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CONTENTS

Features

Abuja It might lack the size and pace of larger Nigerian cities, but it has a charm all of its own

Arctic Circle Summer in Sweden's tiny, normally ice-bound town of Jukkasjärvi is a near-surreal scene of reindeer on green grass, sled dogs at leisure, wild flowers and constant sunshine

Bush Breaks
Fabulous, budget-friendly
options for enjoying the best of SA's

Mauritius Looking

Malawi With lakesid hideaways, wilderness reserves, verdant tea estates, Malawi With lakeside adventure and romance, this really is the "warm heart of Africa"

> Children washing pans in Lake Malawi at dawn.



CONTENTS

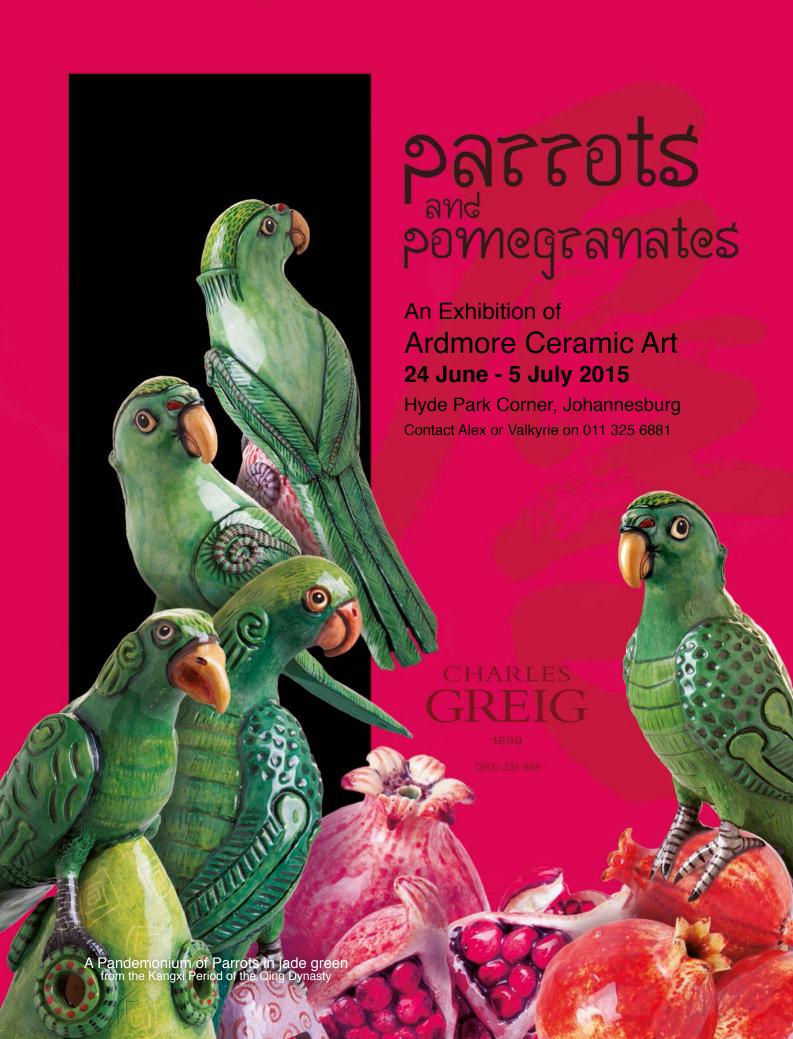


- 14 Chairperson's note
- 16 Publisher's note
- 18 Digital news
- **20** Business trends
- 22 A taste of Savlon Karoo living isn't sophisticated but it's certainly satisfying
- **24** Fast-forward from failure Success starts with believing in yourself
- **26** Traveller Up in the air with Liesl Laurie, Miss SA 2015
- 28 SAA news
- **30** Sustainability The WWF-SA Marine Campaign
- 33 Travel talk Hotels, happenings and holiday options worth noting
- 72 Gallery Photographer
 Peter Chadwick captures
 the lives of seabirds whose
 existence is threatened

- **81** Business How domestic tourism can be revved up to red-hot
- **82** Africa's beer revolution

 More and more countries on
 the continent are making beer
 their drink of choice and
 brewing up big business
- 86 Work on the wild side Tired of the 9-5 grind? Dare to ditch it all and make FunEmployment your vocation
- 90 Property Is crowd-funding a canny investment model – or a house of cards?
- 95 Lifestyle Turn your bathtub into a place for restoring mind, body and spirit
- 96 Leisure This month's best styles, trends, arts and entertainment
- **104** Events Around SA, Africa and the globe
- 110 Alentejo Discovering the bread, wine, delicacies and natural splendours of this Portuguese region
- 114 Wine Join two iconic brands with two creative minds – and the result can only be spectacular
- 118 Health Adult ADHD: A condition with far-reaching implications
- 122 Sport Can golfer extraordinaire Louis "Shrek" Oosthuizen repeat his 2010 feat and win the Open Championship this month?
- 124 Motoring Concorso
 d'Eleganza where iconic cars
 and historical opulence are
 perfectly matched
- 128 Books This month's top reads
- **130** Brain-teasers Puzzles for young and old
- 136 Parting shot Forget growing old with grace – make it a time to rebel







NOTE FROM OUR CHAIRPERSON



he past six months at SAA have been both the longest and the shortest stretch of time in recent history at the company. There have been changes, improvements and countless hours spent in relentless pursuit of excellence and business recovery. The famous cricketer and former Indian captain Sachin Tendulkar once said: "People throw stones at you and you convert them into milestones" – and never has a truer word been spoken. SAA has been in a state of business unusual for several years. This has been the subject of much criticism and, in many instances, quite rightly so.

Looking back at recent achievements, the success of the 90-Day Action Plan remains a strong influence as we forge ahead with implementation of the Long-Term Turnaround Strategy.

However, over the past few months, the board and management of the airline have worked tirelessly to turn challenges around into milestones.

Looking back at recent achievements, the success of the 90-Day Action Plan remains a strong influence as we forge ahead with implementation of the Long-Term Turnaround Strategy. Last month, SAA became one of the country's leaders in the development of black entrepreneurs as we launched our Procurement Summit and commenced direct engagement with hundreds of young black and femaleowned companies. Transformation is about creating opportunity with up- and downstream economic benefit. It's about inclusive economic participation. As South Africans with a passion for our country and our people, and as our business recovers, it remains important to play a role in the development of tomorrow's industrial leaders.

I am always reminded of the words of Malcolm Gladwell in his work Outliers: "We overlook just how large a role we all play – and by 'we', I mean society – in determining who makes it and who doesn't." Towards the end of the month, SAA will also operate its first flight between Accra and Washington DC as we celebrate a decade of flights between Jo'burg and the American capital. The new route follows months of commercial research and is the second new route introduced this year: in March our first flight between Johannesburg and Abu Dhabi took to the skies. Late last year we also added frequencies between South Africa and Mozambique, Zimbabwe and Mauritius, among others. It's been five decades since we started flying to Mauritius and we now offer daily flights (twice on some days) to one of Africa's fastestgrowing economies. This is a key fulfilment of our role as the national carrier: to connect South Africa to the world and in particular, to the opportunities on the African continent.

The next few months will see SAA continuing to focus on its primary objective: righting the business through full implementation of the Long-Term Turnaround Strategy. And, as has become our custom over the past few months, we will communicate frequently and share information with the country.

DUDUZILE MYENI, CHAIRPERSON: SOUTH AFRICAN AIRWAYS

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Note from the publisher

e're thrilled to announce that Sawubona recently won the World Travel Award for Africa's Leading Inflight Magazine 2015 - an accolade which recognises commitment to excellence and is voted for by travel and tourism professionals. It's a great affirmation of our efforts to bring you a top-quality publication, which we've done since we started publishing it in April

2013. The award has inspired us to keep striving for new levels of excellence for you, our valued passengers.

As SA enjoys an unusually late winter, we feature destinations abroad where midsummer magic is at its

> height. Alentejo in Portugal (p110), on the Iberian Peninsula, is one of them, with its magnificent, castellated hinterland, miasma of colours and

sumptuous cuisine. With

WE'RE PREPARING FOR THINGS THAT MAKE **WINTER A JOY, LIKE** THE GRAHAMSTOWN NATIONAL ARTS FESTIVAL.

its world-famous hams and sausages, creamy confections and wines, Portugal offers a piece of paradise to visitors.

Then there's the Arctic Circle (Arctic Summerland, p48), where the tiny Swedish town of Jukkasjärvi - on the banks of the Torne River – revels in the few, brief weeks of sunshine it enjoys every year. The sight of reindeer treading not on habitual ice and snow, but on green grass, dogs freed from their sled-bound yokes and

gardens in full bloom is an almost surreal one in this part of the world.

the comfort of your home by downloading Meanwhile, in our own country, we're again preparing for the things that make winter a joy, like the Grahamstown's National Arts Festival - always a spectacular showcase

> of SA's most exciting musicians, dramatists, dancers, artists and writers, both on the main stages and the fringe festival.

This is also the best time to head for a game lodge or national park, as the short grass affords maximum visibility of the wildlife, while the days aren't uncomfortably hot. See South African Bush Breaks (p54), for great options. Once you've come back to your camp in the evening, step outside for a moment and look up. SA's night sky - particularly as viewed from rural areas, where there are no city lights or pollution - is one of the most achingly beautiful sights you'll ever see.

It's also one of the most reassuring, reminding us that no matter where we go adventuring on the earth, we're being watched over by the same, unchanging great Presence. Enjoy!

Khanyi Dhlomo CEO: Ndalo Media



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FOCUS ON CHILD PROTECTION

With a strong presence in SA, Unicef is a leading advocate for children. Ndalo Media, publisher of *Sawubona*, is proud to be working closely with the organisation to protect vulnerable youngsters

ne of the innovative programmes is the community-based childcare model known as "Isibindi". Implemented by the National Association of Childcare Workers (NACCW), the Isibindi model provides support and care services to children and adolescents by carefully selected, trained and supervised child- and youthcare workers (CYCWs). These individuals work in the child's home space, teaching basic life skills (such as problemsolving, respect for others and HIV/Aids prevention), accompanying children to

schools, clinics or hospitals, helping them obtain important official documents, helping them access social assistance grants, washing and cooking with them and providing psycho-social support.

Isibindi also builds and maintains a network of Safe Parks – areas within communities where children can play safely. These recreational opportunities are crucial for their development and well-being. In addition, youth forums provide a platform for youngsters to identify challenges in their communities and work together to develop

innovative solutions.

- 17 076 children and adolescents are served by 350 trained and qualified Isibindi CYCWs in their homes and safe parks. 28 CYCWs are trained adolescent development facilitators.
- 2 184 households are visited by CYCWs on a monthly basis (two to three visits per month).
- 3 794 referrals have been made to basic social services. 3 land sites for new safe parks have been identified. 12 sites have established food gardens.
- www.unicef.org/southafrica

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PRINTING

Inner pages made of paper awarded the EU Ecolabel reg. no. F1/11/001, supplied by UPM







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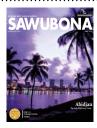
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Dion Chang is the founder of Flux Trends. For more game-changing business trends, www.fluxtrends.com

n March this year, the following post appeared on the Facebook page of actor Ashton Kutcher, who became a father last October: "There are never diaperchanging stations in men's restrooms. The first public men's room I go into that has one gets a shout on my FB page! #BeTheChange."

The ripple effect of Kutcher's post - liked more than 245 000 times - was interesting. It threw

which illustrates the fork in the road at which a new generation of fathers find themselves.

Today's dads come from a post-feminist generation who've abandoned the notion that women carry the sole responsibility for nurturing their babies and have embraced gender equality. They're engaged parents who share the responsibility not only for running a household, but also for all the

waters. In this regard, Sweden leads the way, with a trailblazing concept that will be hard for other countries to follow. In an attempt to encourage both parents to raise their children, an extraordinary programme was launched which allows mothers and fathers to take extra-long leave, so they can care for their newborns.

Sweden grants an astounding 480 calendar days of parental leave. However, there's a catch: dads have to share that leave with the mothers, so 60 of the 480 days are "daddy months". If the daddy days aren't used, the maximum leave period is reduced to 420 days.

While Sweden leads by example, SA breaks new ground. In the same month Kutcher threw the spotlight on father-friendly facilities, a labour court in Durban ruled that it was discriminatory to refuse full, paid maternity leave to a gay man who'd become a parent through surrogacy. The father challenged his employer's

restaurants, airports and other establishments that don't cater for the new breed of dad are finding themselves on the wrong side of a politically incorrect fence.

Hotels,

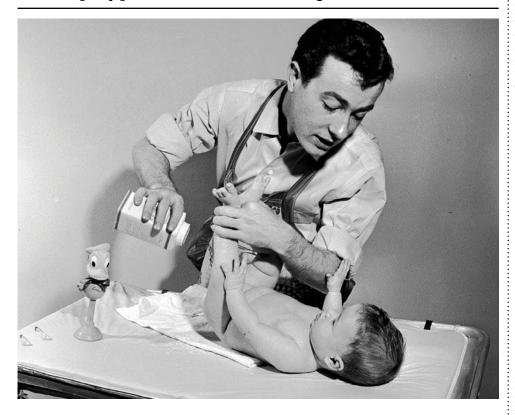
refusal to grant him four months' paid maternity leave on the grounds that he wasn't the child's biological mother.

This means the Basic Conditions of Employment Act will have to be amended to broaden the definition of maternity leave, as the court's ruling would apply to heterosexual men as well.

Social norms are clearly shifting dramatically. As a business-owner, you need to move with the times and it's not only disruptive technologies you need to keep your eye on. Changes in popular culture could just as easily render your business obsolete.

Dads are us

A new generation of fathers is highlighting outdated services and company policies, writes Dion Chang



an outdated, patriarchal attitude under the global spotlight.

Shortly after Kutcher's social media challenge, a cousin of mine - who was visiting from Canada - echoed the same frustration about public restrooms in SA (ironically and awkwardly, we were at a restaurant that only had one unisex toilet, with no baby-changing facilities - point taken). He did, however, concede that recently revamped shopping malls like Sandton City had impressively generous father-friendly facilities,

duties involved in caring for a baby, including changing nappies in public places. Hotels, restaurants, airports and other establishments that don't cater for this new breed of dad are increasingly finding themselves on the wrong side of a politically incorrect fence, thereby putting their businesses at risk by not providing appropriate restroom facilities.

But the issue extends beyond this. Labour law, in particular, is where new boundaries of paternal leave are moving into uncharted





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A taste of Savlon

Words and photograph: Heather Dugmore

Karoo living might not be large on fine dining produce, but it certainly makes up for it with its spirit of incredible beauty

ight years ago I moved from Jo'burg to a farm between Middelburg and Graaff-Reinet in the mountains of the Great Karoo. Out here, the closest neighbours are 15km away. There's no popping out to the deli for Parma ham or Parmesan cheese, or picking up a DVD and a pizza on a lazy Sunday.

Out here there *are* no lazy Sundays. Farm work never stops and anything resembling a take-away is still on the hoof.

Out here, a woman has to plan what to eat – which is why I turned to DStv's *MasterChef* for guidance. In truth there wasn't much else to turn to, unless you're keen on watching *The Horse Whisperer* and *Notting Hill* 500 times. They do a bit of cooking in both, admittedly, but I started resenting Robert Redford's deephooded glances and Julia Robert's spandex smile. So I turned to cooking.

Use a pinch of saffron and two shallots, advised the recipe. I had neither and put them on my shopping list for the monthly sojourn to town.

The time duly came and I asked the supermarket assistant whether

they stocked saffron. "Yes, we have lots of it," she said, leading me down the aisle. She took me directly to a shelf full of Savlon: the disinfectant. I thanked her and moved on to the shallots. "That you'll find there," she said, pointing to the frozen fish. This puzzled me, until it hit me that she'd thought I meant scallops.

Realising my culinary ambitions called for improvisation in the outback, I planted good, oldthey see me through the winter. I also toss the odd one into the veld for the porcupines, because out here on the perimeter, everyone and everything puts in a lot of effort to survive.

Survival defines the Karoo; that's why people journey from all over the world to experience this unvarnished landscape, where all the stars in the heavens have gathered and where you can breathe fresh air and drink water that tastes the way it ought to taste – sweet and pure.

The misinformed say: "The Karoo's a good place to try to find shale gas, because there's nothing there." For an area that produces 50% of SA's red meat and even more of its wool and mohair, that's a whack of nothing.

The misinformed disregard

Out here, farm work never stops and anything resembling a take-away is still on the hoof.

fashioned onions. They grew beautifully in beds prepared with homemade compost and cow dung. But when the time came to pick them, the onions were gone!

"Porcupines," a staff member said, pointing to the tell-tale quills. "Porcupines love an onion," he added.

I've since secured the vegetable garden and learnt to be a MinorChef, flavouring dishes with salt, pepper and onions. I now grow enviable ones that I tie in bunches and hang in the shed. They last so well that

what *is* here, chased by a compulsion to pursue the mirage of their desires. But those who look left of the mirage are bewitched by what the Karoo offers (other than saffron and shallots).

They experience a world where people and animals are still ruled by the elements. A world where the breaking of the dawn each day or the coming of the rain are never taken for granted, but received as a gift. It's a rare space where you can see and feel how full nothing can be – and what life offers behind its ancient veil.



a great person who does things for others, your success allows you to help even more people. Don't let embedded messages from the past play into your subconscious and sabotage your potential.

I've also seen people struggle with the belief that they don't deserve to succeed. Whether in a relationship or landing a dream job, they simply can't allow themselves to be happy or prosperous, so they subconsciously do things that will sabotage their own success.

Think back to events in your past. Has this ever happened to you? Or did you ever blame someone else for something you failed at? Probably it was you who sank your own ship - not your father/teacher/ spouse/the economy.

The fact that you've read this far shows you can relate. I give seminars around the world and have found one universal truth: we all face the same challenges. We each have a deep need to feel accepted, valued and important but the person in the mirror is usually our worst enemy.

The only person who'll prevent you from having the life, job or relationship you deserve is reading this article right now. You justify and rationalise your actions every day.

I know because I struggled myself as an adult. I became resentful, thinking others had robbed me of the success I deserved. I also believed my childhood issues prevented me from achieving all I was capable of.

It was only when I began to focus on how I could serve others with my success that things began to change. Then my belief changed too - and more success followed. It was a

Fast-forward from failure

Think about something you wanted to achieve, but didn't quite make it. Perhaps it was a new career, closing a big deal or even a relationship. Have you ever considered why you failed?



Follow Brian Parsley on @brianparsley or www.brianparslev.com

ll of us have experienced profound failures in our lives. But there's a huge divide between the number of people who are successful and those who are mediocre. Why is that? The reason some people manage to succeed, even after a failure, is based on what they did with the experience.

You can choose to become paralysed by past events. You can choose the safest, most risk-averse path. Or you can take a leap of faith to achieve the success you deserve.

With risks come great rewards. But it's about more than just luck.

If you decide you're open to endless possibilities, you not only have to honestly examine past failures, but must also be willing to put in the work. You know very well that there are things you should be doing, but aren't.

This is where you make a choice. Do you want to continue down the same path of mediocrity, or open yourself up to a plethora of possibilities?

Need some motivation? Here are two ways to launch yourself on the path to success:

1. LISTEN TO ADVICE. You may be saying: "I do listen to advice!" But did you take it - or argue against it because you aren't really open to hearing

anything but your own inner voice?

By Brian Parsley

This isn't to say you should take anyone's and everyone's advice, but being able to really listen to feedback will set you up for success in the long run. The biggest obstacle facing many people is the way they rationalise their reasons for having done the wrong thing. Often, this is because of ego and the fear that admitting failure exposes weakness.

In fact, the opposite is true. Success comes when you're able to look at where you screwed up, listen to feedback and change your actions.

The only person who'll prevent you from having the life, job or relationship you deserve is reading this article right now.

2. BELIEVE YOU DESERVE IT. Growing up, I was told repeatedly: "People with money are bad." I'm sure you've heard it too - "Money and power corrupt." If you're brainwashed into this belief, you believe you shouldn't strive for success. At one point in my life, I truly believed that by achieving my dreams, I'd change for the worse.

The reality is, money and power only enhance who you are. If you're a jerk, you become a bigger jerk. If you're

positive, self-fulfilling prophecy that spiralled out of control!

Are you ready to stop failing and start your path towards personal fulfilment? Think about your ideal outcome and envisage what you'll do once you achieve the things you want. See yourself as the best employee, significant other or sales professional.

Whatever it is, you'll never fail if you believe in the most important person in the world -yourself!



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SANDTON CITY

Up in the air with...

Liesl Laurie

Zaza Motha catches up with the recently-crowned Miss SA 2015 to learn more about her new title and future goals



What does being Miss SA mean to you? It means the world to me. I believe my story will inspire many people across the country and that's a very special part of the title for me. Being able to motivate others makes me excited.

What causes are close to your heart? Youth empowerment, especially young girls in small communities and rural areas. I'm also very passionate about youth being more active and schools bringing back personal and physical education. I started an NPO called The Pearl Project in 2014 which motivates young girls through workshops. I'll be working with Sun International and the City of Johannesburg on growing The Pearl Project to reach a larger group of girls, visiting schools across the country. What are your favourite travel destinations? I really



"I'M VERY PASSIONATE ABOUT YOUTH BEING MORE ACTIVE AND SCHOOLS BRINGING BACK PERSONAL AND PHYSICAL EDUCATION."

of the Valley of the Waves and I love spending family time around the pool. What are your top five travel tips? Always pack sunscreen, no matter where you're off to. If you're travelling by yourself, take a great book to keep you company. Keep an extra set of toiletries in your hand luggage. Dress comfortably. Try to get a window seat, so you can enjoy the view. Do you have a bucket list of destinations? I'd travelled all over SA by the time I was 17, but had never been beyond its borders, so I'm really excited that my title will provide that opportunity. The first place I'd like to visit is Mauritius, which looks like a beautiful holiday destination. A warm,

sandy beach is definitely something that excites me. I'd also love to visit Paris, New York, Zanzibar, Abu Dhabi and Greece. What do you love about travelling? It expands your knowledge of the world and blesses you in enabling you to meet people from different walks of life. It's amazing to hear their stories and I'm always inspired by them.

I also love being exposed to

Clockwise. from above:

A lonely beach in Mauritius. A view of Paris from the Arc de Triomphe. Newly crowned Miss SA Liesl Laurie. Liesl flanked by her two princesses, Ntsiki Mkhize and Refilwe Mthimunye.

different foods and I always come back to Johannesburg with a new recipe. What's your favourite meal and which five people would be your dream dinner guests? I absolutely love sushi. My five guests would be American First Lady Michelle Obama, comedian Trevor Noah, actress Charlize Theron, my grandmother Lorraine and former President Thabo Mbeki.

What legacy do you want to leave? I'd like to be remembered as a Miss SA of the people. I want every South African to see a bit of themselves in

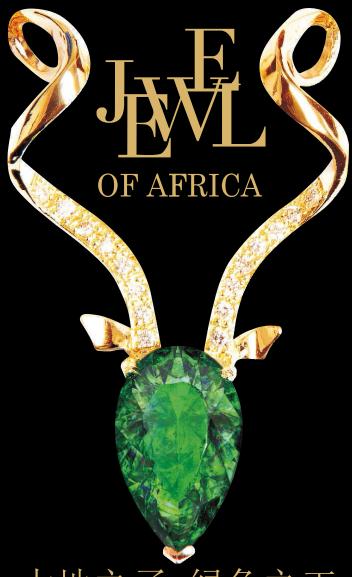


me and know that they can be as great as they want. Being a beacon of hope and inspiration to others is what I strive for. If you believe in yourself and have courage, determination and dedication, you can achieve anything. 🔈

SAA JOINS HANDS WITH MISS SOUTH AFRICA

SAA has partnered with Sun International to be the official airline of Miss SA, due to the brand synergy between the airline and the beauty pageant. As part of the partnership, Miss SA will participate in SAA's activities, particularly those of a corporate social investment nature, where the airline gives back to the communities it serves, as charitable causes largely benefit from Miss SA's patronage. Miss SA will also be travelling exclusively on SAA during her reign, representing the country at local and international events where SAA customers will be able to interact with her.

enjoy Sun City. I'm a big fan



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SAA HAS STRENGTHENED ITS POSITION IN WEST AFRICA with

the introduction of a second West African country linking air travel to North America.

"This is a major development and achievement for SAA as part of our Long-Term Turnaround Strategy, where we've set growth on the African continent as one of our key objectives. With a strong presence in West Africa, in the form of non-stop services between Accra and Washington DC and through our airline partnerships, customers will soon have access to further destinations in West Africa," says Nico Bezuidenhout, Acting CEO of SAA.

"SAA's decision to route some of its North American-bound flights to Ghana is based on sound business principles, as there's a considerable demand for such flights."

"Directly connecting the two countries, now made possible with the granting of traffic rights by the Ghanaian government, will aid existing trade relations and further strengthen Ghana's robust economic outlook and its imminent AGOA status," says Kendy Phohleli, SAA Executive: Africa Hub Projects.

Connecting Ghana to the USA isn't the only outcome of this initiative: SAA's also formed a partnership with a domestic Ghanaian carrier, offering customers more travel options within the West African region.

True to our promise of improving inter-connectivity on the continent, SAA entered into a bilateral code-sharing agreement

STRENGTHEN PRESENCE IN WEST AFRICA with Africa World Airlines, the fastestgrowing airline in Ghana, which operates domestic and regional flights in West Africa. Based

at the Kotoka International Airport in Accra, the airline was recently awarded "Domestic Airline of the Year" in Ghana.

The partnership offers SAA customers from Washington and Johannesburg seamless connectivity via Accra to other destinations in Ghana, such as Kumasi, Takoradi and Tamale, as well as to Lagos, Nigeria.

From Washington, SAA offers convenient connections to and from over 50 markets in the USA and Canada through its airline partners United Airlines, JetBlue Airways and Virgin America.

SAA introduced flights between Johannesburg and Accra, Ghana more than two decades ago and operates daily flights.

As of 2 August 2015, the schedule will be reconfigured as follows:

- Four of the weekly Accra flights (Monday, Wednesday, Friday) and Sunday) will continue onwards to Washington on A340-600s aircraft.
- Three of the weekly Accra flights (Tuesday, Thursday and Saturday) will continue onwards to Abidian, Ivory Coast on A330-200 or A340-300 aircraft.
- Three of the current weekly flights to Washington (Tuesday, Thursday and Saturday) will continue operating from Johannesburg via Dakar, Senegal on A340-300 or A330-200 aircraft.

FLIGHT SCHEDULE EFFECTIVE FROM 2 AUGUST

FLIGHT	DAY OF THE WEEK	DEPART	ARRIVE	DEPART	ARRIVE
SA209	Monday, Wednesday, Friday, Sunday	Johannesburg 17:25	Accra 21:45	Accra 22:45	Washington 06:05 the next day
SA210	Monday, Tuesday, Thursday, Saturday	Washington 17:40	Accra 07:40	Accra 08:40	Johannesburg 16:30
SA052	Saturday	Johannesburg 16:55	Accra 21:15		
SA053	Saturday	Accra 22:30	Johannesburg 06:20 the next day		
SA056	Tuesday, Thursday, Sunday	Johannesburg 12:50	Accra 1710	Accra 18:10	Abidjan 19:10
SA057	Tuesday, Thursday, Sunday	Abidjan 20:10	Accra 21:25	Accra 22:30	Johannesburg 06:20 the next day

^{*} Schedule is subject to Ghana CAA government approval

AIRLINE GETS GREEN LIGHT FROM FUTURE LEADERS

SAA, THE LEADING AIRLINE ON THE AFRICAN CONTINENT, HAS AGAIN BEEN GIVEN THE GREEN LIGHT BY THE YOUTH OF THE COUNTRY, WHO VOTED IT THF "COOIFST" DOMESTIC AIRLINE AT THE 11TH SUNDAY TIMES **GENERATION NEXT SURVEY** AWARDS, WHERE THE HIPPEST AND MOST HAPPENING **BRANDS ARE** ANNOUNCED. SAA SCOOPS A NUMBER OF **ACCOLADES EVERY** YEAR. THIS IS THE NINTH YEAR THAT IT'S BEEN VOTED ONE OF THE COOIEST BRANDS IN SA BY THE COUNTRY'S YOUTH.



SAA AND THE DTI SIGN A MOU ON PROCUREMENT OPPORTUNITIES FOR BLACK INDUSTRIALISTS

SAA has signed a Memorandum of Understanding (MOU) with the Department of Trade & Industry (DTI) in a commitment to develop and support inclusive supplier sourcing and procurement. As the national carrier, SAA

"THERE'S IMMENSE VALUE IN NURTURING ENTREPRENEURS, WHILE SAA WILL CONTINUE TO DERIVE VALUE FROM COMPETITIVE PROCUREMENT."

intends to lead transformation in South African aviation supplier development. The move also comes as the board resolved to accelerate its enterprise development programme and focus on inclusive opportunities for black-, women-, disabled- and youth-owned businesses. Successful implementation of the new three-year SAA Supplier Development Programme will see up to 50% of all consumable supplies sourced from empowered enterprises by the end of 2018.

In partnership with the DTI, the airline will source potential suppliers and provide training and development assistance through regular seminars and engagement sessions around the country. "There's immense value in nurturing entrepreneurs, while SAA will continue to derive

value from competitive procurement," says SAA Chairperson Duduzile Myeni. "We're in the business of empowering entrepreneurs from disadvantaged backgrounds and levelling the playing field to deliver inclusive opportunity."

"This is a historic milestone. As the DTI, we're excited to be engaged in this partnership with SAA. It proves that our efforts as drivers of industrial policy are systematically linking the various divisions of the state towards a common objective and qualitative outcomes of economic

Minister of Trade and Industry, Mr. Mzwandile Masina and SAA Chairperson Ms. Duduzile Myeni sign the Memorandum of Understanding.

transformation," says Deputy Minister of Trade & Industry Mzwandile Masina.





"WHAT'S YOUR #SASSI STORY?"

People the world over are doing great things for our oceans

THE WWF-SA MARINE CAMPAIGN

Our oceans are under ever-increasing pressure from multiple threats, including overfishing, climate change and increasing user conflicts over our marine resources. Faced with news of these growing threats, most people feel overwhelmed and disempowered by the enormity of the problem or their lack of influence on the direction in which things are going.

However, what many people don't realise is, as consumers, they play a pivotal role in the way our oceans are managed and protected. Consumers can use both their voices and their spending power to influence the seafood products which are sold in restaurants,

retailers, hotels and other places.

This is the central theme of WWF Southern Africa's South Africa Sustainable Seafood Initiative (SASSI). Well known for its easy reference traffic-light system, SASSI classifies seafood into either Green (Best Choice), Orange (Think Twice) or Red (Don't Buy), based on the species, how it was caught or farmed and where it comes from. Together, these factors determine the sustainability of the species. We now need to ask our supermarket fishmonger, fish shop attendant or restaurant waiter: "What's your sustainable seafood story?"

SASSI has become a very powerful agent for leveraging change across the full supply chain in the seafood : industry. The new #SASSIstories

THERE ARE MANY **GREAT STORIES OUT** THERE OF PEOPLE **DOING THINGS** DIFFERENTLY FOR THE LOVE OF OUR OCEANS. ALL OF THE INSPIRING NARRATIVES OF THE **#SASSISTORIES ARE BASED ON TRUE ACCOUNTS OF PEOPLE** AND COMPANIES WHO'VE CHOSEN TO MAKE A DIFFERENCE.

campaign aims to build on this momentum by highlighting inspiring stories about seafood sustainability from fishers, retailers, chefs, consumers and others who've driven positive change in an often complex sector. The #SASSIstories campaign chronicles diverse stories, such as that of the South African trawl companies which, together with NGOs and scientists, changed the way they fish in order to reduce their impact on the iconic and threatened albatross. Another great example is a Durban magistrate who sentenced a restaurant that was selling illegally caught fish to attend SASSI training and learn more about sustainable seafood. There are many great stories out there of people doing things differently for the love of our oceans.

All of the inspiring narratives of the #SASSIstories are based on true accounts of people and companies who've chosen to make a difference. Discovering what others are doing not only helps build support for existing activities (including WWF's work with retailers and fisheries), but also inspires people to create their own stories.

See page 117 for the story of a renowned Cape Town chef who decided to take a stand against unsustainable seafood, choosing healthy oceans over his most popular dish... This is his story. What's yours? www.sassistories.co.za







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TRAVEL TALK

Beautiful escapes and experiences for the discerning traveller

Compiled by Ingrid Wood



By Daniel Scheffler

GLOBAL EYE



Iceland

SINGAPORE The world's most futuristic city is getting a new, ultra-luxurious hotel, theatre and shopping complex, thanks to purveyors of style Patina. The hotel, part of Leading Hotels of

The World, is designed by
Jaya International Design
and includes 24-hour checkins, 360° concierge services
(including real suggestions
from real people) and the
finest Peruvian cuisine.
www.patinahotels.com

GRINDAVÍK, ICELAND One of the 25 Wonders of the World is open for stays, visits and – best of all – clinical treatments. Waterfalls,



silica mud masks and hours in the geothermal seawater are all advisable. They'll soon be launching an updated luxury hotel – watch this space. www.bluelagoon.com

LONDON Thinking of having high tea in the English capital? The Milestone Hotel in Kensington offers an afternoon tea fit for royalty. Its famed "sink and stay" armchairs, paired with éclairs, tiny sandwiches and bottles of champagne, make for the ideal British sojourn. www.milestonehotel.com

RIVIERA NAYARIT, MEXICO Surrounded by lush jungle, the Sierra Madre mountain range, seven natural lakes and, of



TORONTO Located downtown, the Shangri La property boasts some of the best views across the city and suites perfect for long afternoons of lazing around – unless you're already in the hamam at the spa. Downstairs the Bosk restaurant thrills, with a wine-paired, Asian-inspired tasting menu. Alternatively, indulge in some fascinating people-watching at the bar. www.shangri-la.com/toronto

NEW YORK South African designer Mikaela Bradbury launched her luxury protective fashion range with silver-plated clothing for 21st-century travel a few years ago. Her latest additions are travel hoodies combined with bamboo for extra softness and protection in flight. www.arjuna.ag

CHICAGO Renaissance Hotels, known for offering the next generation of business travellers unexpected cultural experiences, has just launched its latest multi-platform music programme with the global source of music, Billboard. Jams and more are now available in rooms across the world. Chicago kicked off with the band Capital Cities and the music will now spread across the world. www.renhotels.com



"LOOKING BACK, I'VE ALWAYS MADE THE RIGHT DECISIONS."

GORDON MURRAY

SUPERCAR MCLAREN F1 ENGINEERING LEGEND AND DUT ALUMNUS





Business precinct opens in Lilongwe

The Umodzi Park business precinct has opened in Lilongwe, Malawi's capital. A 20-minute drive from the Lilongwe (Kamuzu) International Airport, it includes the Bingu Wa Mutharika International Convention Centre (BICC) and the five-star President Walmont Hotel overlooking Malawi Square. The development forms part of Malawi's plans to boost the tourism sector and is managed by

Peermont Hotels, Casinos & Resorts, which operates a number of large resorts and convention centres in SA and Botswana. The convention centre boasts over 2 500 parking bays, an auditorium which seats 1500 delegates, private meeting rooms and banqueting venues that can host 200-1 000 guests. The hotel has 130 rooms and suites, as well 14 Presidential Villas for dignitaries and long-term stays.

www.umodzipark.co.mw or www.peermont.com



CHIC COUNTRY ESCAPE

Perched on the top of the Drakensberg escarpment, where the Free State tips down Van Reenen's Pass into KwaZulu-Natal, is the lovely Oaklands Country Manor. One might imagine that a place owned by a genuine aristocrat (Lady Caroline) and known for hosting international polo tournaments, gorgeous weddings and sumptuous family events is intimidating, but there's nothing daunting about this warm, friendly guesthouse nestled in a valley of swaying green and blonde grass with sandstone koppies in the distance.

Enormous harlequin great Danes hog the couches, old varieties of soft, pink and white roses sag in the hedges, horses peer over the white wooden fences, chickens and ducks cluck about the grassy pastures, scarecrows flap in the veggie garden and the smell of home-baked croissants and hearty meals welcomes weary travellers. A small oak forest graces the driveway. Originally planted to supply duiselbooms for ox-wagons trundling between the coast and inland gold and diamond fields in the 1800s, it indicates some of this area's rich history. In fact, one of the mountain bike trails follows the old ox-wagon path down the escarpment, while other walking and horse trails wind through the grasslands and paddocks.

Apart from the beautiful natural environment and sense of history, another of Oaklands' delights is the food. Executive chef Kathy Romer-Lee is a staunch advocate of "field to fork", using fresh, locally produced ingredients. She knows the farmers, knows where all her produce comes from and how it was raised, grown and harvested. She's seen the cheese being made, the flour being stone-ground and the eggs being laid. All of which is evident in the food. Dishes like Dargle Valley pork roast (with crackling) and aged Angus steaks are permanently on the menu, as are decadent molten chocolate pots and apple tarte tartin, all making Oaklands the ideal stop-over for those seeking good cuisine and a wonderful break. www.oaklands.co.za.

- Sue Derwent

5 MINUTES WITH..

CAMILLA CHIAM, HEAD OF GROUP CORPORATE COMMUNICATIONS: PONTIAC LAND GROUP AND PATINA HOTELS & RESORTS. BASED IN SINGAPORE, SHE NAVIGATES THE GLOBE IN SEARCH OF BEAUTIFUL THINGS

FAVOURITE TRAVEL BOOK

Because I've been spending a lot of time in Manhattan recently, Here is New York by EB White (Little Bookroom) is my current inspiration for navigating this city.

WILDEST ADVENTURE

Swimming in a private pool filled with mineral water in Belgrade, Serbia.

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CURRENT OBSESSION

Discovering art, architects and interior designers of iconic buildings wherever I am.

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for 48 hours... This is our window on the world of the star experience



The hotel would have to be the One&Only in Cape Town. Not only are the views sublime on a good day - with canals and kayaks below and majestic Table Mountain to the front - but the service is nothing short of exceptional, whether you're a schleb or not. Think chauffeured airport transfers (www.jarattours. co.za), luggage discreetly whisked away, cool facecloths and a refreshing drink on arrival, as well as staff who are obviously used to catering for



guests' every whim.

The rooms are large enough to hold a fashion shoot in and the spa is the only one in the country to offer a Bastien Gonzalez Pedi:Mani:Cure. Email: Reservations@ oneandonlycapetown.com

SPLURGING

While we don't see many rock stars actually dragging themselves out of slumber to scale Table Mountain on foot, this is a pretty good adrenaline rush and great for selfies. Or ditch the hiking boots for leather loafers and climb aboard a NAC chopper for the Scenic Hopper Helicopter Flight (12-15 minutes, from R850 pp), which will give you a bird's-eye view of the Mother City, departing from the V&A Waterfront. www. nachelicopterscapetown.com

BEAUTIFYING

You need to travel with stylish skincare that will see you step off the flight with glowing skin. Our pick would be La Mer, which has a solution for each leg of the

journey for you and him: prime pre-flight with The Treatment Lotion, that drives moisture deep into the skin. Refresh with The Mist throughout the flight. A light application of The Eye Balm Intense will help soothe and reduce puffiness. Before you have your nap, hydrate with super-nourishing Crème de la Mer.

www.lamer.com

DINING

Dining at the One&Only is a pampering experience, from tea and scones or a rose mojito cocktail in the Vista bar and lounge to gourmet goodies in your

suite, fabulous fine dining and the most sumptuous breakfast spread imaginable.

New to the fine dining calendar in Reuben's, operated by much-loved chef Reuben

> Riffel, is a monthly four-course tasting dinner event. Titled "Reuben Invites", the series of dinners is a culinary collaboration between him, a guest chef and a wine estate or craft brewery. This creates an all-encompassing dining experience and a chance to meet these culinary masters. Tickets

> > Nobu also offers a four-course Wine &

are R395 each.



LA MER



Dine series priced at R495 pp. Numbers are strictly limited.

Breakfast is certainly worth getting out of bed for. Enjoy a full buffet of healthy fresh juices, green smoothies, yoghurts, fruit and homemade muesli. For a more traditional start to the day, there's the ultimate South African cooked brekkie: boerewors and pork sausages,

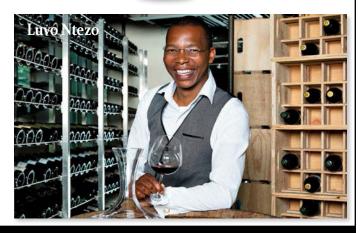


WINING

Take advantage of the One&Only's resident sommelier, Luvo Ntezo, who's as entertaining as he's knowledgeable about wine - or simply enjoy the wine of the moment. Worthy palatepleasers are Swartland's Mullineux White 2012, a delicious bush vine Chenin Blanc, Kleine Zalze Vineyard Selection Chenin Blanc 2014 the perfect fruity chenin KLEINE ZALZE

and De Trafford Blueprint Shiraz 2008, close to the top of my Shiraz list.

- Rozanne Stevens & Ingrid Wood





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A short drive from King Shaka International Airport and in the heart of Umhlanga, one road up from the beach, is Teremok Marine. Meaning "little hideaway" in Russian, Teremok was a home that's been beautifully converted into a boutique guesthouse.

All eight suites are individually furnished with their own decor, CD collection and toiletries (try booking Ocean View, which has a terrace and beautiful sea views). In addition to good service and the usual business amenities, luxury comes through in the rooms with an oversized bed, crisp linen, a huge bathtub and extras like a free evening shuttle to local restaurants. Tasty touches abound: think freshly baked biscotti and muffins, justmade muesli, smoothies blended on the spot, strawberry- and lemonflavoured water served during our meetings and chef Khaye's heavenly baked fruit tart with a dollop of plain yoghurt (request this, as he only bakes it twice a week).

The beach promenade is only a few metres away, offering an idyllic early-morning walk, or – if you prefer - get your exercise fix at the private gym. A visit to the spa allowed me to try the 90-minute Juliette Armand anti-ageing facial, which gave my skin an immediate hydration and radiance boost. There's also a boutique that stocks the bespoke Trilogy clothing and

Whether you're in the area for business or pleasure, this spot ticks all the boxes. www.teremok.co.za

accessories range.

- Leigh Rein



HOTEL INSIGHT

The reason hotels are struggling is that they don't own their own properties, says MD of The Capital Hotel Group, Marc Wachsberger

achsberger is proving that the owneroperator ideology is the way to succeed as a small hotel entrepreneur. The Capital Group owns all its buildings and lets them out, with various options for business travellers. The hotels have the highest occupancy in Sandton, averaging 83% month on month.

The group recently acquired the Capital Mirage, a mixed-use retail, residential and hotel development at De Waterkant in Cape Town. It has 67 hotel rooms and apartments, a sky bar, a pool on the roof, restaurants and a spa. It's scheduled to open in October.

Hotels are overpriced and unaffordable, says Wachsberger. The industry isn't making great profits, with complaints of small margins and an increasing need to cutback. "Try to justify why an apartment costs R12 000 pm to rent, yet a similar standard hotel room costs R2 000 a night," he says. He adds that even with high

prices, "we're operating in a broken hotel sector that can't sustain outrageous prices caused by large groups which display a complete misalignment of interests".

The Capital Hotel Group started with two small leased properties in 2008 and now has six properties across Sandton (The Empire, Moloko, 20 West, Villa, Hydro and Esprit). Five properties are still under construction: the Capital on Bath in Rosebank and The Capital Mirage in Cape Town, Pretoria, Sandton (Mushroom Park) and Hyde Park. www.thecapital.

co.za - Zaza Motha



PUERTO PLATA DOMINICAN REPUBLIC

The Gansevoort continues to expand with its latest hotel and spa. The penthouse at the hotel, complete with rooftop Jacuzzi, offers views across the ocean and, of course, late-night champagne service for a really good time. www.gansevoorthotelgroup.com





This is my art museum. What's your? #NotATowrist



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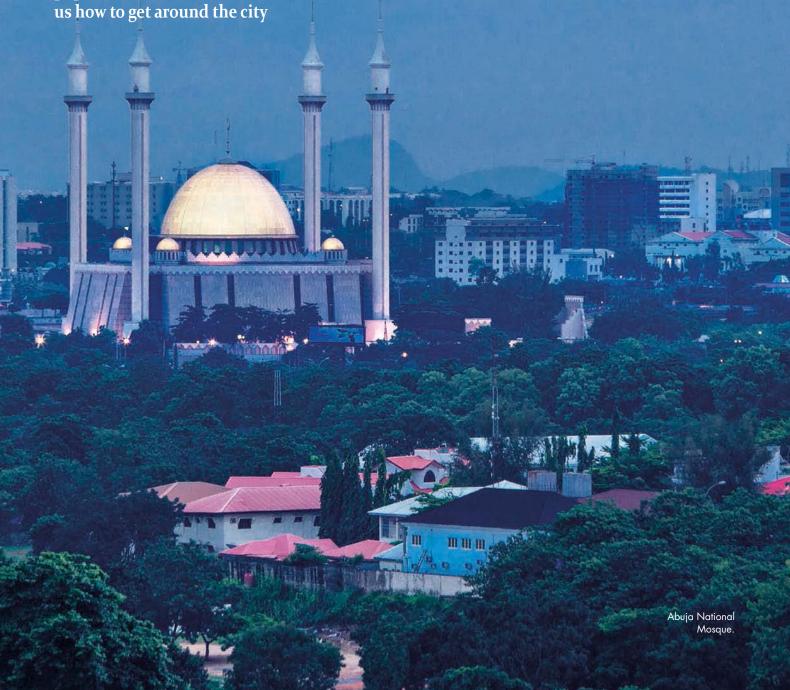


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Abuja – a Tranquil City

Nigeria's federal capital, Abuja, offers a new perspective on Africa's most populous nation. Funke Osae-Brown tells us how to get around the city





ravelling to Abuja from any part of the world could be an interesting adventure. The Federal Capital Territory is the Nigerian seat of government and its serene and beautiful landscape is usually what attracts the first-time visitor.

Built in the 1980s, Abuja didn't become Nigeria's capital until December 1991. Until recently, it was largely perceived as a city primarily for government employees and business people, who usually left it empty on weekends as they travelled to other big cities like Lagos, Port Harcourt or Kaduna to see their families. What most people like about Abuja is its tranquillity and roads which are normally – and blissfully! – free of traffic.

WHERE TO STAY

There are many hotels in Abuja, notably the famous **Transcorp Hilton**, located in the heart of the city. It offers easy access to the commercial district, as well as tourist attractions and is just 40 minutes away from the airport. Set amid well-manicured gardens, the Transcorp Hilton offers many leisure facilities to enjoy.

You can choose from its array of stylish rooms and suites. The rooms each offer a city view, wifi, TV and a marbled bathroom, among other amenities.



Above: The Transcorp Hilton. Below: Chez Victor offers French and African cuisine. Opposite: Bathing in the Niger River.

1 Aguiyi Ironsi St, Maitama. Tel: +234 708 060 3000. Email: Hilton.abuja@hilton.com Website: http://www3.hilton.com

If the Transcorp Hilton is fully booked (which is usually the case during peak periods), you can find a good alternative in **Tranquil Mews**, a new hotel in an exclusive side of the Utako District, five minutes from the city centre (including Wuse II) and the central business district. It's an ideal choice for families with babies, as cots are available in many of the rooms.

 Plot 1079, off Ngozi Okonjo Iweala Way, Berger Yard, off Good Tidings Church, Utako. Tel: +234 812 709 5901.

Website: www.tranquilmews.com
Another pleasant option is the

Summerset Continental Asokoro
Hotel. Asokoro is a major districts
on the east side of the city. If you're a
nature-lover, you'll enjoy the hotel's
peaceful, leafy surroundings.

- 104 Kwame Nkrumah Crescent, off Thomas Sankara St.
 Tel: +234 9 220 8504, info@ summersetcontinentalhotels.com, www.summersetcontinental hotels.com
- Hotel rates in Abuja start at N25 000 pp per night.

EATING OUT

There are many upscale restaurants in Abuja. One is the famous Chez Victor, where you can enjoy the very best French and African cuisine. Here you can taste the natural ingredients used to prepare the dishes, all served with immaculate presentation. There are also good treats for vegetarians. For a little over N₃ 000, you can have a really decent meal here.

• 7 Ganges St, Maitama. Tel: +234 815 519 0829, www.chezvictor.me

However, if you prefer oriental cuisine, you may want to check out **Sawadee Oriental Cuisine**, a Thai restaurant. This is the perfect spot to enjoy mouthwatering, contemporary Thai food in a great setting.

• 43 Kumasi Crescent, Wuse II. Tel: 0705 569 2832.



72 Aminu Kano Crescent, Wuse II. Tel: +234 702 785 0932.

REST & RELAXATION

If you're in the mood for pampering, visit the Sueno Wellness Centre. It's a perfect blend of spa and restaurant. The spa side offers an array of a treatments, from hot stone and shiatu massages to facials and treatments for children.

 3 Agadez St, off Aminu Kano, Wuse II. Tel: 09 291 0093 or +234 803 614 1866.

Likewise, the **Chatoyer Beauty Lounge** offers full-service beauty treatments. It's easily accessible and comprises seven different sections, including a hair studio which doubles as a crèche for your little ones while you're having your hair done.

 7b Konoko Crescent, off Adetokunbo Ademola Crescent, Wuse II. Tel: +234 817 264 1549 or +234 805 076 4299.

ARTS AND CULTURE

For a feel of Nigerian arts and culture, head to the Bwari **Pottery Centre.** The attractions for visitors are its striking design of



palm-thatched roofs and arrowheadshaped windows, plus a studio laid out like a gallery. Besides watching the potters at work, you can view and buy their finished products, which include items like pitchers, vases, casserole dishes, teapots and decorative lanterns. The centre is situated close to the Nigeria Law School on Old Suleja Rd, Bwari.

• bwaripottery2006@yahoo.co.uk, www.studiopottery.com

RECREATION

Golf enthusiasts can have a good time at the IBB International Golf & Country Club. The nearby Silverbird Galleria offers entertainment for the whole family. You can also explore the impressive

natural rock formations of Aso and **Zuma** on the outskirts of the city, stroll through Millennium Park, with its scenic gardens and wildlife, or visit the breathtaking Gurara Waterfalls outside Abuja.

Tel: +234 (0)9 780 9488 or +234 (0)813 892 7366. Email: info@ibbgolfclub.org.ng Website: www.ibbgolfclub.org.ng

The Usman Dam, 25km from the city on the route to Kaduna, 6km up the Bwari road, supplies the Federal Capital Territory of Nigeria with both electricity and water and is an unforgettable sight.

Whatever you choose to do in Abuja, explore the city and enjoy all it has to offer. 🔈



George Bolatiwa, Managing Director of Lambog Consults Ltd, talks about returning home to Abuja after having lived and worked in the USA



What do you enjoy most and least about living in Abuja? I love the ease of moving around and the power play. I dislike the untrained drivers on the roads. What's your favourite

restaurant in the city? Salamander. And your favourite club or coffee bar? House 43, on Gana St. It's quaint and serves great coffee. How long did it take you to settle back in the city after

returning to Nigeria? I'm still trying to settle in after three years! How easy is it for you to connect to Abuja when returning from abroad? The easiest way is to go through Lagos Airport.



SWEDEN'S ARCTIC CIRCLE IS A PLACE OF R OMADIC SAMI C UCH OF T H, RIVERS AND WILD FI GIVING VIBRANC DESOLATE LAND

Words and photographs: Keri Harvey (www.keri-harvey.com, @cairocape) Additional photography: Haley Abrahams

A rhythmic "tonk, tonk, tonk" breaks the silence on the banks of the Torne River. It's so quiet here that any sound reverberates and seems intrusive. We trace the "tonking" to an intrepid boat-builder meticulously repairing the wooden struts on a traditional nuut. He's so focused that he hardly looks up as we ask about the piles of net and rope bundled in the boat. Instead, he explains the timeless beauty of these Arctic river vessels used for fishing, how robust they are and their superb design. We listen intently as his passion speaks.

To get here – 200km into Sweden's Arctic Circle – we took a 17-hour train trip from Stockholm, straight up the length of the country. This vast Arctic wilderness has only tiny, remote villages punctuating its sweeping landscape, and we're in one of them: Jukkasjärvi, with a population of 600 people and 900 dogs. This is because during winter, dog sleds are the only transport when the landscape's frozen and dusted fairytale-white with snow and ice. But in the summer months, from June to August, the huskies are on holiday too, though their wolverine howls can sometimes be heard bouncing across the surface of the Torne. This wild river travels all the way from Norway, through Sweden to Finland, bringing with it salmon and trillions of litres of pure, clean water. Here the river's easily a mile wide, rushing cool and clear.



sweden

"Right now you're watching the next ICEHOTEL," smiles David Lind, who works at the iconic establishment. This is the water that becomes the clear ice from which the ICEHOTEL is built every year. The Torne provides its building blocks, which are harvested from the frozen river each March. At 1m thick, a single ice block weighs two tons. Annual construction starts in late November and it takes about 100 construction workers and artists to complete the 65-room hotel. Everything's made of ice. Just imagine - walls, floor, beds, furniture, artwork and even the glasses you drink from at the bar are solid ice. In summer, of



To SLEEP, homes have block-out curtains and blinds, but the locals are familiar with turning in WHILE THE SUN STILL SHINES.

course, the hotel's melted back into the Torne and wooden cabins provide guest accommodation.

Jukkasjärvi means "meeting place at the lake" in the Sami language. In days gone by, these nomads used to gather here to trade, buy coffee and show off a little. Their wealth has always been reindeer. Still today, nearly half of Sweden is reindeer territory and there are 4 500 reindeer-owners in the country, with 230 000 animals between them. To the nomadic Sami herders, reindeer are life and they move their herds as the seasons change.

All of Sweden's reindeer are owned by someone; there are no longer wild herds. They're simply too precious for that. It's no surprise, then, that a Sami herder's most important tool is the lasso. He needs to keep his herd together because every part of every one of these animals is needed and used. Reindeer pull the heavy Sami sleds through snow; their fur is the warmest possible, with hollow hair that traps heat, so reindeer skins make the finest Arctic-proof clothing, boots and blankets imaginable. Sinews are used for stitching and making

tough twine, while the meat is both delicious and nutritious. The animals are the full package for sustaining the Sami lifestyle.

Reindeer are small, but surprisingly tough and well adapted for this harsh Arctic environment, where the temperature can drop to -50°C in winter. They feed on over 250 different plant species and when times are really lean, they dig beneath the snow for lichen. Their hooves splay

The Sami Café. to walk easily on snow. During summer the reindeer fatten themselves up for the cold, dark months ahead. "Go and walk among them," says Therese Iversen from the Sami Siida Café in the village. "Take some

Clockwise, from above: Reindeer

- the staple

of Sami life.

Sami shoes

have pointed

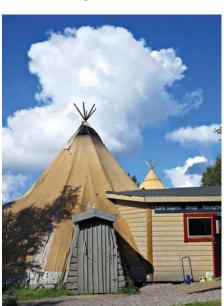
toes to deflect

pellets with you and you'll feel like a pied piper for reindeer." Quickly the reindeer gather around us, sniffing easy pickings of food. As they walk, they click their heels. At first it's hard to figure out the source, but it's definitely their heels. Their antlers are soft, velvety and quite ungainly. We didn't realise that their antlers moult,

nor that reindeer can be coloured white and are very tame.

"The clicking is reindeer communication and comes from a tendon in the hoof," explains Iversen. "It's so that they can find each other in blizzards and darkness, because there are long months like that here. But today you'd never believe that." It feels like late spring in Johannesburg: bright, warm and drenched in sunshine, with the temperature in the mid-20s. This, then, is the height of the Arctic summer and a "heat wave" at the same time. "The Torne rose to 20°C," she adds, "and salmon started dying of heat. They don't know these hot temperatures."

Iversen herself is basking in the sunshine, sitting outside and carefully stitching an intricate soft leather and silver thread bracelet. She's not a Sami, but she's from Jukkasjärvi and wants to keep their unique





















GETTING TO JUKKASJÄRVI

It takes 17 hours to reach Jukkasjärvi by overnight train from Stockholm to Kiruna. Alternatively, there's a two-hour flight on Norwegian Air Shuttle over the 1 250km, followed by a 7km taxi-ride to the village.

SLEEPING AND DINING

At ICEHOTEL or the summer log cabins - email: info@icehotel.com or visit: www.icehotel.com Reindeer Lodge - email: info@nutti.se or visit: www.nutti.se

PLAYING

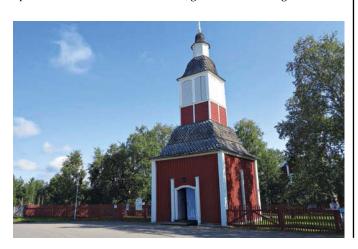
Through ICEHOTEL you can organise river-surfing, fishing, rafting, zip-lining or cross-country cycling. You can also learn bush craft or ice-sculpting. Visit Jukkasjärvi church, the Sami Museum and the Sami Café to see traditional crafts, enjoy a meal and spot grazing reindeer.

culture alive. "This is a traditional Sami adornment," she says of the bracelet. It will be fastened using a button of reindeer bone. Just about everyone in Jukkasjärvi wears one, and now we do too.

Peckish for lunch, we step into the conical Lavvu tent, where traditional Sami slow food is prepared and served by Iversen. She's a multi-talented woman and suggests we try the suovas, which is smoked reindeer meat on flat bread, topped with sour lingenberry jam and *qurpi*, the Sami rendition of a reindeer hamburger. Dessert is *lattegat* – tart yellow cloud berries that only grow in the Arctic Circle, with cheese. A Sami lunch is definitely not a sandwich. The meal's prepared over a central open fire, meat sizzling in an iron pan, the smoke spiralling out the open-funnelled tent top. It's somehow all familiar and unfamiliar, the quiet of the wilderness, cooking over an open fire, dining in a tent - but it's the Arctic version of our African experiences.

The red wooden Jukkasjärvi church next door is postcard-pretty and the oldest preserved wooden church in Swedish Lapland. It's shaded by pine trees, while inside worn wooden pews and a mural above the altar tell of real life in the Arctic Circle. The sense of simplicity here is palpable. Life follows the rhythm of the seasons, wealth is in reindeer and enjoyment is in the fellowship of friends and family.

You can walk everywhere in Jukkasjärvi: it's tiny. The butter-yellow and dull red homes with triple-glazing on windows and doors for torrid winters; verandahs festooned with hanging candles for light on dark days; ladders lying on pitched roofs to clear snow. Other roofs are covered in green growing grass. But today, doors and windows are wide open to let in the warmth of summer, gardens are bursting with colour





and a riotous rainbow of wild flowers crowd in between homes. It's completely unexpected, something like an Arctic Namagualand.

Just as the Arctic Circle's in constant darkness for a month or two in winter, it has constant sunshine in midsummer. So if you

Clockwise, from top left: A man repairing a nuut. Summer flowers. The Jukkasjärvi church.

only go to bed after dark, the Arctic midnight sun will have you ragged in no time. For a month or so the sun will caress the horizon and then immediately rise again, as if teasing you that there'll be darkness. To sleep, homes have block-out curtains and blinds, but the locals are familiar with turning in while the sun still shines; to us it felt rather strange, until exhaustion overcame us.

En route back to our summer log cabin on the banks of the Torne, we stop at the tiny supermarket to buy fika for the afternoon. It's a Swedish tradition to nurture blood sugar levels at 4pm. Even in the capital of Stockholm, work halts for fika time with cake and coffee, and then promptly resumes with renewed energy and interest.

Fika in hand, we head along the river bank. The boat-fixer's still at work, still "tonking" and still completely focused. Momentarily he looks up, sees us and waves us closer. "Just look," he says in a serious tone, showing us a new strut he's fitted. "Isn't it beautiful?" We agree and hand him a chocolate marzipan treat. He flashes us a warm smile and beckons us to follow him. "Come," he says. "Let's take a break and have some fika. I need some sugar energy." 💺

· Keri Harvey first cruised the Baltic Sea aboard Windstar before heading into the Arctic Circle. For more information on cruises in Scandinavia and beyond, visit: www.cruises.co.za or tel: 011 327 0327.





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SOUTH AFRICAN BUSH BREAKS

Whether it's for a weekend or a few days with family and friends, *Sawubona* goes in search of elegantlystyled safaris in the middle-range market

KWA MARITANE BUSH LODGE

"How do we get from Jo'burg to Kwa Maritane?" I ask my best friend as she gets into the passenger seat. "Just head towards Sun City," she says, slipping on her sunnies, clearly settling into fun mode.

The three-hour drive to Pilanesberg National Park is tranquil – until we miss the turn-off to four-star Kwa Maritane Bush Lodge, which adds an extra 30 minutes to our journey, as well as a barrel of laughs. However, I'm soon to learn that in Kwa Maritane ("Place of the Rock" in Setswana), set in the slopes of a volcano, you let go of the mundane and have fun. Settling into one of the 90 luxurious rooms, complete with private patio (which we only use for sleeping), we head off for our afternoon game drive with our



game ranger, Francois. Tall and sturdy, shaded by a field hat, his humour and knowledge keep us entertained as he speaks of the wildlife we see like long-lost family members. Even the smaller creatures are referred to affectionately until someone mentions

snakes and I shiver with misery. This gets Francois' attention. That night in the boma, as all the guests enjoy a braai and traditional song and dance, he suggests we join in the snake show the next morning

However, the next day I prefer to spend my time rock-climbing – a big drawcard for the kids, but no easy feat. When Francois brings out a puff adder, I'm sitting far away, but I moved closer when a boa constrictor is carefully laid out. Francois urges me to touch the reptile. Soon I'm holding it, with its head resting gently on my hand.

The wildlife and friendly staff are the best features of Kwa Maritane, but make time to enjoy the sunken hide overlooking the private water hole – the only one in the country. We literally run through the 180m underground tunnel to reach the hide in time to spot a herd of elephants.

While Pilanesberg is malaria-free, it's a very warm area, so sunscreen is advisable – especially if you're using the various pools.

In our room, the bottle of wine and large platter of delicious eats with which we were welcomed upon arrival remains untouched.

The Place of the Rock just has so much to explore. – *Jabulile Ngwenya*

ESSENTIAL INFORMATION Kwa Maritane also has 54 time-share accommodation options and impressive conferencing facilities. Activities include game drives, game walks, a wildlife centre, nature walks, star-gazing evenings and spa treatments. Kids can join the Legacy's Junior

Rangers for a range of activities.

Rates: From R4 920 (double room), including dinner, bed and breakfast. www.legacyhotels.com





bush breaks

were summoned back because a cheetah had killed an impala between two rooms. A Ferrari Safari got us back in time to see the cheetah still licking its lips. Once it

got its breath back, it dragged the carcass into the bushes. It was an incredible sight, although the kitchen staff looked a little rattled.

On another evening, there was no electricity because an elephant had cut through a water pipe to have a drink and leaking water shorted the power supply. The make-a-plan team had it fixed by morning, although



NTHAMBO TREE CAMP

You might go on safari to see the animals, but when you get to nThambo Tree Camp, you realise that people are a crucial part of the attraction too. Tracker Isaack Nkuna and guides Matt Roberts and Luan Oosthuizen make every game drive an adventure by telling wonderful stories, rather than relating facts and figures.

They're equally brilliant at finding game, delivering in quick succession a leopard shinning up a tree, a trio of fully-maned lions and an elephant so close that it's tempting to stroke it. After the morning drive, you can join a bush walk to discover the smaller side of nature.

The accommodation is great

fun, with five wood-andcanvas lodges perched on stilts. It's so old-style elegant that you expect Dr Livingstone to be sitting at your writing desk or on your balcony overlooking the bush.

The main lodge is full of comfortable seating areas, including a tiny pool with sun loungers.

Animals love the camp too and we'd just set off on a drive when we

paraffin lamps in my stilt room added a fairytale touch.

The food is hearty and the meals communal, with dishes like vegetarian spring rolls, chicken schnitzel and baked apple and custard. After supper, the socialising continues around a fire under the stars.

nThambo is in Klaserie Game Reserve, enjoying unfenced borders with the Kruger National Park. Rates are R2 650 pp per night, with no single-room supplement for going solo. – Lesley Stones

- www.sundestinations.co.za/ camps/nthambo-tree-camp.html
- Reservations: 021 421 8433 or 021 418 0536; reservations@ sundestinations.co.za

GETTING THERE The daily Ashtons Tours Kruger Shuttle offers collection from OR Tambo's Bus Terminal Building and delivery to seven different locations in the greater Hoedspruit area at or near the main gates of all the major reserves, where clients can be picked up by the game lodges. Private transfers are also offered between Johannesburg and each individual game lodge in the greater Hoedspruit and Phalaborwa areas. Ashtons has been a South African tour operator since 1993 and is a Bonded National Member of SATSA.

• 021 683 0234; reservations@ashtonstours.com; www.ashtonstours.com



The Pilanesberg National Park has cemented itself as an affordable Big Five experience. It's also malaria-free and an easy drive for those in Gauteng (three hours from Jo'burg), so a weekend bush escape is possible.

Black Rhino Lodge is just one of the many camps in the Pilanesberg and lies in a tamboti forest in the western part of the park - the private Black Rhino Reserve.

Marketed as semi-luxury (four-star accommodation), rates start at R1 580 per adult in low season, with kids aged six to 11 paying

six accommodated free of charge. Rates include breakfast, lunch and dinner, plus two game drives a day.

As Black Rhino Reserve is a private concession of Pilanesberg, no day visitors are allowed. This means the start of your game drives explore the quiet area before heading into the rest of the Pilanesberg, which gives it an exclusive element. We saw good game, despite the rain that set in while we were there. And when we were restricted to camp, there was enough to keep us and

the kids entertained - there's a shared entertainment area with books and games, a covered patio, a warm plunge pool, and a bar and restaurant which open onto a viewing deck, from which game coming down to drink are a common sight.

The high-ceilinged suites are airy, spacious and comfortable, with a king-size bed (and pull-out beds for the kids). The en-

suite has a bath and both an indoor and outdoor shower, as well as a private patio for reading or bird-viewing.

The meals didn't have the luxurious flair for which many of the luxe lodges are known, so don't expect fancy cuisine, but the fare - if simple - was hearty.

The great thing about the Pilanesberg is that besides good prices, there are regular specials across the properties, so you can pick up a good bargain at short notice if you join its mailing list.

- Ingrid Wood

 www.pilanesbergnationalpark.org/accommodation/ black-rhino-game-lodge

EZULWINI BILLY'S LODGE

Gregarious Lauren Saad has a very clear ambition: she wants Ezulwini Billy's Lodge to provide the same quality and service as SA's most exclusive lodges, but at half the price.

She's well on the way to achieving it, except that Ezulwini has young and friendly staff, no snooty atmosphere and communal dining that creates instant camaraderie between guests.

Saad was one of the first women in the country to qualify as a ranger and built up the lodge piece by piece until a fire in 2010 destroyed much of it, allowing her to create it anew.

One impressive feature is a wooden skywalk to a large and lovely lounge in the tree tops, where you can relax in peaceful solitude. "You must feel as if you're still part of the bush, not in a luxurious bubble, because there's nothing more magical than what's out there," she says.

And "what's out there" will soon be tracked down by ranger Frans



Khoza, two Shangaans with the bush in their blood. Ezulwini is in Balule Nature Reserve, with open fences to the Kruger National Park.

Between the dawn and sunset game drives, you can lie around the secluded pool.

Saad often takes her guests down to the wine cellar built into the rock face and tells stories about the camp by flickering lamplight. A braai in the boma will follow if the

weather's good. Other meals are served on the deck, with a choice of menu for dinner. The mussel pot, chicken schnitzel and trifle were a areat combination.

Standard rooms at R3 850 pp per night are perfectly comfortable, or splash out on a luxury suite for R5 950 pp. The gorgeous suites have a sundeck and plunge pool, indoor and outdoor showers, a bath and a mini-bar. With only six rooms, the lodge takes a maximum of 12 guests. – Lesley Stones 🔈

- Ezulwini Billy's Lodge: www.sundestinations.co.za/camps/ezulwini-billys-lodge.html
- Reservations: 021 421 8433 or 021 418 0536: reservations@sundestinations.co.za

GAUTENG GROWTH AND DEVELOPMENT AGENCY



he Gauteng Industrial Development Zone (IDZ) is a subsidiary of the Gauteng Growth and Development Agency (GGDA) and was established to develop and operationalise the industrial development zone at OR Tambo International Airport (ORITA-IDZ) – Africa's largest and busiest international airport.

THE JEWELLERY MANUFACTURING PRECINCT

The development of the Jewellery Manufacturing Precinct provides for two specific work streams and packages: the design and development of bulk infrastructure and the enablement of works and top infrastructure, as well as tenant and investor attraction.

A mixed-use master plan has already been finalised for the development of some 30 295m² of infrastructural space, which includes industry-specific facilities for precious metal and gold beneficiation. This will be located in a gated and highly secure customs-controlled area where jewellery manufacturing and beneficiation can take place.

A SPACE FOR BUSINESS SUPPORT SERVICES

A One Stop Shop (OSS) will be located within the Multi-Commodities Centre to provide investor support. The OSS is a DTI initiative which aims to facilitate easy permit and licence application, as well as approval processes for investors, and to help provide efficient and effective investor after-care services.

These services will include:

- Helping investors plan their developments in terms of land assessment and office space allocations.
- Assisting with licence and permit applications.
- Helping investors access applicable incentives.
- Acting as a single point of reference for government processes.

The construction of the first part of the infrastructure work stream (the bulk infrastructure), and tenant and investor engagements are scheduled to start during the second half of 2015. The Gauteng IDZ's tenant and investment process will be facilitated by external parties.

This is in line with the Gauteng IDZ's objective to market and release serviced land in a way that enables potential tenants and investors to make maximum use of the space.

These parties will have the experience and capabilities to engage with local, regional and global market players in the jewellery manufacturing, luxury goods and light manufacturing sectors, ensuring that high-value tenants with a regional and international footprint are attracted to the zone. Among other things, the following credentials will be considered when selecting tenants for the precinct:

- The proposed tenant's experience in manufacturing products which use air freight transportation.
- Their local and global footprint.
- Their access to global markets.



Mauritian By Elaine Chandler MaglC

MAURITIUS has much more to offer tourists than just sandy white beaches, clear blue waters and fabulous hotels. TAKE A LOAD OFF AND CHILL FOR A DAY OR TWO. Then hire a car or, better still, call a tour guide and get out there – you won't be sorry!



WHERE TO stay

If you're looking for a relaxed atmosphere, fabulous food

with a variety of restaurants and cuisines in one resort my personal favourite being the buffet breakfast, where the choices are endless (just try everything!) - check out Zilwa Attitude. It's a four-star hotel situated

on the north coast, with rustic chic decor, beautiful beaches,

pools, bars and fantastic service. Zilwa also offers a unique dining experience for those wanting to enjoy authentic Mauritian cuisine in a family environment. It's earmarked a few of its staff members to take guests to their homes for dinner, where you can learn how to cook traditional Creole dishes. However, if you're anything like me, leave the cooking to the cooks and concentrate on the eating! www.zilwa-hotel-mauritius.com

WHAT TO drink

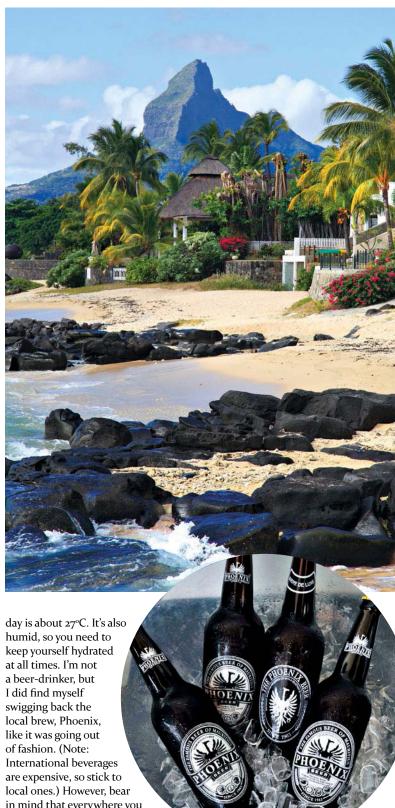
The weather in Mauritius is glorious all year round - even in the winter months the average

in mind that everywhere you go, you'll be offered a little glass of Mauritian white rum - drink one to be sociable and two at your peril! Don't forget good old H₂O if you're travelling around the island.

WHAT TO wear

The dress code at all hotels is smart-casual - shorts and slops in the day is the norm,

with a little dress and sandals for evenings. High-heels are a definite no-no: I took a pair to wear to dinner and in the humidity, my size 4 shot up to 5 (and that was just in the width!). Slacks and T-shirts are fine for guys - no suits or

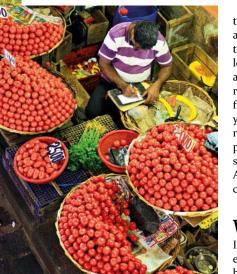


insider's guide









ties required. Also, all you ladies out there whose hair looks fabulous in the air-conditioned hotel room and turns into a frizz ball the minute you step outside (and not in a good way!), pack products that will stick your tresses down. Alternatively, pack a couple of caps.

WHAT TO do

I didn't think I would ever say this - but book that day trip on a catamaran. What an amazing experience!

We sailed out to one of the small islands where the water was crystal-clear and were entertained by schools of tropical fish and dolphins, which were simply spectacular. The crew were fantastic and got the party started: it's quite amazing that although you're meeting tourists from

High-heels are a definite NO-NO: I took a pair to wear to dinner and in the humidity, my size 4 SHOT UP TO 5.



very different parts of the world, some of whom don't speak English, everyone's still chilled, knocking back icecold Phoenixes and having a fabulous time. If you prefer to lie and tan on deck, then off you go. For all you sun-worshippers: you tan without trying too hard in Mauritius, so you'll be assured of a golden glow in next to no time.

Once you arrive at your destination, you're transported from the boat via dinghy to the island. Note: There's a little cash bar on the island for your convenience, so don't do as I did and forget to take cash. You can scuba-dive on the island (not for me, my hair was already beyond by this time) and simply relax on the beach. Meanwhile, back on the boat, the crew are busy preparing your lunch and will collect you in the dinghy once it's ready to be served - bless! www.mautourco.com

If you're into shopping (and who









insider's guide

isn't?), visit the local central market in Port Louis, the capital of Mauritius. You can buy handcrafted trinkets to



take home and check out the local produce. You can also treat yourself to something different, like a henna tattoo. This is a good way to get to know the friendly locals, who fully expect you to

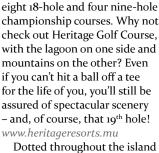
barter them down with their prices. If you're looking for designer labels, head off to the Bagatelle Shopping Centre (also in Port Louis), where there's a wide selection of international stores, including Hugo Boss, Armani, Aldo and Guess,



SAA flies to Mauritius daily, as well as twice-daily on a Thursday, Saturday and Sunday. www.flysaa.com

rent him out by the hour the man's a born comedian! www.angsana.com/en/emmauritius-balaclava

Mauritius is fast becoming a tourist destination for golfers worldwide. The island boasts



are beautiful, colourful Hindu temples. Tourists are more than welcome to visit, but need to adhere to the dress code. Women should be covered from head to toe, while men should wear long pants. You'll need to remove your shoes before entering. If you're unsure of the conduct or protocol required at any cultural or religious site on the island, it's always a good idea to speak to your tour guide or the concierge at your hotel. www.mautourco.com 💺





If you're looking for **DESIGNER LABELS**, head off to the BAGATELLE SHOPPING CENTRE.

as well as some great Mauritian boutiques, all under one roof. These are well worth a visit. There are also fabulous shoe stores, even if you can't fit your feet in them - nothing wrong with buying a couple of takeaways! www.mallofmauritius.com

If you're in the mood for a fine dining experience, head off to the Angsana Balaclava (about a 20-minute drive from Zilwa). Those who are into risottos, foams and squid inks, along with exquisitely presented dishes that would have Marco

Pierre White smiling, shouldn't leave Mauritius without eating at this beautiful hotel. Angsana is a family-owned hotel (Mrs Tze personally oversees the architecture, as well as the gorgeous decor - I just had to show you this bath made of rock that I spotted while having a little snoop around!). Hopefully, during your visit, you'll bump into Patrice Tze (who has an owning interest). We had dinner with him and I've never been so entertained in my life. They should seriously



PHOTOGRAPHER: MARIOLA BIELA. GALLO IMAGES/GETTY IMAGES/ISTOCKPHOTC





Share our experiences – become an islander...

Situated on the north coast of Mauritius, Zilwa Attitude hotel is a true illustration of the island's soul and traditions. A four-star establishment, it symbolises a 100% Mauritian concept with its contemporary rustic, yet chic decor.

Built in an arc around a beautiful beach, Zilwa is the ideal place to relax and unwind. It offers breathtaking views, a choice of six restaurants, four pools, bars, a spa and a mini-club that will keep the kids entertained for hours on end. The friendly, efficient staff are happy to cater to your every whim.

If you're looking for a romantic holiday for two, a family vacation or even a venue for your perfect wedding, why not give Zilwa Attitude the chance to delight you? The team is waiting to hear from you.

www.zilwa-hotel-mauritius.com





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BLUE ZEBRAS, WILD BEACHES AND ANCIENT RIVERS

By Bridget Hilton-Barber

FROM LAKESIDE HIDEAWAYS AND IDYLLIC ISLANDS TO REMOTE WILDERNESS RESERVES AND VERDANT TEA ESTATES, MALAWI OFFERS A GREAT COMBINATION OF BUSH, BEACH, ADVENTURE AND ROMANCE





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malawi

idyllic hideout called Blue Zebra Island Lodge. So glorious are the views, so delicious is the island vibe and so cold is the Carlsberg beer that only an hour later does it occur to me that you don't get blue zebras. Excuse me?

Turns out the blue zebra is a kind of cichlid (that's a fish), endemic to Lake Malawi – and one of the many hundreds of thousands of pretty, patterned reasons this lake is a Unesco World Heritage Site. About 875 species of cichlids occur in it, giving it the biggest assembly of fish species of any lake on earth.

That sounds like a fabulous reason to celebrate, so we head out on a

sunset cruise. We see ducks flying in formation, fishermen in dugout canoes returning home from a day on the water and a sprinkling of lights on the mainland. This southern part of the lake is where most of the tourism happens – there are some lovely spots around Cape Maclear and the Mangochi lakeshore. But Blue Zebra is far from the crowds, tucked away on Nankoma Island, the only inhabited island in the Marelli archipelago. And by "inhabited", they mean a few luxury chalets, a restaurant, a bar and an infinity pool.

Birdsong fills the island at dawn. There 350 species here – the signature sound is the cry of the African fish



malawi



"YOU CAN DO THE LAKE, YOU CAN DO A WILDERNESS EXPERIENCE, YOU CAN DO THE ROMANCE OF A TEA ESTATE - THERE'S GREAT DIVERSITY."

eagle, Lake Malawi being home to a high concentration of them. In fact, Malawi in general is a birder's paradise, with some 650 species. Most of the outdoor action here is water-related – swimming,

Downstream, however, on the Shire River, the only outlet for Lake Malawi, there are hundreds of hippos and crocs. This is Liwonde National Park, a small (580km²) wilderness area that's drop-dead gorgeous, with mountains in the background and the water in the foreground reflecting the palm trees and camouflaging the hippos.

snorkelling, scuba-diving, wake-boarding and kayaking. And because

the channels are so deep, there are no hippos or crocs.

The Shire River flows along the western border of Liwonde National Park, so a boat safari is the way to go here. It takes about an hour to get up to Wilderness Safari's Mvuu Lodge, which is an elegant private concession in the park. Tucked into the bush on the river's edge, each of the chalets has a river view and close-ups of crocodiles. I count five in one morning from my verandah, including a real giant gherkin of a monster, whose footprints we see later on the banks.

We do a morning walk through the mopane veld bush and see python vines, rutting impalas, frisky zebras and amorous baboons. We finish with a bush breakfast on the river banks.



Later in the day, we end up at another soul spot, quite a bit further along the Shire River: Majete Wildlife Reserve, a 70 oooha slice of the African Great Rift Valley whose turnaround story is inspiring indeed.

An enticing mix of Miombo woodland and riverine forest, Majete was declared a park in the 1950s, but was heavily poached during the '80s and '90s. There was widespread logging, no budgets for rangers, zero tourists and by '92, the last of the elephants had been wiped out. Then the Malawian government teamed up with African Parks Network in 2003 and today this wilderness area is a thriving habitat for some 2 500 animals that were moved here, and a model of sustainable development and biodiversity.

Thawale Lodge has simple tents tucked in the bush and a



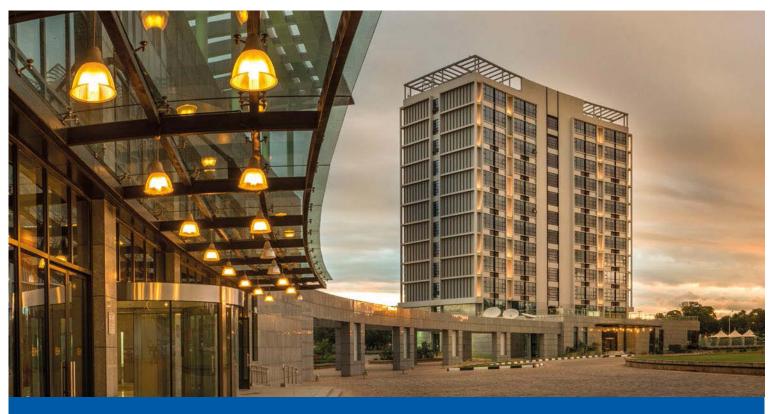
stone and thatch bar-restaurant-lounge overlooking a waterhole wild, ancient and calm. For unadulterated luxury, head down the road and take the suspension bridge across the river to a private reserve called Mkulumadzi, which is an upmarket lodge run by Robin Pope Safaris. Leadwood trees shade the verandah with wild river views and each chalet is both gracious and spacious.

A few days later, G&Ts firmly in hand, we're sitting on the edge of the escarpment of the Great Rift Valley looking down on the Shire River where we've been. We gaze out across hundreds of hectares of bright green tea estates, the silver river in the distance. "Isn't this the most romantic view ever?" asks my colleague, happily-married Sally. "I wish I were in love with you!"

Satemwa is one of the oldest and most established estates in Thyolo, and home to the unabashedly colonial and romantic Huntingdon House, a guesthouse offering elegant vibes, soothing green lawns, historic gardens and five huge rooms with different themes. I'm in Father's Room. Built in 1874, Huntingdon House was once the family home of the Cathcart Kay family. It's the perfect ending to a trip around southern Malawi - think high tea and fine dining, plus sundowners from on high.

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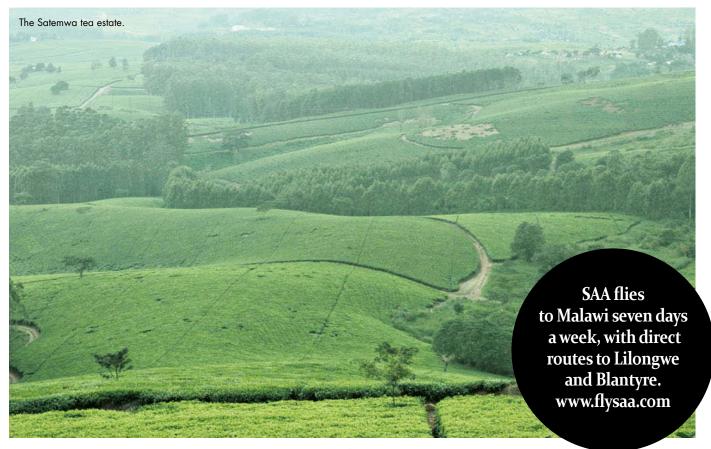
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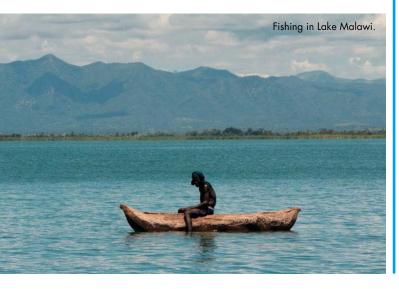
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WAY TO GO IN THE WARM HEART OF AFRICA



"Malawi has been branded the 'warm heart of Africa' for more than 50 years," says Suston Lingwalanya, Deputy Director of Tourism Marketing, when we meet in Lilongwe. "That warm heart is beating faster now and the legendary welcome is there for all who wish to experience the unrivalled combination of lake and landscape, wildlife and culture in one of Africa's most compact, beautiful countries."

"Malawi's a great self-drive country," says Rosebill Satha-Sambo, Sales & Marketing Manager of Ulendo Tours, who put together the itinerary for the Sawubona team and who's given us the most fabulous driver and guide, Massa Paiva. "You can do the lake, you can do a wilderness experience, you can do the romance of a tea



estate - there's great diversity."

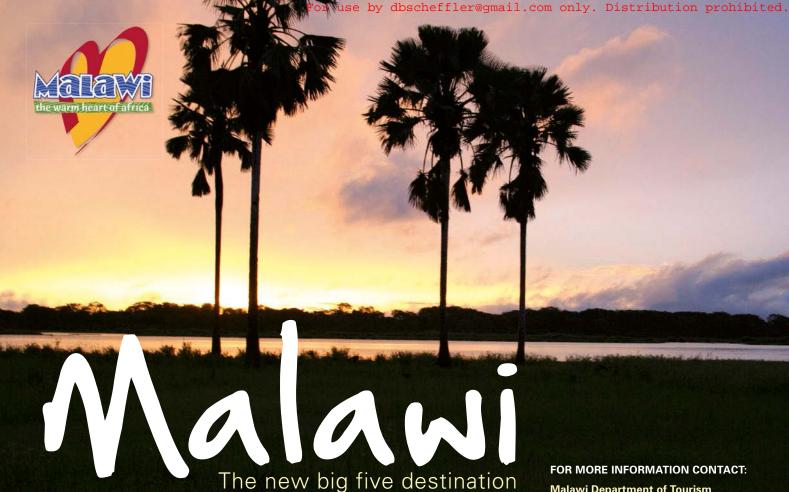
Ulendo Tours works out of a friendly, funky coffee-shop and craft centre in Lilongwe and offers tailor-made packages for tourists. Southern Malawi is most popular, explains Satha-Sambo, since it has the lake, two of the country's best game parks - Liwonde and Majete - and is pretty easy to get around because there's only one major route south.

Lilongwe itself is a long town with two centres a few kilometres apart: the city centre (or capital, as it's called), where you get the upmarket hotels, embassies and ministries, and Old Town, which has guesthouses, backpacker hostels and campsites, the bus station, the main market, banks and malls. Talk of the town on capital side is the new Latitude 13°, a boutique hotel whose fine dining restaurant is pulling in the hip and happening of Lilongwe. Once the home of a dignitary, this hotel's contemporary decor and Afro-chic vibe make it popular among business travellers, NGOs and tourists. Latitude 13° is one of a series of boutique hotels planned across the continent there's already Latitude 15° in Lusaka.

Another conversation piece in Lilongwe is the newly-opened, prestigious Umodzi Park. A five-star hotel and conference centre, Umodzi is set to raise Malawi's business conferencing profile on the continent. It can host anything from summits for heads of state to weddings, banquets and concerts. Its covered outdoor venue is already proving popular, with its long views of the signature koppies of Lilongwe's landscape. The President Walmont Hotel and its Wild Orchid restaurant and Afropolitan Terrace Bar are also set to attract business travellers.

On the Friday afternoon we arrive in Blantyre, the Protea Hotel Ryalls is buzzing. The dining room, bar and outside patio are full of business people, tourists and





In Malawi – one of Africa's most beautiful and compact countries – the sheer variety of attractions is amazing. Not only that, but Malawi is famed for its hospitality and its people are some of the friendliest in the world.

Still want more reasons to visit Malawi? Here are a few:

- · Sunshine all year round
- · Choice of great activities, from adventure and wildlife safaris to beach holidays and cultural encounters
- · Lake Malawi, a vast freshwater lake fringed by beaches of golden sand, is a scenic wonderland with great opportunities for water sports
- Huge diversity of beautiful scenery in a landscape that varies from sea level to 10,000 ft
- Rich diversity of flora and fauna in nine national parks and wildlife reserves providing great opportunities for wildlife viewing
- · Unique diving experiences at very affordable rates

Malawi Department of Tourism

Tourism House, off Convention Drive, City Centre Private Bag 326, Lilongwe 3, Malawi Tel: +265 1 775 499 Fax: +265 1 770 650 Email: info@visitmalawi.mw

In South Africa

Malawi Consulate General 4 Dodge Street, Woodmead 2157 PO Box 3881, Rivonia 2128 Johannesburg Tel: +27 (0)11234 8577/8 or +27 (0)11803 4919 Email: tourism@malawi.consulate.co.za

In UK

36 John Street, Holborn, London WC1N 2AT Tel: +44 207 421 6010 Fax: +44 207 831 9273

Email:

malawihighcommission@btconnect.com



travellers. In its restaurant up the road, the legendary 21 Grill, the chefs and waiters are preparing for a full house.

We meet up with Sylvia Nankwenya-Mataka, Head of Marketing at First Merchant Bank (FMB). "It's much easier for travellers to use credit cards and ATMs these days," she says. "FMB's had a regional footprint in Malawi for 20 years. We're a Visa-enabled bank, which means travellers can use Visa credit cards and our ATMs to draw local currency which will give them the best rate."

We also talk to Sobhuza Ngwenya, Head of Marketing for TNM, a mobile phone operator that's been in Malawi since 1996. "The main issue for tourists is roaming," he says. "We have 87% geographic coverage in the country, which means you can phone whether you're on the lake, in a game park or driving." He adds that the easiest way for travellers to keep in touch is by buying a SIM card at the airport (micro, mini or standard), then hooking up to TNM's 3G network and topping up with airtime, which is sold on just about every street corner.

We stroll down the road for a slow sundowner at the Sunbird Hotel, where people are gathering for post-work drinks and views of lovely Mount Soche, standing guard over Blantyre, whose topography is delightfully hilly. Sunbird is the biggest hotel chain in Malawi, with seven lodges across the country. Its flagship is a *grande dame* on the top of the Zomba Plateau at 2 o8om – Sunbird Ku Chawe.

At the Copper Pot, the restaurant at the Crossroads Hotel, people are also gathering for early drinks. This is the biggest conferencing hotel in Blantyre – it can cater for up to 1500 delegates – and is near the Crossroads Shopping Centre on the Mchinji roundabout, so everything's within doing and walking distance. The Victoria Hotel – an elegant, Afro-chic spot just off the main road and opposite the Blantyre Sports Club – is also full of locals, travellers and revellers getting down in the warm heart of Africa.

USEFUL CONTACTS

- Malawian Tourism www.malawitourism.com
- For tours, transfers and travel information on Malawi

 www.ulendo.net
- · Sunbird Malawi www.sunbirdmalawi.com
- Protea Hotel Ryalls www.proteahotels.com
- Crossroads Hotel www.crossroadshotel.net
- Umodzi Park & President Walmont Hotel

 www.umodzipark.co.mw or www.peermont.com
- Hotel Victoria Blantyre www.hotelvictoriamw.com
- Blue Zebra Island Lodge www.bluezebra.mw
- Mvuu Lodge and Mvuu Camp in Liwonde National Park

 www.wilderness-safaris.com
- · Majete www.african-parks.org
- Mkulumadzi www.robinpopesafaris.net
- Huntingdon House and Satemwa tea and coffee estates
 www.satemwa.com

GREAT-VALUE FARES FROM LONDON TO MALAWI

SAA, in association with the Malawi Tourism Board, is offering discounted fares to Malawi from London from £604 return*, saving up to £152 on the typical fare.

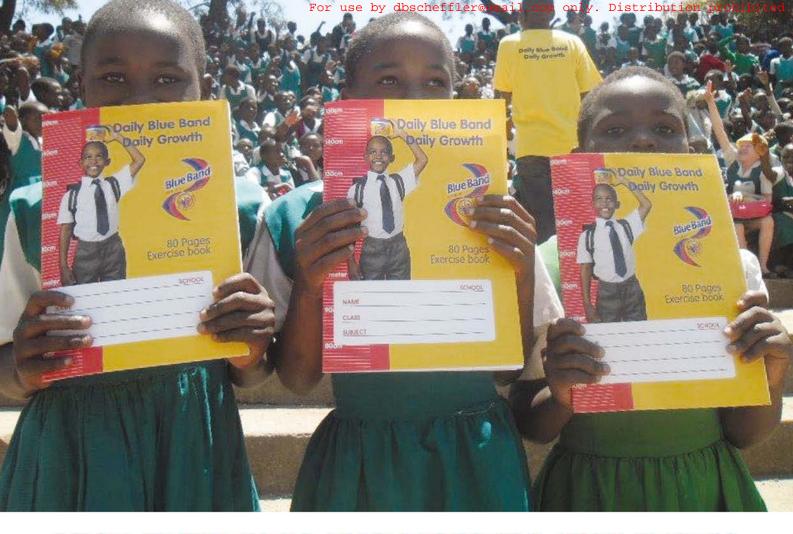
The fares include:

- £604 return flight to Malawi's Lilongwe International Airport, saving up to £149.
- £624 return flight to Malawi's Chileka International Airport, saving up to £129.

Travellers can purchase the discounted fares for travel between now and until 13 July 2015, from 19 August-12 December 2015 and from 25 December 2015-31 March 2016.

BRIDGET HILTON-BARBER. GALLO IMAGES/GETTY IMAGES/ISTOCKPHOTO





UNILEVER MALAWI EXCITES CHILDREN IN NATIONAL GROWTH CHALLENGE



Unilever's mission is to double the size of its business, while reducing its environmental footprint and increasing its positive social impact. In an effort to make sustainable living commonplace, Malawi launched the Blueband Challenge in 2014, which brings to life the goals set out in Unilever the Unilever Sustainable Living Plan (USLP).

Through its USLP, Unilever has committed to improving the health and hygiene of 1 billion people globally; having access to good nutrition is part of that ambition. "It is every mother's dream to see her children grow in a healthy way. This can only be achieved by giving the children a balanced diet", said Chikondi Ng'ombe, Country Manager Unilever Malawi.

Unilever Malawi launched the national Blueband growth challenge under the theme, "daily Blueband, daily growth" to educate school children about the nutritional benefits of Blueband and the importance of a balanced diet. "Unlike other spreads, Blueband contains 6 vitamins that are essential for every child's growth. These include Vitamin A, D, B6 and B12, Niacin, Folic acid and Fats", said Ng'ombe.

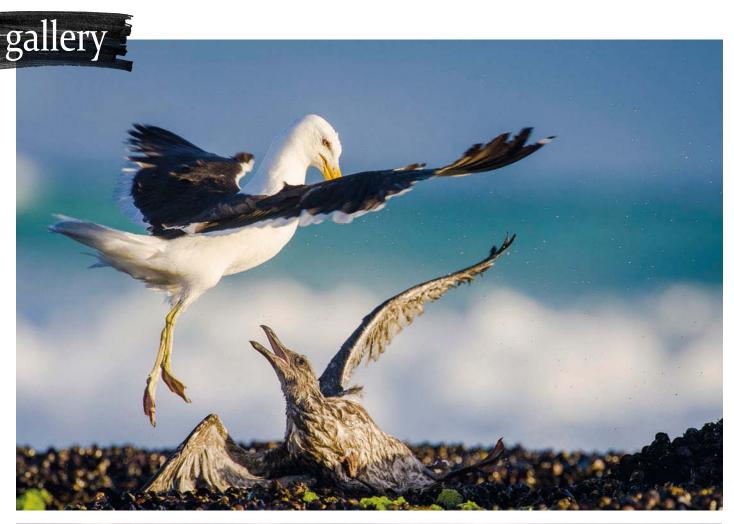
A total of 57,563 school children from 32 schools across the country were taught about the nutritional benefits of Blueband. As part of this nutrition education drive, young scholars also had the opportunity to participate in quizzes. At the close of the Blueband Challenge, Mponda Primary School from Zomba emerged as a winner and they walked away with 1 million kwacha worth of school materials.



This year, the growth challenge targets to reach 60,000 children from 40 schools with engaging activities and educational materials on the nutritional value of Blueband. "Unilever puts sustainability at the heart of the business, which is why we are landing this second installation of the Blueband Growth Challenge, which promises to bring a brighter future for school goers", concluded Ng'ombe.



















Together we move

Limpopo Province forward

Premier, Mr Chupu Stanley Mathabatha

The Limpopo Provincial Government has recently launched its Limpopo Development Plan (LDP). The Limpopo Development Plan is an ongoing journey to improve the standard of living, reduce poverty and unemployment and achieve economic growth. The Province aims to achieve this through sustainable

economic, social, infrastructure and institutional development with emphasis on transformation.

The vision of the Province remains to fulfil the potential for prosperity in a socially cohesive, sustainable and peaceful manner. The vision will be attained by way of a mission statement that emphasises participatory leadership aimed at promoting excellence and an entrepreneurial spirit, improved service delivery, facilitation of decent job creation and systematic poverty reduction.



Premier, Mr Chupu Stanley Mathabatha, inspects the SAPS Guard of Honour during the opening of Legislature

Limpopo Development Objectives

The objectives of the Limpopo Development Plan (LDP) 2015-2019 are to:

- Outline the contribution from Limpopo Province to the NDP and national MTSF for this period
- Provide a framework for the strategic plans of each provincial government department, as well as the IDPs and sector plans of district and local municipalities
- Create a structure for the constructive participation of private sector business and organised labour towards the achievements of provincial growth and development objectives
- Encourage citizens to become active in promoting higher standards of living within their communities.







Rhelela New Health Centre

New Westernburg Bridge

Government Expectations

By 2030, the Government expects that Limpopo will have a public service that meets the best standards of governance, citizens that are educated, skilled, healthy and self-reliant, a labour force that is fully, productively and rewardingly employed, with infrastructure that is capable of promoting and sustaining an innovative local and regional economy for the benefit of all the Province's diversified communities, in a responsible and sustainable manner.

Quality Basic Education

By 2030, Limpopo must have a basic education system with high-quality, universal early childhood education and quality school education, with globally competitive literacy and numeracy standards.

Long and Healthy Life

Nine long-term health goals for national and provincial government range from primary healthcare to reduced mortality rates, filling of critical posts and health information systems.

All People are Safe

People living in Limpopo will feel safe at home, at school and at work and enjoy community life free of fear. There will be zero tolerance for corruption, citizens do not offer bribes and are confident that officials will be accountable. Leaders have integrity and high ethical standards.

Decent Employment through Inclusive Growth

A long-term vision is provided towards dealing with the challenges of unemployment, inequality and creating a more inclusive society.

Skilled and Capable Workforce

By 2030, Limpopo should have access to education and training of the highest quality, leading to improved learning outcomes. The education, training and innovation system should cater for different needs and produce highly skilled individuals. The graduates of Limpopo's universities and colleges should have the skills and knowledge to meet the present and future needs of the economy and society.

Competitive Economic Infrastructure

Limpopo needs to invest in a network of economic infrastructure designed to support medium- and long-term economic and social objectives. This is a precondition for providing basic services such as electricity, water, sanitation, telecommunications and public transport, and it needs to be robust and extensive enough to meet industrial, commercial and household needs.

Comprehensive Rural Development

The 2030 vision is for rural areas to be spatially, socially and economically integrated, where residents have economic growth, food security and jobs as a result of agrarian transformation and infrastructure development programmes, and improved access to basic services, healthcare and quality education.

Human Settlement Development

There is a need to transform the functioning of human settlements, so as to observe meaningful and measurable progress in creating more functionally integrated, balanced and vibrant urban settlements by 2030.

Developmental Local Government

By 2030, Limpopo will have a developmental local state that is accountable, focused on citizens' priorities and capable of delivering high-quality services consistently and sustainably through cooperative governance.

Environmental Protection

By 2030, Limpopo's transition into an environmentally sustainable, climate change-resilient, low carbon economy and just society will be well under way.

Regional Integration

The National Development Plan sets out a vision for a future Limpopo that is prosperous and stable, with high labour absorption rates in a country that is strategically integrated into the region, the continent and the global political economy.

Developmental Public Service

The Province will have well-run and effectively coordinated provincial institutions with skilled public servants who are committed to the public good and capable of delivering high-quality services, while prioritising the provincial developmental objectives.

Inclusive Social Protection System

By 2030, everyone must enjoy an adequate standard of living. There must be basic social protection guarantees, aimed at preventing or alleviating poverty and protecting against vulnerability.

Social Cohesion

In 2030, residents of Limpopo will be more conscious of the things they have in common than their differences. Their lived experiences will progressively undermine and cut across the division of race, gender and ethnic cleavages.

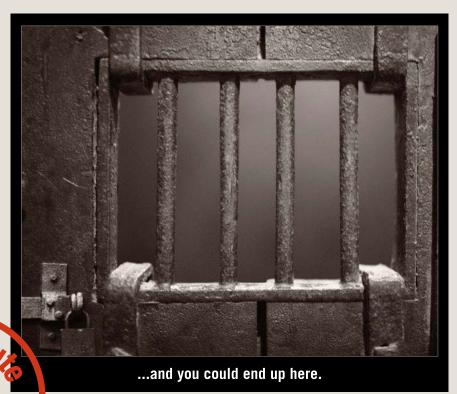
For more information, contact Provincial Government Spokesperson: Mr Phuti Seloba, tel. (015) 287-6060











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BUSINESS

The Reach of Domestic Tourism

Not many locals explore their own backyard, financial constraints being the chief reason – but, given enough incentive and government intervention, this can change

BY LESLEY STONES



frican countries must focus more on making local people the backbone of their tourism industry to withstand fickle trends or downturns in international travel. For example, ebola and terrorist attacks may be limited to particular countries,

but many foreigners see Africa as one entity and will stay away from the entire continent.

Domestic tourism in sub-Saharan Africa is stifled by a series of problems with few instant solutions, says Ronald Mapiye, a research analyst with Euromonitor International. Costly airfares, not enough cheap accommodation and low disposable income are the chief problems, along with a mindset to which saving cash or spending on leisure travel are alien concepts.

Travel is seen as an upperclass activity and not something the ordinary African splashes out on, Mapiye told the annual World Travel Market Africa in Cape Town recently.

"There's generally a lack of a savings culture towards holiday travel among most Africans," he said. "Travelling is perceived to be non-essential and the last thing money should be spent on. You have to justify why you want to go on a journey, because the extended family may think it's unnecessary for you to travel when they have a great need for money."

Most sub-Saharan African governments seem to share that attitude and invest little in encouraging their citizens to travel. However, change is beginning to come through efforts to encourage people to

DIFFERENTIAL
PRICING, WHERE
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explore their own countries. The "Sho't Left" campaign by the South African Tourism Board is one good example, Mapiye says. "Nevertheless, many locals still have to save up due to limited purchasing power. They tend to focus on cheap road travel, budget accommodation and visits to public beaches, as well as public sites which have either no entry fee or a minimal charge."

He suggests that differential pricing, where locals pay less than foreigners for services or entry fees, should be introduced. "Most governments tend to neglect local people, believing more business comes from outside the country. Differential pricing could be a starting point so that if international travellers don't come, you can still rely on locals."



AFRICA'S BEER INDUSTRY HAS PLAYED A KEY ROLE IN ITS GROWTH STORY. OVER THE PAST DECADE, THE GROWING CONSUMPTION OF BEER AMONG AFRICANS HAS BEEN A MEASURE OF THE RISING MIDDLE CLASS AND ONE OF MANY MARKERS OF THE FRONTIER CONTINENT

> s increasing numbers of Africans rise into the middle class, their penchant for beer is based on more than just enjoyment of a palatepleasing beverage.

Ryan Phillips, founder of BrewCraft, a South African-based craft brewing product agent, has always seen beer as the epicentre of Africa's growth.

"We think there's no money in Africa, but people are looking for hobbies and want [new things]. We're tired of the same stuff," he says.

This pursuit of something different prompted him to start BrewCraft in 2006, catering to a market of individuals who want to brew beer in the comfort of their own homes. Today the company's in an even more favourable position, with craft beer doing particularly booming business in SA.

BrewCraft is just one of many firms cementing the burgeoning market of micro-brewers in SA through the sale of brewing kits locally and internationally.

"When brewing your own beer, there are many different flavours you can use and things you can do. There must be thousands of different hops in the world, as well as different malts and yeasts that can give you a real beer flavour, as opposed to watered-down beers," says Phillips.

According to a report by liquor industry analyst Elias Holtzkampf,

beer has dominated SA's liquor market share by over 79% since 2010, signalling just how strong the desire for the golden-brown brew is in the country.

Based on a Diageo Africa report, Deutsche Bank Research named Nigeria the largest beer market in Africa in 2012 with a market share of 36%, followed by SA at 18% and Kenya closely behind, at 17%.

What makes Nigeria's brewing industry even more interesting is the fact that Nigerian Breweries Plc beer products account for over 60% of the beer sales in that country. Its ownership of the most popular brands, such as Star Lager, Maltina and Heineken, as well as its merger with Consolidated Breweries Ltd, paves the way for a future as rich as its products.

Diageo Africa, South African Breweries (SAB) and East African Breweries are just a handful of firms that are guzzling Africa's competition space, giving micro-brewers the niche they want, but one that's slightly harder to grow. The fact that commercial brew is much cheaper - and, in many cases, more popular - increases the pressure on smaller brewers continentally.

"[It's very hard to compete] against bigger commercial players like SAB and Heineken in the amounts that they're brewing. [Take] SAB and just one of its breweries: a very big factor is that it really has a footing in malts and hops that it's growing itself. It's got the whole turnkey," explains Phillips.

Micro-brewers, on the other hand, don't always have the same privileges as larger breweries and have to import



certain ingredients, or ship in the speciality malts added to their beers. As a result, using various malts and hops easily becomes an expense for smaller brewers.

"They're pumping the hops in there to give you that nice hop aroma, but hops are quite expensive. That's the reason there's such a big difference in price," says Phillips.

The brewing process is just as multi-faceted. Ian Jones of Global Beverage Solutions, which specialises in education development and training in the beverage industry, sees education and alternatives at the core of the entire brewing business.

"Most people think you just put the ingredients in a bucket and make beer, but it's actually quite complicated," says Jones. "Africa is very much a developing market, so there's growth and volume.

"One of the main [issues] at the moment is the raw materials being used to make the beers. Generally, beer's made from malted barley. But, because of various issues throughout the continent, malted barley isn't readily available. Barley doesn't grow very well in Africa, so we're using many other raw materials. For years we've been using maize, but sorghum's also being used, and now cassava in various countries, so we're making some fairly unique beers."

Commercial sorghum beers such as Nile Eagle Lager and Eagle Extra in Uganda, or cassava beer such as Chibuku in southern Africa, form part of the same equation, prompting African brewers to find local alternatives for globally manufactured products. This is also a clear indication of Africa's home brew turning into big business.

Beer tastes are also a measure of wealth and class. The wealthier the individual, the broader their tastes.

"I think it's critical that in Africa, the biggest factor of purchase choice by a huge margin is cost. You can see that in SA. When the South African economy's doing badly. opaque beer volumes go up and clear beer volumes go down," says Jones.

"People are aspirational. If they can afford to drink the clear beer, they will. If they can then get a premium product to hold in their hand and say: 'Look at what I can buy', then they'll do that as well. People will drink opaque beer if that's what they can afford."

Clear beers are typically European-style, common brews that are bright, sparkling and see-through, as most commercial beers would look. Homemade or traditional beers fall under opaque beer.

Africa's big business is nevertheless not without issues, as long as the illicit beer trade and incorrectly brewed homemade beer exist.

"The biggest issues include illicit alcohol and alcohol made in dangerous ways. There've been a few instances in Mozambique and Kenya where people have passed away [because of this]. Ignorance of health and safety regarding traditional beer has played a huge role in the African continent and still does," says Jones.

Mozambique made headlines earlier this year after more than 60 people died from poisoned homemade beer, usually referred to as pombe in the country. Similarly, Kenya's changaa brew continues

to be an issue, particularly in instances where toxic chemicals are added to give it more kick.

"In the local rural areas, there's a lot of very good beer made in the traditional way, usually by grandmothers. It's unfortunate that

> some people use things like battery acid and other dangerous compounds. In places where there are health implications, that's obviously an education issue," explains Jones.

Africa's beer-drinking potential still remains untapped and according to a 2012 Kirkin Brewery Co report, countries in this continent are among the top 50 ones in the world that drink the most beer. Surprise appearances include Angola, ranked 28th in the world at 64,2 litres of beer per capita, Namibia (ranked 39th, at 40 litres per capita) and Tanzania (ranked 47th, at eight litres per capita).

Despite the growing thirst for beer, Lucy Corne, beer writer and author of African Brew (Random House Struik), sees the use of unique local ingredients and catching up on global beer styles, particularly in SA's market, as trends to watch.

"For the most part, we're very much following trends in the USA - for example, with Indian Pale Ale, which is the go-to style for beer-lovers. It's the same in other countries like Australia and New Zealand," says Corne.

> With SA's current craft beer boom continuing to gather steam and froth, it's clear that its significantly higher expense than commercial beer isn't slowing it down.

"[The craft beer boom] started in 2007/08, with lager-style beers like Jack Black and Darling Slow Brew. There've been microbreweries in SA since the Eighties, which came and went. But in about 2010, [the trend] just started growing," explains Corne.

"It started off with everybody brewing the same Castle-style beer. Now we're seeing people branching out and doing different styles of stronger beers. Some people are using traditional South African ingredients, including fynbos herbs and rooibos, which is quite interesting."

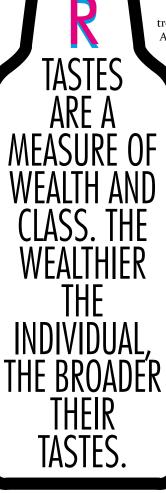
Beers such as Loxton Lager use fynbos honey and indigenous herbs for flavour, while Devil's Peak Brewing Co in Cape Town is fusing local and imported ingredients to create a series of unique local beers.

While craft beer has yet to take off in other African countries as prominently as it has in SA, the continent won't be exempt from the international beer industry's amalgamative nature - and the sin taxes involved. The largest beer companies in the world include the UK's SABMiller, Belgian-Brazilian Anheuser-Busch InBev and Heineken in the Netherlands.

"We're seeing an interesting thing: premium brands are growing quite significantly, but off

a low base. So are local brands, using local raw materials that are taxed less and cost less to make," says Jones.

"In future there's probably going to be a lot more consolidation, following global trends. The beer industry's been globalising for a while. I think in between that, we'll see more regional breweries as well, because there's a gap there for people who want to drink something else." b



THELIFESTYLE

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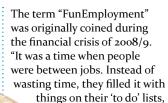
WORK ON THE WORK ON THE SIDE

By Melinda Ferguson

WITH MORE OF US TRYING TO ESCAPE THE TRADITIONAL 9-5,
RETIRE-AT-65 WAY OF LIFE, FUNEMPLOYMENT

HAS BECOME A WAY OF MAKING A LIVING,

WHERE WORK IS FUN AND FUN IS WORK



like travelling, studying and enjoying leisure time," says industrial and counselling psychologist Dr Akashni Maharaj of the Durbanbased Bellair Psychology Coaching Centre.

The Life Twist Survey conducted by American Express last year revealed that American society now places greater weight on less tangible measures of success, like life experiences, travel, relationships and adventures.

Today more people in SA are embracing the concept of making a living while having rich experiences.

Late last year the hashtag
#funemployment began
regularly popping up on former
model and Kaya FM producer
Claire Mawisa's social media
timelines. "When I left Kaya
at the end of October, many

people thought I was being irresponsible in giving up a permanent job with benefits. They didn't know I'd planned it for several months, making sure I was secure financially before my FunEmployment begun. For me, FunEmployment means choosing not to be employed in a traditional 9-5 job and taking ownership of my time, using it in a way that best suits my lifestyle. It's not about avoiding work: it's about creating my own work-life balance. I've been working harder in unemployment than I did when I was employed!"

As a result of her courageous move, Mawisa's now facilitating empowerment workshops for women and recently bagged a highly coveted presenting job on M-Net's investigative TV programme, *Carte Blanche*. "It's a dream come true – a perfect combination of work that challenges me. No two days are ever the same and I'm not tied to a desk 9-5, Monday to Friday."

TRENDING

Dion Chang, trend analyst and author of *Urban Tribes* (Pan Macmillan), believes the "techno-hippie" has become the

LOOK BEFORE THE FUN

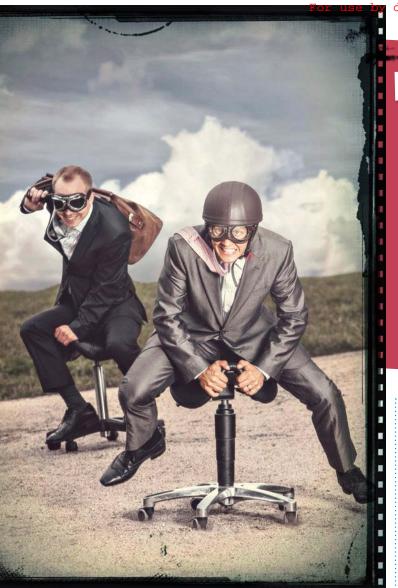
Maharaj advises asking yourself the following questions before jumping on the FunEmployment wagon:

- Is this something I really want to do?
- Can I afford to leave my current job?
- How will it affect the people around me?
- Will I cope or will I have to lean on someone for back-up?
- How long will I be FunEmployed? Is this an inbetween-jobs adventure, or a whole new future for me?

new definition of success and FunEmployment. "Technology's given them the freedom to work when and where they like, on their own terms. 'Independence' and 'autonomy' are the new buzz-words," he writes.

Daniel Calbacho, brand developer and CEO of Red Marketing, left the safe confines of permanent employment as Marketing Manager of Guess Jeans 12 years ago and has been having fun, embracing

Claire Mawisa.



THE PROS AND CONS OF FUNEMPLOYMENT

PROS

You have more free time for self-discovery.

- You get to follow your dreams and become more inspired and creative.
- It can improve your credentials, especially if you obtain a degree or acquire new skills.
- You can set your own schedule and pace.
- You have more time to spend with people you care about.

CONS

motivation

- There'll be no pay-cheque each month, which can be stressful.
- You'll also lose the added benefits of employment, like medical aid and a retirement/ pension scheme.
- The lack of structure in your life could start to drive you crazy after a time.
- Boredom and lack of direction may creep in.
- You may not be taken seriously by the "real" world.
- Work gaps in your CV may raise suspicion when you look for new employment.

simultaneously, so the pleasure quotient's always high."

BALANCING ACT

Life, career and business coach Nothemba Mxenge first came across the idea of FunEmployment from an ex-colleague who referred to it as "taking retirement in instalments". "She used it to travel and explore the world," Mxenge explains.

"MOST OF US DON'T WANT TO WAIT FOR RETIREMENT TO LIVE OUR BEST LIVES — WE WANT TO LIVE IT NOW, EVERY DAY."

technology, ever since.

"Traditions are changing in the business world. Evolution is the name of the game because of technology, which has made it possible to work remotely. The digital space is one that doesn't conform to rules – it's like a teenager: it rebels and is growing at a rapid pace. It's the perfect arena for FunEmployment, allowing one the freedom to have fun while making a living."

Career and life coach, author, mommy blogger and TV presenter Kagiso Msimango agrees that the FunEmployment trend is growing. "I think people are becoming less materialistic. FunEmployment may mean you'll have less money or fall behind in the race to the CEO's

title or the corner office, but people are caring less and less about these things."

Back in 2012, Msimango left her regular high-paying job with a media company because she wanted to have fun while making a living. "I don't subscribe to putting fun on hold, waiting for the weekend, the holidays or retirement. So I left in order to only do things that sounded like fun, or that I felt strongly about, but preferably both. I've been 'unemployed' for three years now and 90% of the time, I've stuck to that rule. Occasionally bills make me panic and [I do] a job purely for cash, but the freedom of working for myself allows me to do multiple things

Inspired by her friend's adventurous attitude, she also took time out to become a professional life and career coach, started a boot camp and lost 30kg in the process. "I launched my own coaching, training and consulting business, immersed myself in learning entrepreneurial skills and attended and facilitated many personal development workshops. I also got to nurture myself and let go of bad, non-productive activities like watching TV, accompanied by junk food.'

However, Mxenge advises ensuring you can afford this way of living. "It's no fun being broke. It's also important to choose fun things that challenge and grow you."

"Remember, you don't have to wait until 65 to retire," says Msimango. "You can literally have mini-retirements, leave work for things you love and go back for another five months to replenish the money pool. The world of formal employment can't excommunicate you – you can always go back."

Of course, finding a job to return to precisely when it suits you isn't always easy. You'll probably have to register at an agency as a temp and may well end up doing jobs that don't fit your skills set, but at least you'll be earning a salary.

"There's a wonderful world out there and people want to experience it," says Mawisa. "Most of us don't want to wait for retirement to live our best lives – we want to live it now, every day."



GOVERNMENT CONCLUDES THE PRE-PROCUREMENT PREPARATORY PHASE FOR THE NUCLEAR NEW BUILD PROGRAMME



overnment continues to make significant progress in its engagements with various prospective nuclear vendor countries as part of the process towards the implementation of the expansion of the Nuclear New Build Programme, as required for energy security based on a sustainable energy mix. This programme is premised on the Nuclear Energy Policy of 2008, the Nuclear Energy Act 46 of 1999 and the Integrated Resource Plan adopted in 2011.

Similarly, the National

Development Plan enjoins us to do thorough investigations on various aspects of the nuclear power generation programme before a procurement decision is taken. These policy prescripts are meant to add 9 600mW to the national electricity grid and ensure we keep the lights on in a sustainable manner.

Government held consultations with a number of nuclear vendor countries, including the USA, South Korea, Russia, France, Japan and China. These are the countries that have pressurised water reactor

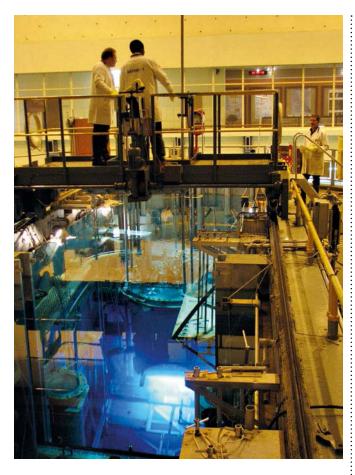
nuclear technology, similar to the Koeberg Nuclear Power Plant in the Western Cape. SA has been safely using this technology for the past 30 years.

As part of the preprocurement phase and preparation for the roll-out of the Nuclear New Build Programme, government has entered into several negotiations with vendor countries and has signed intergovernmental framework agreements with Russia, France and China. SA has also signed agreements with the USA and South Korea. Inter-governmental framework agreements with Canada and Japan are at an advanced stage and are expected to be concluded soon.

These agreements set out potential frameworks of co-operation in which each country foresees where or how it can participate in SA's Nuclear New Build Programme. They also mark the initiation of the preparatory stage for the procurement process that will be undertaken in line with the country's legislation and policies.

Parallel to this work and

ADVERTORIAL



as part of the preparatory phase, government successfully concluded the nuclear vendor parade workshops. The first of these was held during the week of 20 October 2014 with Russia. The second workshop was held with France, China, South Korea and the USA during the period 16-25 November 2014. From 21-29 March this year, government concluded the third and final workshop with Canada and Japan.

The nuclear vendor parade workshops entail vendor countries presenting their nuclear technology offerings. The platform was created for vendor countries to showcase and demonstrate their capabilities, showing how if chosen - they would meet SA's needs for the Nuclear New Build Programme,

including the required 9 600mW (9,6GW) nuclear power capacity. The vendor parade workshops form part of government's technical investigation in preparation for a procurement decision.

Senior technical officials from different government departments, energy-related state-owned entities and academics involved in nuclear and engineering programmes (nuclear experts) participated in the workshops to engage in robust, open technical discussions with the vendors, as well as among themselves.

As previously explained by government, vendor parade workshops were held with countries which were ready to engage in this manner, having signed the inter-governmental framework agreement

as a requirement. The conclusion of the vendor parades marks a significant milestone in the government pre-procurement phase for rolling out the Nuclear New Build Programme.

Government wants to be self-sufficient in exploiting the entire nuclear fuel cycle for peaceful use of nuclear technology to address the socio-economic needs of the country. In keeping with this policy requirement, the vendor countries were requested to present their offerings to address the entire Nuclear New Build Programme value chain, focusing on the following key aspects: nuclear power plant technology and construction; multi-purpose research reactor technology and construction; financing and commercial matters; manufacturing, industrialisation and localisation: human resources and skills development; public awareness and information centres; safety, liability and licensing; nuclear fuel cycle (front and back end); nuclear siting and permitting, and nuclear nonproliferation matters.

Over the past six months, a high-powered delegation of up to 80 South African nuclear experts, guided by the policy prescripts, have thoroughly interrogated and analysed the technological offerings for the vendor countries during the preprocurement phase. Each of the vendor countries

presented unique proposals (solutions) to implement the Nuclear New Build Programme. This outcome will support government's decision-making processes to develop a transparent, fair, cost-effective and competitive procurement process for selecting a strategic partner(s) to implement the programme.

Going forward, the procurement process will be presented for approval by the Energy Security Cabinet Sub-committee and endorsed by Cabinet. The procurement process will then be presented for deliberation by Parliament, after which government will launch a procurement process well in time to ensure that SA commissions the first unit by 2023 and the last unit by 2030.

Government remains committed to ensuring energy security for the country through the rollout of the Nuclear New Build Programme as an integral part of the energy mix. As such, it aims to ensure the provision of a reliable and sustainable electricity supply, as part of mitigating the risk of carbon emissions. The Nuclear New Build Programme will enable the country to create jobs, develop skills, create industries and catapult itself into a knowledge economy. Government remains committed to a procurement process that is in line with the country's legislation and policies.



energy

Department: Energy REPUBLIC OF SOUTH AFRICA

FUNDING



If you were ever a varsity student, you may have shared digs with several other people. Now imagine owning a whole building as just one of hundreds of other optimistic investors in the same property

SOLID INVESTMENT



HOUSE OF CARDS?

LESLEY STONES

a common belief that property's always a sound investment - an asset that will remain secure, even

when shares plunge and gold goes out of fashion. Now a new way of investing is shaking up the property market - amid unease that it could prove as flimsy as a house of cards.

The trend is crowd-funding, which aggregates individual investments online to create a far larger pool to fund a project. Hundreds of individuals each put up some money to buy or build a hotel, a hospital or perhaps a block of upmarket apartments. They can earn regular income from rental the tenants pay and, hopefully, pocket a bigger payback when the building's resold in the future.

It sounds simple. Yet it invokes bad memories of money lost through timesharing, the dotcom bubble bust, pyramid schemes or other fantastic-sounding initiatives that never reached fruition. Time will tell whether the hype will ultimately deflate.

While the idea's solid, the field's attracting entrepreneurs who can create crowd-funding websites despite being clueless about property. So the investment opportunities they tout may be less lucrative than they appear.

Crowd-funding is becoming an unstoppable force in various sectors, with companies launched on the back of it, inventors bringing ideas to fruition because of it and even the team behind SA's Madam & Eve cartoons trying to fund a musical through crowd contributions. That failed dramatically, raising less than 7% of the R2 million target.

That's one of the attractions of crowd-funding - you get to decide exactly where you put your money. If you think hotels in Australia or student flats in London will yield good returns, one website or another will let you join a collective pool to fund such a project.

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One of the five top players in real estate company crowd-funding platforms (CFP) is Wealth Migrate, founded by South Africans Scott Picken and Hennie Bezuidenhout. They launched the site in 2010 to take their existing property investment businesses to even more investors around the world.

Picken is a CFP evangelist and promises annual returns of 8-12% for his clients, yet he expects many burnt fingers along the way. Crowd-

funding will rise, then have a heavy fall and rise again, just like the dotcom boom and bust, he predicts. "Over the next five to 10 years, there'll be mistakes and people will lose money. There are a lot of 20-year-olds who've built nice websites, but don't understand real estate. One popular portal in the USA was founded by a young couple who'd never bought or sold a house in their lives, yet they're managing \$1 billion of investments," he says.

The Wealth Migrate team consists of experienced property dealers who are embracing technology – a very different mindset from that of geeks who decide to dabble in bricks and mortar, adds Picken. "We're looking forward to a market meltdown because the cream will rise to the top. But if you invest in the wrong one, you're going to be scuppered. Education is very important. Use us or don't use us – we don't care. But please go in with your eyes open."

Property analyst Leon Allison of Macquarie Securities is dubious about the concept. Individuals can already invest in almost any type of property through local and global unit trusts or stock exchange-listed commercial property companies. Importantly, those are all regulated, which offers a degree of protection. Many investors have lost money in the property space by getting involved with new types of investment vehicles, he explains. "The risk with unlisted vehicles is that you don't have the regulations and transparency you have with listed ones, where there are many checks and balances. I think there's less governance and transparency, so I struggle to see what the benefits would be," he cautions.

Despite such misgivings, investors are enthusiastically piling in their money. Massolution – a research firm which runs the website www.crowdsourcing.org – published a report in March this year called *Crowd-funding for Real Estate*, which says 2014 was a formative year when more than \$1 billion was pumped into real estate through CFPs, up 156% from the previous year. Projects ranged from less than \$100 000 to more than \$25 million.

Massolution expects the crowd-funding property sector to increase 2,5 times to \$2,57 billion this year and \$250 billion by 2020.

There are already about 85 property crowd-funding platforms, mostly in the USA. The largest one in the UK is LendInvest, which generated \$240 million in 2014.

While new CFPs are launching almost weekly, the jury's still out about whether the promised returns will appear and be sustainable, says Massolution. It predicts that dozens more websites will appear, but warns that "significant numbers" may fold due to a lack of capital and anaemic revenues.

It also warns that the ability to raise money this way may result in less appealing deals being promoted online after traditional funders reject them, so deals that don't deserve to be done will still find funding, potentially putting the crowd at risk.

For individual investors, everything hinges on how carefully they select the aggregator and their specific property portfolio.

While the USA generates 56% of the overall funding and Europe 42%, Picken says about half of Wealth Migrate's clients are South Africans who want to move money offshore in hard currency. "Many South Africans invested in property ownership outside London

and got burnt," he says. "But the simple question is: do you want to invest in quality real estate around the world with quality partners? There's nothing clever here. There's no management company. It's in all that opaqueness that people lose money," he says.

Wealth Migrate puts its own money into the properties it selects, so it has a vested interest in picking profitably. It chooses projects worth \$1 million-\$10 million, with the minimum individual investment being \$10 000 and the average one \$50 000. Picken says all the properties it's selected so far have been fully subscribed.

Crowd-funding operators can offer a number of options. Some see the crowd buy a building and hold it for five years, paying quarterly dividends from rental paid by the tenants. Another method sees the crowd fund a specific project like a new industrial development, with returns paid when the building's sold a few years later.

Picken says that, like any investment, individuals should only bet what they can afford to lose. "When people suddenly need to pay school fees, they forget what they were told about only getting their money out after five years," he cautions.

So far Wealth Migrate has invested more than \$1,3 billion for its upper-echelon clientele. Picken says crowd-funding now allows reasonably wealthy people, rather than only the mega-rich, to enjoy offshore property ownership. It also places the onus of due diligence and selecting sound deals on industry experts – as long as the company you invest with can be trusted.

Potential customers should check how the company makes its money, says Picken. If it takes commission, it will try to do as many deals as possible and the quality of the projects may deteriorate. If a company only makes a profit when a property's sold, it has an interest in picking solid deals with good growth potential.

Crowd-funding was a hot topic at the annual Marché International des Professionnels de l'Immobilier (MIPIM) exhibition, the world's largest property trade fair attended by 21 000 professionals in France in March. The five leading CFPs were present – Realty Mogul, Fundrise, Prodigy Network, LendInvest and Wealth Migrate, all arguing that the power of the crowd is a game-changer for the industry.

Many agents and brokers who risk being disintermediated by crowd-funding were lamenting that investors may be ripped off and lose their money to fly-by-night websites. Picken, however, has no sympathy for that argument. "People have the common sense to book a taxi and choose a holiday online, so why shouldn't they have the intelligence to buy property online?" he asks.

"The Internet has changed the retail, travel, publishing and music industries, so it's inevitable that it will disrupt the property industry too." www.wealthmigrate.com and www.crowdsourcing.org

"PEOPLE HAVE
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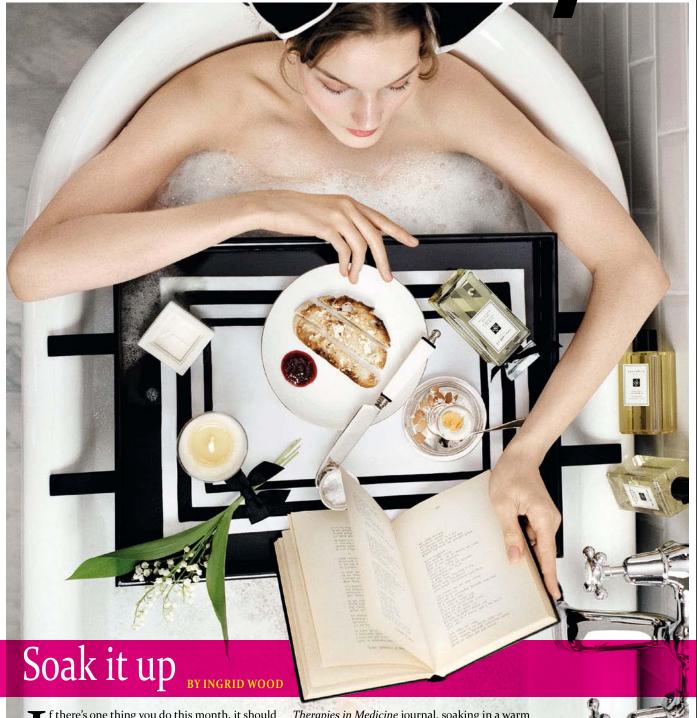
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Lifestyle



f there's one thing you do this month, it should be taking time out. The benefits of a good soak in a warm tub are numerous and include physical ones – increased blood circulation and lymph drainage, as well as deep muscle relaxation (and associated headaches, cramps and stiffness) – and psychological well-being (destressing, emotional relaxation and a clearer head).

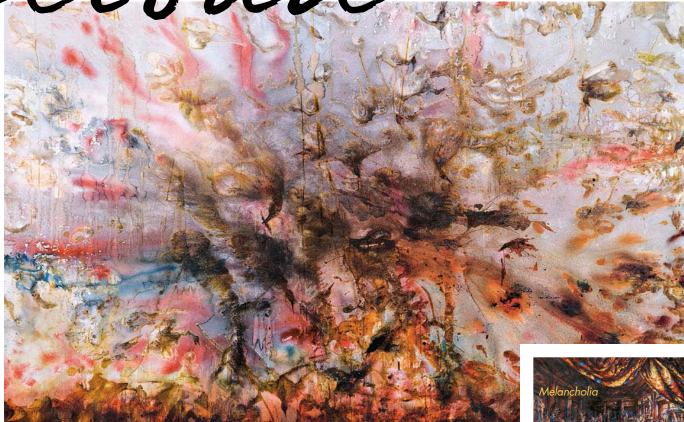
According to research from the Complementary

Therapies in Medicine journal, soaking in a warm bath every day for eight weeks "is more effective at easing anxiety than a prescription drug".

To make the most of your indulgent hour, we suggest the delectably zesty Jo Malone Lime Basil & Mandarin Bath Oil. Available at Jo Malone stores at Hyde Park Corner Shopping Centre in Johannesburg, Cape Town's V&A Waterfront and Canal Walk, or online at: www.jomalone.co.za

BY DANIELLA RENZON

From arts and culture to fashion and travel, we're out and about this month, providing the round-up on where it's at



SPOTLIGHT ON PENNY SIOPIS

In celebration of visual artist Penny Siopis's lifelong contribution to SA's artscape, the Wits Art Museum (WAM) is running an exciting retrospective titled *Time and Again: A Penny Siopis Exhibition*

orn and raised in the North-West Province town of Vryburg, Siopis grew up watching her mother decorate wedding cakes and was inspired by her use of an unstructured, formless substance like icing to transform a cake into an artwork. Ever since then, she's experimented with materials in various mediums to create a vast scope of work which explores issues like sexuality, race, gender, violence, the body, trauma, memory, personal and collective history, and concepts

Siopis works with painting, sculpture, video and multi-media installations, absorbed in what her late husband Colin Richards described as her "creative affair with materiality and surface". Her works are visceral, almost forcing the ideas embedded in her subject matter out towards the viewer.

Audiences of the retrospective can see her *Cake* paintings, which first placed her on the international map. In them, mundane subject matter is built up through multiple layers of paint, forming an almost three-dimensional surface imbued

with sinister undertones that hint at domesticity, femininity and the body. More recently, Siopis has mixed ink with glue, which is white when wet, but takes on a transparent, raised texture when dry.

Also included are her handprinted lithographs, the Pinky Pinky series about a mythical monster who preys on pre-pubescent and pubescent girls in townships and can strike at any time in a public or private space when they're vulnerable. Other well-known

> include Melancholia, Patience

works on display

on a Monument, Shame and her favourite work in the retrospective, My Lovely Day. "It's very personal in that it's my grandmother's story and includes my mother's 8mm home movies of our family in the Fifties and Sixties," says Siopis. "My mother's voice is heard at the beginning and end of the film. She sings on an old, scratched record she made in 1955. My grandmother's words are about her travels - often traumatic - between SA, Europe and Greece at a time of radical social upheaval. They read like an allegory of displacement and migration that has wider resonance today.'



Maybe because winter cinemas are packed with bigscreen releases to take your mind off the cold, this month features remakes of cult classics, screen adaptations of novels, HBO series and sequels of sequels

- John Cusack and Elizabeth Banks star in Love & Mercy, the fascinating story of iconic Sixties group, the Beach Boys and frontman Brian Wilson's struggle to find his sanity.
- Check out the remake of 1991's *Point Break*, when an FBI agent goes undercover to infiltrate a gang who also love extreme sports and big-wave surfing.
- Magic Mike XXL strikes again with the ever-popular Channing Tatum. This time Mike's trying to find his groove and independence after leaving the stripper life.
- The Outskirts is an American teen drama about two girls planning revenge on the local prom queen bee.
- Dark Places, based on Gillian Flynn's novel, stars Charlize Theron as the lone survivor of a family murder in which she saw her mother and sister killed. Her testimony sent her brother to jail. Now, years later, new evidence makes her question everything.

Pan 3D is based on JM Barrie's classic, Peter Pan. In this take, Peter is a rebellious little boy in a bleak London orphanage who's

whisked away to Neverland. Starring Hugh Jackman.

Entourage is the much-anticipated big-screen version of the HBO series with Vincent, the movie star who has to handle the fickle, cut-throat world of Hollywood.

■ The Minions break away from Despicable Me to star in their own feature film that's bound to thrill and delight both kids and adults.

Arnold Schwarzenegger will forever be known as The Terminator - which is why it's making a come-back as the first in a trilogy.

BUSH CULTURE

Kids may not always enjoy traditional cultural activities, but there are fun ways of exposing them to culture of a different kind... in the bush



ral hygiene is important, even in the bush. Which is why it's super-handy to learn how to make your own Khoisan toothbrush from the branches of a particular indigenous tree. You just need to chew on it a little (or squash the end of it with the pliers on your trusty Leatherman).

This is just one of the many fascinating things kids (and their parents) will learn at Tuningi Safari Lodge, situated in the Madikwe Game Reserve.

This five-star lodge offers all the accoutrements you'd expect from a luxury bush establishment, including elegantly decorated family or luxury suites complete with deep wallow-worthy bathtubs or risqué outdoor showers, a wooden viewing deck overlooking a nearby waterhole for up-close and personal wildlife spotting, and the kind of delicious cuisine that will have you counting the minutes until your next meal. But what really sets Tuningi apart is how geared it is towards little visitors.

Tuningi's one of the few Big Five game lodges that specialises in catering for families with children of all ages. Nannies are available for the tots, while Mom and Dad go on game drives. (Children over the age of five can join them for the ride.) There are also "Kiddies' Bumbles" of about an hour each.

Armed with their activity books (in which they can record the animals they spot and learn interesting things about them), they go out with rangers, who stop to let the kids pick up feathers, leaves and snake skins for their discovery boxes, or trace the outlines of paw-prints around the watering hole.

Back at camp, kids can play in the garden or splash in the pool – all under adult supervision – while there are a host of fun activities on offer each day. These include a treasure hunt to find nests, bones, eggs and other items; T-shirt painting using animal stencils, and a clay model-building competition. The kids also get their own five-star dining experience decorating cupcakes or making their own pizzas with the lodge's resident chef. On special occasions, they can look forward to a special kidsonly boma dinner, where they can enjoy boerewors rolls, toast marshmallows over the fire and listen to stories about the stars and the animals in the reserve. - Rebecca Johnson www.seasonsinafrica.com/lodges-in-south-africa/madikwegame-reserve/tuningi-safari-lodge

leisure



ALL THAT JAZZ

The Standard Bank Jazz Festival will run as part of the National Arts Festival from 2-11 July. Audiences will be treated to superb local performers like Pops Mohamed, Mi Casa, Kesivan Naidoo, Carlo Mombelli and Thandiswa Mazwai, as well as guest artists like Dutch saxophonist Yuri Honing, the Stockholm Jazz Orchestra, Beninese-born guitarist Lionel Loueke and French drummer André Charlier.

The jazz festival is about acknowledging our roots as South Africans and inviting the world in," says the event's Director, Alan Webster. www.nationalartsfestival.co.za

Capetonians can enjoy the third Nu World Festival at the City Hall from 17-18 July. "Wild and Wise" is the theme, juxtaposing the best of SA's old and new jazz musicians. This is a culturally diverse, socially inclusive and very proudly South African experience, which will include late-night beats from DJs, TED-style talks and riveting performances. Highlights will be diva Simphiwe Dana, who's the first African global ambassador for Amnesty International, Spoek Mathambo's Fantasma Project and an exciting collaboration between musicians from Cape Verde and guitarist Derek Gripper.

www.capetownnuworldfestival.com

NATIONAL ARTS FESTIVAL

Grahamstown becomes a veritable smorgasbord of culture, fun and excitement from 2-12 July when artists, musicians, actors, dancers, filmmakers, photographers and comedians showcase the best SA has to offer in and around the town. Last year the festival hosted 300 productions and 35 visual art exhibitions and this year there'll be just as many to choose from. Highlights this year include offerings from acclaimed satirists Pieter-Dirk Uys, Chester Missing, Loyiso Gola, Tara Notcutt and Lain EWOK Robinson to "keep South Africans on their toes, challenging audiences while helping us to laugh at ourselves".

CALLING ALL BIBLIOPHILES If you're the type who can spend long, happy, solitary hours engrossed in a book, head to the South African Book Fair at the historic Turbine Hall in Newtown, Johannesburg, from 31 July-2 August. There'll be book launches, signings, author interviews, discussions, poetry readings, literary workshops, forums, exhibitions, displays and an exciting children's zone. The Friday will be dedicated to libraries and schools, with the focus on literacy programmes for pupils. As the event's theme advises: "Discover your bookself". www.southafricanbookfair.com

LE GRAND GAULTIER

If you're lucky enough to be visiting Paris this month, don't miss the fascinating retrospective of world-renowned French fashion designer Jean Paul Gaultier at the Grand Palais until 3 August, which has just toured Montreal, London, Brooklyn and San Francisco. Sponsored by Roche Bobois, it showcases some of his most remarkable designs from the Seventies to the Noughties. It includes some unreleased pieces from both Gaultier's Haute Couture and ready-to-wear collections, www.roche-bobois.com





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he Internet has transformed the process of finding a place to stay. This goes for whether you want a holiday flat in Cape Town for the family, a tented camp in the Okavango for two, a hotel in New York for business or a villa in France with friends. Even what we stay in has changed, with private houses and apartments readily available to rent via the web.

The problem with using a mouse to book your trip is that the overwhelming amount of information can leave you gasping – before you've even packed your bag!

Here's a blueprint for navigating what's out there webwise so you can save time and frustration when planning your next trip and, most importantly, find the ideal spot to enjoy your vacation or business trip.

STRATEGIES FOR BOOKING ONLINE

Divide your Internet-based accommodation search into three steps:

- Firstly, use the Internet to help decide where and what to stay in (hotel, B&B, private apartment or villa, etc) or double-check accommodation suggestions your travel agent or others make. The Internet is superb for generating a myriad of possibilities and giving specifics on what's good or bad in that bundle.
- Secondly, compare prices on the various accommodation websites. This is easy with the latest Internet algorithms, with which you can check multiple accommodation sites simultaneously for the best price.
- Thirdly, book your accommodation from your cellphone or laptop.

CHOOSING WHERE TO STAY

• Proximity is key when finding the right place. You want to stay close to the Eiffel Tower and you're not a Paris local? Google Map locators on many Internet accommodation sites let you know exactly where your hotel is so that you're not stranded



FINDING A ROOM AT THE INN By Mary Bradley (@ForHealthyYou)

Travelling has changed with light speed over the past decade. If planes, trains and automobiles – the "how we get there" – remain basically the same, the sea change has been in how we find and book accommodation

kilometres away from the action. Most owners who advertise on www.airbnb.com describe attractions available nearby and how best to get around.

- Commercial vs private
 accommodation. Don't worry
 if there's no room at the inn
 the Internet has expanded
 possibilities for staying in private
 houses, flats and holiday homes.
 The world of accommodation
 by owner is now available at
 the click of a mouse using www.
 booking.com, www.vrbo.com,
 www.airbnb.com and a myriad
 of other rental-by-owner sites.
- Reap savings with a house swap. To save big-time on your next trip to London or experience life like a local in the south of France, why not leverage where you live or do a house swap? The Internet has numerous home exchange sites (for which you may pay a small fee to join). It's

not necessary to swap houses at the same time, especially if holiday homes are involved.

• Getting the scoop: unbigsed, unedited travel reviews are gold in your online accommodation search. Like many people, I attach little importance to alowing testimonials on a hotel's website. Unbiased reviews by travellers who've actually stayed there are the gold standard for Internet accommodation sites and the original aim of a site like www.tripadvisor.com They're key to finding amazing accommodation, helping you avoid dumps with poor or no service. When using the net to review or research a hotel, look for these reviews, especially when staying in privately owned or independent accommodation where standards can vary. Knowing how others found the facilities and host is more

valuable than slick descriptions and strategically taken photos.

Bottom line: the Internet doesn't have to be impersonal. In fact, when it comes to booking accommodation, getting the personal scoop is what you want and can get.

- In a hurry? Search for toprated accommodation based on travellers' experiences. If you don't have the time or inclination (and who does?) to scroll through lists of hotels or B&Bs in Venice, use a website's rating system to find a guesthouse or palazzo, based on rankings by other users. I use this function on www.tripadvisor.com and www. bookings.com to reduce the number of places I examine in detail. However, don't book your hotel on rankinas alone - and read the fine print when making your final decision. A top-rated guesthouse may not be right for you because it doesn't allow kids or is in a location where you need a car.
- The Internet and a travel agent aren't mutually exclusive. Using the Internet doesn't preclude working with a travel agent. I've done both when designing a trip. I use the net to research places my agent may have suggested or find locations which I then ask her to contact for discounted pricing and special requests.

COMPARING PRICES ONLINE

When it comes to booking a trip, Trip Advisor can help with its accommodation comparison function. With one click, you can compare simultaneously prices advertised on several accommodation sites, including www.booking.com, www. expedia.com, www.orbitz.com and www.hotels.com, among others. I used this function to find a hotel in South Beach, Florida. USA.

FINDING GREAT DEALS

If you're flexible about where or when you want to go, websites offering discounted accommodation packages are an option. These include www. groupon.com (www.groupon. co.za) and www.skyauction.com



Discover a new world of safety management with ATNS

In order to move away from the **paper-dependent filing** of mandatory occurrence reports by Air Traffic Controllers and related aviation personnel **Air Traffic and Navigation Services SOC Limited** (ATNS) has developed a **revolutionary new integrated electronic Safety Management System – XTRAX**.

Not only does safety information allow aviation organisations to become more **proactive and predictive** in managing safety programmes and **improving** on safety performance, but with the capabilities of **XTRAX** as an automated system there are **greater opportunities** for more **informed decision making and safety trend analysis**.

Please contact marketing at ATNS to find out how **XTRAX** can be **customised** to suit the **unique safety** and **aviation needs** of your organisation. Call us on **+27 11 607 1000** or send an email to **marketing@atns.co.za** to find out more.

Features of XTRAX:

- As an electronic portal XTRAX provides the **agility** of a single interface between the user and a complex work environment and is **device-adaptable**
- The system is **intuitive and innovative**, requiring limited training
- Allows for **seamless expansion** to include and integrate other modules (e.g. fatigue management) to **enhance** decision making
- Utilises authentic aviation methodologies allowing for collaboration between stakeholders
- Extracts reports based on **specific** aviation requirements
- Allows multiple users to interact simultaneously

Benefits of XTRAX:

- Facilitation of mandatory aviation occurrence reporting and enhancing of a transparent accident and incident investigation process
- Facilitation of all facets of operational and safety assessments, surveys and audits
- All actions generated from any module or component of the system aim to identify and mitigate the root causes of safety events
- The ability to **assimilate** safety reporting in any area or region
- Reduction of lead times, duplication and manual handling of paper transactions through automation
- **Production** of reports for trend analysis as/when incidents occur

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Putting the "smart" into smartphones

SMARTPHONES AREN'T ALWAYS COMPLICATED - THEY CAN BE USED TO SIMPLIFY YOUR LIFE. NAFISA AKABOR (@NAFISA 1) TELLS YOU HOW



martphones have been part of our lives for some time now, to the point where we're more reliant on them than we think. This has a lot to do with social networking and our constant need to check various feeds. It's also a tool that can be used to make life easier - and that doesn't mean calling, texting or emailing, but rather services available that you may not have known about.

Banking is one example. All the major banks have smartphone apps today and some of them focus as much as possible on you not having to go into a branch. The FNB app alone has 1,2 million users and with good reason, as it lets you add beneficiaries, make monthly or onceoff payments, buy airtime, pre-paid electricity or Lotto tickets or make cardless cash withdrawals. Nedbank lets you buy and sell shares on the stock market, while Standard Bank lets you handle separate accounts, like business, personal or with a spouse, under one profile and enables you to search your transaction history.

It's also the first bank to support the iPhone's TouchID feature.

When it comes to shopping, eating out or getting a haircut, you can now pay with your handset. There are various mobile wallets available, but the most widely accepted one is SnapScan, which won MTN's App of the Year in 2013. It has secure endto-end encryption, meaning your card details are stored on your phone, rather than on external servers. You pay within seconds by scanning the QR code at the till. Zapper lets you split the bill with friends at restaurants and gives you a discount off your first use. FlickPay works the same way,

but includes discount vouchers from merchants, while MasterPass works with certain online sites like FlySAA, Takealot and Netflorist. None of these apps are restricted to who you bank with.

If you love eating out, download **Zomato.** It lets you find restaurants nearby or use carefully curated collections using phrases such as "newly opened", "hidden gems", "load-shedding", "high tea", etc. The most useful part of the app is the user-generated, genuine reviews of restaurants. The app's been downloaded more than 7 million times in 22 countries.

Purchasing a stand-alone GPS device is no longer necessary. Rather spend a fraction of the cost on a mobile car charger that fits into your vehicle's cigarette lighter and includes a cradle for your dashboard. Fire up Google Maps and you're ready to go just about anywhere, as it works globally. If you're travelling, check the explore nearby" tab.

Speaking of driving, if your car has Bluetooth built in, chances are it will allow you to pair it with your smartphone. It generally works with most handsets which have Bluetooth. This enables you to take calls handsfree the safe and legal way. If your vehicle has advanced features, it may read text messages aloud or stream music to your car's audio system.

Finally, if you prefer cooking to eating out, there are endless recipe apps available. Epicurious is a great one to start with. It has over 9 million downloads and features over 30 000 recipes, sorted by categories. It also supports voice commands. What's more, a tablet stand and stylus make a great accessory for the kitchen!

APP AVAILABILITY 🕞 🗟 🕲 🌚 🔼 🦲 😥























FNB: Android, BlackBerry, iOS, Nokia,

Windows Phone

Standard Bank: Android, iOS Nedbank: Android, BlackBerry, iOS,

SnapScan: Android, BlackBerry, iOS Zapper: Android, iOS, Windows Phone FlickPay: Android, iOS

MasterPass: Android, BlackBerry, iOS Zomato: Android, BlackBerry, iOS,

Windows Phone

Google Maps: Android, iOS

Epicurious: Android, iOS, Kindle Fire,

Windows Phone



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EVENTS

TO HEAD OUT TO THIS MONTH



SOUTH AFRICAN EVENTS

1-5 EAST COAST RADIO HOUSE & GARDEN SHOW, KWAZULU-NATAL (KZN) If you're looking for ideas for your home or garden, you're bound to find inspiration at this event. There'll be over 350 exhibitors showcasing kitchen, bathroom and garden brands. www.housegardenshow.co.za

HARLEM GLOBETROTTERS SOUTH AFRICAN TOUR

1-2: Grand Arena, Grand West Casino & Entertainment World, Cape Town

3-5: Durban International Convention Centre

9-10: TicketPro Dome, North Riding, Johannesburg. The Harlem Globetrotters, an American exhibition basketball squad, are returning to SA after a two-decade absence. Watch them showcase their unique,

record-breaking skills in a blend

of athleticism, comedy and theatre. www.computicket.com

1-4 INNIBOS FESTIVAL, NELSPRUIT, MPUMALANGA Now in its 11th year, this festival offers a variety of music on six different stages with more than 300 performers. It's SA's biggest Afrikaans outdoor concert, attracting more than 35 000 people. There's also entertainment for kids, a free theatre and movie venue, as well as hundreds of craft stalls. www.innibos. co.za or www. computicket.com

1-5 BALLITO PRO FESTIVAL, KZN Experience a surfer's paradise at the 47th edition of the Ballito Pro, presented by Billabong. It's also the biggest beach festival on the continent, featuring extreme sports, stage performances, fine food and drinks. Watch the world's best surfers in action and see why KwaDukuza is a globally acclaimed destination. www.theballitopro.com

1-12 DISNEY ON ICE: LET'S CELEBRATE! JOHANNESBURG AND CAPE TOWN

Celebrating a century of Disney magic, some of its best-loved cartoon and movie characters (such as Mickey and Minnie Mouse, Alice and the Mad Hatter) will be creating a winter wonderland. Enjoy a Mardi Gras with Princess Tiana and Prince Naveen, a Hawaiian luau with Lilo and Stitch and a glorious carnival of music and storytelling. The tour will be in Johannesburg from 1-5 July and in Cape Town from 8-12 July. www.disney.co.za/disney-onice/lets-celebrate

2-12 WAR DONKEY: THE POLONY DIARIES, NATIONAL ARTS FESTIVAL, GRAHAMSTOWN, EASTERN CAPE

Award-winning South African comedian Martin Evans will be performing his new

show, which he describes as both hilarious and poignant, exploring nudity, explosions and lies about explosions. www.

co.za

3-12 JOKERS IN
JULY, THEATRE
OF MARCELLUS,
EMPERORS PALACE,
JOHANNESBURG,
GAUTENG
Catch some of SA's
top comedians as they

explore issues which are close to South Africans. The line-up includes Carvin H Goldstone, Nik Rabinowitz, Loyiso Gola, Radio Raps and Marc Lottering. www.emperorspalace.com or www.computicket.com



3-12 PICK N PAY
KNYSNA OYSTER FESTIVAL,
WESTERN CAPE
One of SA's most popular
festivals features an exciting
itinerary for families, sport-lovers,
adrenaline junkies, foodies, wine
fundis – and, of course, oyster-

lovers. www.oysterfestival.co.za

4 VODACOM DURBAN JULY, GREYVILLE RACECOURSE, KZN Now in its 119th year th

Now in its 119th year, this premier horse-racing (and haute couture) event attracts jockeys, punters and glitterati in droves. This year's theme is "The Captain's Table". Watch the country's top thoroughbreds competing for a R3,5 million prize. www.vodacomdurbanjuly.co.za

4-6 DULLSTROOM WINTER FESTIVAL, MPUMALANGA An array of entertainment is on offer at this year's Christmasthemed festival. Enjoy music, outdoor activities, food and the creative arts. Southern Gypsey Queen, Naming James and



The Shining Light Awards is a jewellery design competition from the De Beers Group of Companies and has been running for 18 years. Its success is linked to the collaboration between industry stakeholders, government and tertiary education institutions. It showcases the talent of young designers from SA, Botswana and Namibia to the world. Participants receive business development training in areas such as jewellery design and manufacturing, sales, marketing and consumer demand.

This year's theme is "The Promise", aligned with the promise made by De Beers' diamond brand Forevermark that all its diamonds are beautiful, rare and responsibly sourced. The grand finale and announcement of the top three winners will take place at the Circa Gallery in Rosebank, Johannesburg.

For use by

Kahn (from the Parlotones) are among the performers. www. dullstroomwinterfestival.com

11 MABALINGWE LION MAN, LIMPOPO PROVINCE

A mountain bike race that goes through the hills of Mabalingwe Game Reserve. You have the option of doing the 40km, 80km or 115km ultra-marathon races. 014 736 9000.

16-19 TURBINE ARTS FAIR (TAF15), TURBINE HALL, NEWTOWN, JOHANNESBURG TAF15 promotes emerging talent by creating a new art audience and collectors' base. This is a platform for curators and art organisations. Over 50 galleries and exhibits will showcase the best contemporary and emerging African works. You can also take part in daily talks and enjoy live music, artisanal food and drinks. www.turbineartfair.co.za or www.webtickets.co.za

17-19 BESTMED JOCK ROAD RACE CHAMPIONSHIP, NELSPRUIT, MPUMALANGA If you're looking for a challenging bike race, this event includes the Jock Tour (334km) and the Jock Classique (154km). It's for experienced and tough riders, as well as licensed veterans. www.asgevents.co.za



24-26 GAUTENG MOTOR FEST, ROCK RACEWAY, BRAKPAN A one-stop, action-filled mototainment extravaganza which includes drifting, track experiences, simulators, competitions, entertainment for children, music and products. www.gautengmotorfest.co.za

26 HOUT BAY TRAIL CHALLENGE, CAPE TOWN A tough offroad race circumnavigating the peaks of Hout Bay, this is one of the oldest trail runs in SA. Entrants' fitness, endurance and technique will be challenged on an approximately 40km course with over 2 000m of climbing. www.houtbaychallenge.co.za



26 702 WALK THE TALK, EMMARENTIA, **JOHANNESBURG** Hosted by the City of Johannesburg, participants walk for a cause or belief in the spirit of Lead SA. You have the option of doing the 5km, 8km or 15km route. The walk starts and finishes at the Marks Park Sports Club. www.walkthetalk.co.za

29 SUNFLOWER FUND'S NINTH ANNUAL GALA DINNER, CAPE TOWN With a deconstructed Gatsby theme, proceeds from this year's gala dinner will be used to inspire potential stem cell donors to join the South African Bone Marrow Registry. It will take place at the 110-year-old Cape Town City Hall. Tickets cost R800. Visit: www.sunflowerfund.co.za

30-31 FNB FREE STATE WINE SHOW, **BLOEMFONTEIN** Taste a number of sumptuous, award-winning wines, chat to producers and sample olive products. The event takes place at the Emoya Luxury Hotel & Spa. 011 482 5936.

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AFRICAN EVENTS

5-19 TREEVOLUTION,
LIVINGSTONE, ZAMBIA
Greenpop is calling everyone
to be part of environmental
change by taking part in this
year's Zambia Festival of Action.
People from around the world
gather to plant thousands of
trees, learn, connect, give back,
grow and get active. There'll
be a variety of sustainability
workshops for schoolchildren,
subsistence farmers and local
and international volunteers.
This is an important event, as

Zambia has one of the highest deforestation rates in the world.

The event includes Earth
Fest, with live music by artists
from all over the subcontinent,
DJs, interactive presentations
on environmentalism and
sustainability. If you can't make
it to Zambia, gift someone
anywhere in the world with a
tree through the Trees for Fees
programme. The recipient gets a
certificate and CPS co-ordinates
of where their tree is planted.
www.greenpop.org

13-16 THIRD INTERNATIONAL CONFERENCE ON FINANCING FOR DEVELOPMENT, ADDIS ABABA, ETHIOPIA

This conference is attended by heads of state, relevant ministers and other role-players. It includes a comprehensive agenda to reinvigorate and strengthen financing for development, follow up processes and address emerging issues (including multilateral efforts to promote international development). www.un.org/esa/ffd/consultations/index.htm

17-18 WINES OF SA WEST AFRICAN GRAND TASTING TOUR, GHANA AND NIGERIA

Wine producers are invited to take part in this event, which will be held in Accra on 17 July and Lagos the next day. It aims to promote South African wines, offering a full range of these for sampling. Only 25 tables are available at each

event. Email: lesley@wosa.co.za or visit: www.wosa.co.za

27-28 MOZAMBIQUE COAL CONFERENCE, MAPUTO Learn about the latest mining developments in Mozambique at this event, which will be held at the Hotel Avenilda. Topics include assessing the way forward for the country's port and rail industries, as well as examining Mozambican government policies and investment opportunities. www.atnd.it/235360

29 JULY-1 AUGUST ZIMBABWE INTERNATIONAL BOOK FAIR, HARARE GARDENS

A diverse showcase of books, magazines, journals, CDs and DVDs, as well as printing and publishing technology on the continent. Nearly 100 publishers take part in this literary event, which includes talks and workshops by renowned authors. www.zibfa.org.zw









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GLOBAL EVENTS

MILANO EXPO, ITALY
The Milano Expo – which
runs until 31 October – is a
global showcase of technology
that addresses health, safety
and food issues, while keeping
the planet safe. Over 140
countries are participating
and 20 million visitors are
expected to attend. It's a
platform to exchange ideas
and share innovative solutions
for a sustainable future. www.
expo2015.org/it

3-5 LOVE SUPREME JAZZ FESTIVAL, GLYNDE PLACE, SUSSEX, UK Enjoy a weekend of music with artists like Chaka Khan, Van Morrison and SA's legendary Bra Hugh Masekela. www.lovesupremefestival.com

4 MACY'S FOURTH OF JULY FIREWORK SPECTACULAR, NEW YORK, USA

The USA's largest Independence Day display takes place at two



locations: the East River and South St Seaport. Dazzling the skylines of Manhattan, Queens and Brooklyn, it's a sound, light and colour spectacle. www. macys.com/fireworks

6-9 HKTDC HONG KONG FASHION WEEK

Hong Kong, the fashion hub of Asia, will host around 1 200 exhibitors from 20 countries and

regions. Themed "Tribal Safari: Into the World", it will feature collections that merge Eastern and Western influences with contemporary flair. www.hktdc.com/fair/ hkfashionweekss-en

9-10 VII BRICS SUMMIT, UFA CITY, RUSSIA Now in its seventh year, the Brics (Brazil, Russian Federation, India, China and SA) summit aims to strengthen the role of the association in international affairs and regional issues and to enrich its current work with new ideas. info@ufa2015.ru

10-12 TIMES GLAMOUR, HOTEL SAHARA STAR, MUMBAI, INDIA This is a platform for high-end jewellers to showcase and sell their creations. An array of items will be on offer, from bezels to wedding, cocktail and contemporary jewellery. www.timesglamour.in

20-21 GARTNER APPLICATION ARCHITECTURE, DEVELOPMENT & INTEGRATION SUMMIT, SYDNEY, AUSTRALIA If you're new to the world of apps, this summit is an opportunity for you to learn about trends, techniques and providers. Those who are experienced in this field can fine-tune their strategies and stay abreast of industry developments. www. gartner.com/technology/ summits/apac/applicationdevelopment



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Fluxmans' success is about relationships, how we build them and how we make them last. Every client is a relationship built on trust, understanding and personal attention to their needs.

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ALENTEJO'S ABUNDANCE

ACROSS AN ENCHANTING LANDSCAPE OF MOUNTAINS, PLAINS, RIVERS AND ANCIENT RUINS, ISHAY GOVENDER-YPMA FEASTS ON THE FLAVOURS OF THE ALENTEJO, THE BREAD BASKET AND WINE BARREL OF PORTUGAL

ACORNS AND PASTRIES

"At one time we only fed acorns to pigs. Now we eat the acorns," says Joana Alegrete. "Have you heard of the pastéis de bolota?" I haven't.

Alegrete is a spa therapist I meet at the Alentejo Marmoris Hotel & Spa in Vila Viçosa in the heart of Portugal's vast Alentejo region, spanning roughly onethird of the country. *Bolota*, or acorns, were traditionally fed to farm animals. Today, much research has gone into their nutritional value and suitability for human consumption, and you can occasionally find bread made from the flour. In the nearby town of Alandroal, Rui Coelho, a pastry chef for over 40 years, developed a recipe for creamy acorn custard tarts, similar to the iconic national favourite, *pastéis de nata*. We drive here on Alegrete's advice in search of the only kitchen that makes it.

"The Alentejo has its own rhythm," she says.

"The people here treat each other like family."

This is part of the reason she quit working on cruise ships to settle in the area. After two visits in quick succession I, too, am drawn to the Alentejo's gentle, but ravishing charms.

A LAND FOR ALL SEASONS

The Alentejo varies strikingly from the hilly and rugged coastline, the tumbling plains and golden wheat fields in central Portugal and the heat-singed lands in the south. It's one of the poorest regions in the country, with sizzling hot summers and icy winters adding to the challenges faced by farmers and labourers. Traversing the region, we drive (and walk) through ancient walled towns like Marvão and Monsaraz, frozen in time. We amble past thickets of oak, corn and olive trees, amid wildflower-strewn vistas of fat cows at pasture and along calm rivers. Pretty, whitewashed houses and boggling Neolithic





WE AMBLE PAST THICKETS OF OAK, CORN AND OLIVE TREES, AMID WILDFLOWER-STREWN VISTAS OF FAT COWS AT PASTURE AND ALONG CALM RIVERS.

structures capture our attention.

sale at the markets

It's worth hiring a guide in places, and historian Melanie Vagar offers enriching walks filled with snippets she's researched during her studies and explorations throughout the Alentejo. While many locals visit for fresh air and outdoor fun such as treks, kayaking and even hot-air ballooning, Vagar also arranges pottery and craft workshops, museum tours and picnics with local products at the scenic Ribera Grande.

During our stay, we wind our way from taverns and picnic spots to tasting rooms and castles, former monasteries serving dinners and Michelin-starred restaurants transforming the regional cuisine into an art. Wheat replaced the vines during the country's dictatorship and interest in wine was only revived in the late Seventies. Still, the region has a global reputation for producing outstanding blends, some at architecturally wondrous estates such as L'And Vineyards in Montemor-o-Novo.

There are, we note, very few visitors to the Alentejo, in spite of decent signage, roads and general infrastructure.

João Chamorro, the Commercial Director at Casa do Porco Preto. We're not talking about a bottle of wine or spirits, but rather about a slow-cured leg of ham

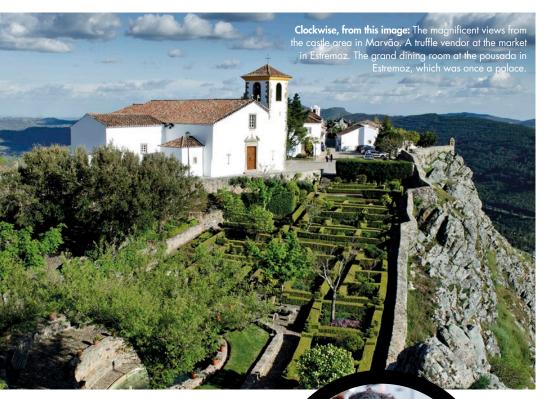
made from the Alentejo black pig, a variety protected under European Union law and awarded the coveted

The conditions in Barranco, a small hilltop town in south-east Alentejo on the border of Spain, are perfect

> for this breed: a high altitude and a Mediterranean micro-climate. The pigs roam freely, guzzling acorns between the cork groves, covering 2-3ha a day to get to a water source. Walking and running create their characteristic intramuscular fat,

resulting in a melt-in-your-mouth buttery texture, while a diet of acorns, herbs and grass creates the subtly





nutty flavour of presunto (dry-cured ham). This is the Portuguese (and much nicer, in my opinion) equivalent of Spanish jamón ibérico. During the financial crisis, we're told, many Alentejo pig farmers transformed their livestock into ham, hedging their bets on the popularity of the porco preto.

TURNIP TOPS AND CASTLES

In the deeper rural areas, communicating in English can be tricky. At the excellent Sever Rio Restaurant in Portagem, the waiter looks up a translation for grelos. Turnip tops, it turns out. Scrambled eggs with farinheira sausage made from wheat flour, fat and seasonings, lamb trotters in tomato and a roast leg of lamb with chestnuts form the beginning of our introduction to very large, Alentejo-style portions which are par for the course in the countryside. It being spring, the season of lamb, we take advantage of the versions of ensopada de borrego on offer - classic Alentejo lamb stew, a legacy of the Moors who occupied the region in around the eighth century.

The pousadas - 34 historic former castles, palaces and monasteries across the country - preserve Portugal's culinary heritage, showcasing the best of classic fare to guests. Expect a variety of egg-yolk and sugar puddings and cakes, recipes developed by the nuns, after the egg whites were used to filter wine. At Queen Santa Isabel's former

palace in Estremoz we admire art, tapestries and antiques, many of which are too precious to announce a value, says Eunice Tiago, manageress and Alentejo native.

We leave the pousada and walk to the town square. A small produce market is underway, and I watch two old women peeling something that looks familiar.

"Trufa," one says. Truffles.

I smell one, offered with an outstretched hand. It smells sweetly of the earth, the rains and the toil of the Alentejo.

GETTING THERE

- South Africans need a visa to travel to Portugal, which forms part of the Schengen states.
- SAA has a code-share agreement with TAP Portugal. www.flysaa.com

DRIVING

 Hire a car at the airport or in Lisbon and pick up a map at one of the tourist offices which are prominent in each town.

ACCOMMODATION

 Alentejo Marmoris Hotel & Spa in Vila Viçosa – which also

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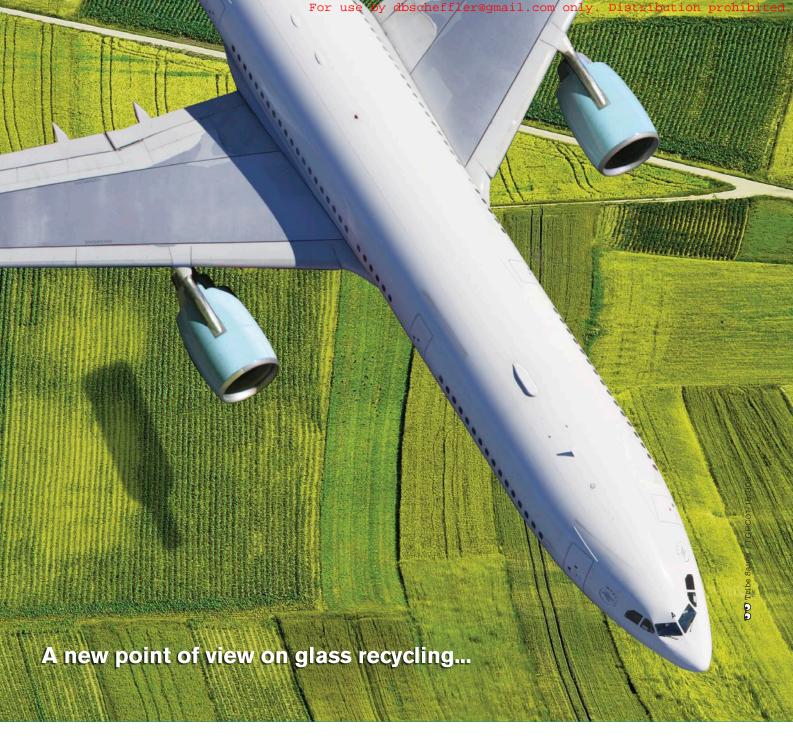
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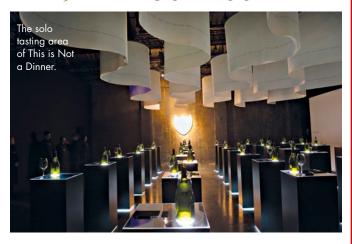




THE INCREDIBLE JOURNEY

THE MEETING OF TWO
POWERFUL BRANDS AND TWO
CREATIVE MINDS CAN ONLY
HAVE SPECTACULAR RESULTS.

> BY INGRID WOOD



his is not a dinner. That was the clear message to the global press on the eve of our departure to Barcelona for the release of the Dom Pérignon vintage 2005. The "not a dinner" declaration referred to a seated meal that would be the first reveal of a collaboration between Dom Pérignon and Ferran Adrià, Spanish chef extraordinaire and the master behind the elBullifoundation.

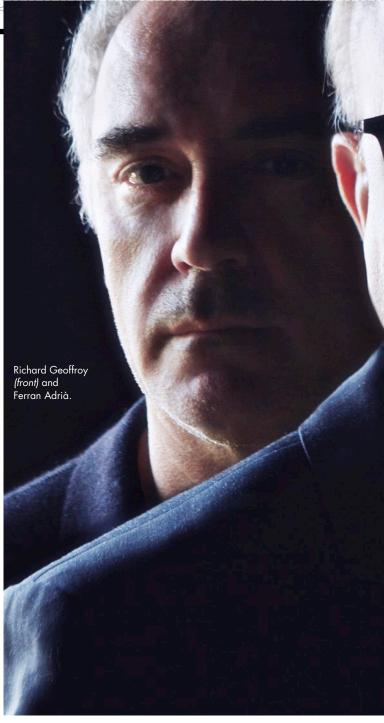
What unfolded was an explosion of genius – an experience that made me rethink how I drink champagne and approach food.

Considered one of the best chefs in the world, Ferran ran the famous elBulli restaurant near the town of Roses in Catalonia for 10 years. It was a foodie phenomenon: only open for six months of the year (which worked out to 8 000 seats), it received two million requests annually for

bookings. After closing the restaurant in 2011, he launched the elBulliLab in Barcelona – a "cooking laboratory" housed in an industrial space filled with boards and tables covered in Ferran's research and musings.

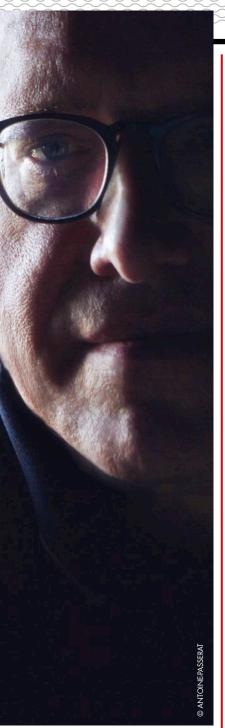
Fascinated by the history of gastronomy and the processes involved in food, he comes across as a slightly mad, intensely passionate scientist. He's constantly questioning and rethinking gastronomy.





Another master, Dom Pérignon's Chef de Cave Richard Geoffroy, has been in his position for 25 years and has known Ferran for 20 of them.

"Friendship brought us together," says Richard, explaining why he turned to Ferran to help decode the Dom Pérignon brand in an effort to elevate the consumer experience. "Someone once told me there's a stage in a friendship when you come up with projects – a bit like how one creates kids in a relationship!"





HOW CAN WE ELEVATE THE EXPERIENCE TO A LEVEL THAT WAS CONCEPTUALLY EXPLAINED 300 YEARS AGO BY THE CREATOR OF CHAMPAGNE, PIERRE PÉRIGNON: "I'M DRINKING STARS"?

factory and a brewery. Entering it in darkness, each guest was led to a podium on which stood the hero of the evening - the Dom Pérignon 2005 vintage. White dividers were slowly released from the ceiling, enveloping each person in their own pod for a solo tasting and ensuring that all the focus was on the bubbles.

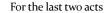
This forced concentration was carried through to the dining area, where tables of 10 were closely placed, but subtly separated, encouraging guests to concentrate fully on each flavour. And what a taste fest it was!

"Instead of the champagne being the accompaniment to the food, we wanted to create an experimental experience where Dom Pérignon was the centrepiece, or the sun, and the snacks the satellites or continuum around it," explains Ferran, who's known for over 400 signature snacks that he created between 1994 and 2011.

Accordingly, he served 29 of these snacks to complement the four facets of the wine: minerality, intensity, seamlessness and harmony.

Act one was Minerality, with the menu featuring elements like delicate mango leaf, melt-in-themouth mimetic peanuts, yoghurt pistachulines and beetroot and yoghurt meringues. Act two saw the dividing wall removed, exposing guests to the adjacent table, while we experienced

Intensity through the lingering tastes of a sublime tomato and olive oil airbag, Parmesan icecream and a raspberry fondant topped with wasabi, among other offerings.





"Dom Pérignon is the mover and shaker of champagne, the charismatic leader, but we can't be complacent. We need to keep forging ahead and challenging the limits," says Richard.

Unable to change core elements such as the wine and the bottle, the focus turned to the context: how to innovate with each vintage, communicate the brand's vision and get the consumer to live and feel the brand.

The big reveal took place in a space that used to house a textile - Seamless and Harmony - the curved wall dividing the space was lifted entirely, bringing all 40 of us together. The intricate snacks we were served weren't for unadventurous palates: think black sesame and miso sponge cake, oysters with walnuts, raw prawns, seaweed with a spherical emulsion of Dom Pérignon 2005 and fried rabbit ears. But it was creative cuisine at its best.

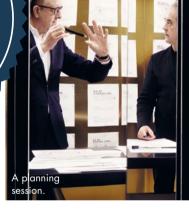
The event was just the beginning of the partnership, which will continue for three years and drive the future of Dom Pérignon. It will be a fascinating journey and I can only wonder how they'll top this experience with the release of the next vintage.

ABOUT THE 2005 VINTAGE

Despite the fact that 2005 wasn't considered a good year for wine-making (August was unusually dry and hot, which resulted in few good grapes), Richard knew the grapes they had were rich. A small amount was



WITNESS THE LAUNCH OF DOM PÉRIGNON VINTAGE 2005 WITH FERRAN ADRIÀ AT:







harvested and spent nine years

of maturation in the cellar. The result was a limited volume of exceptional quality.

"I was on a mission to witness these characters of ripeness and richness," he says. "The major step in the balancing act was the blending. The more dots you add to the process, the more robust the wine."

And robust it is. "It has a strong character and a powerful presence there's even something physical about it. Overall, it's structured, focused, firm and dense. It's

intriguingly spicy, with a flowery finish that remains present in each sip."

Remarkably fresh and radiant, the 2005 vintage has an airy sensuality and little hint that it's been on the lees for almost a decade.

"Any hint of age is through the process of oxidisation - it's a deliberate thing. This is nonoxidative champagne, which is typical of Dom Pérignon," explains Richard.

A Dom Pérignon vintage is only released every nine to 10 years and vintage production makes up about 5% of all production.



THIS IS A CHEF'S STORY. WHAT'S YOURS?

For years, acclaimed Cape Town chef, Brad served prawns as his daily special. They were popular and profitable. But after talking to SASSI and learning about sustainable seafood, he removed all Orange-listed options from his menu. Braving ridicule and reduced turnover, he vowed to only bring them back once he could find suppliers committed to improving their sustainability.



THE TRUTH ABOUT ADULT ADHD

ATTENTION-DEFICIT HYPERACTIVE DISORDER (ADHD) WAS LONG THOUGHT TO AFFECT ONLY CHILDREN. NOW SCIENTISTS KNOW THAT IT ALSO AFFECTS UP TO 2 MILLION SOUTH AFRICAN ADULTS — AND CAN HAVE FAR-REACHING

he first case of ADHD was diagnosed in 1968 in the USA, according to the American **Psychiatric** Association's

diagnostic manual, but since then its prevalence has grown tremendously. Five to 10% of children are diagnosed with the disorder, making it the most common childhood syndrome.

However, despite research indicating that ADHD isn't only a childhood condition, many people wouldn't recognise the symptoms in adults. This is unfortunate, as for many people, it's a lifelong one.

As a person grows older, the symptoms of ADHD are more likely to be labelled as immaturity, rudeness, laziness or disorganisation. This can lead to such adults being socially excluded, which in turn often results in low selfesteem, frustration, anxiety (particularly in social situations) and depression.

To be diagnosed with ADHD, people must have six out of nine symptoms from two different groupings. The first group comprises predominantly attention problems, including forgetfulness, distractability, frequently losing important items, being disorganised, not following instructions or finishing tasks, not hearing what's said during conversations, paying little attention to details and being unable to focus on one subject for a long period.

The second group of symptoms are predominantly hyperactive or impulsive traits, including fidgeting, restlessness, being on the go, extreme talkativeness, interrupting conversations or tasks and experiencing difficulty in sitting still, performing quiet tasks, waiting their turn to speak or standing in queues.



In adults, such symptoms might result in having unsteady romantic relationships, saying the first thing that comes to mind, or speaking without a social "filter".

Adults with ADHD may struggle to establish friendships because their symptoms act as a barrier to normal relationships. People may become impatient at being interrupted during conversations, or annoyed at the person's forgetfulness or overly brash comments.

Eshed* (25), a digital marketer with ADHD, says many people think he isn't concentrating when they speak to him. What they don't understand is that someone with ADHD can divide their attention better than a normal person can. "People think I'm not listening to them, but I am - and to three other things too, at the same time. It takes a lot of effort for me to concentrate on one thing," he says.

Eshed was teased about his ADHD as a child. It was only as a teenager that he began making friends and learning to manage his symptoms better. Establishing a strong routine and discipline helped him get through the day.

Mareli Fischer, a clinical psychologist specialising in ADHD, says natural ways to treat the condition, such as a low-GI diet or implementing a solid routine, are good first steps. "The hope is that if a person with ADHD lives in a household with a set routine, they'll be able to internalise

some of those control structures and monitor themselves"

Like many other mental health professionals, she believes children don't "grow out" of ADHD, but rather "grow into" it. Many of the behaviours and symptoms of the condition are managed and controlled better once a person reaches adulthood, for a number of reasons. Adults experience more social pressure to conform to acceptable or "normal" behaviour than children, who are permitted

unbearable due to the monotony associated with it."

Treatment for patients with ADHD usually involves helping them resolve their social problems, as well as controlling mood swings or anxiety issues.

Another common way of treating ADHD is with medications such as Ritalin or Concerta. Unfortunately, many medical aids don't pay for such drugs and patients receive no tax rebates on them either. This could place a hefty financial

"PEOPLE THINK I'M NOT LISTENING TO THEM, BUT I AM — AND TO THREE OTHER THINGS TOO, AT THE SAME TIME."

greater leniency in running around outside and having regular breaks during school hours to play.

"With an adult, it's quite a personal thing," says Fischer. 'They're responsible for their own behaviour, whereas a child has a mother, a father, a teacher and many other people monitoring what they do. Adults also have issues like self-esteem and relationship problems to deal with."

Adults with ADHD often suffer in the work environment. Forced to sit still and pay attention for hours on end, they may become extremely restless and frustrated. The smallest noise or movement, such as a kettle boiling or people moving around in the office, can easily distract them, making it impossible for them to work. A conversation or ringing telephone in the next cubicle or even at the other side of the office can bring their work to a halt, obviously impacting their productivity and causing conflict with their colleagues.

Dr Molokashe Molokomme, a psychiatrist based in Johannesburg, explains: "People with ADHD may struggle with punctuality, being a team member, completing tasks and sitting through meetings. They tend not to persevere. They might come up with a brilliant idea for a project, but be unable to follow it through themselves. A typical 9-5 job can be

strain on sufferers.

Molokomme says medication can also cause side-effects such as headaches, poor appetite, weight loss and insomnia. She adds: "Addiction to stimulants has also been raised as a concern. It's important to note that substance use disorders tend to be co-morbid with untreated ADHD."

Despite this, medication can be hugely beneficial and worth the average monthly R400 bill. Sarah* (18), a student, says medication has helped her through her symptoms. "The tablets help me concentrate and be less active, so I can control myself. They've also improved my ability to work faster and more efficiently. They help me bring myself back to reality and focus on what's in front of me."

When she forgets to take her medication, she feels "all over the place", she says. "It takes me much longer to complete a task. My brain day-dreams and wanders off all the time."

Although there are many struggles associated with ADHD, and certainly more awareness is needed about the disorder, it shouldn't be thought of as a major impediment to living, says Fischer. Although sufferers may face social difficulties, many people find them to be refreshingly energetic, adventure-seeking, creative or endearingly child-like. 🔪 *Not their real names.





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BASKETBALL NATIONAL LEAGUE



The Basketball National League (BNL) is a flagship programme of Basketball South Africa and the Department of Sport and Recreation South Africa and has over the last two years, set the domestic basketball scene alight with 12 teams spread across all nine provinces. Introduced with the active support and encouragement of the Minister of Sport and Recreation, Hon Fikile Mbalula, the BNL provides a premier competition for the top basketball players in the country and is attracting increasing attention from leading players across the continent.



Besides contributing towards growing the game in every region of the country, including rural areas, the BNL is also creating real opportunities for business, entrepreneurs, sponsors, and advertisers that appeal across the board.

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A weekly magazine programme going behind the scenes in the league and in the everyday lives of the players is also broadcast on SuperSport. The growth and success of this league is testimony to the commitment of the Department of Sport and Recreation South Africa to promote the diversification of the sporting landscape of the country and to provide the youth of our country with opportunities and varied platforms for participation in sport.



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OOSTHUIZEN OPEN TO ST ANDREWS DOUBLE

It's five years since Mossel Bay boy Louis "Shrek" Oosthuizen elevated himself into the elite band of men who've won the prestigious Open Championship – and at the "home of golf", St Andrews, no less

his month Oosthuizen
(32) returns to the scene
of what remains his
greatest sporting
achievement to date, looking to
emulate Tiger Woods and Jack
Nicklaus as only the third man in
the modern era to win back-toback Open championships over
the fabled Old Course.

Much has changed since he lifted the iconic claret jug on an unforgettable Sunday afternoon in Scotland.

When Oosthuizen clinched the 139th Open Championship in 2010 over the hallowed turf of St

Andrews – and the R13,1 million champion's

cheque

that went

with it – he'd already made a name for himself in SA with four victories on the Sunshine Tour.

But, with just a single victory at the next level up on the European Tour, he was hardly a hot tip for the title. Ranked 54th in the world and with odds of 200:1, Oosthuizen's name was far from the lips of golf aficionados, let alone the game's cognoscenti.

Nevertheless, in his habitually quiet, understated manner, he put in many hours of painstaking preparation. "I'd always enjoyed playing at St Andrews and I'd always dreamed of winning a Major – especially the Open Championship. Fortunately, it all just clicked that week," he recalls.

Standing on the final tee preparing to play in one of the most famous (and intimidating) sporting amphitheatres in the world, the South African had the relative comfort of a seven-stroke lead. Yet he says: "I was conscious that in this sport, you haven't done anything until the final putt's gone down, but after my drive down the 18th fairway, I knew I wasn't going to 10-putt."

So Oosthuizen became only the fourth South African – after Bobby Locke, Gary Player and Ernie Els – to lift the claret jug and the first to record a maiden Open Championship win at the undisputed "home of golf".

His reaction to his victory was a measure of the man: no great displays of excitement – just a handshake from his caddie, Zack Rasego and his vanquished rival, Paul Casey, a hug from wife Nel-Mar and baby daughter Jana, a modest victory speech and an interminable round of media commitments with which the unassuming South African seemed ill at ease.

He did, however, admit to a "very late night" in the Jigger Inn, waking up next morning "with Nel-Mar, Jana and the claret jug in bed with me"!

By Mike Wilson

While more ostentatious players might have used the prize money of more than a million dollars to splurge out on a new Ferrari, Oosthuizen's only extravagance was buying himself a big green John Deere tractor for his farm at Mossel Bay.

"Being a farm boy, that was one of my big dreams," he says. "John Deere is very close to my heart. It was for me to drive around on and have a lot of fun."

Before setting out on an epic four rounds at the "Mecca" of golf that would change his life, Oosthuizen wasn't fretting about his game or practising to the point where his hands bled, but supporting the Golf Foundation with a series of kids' coaching clinics.

"Youngsters need encouragement to get into golf and I was really pleased to help," says the man who's now set up



his own academy at Mossel Bay. always keen to give something back to the game that's given him everything.

In the five years since his Open Championship triumph, Oosthuizen hasn't exactly been treading water: five more victories (four on home turf) and another daughter to add to the fold: Sophia, born in 2012 - plus another baby due this summer.

Unquestionably, Oosthuizen's biggest blow on the golf course since his maiden "Major" was missing a second, edged out by American Bubba Watson on a dramatic final day at the 2012 Masters. He finished runner-up, following a suddendeath play-off. "It was a real disappointment, having got so close, but Bubba was brilliant in the play-off," he says.

He didn't dwell on the setback, flying straight to Kuala Lumpur and winning the Malaysian Open.

Now, on the cusp of a return to St Andrews, Oosthuizen's looking forward to the championship with relish - but also with realism.

"Having done it before, [I believe] history could repeat itself," he says. "They call St Andrews the 'home of golf' for a reason: it's like holy ground. There's such an aura about the place that winning the Open there in 2010 is something I'm very proud of. I feel very comfortable there and I'm really looking forward to it. There'll be no pressure as defending champion – just positive memories. If I bring my 'A-game' to the championship, I'm hoping I can be in contention come Sunday afternoon.

"I'd settle for a seven-shot lead standing on the 72nd tee once again!" he jokes.

Having reached fourth in the world and currently ranked 31st, sixth in the Race to Dubai and with odds of 33:1, Oosthuizen's no longer a rank outsider flying under the radar as he attempts to repeat his victory.

• The 144th Open Championship takes place at the Old Course, St Andrews, from 16-19 July 2015. Visit: www.theopen.com



FACTS ABOUT "SHREK"



He was christened Lodewicus Theodorus Oosthuizen after his grandfather and nicknamed "Shrek" by his close friend and fellow golfer Charl Schwartzel.



He grew up on a sheep farm in Heidelberg and built a driving range to practise on. He now has his own farm on the Garden Route.



His father and brother were both provincial tennis-players, but it was always going to be golf for young Louis.





He won the 2000 World Junior Championship in San Diego, USA, partnered by Schwartzel.





He recorded a remarkable 57, 14-under-par over his home Mossel Bay Golf Club in December 2002 which remains his lowest round ever.





He's named his foundation, golf academy and restaurant "57" in recognition of that feat.





On the eve of the final round of the 2010 Open Championship, he received a call from South African golfing legend Gary Player wishing him luck.





While crossing the world-famous Swilcan Bridge in St Andrews with the championship in the bag, he was privately wishing former South African President Nelson Mandela a happy 92nd birthday.





He fired a unique "albatross" (or "double eagle") - a three-under-par, holing a four-iron from 253 yards on the second hole of the final round of the 2012 Masters at Augusta. His sponsor, PING, subsequently presented him with a solid gold replica of the club.





Apart from spending time with family and farming, Louis enjoys watching movies.



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GLAMOUR BEFORE SPEED

FEW PLACES ARE MORE CONDUCIVE TO CONVERSATIONS ABOUT THE MAJESTY OF THE MOTORCAR THAN THE CONCORSO D'ELEGANZA, WRITES RICHARD WEBB (@RICHARDMARKWEBB)

It's early on a Friday morning and I take a boat across the luminous Lake Como, 40km north of Milan, in Lombardy, Italy. The gentle rhythm of waves against the hull harmonises with the drone of a Cessna C172 XP amphibious plane climbing dreamily over the steep green swells of the lake before me.

Puccini, Wordsworth, Rossini and Shelley all found inspiration at Como, as did Verdi, who composed *La Traviata* here. Como is a spectacular place, with the glacier lake running beneath the Italian Alps, ringed by small towns and villages and the city of Como. The air is clean, the people are friendly, the food is extraordinary and now the sun is shining.

A slight haze hangs in the air as I glide past Villa del Balbianello, where *Casino Royale* was filmed,

and then past George Clooney's 18th-century Villa Oleandra on the way to Villa d'Este. A peal of church bells rings out across waters cloven by magnificent Rivas or J-Craft speedboats – the envy of every late-1950s playboy.

Russian princes and English

lords came to Lake Como in the 1800s and bought beautiful fading villas, hosting tremendous parties for royalty and heads of state – and that dreamy sense of unreality is precisely why this narrow, 48km-long lake has always been a retreat for artists, writers, aristocrats and collectors. However, the latest waves of *arrivistes* are here for the Concorso d'Eleganza Villa d'Este – perhaps the most significant gathering of automotive collections in the world – to celebrate the mystique of historic vehicles.

Collecting is much more exciting when you've taken the time to learn about the symbolism, history and creators of your *objets d'art*, and in this case, there's no better way to do

this than by wandering around the grounds of the villa, chatting to the owners of the

vehicles to understand their context.

> I ask South African collector, Brett Gage – whose Rolls-Royce Phantom VI cuts a fine dash at the Concorso this year – where his interest in cars comes from.



THIS YEAR'S EVENT **CELEBRATES 90** YEARS OF THE ROLLS-**ROYCE PHANTOM AND ENTRANTS ARE COMPETING FOR THE COVETED CONCORSO** D'ELEGANZA VILLA D'ESTE TROPHIES.

—×—

"When I was about five, I started a Dinky die-cast car collection. They were terribly important to me," he says, adding: "I lined them up every evening and if one of my cars was missing, I'd insist on searching the house and garden until they were reunited with my collection."



Motorrad "concept 101". BMW's

Hommage design study. The Bentley EXP 10 Speed Six.

fabulous CSL



Those little model cars ignited his fascination for Fifties and Sixties sports cars and limousines. "As soon as I was able to, I acquired a car of the same era to restore back to its former glory," says Gage, who divides his time between London and Cape Town.

"I believe classic cars are there to be used, not locked away in a museum," he says, gesturing expansively, sitting in the back of the two-tone green, coach-built Phantom. As we lounge in his cavernous RollsGage - a highly regarded collector continues seamlessly: "I've also got a 1954 Bentley Continental Fastback R-Type and a range of Mercedes-Benz cars in Cape Town, and they're all thoroughly used."

BMW Group Classic has an enviable tradition of bringing together owners and aficionados of historic vehicles, and around us are 50 cars and motorcycles of outstanding class, with a fascinating past. This year's event celebrates 90 years of the Rolls-Royce Phantom and entrants are competing for the coveted Concorso d'Eleganza Villa d'Este trophies.

Nearby Villa Erba is an architectural jewel of the 18th century, featuring precious inlaid ceilings and ancient



a magnificent display of BMW bodywork designs by artists such as Frank Stella, Alexander Calder, Roy Lichtenstein, Andy Warhol and Jeff Koons. The first time a BMW was transformed into a work of art was in 1975 by Alexander Calder, inspired by French auctioneer and racing driver Hervé Poulain.

I catch up with Poulain at Villa Erba. "Alexander only used primary colours and distributed them in broad swathes across the paintwork of the BMW 3,0 CSL," he says. And so began a truly spectacular concept - a perfect equilibrium between history, innovation and elegance. "BMW responded quickly to the huge public enthusiasm surrounding Calder's arton-wheels, so we decided to establish

the Art Car Collection, which has seen some of the world's most influential artists offer their considerable talents."

My personal favourite is the Jeff Koons BMW M3 GT2, which bears the racing number 79 - a tribute to the BMW M1 bodywork presented by Warhol in 1979. The striking bodywork of Koons' Art Car exudes a boisterous sense of power, motion and energy and is a riot of speed-blurred colours.

But it's not all about speed. In an event that could be crammed into three hours, this extraordinary three-day automotive beauty pageant allows time for a flute or two of chilled Pommery champagne. Not forgetting the cocktail parties, epicurean lunches and spectacular gala dinners that accompany each stage of judging and parading.

Happily, the Italians have mastered the art of slowness and I'm grateful that they've honoured the rituals of the Concorso by remaining faithful to the early years.

BMW's tradition of unveiling concepts at the Concorso d'Eleganza Villa d'Este took another leap forward with the Hommage concept. Inspired by the Seventies' BMW 3,0 CSL, this stunning coupé adds to

BMW's enviable back catalogue of concept cars. "Our Hommage cars demonstrate how proud we are of our heritage, but they also show how the past can help determine our future," BMW Group's Senior Vice-president of Design, Adrian van

Hooydonk, tells me. The original CSL used plenty of aluminium to keep its weight down and in that tradition of lightweight technology, the Hommage uses carbon fibre-reinforced plastic. Power comes from a six-cylinder

in-line engine with eBoost, which means it's a hybrid.

ABOVE RIGHT: The

judges prepare to

Kaufmann's 1937

540k. **BELOW LEFT:**

The eccentric 1952

inspect Michael

Mercedes-Benz

Pegaso Cupula

The CSL Hommage manages to pay respect to the best of the original with the very modern design signatures of the outrageously pretty BMW i8, particularly around the rear three-quarters. BMW's Chief Designer, Karim Habib, says he deliberately avoided just an update of the (admittedly beautiful) old car. "Some of the parallels aren't immediately obvious. We wanted people to sense the family resemblance, rather than see it straight off,' he explains.

For BMW designers, the 3,0 CSL is a style icon. "Its combination of racing genes and elegance generates an engaging aesthetic that continues to win hearts even today. The BMW 3,0 CSL Hommage celebrates many of those characteristic features, but without copying them. Indeed, some of the parallels aren't immediately obvious," says Habib.

And the chances of seeing the 3,0 CSL Hommage entering production? I reckon we'll see many of the design features pictured here on future BMW coupés.















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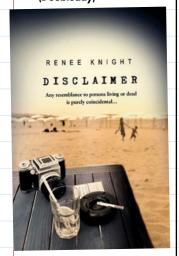


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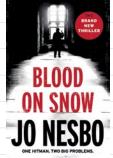


by Renée Knight (Doubleday)



When Catherine and Robert move house, a book mysteriously appears on her bedside. She begins reading the novel and soon fears for her life, as the story reveals intimate details of things she's trying desperately to keep hidden from her son and husband. She then discovers that he knows her family - and soon learns her whereabouts. Soon a copy of the book is delivered to her husband and son, putting Catherine's marriage and security at risk. A wonderful winter page-turner.





BLOOD ON SNOW

by Jo Nesbo (Harvill Secker)

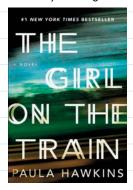
Olav is a hitman, since killing is the only thing he knows how to do really well. Corinna, the wife of his client, Daniel Hoffman, is having

an affair and Olav's been hired to "fix" her and make it look like a break-in. However, while watching his target, he realises she's the woman of his dreams. Unable to murder her, he saves her, but the ensuing conflict with Daniel can only end in the death of one of the men. Nesbo is a skilled storyteller whose Harry Hole series was widely acclaimed. Yet, while Blood on Snow is interesting, it falls short of his earlier works.

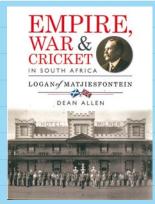
THE GIRL ON THE TRAIN

by Paula Hawkins (Random House)

If you enjoy psychological thrillers, this work ticks all the right boxes. Rachel is a lonely, recently divorced alcoholic who catches the train from suburbia into central London every day – even after she loses her job in the city. Gazing out her compartment window at the same time every morning and evening, she weaves a fantasy



about a couple she sees as the train passes their home - until she spots something that completely shatters that illusion. As the mystery unfolds, so does her own story of divorce from Tom and drunken blackouts. The narrative is paralleled by two other characters - Anna, Tom's new wife and Megan, the woman she sees from the train, who suddenly disappears.



EMPIRE, WAR & CRICKET IN **SOUTH AFRICA**

by Dean Allen (Zebra Press)

An entertaining biography of James Douglas Logan, the founder of the little Karoo town of Matiiesfontein. The Scotsman arrived in SA in 1877 at the age of 19. A colourful character who was actively engaged in business and politics (he was a close friend of Cecil John Rhodes), he was

instrumental in developing cricket on our shores. Documentation and photographs accompany the text, making it a must-read for sportlovers or historians.

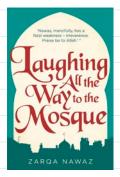


THE GREATEST **SPRINGBOK** TEAMS: PAST TO PRESENT

by Adam Hathaway (Zebra Press)

Profiles, interviews, statistics and photographs make up this collection of the best of the best players to have donned the green and gold jersey from 1924-2009.

International rugby writer Hathaway has produced a book that will be devoured by anyone who lives and breathes the game.



LAUGHING ALL THE WAY TO THE MOSQUE

by Zarqa Nawaz (Virago)

Nawaz – the daughter of Pakistani immigrants living in Canada – is a precocious little girl who challenges some tenets of her faith. For example, she'd like to wear a normal dress, exposing her legs, like her schoolmates, but her conservative mother forces her to team it with corduroy pants. Later, while forced to study medicine, she realises she has no aptitude for the sciences – and while she chooses to wear her habib, she's forbidden to intern in another city for her journalism course, until she's married. Nawaz recounts the challenges of growing up as a devout Muslim in an open, Western society. While she never ridicules her religion, she seeks its true meaning with a husband who fully supports her. Ultimately, she becomes a

filmmaker expressing her beliefs in unusual ways. This memoir offers beautiful insights.

THIS ONE TIME

by Alex van Tonder (Pan Macmillan)

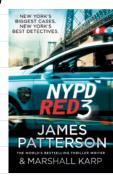
As Jacob Lynch knows, life in New York isn't much fun if you don't have money, have a dead-end job and the ladies don't want you. Accordingly, he decides to create a blog under the guise of the masochistic, wild, misogynistic, try-anything, drug-snorting ladies' man Brodie Lomax. In due course, his follower ratings go through the roof, as do his influence and wealth. His agent helps him secure a reality show with a beer brand, which is a winner with everyone except feminists and his publisher, who wants him to complete his memoir. Overwhelmed, Jacob heads to Alaska in search of peace and much-needed rehabilitation, but on his first night there, a beautiful woman appears. The next morning he awakes to find himself tied to his bed – and facing an angry woman. A compelling and fast-paced debut novel.



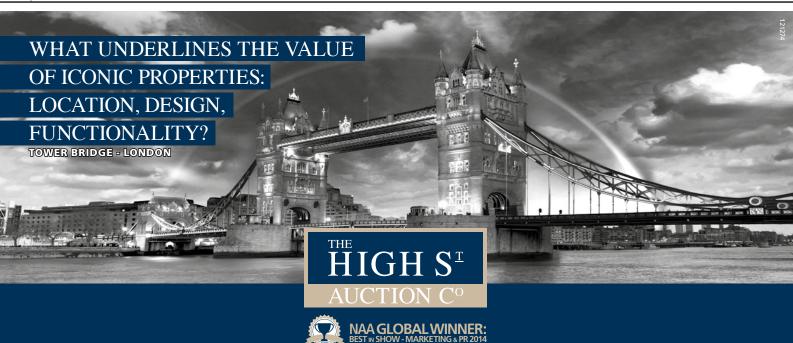
NYPD RED 3

by James Patterson & Marshall Karp (Century)

NYPD Red
3 is an elite
police group
assigned to
New York's
moneyed
and powerful
– so when
wealthy
Hunter
Alden's son,
Tripp, goes
missing,



detectives Zach Jordan and Kylie MacDonald are put on the case. The night Tripp went missing, his father sent his trusted driver to look for him, but the chauffeur was found decapitated. Then an old woman claims to have seen a man abduct the youngster. The case takes an even more sinister turn when Hunter receives a note threatening not only to kill his son, but to ruin his entire life unless he refuses help from the police. A gripping read.



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Games for a quick flight

Anagram crossword

Re-arrange the letters in the clues to make new words that will fit into the grid to complete this crossword.

ACROSS
1. Pace
Cries off
9. Tureens
10. Finer
11. Sails
12. Itches
14. Sector
16. Spider
19. Inbred

21. Serve

24. Astir

25. Leaking26. Presides27. Spas

Rishi
 Effs etc

7. Ruse

8. Recall

13. Linseeds 15. Maniacs 17. Vainer

DOWN 20. Ridge
1. Scantier 22. Pears
2. Slump 23. Sued
4. Forest

1		2		3	4		5		6	7
			8							
9							10			
11					12					
										13
14		15				16	17			
					18					
	19		20				21		22	
23										
24					25					
26								27		

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.

A	C	C	Α	В	L	Е	S	T	U	Α	R	Y	R	Е	R	Е	M	Е	D	I	Α	L
O	M	Е	R	Е	R	O	T	N	W	О	D	Е	О	Α	L	Е	R	Е	G	Α	Е	О
O	О	S	U	Α	T	W	D	Α	Е	R	Е	Α	L	T	S	S	I	C	Α	F	G	В
R	R	S	D	S	N	N	F		N	D	P	R	P	I	Α	T	С	Е	D	F	D	О
G	N	I	N	U	Е	О	U		R	Е	О	В	X	V	I	R	Е	J	Е	Е	Е	T
N	I	О	Е	R	I	R	L	Е	A	Т	L	О	Е	Е	N	L	Α	R	G	I	L	О
I	N	N	U	T	R	T	Н	A	U	N	Е	О	T	Α	L	Α	С	S	Е	N	W	M
N	G	О	О	D	N	Е	S	S	T	О	V	K	N	Α	P	S	Α	С	K	N	О	Y
N	I	D	Е	S	R	U	N	Α	M	S	Е	L	Α	S	Е	L	В	Α	T	S	Α	Е
O	W	Е	M	О	R	K	I	L	О	M	Е	Т	Е	R	S	Α	W	Α	M	R	О	С
T	L	D	P	Y	Е	N	О	I	Z	Α	R	Е	N	О	Α	L	S	Н	N	Е	V	K
S	Е	N	Н	W	С	T	A	T	О	S	S	C	Н	О	W	L	U	S	T	R	I	I
Е	Е	R	Α	Е	S	О	R	Α	R	U	I	D	Α	R	Н	U	I	T	Α	Y	T	T
U	Е	G	T	N	Е	В	U	С	Е	С	О	N	W	Е	О	F	Е	T	R	D	Α	T
G	T	N	I	Α	M	Y	S	U	В	S	С	О	О	P	R	G	U	I	Е	R	N	Е
N	I	I	С	Α	R	D	Н	D	Е	I	T	R	R	P	S	N	Α	P	Α	M	L	Α
Е	L	T	Α	Е	N	N	Α	Е	L	D	Α	I	K	О	Е	I	R	S	S	О	T	N
T	Е	Е	N	L	I	V	О	R	I	R	G	Т	Α	Н	D	Н	Α	L	Е	M	L	D
О	N	D	I	T	T	A	R	Е	N	Α	О	Е	N	S	I	T	N	D	N	Е	U	Y
Н	D	R	N	T	О	W	A	T	Е	Е	N	Y	G	S	T	О	T	Е	Е	D	С	N
G	I	A	G	Α	W	О	В	N	S	Н	I	T	Α	Α	О	N	О	I	T	I	I	Α
U	N	G	R	Е	Е	R	Α	I	M	R	N	Е	R	R	R	Е	Α	D	I	F	F	M
О	N	Е	R	Е	Н	W	О	N	A	Е	V	О	О	G	N	Ι	N	Е	V	Е	T	I

Accession
Caffeine
Carnivore
Deject
Difficult
Dining room
Discuss
Downtown
Dreadful
Dreamland
Dynamite
Eager
Eating
Edition

Education Eloped Emphatic Ended Endless Endurable Enlarged Enough Entry Escalate Estuary Evening

Explorer

Gardening

Goodness

Grasshopper
Great
Greeting
Guarantee
Guest
Handyman
Haunted
Hotel
Ironwork
Kangaroo
Kilometers
Kitten
Knapsack

Knowledge

Lawsuits

Lending
Linesman
Lobotomy
Morning
Native
Nectar
New york
Ninety
North
Nothing
Nowhere
Nurse
Nutrient
Octagon

Learn

Radio
Rainbow
Rattle
Razor
Rebel
Read
Relative
Remedial
Rosebush
Salesman
Sawhorse
Schooner
Shamrock
Spiteful

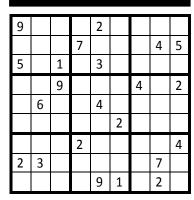
Overheard

Stove
Tables
Treasure
Tome
Tower
Towel
Triassic
Water
Yard
Yearbook
Yeast
Yeti



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 centre 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.



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.

Editor

Games for a longer haul

Multi-layered Sudoku

This is yet another variation of the original Sudoku puzzle. The game is essentially the same, except that it consists of four Sudoku puzzles which overlap and are linked to each other, providing even the most experienced addict with a really good challenge.

7	2			3	1		4	5									
5		6	2				9										
4				6													
	3	4	5			7	2										
		-	7														
1	5			2				6									
2	4			5			7			4		1					
		8								8		4		3			
		5			2	4	1				7	9		5			
						2	8	9	4								
									7		2						
							3		8		6						
			8		4		9		5	2			4				
			2		6					7		6		2			
						8	2			6							
				5	8	7			1		6		7		4		3
				6				5	8			5					9
			3			6	1			5					8		
							8			4			3			2	6
			5			2		1						4		9	
			7	8				9			5	7			3		
									9	2			5				1
											1						
									3			9	1		2		5

1	2		3		4	5		6	7	
8				9						10
11								12		
13			14	15		16				
									17	18
		19						20		
21	22									
23				24				25		
26								27		
	28						29			

Crossword

ACROSS

- 1. Place of education
- 4. Attack
- 8. Old woman
- 9. Complete list
- 11. Unrest
- 12. Magical spirit
- 13. Rent
- 15. Vegetable
- 19. Lay out
- 20. Rule
- 23. More advanced in years
- 24. Nitre
- 26. Unpaid worker
- 28. Limp
- 29. Former entertainer

DOWN

- 1. Friendly
- 2. Ruffian
- 3. Last Greek letter
- 5. Shiny material
- 6. Reptile with sharp teeth
- 7. Old tale
- 9. Lame person
- 10. Always
- 14. Artificial language
- 16. Young child
- 17. Cream
- 18. Forefather
- 21. Diesel fuel
- 22. Gone bad
- 24. Chimney cleaner
- 25. Resentment

Word fun Can you fit all the words into their correct places in the grid? Each word only has one place on it. To help you start, we've filled one in for you. The words can run across or down, but always read downwards or from left to right - never back to front.

Pencil

Penknife

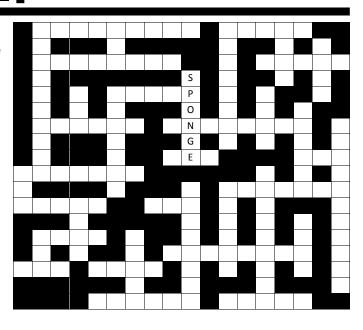
Сир	Page	Saucer	9 LETTERS
Fan	Tray	Sponge	Paper clip
Ink	•		Telephone
Mat	5 LETTERS	7 LETTERS	•
Pad	Clock	Printer	10 LETTERS
Pen	Diary	Scanner	Typewriter
Pin	Discs	Stapler	7.
Tea	Light	·	11 LETTERS
	Paper	8 LETTERS	Paperweight
4 LETTERS	Stamp	Calendar	
Book	•	Computer	
Card	6 LETTERS	Envelope	
Cain	In tray	Intercom	

Lamp

Letter

3 LETTERS

Form



Games for the kids



Can you help Kara link each of the words on the left with one of the words on the right to make eight longer words?



FEAT	PER
SUN	PIES
AT	HER
CHIC	RENT
TEN	SCREEN
HAM	TRACT
CUR	KEN
PUP	DON



Fill in the grid by solving the clues, then find an answer to the shaded clue by arranging the shaded squares.

Shaded clue: Wise Men

1		2	3
		4 5	
	6		
7			
		8	
	9		
		10	

ACROSS

- 1. Christmas evergreen shrub
- 4. Customary
- 6. Jelly-like mass
- 7. Beverage
- 8. Huge
- 9. Brave man
- 10. Unfilled space

02

DOWN

- 1. To entertain guests
- 2. Christmas food item (4,3)
- 3. Piece of cake
- 5. Open presents
- 6. Played at Christmas

Spot the Can you the two difference Can you spot the 10 differences between the two pictures?

•

•



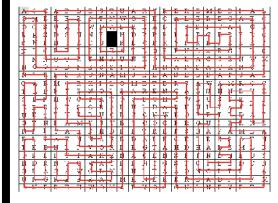
Solutions

С	Α	Р	Ε		0	F	F	ı	С	Ε	R	S
Α		L		С		0		R		F		U
Ν	Е	U	Т	Ε	R	S		I	Ν	F	Ε	R
_		М		L		Т		S		Е		Е
S	I	S	Α	L		E	Т	Н	I	С	S	
Т				Α		R				Т		I
Ε	S	С	0	R	Т		Р	R	I	S	Ε	D
R		Α				Т		Α				L
	В	I	Ν	D	Ε	R		>	Е	R	S	Ε
U		М		I		0		_		Ε		Ν
S	Т	Α	I	R		L	I	Ν	K	Α	G	Ε
Ε		Ν		G		L		Ε		Р		S
۵	_	s	Ρ	Е	R	S	Ε		Α	S	Р	S

Sudoku medium

9	4	7	5	2	8	1	3	6
3	2	6	7	1	9	8	4	5
5	8	1	6	3	4	2	9	7
7	1	9	8	6	3	4	5	2
8	6	2	9	4	5	7	1	3
4	5	3	1	7	2	6	8	9
1	9	8	2	5	7	3	6	4
2	3	5	4	8	6	9	7	1
6	7	4	3	9	1	5	2	8

Path finder



Word builder: SKETCHIER

Crossword

S	С	Н	0	0	L		Α	S	S	Α	I	L		
0		0		М				Α		L		Ε		
С	R	0	Ν	Ε		С	Α	Т	Α	L	0	G	U	Ε
I		L		G		R		1		I		Ε		٧
Α	G	I	Т	Α	Т	I	0	N		G	Ε	Ν	I	E
В		G				Ρ				Α		۵		R
L	Ε	Α	S	Ε		Р	0	Т	Α	Т	0			
E		Z		S		L		0		0		0		Α
			S	Р	R	Ε	Α	D		R	Ε	I	G	N
D		Α		E				D				Z		С
Ε	L	D	Ε	R		S	Α	L	Т	Р	Ε	Т	R	E
R		D		Α		W		Ε		I		Μ		S
٧	0	L	U	Ν	Т	Ε	Ε	R		α	U	Ε	S	Т
		Ε		Т		Ε				U		z		0
		D	R	0	0	Р	Υ		J	Ε	S	Т	Ε	R

Puzzle builder



Kiddies' puzzle

Puzzle 01

Feather, Sunscreen, Attract, Chicken, Tendon, Hamper, Current, Puppies.

Multi-layered Sudoku

•••	•		_,	_	_				
7	2	9	8	3	1	6	4	5	
5	8	6	2	4	7	3	9	1	
4	1	3	9	6	5	2	8	7	
8	3	4	5	1	6	7	2	9	
6	9	2	7	8	3	1	5	4	
1	5	7	4	2	9	8	3	6	
2	4	1	6	5	8	9	7	3	2
2	-	^	1	^		_	-	•	

Puzzle 02

Across: 1. Holly. 4. Usual. 6. Gel. 7. Tea. 8. Large. 9. Hero. 10. Gap. Down: 1. Host. 2. Yule log. 3. Slice. 5. Unwrap. 6. Games.

Wise men: Magi.







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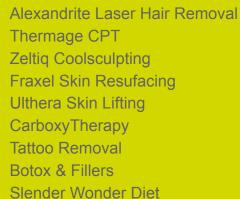
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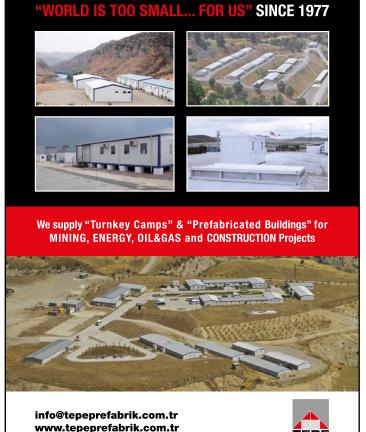
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AGE-ITATOR

<mark>lose the u</mark>mbrage and enjoy the do-as-you-please rebellion of getting older

"Wh<mark>en I am a</mark>n old woman, I shall wear purple With a red hat which doesn't go, and doesn't suit me. And I shall spend my pension on brandy and summer gloves And satin sandals, and say we've no money for butter. I shall sit down on the pavement when I'm tired And gobble up samples in shops and press alarm bells And run my stick along the public railings And make up for the sobriety of my youth. I shall go out in my slippers in the rain And pick flowers in other people's gardens And learn to spit."

Jenny Joseph's poem Warning resonated with me this morning. After spending a night tossing and turning, barely getting two hours' sleep, my alarm woke me up for gym. Getting up in the early hours of a frosty winter's day, I was the picture of resentment. I played with the idea of a late cancellation, but forced myself to get up and go. I lasted all of 10 redeyed minutes. I'd asked for a gentle session, due to no sleep, so when I was handed a heavy barbell and told that the skinny girl who'd just left had managed, plus there'd be burpies, I decided I was going to "wear purple".

"Right, well, I'm leaving," I declared to my trainer's shocked face and summarily dumped the barbell on the floor. "I'm going home to have tea. Cheers!" All I could hear as he ate my dust was: "No-one's ever walked out on me before!"

"Get used to it, pal," I replied in my head.

Truthfully, I'm relieved that this insubordination has struck me, because lately I've been having strong urges to call into radio talk shows about National Issues, write letters to retail stores beginning with "To Whom it May Concern" and complain to The Authorities. I've resisted the urge, but there's always the fear that once we go down this dark, fussy path, there's no return. Growing up in a rebellious family

who've been vehemently against The Authorities with regard to many situations, political and otherwise, it's good to see that the nonconformist gene prevails.

My mom used to drop me at school on winter mornings wearing striped socks with her high heels to keep warm. She'd think nothing of getting out of the car, while all the perfectly put-together mothers gave her The Look - you know, that disapproving one that's actually afraid of eccentricity, or of people who stand out from the crowd.

So as I head rapidly towards the 45-year hump, I've decided to embrace difference, speak my mind more and maybe take up spitting lessons – of the deep hawking variety! 🐍

I'VE BEEN TEMPTED TO CALL INTO RADIO TALK SHOWS ABOUT NATIONAL ISSUES, WRITE LETTERS TO RETAIL STORES BEGINNING "TO WHOM IT MAY CONCERN" AND COMPLAIN TO THE AUTHORITIES.







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WELCOME TO OUR WORLD

· Routes · Our partners · Voyager perks · Your safety · Entertainment



140 High flyers 142 In-flight entertainment 144 Voyager loyalty programme news 145 Meet our global alliance partners
 148 Flight timetables 150 Maps and routes 160 Under-18s 162 Our fleet 162 Customs information 163 Customer baggage
 164 In-flight comfort 166 Safety, security and special needs 168 Air travel tips: Beating flight fatigue



COME FLY WITH ME!

Award-winning Senior Purser **HENDRIK LAMMERINKS** tells Zaza Motha about his career at SAA and his passion for travelling

WHEN DID YOU JOIN SAA?

■ I joined on 3 November 1975 as a Junior Steward and I worked my way up from the bottom. At the time I was only 21 and naïve, so I didn't know what to expect. I was very nervous on my first day, but I had deep respect for everyone I worked with.

WHAT DREW YOU TO THE AVIATION INDUSTRY?

■ I considered working at SAA as a means to travel and grew to love it so much that it became a career. I believe it's my calling. I love my job and have a strong passion for it. Travelling gives me the thrill of adventure and exposure to different cultures around the world. It's opened my eyes.

WHAT HAVE BEEN YOUR CAREER HIGHLIGHTS?

■ I won the SAA CEO Award in 2001. The prize was a trip to Paris for a week with my wife, Magda. It was a result of customers' letters of appreciation, as well as feedback from staff. I also received a service award.

HOW DO YOU APPROACH CHALLENGES?

There are certain traits that are necessary. You have to be resilient, flexible and creative. You also need to think on your feet when you have to solve a problem.

WHAT DO YOU DO TO RELAX?

I spend time at home with my family, do the garden and go to gym. Magda loves painting and I also enjoy motorcycling and biking. I've done the Cape Argus eight times already. What I love about the race is that everybody's a winner, regardless of the outcome. It's a beautiful experience. I have a son, Hendrik and a grandson, Jared.

"I GREW TO LOVE MY JOB SO MUCH THAT IT BECAME A CAREER. I BELIEVE IT'S MY CALLING."

HENDRIK'S BUCKET LIST

cruise to Alaska

Visit the Sturgis Valley in North Dakota, USA, for the motorcycle rally.

WHAT ARE YOUR TOP TRAVEL TIPS?

Learn the culture of the country before you travel, as that will help you negotiate there. Listen to the advice of people who've been there, as they can give you useful information. Work out your itinerary and routes beforehand, to be safe – technology offers us the

tools to plan all the details. Don't stand in the middle of nowhere reading a map when you're trying to figure your way around: you become an easy target. Be vigilant of your surroundings. And if you're in Vienna, Austria, always have loose change to pay for public toilets!



PHOTOGRAPHER: SARAH DE PINA. GROOMING: ZENZI MASUKU. GALLO IMAGES/GETTY IMAGES/ISTOCKPHOTO















VIDEO SELECTION

AIRBUS A320-200, A319-100 AND BOEING B737-800

Featuring the best travel shows from Africa and around the globe, along with very popular entertainment and lifestyle programmes. Each journey will also include a selection of technology, business, arts and entertainment features, as well as a bespoke SAA Diary Events feature programme 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.

OUTBOUND FROM SA TO POINTE NOIRE (selection will be played subject to length of flight)



THE COBBLER

Comedy, drama • 98 min

- PG 13 edited English Adam Sandler,
- Dan Stevens

A cobbler disenchanted with the arind of daily life stumbles upon a magical heirloom that allows him to step into the lives of his customers and see the world in a new way.



WOMAN IN GOLD

Drama • 110 min • PG edited • English • Helen Mirren, Ryan Reynolds Maria Altmann, an octogenarian Jewish Holocaust survivor, takes on the government to recover artwork that she believes rightfully belongs to her family.

INBOUND FROM COTONOU TO POINTE NOIRE (selection will be played subject to length of flight)

REACH ME

Drama • 89 min • PG 13 edited • English • Lauren Cohan, Kyra Sedgwick A motivational book written by a mysterious man quickly gains popularity, inspiring a disparate group of people to re-evaluate their choices and decisions by confronting their fears in the hope of creating



SPARE PARTS

Drama • 113 min • PG 13 edited • English • George Lopez, Jamie Lee Curtis Four Hispanic high school students form a robotics club. With no experience, \$800, used car parts and a dream, this rag-tag team goes up against the country's reigning robotics champion, MIT.



OUTBOUND FROM SA

more positive lives.

(selection will be played subject to length of flight)



THE COBBLER

Comedy, drama • 98 min

- PG 13 edited English Adam Sandler,
- Dan Stevens

A cobbler disenchanted with the grind of daily life stumbles upon a magical heirloom that allows him to step into the lives of his customers and see the world in a new way.

INBOUND TO SA

(selection will be played subject to length of flight)



WOMAN IN GOLD

Drama • 110 min • PG edited • English • Helen Mirren, Ryan Reynolds Maria Altmann, an octogenarian Jewish Holocaust survivor, takes on the government to recover artwork that she believes rightfully belongs to her family.

SHORT PROGRAMMING (Played on domestic flights and scheduled after the movie)

This content is updated every second week and features a wide selection of arts, lifestyle, travel and sports features. Included is SAA's bespoke Events Diary, plus a variety of other interesting features such as Top Billing, Just for Laughs and 21 Icons, which is a visual celebration of the lives of men and women who've shaped the world around them for the better.

MAURITIUS FLIGHTS ONLY

PLEASE NOTE Different programming

is screened on your outbound and

inbound journeys



CINDERELLA (2015 LIVE ACTION)

Family, romance • 112 min • PG • English • Lily James, Cate Blanchett

A live-action feature inspired by the classic fairy tale, Cinderella brings to life the timeless images from Disney's 1950 animated masterpiece as fully-realised characters in a visually dazzling spectacle.



THE SPONGEBOB **MOVIE: SPONGE OUT OF WATER**

Adventure, animation • 93 min • PG edited • English • Tom Kenny, Antonio Banderas

When a diabolical pirate above the sea steals the secret Krabby Patty formula, SpongeBob and his nemesis, Plankton, team up to get it back.

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AUDIO SELECTION

AIRBUS A340-600/300E, A340-200, B737/ A319, A330-200, A340-300

CHINESE RADIO

A340-600/300e - Channel 11 A340-200 - Channel 16 A330-200 - Channel 1 A340-300 - Channel 1

We shake up the dance scene

Sit back and relax while enjoying the best of Cantonese and Mandarin pop for two blissful hours with great artists such as Aaron Yan, Kelly Yu, Jay Chou and many more.

CLASSICS

A340-600/300e (Comfort Zone) A340-200 - Channel 4 B737/A319 - Channel 8 A330-200 - Channel 2 A340-300 - Channel 2

Listen to the works of some of the greatest composers of all time. Join Classic FM presenter, John Brunning, for his selection of personal favourites.

GBEDU

B737/A319 - Channel 17 Enjoy a rhythmic and uninterrupted tour through the

soulful sounds of the mother continent as they're performed by East and West African musicians.

HINDI HITS

many more.

A340-200 - Channel 11 A330-200 - Channel 4

A340-300 - Channel 5

Enjoy foot-tapping and romantic tunes from both recent and classic Bollywood movies.

HIT EXPRESS

A340-600/300e (Chart Attack) A340-200 - Channel 3 B737/A319 - Channel 7 A330-200 - Channel 5 A340-300 - Channel 6

Keep up to date with the best in new music with songs making the world's charts. Discover great new tracks from Calvin Harris, Mikky Ekko and Sia, brought to you by DJ Sureshnie.

KIDS' ZONE

A340-200 - Channel 6 B737/A319 - Channel 16 A330-200 - Channel 7 A340-300 - Channel 8 Keep your little ones settled in

and happy with their favourite fables, nursery rhymes and playground songs.

MADE IN SA

A340-600/300e (One Nation) A340-200 - Channel 8 B737/A319 - Channel 13 A330-200 - Channel 8 A340-300 - Channel 9

We invite you on a twohour journey with legends of South African music such as Wonderboom, Apollo D, Prime Circle and Dreamteam.

NUMBER 1s

A340-600/300e (Encore) A340-200 - Channel 9 B737/A319 - Channel 9 A330-200 - Channel 9 A340-300 - Channel 3 Tune into this exclusive compilation featuring critically and commercially successful collaborations between iconic artists.

RAISED ON ROCK

A340-200 - Channel 5 B737/A319 - Channel 11 A330-200 - Channel 11 A340-300 - Channel 14 Buffs of old-school rock are sure to find their favourite artists and tracks on this programme, presented by Claire Sturgess. The line-up features Thin Lizzy, Imagine Dragons and The Who.

SOUL SESSIONS

A340-200 - Channel 15 B737/A319 - Channel 15 A330-200 - Channel 12 A340-300 - Channel 11 Enjoy the best of classic soul from great artists like Lemar and Wyclef Jean, among others. A must-listen for soul-lovers.

THIS IS OPERA!

A340-200 - Channel 10 B737/A319 - Channel 10 A330-200 - Channel 13 A340-300 - Channel 12 Sit back and relax with two hours of wonderful operatic works from leading composers like Wagner, Puccini and Mozart.

TOP PICKS



FLASHBACK

A340-600/300e (Golden Years) A340-200 - Channel 13 B737/A319 - Channel 12

A330-200 - Channel 3 A340-300 - Channel 4

This high-energy compilation takes you on a journey to the Eighties, Nineties and beyond, including all-time favourites like Bob Dylan. The Kinks and Pink Floyd.



PLAYLIST AFRICA

A340-600/300e (Showcase) A340-200 - Channel 7 B737/A319 - Channel 5 A330-200 - Channel 10 A340-300 - Channel 10 The recent demand for Afropop and chart music has led to the rise of a number of African mega-stars. You'll find the most contemporary ones on this selection, presented by DJ Waxxy.



WORLD OF JAZZ

A340-600/300e (Jazz Notes) A340-200 - Channel 12 B737/A319 - Channel 6 A330-200 - Channel 14 A340-300 - Channel 13

Listen to the greatest musicians of the genre on this selection of smooth, classic and Latin jazz.

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ou're invited to join our programme and earn 2 500 Bonus Miles when you register and have accrued your first activity. A wealth of premium benefits and travel privileges awaits you.

EARNING AND SPENDING MILES

Our programme offers our more than 2,5 million members earning and spending Miles (the programme's reward currency) from 55 partners. There are more than 35 airline partnerships, including the Star Alliance global network, which gives members access to over 1 300 destinations in more than 190 countries. Our programme has furthermore expanded from being a traditional frequent flyer programme by our inclusion of more than 20 non-airline partners in categories ranging from travel to lifestyle, retail, property, petroleum and financial services - thus delivering on our promise to become forever part of our members' journeys.

Always ensure that you quote your unique SAA Voyager membership number at the point of sale in order for your Miles to track systematically. Your membership card should be in your possession at all times to give you access to all the benefits associated with your status.

SAA EXCLUSIVE EARNING OF MILES:

for every R1,60 spent on the basic fare and fuel levy. You also earn Miles on SAA marketing code-share flights, based on the distance travelled and booking class.

SAA EXCLUSIVE SPENDING OF MILES: EASIER THAN EVER WITH A 5% RETURN

Referred to as our Dynamic Awards, your Miles can be spent on any available seat of an SAA-operated flight for the basic fare and fuel levy. We also offer Upgrade Awards. Spending of Miles is worth 5% in return for the

MORE BENEFITS

Being an SAA Voyager elite status member priority airport services, lounge access and a companion card, among many others. Tier Miles are earned per calendar year on SAA, Star Alliance, SA Express, Airlink and Swaziland Airlink.

HIGHEST ACCUMULATION RATE

On SAA-operated flights, you earn one Mile

revenue spent on SAA-operated flights.

EARN YOUR TIER STATUS AND ENJOY

means access to additional benefits based on your Tier Status. These range from additional Bonus Miles to free chauffeur-driven services,

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SAA VOYAGER TIER STATUS	Normal Status BLUE	Elite Status SILVER	Elite Status GOLD	Elite Status PLATINUM	Elite Status LIFETIME PLATINUM
TIER STATUS	STAR	SILVER	GOLD		
HOW TO QUALIFY	After any three SAA or any SAA Voyager partner's Base Miles transactions	30 000 Tier Miles annually	60 000 Tier Miles annually	120 000 Tier Miles annually or five consecutive years of Gold Status	720 000 SAA TIER MILES during a minimum of four consecutive years and to a maximum of six consecutive years
HOW TO RETAIN	More than one Base Mile per calendar year	95% of the Silver qualifying criteria	95% of the Gold qualifying criteria	95% of the Platinum qualifying criteria	Lifetime Status

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)







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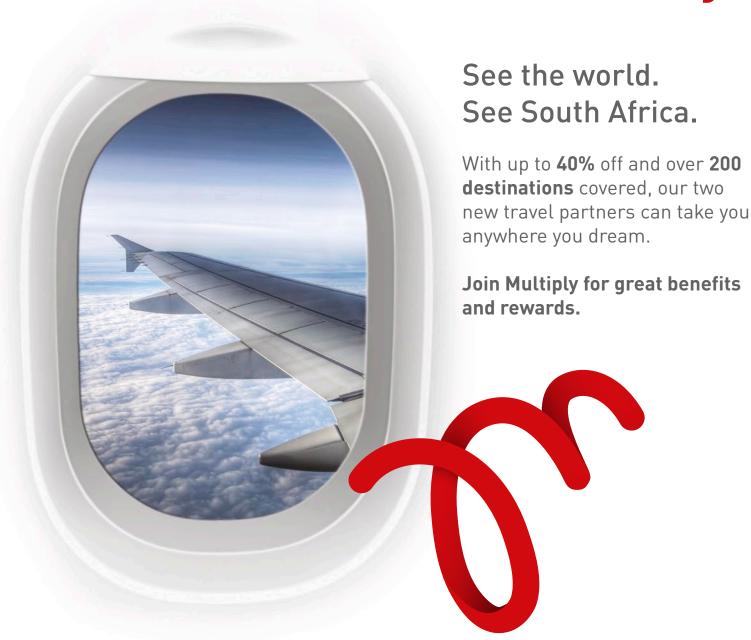
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SOUTH AFRICAN AIRWAYS TIMETABLE

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 codeshare 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 Abu Dhabi, 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's 1 and 2 successive spots as SA's most on-time airlines.

CARRIER	FLIGHT	FREQUENCY	FROM	DEPARTS	TO	ARRIVES
SA	22	1 2 3 4 5 6 7	Johannesburg	10:40	Harare	12:20
SA	23	1 2 3 4 5 6 7	Harare	13:05	Johannesburg	14:50
SA	24	1 2 3 4 5 6 7	Johannesburg	19:40	Harare	21:20
SA	25	1 2 3 4 5 6 7	Harare	7:20	Johannesburg	9:05
SA	28	5	Johannesburg	13:45	Harare	15:25
SA	28	1267	Johannesburg	14:50	Harare	16:30
SA	29	5	Harare	16:25	Johannesburg	18:10
SA	29	1267	Harare	1 <i>7</i> :15	Johannesburg	19:00
SA	40	1 2 3 4 5 6 7	Johannesburg	10:50	Victoria Falls	12:35
SA	41	1 2 3 4 5 6 7	Victoria Falls	13:15	Johannesburg	14:55
SA	48	1 2 3 4 5 6 7	Johannesburg	10:40	Livingstone	12:30
SA	49	1 2 3 4 5 6 7	Livingstone	13:10	Johannesburg	14:55
SA	50	1 . 3 . 5 . 7	Johannesburg	9:45	Kinshasa	12:45
SA	51	1 . 3 . 5 . 7	Kinshasa	13:45	Johannesburg	18:30
SA	52	1.34.6.	Johannesburg	16:55	Accra	21:15
SA	53	1.34.6.	Accra	22:30	Johannesburg	6:20
SA	54	1 2 3 4 5 6 7	Johannesburg	9:45	Luanda	12:35
SA	55	1234567	Luanda	14:05	Johannesburg	18:25
SA	56	. 2 5 . 7	Johannesburg	12:50	Accra	1 <i>7</i> :10
SA	56	. 2 5 . 7	Accra	18:10	Abidjan	19:10
SA	57	. 2 5 . 7	Abidjan	20:10	Accra	21:25
SA	57	. 2 5 . 7	Accra	22:30	Johannesburg	6:20
SA	58	. 2 . 4 . 6 .	Johannesburg	20:40	Kinshasa	23:40
SA	59	3 . 5 . 7	Kinshasa	0:35	Johannesburg	5:20
SA	60	1 2 3 4 5 6	Johannesburg	14:45	Lagos	20:10
SA	60	7	Johannesburg	10:30	Lagos	15:55
SA	61	1 2 3 4 5 6 7	Lagos	22:20	Johannesburg	5:05
SA	62	1 2 3 4 5 6 7	Johannesburg	10:30	Lusaka	12:35
SA	63	1 2 3 4 5 6 7	Lusaka	13:15	Johannesburg	15:20
SA	64	1 2 3 4 5 6 7	Johannesburg	13:20	Lusaka	15:25
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	21:10
SA	67	1 2 3 4 5 6 7	Lusaka	<i>7</i> :15	Johannesburg	9:20
SA	70	7	Johannesburg	11:30	Windhoek	12:35
SA	<i>7</i> 1	7	Windhoek	13:25	Johannesburg	16:15
SA	<i>7</i> 3	1 2 3 4 5 6 7	Windhoek	7:35	Johannesburg	10:25
SA	74	1 2 3 4 5 6 7	Johannesburg	9:30	Windhoek	10:35
SA	75	1 2 3 4 5 6 7	Windhoek	11:25	Johannesburg	14:15
SA	76	1 2 3 4 5 6 7	Johannesburg	13:15	Windhoek	14:20

REGIONAL CARRIER	FLIGHT	FREQUENCY	FROM	DEPARTS	TO	ARRIVES
AKKIEK A	77	1 2 3 4 5 6 7	Windhoek	15:10	Johannesburg	18:00
A	78	1 2 3 4 5 . 7	Johannesburg	17:40	Windhoek	18:45
A	80	7	Johannesburg	23:00	Lagos	4:25
A	81	_	Lagos	8:00	Johannesburg	14:45
A	82	4 7	Johannesburg	9:45	Pointe Noire	13:05
SA	82	4 7	Pointe Noire	14:05	Cotonou	16:45
SA	83	1 5	Cotonou	9:45	Pointe Noire	12:20
SA .	83	1 5	Pointe Noire	13:20	Johannesburg	18:30
SA	84	3 6 .	Johannesburg	9:30	Brazzaville	12:35
SA .	85	3 6 .	Brazzaville	13:25	Johannesburg	18:20
A	86	. 2 3 . 5 6 .	Johannesburg	14:55	Libreville	18:55
A	86	. 2 3 . 5 6 .	Libreville	19:40	Douala	20:40
SA .	87	. 2 3 . 5 6 .	Dougla	21:30	Libreville	22:30
iA	87	. 2 3 . 5 6 .	Libreville	23:35	Johannesburg	5:15
Ā	96	. 2 3 4 7	Johannesburg	10:20	Ndola	12:40
Â	97			13:30		15:50
	142		Ndola		Johannesburg	
A		1 2 3 4 5 6 7	Johannesburg	9:45	Maputo	10:50
A	143	1 2 3 4 5 6 7	Maputo	11:35	Johannesburg	12:45
A	144	1 2 3 4 5 6 7	Johannesburg	13:50	Maputo	14:55
A	145	1234567	Maputo	15:40	Johannesburg	16:50
A	146	1 2 3 4 5 6 7	Johannesburg	20:15	Maputo	21:20
A	147	1 2 3 4 5 6 7	Maputo	7:30	Johannesburg	8:40
A	160	1 2 3 4 5 6 7	Johannesburg	14:00	Entebbe	19:05
A	161	1 2 3 4 5 6 7	Entebbe	7:25	Johannesburg	10:40
Ä	170	1 2 . 4 5 . 7	Johannesburg	10:00	Lilongwe	12:25
A	171	1 2 . 4 5 . 7	Lilongwe	13:10	Johannesburg	15:35
Ä	172	3 6 .	Johannesburg	10:00	Blantyre	12:10
A A	172		Blantyre			15:20
A	180			13:05	Johannesburg	20:30
		. 2 . 4 . 6 7	Johannesburg	15:25	Nairobi	
A	181	1 . 3 . 5 . 7	Nairobi	8:30	Johannesburg	11:45
A	184	1 2 3 4 5 6 7	Johannesburg	10:10	Nairobi	15:15
A	185	1234567	Nairobi	16:05	Johannesburg	19:20
A	186	1234567	Johannesburg	10:30	Dar es Salaam	14:55
iA .	18 <i>7</i>	1 2 3 4 5 6 7	Dar es Salaam	15:40	Johannesburg	18:20
A	188	1 2 3 4 5 6 7	Johannesburg	14:25	Dar es Salaam	18:50
A	189	1234567	Dar es Salaam	6:50	Johannesburg	9:25
Ā	190	1 2 3 . 5	Johannesburg	9:45	Mauritius	15:40
iA	190	4 . 6 7	Johannesburg	10:25	Mauritius	16:20
SA SA	191	1 2 3 . 5	Mauritius	16:30	Johannesburg	19:05
	191			17:10		19:45
SA SA	191		Mauritius	8:40	Johannesburg	14:35
		4 . 6 7	Johannesburg		Mauritius	
A	193	4 . 6 7	Mauritius	15:25	Johannesburg	18:00
iA .	3172	1	Johannesburg	10:00	Blantyre	12:10
iA .	3173	1	Blantyre	13:05	Johannesburg	15:20
<u> VTERNATIC</u>						
ARRIER	FLIGHT	FREQUENCY	FROM	DEPARTS	TO	ARRIVES
A	203	1 2 3 4 5 6 7	Johannesburg	21:05	New York – JFK	6:40
4	204	1 2 3 4 5 6 7	New York – JFK	11:15	Johannesburg	8:25
Å	207	1 2 34 5 6 7	Johannesburg	18:35	Dakar	1:10
4	207	1 2 3 4 5 6 7	Dakar	2:10	Washington	6:25
¬ А	208	1 2 3 4 5 6 7	Washington	17:40	Dakar	5:50
4	208	1 2 3 4 5 6 7	Dakar	6:50	Johannesburg	17:15
AA	222	1 2 3 4 5 6 7	Johannesburg	10:35	São Paulo	16:30
	223	1 2 3 4 5 6 7	São Paulo	18:00		
A A					Johannesburg	7:35
	224	3 4 . 6 .	Johannesburg	23:00	São Paulo	4:55
A	225	4 5 . 7	São Paulo	23:35	Johannesburg	13:10
A	234	1 2 3 4 5 6 7	Johannesburg	19:50	London – LHR	6:25
A	235	1 2 3 4 5 6 7	London – LHR	19:00	Johannesburg	<i>7</i> :15
A	236	1 2 3 4 5 6 7	Johannesburg	20:20	London – LHR	6:55
A	237	1 2 3 4 5 6 7	London – LHR	21:00	Johannesburg	9:15
A	260	1 2 3 4 5 6 7	Johannesburg	19:10	Frankfurt	6:10
A	261	1 2 3 4 5 6 7	Frankfurt	20:45	Johannesburg	7:25
A	264	1 2 3 4 5 6 7	Johannesburg	20:35	Munich	7:20
Ä	265	1 2 3 4 5 6 7	Munich	21:05	Johannesburg	7:35
A A	278	1 2 3 4 5 6 7	Johannesburg	9:30	Abu Dhabi	20:20
	278					
A		1 2 3 4 5 6 7	Abu Dhabi	1:25	Johannesburg	8:45
	280	1234567	Johannesburg	22:15	Perth – PER	13:25
						C 0 C
A	281	1 2 3 4 5 6 7	Perth – PER	23:50	Johannesburg	5:35
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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 will be used.





Entebbe Nairobi Kigali Brazzaville Pointe Noire Kinshasa Dar es Salaam Luanda Lumbumbashi **SOUTHERN AFRICAN ROUTES** Ndola Lilongwe DOON ESTATE, HARARE Lusaka Blantyre If you're in the mood for Livingstone shopping, visit Doon Estate - a cultural village with stalls Harare Victoria Falls and restaurants, as well as arts and craft shops. www.styledbyafrica.com/ Bulawayo life/travelharare Maun Vilanculos Walvis Bay Londolozi Skukuza Sabi Sabi Nelspruit Windhoek Gaborone Mauritius Maputo Maputo Johannesburg Manzini Sishen Kimberley Richards Bay Upington etermaritzburg Bloemfontein Maseru Durban Airlink RwandAir Mthatha South African Airways SAA/Mango Code-share between Port Elizabeth Johannesburg/Lanseria East London and Cape Town, and Cape Town George Cape Town and Durban South African Express

SOUTHERN AFRICA GATEWAYS 📵 Train Station 📵 Bus Station ⊨ Hotel 🗗 Petrol Station 🗏 Car Rental 🕑 Parking i Information | Restaurants 💋 Lounge (i) (i) ä • 0

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.

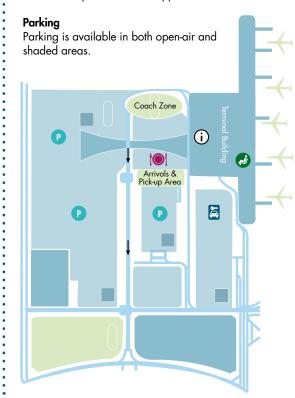
SAA Airport Lounges

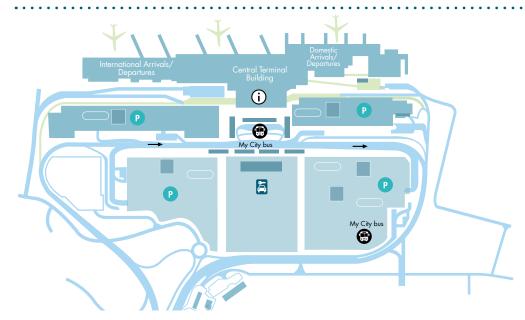
Lounge facilities are available for First and Business Class passengers of SAA.

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.





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 passengers of SAA.

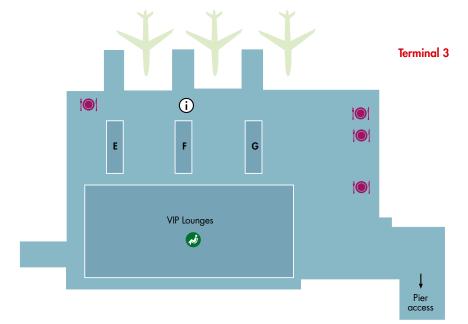






WEST-BOUND GATEWAYS





GUARULHOS INTERNATIONAL AIRPORT (SÃO PAULO)

Terminal information GRU

Airline	South African Airways			
Code	SA			
Terminal	3*			

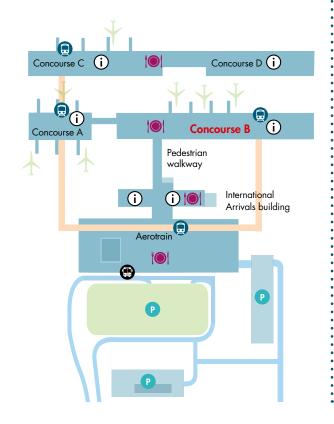
^{*}SAA operates to and from Terminal 3

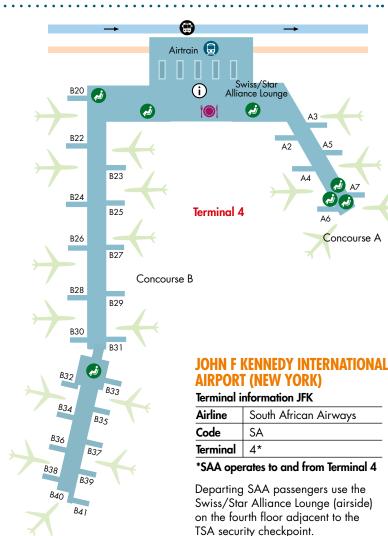
DULLES INTERNATIONAL AIRPORT (WASHINGTON)

Terminal information WAS/IAD

Airline	South African Airways
Code	SA
Terminal	Concourse B*

^{*}SAA operates to and from the International Concourse B





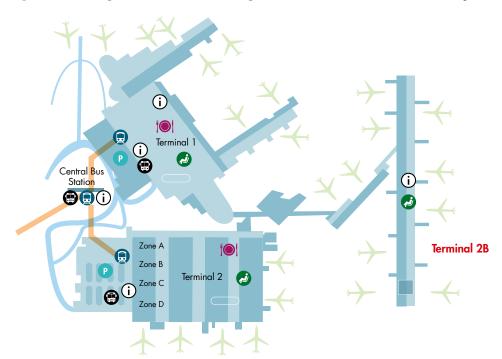


EUROPEAN GATEWAYS







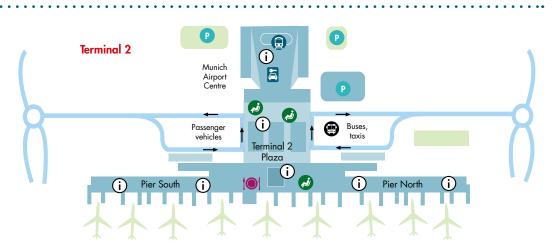


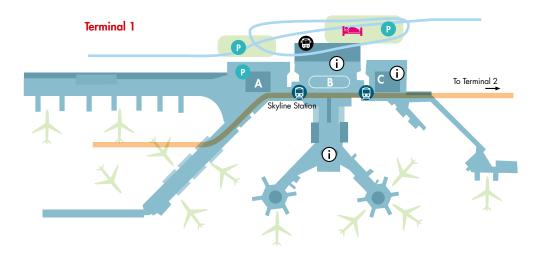
HEATHROW AIRPORT (LHR)

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.

UNDER-18S TRAVELLING TO AND FROM SA

South African Immigration Act, 2002 (Act No 13 of 2002)

he new requirements being introduced by the SA Department of Home Affairs for additional documentation needed by persons aged under 18 years for travel to and from SA were implemented on 1 June 2015.

Applicable travellers will be asked to produce the required documentation at check-in for each flight. For further information, contact the SA Department of Home Affairs. 0800 601 190 (toll-free) or your local South African Embassy.

FREQUENTLY ASKED QUESTIONS

- 1. What do the regulations say about parents travelling with children? Regulation 6 (12)(a) states that parents must produce an unabridged birth certificate for each child which reflects the particulars of his/her parents.
- 2. Is this applicable to all children aged under 18? Yes and to all nationalities departing from or arriving in SA. It's not required for passengers remaining in transit, unless they require a transit visa. The unabridged birth certificate should be submitted during the transit visa application process and both the certificate and visa should be carried with you while travelling.
- 3. What about unabridged birth certificates or equivalent documents that aren't issued in English? Documents issued in a language other than English will be accepted.

- 4. What about countries that don't issue unabridged birth certificates? A letter to this effect issued by the competent authority of the foreign country should be produced.
- 5. Must I travel with the original document? A copy is sufficient, provided it's certified by a Commissioner of Oaths (or the equivalent of one in the country concerned).
- 6. What about children travelling with one parent?

Regulation 6 (12)(b) states that a single parent travelling with a child must also produce an unabridged birth certificate for them, as well as:

- i. An affidavit from the other parent registered as such on the birth certificate authorising him/her to enter into or depart from SA with the child concerned; or
- ii. A court order granting full parental responsibilities and rights or legal guardianship of the child, if he/she is the parent or legal quardian of the child; or
- iii. Where applicable, a death certificate of the other parent registered as such on the birth certificate.

Where the parents of the child are both deceased and the child is travelling with a relative or another person related to him/her, the Director-General may approve such a person to enter or depart from SA with the child.



7. What's the time-line for the affidavit? The affidavit must be no older than four months, dating from the time of travel.

8. What if my country doesn't issue affidavits?

A document with the parents' first names and surnames, physical address, telephone and cellphone numbers will suffice. A letter from the relevant government department of the country concerned confirming non-issuance of affidavits must be included. The South African Embassy can also issue the letter stating that the applicable country don't issue affidavits

- 9. What about persons travelling with a child who isn't their biological child? Regulation 6 (12)(c) states that in this case, the person travelling with the child must produce:
- i. A copy of the unabridged birth certificate of the child.
- ii. An affidavit from their parents or legal guardian confirming that they have permission to travel with the child, copies of the ID documents or passports of the child's biological parents or legal guardian, as well as their contact details in the form of a document stating the parents' names and surnames, physical address, telephone and cellphone numbers.

Where the parents of the child are both deceased and the child is travelling with a person who isn't their biological parent or legal guardian, the Director-General may approve such a person to enter or depart from SA with the child.

- 10. Must the copies of the parents' passports/ ID documents be certified by a Commissioner of Oaths? Yes (or the equivalent of one in the country concerned).
- 11. How do I obtain approval from the Director-General of SA if I don't reside in this country? Through the nearest South African diplomatic or consular representative abroad.
- 12. What about children travelling as unaccompanied minors? Regulation 6 (12)(d) states that any unaccompanied minor must produce to the immigration officer:
- Proof of consent from one or both of his/her parents or legal guardian, in the form of a letter (certified by a Commissioner of Oaths, or the equivalent) or affidavit, for him/her to travel into or depart from SA. If one parent provides proof of consent, that parent must also provide a copy of a court order stating that he/she has been granted full parental responsibilities and rights in respect of the child.
- ii. A letter (certified by a Commissioner of Oaths, or the equivalent) from the person who'll be receiving the child in SA, as well as their residential address and contact details where the child will be residing.
- iii. A copy of either the ID document/valid passport/visa/ permanent residence permit of the person who'll be receiving
- iv. The contact details of both the parents or legal guardian of the child.



SAA's role is to ensure that these regulations (and any amendments or additions thereto) are communicated to and adhered by its customers. However, SAA is in no way responsible for the regulations and accepts no liability for any inaccuracies in their content.

- 13. What is the age of an unaccompanied minor? Any child under 18 travelling by themselves. (This does not affect the airline's Unaccompanied Minors policy and procedures.)
- 14. What about children in alternative care? Regulation 6 (10) states that any child who is in alternative care, as defined in the Children's Act, 2005 (Act No 38 of 2005) shall, before departing from SA, produce a certified copy of an authorisation letter from the Provincial Head of the Department of Social Development where the child resides.
- 15. What happens to a passenger not in possession of these documents? Regulation 6 (9) states that an immigration officer shall ensure that such person is not:
- i. a fugitive from justice; or
- ii. the subject of a court order which orders the department to prevent his/her departure.
- 16. What will happen if I don't have the required documentation at the time of check-in? You will not be allowed to travel.

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 20 000\ell. 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 73,6m. Wing span 60,3m. Overall height 16,7m. Maximum fuel capacity 141 500t. 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 6201. Typical cruising speed 886km/h

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

reservationsinb@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-commerceonlinerefunds@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 voyagerservicerecovery@flysaa.com 011 978 1234



CUSTOMS

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.

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).

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 key.

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 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:**

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.

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:

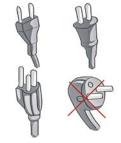
- Two-pin European plugs, as illustrated.
- Two- or three-pin USA plugs.
- Other types of plugs will require an adaptor.
- Power supply is intended for portable electronic devices only. 110-240Vac, 50-60Hz, max 75-100W per seat, subject to aircraft type.
- Laptop use when battery

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.







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 Extraordinair catalogue for details.



UNRULY/DISRUPTIVE BEHAVIOUR ON BOARD

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.

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 Africanregistered 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.

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.



<u>SMOKING</u>

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.

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.



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 nonprescription medicines not exceeding 100ml per container, including saline solution and products such as eye drops and contact lens solution.
- Liquids, gels and juice for diabetic passengers who require them for medical reasons.
- Solid cosmetics and personal hygiene items such as lipsticks in tubes, solid deodorants and lip balms.

Any duty-free LAG products purchased after security checkpoints should be placed in special security bags at the store and passengers connecting to further destinations are advised to keep these sealed throughout their journey.



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 be travelling with a baby, book early and request a bassinet. The baby should not be older than six months, may not weigh more than 10kg and may not be more than 75cm long. Bassinets may not be installed or occupied during take-off, landing and 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 inflight 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

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/ (South African Department of Agriculture, Forestry and Fisheries): 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 groundhandling/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
- 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

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 refriger lation, 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 www.flysaa.com



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.

IN-FLIGHT FITNES

A few exercises on a long-haul flight will ensure you disembark with a spring in your step

o 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 crampled 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.

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!

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.

Precious Butterfly



"Just living is not enough", said the butterfly, "one must have sunshine, freedom and a little flower."

- Hans Christian Andersen







1934

Named 1934 in celebration of our heritage this vintage inspired engagement ring is a tribute to 80 years of fine craftsmanship



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