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Editor’s Letter

Just what makes a city – and its inhabitants – happy? An important question, right? In Dubai we even have a government minister for it, but the root of this geographical joy is still open to debate.

When posed a question like that, you could be tempted to begin your research at the most obvious marker of modern day human cheer: Instagram. However, unless it comes courtesy of mashed avocado on toast or a new pair of Yeezys, then you’re still left somewhat floundering.

Thankfully, studies and charts dedicated to discovering the world’s finest metropolis are revealed annually, and while the criteria often change, the places at the top of the list generally remain the same. Two things are clear from this: It must be pretty great to be Scandinavian, and there’s something fantastic going on in Melbourne.

Good weather, a cosmopolitan culture and a generally high standard of living have been hallmarks of Melbournean life for some time, and we look at a project there with real growth – one that’s feeding the city from top to bottom.

In recent years urban farming projects have sprouted up across the city, from gardens in stunning mansions, to plots growing food in local housing estates. They serve everyone from fine dining restaurants to local supermarkets, and while they feed as well as educate on healthy, sustainable eating, they’re about more than just the produce. They’re about community.

A city with inhabitants from all over the world, urban farming is teaching Melburnians to get along. Using a common language of getting their hands dirty and working side by side, it doesn’t matter whether they’re from Syria or Switzerland, somehow they’ve discovered a natural bond amongst the peas, carrots and kale.

What’s great is that these projects aren’t only boosting community spirit; they’re also bearing financial fruit, with a burgeoning number of farmer’s markets and organic cafes providing a living for people in the city.

And while many of the projects are still in their infancy, you can’t help but admire the principles behind them. Food for the soul. Couldn’t we all do with a little bit of that?

Enjoy the issue

HOW MELBOURNE FEEDS ITSELF

We asked London-based illustrator John Devolle to give us something that depicted the urban farming revolution in Melbourne. He delivered broccoli trees and its iconic train station eating a carrot. What’s not to like?

ON THE COVER

WHAT’S GREAT IS THAT THESE PROJECTS AREN’T JUST BOOSTING COMMUNITY SPIRIT, THEY’RE BEARING FINANCIAL FRUIT

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There’s a laidback, nonchalant charm to Hydra, the small Saronic island separated from the Greek mainland by a narrow strip of water. For starters there are no cars, only donkeys and a perfect horseshoe-shaped harbour that looks as if it has been lifted from the pages of an Aegean dream.

It doesn’t take a huge leap of the imagination to see why Leonard Cohen bought and restored a property here and why the island’s cafes, restaurants and hotels are increasing in popularity, even if it does sway gently to its own rhythm.

It is within this rhythmic and picturesque setting that the first edition of Hydra World Music is to take place from August 25 to 27, with live acts and DJs promising intimate performances in inspiring corners of the island.

Among them will be the Madagascan musician Kilema, Egyptian singer-songwriter and accordion player Youssra el Hawary, British folk singer Brooke Sharkey and Greek-Brazilian singer, composer and artist Katerina Polemi.

There will also be sets from the likes of DJ Palov and Germany’s Michael Ruetten as well as performances by local acts Patatatiti and the Momo Trio.

“We want to create a legacy that Hydra can be proud of,” says the festival’s founder Adriano Konialidis, who is both a musician and the founder of Desmo Records. “We want to live up to the existing, impeccable standards of the island by bringing fantastic artists to Hydra over a special weekend.”

The opening event will take place at Hydra Museum in the port while Saturday afternoon performances will be held at Spilia and Sunday afternoon concerts at Enalion, Vlichos beach.

With a Uruguayan upbringing, Greek parentage and Swiss schooling, Konialidis’ perspective is a global one, which is why he believes Hydra, with its natural heritage and culturally savvy regulars, will provide the perfect venue for what is hoped will become an annual event.
Every piece, a Masterpiece
On the island of Samui you’ll find a cacophony of birds, waves and the ubiquitous buzz of scooters. In the midst of this beautiful bedlam is Santiburi Beach Resort and Spa, an oasis of tranquillity.

Set on golden sands, the frangipani-filled gardens are dotted with discreetly positioned villas and adorned with wood panelling and jewel-toned silk upholstery.

The 25-year-old resort – owned by the family behind Singha beer – underwent a US$20 million facelift in 2015 with redecorated rooms, a sports centre and a revamped spa with products made entirely from local ingredients. A treatment for sun-sensitive skin involving coconut ice cubes is one to look out for. The resort is just a tuk-tuk ride from jungle waterfalls and bustling markets while guests can also hire boats to go snorkelling, or take advantage of Santiburi’s sister site, a mountainside PGA Asian Tour golf course.

Whatever your plans, head to the beach bar at sunset for an expertly mixed cocktail and live jazz – the perfect ending to another day in paradise.

santiburisamui.com

WORDS: LUCY TAYLOR  IMAGE: SANTIBURI SAMUI

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DUBAI, UAE

There’s a mosaic on the lobby floor of Dubai’s Palazzo Versace hotel. It’s made up of 1.5 million tiles and depicts the classical Medusa head. Above it hangs a 3,000kg Bohemia crystal chandelier imported from the Czech Republic. And that’s all before you’ve even checked-in.

From the lobby to high-ceilinged rooms, the three outdoor pools to a spa covering 1,000 square metres, large spaces are elegantly styled here, neatly avoiding the gaudy pitfalls that some of the city’s more opulent hotels seem to slip into.

There are eight restaurants to choose from but head to the signature Italian Vanitas or fine dining Turkish spot Enigma for some of the best food around. End the night enthralled by some live jazz at Qs Bar and Lounge — Quincy Jones’ place — it’s packed at weekends.

Then as you settle in under your exquisite Versace bedspread — all rooms are furnished by the Versace Home Collection — remind yourself that you are not, in fact, royalty and that days (and nights) spent here are very special indeed. palazzoversace.ae

Want to learn more about great places to stay in Dubai? Listen to the Dubai Hotels podcast on Channel 1504 on ice Digital Widescreen.
NICKNAMED MAINHATTAN, Frankfurt is a city defined all too often by the international banks that have made it one of the world’s leading financial powerhouses. If one image perfectly captures this city of contrasts, it’s the reflection of half-timbered buildings and century-old stone facades in Westend’s glass and steel skyscrapers.

But there’s more to it than that and one district that has been flying the flag for the city’s more bohemian spirit is Nordend. Frankfurt’s most densely populated neighbourhood with about 55,000 inhabitants, you’ll find it sandwiched between Westend and Bornheim. While the Nordend-West is characteristically slower paced, Nordend-East (Ost) has a more dynamic vibe, thanks largely to its three-kilometre shopping thoroughfare named Berger Street (Berger Strasse).

The seed for Nordend’s free spirited character was probably planted in the 1960s and 1970s, when it became the centre of anti-government student demonstrations. Despite the area’s gradual gentrification, its left-leaning tendencies have stuck.

Owner-run boutiques, rare bookstores, independent restaurants and topsy-turvy thrift stores line its shady streets, intersected by leafy boulevards flanked with magnificent Wilhelminian-style mansions, where residents water their flower-strewn art nouveau balconies and bike to work. Do as the locals do and navigate some of the neighbourhood’s perfectly intact (and relatively flat) 19th century avenues on two wheels.

With three tranquil parks – Holzhausen, which regularly hosts exhibitions and concerts; Güntersburgpark, once the private estate of the Rothschild family and Bethmann, which sequesters a Chinese garden – it’s not difficult to reconnect with nature while in Nordend.

And its gnarly trees are by no means its oldest inhabitants. In ancient times a Roman estate thrived here and you can visit less touristy landmarks like Holzhausenpark’s moated castle (originally built in 1271) or delve into the city’s cultural heritage in the Old Cemetery located on Rat-Beil-Strasse.

Nordend is also home to the biggest library in Germany, which remains one of the district’s best-kept secrets. The Deutsche Nationalbibliothek, located at the intersection of trendy Oeder Weg street and Eckenheimer Landstrasse, hosts behind-the-scenes tours of its vast archives in the underground stock area.
Susanne Baenfer has dressed the heads of German nobility, no less, and the designer’s airy workshop-cum-boutique, located right on the fringes of Nordend, is festooned with several hundreds of the 13,000 hats she estimates to have crafted in her lifetime. Trained in sculpture and with roughly 20 years in the industry, Baenfer’s work ethic is refreshingly old school. With the help of an apprentice, she creates form hats by hand using wheat, winter felt and rabbit hair sourced from Italy, often accessorised with feathers or lace. Most days you can find her steaming, sewing or dressing a mannequin in her light-flooded studio, which is plastered with editorial fashion portraits showcasing some of her more theatrical creations. Her one-of-a-kind bespoke headpieces, which include fascinators, bowlers, cloche and cylinders, will set you back anywhere from €300 to €1,000 (US$345 to US$1,151).

Oeder Weg 25, 60318 | 69 596 1294 | susanne-baenfer.de

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There’s more to Bethmann Park – the former Rococo-style private garden of a wealthy banker – than its giant chessboard and immaculately manicured lawn. Concealed behind two dragon-guarded portals is a 4,000sq m exotic oasis that transports you 7,000km to central China. Inspired by the Shuikou Gardens in Huizhou, the meditative walled garden was built in 1990 to honour victims of the Tiananmen Square massacre. Its shady pagodas and pavilions are styled on simple homes from the Anhui province, using authentic materials imported from China. Every feature – from its traditional jade-carved zigzag bridge and carp-filled pond to the mini-waterfall – has been landscaped according to the principles of feng shui. The Zen vibe spills out into the park, where locals regularly practise early morning tai chi alongside the remains of a ruined Friedberger guard tower draped in foliage. There are few better refuges from the city’s daily grind.

Friedberger Landstrasse, 60316 | 69 212 30991

**PAGODAS + ANTIQUES**

**CHINESE GARDEN**

**IN THE AREA**

**(SIX-MINUTE WALK)**

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Neighbourhood

Packed at breakfast, lunch and dinner, this Vietnamese street food restaurant is proving to be a huge hit with Frankfurt’s in-the-know eaters. Its success lies in the creativity of its hands-on owners, Hung Quach, a former banker and his wife Thu, a former fashion saleswoman. From the origami freedom birds that hang from the ceiling to the rotisserie that slowly cooks corn-fed chicken, Vipho – which translates as Vi (taste) and Pho (traditional noodle soup) – is full of quirks. Colourful rice noodle salads native to the Mekong river get a modern twist, as do street food-inspired dishes like banh xeo (Vietnamese pancake hailing from Saigon), best washed down with regional vintages as part of the venue’s wine-pairing menu. And for a novel caffeine fix, try the Vietnamese iced coffee served in an authentic ca phe coffee filter. The interior – part Scandi, part Asian – is equally eclectic. Sustainably sourced cherry wood panelling is offset with colonial-style cushions and striking black and white portraits.

Oeder Weg 21, 60318 | 69 556 746 | vipho.de

Food + Coffee

VIPHO

In The Area

IM GLÜCK

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LUNCH WITH

COSTA RONIN

The actor who plays a KGB agent in Cold War spy drama The Americans reveals a few of his own secrets over lunch

WORDS: MARINA KAY IMAGES: THOMAS MESTER

Watching Costa Ronin in The Americans can leave you feeling a little on edge. Playing a KGB agent you somehow find yourself rooting for; his character Oleg Burov has endured a rough ride in recent times, including the death of his brother, the execution of his lover, a sticky CIA and K-Directorate situation, a move from Washington to Moscow and a corrupt Soviet Union. Nobody ever said that the life of a Cold War operative would be easy.

While he’s not quite a household name just yet, a compelling role in FX TV network’s critically acclaimed Cold War spy drama has brought Russian-born Ronin legions of fans and, in the season just finished, his character finally took the story to his homeland, all the while speaking his lines in his native tongue. That the audience happily went along for the ride is telling.

When we meet for lunch at Sauvage, a bright and airy French bistro in Brooklyn not far from where The Americans is filmed, I face not grim Burov but an upbeat Ronin, who has a touch of the Hugh Jackmans about him in person. He is camouflaged by a beard, loose-limbed at 6ft 4in, smiles widely and appears a decade younger than his TV persona.

Seated at a table overlooking lush McCarren Park, we order a few dishes before talk turns to life in the former Soviet Union. “I was in Kaliningrad last year for the first time since I left at 17,” he says. “You know when you come back to the place where you were born and even though it doesn’t feel like home anymore, you feel the bond to the land? It was like I’d never left. Everything was as I remembered it.”

Talk of his youth brings us neatly to his first acting role in a summer camp stage production. “I was five and playing one of those acts where two people are one body – I was the face and the legs. I still remember to this day seeing a sea of faces through the eyes of another person. Had I been the arms, I wouldn’t have had that experience. But because I was able to see, I got to experience it – and that never left me. It fed my storytelling streak.” Soon after, he joined school theatre and drama clubs and then scored a job at Kaliningrad’s first commercial radio station – “we were the first ones to play music by request” – where every night he would write shows, work the console and go on air: “I remember this amazing announcer with a great voice. We spent hours talking about the voice – how to pitch it, how to place it, how to tell the story and connect it to the emotions. That fascinated me because no one in my family, or in fact anyone I knew prior, was in the creative world. It was very new to me.”

The radio gig lasted only two years. In 1995, Ronin’s mother (his parents had divorced when he was 12) received an offer to work for the dairy board in New Zealand. He didn’t want to go because of the media opportunities opening up to him but the move proved fruitful, earning Ronin a degree in international relations and political science from Wellington’s Victoria University. “It’s not like I wanted to be an actor my whole life,” he admits. “I felt that need for storytelling but I always did other things.” He frequently took off travelling, one time through South Island, where he woke up by the famous Milford Sound fjord. “I arrived at night so couldn’t see anything around me. Then at the break of dawn, I saw these massive ferns, waterfalls, a rainforest like out of Jurassic Park and a cruise ship coming out of the fjord. I was absolutely blown away.”

And yet he never felt in sync with the country (“perhaps I was out of sync with myself”). Five years later he followed his so-called “gypsy soul” to Australia. “Everyone else goes to Sydney, Melbourne and Brisbane; I went to Perth.” His mother, grandmother and brother followed soon after.

Ronin’s mother still lives in Perth; his brother moved to London. As for the actor, after learning Stanislavski’s technique at PAC Screen Workshops in Australia and completing an MBA “to understand how the economy works”, he packed his Ford Falcon and drove east to Sydney. That’s when things started looking up, thanks to a job at Screenwise, the film and television school in Surry Hills, New South Wales and his first guest spot on American TV show Fatal Contact.

Check out First Season Starters in TV on ice and sample the first three episodes of some of the biggest TV shows of recent times, including The Americans.
“It was an ABC TV movie,” he says. “On set I learned so much, especially the importance of the script. That’s the thing that’s going to tell you everything about your character. You still work with the director and work on it yourself and with other actors but ultimately the story begins with the script. All the clues are there. If you don’t know the script – and not just by reading it – if you don’t know it, it’s game over.”

More TV shows followed, as did a starring role in an Australian film called Red Dog. And then a giant leap to the capital of entertainment, Los Angeles, where he now lives part-time. “That first year was about getting into the union,” says Ronin. “Otherwise agents and managers won’t talk to you. But then once you’re in, how do you find an agent and a manager if you don’t have work? And how do you get work if you don’t have an agent or a manager? It’s this vicious cycle that every actor has to go through. And I was no exception.” His line of thought is cut short as our dishes arrive: baked eggs lined with red piperade for him, duck confit on a bed of frisée for me, a radish-topped avocado toast to share between us.

Ronin was in LA making showreels when the role of Burov on The Americans came up. After sending one to the show’s casting office in New York, he received a call back for an audition at Amblin Entertainment on the Universal lot. “I don’t know if you’ve ever been there,” he says, “but then once you’re in, how do you find an agent and a manager if you don’t have work? And how do you get work if you don’t have an agent or a manager? It’s this vicious cycle that every actor has to go through. And I was no exception.”

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The audition went well but Ronin knew the process was out of his hands so he went back to making his showreels.

The second callback was for a chemistry read to see how the actors worked together – a first for Ronin – with actress Annet Mahendru, who played Nina Krilova. “There were fireworks from day one,” he says, but it was at a table read for another project when he received the long-awaited call telling him the role was his. “That was probably the most intense process I have ever been through,” he says. “Normally you go in and you’re either right or wrong. Now I know what it really entails.”

Ronin was initially meant to guest star in just two episodes – “I was expecting to be killed off every single time” – but ultimately ended up appearing in 12 of the 13 episodes in season two. He’s now a series regular: “I didn’t have a vision of being on the show five years down the line. I just wanted to be part of the story.”

Every year he speculates about what will happen to his character, but he always gets it wrong. “Just when you think there are no options left, the writers will come up with a scenario that nobody sees coming.”

Throughout it all he’s continued to hone Burov. “I do a lot of prep to create a wholesome character – I know what he drinks,
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I DO A LOT OF PREP TO CREATE A WHOLESOME CHARACTER – I KNOW WHAT HE DRINKS, WHAT HE EATS, WHAT HE DREAMS

what he eats, what he dreams, and how he thinks, so when I'm on camera, it's no different. It's a living, breathing human being. It's not acting – you try to become that character.

It wasn't until season five that the story took him to his homeland. “Our producing director Chris Long had the idea of going to Russia since the beginning [of the show] because it just made sense but it had to be an organic process.” Shooting the story where it belonged, without caricatures, seemed essential. “It is not difficult finding a person who looks Russian but what you need to do is find someone who thinks like that person – the real deal. If you're looking for honesty – and this is what we've been able to achieve this season – it takes the show to the next level in terms of its integrity and its storytelling process.”

The sixth and final season of the show begins filming in October in New York, where Ronin lives during filming in winter and spring. Before then, there is an impending visit to his brother in London to celebrate their mother’s birthday, then a directors’ course to take at New York University: “It's a two-month intensive course, 12 hours every day for two months. With directing, there are so many stories that I want to tell. Not all of them have a place for me as an actor but I still want to be part of them, so I'm about to learn the alphabet of directing and understand how to put it all together,” he says.

His co-star Noah Emmerich, who plays FBI agent Stan Beeman, is doing just that and has directed episodes of The Americans. “Noah is definitely one of the best directors I have worked with,” says Ronin. “He’s an amazing actor and artist and has the depth and intelligence to put it all together: the way he shapes the story, the way he shapes the scenes, the way he shapes the episode – it's just so honest. He's an amazing human being.”

But for Ronin, directing and acting in the same production is not something he is actively pursuing. For now he is simply happy to learn from the best directors on set. He has also got a film project in the works, then there is his role in The Midnighters with actor Leon Rossum (best known as General Jonathan Krantz in Prison Break) and most recently Brighton Beach, a film produced by Molly Conners, whose credits include Birdman. You might even recognise Ronin as Anton Vanko from Marvel’s Agent Carter. Otherwise it won’t be until early next year that we can expect the return of Burov. Based on Ronin’s form to date, it will be worth the wait.

THE BILL
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1 x Avocado toast, watermelon, radish, seeds (US$14)
1 x Americano coffee (US$3)
1 x Flat white (almond milk) (US$4)
1 x Bottle of sparkling water (US$7)

Total: US$65
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How Melbourne feeds itself

Fairy tale of New York

Jumping the Shark
HOW MELBOURNE FEEDS ITSELF

Something’s growing in the city – a food project that’s not only planting seeds for a healthy and sustainable future but one that is also cultivating community spirit.
Ben Shewry is excited. Decked out in shorts and rubber boots, the New Zealand-born chef is standing in his 2,000-square-metre vegetable garden in the manicured grounds of Ripponlea mansion. Found in Melbourne’s southeast, it’s filled with 100 types of edible plants that he and his chefs tend every week and harvest every day for use in his restaurant, Attica. Just last week Attica placed 32nd in the World’s 50 Best Restaurant awards, making it the top-ranked restaurant in Australia. But that isn’t what is exciting him here in the garden. Right now it’s all about the success of a trial crop of an edible indigenous plant called murrung.

“Murrong’s a plant that the local Bunurong people had as a traditional crop and you can eat both the tuber and the leaves,” says Shewry. “We’ve been learning how to grow this for about four years and now it finally looks like we’re getting it right. We’ve got about 300 planted but we’re going to plant another 900. It’s exciting to grow something truly local.”

Shewry’s not alone in his excitement. Melbourne is a food-obsessed city, serviced by a thriving, progressive restaurant and cafe scene. Eight large fresh food markets ring the city and discussions about where to buy the best bread or seafood can get heated. It’s no surprise that many Melburnians are also into growing their own food or, at least, are learning how to do it.

There are two large urban farms within five kilometres of Melbourne’s city centre – Collingwood Children’s Farm and Ceres – that tread the line between providing educational facilities and being working farms. Then there is a network of nearly 300 community gardens sprouting across the city, plus 20 government-funded gardens on public housing estates and a schools’ programme called the Kitchen...
Garden Foundation, where children as young as eight learn to grow and cook their own food.

Access to the fresh, cheap produce coming from these gardens is the most obvious benefit of Melbourne’s love of urban farming, but it seems there’s plenty of nourishment beyond the edible.

Dr Claire Henderson-Wilson, a senior lecturer in the school of health and social development in Deakin University, thinks Melbourne is “leading the way for urban farming and community gardens” with “a growing recognition of their numerous health benefits”.

“Over the last few years I’ve conducted research on the benefits of community gardens and urban farms for [city] residents, particularly those who live in public housing,” she says. “My findings show people gain a number of key benefits. There is the access to a supply of fresh produce and the ability to save money on food but they also offer opportunities for cultural and social connections, improved emotional and physical wellbeing (including the ability to cope with stress) and the capacity to learn and share knowledge.”

At Atherton Gardens, an inner-city public housing estate of apartment towers dating back to the 1960s, different varieties of chillies, herbs, aubergines and beans clamber up makeshift trellises or spill onto paths surrounding the compact two-metre-squared plots. There is a powerful, invigorating smell of soil and herbs in the air; slightly at odds with the proximity of the city. Gardeners, alone and in pairs, tend their plants with quiet concentration, oblivious to the buildings towering over them.

Peta Christensen from Cultivating Community, a government-funded organisation that administers the city’s 20 public housing estate gardens, says the government started supporting the initiative nearly 25 years ago because people were already gardening on spare pieces of the estate and officials wanted to make it a formal arrangement. Then they realised a relatively minimal output
could have a huge impact on the lives of numerous people.

“This is a low-income community and so being able to grow food serves an economic purpose but there’s so much beyond that,” says Christensen. “When you live in a flat on the 17th floor, you’re very disconnected from the ground so there’s the therapeutic nature of getting your hands dirty. We also have more than 30 different language groups across all of our gardens, but gardening is its own language and when you’re working side by side comparing chillies or growing techniques, it’s a very safe way to get to know people.

“A lot of the people using these gardens have arrived as refugees and asylum seekers and they often come from agricultural backgrounds so growing their own food is a very big part of their identity and their culture. Being able to do something you love and that is familiar to you is good for the soul. That’s the most important thing you can get out of a garden.”

Just a few kilometres away in a gentrified former working class suburb called Brunswick lies Ceres, a community environment park – like an urban farming-cum-eco amusement park but with compost, chickens and horticultural classes rather than roller-coasters, it attracts 350,000 visitors a year.

There’s a recognisable hippy aesthetic to Ceres, perhaps a throwback to its 1970s origins, when it took over a reclaimed rubbish tip. The initial handmade, almost ramshackle, impression changes after a short wander around the serene 10-acre farm and it quickly becomes apparent there is a lot more going on here than handpainted signs and dreamy ideology.

Ceres is actually a well-oiled, well-run machine (partially powered by solar panels and wind turbines) primed to spread the good word about growing your own food and teaching people the skills and confidence to do it for themselves.

The farm itself has an organic certification with a patchwork of small fields growing a variety of vegetables and a large coop holding about 200 chickens, whose eggs are collected, packed and sold by a group of young people with disabilities. Then there’s a propagating area and nursery, restaurant and community kitchen, beehives, an organic grocery store, community garden plots for locals...
and a whole series of horticulture-based classes and workshops. It’s hard to believe there’s so much activity here within sight of the city skyline, especially early in the day, when the only sounds are the wind and the occasional crowing rooster.

“Ceres is a community food system,” says Melissa Lawson, the farm and food group manager. “We have built a rich and vibrant community here that is focused on reconnecting people with food – where it’s from and how it’s grown.

“There are many levels to reconnecting. It’s physical – getting outside in nature, observing the seasons, getting your hands dirty, encouraging you to pause and think about what’s around you. And once you are gardening, you start talking to other people about it and swap cuttings or produce or recipes or ideas. It connects people. Food is a leveller. It breaks down barriers because eating is both a necessity and a pleasure."

Ben Shewry had a similar epiphany about the influence of gardening beyond food while working his vegetable gardens at Ripponlea estate.

No stranger to farms, having grown up on one on New Zealand’s North Island, Shewry always ate well from the vegetable patches his mother tended. But the reason he started growing his own food for Attica was less about a nostalgic longing for home and more about frustration at the lack of diversity and quality of the leaves and herbs he was able to source.

Starting with a couple of planters in the carpark behind the restaurant, he then expanded his scope considerably after “a meeting of the minds” with Ripponlea’s head gardener, who suggested the chef might like use some of the 14-acre property to grow produce for Attica, just a few minutes’ walk away.

The serendipitous meeting has resulted in some of Attica’s signature dishes, like the aromatic Ripponlea broth, a thrillingly clear, clean chicken broth with 30 different herbs, hand-harvested from the garden that day, floating on the top. Each mouthful brings a different combination of flavours.

But, according to Shewry, the garden has also improved the culture, atmosphere and the health of his kitchen.

“A kitchen is a somewhat unpleasant environment in terms of there not being a lot of natural light. You’re never working outside and you work anti-social hours,” he says. “It’s not conducive to good mental health so I decided to use the garden as a kind of forced investment in the wellbeing of my team.”

Everybody who works in Attica now must spend several hours in the garden every week. The work has given the chefs newfound respect for the hard work it can take to grow good ingredients but it has also changed the nature of the kitchen.

“Having the sun on your face and getting to know the people you’re working with are really good things,” he says. “This kitchen is the happiest I’ve ever worked in.”

At Collingwood College, the school has taken a “get them while they’re young” approach to instilling a love of urban farming. This was the first school to sign

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**Quandong**
A shiny, scarlet-coloured wild peach with a very tart taste. A great source of vitamin C.
up to the Kitchen Garden Foundation programme, founded by chef and author Stephanie Alexander, now run in hundreds of schools across Australia. It is a programme where children grow, harvest and then cook food as part of their regular curriculum.

Ben Guest, the gardening teacher at the school, has recently expanded the programme from primary to secondary school students and thinks there are benefits and learning possibilities in addition to learning how to grow and cook healthy food. “These are all city kids so to get them outside and then enjoy being outside is a big part of what this is all about,” he says. “I want them to enjoy the environment so the idea of protecting it becomes more tangible. I also like the idea that gardens are hard things to get wrong and even if you do stuff it up, you can just start again. It’s a good lesson.”

There are more lessons for youngsters – 10,000 of them a year – just a kilometre away in Collingwood Children’s Farm, where vegetable gardens and fruit orchards are tended alongside a whole menagerie of animals – cows, sheep, chickens, ducks, geese and horses.

There is a petting zoo angle to the farm (though the animals are kept in pastures rather than pens) but the livestock also contribute to maintaining the farm’s self-funded bottom line via milk, eggs and meat while providing ways for city children to become more aware of where their food comes from.

“We ask the kids things like where they think eggs come from and mostly the answer is the supermarket,” says Alex Walker, a former school principal-turned-farm manager. “Introducing them to real chickens and all the other animals – we milk the cows by hand – is a great way of getting them to understand about where the things that they’re eating come from.”

But perhaps the best thing about Melbourne’s urban farms is that they are free of hectoring dogma. They’re more about educating how to live better rather than preaching about the need to.

And away from the plate, teaching people to grow food, get their hands dirty, be outside, slow down and connect with fellow gardeners seems like an admirable – and perhaps increasingly necessary – thing to do.
HOW MELBOURNE FEEDS ITSELF
Fairytale

of New York

The bright, hazy colours of New York, as captured by American photographer Marvin E Newman, reveal what life in the city was truly all about.

Words: Chris Anderson  Images: Marvin E Newman
ew York is a place that tends to inspire. It’s somehow come to represent something bigger, something grander than your average city, to the point that the whole place just seems a mesh of pop culture references and real life. Lines infinitely blurred.

In 1927, Marvin E Newman was born there – in the Bronx, to be exact. City life encouraged him to pick up a camera and record what was around him. Today, aged 89, he still lives there and has just released an eponymous new book collating many of his favourite images from the 1950s to the 1980s. It combines some of the images he took as part of assignments working for grand magazines of the time, such as Look or Life, with others that formed part of his own experimentation and self-education, particularly when learning to photograph in colour.

The fact the technology allowing photographers to shoot in colour coincided with the early stages of Newman’s career seems almost prophetic. Drenched in vivid hues, his shots were revolutionary at the time and he might just have been the first photographer to have ever captured the city that way.

“The technology wasn’t popular at first as there was no speed to it,” Newman explains. “The exposure times were so long that if you were shooting a portrait the person would have to sit perfectly still for around six to eight seconds. And if you wanted an action or a sports image, forget it – you’d only be able to do that in black and white. But the way I saw it, the world was in colour. We see everything in colour so that should be the way to shoot everything.”

Newman’s determination paid off and while he initially felt he had to be selective in the locations he chose – places where his subjects were mostly stationary – it is his images that feature a slight blur or movement that are most intriguing. The city lights after dark seem somehow richer. “My favourite places [to shoot] were Times Square, 42nd Street and Coney Island,” he says. “They just had a lot more drama and excitement.”

Coney Island was to be the main focus of Newman’s earliest colour photography and you can see a whole chapter of the book dedicated to his visits there in 1953. The technology was at its most primitive but this was a place where there was little movement.

“It was a place where ordinary folks went to enjoy themselves. They just liked to sit or stand still, taking in the sun. I knew it well and I would find interesting shots. I’d spent a whole summer there before I had a camera, then I went back with one and never put it down.”

Newman visited during the summer and again in the winter to capture the seafront in a different season. “Winter there really surprised me,” he says. “In summer, people came out for the sun, the rides and so on but in winter,
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One of Newman’s favourite shots a trading floor on Wall Street
They told me there was a hole in the ceiling and once I saw it, I figured I could take a spectacular photo... it was like the nerve centre of capitalism.
“In an afternoon, I discovered the true meaning of tranquility on the infinite stretch of this solitary shore. While my body basked in the sun and my hair spread all over the satin-like sand, all I wanted was to keep this moment alive forever.”

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The way I saw it, the world is in colour. We see everything in colour, so that should be the way to shoot everything.
even though a lot of the attractions were closed, they were still coming. There they were, sat outside in coats and starving for the sun, trying to catch as many rays as they could. It was a shock to me and made for beautiful photographs.”

As he began to experiment with different lenses and flashes, Newman discovered ways to get more out of the technology of the time. The city at night, with its bright lights and neon signs, soon became the perfect subject matter. “I wanted to do something that went beyond what had been done before so I went to great lengths, mixing the electronic flash with all the existing light there and using a filter to match the lights of Broadway,” he says.

Newman’s highlights include a shot taken on a rain-soaked evening, with the lights and reflections merging to form a single dizzying haze while in another, looking at the streets through a shop window enhances the distraction of the dazzling neon.

As well as specific locations, Newman would target events – in particular the San Gennaro Festival in Little Italy. “It was just waiting to be photographed,” he says, recalling the food, the lights and the crowd. “Some things were just made for colour and at that time [in the 1950s] they had opera singers who sang at the festival. It was when the Italians lived in Little Italy and they really owned that neighbourhood.”

Many of New York’s famous landmarks were avoided by Newman in the book but one that stands out is Wall Street, which was shot for a magazine photo essay in 1958. “I saw these shafts of light that came down and I wanted to capture the atmosphere it created,” he says, seeing a symmetry between the way the floor of the stock exchange was lit to that of a theatre stage. “What really made the difference was photographing later in the day when the light is just coming through the tall buildings and is a bit more orange.”

Newman’s visit also resulted in one of his favourite images – a bird’s eye view of the trading floor. “They told me there was a hole in the ceiling...
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and once I saw it, I figured I could take a really spectacular photo from there,” he recalls. “The exposure time was something like five seconds, using only natural light and a wide angle lens and you get some solid people while others are moving. It’s like looking at the nerve centre of capitalism.”

During his career, Newman visited other destinations across North America, including Las Vegas, California, Alaska and many lesser-known, smaller towns, with selected images appearing in the book. He also specialised in sports photography for a period, working for *Sports Illustrated* among others and has included his work from 1950s baseball and basketball games, with shots from his time spent with a young Muhammad Ali. But it is New York that remains his true focus. “It’s my city, I knew it and it was accessible to me,” he says.

There’s clearly something about New York that meant he – and many others like him since – have never tired of photographing it. “There’s a lot of action, so much going on – just look at places like Times Square,” he says. “It’s got that big city vibe. Walk around Manhattan at lunchtime and you get that surge with all the crowds going in and out of the buildings – or walk past the Diamond District and you’ll see people of all nationalities.”

And as his huge collection of photographs proves, taken over many years, New York is a city in constant development. “There are new buildings going up all the time and the people that live here, the demographic, is always changing – that might be it. It doesn’t stop. It’s something that’s ongoing and evolving. When you go out, there’s always something new to catch your eye. It’s just a part of life here.”

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JUMPING THE SHARK
It took just two musical notes in John Williams’ famous Jaws score to do it. An alternating E and F that created a fear of sharks in 1975 which exists to this day. But by tracking their movements and learning more about them, perhaps our perceptions can change.

Words: Chris Young
Smiling cartoon sharks peek out from the shelves lining the walls of Dr Chris Lowe’s office. For the boy who grew up next to the film set of *Jaws*, the shark mugs, posters, stickers and assorted memorabilia are evidence of a lifetime’s work and obsession with the kings of the ocean. But few would perceive the shark in such a harmless, animated manner. Since that cinematic triumph 40 years ago, they have been viewed as a beast to dread, a predator ominously circling ocean waters in warmer climes, just waiting to strike.

“Well *Jaws* certainly didn’t help,” says Lowe with a smile in his Los Angeles office. “It set people’s mindsets about sharks.”

But are perceptions of them – and the Great White in particular – beginning to change? Lowe hopes so. It’s one of the central objectives of the Shark Lab, a department of California State University, where student marine biologists are deploying the latest technology to develop a greater understanding of an animal that still largely remains an unknown. Lowe – himself a graduate of the Lab, which originated in 1969 – has overseen the facility for the last 18 years and believes public attitudes towards sharks are beginning to soften, despite attacks increasing globally last year. He thinks sharks can eventually be viewed in the same manner as whales – villainised in the 19th century yet now largely regarded as a mammal of magnificence.

“A hundred years ago people were deathly afraid of whales because they killed people – even though we were trying to kill the whales ourselves,” says Lowe. “The stories that were told to the people who would never see a whale were not those of them being magnificent, thoughtful, caring creatures. It was of a beast in the ocean. That perception changed when we overhunted them and created technology that prevented fishermen from being killed by them. Now the story is a bit different and people realise that they’re mammals who nurse their young like we do and are intelligent, social animals. They’re no longer viewed as being demonic. If we can do that for whales, we can do it for sharks.”

The problem is that with sharks, it’s just a little more difficult. The media benefits from the fear factor. Lowe grew up in Martha’s Vineyard, where *Jaws* was filmed in the mid-1970s and always harboured a fascination for the ocean. But his feelings are far from universal. He attributes the common fear of sharks to a “lack of knowledge”, with the Shark Lab keen to publicise all the findings of their behavioural studies in a bid to reverse that pattern.

Technology is their chief weapon out on the ocean – along with studying baby fish back in the university – with a range of measures at their disposal. It’s not merely a case of purely tracking the creature on the high seas anymore. There are video camera-equipped US$200,000 stalker shark robots, which can follow their every movement from a 100-metre radius. Then there are transmitters, predominantly attached to the fin, which act as beacons for the animals, measuring the temperature and depth of the surrounding ocean and drones that follow the migration and movement of sharks from overhead.

Combining the devices has allowed the lab to create a three-dimensional picture of shark behaviour. Among the conclusions drawn are that sharks can be hypersensitive to small changes in temperature – as marginal as a quarter-degree Celsius. It is a factor that could have major repercussions if ocean temperatures continue to rise. Shark populations might begin to sprout in previously inhospitable waters.

“By combining the technologies,” says Lowe, “we are starting to get a context. That’s something I never would have thought we could do 20 years ago. We can take all that information and then really understand whether the shark accelerated because it saw prey, because it was trying to get away from something, because the current changed or simply because it got warmer.”

The drones in particular have the double merit of being used to warn coastguards if there is an adult great white close to the shore. It is not a foolproof
Surfers out there on the ocean can be close to a shark and the shark is giving a warning, but if they don’t see it, they don’t know.

method, with only a percentage of sharks tagged, yet it is a potential preventative measure and a step in the right direction.

However, the technology still does not answer the question of why sharks attack humans. Lowe has been posed this one on thousands of occasions and he is not necessarily any closer to answering it. “We can say a shark bites a person because it’s in a feeding mode so maybe it considers the person a viable food option,” he says. “The problem with that hypothesis is that the majority of people who are bitten aren’t consumed. The other possibility is that they bite people because they think we’re food but once they bite us, they realise we’re not palatable. We just don’t taste good. The flip side of that is that those bites have nothing to do with nutrition. They’re down to defence.

“Sharks, like people, have a personal space. The problem is that most people don’t see the shark that bites them. Surfers out there minding their own business are close to a shark and the shark is giving a warning but if they don’t see it, they don’t know. The challenge I have with all this is I don’t know if we’ll ever have an answer to the question.”

Attacks are only likely to increase with shark populations on the rise, thought to be due to environmental legislation introduced in the 1970s and 1980s to improve water quality. Cleaner oceans have prompted seal and sea lion populations to grow and thus food supplies for great whites have soared. However, the chances of falling victim to a shark attack are minimal – a fraction of the chance of being in a car or plane accident, for example.

For all the fear of sharks, swimmers and surfers are frequently within range of the predators too, particularly juvenile creatures.
who remain at a single beach for about a month at a time.

“Some of those beaches have 3,000 to 5,000 people in the water at that time but people aren’t being bitten,” says Lowe.

“The reason why it becomes an issue is people cannot accept risk. There’s a sanitation culture. If you go in the ocean, you could be bitten by a shark. That’s just the risk you take. So we can say just because you see a shark it doesn’t mean that you’re going to be bitten. That helps with people’s risk assessment.

“More and more people are using the ocean for a whole variety of recreational activities and you should expect to see more conflict. If we don’t change our behaviour, the animals aren’t going to change theirs. The tricky part is when someone gets bitten, how we respond and learn from those things.”

Even if a shark is spotted by those on the beach, should it prompt a reaction of terror? For Lowe, his hope is a simple one: “If you see a shark, that’s actually a cool thing. Having those predators in the environment means a healthy eco-system.”

Cleaner oceans have prompted seal and sea lion populations to grow, boosting food supplies for great whites. But the chances of falling victim to a shark attack are minimal.
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EMIRATES NEWS

EMIRATES WINS SKYTRAX AWARDS

Emirates has won the World’s Best Inflight Entertainment award for a record 13th year in succession at the prestigious Skytrax World Airline Awards 2017.

The airline also picked up the award for Best First Class Comfort Amenities. The win followed a recent product overhaul across all cabins aimed at enhancing comfort in the air.

The awards are considered a global benchmark of airline excellence, with this year’s results decided by a huge 19.8 million customers across 105 countries. The survey reviewed more than 320 airlines from August 2016 to May 2017.

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NEW EMIRATES LOUNGE AT BOSTON

Emirates has opened a new lounge at Boston Logan International Airport, the second largest in the airport’s international terminal and the fourth Emirates lounge in the US.

The lounge, which seats 123, offers access to First Class and Business Class customers as well as Platinum and Gold Skywards members. Designed in line with Emirates’ new contemporary concept, you’ll find bespoke artwork and comfortable leather armchairs, an extensive menu of hot and cold food and an excellent selection of local wines. Complimentary Wi-Fi and award-winning service come as standard.

Customers will also have a fantastic view of airport activity, all to the backdrop of the city of East Boston in the distance.

NEW INITIATIVES AT EMIRATES TERMINAL 3

Anybody departing from Dubai International Airport Terminal 3 can look forward to an even smoother journey, thanks to some cutting-edge tech.

Two new initiatives are aimed at improving passenger experience by way of biometric scanning and new automated border control gates, both of which will streamline check-in and immigration checks at departure.

Set to be launched within the next 12 to 18 months – they’re the first projects to be signed off by the joint team currently reviewing all traveller touch points at Dubai International Airport.

The biometric tech will use a facial recognition solution integrated with the UAE Wallet, enabling travellers to register and store their biometric data through multiple means – including selfies on their mobile phones. They can then utilise this biometric data to ease their journey through immigration at Departures, as well as other touch-points throughout DXB airport.

Meanwhile, One Gate is a new generation of smart immigration gates that will be installed at Departures. Offering an automated border control system that utilises a traveller’s biometrics, the new initiative means that you can avoid having your passport and boarding pass manually checked at immigration, leaving you more time to enjoy DXB.
Emirates has expanded its popular free inflight Wi-Fi service with generous rates for all flyers.

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Emirates’ chauffeur-drive service is a complimentary ground transfer service available to customers travelling in First or Business Class. It is available in more than 75 Emirates destinations worldwide.

The Emirates Airline Foundation is funding the construction of a new building for a Safe Centre for Autism and Asperger’s Syndrome.

The state-of-the-art 20,000 square foot facility will boost Safe Centre’s capacity, and allow it to accommodate and support 100 additional children in need of special education services. Its current capacity sits at just over 40.

Children are at the core of the Emirates Airline Foundation’s philanthropic work, with the Safe Centre slated to move into the new facility in the autumn of 2018.

Spearheaded by the Emirates Airline Foundation under the UAE’s Year of Giving, a national initiative led by His Highness Sheikh Khalifa Bin Zayed Al Nahyan, the aim is to celebrate the philanthropy at the heart of the UAE’s social fabric.
DINNER IS SERVED
How Emirates serves 100 million meals a year in style

THE NUMBERS... We give you the world’s largest flying restaurant

1,200 Chefs
12,450 Recipes
1,500 Menus

$1 BILLION Catering investment in 2016
190 Meals served per minute
590 Flights catered per day

YOU’VE EATEN THIS... We know what you like – and how much you liked it in 2016

110,000 KG of hummus
165 TONNES of salmon fillet
58 MILLION baked bread rolls

3 MILLION eggs
50 TONNES of strawberries
27 TONNES of fresh broccoli
GLOBAL EXCELLENCE... We have the world’s best ingredients in one place

BATEEL DATES FROM THE UAE
315,000 per year

Relationship 14 YEARS

FETA FROM YARRA VALLEY, AUSTRALIA
15,120kg per year

Relationship 10+ YEARS

TEA BAGS FROM DILMAH, SRI LANKA
9.6 million per year

Relationship 25+ YEARS

OLIVE OIL FROM MONTE VIBIANO, ITALY
4 million single serve bottles per year

Relationship 15+ YEARS

NESPRESSO CAPSULES FROM SWITZERLAND
1 million per year

Relationship 8 YEARS

A STELLAR CELLAR... We stock the finest wines from around the world

Wine and champagne consumption

52 PER CENT in Economy
41 PER CENT in Business Class
7 PER CENT in First Class

We source from 12 countries in the main wine producing regions of the world

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- Austria
- Chile
- France
- Germany
- Italy
- New Zealand
- Portugal
- South Africa
- Spain
- US

65 CHAMPAGNES, WINES AND PORTS

12 COCKTAILS
43 SPIRITS

... are offered daily

Our wine cellar in Burgundy, France stores 3.8 MILLION BOTTLES of which some are only ready for drinking in 2027

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COLOMBO

Emirates operates 27 weekly flights to this fascinating Sri Lankan city. Expect striking architecture, delicious food and bustling streets.

Once a place to simply arrive and depart, Colombo has emerged as a destination in its own right over the course of the past few years. No longer viewed solely as a gateway to the rest of Sri Lanka, it has carved its own niche, thanks to the restoration of landmark colonial architecture, a building boom that has transformed the city’s skyline and the burgeoning sense of cosmopolitanism that followed the end of the country’s civil war in 2009.

Colombo remains very much a city of South Asia. When the British artist and writer Charlotte Cory was asked what she most missed about the place, she replied: “The energy, colour, confusion and profusion of the streets. Bullock carts hold up the traffic and elephants are carried on trucks on their way to temples. You never know what you are going to see round the next corner.”

The legacy of the city’s colonial past is sprinkled across the city like confetti, including the 17th century Old Dutch Hospital, which has been lavishly restored and is now home to shops, cafes and restaurants and the city’s famed parks and gardens, which once led to Colombo being referred to as ‘the garden city of the East’.

With a little exploration you’ll find faded old manor houses, delicious food, markets and bustling commerce, as well as cafes and teahouses that will make you glad you included Colombo in your Sri Lankan itinerary.

EAT

THE MINISTRY OF CRAB
Combining two grand Sri Lankan traditions – cricket and crab – The Ministry of Crab is situated in the Old Dutch Hospital. Founded by cricketing heroes Mahela Jayawardene and Kumar Sangakkara, alongside chef Dharshan Munidase, the restaurant is a sensational celebration of Sri Lankan seafood.

ministryofcrab.com

GALLERY CAFE
House in the former offices of Sri Lankan architect the late Geoffrey Bawa, this stylish courtyard restaurant features both local and international cuisine and an extensive dessert menu with a focus on chocolate. Try the chocolate nemesis, a lightly baked chocolate mousse with peach coulis and whipped cream or an old-fashioned trifle.

paradiseroad.lk

PAGODA TEA ROOM
Eighties pop band Duran Duran filmed the video for Hungry Like the Wolf in this cool and cavernous dining space, which first opened for business in 1884 making it one of the city’s oldest eateries. However, don’t go in expecting fine dining. This is all about cheap rice and curry. Pies, pastries and cakes complete the attraction.

+94 11 2 323086

STAY

GALLE FACE HOTEL
If you’re going all out, then look no further than iconic Sri Lankan landmark the beautiful Galle Face Hotel. Located in a prime spot on the city’s seafront facing Galle Face Green, it was built by the British in 1864 with a veranda offering some of the city’s best views. Undoubtedly the perfect place to unwind after a fun day spent exploring the city.

gallefacehotel.com

TINTAGEL COLOMBO
A private establishment situated in the heart of Colombo, this boutique hotel was once home to three of Sri Lanka’s political leaders and is not far from the city’s embassy district. With only 10 rooms, each has been individually designed and features wooden floors, mosaic tile bathrooms and powerful rain showerheads.

paradiseroadhotels.com/tintagel

BLACK CAT B&B
Set on the first floor of a 1920s colonial house, this charming B&B is situated in Colombo’s chi chi Cinnamon Gardens district. Perched above the Black Cat Cafe – which was conceived by a young husband-and-wife team – its location is within walking distance of some of the city’s best restaurants, bars, galleries and shops.

blackcatcolombo.com

DO

GALLE FACE GREEN
When seeking a break from the frantic pace of life in the city, this is where to go. An urban park overlooking the Indian Ocean, it’s hard to imagine a better spot from which to sit and watch the sun setting over Colombo. The largest open space in the city, it was initially laid out in 1859 and has been the perfect home for kite flying and seaside strolls ever since.

NUMBER 11, COLOMBO RESIDENCE
The famed architect Geoffrey Bawa’s house in 33rd Lane is a study in architectural bricolage. Bawa created a style based on Sri Lanka’s multi-ethnic traditional and colonial influences and all of them play out gloriously here in his former home. Undoubtedly a must-see for anybody who gets a kick out of design and architecture.

geoffreybawa.com

NATIONAL MUSEUM
Colombo’s premier cultural institution, the National Museum covers everything from Sri Lanka’s ancient past right up until the end of British rule in 1948. It was founded in 1877 by Sir William Henry Gregory and includes such delights as the magnificent royal throne made for King Vimaladharmasuriya II in 1693.

museum.gov.lk

Emirates operates four daily flights between Dubai and Colombo – except on Wednesdays, when it operates three flights – with one of the daily services to Dubai via Malé. Emirates also operates a daily service between Colombo and Singapore, offering convenient connections to Australia.
COMFORT IN THE AIR
To help you arrive at your destination feeling relaxed and refreshed, Emirates has developed this collection of helpful travel tips. Regardless of whether you need to rejuvenate for your holiday or be effective at achieving your goals on a business trip, these simple tips will help you enjoy your journey and time onboard with Emirates today.

SMART TRAVELLER

**DRINK PLENTY OF WATER**
Rehydrate with water or juices frequently. Drink tea and coffee in moderation.

**TRAVEL LIGHTLY**
Carry only the essential items that you will need during your flight.

**WEAR GLASSES**
Cabin air is drier than normal, therefore swap your contact lenses for glasses.

**USE SKIN MOISTURISER**
Apply a good quality moisturiser to ensure your skin doesn't dry out.

**KEEP MOVING**
Exercise your lower legs and calf muscles. This encourages blood flow.

**WEAR GLASSES**
Cabin air is drier than normal, therefore swap your contact lenses for glasses.

**MAKE YOURSELF COMFORTABLE**
Loosen clothing, remove jacket and avoid anything pressing against your body.

**SHARPS BOXES**
Sharps boxes are available onboard all Emirates flights for safe disposal of medical equipment. Please ask a member of your cabin crew for more information.

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**BEFORE YOUR JOURNEY**
- Consult your doctor before travelling if you have any medical concerns about making a long journey, or if you suffer from a respiratory or cardiovascular condition.
- Plan for the destination – will you need any vaccinations or special medications?
- Get a good night’s rest before the flight.
- Eat lightly and sensibly.

**AT THE AIRPORT**
- Allow yourself plenty of time for check-in.
- Avoid carrying heavy bags through the airport and onto the flight as this can place the body under considerable stress.
- Once through to departures try and relax as much as possible.

**DURING THE FLIGHT**
- Chewing and swallowing will help equalise your ear pressure during ascent and descent.
- Babies and young passengers may suffer more acutely with popping ears, therefore consider providing a dummy.
- Get as comfortable as possible when resting and turn frequently.
- Avoid sleeping for long periods in the same position.

**WHEN YOU ARRIVE**
- Try some light exercise or read if you can’t sleep after arrival.
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Within the country or across the world, we bring hope to the weak, help to the vulnerable and support to the needy, regardless of gender, colour, religion or culture. Our skilled employees and volunteers, plan, supervise and execute the distribution of aid seamlessly, even across continents. Because nothing betters the sight of despairing eyes light up with joy and hope. To be a part of this noble cause, join hands with us. Donate today.

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<td>Abu Dhabi Islamic Bank</td>
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Note: All listed numbers are within UAE

800-733 emiratesrc.ae
CUSTOMS & VISA INFORMATION

GUIDE TO US CUSTOMS & IMMIGRATION

Whether you’re travelling to, or through, the United States today, this simple guide to completing the US customs form will help to ensure that your journey is as hassle-free as possible.

CUSTOMS DECLARATION FORM

All passengers arriving into the US need to complete a Customs Declaration Form. If you are travelling as a family this should be completed by one member only. The form must be completed in English, in capital letters, and must be signed where indicated.

ELECTRONIC SYSTEM FOR TRAVEL AUTHORISATION (ESTA)

If you are an international traveller wishing to enter the United States under the Visa Waiver Program, you must apply for electronic authorisation (ESTA) up to 72 hours prior to your departure.

ESTA FACTS:

- Children and infants require an individual ESTA.
- The online ESTA system will inform you whether your application has been authorised, not authorised or if authorisation is pending.
- A successful ESTA application is valid for two years. However, this may be revoked or will expire along with your passport.

APPLY ONLINE AT www.cbp.gov/ESTA

NATIONALITIES ELIGIBLE FOR THE VISWAIVER*:

Andorra, Australia, Austria, Belgium, Brunei, Czech Republic, Denmark, Estonia, Finland, France, Germany, Hungary, Iceland, Ireland, Italy, Japan, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Monaco, The Netherlands, New Zealand, Norway, Portugal, San Marino, Singapore, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland and the United Kingdom**

* SUBJECT TO CHANGE
** ONLY BRITISH CITIZENS QUALIFY UNDER THE VISA WAIVER PROGRAM.
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Not ours.

A Valiant Life is a philosophy.
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The future of healthcare, today. Now open at CITY WALK.
**CUSTOMS & VISA INFORMATION**

**CUT THE QUEUE AT JFK WITH QUICK CONNECT**

If you’re connecting through New York JFK, you can avoid long waiting times in US immigration and queues for connecting flights with the Quick Connect service. The US Customs and Border Protection agency created the special service for passengers who have a connecting flight within three hours of arrival at New York JFK.

**FOLLOW THESE STEPS:**

1. Have your boarding card or ticket for your connecting flight ready for the ground staff as you exit.
2. You’ll be given a Quick Connect card. Continue to the Quick Connect queue in the Arrivals Hall.
3. After passport clearance, claim your baggage and clear US customs, regardless of your final destination.
4. If your bag is tagged to your final destination, hand it to Emirates staff at the transfer counter for your onward flight.

**QUARANTINE IN AUSTRALIA**

Australia has strict biosecurity laws, so when you arrive you’ll need to declare certain food, plant or animal items on your Incoming Passenger Card.

You also need to declare equipment or shoes used in rivers and lakes or with soil attached. All aircraft food must be left onboard. Please take particular care when you complete your Incoming Passenger Card – it’s a legal document and false declarations may result in a penalty.

**QUARANTINE IN JAPAN**

Japan has strict rules around exposure to livestock and bringing in livestock items. You will need to go to the Animal Quarantine Counter if:

- you have recently been to a livestock farm
- are bringing livestock products into Japan
- your visit to Japan will involve contact with livestock

The counter is in the baggage claim area. If you’re bringing meat and livestock products into Japan without an import certificate, you must see the animal quarantine officer.
EMIRATES ADVOCATES

Contact the Professional for Legal Services

- CORPORATE & COMMERCIAL LEGAL SERVICES
- LITIGATION, ARBITRATION & ADR
- BUSINESS SETUP & COMPANY REGISTRATION
- OFFSHORE & FREE ZONE COMPANY FORMATION
- INFORMATION TECHNOLOGY & E-COMMERCE LAWS
- BANKING, INSURANCE & MARITIME LAWS
- REAL ESTATE & CONSTRUCTION LAWS
- MEDICAL NEGLIGENCE
- DRAFTING & CONTRACT REVIEWS
- LEGAL TRANSLATION
- DEBT COLLECTION
- TRADEMARK & PATENT REGISTRATION
- PROTECTION & ENFORCEMENT

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BE SMART!
USE UAE SMART GATE AT DUBAI INTERNATIONAL AIRPORT

GO THROUGH IMMIGRATION IN SECONDS AND GET YOUR VISIT TO DUBAI OFF TO A FLYING START

Citizens of the countries listed on the right and UAE residents can speed through Dubai International by using UAE Smart Gate.

If you hold a machine-readable passport, an E-Gate card or Emirates ID card you can check in and out of the airport within seconds. Just look out for signs that will direct you to the many UAE Smart Gates found on either side of the Immigration Hall at Dubai International Airport.

USING UAE SMART GATE IS EASY

1. Have your machine-readable passport, E-Gate card or Emirates ID card ready to be scanned

2. Place your passport photo page on the scanner. If you are a UAE resident, place your E-Gate card or Emirates ID card into the card slot.

3. Go through the open gate, stand in the blue footprint guide on the floor, face the camera straight-on and stand still for your iris scan. When finished, the next set of gates will open and you can continue to baggage claim.

REGISTERING FOR UAE SMART GATE IS EASY

To register, just follow the above process and then spend a few moments having your details validated by an immigration officer. That’s it! Every time you fly to Dubai in future, you will be out of the airport and on your way just minutes after you landed.

IF YOU’RE A UAE RESIDENT

Remember to bring your Emirates ID card next time you’re travelling through DXB – you’ll be able to speed through passport control in a matter of seconds, without paying and without registering. Valid at all Smart Gates, located in Arrivals and Departures across all three terminals at DXB.

NATIONALITIES THAT CAN USE UAE SMART GATES

- UAE
- Australia
- Austria
- Belgium
- Canada
- Denmark
- Finland
- France
- Germany
- Greece
- Ireland
- Italy
- Japan
- Kuwait
- Liechtenstein
- Luxembourg
- Malaysia
- Monaco
- Netherlands
- New Zealand
- Norway
- Oman
- Portugal
- Qatar
- Saudi Arabia
- Singapore
- South Korea
- Spain
- Sweden
- Switzerland
- UK
- USA

*UK citizens only (UK overseas citizens still require a visa)

UA E SMART GATE CAN BE USED BY:
- Machine-readable passports from the above countries
- E-Gate cards
- Emirates ID cards
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ROUTE MAP

South Asia

Africa

Dubai

ROUTE MAP

Dubai
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Mediclinic Airport Road Hospital: 800 26422 (within UAE)

AL AIN
Mediclinic Al Ain Hospital: 800 26422 (within UAE)

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**AIRBUS A380-800**

- 97 in fleet. Up to 489-615 passengers. Range of 15,000km. L 72.7m x W 79.8m
- All Emirates A380 aircraft are fitted with Wi-Fi, Mobile Phone and Data Roaming services. A total of 18 (19%) of the A380s are now equipped with Live Television, with more coming soon.

**BOEING 777-300ER**

- 135 in fleet. Up to 354-442 passengers. Range of 14,594km. L 73.9m x W 64.8m
- 104 (77%) of Emirates Boeing 777-300ERs are equipped with Live Television, Wi-Fi, Mobile Phone and Data Roaming services, with more coming soon.

**BOEING 777-200LR**

- 10 in fleet. Up to 266 passengers. Range of 17,446km. L 63.7m x W 64.8m

**EMIRATES SKY要求 G BOEING 777F**

- 13 in fleet. Range of 9,260km. L 63.7m x W 64.8m
- The most environmentally friendly freighter operated today, with the lowest fuel burn of any comparably-sized cargo aircraft. Along with its wide main-deck cargo door which can accommodate oversized consignments, it is also capable of carrying up to 103 tonnes of cargo non-stop on 10-hour sector lengths.
CONNECTIVITY AND ENTERTAINMENT SERVICES AVAILABLE

- Live Television
- Wi-Fi
- Mobile Phone (GSM)
- Data Roaming (GPRS)
- Channels of in-flight entertainment

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**BOEING 777-300**

6 in fleet. Up to 364 passengers. Range of 11,029km. L 73.9m x W 60.9m

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**AIRBUS A319**

1 in fleet. Up to 19 passengers. Range of 7,000km. L 33.84m x W 34.1m

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**EMIRATES SKYCARGO BOEING 747 ERF**

2 in fleet. Range of 9,204km. L 70.6m x W 64.4m

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For more information: emirates.com/ourfleet

Aircraft numbers accurate at the time of going to press
FIRST THINGS FIRST...
YOU HAVE TO GO TO
LA BOMBOÑERA
It’s very intense and you must be prepared for that – but Boca vs River is one of the biggest football rivalries in the world. You’ll only get a real taste of what it means to the fans if you are in the stadium.

IF YOU HAVE JUST ONE DAY IN THE CITY, HERE’S WHAT YOU SHOULD DO
It’s an easy one, really. Head for the Plaza de Mayo. It’s what we consider to be the centre of the city and from there you can walk to lots of tourist attractions in just one day.

THERE ARE LOTS OF CULTURAL SITES
Buenos Aires is not just one of the most cultural cities in Latin America but also in the world. There are so many museums, you could be here for two weeks and not have enough time to see them all properly. We also have lots of cathedrals that are great buildings. One of the most famous and centrally located is the Buenos Aires Metropolitan – it’s just beautiful.

IF YOU WANT TO TRY A TYPICALLY LOCAL DISH FOR LUNCH
My favourite is Milanese Napolitana – the South American version of the Italian dish. It’s breaded veal with a cheese and tomato sauce and is very popular in my hometown of Rosario, but lots of places in Buenos Aires will serve it.

BUENOS AIRES IS GREAT FOR FAMILIES
Even though it’s a busy place, with lots of traffic and people, it has loads of beautiful parks where you can go and relax and forget you are in one of the busiest cities in Latin America. Bosques de Palermo is one of the biggest, where you can enjoy the gardens, play football and ride bikes. It’s a great place for families to come and enjoy time together – especially when the weather is good.

THE BEST TIP I CAN GIVE YOU
Okay, so it’s a long way out of the city but I can’t talk about Argentina and not mention Iguazu Falls. To me this is one of the most amazing places in the world. Visit Buenos Aires, yes, but stay longer in Argentina and see the falls, too. Trust me, you won’t regret it.
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