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RUSSIA AND THE UNIVERSE





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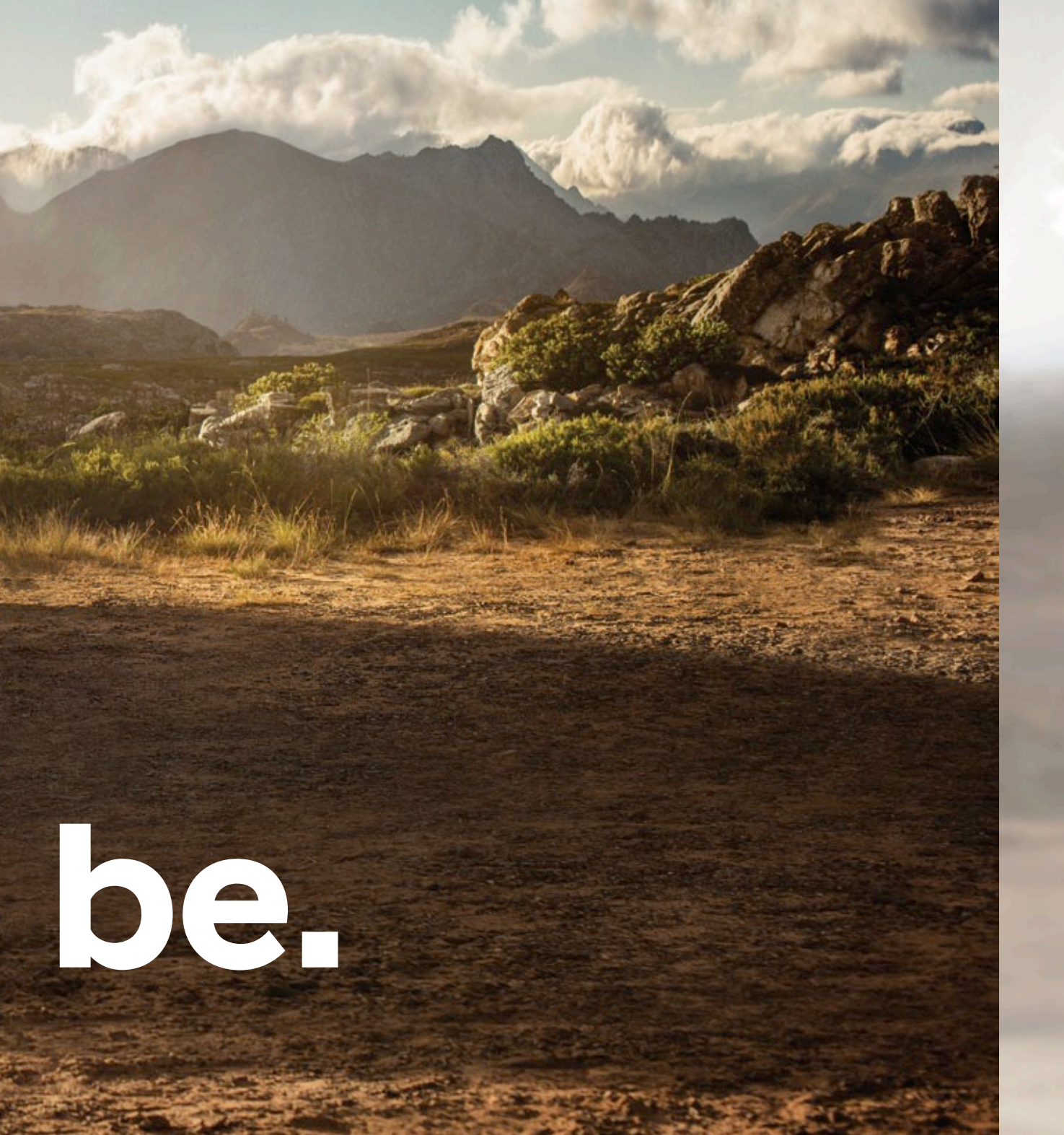


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ANDREW NAGY

SENIOR EDITOR

The first picture ever recorded of the moon is just a blur. Seriously, it's rubbish, a scrappy daguerreotype with blackened edges and blots of light. It's fascinating of course, as all astrophotography is but it's just, well, a little unidentifiable.

You might think this a little harsh, let's be honest, it is. John W Draper's picture taken from his New York City rooftop observatory in 1847 was revolutionary. At that point, the very notion of the captured image was mind-boggling.

"ALTHOUGH THE TECHNOLOGY HAS MOVED ON BEYOND ALL RECOGNITION, THIS TYPE OF IMAGE WILL STILL LEAVE YOU AWESTRUCK"

throw in the fact that this was a picture of the Moon and it was so amazing that the man on the street would have labelled you a fool, or a charlatan, or a foolish charlatan.

Although the technology has moved on beyond all recognition, this type of photography still has the ability to leave you agog. Particularly when you understand the facts. Just how we're able to capture images of stunning nebulas light years away and invisible to the naked eye is amazing, especially considering that a light year has a distance of 9.5 trillion kilometres.

My first experience of astronomy came in the form of Patrick Moore. A British amateur astronomer turned national institution, Moore wore a monocle, spoke in a machine gun staccato style and was obsessed with the cosmos. He clearly wasn't alone, and his TV programme, *The Sky At Night*, would become the longest running show in the world. Moore made you look up in awe, even if you weren't always exactly aware of what you were looking at.

The man behind this month's cover

story hasn't lost that child-like obsession either. Boris Dmitriev trekked the mountainous regions of Russia to shoot his rugged, native land to a spectacular backdrop. The Milky Way shooting from the top of Mount Elbrus, the Lagoon Nebula above Koshtan Tau... if ever a series of images made you consider your place in the wider scheme of things, this could be it.

For Boris, this isn't a profession, it's a passion: man at one, not only, with nature, but with the universe itself.

Enjoy the issue.

ON THE COVER



RUSSIA AND THE UNIVERSE

Boris Dmitriev's award-winning collection of nightscapes is the result of childhood obsession, time, dedication, and no little talent. His story will make you look to the skies whenever possible.



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FRONT

NOVEMBER 27
**ABU DHABI
 GRAND PRIX**
 ABU DHABI, UAE



AS THE RACING WORLD WAITS TO SEE WHO WILL BE CROWNED FORMULA ONE CHAMPION, TABLE LEADER AND **MERCEDES DRIVER NICO ROSBERG** EXPLAINS THAT HE WON'T BE HOLDING BACK THIS MONTH IN ABU DHABI

For the fifth time in its eight-year history, the capital will see the final race of the Formula 1 season, with the Abu Dhabi Grand Prix officially crowning the 2016 champion.

Of course, there's often the risk that the final race can turn into something of a dead rubber, with the champ already having won in a previous city. We already know Mercedes have secured the constructors' championship, but at time of writing, we still don't know whether defending champion Lewis Hamilton or Nico Rosberg will claim the individual title.

The Yas Marina Circuit provides a fitting finale. The track is designed for relatively aggressive overtaking, particularly down

the straights. With a few tight bends, too, it's a challenging drive and one championship leader Nico Rosberg is looking forward to.

"There's something very special about Abu Dhabi," said Rosberg, who won the race in 2015. "Technically speaking it's not the hardest track, but being a season-ending race there's likely to be a lot at stake. It preys on your mind that you've come to the end of a long season and don't want to let any silly mistakes define the whole year."

Hamilton and Rosberg have gone blow for blow all year, including a number of high-profile fallouts and arguments.

Most notably the pair crashed in Austria leading to private peace talks between the two Mercedes drivers in the paddock. However, Rosberg expects a clean race.

"Me and Lewis don't have a problem," said Rosberg. "We are teammates first and foremost, but we both fight hard. With the constructors' championship won why shouldn't we compete as rivals? There's a title on the line and we both want to win it. Formula One fans wouldn't want it any other way. If we both need points to win the driver's championship there can't be a defined number one in the team."

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AFTER A DEBUT AT THIS SUMMER'S RIO OLYMPICS, **FIJI COACH BEN RYAN** THINKS THAT THE 2016 EMIRATES AIRLINE DUBAI RUGBY SEVENS IS GOING TO BE BIGGER THAN EVER. AND HE'S AFTER THE TOP PRIZE AGAIN

The 2016 Dubai Rugby Sevens will have added significance since the inaugural men's Olympic champions Fiji and women's gold medalists Australia are both on show this year.

Dubai's biggest annual sporting event kicks off the HSBC World Rugby Sevens series, with the general consensus that the success of the sport in Rio will open up Sevens to a whole new audience.

Fiji were undoubtedly the story of Brazil. They started as favourites for gold, but with Sevens the number one sport on the South Pacific island the pressure was on to perform. Led by English coach Ben Ryan they beat Great Britain 43-7

to claim gold, a victory that is still being celebrated by Fijians.

"It has been a crazy few months," said Ryan, who was previously the England coach. "Even before we won gold I couldn't go out for a pint of milk without being mobbed. Now there's a statue of me and just a feel good factor about the whole place.

"Hopefully we can continue the winning feeling in Dubai. That's our next task, to get off to a strong start in the World Series, but it won't be easy. Teams like New Zealand, who we beat in the semi-finals in Rio and players from the home nations sides involved for Great

Britain will be looking for revenge. Australia and Samoa are strong as well.

"The Dubai Sevens is a great event. There is always a lively atmosphere and we get wonderful support. It's building a reputation that puts it up there with an iconic event like the Hong Kong Sevens."

Fiji head into Dubai as the defending champions having beating England 12 months ago. They have a relatively kind group this time around, having been drawn in Pool A with Argentina, Canada and Wales. Riding on an Olympic high there's no reason to think they won't defend their title.

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OBAMA WINS BIG

IN NOVEMBER 2008, BARACK OBAMA DEFEATED JOHN McCain TO BECOME THE 44TH PRESIDENT OF THE UNITED STATES

As Barack Obama cleans out his drawer in the Oval Office, and America holds its breath on a Clinton or Trump verdict, it's almost impossible to recount the air of hope that surrounded the incumbent president's election eight years ago.

Obama's candidacy was seen as an antidote to the previous two terms of George W Bush, a tenure bookended by the September 11 attacks and the Great Recession.

In global terms, Obama had come from nowhere. Senator for just four years before his presidential victory in 2008, he had only entered politics eight years prior to that, in 1996. But if the speed of his ascent was noteworthy, his supporting legislative career had substance, with tax reforms and a monitoring of racial profiling just two of his successes.

However, as with most great leaders, the core of Obama's victory was his oratory, and his defining moment came while addressing the Democratic Convention in 2004. Twelve years might have passed since his keynote speech that night in Boston, but the words arguably have even greater resonance in today's geopolitical landscape.

"There is not a liberal America and a conservative America," he said. "There is the United States of America. There is not a black America and a white America, a Latino America and an Asian America, there is the United States of America." There was little doubt that the crowd had seen a leader in waiting that night. Obama represented an embodiment of the American dream, and he was duly ushered into the power four years later.

But it takes more than positive intentions to make changes on Capitol Hill and while unity might have been the message, his two terms would ultimately suffer by way of an insurmountable split and lack of cooperation in congress. Obama might have preached the politics of hope, but as is often the case, the former would ultimately prove too great for the latter.



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NICK WALKER

From the streets of Bristol to the galleries of New York, Nick Walker has championed the rise of urban art. We spoke to the man behind the can over Sunday lunch at The Galley

WORDS AND IMAGES: JOE MORTIMER

It's a bright spring afternoon when I meet Nick Walker, one of the world's most successful and sought-after artists, at a small Bristol restaurant. Families and couples are strolling along the city's historic waterfront as he arrives at The Galley, wearing his trademark hat, a plaid shirt and black jeans. The only thing missing to complete the archetypal graffiti artist look is a spray can. Instead he's holding a hardback book, a copy of *The Art Of Nick Walker*.

"I brought you a book," he says simply as we shake hands, and he apologises for being slightly late. We'd met briefly in Hong Kong last year, a few days before his new exhibition, *Entropy*, opened at Above Second Gallery. Then, as now, he was affable and comfortable in his surroundings, but he seems somehow even more at home in Bristol.

The man who once sold US\$1.5 million of art in a single day now spends much of his time on the road, launching exhibitions and discussing new projects with like-minded artists and cross-genre collaborators. He's had sell-out exhibitions in New York, London and LA; he's worked with brands and bands ranging from Royal Doulton to The Black Eyed Peas; and he's done a stint as artist-in-residence at New York's achingly cool The Quin Hotel.

The man and his art are in high demand, but life on the road is taking its toll, and he's exhausted. "Living in New York is OK, but it does smash you up a bit," he says as we take a seat by the window. "I live out of a suitcase. It's been a bit better recently, but sometimes it gets to the point where you want to hide the suitcase away and stabilise a bit. There's something about staying still for a while."

Staying still is something the Bristol-born artist has never done for long. Born in 1969, he moved between London, Australia and his hometown for much of his youth, but now spends most of his time in New York. He's in Bristol for a two-week break to spend time with his daughters, aged 12 and 16, before setting off on another hectic trip, with stops in Paris and Tokyo, before a quick holiday in the Philippines.

For all his globe-trotting exploits, his aspirations are far more modest. "My dream is to own a nice house somewhere a little bit rural. I've always had this vision of a really nice garden that's a bit unkempt. Half way down the garden there's a load of trees, and at the back [I'd] have an Airstream caravan; just a little place I could disappear to. I'd set it up as a little office; a cave to misbehave," he grins before pausing to reply to a text from his daughter.

Disappearance or escapism is at the heart of Walker's life and work. Growing up in Bristol in the 1980s, his circle of influence included many of the musicians that formed the foundations of the UK's most vibrant music and arts scene of the day: the likes of The Wild Bunch (now Massive Attack), Roni Size and Tricky, who pioneered a musical revolution that gave birth to modern British drum and bass and trip-hop.

"You chose your weapon back then. At first I was mad into breaking [breakdancing]. I went from that into wanting to be a graffiti writer," he recalls as we skim the menu.

His artistic inspiration came from comic books and the works of illustrators like Alex Nino, Todd McFarlane and Jean 'Moebius' Giraud, whose fantastical worlds appealed to the young escape artist. But the transition from comic book fan to aspiring graffiti writer was sparked by another medium: the music video for Blondie's *Rapture*, which introduced him to some of the pioneers of the American graffiti scene, like Lee Quinones and Jean-Michel Basquiat.

"Then there was *Buffalo Gals* by Malcolm McLaren. That showed a really raw and gritty part of New York culture; people at Times Square breakdancing and body popping," he says, excited by the memory. "It showed a graffiti writer who later became known as Dondi White. He was outlining the words 'Buffalo Gals'. The way he did it with such accuracy and immediacy was amazing. I wanted to be able to do that."

Previously, Walker had told me that The Galley was home to the "Sunday lunch of champions". We both choose a venison carpaccio to start, then the slow roast shoulder of beef. "Can't go wrong," he declares with the confidence of experience.

Between his formative years – honing his craft on the streets of his hometown and his stepfather's garage – and making it big in the new world of urban art, Walker pursued his other passion inspired by an early love of movie posters: working in set design for film studios. During stints at Pinewood and Shepperton, he designed sets for films including *Judge Dredd* (1995), and Stanley Kubrick's *Eyes Wide Shut* (1999), for which he created replicas of New York's graffiti-covered streets.

By the '90s, the signature Nick Walker style had emerged, combining traditional graffiti with detailed stencil work to deliver



thoughtful, ironic and sometimes provocative messages, which were painted on canvas as well as bricks and mortar. When he was given an opportunity to produce a body of work for a solo show in London, he jumped at the chance. "It went well, and I thought, right, I can paint and people will buy my paintings. That's amazing. I kind of went from there.

"I had a few curve balls and left turns along the way. Around about the time I had my first kid and it was important I got my money in, so I worked in a hospital for a while just so I could pay my mortgage and pay for living. You just have to hustle and do what you have to do."

The venison arrives; a colourful medley of rich, earthy meat with crunchy yellow and pink radishes, crimson beetroot and bright cress, on an unctuous pea mousseline and horseradish cream. It's a plate that bursts with artistic flair; and the artist himself obviously approves.

At this point it seems prudent to introduce the third persona at the dinner table, a London gent wearing a pinstriped suit and a bowler hat, known as The Vandal. He's present insofar as he is Walker's alter ego; a kind of superhero who can get away with things that your average street artist never will, and the protagonist of many of his paintings.

"If you think about the archetypal graffiti writer, he looks kind of messy, covered in paint, wearing a hoodie. No one expects him to be dressed up like a city gent. [The Vandal] was able to paint graffiti and then slip into a whole sea of other people who looked exactly the same as him in London Town."

In the wake of the world's sudden acceptance of urban art at the end of the '00s, the irony was prescient. "He's dressed like the people who now buy his work – the people who buy our particular genre right now."



In the context of Walker's own career, The Vandal was born a few years before the event that changed the art world's perception of street art forever; catapulting it to the main stage. In February 2008, prestigious British auction house Bonhams hosted its first ever urban art exhibition, featuring works from Walker and other street artists including Banksy, Paul Insect and Takashi Murakami.

The first Nick Walker piece was entitled *The Morning After: London Version*, the first in a series of paintings that feature The Vandal looking back at cities drenched in colourful paint. Since then, The Vandal has reappeared in works featuring Tokyo, New York, Hong Kong, Paris and Moscow cityscapes, to name a few. After taking part in the Dubai Walls project earlier this year, Walker says he plans to do a Dubai version.

His other piece was called *The Moona Lisa* and it sold for ten times what Bonhams had predicted, netting more than US\$100,000. "Then it went crazy," he recalls. "My show in LA sold out the next day. Half of it was sold on the first night, but the day after that it was gone – everything." He still seems incredulous.

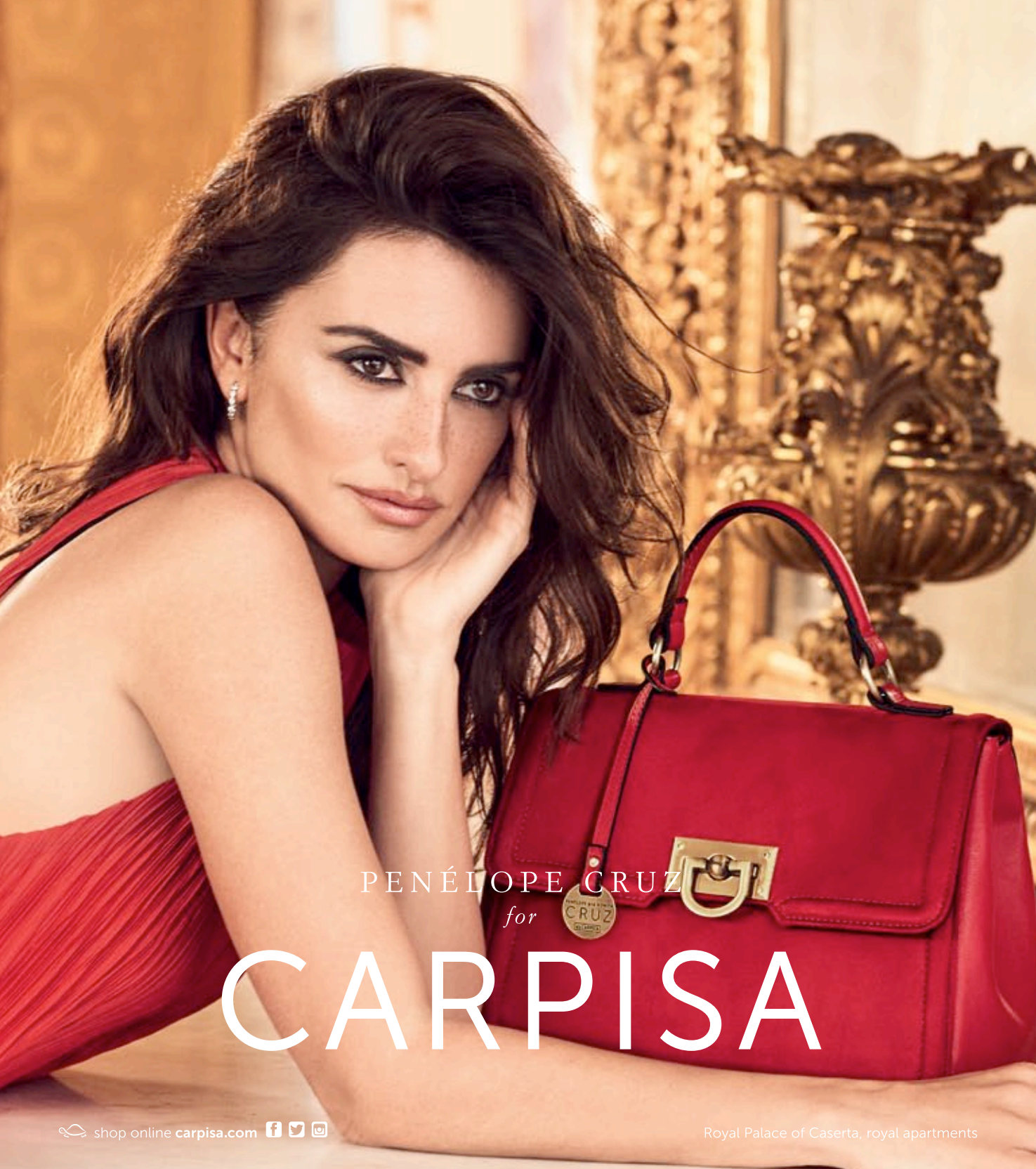
A few months later, at a solo auction at the Black Rat Gallery in Shoreditch, London, Walker sold US\$1.5 million of paintings in just a few hours. Street art had landed on the art scene with a bang and in doing so, changed the lives of many artists almost overnight. Those whose artistic careers began in the back streets became respectable celebrities in the world of high art. Ironically, following the economic crisis that came soon after, those in pin-stripped suits soon became the bad guys.

The success and commercialisation of urban art has been well documented; something the movement's protagonists never saw coming. "I never realised it would become mainstream. As a genre, street art has become so much less of an underground phenomenon – it's so commercial," Walker says, giving his slightly frosted beard a thoughtful scratch. "People are just painting anything. You've got people out there who have never hit a wall in their life and they go straight into a gallery structure. You see it and you're like – a street artist?"

Two plates piled high with golden roasted potatoes, bright veg and a generous chunk of beef appear. Walker calls it a "ridiculous monstrosity" and digs into the beef. It's moist and aromatic,






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accompanied by rich gravy, tangy braised red cabbage and sweet caramelised carrots, with a pot of light, creamy horseradish sauce on the side.

As we eat, we look out on Hotwells Road in the direction of Walker's standout Bristol mural: an eight-storey image of The Vandal pouring paint down the side of a building. It was while painting this piece at the 2011 *See No Evil* exhibition that Walker met New York street artist Bio. "He just jumped on [the crane] and said, 'I'll help you do it,'" he recalls, mopping up some gravy with a chunk of giant Yorkshire pudding.

It was a fortuitous meeting: this year he's teaming up with Bio and fellow Bronx-based artist John 'Crash' Matos to launch a series of exhibitions featuring paintings created by all three artists in collaboration. The first will take place in Zurich this month, followed by shows in Paris and New York.

Perhaps the most profound indication of how far street art and this artist in particular have come is the collaboration with British manufacturer Royal Doulton. To celebrate its bicentennial, the company, which has been making chinaware for the British royal family since 1815, launched a new street art collection of limited-edition ceramics featuring designs by Walker and fellow artist Pure Evil.

This parallel evolution of urban art as a modern genre, and Walker's emergence as a mainstream artist whose work is coveted from LA to Tokyo, must have had an effect on him as an artist, I wonder out loud.

"I am who I am. I paint because I love painting. I paint art so I guess it's art for art's sake. It was never about making crazy money. I used it as a form of escapism; I went into a different world when I did it. Now it's different. It's the only thing I know really, so you have to take care of it and nurture it and be careful about how you do certain things."

He's talking about living up to expectations of collectors and fans. "I can't do just anything and sell it. People pigeonhole you a bit and they don't like change. Change is hard for collectors. I get the impression that everyone expects me to keep doing the Vandal character. They want to know where's he going next and what's he doing."

We order a couple of desserts – homemade strawberry shortcake – and two coffees, and conclude our lunch discussing ways in which he could kill off The Vandal. "There's numerous ideas I've had to dispose of him, but I don't know..." he trails off. "I tried to move on but it's difficult because he's my bread and butter at the end of the day."

Reading through his book that evening reveals more of the artistic process of the thoughtful character that is Nick Walker, a man who is unerringly sympathetic to his craft. A touching foreword written by Crash sums up the conceit of the graffiti-versus-art paradox and Walker's alter-ego, the man in the pin-striped suit: no one capable of work as skilled and poignant as his can ever really be labelled a vandal.

THE BILL

2 Venison carpaccio US\$14.30
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Total: US\$69

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THE ZETTER TOWNHOUSE

LONDON, UK



WORDS: **DANAE MERCER** IMAGES: **ZETTER GROUP**

Take the unmarked doors and exclusive air of a private members' club, throw in London's passion for all things hipster, add a dash of Wes Anderson oddness, and there you have it: The Zetter Townhouse, a boutique 24-room hotel that embraces luxury and quirkiness in the same breath.

This intimate property, hidden down a side street in Marylebone, is designed to

feel like you've stepped into the world of 'Wicked Uncle Seymour'.

A living room with a roaring fireplace, and 'family' portraits doubles as the hotel's lounge while, by night, the area is filled with young professionals ordering nettle cordial and horseradish cocktails. There's food, too, but drinks are undoubtedly the focus.

Rooms feature vintage radios, antique

writing desks, martini shakers and freshly ground coffee (to be made in the provided cafetière, of course). Instead of 'do not disturb' signs, you'll find hats that Uncle Seymour might have worn.

The eccentricity is real, and it's one that deftly avoids the potential cringe factor; in favour of a rather charming experience.

thezettertownhouse.com



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www.gujarattourism.com

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MALDIVES



WORDS : ALEXANDRIA GOUVEIA IMAGES: LUX RESORTS GROUP

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If privacy is what you're after, you can avoid the infinity pool, seven restaurants and five bars (although we don't recommend

it as the culinary offerings are amazing), and seek solace in a spacious room while ordering food via your TV.

And just when you think it couldn't get any better, cycle five minutes across the island to find a classic red London telephone box and phone home – wherever that may be – for free.

belmond.com



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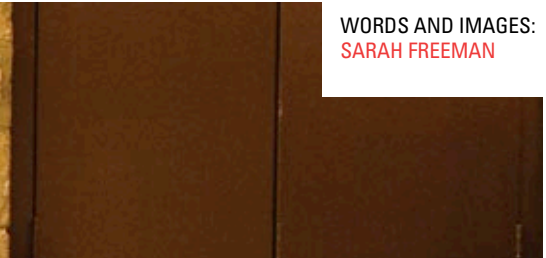
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THE OUSEBURN, NEWCASTLE, UK

WORDS AND IMAGES:
SARAH FREEMAN



Now Newcastle's foremost creative enclave, the Ouseburn has undergone a dramatic transformation in recent times, from an industrial wasteland to an area of cultural regeneration, home to artists, musicians and creative businesses.

Two-hundred years ago the area was at the forefront of the Tyneside's industrial revolution, with craft industries such as lead works, corn mills, iron foundries and tanners taking residence in the water-power mills that were built on the Ouseburn River.

The decline of heavy industry saw the area fall to its knees, and it wasn't until the 1980s that it re-emerged, with community-driven enterprises that have prompted the area's cultural renaissance. Its formerly derelict factories and Victorian red brick warehouses have been re-imagined as vibrant artist studios, like the Mushroom Works, and live music venues. But there are reminders of its industrial heritage everywhere – the old flax chimney outside The Cluny, The Glasshouse Bridge and Ouseburn Railway viaduct rub shoulders with creative startups, some housed in shipping containers. The architectural juxtaposition works, though, and its relaxed riverside setting, cradled underneath three soaring bridges, makes for perfect for pedestrianised meanderings.



READ + FARM SEVEN STORIES

Taking pride of place on arguably The Ouseburn's most artistic address, Lime Street, Seven Stories is one of the North East's real successes. Housed in a Grade 2 listed, former Victorian flour mill, The National Centre For Children's Books is much more than a glorified children's library. Here the wonder of literature is brought to life across seven floors of innovative exhibitions, a multimedia story lab and a vast library of over 35,000 books – with plenty of cosy and creative nooks for kids to read, write, draw and play. Look out for original artwork and manuscripts from some of Britain's most beloved authors and illustrators, including Quentin Blake, Jacqueline Wilson and Michael Morpurgo (author of *Warhorse*), who recently donated his entire archive to the museum. Enid Blyton fans, meanwhile, can geek out over the single largest collection of her work in the world.

Lime Street, Ouseburn Valley, Newcastle upon Tyne NE1 2PQ

| 0845-271-0777 | seven-stories.org.uk

IN THE AREA (TWO-MINUTE WALK)



OUSEBURN FARM

A green oasis occupying the site of a former lead works, the community-led and environmentally sustainable urban farm is perfect for entertaining little ones.

OUSEBURN FARM, OUSEBURN ROAD,
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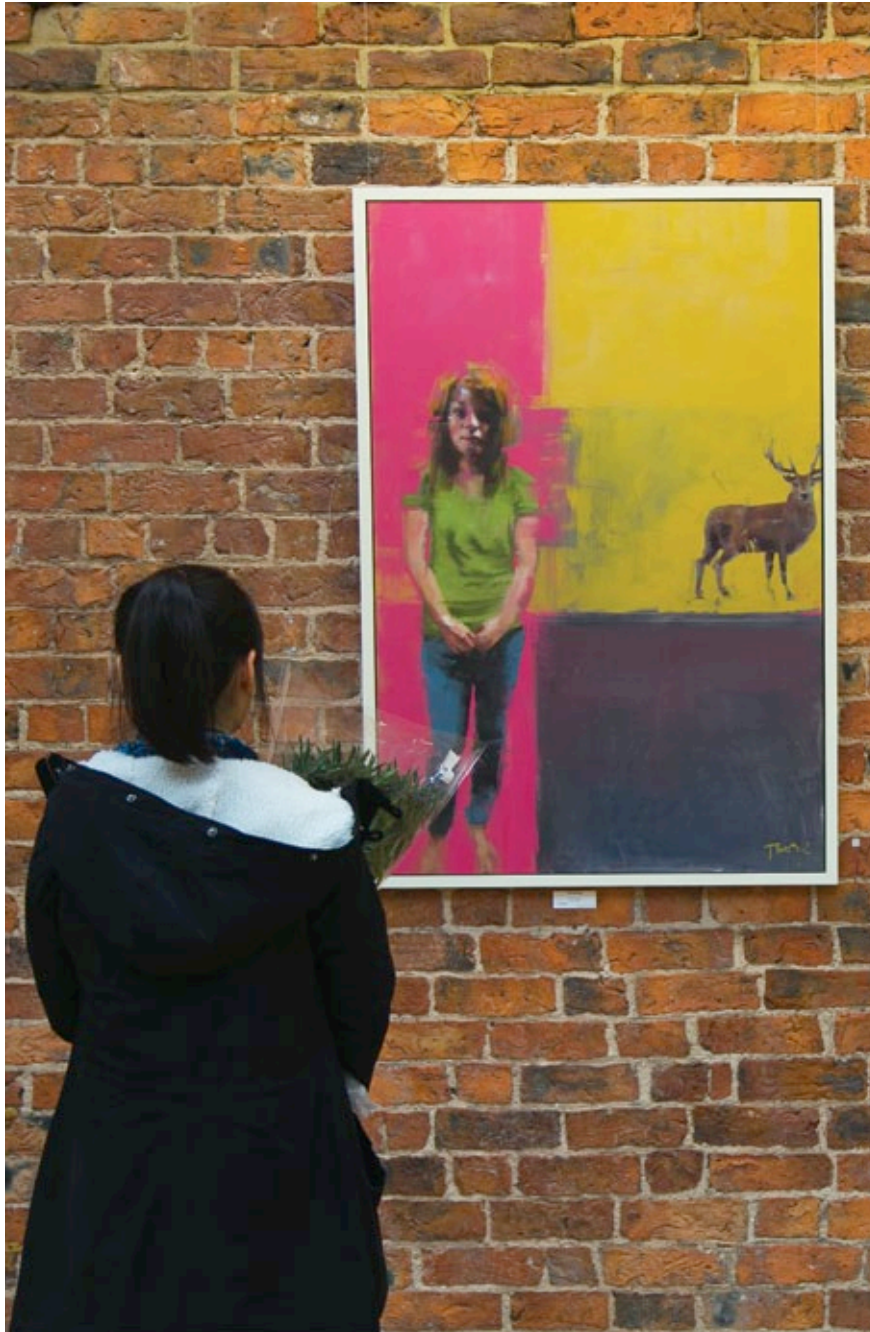
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BUY + CREATE THE BISCUIT FACTORY

Designated the UK's largest commercial art, design and craft space, the perennially popular Biscuit Factory has been central to the regeneration of Newcastle's Shieldfield and Ouseburn areas. A marvel of restoration, its exposed red brick walls and large factory windows house everything from sculpture to photography, ceramics to prints, jewellery to textiles – crafted by both emerging and established artists, including Damien Hirst, Beryl Cook and local talents, Alexander Miller and Malcolm Teasdale. Whether you're a serious buyer or serial browser, the beauty of this 3,000 square metre art space is you can pick up something for US\$25 or US\$25,000 – affordable art for all is the mantra here. Be sure to head to the basement's open studios to talk art and enjoy some northern banter with local working artists, and pay your respects to the building's industrial past by dunking your biscuit in a brew at the gallery's Factory Kitchen.

16 Stoddart St, Newcastle upon Tyne NE2 1AN | thebiscuitfactory.com

IN THE AREA
(FOUR-MINUTE CAB RIDE)



NORTHERN PRINT

Drop in for a contemporary printmaking class or learn the fine art of wood-making at this pottery-turned-cosy gallery and studio space.

STEPNEY BANK, NEWCASTLE UPON TYNE NE1 2NP,
NORTHERNPRINT.ORG.UK



SAVOUR PURULIA

As the town celebrates its annual festival, Tusu Parab, it is drenched in sweetness. The houses are painted anew in organic hues. And everyone says the Chhau masks look more colourful this year. You recall trekking through incredible landscapes the day before, cloaked in dense fog, with the music of waterfalls for company. Strangely, you discover, the town itself is untouched by the fog – as if its citizens are too warm for something so cold. Meanwhile, the bicycle makes its gently-paced way and your heart races.



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IN THE AREA
(FIVE-MINUTE WALK)



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UPON TYNE NE6 1LH, OUSEBURNCOFFEE.CO.UK

CAFE + COFFEE COOK HOUSE

Take two converted 12-metre-long shipping containers, an architect-turned-food blogger; heaps of homegrown produce and you have the Ouseburn's newest (and coolest) kid on the block: Cook House. The brainchild of self-taught chef and pop-up extraordinaire Anna Hedworth, the cafe by day, supper club venue by night has a homely and informal vibe, with a cosy wood-burning stove, open kitchen and communal tables. Anna's daily changing menu, featuring salad sourced from the adjoining garden, fish from Latimers in Whitburn, beans from Ouseburn Coffee Company and vegetables from Ouseburn Farm, includes gems like whipped feta on toast and wild garlic and spinach soup. And if you're after something stronger than a glass of homemade cloudy lemonade, you can BYO. Nocturnal activities include guest chef nights, book launch events and wine tastings.

Ouse Street, Newcastle upon Tyne NE1 2PF | cookhouse.org



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MIMA
NEIVA, PORTUGAL



WORDS: ANDREW BIRBECK IMAGES: JOSE CAMPOS

In 2008, architecture students Mario Sousa and Marta Brandão identified a problem. "To our mind, the industry was all too often the preserve of the chosen few," says Sousa. "To the man on the street, even at a basic level, the whole process of building a home could seem ridiculously complicated. Throw in hidden costs, the timeframes involved – sometimes years between design, planning permission and completion – and worst of all, the potential horror of not feeling entirely satisfied with the end result. It seemed crazy. We thought if we were to go about designing and building a house for ourselves we would do it differently. Make it all as simple and easy as possible, but without sacrificing great design."

Out of such problems, business solutions often grow, and the pair set about designing a cutting-edge compact home – just 36 square metres – that was adaptable, highly cost-effective and had a flexible layout. A perfect business model, you might say. In principle it worked and, not long after, that all-important first client came along. Images of the completed project went viral with the resulting publicity giving the business that all-important shove forward.

Any venture however, no matter how fortuitous its start, still needs capital. "On the back of that unexpected success we knew we were on to something that captured people's imaginations," Brandão says. "But of course funds are essential, so we dug into our own pockets. We took our time, didn't rush, and grew things organically. Then, as more clients came on-board, the better cash flow became. The simple truth is that our customers have been our main investors, promoters and supporters."

In 2011, just two years after launch, the MIMA House was awarded Building Of The Year by the prestigious architectural website ArchDaily. It was a moment of vindication and, according to Sousa, "was of huge importance because it meant it wasn't just the public who approved of our designs and concept, but also the wider architectural community. We were



incredibly proud of the achievement, and naturally, awards also inspire confidence in potential clients".

It wasn't long before word of MIMA spread to rarefied heights, eventually attracting the attention of legendary French designer Philippe Starck. "Out of the blue, he sent us an e-mail," Brandão says. "We were shocked and delighted. Intuitively he grasped where we were coming from and, post-commission, wanted to be personally involved in the project as much as possible – he had clear ideas about the design and its inherent processes. We worked together as a team over a four-month period to design and create his private holiday home. He's a fascinating and inspiring man and it was a huge learning curve. We'll always be grateful to him."

"Ultimately, our goal is not simply to achieve our client's aims, but to far exceed them," says Sousa. "The core concept was simplicity, and that ethos remains the same. In terms of design, quality and efficiency we constantly strive to produce the best possible architecture and design at every level. When quality is optimal," he says, "growth is natural."

mimahousing.com

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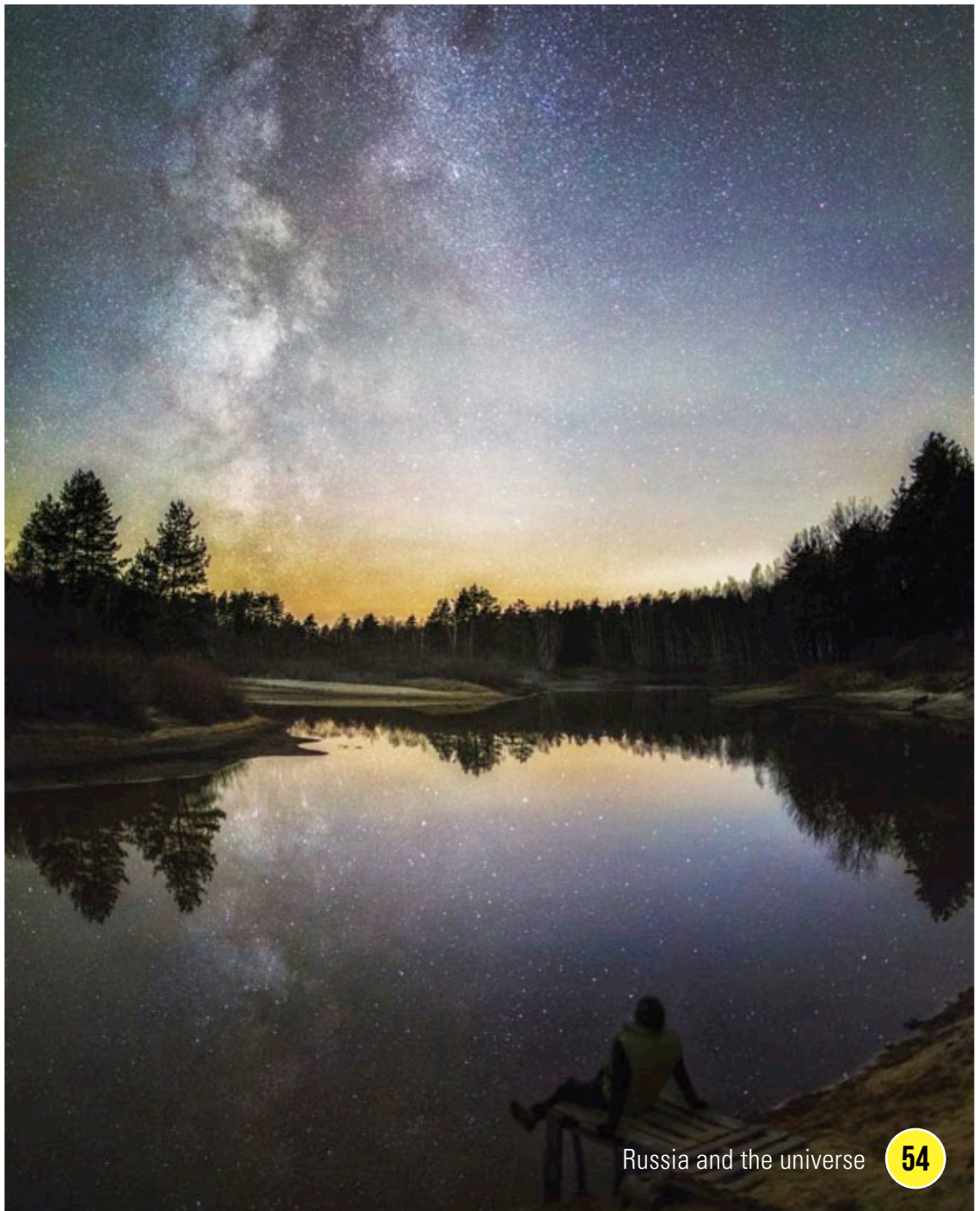
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NUMBER 7

Once a forgotten part of Dublin's north inner city, the area around Smithfield and Stoneybatter has undergone something of a renaissance in recent years. With new restaurants and independent shops opening, there's never been a better time to see what all the fuss is about

Words and images: Conor Purcell

Stoneybatter and Smithfield are two of Dublin's most storied neighbourhoods. It's unsurprising, really, they go back more than 1,700 years. When the Normans invaded the city, the Vikings were pushed back outside the city limits to what is now Stoneybatter; hence the street names you'll see there such as Viking Road, Olaf Road, and the fantastically named Thor Place.

Smithfield was once a huge cattle market and the plaza – now devoid of livestock – was the scene for one of the great urban planning mistakes of the modern era. When its redevelopment was announced in the mid-'90s, it was hoped the plan would revitalise an area of the city that had long fallen into disrepair – the plaza was something of a nowhere land; not in the suburbs, but not quite the city either. It was a place to pass through rather than stop. But the redevelopment was a failure.

While planners hoped the square would develop into a Continental-style meeting place, the reality was a windswept and barren vacuum. Ironically, while Smithfield stagnated, the area around it *did* enjoy a renaissance – mainly due to Stoneybatters' red-brick housing

being so attractive to young professionals – who in turn attracted independent stores, bars, restaurants, and even one of Europe's best cinemas.

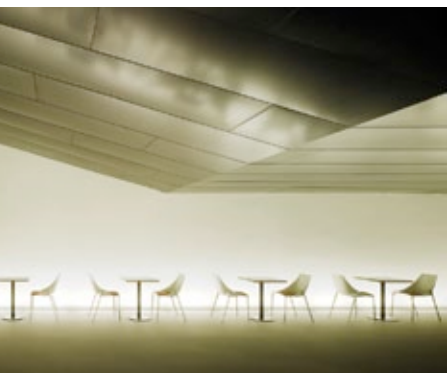
The area now stands as a testament to organic development, with none of the pretensions of the so-called Creative Quarter on the southside, or the Technology Hub that is the Docklands. Dublin 7 (the area's postal district) has managed to hang on to a quirkiness and rough edges that make it – post-Celtic Tiger – Dublin's most interesting neighbourhood by far.

This part of Dublin 7 now links the centre of the city with the Museum District (including Collin's Barracks, the National Museum and IMMA), with the LUAS (the city's light rail and tram system), connecting it to the rest of Dublin. The recession was felt keenly in Smithfield, with many businesses closing their doors, but that in turn led to more affordable rents and places such as the Third Space and the Old Butcher Studios providing creatives with space.

"In the past few years in Dublin there has been some super new design and craft businesses set up," says Jennifer Slattery, who set up Old Butcher Studios two years ago. "Smithfield property rents were reasonable so small businesses and

SIX IN SEVEN

A GUIDE TO BEST SPOTS IN TOWN



THE LIGHTHOUSE CINEMA MARKET SQUARE, SMITHFIELD, DUBLIN 7

A four-screen art house cinema, originally located in the city centre, it reopened in 2008 and has become an integral part of the local community. Expect independent film, classics and blockbusters as well as quiz nights, book clubs and a cinema music festival.

THIRD SPACE 14 MARKET SQUARE, SMITHFIELD, DUBLIN 7

A community-centred casual restaurant that specialises in a range of vegetarian food, hearty breakfasts and browsable shelves of books. As much a community space as it is a restaurant, it's possible to while away the hours here.

L MULLIGAN GROCER 18 MANOR STREET, STONEYBATTER, DUBLIN 7

If Stoneybatter is a hipster hub, this place is the mothership: a gastropub with every conceivable craft beer, bills presented in metal pencil cases and more moustaches than a Freddy Mercury tribute night. Thankfully, the food is never anything less than outstanding.

creative people flocked here. There's a wonderful mix of people that have lived here forever; students and young families that have made the area their home. It makes for a great sense of community."

One business that has survived through thick and thin is The Cobblestone pub, a mainstay of Dublin's traditional music scene. Located at the northern edge of Smithfield's Square, the pub has seen all the changes in the area, some good and some bad. "I'm here 26 years give or take, and the change in the area is drastic," says Tomás Mulligan, whose father owns the pub. "There was quite a lot of investment here before everything went to pieces in the mid-noughties. The whole border of the square is new, but then it stopped when recession hit. Most of the creativity in the area seems to have sprung up from that. Austerity seems like it breeds that sort of stuff."

It's true that without the recession, high rents would have meant it unlikely that most of the independent outlets would have opened. Unfortunately much of Dublin's city centre looks similar to an English high street, which makes areas like Stoneybatter all the more refreshing.

THE AREA NOW STANDS AS A TESTAMENT TO ORGANIC DEVELOPMENT, WITH NONE OF THE PRETENSION OF THE CREATIVE QUARTER ON THE SOUTHSIDE, OR THE TECHNOLOGY HUB AT THE DOCKLANDS

Down at the other end of the square, on Queen Street, is The Dice Bar; the polar opposite of The Cobblestone, but equally ingrained on the area's psyche. Its owner, Kieran Finnerty, has seen lots of changes. "I've been here 20 years but it's only in the past two or three years that you started getting restaurants opening up," says Finnerty. "When we opened Dice Bar, Benburb Street was quite possibly the worst street in Ireland."

There's still a rough edge to parts of the area, but that only adds to the charm. As independent deli/cafe Lilliput Store's manager, Aoife Cronin, says, it's the mix that makes the place tick. "I think the business popped up initially because there were a lot of younger people moving into this old neighbourhood and then it naturally grew. I think what makes Stoneybatter and Smithfield unique is that synergy between old and new."

One place to stop by in the old is the Church Of The Sacred Heart, where where the remains of the 1916 leaders are buried. A doorway at the edge of the graveyard will bring you into the UN Peacekeepers' Veterans Garden, which houses an impressive anti-tank gun. Nearby Lilliput

Press welcomes visitors, and you could spend an afternoon browsing through the publisher's huge range of titles.

Around the corner from Lilliput Press is the aforementioned Lilliput Stores, a deli-cum-grocer that serves delicious sandwiches, salads and more. It's the perfect place to stock up before a visit to Phoenix Park.

The area's best coffee stop-off has to be Love Supreme – a few minutes away on Manor Street. They also do mouthwatering sausage rolls and pies; it's fairly decent comfort food for the colder months – and there are plenty.

While Smithfield Square lacks the charm of



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DUBLIN 7

Part of the Old Butchers Studios, formerly a (you guessed it) butchers, this is a beautifully restored space that sells a variety of hand-made wool and felt products. We love the natural wool felt sheep and quirkily dyed wool animals.

LILLIPUT STORES
5 ROSEMOUNT TERRACE,
ARBOUR HILL, DUBLIN 7

Often overlooked, as it's located halfway up Arbour Hill, Lilliput is worth making a detour for. With great coffee, sandwiches, salads and a selection of quality organic products, it's the perfect place to pick up a picnic on the way to Phoenix Park.



THE FISH SHOP
6 QUEEN STREET,
DUBLIN 7

Set up by two former schoolteachers, The Fish Shop (and its takeaway around the corner) offers deliciously simple fish dishes at decent prices. Minimal décor, personal service and an uncomplicated menu see devotees come from all over the city.



Stoneybatter; it does have its attractions. As well as the wonderful Lighthouse Cinema – which shows live performances from the Royal Shakespeare Company in Stratford-Upon-Avon, there's the Generator Hostel, where non-residents can go and party until the small hours. The Old Jameson Distillery is next door; and of course, The Cobblestone looks on from the north of the square.

So what's the future for Dublin 7? Hopefully more independent shops, restaurants and art spaces will spring up, with the area resisting the inevitable urge to bow to the pressure of global brands.

The new Grangegorman campus (located northeast of Stoneybatter)

should bring an influx of students, and the hope is the place won't, as Cobblestone manager Mulligan says, "go the same way as Temple Bar". He's optimistic, however; and that's down to something Dublin is good at producing: people. "There's people I know around the square that I've known all my life, some of the most decent folk I've ever met and then there's people who've moved here from all over the country – and further afield who just come in and interweave, getting on with everybody. The community around here is my favourite thing about the area. I think it's the best place in Dublin to live... and that's down to the people."



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THE FUTURE OF MEDICAL TOURISM



An increasing number of people are heading abroad for their healthcare, and Dubai is opening its arms to every single one of them

Words: Stuart Turton

We live in a golden age of medicine. Many things are curable, long-term illness is manageable, and the quality of healthcare we receive is no longer determined by the country we were born in. Depending on which research you choose to believe, between seven and 14 million people left their home country to receive medical treatment in 2015, their destinations as varied as their ailments.

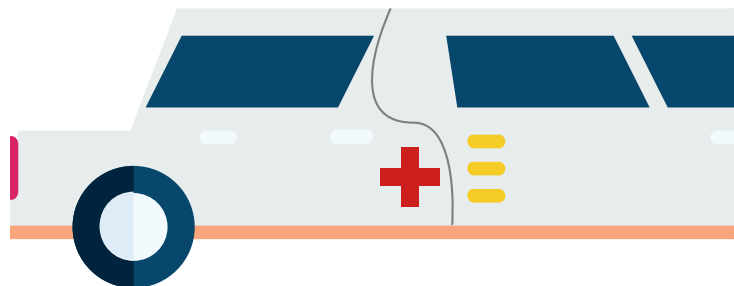
"For patients from countries where the government regulates access to health care, they travel to have timely treatment, circumventing delays associated with long waiting lists," says market research firm Qsample. "Because national health programmes and some insurance programmes don't fund cosmetic surgery and similar types of services, patients seeking them are driven to pursue medical tourism. Patients also travel

for procedures that are not available in their own countries."

In a recent survey, the Medical Tourism Association found that 61 per cent of medical tourists were chasing lower prices, while 21 per cent wanted to make sure they received the best care available. The survey didn't relate whether long walks on the beach, shopping and world-class dining factored into a traveller's decision, but there's no doubt that Dubai is well placed to take advantage of this booming trend. Around 630,831 health tourists flocked to the emirate in 2014, a figure the Dubai Health Authority (DHA) is looking to increase to 1.3 million by 2021.

"The medical tourism sector in Dubai has undergone rapid growth in the last few years where the facilities and the infrastructure of the industry have greatly evolved," says Dr Layla Al Marzouqi, director of Health Regulation and Dubai Medical Tourism Project. "Dubai

For any healthcare facility to join us, it has to go through our process of selection, and each facility has to meet rigorous requirements and standards

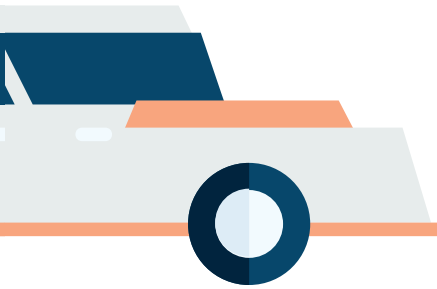


today adopts and implements the latest technologies in the healthcare sector setting high standards for the industry and ensuring a world-class medical service that exceeds our visitors' expectations.

At the forefront of Dubai's efforts is the Dubai Health Experience (DXH) – a group of 32 healthcare facilities that work with travel agents to package medical procedures with flights and accommodation. These packages are advertised on dxh.ae. Simply pick the procedure you're looking for – with everything from cosmetic to major surgery on offer – and you'll be presented with a quote covering a variety of hotel options, airport and hospital transfers, city tours and activities; as well as a detailed list of the services the hospital will provide before and after the surgery. Thankfully, this isn't a marketplace where just anybody is free to muscle in on the industry.

"All our group members have been carefully evaluated by DHA based on clinical and non-clinical criteria to ensure quality, safety and service standards," says Al Marzouqi. "For any healthcare facility to join DXH Group, it has to go through our process of selection, which involves





each facility meeting rigorous requirements and standards, onsite inspections and an ongoing review from our Health Regulation Department. We also implemented a patient-centric strategy for medical tourism where the patient's interest is at the heart of our efforts. This is why we created a comprehensive protection plan that includes patient's rights and responsibilities, a transparent medical complaints procedure as well as an inbound travel insurance scheme."

In short, if you fancy travelling to Dubai for a medical procedure and a bit of sightseeing, DXH is doing everything in its power to make sure you won't get tripped up by red tape on the way. The reasoning behind all of this effort isn't hard to understand. On average, a medical tourist spends between US\$3,600 and US\$7,600 on treatments



every trip, contributing to an industry that's expected to be worth US\$439 billion by 2020, according to research from Visa and Oxford Economics.

It's a big pot, but a lot of countries have their hands in it. Developing nations including India, South Africa, Thailand, and Mexico have used medical tourism to spin a quick buck out of their expertise and ability to offer procedures at rock-bottom prices. Cosmetic surgery can be 60 per cent cheaper in Brazil than western countries, for example, while India has built a reputation for offering cardiac surgery at a fraction of the cost charged in the US and UK. Despite this, a survey by QSample revealed the US (11 per cent) and UK (nine per cent) remain the top two preferred destinations for medical tourists considering treatment, followed by Germany (six per cent), India (five per cent), Singapore (five per cent), Canada (four per cent), Mexico three per cent, and Australia (three per cent) – with the perceived quality of care being the primary factor in decision making.

Quite clearly there's a gap in the market for Dubai, which has worked to build a healthcare infrastructure capable of rivaling any in the world – and it's not done yet. Plans are afoot to build a "smart hospital" and medical university



covering an area of 150,000 square metres at a cost of Dh1 billion. Due to be opened in 2019, the hospital will house 300 beds and cutting-edge medical technology, including robotic surgery and automated medication dispensing systems. Plans are also in place to build an additional 22 state-of-the-art hospitals by 2020, meaning that no matter what you're hoping to treat, Dubai will have the technology and facilities to help.

"The emirate has secured a pioneering position in a wide range of medical specialities including orthopaedic, assisted reproductive techniques, cosmetics, dental, wellness and ophthalmology," says Al Marzouqi. "The focus of DXH's strategy at the current stage is elective procedures such as aesthetics and bariatric surgeries due to the increasing demand on these procedures as they are not covered by health insurance. It is important to mention that orthopaedics is the most popular medical speciality in Dubai, where we can see a high demand for the expertise that Dubai embraces in this area. Assisted

reproductive techniques is the second most popular; and medical tourists are coming from all over the world to receive an unparalleled experience that combines recreational tourism and medical services in the UAE's top holiday destination."

It's the latter point that's the most interesting, because among all the talk of superb facilities and training, the idea that people might want a nice holiday alongside their procedure often seems to be overlooked. Dubai attracted 14.2 million overnight visitors in 2015, a 7.5 per cent increase on 2014, making it the world's seventh most visited city, according to *Forbes*. It has some of the world's most iconic structures, its largest malls, best hotels and will be opening Bollywood Parks Dubai in 2016 – which the creators hope will attract 6.7 million people annually. Little wonder, DHX has ambitious plans for the future.

"Our ambition is to position Dubai as the first medical tourism destination in the Mena region and to be among the top ten medical tourism destinations in the world," says Al Marzouqi. "We want it to be the ultimate gateway to top medical professionals, accredited healthcare facilities and an overall unique experience in the one of the world's most dynamic cities."



Download The Emirates App – available for iPhone, iPad and Android. Your personal journey planner makes it easy to view and arrange your trips when you're on the go. Designed to complement the iPhone app, there's also an Emirates App for Apple Watch.

STARRY NIGHTS AND



"I love the nature that's native to Russia. Swamps and forests, fields and rivers, and spectacular mountains ranges, too. This is the charm of my country's nature, and I wanted to show it to the world."



A SLEEPING VOLCANO

Russian photographer Boris Dmitriev faced wild animals, impossible terrain and a freezing climate to deliver a collection of nightscapes that show the Russian countryside to a cosmic backdrop

"The centre of our galaxy – the Lagoon Nebula – above Koshtan Tau. The idea to shoot a starry sky with the landscapes was born nearly 20 ago. When I was a schoolboy I loved astronomy, and when my father gave me his old Zenit camera I started taking my first shots. In a night shoot like this there is everything I love... except for home and family, of course."



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(i) A unique concept of a 'city within a city'.

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(ii) An area surrounded by leisure of life, nature, comfort and satisfaction making it a perfect destination to **live, work and play**.



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"I'm very fond of symbolic pictures, so when I walked at night around the Crimean Astronomical Observatory, I was looking for this particular frame."



Emirates and S7 Airlines offer an extended codeshare agreement on more than 30 Russian routes, increasing connectivity and benefits for customers across Russia. The extended partnership also created a direct link under Emirates' code between St Petersburg and Moscow, allowing visitors to experience Russia's two largest cities with a single travel itinerary.



Sharjah Science Museum



Sharjah Maritime Museum



Sharjah Heritage Museum



Al Mahatta Museum



Sharjah Aquarium



Sharjah Archaeology Museum



Sharjah Classic Cars Museum



Sharjah Discovery Centre



Sharjah Fort (Al Hisn)



Majlis Al Midfaa



Sharjah Art Museum



Bait Sheikh Saeed Bin Hamad Al Qasimi



Sharjah Calligraphy Museum



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إدارة متاحف الشارقة
Sharjah Museums Department

"In 2014, this picture won first place in the *National Geographic* Russia Wild Nature contest. Elbrus is a sleeping volcano and, at 5,642 metres, the highest peak in Europe. The picture has everything: placer stars, a giant volcano, mountains, and a blanket of clouds. In the foreground the southern tip of the Kanzhol plateau, the moon, which has come just behind the mountains, and the Milky Way as if escaping from the top of Mount Elbrus. I have this picture hanging on the wall in my house, and each time I look at it I find myself there, steeped in the moment. That's the true magic of photography."



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Inside Emirates

Route Map

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BRIEFING

JENNIFER ANISTON MAKES NEW FRIENDS ON EMIRATES



Hollywood actress, director and producer Jennifer Aniston has made a new friend on the Emirates A380, as part of a global digital and TV advertising campaign.

The advert sees the welcome return of the Golden Globe and Emmy award winner following the hugely popular first Emirates-Jennifer Aniston ad, which went viral last year.

In the latest instalment, the much-loved actress befriends Cooper, a young boy who she finds playing in her Private Suite in the Emirates First Class cabin.

Boutros Boutros, Emirates' Divisional Senior Vice President, Corporate Communications, Marketing & Brand explained

Emirates was, "overwhelmed by what a social phenomenon" the first advert became.

"The humour resonated with audiences around the world, and the ad was viewed by millions of people, generating thousands of conversations," he said.

"Fans of both Emirates and Jennifer loved her effortless charm and humour, and enjoyed a story that deviated from traditional airline advertising."

The advert can be viewed on the Emirates website or on its social media pages. Fans can join the conversation using the tag #JensBack.

NEW DAILY SERVICE TO FORT LAUDERDALE

Emirates is launching a daily service between Dubai and Fort Lauderdale-Hollywood International Airport, on 15 December, 2016.

Serving the South Florida area, including Fort Lauderdale, Miami and West Palm Beach, this will be Emirates' 11th passenger route in the United States.

"Fort Lauderdale and Miami are two of America's most exciting destinations for leisure and business travel," said Sir Tim Clark, President Emirates Airline. "Broward County and Dade County combined to host more than 25 million visitors last year, mainly from the United States and Latin America."

Emirates' daily flight EK213 will depart Dubai at 3.00am local time and arrive in Fort Lauderdale-Hollywood International Airport at 10.25am. The return flight EK214 will depart FLL at 8.20pm arriving in Dubai at 7.40pm the following day.

Passengers wanting to travel beyond the Fort Lauderdale-Miami area to onward destinations in the US, Caribbean and Latin America can take advantage of Emirates' codeshare partnership with JetBlue Airways.





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HEAD TO DUBAI DUTY FREE FOR MILES REDEMPTION

The award-winning frequent flyer programme, Emirates Skywards, has partnered with Dubai Duty Free for Miles redemption.

This means that Emirates Skywards members can now spend their Miles at participating stores at Dubai International Airport and Al Maktoum International at Dubai South.

Members will enjoy a new payment method, using Miles to redeem for more than 35,000 products from international and luxury brands including fashion accessories, perfumes, electronics and more.

Redemptions start from 4,500 miles (the equivalent of Dhs100 with each additional dirham the value of 45 Skyward Miles).

Members can pay for products using a combination of Skywards Miles and cash or credit card, and the best part is that there's no limit to the number of Miles that you can spend.

Boasting more than 16 million members, Emirates Skywards is in its 16th year and, in addition to special offers with partner airlines, hotels and retail brands, members also enjoy special access to sport, art and cultural events around the world.



BUSINESS CLASS LOUNGE GETS MULTI-MILLION DOLLAR MAKEOVER

Emirates has completed a major makeover of its Business Class lounge at Concourse B of Dubai International Airport. The US\$11 million refurbishment project took two years to complete and is part of the airline's continuous investment to improve and upgrade its products.

Emirates' premium customers can now look forward to an enhanced lounge experience with three new refreshment areas.

All the food and beverages offered within the lounge are complimentary and available to Emirates First and Business Class

customers, as well as Emirates Skywards Platinum, Gold and Silver members – the airline's frequent flyer programme.

Customers in need of a caffeine fix can enjoy freshly brewed beverages prepared by Costa Coffee baristas. For the health conscious traveller, Emirates has introduced the Health Hub in partnership with VOSS water. It's the first airline to have a dedicated health hub within its lounge. Meanwhile, those looking to unwind before their flight can look forward to the Moët & Chandon champagne lounge, created exclusively for Emirates.



Eight seconds. This number was something else the Yamaha Factory Racing Team took away after its decisive back-to-back victory at the prestigious Suzuka 8 Hours Endurance Road Race that summer day in July 2016.

A clock ticks off 28,800 seconds during those eight hours.

When the calculations from pre-race simulations for on-track race time were run against the actual time the #21 YZF-R1 spent lapping Suzuka Circuit, the difference was just eight seconds—a result only attainable with meticulous race management.

In 2015, after winning at Suzuka for the first time in nearly two decades, the team celebrated their hard-won victory of course, but not for long. Work to win the race again in 2016 was now first in their minds.

First, a list was drawn up of improvements that could be made to raise the bar of success to an even higher level—they totaled 150 items.

Targets were set high, and every effort made to reach them. No quitting until results were achieved.

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A FEAST FOR THE SKIES

If you've ever wondered how Emirates manages to serve up to 220,000 meals a day across 360 flights on their global network, you're about to find out...

WORDS: **MATT MOSTYN**



Emirates chefs working on new recipes at the Concept Development Centre of the Emirates Flight Catering facility

It used to be the butt of many a joke, and the source of a succession of raised eyebrows, disappointed palates and sorrowful bellies. Yet since the early days of peeling off that tinfoil wrapper to reveal some rather dubious contents, airline food has come a very long way indeed.

Today's meals at 35,000 feet are infinitely more appealing – not to mention delicious – than they used to be. And there's no denying the quiet wave of anticipation that ripples down the cabin when the food service trolleys are wheeled down the aisles, hot on the heels of the mouthwatering aromas emanating from your expertly prepared lunch. Yet the effort and preparation that goes into making the 100 million meals a year consumed by Emirates passengers is no mean feat. In fact, it's a finely-tuned operation involving meticulous logistics on a grand scale, all coordinated by Emirates' Flight Catering, which operates from Dubai International Airport.

The division employs a total of more than 8,000 staff, all of whom provide catering and ancillary services for this busy international hub. Guiding the menus is the five-man concept and development team, supported by six catering managers, each of whom looks after a particular region.

Joost Heymeijer, Senior Vice-President of Emirates Catering, explains how the catering managers are all highly passionate chefs. "Catering is what they wake up thinking about in the

morning, and it's what they dream about at night. Like us, they believe that food is a very important component of a customer's overall flight experience, and one of the key factors in why people choose Emirates."

Contributing a wealth of experience, the Catering team understands the intricate challenges of delivering top quality dining experiences in the sky. From sourcing just the right amount of a particular ingredient, to the optimal storing, heating and serving of finished dishes, they work tirelessly towards appealing to a diverse customer base, ensuring consistent high quality and even mitigating the effects of operational issues such as flight delays, storms and heatwaves.

Even seemingly minor details like dish weight and height need careful monitoring. Consistent portioning helping to minimise waste, while ensuring food can be properly loaded onto the flight trolleys. Once each meal has been meticulously prepared on ground in the Emirates Flight Catering facility's enormous kitchens, it is first blast-chilled and then loaded on-board, ready for reheating before service.

One other factor that warrants consideration is the issue of changing tastes at high altitude. Due to the comparative lack of humidity and lower air pressure, our perception of saltiness and sweetness can drop inside a pressurised cabin. Surprisingly, even the constant loud hum of jet engines can affect



how we taste, with a recent study finding that people who ate to the sound of loud background noise rated food as being less salty and sweet than those who ate in silence. More intriguing still, a plane's background noise (usually around 85db) can affect different tastes in different ways, with seasonings like cardamom, lemongrass and curry tasting more intense in the sky than salt or sugar. And finally, another test found that for those surrounded by noise, food appeared to be much crunchier!

Even so, altitude and noise may be less of an issue on Emirates than with other airlines. With its ultra-modern fleet, humidity, noise and pressure can be more effectively controlled – making conditions closer to being at altitude in the Swiss Alps than a mile high in the sky. “Even so,” says Joost, “we have to think carefully about which flavours work well, how to season dishes, and which flavours are less impacted by altitude.”

Recently, the airline has reported seeing a greater desire than ever before for healthier options. With such high expectations, the on-board food and beverage services team is devoted to continually creating menus that deliver exceptional results using healthy ingredients, so that each and every passenger can enjoy a dining experience that's every bit as nourishing as it is gourmet.

“Increasingly we're focusing on simple, well-cooked dishes that emphasise fresh core ingredients of the highest quality, and our chefs spend a great deal of time sourcing some of the best raw materials from around the world,” explains Joost. “We also work closely with local caterers and suppliers who share the same ethos, to ensure they deliver to our standards. A case in point is our long-standing relationship with companies like Monte Vibiano, who deliver essential ingredients like the quality olive oil and balsamic vinegar served to our customers.”

Emirates takes pride in its wine offerings, which come from world-class producers, and puts emphasis on pairing menus to accompany some of its champagnes.

While the airline remains true to its Middle Eastern roots, it often blends international and Middle Eastern flavours to appeal to a highly cosmopolitan customer base. It's all part of a drive to invite passengers to explore the world through the food served on board – and in fact, Emirates is the only airline



to create meals from every region they fly to. Joost describes how “for instance, Business Class passengers travelling on board Emirates en route to Durban can enjoy dishes like lamb marinated in aromatic spices, slow-cooked with rice, garnished with fried cashew nuts, raisins and onions and served with a refreshing raita.” Dishes like these are designed to prepare the tastebuds for the spicy culinary feasts usually associated with Durban. Similarly, on their Indian routes, the airline's menus have recently been enhanced across all nine destinations to reflect the particular tastes and customer preferences of different regions.

The flight catering crew's attention to detail is second to none. In Japan, the airline not only offers authentic Japanese food using the freshest locally-grown ingredients from local farms, but the use of authentic crockery, cutlery and tea sets ensures an unrivalled food experience on board. The recently-launched First Class Kaiseki cuisine features five courses, showcasing careful consideration of the balance between the colour, texture, flavour, consistency, and shape of the food, as well as the aesthetics of the tableware. And with Christmas around the corner, a new festive menu, featuring classics like turkey, pumpkin mash and chestnut and apricot stuffing, followed by chocolate Yule log and gingerbread aims to generate some seasonal cheer during the whole of December.

“Food appeals to the emotions” reflects Joost, “and so we like to strengthen that connection with our customers through our meals.” He's convinced that Emirates does on-board catering like no other airline. “It's a great responsibility and challenge, as we have such a diverse global customer base, with a rich range of culinary tastes and styles... but we love doing it. Food is such an important part of Dubai's culture and hospitality, and we're proud to showcase that in the meals we serve to our passengers.”



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CHRISTCHURCH

Emirates now flies five-times daily between Dubai and New Zealand, thanks to the introduction of its double-decker flagship A380 to Christchurch, and the introduction of the A380 on Emirates' non-stop route between Dubai and Auckland. Enjoy our guide to this stunning South Island city

Blessed with beautiful parks and landscapes, travelling Christchurch on foot or by bike is a comfortable and rewarding experience.

City planners have taken every opportunity to create artistic highlights and innovative designs in Christchurch. Artists have been commissioned to ply their craft throughout the city and it now boasts incredible pieces by street artist, Banksy, and more.

Aside from the fresh visual stimuli dotted throughout the city, boutique shops and vibrant eateries are popping up

everywhere, while those who enjoy the finer things are catered to with innovative fine dining and well-heeled bars. The range of accommodation also caters to all tastes and the prices are more than reasonable.

While a decade or so ago, this New Zealand city could have been mistaken for an English idyll somehow lost in the southern hemisphere, today it's forging its own unique identity... and it's one that's well worth experiencing.

EAT

THE OLD VICARAGE

The charming Old Vicarage Bar and Restaurant is housed in a 19th century villa. Whether dining al fresco or in one of the private rooms, there's plenty to enjoy. Recent menu highlights include the confit of duck thigh with smoked cauliflower purée and kumara beignets with a port jus.
theoldvicarage.co.nz

COOK 'N' WITH GAS

An unpretentious and rewarding dining experience, there are options to eat casually in front of a big screen or head to the main restaurant for fantastic, hearty mains. The wine and beer list is very well put together and the staff are reassuringly knowledgeable.
cooknwithgas.co.nz

ROOTS

Everything is a delight in this superb restaurant where seasonal food is prepared by experts of their craft. Service is seamless and you will almost certainly leave with a smile on your face. The owners have fought hard for the recognition they so richly deserve. An absolute must-try.
rootsrestaurant.co.nz

STAY

JAILHOUSE ACCOMMODATION CHRISTCHURCH

Winning awards left, right and centre, this hostel brings quirky lodgings to the masses. It may be an old prison, but it's clean, comfortable and within easy reach of many of Christchurch's top attractions. Whereas former residents weren't allowed to leave, you won't want to.
jail.co.nz

MERIVALE MANOR

Boasting plenty of character, while remaining refined and comfortable, the manor feels like a home away from home. Based in the upmarket Merivale village, it is also very convenient for accessing the city centre. The property has built up a loyal following.
merivalemanor.co.nz

PEPPERS CLEARWATER RESORT

A little out of town, this superb lodging is perched on Lake Kaikainui, only a few kilometres from Willowbank Wildlife Reserve. It boasts a golf course, tennis courts as well as fly fishing with a local guide. It's the perfect base for exploring the region's spectacular scenery.
peppers.co.nz

DO

RIDE THE GONDOLA

For an unspoiled view of Christchurch, hop on the city's Gondola, which takes you to the top of the Port Hills. At the summit there are a number of attractions including a café and a time tunnel taking you back to a New Zealand from millions of years in the past.
+64-3-384-0310

DO THE HAKA

Set in the Willowbank Wildlife Reserve, Ko Tane is the place to experience Maori culture and marvel at the impressive haka. Exploring the villages is insightful while the traditional dances and slow cooked hangi food are experiences you will never forget.
willowbank.co.nz

GET THE THRILL AND CHILL OF THE ANTARCTIC

Find a mixture of educational and fun experiences at the International Antarctic Centre, including a simulated Antarctic Cruise in the 4D Extreme Theatre. You can learn about some of the famous explorers who have tackled the icy majesty of the region.
iceberg.co.nz

EMIRATES STAFF TIPS



Andy Longley
HUMAN RESOURCES
MANAGER

GRAB YOUR BIKE

The mountain bike trails around Port Hills are great. Be sure to try the Bowenvale trail.



Charlotte Page
AIRPORT SERVICES
OFFICER

GET EXTREME

Less than two hours drive from the city is Hammer Springs. Here you can go quad biking and take a dip in the thermal pools.



The launch of the Christchurch A380 flights on October 30 coincided with the launch of A380 service on Emirates' daily non-stop route between Dubai and Auckland. Emirates also operates three other daily A380 services between Auckland and Dubai and beyond via Australia (Sydney, Melbourne or Brisbane).

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 on board 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.



MAKE YOURSELF COMFORTABLE

Loosen clothing, remove jacket and avoid anything pressing against your body.



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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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

U.S. Customs and Border Protection

Customs Declaration
19 CFR 122.27, 148.12, 148.13, 148.110, 148.111, 1496; 31 CFR 53.16 FORM APPROVED
OMB NO. 1651-0009

Each arriving traveler or responsible family member must provide the following information (only ONE written declaration per family is required):

- Family Name**
First (Given) _____ Middle _____
- Birth date** Day _____ Month _____ Year _____
- Number of Family members** traveling with you _____
- (a) U.S. Street Address** (hotel name/destination) _____
(b) City _____ **(c) State** _____
- Passport issued by** (country) _____
- Passport number** _____
- Country of Residence** _____
- Countries visited** on this trip prior to U.S. arrival _____
- Airline/Flight No. or Vessel Name** _____
- The primary purpose of this trip is business: Yes ☐ No ☐
- I am (We are) bringing:

(a) fruits, vegetables, plants, seeds, food, insects:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
(b) meats, animals, animal/wildlife products:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
(c) disease agents, cell cultures, snails:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
(d) soil or have been on a farm/ranch/pasture:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
- I have (We have) been in close proximity of (such as touching or handling) livestock: Yes ☐ No ☐
- I am (We are) carrying currency or monetary instruments over \$10,000 U.S. or foreign equivalent: Yes ☐ No ☐
(see definition of monetary instruments on reverse)
- I have (We have) commercial merchandise: Yes ☐ No ☐
(articles for sale, samples used for soliciting orders, or goods that are not considered personal effects)
- Residents** — the total value of all goods, including commercial merchandise I/we have purchased or acquired abroad, (including gifts for someone else, but not items mailed to the U.S.) and am/are bringing to the U.S. is: \$ _____
Visitors — the total value of all articles that will remain in the U.S., including commercial merchandise is: \$ _____

Read the instructions on the back of this form. Space is provided to list all the items you must declare.

I HAVE READ THE IMPORTANT INFORMATION ON THE REVERSE SIDE OF THIS FORM AND HAVE MADE A TRUTHFUL DECLARATION.

X (Signature) _____ Date (day/month/year) _____

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CBP Form 6059B (01/04)

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 Programme, 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 VISA WAIVER*:

Andorra, Australia, Austria, Belgium, Brunei, Czech Republic, Denmark, Estonia, Finland, France, Germany, Hungary, Iceland, Ireland, Italy, Japan, Latvia, Liechtenstein, Lithuania, Luxemburg, 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 PROGRAMME.**

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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. 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 on board. 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.

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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 airport by using UAE Smart Gate.

If you hold a machine-readable passport or E-Gate 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 E-Gate card or machine-readable passport ready to be scanned

2



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

NATIONALITIES THAT CAN USE UAE SMART GATES



UAE



ANDORRA



AUSTRALIA



AUSTRIA



BAHRAIN



BELGIUM



BRUNEI



CANADA



DENMARK



FINLAND



FRANCE



GERMANY



GREECE



ICELAND



IRELAND



ITALY



JAPAN



KUWAIT



LIECHTENSTEIN



LUXEMBOURG



MALAYSIA



MONACO



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NORWAY



OMAN



PORTUGAL



QATAR



SAN MARINO



SAUDI ARABIA



SINGAPORE



SOUTH KOREA



SPAIN



SWEDEN



SWITZERLAND



*UK



USA

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

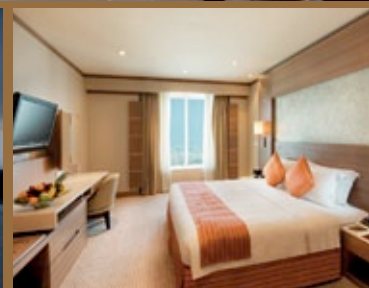
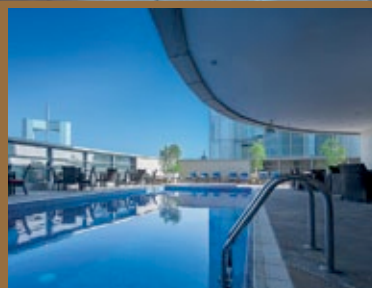
REGISTERING FOR UAE SMART GATE IS EASY

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.

UAE SMART GATE CAN BE USED BY:

- Machine-readable passports from the above countries
- E-Gate cards

Your home in Dubai



Emirates Grand HOTEL

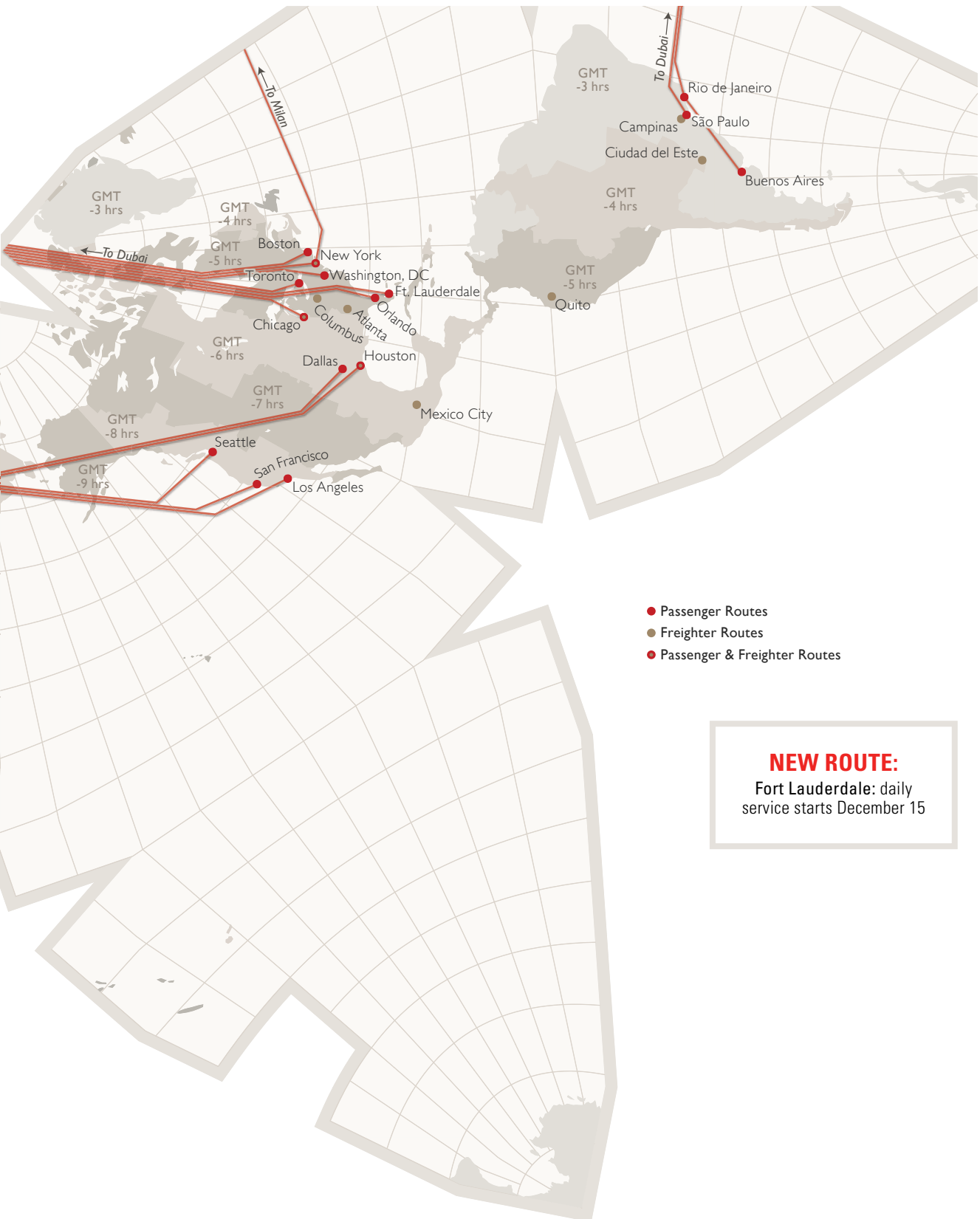
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ROUTE MAP



ROUTE MAP

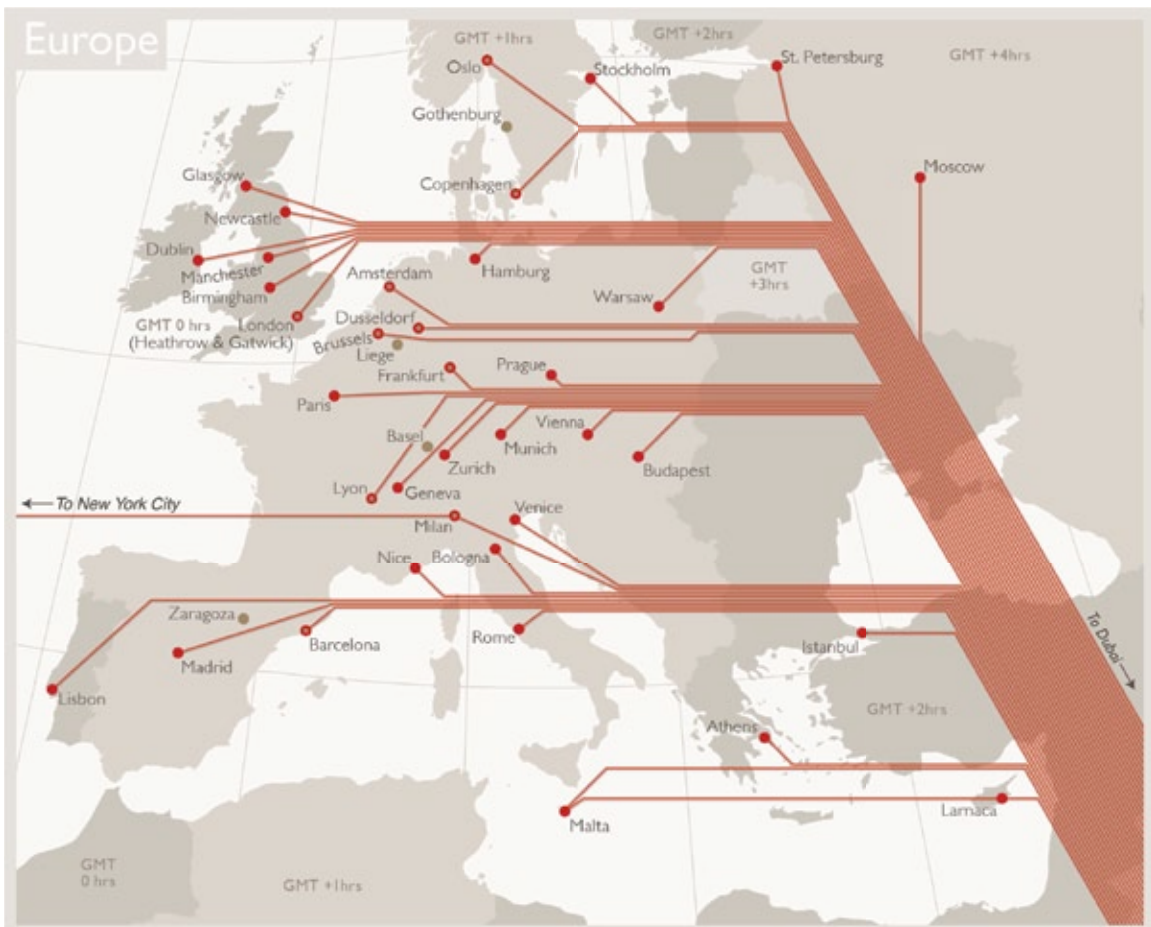
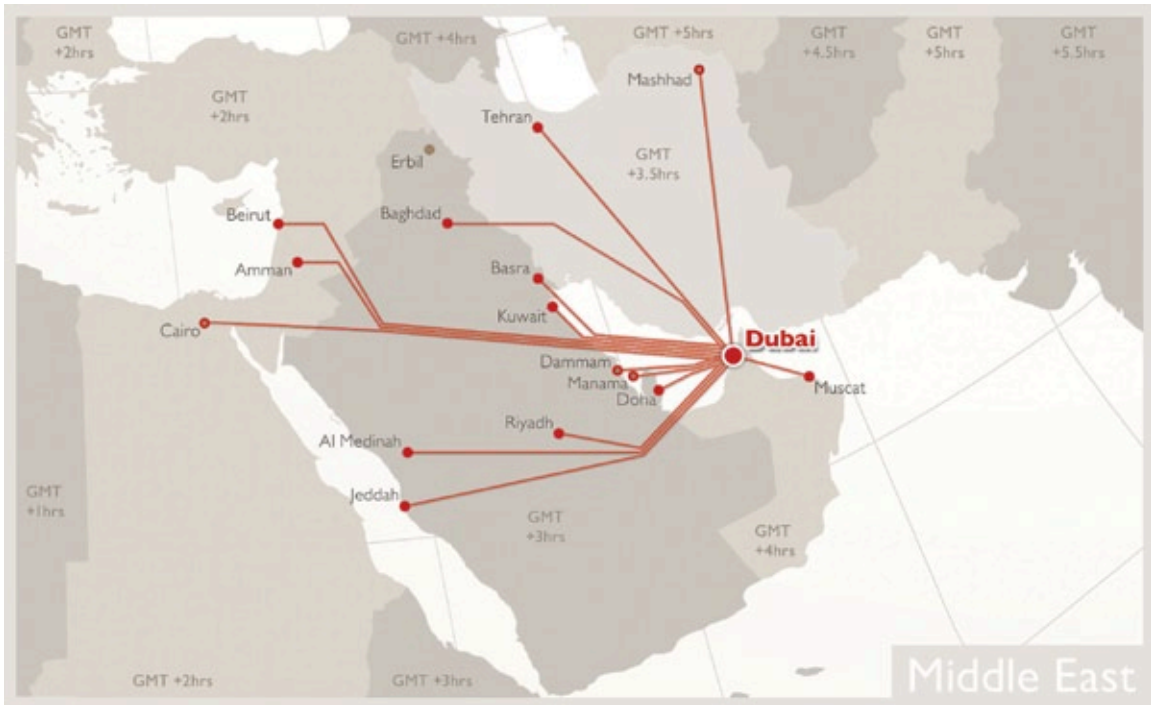


- Passenger Routes
- Freighter Routes
- Passenger & Freighter Routes

NEW ROUTE:

Fort Lauderdale: daily
service starts December 15

ROUTE MAP





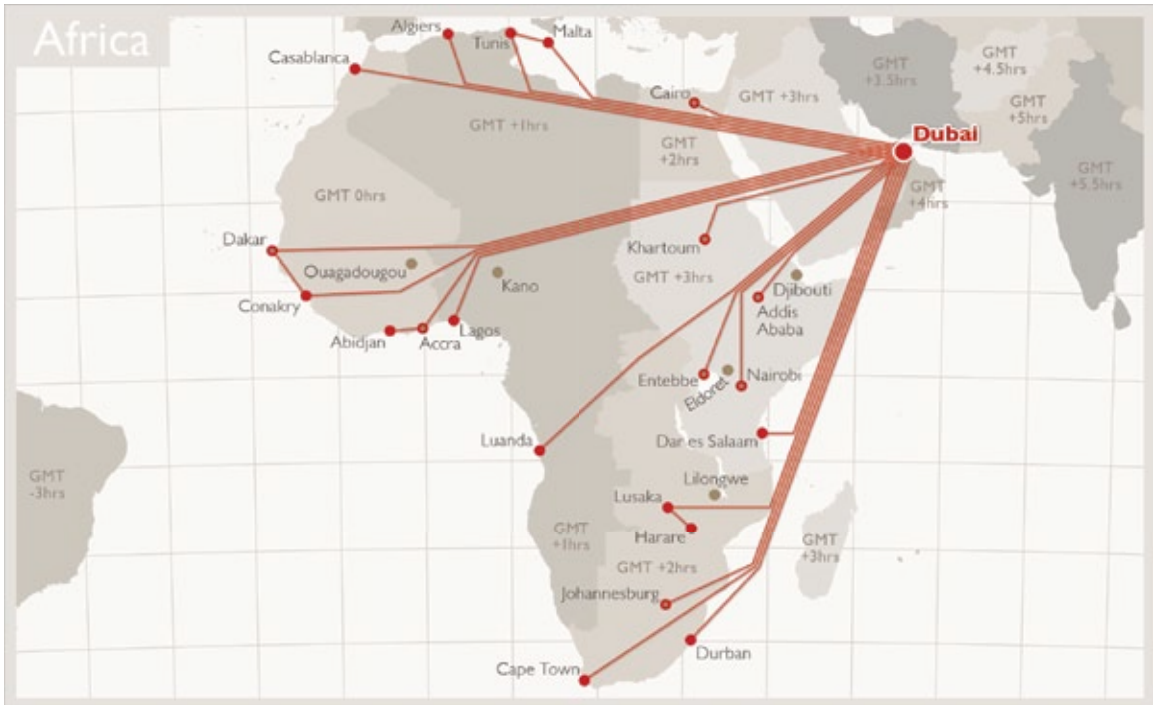
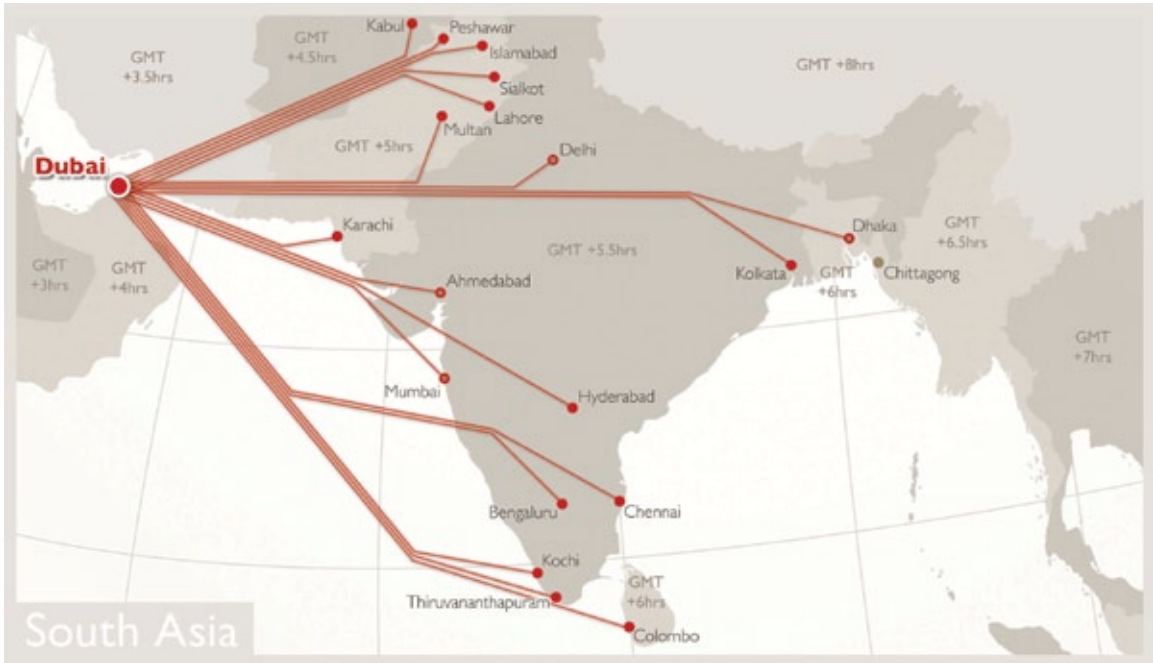
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ROUTE MAP





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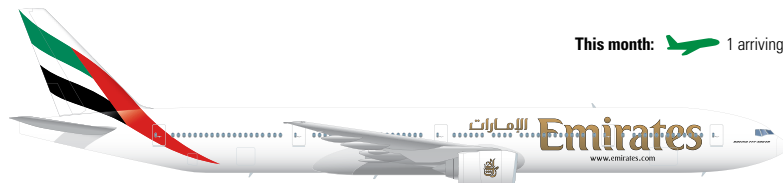
EMIRATES FLEET

Our fleet of **257** aircraft includes **242** passenger aircraft and **15** SkyCargo aircraft

BOEING 777-300ER



93 (74%) out of 126 Boeing 777-300ERs are now equipped with Live Television, Wi-Fi, Mobile Phone and Data Roaming services. More are being upgraded each month.



This month: 1 arriving

126 in fleet. Up to 354-442 passengers. Range of 14,594km. L 73.9m x W 64.8m

BOEING 777-300



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

BOEING 777-200LR



9 (90%) out of 10 Boeing 777-200LRs are now equipped with Live Television, Wi-Fi, Mobile Phone and Data Roaming services. More are being upgraded each month.



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

BOEING 777-200ER



3 in fleet. Up to 274 passengers. Range of 14,310km. L 63.7m x W 60.9m

EMIRATES SKYCARGO BOEING 777F

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.



13 in fleet. Range of 9,260km. L 63.7m x W 64.8m

For more information: emirates.com/ourfleet

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Live Television



Wi-Fi



Mobile Phone
GSM



Data Roaming
GPRS



Channels of inflight
entertainment



This month: 2 arriving

90 in fleet. Up to 489-615 passengers. Range of 15,000km. L 72.7m x W 79.8m

AIRBUS A380-800



The first A380s with Live Television joined the fleet in June of this year. This month 11 are equipped, with more coming soon.



1 in fleet. Up to 267 passengers. Range of 13,350km. L 63.6m x W 60.3m

AIRBUS A340-300



- Economy Class
- First Class and Business Class



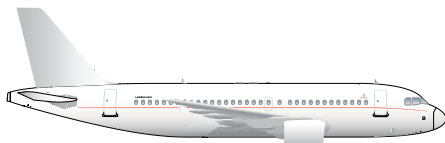
This month: 1 retiring

1 in fleet. Up to 237-278 passengers. Range of 12,200km. L 58.8m x W 60.3m

AIRBUS A330-200



- Economy Class
- First Class and Business Class



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

AIRBUS A319



The Emirates Executive Private Jet takes our exceptional service to the highest level to fly you personally around the world. Fly up to 19 guests in the utmost comfort of our customised A319 aircraft with the flexibility of private jet travel. Further information at emirates-executive.com



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

EMIRATES SKYCARGO BOEING 747-400

This aircraft is capable of carrying up to 117 tonnes. The deck-side cargo door, with a height of approximately three metres, allows the uplift of oversized shipments that cannot be accommodated in the belly-hold of passenger aircraft. The nose door allows the carriage of long pieces.

Aircraft numbers accurate at the time of going to press

DESTINATION

NEW YORK CITY AT THANKSGIVING

TIME TO SHOP

Between Thanksgiving and New Year's Eve, 5.2 million international visitors will spend an estimated US\$3.7 billion in New York.

NYC & Company

UNSPEAKABLE TRUTHS

New Yorkers generate 25 per cent more waste over Thanksgiving weekend than normal.

Environmental Protection Agency

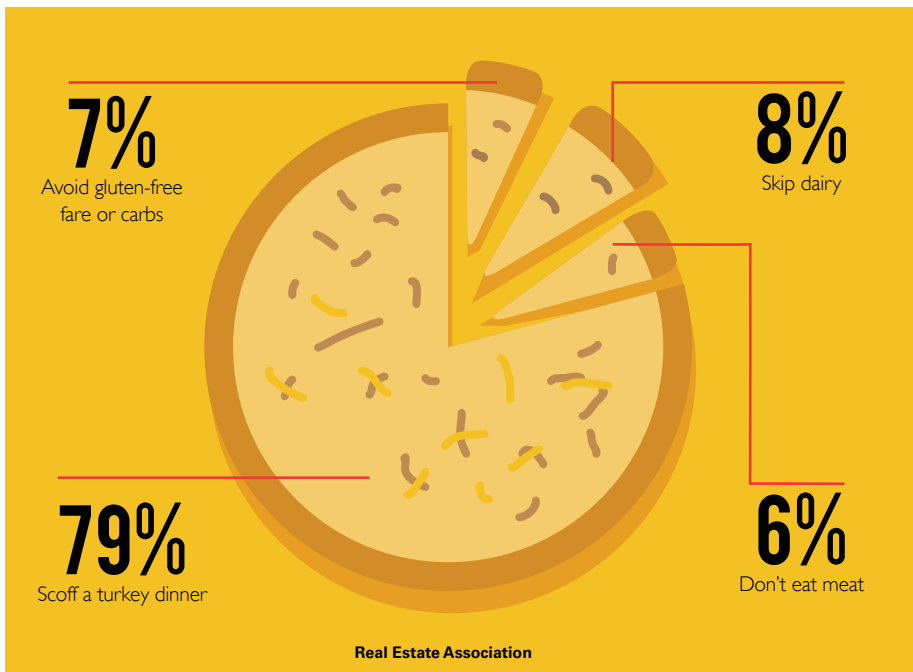
ROAD WARS

Between 2 and 3pm on Thanksgiving Day is the worst time of the year to be caught in New York traffic.

NYC & Company



A THANKSGIVING DINNER PIE CHART



MACY'S DAY PARADE TIMELINE

1924

The 'Macy's Christmas Parade' takes place for the first time, celebrating the opening of the chain's first store in Manhattan. Around 250,000 gather to watch, and its success convinces the store to run the parade every year.

1927

Macy's switches the parade from Christmas to Thanksgiving Day, swapping out live animals for the balloons that it's become famous for.

1931

Aviator Clarence Duncan Chamberlin makes headlines by grabbing a balloon in midair and returning it to Macy's for a US\$25 reward.

1932

Seeking to emulate Chamberlin, a woman takes a flying lesson on the day of the parade. Ignoring her instructor, she tries to snag a balloon, nearly crashing the aircraft in the process.

1933

Unimpressed by the incidents with the aeroplanes, Macy's cancels the balloon race. Even so, the parade attracts more than one million people for the first time.

1934

Mickey Mouse makes his debut in the parade.

1942

The parade is halted because the war effort needs the rubber the goes into creating the balloons.

1968

Macy's redesigns its floats to fold up so they can be transported through the Lincoln Tunnel. 40x28 foot floats can now be packed into a 12x8 feet boxes.

2015

Snoopy becomes the parade's most used character, appearing 39 times.



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