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Editorial	4
On Top	
• Hotel, restaurant, and airline news	6
Cover Story	
• What's cooking?	12
Tried&Tested	
• Kameha Grand Zürich	18
Report	
• Passage to prosperity	22
Air Travel	
• Gaining currency	28
• Music and new destinations	32
• Brussels Airlines offers flights from Cracow and Warsaw	34
Hotels	
• Mercure surrounded by nature	36
• Superfoods Wednesdays at The Westin Warsaw	38
• Hotel Piwniczna SPA&Conference	40
Destinations	
• 5 Ideas for the Provence Region	42
• Flavours of Greece	52
• Sound of the city	54
• 4 hours in... Berlin	64
Business Person on Holiday	
• Tropical trails	48
Moto&Techno	
• Eye in the sky	58
Recommendations by iMagazine	
• Apps on the go	62
Ask Peter	66

Business Traveller Poland

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

Redaktor naczelna Marzena Mróz
m.mroz@businessstraveller.pl

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

Dyrektor artystyczny Barbara Scharf
b.scharf@businessstraveller.pl

Skład/lamanie LACRIMA
lacrima.barbarascharf@gmail.com

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

Wydawca Robert Grzybowski
robertg@businessstraveller.pl

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

Reklama, sponsoring biuro@businessstraveller.pl

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

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CITY ON THE CANAL

This time our report focuses on Panama - probably the most cosmopolitan capital in Central America. Numerous nationalities come to work on the canal and many stay, with the metropolitan area now home to a third of the country's 3.8 million population.

More than a century after the opening of its world-famous canal, Panama is preparing for its expansion, and further global trade. While the banking business is largely regional, there are opportunities to be had for investors worldwide, particularly in sectors related to logistics, energy and real estate. Mercedes Eleta de Brenes, president of Stratego Communications, says: "It's one of the best places to invest in Latin America thanks to a dollarised economy, dollar denominated banking system, transport links, the presence of many multinational companies, and security." Dell, HP, Sab Miller, GE, BMW and Procter and Gamble all have bases in and around the city, while manufacturing giant Caterpillar opened a hub for its Latin American customers early last year.

I encourage you to read and perhaps even visit this unique city that is developing so dynamically.

Marzena Mróz

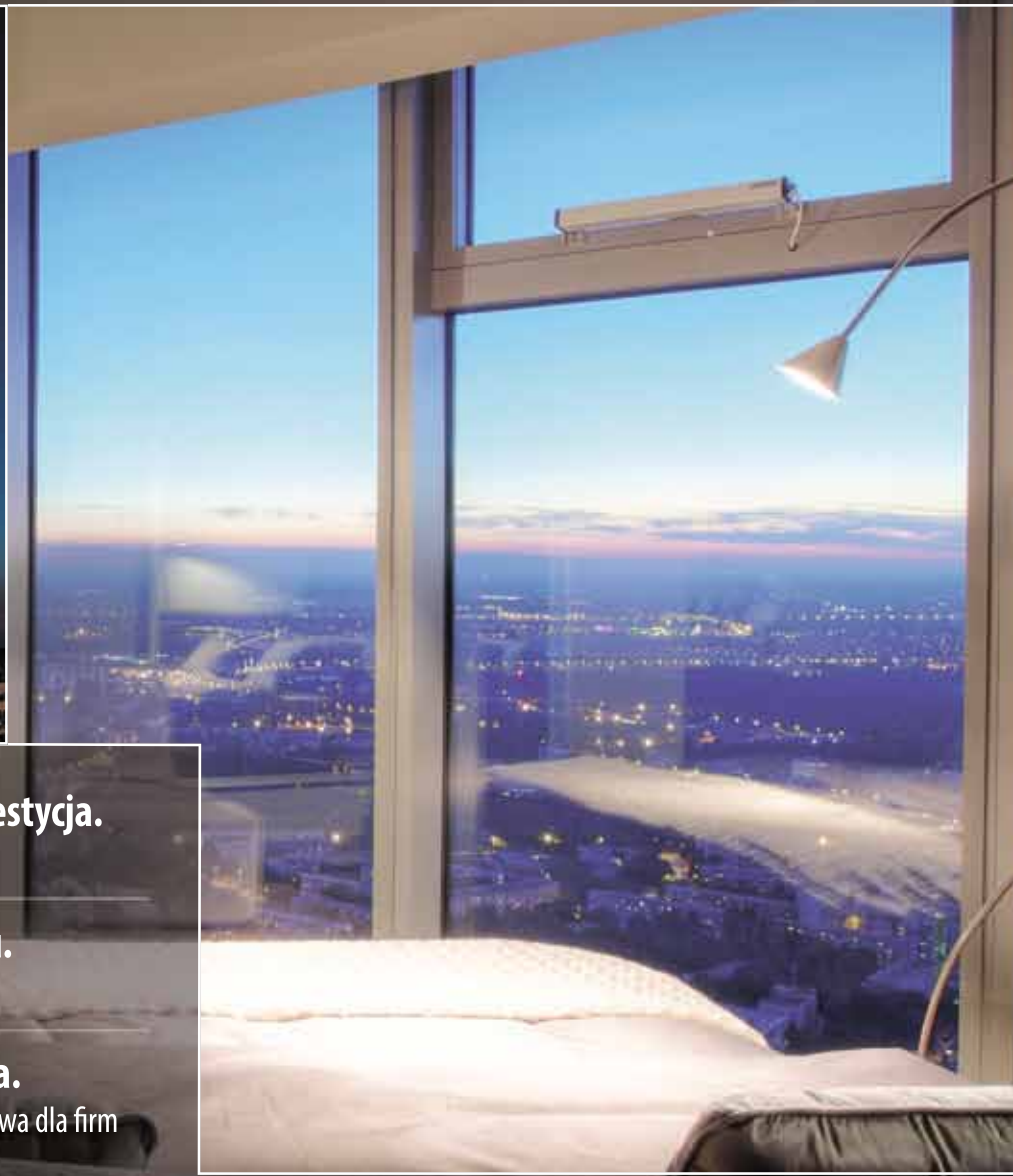
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**W systemie płatności 50/50 cena sprzedaży płatna jest w dwóch ratach, pierwsza ze środków własnych klienta w wysokości 50 % ceny brutto przed zawarciem umowy przeniesienia prawa własności lokalu, druga w wysokości 50 % ceny brutto bez dodatkowych kosztów do dwóch lat od dnia zawarcia wyżej wymienionej umowy. Zapłata drugiej części ceny sprzedaży zabezpieczona jest hipoteką, prawem odkupu i pierwokupu ustanowionym na rzecz Sprzedającego. Kupujący udziela również Sprzedającemu, na wypadek braku zapłaty drugiej części ceny sprzedaży, pełnomocnictwa do zwrotnego przeniesienia prawa własności Lokalu. Niniejszy materiał nie stanowi oferty w rozumieniu art. 66 Kodeksu Cywilnego. Materiał nie stanowi oferty kupna ani sprzedaży żadnych instrumentów finansowych ani usług inwestycyjnych, doradczych czy podatkowych.



Airline

Lufthansa

NOW ALSO ON APPLE WATCH

Use your watch as a boarding pass and have your essential flight information displayed on your wrist. Lufthansa is now offering this innovation to its guests with an app developed especially for the new Apple Watch. It serves as an ideal travel companion, providing passengers with all their essential flight information, which they can access from 24 hours before their flight during the various stages of their journey with Lufthansa. The new app on the Apple Watch connects to the conventional Lufthansa app on iPhones and iPads via Bluetooth. You can download it for free from the App Store.

The new Apple Watch app uses technology that integrates all the flight-related data and displays it clearly for the user to see. It reminds passengers of their flight the day before their departure, provides continuous updates about the status of the flight and displays the boarding time, terminal, gate and seat number. Just like a timer, it enables passengers to see – down to the very minute – how long is left until their scheduled boarding time. The graphics have been designed especially for the display on the Apple Watch. These functions will initially only be available to Miles & More participants who are logged in to the Lufthansa app for iPhones or iPads. All passengers will also be able to display boarding cards saved in Passbook on their Apple Watch and use it for boarding. In addition, the watch will tell passengers what the current weather is at their destination.

Beauty

Dr Irena Eris

GENOMIX ALGAE AND GENES

Genomix is a revolutionary concept of algae-based regulation of operation of more than 20 genes responsible for multi-renewal of skin cells.

The genetic code of each human being is a unique collection of information contained in the DNA sequence, which is a sort of matrix for the synthesis of structural particles of the skin: collagen, elastin and hyaluronic acid. Over the years the genes responsible for this process become dormant. However, thanks to innovative treatment and cosmetics this doesn't have to be an irreversible process. Innovative active ingredients - by regulating the work of genes - stimulate and strengthen



the skin cells, leading to the reduction of wrinkles, and increasing the flexibility of the skin. The result is clearly rejuvenated facial skin and smooth, firm body. The new range of products by the renowned Polish brand contain extracts of brown and blue microalgae. Dr Eris offers facial and body treatments as well as home care products. The treatments take 1.5-2.5 hours. Price from PLN 330-390; more details at: instytut.drirenaeris.com



Airline

British Airways

NEW ROUTE

British Airways has launched for weekly connections between Cracow and Heathrow Airport in London. The flights depart on Mondays, Wednesdays, Fridays and Sundays, enabling quick connections to Central London. With flights to Heathrow passengers travelling from Poland will now gain access to such long-haul destinations as New York, Boston, Singapore, Sydney, Delhi, Cape Town, Buenos Aires and São Paulo. "We are pleased that we can offer connections to Cracow and thus provide passengers with a wider range of services and competitive prices, combined with hand luggage free of charge and free service on board," says Petr Duchek, British Airways Commercial Manager for Poland, the Czech Republic and Slovakia.

BA is the only airline that offers full onboard service and serving direct flights between Cracow and London. The offer of the British carrier also includes free online check-in as well as seat selection up to 24 hours before the flight.

The flights to Cracow will be operated by A320 and A319 aircraft from Terminal 5 of London Heathrow Airport. The return fares in Economy Class with free hand luggage (Euro Traveller) start at PLN 521; ba.com

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Tissot

Sporty model

SUMMER TIME

Earning its fashion stripes is the Tissot Quickster Lugano, a wonderfully understated addition to the sporty Quickster family. Still featuring the uncluttered dial Tissot fans love, a striped nautical-inspired NATO strap pays tribute to the beautiful lake of Lugano, while the deep blue aesthetic calls to mind long, sunny days by the water. This special piece shares its beauty with Switzerland – Tissot's homeland – and its subtle design means it can be worn for any occasion, so you can take a little bit of Lugano with you everywhere you go. Young trendsetters will also love the unique and edgy bezel design which allows the dial to be more easily admired, while an aluminium ring adds a cool edge. Suggested price: PLN 1,250; www.tissot.ch



Tourism

Norway

THE WORLD'S MOST BEAUTIFUL FJORDS

Who opts for a holiday in the country of Vikings that is known to be one of the most expensive in Europe? It seems that Norway is most often chosen by fans of peace and quiet, unspoiled nature, hiking and cycling aficionado, as well as anglers. Those people usually tend to avoid noisy resorts and love resting in the bosom of nature. They often return to Norway, claiming that this country is addictive, because if you once saw the most beautiful fjords in the world, you wouldn't be able to find anything more spectacular. The biggest and most remarkable fjords are located in Western Norway. They are the Lysefjord with the famous Pulpit Rock suspended above it, the world's deepest Geirangerfjord and Nærøroyfjord, as well as Sognefjord – the longest fjord in the world that stretches for 204 kilometres.

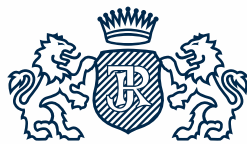
Airline

KLM

FROM CRACOW TO AMSTERDAM

KLM has launched a new connection from Cracow to Amsterdam. It's a great occasion to visit the beautiful capital of the Netherlands which you can now reach, both from Cracow and Warsaw, in just two hours. Amsterdam is second to none when it comes to the amount of attractions per square kilometre. Although it's a metropolis, tourists are often pleasantly surprised by its small size. Virtually all attractions, such as Rijksmuseum, Van Gogh Museum or the house of Anne Frank can be easily reached on foot. And if you feel like getting to know other districts of the city, you can always use the impressive tram and bus networks as well as the underground system. Add to this ferries crossing IJ river and numerous bikes available throughout the city.





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Italy

Val Senales

SUMMER SKIING AND ALTITUDE TRAINING

Skiing and altitude training on Senales Valley Glacier in summer? Why not! We have great news for all ski aficionados. They will soon be able to practise their favourite sport on the slopes of Senales glacier. Every morning, from 12 June — 12 July, the Grawand and Finail slopes will open, so that even in the summer you can relive the enchantment of winter and have fun on the slopes. This year also marks the 40th anniversary of Senales Glacier Cableways Association. On this occasion guests who will visit the charming Val Senales may enjoy a number of interesting events and surprises. The history of the Cableways Association in Senales Valley is closely related to the ski area, at the very beginning of alpinism and tourism in this area. In the 1950s, the first lifts were built, but it was only in the early 1960s that a small group of young entrepreneurs took the decision to develop a ski area in Senales Valley.

This year the altitude training offers on the Senales glacier at 3,200 m have been extended, providing many new challenges. In autumn, the opening time of the cable car is moved up exclusively for professionals and coaches to 8:30 a.m. Recreational skiers can use the cable car from 8:45 a.m. On the Grawand ski slope, ski clubs and training teams will find some 40 training courses at various difficulty levels and lengths. New this year: rental service for poles and drilling machines. Not only downhill skiers, but also cross-country skiers and biathletes can look forward to an extended training track at the Senales glacier. Depending on snow and weather conditions, this runs between 5 and 10 km. schmalstal.com

Wedel

Summer offer

CHOCOLATE TRAVEL

Wedel invites you on a journey full of sweets to some of the most beautiful European cities. Of course you will be accompanied by heavenly sweets that will be a key theme of this expedition. Well known and popular desserts, such as tiramisu, panna cotta or crème brûlée, are now offered in a form of dark chocolate bars, fine pralines and handy chocolate snacks. This summer they invite you to Rome, Paris and Milan.



Airline

Finnair

LIGHT TICKETS

Finnair's Light ticket type, a hand-baggage only fare, will be offered from 5 May on flights throughout Finnair's network in Europe and the Middle East, with the exception of Russia. If needed, checked baggage may be purchased in advance or at the airport.

The prepayment baggage charge is considerably lower than the airport baggage charge.

For more information about Light tickets go to finnair.com/pl/pl/light



Airline

airberlin

RECORD YEAR

2014 was a record year for airberlin in Poland. The airline served 466,035 passengers between Poland and Germany, which is the best ever result for the carrier. This means that compared to 2013 the number of passengers increased by 11.7 per cent.

"Within two years we have seen here an increase in number of passengers by 200 per cent. This is a truly impressive result and makes us very happy. A growing number of Polish passengers decide to travel with airberlin because we offer convenient flight times, good value for money, as well as an excellent network of international connections," says Aage Dünhaupt, Senior Vice President Communications at airberlin. In 2014 about 60% of Polish travellers used the connections offered within the global route network of airberlin. We most often fly with the German carrier to Düsseldorf, Chicago, New York, Stuttgart and Madrid.

In April, airberlin also increased its frequency of daily flights between Berlin and Warsaw and now offers 25 weekly flights on this route.

"airberlin has consolidated its leading position on this route. We launched Warsaw-Berlin connection two years ago. Last year, about 125,000 travellers opted for our services to and from Warsaw," informs Christoph Horak, Country Manager Poland at airberlin.

DOSKONAŁOŚĆ W KAŻDYM CALU

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WHAT'S COOKING?

In the battle of the skies, airlines are using their in-flight food to stand out from the competition. **Rose Dykins** reports on what's being served up.





Only a few years ago, the food served on many airlines was a private affair. Now, with onboard wifi becoming more widely available, people are instantly able to share what they're eating in the air via Twitter with #nofilter.

It means airlines are increasingly being held to account for insipid curries or rubbery omelettes, and there is unprecedented pressure to deliver high-quality food.

Certain carriers are embracing the challenges and opportunities that social media presents, and are even allowing it to influence what is served in their cabins.

In 2013, ANA began its annual "general election" for economy class in-flight meals. This allows passengers to vote via Facebook, Twitter and Chinese microblogging site Sina Weibo to choose which meals will be served on international flights from Japan the following year.

More than 12,000 people voted last year, with the chicken leg and minced meat in yakitori soy sauce and the cheese hamburger steak securing a place on the 2015 menu. The rising cost of air travel, society's fixation with healthy living and the trend for switching to organic or carefully sourced ingredients in our homes mean that we are expecting more from our plane food.

"The race is on to keep pace with demand within the limitations that we have of preparing food at 30,000 feet," says Joost Heymeijer, senior vice-president of in-flight catering for Emirates.

"People now expect to see things on a plane that they would see in restaurants. On top of that, it needs to be healthy, trendy, look good, and served by people who know what they're talking about."

CREATIVE COOKING

An airline's onboard offering is also a key portal for communicating value to its customers, which is why carriers keep conjuring up inventive ways to entice us with what's in their kitchen.

Last November, Qantas introduced a new dining concept for its economy class cabin, offering meals that were 50 per cent larger than before, and double the number of choices, including a healthy option – typically grilled fish or a salad.

How did it offset the cost of doing this? Kylie Morris, the airline's head of international creative development and customer experience, says: "Our catering team has worked hard to streamline our processes behind-the-scenes, allowing us to invest 40 per cent more time and money into the meals and

service we provide customers."

These changes include eliminating butter sachets in favour of "garlic butter-infused rolls", and introducing new plates that won't require serving trays, allowing crew to serve and clear dishes up to 30 minutes faster.

Airlines are also getting more creative when it comes to showcasing their dishes.

In November, British Airways launched its Sound Bite soundtrack. Available on its in-flight entertainment system, the 13-track playlist offers the best songs to listen to while eating certain dishes, based on findings about how music influences our taste buds.

Apparently, Debussy's Clair de Lune is the perfect accompaniment to a roast dinner, while Madonna's Ray of Light boosts the sweetness of dessert.

Following the trend for attempting to offer restaurant-standard cuisine, BA now provides pulled-pork sandwiches in First. The meat is slow-cooked for 14 hours, then hand-pulled and seasoned with sage and onions before being served with apple, ginger and sultana chutney, and a side of beetroot and purple crisps.

Meanwhile, ANA, which has a partnership with Japanese restaurant chain Hakata Ipudo, has introduced a new healthy miso-

Qantas introduced a new dining concept for its economy class cabin, offering meals that were 50 per cent larger than before.





Last year, ANA began a collaboration with the Kowloon Shangri-La, Hong Kong, to offer special Cantonese meals for its business class passengers.

based daichi ramen noodle dish for first and business class passengers on its Jakarta route and North American services. The dish is meat-free, and features signature noodles created specifically for the airline. Another example is Singapore Airlines' lobster thermidor, which has become an institution. The lobster tail sautéed in butter, flambéed in brandy, sprinkled with cheese and served with creamy mushroom sauce, garlic, spicy mustard and buttered asparagus is served in business and first class.

JOINING FORCES

Partnerships with restaurants and hotel brands are also becoming more widespread. Last year, ANA began a collaboration with the Kowloon Shangri-La, Hong Kong, to offer special Cantonese meals for its business class passengers departing from the city – such as pineapple barbecued pork

buns and kung pao prawn and asparagus with fried rice and conpoy (dried scallop). This year, Cathay Pacific has partnered with Mandarin Oriental's leading chefs to create a series of menus on rotation between different routes. This month, the airline will feature dishes by Uwe Opocensky, the Michelin-starred executive chef at Mandarin Oriental Hong Kong, in first class on flights from Hong Kong to London, New York and Boston.

Celebrity chefs are also getting in on the action. Virgin Atlantic has teamed up with Lorraine Pascale to create dishes for Upper Class passengers – including Thai beef salad with roasted pine nuts and chilli dressing, and warm salmon and lentils with chorizo, asparagus and balsamic dressing. Qatar Airways, meanwhile, selected four international “master chefs” to develop a special menu for its B787 Dreamliner's premium classes.

Nobu Matsuhisa, Tom Aikens, Ramzi Choueiri and Vineet Bhatia adapted their distinct culinary styles to conjure up dishes such as an Iranian mixed grill with lamb chops and kofta, and chicken tikka with broad bean saffron rice.

Air France has an ongoing collaboration with Joel Robuchon, who has the most Michelin stars in the world. The airline's first class menu features the likes of stuffed chicken breast served with slow-cooked green cabbage lardons and foie gras. Since February, a dish by three-Michelin starred chef Anne-Sophie Pic has been available on Air France's business class menu on flights leaving Paris. Pic introduces a new meal twice a month, and past options have included roasted veal and royal quinoa with red peppers and pineapple. The carrier has also reintroduced caviar for its top customers.

Air Berlin offers on board its aircraft gourmet cuisine provided by Sansibar restau-

rant on the island of Sylt. One of the most popular dishes is sausage with curry. Warto też dodać, że uwielbiane przez pasażerów tej linii czekoladowe serduszka serwowane w kabinie produkuje teraz firma Lindt.

NUMBERS GAME

On the whole, carriers are finding ways to present passengers with more choice. This is no mean feat when you consider the logistical challenges they face to feed us.

“With in-flight catering, logistics accounts for about 70 per cent of our costs, manpower and effort,” Heymeijer says.

“Thousands upon thousands of the items that go on board are often there just in case of demand because, as an airline, we hate to be in a position where we have to say ‘no’. From originally having a choice of two or three special meals, we now have more than 20.”

One option, then, is to at least make sure passengers can eat their first choice from the menu. Singapore Airlines (SIA) was the first to introduce a pre-order meal service in 1998. “Book the Cook” allows premium passengers to secure their preferred main course for their flight up to 24 hours before they travel. When the carrier debuts its premium economy class in August, it will introduce a special version of Book the Cook.

“We are considering dishes such as seafood thermidor, beef fillet and maybe a full English breakfast,” says Subhas Menon, SIA’s regional vice-president in Europe. Free champagne will be served throughout the flight.

At the same time, BA is planning to extend its pre-order meal service – guaranteeing First, Club World and World Traveller Plus passengers their first choice of main – across its entire long-haul network out of Heathrow by the end of the year. Gatwick will follow soon after.

Similarly, the Qantas Select on Q-Eat service enables premium economy and business passengers from Heathrow to select their preferred meal up to 12 hours before departure. The service is being progressively rolled out across its network to economy passengers.

As a society, we are becoming more aware of the processes behind our food and seeking ethically-sourced ingredients where possible. This presents a challenge for airlines with larger networks such as Emirates, which prepares 165,000 in-flight meals every day, and doesn’t have an advantageous location for “growing its own”.

“Dubai has the challenge of where we’re at geographically – we’re not in the heart of Eu-

rope where everything grows within a couple of hundred kilometres,” Heymeijer says. “We source what we can locally, but a large percentage is imported. When we have discussions on sustainable or free-range ingredients, it’s not that we’re against it, but for the volumes we procure, nine times out of ten, those items are not available.”

KLM now serves Beter Leven-approved chicken (from ex-laying hens) on all flights out of Amsterdam. It also dishes up “cage-free” omelettes on flights out of the US (see klmtakescare.com).

South African Airways, meanwhile, has teamed up with DO and CO Event and Airline Catering to create meals made from “the freshest, locally sourced ingredients”, including cod approved by the Marine Stewardship Council in business class.

Airlines have a tough job on their hands to serve up ethically-sourced, calorie-controlled, attractive dishes that surprise and delight us, that can be prepared in a galley kitchen and with ingredients that come in a quantity large enough to feed tens of millions of passengers each year.

Nonetheless, they know how much food means to us, and it looks as though the days of grey, stodgy, vacuum-packed plane food are on the way out.

On the whole, carriers are finding ways to present passengers with more choice. It’s not easy, when you consider the logistical challenges.



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ul. Świętokrzyska 36, Warszawa

www.clubmed.pl

Private concierge:

p.maciejko@clubmed.pl

+48 664212513

Club Med 

KAMEHA GRAND ZÜRICH



CONTACT

Kameha Grand Zürich
 Dufaux-Strasse 1/Corner Thur-
 gauerstrasse
 CH-8152 Glattpark/ Zürich
 Schweiz
 tel.: +41 44 525 5000
 zuerich@kameha.com
 www:kamehagrandzuerich.com

Shopping aficionado and gourmets who come to Zurich to fill their senses and empty their pockets, have now access to a new sophisticated and luxurious hotel. Its name (“Kameha”) derives from the Hawaiian language and means “unique”. One must admit that the name truly captures the style and grandiose with which Kameha Grand has been designed and decorated.

INTERIOR

Kameha Grand’s guests can enjoy 224 Premium and Deluxe room, two Executive suites, six Business suites, the roomy Space suite, as well as 11 themed suites including: Poker Face, Fair Play, Serenity, Diva, Watchmaker, Workout, and truly unusual King Kameha suite located on the top floor. In a charmingly whimsical way Marcel Wanders integrates a Swiss essence in

the design of the hotel’s rooms and suites when he allusively highlights Switzerland as the country producing both the best chocolate and the best investors: The partition wall to the bathroom echoes the shape of a chocolate and the handle is reminiscent of a safe. The overall design of the property was created by Robert Knorr and I must admit that the hotel looks truly impressive.

ROOMS AND SUITES

The executive suites of 44m² each, have an additional living room suite adding to an exclusive ambience. The business suites provide all the appliances of a state-of-the-art office that suits the needs of demanding business people. They feature a large conference table and state-of-the-art technology. It's also possible to connect two adjacent apartments. In this way, the suites are a perfect setting for combining working and living. The themed suites, designed by Marcel Wanders are a highlight of the hotel. Poker Face suite has a roulette table and Kameha poker cards, while Fair play suite features a billiard table, dart board, board games and fine spirits. Serenity suite comes with yoga mat, light interior design and scented candles. Diva boasts movie star mirrors and a walk-in wardrobe, while Watchmaker suite was designed in cooperation with a Swiss watch maker. There's also Workout suite equipped with a treadmill and a bench for exercise.

King Kameha and Space suites are located exclusively on the top level of the Kameha Grand Zürich and offer a glamorous setting. The bedroom and living room in each suite are separate and have a conference table. The walk-in wardrobe and the splendid bathroom with rain shower and free-standing bath tub add to the true lifestyle ambience.

RESTAURANTS AND LOUNGE

The hotel also boasts gourmet restaurants: L'unico serves best Italian cuisine, and Yu Nijyo specializes in Japanese dishes. There is also a special chocolate bar Puregold Bar & Lounge. Other highlight of the hotel include the Moroccan Shisha Lounge with soft, comfortable sofas, as well as the Smoker's Lounge where connoisseurs can enjoy a wide variety of exquisite cigars from Cuba and the Do-



King Kameha and Space suites are located exclusively on the top level of the Kameha Grand Zürich and offer a glamorous setting.



Hotel

ZÜRICH



The themed suites, designed by Marcel Wanders are a highlight of the hotel.

minican Republic. The Stage Bar & Lounge offers a stylish meeting point for hotel guests and visitors. People meet here for drinks or snacks; they arrange business meetings or recover after a meeting.

CONFERENCE CENTRE AND SPA

Kameha Grand Zürich provides the perfect setting for creative ideas, impressive presentations, dreamlike events and individual meetings.

Spacious conference rooms can be combined to accommodate up to 960 guests, including the space of the stylishly designed,

spectacular ballroom that resembles the interiors known from old Disney movies. The hotel's attentive and friendly service in addition to state-of-the-art equipment ensures that guests find the perfect setting they are looking for. Good news for busy businesspeople: Kameha Fitness Power House is open 24 hours a day. The spectacular Kameha Spa offers relaxing and beauty treatments, as well as massages performed in four treatment rooms. The centre also features several types of saunas. And after treatments you can relax on beds situated on the roof of the building.

VERDICT

A new, sophisticated hotel for business guests, which is famous for its unusual design and great restaurants. The Kameha Grand Zürich is located in Glattpark, one of the most interesting business districts in Central Europe. It has excellent transportation connections, the city of Zürich is not far and it is close to the International Airport Zürich and to the motorway. There are 66 parking spaces in front of the property. It's an extraordinary place to work and relax, as well as a perfect setting for networking.

Rafał Sobiech



AKCESORIA DLA WYMAGAJĄCYCH

lenovo FOR
THOSE
WHO DO.

WEDŁUG DAWNEGO, WSCHODNIEGO ZWYCZAJU PRZED WYRUSZENIEM W PODRÓŻ NALEŻY NA CHWILĘ USIAŚĆ. DZISIAJ NIE MA CZASU NA KULTYWOWANIE TRADYCJI. W KAŻDEJ CHWILI MUSISZ BYĆ W PEŁNI GOTOWY DO WYJAZDU NA SPOTKANIE, CZASAMI NA DRUGI KONIEC ŚWIATA. AKCESORIA LENOVO GWARANTUJĄ ŚWIETNĄ ORGANIZACJĘ PRACY W KAŻDYCH WARUNKACH.



Sluchawki ThinkPad z redukcją hałasu

Dysk szyfrujący ThinkPad USB 3.0

Torba Executive z paskiem z zaczepem obrotowym

Stacja dokująca ThinkPad OneLink Pro

Oferta akcesoriów do urządzeń biznesowych jest imponująca. Warto się z nią zapoznać, bo dobrane w przemyślany sposób dodatki wydatnie podnoszą skuteczność działania. Wybór jest szeroki: od dedykowanych stacji dokujących, zasilaczy podróżnych i samochodowych, poprzez wzmocnione etui, które dodatkowo chronią tablet, po filtry prywatyzujące, czy rysiki które pozwalają na wygodniejsze wprowadzanie danych. Wszystko to sprawia, że codzienna praca staje się bardziej ergonomiczna i produktywna, co jest szczególnie ważne właśnie podczas podróży.

BIURO W WALIZCE

W podróży nie można się obejść bez walizek i toreb, w które pakujemy się na dłuższe i krótsze wyjazdy. Komputer czy tablet zazwyczaj chcemy mieć przy sobie, a nie w głównym bagażu. Dlatego firma Lenovo oferuje swoim klientom, którzy wybrali urządzenia z linii ThinkPad, eleganckie rozwiązanie - skórzany futerał ThinkPad „Executive”. To ekskluzywnie akcesorium wyróż-

nia się funkcjonalnością i wysoką jakością wykonania. Ile razy torba spadała nam z ramienia? Ile razy borykaliście się z trudnościami z poruszaniem się z nią na lotnisku? W torbie „Executive” zastosowano odpinany oraz - co bardzo istotne - niezsuwający się z ramienia pasek z zaczepem obrotowym, który zapobiega jego plątaniu. Funkcjonalność tego akcesorium podnosi również zaczep do wózka, który ułatwia przewożenie bagażu np. na wózkach. Dzięki wykonaniu z wysokiej jakości gładkiej skóry na zewnątrz, zastosowaniu spiżowych okuć i miękkiego w dotyku wnętrza, futerał jest trwały i gwarantuje ochronę notebooka. Dodatkowa specjalna kieszeń na tablet sprawia, że futerał sprawdza się nawet w przypadku użytkowników najbardziej wymagających, spędzających dużo czasu w podróży.

KOMFORT I BEZPIECZEŃSTWO

Podczas pracy w biurze, a także w podróży, przydają się słuchawki, które pozwolą odciąć się od dźwięków, które mogą przeszkadzać w skupieniu się nad określonym zadaniem. Słuchawki douszne ThinkPad z redukcją hałasu są zoptymalizowane pod kątem środowiska biurowego, a także podróży samochodem, pociągiem lub samolotem. Dzięki wysokiej klasy technologii aktywnej redukcji hałasu i ergonomicznemu kształtowi, słuchawki douszne ThinkPad blokują 92% dźwięków z otoczenia, umożliwiając słuchanie bez zakłóceń - należą do najlepszych słuchawek z redukcją hałasu w swojej klasie. Podczas podróży trzeba szczególnie zadbać o bezpieczeństwo. Dysk twardy ThinkPad USB 3.0 750 GB został zoptymalizowany pod kątem ochrony ważnych danych. Oferuje 256-bitowe szyfrowanie na wysokim poziomie zgodne ze standardem Advanced Encryption Standard (AES) i wyróżnia się płaską, lekką, łatwą w użyciu konstrukcją z własnym zasilaniem.

LATWE DOKOWANIE

Często wybieranym wyposażeniem dodatkowym jest wymieniona już stacja dokująca. Jest to rozwiązanie dla osób często zmieniających miejsce pracy. Urządzenia z tej kategorii cieszą się popularnością z różnych względów: pozwalają np. uprościć podłączenie notebooka (wystarczy jeden przewód), czy dodawać porty i funkcjonalności. Firma Lenovo ma w swojej ofercie stację dokującą ThinkPad OneLink Pro z przelotową technologią OneLink, która zmienia nowy notebook ThinkPad we wszechstronny komputer do zastosowań biurowych i domowych. Wygodne złącze OneLink nie tylko zapewnia superszybłą transmisję danych zgodną ze standardem USB 3.0, krystalicznie czysty dźwięk HD i podwójną, przelotową transmisję wideo bez dodatkowych sterowników, ale też ładuje notebook, telefony i tablety podczas pracy.





PASSAGE TO PROSPERITY

More than a century after the opening of its world-famous canal, Panama is preparing for its expansion, and further global trade.

Sarah Gilbert reports.

T

owering trees stand shoulder-to-shoulder and green reflections dapple the water. Suddenly, a capuchin monkey pokes its head through the curtains of foliage, peering at us curiously before disappearing again.

As we glide around Gatun Lake, I look behind our small craft at the vast-hulled cargo ships plying their trade along the Panama Canal.

Strategically located between the Pacific and Atlantic oceans, and North and South America, Panama City was a hub for trade long before its world-famous canal opened just over a century ago.

In 1519, Spanish conquistadors founded Panama Viejo on the eastern edge of the city, using it as a base for transporting their New World treasure back to the Old World. Today, the city is a centre of international finance and commerce. Punta Pacifica's skyline of glittering steel and glass towers – including the distinctive sail-shaped Trump Ocean hotel, open since 2011 – rises behind the tombstone-like ruins of Panama Viejo. There's so much construction under way along the coastline that the locals joke that the national bird is a crane. "It's like a mini-

Miami – with more English spoken," an American expat tells me.

In fact, it's Central America's most cosmopolitan capital – numerous nationalities came to work on the canal and many stayed, with the metropolitan area now home to a third of the country's 3.8 million population.

FINANCIAL HUB

Calle 50, a four-lane highway that cuts through the districts of Bella Vista, Marbella, Obarrio and San Francisco, is the core of the financial district.

Banking is a significant part of the economy – the sector accounted for 7.5 per cent of GDP last year, according to the International Chamber of Commerce in Panama, while estimates put the number of financial institutions operating in the city at over 90. Some 28 of them have international licences – most from Latin America, including Bancolombia, which acquired HSBC Panama's assets in 2013.

While the banking business is largely regional, there are opportunities to be had for investors worldwide, particularly in sectors related to logistics, energy and real estate.

Mercedes Eleta de Brenes, president of Stratego Communications, says: "It's one of the best places to invest in Latin America thanks to a dollarised economy, dollar denominated banking system, transport links, the presence of many multinational companies, and security."

Last year, Panama City topped the World Bank's Doing Business ranking for Central America and the Dominican Republic.

It has the fastest-growing economy in Latin America – GDP stood at US\$41 billion in 2014, a growth of 7.5 per cent on the year before, and unemployment is low, at 4.5 per cent. The IMF has predicted growth of 6.4 per cent this year, still way ahead of the regional average of 2.2 per cent.

Panama's currency is the US dollar (also known as the Balboa), with a free-market economy based mainly on a developed services sector. As well as operating the canal and banking, this includes container ports, ship registration and, increasingly, tourism.

FREE TRADE

According to the PwC report Doing Business: A Guide for Central America, Pana-



Today, the city is a centre of international finance and commerce. Punta Pacifica's skyline of glittering steel and glass towers rises behind the tombstone-like ruins of Panama Viejo.



Development isn't limited to modern architecture – Casco Antiguo, on the city's south-eastern tip, is also undergoing revitalisation.

ma and the Dominican Republic, Panama's government is actively encouraging foreign investment and working to position the country as the primary destination in Latin America for investors.

It has developed special trading rules, introduced migration, labour and tax incentives for investors, and created the Proinvex office, a one-stop shop where would-be investors can obtain all the information they need on initiatives such as the Colon Free Trade Zone, the second largest in the world after Hong Kong.

Such measures have encouraged the establishment of regional HQs. Dell, HP, Sab Miller, GE, BMW and Procter and Gamble all have bases in and around the city, while manufacturing giant Caterpillar opened a hub for its Latin American customers early last year.

Pedro Anzola, manager of the international tax department at PwC in Panama City, says: "There are particular opportunities for construction and engineering companies. The main obstacle to doing business in Panama is the lengthy bureaucracy involved in getting permits."

CHANNELLING INCOME

Still, the driving force behind the country's economy is undoubtedly the world's best-known shortcut, which celebrated its 100th anniversary last year and is undergoing a major expansion.

Stretching 77km from Panama City on the Pacific to Colon on the Atlantic, the Panama Canal saves vessels from circumnavigating the southern tip of South America, with a full transit taking just nine hours, passing engineering marvels such as the Galliard or Culebra Cut, a 13km passage through solid rock.

In an epic tale of tragedy – around 30,000 people died during the construction – and triumph, it was started by the French and finished by the Americans. The canal and the 1,400 sq km Canal Zone around it were controlled by the US until it was handed back to Panama on December 31, 1999.

Last year, 327 million metric tons of cargo traffic passed through the canal, with a toll revenue of US\$1.9 billion.

Those figures are set to double as the expansion of the canal nears completion.

While the US\$5.3 billion project – the largest since its original construction – has experienced delays and increased costs, it is scheduled to open in April next year, with two new sets of locks providing access for far larger ships. It's expected to double the amount of cargo to 660 million metric tons per year, while a proposed new toll structure will boost government revenues.

ROUTES AND ROOMS

Other major infrastructure projects include the construction of the Metro, the only urban rail system in Central America, which

has eased the city's notoriously bad traffic.

The north-south Line 1 was inaugurated in April last year, while Line 2 is due to be completed in 2017 and will include a stop at Tocumen International airport, 25km from the city centre.

Until then, the airport can be reached by bus, shuttle or taxi; taking the toll road cuts the journey time from over an hour to 20 minutes.

International flights into the city are increasing. While there are no direct routes from the UK, Air France introduced a thrice-weekly service from Paris in 2013, and Lufthansa will launch a five-times weekly route from Frankfurt in November. Iberia also boosted its services from Madrid to six-times weekly last year.

To meet growing demand, the airport is being extended. The new North Terminal opened in 2012, doubling capacity to 10 million passengers a year, with the South Terminal expected to be ready in 2017. The plan is to accommodate 18 million passengers by 2022.

Meanwhile, the number of hotel rooms in the city has grown by 209 per cent in recent years.

Openings include the Hard Rock Hotel Megapolis and Hilton Garden Inn Panama in 2012, the first Waldorf Astoria in Latin America in 2013, and Hyatt Place last year. The Crowne Plaza Panama Airport opened this year, the Ramada Panama Centro is due



Still, the driving force behind the country's economy is undoubtedly the world's best-known shortcut, which celebrated its 100th anniversary last year and is undergoing a major expansion.



to follow later this year, and an AC by Marriott in 2017.

Luxury boutique group Grace Hotels opened its first property in Central America here last year. The 60-room Grace Panama is located on the ground level and six upper floors of the striking corkscrew-shaped Twist Tower in the upscale Obarrio district.

Akis Neocleous, its general manager, says: "We have a strong belief in Panama City as a growing global commercial hub. We are also seeing some exciting developments in Obarrio, such as the Soho project."

At an estimated cost of US\$360 million, the Soho Panama complex is one of the country's biggest building projects, with twin skyscrapers containing office space and a 226-room Ritz-Carlton property, in addition to apartments and a 120-store luxury mall. The mall is due to open this year and the hotel in 2016.

HERITAGE BUILDING

Development isn't limited to modern architecture – Casco Antiguo, on the city's south-eastern tip, is also undergoing revitalisation.

Founded by the Spanish in 1673 after the plundering of Panama Viejo by British pirate Henry Morgan (of Captain Morgan rum fame), this mini-Havana was granted UNESCO World Heritage status in 1997 but had fallen into disrepair.

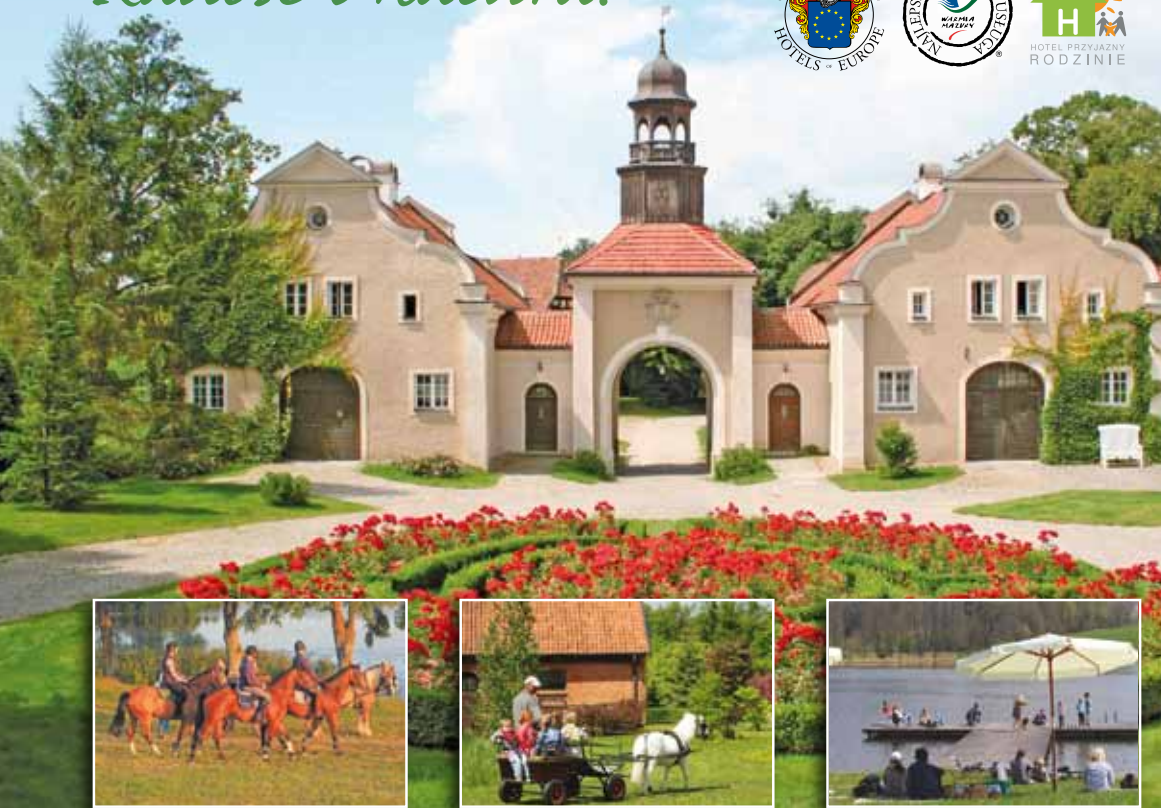
Now it's becoming the cultural cornerstone of the city, as an influx of investment is turning the pastel-coloured colonial buildings along its cobblestone streets into galleries, restaurants, bars and boutique hotels. US-based group Ace Hotel opened the 50-room American Trade property here in 2013.

A ten-minute drive away, the Amador Causeway – a road built by the Americans that connects the city with four small islands that once guarded the entrance to the canal – is the site of the US\$193 million Amador Convention Centre, due to open at the end of 2016. The building's design resembles an eagle in flight, a reference to the country's national bird.

As I join the locals jogging, rollerblading and cycling along the causeway, I stop off at the brightly coloured, Frank Gehry-designed Biomuseo, a 4,000 sqm exhibition space and botanical park that opened last October.

It makes the perfect spot to take in the city's architectural contrasts – and to watch the ships queuing to enter the canal, as it prepares for its next chapter.

Radość i natura!



Pałac i Folwark Galiny to miejsce piękne i niezwykle. Wielbiciele koni, rodziny z dziećmi, zakochane pary, wszyscy ceniący dobrą kuchnię, spokój, ciszę w kontakcie z przyrodą i szczególnie czar obiektów zabytkowych, spędzą tu niezapomniane chwile.

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Carpe Diem pozwól sobie na piękno!

Pacjenci zgłaszający się do naszej kliniki coraz częściej przychodzą z problemami złożonymi dotyczącymi zarówno twarzy jak i ciała. Oczekując od lekarza kompleksowej opieki, indywidualnego podejścia oraz pielęgnacji skóry całego ciała. W związku z oczekiwaniami naszych pacjentów staramy się działać kompleksowo, wykorzystując terapie łączone, które przynoszą lepsze i trwalsze efekty. Często proponujemy łączenie zabiegu Maximus z kwasem hialuronowym.

Skóra napięta i jędrna

Zastosowana w urządzeniu Technologia TriLipo™ RF emituje falę radiową, która podnosi temperaturę skóry właściwej, doprowadzając do skurczenia włókna kolagenowe i natychmiastowej poprawy napięcia skóry. Motywuje też skórę do produkcji nowych włókien. Efekt zagęszczenia i liftingu nasila się i utrwała w czasie. To idealne rozwiązanie dla wiotkiej skóry, np. po ciąży czy utracie kilogramów.

Mniej centymetrów w obwodzie, gładka skóra bez cellulitu

TriLipo™ RF działa również na komórki tłuszczowe. Rozgrzewając je, topi ich zawartość, która następnie wydostaje się na zewnątrz. W tej

samej głowicy uruchamiana jest jednocześnie opatentowana technologia dynamicznej aktywacji mięśni (TriLipo™ DMA). Funkcja ta powoduje drenaż limfatyczny, pomagający opróżnić upłynioną zawartość komórek tłuszczowych. Efektem współpracy tych dwóch technologii jest utrata centymetrów w obwodzie, redukcja cellulitu oraz wymodelowanie sylwetki.

Wyraźnie zarysowane kości policzkowe, redukcja zmarszczek

Również głowica przeznaczona do zabiegów na twarz uruchamia dwie technologie – fale radiową i dynamiczną aktywację mięśni. W efekcie zabiegu kości policzkowe są wyraźniej zarysowane, bruzdy spłycone a zmarszczki wokół ust i oczu zredukowane. Tak przygotowaną skórę możemy wspomóc zabiegami z użyciem kwasu hialuronowego. W zależności od problemu i wskazań dobieramy preparat o odpowiedniej gęstości i stopniu usieciowania. Kwasem hialuronowym możemy modelować policzki i owal twarzy, wypełniać głębokie fałdy i drobne zmarszczki, modelować kształt ust oraz regenerować i nawilżać skórę zarówno twarzy jak i ciała.



Dr Magdalena Opadczuk i aktorka Magdalena Schejbal

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GAINING CURRENCY



There are big savings to be had on long-haul premium tickets if you start your journey elsewhere in Europe. Alex McWhirter explains

In the years following the launch of Business Traveller in 1976, a number of savvy French business people made a remarkable discovery.

They found that Air France's Concorde tickets could be bought more cheaply in London than in Paris. Other than the price, the tickets were identical. The only difference was that the UK ones came with London-Paris-London flight coupons, which, arguably, made them even better value. The then unsophisticated airline systems meant that coupons could be used out of sequence.

What was so remarkable about that? Until the late 1970s, trade body IATA (the International Air Transport Association) controlled air ticket pricing virtually worldwide.

It meant that when shifting currency values distorted rates, IATA quickly stepped in to raise or lower tariffs in any particular country so that none could retain a price advantage.

In the mid to late seventies, the French franc was more valuable than the British pound so there were savings to be had by purchasing tickets in London.

In which case, why didn't IATA step in to adjust prices as it had done in the past? Because in a new liberalised era, it had lost pricing control and governments (which could have ordered their airlines to obey IATA) did not wish to be unpopular with their voters by making the cost of travel more expensive.

This happy scenario for French travellers did not last long. Fast forward a few years and the situation reversed. The pound be-

came the strong currency and it was the turn of UK business travellers to benefit from saving thousands by buying their air tickets in mainland Europe, instead of at home.

In the decades since, fluctuating currency values have meant that canny travellers wishing to make savings on premium fare tickets choose to buy where the price is right – even if it means having to join their flight many miles away.

It is true that when the euro arrived in 2002, the scope for savings diminished because price variations in Europe largely disappeared. As I recall, there was not much of a difference between tickets bought, say, in Germany, compared with those purchased in France.

But recent times have seen significant changes. The euro itself has become a weak currency against the US dollar, UK pound and Swiss franc. Long-haul air travel has also become more competitive in areas such as Scandinavia and, closer to home, the Netherlands and Ireland where, previously, there had been limited competition. Shrewd travellers can therefore make potential air fare savings in two areas – first, from currency price variation and, second, from opting for a new carrier anxious to build market share, or even a traditional, perhaps indirect, airline that is seeking to retain its customers. Here are some examples.

OSLO

Let's say I need to get to Sydney. British Airways is the sole European carrier serving Australia, but it faces a threat to its monopoly from the Gulf carriers, which are now moving into Scandinavia. So BA is pricing keenly, almost too keenly, for flights to Sydney.

I chose random dates travelling out in mid to late June and returning two or three weeks later. The routing was for Oslo-London-Sydney. The cheapest prices on ba.com involved a



Long-haul air travel has also become more competitive in areas such as Scandinavia and, closer to home, the Netherlands and Ireland where, previously, there had been limited competition.



plane change in Singapore but the saving was hard to believe. Travelling via Oslo I was quoted 29,776 kr (£2,491) for a return business class ticket. From London, albeit on the direct service,

ba.com quoted me £5,738 – more than twice the price. I could, had I wished, have booked BA's direct flight out of Oslo for a modest extra fee and still have made a handsome saving.

Shrewd travellers can therefore make potential air fare savings in two areas – first, from currency price variation and, second, from opting for a new carrier anxious to build market share, or even a traditional, perhaps indirect, airline that is seeking to retain its customers.

AMSTERDAM

The Dutch capital has always been a place to save money on premium tickets. The Netherlands has a relatively small local market for outbound flights (when compared with the number of seats on offer) and Dutch companies tend to support the national airline, KLM.

Foreign carriers must therefore offer significant discounts if they wish to woo passengers there.

This is exactly what some Gulf airlines are doing. Qatar Airways, for example, has been running a series of seat sales for its new service, which launches next month.

I checked flights on qatarairways.com during its sale in March for two people travelling together. A return business class ticket for Amsterdam-Doha-Tokyo (for similar dates of travel to the Oslo example) for two people was €2,924 (£2,140). From London, Qatar Airways also had a promotion. Two tickets bought for travel from London cost £3,598 – yet this is still

a huge saving on the normal UK price you might pay with British Airways or a Japanese airline.

DUBLIN

UK travellers save twice. Not only is the euro weaker, there is also no air passenger duty.

Ethiopian Airlines is launching a thrice-weekly service from Addis Ababa to Los Angeles via the Irish capital in early summer. When I checked, the business class return fare from Dublin to LAX (note that further savings may become available later) was €2,482 (£1,817).

From London, British Airways (based on dates in July) would charge £3,779.

MILAN

Italy's business capital offers euro prices and, if flying to New York from next month onwards, the chance to sample Emirates' A380, which is not operated by the national airlines of either Switzerland or Italy.

Taking business class flights with Emirates from Milan to New York in June (the flight

originates in Dubai) cost €2,226 or £1,629. From Zurich with Swiss, the fare booked some time ahead was Sfr 3,604 or £2,518.

Regular transalpine trains connect Zurich with Milan. Emirates will provide a chauffeur-driven car to Malpensa either from Milan Centrale or Lugano (the closest major Swiss station for Malpensa).

SOME POINTS TO NOTE

Be prepared to be flexible. The savings are only worthwhile for long-haul premium fare tickets. All prices are subject to change. The rates shown were checked at the end of March for travel later in June with a return in early July.

Check the booking conditions before parting with your money. These will vary from airline to airline, country to country. Tickets sold in some countries will have fewer restrictions than others.

Remember to use the airline flight coupons in the order they are issued.





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Komfort

Monitoring kursu online. Dogodne formy zamawiania i płatności.



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• www.ecocar.pl •



MUSIC AND NEW DESTINATIONS



Austrian Airlines is Austria's largest carrier and operates a global route network of round 130 destinations.

Austrian Airlines is adding a further new destination to its network. Starting on October 27, 2015, Austrian Airlines will offer flights once a week to Colombo, the capital city of Sri Lanka.

COLOMBO

This represents a further destination in Asia next to Delhi, Bangkok, Maldives, Peking and Tokyo. Austrian Airlines will operate a Boeing 767 for its flight service to Colombo, a distance of about 7,450 kilometres. The flight from Vienna to Colombo will take about 9 hours and 10 minutes.

"In addition to the Maldives and Mauritius, Sri Lanka is yet another destination in the Indian Ocean", explains Andreas Otto, Chief Commercial Officer of Austrian Airlines. "In this way

we are increasingly focusing on long-haul tourist destinations which are particularly in demand during the winter months."

Also known as the Spice Island, Sri Lanka is mainly of interests to tourists who want to enjoy the local culture, relax on the beaches or get to know the country and its people within the context of an active or adventure holiday. The destination will be offered during the winter season. Round trip air fares start at EUR 679 including taxes and charges. Tickets can be booked online at www.austrian.com, per telephone at +43 (0) 5 1766 1000 or from a travel agency.

MAURITIUS

Austrian Airlines has added Mauritius to its route network starting in the winter flight schedule 2015/2016. A Boeing

767 will be operated non-stop from Vienna to Mauritius every Thursday and back to Vienna on Fridays. Due to the extensive demand, Austrian Airlines will add a second weekly flight to Mauritius in the period December 19, 2015 to February 27, 2015. The second weekly flight will be operated every Saturday to the sunny island of Mauritius and back to Vienna on Sundays. The flight from Vienna to Mauritius takes approximately 10 hours and 40 minutes for the distance of about 8,630 kilometres.

Tickets are available starting at EUR 899 round trip, including taxes and charges. They can be booked online at www.austrian.com, per telephone at +43 (0) 5 1766 1000 or in a travel agency.

Austrian Airlines is Austria's largest carrier and operates a global route network of round 130 destinations. That route

network is particularly dense in Central and Eastern Europe with 39 destinations. Thanks to its favourable geographical location at the heart of Europe, the company's hub at Vienna International Airport is the ideal gateway between East and West. Austrian Airlines is part of the Lufthansa Group, Europe's largest airline group, and a member of the Star Alliance, the first global alliance of international airlines. The flight operations of the Austrian Airlines Group have been bundled at its 100% subsidiary Tyrolean Airways since 1st July, 2012.

STAR ALLIANCE

The Star Alliance network was established in 1997 as the first truly global airline alliance to offer worldwide reach, recognition and seamless service to the international traveller. Its acceptance by the market has been recognized by numerous awards, including the Air Transport World Market Leadership Award and Best Airline Alliance by both Business Traveller Magazine and Skytrax. Overall, the Star Alliance network currently offers more than 18,500 daily flights to 1,321 airports in 193 countries.

AIRBUS FULL OF MUSIC

The Austrian Broadcasting Corporation (ORF) as the host broadcaster and Austrian Airlines as the official carrier presented an Airbus A320 of the Austrian Airlines fleet with special lettering before the start of the Eurovision Song Contest in Vienna. In this way, the Airbus A320 with the Building Bridges branding will be a flying ambassador for the Eurovision Song Contest.

"As Austria's leading carrier and official airline of the Song Contest we want to carry this message into the world and look forward to bringing fans from all over Europe with the branded Airbus to this unique entertainment show in Vienna", says Andreas Otto, Chief Commer-

cial Officer of Austrian Airlines. For the first time in its 60-year history, the Eurovision Song Contest, the biggest TV entertainment event in the world, will be organized as a green event in accordance with the Austrian Ecolabel guidelines. The European Song Contest 2015 is an event which will prudently use resources, favour regional and sustainable products and embody barrier-free access and inclusion.

Together with Climate Austria, Austrian Airlines offers passengers flying to Vienna the opportunity to compensate for the CO₂ emissions arising from the flight by making a voluntary donation. The amount depends on the actual, average jet fuel consumption per passenger on the respective route and is directly donated to climate protection projects. More information on the Eurovision Song Contest can be found at: <http://songcontest.orf.at/>



In addition to Mauritius and Miami, Austrian Airlines is adding a further new destination to its network – Colombo, the capital city of Sri Lanka.



BRUSSELS AIRLINES OFFERS FLIGHTS FROM CRACOW AND WARSAW



Being the centre of the European political life, Brussels is also an interesting city and one of Europe's most popular tourist destinations.

Brussels Airlines offers both passengers traveling on business and tourists an excellent flight network with a lot of European cities. Flight times are perfectly tailored to the needs of business passengers, allowing them to efficiently use their travel times. Being the centre of the European political life, Brussels is also an interesting city and one of Europe's most popular tourist destinations.

SHORT AND MEDIUM HAUL FLIGHTS

The big newcomer on the short haul network is Riga. With Riga Brussels Airlines adds one of

the most attracting North European cities to its network. Riga became thanks to its impressive Art Nouveau / Jugendstil architecture, former Hanseatic town and effervescent cultural life a quickly growing tourist attraction. The capital of Latvia, Riga is the country's economic and political heart and one of the key locations of the Baltic region. Latvia will hold the Presidency of the Council of the European Union in the first half of 2015. This will increase considerably passenger traffic between Riga and the European capital. Therefore Brussels Airlines will set course six times per week in the af-

ternoon to Riga International Airport. New flights to Warsaw and Cracow will significantly facilitate communication between Poland and Belgium. The Polish capital Warsaw is served 13 times a week and the touristic city Cracow four times a week.

Brussels Airlines also offers an excellent flight network to many cities in Europe. Bordeaux, Dubrovnik, Calvia, Olbia, Ibiza, Catania, Palermo, Malta - these are just some of the most popular sunny destinations where you can now fly with the Belgian carrier. The Moroccan winter sun will be accessible more often this winter thanks to a sec-



and weekly flight to Marrakech during several winter months.

LONG-HAUL FLIGHTS

Brussels Airlines also offers a comprehensive flight schedule to many cities in Africa. Cameroonian destinations Douala and Yaoundé will get an extra weekly flight connection; starting at the end of October they will be directly connected with Brussels Airport six and five times a week. Angola's capital Luanda will be served three times instead of two times a week. Brussels Airlines will also expand its presence in East-Africa. Especially convenient are the connection offered to Nairobi, Kaligali and Bujumbura.

Don't forget about the carriers excellent offer of connections to New York and Washington.

ON BOARD & ON THE GROUND

Also on board numerous novelties are waiting to be discovered. Brussels Airlines now offers four travel options for flights within Europe: These are: Check&Go, Light&Relax, Flex&Fast and Bizz&Class. Return tickets to all destinations can be booked via brusselsairlines.com from 69 euro (Check&Go).

For the many families who travel with their kids, Brussels Airlines offers the b.family service package free of charge, which offers many advantages such as

guaranteed seats next to each other, extra luggage allowance, extra attention for the kids on board and a discount for the airport parking.

On intercontinental flights, guests can from now on watch the news thanks to a cooperation with Euronews.

This autumn, a brand new Brussels Airport lounge will open its doors at Brussels Airport, offering more comfort and a new digital experience to passengers.

FLEET

This winter Brussels Airlines operates a fleet of 8 Airbus 330 long-haul aeroplanes, 22 Airbus A 320/319 planes and 12 AVRO RJ airplanes.

Brussels Airlines offers an excellent flight network to many cities in Europe, Africa and America. There are numerous novelties waiting to be discovered on board.



MERCURE SURROUNDED BY NATURE



MORE INFORMATION AT
accorhotels.com
mercure.com
[facebook.com/MercureHotels.polska](https://www.facebook.com/MercureHotels.polska)

Mercure Gdańsk Posejdon has undergone a complete renovation and following rebranding has become the third property of the brand in the Tricity. The hotel is distinguished by its unique location in the seaside district of Gdańsk, less than 100 metres from one of the most beautiful beaches of the Baltic Sea.

IN HARMONY WITH THE PLACE

Mercure hotels are known to combine high quality of service with local history, alluding through their design and menu to the traditions of cities where they are located. The rebranded Mercure Gdańsk Posejdon features an original design inspired by two main motives. The first of them is the Main Town of Gdańsk with numerous tourist attractions and monuments of the Tricity. In the lobby you will find graphic references to shapes of typical

tenement houses of Gdańsk with its narrow facades topped with steep roofs. This element is also featured in the children's corner. One of the most distinct symbols of Gdańsk is the image of the lion. The king of animals is featured not only in the coat of arms of the city, but also on porches of houses and in numerous other architectural details. The figurine in Mercure colours was a gift from the organizers of the Festival of Gdańsk Lions. The centrally situated brand wall of the hotel is inspired by the local character of the property and Europe's largest tiled stove located in Artus Court. The individual tiles depict shapes of the most important architectural landmarks of the Main City. An additional decorative element are the fittings that imitate amber and are the second leitmotif of the design of the hotel. Amber was traded in this area as early as in the days of ancient Rome and now Gdańsk is known as a host

of large international amber trade fairs. The more we explore the hotel, the more we move away from the city's theme and see elements inspired by the unique location of the property in the seaside district. The interiors delight with details that hark back to beaches, dunes, grass and the sea. Material and colour tones in guest rooms are inspired by warm colours of amber, and sunset interwoven with the blue sea and sky. However the central element of each room is a decorative wall mural.

IN HARMONY WITH PEOPLE

Mercure Gdańsk Posejdon offers 151 guest rooms of various categories, including 24 family ones. There are also two rooms fully adapted to the needs of guests with disabilities. The hotel is a perfect proposition for family getaways, as well as smaller business events. It has six spacious and well-laid out conference rooms that together can accommodate up to 220 people.



Guests can also enjoy the property's fitness and wellness centre that includes an indoor swimming pool with sauna and steam room, a gym and attractive packages for cosmetic and massage treatments. Lazy afternoons and evenings can be spent in the hotel's fine restaurant Winestone, where you can taste good wines carefully selected by experienced sommeliers.

INTERESTING SURROUNDINGS

Undoubtedly, one of the greatest advantages of Mercure

Gdańsk Posejdon, whose re-branding process has just been officially completed, is its location in Jelitkowo – the city's recreational district. The property is surrounded by a garden and is just 100 metres from the sandy beach that is widely considered one of the most beautiful beaches in the Gdańsk Bay. Thanks to its location near a park and just 4 kilometres from the Sopot Pier, it's a perfect base for guests who value active holiday. They can, for example, enjoy a few-kilometre long bike lane that stretches

from Sopot to Brzeźno. Fans of old architecture will be enchanted with well-preserved fishing houses that date back to 18th and 19th century. Despite its secluded location, the hotel is well connected to the centre of Gdańsk the Main Town, as well as sports and entertainment halls - Ergo Arena and PGE Arena. Not surprisingly, it's often chosen by those who wish to spend their holidays at the Polish seaside and at the same time enjoy the attraction of a large tourist city with a rich history.

The interiors delight with details that hark back to beaches, dunes, grass and the sea. Material and colour tones in guest rooms are inspired by warm colours of amber, and sunset interwoven with the blue sea and sky.



SUPERFOODS WEDNESDAYS AT THE WESTIN WARSAW



SuperFoodsRx Wednesdays are also an excellent opportunity to talk about nutritious recipes.

Hotel Westin in Warsaw continues its campaign to encourage visitors and residents of Warsaw to eat healthy food. Recently the hotel has introduced to its offer so-called SuperFoodsRx Wednesdays. Every Wednesday all meals, from breakfasts to dinners, will include healthy dishes and juices prepared with SuperFoodsRx ingredients and offered at attractive prices.

More than half of the travelers surveyed by Westin has stated that they would like to eat healthy meals when they travel, while 41% of the respondents dread gaining weight during a trip. Westin hotels want to help them by launching a campaign entitled “Eat Well”, whose aim is to inspire guests to eat healthy well-balanced meals. Janusz Korzyński, the head chef of Westin Warsaw, actively promotes healthy lifestyle, so it's quite natural that SuperFoodsRx Wednesdays simply had to be introduced into the hotel's offer.

“I pay a lot of attention to what I eat and I can see how healthy diet positively influences my health. I no longer have problems concentrating, but most importantly – I'm full of energy and even after a hard day's work I always have the desire and strength to practice cycling,” says Korzyński. “Being the head chef at Westin, I obviously like good food, but with the introduction of the Wednesday offer I'd like to show our guests that healthy options don't have to be boring,” he adds.

The offer will be available every Wednesday and on that day

Korzyńska and his team will be encouraging hotel guests to savour the dishes made with SuperFoodsRx ingredients. It will also be a great opportunity to talk about nutritious meals and during breakfasts hotel chefs will share with guests great recipes for quick dishes, cocktails and snacks in SuperFoodsRx style.

There will also be a special juice kiosk in the lobby, offering freshly squeezed juices that on Wednesdays will be cheaper by 20%. Anyone wishing to share their healthy experiences from Westin Warsaw by publishing a photos on social media using #WestinWarsaw and #EatWell hastags, will get juice for half the price.

Also on Wednesdays you will have an opportunity to buy a three-course meal with a glass of wine at the special price of PLN 75. On other days the offer will be valid only for reservations through restauracjafusion.pl.

The menu features: appetizer – oriental chicken soup, shrimps, lemongrass, sesame oil, vegetables; the choice of main dish – rice noodles, vegetables, nuts, tofu, chives or corn chicken, quinoa, carrot, cherry, green pepper, and dessert – carrot cake, raspberry, orange, pomegranate.

Also on Wednesdays JP's Bar instead of cakes will offer healthy snack, such as nuts and goji berries in bittersweet chocolate.

Hotel Westin in Warsaw continues its campaign to encourage visitors and residents of Warsaw to eat healthy food. It was the first property to introduced dishes based on SuperFoodsRx ingredients, and last year launched an educational campaign under the slogan "Eat Well" with which it educates and encourages guests to a healthy diet. There is also a kids menu that comprises eight spectacular dishes created and tested by children, including the biggest picky eaters.

For more information regarding the offer, please visit westin.pl.



More than half of the travellers surveyed by Westin has stated that they would like to eat healthy meals when they travel.



HOTEL PIWNICZNA SPA&CONFERENCE



Handcrafted pieces of beauty instead of typical washbasins, ethnic patterns on the building's façade and under the ground the luxury HedoniSPA. These are some of the highlights of the newly opened 4-star ethno hotel in Piwniczna Zdrój, where each day at breakfast guests can enjoy fresh home-made bread.

Piwniczna SPA&Conference is Poland's first ethno boutique hotel which combines folklore elements with elegant minimalism. Its décor and colour tones draw inspiration from the rich culture of the Black Highlanders who live in Piwniczna.

IN SHEEP'S CLOTHING

Everyone who arrives at the property will soon find out that the area is renowned for its sheep farming. The themes used in the hotel refer to wrzosówka sheep which is a typical species bred by Lemko people – the indigenous inhabitants of Beskid Sądecki. It's also one of the symbols of the region, and no wonder it's present in the coat of arms of Piwniczna-Zdrój.

"Sheep themes are ubiquitous in the hotel, both in its décor

and the hotel restaurant Czarna Owca, which serves dishes prepared with the use of sheep products," says Marzena Oles, Brand Manager of the hotel. The property is also prepared to host various business events: conferences, training and integration trips. It has two modern, fully equipped conference rooms.

MADE BY FOLK

Each guest room in Piwniczna hotel is simply unique. In some of them the décor is dominated by folk tones, in others by natural materials such as wood and leather. As for sheep wool, you will find it in form of carpeting in one of the suites.

"The whole is the result of experimenting with the form and colour," explains Peter Barczak, the author of the design.

MECCA OF HEDONISTS

The hotel has been designed for those who love pleasures of life and HedoniSPA is a real essence of pleasure. The first zone in the glow of the fire there are swimming pools (including one filled with water from the Dead Sea) and three four-metre waterfalls. The second zone comprises a complex of saunas, baths, thermal baths, gradua-

tion towers, special bathtubs, icefalls, wells and an amazing shower experience. The place also hosts popular sessions and sauna nights during which sauna-masters spread around fragrant aromas, fan guests with sheepskin, throw snowballs and condense water with the use of birch twigs. There are sessions with folk music and Slivovitz, iced chocolate, fruit sorbets or... meditation.

BEACH HOTEL IN THE MOUNTAINS

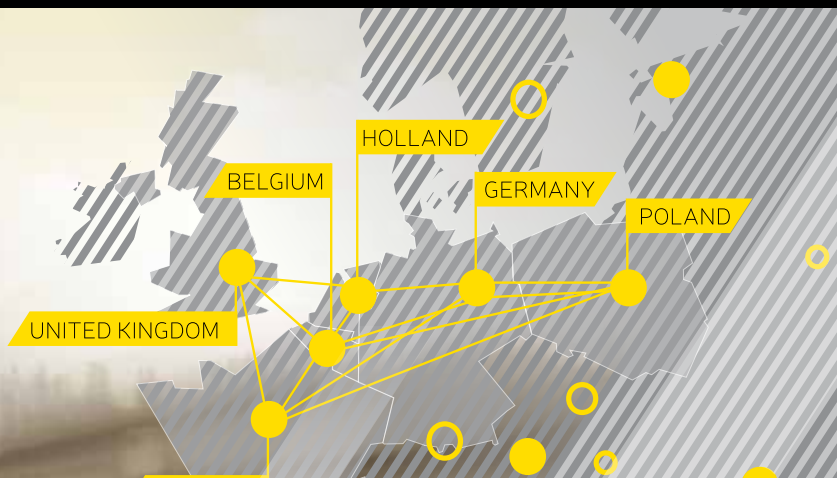
In summer guests of the hotel can soak up the sun on a beautiful sandy beach. There are also bikes, quads, as well as SUP boards and hovercraft that can be used on the rapid waters of the Poprad river. During winter the hotel is an excellent base for skiers. A short walk away from the hotel is one of the most modern ski stations in Poland, Dwie Doliny Muszyna-Wierchomla, where guests are transported by free shuttle bus. The enthusiasts of real thrill can ride here snowmobiles that are also provided by the hotel.

Hotel Piwniczna SPA&Conference Rezerwacje/
PROMOCJE: +48 18 262 06 06
www.hotelpiwniczna.pl

Piwniczna SPA&Conference is Poland's first ethno boutique hotel which combines folklore elements with elegant minimalism.

Its décor and colour tones draw inspiration from the rich culture of the Black Highlanders who live in Piwniczna.

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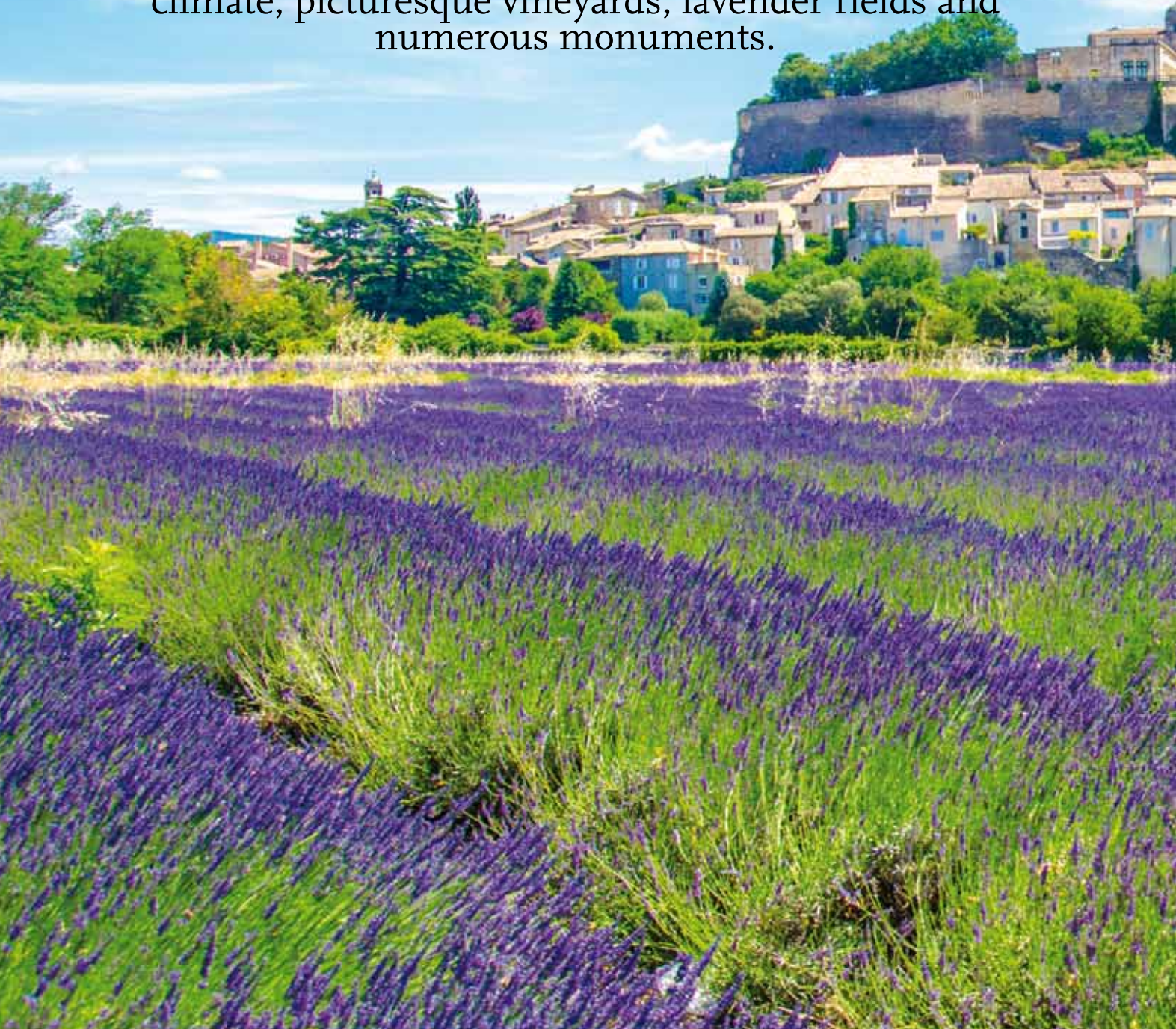
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5 IDEAS FOR THE PROVENCE REGION

Provence, reaching into the sea from Marseille up to Camargue, stretching to Verdune ravine in the east and Mont Ventoux in the north – is a perfect holiday destination. It's a place with great landscapes, warm climate, picturesque vineyards, lavender fields and numerous monuments.





W

hen you think of Provence, you usually see stone villages on hills, terraced vineyards, the incredibly blue sky, wind-swept coasts, local delicacies and rosé wine. Made famous by the impressionists such as van Gogh, Cézanne, Picasso, popularized by Peter Mayle's books, it offers today everything you could only dream of. Here are five Provençal cities Provençal towns that stand out with their history and style.

MARSEILLE MEDITERRANEAN RHYTHM

This summer you should definitely visit the oldest city of France that is famous for its Vieux Port and the local anisette called pastis. This, however, isn't the only reason for a trip to Marseille. When in the city you simply must take a short stroll along the

Corniche Boulevard, which connects the city centre with Prado and Pointe-Rouge beaches, as well as with wild coves with turquoise water, which were classified as a National Park in 2012. You can also take a boat trip to the castle of If, which was one of the settings of Alexandre Dumas' adventure novel *The Count of Monte Cristo*. Since 2013, when Marseille was the European Capital of Culture, the city can boast several new, remarkable buildings. One of them is MuCEM (Museum of European and Mediterranean Civilisations), designed by Rudy Ricciotti and Roland Cart.

ARLES - UNESCO HERITAGE

Arles is the third most populous city in the department of Bouches-du-Rhône and is listed on three different World Heritage Site lists. It has primarily been appreciated for its

historical centre that includes Roman and Romanesque monuments. Other highlights of the city include the pilgrimage route Santiago de Compostela as well as old roads to Rome and Jerusalem. Nearby Camargue is a member of the global network of biosphere reserves. Arles is the gateway to the Camargue, the delta of the Rhône river. It's here where Vincent van Gogh created more than 300 paintings and drawings within just 15 months. The city was also inspiration for such artists as Gypsy Kings, Christian Lacroix or the photographer Lucien Clergue.

AVIGNON MORE THAN JUST DANCE ON THE BRIDGE

Formerly known as the city of the popes, today it's a lifestyle destination in the south of France. You definitely need to see here the Papal Palace – the residence dating back



It's in Arles where Vincent van Gogh created more than 300 paintings and drawings within just 15 months. The city was also inspiration for such artists as Gypsy Kings, Christian Lacroix or the photographer Lucien Clergue.

Nowy Jork

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potem już prosto!**

Nowy Terminal - nowe możliwości

Blisko świata



**LOTNISKO
CHOPINA
WARSZAWA**



Provence

ON THE GO

Worth seeing

● L'OCCITANE, the famous cosmetic brand founded in 1976 by Olivier Baussan, has its factory in Manosque - 50 km north of Aix-en-Provence. The company is strongly committed to the community of its native land - the Alps de Haute Provence. You can visit the factory and the museum from Monday to Saturday, 10 am – 7 pm.

Getting there: A51 motorway; loccitane.com

Where to stay?

● Baumaniere, Les Baux-de-Provence-Spa: 5 stars, 56 rooms in five buildings located in the fabulous Provencal garden.

2 gourmet restaurants: La Cabro d'Or and L'Oustau de Baumaniere - with 2 Michelin stars; maisonsdebaumaniere.com

● Hotel Le Cloitre, Arles; hotelduclotre.com

● Hotel Jules Cesar, Arles; hotel-julescesar.fr

● Relais & Chateaux Le Couvent des Minimes Spa by L'Occitane, Manes; couventdesminimes-hotelspa.com

● Hotel la Residence du Vieux Port, Marseille; hotel-residence-marseille.com

to 15th century with its 25 chambers. The city is also well-known for its Pont St. Benzet bridge built on the Rhone in the 13th century. Until today only 4 of its original 20 spans have been preserved. Every day, from 12 August to 3 October 2015, the Papal Palace will host an evening light and sound show. Avignon is also the perfect place to explore the Provencal gastronomy. Award-winning chefs working in charming restaurants scattered around the city, prepare here traditional and innovative menus full of delicacies.

NICE THE ART OF LIVING

The capital of the French Riviera - the creative, dynamic and cosmopolitan Nice, in recent years has thrived economically and culturally. The city is a symbol of the Mediterranean art of living, boasting a varied gastronomy, and is considered to be the second best French city in terms of number of museums and art galleries. It's worth visiting if only to take a stroll along the famous Promenade des Anglais, which gently follows the curve of one of the world's most

beautiful bays – la Baie des Anges – the Bay of Angels. You can also take a hike along the natural trail, recently created in a 12-hectare park located in the heart of the city.

AIX-EN-PROVENCE – THE HEART OF THE REGION

This historical capital of Provence, which boasts a cornucopia of great architecture, was called in the 18th century “the Little Versailles”. You can't drive through the town and not see its baroque town hall and the nearby Saint-Sauveur Cathedral whose foundations date back to the fifth century AD. Opposite is the former Faculty of Law where studied Paul Cezanne. You might also want to stop by in the district of Mazarin where the Granet Museum is situated. The collection of the museum includes 300 paintings, drawings and sculptures of impressionists and other artists. Fans of paintings by Paul Cezanne – one of the most important figures in the history of the city, can follow a special trail to visit the districts and places where the artist lived and worked. cezanne-en-provence.com.

Marzena Mróz



Nice is a symbol of the Mediterranean art of living, boasting a varied gastronomy, and is considered to be the second best French city in terms of number of museums and art galleries.

WŁOCHY



CASTELLARO: CHWILA WYTCNIENIA

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 korzystania 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

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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 wędrowniki 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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TROPICAL TRAILS

Singapore may not be a typical wildlife or walking destination, but **Michele Koh Morollo** reveals a city with a wealth of green spaces, each with their own character.

While most travellers know Singapore as an urban jungle of skyscrapers and mega-malls, there is another side to the city that allows you to step away from the bustle and reconnect with nature. If you have some spare time and are looking to stretch your legs, get some fresh air or enjoy the country's biodiversity, then these spots are well worth exploring.

PULAU UBIN

This 10 sq km boomerang-shaped island to the north-east of Singapore is home to one of the last kampongs (traditional Malay-style rural village) in the country. Exploring it is like travelling back in time to the Singapore of the 1960s. There are still plenty of villagers living here, and many still rely on subsistence farming and fishing, wells for their water supply and diesel

generators for electricity. Pulau Ubin was once a granite mining area that contributed to the livelihood of a few thousand settlers, so the terrain now comprises a series of undulating granite hills. Abandoned quarries create dramatic landscapes, while secondary forests and grasslands imbue the island with an unexpectedly wild frontier spirit. When you get off the boat at Ubin Jetty, head west and you'll arrive at Ubin Town, where



you'll find bike rental shops and stalls selling tasty barbecued meat skewers.

Stop for a snack, washed down by a fresh coconut juice, before exploring the island. Look out for the large stage in the centre of the town, where traditional performances of wayang – classical Javanese shadow puppetry – and Chinese opera have been regular fixtures for many years. The nearby Tua Pek Kong temple next door is also worth a visit. If you want to get some exercise, walk or cycle along the peaceful roads lined with swaying coconut palms. To get a good 360-degree perspective of island life, join the Pulau Ubin Tree Trail, which will take you through old rubber and coconut plantations, past candlenut and attaps, and the home of a former village leader, before end-

ing at a Tudor-style heritage house. Alternatively, bring a book and a towel and simply unwind on one of the secluded beaches.

On the eastern tip of Pulau Ubin are the Chek Jawa Wetlands (open 8.30am-6pm daily; free entry), which are about a 40-minute hike from Ubin Jetty. This 100-hectare nature reserve encompasses a rich diversity of wildlife among its mangrove swamps, sandbars, coral reefs, coastal forest and seagrass lagoon, including pipefish and seahorses, monitor lizards, kingfishers, and even wild boar. Peer over the 1km-long boardwalk to look out for starfish and crabs – and maybe even a glimpse of coral.

● **How to get there** Head to Changi Village bus terminal, which is served by bus services 2, 29, 59 and 109, and then walk 100

metres to the ferry terminal. From there, you can take a ten-minute “bumboat” ride (S\$2.50/£1.25) to Ubin Jetty. The vessel goes whenever it has a dozen passengers.

Ideally, start your journey in the morning and catch an early evening ferry back to the main island.

KRANJI COUNTRYSIDE

Beside the Kranji Reservoir lies Singapore's last agricultural bastion. Kranji Countryside, in the north-west corner of the island, is a place where visitors can enjoy a small collection of farms, fisheries and historical sites, and experience an almost forgotten way of life.

Since the 1960s, rapid urban development has replaced much of the country's arable



Pulau Ubin was once a granite mining area that contributed to the livelihood of a few thousand settlers, so the terrain now comprises a series of undulating granite hills.

land. As a result, only 1 per cent of the island nation's 710 sq km area is used for farmland today, with agriculture accounting for just 1 per cent of labour activities.

To conserve and raise awareness of this small but precious aspect of Singapore's heritage, a group of farmers formed the Kranji Countryside Association to promote local agriculture and environmental sustainability.

Their efforts have transformed the Kranji Countryside into a leisure and educational hotspot where you can learn about farming practices, enjoy good food and purchase produce at the quarterly farmers markets. Give yourself at least half a day here, as there is plenty to see and do.

There are close to 40 organisations at Kranji, including koi carp fisheries, farms that specialise in breeding frogs and crocodiles, orchid nurseries, agro-technology firms, dairies and organic vegetable growers. A dozen or so are open to the public (visit kranjicountryside.com for details).

Other places worth a stop include Bollywood Veggies' Poison Ivy Bistro (tel +65 6898 5001; bollywoodveggies.com), which serves up wholesome farm-fresh food such as delicious homemade banana bread.

The Sungei Buloh Wetland Reserve (open 7am-7pm daily; sbwr.org.sg) encompasses 130 hectares of mangroves, mudflats and rainforests, and is rich with wildlife, including endangered migratory birds such as the masked finfoot and Nordmann's green-shank.

Thinking of spending the night in the area? Check into the D'Kranji Farm Resort (dkranji.com.sg), which provides cosy villas with balconies, a "fishing village" offering prawn catching for S\$18 (£9) an hour, and the Swiflet Garden Museum, where you can learn about the famous edible bird's nest – a prized Asian delicacy.

For history buffs, the Kranji War Cemetery honours the thousands who died in the line of duty during the Second World War. This peaceful hilltop cemetery (open 7am-6.30pm daily; cwgc.org) has the names of nearly 4,500 individuals from all over the Commonwealth inscribed upon its graves.

● **How to get there** Take the MRT train to Kranji station, then catch the Kranji Countryside Express bus for S\$3 (£1.50).

MACRITCHIE RESERVOIR PARK

A well-loved destination among Singaporeans, MacRitchie Reservoir Park (open 7am-7pm daily; free entry) is a slice of serenity in the heart of the city-state. Constructed in 1867, it was Singapore's first manmade wa-

ter supply, built in response to the island's growing need for fresh water.

It is a popular spot for walking, kayaking, picnics and marathon training sessions and is equipped with showers, lockers, food kiosks and eateries.

Enjoy a bird's-eye view of the tropical rainforest from the 250-metre high Treetop Walk – a freestanding suspension bridge between the park's two highest points. Look out for squirrels, long-tailed macaque monkeys grooming their young, monitor lizards, and even flying lemurs and owls.

Fuel up on local favourites such as laksa or beef stew at Mushroom Café (tel +65 6254 7975), or enjoy a cocktail at Vava Bistro (tel +65 6353 3220;).

● **How to get there** Several buses stop on Lornie Road in front of the park. If you are departing from Orchard Road, take bus 132 or 167. Marymount or Caldecott MRT stations are the closest.

THE SOUTHERN RIDGES

The Southern Ridges is a 10km-long channel that connects a handful of green spaces, including Mount Faber Park, Telok Blangah Hill Park, Hort Park, Kent Ridge Park and Labrador Nature Reserve (many of which

are open 24 hours and well lit at night time). Hiking its full length is a great way to enjoy panoramic views of the city, harbour and Southern Islands. Henderson Waves, the highest pedestrian bridge in Singapore, connects Mount Faber Park to Telok Blangah Hill Park and is eye-catching not only for the spectacular views it provides but also its unusual wave-patterned structure.

The entire Southern Ridges walk takes up to five hours to complete, from Mount Faber Park to Kent Ridge Park, but there are shorter options. Eight trails take you through the various parks, each of which has its own character.

At the top of Mount Faber is the Sentosa Island cable-car station, and an entertainment and leisure complex called Faber Peak Singapore with restaurants, gift shops and viewing decks. Telok Blangah Hill Park was once a gathering place for trading communities, which flourished here in the early 19th century.

A symbol of the prosperity at that time is Alkaff Mansion, a regal colonial bungalow built by an Arab trader, which now serves as an event venue. Get a DIY foot massage as you walk on the reflexology footpath here, or simply enjoy a superb vista of the city from

the park's Terrace Garden. Hort Park is a one-stop-shop for everything related to gardening, with interactive displays and regular horticultural events. The adjoining Kent Ridge Park has a total of 20 fitness stations, as well as various lookout points. It is also home to tembusu and acacia trees, many exotic species of birds and insects, and even wild orchids.

On the eastern side is a pond teeming with turtles and koi. Nearby lies the site where one of the last battles to defend Singapore during the Second World War was fought – the Reflections Bukit Chandu Museum (nhb.gov.sg) tells the story.

In Labrador Nature Reserve, you can hear the songs of 70 different bird species, including oriental magpie-robins and black-naped orioles, and maybe catch a glimpse of one of 30 species of butterfly that live here.

Take a walk along the Berlayer Creek Mangrove Trail and the foothill of Bukit Chermin Boardwalk to observe this spectacular coastal habitat, or examine various remnants from the war, such as artillery pieces and secret tunnels. Hungry? Tamarind Hill Restaurant (tel +65 6278 6364; tamarindrestaurants.com) serves exquisite Thai food.

The entire Southern Ridges walk takes up to five hours to complete, but there are shorter options. Eight trails take you through the various parks, each of which has its own character.





FLAVOURS OF GREECE

It's simple, healthy and brings to mind a sumptuous table. It's also full of good olive oil, yogurt, vegetable, herbs, cheese, meat, fish and seafood. All this washed down with the local, often home-made wine. Greek cuisine is all about joint feasting.

Greeks claim that sweet makes us happy, so they start their day with biscuits, pancakes with jam, and yoghurt sprinkled with nuts and fresh fruit. The breakfast is small and the most substantial element of it isn't food, but coffee prepared in a small crucible called briki. You pour into it little water and add a teaspoon of finely ground coffee with sugar. When the concoction is close to the boiling point, the crucible is removed from the stove, coffee is stirred thoroughly and re-heated. This operation is repeated twice.

NIGHT FEAST

You can learn about the richness of local flavours at dinner, which is a key meal for Greeks. They begin to feast at 9 pm and often leave the table in the middle of the night. All starts with meze, appetizers served on small plates. These may include deep-fried slices of courgettes in batter, grilled eggplant, marinated seafood, smoked meat and sausages, feta cheese with olives and tomato fritters.

The starters are usually accompanied by tzatziki sauce, which is well-known event to gourmets who have never been to Greece. It

is based on yogurt, which must be thick and made from sheep's and goat's milk. Other ingredients are fresh cucumber, garlic, salt, pepper and olive oil.

For the main course Greeks like to eat meat, mostly of young animals, such as calves, lambs, kids and piglets. They are prepared in countless ways: as stews, kebabs, meat casseroles or stews.

HORIATIKI – ONLY IN GREECE

Greece cuisine is also renowned for its salads. One of the most popular is of course the Greek salad. The recipe sounds familiar: cut tomatoes into wedges, add cucumbers, peppers, onion, dark olives with stones, bits of feta cheese, salt and oregano. Then sprinkle the ingredients with the best olive oil. But recreating the salad outside Greece isn't easy. Its taste is not only hidden in tomatoes or cucumbers that ripen in the Mediterranean region, but also in cheese. Genuine feta is made from sheep's or goat's milk and must be produced in Greece.

DESSERT: HONEY AND NUTS

Greek dinners end with sweet desserts, usually with the addition of Greek honey, which is considered one of the best in the world.

Almost every tavern serves here baklava – thin layers of filo dough made from flour, olive oil and water and filled with walnuts, almonds and honey. The whole thing is prebaked and sprinkled with syrup, which may include honey, rosewater, or orange flower water.

IN THE LAND OF WINE

Greece is also a land of wine. As much as 20 per cent of all Greek wines (mostly red and dry) is made on the island of Crete. Cephalonia, in turn, produces the famous white Robola wine. Central Greece is the main producer of retsina, a popular golden Greek flavoured wine made with the addition of the Alpine pine resin. Retsina fans believe that it tastes like wine that was drunk in ancient Greece. Peloponnesians are especially fond of nemea wine, which is popularly called "the Blood of Hercules". It's intensely red and pairs well with meats with gravy. Finally, a word about the liquor that is a particularly pleasant companion for long evening conversations. Ouzo is vodka with aniseed flavour, usually served with water in a separate glass. It's meant to be sipped slowly to enjoy its taste. Well, how else would you be able to savour true tastes of Greece?

ODKRYJ SEKRET **WIELKICH** GRECKICH WAKACJI



NAJWIĘKSZY WYBÓR
SŁONECZNYCH GRECKICH
PLAŻ

SKOPELOS KRETA WSCHODNIA **ITAKA**
ATTYKA **CHALKIDIKI** **SKIATHOS**
RODOS LESBOS **LEFKADA** SANTORINI
MYKONOS KRETA ZACHODNIA
RIWIERA OLIMPU ZAKYNTHOS KORFU
KEFALONIA **KOS** **PELOPONEZ**

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SOUND OF THE CITY

Seattle's picturesque setting, legendary musical heritage and great coffee make it an excellent place to explore, says **Philip Watson**

On the observation deck of Seattle's best-known attraction, the Space Needle, there is a series of large screens that encourage you, somewhat enigmatically, to "Explore the Zoomable City".

Tap on the "Famous in Seattle" menu at the top of the screen and the impressive panoramic view of the city will zoom in to more specific locations.

You sweep down to the houseboat on Lake Union where Tom Hanks lived in *Sleepless in Seattle*; to an apartment building near Kerry Park that might have been *Frasier*'s fictional home; to nearby Fisher Plaza, an office complex used for exterior shots of the hospital in *Grey's Anatomy*; and, inevitably,

to downtown's Escala tower, site of Christian Grey's penthouse and "Red Room" in *Fifty Shades of Grey*.

SEATTLE AS YOU KNOW IT

The virtual journey makes you realise that, not unlike some other US cities, you know quite a lot about Seattle even before you've been there. It's that sense of familiarity and discovery that makes a weekend in the city such a worthwhile business add-on.

The Space Needle (400 Broad Street; open 10am-9.30pm Mon-Thurs, 9.30am-10.30pm Fri-Sat, 9.30am-9.30pm Sun; US\$19 online; spaceneedle.com) is an ideal place to get your bearings, and to appreciate that the sprawling city of 3.6 million is actually in

an extraordinarily beautiful natural setting. Built for the 1962 World's Fair, its glass-walled lifts ascend to the 160-metre open-air observation deck in 43 seconds; from there, you can enjoy stunning views over the surrounding city, harbour, bays, lakes, sounds, islands and mountains.

Look west and it comes as some surprise to register that Seattle is almost 160km inland from the Pacific; the distant view is of the mountains and ridges of the vast Olympic National Park. Look south-east and, if you're lucky, you'll see all the way to the magnificent snow-capped dome of 4,392-metre Mount Rainier, the "Big Daddy" of the long and part-volcanic Cascade Range that provides a dramatic backdrop to the city.



MUSIC AND SCI-FI

The Space Needle's promotional blurb boasts "If you see one thing in Seattle, see everything!" – and it's certainly fun to travel there from downtown on the mile-long monorail, or dine in its revolving restaurant, especially at sunset.

But there are elevated alternatives. While it may not be as pretty, the Columbia Centre, the tallest skyscraper in the city, has a 73rd-floor "Sky View Observatory" that, at 275 metres, is significantly higher (701 Fifth Avenue; open 10am-8pm; US\$14.25 from May 1; skyviewobservatory.com). There is also a Starbucks on the 40th floor open on weekdays.

Still, visiting the Needle also allows you to catch other attractions in the surrounding 30-hectare Seattle Centre complex. The Pacific Science Centre (open 10am-5pm, Sat-Sun 6pm; US\$19.50; pacificsciencecenter.org), for example, houses a tropical butterfly house, planetarium, two IMAX cinemas and hundreds of interactive exhibits.

Best of all, perhaps, and probably more definitively Seattle, is the EMP Museum (open 10am-5pm; US\$20 online; empmuseum.org). Housed in a curved and concertinaed aluminium and stainless steel-clad structure designed by Frank Gehry, it celebrates the city's many and various contributions to global music, sci-fi and popular culture.

You could spend hours inside the lively 13,000 sqm museum, strolling between permanent displays such as the Guitar Gallery, with its extensive range of vintage and iconic guitars from the 1770s to the present day, to temporary exhibitions largely devoted to such local heroes as Jimi Hendrix and Nirvana (the latter even has the first guitar Kurt Cobain smashed on stage). Those inspired by the musical energy and do-it-yourself ethic at the EMP Museum could do little better than to hit the city's vibrant music scene (EMP, after all, stands for "Experience Music Project"). There are numerous live venues catering to every taste – try the legendary Showbox near

Pike Place Market (1,426 First Avenue; showboxpresents.com) or hipster Neumos up in Capitol Hill (925 East Pike Street; neumos.com) for rock and alt-rock, or the Tractor Tavern (5,213 Ballard Ave NW; tractortavern.com), in the easy-going northern suburb of Ballard, for more traditional Americana sounds.

Jazz fans should head downtown to Dimitriou's Jazz Alley (2,033 Sixth Avenue; jazzalley.com) or Tula's (2,214 Second Avenue; tulas.com). Independent newspaper The Stranger has weekly listings (thestranger.com), and the easiest way to get around the city by bus, train and ferry is to buy an ORCA travel card (orcacard.com).

Music, you soon appreciate, is the lifeblood of Seattle. Songs seem to be playing everywhere, from every hip café and cultured coffee house to cavernous yet reassuringly busy record shops such as Everyday Music in Capitol Hill (1,520 Tenth Avenue) and Bop Street Records in Ballard (2,220 NW Market



Coffe breaks

GOOD ADDRESSES

● **Starbucks** It's hard to avoid the coffee giant in its hometown, but two outlets worth seeking out are the "original" Starbucks café at 1,912 Pike Place, which opened in 1971 and retains its original modest frontage, and the vast new Starbucks Reserve Roastery and Tasting Room in Capitol Hill.

This feels more like a cross between a post-industrial nightclub and a factory designed by Heath Robinson (or Willy Wonka) than a traditional coffee bar. 1,124 Pike Street; roastery.starbucks.com

● **Caffé Vita** Famed since 1995 for its farm-direct beans and small-batch coffee roasting, resolutely independent Caffé Vita is a long-running Capitol Hill institution. Grungy interior; cool baristas; great coffee. 1,005 East Pike Street; caffevita.com

● **Zeitgeist Coffee** An arty and airy warehouse-type space serving fine coffee, pastries and sandwiches, Zeitgeist is a perfect stop-off if you're exploring the quirky galleries and shops around historic Pioneer Square. 171 South Jackson Street; zeitgeistcoffee.com

● **Bauhaus Books and Coffee** Funky Bauhaus is another popular Capitol Hill spot offering excellent strong coffee, books, views of the Space Needle, and "ding dongs" – chocolate cakes with a creamy white centre.

There is also a branch in Ballard (2,001 Northwest Market Street). As it says on the Bauhaus website: "Awesome coffee, quintessential Seattle vibe." 414 East Pine Street; bauhaus.coffee

Street) – the latter claims to have more than 500,000 vinyl records in stock.

Downtown, the buzzing music-themed Hotel Max (620 Stewart Street; hotelmaxseattle.com) has an entire floor dedicated to legendary record label Sub Pop.

CITY OF GIANTS

Even Seattle-Tacoma International airport has got in on the act with a recent scheme that promotes music throughout its terminals, via videos, a web radio player, and local acts playing daily.

The airport initiative seems the perfect embodiment of a certain Seattle vibe – a mix of the corporate and independent, of big business and progressive politics. Seattle, after all, is at once home to the headquarters of Amazon, Microsoft, Boeing Commercial Airplanes, Starbucks, Nordstrom and Expedia, and to countless artisan food producers, microbreweries and tattoo parlours.

It's the city of Bill Gates and Irish Catholic gay mayor Ed Murray, and of shops selling fine estate wines and recreational (legalised) cannabis. It's relaxed, liberal, cultural, unpretentious and Democrat-leaning, yet pragmatic and hard-working too.

You rapidly detect that in Seattle there is always an alternative way to experience the city. The one-hour Argosy Cruises Tour (1,101 Alaskan Way/Pier 55; US\$23; argosycruises.com) is a fine and informative way to see the harbour, port and cityscape from the water, but if the incessant running commentary ("So, who's ready to have some fun?") is not to your liking, you can always

opt for the peaceful 35-minute ferry ride across Elliott Bay to beautiful Bainbridge Island (801 Alaskan Way/Pier 52; US\$8 round-trip; wsdot.wa.gov).

If the revitalised Capitol Hill neighbourhood, just north of the city centre, seems too self-consciously trendy – although it's worth visiting for the Elliott Bay Book Company store alone (1,521 Tenth Avenue; ElliottBayBook.com) – then head to historic Georgetown, home to cafés, galleries, vintage emporia and weekend-only "restaurant/microfarm/oasis" the Corson Building (5,609 Corson Avenue South; thecorsonbuilding.com); or the more edgy and upcoming Belltown district, especially the bars and restaurants along Second Avenue.#

Frequent travellers, meanwhile, shouldn't miss the fascinating Museum of Flight (9,404 East Marginal Way South; open 10am-5pm; US\$20; museumofflight.org), 8km south of the city (past Georgetown).

Located beside the huge Boeing Field cargo airport, it houses more than 150 classic and modern planes, a space gallery, and an airpark where you can climb aboard a 1978 Concorde, a presidential 1958 Boeing Air Force One, and a 2009 B787 Dreamliner, the third ever built.

In the Great Gallery, there are also four state-of-the-art flight simulators that, for an additional US\$15, allow you to test out one of nine wartime modern jet aircraft. A nearby display board enthusiastically urges you to "Choose Your Thrill". Much like Seattle itself.

Check out citypass.com for savings on admission prices if you're visiting multiple attractions.



No doubt that music is a driving force for Seattle. You can hear it almost everywhere.



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EYE IN THE SKY

Unmanned aerial vehicles are already deployed in the fields of security, conservation and even courier services. **Caramel Quin** discovers they are also quite good fun.

The word “drone” has had bad press ever since the military started equipping them with missiles. But don’t be put off.

Drones – or unmanned aerial vehicles (UAVs) – are becoming an essential piece of kit across a range of industries. By attaching a small camera and controlling it with a remote (or smartphone), dangerous or hard-to-reach places become accessible.

This makes them ideal for making movies and documentaries, covering sports events, and in news reporting. They can also take stills – great for real-estate photography or capturing outdoor music festivals.

But they aren’t just for the media and creative industries. Police and security forces can patrol the streets virtually – drones are due to be deployed in Delhi as airborne CCTV cameras; farmers can use them to

check the progress of their crops; geographers can map areas quickly and affordably; and scientists can investigate contaminated sites safely.

In Indonesia, naturalists are using UAVs to study endangered Sumatran orangutans. DHL uses drones to deliver urgent packages to the North Sea island of Juist, 12km from mainland Germany. And MIT is developing a flying machine



that can deliver vaccines to remote locations. In March, Amazon CEO Jeff Bezos said UAVs could deliver packages weighing up to 2.3kg within a ten-mile radius of distribution centres.

However, as with all new technologies, there are concerns. These are largely about privacy (from the state, corporations and paparazzi) and safety – from terrorism to poor piloting near airports. Right now, lightweight drones can be flown for fun legally in the UK without permission (see box below). But after a reported near miss at Heathrow last summer, there is an argument for further regulation.



In all conditions

DJI PHANTOM 2 VISION+

Price: £940, dji.com

A drone with true GPS stabilisation, the Phantom knows precisely where it is at any time, so if a gust of wind blows it off course, it can automatically correct. In 25mph gusts that would blow budget drones off course, the Phantom will simply hover. This is really useful in all weathers – you can relax and pilot it smoothly, without constantly making tiny adjustments. Plus, it offers smooth video footage. Its built-in camera shoots 1080p (high definition) video at 30 frames per second and takes 14-megapixel pictures. The camera is mounted on a gimbal (an electronic stabiliser), which ensures the steadiness of the camera on three axes. It's piloted by an iOS or Android app via wifi and has a 25-minute battery and "return home" mode. For £999, you can also buy it bundled with a second battery for twice the flying time.



All automatic

LEHMANN AVIATION LA100

Price: €860, lehmannaviation.com

Drones aren't always quadcopters. Some have more than four rotors, and some aren't copters at all.

The LA100, Lehmann's most affordable drone, is designed to carry a GoPro camera mounted either forwards or downwards. You launch it by hand and then flight is fully automatic, capturing professional quality aerial photography and film within a 500-metre radius of the launch site.

No piloting skills are required because you don't pilot it – the aircraft follows a pre-programmed flight path for five minutes and then returns autonomously, gliding in circles around you and then touching down softly on the ground. It can cope with winds of up to 20mph.

If you'd rather be in control, pricier models from Lehmann let you design your own flight path on a Windows 8 tablet or phone.

Crazy acrobat

PARROT ROLLING SPIDER

Price: £90, parrot.com/uk

This tiny indoor or outdoor drone is essentially a toy, but for the price it's a fun introduction to the world of UVA flying.

It's ridiculously small, weighing only 55g and fitting on the palm of your hand. It can flip and loop with ease, and comes with big plastic wheels that attach to the sides, so it can roll along walls, ceilings and floors.

Plus it has a unique "free-fall take-off" mode – drop it and it simply starts flying. A camera on the underside captures 0.3-megapixel snaps. The range (Bluetooth) is 20 metres and flight time is up to eight minutes.



In the lens

PARROT BEBOP

Price: £430, parrot.com/uk

The latest of Parrot's hugely popular and affordable drones, Bebop is lightweight and has a built-in 14-megapixel camera with a fisheye lens. This can capture images within a 180-degree field without distorting the horizon like some action cameras. You control the tilt of the camera independently of the drone's movements. The unit has a range of sensors (accelerometer, gyroscope, magnetometer, ultrasound and pressure sensors) for a smooth ride but lacks the GPS stabilisation of more expensive models. The signal range is 250 metres and flight time is just 22 minutes – delivered via two batteries, offering 11 minutes' charge each.



ADVICE FOR BUYERS

Drones make great toys – you can create spectacular selfies, take bird's-eye shots of your own home and more. Some also offer First Person View (FPV) – live in-flight footage.

Andrew Griffiths, managing director of Droneflight, says GPS is the standout feature. “Older or cheaper drones have a gyroscope, so they just know which way is up,” he says. “They move with the wind. But drones with GPS can auto correct, so even on a windy day they can hover. It makes a big difference. With cheaper drones, you constantly have to make tiny corrections.”

Other notable features include “follow me” capabilities (watch out for potential obstacles), and a “return home” button that automatically pilots the drone back to you. It's also worth looking at the flight time – some smaller drones have batteries that last only a few minutes.

There are alternatives to the classic quadcopter, too. Some have more rotors, others are basically unmanned planes.

“The choice depends on application,” Griffiths says. “A quadcopter is accurate, it stays where you leave it, and can take off and land in small spaces. But to stay in the air for a long time you need the efficiency of a wing.”

ESSENTIAL ACCESSORY

GoPro is the go-to brand for action cameras – pretty much any drone that doesn't come with its own onboard camera will have a GoPro compatible mount.

The advantage of adding a separate camera is that you can pop it off your drone and use it to film all your other exploits – mounts are available to attach it to your helmet, chest, surfboard... even your dog. There are two versions of the latest GoPro Hero4 action cameras. Black (£400) offers 4K ultra-high definition film at 30 frames per second and 1080p at 120 frames per second, while Silver (£330) offers 1080p HD footage at 60 frames per second but comes with a touchscreen – handy for lining up non-drone shots. gopro.com



Parachute on board

HUBSAN X4 PRO

Price: US\$1,399, hubsan.com

Hubsan is better known for toy drones, but this new model promises serious features as well as a beginners' mode. Novices can learn the basics in five minutes and program the drone via Google Maps, whereas experts can control everything manually, including the camera gimbal. It is GPS stabilised and boasts a 40-minute flight time and high-definition video. The remote control is Android-based with a touchscreen. You can see your drone's waypoints on a map and watch video footage from it at the same time. There's also a simpler OLED screen displaying text, so if the Android OS crashes, you can still see stats and decide whether to land it or tell it to return home. There's even a built-in parachute which is automatically deployed if things go completely wrong.



For special missions

3DR AERO-M

Price: US\$5,400, 3drobotics.com

Fly this aeroplane-style mapping drone for an incredible 40 minutes, across 1 sq km. It comes with a Canon digital camera that shoots 12-megapixel aerial photos geo-tagged with location data, and 1080p video. (You can also load it with other specialist cameras.) Use the supplied Pix4Dmapper software to stitch together your images for a stunning level of detail, where each pixel represents 5cm on the ground, good for large-scale operations such as farming, construction and conservation.

The Aero-M flies autonomously, but unlike the LA100 you are in control – you program the area you want to cover and software plans its flight path and landing in advance.

The most fun part, though, is launching because you do this manually: like a giant paper plane with a two-metre wingspan.



Personal drone

3DR IRIS+

Price: US\$750, 3drobotics.com

The IRIS+ is described as a “personal drone” and it truly is, because you can link it with your Android smartphone and then tell it to follow you. It is ideal for extreme sports fanatics who want to film their stunts – just be sure to think about obstacles if your drone is going to follow you automatically. IRIS+ has built-in GPS and a flight time of 16-22 minutes, depending on payload. It comes with a GoPro mount and a gimbal is available as an optional extra, offering stable video. An FPV kit for live streaming from GoPro is also available. Users can easily draw a flight path on any Android tablet or phone, and the Follow Me function continues centring the camera's attention on one target, while simultaneously panning around it for maximum effect. It's an affordable option that you can accessorise over time if you get bitten by the drone bug.



Smart flights

BLADE 350 QX3 AP COMBO

Price: £800, horizonhobby.co.uk

This drone is clever, so you don't have to be. Its smart mode offers smooth flights with self-leveling, altitude and position hold, perfect for beginners and filming video. Its stability mode uses GPS stabilisation to hover in one place – you can let go of the control and it stays still, even when windy – while its agility mode lets experts perform aerobatic manoeuvres. There's also a return home function. Flight time is ten to 15 minutes. This Combo version comes with a 1080p high-definition camera that streams to your iOS or Android phone or tablet, with a two-axis gimbal for smooth footage. The QX3 is also available without the camera and has a GoPro compatible mount.



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APPS ON THE GO

They help feed hungry travellers, guide art aficionados to local theatres and let you find your way if you get lost. Here's another portion of mobile apps recommended by the editors of "iMagazine" monthly.



YELP

We are in a new city and after a long journey we feel a bit peckish. The first thought: "let's go to a fine restaurant". Your hotel will always recommend their own eatery. A taxi driver will take you to the most distant one. Asking passers-by is also out of question because you accidentally don't know any Catalan. That's why, it's useful to have Yelp app on your device. Yelp is the best and the most comprehensive restaurant database. The info about each eatery is provided by the users of the app. We recommend with a clear conscience and a ... full stomach.



AROUNDME

Do you want to know what's going on right next to you? Where are the nearest shops? Petrol station? Theatre? Club? How to find them? How to contact them by phone? All of this is provided by a very useful app called AroundMe. The app is easy to navigate and fast. With it you will soon feel in the new

place like at home.



TRIPADVISOR

If you're planning a trip, than TripAdvisor seems like an obvious choice. With the app you will book a hotel, a plane, as well as find a good restaurant and other attractions in your destination. All of this in just one small and free programme with a clear menu. The app also enables you to download maps from Google Maps to work in offline mode. So, where to now?



MAPS.ME

So, you've arrived at your destination airport, but there's no phone coverage or the network is so painfully slow that you can't get online. It doesn't have to be the end of the world – such problems can occur for example in Scotland.

You don't know how to get to your hotel and you don't have any printed map with you. But don't despair. Just to remember before your trip to install offline maps on your device. Doing

this, you will prevent yourself from having to pay huge data roaming charges. The maps are highly detailed, fast, cover 345 countries and islands, and are constantly updated by users. Be sure to have them on your phone - just remember to download a map before your trip.



TRAVEL TRANSLATOR JOURIST

If you feel linguistically insecure, you'd better download this nice and easy to use app, which changes your iPhone into a personal translator. What's more, Jourist offers translation into 23 languages and has a Polish interface. If you don't know how to order a meal in a restaurant, a taxi or a hotel room, simply enter the required sentence in Polish, put your iPhone to your ear and simply repeat what you've heard. If you're not a born linguist, your iPhone will speak for you. In addition to the most popular languages, such as English, German or Spanish, the app also knows Japanese, Chinese, Swedish or Norwegian.



BUSINESS TRAVELLER CITY GUIDES

Imagine that you are in a big city and you want to get the most out of a few free hours. This is where Business Traveller - City Guides app may come in handy. It's a true treasure of knowledge about monuments, city highlights, best bars and restaurants, collected and described in an accessible manner by journalists of the British edition of Business Traveller. You will also find here content specially aimed at business travellers, including car rental companies, best local MICE organizers and courier services.



PRZYWILEJE DLA ZARZĄDÓW
I RAD NADZORCZYCH

LEADERS
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? **Wejdź na www.leaders.pl, wybierz swój Klub i w 2 minuty potwierdź przynależność do zamkniętej grupy decydentów. Fantastyczna cena za elitarne usługi. Liczba miejsc ograniczona.**

Leaders Network Clubs. Społeczność ludzi sukcesu, przywileje, misja społeczna.

4 HOURS IN... BERLIN

On a walking tour of Germany's capital, Jenny Southan discovers art in wartime bunkers and hipster hangouts by the zoo.



SAMMLUNG BOROS

Second World War history is evident in much of Berlin, but if you have seen all the major sites, begin your tour at this unusual private contemporary art gallery inside a listed air raid shelter. (You need to book visits, which are all guided, online in advance.)

After the war, the bunker was used as a textile warehouse and a place for storing tropical fruit. When the government took it over in the early nineties, it became known as “the hardest nightclub in the world” for its hardcore fetish parties and techno music.

In 2003, German entrepreneur and art collector Christian Boros bought the building.

It was opened to the public in 2008, and inside you will find thought-provoking installations, photography and painting by the likes of Ai Weiwei, Wolfgang Tillmans and Sarah Lucas. My favourite was Michael Sailstorfer’s popcorn cart, which has been slowly popping kernels for the past two and a half years. Open Thurs 3pm-8pm, Fri 10am-8pm, Sat-Sun 10am-6pm; €12. Reinhardstrasse 20; sammlung-boros.de

TIERGARTEN

From the bunker, walk down Albrechtstrasse, right along Schiffbauerdamm beside the River Spree, over Marschallbrücke bridge

and right to the Brandenburg Gate. From here, you can take a stroll through the leafy Tiergarten, taking in German parliament building the Reichstag en route.

Covering more than 200 hectares, this huge park is a beautiful place to go for a run, relax in the sun or ride a bike. (Nearby hotels Das Stue and 25 Hours Bikini offer free cycle hire for guests.)

If you are in need of refreshment, stop by Café am Neuen See, which has an expansive wooden deck by a boating lake. In the summer, everyone is out here sitting on benches eating pizza and drinking beer, while in winter, you can snuggle up by a wood burner



Berlin is considered one of the most interesting cities in Europe. The best way to get there is with airberlin airline. A return ticket costs just PLN 360; airberlin

with a cup of mulled wine, or even ice skate on the lake if conditions allow. Open daily from dawn until dusk. cafeamneuensee.de

DAS STUE

Located on the south side of the Tiergarten, this elegant five-star boutique property occupies the former Danish embassy, which dates back to the 1930s.

A Design Hotels member, it's a stylish place to stay (there are 78 rooms with Apple computers) but if you are based elsewhere, stop by for a bite to eat. Casual by Catalan chef Paco Perez serves delicious modern tapas and sharing platters. For dinner, his Michelin-starred Cinco specialises in multi-course molecular gastronomy with a Spanish-Japanese twist. Drakestrasse 1; tel +49 303 117 220; das-stue.com

BIKINI BERLIN

A ten-minute walk from Das Stue is Berlin's first concept mall, for "a discerning, trend

and style-conscious international audience". It's one of several developments that are elevating City West, with the revamped Zoo Palast cinema and Waldorf Astoria also having opened in recent years.

The renovated three-floor 1950s retail building has dozens of boutiques selling everything from onesies and art books to custom trainers and clothes for dogs. There is also a 7,000 sqm rooftop plaza with views of monkeys in the nearby zoo, and welcoming spots to relax with a coffee. They serve a good latte at the café in the Gestalten Pavilion, which stocks an inspiring array of high-design homeware, stationery and fashion accessories from brands such as Aesop, Pendleton, Sandqvist and Tom Dixon.

Other shops worth checking out are Mykita for locally made luxury eyewear, Tailor and Tales for made-to-measure clothes, and Vitra and Artek for Scandi furniture and lifestyle essentials. Open daily 10am-8pm; Budpesterstrasse 38-50; bikiniberlin.de

MONKEY BAR

Next to the mall, and also unveiled last year, is the 25 Hours Bikini hotel. Part of Germany's 25 Hours chain – which also has properties in Hamburg, Frankfurt, Vienna and Zurich – Bikini Berlin's top floor features Middle Eastern restaurant Neni to one side and Monkey Bar to the other. The latter is always buzzing with hip Berliners who come to hang out on its roof terrace and enjoy a drink while looking down on Berlin Zoo's ape enclosure. There are steps scattered with Turkish cushions beside the floor-to-ceiling windows, allowing everyone a good vantage point of the city. The bar serves German-made Fritz-Kola, which contains natural caffeine, real cola nuts and natural flavours, as well as almost 50 different types of rum and gin. Tempting cocktails include the Pineapple Mezcal Cooler (€12.50) or intriguingly named Don the Beachcomber Mai Tai (€12.50), both perfect sundowners. Open 12pm-1am Sun-Thurs, until 2am Fri-Sat. Budpesterstrasse 40; tel +49 301 2022 1210; 25hours-hotels.com



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@businessstraveller.pl

One route - two tickets

My boss is flying to the United States. I checked online several available connections and eventually we bought tickets in our travel agency. I wanted to book a changeable ticket, because, as we all know, my boss's schedule may change. I remembered that online I could buy a non-refundable ticket for the whole route. However our travel agency offered to divide the route into two tickets. In this way the return ticket to US would be refundable and only domestic flight coupons will be cancelled. Why so much fuss? If they issue two tickets, they will charge us twice with the transaction fee.

Janina

Dear Janina

Your agent very sensibly suggested issuing two separate tickets for this route. The first one for transatlantic flights and the second one for US domestic flights. Each route uses different fares with different booking conditions. It's a general practice that in the case of combining two different fares on one document, terms and conditions of the more restrictive fare apply.

Fare restrictions may include minimum and maximum stay at the destination airport, change and refund fees, as well as the condition of advance purchase.

On the route from Cracow to New York and back, you were offered a fare that allows for refunds and changes for a fee. The change and refund fee is € 350.

The tickets from New York to Detroit and Chicago are non-refundable, while any change costs \$200 (plus any difference to the next available rate). If your boss doesn't rule out changes in his schedule, it's much safer to issue two separate tickets, especially if the trip may be cancelled. If it happens, then the transatlantic ticket can be refunded with a deduction. The domestic ticket is still non-refundable - you can only apply for a refund for unused airport charges.

Should you opt for one ticket for the whole trip, the conditions of the more restrictive fare would apply, so the whole ticket would be non-refundable. It's not the best solution because your company would incur much higher costs if the trip was cancelled. Double transaction fee (for two issued documents) is in this case a marginal expense.

Dog on board

I need to book tickets for my boss and his family who are going on holiday to Spain. His wife want to take their dog with them. What fees are involved in such a case? Are there any restrictions? Do you need extra paperwork? How do hotels handle such a situation?

Agnieszka

Dear Agnieszka,

During the holiday season a lot of pet owners fly with their beloved animals. There are two ways in which it can be done: a pet can be transported in the luggage hold (in a special section which is well-lit and air-conditioned) or in the passenger cabin. I suspect that in this case it is more about the dog travelling together with its owners. First of all, the airline must be informed in advance that a passenger wishes to carry a dog with them, because the number of animals on board is limited. In general, airlines allow the carriage of one animal in Economy Class and one in Business Class.

Throughout the flight the pet must be in a cage. The maximum dimensions of the cage and its weight vary depending on the airline. Generally speaking, the principle is that the cage must fit under the seat in front of us and the weight of the animal together with its container should not exceed 8 kg.

Larger animals must travel under the deck, but in such a case the maximum dimensions and the weight of the cage is larger. The charge for carriage of an animal is usually the same as extra luggage fee. It's paid at the airport, so it's important to check in slightly earlier than usual.

For flights within the European Union the animal must have a valid passport and a chip. For further details, ask at the nearest veterinary clinic. The passport and chip number must be presented at the time of booking.

Please consult with your veterinarian in terms of administration of medicines. Doctors often recommend giving the pet a small dose of sedative before traveling.

Hotels have very different policies regarding pets. Holiday resorts are generally more lenient, but typical business hotels may have limitations. Please contact the hotel directly to learn about the rules of acceptance of the animals.



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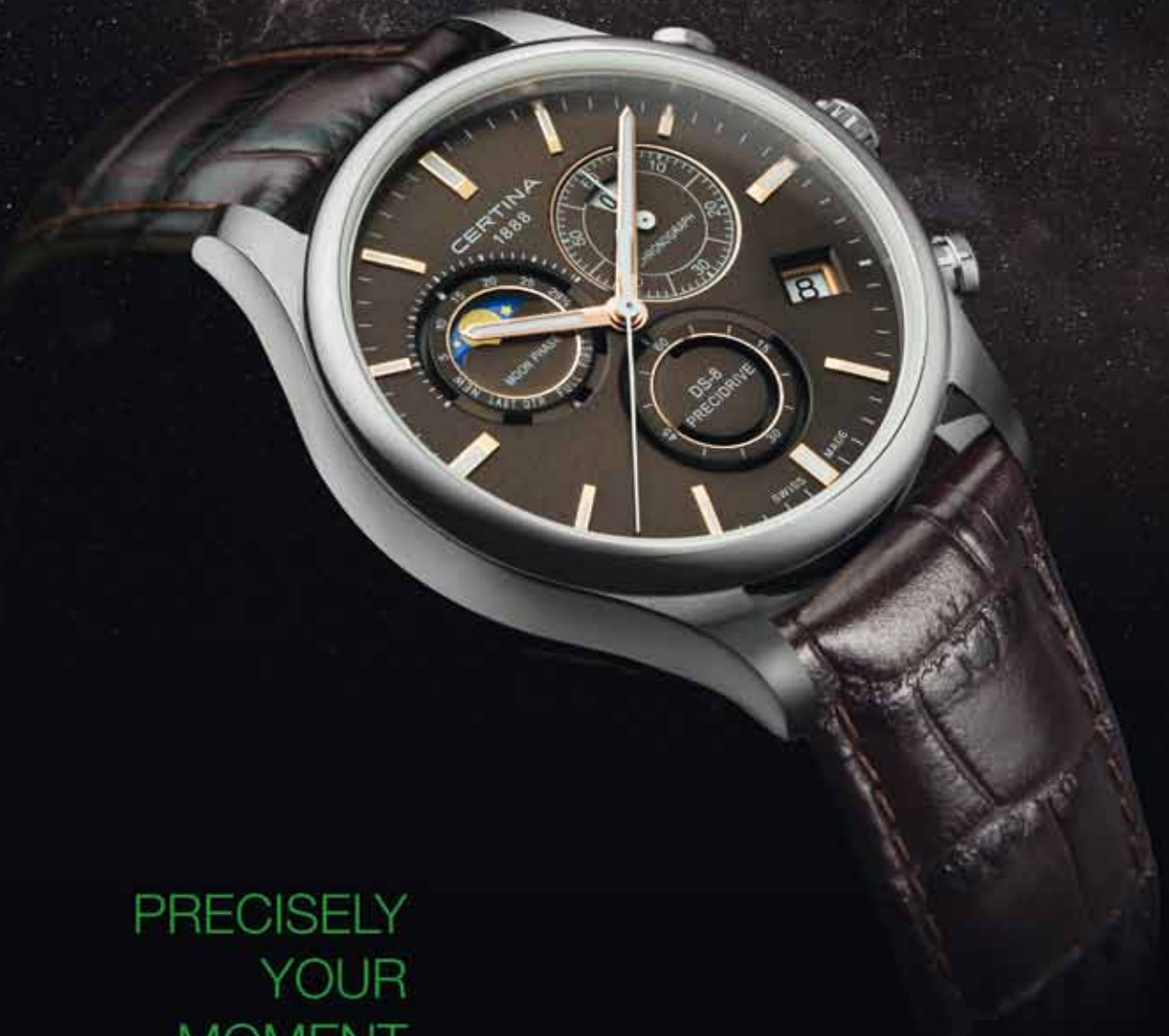
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