells hopes the event will "change that old-fashioned perception of Italy", and rid the country of the bad taste left by former prime minister Silvio Berlusconi's time in office.

### THE CITY IS CHANGING

Milan has been leading the way in Italy in terms of transparency, launching public data platform Open Expo ([dati.openexpo2015.it](http://dati.openexpo2015.it)) to show how much is being spent on the project, as well as introducing a voluntary "prompt payment code" to motivate businesses to pay clients on time.

The city is also expanding its free wifi network, signs for which you will see in Porta Nuova and other central areas.

Cristina Tajani, Milan councillor for labour policy, economic development, university and research at government organisation Comune di Milano, says: "We have over 500 free hotspots in the city and on the site where the Expo will be hosted. By May, there will be 600, and they will be permanent – part of the digital legacy of the event."

Although it hasn't yet been decided what will happen to the Expo site afterwards (most of the pavilions will be knocked down), there is no doubt its presence will be felt across Milan in 2015 and beyond. There will also be several thousand events taking place – from talks and workshops to Italy's largest-ever Leonardo da Vinci exhibition (April 15-July 19).

If you want to get a taste of the world of tomorrow, there's no excuse for missing out.

### WORLD'S FAIR: A BRIEF HISTORY

The first World's Fair took place at London's Crystal Palace in 1851. Conceived by Queen Victoria's husband Prince Albert, it set the trend for showcasing technological innovations. Apart from the enormous glass structure built especially for the occasion, inventions demonstrated included the first public toilets, the Colt Navy revolver and the telegraph.

In 1876, in Philadelphia, the centrepieces were a 1,500-horsepower steam engine and Alexander Graham Bell's telephone. Paris showcased the Eiffel Tower in 1889, and the diesel engine and escalators in 1900. New York demoed commercial TV broadcasting for the first time in 1939, and video-conferencing in 1964. In 1970, the first mobile

phone was presented in Osaka, along with a chunk of rock from the Moon.

The last World Expo was in Shanghai, in 2010, with the theme "Better city, better life". It was the most expensive and most well-attended in history. After Milan, the next fair will be in Dubai, in 2020.

### MILAN'S NEW FINANCE ZONE

In a city known for fashion and design, one would expect Milan to be more beautiful (with the exception of the magnificent Gothic cathedral). But where picture-postcard architecture is lacking, cutting-edge modernism is going up.

Directly behind the Principe di Savoia hotel is the brand-new Porta Nuova financial district ([porta-nuova.com](http://porta-nuova.com)), where expansive walkways, steps and pedestrian bridges take you all the way up to Porta Garibaldi station, where high-speed trains connect to Rome and beyond.

Walking through the Porta Nuova Varesine zone, an exhibition of photography from the archives of Vogue Italia covers the ground-floor windows of several gleaming blocks (a gallery will be opening here next year). Here you'll also see the 30-storey Diamond Tower by Kohn Pedersen Fox. Nearby, Porta Nuova Isola features Stefano Boeri's two



Vertical Forest residential blocks, which are built like jumbled Jenga towers with gravity-defying balconies planted with almost 1,000 trees. Danish jeweller Pandora has leased office space in another building, along with the Google Italia HQ.

It's Porta Nuova Garibaldi that really catches the eye, with its 231-metre-high curving Unicredit tower that spirals up at one corner to form a spire. It is the tallest building in the country and can be seen from almost anywhere in Milan. At its base is the circular Gae Aulenti piazza, which has a fountain in its centre and is surrounded by chairs for al fresco coffee from the Feltrinelli RED bookstore.

There is also the eye-catching Solar Tree by Welsh designer Ross Lovegrove – an organic-looking cluster of streetlights that are powered by the sun – and an installation of giant, bronze “ear trumpets” by Alberto Garutti, which connect to a shopping mall below, amplifying the voices of people who speak into them. Despite it being a busi-

ness district, at the weekends it is abuzz with families and locals who come to shop in its new retail outlets – Nike and Muji are already here, with more on the way.

Walk past the ear trumpets, under a roof with a toilet-seat-shaped hole in it (allowing views up the side of yet another polished skyscraper), and you will be back in the Milan of old. Here you can pop into 10 Corso Como (10corsocomo.com), a boutique hotel, restaurant, concept store, art gallery and bookshop founded in the nineties by Carla Sozzani, former editor of Italian Elle and Vogue.

At the end of the street is a heaven for gourmands. Eataly (eataly.com), Italy's version of the US Whole Foods Market chain, opened its enormous flagship in March. If you aren't going to stop by one of the pop-up branches at the Expo, you can come here instead to stock up on truffles, Parmesan and prosecco, or sample an authentic piadina, a thin, scone-like flatbread folded in half and stuffed with prosciutto and fior di latte cheese.



## Expo 2015

### IN NUMBERS

- 6 months - length it will run for (may 1-oct 31)
- €3.5 billion - total invested
- €10-€39 - ticket prices
- 7 million tickets sold so far
- 20 million visitors expected
- 250,000 visitors expected on peak days
- 1 million sqm size of site
- 144 countries confirmed to participate
- €40 million cost of italian pavilion
- £10 million cost of uk pavilion
- €1.3 billion collective cost of pavilions (to be knocked down afterwards)



At the end of the street is a heaven for gourmands. Eataly, Italy's version of the US Whole Foods Market chain, opened its enormous flagship in March.

# MONDRIAN AT SEA CONTAINERS



**CONTACT**  
Mondrian London  
at Sea Containers,  
20 Upper Ground; London  
tel +44 (0)20 3747 1000;  
[www.morganshotelgroup.com](http://www.morganshotelgroup.com)

**PRICE**  
Internet rates for a flexible mid-week stay in March started from £232 for a Standard room.

**P**art of Morgans Hotel Group, Sea Containers is the newest of four Mondrian-branded hotels, the others being in New York, Los Angeles and Miami. Doha and Istanbul are coming soon.

The luxury property opened in September in a converted 1970s shipping office by the Thames.

**WHAT'S IT LIKE?**

Continuing the building's nautical heritage, interior designer Tom Dixon took inspiration from transatlantic cruise ships, constructing a 68-metre-long copper hull that protrudes from the exterior at the front and forms the wall behind reception, curving around to meet Sea Containers restaurant. The lobby features model sailing boats, grey velvet banquettes and a giant purple sculpture of a knot. The vibe

is smart yet hip with a sense of humour – the holographic lifts are fun.

**WHERE IS IT?**

On the South Bank, near Blackfriars Bridge, on the edge of the Square Mile.

**ROOM FACILITIES**

Standard rooms start from 29 sqm and are cleverly designed to maximise space – you can store luggage under the beds, and there is a living area with a workdesk and signature Tom Dixon wingback chair, and a wardrobe in the hall behind a curtain.

The compact marble bathroom has a walk-in rainshower. All guestrooms have a punchy colour scheme of grey, black, white and raspberry, as well as free wifi and HD TVs with media panels. About half of the rooms look on to the Thames.

My 65 sqm River View Balcony suite had an open-plan bedroom, lounge and dining area, and a spacious bathroom with a freestanding tub (provided in all suites). It felt very comfortable and homely, with high-quality fixtures.

**RESTAURANTS AND BARS**

Rooftop bar the Rumpus Room is a stunning venue, with berry-coloured chairs, sweeping city views and a terrace.

Dandelyan, on the ground floor, was conceived by renowned bartender Ryan Chetiyawardana (AKA Mr Lyan). It specialises in “botanic” cocktails divided into four types – Cereal, Mineral, Vegetal and Floral. I had dinner in Sea Containers. It feels a bit big and echoey, although the semi-circular banquettes are cosy. There are hearty mains such as lamb rump (£24), but I enjoyed





The hotel which was opened in September last year offers its guests unique attractions, including city views, lively rooftop bar, cinema and cocktails by Ryan Chetiyawardana.

the house-made ricotta with fennel and pickled squash (£8). Lunch and breakfast are also served here.

#### BUSINESS AND MEETING FACILITIES

One level below ground is a large studio that can host 200 people theatre-style or be divided into four smaller spaces. Dandelyan can be hired for parties of up to 250 people (there's

a VIP area for 40), as can the Rumpus Room (250 guests standing). The 56-seat on-site Curzon cinema can be taken over for presentations and screenings during the week.

#### LEISURE FACILITIES

On level minus two there is a spa with a glam mani/pedi zone, six treatment rooms and a chill-out area, as well as a gym with Star Trac machines.

#### VERDICT

Tom Dixon has done a great job of reimagining Sea Containers, and the Rumpus Room bar is a destination in itself.

As with other Mondrians, the London property will probably appeal to younger business travellers, but still ticks all the boxes in terms of facilities and amenities. Well worth trying.

*Jenny Southan*

REKLAMA

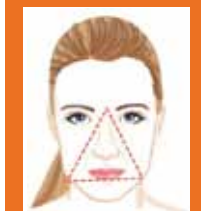
## Carpe Diem- bądźmy piękni dzisiaj!

Martwisz się, że Twoja twarz wygląda na starszą niż byś chciała? Jak spowolnić wskazówki zegara czasu i cieszyć się gładką, młodzieńczą cerą podpowie ekspert medycyny estetycznej **dr Magdalena Opadczuk z kliniki Carpe Diem**.

W Carpe Diem stosujemy nie jedną, a cały szereg technologii. Możemy je ze sobą łączyć. Stosując wypełniacze wybieramy tylko sprawdzone firmy, gwarantujące nam bezpieczeństwo naszych pacjentów. Najlepsze rezultaty osiągamy stosując łączone techniki zabiegowe: wykorzystujące wysoką energię oraz preparaty wypełniające. Są to technologie najnowsze, wśród nich urządzenie do opieki nad twarzą Face Lab, które zawiera 4 głowice: water peeling, ultradźwięki, fale radiowe i światło podczerwone znane jako Zaffiro, które powoduje skurcz włókien kolagenowych do pierwotnej długości oraz wzrost produkcji kolagenu o 30%. Światło podczerwone działa w głębszych warstwach skóry właściwej. W czasie tej samej wizyty możemy połączyć jego działanie z laserem frakcyjnym, który pobudza nasze komórki skóry do produkcji kolagenu i elastyny i stanowi dla niej prawdziwą gimnastykę. Laser frakcyjny skutecznie redukuje również rozstępy i blizny różnego pochodzenia. Dysponujemy również głowicą do zamykania rozszerzonych naczynek na twarzy, redukcji przebarwień i zmian pochodzenia naczyniowego oraz głowicą do redukcji nadmiernego owłosienia, w tym również włosów jasnych. Zabiegi te łączymy z kwasem hialuronowym,



Twarz młoda



Twarz starzejąca się

którego rodzaj dobieramy do indywidualnych potrzeb pacjenta.

**Neuvia Organic** to nowej generacji preparaty kwasu hialuronowego, występujące w różnym stopniu usieciowania, co pozwala wykonywać zarówno zabiegi wolumetryczne jak i delikatne nawilżająco-rewitalizujące. Produkty **Neuvia Intense** lub **Stimulate** dedykowane są wolumetrycznym zabiegom odmładzającym, polegającym na kształtowaniu rysów twarzy poprzez dodawanie objętości w miejscach, w których ją z upływem lat tracimy. Są to preparaty do modelowania owalu twarzy, odtwarzania zapadniętych policzków i skroni, wypełniania głębokich zmarszczek i fałdów. Dobierając odpowiedni preparat Neuvia możemy również modelować i poprawiać objętość ust, pozostawiając naturalny efekt i skutecznie nawilżając. Preparaty **Stimulate** oraz **Hydro deluxe** zawierają dodatkowo hydroksyapatyt wapnia który pobudza wytwarzanie kolagenu, wpływa na elastyczność i grubość skóry oraz zwiększa spektrum zastosowań. Naszym celem było stworzenie pewnego rodzaju programów kuracyjnych: sprofilowanych – wprowadzających zmiany stopniowo i bezpiecznie, ukierunkowanych na profilaktykę i kształtujących systematyczność, tak przecież ważną w osiągnięciu pożądanego efektów.



Dr Magdalena Opadczuk i aktorka Sylwia Gilwa.

Na hasło Business Traveller oferujemy Państwu

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Wylączny dystrybutor ITP S.A., ul. Domaniewska 37, 02-672 Warszawa, tel. +48 722 008 002, www.itpesthetique.pl

# HUB BY PREMIER INN COVENT GARDEN



## CONTACT

Hub by Premier Inn London  
Covent Garden,  
110 St Martin's Lane;  
[www.hubhotels.co.uk](http://www.hubhotels.co.uk)

**O**wned by Whitbread, Premier Inn launched its new Hub concept in November with the opening of its Covent Garden property.

## WHAT'S IT LIKE?

Hub is following the lead of compact no-frills brands such as Yotel and Bloc, which offer small, well-designed rooms for short stays and not much in the way of extra facilities.

Hub's aim is to create hotels that combine style, comfort, low prices (from £79) and good locations, and the inaugural property seems to have achieved this. You check in at one of three space-age touchscreen kiosks, which issues you with a room key and allows you to pay for breakfast. Beyond is a backlit wall with a map of London and live Tube updates. There is also a staffed desk. Access to all corridors requires a room key. The colour scheme is funky lime green, grey, brown and white, and wifi is free.

The Hub app (for Android and Apple devices) allows you to book stays, control the TV, temperature and lighting in your

room, and order breakfast. If you use your phone to scan the map of London on your wall, it will even show you restaurants and places of interest. All this sounds fun but I couldn't download the app.

## ROOM FACILITIES

All rooms (except larger Accessible ones) are 11.4 sqm and have identical fixtures. Most have daylight – those without windows cost the same, but you will be informed when booking. Features include a raised Premier Inn Hypnos bed with a section at the end that extends to form a narrow workdesk (this isn't obvious). You have to make up the bed yourself (sheets are already on) but it is very comfortable. There is space underneath to store luggage.

Along with a 40-inch smart TV with free movies and a media hub (the TV didn't work for me), there is an armchair, a place to hang clothes, several UK and international plug sockets, blackout blinds, a hairdryer and a free bottle of water.

The frosted glass-walled bathroom had a combined rain and hand-held shower and a mini

shower gel. Note that there isn't much privacy for two people sharing.

When I came back to my room in the evening, the drain smelt bad (the windows don't open). There are no phones so you have to go to reception if you have a problem.

You might find Standard rooms claustrophobic, but I thought they were fine (they are bigger than the Yotel's).

## RESTAURANTS AND BARS

Proven Dough café is open from 11.30am to 10pm. Tasty breakfast boxes are available for £8, and during the day you can order mini pizzas, hot pots and salads. There is plenty of seating at sit-up counters and in the lounge, where there are armchairs and tablet computers for guests to use.

## VERDICT

An excellent new budget concept – I experienced some teething problems with the technology but once these are sorted it should be really good. The location of this hotel is also great, and the staff are welcoming.

*Jenny Southan*



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# LA MER

# STARE KINO CINEMA RESIDENCE



## CONTACT

Stare Kino Cinema Residence  
ul. Piotrkowska 120  
90-006 Łódź  
[www.cinemaresidence.pl](http://www.cinemaresidence.pl)  
tel.: +48 42 207 27 27  
or 0 880 222 100

## PRICE

From PLN 179  
per room per night

**N**owhere else but in Łódź could they build a hotel where both names and décor draw inspiration from Polish most popular film productions. Cinema fans can enjoy here a night spent in the atmosphere of their favourite movie, and I must admit that the selection is large. Starting with the Promised Land suite, through An Aria for the Athlete, King-sajz, More Than Life at Stake, and Paradox, to In Darkness, Men Prefer Blondes, Casablanca, Some Like It Hot, and the Gendarme in New York.

## INTERIOR AND SUITES

Cinema Residence features 42 stylish suites ranging from 23 to 50 sqm, with kitchenettes. The inspiration for the interior design were films that were in whole or in part shot in Łódź, as well as the classics of world cinema. Each suite has a unique character and is a separate inspiration and film story. All of them are situated on four floors of a tenement house in the very centre of the city, with each floor dedicated to a different period: first floor is inspired by the 1930s, the second one by the 1950s, the third one

by the 1980s, and the attic is decorated in line with 21st century productions.

## AN ARIA FOR THE ATHLETE

I stayed in An Aria for the Athlete suite – a comfortable one, with a large bed, a work-desk, modern bathroom and a kitchenette. The walls are lined here with photo wall papers with shots from the film. Particularly vivid is the photo of Krzysztof Majchrzak who portrayed the character of the famous sportsman Władysław Góralewicz. All additions, small items, as well as china are a reference of the period described in the film. The walls feature reproductions of Henri de Toulouse-Lautrec paintings that were an inspiration for Filip Bajon's work. The suite is located on the first floor of the residence and consists of a bedroom with a double bed, a kitchenette and a stylish bathroom. The sitting area features a table with chairs and a 32-inch LCD TV.

## TOWNHOUSE WITH HISTORY

The historic building in which the hotel is located was designed by a famous Łódź-based architect Gustaw Landau-Gutenteger

in a style that was characteristic of the early 20th century. Łódź was the first Polish city to have its own permanent cinema, located in 120 Piotrkowska Street. The only Polish film-inspired hotel has been created in honour of this event.

Stare Kino Cinema Residence is also an exceptional place that hosts numerous exhibitions and meetings devoted to the subject of the film. It has an intimate meeting room, as well as Kinematograf restaurant. Check-in starts at 2.00 pm with check-out until noon the following day. The stays are offered along with buffet breakfast, which is served in the restaurant on the ground floor of the tenement house.

## VERDICT

It is a unique place, full of passion and film spirit. The hotel is ideally situated – halfway between Manufaktura mall and the buildings of Łódź Fairs. Also nearby is the OFF Piotrkowska centre, Arthur Rubinstein's Alley and the Avenue of Stars. The suites are comfortable and interestingly decorated. It is a must for all cinema aficionado.

**Agata Janicka**







# AMBER ROOM

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# BIGGER IS BETTER

**Graham Smith** reports on how Germany's busiest airport is gearing up to boost capacity with a third terminal



**F**rankfurt airport is filling up fast. Its two terminals are expected to exceed capacity by 2021, and with approval now granted for a third, the chief executive of its operator, Fraport, is clear how essential this expansion is for the airport.

Stefan Schulte says: “Without construction of a third terminal, increasing numbers of large aircraft, which primarily serve inter-continental routes, would have to be handled at remote parking positions away from the terminals. Aircraft congestion and waiting times on the taxiways would reach unacceptable levels.”

Frankfurt has more passenger traffic than any other German airport, with almost 60 million people passing through last year. After London Heathrow and Paris Charles de Gaulle, it is the third-busiest airport in Europe and the 11th-busiest in the world, according to Airports Council International.

Currently, the facility is operating at 80 per cent capacity. Its four runways collectively host 100 take-offs and landings per hour, with the ability to go up to 124. This alone would ensure Frankfurt’s medium-term future as a top-tier hub, especially given that Heathrow is operating at 98 per cent capacity. Governmental approval of plans for a third terminal has all but guaranteed further growth.

Then there is Frankfurt’s location in the heart of Germany. The airport sits next to two of the country’s busiest autobahns, has an adjoining train station and is only 12km away from the city centre – a particular boon for accountants and bankers wanting swift access to Germany’s leading financial market. Frankfurt is Lufthansa’s number one gateway airport with good reason.

Andreas Doepper, the airline’s head of station and infrastructure development at Frankfurt, says: “There are links between air, the railway system and the highway sys-

tem so it’s a perfect destination for connecting from trains to flights and from cars to airside.”

#### PLAN YOUR STAY

Still, more than 55 per cent of passengers are there to transfer between flights. “That’s the highest percentage of all the European hubs,” says Thomas Kirner, Fraport’s head of service quality. The airport is investing considerable resources in facilities for them, not least because of the threat posed by the ever-expanding Gulf airlines.

The average stopover time at the airport is 2.5 hours. In 2013, an online “Create Your Stay” tool was launched allowing passengers to plan activities in advance, taking into account the length of each layover. For instance, those with two hours to spare can pre-book a massage or shower; those with a four-hour stopover can visit the airport casino, go shopping or take a guided tour of the airport; while those in transit for six hours



Currently, the facility in Frankfurt is operating at 80 per cent capacity. Its four runways collectively host 100 take-offs and landings per hour, with the ability to go up to 124.





Then there is Frankfurt's location in the heart of Germany. The airport sits next to two of the country's busiest autobahns, has an adjoining train station and is only 12km away from the city centre..



or longer can apply for the appropriate visa to travel into the city.

As part of a €10 million improvement programme, in the past few years the airport has introduced free wifi, upgraded seating zones and added rest areas. It has also installed travelators and provided shuttle taxis to combat the sometimes lengthy walks from terminal to gate – something that has long been a source of complaint for those travelling through Frankfurt, where the distance between business class check-in and the end of Concourse A, the location of many Lufthansa short-haul European flights, is more than a kilometre.

### TOP HUB

Some 108 airlines operate flights to 295 destinations in 105 countries each week (peak season figures). Of those, 172 destinations in 72 countries are served by Lufthansa. More than half of the connections offered by the airport are located outside of Europe. Some 40 million Lufthansa Group passengers travel through the airport each year, while up to 70 per cent of Frankfurt's traffic

### Frankfurt in numbers

- Third busiest airport in Europe
- 11th busiest worldwide
- Four runways
- Two passenger terminals (with a third coming)
- 108 airlines
- 295 destinations served in 105 countries
- 59.6 million passengers in 2014
- 55% of passengers are transferring
- 89% take international flights
- 469,000 aircraft movements in 2014

is made up of Lufthansa customers or those travelling with its Star Alliance partners. Terminal 1 is mainly occupied by Lufthansa and Star Alliance and has the most convenient location, being linked to the airport's train station. It has four concourses: A for passengers travelling to the border-free Schengen area, Z for non-Schengen area flights, and B and C mainly for international services.

The smaller Terminal 2 is adjacent to Terminal 1 and is used by other carriers including Oneworld and Skyteam members. It has two concourses – D and E. Unaffiliated carriers are split across both terminals.

There are 26 lounges at the airport, of which 14 are operated by Lufthansa. These include the airline's largest lounge worldwide, a 2,000 sqm facility in Terminal 1's A-Plus pier, as well as the First Class Terminal, which is located in its own building a short limousine ride from Terminal 1. Entry to the First Class Terminal is available solely to those Lufthansa passengers travelling in the top cabin and Hon Circle members of its Miles and More frequent flyer programme.

Also available to first and business class passengers is the Lufthansa Welcome lounge in the arrivals zone. Air Canada, Air France, Cathay Pacific, Emirates, Etihad, Iberia and Japan Airlines operate lounges at the airport.

### NEW TERMINAL

Germany's ministry of transport and digital infrastructure has said that it expects air passenger figures to increase by an average



Some 108 airlines operate here flights to 295 destinations in 105 countries each week.



of 2.5 per cent per year until 2030, in line with annual growth in recent years. The airport's twin terminal set-up is capable of accommodating 65 million people a year – five million more than it saw in 2014. Nevertheless, it is reaching its limits at check-in, security, passport control and customs during peak times in the summer.

This is why Terminal 3 is being built. Unlike Heathrow, which is engaged in a seemingly never-ending deliberation to garner official approval for a third runway, Frankfurt has been given the green light to expand. Its fourth runway opened in 2011 and Terminal 3 is scheduled to open in 2021.

Construction will begin this year on land that was once home to the US Rhein-Main air base, to the south of the existing terminal buildings. The first phase comes with a €1.2 billion price tag and will include the central terminal building and two piers, with 24 aircraft docking positions serving an annual 14 million passengers. Once fully complete, Terminal 3 will have 50 stands serving 25 million passengers. It will be linked to Terminals 1 and 2, as well as the existing rail station, by extending the Sky Line passenger transfer system and the baggage conveyor belt tunnel under all four runways.

Lufthansa has no plans to move its services into Terminal 3 when the new facility opens, as to do so would significantly lengthen the airline's transfer times. Currently, the minimum connection time for short-haul flights is 45 minutes and for long-haul services is 60 minutes. For this reason, Lufthansa has decided to keep its operations in Terminal 1. Doepper says: "We have more than 80 different traffic streams from our incoming European flights to other destinations, so you can't separate these continental network flights connecting directly to the inter-continental flights. You'd have to organise a split operation, and then you [would] need to expand the transit time.

"We calculated a travel time of more than one hour between these terminal areas. It's not an option for us to go to Terminal 3, but for the airport's development it is a necessary improvement in capacity."

Doepper says that Fraport is more than likely to fill the new terminal with airlines that currently operate out of Terminal 2 – those with the least transfer traffic. This would leave more room in the existing facilities for connecting flights.

Whatever the eventual configuration, an increase in stopover traffic is the primary force powering Frankfurt's growth. So continuing to attract the transferring traveller will no doubt remain its principal focus for the foreseeable future.



Up to 70 per cent of Frankfurt's traffic is made up of Lufthansa customers or those travelling with its Star Alliance partners.



# NEW PRODUCT FOR BUSINESS

**Marzena Mróz** talks with **Ofer Kisch**, Regional Director Central and Eastern Europe at Lufthansa.



**The new Premium Economy Class, which we saw at 2014 ITB fair in Berlin, is now on sale. On which routes is it available?**

Premium Economy Class is available on all routes operated by our new jumbo - Boeing 747-8. You can already book flights on routes between Frankfurt and Bangalore, Buenos Aires, Chicago, Hong Kong, Mexico, Sao Paulo, Seoul, Beijing, Washington, Los Angeles and Tokyo.

At the end of January our first A340-600s featuring the new class started operations on routes from Munich to Hong Kong, Shanghai and Tokyo, and in February also to Seoul.

In late April, Lufthansa's A380s will also probably fly from Frankfurt to Delhi, Houston, Johannesburg, Miami, New York, San Francisco, Shanghai and Singapore. From 12 May our fleet of A340-600s will serve the routes between

Munich and Los Angeles, as well as Mexico City, Newark, Beijing, San Francisco and São Paulo.

Passengers will be able to use the facilities of Premium Economy Class across intercontinental Lufthansa fleet, probably already in the late summer of this year.

**What are the main advantages of the new class?**

Our Premium Economy Class creates a completely new travel experience that combines affordability with greater comfort. The seats offer up to 50 per cent more room than Economy Class and will position Lufthansa in a premium segment within the international competitive environment. The design and features of the new seat in particular are based on extensive passenger surveys and workshops with sales partners – a process that has been successfully used at Lufthansa.

**How is it different from regular economy class, both in terms of quality and price?**

The new seats were designed in partnership with the company müller/romca Industrial Design in Kiel and produced by the seat manufacturer ZIM Flugsitz near Lake Constance. Depending on the aircraft type they are now up to 3 cm wider. They guarantee approximately 10 centimetres more room at the side with each seat having its own wide armrest and a centre console between the seats. The back rest can be reclined further and the seat pitch is a significantly more spacious 38 inches, or 97 centimetres. As a result, passengers have around one-and-a-half times as much room as Economy Class. For example, the head rests can be set to the exact height desired. Height-adjustable foot rests from the second row back and – for technical reasons – leg supports with an integrated foot





rest in the first row provide extra comfort. Practical features around the seats such as a bottle holder, electrical socket and lots of storage space for passengers' belongings also help to ensure a relaxed and pleasant journey. Fares in the Premium Economy cabin will be closer to Economy rather than Business class. For example, a return flight across the North Atlantic or to Asia will cost an additional €600 on average.

### What additional amenities has Lufthansa prepared for Premium Economy passengers?

An enhanced service awaits Premium Economy passengers on board: they are greeted with a welcome drink and will find their own water bottle as well as a high-quality amenity kit with practical travel accessories at their seat.

With a baggage allowance of two items weighing up to 23 kilogrammes each, passengers can take twice as much free luggage with them compared with Economy Class. For an extra €25, passengers can also enjoy the comfort of the Lufthansa Business Lounges before their departure. So far, they have only been available to passengers holding a certain status in the Miles & More programme.

### What passengers usually opt for this class?

Lufthansa's new product meets the expectations of many passengers travelling for both business and leisure who, up to recently, flew with other airlines in a similar cabin class or chose the Economy Class due to the nature of the journey. It is also an answer to the needs of passengers who so far travelled in Economy Class, but expected slightly more comfort. I am sure that the new product will also be popular with leisure travellers who will willingly pay a little more for the extra amenities.



Lufthansa's new product meets the expectations of many passengers travelling for both business and leisure who, up to recently, flew with other airlines in a similar cabin class.



### Is Lufthansa's Premium Economy Class suitable for business travellers?

The new Premium Economy seems to be the best choice for companies whose travel policy does not permit its employees to travel in Business Class. The seat is equipped with all the amenities, but the statement of expenditure will show a flight in "Economy Class". Following the introduction of our new full-flat

Business Class, Lufthansa created a much wider gap between Economy and Business Class. As a result, there is now room for its new Premium Economy Class, which offers considerably more space and comfort as well as many additional product features, but is closer to Economy Class than Business Class in terms of its average prices.

**Thank you for the interview.**

# FREE WIFI IN STARWOOD HOTELS



Staying reliably connected to the world while on the road – whether for business or pleasure – is vital to today’s modern traveller. In total, all of Starwood’s digital channels have seen more than 10% growth, and now, Starwood is rewarding guests who book through its platforms with the services they want.

Members of SPG® loyalty programmes who book their hotel stays through Starwood website or d SPG® app, can now use the Internet free of charge.

Staying reliably connected to the world while on the road – whether for business or pleasure – is vital to today’s modern traveller. In recognition of that, Starwood Hotels & Resorts Worldwide, Inc. (HOT) is announcing that all Starwood Preferred Guest® (SPG®) members who book through Starwood’s digital channels will be offered free standard in-room Internet access during their stay at all participating hotels worldwide.

“With the seismic shift towards digital, particularly when guests are on the road and literally mobile, our SPG members believe high quality Internet access is a basic necessity right up there with a great bed,” said Chris Holdren, Senior Vice President, SPG and Digital at Starwood.

Starwood’s digital channels have seen increased popularity among guests and SPG members. The SPG app has seen the fastest growth in bookings across SPG’s digital platforms experiencing nearly 60% growth in the last year. In total, all of Starwood’s digital channels have seen more than 10% growth, and now, Starwood is rewarding guests who book through its platforms with the services they want.

“This year we’ve been laser-focused on empowering our guests with tools to control their stay and personalize their experiences,” said Holdren. “With the innovations introduced in the past year, SPG® Members now have even more freedom in planning their stay and tai-



lor it to their needs. They can now share their core preferences through SPG Preferences or bypass the front desk and open their door with their smart phone with SPG Keyless. Free Internet access is another milestone as we put ever greater control in the hands of our loyal guests, with more to come”

#### 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.

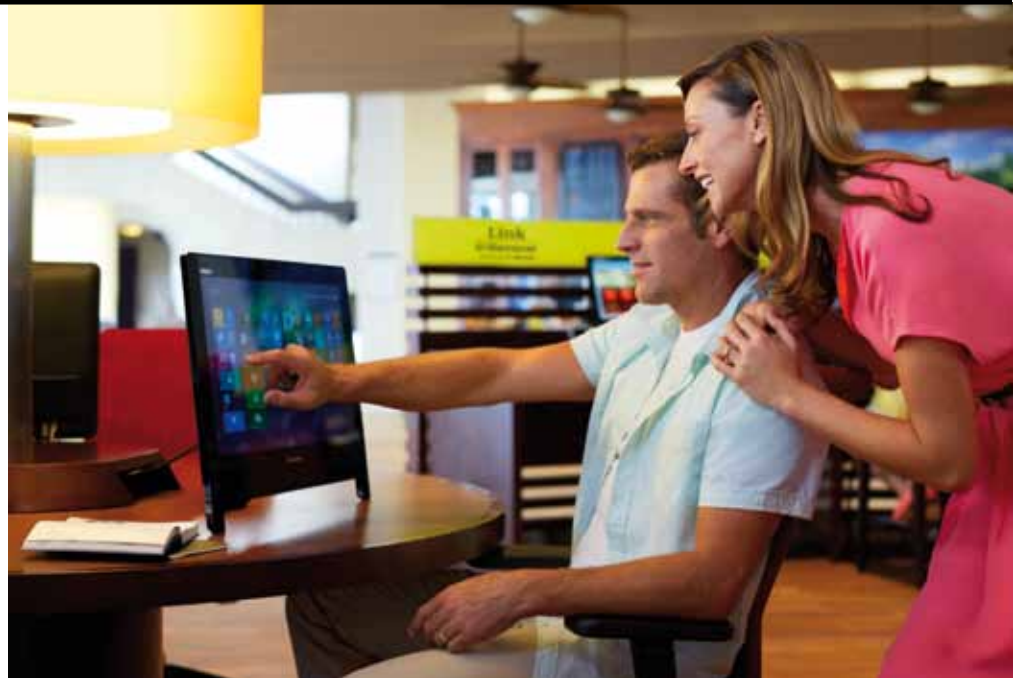
Every year Starwood improves its programme, offering breakthrough solutions, such as SPG Moments, where points can be exchanged for an exciting experience: backstage passes, individual meetings with artists, a seat in a VIP box at Formula 1 races, and many more.

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](http://spgpolska.pl) or [spg.com](http://spg.com), and then collect points during your stays in hotels and visits



Starwood’s digital channels have seen increased popularity among guests and SPG members. We are increasingly mobile and Internet access is a basic necessity right up there with a great bed.



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.

# FIRST AID KIT ON A BUSINESS TRIP

Although a good insurance policy guarantees us medical care on almost any latitude, a first-aid kit that is always with you can sometimes be an invaluable help. Apart from aspirin, sore throat tablets, calcium and magnesium, the kit should also contain basic medicines.

**P**acking medicines to your first aid kit you need to take into consideration a range of factors, such as your health, the destination, risks you might face on the trip, and whether you will have access to local medical services should it be necessary.

Although a good insurance policy guarantees us medical care on almost any latitude, a first-aid kit that is always with you can sometimes be an invaluable help. Apart from aspirin, sore throat tablets, calcium and magnesium, the kit should also contain basic medicines for gastrointestinal ailments, as well as painkillers, anti-allergic pills and preparations to soothe mosquito bites.

- **Medicines for gastrointestinal symptoms (diarrhoea, indigestion, constipation)** Food poisoning is one of the most common ailments of travellers. Its occurrence is related not only to lack of proper hygiene or improper storage of food, but also to changing your daily eating habits. The most common symptoms of food poisoning are vomiting, diarrhoea and abdominal pain. The treatment of food poisoning during a trip is generally symptomatic and includes taking adequate amount of fluids, diet, as well as taking anti-diarrhoeal and hydrating medicines. Each well-stocked first aid kit should have a formulation for the treatment of diarrhoea (e.g. Enterol used for the treatment of acute infec-

tious diarrhoea and to prevent diarrhoea associated with the use of antibiotics). Another useful preparation is Smecta that relieves stomach discomfort, as well as a hydrating preparation such as Orsalit or Aminodral. The kit should also contain a laxative drug, because more often than not climate change and diet lead to painful constipation. Moreover, a medication which eases bowel movements is often needed after the diarrhoea.

- **Analgesics, antipyretics** Just a slight weakening of your immune system and cold can ruin a trip that was planned up to the smallest detail. That is why your first aid kit should contain a pain reliever and antipyretic, preferably with anti-inflammatory and disinfectant properties to help fight a cold and alleviate sore throat. The choice is big, but go only for reliable medications with proven effects (e.g. Ibuprofen or Nurofen).

- **Preparations soothing insect bites** An insect bite can trigger very different symptoms from local redness to severe allergic reactions requiring immediate help of a doctor. The severity of symptoms can be different depending on the area of the bite, type of an insect, and above all the individual sensitivity. To effectively alleviate the nagging itching, and sometimes pain and burning, as well as reduce the swelling, you should topically apply one of the many commercially available preparations that soothe reactions to insect bites (e.g. Fenistil, Ulganol, Boiron Dapis). It is important to apply it as soon as possible after the bite.

Agata Janicka





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## zapobiega biegunkom podróżnych

### więcej niż probiotyk...

- leczenie ostrych biegunek infekcyjnych
- zapobieganie biegunkom związanym ze stosowaniem antybiotyków



Produkt rekomendowany przez Polskie Towarzystwo Pediatryczne

\* dane IMS 2012

**Enterol 250 (Saccharomyces boulardii)** Skład: jedna kaps./sasz. zawiera 250 mg liofilizowanych drożdżaków *S. boulardii* oraz subst. pomoc. m.in.: laktuloza jednowodna (kaps., sasz.) i fruktoza (sasz.) **Postać farmaceutyczna:** kapsułka/proszek do sporządzania zawiesiny doustnej **Wskazania:** leczenie ostrych biegunek infekcyjnych; zapobieganie biegunkom związanym ze stosowaniem antybiotyków; nawracająca biegunka spowodowana zakażeniem *Clostridium difficile*, jako dodatek do leczenia wankomycyną lub metronidazolem; zapobieganie biegunkom związanym z żywnością dojelitową; zapobieganie biegunkom podróżnych **Przeciwwskazania:** nadwrażliwość na subst. czynną lub którąkolwiek subst. pomocniczą, pacjenci z cewnikiem założonym do żyły centralnej **Podmiot odpowiedzialny:** BIOCODEX, 7 avenue Gallieni, 94250 Gentilly, Francja

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# CALLING TIME



Even if you're usually teetotal during the week, you can find yourself saying yes to mojitos on a Monday night simply because you're in a hotel bar in another country.

At times, travelling can feel like entering a parallel universe, especially when it comes to drinking – it's perfectly acceptable to have a glass of champagne in an airport lounge at 10.30am, for instance, and then a glass of whisky in a hotel bar. How many is too many? If you feel that drinking is affecting your productivity, Sally Brown suggests strategies for cutting down

Travel seems to justify both hearty three-course lunches and dinners, as well as more than usual alcohol consumption. We don't see anything wrong with sipping white wine in Business Class for several hours, and just before getting to sleep on the plane's comfortable flat-bed seat we more often than not order a glass of porto or even cognac. The fact that we hover in the sky can be an excuse for tasting, and besides, we feel as if we were in another world.

## BUSINESSPEOPLE AT RISK

Even if you're usually teetotal during the week, you can find yourself saying yes to mojitos on a Monday night simply because you're in a hotel bar in another country. And keeping the wine flowing over a dinner meeting is less an indulgence and more a tool for overcoming language and culture barriers. Of course, you don't have to leave the country to have a drink. Recent statistics show that, in the UK, over-40s drink more than teenagers. Duncan Selbie, head of government body Public Health England, has said the people he is most concerned about are workers who pour themselves a large glass of wine every evening, unaware that it's the equivalent of three shots of vodka.





According to Dr Sarah Jarvis, spokesperson for charity Drinkaware, being a frequent traveller puts you in a risk category all of your own.

“If you are abroad for work, you are less likely to be driving and more likely to be eating dinner in a restaurant with colleagues, which may mean you’re more likely to drink,” she says. “Even if you’re not eating out and are on your own in a hotel room, you have the option of the minibar.”

#### SELF-MEDICATION

For many business people, a couple of drinks is the most convenient, prescription-free way to deal with jet lag and the stress of travel.

“Drinking alcohol is often a form of self-medication – there’s a perception that it helps you to relax or sleep,” says Emily Robinson, spokesperson for charity Alcohol Concern.

Then there’s the “entitlement factor” – for some, a glass of wine or two over lunch or dinner goes some way to compensate for the many inconveniences of being away from home.

According to liver specialist Sir Ian Gilmore, there is a grow-

ing group of people who treat heavy drinking as a “lifestyle choice, like a pair of Armani jeans”. The problem is a lack of awareness of the health risks involved.

#### ONLY TOBACCO IS WORSE

“Alcohol is the second-biggest risk factor for cancer after smoking,” says Dr Nick Sheron, liver specialist at Southampton General Hospital.

While it’s well-known that alcohol abuse causes cirrhosis of the liver, what’s less publicised is that liver damage is symptomless until the late stages, and a build-up of fat cells in the liver, the first stage of permanent damage, can start after a few weeks of heavy drinking. A quarter of patients with liver disease drink three bottles of wine or less a week, Sheron says.

It’s a myth that wine is good for the heart, Robinson adds. “The research on the health benefits of red wine is very contentious,” she says. “Alcohol is more likely to raise blood pressure, increasing the risk of heart disease and stroke.”

It can also reduce your body’s sensitivity to insulin, which puts you at greater risk of devel-

oping type-two diabetes, makes you more prone to depression and anxiety, and increases your vulnerability to dementia.

In 20 years’ time, we’ll view daily drinking in the same way that we now view smoking ten cigarettes a day, Sheron believes.

“It’s virtually impossible to drink every night and still stick to the safe lower limits, unless you are one of those rare people who really does have a half-glass of wine,” he says. “We have survey results from 20,000 people and what it showed was that people who drink on a daily basis and stay within the safe limits simply do not exist.”

If you stick to the recommended limits, you shouldn’t encounter any health problems, Jarvis says, but knowing how many units there are in your usual drinks is crucial.

“Most people underestimate how much they drink and how many units are in them. One glass of wine is not one unit, it’s more like three or four,” she says.

#### HOW MANY UNITS WEEKLY?

Current guidelines advise women not to regularly drink

Travel seems to justify both hearty three-course lunches and dinners, as well as more than usual alcohol consumption. We don’t see anything wrong with sipping white wine in Business Class for several hours.



more than two to three units a day (the equivalent of a 175ml glass of wine), and men more than three to four units a day (a pint and a half of 4 per cent beer). Still, you shouldn't treat the limits as an allowance, Robinson says.

"The original advice was to drink a maximum of 21 units a week, but people took that as a licence to drink all the units in one session. So the advice was changed to three to four units a day, but some took that as permission to drink daily," she says.

If you find it hard to stop at one, there is a drug that could help you. Taken an hour or two before drinking, nalmefene (brand name Selincro) blocks the opiate-receptors in the brain, reducing both the desire to drink and the "buzz" that alcohol gives, making it easier to limit your intake. In clinical trials, it was found to reduce alcohol consumption by about 60 per cent after six months of treatment.

"It's not a quick fix and should never be prescribed without

counselling to help change your mindset, such as CBT [cognitive behavioural therapy]," Jarvis says. "But if you're motivated to cut down, it could help."

#### CHANGING YOUR LIFESTYLE

Going dry for short periods on a regular basis could also help to reduce long-term damage and lower tolerance levels – in a study carried out at University College London Medical School in 2013, ten participants who abstained for a month showed a significant reduction in liver fat, blood glucose and cholesterol levels.

"Sometimes, changing your drinking means changing your lifestyle, if your social life revolves around certain patterns of drinking," Jarvis says. "But some people find cutting down relatively easy, especially if they notice the benefits, such as better sleep, more energy or weight loss."

For some, the solution is to drink on weekends only. Government figures show that between 2005 and 2012, the

percentage of UK males questioned who said they hadn't drunk at all in the week rose from 28 per cent to 36 per cent, and the proportion of women non-drinkers rose from 43 per cent to 48 per cent.

"We need to think of alcohol in the same way as we think of a box of chocolates," Sheron says. "You wouldn't have a box every night, and we shouldn't be drinking every night." That's a rule worth sticking to, both home and away.

#### HOW TO START

##### 1. Keep an online drink diary

The unit calculator at [drinkaware.co.uk](http://drinkaware.co.uk) is an easy and accurate way to keep track of your drinking and lists many beverages by brand. Sign up for free and it will create personal graphs that show your drinking patterns, and help you set goals to cut down consumption.

##### 2. Assess your drinking

Drinkulator (on [drinksafely.info](http://drinksafely.info)) is a free online assessment from the University of Southampton's liver special-







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We need to think of alcohol in the same way as we think of a box of chocolates. You wouldn't have a box every night, and we shouldn't be drinking every night.

ists to find out if your drinking is harming your health. It's a comprehensive questionnaire that takes about 15 minutes to complete.

### 3. Do a dry month

"Taking a month off alcohol can give insight into your drinking habits and motivate you to cut down," says Emily Robinson from Alcohol Concern, which runs a Dry January campaign every year.

If you missed it last month, you can Go Sober for October to support Macmillan Cancer Research ([gosober.org.uk](http://gosober.org.uk)). Or just start now.

### 4. Read up

The Sophisticated Alcoholic is a self-help guide for high-functioning problem drinkers by psychotherapist David Allen, himself a reformed over-drinker (£11 from [amazon.co.uk](http://amazon.co.uk)). Beat the Booze, by Edmund and Helen Tirbutt, is a practical, well-researched guide to cutting down or completely cutting out alcohol, which also draws on personal experience (£8.50 from [amazon.co.uk](http://amazon.co.uk)).

### 5. Join sober cyberspace

Hip Australian site Hello Sunday Morning ([\[morning.org\]\(http://morning.org\)\) puts an aspirational spin on being teetotal. You're encouraged to keep your own blog about your experiences. Soberistas.com is a social network for women who see non-drinking as a positive lifestyle choice.](http://hellosunday-</a></p>
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### 6. Have regular AFDs (alcohol-free days)

An increasing number of experts believe that having consecutive days off drinking is the key to preventing liver damage and cutting down your weekly intake. "Don't drink during the week and you can enjoy a couple of glasses on Friday and Saturday," Dr Nick Sheron says. "Your tolerance levels will lower, which means you can drink less and get the same effect."

### 7. Download an app

Spruce ([spruceapp.co.uk](http://spruceapp.co.uk)) is a free iPhone app developed by the British Liver Trust – in a study, Spruce users were more likely than non-users to stick to three alcohol-free days a week. You can keep an accurate count of your units with Change 4Life Drinks Tracker (free for Apple and Android users). Quit Drinking – Andrew Johnson (£1.89 for Android, or Stop Drinking with Andrew

Johnson for Apple, £2) is a relaxation programme for beating cravings from a top hypnotherapist.

### 8. Check out your liver

Fibroscan is an ultrasound test for the liver that shows fatty deposits (the stage before cirrhosis), scar tissue from past damage or areas where fibrosis (stiffening of the liver) has set in. It costs from £325 at the London Clinic ([thelondonclinic.co.uk](http://thelondonclinic.co.uk)) and private UK hospitals. The British Liver Trust offers free fibroscan tests at pop-up locations throughout the UK – see [loveyourliver.org.uk](http://loveyourliver.org.uk).

### 9. Try hypnotherapy

Georgia Foster's 21-day programme is aimed at drinkers who want to cut down rather than give up. Sign up for an online course, or one-to-one or group therapy ([georgiafoster.com](http://georgiafoster.com)).

### 10. Stock up on alternatives

A chilled non-alcoholic drink can help to curb cravings. Many bars and restaurants now serve booze-free beers and cocktails. Check out drinks company Lo No ([lono.co.uk](http://lono.co.uk)) for a wide range of zero per cent beers, ciders, wines and fizz.



# WŁOCHY



## CASTELLARO: CHWILA WYTCHNIENIA

LIGURIA

7 noclegów (przyjazd w czwartek lub niedzielę) w hotelu Castellaro Golf Resort 4\*  
wyżywienie: śniadanie w formie bufetu i 3-daniowa obiadokolacja do wyboru  
możliwość skorzystania z hotelowej strefy wellness i fitness  
ubezpieczenie KL i NNW

od **1549**  
zł/os

## PALAJA: KULINARNA PODRÓŻ

TOSKANIA

7 noclegów (przyjazd w sobotę) w kompleksie Borgo di Colleoli  
wyżywienie: śniadanie i 3-daniowa obiadokolacja  
1 butelka lokalnego wina do apartamentu  
możliwość skorzystania z odkrytego basenu  
1 x kurs gotowania, w tym obiad  
1 x degustacja wina, w tym przekąski  
ubezpieczenie KL i NNW

od **2589**  
zł/os

Oferty ważne do 31.03.2015 lub do wyczerpania miejsc.

## VELI LOSINJ: URLOP NAD ADRIATYKIEM

ZATOKA KVARNER

7 noclegów (przyjazd w sobotę) w Vitality Hotel Punta 4\*  
wyżywienie: śniadanie i obiadokolacja w formie bufetu  
możliwość skorzystania z hotelowej strefy wellness, odkrytego basenu i fitnessu  
2 wędrowki krajoznawcze z przewodnikiem  
3 x zorganizowane wycieczki nordic walking  
2 x zabiegi odnowy biologicznej  
5 x gimnastyka w wodzie  
1 x Stretch & Walk  
1 x ćwiczenia grupowe technik oddechowych  
2 x szkoła biegania  
ubezpieczenie KL i NNW

od **1659**  
zł/os

## NOVI VINODOLSKI: WELLNESS NA NAJWYŻSZYM POZIOMIE

ZATOKA KVARNER

7 noclegów w hotelu The View - Novi Spa Hotels & Resorts 5\*  
wyżywienie: śniadanie i obiadokolacja w formie bufetu  
1 x napój powitalny  
możliwość skorzystania z hotelowej strefy wellness i fitness  
1 x kupon do spa o wartości 25 € na usługi wellness w hotelu  
ubezpieczenie KL i NNW

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zł/os

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# DESTINATION NEXT

Only 3 per cent of the world's surface is urban – but cities are growing fast, and most of us want to live in them.

**Jenny Southan** reveals the business destinations of tomorrow







**B**y 2050, the UN predicts that two-thirds of the world's population will be living in cities – twice the amount in 1950.

In Africa and Asia, more than half of people still live in the countryside – but over the next 35 years, the exodus of migrants flooding to built-up areas in search of work means India, for example, will have to accommodate another 400 million urbanites, China 300 million and Nigeria 200 million. Archana Amarnath, research manager for global growth consultancy Frost and Sullivan, was involved in a study that revealed that by 2025 there would be 35 “mega cities” around the world.

Based on forecast data from the UN, these are defined as urban areas with populations of at least eight million and annual GDPs in excess of US\$250 billion.

Obvious rankings include New York, Paris, Moscow, London and Sao Paulo, but places such as Bogota and Tehran are also on the list. China will have no less than 13 mega cities – including Guangzhou, Harbin, Hangzhou, Hoshan, Shenzhen and Wuhan.

“The BRICS are the talk of this decade but countries such as Poland, Mexico, the Philippines, Thailand, Vietnam and Malaysia could be the economic hubs of the future,” Amarnath says.

She highlights that these countries' capitals would be the primary breadwinners. “Some of these cities have the potential to contribute 30-50 per cent of the country's GDP.

According to the Global Financial Centres Index, published in September by London-based think-tank Z/Yen Group, New York, London, Hong Kong and Singapore are the top four business cities in the world, ahead of San Francisco, Tokyo, Zurich and Seoul. Centres tipped to gain significance in the coming years include Gibraltar, Dalian in China, Luxembourg and, at the top, Casablanca.

The report reads: “[With its] stability and rising economic power, Morocco has ambitions to be the leading business and financial gateway to Africa, offering unique access to the continent's untapped potential.”

Martyn Briggs, a mobility, automotive and transport industry principal for Frost and Sullivan, says business travel to emerging

destinations will be reliant on connectivity in the form of airline routes and high-speed rail. But he also notes that it helps when cities are “appealing from a tourism point of view”. Based on research, data and expert opinion, we have chosen, in no particular order, six cities that we think you will be travelling to in the future, and that are examples of the changing landscape of urban development.

### 1. HAVANA, CUBA

Cuba made the news at the end of last year when US president Barack Obama began taking steps to ease the country's 55-year trade embargo with the Communist island – estimated to have cost the Cuban economy US\$1.1 trillion since its implementation.

In the first half of the 20th century, Cuba was a wealthy, highly advanced nation built on sugar trade with the US. Havana was like a tropical Las Vegas, with Americans regularly flying in to drink rum, gamble and holiday in its glamorous resorts.

In 1959, after the revolution, this all changed when it was declared a Socialist state by Fidel Castro. Tourism dropped from 350,000 people in 1957 to 4,000 four years later. In 1960,



Since Raul Castro came to power in 2006, strict Socialist laws are being relaxed, giving way to economic liberalisation.





Boulder

the US introduced its embargo, putting an end to the riches that once poured in.

These days, Havana's beautiful Spanish colonial architecture has gone to ruin, while 1950s Chevrolets and Pontiacs still roll along the roads, giving it the feeling of another era. The number of people living in the capital is just over two million.

While almost everyone has a job (unemployment is about 2 per cent), with most people earning only US\$20 a month, productivity is among the poorest in the world, at 3 per cent. Now, Havana is opening up again. Since 2009, the US has been relaxing restrictions for Americans travelling to the island – in 2014 three million visitors came from around the world – but it's freeing up trade that will really make a difference.

Major exports include nickel, coffee, citrus fruit, fish, sugar and tobacco, which will soon be arriving (legally) on US soil in the form of Cuba's famous cigars. According to UK Trade and Investment, opportunities also lie in deep-sea oil drilling in the Gulf of Mexico, renewable energy, mineral mining and infrastructure.

Since Raul Castro came to power in 2006, strict Socialist laws are being relaxed, giving way to economic liberalisation. He has legalised small private businesses, the purchasing of new mobile phones, computers, TVs and cars, and even allowed citizens to build, buy and sell their own houses. In

October 2013, he announced his intention to end the dual currency system.

## 2. BOULDER, COLORADO

Over the past few years, this small US city has become one of the most popular places in the country to launch high-tech start-ups. With a youthful population of just over 100,000 people, it has more infant companies popping up per capita than anywhere else in the country. When successful, they tend to expand rapidly, generating thousands of jobs.

Established firms located here include Google – Boulder has the highest concentration of software engineers in the US – and start-up accelerator Tech Stars.

Situated in a basin at the feet of the Rocky Mountains, Boulder holds particular appeal for entrepreneurs because of its good quality of life, sunny climate and masses of outdoor space. The city has relatively low living costs, a top-class university and dozens of research institutes.

A liberal, counter-culture vibe that's a legacy of the 1960s hippy era is conducive to creativity and free-thinking. Marijuana is also legal, with pot shops selling the drug for recreational purposes.

Apart from technology, which employs almost 18 per cent of the population, main industries include aerospace, defence and education. Natural food companies also

## TOP TEN

### CITIES FOR INNOVATION

1. San Francisco-San Jose
2. New York
3. London
4. Boston
5. Paris
6. Vienna
7. Munich
8. Amsterdam
9. Copenhagen
10. Seattle

Source: 2ThinkNow Innovation Cities Index 2014

### FASTEST-GROWING ECONOMIES

(2013-2015 GDP compound annual growth rate)

1. Mongolia (+13.60%)
2. Iraq (+12.23%)
3. Democratic Republic of Timor-Leste (+10.63%)
4. Sierra Leone (+9.54%)
5. China (+8.77%)
6. Mozambique (+8.73%)
7. Ghana (+8.15%)
8. Laos (+8.08%)
9. Angola (+8.08%)
10. Ethiopia (+7.96%)

## TOP 10 EMERGING CITIES

1. Jakarta
2. Manila
3. Addis Ababa
4. Sao Paulo
5. New Delhi
6. Rio de Janeiro
7. Bogota
8. Mumbai
9. Nairobi
10. Kuala Lumpur

Source: AT and Kearney 2014

## EMERGING CITIES FOR START-UPS

1. Ho Chi Minh City
2. Nairobi
3. Bengaluru
4. Santiago
5. Dakar
6. Manila
7. Lagos
8. Lima
9. Hong Kong
10. Tel Aviv

Source: Virtual Think Tank, 2014

## BEST CITIES FOR LIVEABILITY

1. Melbourne
2. Vienna
3. Vancouver
4. Toronto
5. Adelaide
6. Calgary
7. Sydney
8. Helsinki
9. Perth
10. Auckland

Source: Economist Intelligence Unit, Global Liveability Ranking and Report August 2014, eiu.com



do well, with a number of farms and businesses dedicated to organic and eco-friendly products. The closest airport is Denver International, 45 minutes' drive away.

### 3. AHMEDABAD, INDIA

The biggest city in the state of Gujarat, Ahmedabad is also the fifth-largest in India, with an estimated seven million people, and has been ranked the third fastest-growing city in the world by Forbes.

In the 1940s, only 500,000 people lived here – by 2025, the UN expects there to be 7.6 million. Per capita income is twice the national average (US\$1,214, with GDP in 2014 at US\$64 billion), and the 2014 Annual Survey of India's City Systems ranked Ahmedabad the country's tenth-best city to live in, ahead of Bengaluru, Chennai and Hyderabad.

The Sabarmati River divides the urban agglomeration into eastern and western parts, connected by nine bridges. Sardar Vallabhbhai Patel International airport is 9km north-east of the city centre. Plans have been approved for the country's first high-speed rail line between Mumbai and Ahmedabad, which will halve travel time thanks to a 320km/ph bullet train. It is expected to be unveiled in 2021.

Ahmedabad is one of India's biggest cotton producers – Arvind Mills manufactures more denim than almost every other mill in the world. Jewellery-making, automobile manufacturing, chemical and pharmaceuticals are also big – Ford, Suzuki and Peugeot have factories here, as do home-grown drug giants Zydus Cadila and Torrent Pharmaceuticals.

IT is a sector that is on the rise, and the city's economy is set for another boost thanks to the discovery of oil in the nearby Cambay Basin in October.

### 4. WUXI, CHINA

Last year, Bloomberg's Best Emerging Markets Index ranked China number one, with average GDP growth for 2014-15 expected to be 7.35 per cent.

Along with economic giants Shanghai, Beijing and Hong Kong, second-tier business cities such as Wuhan, Tianjin, Chongqing, Xian and Chengdu have been attracting attention, with airlines such as BA and Finnair launching direct flights from Europe. Wuxi, in the south-easterly province of wealthy Jiangsu, has yet to garner the same amount of interest, but it's only a matter of time before it does. Positioned on the banks of Taihu Lake, the city's Grand Theatre (pictured), which was built by Finland's PES Architects in 2012, has become a futuristic landmark.

For a city not known by many outsiders, Wuxi deserves a surprising amount of kudos. In the early days, it was built on tin, and then rice and silk.

While textile manufacturing continues to be big business here, it has more recently become a hub for solar technology, software development, measuring instruments and biopharmaceuticals. There have been negative side-effects to its industrialisation, however, namely its badly polluted lake, which used to be a source of fresh drinking water for millions of residents. Now, work is under way to clean it up.

Sunan Shuofang International airport is located 15km from the city centre, and a two-line metro system was completed last year. Big hotel brands with a presence include Intercontinental, Doubletree by Hilton, Pullman, Kempinski, Radisson Blu and Ramada.



## 5. DHAKA, BANGLADESH

The Bangladeshi capital is a noisy, overcrowded, unplanned metropolis of 15 million people and rising, with 44,000 inhabitants crammed into every square kilometre, making it one of the most densely populated cities in the world.

In ten years, there could be 25 million living here. About 90 per cent of locals are on low to middle incomes, with a humble per-capita GDP of US\$3,100 a year. Almost one-fifth are unemployed.

Last year, Dhaka was ranked the second-worst city for liveability in the world by the Economist Intelligence Unit.

However, there is a burgeoning middle class and a wealth of business opportunities. It's the heart of banking in the country and home to numerous multinationals, such as British American Tobacco, Chevron and Unilever.

It is also a major manufacturer of textiles, electronics, building materials and clothing – the last generates more than US\$20 billion annually.

In April 2013, the collapse of a factory near the capital killed 1,100 people and made world headlines. But its rock-bottom minimum wage – US\$38 a month – attracts many big brands who take advantage of cheap labour.

Despite some Western companies looking to other countries for less risky conditions, Bangladesh's textile industry is expected to quadruple in size over the next two decades, according to The Economist. In the face of low credit card penetration and trust issues

with online payment systems, Dhaka is also one of the fastest-growing destinations for tech start-ups.

In a 2013 documentary called *Startup Dhaka*, Fayaz Taher, serial entrepreneur and investor in Empty Ventures, said: "This community that is brewing is amazing. There are so many fantastic people here and they've got this energy, this openness, they're collaborative – it just gives me goosebumps. The potential as I see it is big."

## 6. ADDIS ABABA, ETHIOPIA

In 2013, the World Bank ranked Ethiopia the tenth fastest-growing economy in the world. From 2007 to 2013, its GDP grew by 93 per cent, and there emerged 1,400 new US-dollar millionaires (2,700 in total), an increase of 108 per cent.

However, GDP per capita remains painfully low on average, at just US\$470 annually, meaning there is a chasm between rich and poor, with little in between.

That said, it has come a long way since the famine the country endured in the 1980s, which claimed the lives of one million people. At the time, it had a population of about 45 million – now there are 90 million, with roughly half under the age of 18.

About two-thirds of people can't read or write and a quarter are unemployed, but GDP growth is expected to continue to rise to 11 per cent and life expectancy has doubled in the past 30 years. Ethiopia has a subsistence economy. Agriculture accounts

for almost half of its GDP and 80 per cent of employment, but successful harvests depend on rain (among other factors) and droughts are commonplace. This means there is a food deficit, which is why it still receives aid from the UN World Food Programme.

Coffee is a major cash crop, worth US\$1 billion a year and employing almost 25 per cent of the population. Other exports include flowers and oil seeds, as well as gold, textiles and leather. Manufacturing is also growing, with overseas companies such as China's Huajian Shoes and Buffalo Bicycles from the US setting up production hubs. Swedish clothing brand H&M started buying Ethiopian-made garments last year.

Addis Ababa is experiencing a construction boom, with the building of new roads, apartments, malls, offices, bridges and railways. Hotel openings include Marriott Executive Apartments, Ramada and Best Western Plus this year, and Courtyard and Best Western next year. Accor is planning a Pullman property for 2017, while Intercontinental Hotels Group signed a deal in the autumn to develop a Crowne Plaza.

National carrier Ethiopian Airlines, based in the capital's Bole International airport, which serves 20 million passengers a year, was the world's second airline to receive the B787 Dreamliner in 2012 – last October, it received its tenth. With an expanding network, it serves more than 80 destinations across five continents.



In 2013, the World Bank ranked Ethiopia the tenth fastest-growing economy in the world. In 2007-2013, the country's GDP grew by a total of 93 per cent.



# DROP ANCHOR

Montenegro has left its past behind to become a luxury bolthole for the yachting crowd, says **Jenny Southan**

**S**ome call it the Monte Carlo of Montenegro. Set on the shores of Boka Bay, a deep inlet that meets with the Adriatic Sea, Porto Montenegro is establishing itself as a luxury destination for both tourists and part-time expats.

## INVESTMENT BY THE HARBOUR

It has its own superyacht marina, a glitzy public lido, a five-star hotel, waterfront residences, trendy bars, boutiques and contemporary art galleries. Times have certainly

changed since the country was part of the socialist state of Yugoslavia, broken up in the early 1990s during the bloody Yugoslav Wars.

The 24-hectare Porto Montenegro site was bought by Canadian businessman Peter Munk in 2006 – the same year the country was annexed from neighbouring Serbia – with investors such as Nathaniel and Jacob Rothschild joining the fray soon after.

It officially opened in 2009 with 85 berths – by summer 2014, it had more than 250,

along with the Regent hotel, unveiled in August with 86 rooms and suites.

The palm-lined promenade provides close-ups of gleaming million-dollar vessels, each one shinier than the next – in fact, it's all so polished and idyllic it could be a movie set. The second stage of the project will double harbour capacity over the next six months. When complete, it will be able to accommodate 850 vessels, including 120 superyachts. Before development of this small piece of Italianate coastline (it was part of the Re-





public of Venice in the Middle Ages), Tivat, as the surrounding town continues to be known, relied on its naval base and shipyard. It was, until recently, a major employer and there are signs of its presence still evident – hulking cranes, derelict piers and two decommissioned submarines, the largest of which is open to the public.

One evening, I climb aboard the P821 submarine with Deni, a young woman from the Naval Heritage Collection museum opposite – her uncle once worked on the vessel before it was taken out of action ten years ago.

Built in the late 1960s, the imposing black Heroj stretches 50 metres long and would once have been home to 28 men, who would spend up to 31 days at a time beneath the waves. Once inside, you realise how confined it is – there are only 16 narrow bunks, one toilet and no showers.

To make matters worse, temperatures would have remained at a constant 30°C, so the crew tended to work in underpants only, taking it in turns to rest, while rationing the two litres of water a day they each had.

The interiors of the sub remain exactly as they were – you can even see one of the frightening-looking orange emergency suits the men would have had to wear, and

put your head into the torpedo tubes, which they would have been fired out of in an evacuation (the last man went down with the ship).

#### NEW HOTEL

A couple of minutes' walk from the submarine is the stunning new Lido Mar (open June-September), with its adjoining Scaramanga nightclub and rooftop restaurant.

Frequented by moneyed Russians and Western Europeans in Vilebrequin swim shorts and tiny bikinis, it has a 64-metre infinity pool flanked with day beds and cabanas (for members only but you can use it if you're staying at the Regent). Cocktail in hand, it's a poser's paradise.

At the other end of the promenade is the grand, five-storey Regent hotel. Its rooms, most of which have sea views, start from 40 sqm and have a nautical theme, with blue and white-striped upholstery, compass tables and sail-like drapery.

Diners can choose to sit among olive trees in the Italian garden or in the main dining room, which offers a Mediterranean menu, while drinks can be taken in the gentleman's club-style Library bar. There is a gym and spa, as well as indoor and outdoor pools. One of the most memorable experiences is

being whisked by speedboat to the hotel's secret beach, 30 minutes away. Inaccessible by land, Dobrec offers a modest strip of shingle in its own secluded inlet.

Staff from the Regent are on hand to provide loungers and towels, while there's a terrace decorated with the desiccated husks of big-toothed fish, and a rustic hut serving watermelon martinis, seafood platters and swordfish steaks.

Listen to the conversations and you'll hear the laid-back exchanges of lawyers, bankers and plastic surgeons. For shade and solace, you can retreat beneath an umbrella made of sagging palm fronds.

#### ART, BOUTIQUES AND APARTMENTS

On summer evenings, Porto Montenegro buzzes with people meandering along the seafront and up and down the high street. I stop in at the Mead Carney gallery, a pop-up branch of the one in London. Its "Shock of the New" exhibition displays pop art by the likes of Marc Quinn, Damien Hirst, Gerhard Richter and Russell Young – the last of whom has created screen prints coated in diamond dust that are selling for €25,000. There are also a handful of posh boutiques, yacht charters and eateries – Al Posto Gi-

usto for Italian, Mitsu for sushi and One for Cristal champagne brunches. I like the low-key Clubhouse bar, which is popular among sun-kissed deckhands. With the first five residential buildings sold in spring 2013, a sixth (Ksenija) will be ready to move into by the summer, with flats priced from €350,000 to €2.2 million.

But Porto Montenegro isn't the only place being transformed in the tiny Balkan state. Along the coast, in less picturesque Budva, developers are putting the finishing touches to high-end residential complex Dukley Gardens ([dukley.com](http://dukley.com)). Along with 202 homes, two private beaches and a lounge bar, there will also be a boutique hotel, which is due to open in 2016.

So far, about half of the apartments have been sold (two to Steven Seagal, who I am told is opening a martial arts school in the region), with prices ranging from €5,000 to €8,000 per sqm.

About 30km away, more property is being planned for Lustica Bay ([lusticabay.com](http://lusticabay.com)). There is nothing much to see at the moment, but over the coming years its 690 hectares of verdant hillsides will be dotted with hundreds of villas and townhouses. The blueprint also includes the country's

first 18-hole championship golf course, designed by Gary Player, for 2017, plus a 176-slip marina, a conference centre, a spa and seven hotels.

### COUNTRY FULL OF HISTORY

In the meantime, Montenegro has some captivating historic sites to discover. Sail from Porto Montenegro to the Bay of Kotor and you'll find yourself in Europe's most southerly fjord – look out for the man-made Our Lady of the Rocks island, with a small church on it. The water here is silky smooth and deep enough to accommodate the hulking cruise ships that steam in to dock outside the UNESCO World Heritage Site of Kotor old town.

Part of the Venetian empire for about 400 years and an Austro-Hungarian naval base in the First World War, Kotor remains highly fortified, with stone walls surrounding its pretty streets and extending high up and around the craggy cliffs behind it. If you're feeling fit, you could hike to San Giovanni castle at the top.

The boutique, four-star Hippocampus ([hotelhippocampus.com](http://hotelhippocampus.com)) is charming, and a drive along the coast will bring you to the hamlet of Perast.

About 40 minutes south of Porto Montenegro, not far from Budva, is the Aman Sveti Stefan, which is located on a private island of dark, jagged rocks, connected to the mainland by a causeway. Once a simple fishing village, its old stone cottages were first turned into a resort during the 1960s, when Hollywood's rich and famous would cavort at its casino (no longer in existence) and party the nights away among fig and pomegranate trees.

Closed in 2005, it was reopened in 2011 by luxury Asian brand Aman, turning it into an expensive hideaway with 50 chic, minimalist suites (plus eight in the nearby Villa Milocer). There's also an antipasti bar, a library, three pools, a taverna that serves stone-baked pizzas to eat in the village square, and a fine-dining restaurant with a terrace overlooking the sea. (Non-hotel guests must book.)

Leave the island, and you can follow a scenic coastal pathway through a pine forest to the Aman's renovated spa villa, which has a 24-metre indoor pool. If you hadn't considered holidaying in Montenegro before, perhaps you will now.

[portomontenegro.com](http://portomontenegro.com), [regenthotels.com](http://regenthotels.com), [amanresorts.com](http://amanresorts.com)

Times have certainly changed since Montenegro was part of the socialist state of Yugoslavia, broken up in the early 1990s during the bloody Yugoslav Wars.







Before development of this small piece of Italianate coastline, Tivat, as the surrounding town continues to be known, relied on its naval base and shipyard



# CHINESE MALDIVES

If you tend to associate China with low quality and counterfeit products, it means that your knowledge about this country is heavily outdated. Today the Middle Kingdom is a dynamically developing country that is setting its eyes consumption and the highest quality.

**T**he Chinese not only have the Americans in the grasp (they are the largest creditor of the US), but also thanks to greedy companies from Europe they took over the European know-how and today produce the same furniture, clothes, fine porcelain and so on, with even better quality than the originals, selling the identical-looking products a lot cheaper, but without any labels. Europe

branded clothing with tags or luxury furniture have for long been produced in the Middle Kingdom, but that is not the end of the Chinese expansion.

Club Mediterranee was established in 1950 in France, setting trends in tourism and inventing such ideas as the all-inclusive formula, club hotels, mini-clubs for kids, or food served buffet style. It has been the pride of European tourism for more than 60

years. Today the controlling interest of this legend, which is listed on the Paris and New York Stock Exchange, belong to the Chinese who will soon decide on the future of the company and the direction in which it will go.

In practice, this means huge investments, which the European company could not afford before. The Chinese intend to immediately invest more than one billion euros in



the renovation and opening of new clubs. Club Med has been famous for most beautiful holiday resorts with a fantastic atmosphere of fun, feasting, sports and joy. Unfortunately, the company was unable to renovate the ageing facilities with their own resources. Customers loved the huge gardens and beautiful beaches on the best islands, but also complained about small rooms in hotels that were built in 1970s. The new strategy of the company for the 21st century involves focusing on only luxury facilities with the highest standard to match the unique beauty of those marvellous destinations around the world. Many clubs were sold and the money obtained in this way was invested in renovation and upgrade of the remaining resorts. The Chinese investments allowed Club Med to launch new clubs in Val Thorens, Finolhu on a private island in the Maldives (including villas on the water), and the newest village in China on Dong'ao Island.

#### New Club Med

Between Hong Kong and Macau, southeast of Zhuhai in Guangdong province, lie a few small islands inhabited by local fishermen. The picturesque islands covered with semi-tropical forest are undeveloped for tourism and unreachable for foreign hotel chains. With Chinese investors Club Med can be again the first on this unspoiled land. The company is now building there a new luxury 4Ψ and 5Ψ club (tridents have been used since 1950s to indicate standard levels at Club Med).

4Ψ and 5Ψ zones will be located at two opposite ends of the garden in order to separate the section for families from quiet Zen zones and luxury suites. Both buildings are located on a hill, by a 250-metre sandy beach overlooking a picturesque bay and lush vegetation.

As it is the case with almost everything in the modern China, this Club Med village will also be the best, the most beautiful and comfortable. However, it seems to lack the rustic feel of the old clubs where the atmosphere is created by people – guests and GOs (gentle organisers) who in no way resemble typical hotel staff. They perform various duties – they are sports instructors, child minders, receptionists or shop assistants, and in the evening they take part in a show, which is a one-of-a-kind spectacle. Each of them is an expert in their field, so it is no wonder that within a week they will teach you how to sail and or kite surf.

Dong'ao will offer the following sports: flying trapeze and circus school, fitness academy with a gym, gymnastics class pro-



The beach and golf academy. Each day hundreds of biodegradable golf balls will be sent from this platform into water where they will decompose and become fish food.



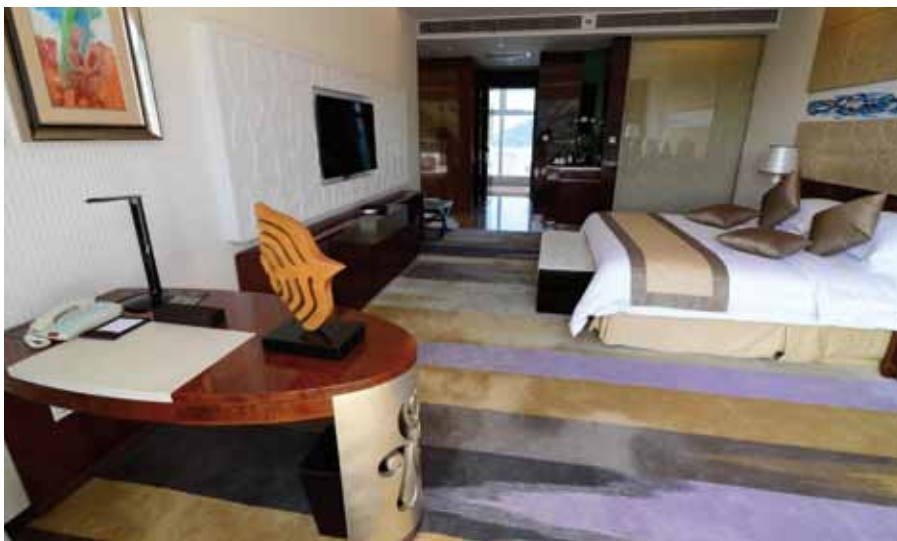
gramme, yoga, aqua-fitness, hiking and mountain climbing (three levels of difficulty), volleyball, cycling, archery, golf lessons and much more. On the beach you will find catamarans, canoes, as well as stand up paddles.

Each group of children and adults is provided with the best quality equipment appropriate to their age and skills.

I was most taken aback with a golf-related invention. The putting green used for training is located right on the seafront, so each



All furniture, decorations, gadgets are high-quality copies of leading European brands.



day the trainees will hit hundreds of balls into the bay. However, in order not to clutter up the ecologically clean water and save divers from retrieving golf balls on a regular basis, Club Med brainiacs have invented biodegradable balls made of crushed bones that decompose in water and are perfect food for fish!

#### **KIDS ARE THE MOST IMPORTANT**

Dong'ao will be a family club, for children as young as 2 years of age, so the most important guests at Club Med (children and adolescents) will enjoy a cornucopia of attractions. Each age group has its own separate mini club with all the sports and leisure facilities. There will even be a Petit Patisserie – a school for young confectioners where they will learn how to make their own cookies and creams. After all, most Chinese people have only one child, so their apple in the eye must be spoiled as much as it is possible!

Adults can enjoy spa, fitness and wellness area, zen swimming pools with an open bar, dance classes, karaoke, mah-jong, comfortable lounge to relax, as well as numerous bars, evening shows and fun.

At the spa, which I visited before the official launch of the club, the staff did not speak English, but their massaging skills were the best in Asia.

#### **BARS AND RESTAURANTS**

Club Med is famous for its refined cuisine, delicious, varied dishes and, of course, well-stocked bars. In each village there is a strong focus on serving local products and dishes, although there are also theme dinners where guests can try delicacies of Italian or Asian cuisine. There is even a separate evening dedicated to all lovers of seafood. The Chinese, however, want to have everything so the buffet features more French cheeses rather than Chinese rice.

The bars are beautifully situated by the sea, with luxury décor and excellent bands playing live music, but only with Euro-American repertoire. Of course, there is also a dance floor and everything looks as if it were prepared with the Olympic Games in mind.

During my visit the restaurants were not yet ready, but they are said to overshadow everything in the village. They will serve fish delicacies, French macarons and everything else that is now trendy.

It was enough for me to see the corridors (all their walls are lined with precious onyx stone) to realise that they are building here the quality that in expensive Europe is unimaginable for a hotel aiming at middle-class customers.



## 5 TRIDENT ZONE LUXURY SPACE

The zone is located away from the main hotel (zone 4Ψ), on the tip of the island, and is now fully completed. The Azur is a luxury property with 56 excellent rooms with balconies, some with bath and Jacuzzi on the terrace, as well as 15 huge suites with terraces overlooking the sea, own Zen zone, swimming pool on the top floor with stunning views of the entire bay and truly luxurious furnishings. All the furniture, decorations, and gadgets are high-quality copies of the leading European brands, so coffee is served on Rosenthal, garden furniture is by Dedon, beautiful interior chairs and sofas resemble Promemoria, while tables look like Minotti. Add to this Aqua Creations lamps and a whole range of expensive and lavish décor companies gathered in one place. Is it kitsch? I would rather call it glamour, because the interiors decorated tastefully. After all, the Chinese also took over French architects and interior decorators.

You can reach the zone 4Ψ with the beach and sporting activities by a small choo-choo.

● **Privileged services of the zone 5Ψ** that are included in the price: room service, concierge service, bar service for guests around the pool, open bars including evening champagne, minibar in the rooms.

### THE ZONE 4Ψ

It is a real masterpiece of architecture and modern design. I visited it while the luxury hotel was still being constructed (267 rooms decorated with the elements that allude to the sky, light and water). The hotel, with its location and a wide range of attractions and amenities, will certainly leave all the other clubs far behind, but there was also one other amazing thing. Before entering the site I was asked to put on a hard hat. From the outside there is no trace of any building activities taking place: the area is tidy, there are plenty of flowers around, water in the cascading pools is crystal clear – there is simply no sign of the ongoing work. Only

after entering the building can you see workers finishing the interiors, lining the halls and corridors with marble and onyx. Never before had I seen a construction site that would look from the outside as in these photos.

### 5 TRIDENT LUXURY SPACE SUITE

A holiday with Club Med means a wealth of attractions, so it is not surprising that hardly anyone wants to leave the village. However, each club offers tours to explore the surroundings and see the most interesting places there. You can, for example, take a full day tour of Macau and Hong Kong. The best way to explore the island itself is by bike or jeep. Other attractions include jet skiing around the island, banana boat by the beach, Long Ocean Kingdom Park presenting the ocean world (it is the largest park of this kind in China with whales and dolphins), or a romantic 1-hour yacht cruise with champagne and a guaranteed sunset.

**Magdalena Boratyńska**



It is a real masterpiece of architecture and modern design. The hotel, with its location and a wide range of attractions and amenities, will certainly leave all the other clubs far behind.





# A FIRST GLIMPSE

It was loud, with lots of multi-media and music. The premiere of the new car that was held in mid-February, gathered a great number of automotive journalists from around the world, Volkswagen executives and pop stars. And, of course, there was also the hero of the day – the new Škoda Superb in three versions.



**A**lmost everyone arriving at Prague's Ruzyně Airport notices here large billboards advertising the second generation of the Superb. But soon the old will have to give way to a whole new instalment of this flagship model by the German car company.

Prague's Forum Karlin was visited by a strong representation of Volkswagen Group's management, as well as designers of Škoda, and more than 600 journalists from around the world. The premiere was also attended by Chinese media as well as the Ambassador of China in the Czech Republic. The latter is hardly surprising – almost all large automotive companies these days set their eyes on the insatiable market of the Middle Kingdom. Škoda has sold over

700,000 units of the Superb model, which has made it the most popular car in the medium-size category.

Winfried Vahland, the Chairman of the Board and CEO at Škoda Auto, said during the Steve Jobs-like presentation that Škoda's new child is proof that it is the most aspirating car in the whole medium-size segment. "With this car we want to attract new business and private customers," he claimed. Škoda's main stylist Jozef Kabaň also complimented his new work. "Its look is powerful, sovereign and emotional. The wheelbase has been increased by 80 mm and at the same time the front vehicle overhang is 61 mm shorter than before. This new architecture provides the car with dynamic elegance," he said.

#### MODERN AND WITH EDGE

So, what does the new kid of the Volkswagen Group look like? Although we did not have an opportunity to test it and we had to settle for the presentation followed by a short glance at the interior of the new Superb, there are certainly several details that are worthy of note and a few more that deserve real praise.

The new line of Škoda Superb is much more modern than in its predecessor, not to even mention the first generation of the model. Larger, more defined headlights, wider grille, and clearly defined bonnet edges make the care looks long and massive. Looking at the new Škoda from the side, you will notice a full arch that slopes towards the rear and smoothly turns into the tailgate with the long and wide window. The



Larger, more defined headlights, wider grille, and clearly defined bonnet edges make the care looks long and massive.



designers of the new model claim that with this trick the car resembles coupe cars, and I admit they seem to be right. From behind the new Superb looks also incredibly sturdy.

### MORE SPACE

The interior, as in previous models, is spacious. This was possible with the use of the so-called “modular transverse matrix” (MQB), which allows for a larger wheelbase and an increased track width. In this way passengers benefit from more elbowroom and space above their heads. Also, passengers in the rear seats have now clearly more legroom – presently it is impressive 16 cm. The large boot from the previous generation has been increased by 30 litres to 625 l.

The car is equipped with all the technical innovations of high-end cars - adaptive

suspension adjustment, Dynamic Chassis Control (DCC) in combination with a choice of a driving profile, Driving Mode Select, three-zoned air conditioning, parking heating, light and rain sensors, electric and controlled opening of the boot lid, Park Assist, reversing camera and an electrical handbrake. The top-end version of the Superb, dubbed Columbus, will come with an integrated wireless LTE Internet. New to Superb is smartphone connectivity with the ability to operate selected apps via the touchscreen, and SmartLink including MirrorLink, Apple CarPlay and Android Auto.

### POWER UNDER THE HOOD

What engines will be offered with the new Superb? Primarily, these will be turbocharged units with direct fuel injection

technology based on MQB (five TSI petrol engines, three common-rail TDI diesels). All are equipped with the start-stop function and kinetic energy recovery system. They also meet EU6 gas emission requirements. Petrol engines develop from 125 to 280 horsepower. The diesel ones from 120 to 190 HP. Apart from the entry-level petrol engine, all powertrains will be available with dual-clutch transmissions. Four of them (110kW 1.4 TSI, 206kW 2.0 TSI, 110kW 2.0 TDI and 140kW 2.0 TDI) will be offered with a Haldex 5-based all-wheel drive system.

The new Superb will hit the market within a few weeks. The managers of the company claim that its price will be similar to its predecessor. The cheapest version will be available for around PLN 80,000.

*Filip Gawryś*

The interior, as in previous models, is very spacious. This was possible with the use of the so-called “modular transverse matrix” (MQB), which allows for a larger wheelbase and an increased track width.





# SUPER COMPUTERS

Tablets might get all the attention these days, but a trusty laptop is still a traveller's best friend. **Steve Dinneen** test-drives ten of the best

**R**ecent laptop trends have been more about improvement than revolution. Predictions a few years ago that we'd all be hauling around machines capable of producing 3D images, for example, have proved largely unfounded (although some good ones do exist). Instead, we're seeing a space-race among manufacturers to produce ever thinner, lighter and faster laptops.

In the "ultrabook" category of super-slim devices, if the folded unit is thicker than 2cm, it's already losing the race. Others, especially laptops designed to play next-generation games, focus on containing hardware that a few years ago would have taken up an entire desktop machine – now you need to be able to carry it in your hand luggage without straining your back. Manufacturers are also introducing innova-

tive materials: brushed aluminium, magnesium alloys and carbon fibre are being used to produce a generation of computers with unprecedented durability. What's more, they're sexier than ever, with curved edges, bold angles and bright high-definition screens. Laptops are no longer simply utilitarian devices, they are the ultimate Consumer products – here are ten top models now on the market.



## Slim and fast

### TOSHIBA KIRA

**Price:** £1,300, [toshiba.co.uk](http://toshiba.co.uk)

From a certain angle, with the screen open, you could be forgiven for mistaking Toshiba's 13.3-inch Kira for a Macbook Air. It shares the same tapering chassis, ultra-thin lid and metal casing. Things get a little more Pro:aic when it's closed, but there's no denying this is an attractive machine. Where it differs from the Air is its display – this one comes with Retina resolution, and you'll need to upgrade to a Macbook Pro to find that in the Apple range. What's more, it's a touchscreen, so if you get bored using the trackpad you can tap directly on the display (it comes with Windows 8.1). A compact unit, it measures only 31.6cm x 20.7cm x 1.8cm and weighs 1.3kg. The internal speakers are powerful and the battery will give you up to nine hours of continuous use before it coaks.

**PROS:** Looks great, good battery life, sharp screen  
**CONS:** Expensive compared with rivals



## Slim and playful

### SCHENKER XMG C703

**Price:** €999, [mysn.eu](http://mysn.eu)

This 17.3-inch laptop is built for performance – the XMG stands for “Xtreme Multimedia and Gaming”. It also claims to be the world's thinnest gaming laptop, measuring 41.8cm x 28.7cm x 2.2cm. It's light for a computer of this size, tipping the scales at 2.6kg. For a gaming-oriented device – a category not known for its looks – it's rather handsome, with a monolithic quality and slightly rounded edges. Of course, it's what's on the inside that really counts, and it doesn't disappoint, packing a quad-core Intel i7 processor, a 250GB solid-state drive and 8GB of memory. You can order it with Windows 7 or 8.1 (or without an operating system).

**PROS:** Fast, attractive  
**CONS:** Battery life is relatively brief, no optical drive



## For casual use

### SAMSUNG ATIV BOOK 9 LITE

**Price:** £550, [samsung.com/uk](http://samsung.com/uk)

The 13.3-inch device takes some design inspiration from the Macbook Air, although it is considerably heavier, at 1.6kg, and is finished in plastic instead of aluminium. For the price, though, it's surprisingly fun to use. The display is bright and zippy, and it feels quicker than its modest 1.4GHz AMD A6-1450 processor would lead you to believe. It's not recommended for anyone who uses heavy-duty software or games, but as a general-use laptop to sling in your bag when you're out and about, it's a great option (dimensions are 32.4cm x 22.4cm x 1.7cm).

**PROS:** Cheap and cheerful  
**CONS:** Will struggle with more advanced software or games



## Quality at a good price

### ASUS X55A

**Price:** £230, [simplyasus.com](http://simplyasus.com)

At not far over £200, this 15.6-inch Asus will set you back less than an entry-level iPad. For that price, you can't expect the world in terms of performance, and its Intel Celeron 1000M dual-core processor and 4GB of RAM will struggle with anything too intensive. However, the 500GB hard drive is relatively impressive and the screen is perfectly acceptable for everyday use. It's not a bad-looking machine and is surprisingly well constructed. It's also light for its size (2.5kg, measuring 37.8cm x 25.3cm x 2.6cm), although you'll only get four hours of battery life out of it.

**PROS:** Inexpensive, reasonably well constructed, plenty of storage  
**CONS:** Lacks processing clout



## Fors special use

### MACBOOK PRO WITH RETINA DISPLAY

**Price:** 13-inch from £999, 15-inch from £1,599, [apple.com/uk](http://apple.com/uk)

The Macbook Pro has long been the laptop of choice for creative types. The latest iteration has Apple's stunning Retina display, making it ideal for editing photos and video. At 31.4cm x 21.9cm x 1.8cm for the 13-inch version or 35.9cm x 24.7cm x 1.8cm for the 15-inch, and weighing 1.5kg and 2kg respectively, it's compact enough to sling into a bag. Storage options vary from 128GB to 512GB (configurable to 1TB), with a battery life of about nine hours (eight for the 15-inch).

**PROS:** Looks great, works seamlessly with other Apple devices, superb display  
**CONS:** Not all software will run on a Mac



## Beautiful and functional

### MACBOOK AIR

**Price:** 11-inch from £749, 13-inch from £849, [apple.com/uk](http://apple.com/uk)

In terms of battery life, Apple has stepped things up a notch with the impressive 12-hour staying power of its 13-inch Macbook Air (nine hours for the 11-inch). Weighing a mere 1kg for the 11-inch and 1.4kg for the 13-inch, the dimensions (30cm x 19.2cm x 1.7cm and 32.5cm x 22.7cm x 1.7cm respectively) also make it incredibly portable. For an everyday web-browsing, movie-watching, spreadsheet-checking machine that won't weigh you down, you won't find better than this.

**PROS:** Incredibly thin, by far the best-looking laptop on the market  
**CONS:** Doesn't come with a Retina display



## ADD-ONS: PORTABLE HARD DRIVES

### ● G-DRIVE MOBILE WITH THUNDERBOLT

**Price:** £149, [g-technology.com](http://g-technology.com)

This portable hard drive with brushed aluminium exterior has 1TB of storage and can transfer data at a rate of 136MB per second via Thunderbolt or USB 3.0.

It measures only 12.7cm x 8.3cm x 1.8cm, and is compatible with Macs but can easily be reformatted for PCs. It is able to function without being plugged into the mains, and also syncs with the back-up software application Time Machine.



### ● SEAGATE GO FLEX ULTRA-PORTABLE DRIVE

**Price:** £148, [seagate.com](http://seagate.com)

Capable of storing 1.5TB of files, this pocket-size (11cm x 8.3cm x 1.5cm) unit works with Macs and PCs interchangeably. It also features an NTFS driver to

auto-format data uploaded from PCs to Macs. Available in glossy black, it has USB 3.0 connectivity and back-up encryption software. (Lower storage capacities also come in red, blue or silver.)



### ● LACIE RUGGED USB 3.0

**Price:** From £230, [lacie.com/uk](http://lacie.com/uk)

With universal connectivity via Thunderbolt and USB 3.0, this shock-proof device has a rubber coat to protect it from bumps and drops of up to 1.2 metres.

It converts data at a surprisingly speedy 385MB per second, and has AES 256-bit encryption software to protect your files. Auto back-up can be set up for both Macs and PCs. It measures 8.9cm x 14cm x 2.4cm and is available in four versions, with capacities of 256GB to 2TB.



## For travel

### ACER TRAVELMATE P645

**Price:** £871, [acer.co.uk](http://acer.co.uk)

As the name suggests, this 14-inch laptop is built for taking on the road. It's sleek in a no-frills kind of way, with clean lines and a matt-black finish. Security on business machines is a major concern, and the fingerprint reader on this one should help to keep your data away from prying eyes should it disappear when you're travelling. It ticks most of the other boxes to be a viable travelling companion: it's light (1.5kg), compact (32.8cm x 23.6cm x 2.1cm) and has about eight hours of juice.

**PROS:** Good all-rounder

**CONS:** It won't turn any heads when you get it out in meetings



## Sturdy

### DELL LATITUDE 14 7,000 SERIES

**Price:** From £769, [dell.com](http://dell.com)

Dell has a reputation for making solid, if rather unexciting, business-oriented laptops. The Latitude 14 7,000 Series is surprisingly slick and stands ahead of most competitors in terms of looks and performance. It has a 14-inch display, which means you won't strain your eyes when working on detailed spreadsheets, and weighs 1.6kg (dimensions are 33.7cm x 23.2cm x 2.1cm). Storage is from 128GB (solid state) up to 500GB (hard disk). If you're looking for a Windows-based laptop to stay connected with the office while you're on the road, you could do far worse.

**PROS:** A good all-round business machine with countless customisation possibilities

**CONS:** You might want something a little more fun for non-business use



## For business

### LENOVO THINKPAD X240

**Price:** From £837, [shop.lenovo.com](http://shop.lenovo.com)

Portability is the selling point for Lenovo's business-orientated 12.5-inch laptop, which measures 30.6cm x 20.8cm x 2cm and weighs 1.4kg. It has the option of connecting an external battery, which gives you upward of 17 hours of light use – enough for even the most grueling of long-haul flights. If you need even more, you can switch between two external batteries without having to shut the device down. It's not exactly a looker, but if you're a Lenovo user, it will be reassuringly familiar, with its carbon-fibre lid and magnesium alloy chassis.

**PROS:** Plenty of battery life, compact

**CONS:** Lacklustre display



## Home cinema

### ALIENWARE 17

**Price:** £1,349 + £150 for 3D displays, [alienware.co.uk](http://alienware.co.uk)

Its huge 17.3-inch display and 3D capability make it one of the most immersive movie experiences you can have on a laptop. Its top-of-the-range quad-core Intel i7 processor can handle even the most intense Blu-ray action sequences without a hint of lag. While Alienware markets this laptop as primarily a gaming computer, nagging industry-wide problems with 3D gaming suggest it may best be used as a powerful multimedia machine. However, watch out if you're taking it on a flight – the 41.4cm x 29.9cm x 4.9cm unit weighs in at a hefty 4.2kg and the battery will only give you three hours of use.

**PROS:** Lush 3D display, powerful

**CONS:** Limited battery life







**Profesjonalne rozwiązania usługi WIFI**  
dla właścicieli biur, najemców, restauracji, galerii  
handlowych oraz innych lokali usługowych.

- Gwarantowana jakość oraz dostępność usług,
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- Usługi dopasowane do potrzeb klienta,
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- Niski koszt administracji usługi oraz sprzętu,
- Profesjonalnie przeprowadzone planowanie radiowe,
- Podział dostępu dla pracowników oraz gości biura,
- Dedykowany Opiekun dla każdego klienta

**Aforte więcej niż Hot Spot**

# 4 HOURS IN... MELBOURNE

*Christopher Beanland* discovers intriguing art, indigenous wildlife and Ned Kelly's death mask in the Australian city.



## DOCKLANDS

Start in the city's brash and breezy Docklands, which can be reached from the central business district via the pedestrian bridge over the rail tracks that funnel into Southern Cross station.

The dazzling glass-walled skyscrapers that have sprung up around the waterfront are all the proof you need that it's boom time in Australia's second city. Gold may have lured people here in the 1800s, but today's Melbourne is building flashy flats, shops and restaurants such as Berth ([berth.com](http://berth.com.au).

[au](http://berth.com.au)) on New Quay Promenade, which looks out at Victoria Harbour.

The huge Etihad stadium, which hosts football, Aussie Rules and rugby as well as pop concerts, is located here, and there are even plans to build an artificial surf complex.

There's a trail around the Docklands that you can download at [walkingmaps.com.au/walk/609](http://walkingmaps.com.au/walk/609) – in less than half an hour it will take you past historic dock buildings, old ship jetties and sculptures as well as some of the area's swish new buildings. [destinationdocklands.com.au](http://destinationdocklands.com.au)

## RMIT GALLERY

Catch the number 30 tram from Etihad Stadium Docklands to Swanston Street/La Trobe Street and head into the gallery at the Royal Melbourne Institute of Technology (RMIT).

Its art collection primarily comprises work by Australian artists such as Russell Drysdale, Jock Clutterbuck and John Olsen, and it also hosts intriguing temporary exhibitions.

Until February 21, Experimenta Recharge presents local and international multime-



dia works inspired by the past, while March will see Japanese artists respond to the 2011 Fukushima nuclear disaster. Open Mon-Fri 11am-5pm, Sat 12pm-5pm; entry: free. 344 Swanston Street; [rmit.edu.au/rmitgallery](http://rmit.edu.au/rmitgallery)

### OLD MELBOURNE GAOL

A two-minute stroll around the corner and along Russell Street brings you to the Old Melbourne Gaol.

In the 1800s, people did everything they could to avoid this stark Victorian edifice, and yet today it's a popular tourist attraction. Why? Mostly because we delight in the horror of the past; a horror that's made all too real here in the cells and at the gallows of the city's old prison, which was decommissioned in 1929.

These are the gallows, in fact, that claimed the life of outlaw Ned Kelly in 1880 – among

the artefacts are the death mask that was made only an hour after Kelly was hanged. Open 9.30am-5pm daily; entry: AU\$25 (£13). [oldmelbournegaol.com.au](http://oldmelbournegaol.com.au)

### CARLTON GARDENS

Another two-minute walk to the end of La Trobe Street brings you to more rarefied surroundings – Carlton Gardens.

This beautiful park is home to all manner of Australian flora and fauna, including brushtail possums, as well as exotic Indian myna birds.

At the heart of the gardens is the Royal Exhibition Building, which opened in the same year as Ned Kelly's demise and, in 1901, hosted the first Australian parliament.

It's the most confident building Melbourne possesses, paying homage to Florence's cathedral, Indian exoticism and British mus-

cle, and the interiors are just as sumptuous – daily tours take place at 2pm and 3pm. [museumvictoria.com.au/reb](http://museumvictoria.com.au/reb)

### BRUNSWICK STREET

Walk east along Gertrude Street and you'll come to Brunswick Street, the city's hippest drag. Head north through the Fitzroy district and you can indulge in a famous flat white at one of the many coffee shops, and admire the colourful street art.

Stores sell trendy clothes and records, and there are dozens of bars and music venues. One of the best is the Labour in Vain ([labourinvain.com.au](http://labourinvain.com.au)) at number 197a, where you can finish off your tour with a cold "stubbie" of James Boag's Tasmanian beer and a sausage fresh off the barbecue.

The 11 tram runs all the way down Brunswick Street and will get you back to the CBD in ten minutes.



The dazzling glass-walled skyscrapers that have sprung up around the waterfront are all the proof you need that it's boom time in Australia's second city.





# ASK PETER

## Letters

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

### Difference in the price of rooms

*I've been dealing with travel arrangements in our company. I have recently booked a hotel for my boss who is going to Madrid. Our travel agent found a price of €265. They say it's the best rate, but I online I found an offer for only €231. It's more than 30 euros cheaper. Why didn't the agent offer me the lower price? They argued that €265 is a preferred rate. What are the differences? Both rates were for the same hotel.*

**Joanna**

Dear Joanna,  
The cheapest doesn't always mean the best, which is especially true for business travel. Similarly to airlines, hotels offer different rates. The rate of €265 offered by your travel agent is a corporate one, prepared for business guests. It's available until the last minute before your arrival (the so-called last room availability). In addition it allows for free cancellation of booking until 6 pm on the day of arrival, which can be crucial in a very busy and often changing itinerary of a business traveller. Rooms booked with this rate are located on the three top floors and have access to the executive lounge (business lounge), where your boss can also hold short business meetings or have breakfast.

The rate of €231 is for leisure travellers, outside the business circle. First of all, it is the rate that requires full pre-payment on the day of making a reservation. In case of cancellation you aren't entitled to a refund. Also, the distribution channel of the rate is different. It's used more by tour operators who often make group booking in a hotel and then resell rooms to individual tourists. In this way they bear a greater risk.

For these reasons, Ms. agent deliberately suggested corporate rate, providing increased room, possibility of convenient and free cancellation. In addition, your boss can gather points in the hotel's loyalty programme (group rates don't provide for such a possibility).

Another significant fact is that each hotel chain closely monitors the use of corporate rates by employees of companies and on this basis it decides whether to extend the contract for another year.

### Where will we land today?

*Two employees of our sales team flew to Hamburg. The plane took off with a delay and also didn't land in Hamburg, but in Hannover. Later, the airline provided a bus to Hamburg, but our employees took a taxi because they were in a rush and had a meeting. The airline argues that they didn't land in Hamburg due to strong wind. Can our company demand reimbursement for the taxi?*

**Grażyna**

Dear Grażyna  
Landing in a different city than previously planned, is indeed an unpleasant surprise, especially when the business meeting schedule is very tight. I remember a similar situation when instead of landing at Orly airport I landed at CDG, because my plane was diverted due to a snowstorm over Paris. It really thwarted my further plans for travel and meetings.

In its contract with passengers, an airline guarantees to transport them from point A to B. However, there may be circumstances hindering the fulfilment of the contract, which are independent of the carrier and which it often couldn't foresee. In such a case the carrier's liability is limited. Such a circumstance are, for example, weather factors (fog, snowstorm, storm, high winds, etc.). In this case, the passenger can't expect that the plane will land as planned, because flight safety is paramount. If there is no chance for a quick improvement in the weather conditions which will guarantee safe landing, the plane is diverted to an alternate airport.

In accordance with the provisions of the European Union for the protection of the rights of passengers, the carrier has a duty to provide care (adequate to the situation and possibilities), regardless of the cause of the problem. Such care was provided (meals, drinks, access to phone and e-mail). In addition, the airline provided an alternative form of transport to Hamburg. The use of taxi was an independent decision of the passengers and I'm afraid that the airline will recognize such a claim as unfounded. What's more, the claim can be made only by an individual passenger, not by a company, because it's the passenger who is the party to the contract of carriage.



PRZYWILEJE DLA ZARZĄDÓW  
I RAD NADZORCZYCH

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NETWORK  
CLUBS



Tylko nieliczni w biznesie  
naprawdę wiele mogą.

A Ty?

W którym jesteś Klubie?

**Jesteś członkiem zarządu, rady nadzorczej lub właścicielem spółki, która odniosła sukces?**

Chcesz dać swojej spółce przewagę nad konkurencją? Potwierdzić należy Ci status, budować wizerunek i wpływy, zabezpieczyć karierę? Pragniesz rozwijać sieć kontaktów z top menedżerami z tej samej ligi biznesu, lokalnie i w całej Polsce? Móc na nich liczyć w potrzebie, wymieniać się radami i wiedzą? Czy interesuje Cię wygoda i przywileje dla Ciebie i Twojej rodziny, a jednocześnie chcesz dbać o innych? Pragniesz to wszystko realizować bez wysiłku, przez 365 dni w roku? **Wejdz** na [www.leaders.pl](http://www.leaders.pl), **wybierz** swój Klub i w 2 minuty **potwierdź** przynależność do zamkniętej grupy decydentów. Fantastyczna cena za elitarne usługi. Liczba miejsc ograniczona.

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