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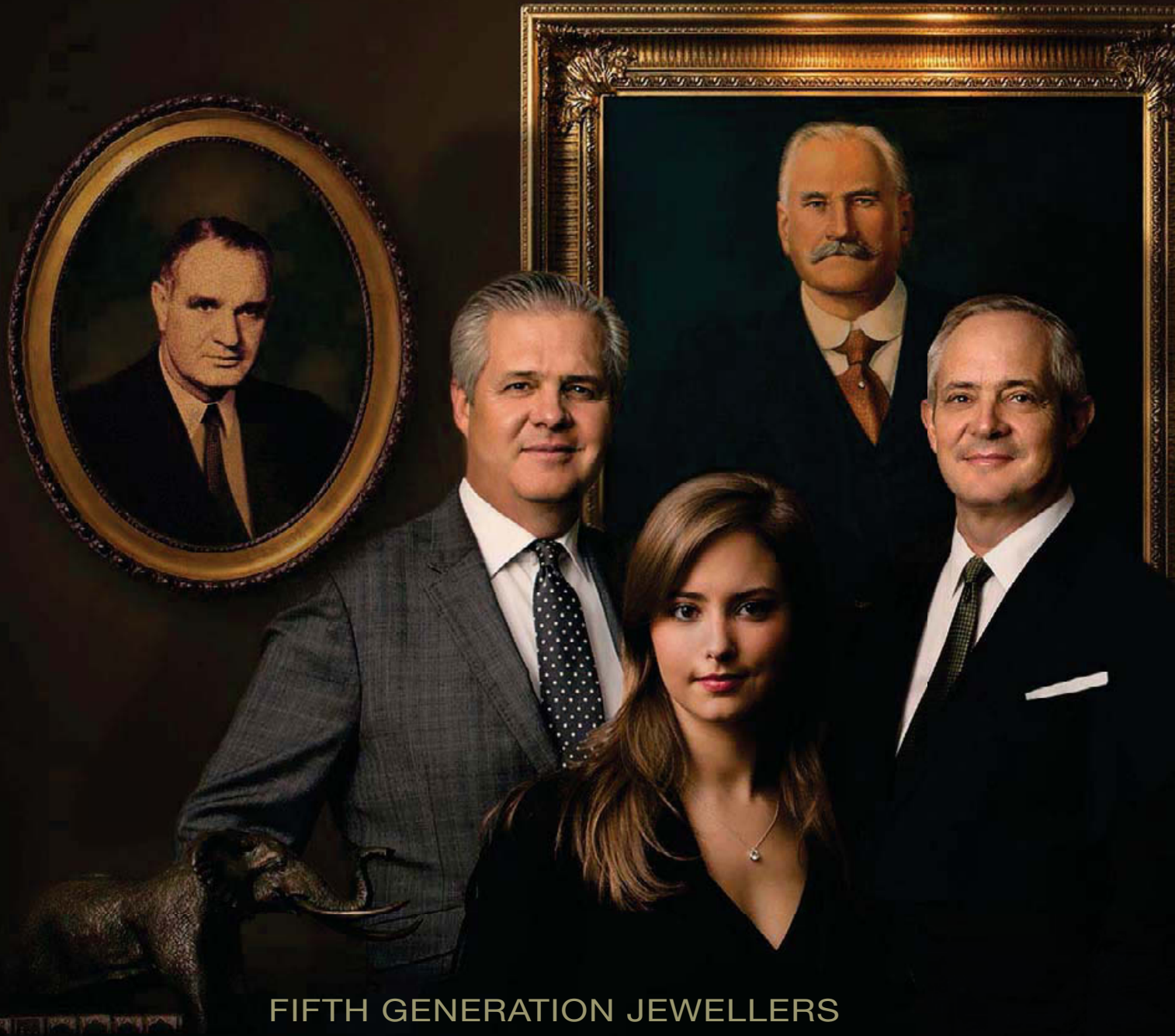
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# Note from our Chairperson



***"We are together today in South Africa because of your struggles over decades, your resilience, and your defiance, because of the courage with which the women of South Africa responded so magnificently to the calls to resist apartheid made by the African National Congress."***

– O R Tambo

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## ***Young women are the trailblazers paving the way for tomorrow's leaders***

**A**t South African Airways we are proud that women are well represented throughout the airline, and with the progress that has been made with women empowerment, especially in areas that have traditionally been the domain of men.

Especially pleasing is how our female technicians at SAA Technical and our female pilots have become modern-day trailblazers. Many have proved themselves to be assets in this traditionally male field, where they are actively exploring the myriad of opportunities the aviation industry offers.

Particularly moving is the positivity, enthusiasm and drive our young female technicians are showing. Their quest to improve themselves, the way they are breaking down cultural barriers, and the examples they are setting for other young women who wish to follow in their footsteps are heart-warming.

This area has shown particular growth and while we only had four female technicians in 1994, today we have 114. Read more about some of these brave women in the magazine.

The year 1994, when our young democracy was born, changed everything for the women of this country. What was seemingly impossible before became a reality, and male domains opened up for women. That there should be no discrimination on the basis of sex was enshrined in the South African Constitution.

With a democratic government in place, the empowerment of women, socially and economically, could take its rightful place at the heart of the government's transformation agenda. Laws were reviewed and developed to promote the rights of women.

The country's transformation agenda incorporates the promotion of women's empowerment and gender equality. Women are making strides in the leadership positions they occupy in both the public and private sectors.

Side by side with our female technicians, our female pilots make us proud. We now boast six female captains (three Captains, two Senior Captains and one Senior Training Captain).

Throughout SAA we have 3 081 female employees, which is 38,56% of the total headcount, and they are well-represented in leadership positions and specialist areas.

While this is good progress, even more still needs to be done.

The path was carved many decades ago by the

undying spirit for justice and equality displayed by heroic stalwarts such as Charlotte Maxeke, Lillian Ngoyi, Helen Joseph, Rahima Moosa, Sophia Williams-De Bruyn, Dorothy Nyembe, Albertina Sisulu, Ruth Mompati, Bertha Gxowa, Winnie Madikizela-Mandela, and many others. They have paved the way for all women today to take up our rightful places as leaders in our communities and in the business world.

We too have to be brave and take courage and inspiration from the example they set. It was due to their unflinching perseverance that today we can proudly celebrate the 60<sup>th</sup> anniversary of the 1956 Women's March to the Union Buildings, when 20 000 women of all races demonstrated against having to carry passes. The commemorative theme of "Women United in Moving South Africa Forward" seeks to recreate the memory of the 1956 march.

We laud the work done by Minister Susan Shabangu, the Minister of Women in the Presidency. We support the efforts to keep the memory of these brave women alive today, on the eve of another proud moment in our democracy, as we go to the polls to exercise our democratic right to vote in the Local Government Elections.

You can also read more about the commemoration of the Women's March to the Union Buildings in the magazine.

However, in a modern world it is often still painfully apparent that although we have made giant strides towards improving the lot of women globally, and that our voices can be heard loud and clear as they reverberate throughout all spheres of society, much work still needs to be done to entrench equal treatment for all women.

We have a responsibility to be role models for those who will follow and we have to take up the challenge of leading and paving the way for the empowerment of more and more women across the nation. It is only when we believe in ourselves and show courage that we can lead the way.

Let us combine our feminine strength to break down the last remaining traces of attitudes that women "get the job because they are female" or that we have to "work twice as hard as our male counterparts".

As the women of today, we stand united as our mothers did 60 years ago.

Our collective voices are one, echoing across the nation. United we work towards a better Africa and a better world.

***Duduzile Myeni***

**CHAIRPERSON:  
SOUTH AFRICAN AIRWAYS**

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# Note from the publisher



**BELOW:** Experience the Grand Canyon on p53.

Women's Month is always a time when we recall the great women who helped lead SA out of repression and into one of the most idealistic democracies in the world. While the aims that were articulated back in 1956 sometimes seem to be on shaky ground, common sense tells us that this is precisely what democracy means: continually testing, challenging, refuting and redefining the way those in power choose to wield it. It may occasionally be alarming, but it's entirely healthy.

This year, Women's Day (9 August) is particularly poignant, since it's the 60<sup>th</sup> anniversary of the 20 000-strong women's march – led by Struggle stalwarts including Lillian Ngoyi, Helen Joseph, Sophia Williams-De Bruyn and Rahima Moosa – to the Union Buildings in Pretoria, the seat of the apartheid regime, to protest the *dompas* laws. The courage of the women, who faced the very real possibility of being teargassed, beaten up or even killed by security police, remains one of the most inspiring episodes in our history.

Yet it's not only the famous and the fearless who deserve to be celebrated this month: equally heroic are the millions of women around the country who uncomplainingly and tirelessly keep their loved ones, communities and ordinary South Africans cared for every day, rising before dawn to prepare breakfast for their families and then heading out – often in darkness – to begin another long working day in hospitals, offices, suburban kitchens and nurseries, supermarkets and a myriad of other places. They seem nameless, faceless and numberless, but they're the real strength behind our country – and we salute them.

In this issue, we also celebrate women addressing climate change (*The Meaning of Green*, p84) and the intrepid spirit of travellers like Sarah Duff (*Highway Queen*, p53), who undertook a 7 000km solo road trip across the highways of the USA. Our grandmothers and mothers would probably have trembled at the thought of such an adventure, but there would surely also have been an element of envy in them.

The world is more and more a woman's domain: there are presently females heading states on every continent, as well as at the forefront of restoring order to fiascos like Brexit, following the UK's chaotic departure from the European Union. In an article in [www.irishtimes.com](http://www.irishtimes.com) on 4 July this year, *Financial Times* Editor Sarah Gordon – praising the decisiveness, efficiency and confidence of women like German Chancellor Angela Merkel, Scottish First Minister Nicola Sturgeon, England's new Prime Minister Theresa May and Labour contender Angela Eagle – noted that “the divisive referendum campaign's... male players have failed to rise to the occasion. And... it seems that not just the politicians, but the electorate, too, have recognised that since the men have screwed up so badly, it's time to hand over to the women.” Food for thought.

Wherever you'll be on Women's Day, spoil the special ladies in your life – and enjoy!

Khanyi Dhlomo

CEO: Ndalo Media

PHOTOGRAPHER: JUSTIN DINGWALL. HAIR: NTHATO MASHISHI. MAKE-UP: ABIE GREYVENSTEIN. DRESS: MAX MARA. EARRINGS: RUBY IN THE DUST. WATCH AND RING: KHANYI'S OWN





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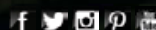
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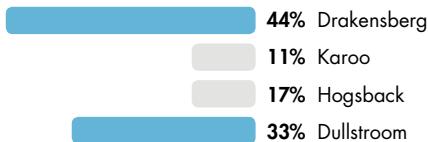
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As we enjoy the last days of winter, we asked our followers on Twitter: Which **#SA #Destination** is best for a holiday in **#Winter?** **#ChooseDay @flysaa?**



## THIS MONTH'S WINNERS!

- Congratulations to Charlotte Pretorius, who won a two-night stay at the Park Hyatt Regency Hotel in Rosebank, Johannesburg, after sharing her memorable story in the **#seatstories** competition. Remember, we'd love to know your wonderful travel **#seatstories**.
- Michael Arch and Renuka Lalibahadur each won a personalised bottle of Richelieu 10 for their Father's Day homage to special dads, while Jenny Nieuwenhuys won a bottle of Martell Caractère cognac.



Check out our **#FoodFriday** Instagram posts for some great ideas on where to get the best foodie experiences:



If you're a foodie and a bookworm, then you've got to love our **#FridayReads**:

In the July 2016 issue of *Sawubona*, we incorrectly captioned a picture of Neil Markovitz, CEO of Newmark Hotels. We apologise for any inconvenience caused to Mr Markovitz and Dr Hans Heuer, Newmark's Director for Africa.

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**CONTRIBUTORS:** Lori Booth, Lynette Botha, Will Burrard-Lucas, Dion Chang, Helen Clemson, Gaye Crossley, Sarah Duff, Heather Dugmore, Ishay Govender, Keri Harvey, Candice-Lee Kannemeyer, Nicholas Knott, Chris Leggatt, Adriaan Louw, Miriam Mannak, Aurelia Mbokazi, Sbu Mkwanaazi, Toni Muir, Joanne Rens, Daniel Scheffler, Peter Sullivan, Ross Tucker, Richard Webb

# SAWUBONA

**Publisher** Khanyi Dhlomo  
**Editor** Ingrid Wood  
**Group Business Director** Elaine Chandler  
**Executive Assistant:** CEO Marinda Brink

**FEATURES**  
**Deputy Editor** Jabulile Ngwenya  
**Social Media Co-ordinator** Megan Whittington

**DESIGN**  
**Creative Director** Coralie Elske  
**Art Director** Shaun Mallett  
**Picture Editor** Siyamthemba Bobotyana

**EDITORIAL**  
**Group Copy Editor** Gwen Podbrey  
**Copy Editor** Gillian Hurst  
**Production Assistant** Candice Pretorius  
**Editorial Co-ordinator** Tasneem van der Byl

**ADVERTISING SALES**  
**Group Sales Director** Cilla Thompson  
[cilla.thompson@ndalomeia.com](mailto:cilla.thompson@ndalomeia.com)  
**Group Sales Manager** Michelle Lawrenson  
[michelle.lawrenson@ndalomeia.com](mailto:michelle.lawrenson@ndalomeia.com)  
**National Sales Manager** Sally Young  
[sally.young@ndalomeia.com](mailto:sally.young@ndalomeia.com)  
**Gauteng & KwaZulu-Natal** Lara Eliot  
[lara.eliot@ndalomeia.com](mailto:lara.eliot@ndalomeia.com)  
**Eastern and Western Cape** Tanya Liebenberg  
[tanya.liebenberg@ndalomeia.com](mailto:tanya.liebenberg@ndalomeia.com)  
**Public Sector** Dumisani Mbatsha  
[dumisani.mbatsha@ndalomeia.com](mailto:dumisani.mbatsha@ndalomeia.com)  
**Directory** Minkiza Magubane  
[Minkiza.Magubane@ndalomeia.com](mailto:Minkiza.Magubane@ndalomeia.com)  
**Digital** Luke Peters  
[digitalsales@ndalomeia.com](mailto:digitalsales@ndalomeia.com)

**MARKETING & CIRCULATION**  
**Operations Manager** André Brink  
[andre.brink@ndalomeia.com](mailto:andre.brink@ndalomeia.com)  
**Strategic Marketing Manager** Onke Dumeke  
[onke.dumeke@ndalomeia.com](mailto:onke.dumeke@ndalomeia.com)

**GENERAL**  
**Receptionist** Sindi Siyo  
**Office Assistant** Ellen Batshegi  
**Driver** Nhlanihla Khanyile  
**SAA EDITORIAL TEAM**  
**Spokesperson (Manager - Media Relations)**  
**Office of CEO** Tlali Tlali  
**Communications Manager Group**  
**Corporate Affairs** Sarah Uys  
**Specialist Global and Internal Communications**  
**Duane Ferreira**  
**Contact** 011 978 1111

**SAA CONTACTS**  
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**Founder & CEO** Khanyi Dhlomo  
**Director** Lwazi Dhlomo  
**Financial Manager** Cherise Rae  
**Financial Assistant (Debtors)** Lientjie van den Heever  
**Financial Assistant (Creditors)** Lael du Toit

**WHERE TO FIND US**  
**Address:** Bryanston Corner, 1<sup>st</sup> Floor, Building B, 18 Ealing Crescent (Off Culross Road), Cnr Main Road & Bryanston Drive, Bryanston 2191  
**Postal Address:** PO Box 2077, Lonehill, 2062  
**Tel:** 011 300 6700 **Fax:** 011 300 6767

**CONTACT US**  
[sawubonaeditorial@ndalomeia.com](mailto:sawubonaeditorial@ndalomeia.com)  
[sawubonasales@ndalomeia.com](mailto:sawubonasales@ndalomeia.com)

**PRINTING**  
 Inner pages made of paper awarded the EU Ecolabel Reg No F1/11/001, supplied by UPM.

     
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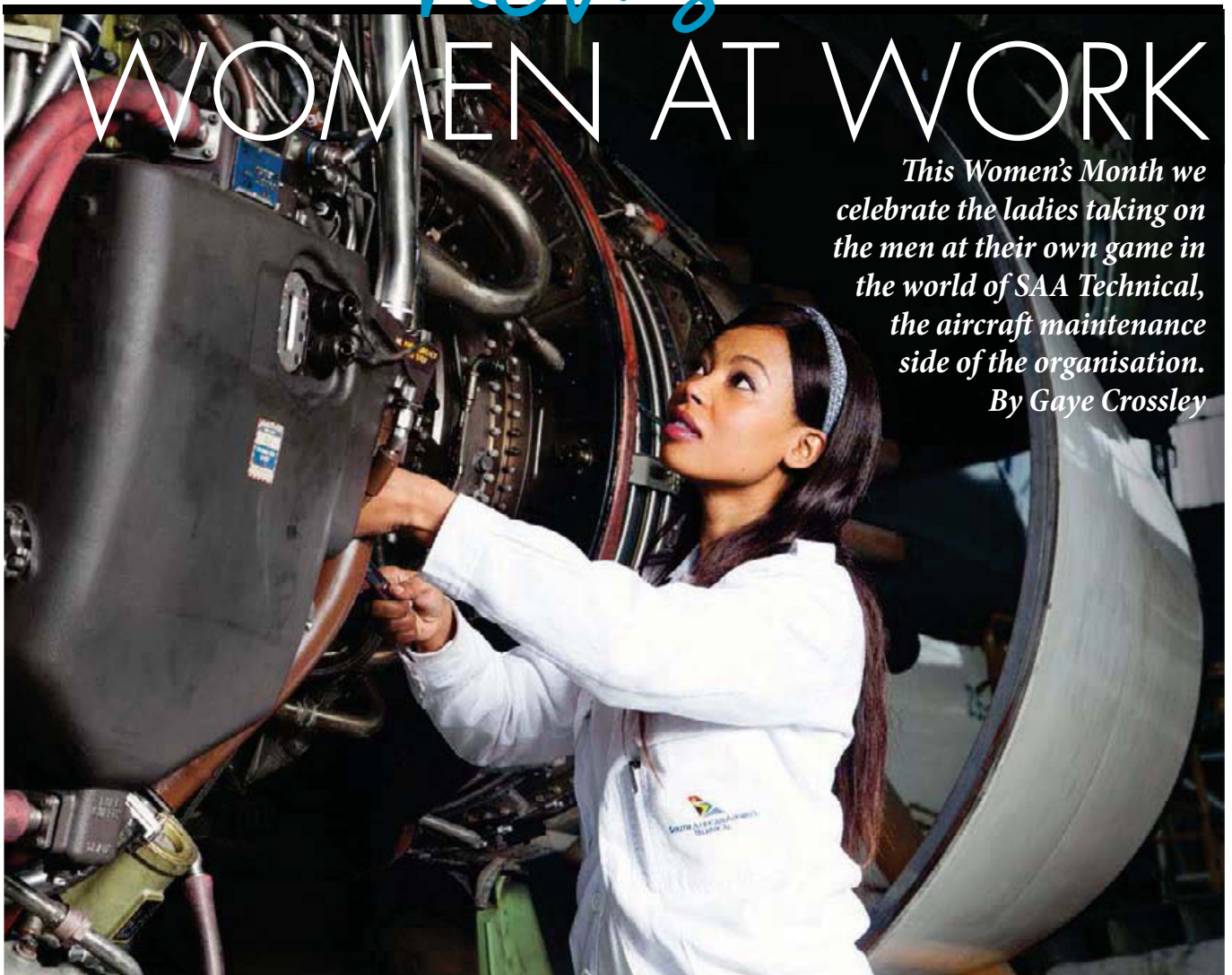
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# SAA news

What's happening at South African Airways this month



*This Women's Month we celebrate the ladies taking on the men at their own game in the world of SAA Technical, the aircraft maintenance side of the organisation.*  
*By Gaye Crossley*

## ^ Claudia Ngubeni (30)

SENIOR LICENCE TECHNICIAN: MAJOR MAINTENANCE

With the looks of a model, Claudia's far from the stereotypical aircraft engineer. She joined SAA in 2010, following a period with the South African Air Force. "I was thinking about becoming a pilot, but because I was doing engineering studies, I thought: 'Let me give this a go.' I did my apprenticeship in the Air Force and joined SAA as a qualified mechanic."

She admits that working in this industry has its challenges. "There's a misconception that women can't perform to the required standard. We're often looked down on and have to prove ourselves." However, she says SAA is a company bursting with opportunities for anyone with ambition. "When I joined SAA I realised I could enhance my career path in a remarkable way. I'm pursuing my B Com Degree in Supply Chain Management through the SAA bursary scheme."

"The aviation sector needs more women who are determined to

make the most of these opportunities, and who are willing to excel and create awareness."

***"Don't limit yourself – go to unexplored territories, because you never know where you'll end up."***

encouraged me to get my licences, do my courses and not give up. You need someone telling you: 'You can do it.'"

Claudia aims to be a role model to SAA technical incumbents and advises them: "Don't limit yourself – go to unexplored territories, because you never know where you'll end up. This industry has many opportunities. SAA's Women in Aviation programme offers bursaries for women to study in any area they choose. It just takes determination and self-discipline to get to the top."

She also believes there should be more support for women from management. "They're meant to encourage and motivate you. There was one person who really supported me and pushed me to go further – my old supervisor, Clarke Johnson. He's resigned now, but he

## Anele Ndlovu (23) >

AIRCRAFT MECHANIC  
TECHNICIAN:  
MAJOR OVERHAUL

Anele's been with SAA for four-and-a-half years, two-and-a-half of them as an apprentice and the past two years in her present role. Her interest in aircraft started when she was a young child. "I always had a lot of questions about aeroplanes – their sheer size, how they move and how engines work. They've always fascinated me," she says. However, it was her mother who encouraged her to become an engineer.

She works in the Major Service side of SAA Technical. "We overhaul and repair avionic and mechanical equipment to ensure the aircraft operate safely. Our job is keeping the planes moving: we take the aircraft in, disassemble it, do inspections, make sure everything's fine and then reassemble it before it goes out."

***"Diversity in the workplace is important to bring people together to form a strong foundation. Hearing different views from different people strengthens an organisation and creates teamwork."***

As a younger technician, Anele hasn't been exposed to the same trials as her senior female colleagues. "It's all about proving yourself," she says. "You have to go the extra mile to show that you can do the job, that you're capable and that it isn't about gender. But it's not that bad."

She adds that the older women have opened doors. "They're the Senior Licence Technicians and supervisors, and younger women look up to them. They've proved themselves. We now need more women in the aviation industry – not in the office, but on the ground. We need to prove that we're skilled."

"Diversity in the workplace is important to bring people together to form a strong foundation. Hearing different views from different people strengthens an organisation and creates teamwork," she says. "I feel proud to work for SAA, seeing the aircraft flying and knowing that my job keeps people safe up there."







## < *Natalie Kyd (36)*

SAA TRAINING SCHOOL  
INSTRUCTOR: AVIONICS

Natalie's love of electronics started when she was in Grade 6 and was given basic lessons in it. She's been with SAA since 1998, after leaving college in Port Elizabeth. She was studying to be an electrician and the airline visited on a recruitment drive. "I didn't find SAA – it found me," she says.

Her time in this very male-centric environment hasn't always been easy. "It was difficult being the only woman. When I started my practical in the hangars, there were no toilets for me and no changing-room. I had to wait for the men to finish before I could put on my overalls. Then, at the end of the shift, I'd have to wait again for the men to finish before I could go in."

Another major challenge SAA technical women face in the workplace is the need to prove themselves. "You have to work twice as hard to show that you can do the job. I learnt quickly to simply do what I needed to do and get the job done, without expecting any help from my colleagues," recalls Natalie. An added frustration is the perception that every accolade women receive is because of their gender, not because they've earned it, she says.

In order to drive change, she believes men need greater exposure to working with females. "In avionics there are very few women, so the guys aren't used to working with them. Once they have a female in their crew, they start appreciating the energy she brings to the job."

For the past eight years, Natalie's been in the training school. She's inspired by being able to share her knowledge with new apprentices and says this role allows her to spend more time with her family – she's a mother of three – and to study.

***"In avionics there are very few women, so the guys aren't used to working with them. Once they have a female in their crew, they start appreciating the energy she brings to the job."***





## < *Karen Griesel (48)*

SENIOR LICENCE TECHNICIAN:  
MINOR MAINTENANCE

Karen started her career in aviation in the South African Air Force. "I wanted to fly, but I didn't think I was intelligent enough to be a pilot, so the other option was to do a trade and become a flight engineer," she recalls. This choice of career was bold because, pre-1994, a technical position was a no-go area for women. It was only with the introduction of SA's Constitution that Karen was able to follow her dream of working as an aviation technician.

She joined SAA in 2009 and worked her way up to her current position in the Minor Maintenance Division. "Minor maintenance involves small checks that come in for the day, or a weekly check that comes in for no more than about eight hours. Our role sees us doing things like inflating tyres or repairing defects on the planes."

As one of the first women in the industry, Karen's faced her fair share of challenges. "You have to fight for what you want. You have to be assertive," she says. However, she adds that a new wave of black women are driving change. "These ladies are coming in and empowering more women. To change the system, you have to work hard to get somewhere, but black empowerment has really helped females. These young women are aware of their rights. They know what's due to them and they demand it."

She finds working for SAA extremely rewarding and offers the following advice to young women interested in the field: "Read as much as you can and then start working on mechanical things. Attend workshops and find out if this is what really interests you and is something you want to do."

## *Leonie van Schalkwyk (41)* >

MAINTENANCE CONTROL CENTRE:  
AIRFRAME ANALYST

Leonie was the first woman to be recruited into SAA Technical Mechanical – which wasn't surprising, as she showed an aptitude for engineering from a young age. "When we did psychometric tests in Grade 7, they said I should go to technical school. I was sent to the same one as my brother and was one of 120 girls in a school of 2 000 pupils," she says.

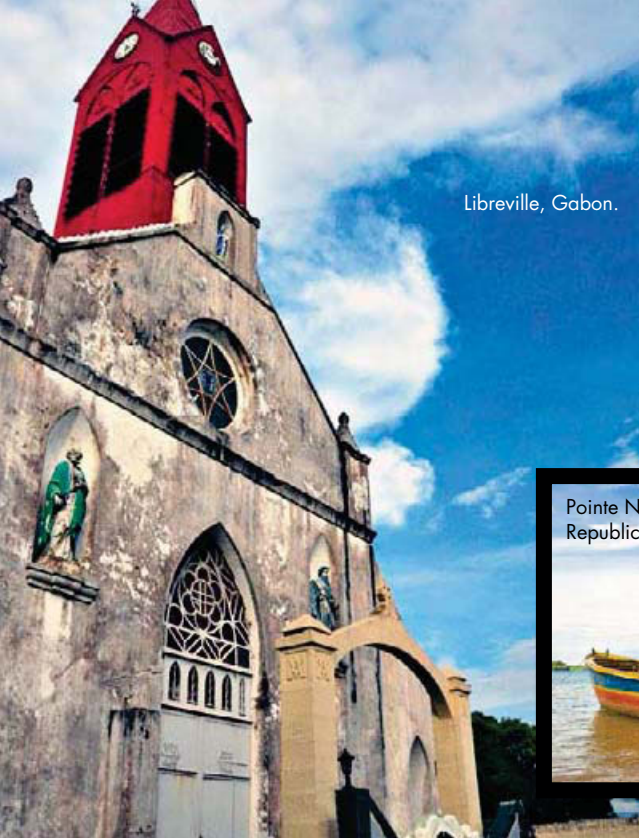
She started her career as a Diesel Mechanic at Sasol before joining SAA and has no regrets about making the move. "The aviation industry is packed with different aspects; you can never know everything about an aircraft – there's always something new to learn, and that's kept me here."

Asked how she's dealt with her supervisory positions at SAA Technical, she says: "If men said it couldn't be done, I proved them wrong by doing it. Then I said: 'Now you can see why I'm the supervisor!'"

As a woman accustomed to working with men, Leonie advises younger women entering the industry to do more than their male colleagues. "Go and help the men, but don't let them help you. Women need to assert themselves and let men know they have the situation under control. If they need something, they'll ask for it. Don't push the men away, but stand your ground."

Her goal is to move from working on heavy machinery to working with people. "The human part is more important. How do we get the younger generation to take charge? The older generation is retiring, but the younger people are still following. We need to get this right, or there'll be chaos," she says.





Libreville, Gabon.



Kinshasa, Democratic Republic of Congo.



Pointe Noire, Republic of Congo.

## Promoting interconnectivity in Africa

**SAA has enhanced its Central African route network, with the main focus being on a much-improved service offering to its ever-growing client base.**

SAA operates to five destinations in Central Africa: Kinshasa in the Democratic Republic of Congo (DRC), Douala in Cameroon, Brazzaville and Pointe Noire in the Republic of Congo and Libreville in Gabon. From 31 July this year, SAA will reschedule its flights to operate from Johannesburg to Brazzaville, with the same flight then continuing to Pointe Noire. The return operation departs from Pointe Noire to Brazzaville, after which the flight continues to Johannesburg. This operation to the Republic of Congo does not utilise any domestic rights, meaning that SAA does not carry any passengers between Brazzaville and Pointe Noire or vice versa. Brazzaville and Pointe Noire are proving to be popular destinations, hence the decision to

offer this exclusive service to them.

SAA will continue to serve Cotonou in Benin and will now do so utilising its service to Libreville, Gabon, effectively introducing a new sector between Libreville and Cotonou. SAA has secured traffic rights enabling it to pick up and drop off passengers between Libreville and Cotonou in both directions. The flight will depart from Johannesburg to Libreville and then continue to Cotonou, where it will be on the ground for approximately one hour before embarking on the return flight to Johannesburg via Libreville. The Cotonou market has grown substantially and will now be served three times a week.

"Destinations we serve in Central Africa, with flying times of just over five hours from Johannesburg, are best served by this enhanced schedule which offers some of the markets non-stop flights from and to Johannesburg. At the same time, we're offering our valued customers increased frequencies and connections through our

hub at OR Tambo International Airport to the entire SAA network," says Aaron Munetsi, SAA's General Manager: Commercial (Acting).

Countries in Central Africa form part of an economic bloc in their own right through the Economic Community of Central African States (ECCAS) and the Economic & Monetary Community of Central (CEMAC), which have been formed to promote regional economic co-operation and integration among countries which share a common currency.

"The growing trade relations between the CEMAC region and the SADC region – and with SA, in particular – offer us an exciting opportunity to be part of this growth in intra-African trade. We're even more excited by the growing numbers of the middle class who have high discretionary spend and have shown a keen interest in travelling by air. SAA will continue to grow our operations to these areas as part of our African growth plan," says Munetsi.

The enhancements to SAA's route network will enable the airline to offer more frequencies to other markets in its network, such as Mauritius and Harare, where demand keeps growing.

Mauritius now offers double dailies four days a week (Wednesday, Thursday, Saturday and Sunday). The Johannesburg-Harare (Zimbabwe) route is served twice daily, with three flights on Mondays, Tuesday, Fridays, Saturdays and Sundays.



Chad le Clos.

## SAA BEHIND TEAM SA

As the official airline of the South African Olympic Team, SAA is honoured to carry the pride of our nation to the 2016 Olympic Games in Rio de Janeiro, Brazil. The games will take place from 5-21 August, with more than 10 500 athletes from 207 countries participating.

The partnership with the SA Sports Confederation & Olympic Committee (SASCOC) sees the national carrier flying both the SA Olympic team and the SA Paralympic team to Rio. SAA stands fully behind Team SA in their aim of achieving 10 medals at the event.





# SAA RAKES IN AWARDS

SAA has received a number of awards confirming its position as the leading airline on the African continent when it comes to brand recognition and innovative product offering



The most prominent of these accolades is the Skytrax award for **Best Airline in Africa**, which SAA has now won for the 14<sup>th</sup> consecutive year. The Skytrax awards, the brainchild of an independent aviation research organisation, have become an institution on the annual events calendar. They are based on unsolicited customer feedback, which make them the benchmark of airline excellence.

"Winning this Skytrax award for the 14<sup>th</sup> consecutive time demonstrates that SAA can rightfully take its place as one of the leading airlines in the world, despite the challenges it faces. Awards are important in building staff morale, as they instil a sense of pride in both our customers and employees," says Musa Zwane, SAA's Acting CEO.

Other recent awards include being voted the Coolest Domestic Airline by the country's youth in the 12<sup>th</sup> Sunday Times Generation Next Survey Awards. SAA's low-cost subsidiary, Mango, achieved second place. In recognition of the innovative products SAA offers customers, the airline's new VIA Domestic Lounge at OR Tambo International Airport won a prestigious design award at the International Yacht & Aviation Awards held in Venice, Italy, in the Commercial Aviation Category under Airport Lounges.

The lounge, which opened in September 2015,

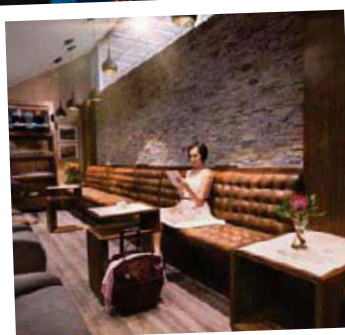
is the first of its kind to be

opened as

a partnership between the airline and Investec Private Bank. It exemplifies the highest standard in design and delivers a world-class customer experience.

"The Star Alliance VIA Lounge competed for this award with some of the best airport lounges in the world, which makes the win a remarkable achievement," says Kim Thihe, SAA's Head of Marketing.

Other accolades received by SAA include the award for the Highest Growth of Ancillary Sales at the Amadeus Merchandising, Digital & Travel Intelligence Conference.



ABOVE: South African Airways is the proud winner of the Skytrax award for Best Airline in Africa, for the 14<sup>th</sup> year in a row. Receiving the award in London were, from left to right, Tim Atkinson, Head of Airport Operations International; Susanne Lang, Airport Duty Officer Munich; Sciuscian Aimut, Customer Service Agent Frankfurt; Kim Thihe, Head of Marketing; Zuku Ramasia, General Manager Operations; Musa Zwane, Acting CEO; Edward Plaisted, Skytrax CEO; Cathryn Callow, pilot; Catherine Papini, Customer Service Agent London and Gary Kershaw, Country Manager UK and Ireland.

## CITES COMES TO SA

The 17<sup>th</sup> Conference of the Parties to the Convention on the International Trade in Endangered Species of Wild Fauna and Flora (CITES COP17) will take place at the Sandton Convention Centre in Johannesburg from 24 September to 5 October 2016.

CITES is an international agreement between governments that aims to ensure that the international trade in specimens of wild animals and plants does not threaten their survival.

The Minister of Environmental Affairs, Edna Molewa, on 3 March 2016 signed the Host Country Agreement for CITES COP17 with the Secretary-General of CITES John Scanlon on the margins of an international conference on wildlife crime in The Hague, in the Netherlands.

South Africa was one of the first signatories to CITES in 1975 and continues to play an active role in the enforcement of the Convention.

At COP17, Parties will collectively evaluate the progress made since 2013, and take decisions on what additional measures are needed to end illicit wildlife trafficking.

It will also consider a number of proposals to bring additional species under CITES trade controls, as well as tackle issues concerning livelihoods, and the review of significant trade, traceability, and the effectiveness of CITES implementation, amongst other things.





**F**ikelepi joined SAA in November 2013, having worked for one of SA's biggest law firms, Webber Wentzel, as well as on Wall

Street in New York, at SA's Department of Public Enterprises and for Absa.

This wealth of experience made her the ideal person to head up SAA's Legal, Risk & Compliance Departments. She describes the airline as a public institution operating in a highly competitive corporate environment: "It's a unique company in that we're government-owned, [but we have] to be competitive."

Her position entails working in both the private and public sectors. "Being SAA's General Counsel allowed me to not only practise law, but combine it with the operations and strategy aspect, so I grabbed it," she explains. In addition, Fikelepi – who holds a Master's degree in law from the USA and an MBA from SA's Gordon Institute of Business Science – has also been able to apply her academic studies to her job. "My MBA thesis was on the success factors of state-owned companies," she says.

### SHORT AND SHARP

#### Window or aisle seat?

Window seat. I enjoy seeing where I am and what the landscape looks like. I also like to see the runway before take-off.

#### Chicken or beef?

Either is fine.

#### Favourite beverages:

Juice and water. I've discovered the value of drinking water on a long flight.

#### Favourite in-flight entertainment:

Movies.

#### Duty-free indulgence:

I love perfumes and gadgets.



## THE LETTER OF THE LAW

*"Only when the weight of the paper equals the weight of the airplane can you go flying," said world-renowned aircraft industrialist and engineer Donald Douglas way back in the Thirties. Today that's as true as ever – as Ursula Fikelepi, GM of SAA's Legal, Risk & Compliance Departments, knows. By Gaye Crossley*

After just two years with the airline, she's become an aviation convert. "It's a very interesting and fast-paced industry. There's a lot of competition and whatever happens around the world impacts our operations. That's really fascinating," she says.

Her biggest challenge is getting all stakeholders within the airline to understand the importance of adhering to industry regulations and standards. "People need to be aware that there's a price to pay for legal non-compliance – and it isn't just the cost of setting up the required systems and infrastructure. It

***"There's a price to pay for legal non-compliance – and it isn't just the cost of setting up the required systems and infrastructure. It has a reputational impact as well."***

has a reputational impact as well."

She believes SAA has very special appeal. It's one of the world's oldest airlines, is respected internationally and continues to be the most-awarded African airline.

### FIKELEPI UNPLUGGED

Her role at an international airline is a demanding one – so to recoup, Fikelepi

seeks total relaxation. "My favourite holiday is on the beach, either in SA or Mauritius, where I can enjoy sunshine and warm water," she says.

Sometimes, though, she takes herself off on an excursion. "I like adventure, provided it's controlled. One of the most interesting places I've been to is Vietnam: it's really a remarkable country," she says.

# Air Chefs' new Durban facility

Air Chefs, SAA's catering division, recently opened a state-of-the-art facility at Durban's King Shaka International Airport. Among the benefits of this custom-designed food facility are its much larger size, capacity to prepare Halaal meals and minimal impact on the environment. **By Lori Booth**



**A**t 1 500m<sup>2</sup>, the building is three times bigger than the old facility. Dr John Tambi, Chairperson of Air Chefs, believes the opportunities for growth and diversifying are massive. "This facility is poised to take Air Chefs beyond air food. It will enable us to diversify into catering for hospitals, schools, universities and other institutions," he says.

Martin Kemp, Acting CEO of Air Chefs, explains other advantages offered by the new enterprise. "Airline catering is the biggest part of our business, so with this facility, we'll be situated very close to the runway and aircraft parking bays, so we're logistically well positioned for efficiency and can easily deal with changes due to airline delays. The size of the facility will also give us the capacity to grow in KwaZulu-Natal," he says.

All Air Chefs' chefs are members of the SA Chefs' Association, ensuring their skills are first-rate and the Research & Development Chefs based in Johannesburg were instrumental in developing new menus for the international kitchens in Durban. "This new Durban facility will make Air Chefs a world-class service, delivering world-class food. We're aiming to provide fine dining quality, like five-star



## FACILITY FACT SHEET

### THE NEW AIR CHEFS FACILITY:

- Produces up to 7 500 airline meals per day.
- Is ISO 22000-certified.
- Is situated 600m from the runway.
- Each of the 50 employees in production completes 350 meals per eight-hour shift. SAA is the largest domestic carrier locally, so food volumes are very high.

hotels," says Kurt Scholtz, Air Chefs' General Manager: Operations.

The lightest environmental footprint was mandated in the design of the facility, including the installation of plate heat exchangers, which negate the need for geysers or heat pumps. "Our aim is not to send any waste to landfills; in a year's time, all waste will be recycled or used for sustainable energy," says John Gloy, Air Chefs' Head of Production – Coastal.

The facility is equipped with a bonded warehouse for storing imported foodstuffs and equipment for use exclusively on board, rather than in SA. Mpumi Spayile, SAA's Manager of Logistics, Operations & Inventory, says: "This is key to the functionality of the services and food for airline catering, along with direct airside access – and, of course, hygiene."

The new facility will be able to produce meals, snacks and products for selected catering companies and airlines. Cindy Sityi, Tourvest Consortium Accounts Manager, is impressed with the new facility's service delivery. "Our business is expanding to 'Buy on Board', so we hope to offer a bigger catering service to other international airlines flying out of Durban," she says.

The new facility has also led to discussions between Air Chefs and the likes of Famous Brands, among other key role-players in the industry. There's the potential for a symbiotic relationship in which Air Chefs provides ready-made dishes for its range of restaurants and Famous Brands supplies raw materials for use in Air Chefs' products. Famous Brands' Willem van Heerden says: "I'm encouraged by what I've seen and tasted at the facility and envisage the possibility of combining the volumes of our two companies to negotiate better buying power in the market." 🌈



# WOMEN UNITED

CELEBRATING THE 60<sup>TH</sup> ANNIVERSARY OF THE 1956 WOMEN'S MARCH TO PRETORIA'S UNION BUILDINGS, 9 AUGUST 2016

Since the turn of the century, women in SA emerged as primary catalysts for protests against, and as challengers of, the apartheid regime. Women of all races demonstrated against having to carry passes through major campaigns. The first, in 1913, was in Bloemfontein and set the tone for later anti-pass law action by militant African women. The second episode was in 1930 in Potchefstroom. In this case, the grievance of the women was lodgers' permits. The third campaign was the Women's March in 1956, when 20 000 women marched to the Union Buildings in Pretoria, the bastion of apartheid.

The 1956 Women's March is the most historic event in the struggle for freedom and women's rights in SA. Women from every part of the country and of every race united in marching to deliver a petition to the then-Prime Minister, JG Strijdom, protesting the carrying of passes by women and the degradation of African women.

The role these women played in ushering in the country's democratic rule speaks of extraordinary resilience, perseverance, community-building and triumph. In 1996, our government declared 9 August to be a national holiday (Women's Day), commemorating the march. The occasion has since been extended to a month-long celebration.

The fruits of democracy that we enjoy in SA today are as a result of the heroism of these women, without any expectation of reward. All South Africans – men and women – are beneficiaries of the courage of stalwarts such as Charlotte Maxeke, Lillian Ngoyi, Helen Joseph, Rahima Moosa, Sophie Williams-De Bruyn, Dorothy Nyembe, Albertina Sisulu, Ruth Mompati, Bertha



Gxowa, Winnie Madikizela-Mandela and many others, who defied the apartheid state in 1956. *Izithwalandwe!*

The build-up to the 60<sup>th</sup> anniversary of the 1956 Women's March started in 2015 through a programme of outreach and dialogue. Its specific objectives are:

- To tell about women's contributions to the liberation of our country and to write *HerStory* as it evolves.
- To honour and celebrate the women stalwarts of 1956.
- To unite South African women behind common national interests, nation-building and social cohesion, promoting the principles of human dignity, equality and respect for diversity.

Further, on Women's Day 2015, President Jacob Zuma launched a report titled *The Status of Women in the South African Economy*. It focuses on five critical areas: education (access and attendance, outcomes and performance); the labour market; access to land, property and credit; changes in poverty and inequality; and unpaid work and women's contribution to SA's gross domestic product.

Ahead of this year's Women's Day, President Zuma established an Inter-Ministerial Committee

on the 60<sup>th</sup> Anniversary of the 1956 Women's March (IMC) and appointed 10 ministers, the Gauteng Premier and the Mayor of Tshwane to oversee the planning and success of this momentous occasion.

The IMC has approved the theme for this year's Women's Month: "Women United in Moving SA Forward". It has also approved the key messages of the initiative:

- Women united in building a safe SA, with no violence against women and children.
- Women united for inclusive economic growth and jobs.
- Women united for the doors of learning and culture to be open to all.
- Women united for a better Africa and a better world.
- Women united for gender equality.

The 2016 National Women's Day celebration will take place on the Union Building lawns in Pretoria on 9 August. The venue was chosen because of its historic significance.

Also on 9 August this year, President Jacob Zuma will launch the Lillian Ngoyi Museum, which

will tell the story of South African women's struggles: *HerStory*.

Twenty-two years into our democracy, there is a marked increase in the representation of women in Parliament, government, the judiciary and the private sector, thanks to the government's transformation agenda and the resultant unprecedented body of laws. Women are also making inroads into business leadership and heading up global giants. Moreover, there is a marked increase in the representation of women in the private sector, although a lot remains to be done to empower females and improve their representation on boards and other critical positions.

More and more young women are choosing a career in the tough underground environment of mining, including owning a mine. Young women are in aviation and the navy.

SA is a better place for women to live in than it has ever been before.

**SUSAN SHABANGU (MP)**  
Minister in the Presidency  
Responsible for Women





# ABOUT THE FORESTS

Forests do more than breathe for the earth and help keep its climate stable. They give us food, medicine and shelter, keep fertile soil in place and lessen flood damage

**F**orests even help prevent droughts – they absorb groundwater and release it into the atmosphere, which promotes rainfall. And the plants and animals that live in forests are a treasury of the biological and genetic diversity of our planet. Estimates are that at least one billion of the world's poorest depend entirely or partially on forests for food, shelter, fuel and an income by either working in them or selling their products.

Whether we're rich or poor, we interact with forests in some way. The magazine in your hands, for example, is likely to have been made from paper processed from forest timber, just like the juice carton you've punched open or the paper towel on your tray.

## DONATE YOUR VOYAGER MILES AND GIVE WWF WINGS!

Supporting WWF's environmental work doesn't have to cost a cent. If you're an SAA Voyager member, donate your air miles to WWF. This helps free up WWF's highly valued funding for injecting directly into conservation work. Donating your miles is easy:

1

Log into your Voyager account.

2

Choose Voyager Shopping and select Donate Miles.

3

Under Target Account, select WWF and make your donation.



## LOSS OF FORESTS

Forests are lost or degraded through activities like illegal logging and deforestation, usually to make way for soybean and palm-oil plantations, beef farming and to meet demand for paper production.

When that happens, we also lose water reserves, soil and many species of plants and animals. Those who live in and from forests are the first to feel the fallout.

Deforestation and degradation contribute directly to climate change. In December 2015, governments met at COP21 in Paris, France, to discuss climate change. The outcome, the Paris Agreement, formally recognises the important role forests play in addressing climate change by absorbing carbon dioxide from our atmosphere.

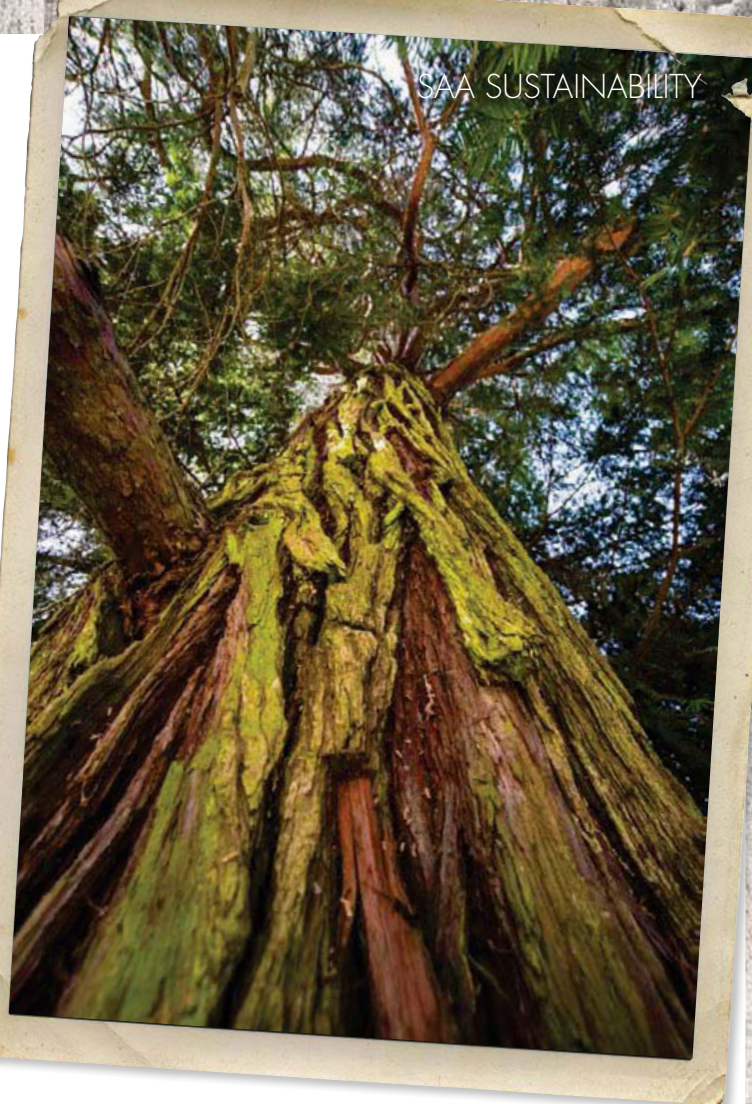
Deforestation and forest degradation are leading causes of carbon emissions. Moreover, surging global growth means that by 2050, we'll consume two to three times the volume of forest products we do today.

It was in the face of increasing loss of forests that the Forest Stewardship Council (FSC) was established in 1994 as the world's first certification scheme to promote responsible forest management. Today, the FSC is the globally recognised leadership standard for forest management and is widely seen as the most credible.

## A CRITICAL, RENEWABLE RESOURCE

The FSC recognises that forests are a critical and renewable resource which, if carefully managed, can meet the needs of people and other species today and in the future.

To achieve FSC certification, operations must comply with a rigorous set of principles and criteria that promote responsible forest



management. More than 800 social, economic and environmental members determine FSC policies, which meet the highest global standards. Working groups of relevant stakeholders develop standards that are appropriate in a regional or national context.

An FSC-accredited certification body, comprising experts such as foresters and community relations specialists, assesses whether an operation complies with all FSC requirements. An FSC forest management certificate is valid for five years and monitored annually.

By June 2016, just over 190 million hectares of forest in 81 countries were FSC-certified in partnership with more than 50 000 certified companies in more than 100 countries. These include natural forests, large plantations, smallholders and community forests. In SA, 1,4 million hectares of plantation forests are FSC-certified.

## WORKING TOGETHER

The FSC doesn't work alone. At the very centre of its mission are consumers and their power of choice. When you choose a product with the FSC label, you're supporting a forest that's managed in a way which protects the environment, benefits the people who live and work in it, and is economically viable.

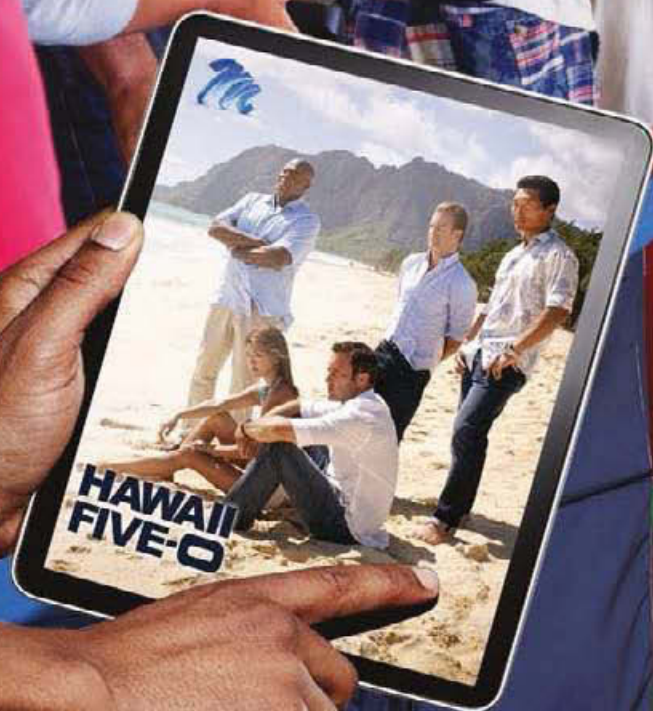
Through global partnerships and collaborations, the FSC strengthens its impact. FSC partners share a vision of sustainable forest resources, with each providing new insights for better solutions.

One of the FSC's newest partners is SAA. In terms of the partnership, the airline is committed to sourcing and using FSC-certified products whenever possible.

For the FSC, the partnership raises awareness of its brand and strengthens its activity in the region. For SAA, working with the FSC is a logical step towards achieving its goal of being one of the most environmentally sustainable airline groups in the world by 2023. 🌈



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# Travel talk

Escapes and experiences for the discerning traveller



## #ONE (exceptional) ESCAPE

*Kudos to the One&Only Cape Town on the launch of an on-trend tourism initiative. By Ingrid Wood*

The One&Only Cape Town Insta-Walks are on-foot tours led by travel journo and avid Instagrammers Dawn Jorgensen and Seth Shezi (pictured top left), who take guests on photo-worthy journeys to whatever your heart desires, be it galleries, quirky foodie haunts, boutiques, markets, pop-up artist events or fresh and funky markets.

The walks are co-ordinated by Escape+Explore Private Cape Adventures (winner of the Best Experience in Africa award at the 2016 We Are Africa conference) – a company that offers exceptionally curated (and tailor-made, if you prefer), off-the-beaten track experiences.

Despite being a regular visitor to Cape Town, I enjoyed a completely different

perspective of the city on this tour. With kids and husband in tow, we opted to add some extra activities on the Escape+Explore menu, including a Scootour from Signal Hill down into Bo-Kaap where our Insta-Walk started, followed by a leisurely cycle along the Sea Point promenade to the Waterfront, and a gentle stand-up paddle along the canals.

Not only does it offer a fresh perspective, but the photo opportunities (social media fans and selfie addicts will love it!) and activities add a special element to an outing with family and friends.

After such a busy morning, we headed back to the One&Only for a cosy winter lunch at the poolside restaurant Isola: a choice of meat, seafood or vegetables paired with wine, followed by a Swiss

chocolate fondue.

The launch of the One&Only Cape Town Insta-Walks coincides with the resort's current locals-only #OneEscape seasonal special. Book a waterside Marina Harbour room for R3 250 per night and dine like a king for breakfast at Reuben's. Valid until 22 September 2016. There are also exceptional Wine & Dine events at both Nobu and Reuben's between now and December, as well as an opportunity to sample internationally renowned celebrity chef Daniel Redondo's Brazilian brilliance (Saturday, 27 August). For enquiries, email: [reservations@oneandonlycapetown.com](mailto:reservations@oneandonlycapetown.com) or visit: [www.oneandonlyresorts.com](http://www.oneandonlyresorts.com) Read and see more on me scooting down Signal Hill at: [www.saasawubona.com](http://www.saasawubona.com)





## DESIGNER DARLINGS

**The Studio at Ellerman House is nothing like your average hotel gift shop**

In fact, the term “gift shop” is insulting; this is a luxury, gallery-like space showcasing a collection of carefully curated items. High-end pieces of art, jewellery and accessories have been thoughtfully selected by the hotel’s discerning management team – and they certainly have an eye for stylish finds.

Local design darlings like Katherine-Mary Pichulik – the talent behind jewellery brand



Pichulik – have taken centre stage at The Studio, highlighting the very best of South African aesthetic ability. Other labels to look out for are bags by Missibaba and the comfortable luxury of De Wieff’s gorgeous garments. For those wanting a very special treat, a diamond

by Benguela is a bespoke investment piece with a fascinating story to tell. Wynand Hendrikse has been a diamond diver since the late Nineties, working in many parts of Africa. His dream of expanding the diamond experience (beyond merely diving for diamonds) means these sea diamond pieces can tell the story of their journey from being mined to being set in striking pieces of jewellery. Also look out for Julie de Pao’s stylish leather goods and artworks from SA’s famous Everard Read gallery. Visit: [www.ellerman.co.za](http://www.ellerman.co.za) – **Helen Clemson**

# A CLICK AWAY



Shopping nowadays is all about convenience and OR Tambo International Airport is streamlining your shopping experience with the new Duty Free shopping portal: [www.dutyfreeshopping.co.za](http://www.dutyfreeshopping.co.za)

You can purchase online a minimum of 72 hours prior to departure and then collect your pre-packed purchases from the Big Five Duty Free store at International Departures before boarding your flight. Simply register on the site (you’ll need your ticket and flight details to purchase) and shop from your desk!



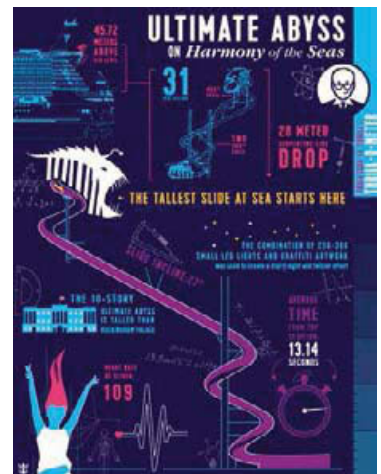


Turn an ordinary holiday into colourful one, filled with smiling faces and instant memories with the Fuji Instax Mini 70 (R1 650). A compact instant camera that produces instant credit card-sized prints, perfect for fun times wherever you go. Visit: [www.fujifilm.co.za](http://www.fujifilm.co.za)



An enjoyable dining experience involves much more than just a good meal. Eating in beautiful surroundings means food with a (great) view. We found The Stack at Leinster Hall to be all that: the perfect marriage of a brasserie serving authentic, hearty French food and a space with beautiful decor. On the menu are traditional favourites like coq au vin and Toulouse cassoulet, but it's the backdrop of unexpected design elements like purple-plum chairs, bright turquoise banquettes and striking artworks that's put The Stack on our must-visit Mother City list. Find it adjacent to Cape Town's historic Company Garden in the vibrant Gardens district. *Visit: [www.thestack.co.za](http://www.thestack.co.za) - HC*

Not only is the Royal Caribbean International's *Harmony of the Seas* the world's largest cruise ship, but it also boasts the tallest slide (10 storeys) and ticks all the boxes in terms of thrill factor. Ahoy there, land-lubbers... what are you waiting for?





# GLOBAL EYE

By Daniel Scheffler

## MILAN

This fast-paced Italian city has always been the home of fashion. Now the Four Seasons Milano presents its unique, private and *molto elegante* dining experience under the skylight of the luxury brand Caruso's store. Inspired by a short film starring Giancarlo Giannini, it's an extraordinary evening. And there are also the finest suites in the city in which to spend the rest of the night. Visit: [www.fourseasons.com/milan](http://www.fourseasons.com/milan)

## NEW YORK

After flying for hours, the Mandarin Oriental offers the perfect relief for fatigue and body pains. Its giant spa suite, modelled after an oriental home, now offers a fireplace, dual massage beds, an elevated bath and a relaxation bed. Be sure to book hours of Thai massages here for you and your plus one. Visit: [www.mandarinoriental.com/newyork/luxury-spa](http://www.mandarinoriental.com/newyork/luxury-spa)

## LISBON, PORTUGAL

Almalusa in the neighbourhood of Baixa/Chiado offers the ideal base from which to explore the city. The Delfina, its all-day Portuguese deli, showcases the foods the locals love. As for the rooms, their understated trendiness makes you long to spend the whole of summer here. Visit: [www.almalusahotels.com](http://www.almalusahotels.com)

## ASBURY PARK, USA

About an hour or so from New York City is the new Asbury Hotel – a Bruce Springsteen stomping ground. "Eat, drink, swim and be merry" is the motto here. At the Baronet Theatre on the property, movies are shown in the evenings and on Fridays a tea dance kicks off the weekend. Visit: [www.theasburyhotel.com](http://www.theasburyhotel.com)

## PORTO HELI, GREECE

Located on a gentle rise in the Peloponnese, the Amanzoe awaits. Take a quick helicopter ride from Athens to the heart of the country. The villas are extraordinary, with a focus on privacy for the whole family and the days are longer, just for you. Visit Spetses island nearby, book a day at the spa or simply enjoy the private beach club, doing absolutely nothing. Visit: [www.aman.com/resorts/amanzoe](http://www.aman.com/resorts/amanzoe)

## CARMELO, URUGUAY

About two hours' drive from the capital of Montevideo – surrounded by pine and eucalyptus trees – the new Hyatt has claimed its stake. Think yoga and meditation in beach studios, or slow walks around wine farms, with content cows watching you. Visit: [www.carmelo.hyatt.com](http://www.carmelo.hyatt.com)





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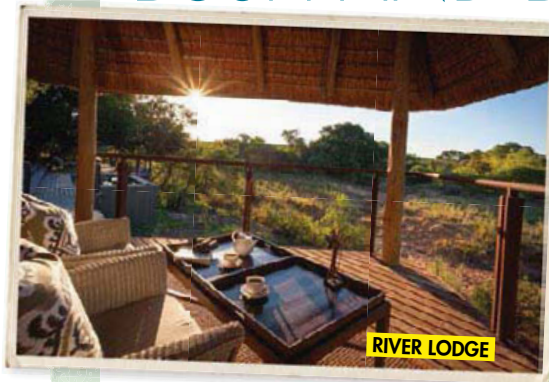
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## UPDATES FROM THE BUSH AND BEYOND



RIVER LODGE

The **River Lodge** is the latest addition to the 11-property-strong **Thornybush Collection**. Located in a secluded part of the 14 000ha Thornybush Private Game Reserve (adjacent to the Kruger National Park), the luxe lodge consists of only four villas (one of which is a two-bedroomed Royal Suite, complete with open-plan kitchen, dining area and lounge). Each villa has its own plunge pool and expansive deck, with game-viewing from the suite a distinct possibility. Great for a romantic getaway or book the entire lodge for exclusive use.

Visit: [www.thornybushriverlodge.com](http://www.thornybushriverlodge.com)

**Gondwana Game Reserve**, located along the Garden Route in the Western Cape, has launched two completely different accommodation offerings. The reserve's

**Tented Eco Camp** is an authentic, hands-on experience in the wild – more of a "learnation" than R&R in the bush.

The three- or five-night programme gets guests involved in wildlife and veld management on the 11 000ha reserve: learn bush skills and interpretation, track wildlife, collect water samples,

analyse markings and get up-close-and-personal with the game.

Spend evenings relaxing around the campfire, enjoying unfussy, but hearty fare, before heading to the luxe tents to sleep off

the day's hard work. For those who enjoy a holiday where relaxation is the main goal,

**Ulubisi House** is an expansive and luxurious African villa offering all the mod cons you'd expect – three plush suites (which can accommodate six adults or four adults and four children), a pool and Jacuzzi on



ULUBISI HOUSE

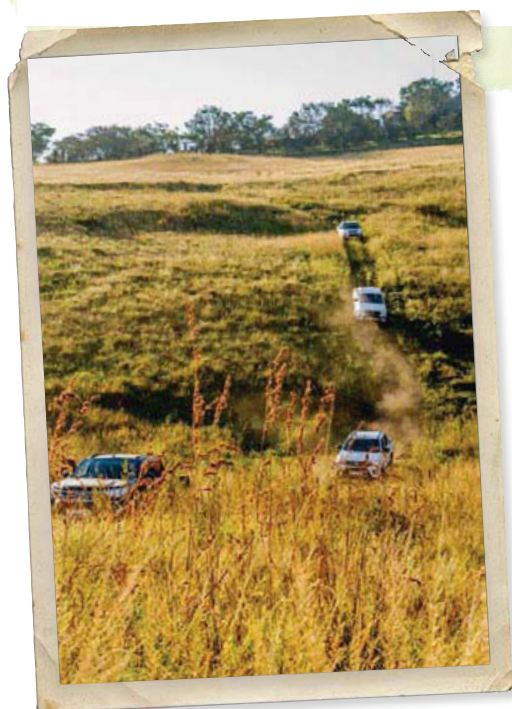


TENTED ECO CAMP

a sprawling deck, with an easy flow of indoor-outdoor living areas, as well as a dedicated field guide, chef and butler. The villa's surrounded

by grasslands filled with game and offers breathtaking views. It's the only fynbos reserve in the world that contains the Big Five and its climate is the second most moderate on the planet (after Hawaii), meaning anytime is a good time to visit! Visit:

[www.gondwanagr.co.za](http://www.gondwanagr.co.za) – **Lynette Botha**



## Rough diamond

Less than an hour's drive from Durban, **Gwahumbe Game & Spa** offers a glimpse of some of KwaZulu-Natal's (KZN's) most stunning landscapes.

Overlooking the Umsunduze and Gwahumbe Rivers and forming part of the greater Gwahumbe Valley, the private reserve was developed by owners Neil and Raye Hampson, who wanted to share their sugar farm's beautiful setting with guests. On completion of building, the property was allowed to return to its original state and the result is a welcoming, family-run escape in a breathtaking setting.

Expect hearty food, personal touches and a range of activities to keep you busy, from mountain-biking and trail-running to game-viewing and reasonably priced spa treatments.

A favourite is the 4x4 track, which offers an adventurous afternoon of river crossings, slopes and fantastic views of the valley.

"We give 'roughing it' a whole new meaning," says Director Shannon MacKenzie.

"Gwahumbe is the perfect destination for 4x4 self-drives and we encourage guests to traverse the entire reserve. It's not only an extremely popular venue for off-roading, but is also a popular venue for TV shows, 4x4 launches, conferences and team-building. Motor manufacturers regularly test their vehicles here."

As a KZN local, I quickly fell in love with this small piece of heaven.

Visit: [www.gwahumbe.co.za](http://www.gwahumbe.co.za) – **Megan Whittington**





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## SPEEDY SPA SPOILS

Cape Town's Pepper Club's Cayenne Spa – recently nominated as SA's Best Hotel Spa in the 2016 World Spa Awards – is the inner-city sanctuary to spend time in this season. Book a Winter Warmer Early Bird special (R200) for the treatment of your choice (a quick mani or pedi, or a massage – back, neck and shoulders, or scalp, neck and shoulders). Available weekdays from 9am-12pm. Visit: [www.pepperclub.co.za](http://www.pepperclub.co.za)

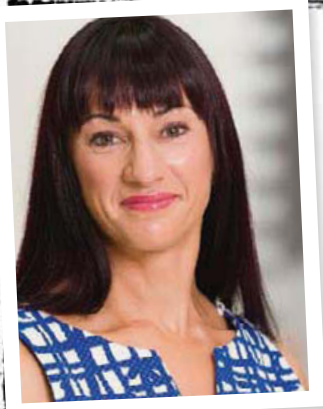
## FORWARD-THINKING FACIALS

Johannesburg's iconic Four Seasons The Westcliff Hotel is the only spa in SA to offer the **Biologique Recherche** of Paris range. One of our fave treatments by the brand is **Seconde Peau** ("Second Skin"). This skin overhaul is based on clinical technology, using a hyaluronic acid electrosun machine that acts like a 3D printer. What does this mean for skin? Medical-grade hyaluronic skin patches (designed to penetrate skin structures) form an anti-ageing mask that visibly lifts and accelerates skin renewal. Tel: 011 481 6450. Email: [spa.johannesburg@fourseasons.com](mailto:spa.johannesburg@fourseasons.com) If there's one thing your skin needs this winter, it's the **BioEffect Cellular Treatment with Microdermabrasion and Ceya**. A deluxe anti-ageing facial, it's ideal for tired, stressed skin. The deep exfoliation it provides is also great for those with pigmentation problems. Visit: [www.placecol.com](http://www.placecol.com)



## BEAUTY HOTSPOT

When next in Jozi, take a trip to Sandton City to experience the Yves Saint Laurent Beauté Boutique, the first on the continent. Prepare to be dazzled by the latest in cosmetics and fragrance from this luxury brand.



## DOING IT DUTY-FREE

Skin therapist Sonette Donker is the owner of Skin iD in Johannesburg. A frequent flyer, she hits Duty-Free for her travel beauty must-haves:

- "I have a fetish for lipbalm. I buy Clinique Superbalm Moisturising Gloss in a beautiful pack with a range of colours that's exclusive to Duty Free. I'm also mad about Clarins Instant Light Natural Lip Perfector. I like the duo pack with two different shades of nude."
- "I always buy my perfume at Duty-Free."

Interestingly I've priced my favourite fragrances (Dior Pure Poison and Dior Hypnotic Poison) at Duty-Free in Paris, but they're more affordable at local airports.

- "A product I can't seem to find in SA is a variant of Nivea Anti-perspirant, a creamy balm in a stick form that I bought in Dubai. Because of the heat there, I needed something that worked well and this anti-perspirant did the trick."





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## OPULENT OTTOMAN

Halsted Design's new ottoman from the Qalakabusha Collection, the Zebra Rider (R19 500, Hyde Park Corner Shopping Centre, Johannesburg), is our decor item of the month. This proudly South African piece is strikingly quirky and if you're a tourist in SA, it can easily be flown back to your home as a great memento. Vibrant and eye-catching, it adds comfort and colour to your living space. Visit: [www.halsteddesign.com](http://www.halsteddesign.com)



## GRAND DADDY GETS A FACE-LIFT

A decor upgrade freshens up a hotel beautifully – and collaborations with happening interior designers make it all the more special. Check out the new, imaginative and slightly quirky look of Cape Town's Grand Daddy Hotel, created by Beach House Interiors and Imagenius. Tel: 021 424 7247. Visit: [www.granddaddy.co.za](http://www.granddaddy.co.za)



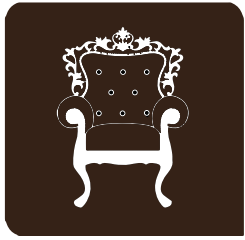
## LABEL HOUND

British fashion guru Vivienne Westwood's rugs for The Rug Company combine her quintessentially bold, contemporary designs with traditional elements. Her Thistle Rug reflects her long-standing love of Scottish tartan, while Vivienne's Rose evokes an English garden in full bloom, made of handspun Tibetan wool which has been knotted into a rug.

Visit: [www.rugcompany.com](http://www.rugcompany.com)







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## THE ART OF TRAVELLING

"Over the past few years, I've been given the rare gift of time and travel," says Cape Town-based artist Natascha Petersmann. Her urge to be creative spurred her to capture her love of travelling in illustrated memory pieces. Her two projects – MapLovers (customised maps produced as artworks) and innovative postcards called Woodycard – are special keepsakes travellers can enjoy long after they've returned home.

MapLovers, says Petersmann, draw on the unique feelings evoked by maps. "Maps fill people with a sense of adventure and wonder about the future, while also feeding nostalgia about past journeys. They're a special way to preserve memories in a visual form." Cartography was formerly a great art, but has become purely functional nowadays, she adds, which motivated her to restore their aesthetic element to them. Her beautiful pieces are personalised to tell travellers' stories and highlight photographs of trips. While featuring accurate geographical information, they also give context and perspective to an experience or a future dream.

Woodycards, says Petersmann, are functional postcards that can simply be written on and sent anywhere around the world, at regular postal rates. However, they display unique works by South African artists. Visit: [www.maplovers.co.za](http://www.maplovers.co.za) and [www.woodycard.com](http://www.woodycard.com)



PHOTOGRAPHS: ORMS

## MEXICAN MAGIC

Museo Jumex, a vibrant, contemporary art museum in the Nuevo Polanco area of Mexico City, is a visually arresting space in the heart of the Mexican capital. The museum is home to Colección Jumex, the largest private contemporary art collection in Latin America, and has plenty to offer those who enjoy thought-provoking works. Current exhibitions include *Peter Fischli David Weiss: How to Work Better* from New York's Solomon R Guggenheim Museum (on show until 4 September), while future highlights include *General Idea: Marking Time* (27 October 2016-12 February 2017), showcasing the works of the Canadian Collective.

Visit: [www.fundacionjumex.org](http://www.fundacionjumex.org)



## STATESIDE STYLE

If you're visiting Los Angeles, schedule a visit to the iconic John Anson Ford Amphitheatre in Hollywood. Having recently re-opened for the 2016 summer season, following a revitalisation by the local design team of architect Brenda Levin and landscape architect Mia Lehrer, the amphitheatre's worth strolling around. The team's work includes the Griffith Observatory, the Wilshire Theatre and the Nature Gardens at the Natural History Museum of Los Angeles County and has been critically acclaimed. Visit: [www.fordtheatres.org](http://www.fordtheatres.org)







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# ON-TREND TRAVELLING

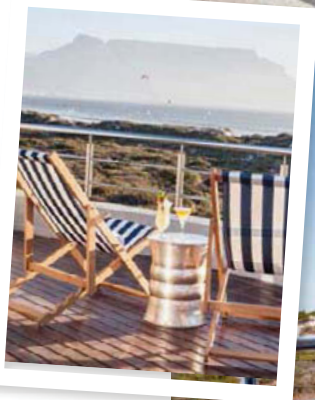
August is a great month for a well-deserved break at a getaway. Make sure you go there in style!

By Candice-Lee Kannemeyer

## FIND YOUR BLISS

Just a 20-minute drive from Cape Town's CBD, Bliss Boutique Hotel is nestled in a natural fynbos reserve surrounded by a vast stretch of white beach. Each of the eight luxurious rooms caters for the discerning traveller, complete with 40" HDTV, DSTV, speaker system, Nespresso machine and full Internet access.

Outside, guests can enjoy the relaxing, secluded swimming and splash pool, surrounded by a wooden deck or sip



sundowners while taking in the views from a hammock. There's also a private beach accessed with a room card.

Dining is a food-lover's delight and the contemporary-styled bar and restaurant boast a carefully crafted and locally inspired menu cooked by resident chef

Dean Correia. The property also allows visitors to take full advantage of its prime positioning, offering an expansive view of Cape Town's natural beauty from a different and unspoilt perspective. *Bliss Boutique Hotel, 25 Albus Drive, Sunset Beach, Cape Town. Tel: 021 551 2271.*

## City escape essentials

1



2



3



4



1. This classic Bretton striped top (R1 300, Petie Bateau @ Maison Mara) can be dressed up with a blazer and statement necklace or dressed down with jeans and sneakers.

2. Give your hotel room a luxurious touch with this sweet-smelling candle (R600, Maison Mara).

3. A pair of chic sunglasses pulls a look together, while also disguising travel-weary eyes. Ray-Bans (R2 290, Sunglass Hut).

4. We love this two-in-one unisex "Chris" weekend bag (R1 199, Bloss & Co). Not only is it stylish, but it comes with a smaller carrier bag that doubles as a sling bag.





Invest in a pair of quality headphones for your travels. Skullcandy Uprock (R349, Musica) is super-comfortable – and looks super-cool too!



## ON THE MAP

The new Urban Spirit Backpack by Montblanc mirrors the multi-faceted lifestyle of today's explorer. Made of soft black Italian leather, the backpack has a side compartment for laptop storage, a pocket for a phone with see-through holes for headphones, a satellite system and reflective bands.

Also available are covers designed for the Urban Spirit Backpack adorned with diagrams of iconic transit maps of some of the world's major metropolis transport networks: New York City, Seoul, Paris and London. Limited to just five pieces for each city design, the personalised storm covers perfectly enfold the Urban Spirit Backpacks, giving the fine leather pieces added protection against the elements.

*Montblanc has boutique stores in Johannesburg, Cape Town and Durban.*

## COMFORTABLE, BUT CLASSY FOOTWEAR IS INDISPENSABLE WHEN TRAVELLING. WE LOVE THESE THREE STYLES:



Leather hi-top sneakers (R3 450, Carvella Luxe @ Spitz).



Adidas Advantage sneakers (R750, Tread + Miller).



Superga canvas sneakers (R750, Tread + Miller).

The Audemars Piguet Royal Oak Perpetual Calendar (price on request, Picot & Moss) features the most classic complication in horology: day, date, month and astronomical moon, with the week of the year displayed on the dial's outer chapter ring. The light blue of the dial harmonises beautifully with the warm yellow of the gold case, hour-markers and luminescent hands. Housed in a bold 41 mm yellow gold case, the self-winding watch's new, larger calibre is fully visible through the glare-proof sapphire crystal case-back.



These travel bags (R250, Typo @ Cotton On) are ideal for organising your laundry, cosmetics and other bits and bobs while travelling.

**STOCKISTS:** • Bloss & Co, [www.blossandco.co.za](http://www.blossandco.co.za)  
• Cotton On, [www.cottonon.co.za](http://www.cottonon.co.za) • Maison Mara, [www.maisonmara.co.za](http://www.maisonmara.co.za) • Montblanc, 011 317 2600, [www.montblanc.com](http://www.montblanc.com) • Musica, [www.musica.co.za](http://www.musica.co.za) • Spitz, 011 783 4653, [www.spitz.co.za](http://www.spitz.co.za)  
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## JOZI'S GOURMET COUP

Luke Dale-Roberts' Jozi fans are in for a treat at his signature restaurant at the Saxon Hotel. Taking over the space that used to house David Higgs' Five Hundred, the decor's had a complete overhaul, with shades of blue adding more vibrancy and additional light creating a less formal vibe, despite the luxurious environment. Patrons still have views of the kitchen, while botanical drawings by local artist Shaune Rogatschnig authenticate the South African setting.

But it's the food that's the real attraction. Dale-Roberts is known for his dishes' unusual, but delicate flavour combinations, Asian influences and innovative presentations – and he doesn't disappoint.

Working with Head Chef Candice Philip, who heads up the team at the Saxon, Cape Town-based Dale-Roberts comes up regularly to refine the offerings and add new elements. Expect interesting and delectable dishes like *shiitake* jelly with smoked chestnuts, *chawanmushi* with quail and sweetcorn, *wagyu* beef grilled over coals at the table and a rice pudding and quince dessert. We paired our tasting with international wines, an option that's highly recommended. Alternatively, you can pair with local wines or even tea.

Luke Dale-Roberts at the Saxon is open for dinner from Tuesdays-Saturdays. Bookings are essential. The seven-course tasting menu is currently priced at R1 330 for seven courses (which includes two appetisers), or R2 100 with wine or tea pairing. For reservations, tel: 011 292 6000 or email: [tablereservations@saxon.co.za](mailto:tablereservations@saxon.co.za)

## That's amore!

Indulge in *la dolce vita* at Durban's Old Town Italy, a foodie destination with huge charm and culinary appeal. Authentic Italian fodder is plentiful and we're particularly taken with the sweet treats which are baked on-site with large spoonfuls of thought and care. Pre-mixes and ingredients like margarine have been banned, while special off-the-menu treats feature too. Traditional – and very more-ish – bites include *bomboloni* (a must-try), as well as orange and olive oil cake doused with orange liqueur. Back to the *bombolini*: these bite-sized doughnuts are the perfect mouthful – think soft, pillowy dough filled with either Nutella, custard, jam or Amaretto paste. For those who love creamy desserts, they're layered into take-away perspex cups, ready to be whisked away and enjoyed at your leisure.

Also try the tiramisu, which is light, but velvety-smooth and sweet. If you're Banting – but willing to cheat a little – order the apple cake (90% apples with raisins) with a robust, lemony taste. For lovers of artisanal bread, Old Town is a carb-eater's paradise. Baked in a Spanish wood-fired oven (wood heats a sandpit that heats a cement slab), sourdough bread is perfect for those intolerant of yeast, as it's made from a levain that's already fermented, so it's a lot kinder to your digestive system. 39 Meridian Drive, Meridian Park, Umhlanga Rocks. Visit: [www.oldtown.co.za](http://www.oldtown.co.za)





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# UP IN THE AIR WITH...

## Seneliso "Sne" Dladla

*This award-winning comedian tells Megan Whittington about his love of humour, his favourite city hang-outs and his fear of heights*

**I'm a KwaZulu-Natal [KZN] boy who grew up with six siblings**, which already makes an awesome story to tell. I was always the family entertainer. I fooled around every chance I got because I felt fulfilled making people laugh.

**KZN isn't really about its scenery and geography.**

Even though it has amazing places to see, I'd recommend that visitors spend time with the locals. I've never met such loving and inviting people.

**Unfortunately, I can't disclose my family's address.** That's where I'd send anyone looking for a great time in KZN. My parents are cooler than I am – how they got that right I don't know, but I'm sure there's an ancient sangoma involved. Rather do yourself a favour and start with Durban. Go straight to Florida Rd, give me a call and say: "Sne, I was dead until now!"

**Often people overlook my hometown,** Pietermaritzburg, when visiting KZN (they call it a city, but we all know the truth). Be sure to visit the Botanical Gardens if you're in the area – you won't regret it. There are always fantastic shows on at the Hexagon Theatre, as well as great comedy acts at the Golden Horse Casino. Not that I'm promoting gambling, but I think you should at least enter it, even if your hand isn't looking good!





**Everyone thinks comedy's easy,** but they don't realise that you not only have to make people laugh, but also bring them real joy for as long as you have their attention.

I once did a gig in Mitchells Plain, Cape Town, and it changed my life. The audience literally lost their minds. People were on tables, running around, bashing chairs on the floor and hitting each other because they were laughing so hard. The minute Mitchells Plain is mentioned, many misconceptions come to people's minds, but the community there are the most down-to-earth, loving people I've ever met. Places like that are the most enjoyable ones to perform in because the audience aren't there to be impressed – they just want to have fun with you for a few hours. That's what comedy's really about.

**I'm currently based in Cape Town,** which is definitely one of the most beautiful cities in the world. I love the people I've come to know here and the fast, edgy Afrikaans they speak. Above all, though, I love Cape Town's history.

**I love the international tourists in Cape Town.** It's impossible to go through town without encountering someone from another country. It's fantastic hearing their stories and making them feel awkward when I tell them not to take over our country, as their ancestors did. I also love trying to communicate with someone whose English isn't great. You start using what you assume are friendly gestures, but then realise that they might mean something very different in other cultures. You might think you're gesturing to them to come and sit next to you, but perhaps what you're really conveying is: "I've got a bag of peanuts that I want you to smuggle back into your country."

**Access Park is where you'll find** all the clothing brands you want. That's where I usually go to get my sneakers. For incredible food, you need to hit The Old Biscuit Mill. And there's a gem I found called Rockwell on Beach Rd in Green Point, next to the SABC studios. All I can say is: check it out! A voice inside you will say: "Thank you, Sne. Why aren't you my life advisor?"

**There are some amazing places in Cape Town,** but you have to keep your ear to the ground most of the time. The Alma Café in Rosebank has fantastic country music with a "home-cooked meal" kind of vibe. Café Mojito on Long St always has performers doing acoustic sets, sometimes with a drummer and saxophonist.



"THE SIMPLE THINGS IN LIFE MAKE ME LAUGH. PEOPLE'S CONSTANT FAILURES ARE NORMAL, BUT ARE REALLY HILARIOUS."

The Waiting Room, also on Long St, has live jazz and is such an incredible venue that when I first went there, I asked myself: "Sne, what have you been doing with your life? Chilling at home all this time watching TV series and getting chubby!"

Capello on Long St sometimes has a marimba band who perform with a saxophonist and I also have to recommend the Cape Town Comedy Club. It has great comics, fantastic food, a beautiful vibe and the V&A Waterfront, all in one!

**The simple things in life make me laugh.** Conversations, circumstances, comments and attitudes. People's constant failures are normal, but are really hilarious.

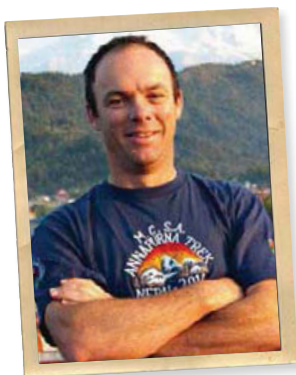
**We're living in a time when** when people think artists are disposable, but they aren't. Many of them do similar things, but none are the same. My ultimate goal is to make the country and the world understand how important it is to engage with the arts.

**I'm afraid of heights,** so being on a flight is challenging for me. Feeling the plane leave the ground makes me feel uneasy. I always grip my seat tightly and while I might be smiling, inside I'm screaming: "Is there no other way to get there?" People might assume that because I'm a comedian, I'm going to sabotage their flight with shenanigans – and I admit I've always wanted to wear a balaclava while checking in or sitting in the plane. 🌈



# WINDOW-SEAT POLITICS

The window seat is the most sought-after seat in an aircraft – not only for the view as you take off and land, but for the extra headrest it provides. However, securing that spot isn't always possible... By Chris Leggatt



Everybody has a seat preference – either the window or aisle, but never the middle (“sardine”) seat, where there’s neither a view nor leg room. For that reason, middle-seaters should be given first choice on the armrests.

Personally, I prefer the window seat. I love the rush at take-off as the blurry runway vegetation transforms into a patchwork of greenery stitched together by long

threads of tar transporting slow-moving terrestrial travellers. Far below I trace the rivers that carve their way to distant shores.

Yet no matter how early I check in online, window seats seem to fly out of cyberspace faster than Han Solo’s *Millennium Falcon* escaping the Imperial Guard. I search for any remaining one that may offer a partial view over the wing before I move my attention to the leggy aisle seats. If these are taken too, I’m left with no choice but to suck it in and endure the constriction of the middle seat.

On a recent domestic flight, in order to claim my elbow room, I ensured I was one of the first to board. Karma had a different agenda for me. There, in my row, already seated, were my flanking fellow passengers. Aisle Guy stood to let me squeeze past. As I manoeuvred into position to sit, he fell back into his own seat to reclaim the armrest. My imploring glance had no effect. He spread himself evenly between his ample leg room and his well-rested arms.

Hoping for better luck from the well-groomed, friendly-looking chap next to the window, I hid my envy as I turned to make eye contact – in vain. His head rested against the window and his eyes were shut tight. I had no choice but to settle down with my elbows tightly tucked between the hard armrests and my ribs. I pulled the seatbelt tighter, like a corset, in the hope of creating more elbow room.

Thinking the rumble of the jet engines would get Window Guy to sit back and open his eyes, I resisted the urge to re-align my elbows



with his ribs. As we hurtled down the runway and left the ground, his head slid back across the window, leaving a wide trail of hair gel on the glass pane. His eyes remained closed. I leaned over to take in whatever I could see between his forehead and the window, but was swiftly put back in my place by a sudden glare from an eye that shot open like a reverse-acting Venus flytrap. Was this “friendly-looking chap” actually human? How did he sense I was in his personal space?

**What cruel joke was this? What kind of beast books a window seat and fails to look outside?**

As the flight progressed, I looked longingly across the aisle at the couple sharing the window opposite. They swayed backwards and forwards like out-of-time rowers as they took turns pointing out geographical areas and exciting cloud formations. Why couldn’t my Window Guy be more like that? Instead, he continued to slumber. What cruel joke was this? What kind of beast books a window seat and fails to look outside?

During our descent, his head slid forward on the greasy trail left from take-off, effectively closing any aerial glimpse I might have enjoyed. The gentle jolt of our landing pulled him out of his dream-world. As the start-up tones of cellphones indicated our arrival at our destination, Window Hog gave me a glance, as if to say: “It’s all yours.” 🌈



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WORDS AND PHOTOGRAPHS: SARAH DUFF (@SARAHDUFF)

# HIGHWAY QUEEN

*A cinematic cross-country road trip traversing 16 states and 7 000km, from New York to San Francisco, reveals the best of one of the most diverse countries in the world*



The empty roads through the desert in Texas provide some of the best scenery on the whole coast-to-coast trip.  
**Opposite:** This famous sign welcomes you to Sin City.





and dysfunctional family comedy *Little Miss Sunshine* to karaoke favourite, Steppenwolf's *Born to be Wild* and the beat-generation classic *On the Road* (in which author Jack Kerouac declares: "The road is life.")

Growing up on a diet heavy in pop culture from the USA, I've built an ever-growing visual database for my Great American Road Trip dream, always knowing that one day I'd hit the highway. Two-and-a-half decades after *Thelma and Louise* showed on South African screens, I arrive at JFK Airport to rent a car – a rather unglamorous, but fuel-efficient Hyundai Elantra with 483km on the clock. It's to be my silver steed that will take me on a 7 000-km arc over several weeks, via the Deep South and then west to an end point of San Francisco.

My extensive iPod playlist begins with Johnny Cash, as I hit the road towards my first stop – Nashville, Tennessee, the capital of country music. It lives up to its musical moniker, with more live bands and honky-tonk bars filled with people in cowboy boots singing along to foot-stomping country tunes

**T**he road trip is as quintessentially American as hamburgers, hot dogs, rock 'n roll, Westerns, Cadillacs and cowboys. The fourth-biggest country in the world, criss-crossed by a vast network of roads over mountains and through deserts, forests, canyons, swamplands, valleys and great plains, the

USA was made for road-tripping. Long car journeys have been part of its culture since novelist F Scott Fitzgerald wrote about a Connecticut-to-Alabama trip in *The Cruise of the Rolling Junk* (Hesperus) in 1920.

Hundreds of other books, movies and songs have chronicled the romance and freedom of long American travels on tar, ranging from feminist flick *Thelma and Louise*





than you can shake a banjo at.

Leaving Nashville, which is my first taste of the friendly, music-loving South, I drive through Alabama to reach New Orleans, a city unlike any other in America. I fall hard for the seductive charms of the Big Easy and its sense of hedonistic indulgence: the city seems to be all about music, drinking, eating and partying. The food, while delicious, is decadently unhealthy – fried green tomatoes, fried oyster po'boys and fried catfish, all washed down with the strong Sazerac and Ramos Gin Fizz cocktails that were invented here. You're never far away from music, whether it's a brass jazz band striking up on a street corner at midnight, drawing a dancing crowd, or a Delta blues performance in one of the cramped, sweaty, neon-lit bars on Frenchmen St.

There's a familiar feeling to this city of old crayon-coloured houses from all the movies I've seen over the years. But being here in real life means I notice the smaller details that fill out my image of New Orleans, like its darker, Gothic edge – voodoo dolls and

alligator-tooth necklaces for sale, skull door knockers and a famous voodoo queen's tombstone from 1881, covered in "Xs" by followers (and tourists) wanting to have their wishes granted from beyond the grave.

Each state I pass through (and by this stage, it's already seven) feels like another country, with its own accents, lingo, architecture, billboard signs and gas station snacks, from Cajun peanuts in Louisiana to German Amish pretzels in Pennsylvania. However, no border change is as immediate as the one from Louisiana to Texas. As I pass the sign welcoming me to the Lone Star State, the cars – emblazoned with "Don't mess with Texas" bumper stickers – suddenly seem larger, the highways wider and the giant Texan flags flapping from skyscraper ➤

**Clockwise, from left:** You'll find amazing live music all over New Orleans. One of the beautiful, colourful old houses that line the graceful streets of New Orleans. Accommodation at quirky El Cosmico in Marfa, Texas, is provided by yurts, teepees and these renovated vintage trailers.







*This is classic tumbleweed territory: endless flat plains of silvery grass marred by the occasional dust twister, rugged mountains, a giant sky filled with art-inspiring thunderclouds and straight roads that seem to go on forever.*

poles twice the size of my Elantra.

This all initially bolsters the ideas I've long had about big, bold, brash Texas, but my expectations are overturned when I reach Austin, a town that champions its quirkiness with a long-running campaign called "Keep Austin Weird". This pocket of arty liberalism in a mostly conservative state is a wonderful place to visit, with warm, friendly and open-minded inhabitants, over 1 000 food trucks to eat from and a vibrant live music scene. I spend my time eating piles of Tex-Mex food and deep-fried everything from gourmet trucks, listening to local bands and chatting

**Clockwise, from above:** Walking through the Antelope Canyon in Arizona. Delicious dishes from one of Austin's food trucks. The Prada Marfa art installation is one of the most unusual roadside attractions in Texas.

**Opposite:** Being dwarfed by Big Sur's towering redwoods is a humbling experience.

at length to strangers who are curious about my accent ("You from outta town?").

Even more of a surprise is blink-and-you'll-miss-it Marfa, in the Chihuahuan Desert – one of the least populated places in the country – on the western edge of the state. A tiny ranching town, it's been turned into an unlikely cultural oasis in recent decades by artists who've moved here and set up massive outdoor installations, such as the globally famous faux Prada shop in the desert and avant-garde galleries. Now with quirky-cool hotels – like El Cosmico, where I sleep in a revamped vintage airstream trailer – Marfa is home to gourmet restaurants and pop-up food trucks, music festivals and an incongruous mix of inhabitants: hipster-chic, types with statement sunglasses and leathery ranchers in cowboy hats and crusty jeans.

Driving north of Marfa on the lonely TX-54 fulfils my American desert landscape movie fantasy. This is classic tumbleweed territory: endless flat plains of silvery grass marred by the occasional dust twister, rugged mountains outlining the horizon, a giant sky filled with art-inspiring thunderclouds and straight roads that seem to go on forever. I feel as if I'm driving through a set, thanks to all the films that have been shot here, such as *No Country for Old Men*.

I stop off briefly in the lovely Spanish colonial town of Santa Fé for a culture and food fix, drinking Aztec hot chocolate,

eating giant fajitas smothered in green chilli sauce and marvelling at Georgia O'Keeffe's paintings of the New Mexican desert I feel I know so well after five seasons of the TV crime series *Breaking Bad*.

I drive north-west through New Mexico until I reach southern Utah, where the scenery changes to desert iconic – rust-red plains punctuated by huge sandstone formations, rising out of the ground like limbs pointing skywards. I do a trip by 4x4 through



Monument Valley, where my Navajo guide points out various backdrops for famous Westerns since the 1930s (minus the fake cactuses directors added for "authenticity"), which explains why this place looks just as I'd imagined it. I round off a particularly dazzling silver screen day en route to ➤











my motel by driving on Highway 163 – that instantly recognisable straight road with a backdrop of Monument Valley’s buttes – which is where Forrest Gump stopped running in the eponymous 1994 movie.

Crossing into Arizona, I make roadside stops to see the carved sandstone passageways of Antelope Canyon and the much-Instagrammed Horseshoe Bend, where a section of the vivid green Colorado River winds its way through a dramatic canyon. Not as dramatic as the Grand Canyon 200km away, though. Seeing it for the first time quite literally makes my jaw drop in awe. It’s so vast, so deep and so naturally astounding that nothing on a screen can prepare you for it. I feel microscopically small, humbled by millions of years of

**Above:** Spectacular vistas are around every curve in the winding road through Big Sur, in northern California.

**Below:** Horseshoe Bend in Arizona is one of the most photographed spots on the Colorado River.

geological and natural forces.

Just four hours’ drive from the Grand Canyon, Las Vegas is everything I thought it would be: abrasive, artificial and preposterously extravagant. I’ve seen it in so many movies that to actually be there, among the fake Venetian canals, Egyptian pyramids and Eiffel Tower, surrounded by a million one-armed bandits, feels surreal. I gamble with \$1, win \$2, feel a thrill of excitement and possibility, and then instantly lose my money, vowing I’ll never gamble again.

After two days, I’ve had enough of cocktails and casinos, so it’s with some relief that I escape Vegas for a desert drive to Los Angeles, where the road west runs out at the Pacific Ocean. You’d expect LA to be the most familiar city of all, but the smoggy Californian metropolis is much grungier, more alternative and culturally diverse than I expected. I also like it more than I thought I would.

The last leg of my journey is on Highway 1, which leads me out of the city northwards, tracing the coastline to Big Sur, a 140km stretch of seaside wilderness, where mist-wreathed cliffs covered in giant old redwoods tumble down to deserted beaches. I camp among the trees for a few nights, relishing the quiet after two big cities and many days on the road.

As I drive into foggy San Francisco, I reflect that this, more than any of my other travels, has been about the journey, rather than the final destination. It’s no

cliché. It’s been as much a trip to some of the best parts of USA as an extended pilgrimage through road-tripping culture: my own personal journey into the landscapes and places I’ve seen and dreamed about for years.

And the real America that I’ve experienced is more weird and wonderful than any movie. 🌈

## ESSENTIAL INFORMATION

### GETTING THERE

SAA flies daily to New York and Washington, DC, and offers convenient connections to destinations throughout the western U.S. with code share and interline partners United Airlines, JetBlue Airways, American Airlines and Virgin America.

### CAR RENTAL

There’s a wealth of options for car rental in the USA. Shop around for the best deals using price comparison websites (such as [www.kayak.com](http://www.kayak.com)) before choosing a company. Bear in mind that one-way drop-off charges can be exorbitant, dependent on the distance between your pick-up and drop-off points.

### ACCOMMODATION

El Cosmico Hotel – 802 South Highland Ave, Marfa, Texas: Tel: +1 877 822 1950. Visit: [www.elcosmico.com](http://www.elcosmico.com)



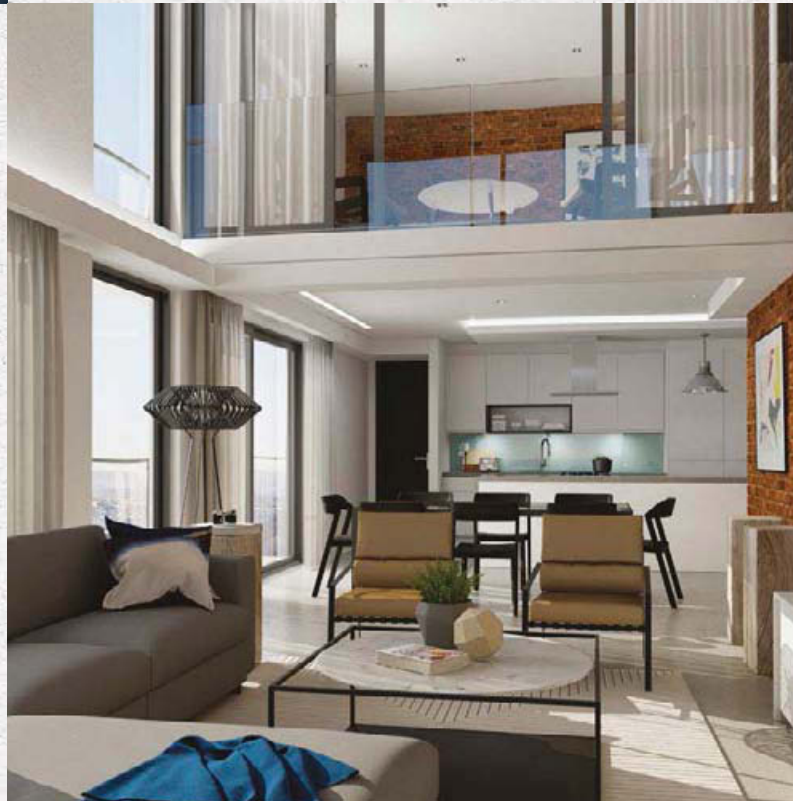




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The jaws of our four-man catamaran crew literally dropped. The Atlantic crossing from Cape Town had taken 31 days via St Helena and while any landmass would have been welcome after the expanse of water we'd covered, the sheer magnificence and enormity of the sight that greeted us were overwhelming.



inventive and creative ways to communicate (a notebook for drawing pictures comes in

handy when your acting ability fails you, or get a language app). If you're only there for a short time, here are some must-do's.

#### VISIT COPACABANA

The high energy of famous Copacabana Beach, with its never-ending soccer and volleyball matches, joggers, cyclists, sand sculptors and hawkers, bombarded our land-deprived senses. There were so many people and so many things happening that we were bewildered. There's no shortage of restaurants and food and drink stores on the promenade, with something for every budget. (If you're watching your centavos, the less expensive eateries are further away from the promenade.)

Sitting down at one of the many restaurants is hugely entertaining, as the hawkers show their goods in elaborate and amusingly interactive ways. If bargaining isn't your thing, establish prices for a day or two before buying.

#### MEANDER THROUGH THE MARKET

The night market on Avenida Atlântica between Rua Bolívar and Rua Sá Ferreira is open every day except Sunday. The focus is on Brazilian-cut bikinis, towels, gemstones, primitive art and T-shirts. After a month at sea



without retail therapy, the element of fun far surpassed the retrospective realisation that an initial walk through the whole market could have saved me a couple of Brazilian real! The market is generally cheaper than the shops and hawkers, but the success of your bargaining depends on how willing merchants are to haggle on a particular day.

LEFT: Waiting for the right wave on Ipanema Beach.

ABOVE: A second-hand book stall at an open-air street market.

BELOW: The statue of Christ the Redeemer.

# The Rio. experience

*Entering the carnival city's Guanabara Bay with the famous sights of Sugar Loaf Mountain and the statue of Christ the Redeemer was overwhelming – in more ways than expected, writes Joanne Rens*





## EAT AND DRINK

Kick your day off with coconut juice served from a freshly chopped open coconut – it sets the scene for the island-style party atmosphere. The standard welcoming drink at restaurants is the renowned caipirinha, a lime- and sugarcane-based tipple with a very more-ish taste and a high alcohol content. Brazil makes some of the best beer or *chopp* (pronounced “tjoppe”), which – like the glasses it’s served in – is always kept ice-cold for immediate enjoyment in the tropical climate.



The Brazilians’ sense of community and love of food is evident at mealtimes: a dish on a menu is usually intended for two people. Rio has some of the best *churrascarias* (traditional barbecue restaurants) in Brazil. The menu is set and includes side dishes, salads and perfectly grilled, all-you-can-eat meat. Go hungry to make the most of the more than two dozen varieties and cuts on offer.

Porcão in Aterro do Flamengo (Flamingo Park) is frequented by the well-heeled and offers one of the largest buffets, as well as breathtaking views of Guanabara Bay and Sugar Loaf Mountain.

Our favourite hangout was Marius Degustare on 290 Avenida Atlântica. While the interior’s a little kitsch, the restaurant offers all-you-can-eat buffets of meat, fish and seafood, including oysters and lobsters. Its speciality is the world-renowned Japanese Kobe beef. Attentive waiters circle the room, continuously offering various succulent cuts straight off the grill. A set menu costs \$250-\$400 for two people.

**TOP RIGHT:** Popular nightclub Rio Scenarium in Lapa.  
**ABOVE:** Don't leave without trying the fresh coconut juice.  
**RIGHT:** *Feijoada* is a national dish.

Many Brazilians would consider a weekend without *feijoada* a sacrilege. This tasty black bean stew in pork or beef gravy is served with smoked meat, crisp yellow potatoes, freshly shredded kale and fluffy farofa. The added orange slices are meant to “cut through the kilojoules” and aid digestion. *Feijoada* is served in a number of restaurants – try Casa da Feijoada on 10 Rua Prudente de Moraes in Ipanema for a great introduction to this national dish.

## EXPERIENCE THE STREET LIFE

It’s incredible to see young and old dancing together or singing unashamedly on the



streets, at the beach and even in the shops. Modern Sound is a music store at 502 Rua Barata Ribeiro that converts into a part-restaurant, part-concert venue. Artists perform throughout the day and entrance is free, so it’s a good way to meet people and enjoy the culture and music. Samba, forró and choro are genres that will get you moving in no time!

Lapa, also known as the cradle of bohemian Rio, is the place for local live music and dancing. Most of the old buildings have been renovated by antique dealers, lending an old-world flavour to the area. Thursdays to Saturdays are the busiest, but also the best days to go there. The main roads are Avenida Mem de Sá and Rua do Lavradio. Take a taxi as far as traffic permits and enjoy walking among the



crowds for the rest of the way.

Rio Scenarium on 20 Rua do Lavradio is an experience not to be missed. The renovated tri-level building has an eclectic mix of art and antiques, with balconies on every level overlooking the dance floor and bands. The restaurant and service are good. Sitting still while there’s music playing goes beyond any *carioca*’s (local’s) comprehension: we were dragged off our chairs and taught the samba in no time. You don’t need a partner, it’s much easier than it looks and the faster you move, the more enjoyable it becomes. Tip: hang onto your tab so that you can show it when you exit to prove you’ve paid. ➤





© Joanne Rens



now falling apart. However, the area's been revived as an artistic hotspot and is home to several artists, studios, galleries and museums, as well as intellectuals, academics, politicians and quaint little restaurants.

A wonderful surprise find were the colourful 215 steps tiled single-handedly by Chilean artist, Jorge Selarón. His tribute to the Brazilian people starts from Joaquim Silva and Pinto Martins Sts and ends at the Santa Teresa Convent. The 125m staircase

features more than 2 000 mosaics and tiles from more than 60 countries, which Selarón periodically changed as part of his ever-evolving work of art.

"This crazy and unique dream will only end on the day of my death," he was quoted as saying – and, indeed, it did in 2013. (On subsequent trips to Rio, I had the good fortune of talking to him a few times, visiting his studio-cum-bedroom and buying some of his art. He proudly declared that his staircase was Heritage-listed in 2005 and had been featured in famous

## SEE THE SIGHTS

The hillside neighbourhood of Santa Teresa was built around the monastery of the Carmelites, the Santa Teresa Convent, in about the 1700s. A walk up this hill on a Sunday morning is well worth it to hear the famous Carmelite nuns sing at the convent.

You don't feel that you're in the heart of Rio de Janeiro as you wind down the narrow and cobblestoned streets. Up until the 1900s, the upper class built magnificent mansions in this part of the city, inspired by French architecture. It's as if time has stopped here – there are no traffic lights, private parking or petrol stations and many of the mansions are

**TOP:** A highlight was a cable-car trip up Sugarloaf Mountain.  
**ABOVE:** The famous tiled Selarón Steps near Santa Teresa Convent.  
**RIGHT:** Fountain of the Muses in Rio's Botanical Gardens.



© Joanne Rens



## RIO DE JANEIRO



**LEFT:** The Santa Teresa historic tramway.

**RIGHT:** The statue of Christ the Redeemer.

**BELOW:** Sunrise at Dona Marta.

SAA flies to São Paulo 10 times per week.  
Visit: [www.flysaa.com](http://www.flysaa.com)

magazines, newspapers, travel shows, documentaries and commercials. It was funded by his paintings, which all show the same mysterious, pregnant woman.)

A *bondinho*, a single-carriage open tram, secures you an epic ride and views of the city to and from Santa Teresa. The yellow carriage clatters along, creating the exhilarating feeling of being on a roller-coaster as it crosses the 45m-high, 17,6m-wide Carioca Aqueduct.

This heritage tramway system, also referred to as the archetype of bohemian Santa Teresa, has been in service since 1877. It's the oldest electric railway in Latin America and the only remaining metropolitan tram system in Brazil. The line was decommissioned in 2011,

following a tragic accident. Limited service, over just 1,7km of the 10km track, resumed last year and the full line is expected to re-open in 2017. Largo do Curvelo is currently the last stop, about 500m from the heart of Santa Teresa.

The current service operates every 30 minutes from 11am-4pm. There can be a waiting period of 30 minutes or longer. Tickets are available only from the station known as Estação dos Bondes on 212 R Lélío Gama, 2 Centro.

### SEE THE SIGHTS

Taking the cable-car up to Sugarloaf Mountain (Pão de Açúcar) late one afternoon was a highlight of our trip. The timing was perfect: we were able to appreciate Rio in full daylight, as well as enjoy the incredible, soft sunset

tones and millions of city lights by night. The statue of Christ the Redeemer (Corcovado) was mostly covered in clouds, but we got some spectacular photos in the sunset light.

Tickets – at a costly \$76 (\$38 for those aged six to 21) can only be bought at the Praia Vermelha ticket office from 8am-7.50pm. The cable car departs every 15 minutes, or as soon as it's full, so there's no queuing.

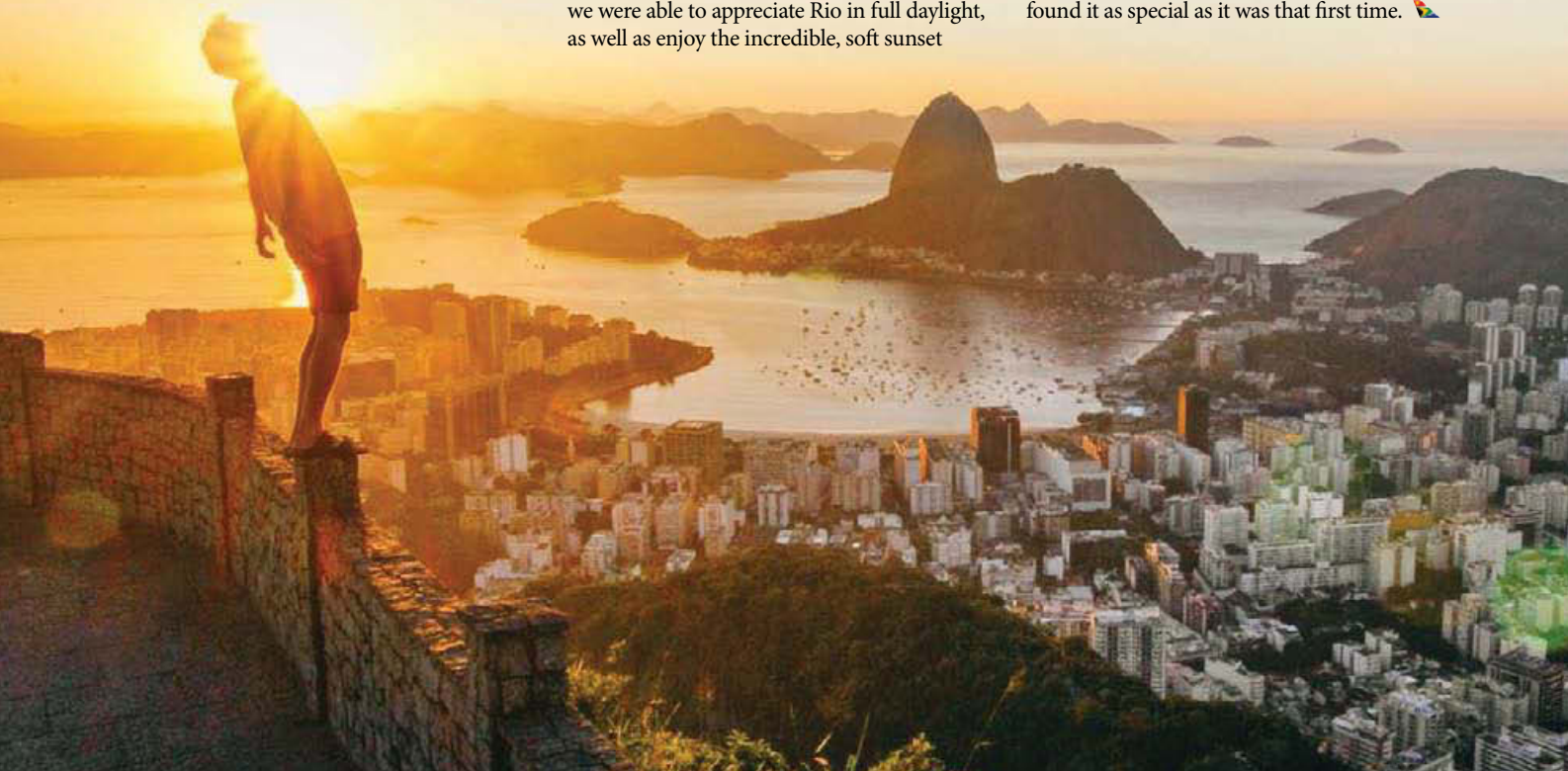
We chose to go up to the Corcovado with the cog train, which winds through a tropical forest and offers the added bonus of a samba band on the way down. The train departs every 30 minutes from the station on Rua Cosme Velho. Expect thousands of tourists wanting their photos taken on the 220 steps leading up to the statue.

(Tickets can only be purchased at: [www.corcovado.com.br](http://www.corcovado.com.br)) Arrive at least 15 minutes ahead of departure, or you'll lose your spot. High-season tickets cost \$68 (including on weekends).

We were reluctant to leave Rio, which had been our home for six weeks – but eventually we had to bid farewell to this vibrant city. We sailed off to Ilhe Grande, one of the most beautiful islands further south of the city, but returned to Rio many times after that – and always found it as special as it was that first time. 🌈



© Joanne Rens





# Rwanda Rising

It's a story of Africa gone right. Rwanda may be tiny and landlocked in equatorial Africa, but it has a big story to tell about unity and progress. Then there are the uniquely beautiful places, rare wildlife and magnanimous people that all make a visit there inspiring. **By Keri Harvey ([www.keri-Harvey.com](http://www.keri-Harvey.com))**

"You gave us some of your lions and they already have Rwandan passports," says the proud ranger at the entrance to Akagera National Park. "We believe they're happy here because they've already had cubs. And soon we'll have rhino too and Akagera will be a Big Five park." Adding endangered mountain gorillas in the Virungas National Park, chimps and at least a dozen other primates in Nyungwe rainforest, along with over 700 bird species, makes Rwanda a coveted wildlife destination in Africa.

At 274m above sea level, Akagera in the east is low-lying, hot and humid compared with the high-

altitude coolness of the rest of the country. The park is majestically beautiful, with rolling hills skirted with Albertine Rift Valley lakes. There's a sense of old Africa here and a deep stillness seldom found. As Sarah Hall, Marketing & Tourism Development Manager for Akagera, correctly says: "We're off the beaten track, but not, because the park's just two hours from Kigali. Yet there's the sense of having it all to yourself."

Akagera National Park is one of many success stories in Rwanda. In the past five years, animal numbers have doubled to around 12 000 and the surrounding community is being engaged and educated on the importance of the park to Rwanda's natural heritage. There's a Lions community football team to raise awareness of the latest leonine arrivals in the park, women's sewing groups are running and over 1 300 local school children have visited the park recently. Bee-keepers have been trained to keep hives in the buffer zone around the park, there are partnerships with fishermen and poaching is under control. ➤

Grey cormorants in Akagera National Park.

**OPPOSITE:** Nyungwe rainforest is home to one-quarter of the world's primate species.







## RWANDA'S RADICAL PROGRESS

- Poverty rating: 79 below the poverty line in 2012 compared with 157 in 2002.
- HIV infections have been reduced from 13,6% of the population in 1996 to 4% in 2010. Treatment is free at government hospitals.
- Plastic packets are banned.
- There's no litter anywhere in the country and the last Saturday of the month is clean-up day for citizens. President Paul Kagame participates too.
- Slums have been eradicated and there are no mud huts or grass roofs.
- No basic foods are imported for the population of 12 million.
- Kigali is being rapidly regenerated with modern buildings. It's already a conference hub in Africa. Infrastructure around the country is being upgraded 24/7, there are cellphone signals everywhere and wifi coverage will soon be countrywide.
- With the exception of national parks, which cover 10% of the land area, the entire country is cultivated by hand by women and produce is organic. Crops include tea, coffee, maize, yams, potatoes, sweet potatoes, rice, beans, bananas, mangoes and various other vegetables. All Rwandans have access to land for cultivating food.
- Crime is virtually non-existent and violent crime isn't tolerated. Rwanda is currently rated the safest and cleanest country in Africa, as well as one of the least corrupt.
- It has the biggest solar farm in Africa and only uses hydro-electric power.
- Rwandans each plant 30 trees per year, anywhere they like. No indigenous trees may be cut down.
- From 1963-1994 the National University of Rwanda produced under 2 000 graduates; from 1994-2015 there were 60 000.
- Since 1994, there have been no tribal distinctions in Rwanda. Only one language – Kinyirwanda – is spoken (compared with the neighbouring DRC (400), Tanzania (106) and Uganda (56)). There is no word for "genocide" in Kinyirwanda.
- Tolerance on all levels is an unspoken motto.





**ABOVE:** Fishing in Lake Kivu.  
**RIGHT:** Primate Safaris' Head Driver Guide, Alex Kagaba.  
**BELOW:** Nyungwe Forest Lodge.

Visitor numbers to Akagera have also doubled in the past five years – 32 000 people visited last year.

After overnighing at Ruzizi Tented Camp on the banks of Lake Ihema, we drive north and game is prolific. We see roan antelope, eland, zebra, hippos in the lakes, olive baboons, impala, endemic Defassa waterbuck, topi, buffalo, warthogs and more. Crested cranes, Goliath herons and jacanas are also in the mix. In the Muhana Valley, we stop to marvel at the diversity of wildlife and are promptly encircled by 10 Masai giraffe, curious about our curiosity. "Everywhere you look is beauty," says Primate Safaris'

Head Driver Guide, Alex Kagaba. "What else could we wish for?" Maybe only the remoteness of the mobile camp of Karengwe, which changes location twice a year, leaves no footprint and runs on solar. Watching wildlife on the Kilala Plains below, a crackling fire at sunset and the silence of the surrounding savannah has to be the ultimate African bush experience.

Rwanda may be just 250km east to west and 150km north to south, but getting around the uncountable hills

and hairpin bends takes time. It's a long day's drive over perfectly paved roads from Akagera via Kigali to Nyungwe rainforest in the south-west corner of the country. All along the way, patchwork green food gardens roll up and down and over the hills in different textures. Women are the farmers here and their open-air pantries are abundant and meticulous, extending right up to their front doors. They ensure that Rwanda feeds itself and no basic foods are imported, while high-quality tea and coffee are the main exports.

Arriving in Nyungwe is a primeval experience. Tall, spindly trees reach for light in Africa's biggest mountain rainforest. One-quarter of the world's primate species – including chimps – along with 1 086 different species of trees and shrubs and over 140 different orchids are found here. "To us, trees are more important than land," says Alex and adds that new species of life are being discovered all the time in Nyungwe. Importantly, this rainforest supplies over 70% of Rwanda's water and new research has shown it to be the furthest source of the Nile.

Nyungwe is another success story, with poaching firmly under control, while the park's surrounded by a sustainable harvesting buffer zone to protect the



Women are the farmers here and their open-air pantries are abundant and meticulous, extending right up to their front doors.





rainforest from encroachment. In the past 20 years, visitor numbers rose from 150 to 9 500 last year. This year I add one more to the total as I walk the Igishigishi trail with Alex. Tiny ferns, white mushrooms and vibrant butterflies line the forest path – and then a black-suited, white-ruffed L'Hoest monkey watching us as a sideshow.

On a shortcut mountain road to Lake Kivu, we meet a woman carrying potatoes. She's gone all the way over the mountain to trade vegetables. Others move goods on motorbikes, but in the rural areas, bicycles are the main mode of transport. They carry loads of sugar cane, bananas and charcoal and are pushed uphill to free-wheel down the other side. A three-piece wicker lounge suite also makes it

home via bicycle.

Lake Kivu is on the border with the Democratic Republic of Congo (DRC) and is low-lying and steamy.

Traditional fishermen ply its waters for tiny kapenta fish and head out to catch at night. Three wooden dugouts are lashed together, the middle one lit with lanterns to attract the fish and the boat on either side is slung with nets for the catch. Here fish and vegetables are staple dinners, with fresh organic fruit for dessert.

Rwanda's topographical spine is the Virungas. The ancient volcanic chain is the natural border between the DRC and Uganda, and is also where the highly endangered mountain gorillas live. Every year thousands of intrepid trekkers come from around the globe and climb the steep volcanoes to visit one of 10 habituated



**ABOVE:** Ruzizi Tented Camp.  
**LEFT:** Guide Augustine Nzamurambaho.



gorilla groups. Golden monkeys also live in the Virungas, which was the stomping ground of renowned, slain primatologist Dian Fossey. She focused world attention on the plight of mountain gorillas and, in so doing, preserved the species.

Augustine Nzamurambaho is a local and has been up the volcanoes over 1 000 times, trekking gorillas as a guide and collecting data on them too. "They're our forest people," he says. "Visitors say seeing gorillas is the best experience of their lives. Some cry. Others propose marriage on the mountain. But did you hear that we now have lions in Akagera?"

Without knowing it, he completes the circle and a journey of positive revelations from a tiny country in the heart of Africa. Here the pulse is for progress, the people are inspired and daily life is clean, green and always gregarious. 🌈

## TRAVEL ARRANGEMENTS

SAA has a code-share agreement with RwandAir, with daily flights between Jo'burg and Kigali. Visit: [www.flysaa.com](http://www.flysaa.com), [www.rwandair.com](http://www.rwandair.com) or [www.holidayaviation.co.za](http://www.holidayaviation.co.za)

**Land arrangements:** Primate Safaris is highly professional on every level and has operated for 15 years. It offers outstanding guides, vehicles and personalised itineraries. Email: [info@primatesafaris.info](mailto:info@primatesafaris.info) Visit: [www.primatesafaris.info](http://www.primatesafaris.info)

## ACCOMMODATION

**Akagera National Park** contains Ruzizi Tented Camp in the south – email:

[ruzizi@african-parks.org](mailto:ruzizi@african-parks.org) or visit: [www.ruzizilodge.com](http://www.ruzizilodge.com) – and Karengwe Bush Camp in the north – email: [karengwe@akagera.org](mailto:karengwe@akagera.org) or visit: [karengwe@african-parks.org](mailto:karengwe@african-parks.org) **Nyungwe Forest Lodge** is built on the edge of the Nyungwe Forest and is beautiful, luxurious and near numerous forest trails. Email: [reservations@newmarkhotels.com](mailto:reservations@newmarkhotels.com) Visit: [www.newmarkhotels.com/accommodation/lodges/nyungwe-forest-lodge](http://www.newmarkhotels.com/accommodation/lodges/nyungwe-forest-lodge) **Mountain Gorilla View Lodge, Virungas National Park**, is set in a forest with volcano views and is close to the starting point for gorilla

trekking. Email: [info@3bhoteles.com](mailto:info@3bhoteles.com) Visit: [www.3bhoteles.com](http://www.3bhoteles.com) **Lemigo Hotel, Kigali**, is an elegant establishment offering views over the city. It's ideally located close to the RN3, which leads to the airport. Email: [reservations@lemigohotel.com](mailto:reservations@lemigohotel.com) Visit: [www.lemigohotel.com](http://www.lemigohotel.com)

## ESSENTIAL READING

*The Bradt Travel Guide to Rwanda* by Philip Briggs. **NB:** The film *Hotel Rwanda* is more fiction than fact and was shot in SA.

## WHAT TO DO IN KIGALI

**Shop** at the Union Trade Centre

of Nakumatt Centre on Street KN3 and Nyabugogo market, the biggest African one in the city. Buy crafts at Africa Gift Corner, Mode Savane, Azizi Life Boutique, COOTRAC, Rwanda Nziza and Gahaya Links Gifted Hands.

**Dine** at Africa Bite in Kimihurura for traditional Rwandan food. Drink coffee at Bourbon Café in the Union Trade Centre.

**Listen** to traditional Rwandan music and drumming at Culture Lab Umurage, Niyo Cultural Centre and Inema Art Centre. **Visit** the Kigali Memorial Centre to understand Rwanda's history and the 1994 genocide of the Tutsis by the Hutus.





# We East London

*To complain about East London's lack of big malls and amenities is to miss the point of what it's all about. East London's real attractions are community lifestyles, seaside resorts, country markets and small, family-owned restaurants. By Nicholas Knott (@Nicholas\_Knott)*

View of the Nahoon River from the deck of the Highlander Pub at the Blue Lagoon Hotel.



A few years ago, East London was slipping into dull obscurity and most South Africans saw the city as nothing more than an outlying suburb of Port Elizabeth. East London was the city that never got a World Cup stadium, whose beachfront never got a facelift and whose harbour is used for little more than ferrying Mercedes-Benzes in and out of the country.

As an East Londoner, I lived through the dark days when the most exciting thing about East London was our alleged dodo egg. That's actually a rather interesting story. But these days, I'm grateful to say that East London seems to be finding its feet – and if you know where to look, it offers plenty to see and do.

There's no better place to begin than at the Highlander Pub at the Blue Lagoon Hotel. Drinks on the deck make you feel like a celebrity on the set of a photo-shoot

for some high-gloss publication. The food's good, the drinks are always ice-cold and the vibe's always welcoming and uplifting. When the sun sets, however, the beats are turned up, happy hour kicks off and it feels as though you've just been upgraded from p23 of that publication to the front cover. It's a magnificent setting and a must-visit venue.

It won't be long before you need to eat in the river port city and while there's a wide selection of all the usual chain restaurants, I suggest you try something home-grown. East London isn't known for its Michelin-starred, haute cuisine establishments, but we do excel at casual family dining. Pizza, pastas, gourmet burgers and snack platters are our staple fare – and nobody does it better than the Sanook. The pizzas are made from deliciously thin homemade bases and are topped with

mouthwateringly fresh ingredients. The pastas are all homemade and the burgers are unlike anything you'll find elsewhere. Sanook actually has two outlets, both of which recently underwent major renovations – and both are brilliant.

If you're in a more energetic frame of mind, you're in the right city. East Londoners are remarkably active. On any given day at around 5pm, you'll see throngs of people out running, walking, cycling and even paddling in the Nahoon River. This trend has resulted in no fewer than four different park runs in and around East London and there's talk of a fifth.

One of these park runs is located on the rural east coast of the city and has modelled itself on the hugely popular and successful





## EAST LONDON

Midlands Meander. Out here you'll find kilometres of unspoilt coastline which are perfect for fishing, surfing, paddling or just lying in the sun. There are also rustic beach bars, opportunities to see the Big Five and when you get really thirsty, I recommend a visit to our very own craft beer brewery.

Emerald Vale started out as a farm-shed home brew – and it still is, only now the shed is all glass and stainless steel. It makes four ales which are all delicious, though the proprietor will remind you that none of them are particularly good for your waistline. This is a delightful venue where you can relax, sip a pint of amber ale and watch rugby on the big screen while the kids run around outside.

Just up the road from the brewery, only



Buffalo River Yacht Club in the East London Harbour.

*Pizza, pastas, gourmet burgers and snack platters are East London's staple fare – and nobody does it better than the Sanook.*

30 minutes from town, is Prana Lodge – arguably East London's best-kept secret. It's small and personal and bookings are essential. I spent three years living right next door to this exclusive resort and every time I went there for dinner, I felt as though I was in a different country. Its food and accommodation are undoubtedly the best in the East London area.

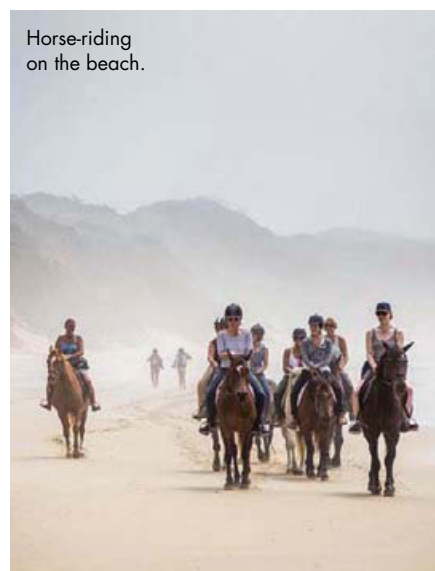
The east coast is also the backdrop for the extremely popular Strandloper beach-hiking trail. One of the most prominent stops along the route is the internationally acclaimed Buccaneers Lodge & Backpackers in Cintsa. It's home-like, down-to-earth and family-

run, and you're guaranteed to meet some interesting folk there.

A recent trend in East London has been the emergence of organic markets. Almost every Sunday morning there's one in the vicinity, offering organic produce, home-baked goods and a bang-up breakfast. In a city where not much else happens on a Sunday morning, this is a great outing with the family.

All the East Londoners reading this right now are thinking: "What about the Friesland?" When your time in East London's over and you're heading back to the airport, make sure you give yourself enough time for one last stop there. No visit to the city would be complete without a large, double-thick milkshake from this legendary establishment. It only makes take-away shakes and I assure you, making the detour there is well worth it. **PS:** About that dodo egg... The East London Museum is home to arguably the last such egg

Horse-riding on the beach.



in existence. (The dodo, of course, was that poor, hapless, flightless bird which was clubbed to extinction on the island of Mauritius by hungry sailors.) Experts who've examined the egg agree that it's authentic, but I guess we can't be 100% sure unless we crack it open. That, however, would be the end of the last dodo egg. So it's a don't-don't. 🌈



Cantina and Craft, Sanooks' sister restaurant.

## USEFUL INFORMATION

### ACCOMMODATION

- Blue Lagoon Hotel: 043 748 4821, [www.bluelagoonhotel.co.za](http://www.bluelagoonhotel.co.za)
- Hemingway's Hotel & Casino: 043 707 8000, [www.tsogosun.com/southern-sun-hemingways](http://www.tsogosun.com/southern-sun-hemingways)
- Prana Lodge: 043 704 5100, [www.pranalodge.co.za](http://www.pranalodge.co.za)
- Crawford's Beach Lodge: 043 738 5000

- Buccaneers Lodge & Backpackers: 043 734 3012

### FOOD AND DRINKS

- Sanook: Café: 043 721 3215.
- Eatery: 043 748 2494, [www.sanook.co.za](http://www.sanook.co.za)
- Lavender Blue: 043 732 1172
- The Cricketer: 083 659 8899, [www.2swans.co.za](http://www.2swans.co.za)

### za/restaurant

- Prana Lodge (see above)
- Highlander Pub: Blue Lagoon Hotel (see above)
- Nahoon Arms: 087 350 4144, [www.nahoonarms.co.za](http://www.nahoonarms.co.za)
- Emerald Vale Craft Brewery: 043 738 5397, [www.emeraldvalebrewery.co.za](http://www.emeraldvalebrewery.co.za)
- Friesland Milk Bar: 043 722 3260



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# Swishing with the Swiss

Switzerland hasn't been in a war since 1815, only joined the United Nations in 2002, is one of the wealthiest nations in the world and has three of the most widely spoken languages in Europe. However, its real gems are its natural beauty and friendly people. *By Peter Sullivan*

Classy Lindt chocolate, cheese, cuckoo clocks and watches, Swiss Army knives, skiing, banking, edelweiss, yodelling and alpine horns... It's a lot to offer, but there's much more to Switzerland than these clichés.

Four languages with four distinct cultures. French cooking, Italian *joie de vivre* and German efficiency. They combine with a pinch of Swiss, yet remain distinct areas of the country. Cycling the various regions gets you mingling with all the people and they're all different, yet all Swiss.

Ah, cycling: Switzerland just may be the best country in Europe to do that. I've done 10 cycle tours over the past decade, from rainy Ireland and pretty England to enjoying the food of France, Spain's wine and Portugal's hospitality. All lovely, but nothing rivals the Swiss trails for choice.

The St Gotthard rail tunnel is a modern wonder of the world; a lesser-known wonder of the Swiss is their extraordinary system of trails for walking, cycling, canoeing and in-line skating.

Like ribbons of colour left on the grass after a party by jubilantly thrown streamers, the lines of trails criss-cross the alpine country's map. The vast choice allows cyclists to mix-'n-match: flat or hilly; long ride or short; lakeshore, forest or mountain; city or countryside – or combine walking and canoeing with pedalling.







There's a remarkable grid of paths in this small country that's only twice the size of the Kruger National Park: a warp and weft of marked paths to cycle, mountain-bike, roller-blade, hike or canoe.

"Switzerland has more than 63 000km of walking and hiking trails. These are signposted all over the country and mountains. The trails are marked with the yellow arrow/plate," says Federico Sommaruga of Switzerland Tourism.

"Under the brand 'SwitzerlandMobility', national and regional routes have been selected for various sporting activities. Together they constitute the largest network of signed trails (mostly with red plates) in the country.

"Totalling about 20 000km, routes for walking and hiking (6 300km), cycling (8 500km), mountain-biking (3 300km), skating (1 000km) and canoeing (330km) offer unlimited opportunities for discovering Switzerland.

"Routes combine with overnight accommodation offers, vehicle rental (including ebikes) and discount rail tickets."

Into this complex weave are threaded the buses, trams, boats, funiculars and trains of SwitzerlandMobility, all accessible with a Swiss Pass (available only to foreigners).

We had one of those. It was fantastic. It works everywhere – trains, buses and boats –

and gives you free admission to 400 museums.

Just think about it: 63 000km! If you did 50km a day, five days a week, it would take nearly five years to do all the trails. So selecting the right one for your short visit is crucial.

Down the spine of the country run the jagged Alps, only for the brave or foolish to attempt.

We caught five trains to get over them, enjoying spectacular views and much hilarity during an impromptu snowball fight, after our train had halted to clear snow on the track.

We stayed in small hotels in towns you may never have heard of – none of them are famous ski resorts.

We drank rich coffee with the French in their region, ate pasta on the shores of the Italian lake and had Black Forest cake in the German-speaking towns. We sipped (or, rather, gulped) far too much wine everywhere, quaffed beer after a hard cycle and even toasted our hosts with champagne as a log fire glowed like our skins.

We smirked at the Swiss obsession with time, noting as we left the station that our 10.03am train had left at 10.02am – until a young woman who'd overheard us remarked primly that if it had left at 10.02am, we were probably on the wrong train. She consulted her smartphone, then told us to get off at the next station, cross to a different platform and we'd be back on track. We did so,

rather sheepishly but with much laughter and passing of the buck for our error.

On the serious side, on any visit, don't fail to visit the Musée International de la Croix-Rouge et du Croissant-Rouge in Geneva ([www.micr.org](http://www.micr.org)). As you enter, you see Dostoevsky's words: "Everyone is responsible to everyone for everything."

This is the principle on which the International Red Cross and Red Crescent are built, a reminder of the moral obligation of humanity.

The Red Cross arose out of the battle of Solferino between Austrian and Italian forces near the Swiss border in 1859. ➤





No fewer than 38 000 soldiers were killed or maimed in a single day. A Swiss businessman, Henry Dunant, witnessed the suffering and organised help for casualties. Shocked by the experience, he wrote about its folly and the lack of caring for soldiers and innocents left dying on the battlefield. This led to the founding of the International Red Cross and, in due course, its new partner-in-caring, the Red Crescent.

The museum's artifacts and films capture the meaningless carnage of wars of the past five generations. The violence, killing and maiming of both men and women are vividly displayed. So are the shivering fear of starving, suddenly homeless children – and the humane spirit of those trying to offer these victims comfort. The exhibition brought tears even to the cynical eyes of us veteran journalists.

Our cycle ride started on day one, traversing 52km from Baden to Olten under tall trees sheltering us from glorious sunshine. The route took us via the baroque

*The delight we felt in Switzerland came from the camaraderie, singing on our bikes, the food, the laughter and the people we met.*

city of Solothurn to Neuchâtel on the shore of Lac de Neuchâtel, then to two days in the delightful city of Morges on Lake Geneva. From there, flashing our Swiss Passes, we took a series of four trains high into the Alps, then down through the St Gotthard Pass into the Italian-speaking south-east with its Mediterranean climate. We changed trains and passed through Clarens (where Zuid-Afrikaansche Republiek President Paul Kruger died in 1904, having fled the country at the outbreak of the Second Boer War in 1899 to avoid capture by the British).

At Brig we took a diversion to Oberwald and then boarded an 80-year-old steam train which, using a ratchet rail, climbed up the Furka Pass. Later we turned south. Travelling in a Panorama coach with huge windows, we descended the spectacular St Gotthard Pass into another world: Locarno on Lago Maggiore, a lake that's mostly in Italy. Swiss Trails organised for us to pick up bikes at the station, so we cycled around for three days, between luxuriating at the Hotel Esplanade.

On our final day in Locarno, we took a short train ride to Lugano, the biggest city in the Italian part of Switzerland to see the smallest one – Swissminiatur, a representation of a Swiss village with exquisite model boats

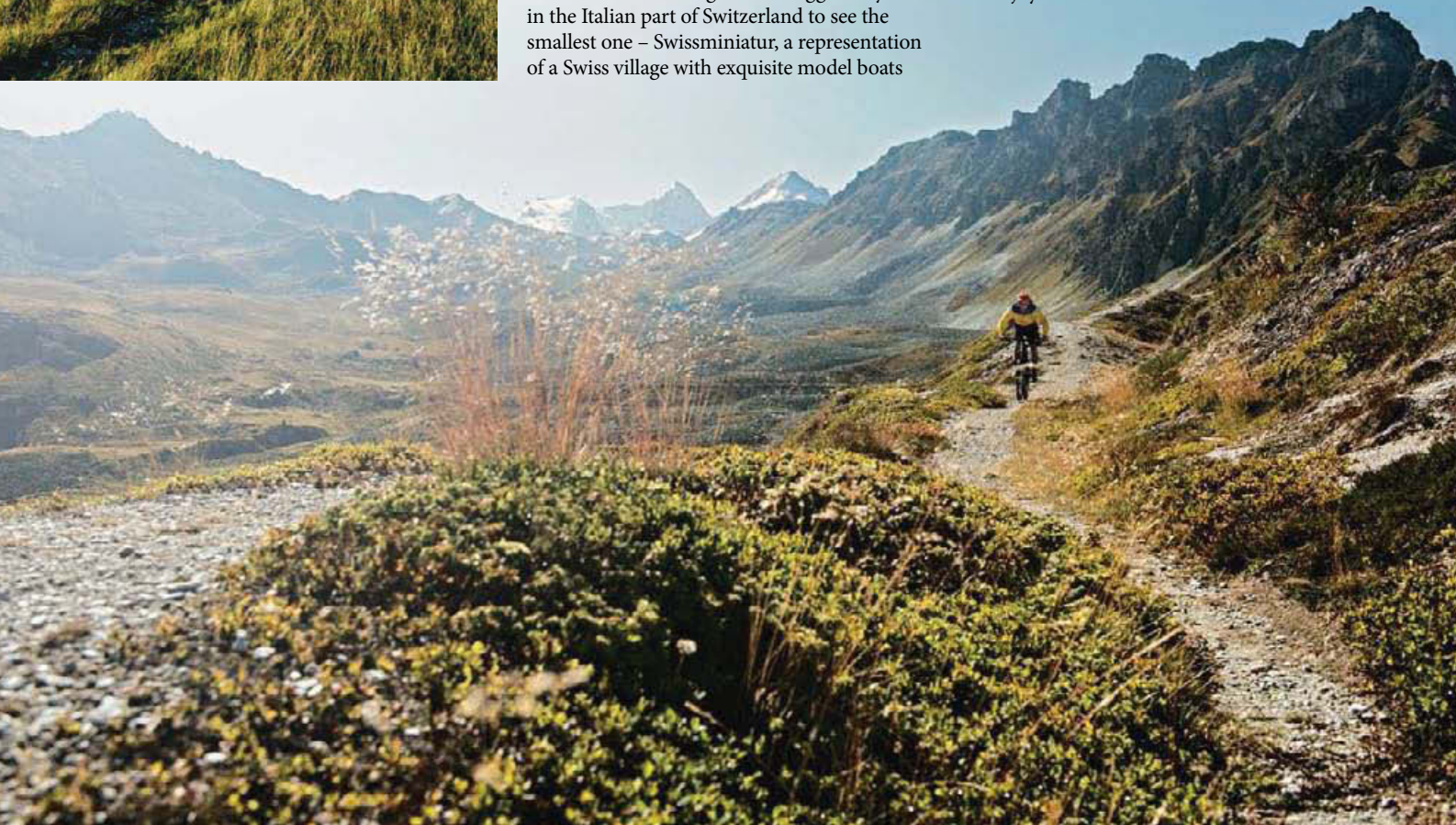
chugging along diminutive lakes and tiny trains moving around on 3,5km of tracks.

On our way north back to Zurich via the Gotthard Tunnel, we got off at Fluelen to board the fake paddle steamer *William Tell* to Lucerne, enjoying a long cruise on the Statter See and calling in at various little towns. Our final night was in the Seidenhof Hotel in the centre of Zurich.

These are the details of our movements in Switzerland – but the delight we felt there didn't come from them. Rather, it was in the camaraderie, singing on our bikes, the food, the laughter and the people we met. What's more, the weather was perfect for cycling – neither too cold nor too warm: "just right", as Goldilocks would say.

If you plan to go biking in Switzerland, there are a multitude of apps available to help you travel or plan. My advice? Choose the easiest, don't stress yourself with hills, enjoy all the scenery and revel in the locals' efficiency. You'll love it, especially if you remember you're on holiday, not in a race.

We all cycle too fast. Take it slow – and enjoy! 🇨🇭





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## WI-FI CALLING





# THE WELLNESS FACTOR

Over the past few years, wellness has become a dominant trend in the global tourism industry. Many travellers are choosing destinations that will ensure they feel healthier after they've checked out

BY DANIEL SCHEFFLER

According to Euromonitor, the business of wellness will be a trillion-dollar industry by 2017, with spas being one of the key growth segments. "The travel industry, as a whole, is focusing more on overall wellness, especially on energy, dietary trends and spiritual elements," says Kim Kessler, Director of Public Relations at the Four Seasons Hotel Los Angeles in Beverly Hills, USA.

"People are tired of simply being pampered and having their egos stroked – they want love, sincerity and someone to help them become the best version of themselves," says Steve Jeanes, an intuitive healer who works with the Aman Resorts brand.

Here are some spas around the world delivering a holistic offering for mind, body and soul.





## AFRICA

**SINGITA LEBOMBO, KRUGER PARK, SA**

Following a total renovation, this spa is as finely equipped as the lodge to which it's attached. Its signature treatment is called *Ndzi Lorhe Afrika* ("I Dreamed of Africa") – an indulgent African body ritual. A full-body exfoliation is followed by a soothing body wrap and ends with the Inkaba balancing full-body massage.

The treatment, easing tension with particular attention to the body's pressure points, utilises monkey oranges (used as a type of calabash) as massage tools.

Besides the toe-curling stress release of the experience, the real beauty is having your treatment out in the African bush in the comfort of your suite or on a private deck.

Visit: [www.singita.com/lodge/singita-lebombo-lodge](http://www.singita.com/lodge/singita-lebombo-lodge)

**ENMASSE, CAPE TOWN, SA**

Close to the city centre in the neighbourhood of Gardens is where this contemporary wellness spot works its magic. In dark blues and heavenly darkness, Enmasse offers a sublime sanctuary and calls itself the "sushi of massage". Its philosophy is that you shouldn't have to plan a getaway for a massage, but should be able to have one right in the city.

The treatments range from an oil-free, hygienic and fully clothed

Thai massage to *shiatsu* (a Japanese therapy using the same principles as acupuncture, in which pressure is applied to certain points on the body using the hands), reflexology and a pregnancy massage. Enmasse also offers memberships. Exotic blends of tea are served after the massage, adding to the joy of the whole experience.

Visit: [www.enmasse.co.za](http://www.enmasse.co.za)



Singita Lebombo,  
Kruger Park.

## EUROPE

**SHA WELLNESS CLINIC, ALICANTE, SPAIN**

Overlooking the ocean, the SHA Wellness Clinic in south-eastern Spain offers a complete transformation of your eating, exercising and sleeping routine. Erika Parrilla, Clinic Operations Manager, says most clients improve some aspect of their physical health and "reconnect with their inner self". They're interested in "achieving spiritual, mental and physical stability, over time" – and maintaining that state.

A typical programme lasts a week and is personalised according to your needs, be they detox, recovery, weight control, fitness or even a total life reset. The schedule could include time with a nutritionist, a genetics specialist, a dermatologist and neurocognitive experts and involve treatments such as ozone therapy, acupuncture, laser acupuncture, moxibustion and cryotherapy.

The spa also has an outlet (Esenza by SHA) in Terminal 4 of Adolfo Suárez Madrid-Barajas Airport offering treatments, beauty and styling services, as well as macrobiotic food and health products.

Visit: [www.shawellnessclinic.com](http://www.shawellnessclinic.com)

**ARTESIA SPA, OSLO, NORWAY**

Oslo has two Artesia hotspots. The first is located inside the Grand Hotel and the other in Majorstuen, a suburb in the western area of the city.

The spa offers holistic experiences, encouraging you to disconnect from everything around you and simply connect with yourself under the guidance of the therapists. One of the specialities is the Kalahari Gold Foot Treatment, which consists of a soak in the footbath, a sugar scrub and a deep massage for feet and legs using the spa's exclusive cream, containing ingredients sourced from Africa.

Visit: [www.grand.no/en/spa](http://www.grand.no/en/spa)

SHA Wellness  
Clinic, Alicante.





## SOUTH AMERICA

### FOUR SEASONS BUENOS AIRES, ARGENTINA

Madonna, who's renowned for taking her wellness seriously, famously stayed here while shooting *Evita*. The Four Seasons takes its spa equally seriously, which it regards as a full-day retreat. The signature treatment, the Porteño Tango ("porteño" meaning "locals"), makes use of music to guide the massage, while Argentinian hot stones, grape oil and mineral salts, plus algae from the southern part of the country, deliver all the antioxidants you need. There's a personal trainer on hand at all times if you want to work up a sweat in the gym.

Visit: [www.fourseasons.com/buenosaires](http://www.fourseasons.com/buenosaires)

### SAN PEDRO DE ATACAMA, ALTO ATACAMA LODGE & SPA, CHILE

This lodge and spa are located in one of the quietest places on earth. The sands, sky and expanse of terrain all around imbue the place with a solitude and tranquillity that can't be replicated. And despite being in a desert, the spa has plenty of water: the life-giving substance comes from the glacial snow. The massage beds face the Catarpe Valley and red mountains, and the hot stones used in one of the establishment's speciality massages also come from the surrounding area.

A unique facial here uses quinoa as an exfoliation agent and skin-booster. The signature treatment, however, is a red mud wrap made from earth from the nearby valley. Other options include a Finnish sauna, a Turkish bath, a Scottish shower and indoor and outdoor hot tubs.

Visit: [www.altoatacama.com](http://www.altoatacama.com)



San Pedro de Atacama, Alto Atacama Lodge & Spa



Amanemu, Shima-Shi.

## ASIA

### AMANEMU, SHIMA-SHI, JAPAN

This spa is nestled in the Ise-Shima National Park on the Kii Peninsula, in the south-western region of the island of Honshu. Its name is derived from "aman", the Sanskrit word for "peace" and "nemu", the Japanese word for "sharing joy" – and there's an abundance of both here. The spa takes a holistic approach to wellness and consolidates relaxation, movement and nutrition with various treatments. The natural hot springs nearby feed the spa's two onsen (thermal spring) bathing pools, supplying mineral-rich water which is known for its healing and relaxing properties. A must-try is watsu therapy, in which a therapist gently cradles, stretches and massages your body in chest-deep warm water. The spa's herb-based kampo (a cream formulated on the principle that the body and mind are inseparable) combines local algae (known to be powerful antioxidants) and locally sourced pearl powders and is applied in various treatments, including a wrap and exfoliation session. Visit: [www.aman.com/resorts/amanemu](http://www.aman.com/resorts/amanemu)

### ROSEWOOD, BEIJING, CHINA

The city's Rosewood Hotel, in the eminent Chaoyang District, has opened its Sense spa with an indulgent accent – balconied suites for overnight stays. The signature treatment is called Balance, which relieves tiredness and stiff muscles. Melbourne design agency BARstudio interpreted native details of mineral-rich limestone and local shady woods with muted beige and grey tones for a soothing effect in the secluded 929m<sup>2</sup> space. There's also yoga and aerobic studios, a conservatory-style indoor pool and an abundance of fitness equipment. Who knew you could come to Beijing and learn to sleep?

Visit: [www.rosewoodhotels.com/en/beijing/wellness](http://www.rosewoodhotels.com/en/beijing/wellness)



## AUSTRALIA & SOUTH PACIFIC

### HO'OLA SPA, HONUA KAI RESORT & SPA, HAWAII

This spa, located on idyllic Kaanapali North Beach in Maui, has 300m<sup>2</sup> of wellness space. The philosophy here is to combine indigenous wild *mauka* (mountain) and *makai* (marine) ingredients. The treatments exclusively use Malie Organics, Hawaii's premier luxury beauty brand. Popular options include the Ala'e Sea Salt Glow, the Revitalising Mango Nectar Package and the Anti-aging Coffee Fruit Renewal Facial. Then there's the Himalayan Salt Spa, using marine salt hand-mined from 250-million-year-old deposits. The spa endorses Halo Therapy, a "drug-free approach to support relief of respiratory and skin conditions".

Visit: [www.honukai.com](http://www.honukai.com)

### CHUAN SPA, THE LANGHAM, MELBOURNE, AUSTRALIA

Melbourne is far from anywhere, but the Langham Hotel knows how to replenish everything you lost on the way there. The spa has built its reputation on offering spiritual and physical harmony, moulded on the belief that "well-being and vitality are enhanced through the nurturing of the three treasures everyone possesses:

*Jing*, our life force, *Qi*, our vital energy and *Shen*, our mind and spirit". Its methodology is simple: balance the elements of metal, fire, wood, water and air.

The Tao Detox involves a full-body exfoliation (to stimulate the blood and lymph circulation), after which you're wrapped in marine algae with aromatherapy oils. This is followed by an acupuncture massage and a hydrating facial to refresh your body.

Visit: [www.langhamhotels.com/en/the-langham/Melbourne](http://www.langhamhotels.com/en/the-langham/Melbourne)



Ho'ola Spa, Honua Kai Resort & Spa.

## USA

### THE SHIBUI SPA, GREENWICH HOTEL, NEW YORK

This Japanese-inspired spa, envisaged by actor Robert DeNiro, offers a superb healing experience in the calming caverns of the city's most understatedly elegant hotel. The treatments involve medicinal heat and four massage modalities. The Royal Thai massage, which is similar to acupuncture, is combined with a Samunprai poultice containing ginger, lemongrass, kaffir lime oil and camphor and is ideal for relieving circulatory and digestive ailments.

Other treatments include more massage options, facials (like the Harmoniser, which uses Elemental Herbology's naturally active, botanical and mineral-infused collection of products) and meditation. There are also seasonal body treatments: for summer and spring, this means calming orange flower, exfoliating papaya and circulation-stimulating pomegranate. After your treatment, lie at the pool or take a long steam bath and enjoy utter silence and luxury in this busy city.

Visit: [www.thegreenwichhotel.com/shibui-spa](http://www.thegreenwichhotel.com/shibui-spa)

### FOUR SEASONS LOS ANGELES AT BEVERLY HILLS

Here the focus is on much more than just a massage or facial. It's found true healers, like gifted bio-meditation energy therapist Jeannette von Johnsbach, who assesses your state of being before working her magic. The hands-on bio-meditation treatment is gentle, yet profoundly healing, and nurtures, detoxifies and balances every cell of your body. Energy blockages are released to help strengthen your innate life force. The experience is dream-like – tapping into the conscious and subconscious – and includes various breathing techniques. The result is not just support of the endocrine, nervous and immune systems, but a quiet, sublime sense of well-being. Visit: [www.fourseasons.com/losangeles](http://www.fourseasons.com/losangeles) 🌈



Four Seasons Los Angeles at Beverly Hills.



### THE AMBATOVY PROJECT | MADAGASCAR



Sumitomo Corporation is engaged in the Ambatovy Nickel Project in Madagascar, which is one of the world's largest lateritic nickel mining and processing projects. The impact of Ambatovy goes beyond economic benefits brought about by revolutionizing Madagascar's exports and creating significant employment opportunities for the Malagasy people. The project is also contributing significantly to the growth of Madagascar through the development of human resources that will build the future of Madagascar's industries.



With Madagascar recognized as a biodiversity hotspot with a high rate of endemism, we also take the protection of the environment with utmost importance. As a company taking part in this project of national importance, Sumitomo Corporation will continue to fulfil its social responsibility by working for environmental conservation and the welfare of the local communities in support of the sustainable development of Madagascar.



## POWER BUSINESS IN AFRICA

### IGNITING OUR FUTURE TOGETHER

Sumitomo Corporation has acquired extensive expertise in power business worldwide, achieving more than 50,000MW of power generation capacity through EPC projects as well as 6,800MW through IPP projects. In Africa, we are proudly engaged in power business in South Africa, Tanzania, Ghana and Mozambique.



### THE KINYEREZI POWER PROJECT | TANZANIA







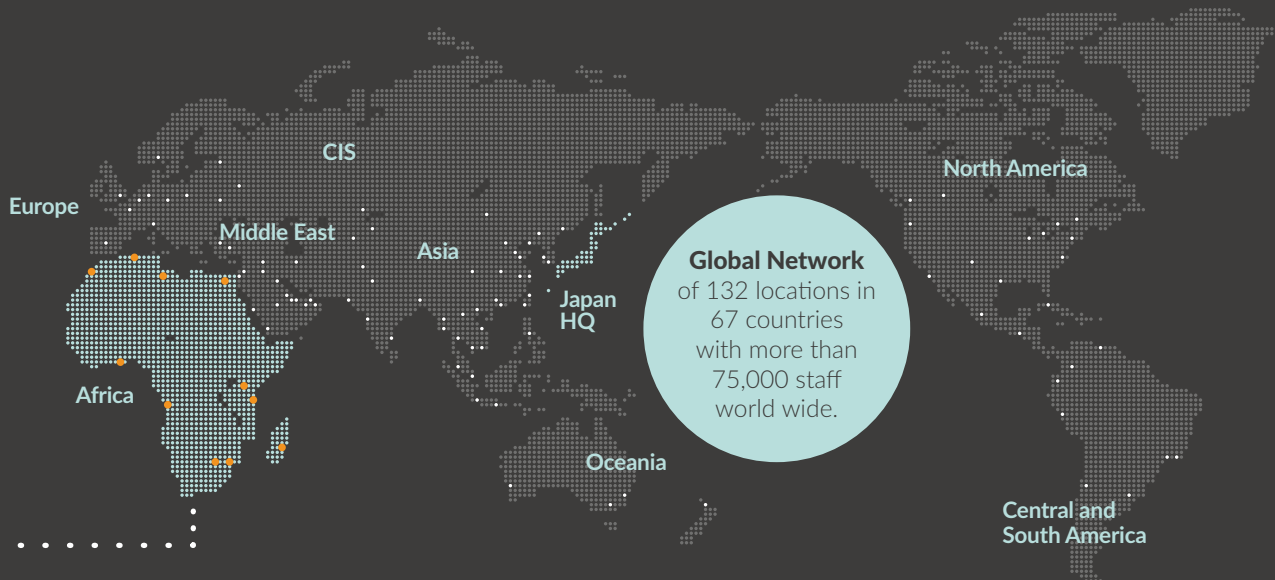
**Sumitomo Corporation**

# GROWING TOGETHER

## 400 YEARS OF GROUP HISTORY

### A Leading Japanese Trade & Investment Company

At Sumitomo Corporation, we engage in multifaceted business activities, continuously expanding globally into a diverse range of products and services. For over 400 years, the Sumitomo Brand has represented both stability and trust, with our reputation being built upon a solid foundation earned through our tenacious pursuit of business excellence worldwide.



Our core business units are Metal Products, Transportation & Construction Systems, Environment & Infrastructure, Media, Network, Lifestyle Related Goods & Services, Mineral Resources, Energy, and Chemical & Electronics.



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<http://www.sumitomocorporationafrica.com>  
<http://www.sumitomocorp.co.jp/english/>





# YOU'RE AN EXPERT IN YOUR BUSINESS WE'RE EXPERTS AT OURS.

Let's face it, no one understands your business better than you do. That's why, if you want expert advice and support on doing business in KwaZulu-Natal, you should turn to Trade & Investment KwaZulu-Natal, because no one understands our business better than we do. When it comes to doing business in our province, we offer expert advice and support on all aspects of investment promotion, export development and promotion, and business retention and expansion.

We can help you with the facilitation of joint ventures and linkages between investors and local business; the provision of relevant, reliable information to investors and traders; assistance with applications for investment incentives and export marketing incentives; assistance to foreign investors with applications for business permits; negotiation of local government incentives on behalf of investors; provision of project support and aftercare services; assistance to emerging international traders and with international trade enquiries; assisting investors to locate suitable premises and to secure project and operational financing.



#### Durban Office

Trade & Investment House  
1 Arundel Close  
Kingsmead Office Park  
Durban, 4001, South Africa  
PO Box 4245, Durban, 4000  
+27 (0) 31 368 9600  
+27 (0) 31 368 6379  
info@tikzn.co.za  
www.tikzn.co.za

#### Gauteng Office

99 George Storrar Avenue  
Groenkloof, Pretoria, 0181  
+27 (0) 12 346 4386/6763  
+27 (0) 86 501 0848/1788  
info@tikzn.co.za  
www.tikzn.co.za  
www.exportkzn.co.za



# BUSINESS

## ALL EYES ON WOODSTOCK

Words: Miriam Mannak

Photographer: Warren Heath ([www.bureaux.co.za](http://www.bureaux.co.za))

**Between the lower slopes of Devil's Peak and the docks of Table Bay in Cape Town lies a unique neighbourhood with a vibrant past and an equally promising future, thanks to an intensive urban renewal drive**

**W**oodstock's roots go back to the early 1800s, when it was nothing but a small farming hamlet known as Papendorp. It was here, under a wind-battered milkwood tree – when Holland lost the Cape to the British in 1806 – that the handover was signed. While most of the structures from that era have been demolished, the “Treaty Tree” is alive and well, and has since been declared a national monument.

Following the British takeover, the name of the hamlet was changed to New Brighton and, in time, to Woodstock. It flourished over the decades into a fashionable seaside suburb with its own beach and a railway station. Small factories and warehouses sprouted in all directions, paving the way for a thriving textile industry and ample work and business opportunities.

### TURNING THE TIDE

In the mid-20<sup>th</sup> century, Woodstock's local manufacturing sector took a downturn and social ills beset the area, forcing many remaining businesses to the outskirts. Now, however, a massive urban revival campaign is breathing new life and commerce into the suburb. Key focus areas include the nodes around Searle St, as well as the Woodstock Exchange and the famous Old Biscuit Mill.

Entrepreneurs and investors are keeping a close eye on the revamp and are optimistic about its future. “The regeneration of Woodstock has already led to more creativity and quirkiness,

more student housing and all sorts of new opportunities for investors,” says Stuart Chait, Executive Chairman of the Land Equity Group.

This property firm has a new mixed-use development in the pipeline, situated on Sir Lowry Rd, near Trafalgar Park – a 3ha hidden gem featuring walkways, an Olympic-size public swimming pool and various historical structures.

“Woodstock has a real soul which is fed by a vibrant history and a rich heritage. It's also a creative retail hub that oozes entrepreneurial flair and inspiration,” says Chait.

### IDEAL FOR INVESTORS

The Iron Works – a mixed-use industrial contemporary project with a vintage warehouse feel – fits perfectly into this vivacious setting. “It comprises a level of retail, three levels of parking and five levels of apartments,” Chait explains.

“Woodstock's great for investors because it's coming off a low base. In Cape Town's city centre, property sells for anything from R35 000–R60 000 per m2. In Woodstock, prices are about R22 000–R32 000 per m2 and R26 000 per m2 for new developments,” he says, adding that the proposed upgrade of Trafalgar Park plays a pivotal role in Woodstock's projected growth.

“People tend to congregate in green public spaces. Communities are built there. That's where children play, parents and grandparents socialise, working people have their lunch and sportspeople run and cycle.”

The area's also close to Cape Town's CBD and southern suburbs and is connected to public transport. 🌈



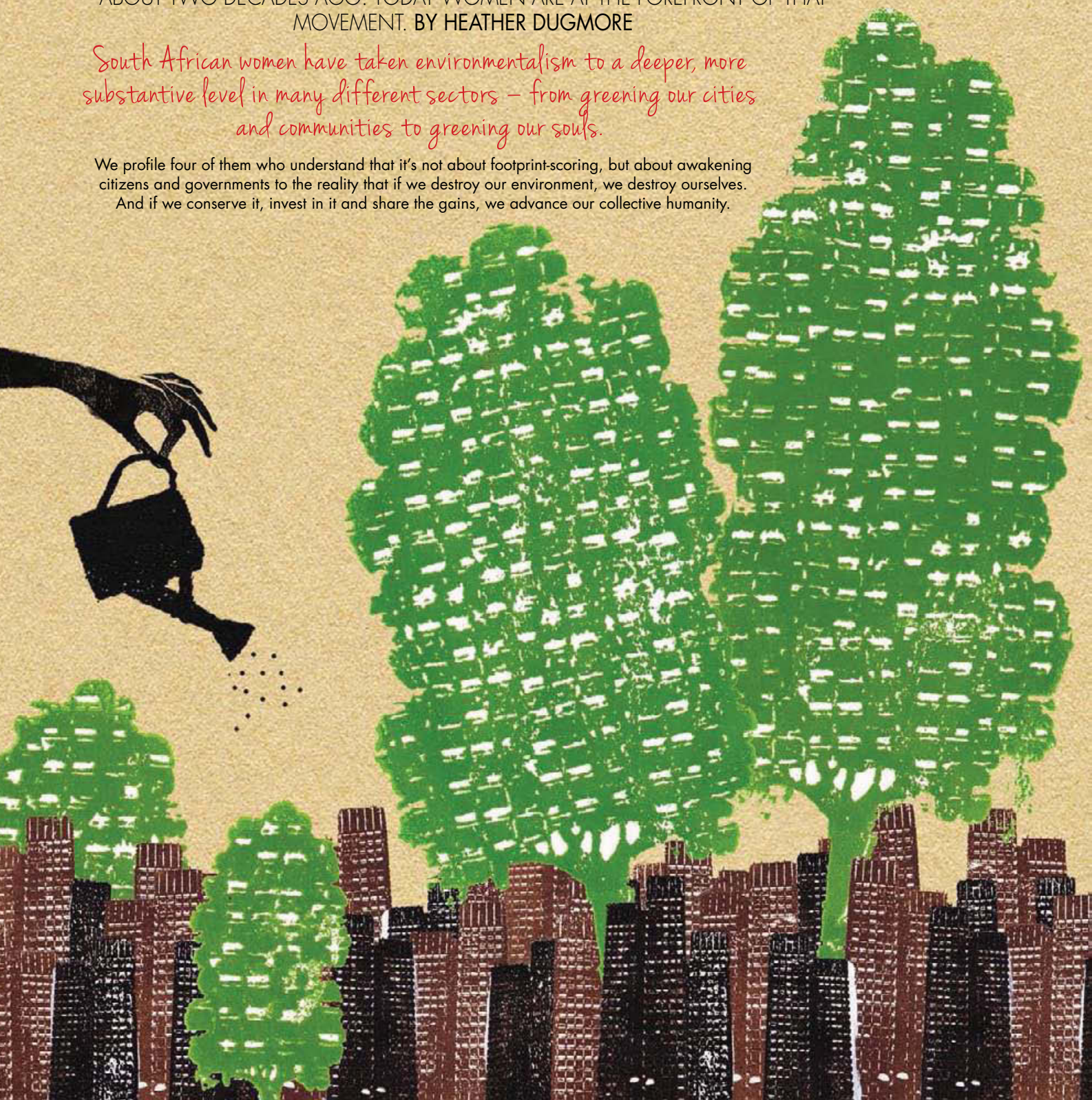


# THE MEANING OF *Green*

TAKING STEPS TO REVERSE THE PROCESS OF CLIMATE CHANGE REALLY BEGAN ABOUT TWO DECADES AGO. TODAY WOMEN ARE AT THE FOREFRONT OF THAT MOVEMENT. BY HEATHER DUGMORE

*South African women have taken environmentalism to a deeper, more substantive level in many different sectors – from greening our cities and communities to greening our souls.*

We profile four of them who understand that it's not about footprint-scoring, but about awakening citizens and governments to the reality that if we destroy our environment, we destroy ourselves. And if we conserve it, invest in it and share the gains, we advance our collective humanity.







Rose Jordaan

#### VINEYARD CUSTODIAN

My first career as an architect in Johannesburg prepared me for my current career as the custodian of our vineyard, Bartinney, on the Helshoogte Pass in the Western Cape's Stellenbosch region, which we opened in 2006. Conceptualising a building within its context and with its unique constraints has much in common with understanding a vineyard situated in its unique terroir, with its final expression a bottle of wine.

There's something extraordinary about being involved in such an ancient art and I'm committed to leading a simple life of balance, based on strong social and environmental principles and a good dose of strategic hard work.

Bartinney came about when my husband Michael and I repurchased the family estate which had been sold nine years previously. We then spent two years clearing all the alien trees, reducing our carbon footprint by planting indigenous ones, installing solar energy to significantly reduce our electricity usage, managing our water better and employing people, rather than mechanising their tasks. I also started a fynbos nursery 10 years ago to replant the slopes on Bartinney where we'd cleared the alien vegetation.

It was essential to completely re-evaluate the farming methods used for many years on Bartinney, where pesticides and herbicides had decimated the bird, insect and wildlife populations. We stopped all this and species like leopards, baboons and porcupines that were once considered adverse for farming now enhance our environment. The quality of our vineyards has also improved, as the soil and growing environment have recovered. We've achieved carbon-neutral status and have been awarded WWF Conservation Champion status.

At Bartinney, environmental and social sustainability is the holistic philosophy by which our entire team lives and manages the estate.

Our winemaker, Ronell Wiid, is a qualified geologist, which is an ideal grounding for a winemaker, as it all starts with the soil. In 1999, she became the first woman to be named the Diners Club Winemaker of the Year.

#### DR JEUNESSE PARK, ENVIRONMENTAL PIONEER, SOCIAL JUSTICE ACTIVIST AND RECIPIENT OF A 2016 HONORARY DOCTORATE FROM RHODES UNIVERSITY

In 1990 I started Food & Trees for Africa from my garage in Johannesburg. My goal was to plant trees and food gardens in townships and help improve the lives of fellow South Africans where I could.

I'd fill my car with saplings and vegetable seed and, with my young children in tow, head into Gauteng's townships and plant with community members who were increasingly interested in greener environments and learning about how this improved their quality of life.

It's deeply gratifying to have been part of the awakening of environmental and climate change awareness on this subcontinent.

Over the past 26 years, Food & Trees for Africa has facilitated thousands of food gardens and planted well over four million indigenous trees and fruit trees throughout the country, as well as funding environmental programmes and school education workshops for millions of pupils, changing lives and landscapes.

My time at the organisation ended in 2014. That same year, I facilitated former American Vice-President and Nobel Laureate Al Gore's training of 700 new African Climate Leaders in SA and started his Climate Reality Project on the continent. Today the world better understands the reality of climate change, since Gore's *An Inconvenient Truth* in 2006 catalysed it. Regrettably, there still isn't sufficient profound climate action.

I've now turned my attention to helping develop a global environmental programme together with Local Governments for Sustainability (ICLEI), a network of over 1 000 cities, towns and metropolises worldwide committed to building a sustainable future.

The initiative will be launched later this year. Jo'burg, Durban and Cape Town are part of it and will be working towards creating healthier and more resilient cities where communities can live, work and develop a better life. To this end, we'll be working with city leaders and decision-makers, businesses and communities to inform, share best practices and promote climate and environmentally sound decisions.







Cindy Maspero

#### SPIRIT OF THE WILD (SOTW) PROGRAMME FACILITATOR

The SOTW that we offer on Bergplaas – a 5 000ha nature reserve in the Karoo – is a wildlife experience that deeply reconnects participants from diverse backgrounds with themselves and the natural environment. This primary connection is the lifeline of our shared humanity.

Geographically, we neighbour the iconic Compassberg Mountain in the Nieu-Bethesda/Graaff-Reinet region, renowned for its vast, harsh beauty and incredible sense of space. Bergplaas has a population of approximately 900 large mammals, several small carnivores and over 133 bird species.

The SOTW Programme is endorsed by the Field Guide Association of Southern Africa as a Specialist Training Provider and participants range from young people from disadvantaged backgrounds in SA to young people from the South African government's job creation initiatives in the conservation sector, MBA students from Europe and global business leaders. Our European partners help fund financially disadvantaged participants.

We also offer a springboard from which young people can confidently enter the conservation sector, equipped with a greater understanding of wildlife and their role in the natural environment. We also offer a number of annual internships for nature conservation students to do their experiential training here.

The SOTW Programme evolved after the owner of Bergplaas, Irene van Lippe-Biesterfeld, Princess of the Netherlands, spent extended time alone here. From that, she conceived the programme, which I've co-facilitated with my husband, Wayne, since 2007. Many have said that time spent here is life-changing and it's inspiring to be a part of that and contribute to the growth of SA's young conservationists.

**Ntombozuko Ngzumza, SOTW participant from the Wilderness Foundation's Umzi Wethu Conservation Academy,** attests to the life-changing impact of the programme. "It taught me to be grounded and humble. I learnt to let nature heal me from the inside. I walked around Bergplaas not fully loving and appreciating myself for who I am, but now I realise that there's much more to me than I thought."



Rebecca Phiyega

#### MARKETING MANAGER: NEDBANK GREEN AFFINITY

In 1990, 20 years before sustainability became the key global focus of our time, Nedbank recognised the signs of a looming natural resource crisis. The bank realised the necessity of putting corporate clout and capital behind conservation in our country and launched the partnership with WWF-SA to create the WWF Nedbank Green Trust.

With the support of our Green Affinity clients, Nedbank has donated over R185 million to the WWF Nedbank Green Trust over the past 26 years.

This money has been used to fund more than 200 conservation projects, ranging from early ones such as promoting solar cookers and conserving Kalahari lions to the current initiatives focusing on climate change, renewable energy, water conservation, rhino conservation, food security and environmental leadership.

Our approach is that conservation needs to be inclusive, relevant and beneficial for all South Africans. What makes me additionally proud is the number of women who've led the green movement in so many different fields during those 26 years.

One of our current projects is called "People and the Coast", where recreational fishers and divers are engaged as citizen scientists to record and report on SA's marine species. This data significantly informs marine conservation policy and strategy, and the investment



in the project over three years has unlocked the support of 800 000 fishers and divers across the country.

Developing environmental leaders for SA is another area in which we've invested through the WWF-SA Graduate Development Programme. We've funded 30 Master's students and graduates from universities throughout the country to complete an 18-month internship in conservation- and sustainability-focused organisations. The interns are from a wide range of disciplines, including environmental science, agriculture, conservation biology, water science, marine science, sustainable development, law, commerce and economics. 🌈





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# The People's Premier: Supra Mahumapelo

His story is a village boy's story, leading from dusty and tiny Manamolela near Delareyville to becoming one of the most recognised and admired premiers in the country

**T**hose close to him describe him as a great thinker, a strategist, a hard worker, an economist and an artist, while those watching him from a distance agree that he has what it takes to make Bokone-Bophirima a better and more progressive province.

After only two years at the helm of Bokone-Bophirima Provincial Government, Premier Supra Obakeng Ramoetsi Mahumapelo's futuristic and creative mind has earned him much respect among his followers and colleagues, both administratively and politically.

For this 48-year-old family man and father of two sons and two daughters, focus, hard work, education and a healthy, Christian lifestyle are the means of getting ahead. It is his conviction that a life so blessed should be lived in service to others.

He attributes his firm respect for cultural diversity and beliefs to the way his late parents brought him up in a rural village. His Setswana eloquence has also earned him much admiration throughout the province, especially among traditional leaders and healers, the churches, the elderly, the youth and the media.

Notable for being one of the first provincial leaders to participate in social media, Mahumapelo understands the strategic nature and power of any platform of communication, and the importance of integrating traditional and new media for better communication.

His years of public service have always been based on his unwavering belief that economic transformation is the answer to rural development and that uniting people in achieving this objective is crucial.

Mahumapelo holds a Master's degree in political economy, a Certificate in Public Finance and Economics and a National Diploma in Commercial Practice.

It is no wonder that his well-thought-out vision to rebrand, reposition and renew (RRR) the province is underpinned by a strategy of strengthening our economy. Implementation of this RRR vision is anchored in five pillars:

## 1 AGRICULTURE, CULTURE AND TOURISM (ACT)

ACT concrete has been identified as the anchor of economic growth, especially in rural areas where poverty, unemployment and inequality are highest. The ultimate goal is also to grow the economy of our province from the current 2% to at least 6% by 2019, with agriculture being at the apex of this economic development strategy.

**It is his conviction that a life so blessed should be lived in service to others.**

## 2 VILLAGES, TOWNSHIPS AND SMALL DORPIES (VTSD)

VTSD concrete aims to address the skewed economic landscape in the province by ensuring that previously marginalised villages, townships and dorpiers are economically vibrant.

The crucial vision underpinning this revolutionary approach is not only to develop the economies of these previously disadvantaged areas, but also to address the triple challenges of unemployment, poverty and inequalities.

To this end, development plans have been designed in consultation with communities across the 767 villages in the province.

Elementary to this people-driven policy is the need for Provincial Government to focus its procurement spend on those villages, townships and small dorpiers. In this regard, 70% of the current financial year's budget has been ring-fenced for spending on them, with next year's spend being 80%, followed by 90% in the 2018/19 financial year.

## 3 RECONCILIATION, HEALING AND RENEWAL (RHR)

RHR concrete aims to bring together the people of Bokone-Bophirima in dealing with issues of moral and social cohesion, as well as past experiences and pain emanating from the former era of oppression, conflict and racial hatred.

## 4 SETSOKOTSANE

Setsokotsane is an approach of radical socio-economic transformation, particularly in previously marginalised villages, townships and small dorpiers.

## 5 SAAMTREK-SAAMWERK PHILOSOPHY

Saamtrek-Saamwerk concrete is an essential ingredient in ensuring that the agenda of the fifth administration is achieved by promoting multi-sectoral engagements and encouraging a spirit of co-operation in improving the lives of the people of Bokone-Bophirima.

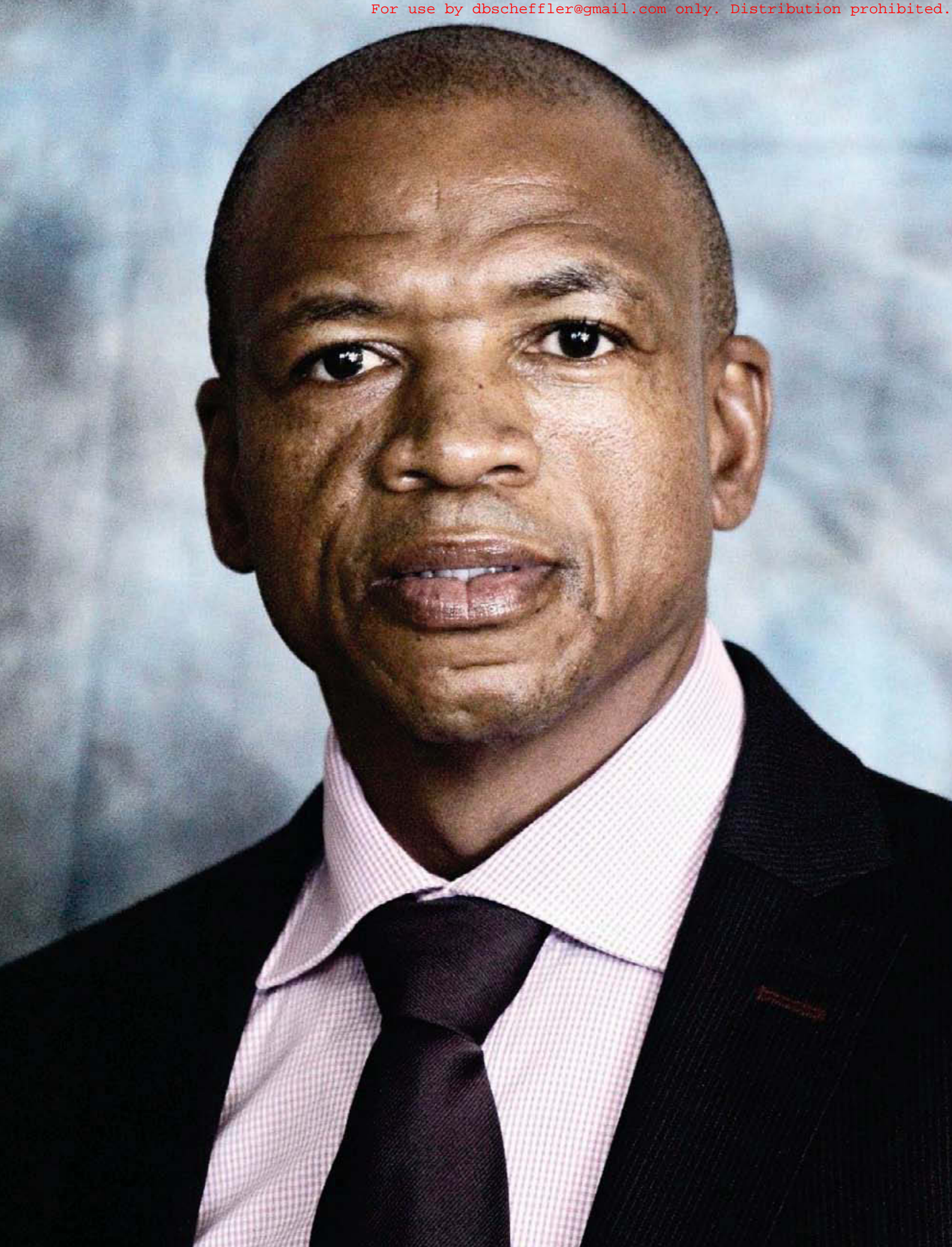
Mahumapelo strongly believes that, as the late Tata Nelson Mandela once declared, "education is the most powerful weapon which you can use to change the world". He has initiated the Kgetsi-Ya-Tsie Bursary & Skills Development Fund, aimed at assisting deserving students from previously disadvantaged background with funds for tertiary education. Leaders in government have already made their initial contribution towards this fund, with Premier Mahumapelo personally contributing R10 000. Members of the public and private sectors are urged to make contributions as well in order to change the lives of those in need.

It is because of these and many other initiatives of the fifth administration that Premier Mahumapelo has become one of the most talked-about leaders in government, appreciated by many for his decisiveness and action-orientated approach towards service delivery.



**Bokone Bophirima  
Provincial Government**











# North West Speaker Hon Dantjie creates a platform for the voiceless to be heard

**T**he strategic thrust of the leadership of the Speaker of the North West Provincial legislature, Honourable Sussana Dantjie, is based on ensuring that the legislature becomes a platform for ordinary people to take up their issues with government, and to hold the executive accountable through its elected public representatives.

Dantjie was appointed in May 2014, coming from the echelons of the National Assembly, so oversight is nothing new to her. She was born on 2 August 1971 in the rural village of Kameelboom in the Moses Kotane Municipality, North West Province. She lost her mother at the age of four and was raised by her grandparents in Seolong village. She matriculated in 1989 from Batleng High School and obtained her Diploma in Office Administration at Damelin College in 1996. She holds a Certificate in Public Relations and various other certificates from different institutions of higher learning. She is currently pursuing her studies through the Wits University School of Business and is doing a Graduate Certificate in Public Policy and Management.

An activist since an early age, Dantjie says her path in politics was inspired by her grandparents, her guardian parents and especially the late Comrade Tete (a former Umkhonto weSizwe cadre) from Masosobane in Phokeng, whom she met at Batleng High School in 1988. Comrade Tete later introduced her to other comrades of the African National Congress (ANC) around Rustenburg and she joined the party in 1991.

She started her political career as a Branch Organiser, later volunteering her services at the Regional Office of the then Western Transvaal Region, Rustenburg. In 1993 she was elected Branch Secretary of the ANC, the following year of the ANC REC Mankwe Region and in 1995, she was appointed First Secretary of the ANC Youth League (ANCYL) Mankwe Region. She moved through the ranks in the ANC, holding various positions both within the party and the ANCYL, until becoming a Member of Parliament (National Assembly) in 2009. In May 2014 she moved to the North West Provincial Legislature as the Speaker.

In 1997, she was nominated to attend the youth exchange programme in Denmark, where she learnt more about information technology, conflict resolution, welfare states and African history. "I will forever remain thankful to the Youth League for giving me that rare

opportunity as a young person," says Dantjie.

Asked about the legacy she is trying to build at the legislature, Dantjie says she inherited an exceptionally sound and solid institution from her predecessor, Supra Mahumapelo. "I'll focus on building on that legacy and coming up with innovative ways to strengthen the work he's already started."

In line with the approach that government, led by Mahumapelo, has pronounced on the renewal, rebranding and repositioning of the province, Dantjie took it upon herself to empower women to become agents of change for all societal ills by introducing an outreach programme called Basadi re Aga Setshaba. This programme aims to educate young women who aspire to become politicians and provides a platform for them to share experiences and expertise with high-profile leaders.

The outreach programme also aims to profile women's business and political careers and help them participate publicly in government structures. In addition, it aims to educate women of North West Province on the role and responsibility of the legislature as mandated by the Constitution, Act 108 of 1996.

"It's always been my aspiration to encourage, provide guidance and motivate other women, especially young ones, towards a strong and sound political stature that can effect changes for the better in society.

"I also appeal to Members of the Provincial Legislature [MPLs] to join hands in this and to hold the executive accountable, ensuring that communities are the actual beneficiaries of all department plans approved by the legislature," says Dantjie.

"It's our duty as MPLs to educate our communities about using methods provided by the legislature to better communicate their challenges, instead of resorting to violent protests that damage state property such as libraries, community halls and schools meant for the development of the community."

Dantjie has served as the Provincial Treasurer and former ANC Women's League Provincial Co-ordinator and is now serving as the Deputy Provincial Secretary of the ANC in North West Province. She is passionate about improving the lives of ordinary people, specifically the downtrodden, poor and vulnerable groups such as women, children and the disabled. She is convinced that more needs to be done to address the triple challenges of poverty, inequality and unemployment.

She is a keen advocate of the training and

development initiative within the legislature. Her objective in this regard is to improve the capacity of MPLs and hone the skills of staff. "Because of the highly specialised research initiatives needed to support portfolio committees, we'll continue to strengthen our relations with institutions of higher learning and research, with a view to sharing knowledge and training in order to capacitate members and staff," she says.

Besides her desire to see a robust and vibrant legislature, she is committed to assisting local municipalities to improve service delivery. "We're also engaging with the Office of the Auditor-General to come up with mechanisms that will help local municipalities which aren't performing well. As the legislature, it's our duty to ensure that municipalities deliver quality services to the people. We can't simply leave that to the executive," says Dantjie.

## MORE ABOUT THE NORTH WEST PROVINCIAL LEGISLATURE

The North West Provincial Legislature (NWPL) is located in Mahikeng, the capital of the province, which lies on the border of Botswana about 260km west of Johannesburg. It's a legislative body that makes laws for the province. It derives its legislative powers from Section 104 of the Constitution of the Republic of SA, Act 108 of 1996. The legislature is an important institution for democracy, since this is where the people of the province can make their voices heard in the law-making and oversight process.

The NWPL consist of 33 seats with a representation of four political parties occupied by Members of the Provincial Legislature elected to represent the people of the province. Of the 33 seats, 23 belong to the African National Congress, five to the Economic Freedom Fighters, four to the Democratic Alliance and one to the Freedom Front Plus.







# *Mi casa su casa*

COMMUNITY-BASED TRAVEL EXPERIENCES ARE BECOMING INCREASINGLY POPULAR, WITH THE ABILITY TO STAY WITH LOCALS AND EXPERIENCE A DESTINATION THE WAY LOCALS WOULD A MAJOR DRAWCARD. **BY TONI MUIR**





**W**ho doesn't sit some days staring out the office window, picturing themselves in an exotic location, far removed from the monotony of everyday life? Who doesn't love the excitement of travel: the chance to meet new people, try new things and revel in new experiences?

Several increasingly popular community-based platforms are offering the opportunity to do just that, but – better still – travellers can immerse themselves wholly in a local experience by living like locals, with locals.

“People are travelling more than they ever have before, but the way they're doing it is changing, driven by a new economy where travellers place greater value on experiences than on ownership,” says Nicola D'Elia, Airbnb's General Manager for Africa and the Middle East. “The days of standing in line to take the same photos as everyone else, or staying in exactly the same kind of hotel room, no matter

what city you're in, are coming to an end.”

Community-based platform Airbnb has made it possible for travellers to stay in hosts' homes, fundamentally changing their travel experience. “We're the first to offer something on a global scale that's always been around, but has perhaps been forgotten. Home stays have a long tradition in many parts of the world,” says D'Elia. There are currently over two million homes in the worldwide Airbnb community and more than 80 million guests have stayed at an Airbnb listing.

In our country, the Airbnb community is fast growing. In 2015, there were 7 500 active hosts in SA, almost half of whom were freelancers, entrepreneurs or self-employed individuals. More than 130 000 guests have stayed at an Airbnb in SA in the past year alone – an increase of 250% compared with 2014. The platform's taking off across Africa too and D'Elia says there are several countries on the continent showing great potential. “I'm confident that we'll see similar growth all over the region once awareness grows. So far, Morocco is the second-biggest market after SA.”

Popular platform Homestay.com features 50 000 homestays across 150 countries, including SA, Kenya, Uganda, Morocco and several other African countries. Alan Clarke, Homestay.com CEO, believes the platform's increasing popularity is due to it combining the “excitement of visiting a new place with the comfort of living with a local”. He says: “Guests get the chance to experience full immersion in a different culture and benefit from all the knowledge a local has of the area, including hidden treasures to visit, places to eat and drink, and insights into the traditions and way of life there.” He believes Homestay.com differentiates itself from other community-based platforms such as Airbnb or Couchsurfing by being the only site to offer hosted-only accommodation and no empty rentals, thereby ensuring all its homestays are hosted by locals keen to interact with their guests. “A homestay allows you to be more than a tourist. It gives you a chance to get under the skin of a place and learn what life there is really like. Staying with a local affords insights into a place that just aren't possible if you're staying in a hotel room,” he says.

Homestay.com also encourages guests and hosts to “meet” via its video-chat function before confirming a booking, which Clarke says offers a degree of reassurance to both parties and helps them build a rapport from the start. Regarding the micro-entrepreneurship aspect of being a host on the Homestay platform, Clarke says hosts find the platform very favourable and appreciate the extra income it generates. “We have hosts of all ages and demographics who love the idea of welcoming different cultures into their homes, as well as bringing travel right to their doorsteps. From empty-nesters to young families, our hosts see it as a way of getting to know the world a little better.”

Similarly, Airbnb offers great value for both hosts and travellers. According to a recent report, the typical South African host who occasionally shares space in their home through the platform boosts their yearly income by more than R28 000. Given the state of the country's economy, that's not to be scoffed at. “That's a significant extra income from an asset you already have – your home,” says D'Elia. “With Airbnb, everyone can become a host and reach a global audience. That's what the concept of micro-entrepreneurship means and it's very powerful. What defines this new economy is that it's built on the empowerment of individuals and the technology which enables that. It's allowing individuals to create their own jobs.”

Andy Norris has listed his Cape Town home on Airbnb since mid-2014. Originally from Ireland, he heard about the platform from friends in the UK, who kept badgering him to list his property on the platform. He says he was reluctant at first, but now wishes he'd done it sooner. “Now I'm like the Herbalife guy for Airbnb, I'm so passionate about it!” he jokes. Norris began by renting a private room in his home on Airbnb, but has since built and listed a fully contained apartment too. He's had 55 bookings through the platform since signing up and says it brings in a “significant” amount of subsidiary income to ➤



the household, helping improve his living standard.

While this may be a side-business for Norris, as he holds a regular nine-to-five job, for his domestic helper, Sia, it's become much more than that: her employment with Norris has gone from two days a week to full-time, bringing her much-needed income. "Sia's integral to the whole Airbnb experience for my guests. A lot of the time she'll meet and greet them too, if I'm not around when they arrive."

Irena Jusufovic and her partner Adil run The Lunar Surf House in Morocco, which they've had listed on Airbnb since early 2015. They were introduced to the concept by friends. Jusufovic says their experience has been better than expected. "You really do get as much out of it as you put into it. Airbnb kept our private rooms full in the hostel when we first opened, which is huge, when you don't know what to expect." She says that while they do list on several other platforms – they host private rooms in their own apartment, as well as the hostel – about 60% of their bookings come from Airbnb.

Kenyan John Tubula is another one who joined Airbnb after hearing about it from friends. He'll be welcoming his first guests in August to his simple wood and mud hut in a traditional Masai village. Tubula says he joined Airbnb to market his home and generate income for his family and wider community. He works as a conservationist and guide in the well-known Masai Mara Game Park and frequently organises safaris. This way, he can put guests in touch with locals, to enjoy local experiences.

So just what makes these platforms so popular? Norris believes it comes down to ease of use and trust. "If there's a stranger staying in my house, there's got to be trust on both their side and mine," he says. "Hosts review guests and vice versa, so based on reviews, I can gauge the kind of guests I have and they can gauge me as a host. If I'm seen as a bad one,



## "THERE'S THE EXPECTATION THAT YOUR HOST WILL HELP YOU HAVE AN AUTHENTIC LOCAL EXPERIENCE DURING YOUR STAY."

other guests won't book with me." Jusufovic thinks it's because people enjoy living like locals, with locals. "They like getting around the spots recommended by hosts, rather than just tourist guides. You can always find something within your budget. Even though we use Airbnb for business, our hostel is like our home and that's how our guests feel too," she says.

Judy Lain, Chief Marketing Officer: Tourism at Wesgro, the provincial tourism body for Cape Town and the Western Cape, believes community-based platforms such as Airbnb, Homestay and even free service Couchsurfing are expanding, rather than disrupting the tourism industry. According to her, this is because of their diverse offering and their appeal to a new and dissimilar clientele. "The access to a global community of hosts and travellers with the same needs and interests is very appealing to this new type of traveller," she says. "These platforms resonate with travellers seeking a different type of experience – a hosted house versus a hotel room, for example, or neighbourhood experiences versus traditional tourism ones."

Another benefit of the aforementioned platforms, adds Lain, is that they're opening up the country to travellers who may not have been

reached through traditional channels. "The platforms have global communities who are eager to travel and want to experience something unique. This offers our regions and small towns great opportunities to reach new travellers," she says.

Tom Williams, COO of SafariNow, agrees. "These platforms focus on the host or accommodation-owner and there's the expectation that he or she will help you have an authentic local experience during your stay. I think this concept is very appealing to an international guest who has no local knowledge of an area before they arrive." He believes community-based platforms have commercialised the opportunity for people to rent rooms in their homes to earn an extra income, something he feels has disrupted the marketplace to some degree. "This has had an effect on the more traditional accommodation sector of the market, such as hotels and guesthouses, by offering more choice and cheaper rental options," he says.

There's certainly great value in how community-based platforms help spread the benefits of increased traveller numbers to new communities and local businesses, which is good news for everyone affected. "For example, some 27% of visitors to Cape Town, Airbnb's largest market in SA, tell us they wouldn't have come at all or stayed as long if it hadn't been for Airbnb," says D'Elia. "Half of those guests spend more money in local shops and restaurants, often following their hosts' recommendations. Even if it's just for a night, staying with local hosts allows visitors to really live there." 🌈





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# Now hiring – but differently

The new, agile companies spawned by a digital economy have led to a shift in recruitment, with hybrid skills taking precedence over academic credentials. *By Dion Chang*



Last year, accountancy firm EY announced in London that it will no longer consider degree or A-level results when assessing potential employees.

EY's Managing Partner for Talent, Maggie Stilwell, said the new policy would "open up opportunities for talented individuals, regardless of their background and provide greater access to the profession". One of the biggest, multinational graduate recruiters changing its HR policy this dramatically signals the need for vastly different skills required in modern

businesses, but also calls into question the value and relevance of academic credentials to modern businesses. One of the reasons for EY's change in policy is its belief that there's no correlation between success at university and success in careers.

This starts to make sense when you consider the current buzzword in the business – "agility": being able to move fast and adapt in order to remain competitive. These high-performance environments are being labelled "responsive operating systems" and they seek people who are "makers": individuals who have hybrid skills, as opposed to credentials. These "makers" think by doing – experimenting, testing and learning.

This essentially translates into a widening skills gap across many sectors. Soft skills such as communication, leadership, ownership and teamwork are largely missing in most post-graduates, with critical thinking and problem-solving being most lacking. Academic qualifications, it seems, are no longer delivering.

An American survey highlighted the decline for academic qualifications, citing that the majority of jobs being created today

don't require degree-level qualifications. In 2010, 20% of jobs required a Bachelor's degree, 43% required a high school education and 26% didn't even require that. Meanwhile, 40% of young people are studying for degrees, which means over half the students obtaining degrees today will find themselves working in jobs that don't require one.

The growing trend of "degreed baristas" points to this. As people with degree-level education take lower-skilled jobs, the less educated are pushed further down the labour market. In some cases, they're pushed out altogether. The reasons are, firstly, that degrees have become more common, therefore they're less valuable in economic terms. Secondly, degrees cost more today, but are worth less. Debt repayments versus future income simply don't balance out. Thirdly, modern businesses no longer consider degrees essential.

The core of the problem is that our education systems are designed to produce Industrial Age worker-citizens. Today we're firmly rooted in a knowledge era and no longer need to memorise that knowledge (the old template of education). Instead, we should learn how to filter information in order to gain that knowledge. In essence, we've become more like librarians than scientists. However, knowledge workers also need to be able to do things with their knowledge, as it's not an end in itself, but rather a resource, used to create new knowledge.

Our academic institutions simply aren't geared for this and until they adapt and provide a skills set required by responsive operating systems, the current skills gap will continue to widen.

• *Dion Chang is the founder of Flux Trends. For more game-changing business trends, visit: [www.fluxtrends.com](http://www.fluxtrends.com)*





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## SAMSUNG



# Lifestyle

## SoMAD, so innovative

**L**aduma Ngxokolo, founder and designer of MaXhosa, started winning awards for his designs while he was a student at the School of Music, Art & Design (SoMAD) at Nelson Mandela Metropolitan University (NMMU) in Port Elizabeth. Recognising the uniqueness of his work and the need to protect his Intellectual Property, in 2011 the university's Innovation Office filed design registrations for him, which it transferred to him in 2015. It also helped him develop his label through its entrepreneurial business incubator for the arts, the MAD Propella – a satellite of NMMU's technology and business incubator, Propella. ➤

Laduma in his shawl, which was voted the Most Beautiful Object in SA.





## ARTS & CULTURE

By Sbu Mkwanazi (@sbumkwanazi)



SoMAD post-graduate student Nishil Vagmaria at work in his Bird St Campus studio.



SoMAD post-graduate student Sarah Walmsley's kiln-formed glass and bronze titled *Disconnected*.



*Beanie Boy* by SoMAD post-graduate student Pola Maneli.

➤ The MAD Propella has also assisted several other creatives to strategically develop and market their talent. It's based at the recently restored Bird St Campus – an innovative arts pivot in Port Elizabeth's inner-city Central precinct. The gallery, which was opened last year, is on the ground floor of an elegantly restored Edwardian building. Fine arts graduates and illustration students work here, including rising stars Pola Maneli, Siya Ngaki, Jono van der Walt, Sarah Walmsley, Bamanye Ngxale, Michael Wedderburn and Nishil Vagmaria.

The Bird St Campus is also home to the NMMU's Jazz Unit & Music Conservatory, where pupils whose schools don't offer music lessons can receive instruction from university students and lecturers.

SoMAD's roots date back to the first-ever art school in SA, the Port Elizabeth Art School, which opened in 1852 in the historic Athenaeum Building in nearby Belmont Terrace.

Today, SoMAD promotes enquiring, Africanised curricula and exhibitions. Similarly, Ngxokolo's international fashion label is inspired by traditional beadwork and motifs in the Eastern Cape. NMMU's Bird St Gallery hosted Johannesburg-based artist and cultural activist Marcus Neustetter's exhibition, *Into the Light*, which challenges concepts of darkness and light in SA, the broader continent and beyond. This month, in collaboration with the University of Cape Town, the gallery will be hosting the multi-disciplinary exhibition *Fantastic*, co-curated by Nomusa Makhubu and Nkule Mabaso, which aims to subvert the colonial fetishisation of African art in Western contexts and re-examines notions of "the dark continent". – **Heather Dugmore**

## Flying off the wheel

Zahier Davids is a sculptor and painter, but also expresses his creativity in an unconventional way: he owns and runs Flywheel Custom Chariots, a company which designs and manufactures custom bikes and trikes.

"I see a bike's frame as a blank canvas begging to be painted. I use airbrushing,

vinyl and spraying to produce a piece of art everyone will be ecstatic about. Although my clients give me an idea of what they want in the end product, I provide direction. I suggest characters, colours and other artistic preferences to ensure they have a unique bike," says Davids.

To some, his creations may appear to be simply bikes. To Davids, however, they're a passion and a lifeline, as he started the business after he'd been retrenched. His creations include a wooden bike for the FIFA 2010 World Cup in SA, a cargo bike for a logistics company, a cooler box bike for a wine farm and various designs for the film industry. He's also worked with the Cape Town Carnival for a number of years, providing colourful bikes for the event.

"One of my highlights has to be



the bike or 'jogger' that I designed for a disabled participant in this year's Comrades Marathon. As with most of my projects, I had about a week to complete it – and she finished the race in less than 11 hours. Knowing that my dream made someone else's come true makes my work that much more special," he says. Davids' workshop is at 123-12<sup>th</sup> Ave, Kensington, Cape Town. Tel: 076 501 2300. Email: flywheelbikes@gmail.com





## RACE RELATIONS UNPLUGGED



Bruce Norris's play, *Clybourne Park* – a spin-off of Lorraine Hansberry's iconic work, *A Raisin in the Sun*, drawing on events in Chicago, USA – has won four global accolades. It now makes its debut at Cape Town's Fugard Theatre from 16 August-1 October. Norris's hilarious, but searingly honest script reveals the fault lines undermining race relations and political correctness, while exploring the subtexts of language, the issue of heritage and the boundaries of ethnic identity. For further information, tel: 021 461 4554. Tickets cost R120-R240 from Computicket – tel: 0861 915 8000 or visit: [www.computicket.com](http://www.computicket.com)

## CD REVIEWS

### **REPUBLIEK VAN ZOID AFRIKA VOL 3 BY KAREN ZOID (4/5)**

*Dis mooi, man!* Hopefully your Afrikaans is up to scratch, as Zoid hits as hard with her lyrics as she does with her rock melodies. The opening track, *Dis 'n Land*, takes a bitter-sweet look at heritage and patriotism. She also sings in isiZulu in her own rendition of *Asimbonanga* and brings out the big guns in collaborations with Vicky Sampson,



Snotkop, Claire Johnston, Koos Kombuis and Rocco de Villiers.

### **SELF-MEDICATED BY ROSS JACK (4/5)**

For songs that will haunt and taunt you, Jack's sophomore album has few equals. The rapper unleashes scathing lyrics in *Blow* and *Rock 'n Rolla*. It's a tough, but rewarding pill to swallow. Listen at your own risk!



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As one of the best roads in South Africa, Long Tom Pass is waiting to be explored this winter. During August, whether you choose to rent, transfer or buy a vehicle you will automatically be entered into a draw to win one of ten unforgettable weekends away for two. Plus, you'll get the opportunity to drive one of the best roads in South Africa in an Avis vehicle. So what are you waiting for? Rent, book or buy today and discover the most amazing roads with Avis this winter.



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# Painted Dog

Artist Amy Hemingway's ([www.amyhemingway.com](http://www.amyhemingway.com)) love of wild dogs has inspired her to highlight the endangered species. Although born and raised in the UK, where she studied painting, she's spent many years living in SA and Lesotho, where she learnt about nature conservation and wildlife.

"In my art I express the magic of creatures living in their own worlds, with their own personalities and stories, wandering gracefully wild and free. I have four dogs of my own (African mixed breed). They share fascinating traits with the ancient, family-orientated Painted Dogs, *Lycaon pictus*, which are now worryingly rare. Fewer than 7 000 remain," she explains.

Hemingway supports the Painted Dog Conservation Foundation in Zimbabwe ([www.painteddog.org](http://www.painteddog.org)). Slovenian writer and musician Klemen Pisk, who wrote the poem alongside, told her: "Similarly to you, I'm concerned about endangered animals and I really appreciate your work. I'm also concerned about endangered languages. That's why I'm collecting translations of my poem in many languages." The poem was translated into all 11 official South African languages and recited in them at the opening of the 2010 Fifa World Cup. – **Jabulile Ngwenya**



## *The Hermit and the Wolf*

A hermit drew a line in the sand and said:  
"You may not cross this line."

Then he drew a circle saying:  
"You must stay in this circle."

You can cross it, but not over the line."

Then the tempest came and the line disappeared.

A wolf was standing in the circle.  
Cold and rain had exhausted him, but he did not move.  
He did not know whether the line still exists  
when it is no longer drawn in the sand.

– **Klemen Pisk** (translated from the Slovene by Vesna Zevnik)



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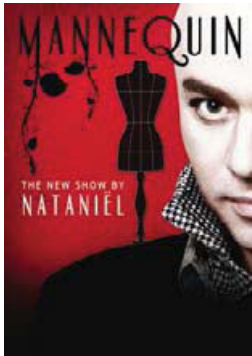


# { UBU SPEAKS }

*Ubu and the Truth Commission* by Jane Taylor is on at Jo'burg's Market Theatre from 22 August-11 September, directed by iconic artist William Kentridge. As an added bonus, puppets by the Handspring Puppet Company will be sharing the stage with Busi Zokufa and Dawid Minnaar.  
Visit: [www.markettheatre.co.za](http://www.markettheatre.co.za)



## NOTHING BUT NATANIËL



Audiences never know what to expect from multi-talented entertainer, chef, director, designer, playwright, public speaker, performer, writer and aesthete Nataniël. In his latest production, *Mannequin*, an author toys with the idea of writing a book about the life of a reclusive tailor. The show features not only original music, but also Nataniël's surprise versions of some iconic numbers from the Sixties and Eighties. *The play runs from 18 August-25 September*

at the Theatre of Marcellus, Emperors Palace, Ekurhuleni.  
Tel: 011 928 1297/1213 or visit: [www.emperorspalace.com](http://www.emperorspalace.com)

## Rhymes and reasons

The fourth annual Poetry in McGregor (Western Cape) event takes place from 26-28 August. The English presenters are Dr Elisa Galgut, Vangile Gantsho and Harry Owen. In the Afrikaans category, Margot Luyt, Koos van der Merwe, Daniel Hugo, Diana Ferrus and Lara Kirsten will be presiding. For a complete list of the participating poets and more information, visit: <https://mcgregorpoetryfestival.blogspot.co.za>



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# WHAT TO DO THIS MONTH AROUND THE WORLD

Compiled by Nobusi Maqubela

## 29 JULY-6 AUGUST

### Aberdeen Youth Festival, Scotland

This festival provides entertainment for more than 20 000 attendees and a platform for talents from all over the globe in a variety of performing arts, including dance and theatre. [www.aiyf.org](http://www.aiyf.org)

## 3 AUGUST

### Coriolanus and Du Liniang, Frankfurt, Germany

A celebration of the life of playwrights William Shakespeare and Tang Xianzu. Presented by an all-female cast of the Zheviang Xiaobaihua Yue Opera Troupe, it imagines interaction between the Bard and his Oriental

counterpart through juxtaposing Shakespeare's tragedy *Coriolanus* with Xianzu's *The Peony Pavilion*. The collision of cultures generates fascinating insights and debates.

[www.coriolanusandduliniang.com](http://www.coriolanusandduliniang.com) or tel: +44 20 3195 6269 for more information.

## 4-6 AUGUST

### !Naba Food & Wine Festival, Uptington Expo Grounds, Northern Cape

This gourmet festival celebrates a variety of local and national wines, craft beers and liqueurs.

The selection of alcoholic beverages will be complemented by culinary delights from in and around the area.

[www.nabafoodandwine.co.za](http://www.nabafoodandwine.co.za)

## 4-6 AUGUST

### Tops @ Spar Wine Show, Port Elizabeth, Eastern Cape

Themed "Life is a Cabernet", this edition of the show will boast a variety of wines from Pinotage, Malbec and Pinot Noir, among others. Attendees can sample and purchase wines, enjoy delicious food and participate in additional activities. [www.wineshow.co.za](http://www.wineshow.co.za)

## 5-7 AUGUST

### Oppikoppi, Northam, Limpopo Province

One of the most renowned festivals in the country, Oppikoppi is a wonderful experience for the more than 20 000 attendees who flock to it. Choose from seven stages

with over 150 acts. Bring your camping gear or opt for one of the hotels in the area.

[www.oppikoppi.co.za](http://www.oppikoppi.co.za)

## 5-7 AUGUST

### San Francisco's Outside Lands Music & Art Festival, USA

A bumper festival offering a variety of musical performances and artworks.

There'll also be sumptuous food and wine on offer, as well as a range of activities relating to technology and the arts.

[www.sfoutsidelands.com](http://www.sfoutsidelands.com)

## 6-7 AUGUST

### Wedding Expo, Moses Mabhida Stadium, Durban, KwaZulu-Natal

This expo features the services and products of a variety of





Totalsports Women's Race

wedding suppliers, including event planners, venues, photographers, designers, dressmakers, jewellers, bakers, stylists, entertainers and caterers.

[www.wedding-expo.co.za](http://www.wedding-expo.co.za)

### 9 AUGUST

#### **Totalsports Women's Race, Grand Parade, Cape Town, Western Cape**

Held on Women's Day, this event sees women wearing pink and doing their bit to fight breast cancer by running or walking a 5km or 10km route. [www.totalsportswomensrace.com](http://www.totalsportswomensrace.com)

### 9-11 AUGUST

#### **Ghana Renewable Energy Fair, Accra International Conference Centre**

This event is targeted at education and innovation in the sphere of renewable energy. A variety of exhibitors will give attendees essential, industry-related information, with speeches targeted at closing the inequality gap in renewable sources of energy. [www.ghana.gov.gh](http://www.ghana.gov.gh)

### 11-13 AUGUST

#### **Northern Cape Business Expo, Mithab Seperepere International Convention Centre, Kimberley, Northern Cape**

This initiative by the Northern Cape Chamber of Commerce is the perfect networking event for those interested or involved in commerce in the area. It will explore innovations in various sectors and give attendees a better understanding of business and government relations.

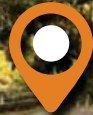
[www.nocci.co.za](http://www.nocci.co.za)

### 12-15 AUGUST

#### **Kenya Build Expo, Kenyatta International Conference Centre, Nairobi**

The focus is on innovations in the mining and construction industries, including new materials and machinery. The event will offer networking opportunities and business prospects, while participants will include international role-players. [www.expogr.com/buildexpokenya/aboutus.php](http://www.expogr.com/buildexpokenya/aboutus.php)

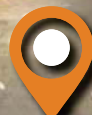
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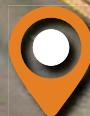
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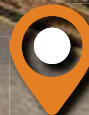
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## EVENTS



Wine Menu's The Unusals Festival

### 12-15 AUGUST

#### **Sankofa Expressive Arts Cultural Journey and Workshop, Aba House, Accra, Ghana**

Sankofa is about exploring the rich cultural history of the country. Activities include storytelling, traditional dance and learning how to make *adinkra* cloth. Tickets include workshops and lunch.

[www.exaculturaljourneys.com/ghana-journeys/sankofa](http://www.exaculturaljourneys.com/ghana-journeys/sankofa)

### 13 AUGUST

#### **River Rat Race, Royal Victoria Dock, London, UK**

This is a great event for sporting enthusiasts, who can participate in kayaking and swimming, as well as a short run, water slides and more than 30 obstacle-course challenges.

[www.ratrace.com](http://www.ratrace.com)

### 14 AUGUST

#### **City 2 Surf, Sydney, Australia**

This 44-year-old event attracts

over 60 000 participants. Runners begin their journey in the city centre and pass Bondi Beach, heading for the infamous Heartbreak Hill climb. Participants are encouraged to leave their headphones at home, as live DJ entertainment and cheerleaders are part of the overall experience.

[www.city2surf.com.au](http://www.city2surf.com.au)

### 18 AUGUST

#### **Wine Menu's The Unusals Festival, Wanderers Club, Johannesburg, Gauteng**

Wine Menu will showcase lesser-known red and white wine varieties, such as Malbec, Grenache Blanc and Sémillon, among others.

Wine-makers can only participate by invitation. Wine will be on sale at the event at discount prices.

[www.winemenu.co.za](http://www.winemenu.co.za)

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### 25-27 AUGUST

#### Disruptive Africa Expo, Sheraton Hotel, Lagos, Nigeria

This conference helps prepare business people for participation in the technological revolution. It focuses on the contribution of African role-players in the relevant industries by way of discussions and presentations by digital experts. [www.disruptiveafricaexpo.com](http://www.disruptiveafricaexpo.com)

### 26-27 AUGUST

#### Hantam Meat Festival, Calvinia, Northern Cape

This festival celebrates the love of meat. Taking place in what's been dubbed "sheep country", it will offer attendees a chance to sample a variety of curries, lamb chops and kebabs, among other dishes. There'll also be a car rally, a marathon and a flower show. [www.hantamvleisfees.co.za](http://www.hantamvleisfees.co.za)

### 26-28 AUGUST

#### Greyton Creative Arts Festival, Western Cape

The Greyton Creative Arts Festival includes exhibitions by a variety of artists and crafters from the region and its surrounds. Attendees can interact with them and participate in demonstrations, workshops, guided tours and historical walks. [www.greytoncreative.co.za](http://www.greytoncreative.co.za)

### 27 AUGUST

#### Street Culture Festival, Lusaka, Zambia

The festival promotes a variety of disciplines in the performing arts and extreme sports. It's also a platform for the best upcoming talents in the country. [www.streetculturezambia.com](http://www.streetculturezambia.com)

### 28 AUGUST

#### Street Food Festival, Maboneng, Johannesburg

This event takes the form of a market, with the industry's best showcasing their culinary offerings. It's also targeted at food entrepreneurs, who'll be able to hear presentations from those who've succeeded in this sector. Visit the festival for a different, delectable take on South African favourites such as Gatsby sandwiches, "smiley", rotis and vetkoek. [www.streetfoodfestival.co.za](http://www.streetfoodfestival.co.za)

### 29-30 AUGUST

#### Africa Golf Summit, Serengeti Golf Club, Johannesburg

A must for golf professionals and amateurs alike. The focus will be on topics such as ensuring the sustainability of the sport, golf estate property development and expanding golf tourism, among others. [www.africagolfsummit.com](http://www.africagolfsummit.com)

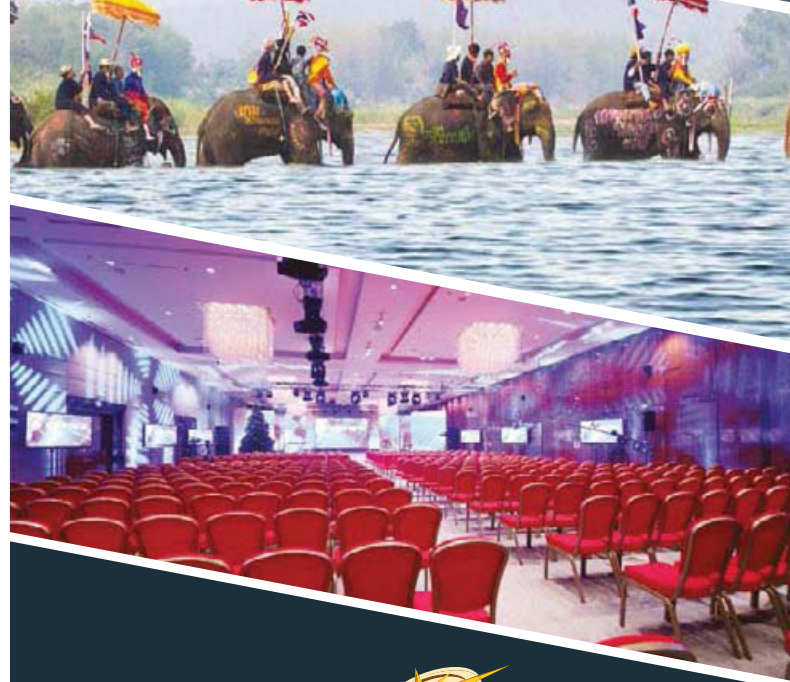
Street Food Festival



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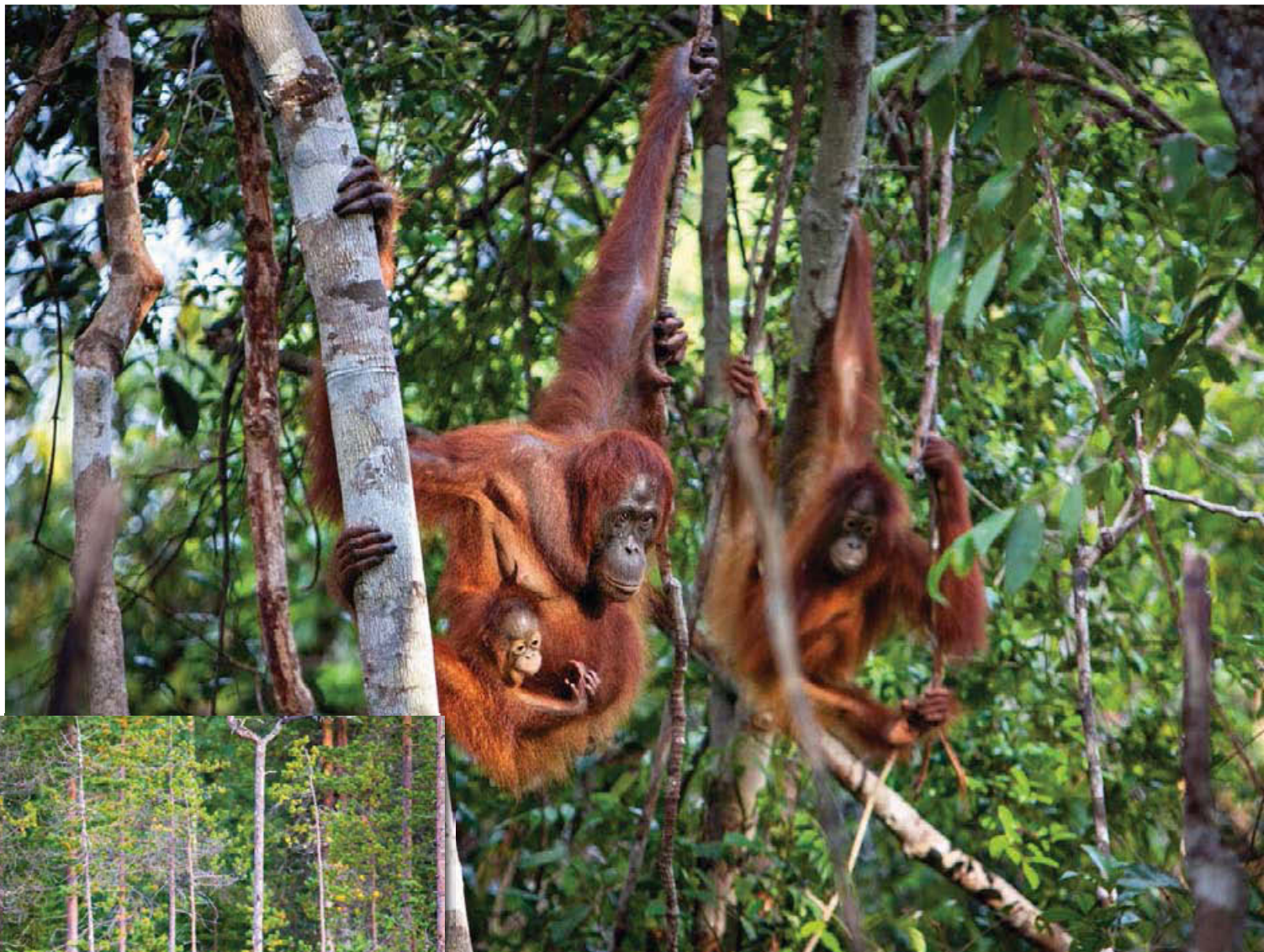


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# TAKING ON THE WILD

In his latest book, *Top Wildlife Sites of the Wild* (New Holland Publishers) – co-authored with his wife, Natalie – photographer Will Burrard-Lucas captures the beauty of the wildlife spots that have inspired him

**Top:** An orangutan family swinging through the rainforest, Tanjung Puting National Park, Kalimantan, Indonesia.

**Far left:** A European brown bear in the forests of Finland, near the border with Russia.

**Left:** A large Komodo dragon investigating my camera, Komodo Island, Indonesia.

**Opposite:** Penguins showering under a freshwater spring to wash off the sea salt and dirt from their nesting colony, Falkland Islands.







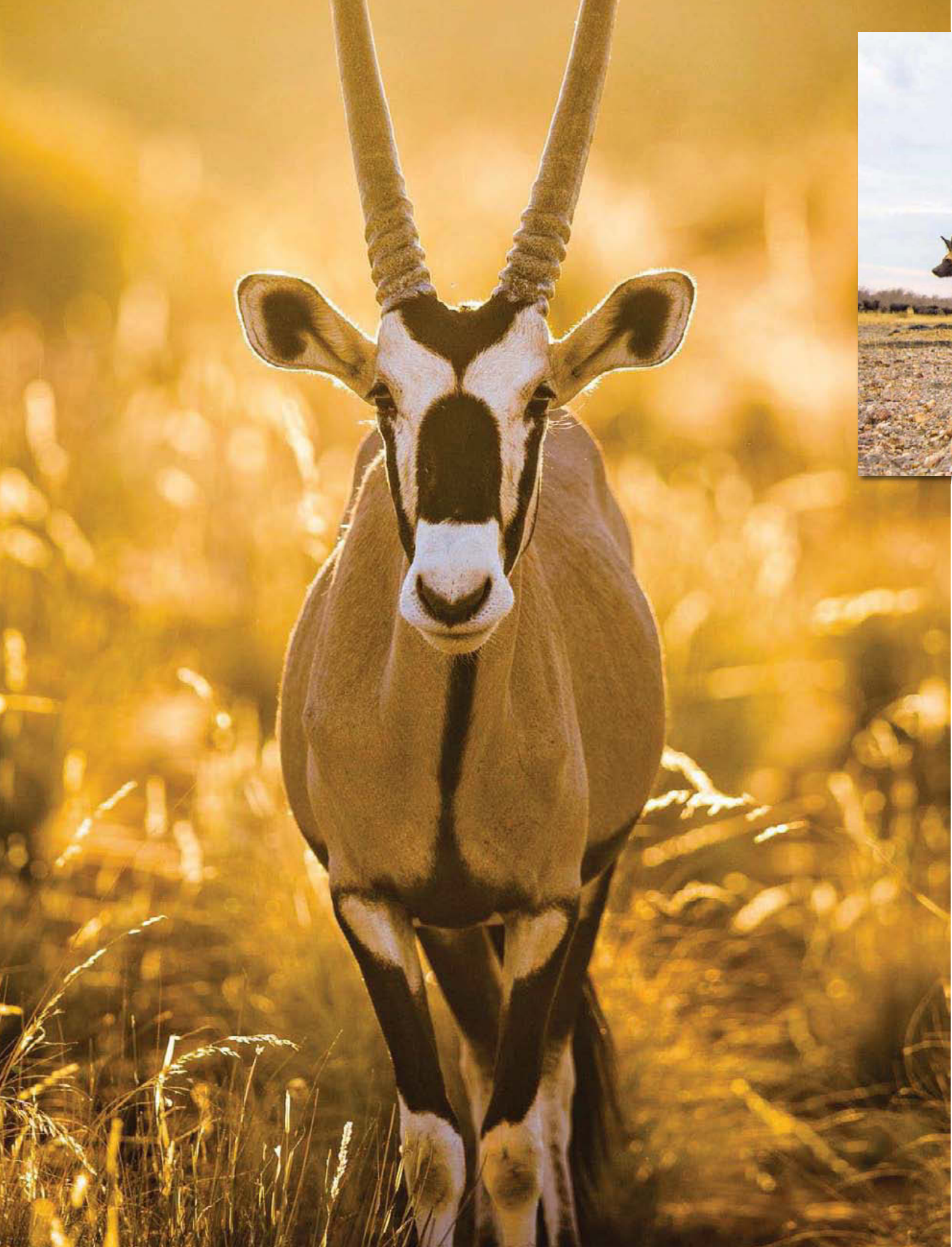






A young leopard investigating BeetleCam (a remote-controlled buggy for a DSLR camera, used to take wide-angle photos of potentially dangerous wild animals), South Luangwa, Zambia.









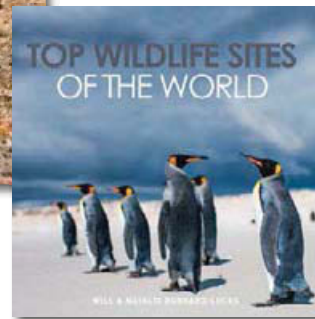
## About the photographer

Will Burrard-Lucas has always had a love of Africa, having spent some of his childhood on the continent. After his formative years in his native UK, he travelled extensively around Africa capturing its natural beauty, which inspired his book, *Top Wildlife Sites of the Wild*. Natalie



Burrard-Lucas is a doctor, a writer and a keen traveller, often joining her husband on his expeditions. Together, the Burrard-Lucas have put together a book that illustrates their 32 favourite wildlife destinations around the world. Will designs and creates

gadgets to obtain the best visuals. Primrose, their daughter, is the latest addition to their adventure-loving family. 🌈



“ I hope that, as it did for me, the wildlife which awaits you in these destinations will etch a place in your memory forever. ”



Elephants photographed using BeetleCam during the Zambian wet season, shortly before a torrential downpour.

**Top left:** African wild dogs photographed using BeetleCam in South Luangwa, Zambia.

**Opposite:** An oryx photographed at sunset in Namibia.





Saint Catherine spring and owned by one Monsieur Cachat), the Marquis of Lessert is said to have drunk the water and claimed that soon afterwards, his kidney ailments abated. Consequently, Évian water was sold for its curative properties, the town welcomed a stream of “health” visitors and in 1878, the French Ministry of Health validated the water’s healing and restorative powers. Today, medical treatments to assist with digestive, metabolic, rheumatic and urinary tract infections are administered at Les Thermes Évian ([www.lesthermesevian.com](http://www.lesthermesevian.com)), in conjunction with a dizzying range of water-based personal training sessions, hydrotherapy treatments, scrubs, poultices, massages and facials using Évian water.

## WATER THERAPY

Coming from SA, where drought-induced water shortages are causing us to ration and recycle it several times, it’s almost impossible to imagine being cocooned in a warm, jetted bath of fresh and pricy Évian water, or having a physiotherapy session in a pool full of the precious stuff, as is claimed to be done at Les Thermes Évian. True, even there it’s been recycled at some point, but the decade-and-a-half it takes to reach the town are impressive. Other spas in the region offer treatments with cosmetic, rather than medicinal benefits, with walls of pink-capped Évian facial misters framing the reception areas.

I’m not certain how accurate the curative claims (mostly targeting the liver, kidneys and colon) are, but it makes sense that drinking jugs of unpolluted spring water will serve as a diuretic. At the spa in the century-old Évian Royal Hotel, tucked in the heart of a 19th-century resort with rolling, manicured gardens and overlooking Lake Geneva, I forgo the hydrotherapy and tentatively pick a contouring lipo-massage. We’re in the clutch of a snow-laden winter and my stay at the hotel – where I’ve

*On the southern shore of Lake Geneva, the pretty French Belle Époque town of Évian-les-Bains offers slow walks along the promenade and healing treatments with therapeutic Évian water. By Ishay Govender-Ypma (@IshayGovender, [www.foodandthefabulous.com](http://www.foodandthefabulous.com))*

## FROM THE SOURCE

At Source Cachat, in the spa town of Évian-les-Bains, I’m standing in a queue of tourists and locals, armed with an empty bottle. The magnificent stained glass panes of the pump room, the Buvette Cachat, the Art Nouveau masterpiece across the street, twinkle in the dull winter light. From the single tap against a pale pink-and-white colonnade with shimmery mosaics, water spurts mineral-rich and is said

to trickle over 15 years through the strata of the flanking Chablais Mountains. After my turn, I sip cool and refreshing Évian water, the sort that’s sold in the bottles you find in some 143 countries. The water’s free to enjoy and it’s easy to spot the tourists carrying single bottles and posing for photographs while the locals, carrying crates of empties, smile stiffly and nod tolerantly.

Back in 1789, at this very fountain (once known as the





*Back in 1789, the Marquis of Lessert is said to have drunk the water and claimed that soon afterwards, his kidney ailments abated.*

enjoyed lengthy multi-course meals, glasses of red wine and fireplace lounging – have taken their toll. During the treatment, the therapist uses firm, vigorous movements

along my limbs, targeting the lymph glands to aid drainage of toxins and fatty deposits, and massaging my stomach and torso for an uncomfortably long period. Instead of feeling lighter

**Clockwise, from above:** The pastel-coloured buildings of the Belle Époque town open up onto Lake Geneva. The gorgeous chocolate fondant at Instant Gourmand restaurant. Hikes and views abound at Panorama de Champeillant in the Geopark Chablais, 20 minutes from Évian-les-Bains. **Opposite:** Locals and tourists fill up on Évian water at Source Cachet.

afterwards, my tummy protests and a post-massage tea made with Évian offers no relief. I stick to a facial and a back massage in the days to follow, misting my face and décolletage with the complimentary Évian spray in my room each morning.

## LA BELLE ÉPOQUE

Strolling in the crisp early afternoon along Lac Léman (as Lake Geneva's known in French) is refreshing, as well as a good way to observe the locals. Young and old, joggers and jaywalkers enjoy the cool air and flowerbeds along the way. Pleasure boat cruises that operate in the warmer months and a ferry to Lausanne are easy to catch from here. Across from the lagoon, period buildings swirl like meringues in pastel hues dotted along the main street. The neoclassical Palais Lumière (which now serves as a conference centre), theatre and grand domed casino are reminders of the Belle Époque, the golden age of arts, culture and



technology that emerged after the devastation of World War I. I imagine the Dukes of Savoy walking from 19 rue Nationale to the cobbled, inner-city paths, uphill to the funicular (free, but only operational in spring and summer) between the skinny, stately buildings, through the quiet residential streets, ➤





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**Clockwise, from above:** A statue of Charlie Chaplin in Vevey, an hour out of Évian-les-Bains. The main shopping street with quaint delis, coffee shops and a wine shop. Ishay Govender-Ypma taking a picture of the famous fork in Vevey.

pausing for an aperitif and a cigarette on the square.

While Évian-les-Bains has long attracted the wealthy, this is where I eat one of the least expensive meals of my three weeks in the Haute-Savoie region. Packed to capacity, the 18-seater Instant Gourmand offers very good food. For €17, I'm served the set lunch menu: a slice of frittata with homemade sausage, rich beef ragu on silky pappardelle noodles, gooey dark chocolate fondant and a carafe of wine. I opt for tap water at most restaurants here – there are a number of sources of Évian across the city and the municipal water doesn't taste much different to my palate.

On the drive out to Geneva airport, I fill a few bottles with Évian for the journey – after all, why should I pay for the world's most famous water when I can get it, joyfully, free of charge? 🌈



## Useful information

### VISAS

■ A Schengen visa will get you access to France, as well as the nearby Swiss towns.

### WHERE TO EAT

■ **Instant Gourmet**  
10 rue de l'église,  
+33 4 50 04 74 98

■ **Le Muratore**  
Place Jean Bernex,  
rue Nationale,  
+33 4 50 92 82 49

### WHAT TO DO

■ Visit the nearby Évian bottling plant for a tour: rue des Vignes Rouge, Amphion les Bains,

+33 4 50 84 86 54, [www.evian.fr](http://www.evian.fr)

■ Book Évian-based treatments at Les Thermes Évian, Place de la Libération, +33 4 50 75 02 30, [www.lesthermes-evian.com](http://www.lesthermes-evian.com).

■ A 20-minute drive from Évian-les-Bains there are good hikes and pretty views at the Panorama de Champeillant in the Geopark Chablais.  
■ Drive less than an hour to the Swiss border and **Vevey**, where you

can walk along the exquisite lake shore, take in the fork sculpture and dine at the sumptuous Hotel du Lac.

■ You can reach the city of watches, **Geneva**, in the other direction in just over an hour and spend the day seeing sights like the Palais des Nations, the Jet d'Eau fountain and the Patek Philippe Museum.

### WHERE TO STAY

■ Hôtel Royal, Rive Sud du Lac de Genève, +33 4 50 26 50 50, [www.evianresort.com](http://www.evianresort.com)







Heinie Werth, Chief Executive,  
Sanlam Emerging Markets



Simachila M Makwembo, Chief  
Executive Officer Sanlam Life  
Insurance Zambia Limited



Micheal M Mundashi, SC, Board  
Chairman, Sanlam Life Insurance  
Zambia Limited



Hon. Raymond Mpundu, MP - Deputy  
Minister of Commerce, Trade and  
Industry (Guest of Honour)

## African Life Assurance and Sanlam: Making future history.

**Lusaka, 3 May 2016: African Life Assurance Zambia Limited, Zambia's leading life insurance company, has rebranded to Sanlam Life Insurance Zambia Limited.**

South Africa-based financial services group Sanlam owns a 70% stake in African Life Insurance Zambia Limited through Sanlam Emerging Markets (SEM), the business cluster responsible for the Sanlam's financial business services in emerging markets outside South Africa.

Sanlam Life Insurance Zambia will continue to offer a full range of life insurance products for both personal and corporate clients in Zambia. For the insurer's clients, shareholders, brokers and employees, rebranding to Sanlam Life Insurance will enhance existing benefits. It will also enable the insurer to offer more innovative and accessible products to more segments of the Zambian market.

"Zambia is an attractive market because of the country's economic growth prospects and as a key player in the Southern African region. Sanlam has the expertise and experience to add value to the life insurance business in the country," said Mr Heinie Werth, Chief Executive Officer of SEM.

In a country where life insurance penetration is relatively low, the financial education of consumers is a key priority. As part of its commitment to helping to create a world worth living in, Sanlam Life Insurance Zambia intends to create further awareness and education about the need for life insurance, financial planning and saving for retirement to enable people to live their best possible lives.

Mr Simachila M Makwembo, Chief Executive Officer of Sanlam Life Insurance Zambia Limited, said that the Sanlam Group is a respected African company with an expanding footprint on the African continent.

"The rebranding of African Life Assurance to Sanlam Life Insurance will contribute to stronger business performance for the company, and offer Zambians greater access to a range of innovative insurance products. It will also provide our customers with greater access in order to meet their life insurance needs."

"Through the Sanlam brand, our clients will have the added comfort and security of doing business with a company that is well known and respected in many African markets as a leader in both short and long-term insurance. We look forward to using this opportunity to strengthen our business relationship with our clients and business partners to further entrench the Sanlam way of doing business to a wider range of clients," adds Makwembo.

"Sanlam offers our partners world-class products and services that create sustainable value for our clients. Our geographical diversification strategy focuses on investing in smaller, bolt-on deals and partnerships with established businesses in emerging markets, as well as one of our most valuable assets, our brand," says Werth.

"The Sanlam brand is expressed through our pay-off line, Wealthsmiths™, which is a simple description of what we do and what we believe in. It represents our roll-up-your-sleeves, pragmatic approach to doing things, our ethos, and our appreciation for the raw materials with which we work – our clients' money," added Werth. "We have a deep understanding that wealth does not come easy – it comes from hard work and dedication and we take our role in this process extremely seriously."



# TAPAS, BURGERS AND MORE

Liberty's restaurant, located at the DoubleTree by Hilton Cape Town Upper Eastside Hotel, recently re-launched its menu. Executive Chef Simon Kemp spent over a year refining it. "We tested each dish through our weekly specials. This enabled us to see which ones were well received, so that we could tweak them. Those that didn't sell as well didn't make the grade. We also kept the top-sellers on our existing menus," he explains.

Expect tapas-styled plates of spicy grilled calamari and chorizo with lemon, chilli, olives and garlic baked baguette, as well as crayfish and prawn spring rolls, with homemade chilli jam and fresh lime.

Kemp is also known for his incredible burgers and Liberty's now enables diners to build their own, selecting their favourite sauces and toppings for a delicious 200g homemade beef patty. Visit: [www.capetownuppereastside@doubletree.com](http://www.capetownuppereastside@doubletree.com)  
— Lynette Botha





# BREW REVIEW

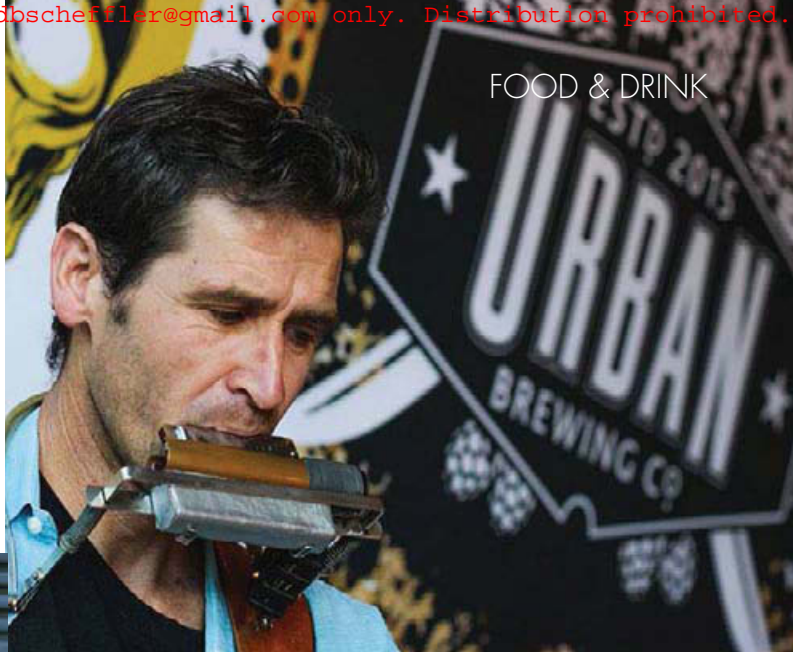
By Lucy Corne (@lucycorne)

SA's craft beer scene is flourishing. Ten years ago, there were barely a dozen breweries to be found around the country. Today there are more than 150 micro-breweries scattered across all nine provinces, with new places popping up all the time. Here are three of the coolest new brews



## POISON CITY

Playing up Durban's grittier side, Poison City eschews the region's touristy Zulu Kingdom image. The beers are currently produced at two breweries in KwaZulu-Natal, but Poison City owners Graeme Bird (above left) and Andre Schubert (right) hope to have their own brewery up and running within a year. Until then, you can taste The Punk Rocker English Pale Ale and The Bird Lager at 40 Durban restaurants. And, despite the leaf motif logo, no – the beers don't contain any actual Durban Poison. Visit: <http://poison.city>



## URBAN BREWING COMPANY

Hout Bay might not be the first place that springs to mind when you think of urban Cape Town, but its first micro-brewery is definitely adding an edge to it. With a taproom decked out in bare brick and polished metal, as well as beer labels that wouldn't look out of place on a heavy metal album cover, Urban is the coolest new drinking hole in the suburb. The beers, all named for urban legends, include Talisman Weiss, Monkey's Paw Pilsner and the superbly crisp Judas Peak Blonde Ale. Visit: <http://urbanbrewery.co.za>

## STIMELA BREWING COMPANY

When one of Tsikwe Molobye's friends asked him how much he owed after tasting a bottle of home-brewed beer three years ago, Molobye realised he was onto something. He's since given up his day job and turned his brewing hobby into a business. He currently brews his four ales at a micro-brewery in southern Johannesburg, but his long-term goal is to open a brewpub where food is designed to pair with the beers. Look out for Straight Arrow American Amber Ale, Platform Edge IPA, Roundtrip Saison and Black Diamond Chocolate Stout at select Gauteng outlets, including Capital Craft in Pretoria, Beerhouse Fourways and Shakers Bar in Maboneng. Visit: <http://stimelabrew.co.za>



## FAIR TRADE TASTES BETTER

Bean There Coffee Company – SA's first Certified Fair Trade coffee roaster – has dedicated itself to promoting empowerment and sustainability in Africa. It sources its coffee directly from Ethiopia, Kenya, Rwanda, Tanzania, Burundi and the DRC, providing SA with excellent Eco-Cert Organic Certified roasts.

Bean There's fair trade premiums have contributed to the building and upgrading of classrooms, electricity provision and agronomic farmer training in the regions where they're sourced.

So now you can enjoy a superb cuppa with a clear conscience! There are Bean There outlets in Braamfontein and Milpark, Johannesburg and in Cape Town. Tel: 087 310 3100 (JHB) and 087 943 2228 (Cape Town). – **Megan Whittington**





Minnie Dlamini celebrates "The Now" in Jo'burg.



Roger Federer at the 2013 bash.

## THE GLOBAL PARTY

Moët & Chandon has been spreading *savoir-fête*, the brand's legendary sense of celebration, for over 270 years. This year saw the celebration go global, with a synchronised champagne party that took place in 35 countries

**W**hen American racing car driver Dan Gurney sprayed the drivers and photographers after winning the 24-hour Le Mans race on 11 June 1967, little did he know that he'd started a tradition which still endures almost 60 years later.

"I was so stoked up that when they handed me the magnum of Moët & Chandon, I shook the bottle and began spraying the photographers, drivers, Henry Ford II, Carroll Shelby and their wives. It was a very special moment," he recalls.

The celebratory spray is the inspiration behind The Now, Moët & Chandon's new brand platform, which is all about seizing the moment and making the most of life.

In celebration of #Moëtmoments, 35 countries around the world, from Finland to France and Canada to Croatia, participated in a one-of-a-kind Moët Party Day on 11 June.

In SA, celebrities and revellers gathered at The Four Seasons Hotel The Westcliff in Johannesburg for a night of flowing Moët, sushi, oysters, dancing and all-round glamour.

Patrick Madendjian, Moët Hennessy's Marketing Manager for SA, reminded guests of the importance of "*carpe diem*" and of celebrating and recognising even the smallest milestones.

## TOP MAISON CELEBRATIONS

**1807:** Returning to France after signing the Treaty of Tilsit, Emperor Napoleon I is welcomed by Jean Remy Moët, Mayor of Epernay.

**1953:** A cuvée limited edition by Moët & Chandon celebrates the coronation of British monarch Queen Elizabeth II.

**1956:** Marking the wedding of Prince Rainier III of Monaco and Hollywood star Grace Kelly, Moët & Chandon creates special packaging for the Vintage 1949.

**1967:** Dan Gurney does the first celebratory spray at Le Mans after being

handed the magnum of Moët & Chandon.

**1975:** Moët & Chandon White Star is served to guests at the spectacular opening of New York's iconic Club 54.

**1976:** Celebrating the bicentenary of the USA's Declaration of Independence, the Bicentennial Cuvée is produced, as well as the majestic Salmanazar (12 bottles in one).

**1993:** To celebrate its 250<sup>th</sup> anniversary and how far Moët & Chandon has come, the Maison creates *Spirit of 1743-1993*, a balloon that travels around the globe from Epernay to the Great Wall of China.

**2006:** The Maison celebrates the 120<sup>th</sup> anniversary of the Statue of Liberty by illuminating it.

**2013:** Moët & Chandon celebrates its 270<sup>th</sup> anniversary with a stylish celebration in New York City hosted by its global brand ambassador, tennis ace Roger Federer.

**2014:** Adding a new dimension to its tradition of hospitality, the Maison presents LE &, where champagne meets visionary gastronomy.

**2016:** The first edition of the Moët Party Day.



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At The Netcare Rosebank Hospital, South Africa



# AWARD-WINNERS

IF YOU'RE STOCKING UP YOUR BAR, HERE ARE SOME GEMS, AS RATED BY THE EXPERTS

## OLD MUTUAL TROPHY WINE SHOW

**Tokara Director's Reserve White 2014** (R240): Best White Wine Overall and the Grande Roche Trophy for Best White Blend

**Neethlingshof Short Story Collection Maria Noble Late Harvest 2009** (R160):

Best Dessert Museum Class Wine and overall Best Museum Class Wine

**Nederburg Heritage Heroes The Young Airhawk 2015** (R140):

Best Sauvignon Blanc

**Groote Post Merlot 2014** (R128): Best Merlot

## 2016 DECANTER WORLD WINE AWARDS

**DeMorgenon Chardonnay Reserve 2015** (R240): Platinum: Best in Show Chardonnay over £15. (It also won the regional trophy for Best Stellenbosch Chardonnay at the International Wine Challenge)

## USA SAN DIEGO WINE CHALLENGE

**Boschendal Rose Garden Rosé (R55):** 94 points and Platinum Tier, the highest level of the competition

## NATIONAL WINE CHALLENGE TOP 100 SA WINES 2016

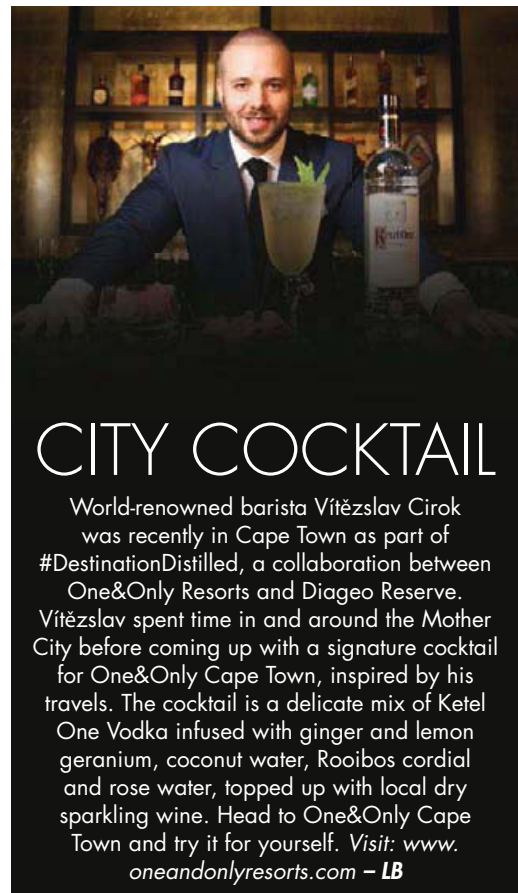
**Muratie Isabella Chardonnay 2015** (R145): Double Platinum and Top 100 SA Wines 2016 status

## DECANTER WORLD WINE AWARDS 2016

**Constantia Glen FIVE 2011** (R330): Gold medal

## SAWI GRAND WINES COLLECTION

Van Ryn's was named the country's Top Brandy Producer and its 12-Year-Old Distiller's Reserve, 15-Year-Old Fine Cask Reserve and 20-Year-Old Collector's Reserve achieved Platinum ratings; the brand's 10-Year-Old Vintage received a Grand Gold



## CITY COCKTAIL

World-renowned barista Vítězslav Cirok was recently in Cape Town as part of #DestinationDistilled, a collaboration between One&Only Resorts and Diageo Reserve. Vítězslav spent time in and around the Mother City before coming up with a signature cocktail for One&Only Cape Town, inspired by his travels. The cocktail is a delicate mix of Ketel One Vodka infused with ginger and lemon geranium, coconut water, Rooibos cordial and rose water, topped up with local dry sparkling wine. Head to One&Only Cape Town and try it for yourself. Visit: [www.oneandonlyresorts.com](http://www.oneandonlyresorts.com) – LB



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# SOUTH AFRICA CONTINUES TO ATTRACT MAJOR INVESTMENT PROJECTS.



## Recent investments launched in May 2016:

- New Toyota Hilux and Fortuner manufacturing plant in Durban
- Dursots & All Joy Tomato Processing Plant in Tzaneen
- BMW SA's new body shop to produce and export the next generation of the BMW X3 model.

It is through such initiatives that **the dti** is re-igniting industrial growth of the South African economy.



**the dti**

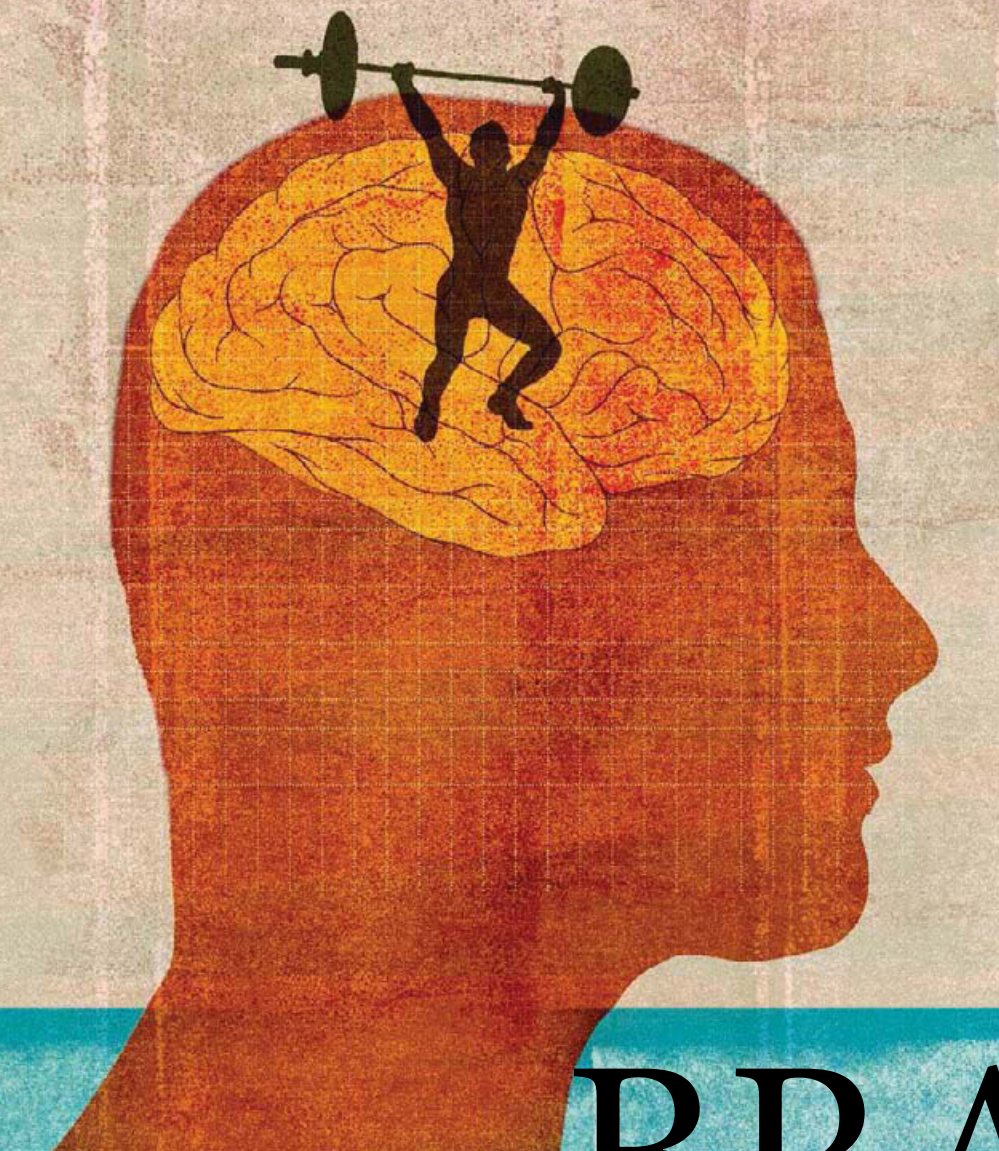
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brain and this leads to it locking into patterns which often continue to repeat themselves and manifest in many different conditions”.

The good news is that we can discipline and retrain the brain.

I was intrigued after this conversation and soon found myself in a chair with electrodes connected to my head. The initial session involves measuring the brain waves’ frequencies using electro-encephalogram (EEG) technology. The patterns are recorded and analysed to provide a functional representation of the brain – this is called a brain map. Based on the individual report, a programme is devised using neuro-feedback to rebalance the frequencies for healthy brain function and improved performance.

My brain map confirmed much of what I was experiencing: feeling overwhelmed, forgetting small things, lack of motivation and not performing at my peak. While this may sound familiar to many, it was the detail in the brain map which convinced me of its value. There was no way a stranger would have been able to pinpoint how I function and respond to events or

# Train your BRAIN

**I**t’s likely that almost everyone reading this article has at some point felt mentally exhausted or overwhelmed. Whether it’s from ongoing pressure, consistent lack of sleep, trauma or simply information overload, our brains are continually under fire. And while it’s a very adaptable organ, over time the brain can start to repeat negative patterns such as stress, slowly reversing its patterns.

“The brain is there to keep us alive, not necessarily well,” says Andrew Meyer, a Jungian psychologist scholar and neuro-feedback/linguistic expert. However, like the rest of your body, the brain performs better if you exercise or “train” it, allowing for improved functioning in terms of memory, sleep, concentration and focus, with supporting treatment of depression and anxiety disorders.

When Meyer retired from the corporate world at the age of 28, it was to focus

on “personal development and internal happiness”. He initially studied neuro-feedback out of personal interest, but after seeing the results, decided to incorporate it into his coaching. In 2007 he established Brain Trainer (which now operates through the Skin Renewal clinics in Johannesburg and Cape Town).

The brain is there for your survival and is constantly looking for efficiency, explains Meyer, “but it still lacks the objectivity to function well in today’s environment and discern the differences between real and perceived stressors. Frequencies are ‘padded’ at certain sites throughout the

circumstances with as much detail and accuracy as Meyer could after reading my report.

While the report is very technical, it gets broken down into simple explanations: a high proportion of slow frequencies padded in the front of the brain will cause one to use a lot of energy to concentrate – these brain waves need to be at the back of the head for good sleep and processing. Certain patterns of beta reversals would indicate a depression marker. An overactive midline indicates that “one may be experiencing stress, headaches or mood swings. It may be a sign of forgetfulness and a lack of overall mental stimulation.” Infringement and abandonment traumas can be recorded, as well as sleep quotient and mind-body connection.

In a nutshell, I had major beta reversal. As Meyer put it: “There are [multiple parties]

*Like the rest of your  
body, the brain  
performs better if you  
exercise or “train” it.*



going on at the back of your head. We need to take [them] and narrow them down to one party at a time." The result would hopefully be a far more aware, clearer mind with less anxiety, improved sleep and overall better performance. Who wouldn't want that?

I agreed to the standard 12-hour package to get my brain back on track. The packages range from 12-20 hours, with sessions of two to four hours at a time. If you opt for the two-hour sessions, they need to be close together for the best results. The tests encourage the brain to take on new patterns and test them against the old ones, so reaching the first eight hours as quickly as possible is important.

I didn't feel as if anything was going on during the training – it's not as if you're quizzed or are working up a sweat – although I did feel rather drained after the first few sessions. The training consists of a series of protocols such as listening to sounds (which I later realised was my brain wave "music") with eyes closed and then open, watching a movie, reading a passage and counting certain words in it. One of the protocols is Pac-Man – without hand controls. If your brain's in range, it will get the right

frequency and Pac-Man will gobble the dots. If you're out of frequency, he stops gobbling. It's rather frustrating at times because there's no guide to doing it – but I was reassured that my brain was figuring it out. And somehow it did: Pac-Man gobbled (most of the time!).

After a few sessions, the brain begins to adjust to improved ways of functioning. I didn't suddenly notice a change, but realised I'd started feeling more rested on waking. I was also less anxious and more focused on tasks at hand.

"In the majority of clients, symptoms improve with neuro-feedback. However, we can't really know to what degree symptoms will improve for any individual – everyone's brain is unique," explains Anika Bosch, a Brain Renewal Technician at the Fourways branch. "Over time, the rewarded activity becomes the new, normal, adopted brain pattern. Once established, these new patterns have a lasting effect, allowing the brain to work better, more efficiently and more easily."

Maintenance sessions (or "tune-ups") are encouraged, especially if life throws some unexpected challenges your way. "This can help calm the effects of stress and restabilise the brain," says Bosch.

There are also mental strategies to maintain the "new normal" (see box). The combination of these mental strategies and neuro-feedback can be powerful. "It's a potent mixture for peak performers, those who want more from themselves or anyone who simply wants to live a better life," says Meyer. 🌈

### CHALLENGE YOUR BRAIN

- Learn how to juggle.
- Listen to audio books when driving, rather than background noise on the radio.
- Read pertinent books.
- Do things with your non-dextrous hand, like opening doors and brushing your teeth.
- Eat healthy foods rich in oils (not fats), good-quality protein and cruciferous vegetables such as broccoli, sprouts and cabbage.
- Get enough sleep.
- Learn a new language.
- Do mental puzzles to stimulate your brain.

**Cost:** R500 per hour.

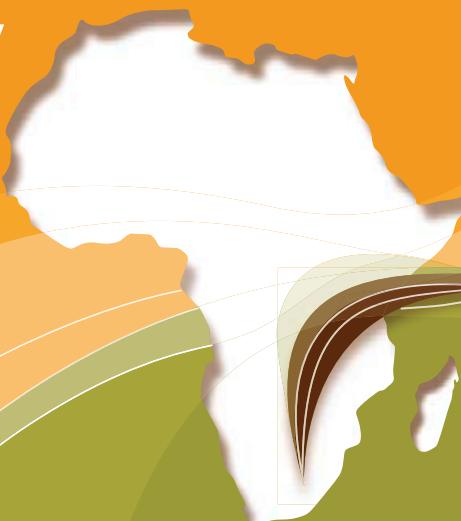
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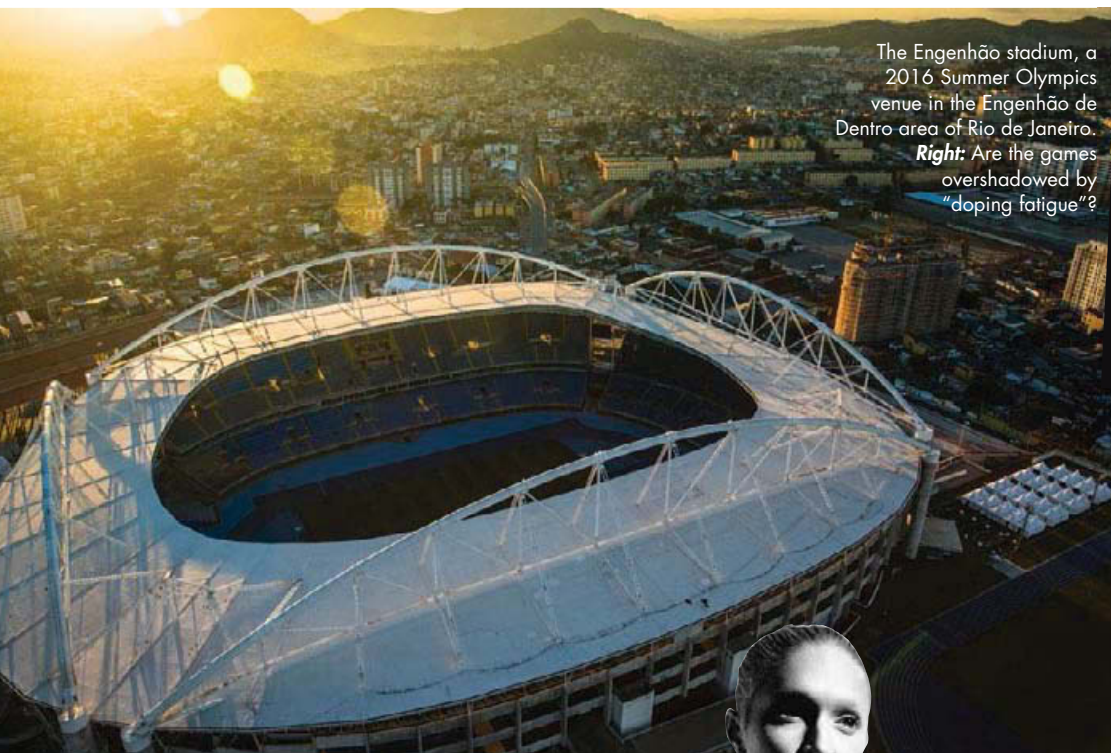
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# The back road to the Olympic podium

The fascination with the endurance of the human body hides a darker side of sport, in which athletes will go to any lengths to win. By Prof Ross Tucker



The Engenheiro stadium, a 2016 Summer Olympics venue in the Engenheiro de Dentro area of Rio de Janeiro.

**Right:** Are the games overshadowed by "doping fatigue"?



by men, called androgens (which literally means "making male"), gave soldiers more aggression, resilience and strength.

Jump ahead to the 1950s and '60s and while wars weren't being fought, there was nevertheless an obsessive battle for gold medals. The nations of the Eastern Bloc created the now infamous state-sanctioned doping programmes, where athletes were given all manner of

manufactured hormones to help them train more effectively.

That lasted well into the 1980s – and, sadly, it continues to this day. However, with better policing, testing and more stringent controls, doping had to evolve and become more sophisticated. By the 1990s, designer steroids, still undetectable to testers, were being used, along with a range of other drugs that had powerful effects on endurance. One such drug was EPO, a hormone that our bodies produce naturally, which stimulates the production of more red blood cells. Synthetic EPO is life-saving to people with kidney disease – and magic for athletes, because those extra red blood cells carry oxygen to the muscles. It's one of the drugs disgraced cyclist Lance Armstrong eventually confessed to using, but it was also widely used in other endurance sports before and after his demise.

We have no idea how many others like it exist. The build-up to the Rio Olympic Games has been overshadowed by growing cynicism



On 5 August the Olympic flame will light up the sky above Rio de Janeiro, heralding the start of 16 days of intense competition for coveted gold medals. The Olympics are the pinnacle of athletic achievement, the focal point of years of training.

Such a cauldron of elite performance is fertile ground for cutting-edge science and performance strategies. The Olympic motto, after all, encourages athletes to go "faster, higher, stronger". So it's no surprise that the Games also offer fascinating insights into the limits of human performance and the ways in which athletes will do their utmost to surpass them.

Technology's always been the first port of call for a competitive edge. It takes many forms, but perhaps the most prevalent and pervasive one is pharmaceutical technology. In the 1940s, it was reported that the Nazis were turning to chemists to help them win battles in World War II. They recognised that certain hormones produced mostly





and general “doping fatigue”. Entire nations, ranging from Kenya to Russia, have fallen foul of anti-doping minimum standards and violated them so often that they’ve been completely discredited. Indeed, at the time of writing, Russia – usually one of the foremost participants at the Games, particularly in gymnastics and athletics – has been banned from competing in track and field events at the Rio Games.

The 2012 Games in London were widely hailed as the “cleanest ever”, but that’s as much a reflection of testing authorities’ failure to catch the cheats as it is of the integrity of the participants. In fact, recent retesting of the Beijing and London Games samples has thrown up no fewer than 55 positive tests that were missed the first time around. While exposing the guilty parties late is better than never, it also undermines the credibility of any athlete who claims: “I’ve passed the test.”

Technology, of course, isn’t limited to syringes, pills and mysterious liquids. In 2008, the Beijing Olympic Games were punctuated by the “swimsuit” wars, when Speedo brought out the new LZR Racer suit. Designed in partnership with Nasa and incorporating technology ranging from zero-drag polyurethane panels to ultrasonic seamless bonding and a full-body corset, it promised a swimming revolution. The results were spectacular – 94 of the 96 medals on offer in Beijing were won by swimmers in the Speedo suit, causing 66 Olympic and 25 world records to fall into the pool. Many swimmers abandoned their sponsors to get into the LZR Racer.

In the aftermath, rival manufacturers brought out their own versions of the suit, pushing finishing times even further down – and costs even further up. Almost 200 world records were set in an 18-month period! Eventually, swimming authorities had to intervene, because the cost of the suit and the competitive imbalances it was creating were no longer sustainable. As of 1 January 2010, the high-tech suits were banned, so you won’t see them in the pools of Rio. Instead, everyone will be compelled to wear textile fabrics – from the navel to the knees for men and from the shoulders to the knees for women.

Competitive advantages related to technology were also highlighted during one of the London Olympic Games’ most controversial incidents, when officials debated whether sprinter Oscar Pistorius’s high-tech prosthetic limbs gave him undue advantages over runners with mere muscles and tendons. The short answer was that they did, for various reasons.

However, the issue of high-tech prosthetic limbs hasn’t vanished completely. In 2015, German long-jumper Markus Rehm won his national title and recorded a leap measuring 8,40m, which

placed him fourth in the world rankings. Three years before that, the Olympic long-jumping gold medal was won by the UK’s Greg Rutherford with a leap of 8,31m. So, on the face of it, Germany has a gold medal contender for the event. The plot thickens, however, when you discover that Rehm is a single-leg amputee, following a wakeboarding accident he suffered during his childhood.

Rehm has stated his desire to compete in both the Olympic and Paralympic Games, following in the prosthetic footsteps of Pistorius. He’s even been nicknamed “Blade Jumper”, derived from the “Blade Runner” moniker of his idol – and it’s an appropriate one, since Rehm invariably takes off on his prosthetic limb, rather than his natural one. That’s a universal habit of single-leg amputees, by the way – which is telling. It suggests that the “springiness” or elasticity of a prosthetic limb is better than that of muscles and tendons.

In Pistorius’s case, the advantages of his two prosthetic limbs related primarily to how light they were. Rehm, for his part, underwent

**Recent retesting of the Beijing and London Games samples has thrown up no fewer than 55 positive tests that were missed the first time around.**

testing in April this year which has proven “inconclusive”: ie, his prosthesis shows evidence of advantages during the take-off, but also of disadvantages during the run-up to the jump. So, for now, the German’s double-Olympic ambition is on hold – and it’s unlikely that clearance for his participation in the able-bodied Rio Games will be issued in time for him to compete there. At best, he’ll be permitted to compete in the Paralympic event a week after the mainstream one.

Such restrictions may not apply to the more than 10 000 athletes who’ll be descending on Rio this month, including legendary names like Usain Bolt, Chad le Clos, Michael Phelps and a host of other sporting superstars. They’ll be there showcasing the pinnacle of human physical achievement – and the continual quest for faster, higher and stronger performances. 🏳️‍🌈

• Prof Ross Tucker is Chief Knowledge Officer at Vivendi Wellness.  
Visit: [www.vivendiwellness.co.za](http://www.vivendiwellness.co.za)



Markus Rehm, a German amputee long-jumper with a prosthetic limb.



# *Dawn over* AFRICA

*South Africans were recently inspired by Rolls-Royce – or was it the other way around? **Richard Webb** ([instagram.com/richardmarkwebb](https://www.instagram.com/richardmarkwebb)) ponders the enduring heritage that links the luxury brand to SA*





Our mighty African continent runs from the Atlas Mountains in the north all the way to the verdant Garden Route along the Indian Ocean coastline and beyond. Rolls-Royce chose SA to showcase its latest stunning car, the Dawn, against the backdrop of the country's diverse beauty.

There are few other places in the world more majestic than the Cape winelands, with breathtaking sea vistas, mountain passes and valleys. A jewel in the crown of this gloriously beautiful region is Delaire Graff Estate, created by the famous jeweller Laurence Graff. The estate appeals directly to the values of Rolls-Royce customers, with its superb wines, fine dining, luxury accommodation, magnificent art collections – and, of course, its jewellery.

"I'm a South African myself and the Western Cape – with its scenic splendour, excellent roads and sumptuous accommodation – provided the perfect backdrop for a selection of world-class journalists to test-drive our new Dawn," says Richard



Carter, Director of Global Communications: Rolls-Royce.

Rolls-Royces don't compete with other cars. Rather, they vie for attention with the likes of helicopters, yachts, luxury apartments and jewellery. "The key body line in the Dawn's design is the 'attention-seeking' centre-line profile," explains Alex



Innes, Bespoke Designer for the brand. "It's low and fluid. From the low front screen flows a fast and sleek line that sweeps over the four seats, settling onto a neatly tapered tail."

By now, I'm itching to ➤

**Clockwise, from top right:** A striking, yet elegant exterior. • At home on the Route Napoleon, the Dawn also felt at home in SA. • The conventional instruments resemble the finest Swiss vintage complications.

**Opposite:** The perfect balance of sophistication and freedom.

## ROLLS-ROYCE AND THE SOUTH AFRICAN CONNECTION

Frederick Henry Royce founded the engineering company of FH Royce & Co in 1884, making a diverse range of products, but no cars. After the South African War (1899-1902), Britain suffered a depression and things became tough for the fledgling business before it even considered producing vehicles.

Royce's health suffered from the resulting stress and overwork. Happily, he decided that the best place in the world for rest and relaxation was Cape Town and he spent 10 weeks there with his wife, Minnie, in 1902.

Suitably inspired, he returned home to make motorcars as an alternative product for his factory. He bought a French two-cylinder Decauville and set about improving it. By May 1903, Royce had built three of his own prototype cars, paving the way for the Rolls-Royces we know today.

Driving around the Western Cape was an emotional experience heightened by the awareness that the sublime vehicle's designer had roamed the very same area and gazed upon the same beauty himself 110 years before.



actually experience this beautiful new vehicle. I approach "my" blue Dawn with something close to reverence, so regal is this drophead. I find myself gazing at its exquisite details as though I were a small boy mesmerised in the world's biggest toyshop. There's a lot to take in here.

The underside of the roof, for example, is bedecked with grey cashmere – one of six layers of fabric for sound insulation. The lamb's-wool carpets are so dense that my feet almost disappear into their embrace. Cross-banded walnut-burl veneers coating the dash wouldn't look out of place on Thomas Chippendale's finest English rococo furniture. And those leather-, chrome- and wood-clad rear-hinged



## THE HORIZON-MAGNIFYING ACCELERATION OF 0-100KM/H IN 4,9 SECONDS IS LAUGH-OUT-LOUD RIDICULOUS FOR A CAR WEIGHING 2,5 TONS.

doors? They close via a hidden button near the "A" pillar. Yes, it's all about the art deco detail.

I push the "start" button and the 6,6-litre, twin-turbo V12 engine fires up with quiet authority, as if a distant nuclear turbine has awoken from its slumber. I select "drive" and gently point the *Spirit of Ecstasy* out of the estate and onto the Cape's twisting ribbons of tarmac. I quickly discover its horizon-magnifying acceleration of 0-100km/h in 4,9 seconds.



**Clockwise, from top right:** It's like no other Rolls-Royce ever made. It's the most social of all super-luxury drophead motor cars. • The *Spirit of Ecstasy* felt completely at home on the magnificent Western Cape roads.



### ESSENTIAL INFORMATION

**Price:** About R10,5 million, subject to exchange rate fluctuations

#### COMBINED ECONOMY:

14,2 litres/100km

#### 0-100KM/H:

4,9 soundless seconds

#### TOP SPEED:

250km/h

#### ENGINE:

6 592cc

#### POWER:

420kW

#### TORQUE:

780Nm

#### TRANSMISSION:

Satellite-aided eight-speed auto

#### CO<sub>2</sub> EMISSIONS:

330g/km

This is laugh-out-loud ridiculous for a car weighing 2,5 tons.

The eight-speed automatic, satellite-aided transmission assists the car's silent, effortless progress. There's no drama, no delay – this fabulous creation is seen, but not heard. Seemingly far from the chaotic outside world, I take a coastal road that winds around primeval, rocky mountains above the pounding waves. The view across False Bay eases south, culminating at the boundary of the two oceans.

This is a striking, seductive encounter for me – and moments like these are the most memorable open-top motoring experiences to be had.

Shhh... don't tell anyone, but this really is the best car in the world. 🌈

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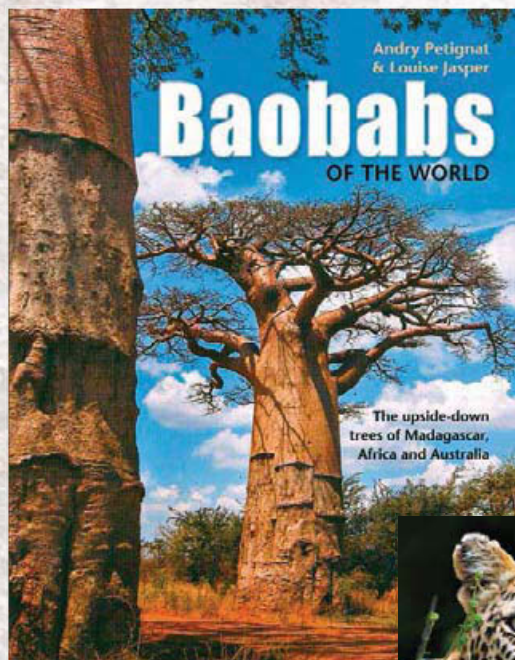
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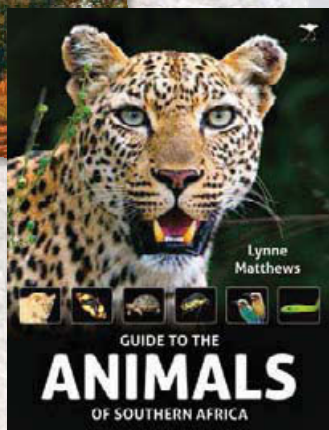


# THIS MONTH'S TOP



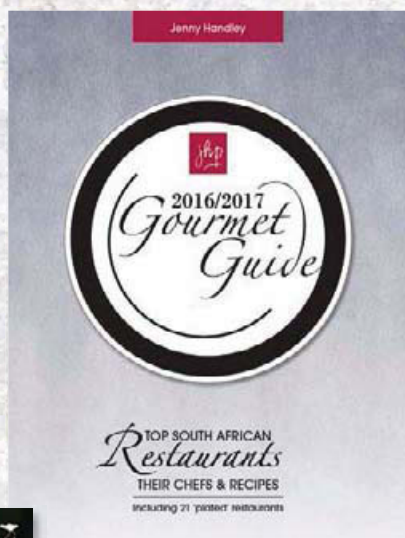
## BAOBABS OF THE WORLD by Andry Petignat and Louise Jasper (Penguin Random House)

I've always thought of the iconic baobab – which features prominently in folklore and fairytales – as an exclusively African tree, so I was surprised to learn that our continent only has one species, while Madagascar is home to six widely divergent ones and Australia has one too. Their root-like branches make them appear to have been planted upside down, while their actual roots extend about 2m down and up to 50m from the trunk, enabling them to make the most of any moisture. Of the varieties in Madagascar, two are endangered and two are near-threatened, according to the International Union for Conservation of Nature. These and hundreds of other facts are contained in this photographic tribute to the baobab. The more scientific and botanical details will appeal to plant enthusiasts, while the images highlight the diversity and magnificence of these fascinating trees. – **Ingrid Wood**



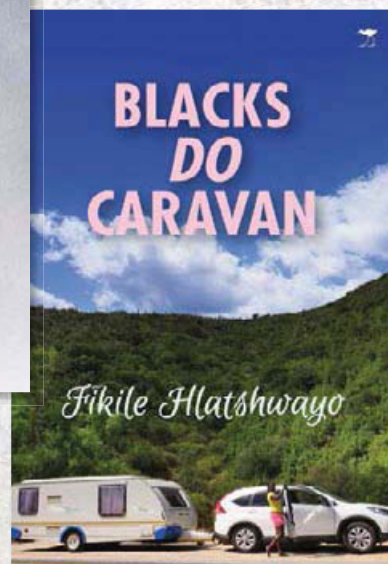
## GUIDE TO THE ANIMALS OF SOUTHERN AFRICA by Lynne Matthews (Jacana)

There are plenty of options when it comes to guides on different species. However, Matthews offers something different, with unique insights and interesting facts about animals that travellers may encounter on safari. She explains communication, interaction and survival, making wildlife-spotting all the more intriguing. Particularly useful are the distinctions between many commonly confused species – you'll never mistake a gemsbok for a sable antelope again! An ideal companion for wildlife enthusiasts. – **Megan Whittington**



## JHP 2016/2017 GOURMET GUIDE by Jenny Handley (JHP)

Handley cut her teeth in the food and hospitality industry and certainly knows its ins and outs. In this scrumptious collection, she combines her knowledge with the input of a professional gourmet team to whittle down the top 21 restaurants in SA – no easy task. All initial visits to the eateries were anonymous and the criteria included food, wine, service, setting, ambience, decor and cleanliness, with an eye on innovation, sustainability, consistency and creativity. The “plating” evaluation sees a one-plate award for a “top-quality eating experience”, while two plates recognise an exceptional dining destination – “extraordinary cuisine that warrants a special trip”. The guide includes interviews with the chefs and over 60 signature recipes – some rather complex for the amateur cook, but mouthwatering nonetheless. Other features include a map, directions and GPS co-ordinates, as well as QR codes linking directly to the restaurants' websites. This is the launch edition and will no doubt be the start of a collection for all foodie enthusiasts. It's also available as an ebook at: [www.mapstudio.co.za](http://www.mapstudio.co.za) – **IW**



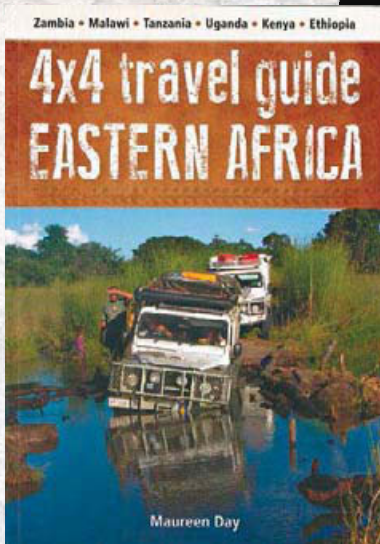
## BLACKS DO CARAVAN by Fikile Hlatshwayo (Jacana)

There's a misconception that people of colour don't travel, much less go camping, and while Hlatshwayo admits she'd never gone caravanning before her three-month stint, she's loved the way it's changed her life. As a black person myself who's taken a two-month road trip around SA, I found myself agreeing with much of what she writes. It's a personal account of her escape from the pressures of city life by travelling around the country with her family. She doesn't shy away from relating the difficulties they encountered (including racism), but is equally candid about the pleasure and rewards of the experience. The book is divided into chapters highlighting different provinces/areas, with information about camping sites and facilities, as well as interesting facts and photographs from her travels. Highly recommended.



# READS

By Jabulile Ngwenya



## 4x4 TRAVEL GUIDE EASTERN AFRICA by Maureen Day (Maureen Day)

Day and her husband have always loved adventure and in this guide, they relate their 4x4 trekking expedition with friends through East Africa. Each country from Zambia to Malawi, Tanzania, Uganda, Kenya and Ethiopia offers its own magic, prefaced by Day with salient facts about the country's geography, history and lifestyle, as well as how to get around it. This is followed by her personal experiences there. The book opens with some guidelines for choosing the right travel companions and buying appropriate supplies. Included are several bush recipes, route-planning tips and some observations in hindsight.

## CHARLOTTE OTTER KARKLOOF BLUE



## KARKLOOF BLUE by Charlotte Otter (Modjaji Books)

Investigative journalist Maggie Cloete moves back to her home province of KwaZulu-Natal to keep a close eye on her brother, who's just been released from a rehabilitation facility. She takes a job as News Editor at her old haunt, *The Gazette*, but when a dead man is found close to the Howick Falls, his widow is convinced it wasn't suicide and that his employer, forestry corporation Sentinel, was involved. The corporation has a lot to hide, including plans to destroy the natural habitat of the endangered Karkloof Blue butterfly. Cloete begins researching the case, but bureaucracy and the newspaper's ties with Sentinel thwart her. She takes matters into her own hands, putting herself and her loved ones at risk. This sequel to the initial Maggie Cloete series is as nuanced and gripping as the first one, thanks to its bolshy, but emotionally vulnerable heroine. 🦋

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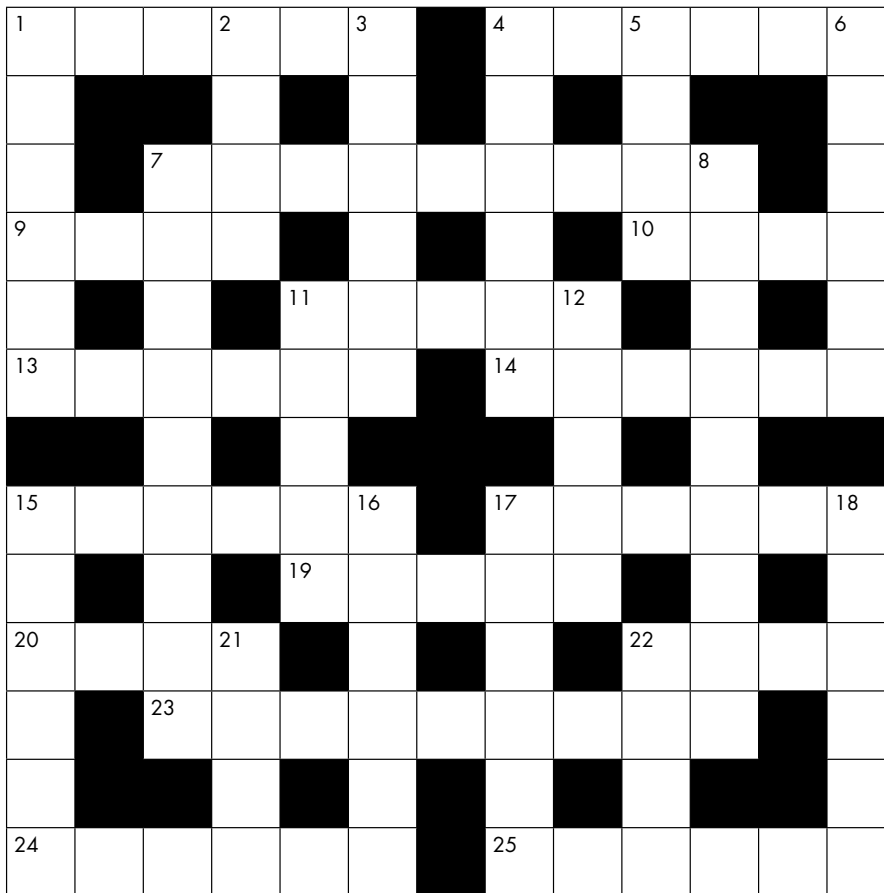
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# BRAIN TEASERS



## CROSSWORD

Place the answers to the clues given below into the grid according to the numbers they represent. For example, if the clue is at 1 Across, then the answer must be filled into the grid across starting at No 1. As you complete the puzzle, you'll find clues to the answers running downwards.

### ACROSS

1. Move from side to side
4. Mental institution
7. London railway station (2, 6)
9. Cassette
10. Reddish-brown coating on iron (4)
11. Weary (3, 2)
13. Revolve
14. Oblige
15. Analyst
17. Medium-hot curry
19. Roman god of love
20. Roald \_\_\_\_\_, author
22. Most excellent
23. Of the highest quality (3, 6)
24. Abhor
25. Get

### DOWN

1. Sir \_\_\_\_\_ Scott, Scottish novelist
2. Garden entrance
3. Empower, facilitate
4. Region around North Pole
5. Fifty-two weeks
6. Shelf above a fireplace
7. Focus of attention (4, 5)
8. Fan
11. Loft space
12. Roving tribesman
15. Short thick weapon
16. Embrace, hug
17. *The \_\_\_\_\_*, opera
18. The sixth planet
21. Oafish person
22. Tempo, rhythm

## WORD FUN

Can you fit all the words into the grid? Work through a process of elimination in order to find each word's correct place on the grid. Each word can only be used once and has only one place on the grid. We've entered one word to get you started.

### 3 LETTERS

AMY  
DOT  
MEG  
PAT  
SUE  
UNA

### 4 LETTERS

LUCY  
MAUD  
NINA  
ROSE  
RUTH  
TARA  
TINA

### 5 LETTERS

ANITA  
DIANA  
EMILY  
JANET  
PENNY  
PIPPA  
TRUDY

### 6 LETTERS

AMANDA  
DENISE  
IMOGEN  
LOUISE  
MONICA  
PAMELA

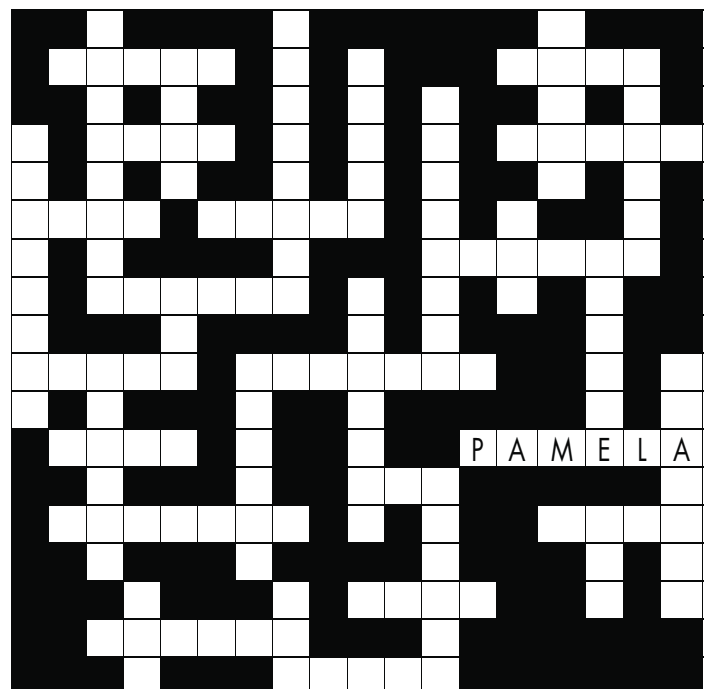
SOPHIE  
TERESA  
TRACEY

### 7 LETTERS

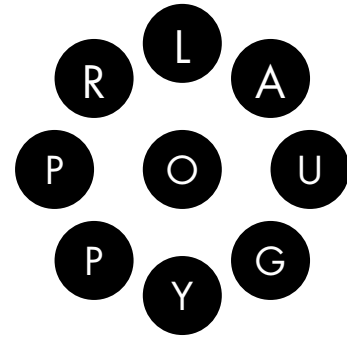
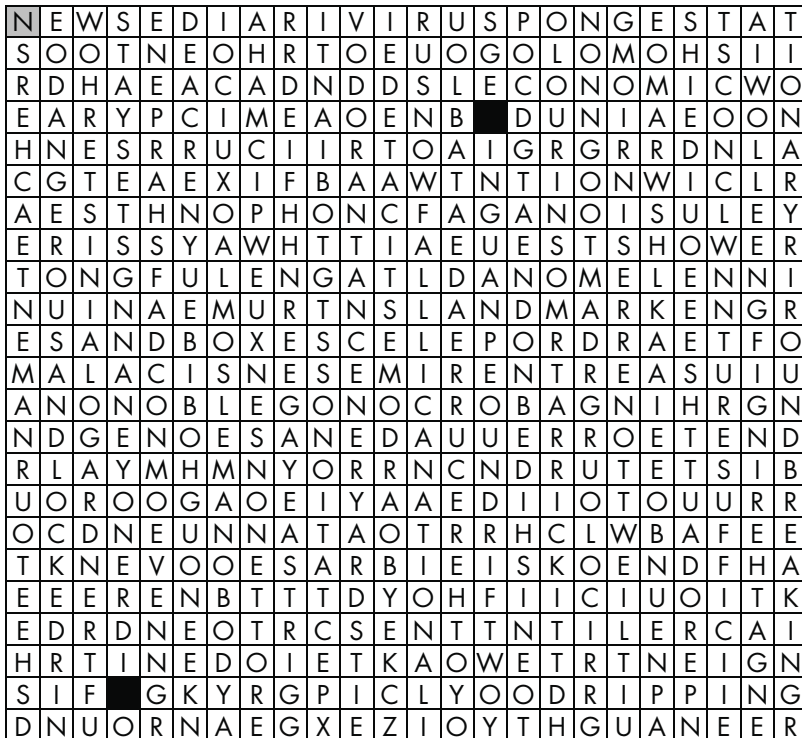
HEATHER  
MAUREEN  
MIRANDA  
REBECCA

### 8 LETTERS

CAROLINE  
KATHLEEN  
VERONICA  
VICTORIA







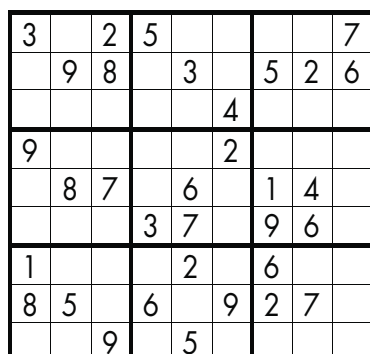
### WORD BUILDER

How many words of four letters or more can you make from the letters shown here? In making a word, each letter may be used only once. Each word must contain the central letter and there must be at least one nine-letter word in the list. No plurals, verbs ending in "s", foreign words, proper nouns or hyphenated words may be used.

### PATH FINDER

Beginning at the first letter on the grid, follow a continuous path to find all the listed words. The trail passes through every letter once and may twist up, down or sideways, but never diagonally. The first letter of each word will be the last letter of the previous word.

Academic	Garrick	Lemonade	Round-about	Treasures
Antivirus	Gathering	Lengthways	Sandboxes	Trend
Conclusion	Gift	Meaningful	Scenery	Tricolour
Crucifix	Green	Nationalize	Sets	Trigger
Dangerous	Ground-	Nationwide	Sharpened	Xenophobia
Deodorant	breaking	Naughty	Showering	Yankee
Diarrhoea	Groundsheet	Never-ending	Sisterhood	Yardstick
Domesticated	Grudging	News	Snowfall	Yeast
Dragon	Guests	Nobleman	Sponges	Yellowish
Drift	Hidebound	Nobody	Stationary	Yoyo
Driftwood	Homologous	Nonsensical	Stays	
Dripping	Honeymoon	Nosegay	Sufficient	
Earring	Kennel	Other	Tantrum	
Eatable	Keyboard	Pelican	Teachers	
Economic	Kittenish	Recurrent	Teardrop	
Enough	Landlocked	Rotten	Teething	
Expectation	Landmark	Rottweiler	Tournament	



### SUDOKU MEDIUM

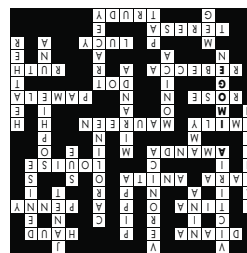
Fill in all the squares in the grid so that each row, column and each of the 3 x 3 squares contains all the digits from 1 to 9.

### SOLUTIONS

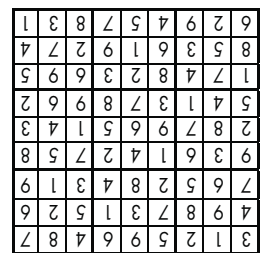
#### CROSSWORD

**Across:** 1. Wriggle; 4. Asylum; 7. St Pancras; 9. Tape; 10. Rust; 11. All in; 13. Rotate; 14. Compel; 15. Critic; 17. Madras; 19. Cupid; 20. Dahl; 22. Best; 23. Top drawer; 24. Loafie; 25. Obtain.  
**Down:** 1. Walter; 2. Gate; 3. Enable; 4. Arctic; 5. Year; 6. Mantel; 7. Spoiling; 8. Supporter; 11. Affic; 12. Nomad; 15. Cudgel; 16. Cuddle; 17. Mikado; 18. Saturn; 21. Lou; 22. Beat.

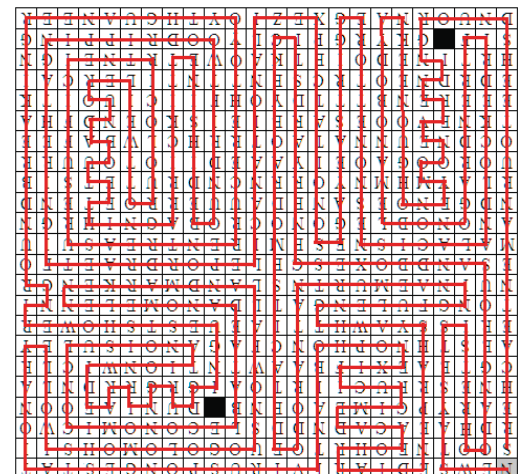
#### WORD FUN



#### SUDOKU MEDIUM



#### PATHFINDER



WORD BUILDER: PLAYGROUP





# Fraud division

Ever feel torn apart by strong feelings of fraudulence, like a play-actor in your own life? **By Fiona Davern**

No matter what stage I'm at in life, I've never been able to shake the feeling that I'm one test result, class admission or promotion away from being caught out and revealed to be a charlatan. Underlying this is a feeling that everyone else belongs or is more worthy. Other people deserve their position in a creative writing class, or in the hierarchy of the working world, perceived or otherwise, while I'm blagging my way, convinced I'm going to get called out at the next brainstorming meeting: "Fiona, we're very important people and you just don't fit in. Please take your laptop, outlandish ideas and bare-faced sham elsewhere."

These irrational thoughts aren't uncommon. The feeling of unmerited acknowledgement is called "Imposter Syndrome" and if you suffer from it too, you're in good company.

In *The Charisma Myth* (Penguin), Olivia Fox Cabane writes that she always asks her class at Stanford Business School: "How many of you in here feel that you're the one mistake the Admissions Committee made?" Each year, roughly two-thirds of the class raise their hands. This despite the fact that they've all overcome significant hurdles, requiring both hard work and talent, to get there. It explains why I used to take a ruler with me to get my exam results at Wits. I'd repeatedly line up the marks with my name, thinking I'd somehow made a mistake. Crippling self-doubt can create optical illusions.

*I felt a moment of swelling pride. Real pride at being a fake doctor.*

Now I'm at a life stage where I'm playing the parent role to my octogenarian mother. I do her shopping on weekends, attend to her bill payments, etc. Nevertheless, I feel like a teenager playing at adulthood. I pulled out her credit card to pay for the groceries last weekend and the attentive cashier said: "Thank you, Dr Davern."

For a moment I had a real Imposter Syndrome moment. I thanked her and then, flushed, thought: "My word, this woman actually believes I'm a doctor!" I was wearing jeans, a brightly coloured South American-style wrap and hoop earrings – clothing no self-respecting doctor would don. I felt a moment of swelling pride. Real pride at being a fake doctor. Then our eyes met and I was convinced she was sneering at me. Her look said: "Yeah, right, sure, you're a doctor. If you're a doctor, I'm a freaking actuarial scientist!"

I shoved my mom's credit card into my wallet and skulked out of the store before she could alert the Powers That Be, or ask to see my driver's licence. I hurried to the car, trying to rid myself of the shadow of fraudulent "doctor-ness" that hung around me like a "Hypocritic" Oath. My medical masquerade may have been fleeting, but it took me days not to think of that moment and squirm.

Hopefully the Authorities aren't reading this and I won't be hauled off to appear in front of a Committee of Authenticity for people who deserve to be where they are. Don't scoff. They exist. Really. 🌈





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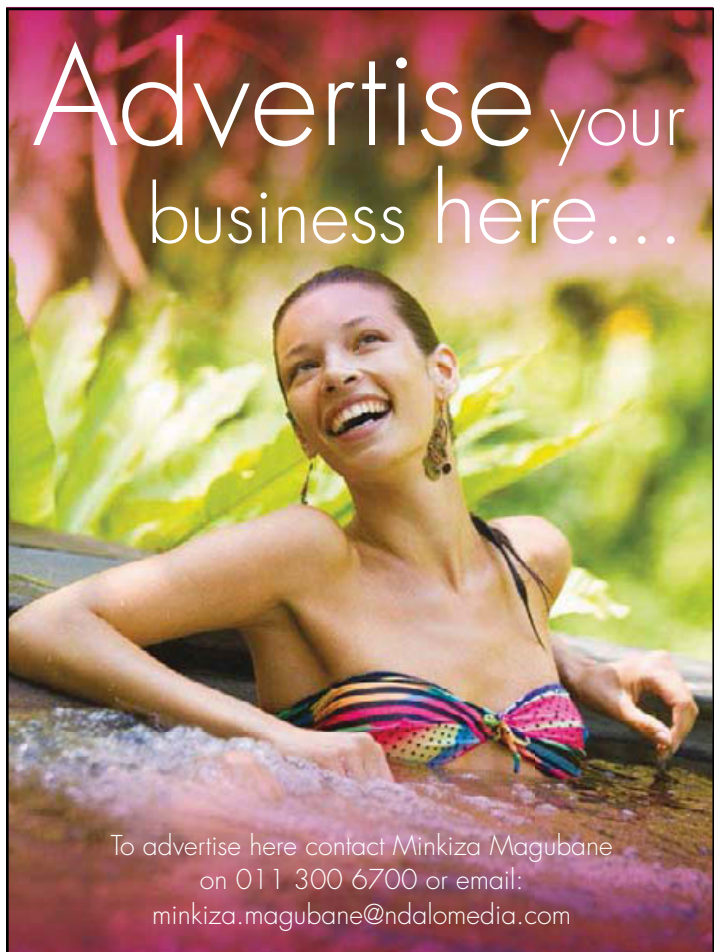
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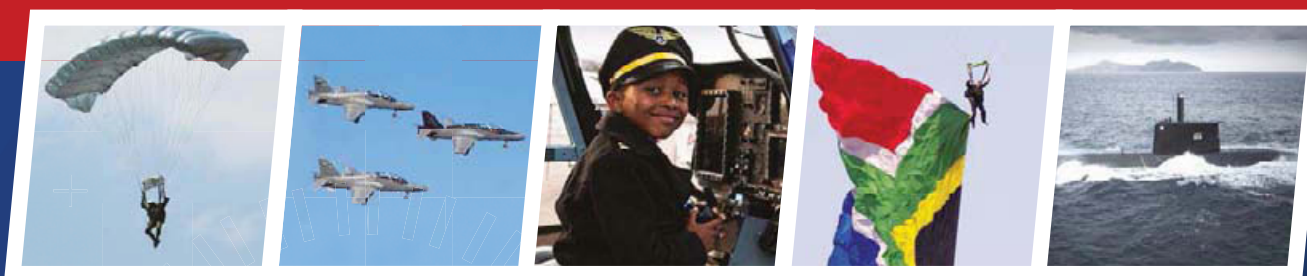
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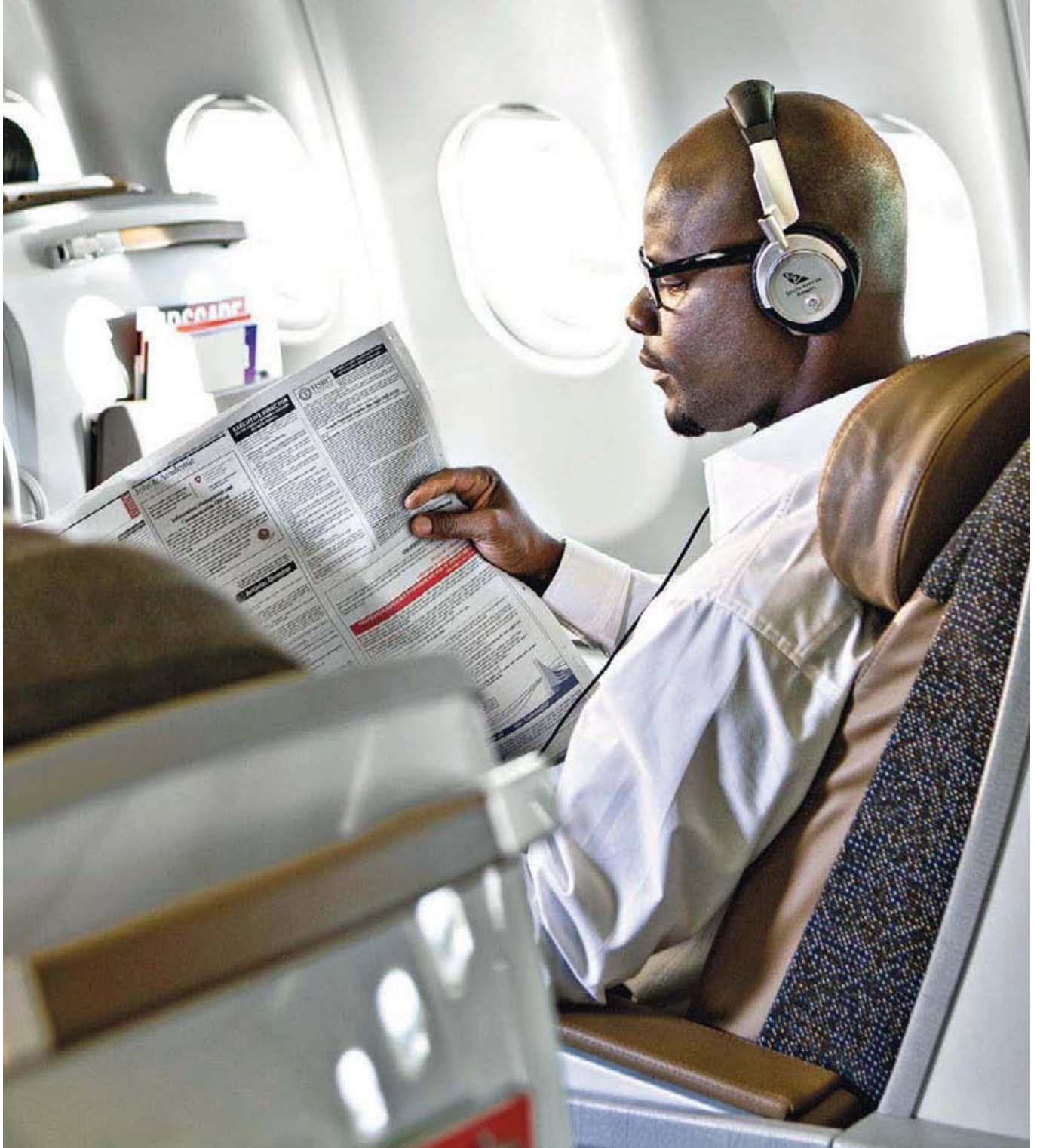
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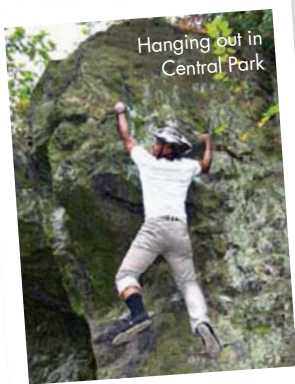
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Taking on the Great Wall of China

I walked off the aircraft onto the tarmac, I prayed: "Thank you, Jesus – the best is yet to come."

■ **What do you love about your job?** The fact that the view from my office window changes all the time. I also love making friends from all corners of the world and getting paid to travel. But what I love most is the look on the faces of satisfied customers because of the collective effort of our SAA crew.

■ **Where did you grow up?** I was born in Sharpeville, Vereeniging, but grew up in Tembisa and Kempton Park. I'm currently based in Boksburg.

■ **What itinerary would you recommend to a person with only one day to explore Jo'burg and**

**its surrounds?** I'd recommend a *kasi* (township) breakfast of *amagwinya* (fatcakes) with atchar and mangola (a variation of liver spread) in Tembisa. Then there's ice-skating in Kempton Park, the Rush Trampoline Park at the Greenstone Shopping Mall and sand-boarding in Boksburg. There's also the Laser Zone challenge at Carnival City, bungee-jumping at

the Soweto Towers, flyboarding in the Vaal River and Kota/Sphatlo in Soweto for lunch.

■ **Have you had any strange encounters on a flight?** There've been many – from a passenger who wore a life jacket to keep warm to passengers who stripped stark naked in the galley because they felt hot! There was also a passenger who drank himself senseless and had to be helped out the

aircraft in a wheelchair. And there've been couples playing footsie-footsie under blankets!

■ **Who's your dream passenger?** Thomas Edison, who invented the lightbulb. I'd like to know what drove him not to give up, after more than 900 failed attempts.

■ **What quotation do you live by?** "I can do all things through Christ, Who strengthens me." – *Philippians 4:13*



New York

■ **How was your first day with SAA?** My first flight was to Lusaka and I was nervous, of course, but equally excited. Touching down in another country felt overwhelming. When



Sibusiso with Nhlanhla Nciza and Theo Kgosinkwe of Mafikizolo.



Sibusiso with actress Denise Zimba.



Sibusiso with DJ Black Coffee.



"What I love most is the look on the faces of satisfied customers because of the collective effort of our SAA crew."



THIS IS THE  
STORY OF**SAA**

# AND HOW WE'RE FUELLING THE FUTURE



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This is a story about an airline committed to securing the future of our planet by harnessing environmental innovations. We're proud to be redefining aviation by being the pioneers of Biofuel in Africa and changing the way the world flies. This clean and sustainable energy solution will reduce our Green House Gas emissions while stimulating growth in South Africa and creating opportunities for its people.

SAA is bringing the future to Africa with our inaugural Biofuel flight from Johannesburg to Cape Town.

*There's a story in every seat. Book yours at [flysaa.com](http://flysaa.com)*



**SOUTH AFRICAN AIRWAYS**

A STAR ALLIANCE MEMBER 



# VIDEO SELECTION

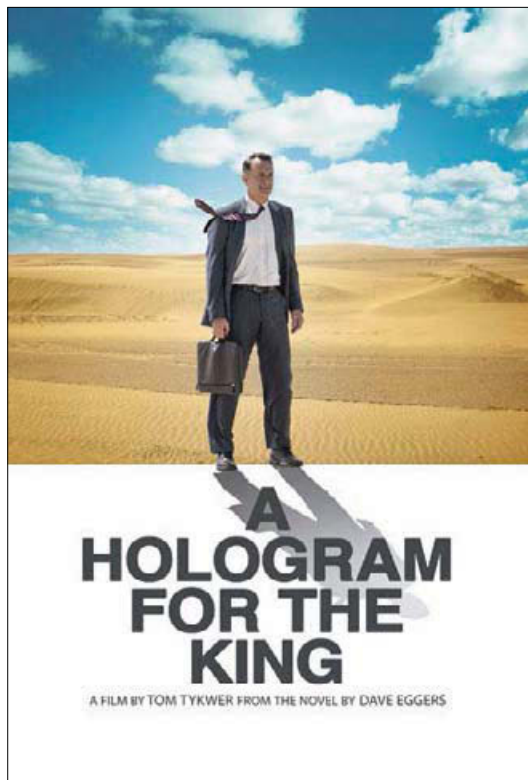
AIRBUS A320-200, A319-100 AND BOEING B737-800

**SAA offers in-flight entertainment on all domestic and regional flights.**

This content is updated fortnightly, featuring the best travel shows from Africa and around the globe, along with popular entertainment and other interesting programming, including lifestyle, cooking and cultural programmes. Each journey also includes a selection of technology, business, arts and entertainment, as well as a diary feature from all over SA for your enjoyment.

Although programmes are subtitled, audio is active on all programmes and you are welcome to use your own headsets/earphones. Please take note of the **"Restricted Items"** section contained within the **Safety Guide** section at the back of this *Sawubona* magazine.

Please note that  
different programming  
is screened on your  
outbound and inbound  
journeys.



## A HOLOGRAM FOR THE KING

*Outbound from SA on all SAA regional flights, except Mauritius.*

Drama • 96 min • R – edited  
• English • Tom Hanks, Alexander Black

A failed American businessman tries to recoup his losses by travelling to Saudi Arabia and selling his idea to a wealthy monarch.

## THE MEDDLER

*Outbound from SA on flights to Mauritius only.*

Comedy, drama • 104 min • PG-13 • English • Susan Sarandon, Rose Byrne An ageing widow from New York City follows her daughter to Los Angeles in the hope of starting a new life.



## SING STREET

*Second movie on outbound flights from SA between Libreville and Cotonou.*

Music, romance • 106 min  
• PG-13 – edited • English  
• Ferdia Walsh-Peelo, Lucy Boynton

A boy growing up in Dublin, Ireland, during the 1980s escapes his strained family life by starting a band.

## CAPTAIN AMERICA: CIVIL WAR

*Inbound to SA on all SAA regional flights, except Mauritius.*

Action, adventure • 147 min  
• PG-13 – edited • English  
• Chris Evans, Robert Downey Jr Political interference in the Avengers' activities causes a rift between former allies Captain America and Iron Man.



## MOTHER'S DAY

*Inbound to SA from Mauritius and as a second movie from Brazzaville and Libreville.*

Drama • 114 min  
• PG-13 – edited • English  
• Jennifer Aniston, Kate Hudson

Three generations come together in the week leading up to Mother's Day.

## RUNNER RUNNER

*Inbound to SA between Cotonou and Libreville.*

Crime, drama • 91 min  
• R – edited • English  
• Ben Affleck, Justin Timberlake When a poor college student who cracks an online poker game goes bust, he arranges a face-to-face meeting with the man



he believes cheated him, a sly offshore entrepreneur.

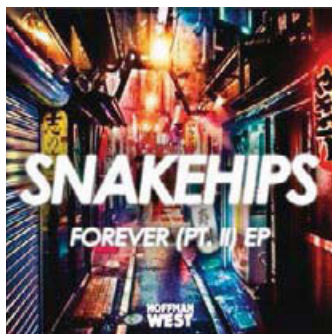
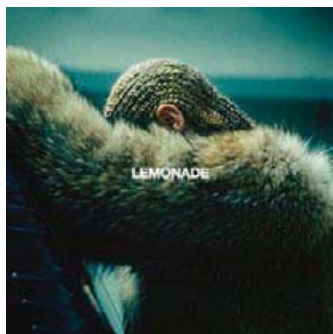
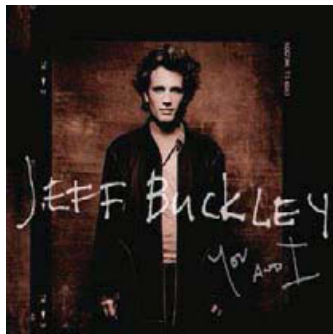
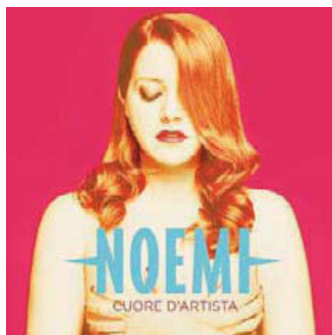
## DATE NIGHT

*Outbound from SA as an additional movie, subject to the length of your flight.*

Comedy • 83 min • PG-13 – edited • English • Steve Carell, Tina Fey

Claire and Phil Foster are a suburban couple slogging through their daily lives and marriage. To reignite the marital spark, they visit a trendy Manhattan bistro, where a case of mistaken identity sends them hurtling through the city at breakneck speed into non-stop adventure.





# AUDIO SELECTION

AIRBUS A340-600/300E, A340-200, B737/A319, A330-200, A340-300

## CHINESE RADIO

A340-600/300e – Channel 11  
A330-200 – Channel 1  
A340-300 – Channel 1  
Sit back and relax while enjoying the best of Cantonese and Mandarin pop for two blissful hours with great artists such as Joanna Wang, A-Lin, JPM and many more!

## CLASSICS

A340-600/300e (Comfort Zone)  
B737/A319 – Channel 8  
A330-200 – Channel 2  
A340-300 – Channel 2  
Listen to the wondrous compositions of some of the greatest composers of all time. Join Classic FM presenter, John Brunning, for his selection of personal favourites.

## NUMBER 1s

A340-600/300e (Encore)  
B737/A319 – Channel 9  
A330-200 – Channel 9  
A340-300 – Channel 3  
Tune into this exclusive compilation featuring critically acclaimed and commercially successful collaborations between some of the world's leading artists.

## FLASHBACK

A340-600/300e (Golden Years)  
B737/A319 – Channel 12  
A330-200 – Channel 3  
A340-300 – Channel 4  
This high-energy edition of Flashback takes you on a journey to the Eighties, Nineties and beyond. With all-time favourites like Abba, Jimi Hendrix and Shuggie Otis, it's a power-packed compilation.

## HINDI HITS

A330-200 – Channel 4  
A340-300 – Channel 5  
We bring you foottapping and romantic tunes from Bollywood – a selection of songs from both recent and classic movies.

## HIT EXPRESS

A340-600/300e (Chart Attack)  
B737/A319 – Channel 7  
A330-200 – Channel 5  
A340-300 – Channel 6  
We keep you up to date with numbers topping the world's charts. Discover great new tracks from the likes of Kygo, Beyoncé and Adele, brought to you by DJ Sureshnie.

## IN THE MIX

B737/A319 – Channel 14  
A330-200 – Channel 6  
A340-300 – Channel 7  
This programme shakes up the dance scene with a mixture of classic hits and explosive remixes by artists such as Rihanna, Rita Ora, Usher and many more.

## KIDS' ZONE

B737/A319 – Channel 16  
A330-200 – Channel 7  
A340-300 – Channel 8  
Keep your little ones settled in and happy with some of their favourite fables and songs. We have many nursery rhymes and their favourite playground melodies to entertain them.

## MADE IN SA

A340-600/300e (One Nation)  
B737/A319 – Channel 13  
A330-200 – Channel 8  
A340-300 – Channel 9  
Join us on a two-hour journey with legends of South African music such as Zonke, Lorraine Klaasen and Kaylow.

## PLAYLIST AFRICA

A340-600/300e (Showcase)  
B737/A319 – Channel 5  
A330-200 – Channel 10  
A340-300 – Channel 10  
The recent demand for Afro-pop and chart music has led to the rise of a number of African mega-stars. You'll find the most contemporary artists from West and East Africa on this programme, presented by DJ Waxxy.

## SOUL SESSIONS

B737/A319 – Channel 15  
A330-200 – Channel 12  
A340-300 – Channel 11  
Enjoy the greatest classic soul from iconic performers such as Alicia Keys and John Legend, among others, on this must-hear programme for all lovers of the genre.

## THIS IS OPERA!

B737/A319 – Channel 10  
A330-200 – Channel 13  
A340-300 – Channel 12  
Sit back and relax with two hours of wonderful operatic works by composers like Wagner, Puccini and Gershwin.

## WORLD OF JAZZ

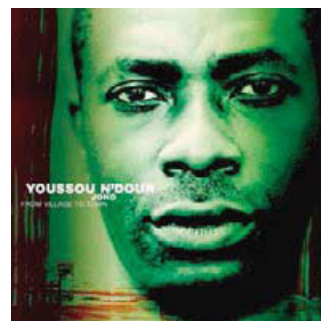
A340-600/300e (Jazz Notes)  
B737/A319 – Channel 6  
A330-200 – Channel 14  
A340-300 – Channel 13  
Listen to the greatest musicians of the jazz world on this selection of the best-loved smooth, classic and Latin jazz numbers.

## RAISED ON ROCK

B737/A319 – Channel 11  
A330-200 – Channel 11  
A340-300 – Channel 14  
Buffs of old-school rock are sure to find more than a few of their solid gold artists and songs with Claire Sturgess on this line-up, which includes Kodakone, Bruce Springsteen and Foo Fighters.

## GBEDU

B737/A319 – Channel 17  
Enjoy a rhythmic and uninterrupted tour through the soulful sounds of the mother continent as they're performed by various East and West African musicians.





# SAA VOYAGER PROGRAMME

THE BEST-IN-CLASS AND AFRICA-FIRST REVENUE-BASED FREQUENT FLYER PROGRAMME

In 2015, Voyager was fundamentally changed to become Africa's first revenue-based airline loyalty programme. The two most important changes were to issue members with miles based on the ticket price (base fare and fuel levy), rather than the distance travelled, and to allow members to spend their miles on any available ticket price (base fare and fuel levy) for flights operated by SAA.

Voyager remains as dedicated to upholding the same high standards of customer service as it's been for decades.

## ACTIVATION OF MEMBERSHIP

You're invited to join our programme and earn 2 500 Bonus Miles when you register and have accrued your first activity. Your current flight will qualify for miles if submitted within 13 months from the date of travel. Always ensure you quote your unique Voyager membership number at the point of sale for your miles to accrue systematically.

## EARNING AND SPENDING MILES

The programme offers its more than 2,5 million members earning and spending of miles (the programme's reward currency) from 67 programme partners. The programme boasts more than 39 airline partnerships, including the Star Alliance global airline alliance, which gives members access to more than 1 300 destinations in 190 countries. The evolution of Voyager has seen the programme expand from being a traditional frequent flyer programme by diversifying its offering to include more than 28 non-airline partners in categories ranging from travel-related partners to lifestyle, retail, property and financial services.

Members are issued with one Voyager Mile for every R1,60 spent on SAA-operated flights, with a minimum return of 5% for SAA-operated flights based on their SAA spend. The introduction of the popular JourneyBlitz redemption seat sales, where members enjoy discounts of up to 85% on SAA-operated flights, confirms the programme's resolve to offer products that build loyalty and goodwill to the benefit of valued members. For these awards, members are required to pay separately for tax, regulated charges, and fuel levy. Various non-airline redemption options are available and members enjoy returns of 2,5-5% based on their SAA spend.

## UNIQUE FEATURES

- Revenue-based frequent flyer programme.
- Members have access to the Star Alliance global airline alliance network, allowing wide options for earning and redeeming of miles and lounge access for Star Gold card members.
- Multi-tier membership levels: Blue, Silver, Gold, Platinum and Lifetime Platinum, of which the latter is unique and the most coveted status in the airline industry.
- Members can extend their expiring miles year after year by accruing a minimum of 6 000 SAA miles.
- A Lifetime Platinum member's partner or spouse qualifies for a Gold Card when meeting the required annual mileage thresholds.
- Dynamic redemptions on SAA-operated flights have no capacity constraints and miles are converted to cash to pay for base fare and fuel levy.
- Additional benefits for higher-tier members include lounge access with guests, chauffeur service with companions, extra baggage allowance, tier-based bonus miles, priority waiting list, pre-seating with access to preferred seating, exemption from paying for chargeable seats for Platinum and Lifetime Platinum members and priority check-in, airport standby, boarding and baggage handling.

## VOYAGER PARTNERS

Voyager Miles are awarded when using the services of the following voyager partners:



# Nothing earns you SAA Voyager Miles faster.



With your SAA Voyager credit card you can:

- get the best SAA Voyager Mile earn rate and earn up to 19 000 Bonus Miles;
- have access to SAA-operated Premium lounges when travelling on SAA-operated flights or SAA marketing flights where Mango is the operating carrier;
- qualify for a complimentary Continental (Africa) Companion Ticket or complimentary Global Companion Ticket, subject to achieving annual spend thresholds of R60 000 (Continental) or R160 000 (Global).



# GET THERE FASTER WITH AN SAA VOYAGER AMERICAN EXPRESS® PREMIUM CREDIT CARD



**No other card earns you SAA Voyager Miles faster.**

The SAA Voyager Credit Card's 10th anniversary is proudly celebrated by Nedbank and SAA.

Earn Miles every time you swipe your card.

Enjoy the following benefits:

- **Complimentary SAA Companion Ticket** upon reaching your annual spend thresholds.
- Access to **Premium Check-in** and SAA-owned **Premium Departure Lounges**.\*
- Earn **19 000 Bonus Miles** on first SAA ticket purchased, which will be awarded on completion of travel.
- Earn double Miles in the first month after the account is opened.



Apply for your SAA Voyager Premium Credit Card or for more information visit [flysaa.com](http://flysaa.com) or [nedbank.co.za/saa10](http://nedbank.co.za/saa10)

**10<sup>th</sup>**  
anniversary



MAKE  
THINGS  
HAPPEN



Terms and conditions apply.

\*Premium cardholders have access to SAA-owned Premium Lounges when travelling on SAA-operated flights.  
Nedbank Limited Reg No 1951/000009/06. Authorised financial services and registered credit provider (NCRCP16).



# SOUTH AFRICAN AIRWAYS TIMETABLE

**A**s Africa's most awarded airline, SAA operates from Johannesburg to 38 destinations in 27 countries across the globe.

Our domestic market has an extensive schedule with a total of 554 flights per week from Johannesburg to Cape Town, Durban, East London and Port Elizabeth. We've also extended our code-share agreement with Mango, our low-cost operator, to include coastal cities in SA (between Johannesburg and Cape Town, Durban, Port Elizabeth and George), as well as Johannesburg-Bloemfontein, Cape Town-Bloemfontein and Cape Town-Port Elizabeth.

Regionally, SAA offers 24 destinations across the African continent, including Abidjan, Accra, Blantyre, Brazzaville, Cotonou,

Dakar, Dar es Salaam, Douala, Entebbe, Harare, Kinshasa, Lagos, Libreville, Lilongwe, Livingstone, Luanda, Lusaka, Maputo, Mauritius, Nairobi, Ndola, Pointe Noire, Victoria Falls and Windhoek.

SAA's international network creates links to all major continents from our country through 10 direct routes and code-share flights, with daily flights from Johannesburg to Abuja, Frankfurt, Hong Kong, London (Heathrow), Munich, New York (JFK),

Perth, São Paulo and Washington (Dulles). SAA has code-share agreements with 29 other airlines across the markets we serve.

SAA is a member of Star Alliance, which offers more than 18 500 daily flights to 1 321 airports in 193 countries. SAA has won the "Best Airline in Africa" Award in the regional category for 13 consecutive years. Mango and SAA hold the No 1 and 2 spots as SA's most on-time airlines.



REGIONAL						
CARRIER	FLIGHT	FREQUENCY	FROM	DEPARTS	TO	ARRIVES
SA	22	1 2 3 4 5 6 7	Johannesburg	10:40	Harare	12:15
SA	23	1 2 3 4 5 6 7	Harare	13:00	Johannesburg	14:45
SA	24	1 2 3 4 5 6 7	Johannesburg	19:40	Harare	21:15
SA	25	1 2 3 4 5 6 7	Harare	07:20	Johannesburg	09:05
SA	28	1 2 . . . 6 7	Johannesburg	14:50	Harare	16:25
SA	28	. . . . 5 . .	Johannesburg	13:45	Harare	15:20
SA	29	1 2 . . . 6 7	Harare	17:10	Johannesburg	18:55
SA	29	. . . . 5 . .	Harare	16:25	Johannesburg	18:10
SA	40	1 2 3 4 5 6 7	Johannesburg	10:50	Victoria Falls	12:30
SA	41	1 2 3 4 5 6 7	Victoria Falls	13:10	Johannesburg	14:45
SA	48	1 2 3 4 5 6 7	Johannesburg	10:40	Livingstone	12:20
SA	49	1 2 3 4 5 6 7	Livingstone	13:00	Johannesburg	14:40
SA	50	1 . . . 5 . 7	Johannesburg	09:45	Kinshasa	12:35
SA	51	1 . . . 5 . 7	Kinshasa	13:25	Johannesburg	18:05
SA	52	. . . . . 6 .	Johannesburg	17:20	Accra	21:15
SA	53	. . . . . 6 .	Accra	22:30	Johannesburg	06:20
SA	54	1 2 3 4 5 6 7	Johannesburg	09:45	Luanda	12:25
SA	55	1 2 3 4 5 6 7	Luanda	14:05	Johannesburg	18:25
SA	56	. 2 . 4 . . 7	Johannesburg	13:15	Accra	17:10
SA	56	. 2 . 4 . . 7	Accra	18:10	Abidjan	19:10
SA	57	. 2 . 4 . . 7	Abidjan	20:20	Accra	21:25
SA	57	. 2 . 4 . . 7	Accra	22:30	Johannesburg	06:20
SA	58	. 2 . 4 . 6 .	Johannesburg	20:50	Kinshasa	23:40
SA	59	. . 3 . 5 . 7	Kinshasa	00:30	Johannesburg	05:10
SA	60	1 2 3 4 5 6 7	Johannesburg	14:50	Lagos	20:10
SA	61	1 2 3 4 5 6 7	Lagos	22:20	Johannesburg	05:00
SA	62	1 2 3 4 5 6 7	Johannesburg	10:30	Lusaka	12:25
SA	63	1 2 . 4 5 6 .	Lusaka	13:05	Johannesburg	15:10
SA	63	. . 3 . . . 7	Lusaka	13:25	Johannesburg	15:30
SA	64	1 2 3 4 5 6 7	Johannesburg	13:20	Lusaka	15:15
SA	65	1 2 3 4 5 6 7	Lusaka	16:05	Johannesburg	18:10
SA	66	1 2 3 4 5 6 7	Johannesburg	19:05	Lusaka	21:00
SA	67	1 2 3 4 5 6 7	Lusaka	07:15	Johannesburg	09:20
SA	70	. . . . . 7	Johannesburg	11:30	Windhoek	12:25
SA	71	. . . . . 7	Windhoek	13:25	Johannesburg	16:10
SA	78	1 2 3 4 5 . 7	Johannesburg	19:30	Windhoek	20:25
SA	73	1 2 3 4 5 6 .	Windhoek	06:35	Johannesburg	09:20
SA	74	1 2 3 4 5 6 7	Johannesburg	09:30	Windhoek	10:25
SA	75	1 2 3 4 5 6 7	Windhoek	11:15	Johannesburg	14:00
SA	76	1 2 3 4 5 6 7	Johannesburg	13:15	Windhoek	14:10
SA	77	1 2 3 4 5 6 7	Windhoek	15:00	Johannesburg	17:45
SA	84	1 . 3 . . 6 .	Johannesburg	17:20	Pointe Noire	20:30
SA	84	1 . 3 . . 6 .	Pointe Noire	21:30	Brazzaville	22:30



REGIONAL						
CARRIER	FLIGHT	FREQUENCY	FROM	DEPARTS	TO	ARRIVES
SA	84	1 . 3 . . 6 .	Brazzaville	23:30	Johannesburg	04:20
SA	86	1 . . 4 . 6 .	Johannesburg	15:00	Libreville	18:55
SA	86	1 . . 4 . 6 .	Libreville	19:45	Douala	20:40
SA	87	1 . . 4 . 6 .	Douala	21:30	Libreville	22:30
SA	87	1 . . 4 . 6 .	Libreville	23:20	Johannesburg	04:55
SA	88	. 2 . . 5 . 7	Johannesburg	23:55	Abuja	04:45
SA	89	1 . 3 . . 6 .	Abuja	08:40	Johannesburg	15:35
SA	90	. 2 . . 5 . 7	Johannesburg	15:00	Libreville	18:55
SA	90	. 2 . . 5 . 7	Libreville	19:45	Cotonou	21:55
SA	91	. 2 . . 5 . 7	Cotonou	22:45	Libreville	00:55
SA	91	1 . 3 . . 6 .	Libreville	01:45	Johannesburg	07:20
SA	96	. 2 3 4 . . 7	Johannesburg	10:20	Ndola	12:35
SA	97	. 2 3 4 . . 7	Ndola	13:25	Johannesburg	15:45
SA	142	1 2 3 4 5 6 7	Johannesburg	09:45	Maputo	10:45
SA	143	1 2 3 4 5 6 7	Maputo	11:30	Johannesburg	12:35
SA	144	1 2 3 4 5 6 7	Johannesburg	13:50	Maputo	14:50
SA	145	1 2 3 4 5 6 7	Maputo	15:35	Johannesburg	16:40
SA	146	1 2 3 4 5 6 7	Johannesburg	20:15	Maputo	21:15
SA	147	1 2 3 4 5 6 7	Maputo	07:30	Johannesburg	08:35
SA	160	1 2 3 . . . 7	Johannesburg	09:30	Entebbe	14:30
SA	161	1 2 3 . . . 7	Entebbe	15:20	Johannesburg	18:30
SA	162	. . . 4 5 6 .	Johannesburg	14:05	Entebbe	19:05
SA	163	. . . . 5 6 7	Entebbe	07:25	Johannesburg	10:35
SA	170	1 2 . 4 5 . 7	Johannesburg	10:00	Lilongwe	12:20
SA	171	1 2 . 4 5 . 7	Lilongwe	13:05	Johannesburg	15:35
SA	172	. . 3 . . 6 .	Johannesburg	10:00	Blantyre	12:05
SA	173	. . 3 . . 6 .	Blantyre	12:55	Johannesburg	15:10
SA	180	. 2 . 4 . 6 7	Johannesburg	15:40	Nairobi	20:35
SA	181	1 . 3 . 5 . 7	Nairobi	08:45	Johannesburg	11:50
SA	184	1 2 3 4 5 6 7	Johannesburg	10:10	Nairobi	15:05
SA	185	1 2 3 4 5 6 7	Nairobi	15:55	Johannesburg	19:00
SA	186	1 2 3 4 5 6 7	Johannesburg	10:30	Dar es Salaam	14:50
SA	187	1 2 3 4 5 6 7	Dar es Salaam	15:35	Johannesburg	18:15
SA	188	1 2 3 4 5 6 7	Johannesburg	13:35	Dar es Salaam	17:55
SA	189	1 2 3 4 5 6 7	Dar es Salaam	06:00	Johannesburg	08:40
SA	190	1 2 . . 5 . .	Johannesburg	09:40	Mauritius	15:30
SA	190	. . 3 4 . 6 7	Johannesburg	10:25	Mauritius	16:15
SA	191	1 2 . . 5 . .	Mauritius	16:20	Johannesburg	18:45
SA	191	. . 3 4 . 6 7	Mauritius	17:05	Johannesburg	19:30
SA	192	. . 3 4 . 6 7	Johannesburg	08:40	Mauritius	14:30
SA	193	. . 3 4 . 6 7	Mauritius	15:20	Johannesburg	17:45
SA	3172	1 . . . . .	Johannesburg	10:00	Blantyre	12:05
SA	3173	1 . . . . .	Blantyre	12:55	Johannesburg	15:10

INTERNATIONAL						
CARRIER	FLIGHT	FREQUENCY	FROM	DEPARTS	TO	ARRIVES
SA	203	1 2 3 4 5 6 7	Johannesburg	20:55	New York	06:40
SA	204	1 2 3 4 5 6 7	New York	11:15	Johannesburg	08:05
SA	207	. 2 . 4 . 6 .	Johannesburg	18:25	Dakar	00:55
SA	207	. . 3 . 5 . 7	Dakar	01:55	Washington	06:25
SA	208	. . 3 . 5 . 7	Washington	17:40	Dakar	05:30
SA	208	1 . . 4 . 6 .	Dakar	06:30	Johannesburg	16:35
SA	209	1 . 3 . 5 . 7	Johannesburg	18:45	Accra	22:40
SA	209	1 . 3 . 5 . 7	Accra	23:40	Washington	06:25
SA	210	1 2 . 4 . 6 .	Washington	17:40	Accra	08:15
SA	210	. 2 3 . 5 . 7	Accra	09:15	Johannesburg	17:05
SA	222	1 2 3 4 5 6 7	Johannesburg	11:10	São Paulo	16:30
SA	223	1 2 3 4 5 6 7	São Paulo	18:00	Johannesburg	07:25
SA	224	. . 3 4 . 6 .	Johannesburg	21:35	São Paulo	02:55
SA	225	. . . 4 5 . 7	São Paulo	23:35	Johannesburg	13:00
SA	234	1 2 3 4 5 6 7	Johannesburg	19:55	London	06:25
SA	235	1 2 3 4 5 6 7	London	19:00	Johannesburg	07:00
SA	236	1 2 3 4 5 6 7	Johannesburg	20:25	London	06:55
SA	237	1 2 3 4 5 6 7	London	21:00	Johannesburg	09:00
SA	260	1 2 3 4 5 6 7	Johannesburg	19:15	Frankfurt	06:10
SA	261	1 2 3 4 5 6 7	Frankfurt	20:45	Johannesburg	07:25
SA	264	1 2 3 4 5 6 7	Johannesburg	20:30	Munich	07:20
SA	265	1 2 3 4 5 6 7	Munich	21:05	Johannesburg	07:40
SA	280	1 2 3 4 5 6 7	Johannesburg	21:10	Perth	12:20
SA	281	1 2 3 4 5 6 7	Perth	23:50	Johannesburg	05:00
SA	286	1 2 3 4 5 6 7	Johannesburg	17:20	Hong Kong	12:25
SA	287	1 2 3 4 5 6 7	Hong Kong	23:55	Johannesburg	07:05

**PLEASE NOTE:** • International aircraft types: Airbus A340-600, A340-300e or A330-200. • Regional aircraft types: Airbus A319-100, A320-200 or Boeing B737-800 – except for Accra, Lagos and Luanda, where Airbus A340-600, A340-300e or A330-200 planes will be used.



STEPS AND STAGES

OVER 75 000

people are expected to gather in celebration of theatre and dance at the New York International Fringe Festival, which takes place from 12-28 August.

Source: <http://fringenyc.org>



# WORLD ROUTES

- South African Airways
- Air Canada
- Air China
- Air New Zealand
- All Nippon Airways
- Asiana Airlines
- EgyptAir
- Emirates
- Etihad Airways
- Ethiopian Airline
- Jet Airways
- Lufthansa
- RwandAir
- Singapore Airlines
- Swissair
- Virgin Australia





The routes reflected on the maps are an illustrative graphic portrayal of our route network for information/entertainment purposes only and do not replicate actual navigational flight paths.  
 MAPS: GALLO IMAGES/GETTY IMAGES/ISTOCKPHOTO. GATEWAYS ILLUSTRATIONS: SIYAMTHEMBA BOBOTYANA



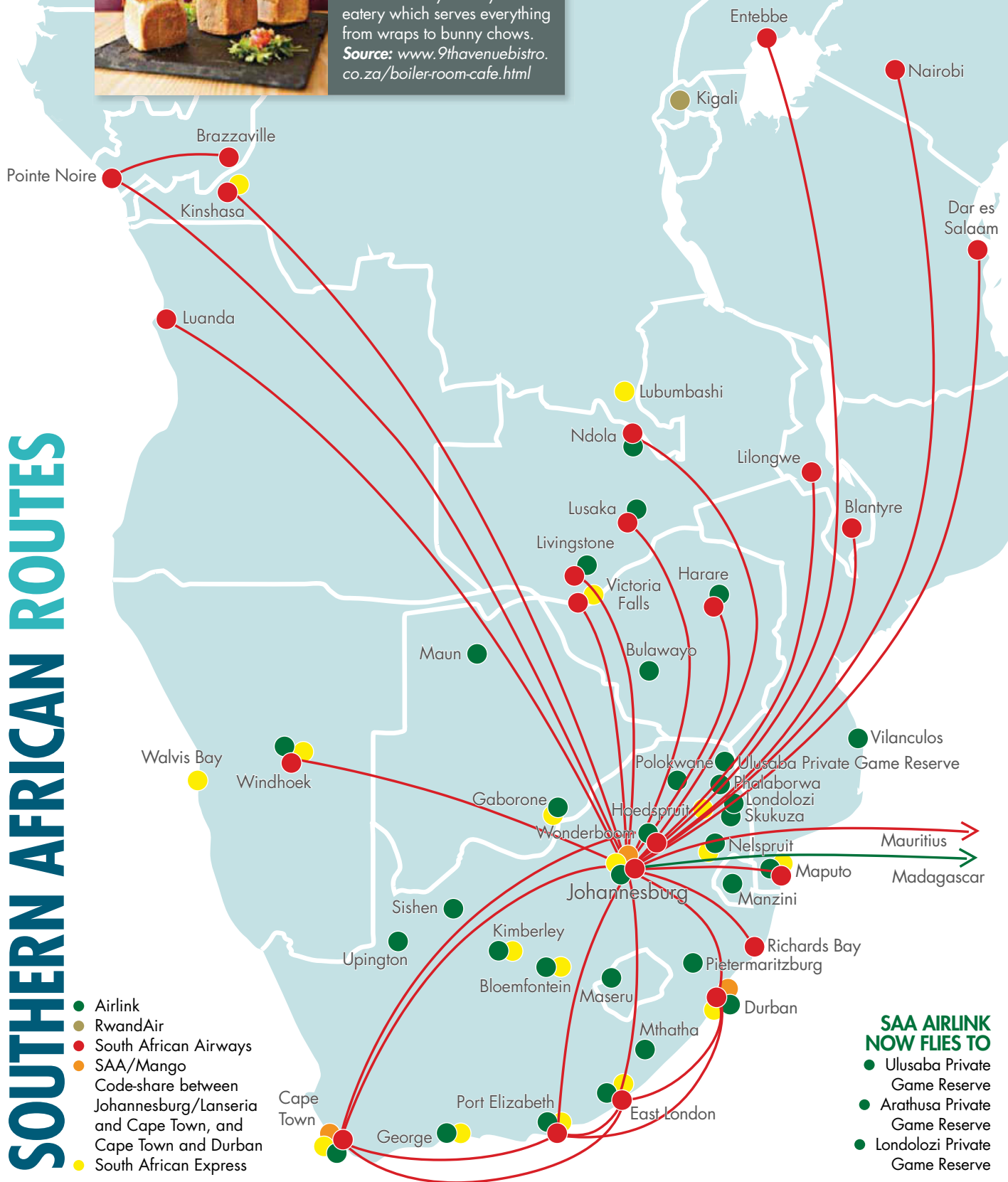


### HOT HANGOUT

The Boiler Room Café in Durban is a stylish daytime eatery which serves everything from wraps to bunny chows.

**Source:** [www.9thavenuebistro.co.za/boiler-room-cafe.html](http://www.9thavenuebistro.co.za/boiler-room-cafe.html)

# SOUTHERN AFRICAN ROUTES





# SOUTHERN AFRICA GATEWAYS

Train Station  
 Bus Station  
 Hotel  
 Petrol Station  
 Car Rental  
 Parking  
 Information  
 Restaurants  
 Lounge



## KING SHAKA INTERNATIONAL (DURBAN)

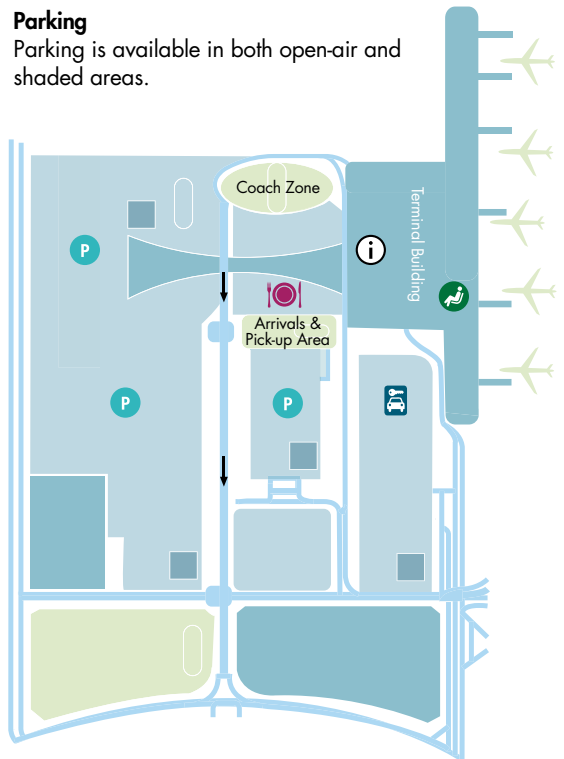
### Getting around King Shaka International (KSIA)

King Shaka International Airport Durban is our state-of-the-art airport located 35km north of the city.

KSIA Durban offers an enticing range of restaurants, bars and shops. The passenger terminal is located at the southern end of the airport precinct and is split into two levels: arrivals are handled on the lower floor and departures on the upper one.

### Parking

Parking is available in both open-air and shaded areas.



## OR TAMBO INTERNATIONAL AIRPORT (JOHANNESBURG)

### Getting around

#### OR Tambo International

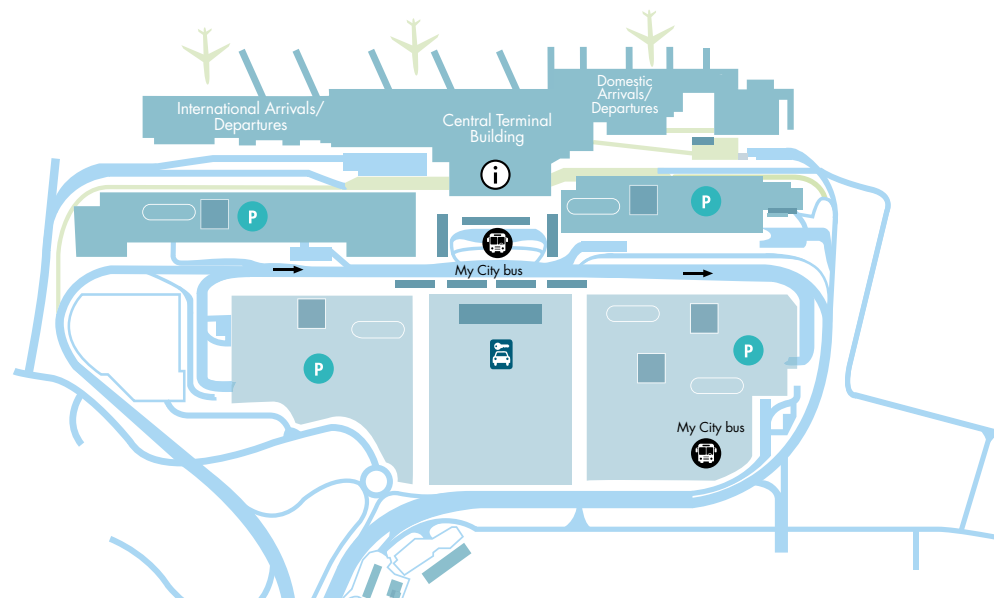
The Central Terminal Building is designed to give passengers a smooth and uninterrupted travel experience. The various check-in and departure procedures, including transfers, all take place in this terminal building. The new international pier, with its double-level structure, has increased the number of holding lounges and boarding gates.

### General information

Information desks are located in all terminals.

### SAA Airport Lounges

Lounge facilities are available for First and Business Class SAA passengers.



## CAPE TOWN INTERNATIONAL

### Getting around CPT International

The Central Terminal Building links to both Domestic and International Arrivals and Departures. The airport is compact and the terminal buildings are linearly positioned, which makes walking between terminals quick and easy.

### Parking

Free shuttle cabs are available between the terminals and the parking areas.

### SAA Airport Lounges

Lounge facilities are available for First and Business Class SAA passengers.









### SUN-BUNNIES' PARADISE

Perth in Western Australia has over

# 12 500km

of coastline, making it an ideal destination for beach-lovers.

Source: [www.westernaustralia.com/en/Things\\_to\\_See\\_and\\_Do/Sun\\_Surf\\_and\\_Sea\\_Life/Pages/Beaches.aspx](http://www.westernaustralia.com/en/Things_to_See_and_Do/Sun_Surf_and_Sea_Life/Pages/Beaches.aspx)





WAXING WONDERFUL

If you're in Washington DC, be sure to visit the USA's branch of renowned wax museum, Madame Tussaud's. You'll find a host of iconic figures, from presidents to rock stars. [www2.madametussauds.com/washington-dc/en](http://www2.madametussauds.com/washington-dc/en)

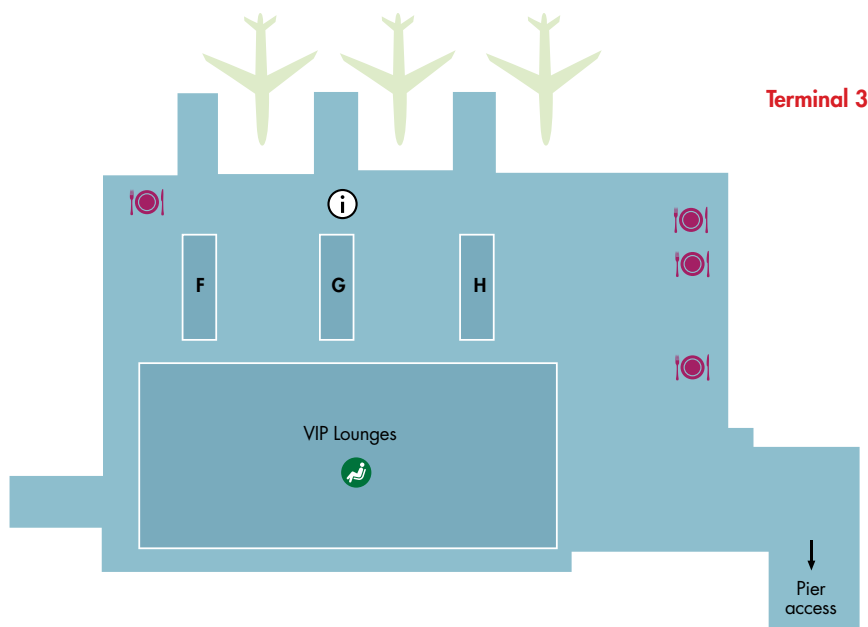
WEST-BOUND ROUTES

- Avianca Brazil
- South African Airways
- Air Canada
- JetBlue Cities served beyond New York (JFK) and/or Washington,
- United Airlines Cities served beyond New York (JFK) and/or Washington, DC (Dulles)
- TAM Airlines



# WEST-BOUND GATEWAYS

Train Station 
 Bus Station 
 Hotel 
 Petrol Station 
 Car Rental 
 Parking 
 Information 
 Restaurants 
 Lounge



Terminal 3

## GUARULHOS INTERNATIONAL AIRPORT (SÃO PAULO)

### Terminal information GRU

Airline	South African Airways
Code	SA
Terminal	3*

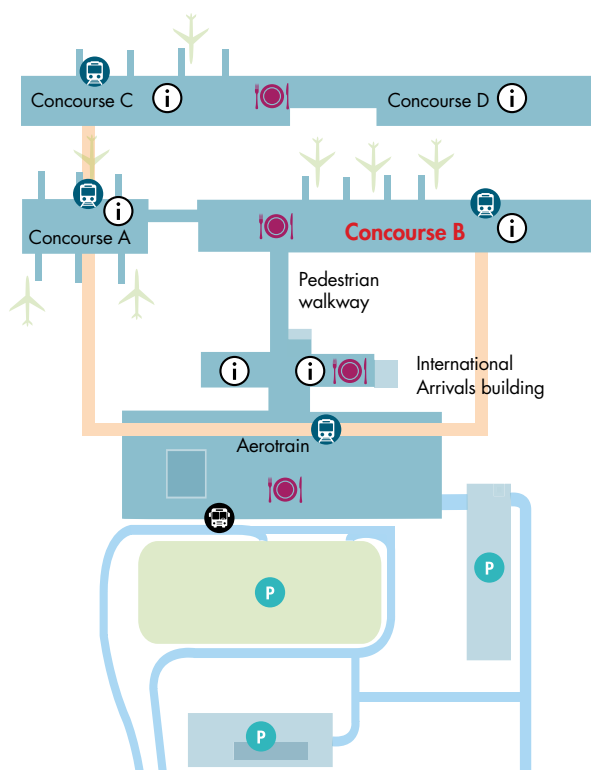
\*SAA operates to and from Terminal 3

## DULLES INTERNATIONAL AIRPORT (WASHINGTON)

### Terminal information WAS/IAD

Airline	South African Airways
Code	SA
Terminal	Concourse B*

\*SAA operates to and from the International Concourse B



Terminal 4

## JOHN F KENNEDY INTERNATIONAL AIRPORT (NEW YORK)

### Terminal information JFK

Airline	South African Airways
Code	SA
Terminal	4*

\*SAA operates to and from Terminal 4

Departing SAA passengers use the Swiss/Star Alliance Lounge (airside) on the fourth floor adjacent to the TSA security checkpoint.



# EUROPEAN ROUTES

- South African Airways
- Etihad Airways
- Lufthansa
- Scandinavian Airlines
- Swiss Air
- TAP Portugal



## COLOURFUL MUNICH

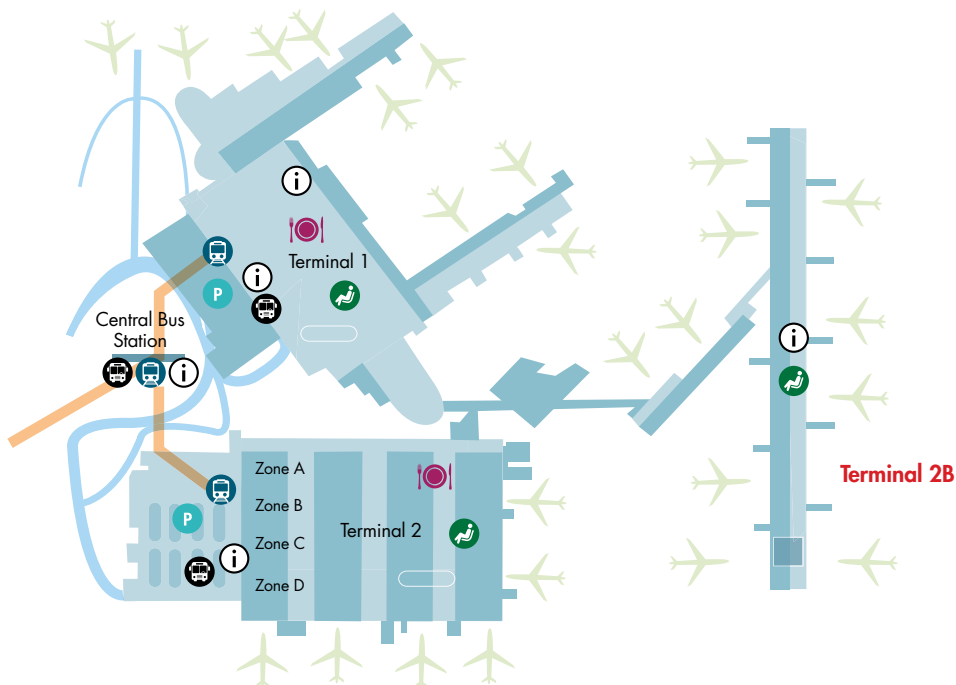
The Holi Festival of Colours München takes place on 6 August at Galopprennbahn München-Riem. Acts include Le Shuuk, Honka and Izzy Trixx.

**Source:** [www.holifestival.com/de/de/deine-stadt/muenchen](http://www.holifestival.com/de/de/deine-stadt/muenchen)



# EUROPEAN GATEWAYS

Train Station 
 Bus Station 
 Hotel 
 Petrol Station 
 Car Rental 
 Parking 
 Information 
 Restaurants 
 Lounge

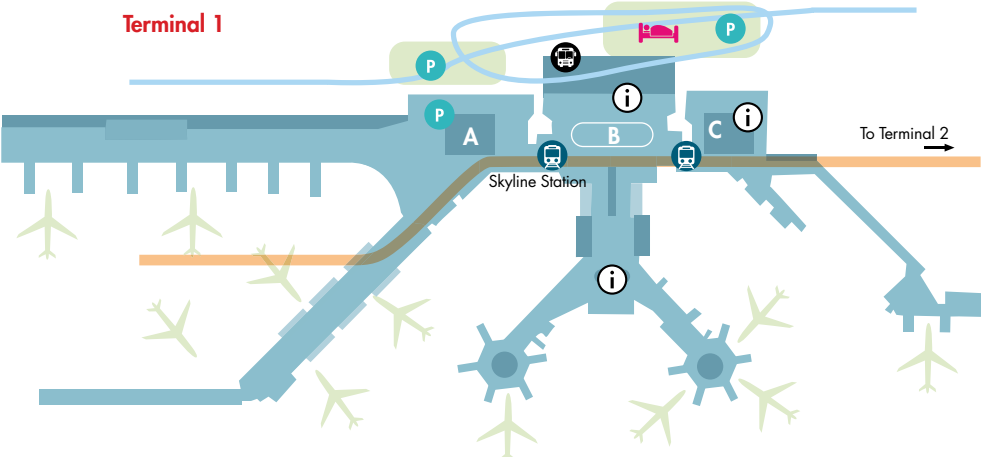
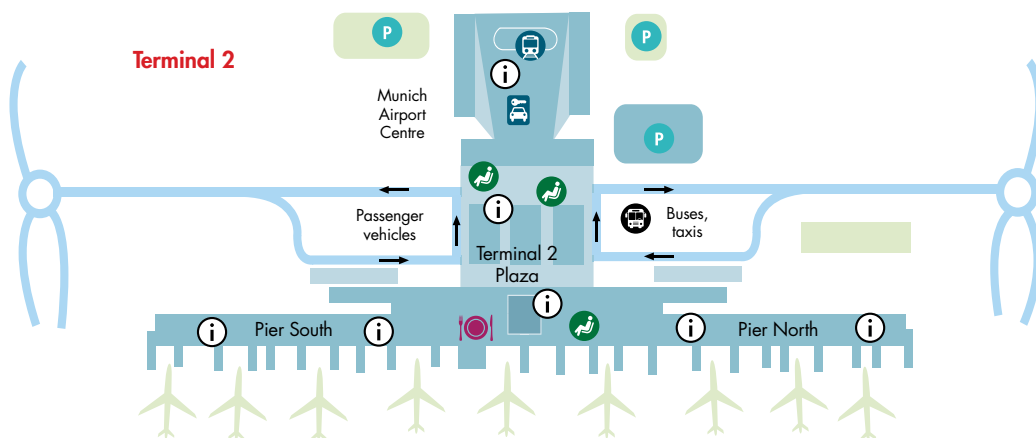


## HEATHROW AIRPORT (LHR)

SAA now operates to and from London Heathrow's new Terminal 2, The Queen's Terminal. Check-in for SAA is in Zone D on the departures level. Note that most SAA flights will arrive into, and depart from, the gates situated in Terminal 2B.

## MUNICH AIRPORT

Terminal 2 has 48 departure gates. There's a central area with ticket and check-in counters, duty-free shops and restaurants. The boarding gates are connected by walkways to the aircraft.



## FRANKFURT AIRPORT

You'll find Lufthansa and its partner airlines in departure halls A and B of the largely restyled Terminal 1. In addition, quick check-in machines with integrated baggage check-in are also available in departure hall A. The redesigned Senator and Business Lounges in concourses A and B are pleasant places to relax until you board your flight.



# OUR FLEET

## SOUTH AFRICAN AIRWAYS



### BOEING 737 FREIGHTER

Number of aircraft 3. Maximum cargo capacity 18 000kg. Overall length 33m. Wing span 29m. Overall height 11,2m. Maximum fuel capacity 20 000l. Typical cruising speed 780km/h



### AIRBUS A319-100

Number of aircraft 8. Maximum passengers 120. Overall length 33,84m. Wing span 34,09m. Overall height 11,76m. Maximum fuel capacity 23 860l. Typical cruising speed 820km/h



### AIRBUS A320-200

Number of aircraft 12. Maximum passengers 148. Overall length 37,57m. Wing span 34,1m. Overall height 11m. Maximum fuel capacity 23 860l. Typical cruising speed 820km/h



### BOEING 737-800

Number of aircraft 7. Maximum passengers 157. Overall length 39,5m. Wing span 34,3m. Overall height 12,5m. Maximum fuel capacity 26 035l. Typical cruising speed 809,5km/h



### AIRBUS A330-200

Number of aircraft 6. Maximum passengers 222. Overall length 58,8m. Wing span 60,3m. Overall height 17,4m. Maximum fuel capacity 139 100l. Typical cruising speed 860km/h



### AIRBUS A340-300E

Number of aircraft 8. Maximum passengers 253. Overall length 63,69m. Wing span 60,3m. Overall height 16,7m. Maximum fuel capacity 141 500l. Typical cruising speed 860km/h



### AIRBUS A340-600

Number of aircraft 9. Maximum passengers 317. Overall length 75,3m. Wing span 63,5m. Overall height 17,3m. Maximum fuel capacity 195 620l. Typical cruising speed 886km/h



## CUSTOMS INFORMATION

Everything you need to know to ensure your entry to South Africa is hassle-free

### CUSTOMS DUTY

Customs duty is levied on imported goods and is usually calculated on the value of the goods.

### PERSONS ENTERING SOUTH AFRICA

People may enter South Africa at any appointed place of entry. All the goods in their possession must be declared to a customs official at the port of entry. When dutiable goods are in their possession, the relevant duties and VAT must be paid.

### GOODS THAT MAY BE IMPORTED WITHOUT THE PAYMENT OF CUSTOMS DUTY AND VAT:

**(A) Visitors:** Personal effects, sporting and recreational equipment, new or used, imported either as accompanied or unaccompanied baggage, for their own use during their stay in South Africa.

**(B) Residents:** Personal effects and sporting and recreational equipment, new or used, exported by residents of South Africa for their own use while abroad and subsequently re-imported either as accompanied or unaccompanied baggage.

**(C) Limits in respect of certain goods:** The following goods may be included in passengers' baggage either by residents or non-residents, but not exceeding the following limits:

- Wine: 2 litres per person.
- Spirits and other alcoholic beverages: 1 litre per person.
- Cigarettes: 200 cigarettes per person.
- Cigars: 20 cigars per person.
- Cigarette or pipe tobacco: 250g per person.
- Perfume: 50ml per person.
- Eau de toilette: 250ml per person.
- Other new or used goods to a total value not exceeding R5 000 per person, excluding consumables. The limit for crew members is R700.
- Allowances may not be pooled or transferred to other persons.

## CONTACT US

**CUSTOMER SERVICE** Weekdays, 08:00-16:30 (GMT), excluding South African public holidays

saacustomerservice@flysaa.com  
011 978 2888 or 0860 003 146

**RESERVATIONS** 24 hours

reservationsjnb@flysaa.com  
011 978 1111

**BAGGAGE SERVICE** (lost/damaged)

Daily, 07:00-19:00 (GMT)  
baggageservices@flysaa.com  
011 978 3733

**REFUNDS** Weekdays, 08:00-16:30 (GMT), excluding South African public holidays

e-commerceonline@flysaa.com  
011 978 1786

**CARGO** Weekdays, 08:00-19:00 (GMT),

excluding South African public holidays.

Saturdays and Sundays, 07:00-13:00

cargohelpdesk@flysaa.com  
011 978 3366

**WEBSITE QUERIES**

webhelp@flysaa.com

**VOYAGER** Weekdays, 07:00-21:00 (GMT)

Saturdays, Sundays and public holidays, 08:00-14:00

voyagerservice@flysaa.com  
011 978 1234



**PLEASE NOTE:** Visitors may be required to pay a cash deposit to cover duties and tax on expensive articles such as video cameras. The deposit on the goods is refunded on departure from South Africa.

#### CHILDREN UNDER 18 YEARS OF AGE:

- Children under 18 may claim duty-free allowances on goods used by them.
- Children under 18 may not claim allowances for tobacco and alcohol.
- Parents may make a customs declaration on behalf of their children.

#### Customs clearance procedures for passengers:

- Passengers may select either the red or green channel upon arrival in South Africa.
- By selecting the red channel, a passenger indicates that he/she has goods to declare.
- The customs officer in the red channel must ascertain the value of the goods declared and the duties payable by the passenger's duty-free allowances.
- By selecting the green channel, a passenger indicates that he/she has no goods to declare.
- Random searches of passengers and baggage in the green channel are conducted.

**The following goods are prohibited from import:** Vegetables, groundnuts, firewood, honey, used pneumatic tyres, raw animal wool and hair, electric blankets, coins, video recorders and reproducers, revolvers and pistols.

**The following goods are prohibited from export unless special permits are obtained from the relevant government department:** Human bodies or body parts; meat and edible portions from cattle, sheep, goats or pigs; meat and edible animal offal salted, in brine, dried or smoked; edible flours and meals of meat or offal; cane or beet sugar and chemicals; pure sucrose in solid form; raw hides and skins of bovine or equine animals (fresh or salted, dried, limed, pickled or otherwise preserved, but not tanned, parchment-dressed or further prepared), whether or not dehaired or split; bank notes, securities or foreign currency.

**PROHIBITED AND RESTRICTED IMPORTS AND EXPORTS:** Apart from the requirements of the Export Control Regulations, the exportation and importation of a wide variety of goods is either totally prohibited or is subject to inspection by other authorities and/or production of special permits/licences, issued by certain authorities only.

A comprehensive list of prohibited and restricted imports and exports is available on the South African Revenue Service website ([www.sars.gov.za](http://www.sars.gov.za)).

## CUSTOMER BAGGAGE

Help us make sure your baggage gets there with you

At SAA, our goal is to deliver your baggage to you at your destination safely and timeously. However, due to circumstances beyond our control, baggage may be delayed, lost or damaged. In that case, our representatives at all SAA destinations will do their best to retrieve it or compensate you and minimise any inconvenience to you. Kindly note the following guidelines:



#### LABELLING YOUR LUGGAGE

- **Unique identification:** Ensure your bag's easy to recognise by tagging the outside with a colourful ribbon and using a name tag which should include your correct name, address, telephone number, email address and destination address.
- The following items should **NOT** be packed in your check-in bags, but rather carried in your hand luggage: laptops, cameras, legal documents (eg passports), cash/credit cards, jewellery and medication.
- Always ensure that your bags are locked before check-in, as this acts as a deterrent.
- Take advantage of the wrapping services provided at the airport as an additional preventative measure against damage and pilferage.

**PLEASE NOTE:** SAA does not accept responsibility for the loss of valuable items in checked-in baggage, including money, passports or visas, computer equipment, electronic devices, cellphones, fragile items, business documents and jewellery.

#### SECURITY AND HAND LUGGAGE

- Due to limited space in the overhead compartments, your hand luggage may be placed in the cargo hold.
- Remove all valuables from your hand luggage before it's taken for stowage in the cargo hold.
- Ask for an airline tag with your name and flight details.
- Liquids, aerosols and gels measuring more than 100ml aren't permitted in hand luggage. For international travel, if they weigh less than 100ml, they must be secured in a Ziploc bag. ➤



**BAGGAGE ALLOWANCE (ROUTE-SPECIFIC)**

- **Economy Class:** One to two pieces at a maximum of 23kg each.
- **Business Class:** One to two pieces at a maximum of 32kg each.
- Infants aren't entitled to a seat and are limited to one piece of luggage at 10kg, plus a pram.

**REPORTING MISHANDLED LUGGAGE**

**Report your mishandled baggage to the Baggage Services office at the airport.**

- A file will be created for tracing purposes.
- Your personal and travel information will be kept.

**LOST BAGGAGE:** If your baggage has been lost, report the incident immediately or within seven calendar days to the office of SAA's Baggage Services, where you'll receive a unique reporting number.

We'll initiate the tracing of the baggage and will continue for up to 120 hours, although most misdirected baggage is located sooner.

You'll be informed as soon as your baggage is traced and (where local customs regulations permit), it will be delivered to the address you provided.

**TRACKING AND TRACING:** During the tracing period, you may contact our office for information on progress made at the telephone number below or via WorldTracer, a computerised tracking system which can be found at: [www.flysaa.com](http://www.flysaa.com) under "Essential Information".

**DAMAGED BAGS:** If your baggage is damaged, we'll carry out all repairs and replacements (where

necessary) according to the Carrier's Baggage Liability Limitations. This excludes normal wear and tear and manufacturers' defects. The incident must be reported immediately or within seven calendar days to the office of SAA's Baggage Services, where you'll receive a unique reporting number and a baggage repair or replacement voucher (SA only).

**CLAIMS PROCEDURE:** The next step is to submit a completed claim form to the Passenger Claims office. The finalisation of claims takes up to 21 working days. Please complete the form as thoroughly as possible and attach all required documentation in order to expedite the process.

**ENQUIRIES: Baggage Services**

**Call Centre:** +27 11 978 3733

**Baggage Enquiries:**

[baggageservices@flysaa.com](mailto:baggageservices@flysaa.com)

*If you have any queries or need assistance, please feel free to ask one of our cabin crew members.*



## OUR CABIN GUIDE

In order to make your journey a pleasant one, please note the information on the following pages

**SEATS**

- Time to relax! The backrest of your seat can be adjusted. For extra comfort during the flight, you may wish to lean back. Press the button in the armrest of your seat for the backrest to tilt slightly. **Note that seats in the emergency exit rows do not recline.**
- When seated in Economy Class, for the comfort of the person behind you, kindly ensure that your seat is in the upright position whenever meals or refreshments are served.

is completely flat: if the battery is completely flat, it is advisable to remove it before connecting the laptop to the power supply. This will allow for optimal laptop usage and power supply.

The new A320 aircraft have a USB and laptop-charging point at each seat in Business Class and shared points in Economy Class.

**CHARGING**

**Laptop power is available at every seat in Business Class on board the Airbus A340-600, A340-300 and A330-200.**

The sockets are designed for:

- Two-pin European plugs, as illustrated.
- Two- or three-pin USA plugs.
- Other types of plugs will require an adaptor.
- Power supply is intended for portable electronic devices only. 110-240Vac, 50-60Hz, max 75-100W per seat, subject to aircraft type.
- Laptop use when battery

**DRINKING WATER**

Bottled water is available on request from our cabin crew members.

**IN-FLIGHT SERVICE**

The cabin crew members are always at your service. Should you require attendance, please ring the service bell which is situated either in your armrest or in the passenger service unit above your seat.

**READING LIGHT**

Each seat has an individual reading light which enables you to read at night without disturbing your fellow passengers. You will find the light switch in the armrest of your seat in the service unit above you.

**AIR VENTS**

Certain aircraft in our fleet have individual air vents which can be adjusted to provide you with a stream of fresh air.

**SPRAY**

Health regulations at certain airports require that the aircraft cabin be sprayed. The spray is harmless, but if you think it might affect you, please cover your nose and mouth with a handkerchief.

**MOTHERS AND CHILDREN**

- For the convenience of mothers with babies, diaper boards are available in certain toilets on all our wide-bodied aircraft.
- Toys and games to keep the little ones occupied during international flights are available on request from our cabin crew members.

**ACHES AND PAINS**

Medical supplies for minor ailments are available on



board. Ask a cabin crew member for assistance.

#### FOR YOUR COMFORT

- Blankets and pillows are available.
- A variety of magazines and newspapers is at the disposal of Premium Class passengers on our international flights.
- Please lower your window shutter at night to ensure that you and your fellow passengers do not wake up a few hours later with the sun shining in your eyes.

#### IN-FLIGHT ENTERTAINMENT

Once cruising height has been reached, the cabin crew will switch on the entertainment system. If you are travelling on board the Airbus A340-600 or A430-300e, kindly refer to the Audio-Video on Demand system for the entertainment line-up.

#### DUTY-FREE SALES

Duty-free articles are for sale on international flights. Please consult the *Extraordinaire* catalogue for details.

#### ADMISSION TO FLIGHT DECK

Please note that admission to the flight deck is no longer allowed for security reasons.

#### INTERFERENCE WITH CABIN CREW DUTIES

It is an offence to interfere with the duties of the Cabin Crew members on board.

#### CONSUMPTION OF ALCOHOL

Only alcohol served by a Cabin Crew member can be consumed on board SAA aircraft.

#### USE OF LAVATORIES

Kindly make use of the lavatories in your respective class of travel. Please do not throw foreign objects into the toilets, as this may cause them to become blocked.

#### HEALTHY FLYING TIPS

Please consult the Cabin and Safety Guide pages in this magazine for more information regarding our cabin safety and security procedures. To make your flight more comfortable, we have also included several healthy flying tips at the back of this issue.



## UNRULY/DISRUPTIVE BEHAVIOUR ON BOARD

In terms of International Civil Aviation legislation and regulations, it is an offence for any person to:

- Commit any action that jeopardises or may jeopardise the safety of an aircraft, passenger and/or crew member.
  - Disobey a valid instruction from a crew member (safety officer).
  - Interfere with the normal operation of the aircraft.
  - Assault or wilfully interfere with any member of the aircraft in the performance of his/her duties.
  - Ignore warning signs and/or safety signs within the cabin of the aircraft.
  - Wilfully cause damage to an aircraft which renders it incapable of flight or which is likely to endanger its safety in flight.
  - Communicate any information which he/she knows to be false, thereby endangering the safety of an aircraft in service.
  - Commit any disruptive, disorderly or indecent act, be in a state of intoxication induced by alcohol and/or any other substance, behave in a violent or offensive manner to the annoyance of any other person on the aircraft, or use abusive, indecent or offensive language.
- In terms of South African legislation, it is an offence to smoke on any South African-

registered aircraft. Smoking in the toilet compartments of an aircraft is deemed a safety risk and is lawfully punishable.

Any person committing any of these offences while on board an SAA flight may be arrested at his/her point of arrival and prosecuted in accordance with the applicable Civil Aviation legislation. Such prosecution may result in the imposition of a fine and/or imprisonment.

In the interests of the safety of the travelling public and our employees, it is the policy of SAA to lay the necessary criminal charges against unruly passengers and to aggressively pursue the successful prosecution of such persons.

**PLEASE NOTE:** In terms of International Civil Aviation legislation, the Commander (Captain) of the aircraft is authorised/empowered to take any action deemed necessary, including restraint of any persons or property on board. In terms of this authority, the Commander may request and/or authorise any member of the crew to render assistance in terms of restraint of, or action against such offenders.

In terms of SAA's right of refusal of carriage, SAA reserves the right to refuse boarding to any person who is intoxicated or who, under reasonable grounds, is believed to pose a potential danger to safety and/or good order and discipline on board its aircraft.

The primary function of a crew member is to act as a safety officer on board an aircraft. All SAA crew members are trained and licensed as safety officers in terms of International Civil Aviation regulations.



# OUR SAFETY GUIDE

SAA has your safety at heart. Please read these pages carefully



## SAFETY PAMPHLET

A safety pamphlet is provided at your seat. Please familiarise yourself with its important information and note your nearest emergency exit. On flights exceeding three hours, as well as multi-sector flights, we recommend that you review the content of the safety pamphlet again before each landing.



## SMOKING

As per South African Civil Aviation Authority regulations, smoking on board is prohibited. This includes the smoking of any artificial device or e-cigarettes.



## SEAT BELTS

There are seat belt signs visible throughout the cabin. Whenever the lights are illuminated, fasten your seat belt. For your own safety, we recommend that you keep it fastened throughout the flight. (However, seat belts should always be unfastened during transit stops and refuelling.) When sleeping under a blanket or duvet, keep your seat belt loosely fastened over it so that the cabin crew do not need to wake you in the event of turbulence.

## LIQUIDS, AEROSOLS AND GELS (LAGS)

When travelling on international flights from SA, passengers are restricted from carrying certain LAGS in the aircraft cabin. These rules are aligned to International Civil Aviation Authority standards.

Passengers wishing to carry essential liquids with them on board the aircraft must place them in a re-sealable, clear plastic bag with a maximum capacity of one litre and a total diameter of 80cm. No

item containing liquid may exceed 100ml and it must fit comfortably inside the sealed bag. If these limitations are not adhered to, items will be confiscated by airport security and SAA will not be in a position to recover them for passengers.

When proceeding through airport security checkpoints, the bag holding these items must be separated from any other cabin baggage.

**Items which are exempt from LAG restrictions and which may be carried on board, without being placed in a clear plastic bag, are:**

- Baby formula/milk and baby food in small containers, provided the child is travelling with the person carrying these.
- Essential and other non-prescription medicines not exceeding 100ml per container, including saline solution and products such as eye drops and contact lens solution.

## SLEEPING ON THE FLOOR IS PROHIBITED



For your own safety, sleeping on the floor is prohibited in any circumstances. In the event of an irregular occurrence and/or emergency, passengers sleeping on the floor would not have access to seat belts and oxygen masks.

## PRIOR TO TAKE-OFF AND LANDING



In preparation for take-off or landing, ensure that your tray table, footrest, armrest and personal TV screen are stowed, that your window shutter is open, that your seat is in the upright position and that your seat belt is fastened.

## REMAIN SEATED

After landing, remain seated until the aircraft has come to a complete stop and the Commander has switched off the seat belt signs.







## CARRY-ON BAGGAGE

Storage for your cabin baggage is provided either under the seat in front of you or in the overhead stowage compartment. For your own safety and that of the passengers around you, do not exceed the weight limitations of these compartments and ensure that items placed in them are securely positioned. Be careful when opening the overhead stowage compartments as some luggage may have shifted during the flight.

### BUSINESS CLASS

SAA will accept two pieces of cabin baggage, neither of which may exceed 115cm in dimension and 8kg in weight.

### ECONOMY CLASS

SAA will accept one piece of cabin baggage not exceeding 115cm in dimension and 8kg in weight.

These baggage limitations apply to all passengers travelling in Economy Class, regardless of their Voyager or other status.

## BASSINETS



Should you travel with a baby, book early and be sure to request a bassinet.

The use of the bassinet is restricted by infant size and weight. It can comfortably accommodate an infant of 75cm in length and the baby's weight must not exceed 10kg (on average, this equates to an infant aged nine to 12 months). Bassinets may not be installed or occupied during take-off, landing or turbulence.

## PORTABLE ELECTRONIC DEVICES (PEDs)

The South African Civil Aviation Authority has granted an exemption to allow SAA passengers to use PEDs during flights. The PEDs are divided into four categories: unrestricted, limited, restricted and prohibited.

The table below provides guidance on typical PEDs and when they may be used. All PEDs must be switched off during take-off, climb, approach and landing.

**In addition, the Commander may prohibit the use of any PED, if this is required in the interests of safety.** If at any point during a flight any irregularities or interference are detected in the flight deck, the use of PEDs (including devices with flight mode) must be suspended immediately. In this event, the Commander will make an announcement.

### UNRESTRICTED

The items below may be used at any time:

- Hearing aids (including digital devices).
- Electronic watches.
- Pagers (receivers only).
- Heart pacemakers.
- Devices powered by solar cells.
- Devices powered by micro battery cells.

### LIMITED

The items below may only be used before the aircraft doors are closed and after they have been opened:

- Mobile phones.
- Tablets.
- E-readers.
- Laptops.

### RESTRICTED

The following items may only be used in-flight with the permission of the Commander.

This is normally indicated by the seat belt signs being switched OFF during climb and ON during descent. Should circumstances dictate otherwise, the Commander will inform the Senior Cabin Crew Member:

- Laptops with CD-ROM and DVD drive.
- Palm-held organisers.
- Audio equipment (eg CD-player, iPod, MP3 player).
- Computer consoles (eg Nintendo DS, PSP).
- Devices capable of recording.
- Digital cameras.
- GPS hand-held receivers.
- Video cameras/recorders (including digital equipment).
- Bluetooth devices with flight mode selected.
- Mobile phones with flight mode selected.
- Devices using BlackBerry technology with flight mode selected.
- Laptops, PDAs, tablets and e-readers with built-in wifi, with "wireless off" setting selected.

### PROHIBITED

The items below are prohibited at all times:

- Devices transmitting radio frequency intentionally.
- Walkie-talkies.
- Remote-controlled toys.
- Display units with cathode ray tubes.
- Wireless computer equipment (eg mouse).
- PC printers.
- PC scanners.
- Laser pointers.
- CD writers and mini disk recorders in recording mode.
- Portable stereo sets.
- Pocket radios (AM/FM).
- TV transmitters/receivers.
- Telemetric equipment.
- Wireless LAN.

Cabin Crew members are responsible for enforcing the policy regarding the use of PEDs on board. If the Cabin Crew are unable to confirm that the transmitting function on an intentionally transmitting device has been disabled, then the device should be switched off.

After embarkation and prior to the cabin doors being closed, the Senior Cabin Crew Member will make an announcement advising passengers of the conditions under which flight mode may be used.

Passengers will be required to select flight mode functionality *prior* to switching their cellphones off in preparation for the flight.

**PLEASE NOTE:** Flight mode setting is available on many mobile phones and other PEDs. When engaged, it suspends the device's signal transmitting functions, thereby disabling its capacity to place or receive calls or text messages, while still permitting use of other functions that do not require signal transmission, such as calendars, address books, reading and preparing emails, etc.



# SPECIAL TRAVEL NEEDS

Because your health, comfort and safety are very important to us, SAA offers thoughtful services for travellers who require special assistance/medical needs

## FREQUENT TRAVELLER'S MEDICAL CARD

To make travelling easier for passengers with disabilities, stable medical conditions or special needs, we offer the Frequent Traveller's Medical Card (FREMEC). This card helps you avoid the hassle of obtaining medical clearance for each journey and automatically determines your special requirements. Such cards are usually honoured by certain other airlines. For card renewals, your doctor needs to complete an application on your behalf. Send it to SAA Special Handling on 011 978 2764. For further information, 011 978 1331/5716/3837 or [specialhandling@flysaa.com](mailto:specialhandling@flysaa.com)

## RESERVATION OF REQUIREMENTS

If you have special travel needs, we recommend that you make your travel plans as early as possible, so that we can serve you better. Should you require any medical assistance, please request it when making your reservation (011 978 1111) or at least 48 hours before the departure of your flight. It is important that you provide SAA with detailed information at the time of booking. **Please let us know if you require the following services:**

- A wheelchair.
- Assistance getting in and out of the aircraft seat.
- Service dog amenities. For conditions pertaining to the transportation of such animals: [www.daff.gov.za/](http://www.daff.gov.za/) (South African Department of Agriculture, Forestry and Fisheries); [www.dot.gov/airconsumer](http://www.dot.gov/airconsumer) (United States Department of Transport).
- Transfer from wheelchair to aircraft seat and vice versa.
- Elderly care.
- On-board facilities for the use of medical equipment, eg battery-operated C-PAP machine.
- An adjacent seat for your carer.

### On the day of departure:

It is advisable that you check in early for ground-handling/security purposes:

- **Domestic flights:** Arrive at least 60 minutes before flight departure.
- **International flights:** Arrive at least two to three hours before departure time.

## MEDICAL CLEARANCE

Medical clearance is required to assess your fitness to fly, especially if you need special attention or use any medical equipment on board. A **Medical Information Form** should be completed by you and your doctor if you have a complicated chronic condition, have had a recent illness, injury, surgery or hospitalisation, or require special services such as:

- Oxygen supply (passenger- or airline-provided).
- Stretcher.
- Medical escort or in-flight medical treatment.
- Carriage of medical equipment or instruments.
- All medical information is strictly confidential. Once completed, the form must be faxed to **SAA Special Bookings** 10 days before your proposed flight.



**PLEASE NOTE:** We must be notified immediately of any change in your condition before travelling. Contact SAA Special Bookings on 011 978 2764 or 011 978 1331/6219/3184.

## OTHER CONDITIONS REQUIRING MEDICAL CLEARANCE

- Travellers who may be affected by reduced atmospheric pressure (cabin air pressure changes greatly 15-30 minutes after take-off and before landing, while gas expansion and contraction can cause pain and pressure).
- Travellers who may be affected by reduction in oxygen tension. (The cabin is at a pressure equivalent to an altitude of 6 000-8 000 feet and oxygen partial pressure is approximately 20% less than on the ground.)
- Travellers may require us to provide in-flight supplemental oxygen. (A SAA-supplied oxygen cylinder/concentrator costs US\$150 per flight.) To see the types of oxygen provided and requirements for transporting your own: [www.faa.gov](http://www.faa.gov)
- Travellers who require any medical equipment, eg, a stretcher.



- Travellers who have a communicable disease or infection. Your doctor must state any precautions necessary to prevent transmission and whether the condition poses a direct threat to the health of others.
- Travellers who have been operated on or admitted to hospital within the previous two weeks. Your doctor must state whether your condition has stabilised sufficiently to travel by commercial air transport.
- Travellers suffering from acute or severe symptoms such as difficulty breathing, high fever or severe pain.
- Travellers who might develop symptoms or behaviour that could have an adverse effect on the welfare of other passengers.
- Travellers whose medical condition might be aggravated during or because of the flight.
- Travellers accompanied by a premature infant or an infant with a medical condition.
- Unaccompanied minors who have a medical condition.
- Travellers with a mental condition which renders them unstable.
- All personal medical equipment must be cleared by the airline and should have enough battery power to last the duration of the flight. Only dry-cell batteries are permitted on board for safety reasons.

## AVAILABLE SERVICES

**For travellers with limited mobility, we offer the following assistance:**

- *Wheelchairs at the airport:* We can arrange for wheelchair transport from check-in to the boarding gate, and from the aircraft to the arrivals hall at your destination.
- *Travelling with your own wheelchair:* You are welcome to check in one wheelchair as baggage, free of charge. On flights to and from European Union destinations (London, Frankfurt, Munich), one further mobility device may be carried free of charge (two in total).
- Mobility aids (canes, crutches, walkers, etc) are not included in your free baggage allowance. These items must be small enough to be stowed without obstruction.
- All our aircrafts are equipped with an on-board wheelchair, allowing passengers to be escorted to and from the toilets. We also have seats with movable armrests that facilitate the transfer of a passenger from the on-board wheelchair to the seat and vice versa. For a list of aircraft with movable aisle armrests and toilets accessible to wheelchair-bound passengers: [www.flysaa.com/za/en/flyingSAA/specialneeds/SpecialTravelNeeds.html](http://www.flysaa.com/za/en/flyingSAA/specialneeds/SpecialTravelNeeds.html)

## TRAVELLING WITH MEDICATION

Ensure that you keep your medication in your hand luggage and have a doctor's letter with you outlining your condition, medication and dosage requirements, in case you encounter difficulties while travelling.

- All excess medicines and liquids are to be carried in checked baggage.
- All prescription medicine, syringes and needles used by diabetics must be sealed and properly labelled.
- The quantity of syringes and needles is limited to the amount required for the flight.
- These must be disposed of safely once you have reached your destination.
- For medication requiring refrigeration, ensure you bring a cooler



box with ice packs. This medication must be kept with you throughout the duration of the flight.

- It is good practice to keep a duplicate copy of your prescription with you.

## PREGNANT WOMEN

- Medical clearance is only necessary if you are experiencing complications with your pregnancy.
- Domestic travel is permitted up to 36 weeks for a routine pregnancy.
- International travel is permitted up to 35 weeks for a routine pregnancy.

**All pregnant women beyond 28 weeks' gestation must provide a letter from their obstetrician, general practitioner or midwife stating the following:**

- Term of pregnancy.
- Fitness to travel.
- Whether it is a single, multiple or potentially high-risk pregnancy.
- Any possible complications, including hypertension, history of premature labour, etc.

## COLOSTOMY BAGS

Travellers dependent on colostomy bags must ensure that they arrive fitted with an empty one at the start of the journey. Passengers are responsible for carrying a sufficient number of bags for the duration of the flight and disposing of them in a responsible manner upon arrival at the destination.

## BLIND AND DEAF PASSENGERS

**Braille safety cards:** Braille safety cards may be requested from our cabin crew.

**Captioned safety videos:** Passengers with hearing disabilities can follow safety briefings in our captioned safety videos. Individual safety briefings are offered to anyone on request.

For further information, details of services offered or any queries, contact SAA Special Handling on 011 978 2764 or 011 978 331/5716/3837. [specialhandling@flysaa.com](mailto:specialhandling@flysaa.com)  
[www.flysaa.com](http://www.flysaa.com)

## TRAVELLING WITH CHILDREN UNDER 18

Please refer to the Department of Home Affairs for the latest updates. Visit: [www.dha.gov.za/index.php/civic-services/traveling-with-children](http://www.dha.gov.za/index.php/civic-services/traveling-with-children)





#### Knee lift

Lift your leg with knee bent and contract your thigh muscle. Repeat 20-30 times for each leg.



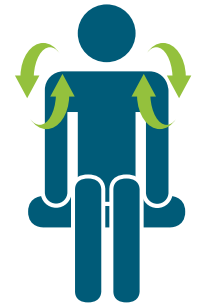
#### Knee to chest

Bend forward slightly, clasp your hands around your left knee and hug it towards your chest. Hold for 15 seconds. Alternate legs and repeat 10 times.



#### Ankle circles

Lift feet and draw circles with your toes, one foot clockwise and the other anti-clockwise at the same time. Rotate in each direction for 15 seconds.



#### Shoulder roll

Hunch your shoulders forward, then upward, backward and downward in a gentle circular motion. Repeat five times.



#### Body stretch

With both your feet on the floor and stomach in, slowly bend forward and stretch your hands down the front of your legs towards your ankles. Hold for 15 seconds and sit back slowly.



#### The foot flex

- With both heels on the floor, point feet upward as high as you can.
- Put both feet flat on the floor.
- Lift your heels high while keeping the balls of your feet on the floor.



#### Neck roll

Relax your shoulders and drop your ear to your shoulder. Gently roll your neck from one shoulder to the other. Hold each position for about five seconds. Repeat five times.

## WHAT HAPPENS TO YOUR BODY WHEN YOU FLY?

- The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to the heart.
- The long inactivity of your body muscles in this position can result in muscle tension, backaches or a feeling of excessive fatigue – during or even after your flight.
- The cramped position inhibits the normal body mechanism from returning fluid to the heart, while gravity can cause fluid to collect in your feet. This results in swollen feet after a long flight.

Boeing recommends that passengers do light exercises (see above) that may assist in increasing blood circulation and massaging the muscles. Also, when stopping between destinations, walk around frequently and remember to stretch!

## IN-FLIGHT FITNESS

A few exercises on a long-haul flight will ensure you disembark with a spring in your step

To further ensure that you have a pleasant experience on our flight, we'd like to draw your attention to certain health tips which are recommended for all passengers and should be followed throughout the duration of the flight. The following tips are at all times subject to any intervening in-flight safety instructions being issued. They're designed to improve blood circulation, alleviate sluggishness and relieve cramped muscles.

1. Exercise your legs and flex your feet at regular intervals while seated to improve blood circulation.

2. Deep-breathing exercises are recommended.
3. Short walks, preferably once every two hours, are excellent for blood circulation.
4. Increase your normal intake of water and/or soft drinks before and throughout the flight; drink alcoholic beverages in moderation.

Any passenger who is aware of and/or affected by a medical condition of any nature whatsoever is responsible for seeking medical advice from their own medical practitioner before embarking on an intended flight, in order to determine whether the medical condition could be worsened by air travel.

## 10 CARDINAL RULES OF COMFORTABLE FLYING

- 1 Pack your medicines (homeopathic and prescribed) in your on-board hold-all so that you're prepared for any emergency. Also refer to *Liquids, Aerosols and Gels*.
- 2 Eat and drink alcohol in

moderation, but have as much water as you like to prevent dehydration.

- 3 Wear loose-fitting, comfortable clothes made of natural fibres.
- 4 Make sure your shoes can handle expanding ankles and swollen feet.

- 5 Get up every two hours while on board, stretch and go to the bathroom to freshen up.
- 6 Do the on-board exercises shown on this page.
- 7 Always set your watch to the time of your

destination so that your body has the duration of the flight to adjust to this new reality.

- 8 Walk as much as you can once you've arrived at your destination – it helps get the circulation going.
- 9 Scrub your body vigorously in the shower or bath to dislodge any unwanted build-up of fluids.
- 10 Take a short nap on arrival that revives you without interfering with your night-time sleep.



# A DOLOS CAN WEIGH UP TO 20 TONNES. WHY NOT TAKE ONE OR TWO HOME WITH YOU?



R2 Crown (Reverse)



2½c Tickey (Reverse)

## The new 2016 Crown and Tickey collectable coin series in sterling-silver.

Our country has a rich heritage in creating new and unique innovations that have changed the world. To celebrate these achievements, the South African Mint has launched a new theme for the R2 Crown and 2½c Tickey coins, entitled *South African Inventions*.

The first invention to be featured is the dolos. First developed in East London in 1963 to dissipate the energy of breaking waves, this engineering feat has become a familiar sight along the world's protected harbours and coastlines.

Beautifully crafted in sterling-silver for a lifetime of appreciation, the reverse of the R2 Crown depicts people on a harbour wall protected by a number of dolosse. The reverse of the 2½c Tickey shows a single dolos with the denomination '2½c'.

The *South African Inventions* collection continues in 2017 with another remarkable invention by a South African, depicted on these two silver coins.

*Coins depicted are not to actual size.*

For product enquiries and direct orders  
for delivery contact +27 (0)12 677 2482/2460  
or e-mail [numismatics@samint.co.za](mailto:numismatics@samint.co.za).

[www.samint.co.za](http://www.samint.co.za)



**SOUTH  
AFRICAN MINT**



# 1934

*Named 1934 in celebration of our heritage  
this vintage inspired engagement ring is a tribute to  
80 years of fine craftsmanship*



**BROWNS**  
THE DIAMOND STORE

