

SEPTEMBER

2023

airBaltic
Inflight
magazine

baltic

outlook

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catalogue
inside

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Illustrative image.



Photo by Gatis Gieris



The data confirm that *airBaltic* has attained its highest-ever net profit as well as a surge in revenue

MARTIN GAUSS
Chief Executive Officer, *airBaltic*

Dear guests of *airBaltic*,
Summer has come to an end, and what a busy one it has been. With each passing month, we have observed growing demand, with passengers choosing *airBaltic* for their long-awaited leisure getaways, short city breaks, and business trips. In fact, this July marked the first time since 2019 that we served over half a million passengers in a single month. I firmly believe this upward trend will persist, as we are offering exciting destinations to prolong the summer in Europe and beyond.

However, the upcoming winter season is also just around the corner, starting at the end of October. This year it will stand out with 11 new routes from the Baltics and Tampere in Finland – the largest number ever seen in a winter season for *airBaltic*. Overall, we will provide around 80 routes across our network to connect Riga and other cities in the region.

On top of that, the company's exceptional H1 financial results, in contrast to 2022, have exceeded our expectations. The data confirm that *airBaltic* has attained its highest-

ever net profit (EUR 14.6 million, up EUR 105.7 million) as well as a surge in revenue (EUR 291 million, up 52%), EBITDAR levels, and operational excellence. Such milestones are the outcome of dedicated work, and we look forward to aiming even higher.

The growth does not stop there, as our fleet also continues to expand by welcoming our 43rd and 44th *Airbus A220-300* aircraft this month. This means that a growing volume of passengers will be flying the most efficient and greenest aircraft, experiencing a high level of comfort. Just imagine – thus far, *airBaltic* has carried nearly 13,000,000 passengers on its *Airbus A220-300* aircraft.

Looking ahead, along with our growing fleet, we must also carefully plan for highly skilled personnel, because they are a key factor of a successful airline. Here we can proudly rely on the *airBaltic* Pilot Academy. While celebrating its fifth anniversary this year, the 19th and 20th groups of students are preparing to start their professional pilot studies at the academy. To date, 78 students have joined *airBaltic* as first officers after graduating from the academy, and it is very likely that one of them is taking care of your flight today.

Hope to see you aboard *airBaltic* again soon!



Yours, Martin Gauss
President and CEO



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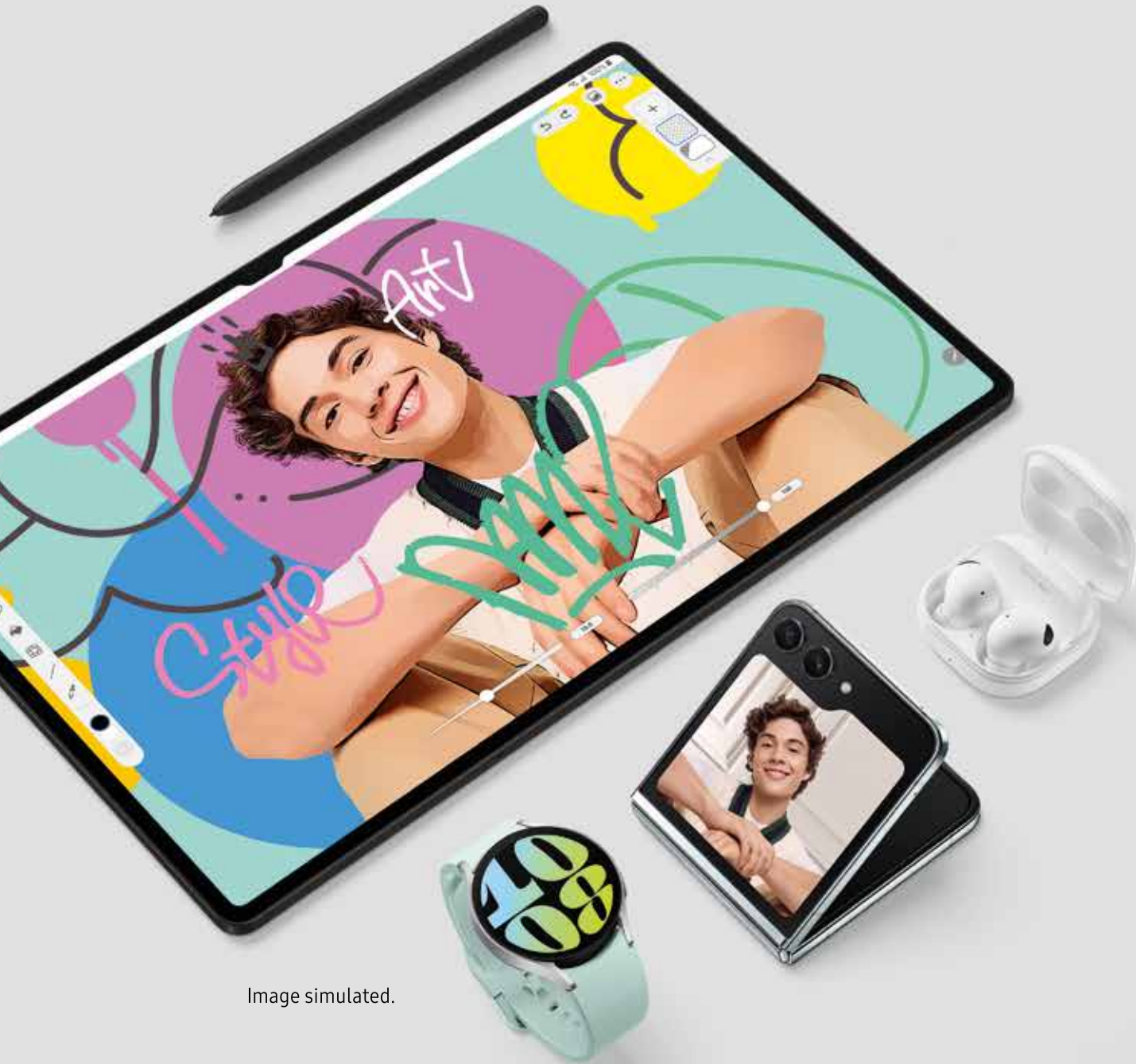
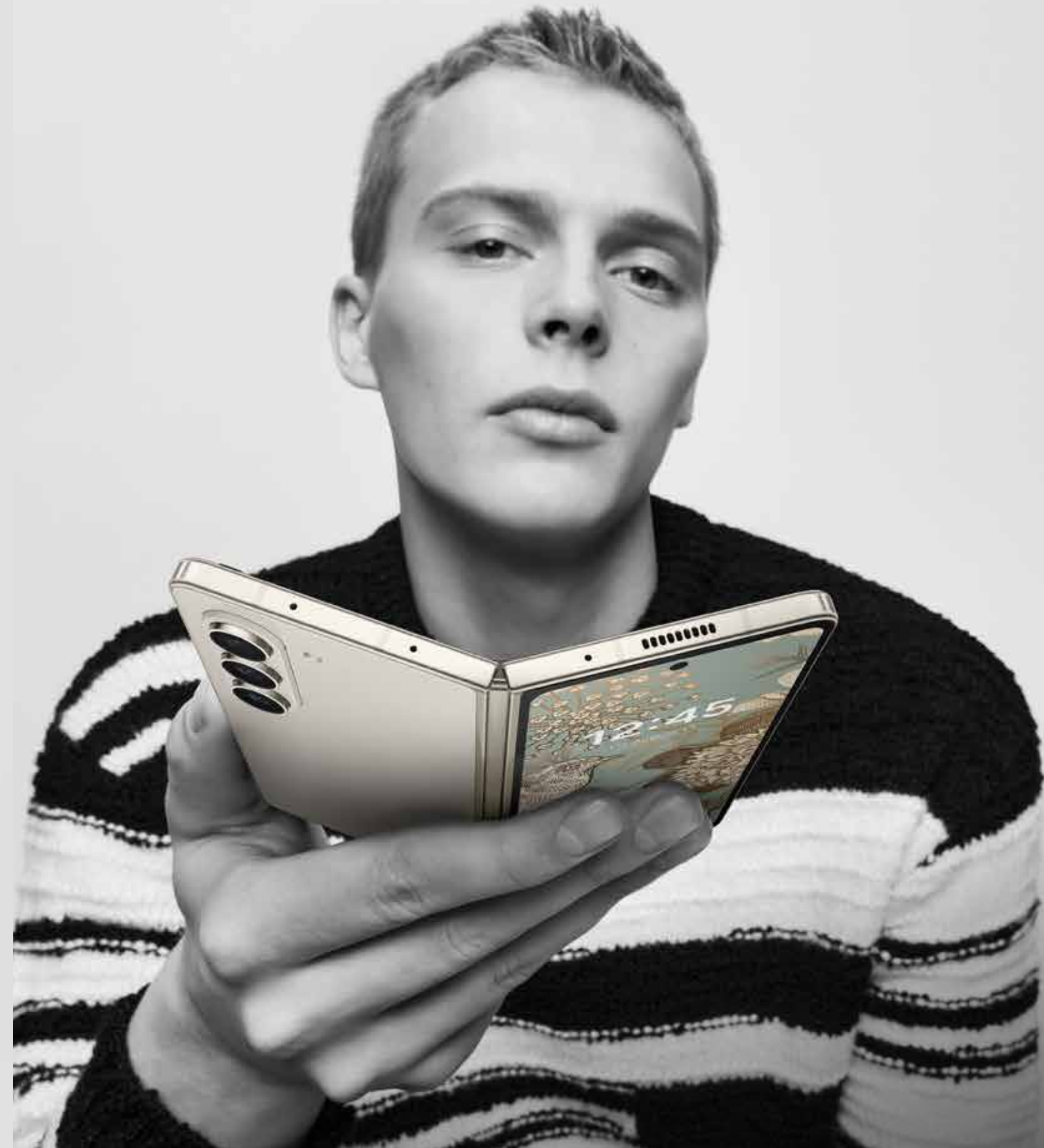


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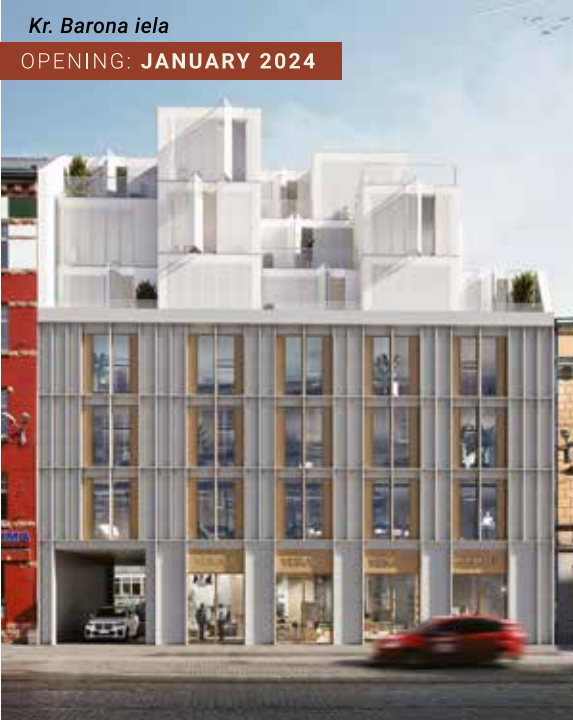
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NEW!





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baltic outlook

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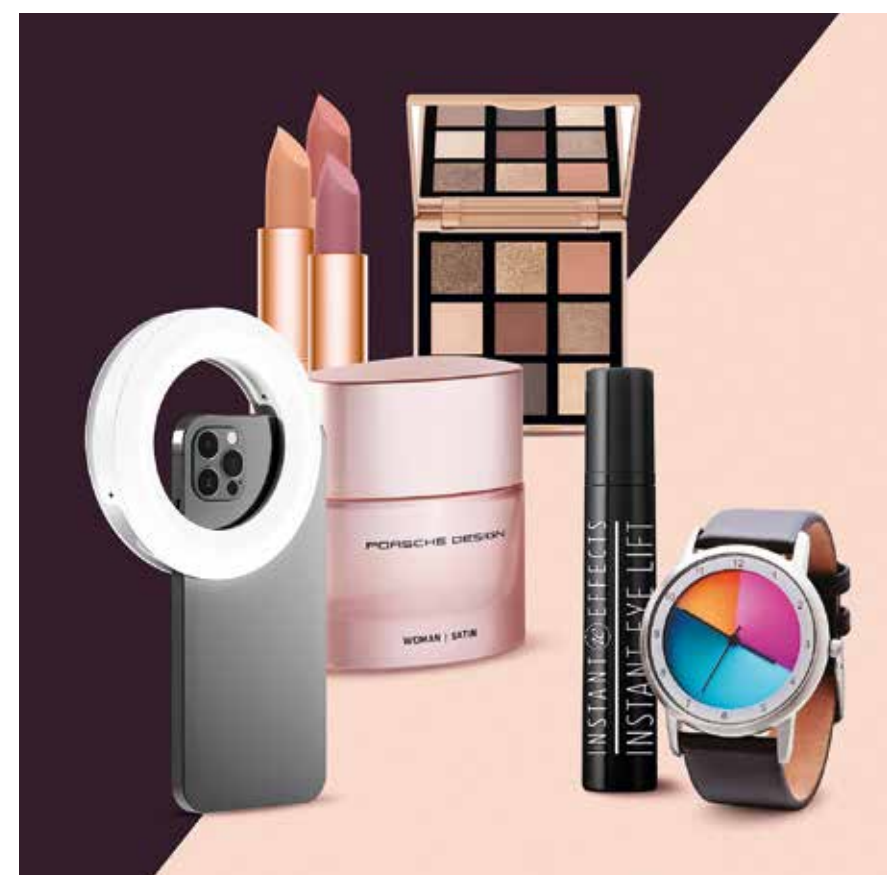
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The ultimate September checklist



Agenskalns Market

MEETING AT THE MARKET

In recent years, several markets have joined the ranks of the hottest cultural spots in Riga. It all started with Kalnciema Market, which for years has been hosting concerts and exhibitions alongside a traditional Saturday farmers' and artisans' market. The well-preserved historical wooden buildings that surround this favourite meeting place add to the special aura.

The recently restored Āgenskalns Market, whose pavilion is a shining example of the rationalist Art Nouveau style, is also nearby. Here, farmers and home producers sell their wares on the ground floor, while the upper level features food and drinks in a charming atmosphere. Exhibitions, concerts, and stand-up performances are also part of daily life at Āgenskalns Market.

This month, the historic Vidzeme Market, which is still awaiting renovation, will also see a revival of sorts. From September 7 to October 8, it will host Survival Kit, which is Latvia's most important contemporary art festival. Don't miss it!



MUSIC

All that jazz

Latvian schools – even primary schools – have traditionally had very strong musical education programmes, and therefore the country can boast many talented professional musicians. This also applies to the genre of jazz, which is a fully-fledged, intense, and exciting part of modern Latvian culture. Some Latvian musicians remain loyal to the jazz tradition, while others are blending it with modern jazz subgenres or classical music. The brightest of them have been brought together on this new album. Dive in and listen to all the diversity Latvian jazz has to offer this year!

skani.lv



DESIGN

Handcrafted tableware

For those wondering how to beautifully arrange a glorious autumn harvest, take a look at the collection of vessels designed by Latvian artist Astra Šenberga for *Informal Ceramics*. They're characterised by laconic Nordic shapes and thoughtful colour accents. The most beautiful thing is that each piece exudes Šenberga's willingness to experiment and surrender to chance, but they all share the same message – these dishes are designed to bring warmth to family mealtimes and informal gatherings.

informalceramics.com



ART

An exhibition in a manor house

One of the most charming manor houses in Latvia – Ungurmuiža near the town of Cēsis – is hosting a very special exhibition this month featuring paintings by the notable Latvian painter Ilze Avotiņa. Her emotionally sensitive and unusually vivid works surprise and fascinate viewers. Her daughter, painter Kristīne Lūīze Avotiņa, and granddaughter, Lizelote Anna Avotiņa, are also taking part in the exhibition, titled *Dream in the Garden*. Through their work, the artists take the viewer on a magnificent journey through Seville, Paris, Venice, their country home in Latvia, and other places that inspire them.

ungurmuiza.lv

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alexandre mattiussi

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INDRIKIS ĢELZIS SOLO EXHIBITION

Until October 4

The Kim? Contemporary Art Centre is presenting the largest solo exhibition to date by artist Indriķis Ģelzis. Ģelzis is one of the most prominent and recognisable Latvian artists of his generation and mainly creates objects and installations. He is currently focusing his attention on the Baltic Sea, and in this exhibition he addresses ecological and geopolitical issues related to the sea.

kim.lv

Did you know?

Experience Riga from a different perspective by taking a ride on one of the historical boats on the Riga Canal offered by *Riga by Canal and River Cruises*.

liveriga.com

BALTIC PEARL FILM FESTIVAL

September 21–29

With the first autumn breezes, Riga's cinemas traditionally invite audiences to legendary film festivals. The Baltijas Pērle (Baltic Pearl) festival dates back to 1993 and is one of the oldest such events in the Baltics. Its offers viewers the latest independent films, classics of world cinema, and retrospectives of great directors. As always, this year's selection will treat film aficionados to beautiful cinema.

balticpearl.lv



September 2023 / RIGA

Words by Zane Nikodemusa
Publicity photos, by iStock
and Unsplash

HOMO NOVUS THEATRE FESTIVAL

Until September 9

The Homo Novus International New Theatre Festival is one of the leading contemporary performing arts festivals in the Baltics. Its programme is always quite brilliant, giving audiences the opportunity to get to know world-renowned as well as up-and-coming artists. The unifying theme for all of them is a relentless interest in and opinion on contemporary society. Check out the programme to find a show that interests you!

homonovus.lv



Photo by Garrett Davis



© Sandro Miller. Courtesy of Gallery Fifty One Antwerp

Gob Squad, a British-German collective of artists, will be performing at the Homo Novus festival on September 1.

Sandro Miller.
Irving Pen / Pablo Picasso, Cannes, France, 1957. 2014.

SANDRO MILLER PHOTO EXHIBITION

Until October 29

Malkovich, Malkovich, Malkovich: Homage to Photographic Masters, a series of works by the internationally renowned American photographer Sandro Miller, is on view in the Cupola Hall of the main building of the Latvian National Museum of Art. This unique show is the result of a collaboration between two powerful creative personalities: Miller and the celebrated American film and theatre actor John Malkovich. They share a years-long friendship, and Malkovich has been Miller's model on several occasions, including for this project, in which the actor takes on various different characters from the classics of 20th-century photography.

lnmm.lv

May this quote from the New Zealand lyric soprano Kiri Te Kanawa serve as inspiration to attend a performance at the Latvian National Opera. This month, for example, it will treat audiences to classics such as *Aida*, *Madama Butterfly*, and *Carmen*. More information at opera.lv.

Quote of the month

‘Opera is for a lifetime, not just a minute.’

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A still from the Lithuanian National Drama Theatre's production of *The Silence of the Sirens*. See it at the Sirenos festival on September 24.

Photo by Dmityrius Mavejevas

VILNIUS

SIRENOS THEATRE FESTIVAL

September 20 – October 8

For a couple decades, the Vilnius International Theatre Festival 'Sirenos' has been proudly presenting works by the most prominent theatre makers from Europe and the rest of the world. A no-less important aim of the festival is to provide a concise view of the most recent developments in Lithuanian theatre. Celebrating its 20-year anniversary this year, its programme reflects on the role of theatre in contemporary society. It's a must for anyone with a passion for theatre and contemporary culture.

sirenos.lt

Did you know?

If you ask a local what traditional Lithuanian dish is the most popular, almost everyone will answer *cepelinai* – Zeppelin-shaped stuffed potato dumplings.

govilnius.lt



RIMI VILNIUS MARATHON

September 10

Every year, thousands of runners from around the globe gather in Vilnius for the *Rimi* Vilnius Marathon. Initially established in 2001 as a 10K race, it was upgraded to a full marathon in 2004, with a half marathon following in 2006. The city of Vilnius itself is a major draw for runners, having been listed as a UNESCO World Heritage Site. Along the course, runners can enjoy stunning Gothic, Renaissance, Baroque, and Classical architecture as well as the city's medieval layout and natural setting.

vilniausmaratonas.lt



CELEBRATION OF THE AUTUMN EQUINOX

September 20–22

In a world where the fast pace of life is doing away with rituals and traditions, the Baltic nations still maintain the traditions of their ancestors. Thus, the autumnal equinox is marked every year in Vilnius as the transition from the warm season to the colder one. As part of the event, huge straw sculptures are set up on the Neris River and then set alight in the evening, accompanied by ancient songs and colourful fire shows. Autumn markets are also important happenings at this time of year.

etno.lt



BANCHETTO MUSICALE

September 5–24

The Banchetto Musicale early-music festival came into being in the autumn of 1989. Since then, it has been held every year except 1991, when Lithuania suffered an economic and political blockade. Devoted to music, dance, and theatre from the medieval, Renaissance, and Baroque eras, Banchetto Musicale has made a name for itself on the map of specialty festivals. This year's theme is 'exile', and the programme features soloists and ensembles from Lithuania, Poland, Germany, Belgium, France, Italy, Spain, Greece, Iceland, South Korea, and Japan.

bmfestival.lt



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TALLINN DESIGN FESTIVAL

September 18–24

The 18th Tallinn Design Festival takes across the entire city. But if you happen to be in the Krulli Quarter in Põhja-Tallinn, remember that this is the festival's main location. This year's event is focusing on the impact of AI on the design sector, presenting several exhibitions, seminars, workshops, and fashion shows. On top of that, everyone's welcome to shop for pieces from the latest design collections at the Design Street market. tallinnfestival.com

Did you know?

Three major islands are easily accessible from Tallinn – it takes only about an hour to reach Aegna, Naissaar, and Prangli. There visitors can go hiking, book a guided tour, dine, and even stay overnight. visittallinn.ee



TALLINN MARATHON

September 8–10

Tallinn has become an attractive destination for tourists who run. This marathon weekend kicks off on Friday night with the *Nike* Youth Run 5K race. But the real bash is held on September 9 and 10, when Estonia's largest running event draws thousands of runners for a half-marathon and full marathon race. Choose your distance and come join the fun! jooks.ee

TALLINN



SIMPLE SESSION

September 20–26

As one of the world's most celebrated action-sports festivals, Simple Session in Tallinn gathers the world's best BMX street riders and skateboarders. Over the course of this week, events take place all over town: in the Põhjala area, at Skoone Bastion, in Vabaduse Square, and on the city's streets. Various international TV and online channels, including world-renowned X Games on *Twitch*, will broadcast the finals of the skateboarding and BMX contests. simple.session.ee



NARGEN FESTIVAL

Until October 25

The Nargen Festival is the most diverse music festival in Estonia. It presents a great many different genres, from folk music to the best of classical music. September is traditionally dedicated to Arvo Pärt, Estonia's best-known composer of contemporary classical music, whose birthday is on September 11. Several concerts will be held in his honour, with some of Estonia's brightest orchestras and soloists performing his music. Tickets at piletilevi.ee



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Check our website for more on Vastint Latvia's market-leading projects or contact us for specific inquiries.

VASTINT

www.vastint.eu

Noelle Mason. *Backscatter Blueprint (Los Bananos)*. 2020.



CRUEL RADIANCE EXHIBITION

Until October 15

The Nykyaiika Photographic Centre in Tampere has been organising the Backlight international photo festival every three years since 1987. As part of the event, the exciting *Cruel Radiance* exhibition is currently on show at the Tampere Art Museum. It explores the processes that are slowly destroying the world's living conditions and the scars left by sudden geopolitical crises. The exhibition features works by English artist Susan Schuppli, American multidisciplinary artist Noelle Mason, and Fiona Amundsen from New Zealand, among others. tampereentaidemuseo.fi



TAMPERE



Did you know?

Tampere is known for its stunning views, public saunas, quirky museums, and family fun. visittampere.fi



ITF TAEKWON-DO WORLD CHAMPIONSHIP

September 4–10

Taekwondo is an art of self-defence that originated in Korea. With a history reaching back more than 2000 years, it's recognised as one of the oldest martial arts in the world. The name describes the practice quite aptly: *tae* (foot), *kwon* (hand), *do* (art). This month at the Tampere Exhibition and Sports Centre you have a unique opportunity to see the world's best martial artists doing what they do best. Adrenaline guaranteed! itftaekwondo.com

TAMPERE MARATHON

September 10

The Tampere Marathon is being held again this September. The course runs through a beautiful arboretum by Lake Pyhäjärvi, along the Tammerkoski River to Lake Näsijärvi, and around the Tampere city centre. It's a very scenic, relatively fast, and mostly asphalt course. Experienced runners are praising Tampere as an exciting new destination that brings together the ultimate mix of sporting and leisure. tampereenmaratonklubi.com

MÄNTTÄ FOOD FESTIVAL

September 2

The Mänttä Food Festival at *Restaurant Gösta* in the Serlachius Museum Gösta is a delight for friends of delicious food. The theme of the dinner changes annually, with this year's theme being 'Heritage'. The star of the show is internationally known Danish chef Jens Peter Kolbeck. But if you're in town on another weekend, it's still worth going on a gourmet expedition, because Tampere is known for its thriving foodie scene. serlachius.fi



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Words by *Marta Metuzāle*
Photos courtesy of *Vecom*

Rimi Riga Marathon 2023



▼ Medals for participants of the World Athletics Road Running Championships in Riga



Riga – the world’s capital of running

Great news for all running enthusiasts! On October 1, Riga will mark its title as the capital of road running by hosting the first World Athletics Road Running Championships.

Around 20,000 runners from at least 100 countries will compete in a half-marathon, a 5K run, and a mile run to win unique medals inspired by Latvian art. And the best part is that you, too, can participate!

While there have been World Athletics Half Marathon Championship in the past, the World Athletics Road Running Championships in Riga will be the first competition focused on three distances – a half-marathon, a 5K run, and a mile run. Additionally, for the mass race the event will feature a relay race in pairs. As an introductory step before the 2024 Summer Olympics in Paris, which will have the same entry rules, everyone is eligible to participate. The championships have gathered significant attention from the world’s running elite, but amateur runners, running enthusiasts, and those who are just starting to get a taste for running are all welcome to participate. In addition to individual runs and relay races, larger groups of friends or colleagues are invited to form teams and participate in the Team Cup organised by *Signet Bank*, thus promoting running and an active lifestyle among colleagues, friends, and acquaintances.

Thanks to numerous activities sponsored by *Rimi*, the championship is also suitable for children. On September 30 – the day before the races – children will be invited to participate in distances of 200 and 400 metres, as well as a baby run, free of charge. For a symbolic fee, they can also run for the title of Sprint King and Queen for a distance of 50 metres.

Rimi Riga Marathon 2021, runners passing the Latvian National Museum of Art




With 2023 being a culturally important year for Latvia thanks to the 150th anniversary of the traditional Song and Dance Festival, the Road Running Championship will also pay tribute to Latvian cultural roots. Not only does the mile run begin right in front of the Latvian National Museum of Art, but the awards are art-themed as well. All participants will receive an official t-shirt featuring elements from artwork by the famous Latvian impressionist Vilhelms Purvītis, and at the finish line they will receive medals inspired by the works of the notable Latvian painter and graphic designer Niklāvs Strunke.

But what if running is not for you? You can still be part of the championships – just line up along the route to support and cheer on your friends and loved ones! The whole of Riga will turn into a big running party on the first day of October, and it will be a great opportunity to be part of the history of the road running championships. See you in your running shoes in Riga!

worldathletics.org



www.montenegro.travel

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 **@SeeMontenegro**



CITIES OF THE MONTH / September

Words by Olga Dolina
Publicity photos

◀ Halil Paşa (1857-1939), *Painter and her Studio*; SMM Painting Collection



Turkish Painting: In the Pursuit of Modernism, an exhibition at the Sakıp Sabancı Museum, reflects the transformation and modernisation of Turkish art between the late Ottoman Empire and the early Republic of Turkey (until December 31; Sakıp Sabancı Cd. No:42; sakipsabancimuzesi.org). The showcase reveals the biggest names in national painting via their vivid landscapes, still lifes, deeply personalised portraits, and documentations of court life. The so-called 1914 Generation is considered to have marked a turning point in the history of Turkish art. Most of its artists – among them İbrahim Çallı, Feyhaman Duran, and Namık İsmail – left for Europe and then returned to Turkey at the outbreak of the First World War. Paris had been their main destination, and the array of artistic expression, styles, and genres of that time, most of all Impressionism, is reflected in the unique works by these Turkish artists.

The **Istanbul Modern**, the city's first museum of modern and contemporary art, is set in a new building designed by the world-famous *Renzo Piano Building Workshop* (Kılıç Ali Paşa Mahallesi, Tophane İskele Cd. No:1/1; istanbulmodern.org). Sitting on the picturesque Karaköy waterfront, where the Bosphorus and Golden Horn meet, the museum provides a space for temporary exhibitions, film screenings, and educational programmes. The building was inspired by the glittering waters of the Bosphorus, while its shape resembles a ship packed with containers. The rectilinear façade is made from a sequence of 3D aluminium panels that interplay with sunlight and the sky. The museum's permanent collection of Turkish and international art spans from 1945 to the present. The restaurant terrace has spectacular views across Istanbul, while 360-degree views and a reflective pool mesmerise visitors from the rooftop. The museum also features a library, event spaces, a café, and a gift shop.

Nestled along the Bosphorus waterfront, **The Peninsula Istanbul** offers a luxurious and memorable stay overlooking the city (Karaköy, Kemankeş Cd. No:34; peninsula.com; from EUR 950). The new hotel occupies four impressive buildings: a former passenger terminal designed in the Bauhaus style in 1937, two restored Ottoman-era gems, and a modern glass-and-bronze extension. Its 177 rooms created by local interior design star Zeynep Fadilloğlu combine dark wooden furniture, pastel shades, elegant textiles, and typical Turkish mother-of-pearl inlay. Guests can arrive at *The Peninsula* from the street or by private boat. The hotel's enchanted garden was designed by the Swiss landscaping master Enzo Enea. The outdoor swimming pool and lounge zone are situated right along the waterfront, while the 25-metre indoor pool is surrounded by Marmara columns and illuminated by overhead domes.



Istanbul Modern



The Peninsula Istanbul Hotel. Istanbul Spa & Wellness Swimming Pool

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Photo © RMN-Grand Palais (Musée d'Orsay) / Hervé Lewandowski

◀ Pierre-Auguste Renoir: The Swing, 1876
© Paris, Musée d'Orsay, RF 2738



BUDAPEST



The Museum of Ethnography rooftop garden



W Hotel Budapest, WOW Suite

Renoir – The Painter and His Models is a monographic exhibition at the Museum of Fine Arts focusing on the figural depictions and portraits of the Impressionist genius (September 22 – January 7; Dózsa György út 41; mfab.hu). Pierre-Auguste Renoir (1841–1919) declared himself a figurative painter, and his artistic gaze was always drawn towards intriguing people, including, of course, women – his nudes famously celebrate the grace of the female body. A skilled portraitist, he caught subtle facial expressions, radiant gazes, and the nuances of a person's character, as well as the phenomena of modern life at the turn of the century, to depict a carefree and harmonious world through a varied oeuvre spanning more than six decades. The exhibition, which includes paintings, graphic art, and sculptures, follows Renoir's path chronologically and thematically via his relationships with his models.

Liget Project, a major revitalisation project of Budapest City Park, aims to transform a popular green space into a hub of contemporary culture. The park's latest newcomer, the **Museum of Ethnography**, attracts visitors not only with its rich collection of ethnographic artefacts of Hungarian folk culture but also with a spectacular green rooftop that's open to all 24/7 (Dózsa György út 35; neprajz.hu). The design of the building by *Napúr Architect* features a curve measuring a kilometre in diameter with two wings resembling hillsides. They support a garden that rises as high as the crowns of the surrounding trees. Covering more than 7000 square metres, the green area houses a variety of flora. And with wooden benches throughout, this panoramic roof garden is tailor-made for urban recreation and also provides a spectacular panorama of the park.

Set on central Andrásy Avenue, the Neo-Renaissance-style Drechsler Palace – built in 1886 and the former home of the Hungarian State Ballet Academy – now houses the new **W Hotel Budapest** by *Marriott*, which blends a luxurious past with sleek modernity (Andrásy ut. 25; marriott.com; from EUR 587). The 151 guest rooms and 45 suites with noble turquoise wall panelling, sleek lounge area, and speakeasy-style bar elevate guests' stays with a playful and bold design by the local studio *Bánáti + Hartvig* and London-based *BJB Architects*. Protected architectural elements have been restored, original tiles reused, and former colours and textures reimaged. The light-filled courtyard is shielded by a glass roof, while the mirrors in the vaulted basement spa create an illusion of infinite space. Monochrome checkerboard tiles in the bathrooms reference Hungarian bonds with the game of chess.



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The **Infamous Beauty** exhibition at the DOX Centre for Contemporary Art highlights the oeuvre of American contemporary artist Andres Serrano (until January 7; Poupětova 1; dox.cz). The showcase is divided into two intertwined parts, with the section titled 'Beauty' displaying more than sixty works from Serrano's series *Body Fluids* (1986–1990), *Nomads* (1990), *Objects of Desire* (1992), *America* (2001–2004), *Holy Works* (2011), *Made in China* (2017), and others. His new pieces are complemented by older works to create an intriguing dialogue and powerful connection. The images from the *Infamous* series created in 2019 are displayed in the mezzanine and overwhelm with the theme of racial intolerance and inequality. Picturesqueness and high aesthetics are a key trademark of Serrano's style. Often considered a rather controversial artist, he seeks and finds ultimate beauty even when depicting the darkest narratives and places.

Held since 2008, the **Dvořák Prague** international music festival is packed with a variety of musical events and enthralls the Czech capital with classical rhythms for two weeks in September (September 2–25; dvorakovapraha.cz). The event is dedicated to the iconic Czech composer Antonín Dvořák (1841–1904). The programme is divided into several series, with the 'Dvořák Collection' at the centre and presenting complete categories of Dvořák's oeuvre every year. The Israel Philharmonic Orchestra and Vienna Philharmonic are among the international orchestras performing this year. On September 9, Zurich's Tonhalle-Orchestra will play Dvořák's Cello Concerto and Symphony No. 9, followed by pieces by Beethoven and Bruckner the next day.

Marie B, a new restaurant with a blank menu concept, has opened in the heart of Prague's Old Town to bring a spirit of experimentation to historical Czech cuisine (Dlouhá 729/37; marieb.cz). Run by a *Michelin*-starred team from the acclaimed *La Dégustation Bohême Bourgeoise* restaurant, *Marie B* is named in honour of the historic culinary hero and cookbook author Marie B. Svobodová. Her 1894 book intrigued with such dishes as fried watermelon, and now *Marie B* chef Jiří Šoura creates dishes that are no less inspiring. The four-course lunch and dinner menu constantly changes, and Šoura is free to serve whatever he decides to create at that particular moment from the available fresh seasonal ingredients. The interior features historic vaulted ceilings and is adorned with neon and textile works by Berlin artist Anselm Reyle. The *Vin de Marie* wine shop sits next door.

Main venue of Dvořák Prague festival – Rudolfinum.

Marie B restaurant



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The office building Duntes Biroji is situated in the well-ordered territory of the developing Skanstes business district. Features a two-part building with seven floors, an expansive glass atrium, and a harmonious environment. Duntes Biroji has been chosen as a base by the internationally well-known companies Samsung Electronics, McDonald's, Compass Transit, Circle-K and others.



Words by **Marta Metizale**
Photo by *Shutterstock*



The majestic Marienburg Castle

Looking like a scene from a book of fairy tales, Marienburg Castle remains one of the main symbols of Hanover.

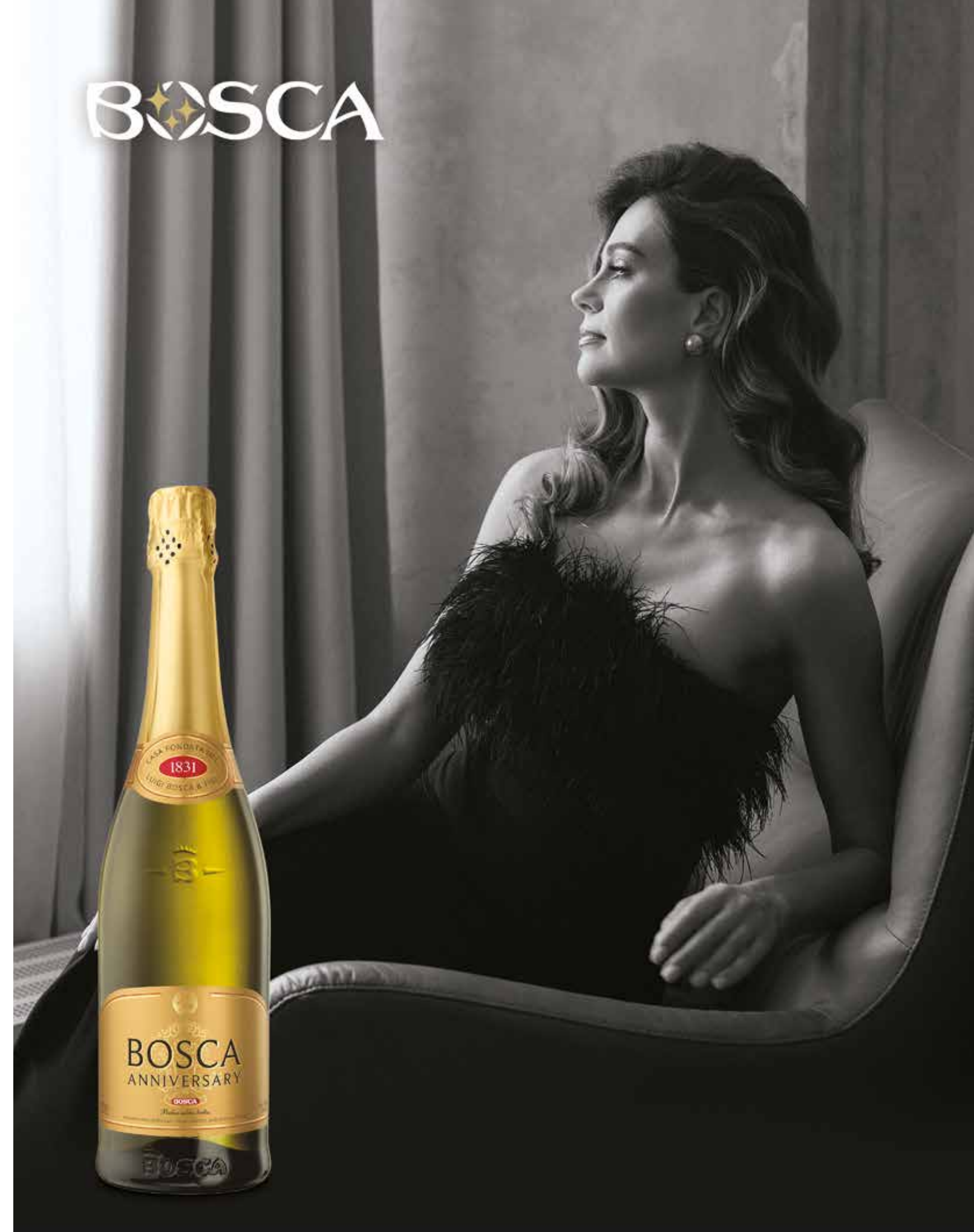
Lavish balls, extravagant dresses, royal receptions – Marienburg Castle was designed to be the centre of the Kingdom of Hanover, uniting royalty from all the nearby kingdoms. While more than 150 years have passed since the kingdom was dissolved and the state was added to Germany, the castle still stands to remind the world of the magnificent beauty and power it once represented.

The romantic medieval Marienburg Castle of Hanover is a marvellous jewel of the German landscape. Built in the 1860s as a gift and summer house from King George V to his beloved wife, Queen Marie, it has become one of the most prominent architectural landmarks of Central Europe. However, George V was blind since childhood and therefore could not see the marvellous work of art the architects created for his wife. And unfortunately, the castle did not serve as a home for the royal family for very long. It was not yet completely finished or fully inhabited when the Kingdom of Hanover lost the Austro-Prussian War and subsequently also its independence in 1867. The incomplete castle soon became part of the German Empire, and the royal couple were forced to leave and live in exile in Austria.

After losing its original inhabitants, the majestic castle remained empty for almost 150 years. Only in the past few years has it regained its previous grace and reopened to visitors. Marienburg Castle is built in the enchanting Neo-Gothic style, which reflects the architectural trends of the 1860s. Because the castle was abandoned for so long, its detailed interior was left untouched and visitors can marvel at the patterned walls and carved ceilings in their original splendour.

Atop Marienburg Castle rises an impressive tower with a renovated viewing platform. Now open to visitors, the platform offers beautiful views over the Leine River and its valley. Climbing to the top requires good weather conditions, but the view often leaves visitors speechless. The castle itself makes one reminisce about historic grace, the unconditional love that inspired the construction of the castle, and the various different eras it has witnessed. Nowadays, Marienburg Castle is also a popular wedding destination and houses a well-rated restaurant that provides the best finishing flavours and touches to a visit here.

schloss-marienburg.de



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Words by Ilze Vitola
Publicity photos and courtesy
of *Visit Copenhagen*

Photo by Rachel Jones



MY COPENHAGEN

While embarking on culinary explorations in Copenhagen, you're likely to come across tableware by *MK Studio*. The studio is the creation of **Magdalena and Michal Kalużny-Włodarek**. Magdalena is a ceramicist, and Michal is a chef. *MK Studio's* vibrant yet incredibly functional dishware is a combination of their expertises.

Magdalena and Michal met in Poznań, Poland, but have called Copenhagen their home since 2014. 'We love how bicycle-friendly the city is, and the food and coffee here are exceptional,' they say. Here, they share some recommendations for a visit to the Danish capital.



Fly to
Copenhagen
from €45
one way



Hart bageri

This is our favourite bakery and one of the most famous bakeries in Copenhagen. Its founder, Richard Hart, was a baker at *Noma* and has brought Danish pastries to new culinary heights. It's situated in the heart of the green Frederiksberg neighbourhood. We recommend the sesame city loaf with butter and cheese, and definitely also sample the cardamom croissants. The aromas, the crispiness, the flavour – they're all impeccable. *Hart bageri* recently also opened a shop in the hip Refshaleøen area. Gammel Kongevej 109; hartbageri.com

Diamond Slice

Fans of pizza should look out for *Diamond Slice*. It makes a mean New York-style pizza using a sourdough base and lots of local produce. The pizzeria is located on picturesque Blågårdsgade close to the Copenhagen Lakes. Add *Diamond Slice's* relaxed vibe and good drink selection, and you've got a perfect casual evening. Alternatively, the intimate *Surt* at Carlsbergbyen is another spot for good pizza as well as hand-cut beef tartare. Blågårdsgade 27; diamondslice.dk

Mielcke & Hurtigkarl

Situated in the Frederiksberg Gardens, this is one of the most beautiful restaurants we've eaten in. It's housed in an 18th-century orangery and is highly acclaimed for its inventive and refined cookery, which has some Japanese influences. The dishes are executed with aesthetic prowess, and the overall aura echoes the beautiful surroundings of the Royal Danish Garden Society. Take some time for a stroll around the park before or after dinner. Frederiksberg Runddel 1; mhph.com

Glyptotek

The art gallery that's an architectural masterpiece showcases the collection of the Jacobsen family, the founders of the *Carlsberg* brewery. The Glyptotek has an impressive array of ancient Mediterranean art and sculpture as well as noteworthy pieces from the Danish Golden Age and French impressionists. The highlight is the lovely, serene Winter Garden. Get a coffee and a bite to eat at the gallery's *Picnic* café, which overlooks the garden. Dantes Plads 7; glyptoteket.com

Kate / 30



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Prague IN 24 HOURS



Words by Līga Valko
Publicity photos and by iStock

With ornate architecture, galleries galore, and a thriving foodie scene, Prague is an enchanting city that's ideal for a short break.

A CLASSIC NOT TO MISS

Vrtbovská Zahrada, a fairytale-like Baroque garden, sits on the slope of Petřín Hill. Despite its small size, this green oasis holds a great deal of architectural and historical value. Built in 1720, the park is partially hidden just off of a busy street, so passing through its entrance is like stepping back in time.

Vrtbovská Zahrada



WHY NOT

Jatka78 is an industrial space with a gallery and café located in the former slaughterhouse of the Holešovice Market. From a legendary pub circus to drama and music performances, *Jatka78*'s theatre offers a wide range of new events this season. *Boom Vol. 2*, for example, brings together young circus artists from Cirk La Putyka and the Kyiv Municipal Academy of Variety and Circus Arts. Bubenské nábřeží 306/13; jatka78.cz

WHERE TO EAT

La Dégustation Bohême Bourgeoise serves Czech national cuisine and offers a 14-course tasting menu. A 19th-century cookbook found in a junk shop inspired the menu at this *Michelin*-starred restaurant. It serves authentic dishes such as Třeboň catfish with kefir, poppy seeds, and dill, and Mnetěš pigeon with elderberries and hazelnuts.

Haštalská 18; ladegustation.cz

WHERE TO SHOP

It's all in the name – the House of Porcelain (*Dům porcelánu* in Czech). From floor to ceiling, the three floors of this shop feature glass and ceramics from Czech porcelain makers, including original Blue Onion pieces, Chodov rose china, and *Thun* porcelain. Although a little heavy, Blue Onion porcelain (*cibulák* in Czech) featuring a blue pattern on a white background makes a great souvenir.

Jugoslávská 567/16; dumporcelanu.cz



WHERE TO STAY

The *BoHo Prague Hotel* of understated luxury is nestled among the colourful houses and Gothic vibe of Prague's Old Town. It's the perfect city-break retreat, combining eye-catching modern design, friendly service, and modern touches. With its high ceilings and full-length windows, the hotel's lounge and foyer evoke the building's former life as the offices of the city newspaper.

Senovážná 1254/4; hotelbohoprague.com; from EUR 300



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Words by Liga Valko
Photos courtesy of Saviour Mifsud

Point of view

Where to go in Malta, according to photographer Saviour Mifsud.

Fly to
Malta
from
€159
round trip



My secret spot

‘A favourite place of mine is the picturesque shores of Comino Island in the Maltese archipelago. There are countless tiny caves hidden within rocky alcoves along the island’s western fringes. To experience their wonder, one must venture out by boat or opt for an adventurous journey aboard a jet ski, paddle boat, or SUP from the renowned Blue Lagoon. My advice to fellow explorers is to bring goggles. You’ll be in for a breathtaking experience when you dive into the crystal-clear water.’



Saviour Mifsud

[instagram.com/saviourmifsud](https://www.instagram.com/saviourmifsud)

Number of followers: 50.4k

Saviour Mifsud is a self-taught photographer hailing from the enchanting island of Malta. His photography journey began in 2014, but already a year later he decided to start sharing his work on *Instagram*. He was inspired to capture stunning landscapes and engage in travel photography by the overwhelmingly positive response he received from his followers.

Mifsud currently makes his home in the fascinating landscape of the Faroe Islands, but he returns to Malta once or twice a year to stay connected to his homeland. It is his love for this tiny Mediterranean island nation that keeps him inspired as he absorbs its beauty and explores the experiences available there.



The tower overlooking Gnejna Bay.

Other locations to check out

- Travellers are familiar with the tower near Riviera Bay in Malta, but the real magic lies in hiking up the hill to discover the tower near Gnejna Bay. Its breathtaking views of the bay and the Il-Qarraba promontory make it unlike any other spot.
- For more captivating locations, check out the comprehensive guide available at [rexby.com/saviourmifsud/malta](https://www.rexby.com/saviourmifsud/malta).

Words by Marta Metuzale
Photo by Shutterstock

A relaxing escape

Active leisure and wellness in Geneva

It’s no secret that Switzerland is astonishingly beautiful, thanks to its mountainous landscape, romantic lakes, and diverse architecture. And gourmets are well aware of Swiss cuisine, which is full of cheese, bread, and other heart-warming foods. However, Geneva also fulfills the dreams of those seeking energetic daytime pursuits and relaxing wellness activities in the evening.

Known for its scenic beauty, cultural heritage, and cosmopolitan way of life, Geneva has plenty to offer if you love to live in the moment. Its cobblestone streets are lined with outdoor cafés and independent shops, while the more cosmopolitan stretches of the city are brimming with designer brands and elegant restaurants. Geneva’s architectural picture, for its part, is strongly influenced by its history and religious changes. Even though Geneva was an independent city-state up until the end of the 18th century, it experienced both Catholic and Protestant influence as well as a strong impact from France.

One of the best features of Geneva is its closeness to nature. The rugged Alps surround magnificent Lake Geneva and provide a very special backdrop for active leisure and wellness vacations.



Fly to
Geneva
from
€95
one way

THINGS TO DO AROUND GENEVA

Skiing in the mountains

Geneva is conveniently located between Switzerland and France, allowing travellers to explore winter activities in both countries. The peaks are covered in snow even on hot summer days. Most of the nearby ski resorts are located around an hour from the city in the Aravis-Annecy mountains, which means you can stay at a resort and explore Geneva on a day trip if you want to focus on skiing and leave the city getaway as a side activity. And don’t worry about your skiing skills – every resort has certified instructors who’ll teach you their best tips and tricks for a smooth skiing experience on slopes of various difficulties.

Hike until sunset

If skiing lies outside your comfort zone, the mountains are also a great place to hike. Grab your backpack, your best hiking boots, and a camera, and go up into the hills to view the city and Lake Geneva from above. You’ll long for those breathtaking views after you return home! The city has a vast offering of longer and shorter trails, so adventure seekers as well as families with children are sure to find a suitable option. The closest destinations are Mont Salève and the Jura Mountains, which are perfect choices for an active day outdoors.

A relaxing spa of your dreams

After a high-intensity day, the body deserves a luxurious rest. Geneva has plenty of spas and wellness centres to soothe your mind and body before returning back home. Pools, saunas, massages, and float tanks are only a few of the options you’ll find here. Most hotels are also equipped with spa offers, so make sure to explore the possibility of combining your hotel stay with an unforgettable spa experience. To feel like a local, pay a visit to *Bains des Pâquis*, which is located on the banks of Lake Geneva and combines a spa with the natural beauty of the city.

Words by Olga Dolina
Photos by iStock

Take your friends

...TO A COOKING CLASS IN VALENCIA

...and master the cult Spanish dish – paella.



Just outside Valencia sits the Albufera Natural Park, a wetland defined by a large lake and beautiful rice fields.



Paella must be cooked on an open fire.



Rice cultivation in the region was introduced by the Moors around the 10th century CE.

Did you know that Valencia is the birthplace of paella? It is here, on the Mediterranean coast of Spain, ten kilometres outside the city by the picturesque Albufera lagoon, that the best rice for traditional Valencian paella is grown. Rice cultivation in the region was introduced by the Moors around the 10th century CE, and the grain soon became a main ingredient of the local cuisine.

But only tourists eat paella in the evening. It is in fact a typical lunch dish, cooked and eaten at home with the family on weekends. Paella has always been a lunchtime meal of farmers, who added to the rice everything the land and sea could offer. For example, classic *Paella Valenciana* is cooked in a broth with rabbit meat, chicken, small snails, and green beans.

To cook the rice, add two volumes of water for every one volume of rice, and boil for 18 minutes. To recognise authentic paella, one should assess its colour, aroma, and *soccarat* – the browned, crusty layer of rice that forms on the bottom of the pan and gives extra dimension to the dish. Paella must be cooked on an open fire that includes branches from orange trees, which produce extra smoke that infuses the dish with the genuine flavours of Valencia.

Dozens of restaurants serve this hearty dish in the city centre. But for a more authentic experience, try the iconic *La Pepica* or *Casa Carmela* at the seaside, *La Barraca de Toni Montoliu* out in the countryside, or head to the village of El Palmar amid the rice fields.

So how about cooking some authentic paella yourself? It's a memorable local experience to undertake solo or with a group of friends, and a great opportunity to meet local people. Several workshops and cooking classes in the city, such as *Very Valencia* and *Horta Viva*, are offered via tourist excursion apps. *My First Paella* cooking school is located in the lively Ruzafa neighbourhood. A workshop there begins with a visit of the colourful stalls of Ruzafa Market to buy the savoury local ingredients and hear curious stories about the area. Once the shopping is done, everyone ties on an apron and the pans are set on the fire – the magic of paella is ready to begin!



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Style by Ilze Čecina
Publicity photos

A wardrobe to work



& Other Stories chunky oval hoop earrings, EUR 19, [stories.com](https://www.stories.com)



Ninetonine tote by *Aldo*, EUR 66.94, [nordstrom.com](https://www.nordstrom.com)



Quadro Mini Dames Horloge watch by *Daniel Wellington*, EUR 149, [brandfield.com](https://www.brandfield.com)



COS floral-print silk scarf, EUR 79, [cos.com](https://www.cos.com)



Uniqlo oversize wool-blend coat, EUR 129.90, [uniqlo.com](https://www.uniqlo.com)



Massimo Dutti straight trousers with golden button, EUR 69.95, [massimodutti.com](https://www.massimodutti.com)



Rouge Dior Forever Liquid lipstick, EUR 45.99, [douglas.lv](https://www.douglas.lv)



Zara asymmetrical double-breasted waistcoat, EUR 59.95, [zara.com](https://www.zara.com)



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EXHIBITION

FIELD OF VISION

FIELD OF VISION

The exhibition features an eclectic mix of paintings, sculptures, and new media from the Zuzāns Collection, which is the largest private collection of Latvian art in the world.

Visitors are invited to embark on a journey of self-reflection and discover their 'blind spots'—issues that, for various reasons, we may not notice, fail to understand, or choose to ignore, and so they skip out of our field of vision. The exhibition showcases the work of more than 60 remarkable local and international contemporary artists.

8 SEP – 3 DEC

Curated by Tina Pētersone
Exhibition design by studio SIJA



ZUZEUM
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Back to its origins

Al Shindagha – the historical neighbourhood of Dubai that reveals the heritage and architectural core of the city.

Words by Olga Dolina
Photo by Fernando Guerra (FG + IG)



The Shindagha Welcome Pavilion

It's hard to believe that the most-populated city in the United Arab Emirates (UAE), which lures visitors in with the most luxurious five-star hotels and the tallest architecture in the world, was a simple fishing village in the 19th century. While the trademark urban image of Dubai is now rich, shiny, and future-orientated, there's still a special area here for history and heritage aficionados to discover – Al Shindagha neighbourhood.

Strategically located along the shores of Dubai Creek, this historical district reflects the lifestyle of Dubai from the mid-19th century to the 1970s. Back then, houses here were built using the traditional materials of coral stone, gypsum, and teak. They were interconnected with courtyards, separated by narrow alleys and public squares, and pierced with tall wind towers called *barajeels*.

The ongoing Dubai Historical District development project works towards the transformation and conservation of this old site. Now considered the UAE's largest open-air museum, the neighbourhood features various different individual heritage projects and attractions, including museums, forts, restaurants, and other venues to discover. The revitalisation of Al Shindagha's identity includes 162 historical buildings in an area of 169,000 square metres. Now 80 of them are grouped in

22 pavilions, each of which presents a particular aspect of Dubai's heritage, such as governance, society, life on land and the sea, creativity, and well-being.

The local practice *X Architects*, along with the international multidisciplinary design studio *GSM Project*, has designed the contemporary Shindagha Welcome Pavilion. Shaped like an open plaza with a teak roof and shifting walls, it acts as a meeting point and information centre for visitors to the Dubai Historical District. Also of note is the Perfume House, which offers a dive into Emirati culture via scent. Once the residence of the perfume connoisseur Sheikha Sheikha bint Saeed Al Maktoum, it houses much of the late royal's personal collection of scents, including a rare 28-kilogram piece of oud, which is one of the most expensive items on display in the museum.

The new Al Shindagha Museum, for its part, tells about the cultural origins of Dubai and the Emirates. It hosts permanent exhibitions, workshops, and educational programmes, and several of the museum's pavilions are set in historical houses. With an interactive exposition designed by *Acciona Cultura*, the museum covers such topics as people and faith, urban development, traditional healthcare and food, jewellery, and beauty.



SMART+ WIFI LIGHTING FOR YOUR HOME AND GARDEN

Home lighting can be so much more than on or off or bright or dark. A good lighting basis for different lighting needs in the room can change according to the time and day. With the right kind of lighting, you can create the desired environment, highlight objects, keep active or relax, support concentration, and increase safety. With smart lamps, luminaires, LED-strips, plugs and sensors from LEDVANCE's SMART+ WiFi product range, lighting can be easily controlled and modified.

Light for many purposes

SMART+ WiFi products diversify the lighting possibilities of homes and gives users various options to implement individual lighting. Furthermore, you don't need to arrive home in the dark, as you can turn on the lights in advance. Or when you're away from home for a long period, you can schedule the lights to turn on and off to give the impression of presence. In addition, depending on the product, it is possible to change the lighting, such as dimming, changing the light colour temperature or light colours. No matter which environment you want to create or highlight, there are approximately 16 million fascinating light colours to choose from.

With the LEDVANCE SMART+ WiFi application for lighting control, it is also possible to create your own groups of light sources according to spaces, for example, control the lighting remotely and create different moods. In addition to this, you can combine different light sources and functions. For example, creating your own lighting for waking up and going to sleep, lighting according to the weather and many other individual lighting solutions.

Versatile control makes everyday life easier

Home lighting is very easy to change to Smart. All that is required is a smart phone (with minimum Android™5.0 or iOS 13.0) and internet router. Control is convenient with the free LEDVANCE SMART+ application, and voice commands work by linking the application to a compatible smart speaker system (Amazon Alexa or Google Assistant). Thanks to the application, it is easy to adjust the smart lighting according to the different conditions and mood of the day or you can just schedule it. Different functions, such as coloured light, brightness adjustment and creating lighting moods, can also be adjusted with a separate remote control. The advantage of a remote control is that anyone can use it to control the lighting. The lights can also be turned on and off with a traditional wall switch.

Intelligence also in the plugs and sensors

With SMART+ WiFi plugs, you can integrate conventional electronic equipment via a standard socket into the SMART+ system. It enables the user to control devices and show energy consumption usage. The plugs can be scheduled to turn on/off at certain times or be turned on/off remotely. In addition, the indoor version can monitor the electricity consumption of the device connected to it. The outdoor model of the SMART+ Plug can be used in gardens and balconies for outdoor electrical devices such as seasonal controlled lighting. SMART+ WiFi Motion Sensor and SMART+ WiFi Contact Sensors are useful features, which offer easy control of other compatible SMART+ WiFi products. For example, motion sensor is convenient with interiors such as wardrobes, where the need for light is momentary and the lighting is always on when necessary.





Words by **Līga Valko**
Photo courtesy of *airBaltic*

ALFA – a blueprint for a successful training and development programme

As part of its commitment to continuous learning, growth, and development, *airBaltic* is launching the fourth season of its internal *airBaltic* Leaders for Future (ALFA) programme.

Through the ALFA programme, airline employees have the opportunity to build their skills and contribute to the company’s long-term success. It offers two different directions: the Leadership Programme for leaders and high-potential employees, and the Personal Development Programme for any employee who wants to develop their skills. The ALFA programme goes beyond traditional training. It is a comprehensive journey that includes interactive learning experiences, such as coaching and ALFA Talks, which are live discussions that stimulate intellectual exchange.

Konstantins Samoilovs, the Ancillary Revenue Manager and an ALFA trainer, highlights the benefits of being a trainer in the ALFA programme. His experience underscores how the programme empowers trainers like him to step out of their comfort zones, become subject matter experts, and enhance essential skills such as communication, presentation, empathy, and leadership: ‘Over time, presenting in front of others increases one’s self-assurance and public speaking abilities, which are valuable skills in many professional situations. I need to stay up to date with the latest research, trends, and methodologies not only in one specific topic but in many other cross-related subjects as well. That keeps me engaged in continuous learning, which is essential for my personal and professional growth.’ The ALFA programme not only fosters personal and professional growth but also promotes a positive work culture, improved teamwork, and heightened employee satisfaction.

Currently, out of 225 Leadership programme participants, 52 high-potential employees have

been selected through an assessment process. It is an opportunity to accelerate professional development for literally everyone at *airBaltic*, as any employee can go through the specially designed Assessment Centre to qualify for the Leadership programme.

This continuous learning approach has become integral to the work routine and processes at *airBaltic*. For instance, ALFA courses have led to the adoption of Kanban methods in the cooperation between the airline’s IT, marketing, and e-commerce departments. This year, the ALFA Leadership Programme is offering new sustainability, digitalisation, and change management courses. In addition to upskilling and reskilling, ALFA participants highly value the networking opportunities provided by the programme. Strong networking among internal leaders enhances the business through collaboration, partnerships, and knowledge exchange, which in turn foster innovation and growth. On a personal level, networking can help ALFA participants and trainers gain access to mentors as well as diverse perspectives and potential career advancement by building their own personal brand.

The ALFA programme is a long-term investment to develop a strong learning culture and encourage, support, and provide training options and continuous learning tools. ‘Creating a better training and development environment and achieving greater success starts with listening to employees. Our employee feedback guides the ALFA programme’s development so that it’s dynamic and continuously evolving,’ says Alina Aronberga, Senior Vice President of Human Resources at *airBaltic*. ‘As an example, our AI project team suggested implementation of a course on artificial intelligence (AI) through the ALFA programme. The vision is essential, but so is the ability to adapt to the ever-changing world and technologies around us.’



Amateciems

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Photo by Prasanth Inturi (Pexels)

FOREVER SUNSHINE

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lumie.com
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feeldoppel.co.uk
GBP 175.00

TALK IT OUT



BetterHelp app
Long gone are the days when therapy was a taboo subject. Being able to talk to a specialist is key to dealing with many situations in our lives. Sadly though, not everyone can afford to visit a therapist or their daily schedule is too complicated for regular visits. The *BetterHelp* platform offers a therapist online. Its chats, calls, and video sessions are all tailored to your needs. And it's much more affordable.
betterhelp.com
Subscription fees

Words by Viesturs Kundziņš
Publicity photos and by *Pexels*

Stay calm

Here are some gadgets that will keep you relaxed when you need it most.



SLEEP TIGHT

Kokoon Nightbuds
A good night's sleep is a cornerstone of maintaining peace of mind during the day. But many of us suffer from outside disturbances, such as a snoring partner, traffic noise, or the neighbours' barking dogs. These noise-cancelling earbuds fit the ear perfectly and have sleep monitoring sensors. Combined with a smartphone app, they play relaxing sounds of your choosing until you fall asleep, then fade out and let you to drift off into the world of dreams.
EUR 204



AROMATHERAPY

Neom Wellbeing Pod
This little gadget from *Neom* is designed to fill your room or office with a relaxing scent of your choice. Just fill the pod with water, add a few drops of essential oil, and you'll soon be surrounded by aromas that will help you relax, sleep, or work. You can set the vapour intensity and a timer on the pod.
neomorganics.com
GBP 95.00 (essential oils sold separately)

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Dinner party

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Stereo in Paris

When a long-scheduled dinner finally moves out of the group chat and becomes a reality, it's already a miracle, so why not make it into a full night? But you don't want to lose any partygoers along the way during *Uber* rides to other venues. Luckily, many establishments offer not only great dinner fare but also a place to dance off the calories.

These hybrid spots can be traced back to the supper clubs that thrived in the United States during the Prohibition era in the 1920s. To circumvent the prohibition of selling alcohol, establishments combined dining with entertainment – live music and dancing. As Prohibition ended, the supper clubs persisted and transformed into upscale destinations fusing refined cuisine with nightlife.

Over the years, this dinner-party concept has travelled to other parts of the world and been variously reinterpreted, from flashy cabaret shows to intimate jazz sessions. In the late 20th century, with the rise of electronic dance music, many places began elevating dining experiences with live DJ sets and luminous dance floors. Think London's iconic *Dishoom* complementing its delicious Bombay-inspired dishes with jazzy tunes from its own house band, or *Corral de la Morería* in Madrid, which has been offering sophisticated Spanish cuisine and world-class flamenco dance since 1956.

These hybrid spots can be traced back to the supper clubs that thrived in the United States during the Prohibition era in the 1920s

Words by Ilze Vitola
Publicity photo

STYLISH SPOTS TO BOOK NOW

Stereo in Paris

Located in the lively Pigalle neighbourhood, everything at *Stereo* is perfectly curated, from the wine list and the delectable dishes made of seasonal, local produce to – you guessed it – the music playing on vinyl. Established by Louis and Alexandre, two friends in their 30s, the bar has a friendly, relaxed atmosphere frequently elevated by DJs spinning records. 43 Rue Notre Dame de Lorette; stereoparis.com

Brasserie Zédel in London

Housed in a lush Art Deco building – the former *Regent Palace Hotel* – *Brasserie Zédel* is an oasis of pleasures. Here, under one roof, you can find an elegant brasserie, the more casual *ZL Café* with outdoor seating, and the *Crazy Coqs* venue hosting several events per week ranging from cabaret to jazz, theatre, and comedy. The sleek *Bar Américain*, for its part, is an institution in and of itself and arguably one of London's best bars. 20 Sherwood Street; brasseriezedel.com

Morfar Ginko & Pappa Ray Ray in Stockholm

A one-stop spot for frolicking in the Swedish capital, this chic industrial bar-restaurant-club is favoured by everyone who's anyone on any given night. Come here for Swedish bar snacks, a music quiz on Wednesdays, exquisitely executed pizzas, a round of ping-pong, and world-class DJ parties on the weekends. Swedenborgsgatan 13; morfarginko.se

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Words by Ilze Vitola
 Publicity photos, by Ilze Vitola and *iStock*
 Illustration by Agnese Negriba

ALIVE AND KICKING

Give Brussels a chance, and its big-city pleasures, multicultural mindset, and dynamic nature will surprise you.

‘*Lâches!*’ (‘let go’ in French), yells a grey-haired man with beads of sweat on his forehead as we both hang on to the climbing holds 20 metres above the ground, almost reaching the ceiling of the Church of Saint Anthony of Padua. I befriended this man just 15 minutes ago, down on the ground, confessing that this was my first time climbing and seeing terrifying scenarios in my mind of the auto-belay system failing and, instead of gently transporting me back down when I let go of the holds, crashing me onto the floor. I have a terrible fear of heights, so how did I get here?

It all started yesterday when dining at *Old Boy*, a hot-ticket modern Asian bistro, with my friend Sanne, who moved to Brussels from Amsterdam a year ago. While savouring the camembert-and-kimchi-filled wontons, in the classic manner of neighbouring-nation rivalry she noted that every trend that appears in Amsterdam arrives in Brussels two years later...like climbing and natural wine. Suddenly she remembered about a new climbing room installed in an abandoned church: ‘You must try it!’

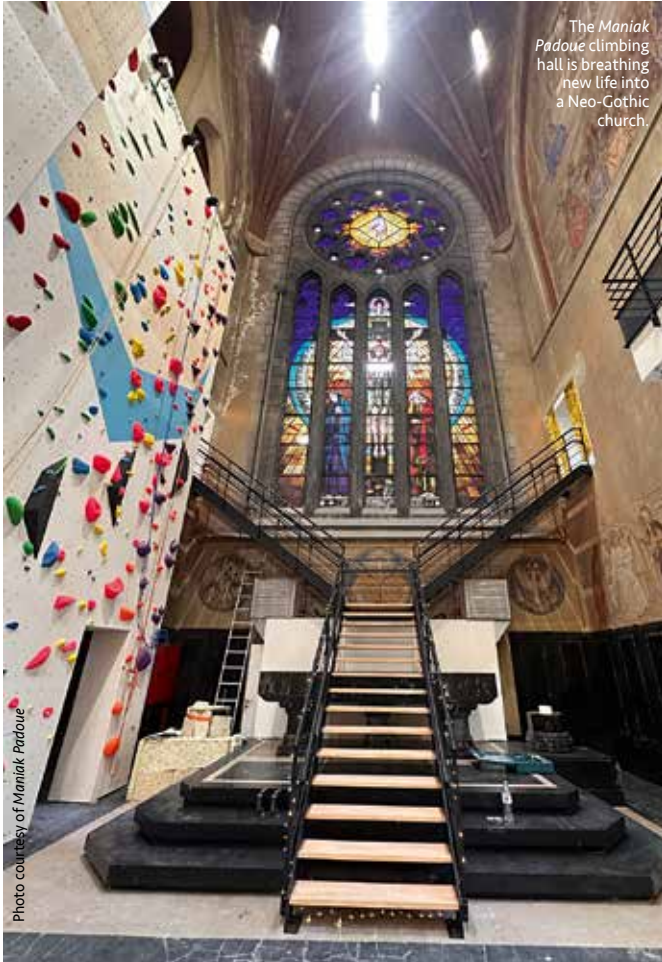
Contradicting my survival instincts, I let go of the climbing holds. The system slowly transports me back to the ground. ‘We noticed that the church was standing empty, and we thought – it’s perfect for climbing,’ says Kyril Wittouck, one of the founders of the *Maniak Padoue* climbing hall.

The Neo-Gothic church tucked away in the Forest neighbourhood at the southern edge of the city was deteriorating and demanded high maintenance costs that the shrinking congregation could not afford. Thus *Maniak*, which already operated three other modern climbing gyms in Nivelles, Charleroi, and Braine-l’Alleud, came to the church with an offer it couldn’t refuse – to rent, renovate, and preserve the structure, while the congregation moved to a smaller room within the church. It’s a win-win situation. The refurbishment was gentle, with each drill hole carefully considered. The altar and stained windows have remained intact, while the symbols of Christianity were removed. It seems that in Brussels, anything is possible – if you want to fit a climbing wall into a church, you can.





Strolling along Brussels' streets, one often comes across unexpected Art Nouveau treasures.



The Maniak Padoue climbing hall is breathing new life into a Neo-Gothic church.

Photo courtesy of Maniak Padoue



The muted aesthetics of Café Seven.



The Carbon Athletics running club is reshaping the sport's reputation in Brussels one race at a time.

I'm surprised by the many eye-catching façades I encounter

I FIRST TRIED RIDING AN E-SCOOTER IN BRUSSELS, TOO. IN 2017, MY DATE ARRIVED ON THIS FORM OF TRANSPORTATION, WHICH UP UNTIL THEN I HAD DISMISSED AS JUST FOR KIDS OR LAZY PEOPLE. But then, while zipping through the unexpectedly hilly streets, I got the hang of it and acknowledged the e-scooter's advantages. We ended up eating take-away pizza at Place Poelaert, with the panoramic nighttime view of the historical heart of the city on one side and the Palace of Justice on the other.

When the Palace of Justice was constructed in the late 1800s, it created much controversy. The architect, Joseph Poelaert, was given enormous artistic freedom, and large parts of the Marolles working-class district were sacrificed for the construction of this gigantic court complex, leading to Poelaert becoming a *persona non grata* among the residents. At the time, the Palace of Justice was the world's largest building, but Poelaert died of exhaustion and madness a few years before its completion. In 1984, with the start of a major renovation, the palace became trapped in metal constructions that remain in place to this day, resulting in the nickname the Palace of Scaffolding. Recently, however, the Belgian government announced a plan and budget for finally freeing the building from scaffolding. Construction work will

commence next year and will hopefully be finished in time for Belgium's 200th anniversary in 2030.

One thing that has changed in Brussels is the number of electric scooters. There are currently 21,000 e-scooters on the streets of Brussels, compared to 15,000 in Paris. And while the city's officials have promised to decrease that number to 8000 by next year due to the nuisance of inconsiderate parking and a haphazard driving culture, the residents I meet don't seem too bothered by the scooters, noting their convenience. Following suit, I nab one and head to the *Seven* café, a new health-minded local favourite in the residential district of Uccle.

It's lunchtime, and the airy café is buzzing. The long line of small tables is occupied by lunch dates; young parents and dog owners crowd the wooden lounge chairs in front of the impeccably curated shelves of bookazines; and time-pressed clients in high-end sportswear wait for their superfood shakes on the bench with a ficus-lyrata planted in the centre of it. The concise menu bursts with healthy breakfast and lunch dishes, and I opt for a Nordic salad with baby potatoes, feta, and buttermilk vinaigrette.

Seven is one of the eleven winners of the Commerce Design Awards 2023, which are taking place as part of Brussels Design September (BDS) from September 12 to 30. Indeed, as I wander the streets, I'm surprised by the many eye-catching façades I encounter, from pastel-coloured brunch places and retro cheese shops to crisply minimalist sneaker stores presenting kicks like works of art. 'It's not only about the pure aesthetics but also about how practical the design is,' says Elizabeth Djam, the art director and event manager for BDS, when we meet at the *Hier* studio in

Saint-Gilles. Design usually isn't the first thing that comes to mind when hearing the word Brussels, but undeservedly so.

Multicultural and welcoming, Brussels is a hub where creatives from both sides of the nation mingle with international talent from abroad who have found fertile ground for their work in the European capital. That's also proven by the consistency of BDS, which has taken place for 17 years already. 'What sets BDS apart is that we don't just showcase local design but also facilitate interactions between world-renowned design professionals and amateurs and design aficionados,' continues Djam.

During BDS, the city's workshops, artisan ateliers, galleries, and fablabs open their doors to the community. Shops that have won Commerce Design Awards can be recognised by the stickers on their doors, while participating galleries and workshops have a special D sign hanging above their shopfronts. Other highlights of this year's edition include a contemporary design market and an itinerary around the city's finest vintage treasure troves. BDS is also honouring the 130th anniversary of the Art Nouveau movement with an exhibition at MAD Brussels showcasing the oeuvre of Spanish designer Jaime Hayon, sometimes referred to as the contemporary Antoni Gaudí.

On September 20, a special conference titled 'Subjects/ Objects on the Move' will tackle the question of soft mobility. With 3D printers buzzing in the background, designer and conference organiser Thomas Billas tells me that the aim is to start a discussion in society. The issue of sustainable mobility will be looked at on a global scale, with experts tackling various different angles of the topic. When asked how he evaluates soft mobility in Brussels, Billas is optimistic: 'It's

getting better.' The pandemic forced the city to advance its biking infrastructure, and the results are visible – according to *Brussels Mobility*, around 1.1 million cyclists are pedalling the city's roads nowadays.

WHO TO BETTER ASK ABOUT THE CITY'S WALKABILITY THAN THOSE ROAMING ITS STREETS? I meet Antoine Lemaître, who is the key account manager at *Samsøe Samsøe* and the co-founder of Carbon Athletics, a running community based at *Bouche*, which is located just steps away from the Quartier Royal and is rightly considered one of Brussels' finest specialty coffee spots. Wearing a cap stating 'Running Cult Member', it's easy to spot Lemaître. He's been running since his teenage years, but his fascination with the sport really only began to take hold two years ago, when he moved to Paris for work and needed to replace field hockey with something more French.

It's there, in Paris – and through running – that Lemaître met Leo, who is also from Brussels. The two were stunned by the French capital's vibrant running culture and decided to bring some of it back to Brussels, where running had a bit of a bad rap: 'It's considered old-fashioned; none of my friends were running.'

To elevate Brussels' running culture, last September the two men launched Carbon Athletics, and since then they've organised around 15 social runs. The idea is simple: meet up, run the city's streets, and then rejoin for a drink. 'Everyone's welcome!' emphasises Lemaître. There's no admission fee or membership. The group simply strives to highlight the social aspects of running, showing that running together is more fun.



‘Brussels is changing a lot, and the quality of life is amazing!’

Running is social, good for your physical and mental health, practical (because all you need is running shoes)... Lemaître can list countless benefits of running, and at last, it seems he’s being heard. Not only have many of his friends started running, but he’s also seeing many other running-centred initiatives popping up around Brussels, which he finds super motivating.

A milestone event was this year’s ‘20 km of Brussels’, which takes place each year on the last Sunday of May. There were 110 runners registered under Carbon Athletics for the race, and even more joined the afterparty. They teamed up with *Distance*, a hip running store from Paris, and organised a pop-up store in the *Rebel* wine bar and an afterparty at *Bar du Matin*. Carbon Athletics recently also collaborated with the newly opened *The Hoxton Brussels* hotel, and Lemaître discloses there are many other exciting collaborations in the pipeline. Still, the emphasis will remain on the quality, not quantity, of events.

‘Actually, running in Brussels is so much better than in Paris, it’s crazy!’ Lemaître points out. ‘Just one kilometre from Ixelles or Saint-Gilles, and you’re in the middle of nature, whereas in Paris you need to run at least 2.5 kilometres and pass many traffic lights before you come to a crowded riverside. But it’s flat,’ he notes. The relative ruggedness of the Brussels Marathon, which takes place in October, could

be the reason why that race is not a favourite among local runners or visitors to the city. For running enthusiasts visiting Brussels, Lemaître suggests the Bois de la Cambre, which has a small artificial lake at the centre, for a short five- to ten-kilometre lap, and the Sonian Forest for longer distances.

Although he currently splits his time between Brussels and Paris, at the end of our conversation, Lemaître reveals his plan to relocate back to Brussels fully, mentioning the city’s growing appeal: ‘Brussels is changing a lot, many daring concepts are springing up, and the quality of life is amazing – it’s peaceful and green, yet there’s so much happening!’

WHEN OLD BOY OPENED FIVE YEARS AGO, SHARING PLATES WAS NOT A THING IN BRUSSELS. ‘We needed to instruct people on how many dishes to order,’ recalls John Prigogine, who, together with Xavier Chen, established the restaurant in a tranquil corner of Ixelles. While in Asia it’s common to have a happy commotion of dishes on the dining table, that custom seems to have been lost along the way, as most Asian restaurants in Europe rely on clichéd decor and the holy trinity of Western dining: a starter, a main, and dessert.

Having Thai and Taiwanese roots, Prigogine and Chen’s kitchen is inspired by Southeast Asia. Five years in, the bistro remains consistently fully booked each night, with a well-coiffed clientele filling up the dining room and the counter, which is lighted up by sudden flashes from the stir-fry pans in the open kitchen. The umami-dense plates served by speedy waiters incorporate local produce, such as Belgian mussels. The food is complemented by an extensive list of natural wines.



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One of street artist Julien de Casabianca's eight interpretations of Magritte's most famous paintings.

Across town, a short walk from the busy Place Sainte-Catherine, Jocasta Allwood, the visionary behind *Nightshop*, has also noticed the city's growing interest in natural wines and less stern dining concepts. Ironically named after the shabby heavens of late-hour cravings, *Nightshop* opened last February and quickly began attracting crowds. Allwood, who started out in the graphic design world, never planned for the place to grow into what it is today. Her partner, Jens Crabbé, the founder of *MOK* specialty coffee, found a garage on the Rue de Flandre, just steps away from his café, to set up a roastery. 'We came up with the idea of opening a small bar-cum-shop in front of it. It was supposed to be a side project,' says Allwood.

But there seems to be nothing transient about *Nightshop* when I visit it on an early Thursday evening. Nabbing a chair by the imposing stone counter graced by many white candles, I settle in with a glass of orange wine from Emilia-Romagna and eavesdrop on how the staff guides patrons through the selection in the extensive wine fridge. The menu is short but compelling and changes every week depending on the seasonal availability of the ingredients. Thick slabs of sourdough bread and herb butter,

a plate of *boquerones* swimming in rosemary oil, and courgettes lying on a cloud of *stracciatella* accompanied by salty panko...

I notice the temptation in other guests' eyes when they see my plates. We smile, exchange dish recommendations, and make sure we give each other enough space at the counter. 'We didn't want to be just another charcuterie/fromage wine bar, but a welcoming place with a soul and a bit of roughness, yet welcoming,' says Allwood. The mood is as convivial as the flavours on the plates. *Nightshop* is one of those places for which you may consider moving to another city.

The following day, before I leave Brussels, I take one last lap around the city to come to a verdict. Like most mornings, it's misty and grey, matching the Neoclassical architecture of the Place Royale square. As I wait for the traffic light to turn green, I observe the passersby with envy – I wish my daily commute were as splendid as theirs. Descending from the Mont des Arts, the famous view of Brussels unfolds before my eyes. There I come across the famous surrealist René Magritte, or, to be precise, his signature silhouette of a bowler-hatted man gracing the corner



From imposing murals to quirky artwork on random corners, the streets of Brussels are like an open-air gallery.

of the *Château Moderne* café. In fact, it's a recreation of Magritte's *The Happy Donor* painting by street artist Julien de Casabianca. It's one of the eight murals peppered around the city to celebrate the 125th anniversary of Magritte's birth. Humorous and clever, Magritte's work can turn any art-averse person into a museum-shop aficionado. Adding to Brussels' extensive collection of street art, these murals will be on display until the beginning of next year.

'Brussels, why would you go to Brussels?' In my mind I replay an inquiry I received before departing for the Belgian capital. Such a sardonic comment could only come from someone who's been in Brussels only to navigate the bureaucratic corridors or spend a layover with some *L'effe* in the first bar at hand. Spend a day or two in this city, and you'll see there's so much more to it than a tiny peeing boy with an ever-changing wardrobe and chocolates that are too pretty to eat. The city's countless enjoyments – a buzzing design scene, exciting food concepts, picturesque architecture, amiable locals – will make you as dizzy as a hearty glass of Trappist beer on an empty stomach.

As I enter the Royal Park (the former hunting grounds of the Dukes of Brabant), a pair of middle-aged men run past me, chatting. Brussels seems perfect for reunions of friends. Just imagine whiling away the hours in a cosy bar, sampling the extensive beer menu, or jumping on the natural wine trend, or exchanging big ideas of life in the palatial hallways of the Royal Museums of Fine Arts, or catching a concert in one of the city's numerous world-class venues. And finally, having a midnight pick-me-up at the *fritkot* while promising each other to wake up early tomorrow morning to once and for all set the record straight – who's the faster runner?



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13	○	ADRIANA LECOUVREUR
14	B	THREE MUSKETEERS
15	○	AIDA
16	B	THE FOUNTAIN OF BAKHCHISARAI
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tickets@opera.lv; www.opera.lv



Photo credits: Beca B Jones

Túbó Logier is the chef-founder of the *Aster* restaurant, a noteworthy newcomer to Brussels' dining scene. *Aster* serves refined dishes made of local fish and vegetables cooked over fire.

Having grown up in Ghistel, a town in West Flanders, Logier honed his gastronomical talents at Belgium's destination restaurant *In De Wulf*, London's *The Clove Club*, and *4850* in Amsterdam. Logier has always been attracted by the cosmopolitanism of Brussels.

What are some hidden gems in Brussels?

When I feel like just having a few beers and hanging out, I head to *Kiosk Radio* in Parc Royal. This tiny wooden kiosk hosts up-and-coming DJs playing sets. Brussels has a roster of great art museums, such as the Centre for Fine Arts (Bozar) and the Horta Museum, but I think the Wiels contemporary art centre is often overlooked. Situated in the Forest district, it's housed in a former brewery. But when I want to escape the city's noise, I head to Plantentuin Meise just outside of Brussels, which is one of the biggest botanical gardens in Europe.

How would you describe the locals?

It's hard to define a local because Brussels is such a diverse, multicultural city, gathering all sorts of people with different backgrounds and stories. But what unites everyone who's been in Brussels for a longer time is that they're all resilient and tough but also very welcoming and kind.

Where would you recommend going outside of Brussels for a day trip?

There are many places to go for a day trip. While all the tourist guides highlight Bruges and Ghent, I'd recommend Ostend. It's a town on the Belgian coast of the North Sea, and I

spent a lot of time there when growing up. It has a lot to offer for daytrippers, from marvelling at the Belle Epoque houses to a nice walk in the dunes to savouring shrimp croquettes.

What are some food and drink spots you'd recommend?

My favourite local pub is *Midpoint*, near Kanal. It's run by the most heartwarming Turkish couple and has a great atmosphere. *Nightshop*, a wine bar offering small plates and a fine selection of natural wines, is a great option for a night out with friends. For dining, I'd consider *Samourai*. It's been operating since 1974 and does traditional Japanese cuisine very well. An old favourite is *Le Pigeon Noir*, a restaurant that's been holding a *Michelin* star forever. Come here for sublime traditional fare such as kidneys in mustard sauce or a good beef tartare with fries.

What's a common assumption about Brussels that you think is false?

That it's only worth visiting the city centre. There are a lot of things going on beyond Grand Place – loads of vibrant neighbourhoods and spots to discover, such as the daily flea market at Vossenplein in Marollen or Abattoir in Anderlecht, which is an old-fashioned market hall hosting an array of vendors selling fresh produce.

USEFUL ADDRESSES

WHERE TO STAY

Pillows City Hotel Brussels Centre
Located a stone's throw from Central Station, the leafy Parc de Bruxelles, and the historical city centre, *Pillows City* is perfectly positioned for exploring the city. Its 70 rooms come in different sizes, but all are dressed in muted elegance and equipped with modern comforts, from a *Nespresso* machine to a soft bathrobe. There's also an in-house restaurant and a gym.
pillowshotels.com
Parochiaansstraat 15/23

The Hoxton Brussels

Launched this summer, *The Hoxton* is a tony stay breathing new life into the former European headquarters of *IBM* in the middle of a botanical garden. The 198 vertiginous suites, categorised from 'cosy' to 'biggy', are decked out in a tasteful 1970s style. Think velvet sofas, rounded-edged wooden fixtures, and vibrant rugs. There's also a restaurant, bar, and rooftop terrace boasting lovely views.
thehoxton.com
Square Victoria Régina 1

Zoom Hotel

Tucked away on a side street just off of busy Avenue Louise, this 37-room affair is comfortably situated for exploring the thriving Ixelles and Saint-Gilles areas. The guest rooms are all individually designed with a unique photograph of Brussels taken by a local artist as their centrepiece. In fact, the theme of photography pervades the entire hotel's quirky design. The in-house bar has a great selection of Belgian craft beers and natural wines.
zoomhotel.be | Rue de la Concorde 59

WHERE TO SHOP

Soeurs

Most likely the prettiest cheese store you've ever been to, *Soeurs* is the brainchild of sisters Hélène and Lara. The store's serene design, which resembles a traditional cheese cellar, won the Commerce Design Award 2022. *Soeurs* offers ethically produced Belgian cheeses and carefully selected delicacies to accompany them, including wine, jams, crackers, and olive oil.
soeurs-fromagerie.com
Rue Lesbroussart 12

Centreville

Devoted to contemporary men's fashion, this well-curated, agenda-setting store stocks a fine selection of international labels, including the native *Arte Antwerp* and Dutch cool kids *New Amsterdam* Surf Association alongside such lifestyle giants as *The North Face* and *Birkenstock*.
centrevillestore.com
Rue des Chartreux 36

Laurent Gerbaud Chocolatier

It'd be a sin to not grab a delicious keepsake from a country known for

its chocolate. Laurent Gerbaud is a new-generation chocolatier. Inspired by his sojourns in China, his creations are innovative and rich with the flavours of exotic spices and fruits, have no added sugar, and use only premium cocoa beans from Madagascar and Ecuador. The shop is located within earshot of Mont des Arts.
chocolatsgerbaud.be
Rue Ravenstein 2D

WHERE TO EAT

Flamme

This stylish bistro boasting a great wine collection has a concise menu divided into veggie, meat, and fish dishes that change with the ebb and flow of the season. The dishes are executed innovatively and, as the name notes, many are prepared over an open fire. *Flamme* also offers changing weekly lunch menus, making it a fitting place for a fancier lunch than the usual local choice – the sandwich.
flamme-restaurant.com
Rue de Roumanie 56

Rebel Wines

A convivial bar specialising in natural wines and deftly executed small plates. The menu, presented on a mirror, is ever-changing as *Rebel* hosts travelling chefs who take residencies a week or two long in its green-tiled kitchen. Walk-ins only.
IG/ rebel_winebar | Rue Lesbroussart 48

Bisou

This pastel-hued café is perfect for a late and leisurely breakfast. Served all day, the menu includes all the finest breakfast classics, from bowls (overnight oats, acai bowl, etc.) to a wide array of egg dishes, such as shakshuka, huevos rancheros, and Turkish eggs. *Bisou* also whips up incredible artisanal ice cream, delicious pastries, and specialty coffee.
IG/ bisou.brussels | Rue du Bailly 35

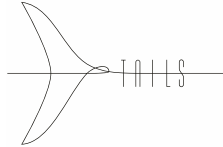
WHY NOT

Maison Hannon

Step into an Art Nouveau masterpiece at Maison Hannon. It's the former home of Marie Debard and Édouard Hannon, who, together with their friend, architect Jules Brunfaut, designed this lush and dreamy interior. In celebration of Art Nouveau's 130th anniversary, the house is also hosting the *Belgian Art Nouveau* exhibition showcasing pieces from some of the most essential Belgian art collections. On show until June 2024.
maisonhannon.be | Av. de la Jonction 1



TAILS is a seafood restaurant with a unique new concept on Riga's gastronomic scene. Designed by London-based Studio Caché, the restaurant demonstrates a refined sense of aesthetics inspired by the Baltic Sea coast. The space boasts two areas: the classic dining room and a Raw Bar counter opposite the open kitchen. The menu celebrates sea delicacies, from light crudo dishes to the house specialty: dry-aged fish that explores new depths of flavours.



Antonijas 6A, Riga
www.tails.lv



UNAGI INU serves Asian soul food in a relaxed and vibrant setting inspired by Japanese pop culture. Wall art and sculptures by talented local artists create a perfect backdrop for a diverse and fun dining experience. An array of dishes for all tastes and tummies awaits our guests, be it sushi, chirashi bowls, onigiri and bao or Japanese sweets. Do enjoy!

Jeruzalemes 10, Rīga www.unagiinu.lv





Running a mile race through the streets of London last year

THE ANALYTICAL RUNNER

Matt Rees – a Welsh runner and ambassador for the World Athletics Road Running Championships in Riga

Words by **Marta Metuzāle**
Photos by **Jerry Sun** and
courtesy of **Matt Rees**

The World Athletics Road Running Championships in Riga will host many elite athletes from all around the world, who will compete in 21K, 5K and one-mile distances. Matt Rees will participate in the mass start and invites all running enthusiasts to join him and the other runners on the course. Rees is from the United Kingdom, he gained wider recognition during the London Marathon in 2017 when, close to the finish line, he stopped to help another runner who was unable to finish the race. This gesture robbed Rees of breaking his own personal record; however, there's much more to this ambitious runner than just kindness and compassion.

With a background in chemistry and renewable energy, Matt Rees got into running in 2015 and has never looked back. His analytical mind, battle with anxiety, and competitive spirit have led him to coach other running enthusiasts and inspire more than 38,000 people on his *YouTube* channel and *Instagram* profile about how running can change one's life.

Over the past couple of years, it seems like everyone's become involved in some sort of running. Cross country, nationwide marathons, or simple running before or after work – people seem to not be able to sit still and are spending every free minute going outside for a run...mostly for the physical and mental benefits one can get from this activity.

But everyone's motivation to run is different. For some, it's to increase their endurance or to lose some weight, while for others it's a way to spend some time alone listening to their favourite music. Rees is also one of those people who can't imagine their lives without a daily jog through the city or the forest near his hometown of Lydney in England. Running at least twice a day – once outside and once on a treadmill – the Welsh-born runner is a participant and also an ambassador for the World Athletics Road Running Championship's half-marathon distance.

However, the journey to becoming one of the leading Welsh runners and competing in races every two or three weeks has not always been easy. While Rees has participated in various sports and athletic activities throughout his life, they did not bring him the sense of fulfilment he desired. His passion for running started as a New Year's resolution in 2015 to aid him in dealing with his mental health issues and anxiety, which were restricting him from socialising and meeting new people.

Eight years later, Rees says he has completely changed his life, switching his career from chemistry to running, and now he coaches and inspires athletes from all around the world to reach their running goals. He also met the love of his life through running.

While Rees admits that the mental battle against anxiety is never over, in our interview he is easy to talk to, drops a joke here and there, and naturally has a lot to share regarding running. His own personal gains from running, as well as the positive aspects of turning a hobby into a full-time job, make for an inspiring story of listening to one's inner voice, finding one's true passion, and living an authentic life in order to become mentally free.

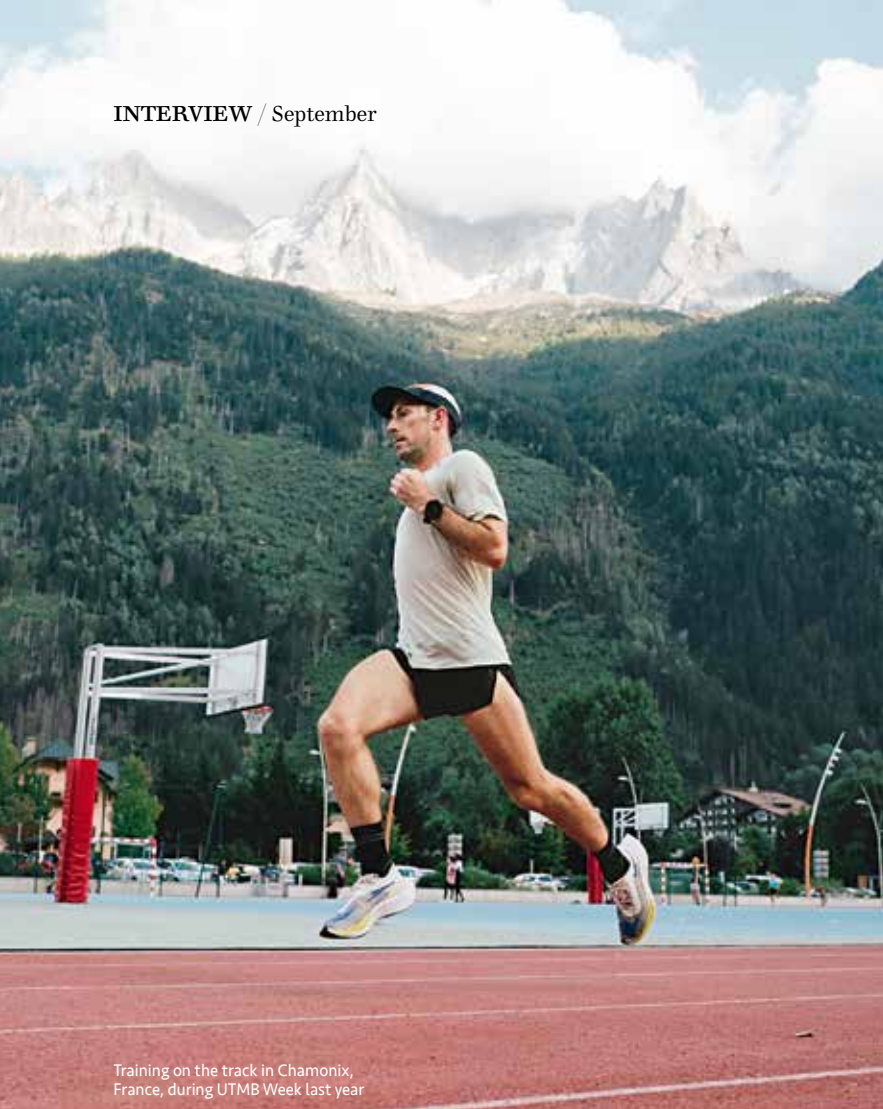
His passion for running started as a New Year's resolution

Even if you think running is not for you and the only running you're willing to do is when you're about to miss a flight or bus, Rees' key takeaways on determination and finding life purpose are useful for any area of life.

In 2017, when you were running the London Marathon, you stopped near the finish line to help a struggling athlete, David Wyeth. That affected your own result, as you were on your way to beating your personal record. Why did you choose to forfeit your own achievement?

For me, it wasn't really a choice but a natural response. When you see someone struggling, your instincts are to help them. I was coming around a corner and looking forward to crossing the line and finishing the race. A marathon's a long distance, and it takes a lot out of you. But suddenly I saw David on the ground... I saw him trying to get up and then stumble and fall back down.

At the time, I thought I was going to break two hours and 50 minutes, which I would have been really happy with. But when I saw him, that didn't matter any more – there's always another race. Making sure that he was okay was the only thing I was focused on. I went over and tried to help him,



Training on the track in Chamonix, France, during UTMB Week last year

I started running to deal with my mental health

and when I realised he wasn't going to be able to get to the finish line, although he was so close, I just wanted to make sure he finished. I never expected all of the attention that came with it, and I didn't realise until later that we had been on TV. For me, it was just making sure that someone who was struggling and needed help got the help they needed.

For you, is running about competition and the result, or is it about the feelings and the people you meet?

It's about both. Running has become a huge part of my life, and I love how it makes me feel. I also love the people I meet through running. But I also try to be the best I can and to achieve the most I can at running.

I started running to deal with my mental health. At that stage, competition didn't matter to me – running changed my life and made me a stronger, happier, more confident person. I feel like it balances me out, levels me, and grounds me.

I was told many times to try running, but I had always found running really boring and not something I wanted to try. Only when I stuck with

it and decided to actually give it a proper shot did I discover a love for it and saw the benefits both mentally and physically. And then I got addicted to competition and trying to achieve more and be the best I could be.

I love racing, I love events, but I also love the process of training and setting goals and going after those goals. Just seeing what I can achieve and how much I can push myself physically and mentally, both in training and racing. With running, you get to travel and meet people and make friends. And the running community is such a welcoming, great place. I've met so many incredible people through running.

How has running changed you both mentally and physically? Are you still struggling with anxiety? I think anxiety is one of these things that I'll always have, but now I know how to deal with it much better. If I don't run for a few days or a week, I feel like it builds up a little bit. Whereas if I get out and run, it balances me out. I also find that through running I've learned to deal with discomfort and with my emotions – it's become my therapy. When I go out for a run, I can just be in my head and work through any problems I have. Running has taught me that it's okay to be uncomfortable.

What motivates you right now to keep running? Running has made me a more confident person. If it wasn't for running, I wouldn't have turned up for the interview today. I may have travelled here, I may have waited outside the café, but it would have been difficult for me to walk inside. I think I'll keep running forever, because I know how much it helps me.

But now I also have other goals related to running. I want to continue to see what I can achieve. I love the process of going out to train and then testing myself on race day. That's the thing with running – you progress by small steps and reach small goals, and you feel good about yourself for doing that. Running is one of these things that everyone will progress in if they stick with it. Your endurance will build, and you will get better.

Running has become such a big trend recently. It seems that everybody's running.

Yes, there seems to be a huge uplift in running, and that's great, because it's so good for mental and physical health. There are so many benefits to it. In the United Kingdom, we have an event called 'parkrun'. It's a free five-kilometre run at 9 a.m. every Saturday morning, when people meet and go out and run. It's not a race, but it is a measured course, so it feels a bit like a race. But it's free and you don't have to take it too seriously. You can walk the five kilometres if you want, or you can walk some of it and run some of it.

Running seems to be going through a boom right now, which is great, but I don't know why it's happening. I think the pandemic played a role. People weren't allowed to meet up with anyone, and there was very little we could do, so running was something that lots of people tried.

What is the most important thing when starting to run? What's the best motivation?

Everyone's got their own reason to run. Some people want to become a bit healthier, for others it's an escape, or a form of therapy. But whatever the reason for starting, there will be numerous benefits from it. That's why I love it and why I promote it and why I advise people to try it.

When I talk about running with some people, the reaction I get is 'Oh no, it's so boring.' My main advice for beginners is to just try it. But don't just try it once, because as you do it more, you will get better. And as you get better, you can actually go for a run and feel comfortable doing it. Once you get through that struggle, you'll get so many benefits from running! If you can get to a point where you can go out the door and start moving and it feels easy – very much like a walk but faster and with more endorphins – it feels amazing!

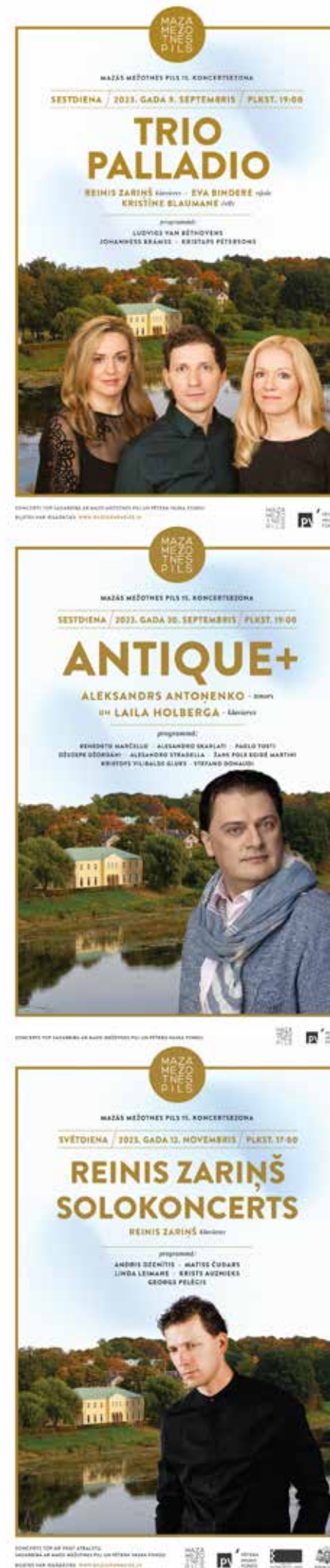
Are there people who should not run long distances? There are so many different circumstances, and I can't tell people how far to run. It's less about how far you can go and more about getting enjoyment for yourself. Also, with social media, you can get very drawn into comparing yourself with others...which can be both good and bad. There are lots of people out there who share only the good side of things, but not the bad side of things, and that's where comparison can be bad. Therefore, don't be hard on yourself if someone else is running a marathon but you can only run five kilometres. Any distance is great!

You also work as a running coach. What's your opinion, should people start running on their own, or should they get some advice from a coach?

I think you can start on your own. My coaching is very much about helping people to improve their performance, but you don't need that guidance to get started. Running is a very simple sport, and you don't need much equipment – just a pair of trainers. As long as you build up slowly, you can pick up the basics of running quite easily. But obviously, as a coach, I also believe that coaching can definitely help!

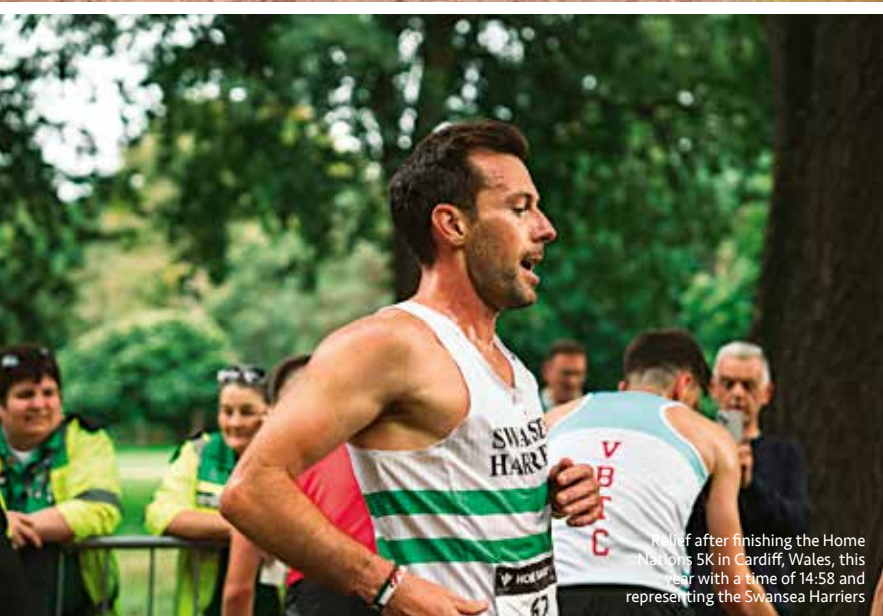
I love helping runners. I love seeing them achieve their goals. But having a coach is not a necessary thing if you're a beginner runner. There are loads of resources out there that can help you build up to a level where you feel that you're enjoying running and you're getting the benefits that you want.

How do coaches train runners? Do you come up with a plan for them, or do you run together with them to see how they're doing?





A morning run in Iten, Kenya, as part of the Running Trips 'Kenya. Experience' training camp (2021)



Relief after finishing the Home Nations 5K in Cardiff, Wales, this year with a time of 14:58 and representing the Swansea Harriers

There's something amazing
about the sense of achievement
someone feels when they've
accomplished something

A bit of both. Most of it is done online. I write their plan, I tell them what types of runs to do, what paces, what efforts. And then – because we’ve all got GPS and stuff like that these days – I can see the data. I can even see things like their heart rate, how fast they’ve gone, I can see the routes. That’s objective feedback.

But runners also provide comments on how they felt during a run – what they enjoyed, what they struggled with, and so on. From those two things, I can see how they're actually doing, and I devise a plan to progress them to whatever race or performance goal they have. Some people just want to improve their running practice, while others want to prepare for a specific race.

Do you prefer running in competitions yourself or training others?

I love running. I love pushing myself. But I get so much out of seeing other people achieve their goals. On weekends when there are races, I'm waiting for the app to update so I can see how these runners have done. And then they message me, and there's something amazing about the sense of achievement someone feels when they've accomplished something. It might be a certain time goal they've reached, or it might just be that it's their first half marathon or their first ten kilometres. It makes my weekends truly great!

Do you think the competitiveness of joining races so soon after you started running helped your anxiety as well? In a race, one would think you should be more anxious about your result than about comparing yourself to others.

I don't think the results brought me anxiety. Instead, it was more the turning up and being around people. That was the biggest hurdle and barrier for me. But I was in a place where I truly wanted a change; I'd had this anxiety for so many years and it was affecting so many aspects of my life, so I finally decided to do something about it and deal with it. To try and improve myself, I started making choices that I normally wouldn't make.

Joining a running club so soon after starting running was daunting. Meeting all these other people, these runners who supposedly know all about running... But the first time I went, I couldn't believe how welcoming they were! They made such an effort to make me feel comfortable. They didn't know I was struggling with anxiety; they didn't know that was the reason I had started running.

I threw myself in the deep end with racing, but also with joining a running club. And from there it just grew. Yes, I set these big goals and want to achieve them, and I do get very nervous before races, but I feel like those are normal nerves, whereas the anxiety I was feeling around life in general was not something I was dealing with very well. I think once you start racing, you also start to run faster, and the adrenaline makes the nerves feel a bit easier. I can never run as fast in training as I can in the races.

Why do you think the running community is so welcoming? Is that the case with all sports clubs? I think it's probably the same for most sports. People just tend to be welcoming. Although maybe there's an aspect of running that makes that community more welcoming than others. For example, football clubs can have a lot of banter and jokes but also a bit of an alpha-male aspect to them. I've just never been in an environment as welcoming as the running community. It doesn't matter how fast you are; it's more about 'we love running, come and join us and do what we love doing'.

It doesn't feel like we're competing against each other, whereas in football, although everyone's on the same team, there's still this rivalry in places – will I get picked for the team, and so on. That said, I do love all the team sports. I've played football, rugby, hockey, tennis... I love sports, so I've tried a bit of everything.

Besides running and coaching others, you're also a content creator and influencer. What does content creation mean in terms of running?

I make *YouTube* videos on running and use my *Instagram* account – @thewelshrunner as a running influencing platform. I never thought of myself as a creative person, but since I started making videos on *YouTube*, I've been loving it. It's a great feeling to put together a video and share a bit of your journey. Then you press 'publish', and you get a little nervous: 'Are people going to like this?'

When I first started making videos, they weren't very good. But it just grew, and people started watching them. Comments like 'this inspired me to go for a run' wowed me. Initially, it was just about sharing my journey and the ups and downs of running, but now it's a wonderful thing to do on the side.

You're definitely an inspiration for many, because you started running relatively late.

Yes, I started running in my late twenties. But I don't think it's ever too late to start running and get benefits from it. Whenever you decide to start running, you'll get something positive out of it.

Regarding content creation and influencing, you're also an ambassador for the World Athletics Road Running Championships in Riga this October. How do you feel about that?

I'm so excited! This is the first time this kind of championships will be held, and I can't wait! I think it's such a great concept to involve both elite runners and mass participation racers all at the same time. I'm looking forward to watching some of the elite races and seeing some of the best runners in the world. I myself will run only the half marathon later in the day, alongside elite runners, which is very cool. I've never been to Riga, so I'm very excited to visit the city as well.

Do you have any obligations as an ambassador for the event?

We get to meet some of the elite athletes and ask them a few questions. I'm a bit of a geek, so I love



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I decided to not believe in luck anymore and just try my own best

finding out how elite athletes train and how their minds work, how they prepare for races. Then, I'll be watching the races, making *YouTube* content, and sharing the whole event with people who cannot make it over to Riga. It's going to be such a busy weekend.

By the way, do you have any specific rituals or lucky charms before races?

No, I've never had any rituals or good-luck charms. I just eat breakfast and do some activation work, such as massaging the glutes in the morning.

When I was growing up, I used to feel like I always had bad luck, and I started telling myself that I was an unlucky person. But then I realised it was ridiculous: if you tell yourself you're unlucky, you start to become unlucky. So I decided to not believe in luck anymore and just try my own best. In a race, I feel that I just have to mentally push myself, and over time I've learned to do that better. For example, really learning how to 'sit' through the discomfort. It takes practice.

Do you have a favourite distance?

The half marathon is probably my best distance, where I perform best. I enjoy this particular distance

because it's long enough to not feel like sprinting at the start, but it's not as long as a marathon. I do love marathon race days though. I love the preparation for the marathon – the fuelling and everything else. But I'm stronger in the half marathon.

Did you also have a coach when you started running, or are you self-trained?

I'm self-coached. I joined the running club and threw myself in, and just tried to learn as much as I could. I kept asking questions, reading books, listening to podcasts, trying to get as much information as I could while also trying it out myself. I like to learn by talking with other people and reading, but I also like to test things out.

I come from quite a scientific background, so I like trying things and seeing how I respond to them. I was always good at science – I did a degree in chemistry, then a master's degree in renewable energy, and was doing a PhD in energy in buildings. I have an analytical brain, so I felt like I should carry on with chemistry, but I never had a passion for it. When I found running and the analytical side of that, I found passion and wanted to learn more about that. I was using some of my analytical skills but in a way that suited me better.

Your life partner, Kelly, is also a runner. What came first – did you meet and then together fall in love with running, or did you meet through running?

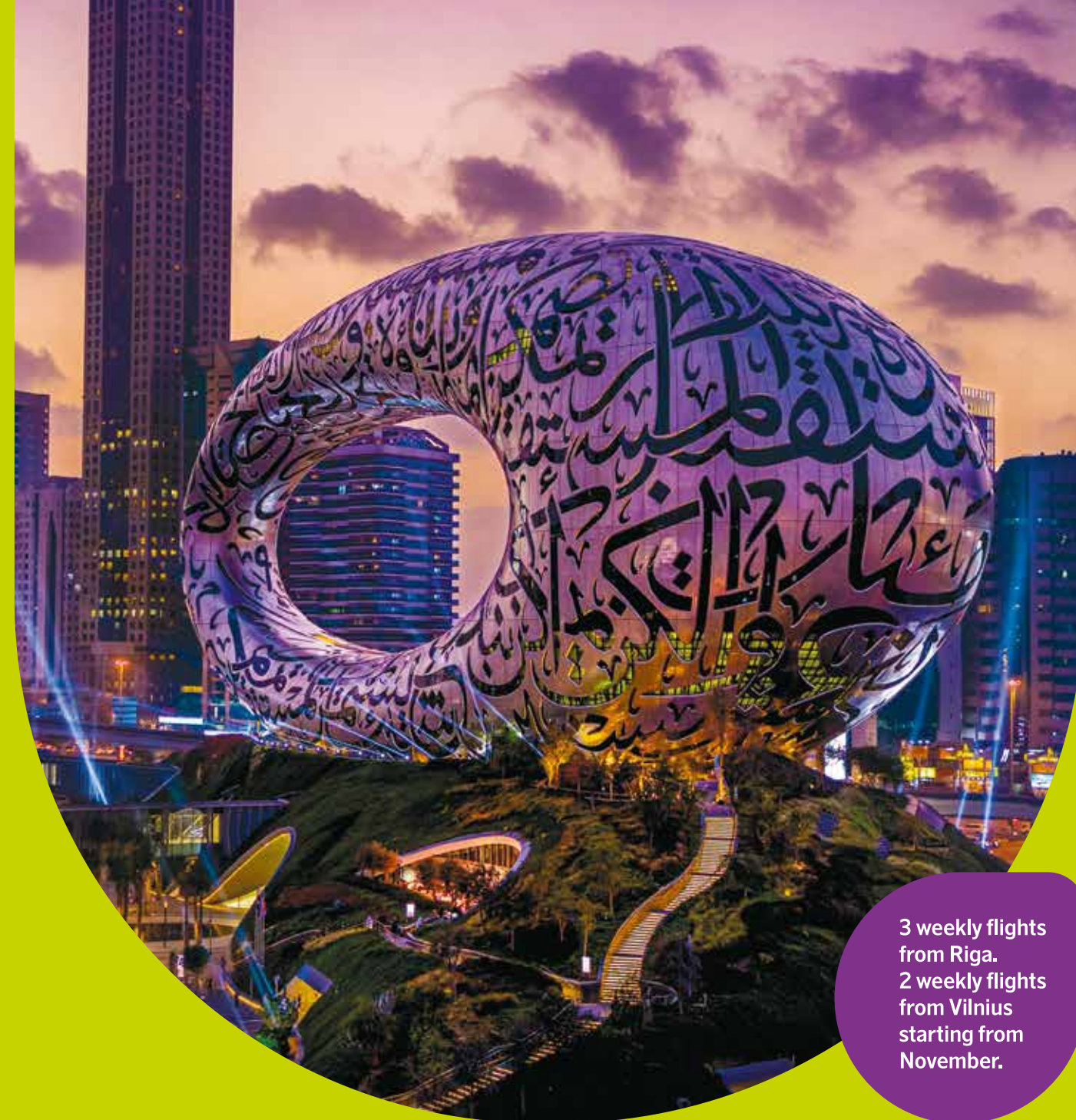
We met through running and just hit it off. We had an amazing connection. It's nice that we understand each other's passion for running. Maybe our personalities are similar, and that's why we both love running. It's nice to see each other going after those big goals and achievements. Hopefully, it's inspiring for our kids as well.

What are your main recommendations for someone who's still only thinking about running?

For the very beginners, it's all about consistency. Don't put pressure on yourself about paces. If you consistently go out and run, you will get better.

The other thing that beginner runners tend to do is that they run too fast, too much at a time, and they end up running at the same pace all the time. If you have variety in your running – you do lots of easy running, but then you also do the harder runs, tempo runs with a faster pace, intervals – you can get more out of the harder runs and build endurance.

So, it's about a variety of easy and hard runs and not running the same pace all the time. And consistency. People often find it hard to get back into running if they've missed a run. But it doesn't matter if you miss a run, or if you miss two runs. Just lace up, get out the door, and you'll get those benefits again – it all comes back. **bo**



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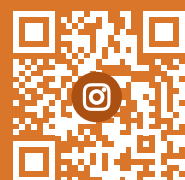
Our chef Alcide was born in Naples. He has more than 35 years of experience in preparing this traditional Italian dish. And now he shares the tradition of the best wood-fired Neapolitan pizza with the guests of O'Sole Mio pizzeria.



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Words by **Pavlo Fedykovich**
Photos by *iStock* and *Unsplash*

SUMMER

ALL YEAR LONG

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◀ September to March is the best surfing season in Morocco.

Fly to
Agadir
from
€169
one way

e

AGADIR,

MOROCCO

Magical surf haven

The beach is wide and glorious in Agadir. The Atlantic Ocean hugs this Moroccan port town and creates a stunning backdrop for your holiday. Although it's the fifth-largest city in the country, Agadir is relatively calm and laid-back and feels worlds away from the chaos of Marrakesh and the buzz of Casablanca. In 1960, large chunks of Agadir, including the old medina, were destroyed in an earthquake and Morocco had to rebuild it from scratch, so it's also a completely new city.

The oceanside promenade is the place to be. The boardwalk is a microcosm of kitschy fast food joints, traditional souk market stalls, street vendors, and luxurious restaurants serving delightful Moroccan cuisine. Every morning the sun loungers are placed out on the sand, the umbrellas open, and another sunny day begins. In fact, it's very rare to have a cloudy day here; even in winter the temperature usually doesn't fall below 20 degrees Celsius.

Whether you're coming to Agadir for a lazy holiday or an active retreat, there are many awesome things to do. Make sure to take the cable car up to the remains of the ancient Kasbah (fortress) for a spectacular bird's-eye view of the city and the ocean. Souk El Had is a must-visit for shopping enthusiasts and one of the largest traditional markets in the country. And take lots of pictures in the terracotta-coloured La Médina built in 1992, which pays homage to and reinterprets the old part of the city that was lost in the earthquake.

No visit to Agadir is complete without visiting Taghazout. This small fishing village is among the most beloved and well-regarded surfing centres on West Africa's Atlantic coast. With hippie fame and easygoing attitudes, it makes for a perfect break from the hustle and bustle of the big cities. Try surfing (many rentals are scattered around the village and also offer lessons), immerse yourself in traditional Berber culture, have yoga sessions on the beach, and give in to the soothing sound of the waves. In that sense, Taghazout is a wilder, more down-to-earth alternative to the beaches of Bali and Goa.

1. **Must-try experience:** 4x4 jeep safari tour in the desert
2. **Must-try food:** Baked sardines with *chermoula* marinade – Agadir's trademark dish
3. **Must-visit beach:** Anchor Point for surfers, Plage d'Agadir for every kind of water activity

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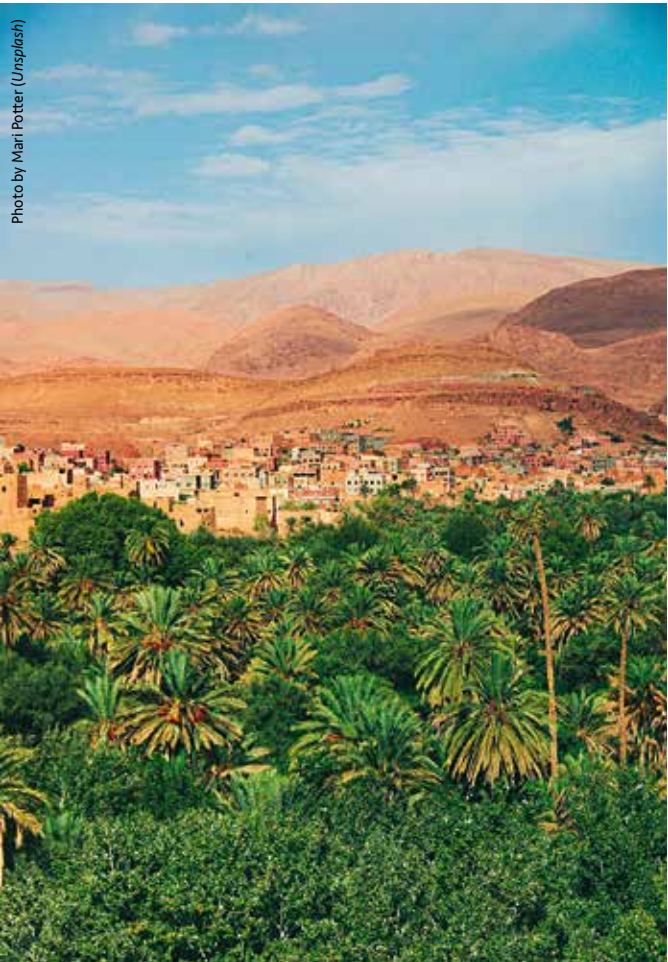
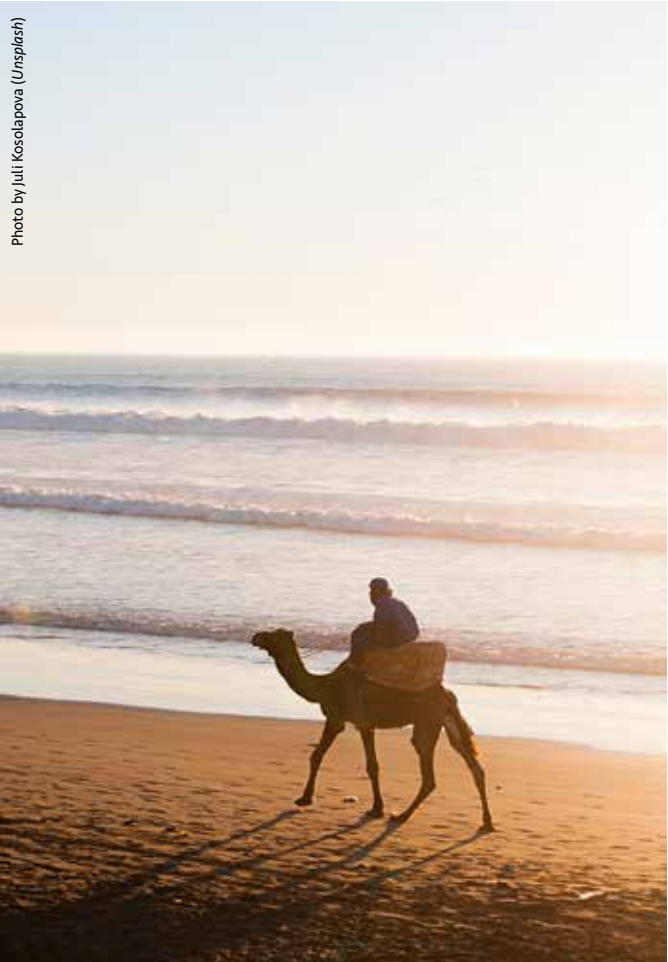
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Colours play an essential role in Moroccan architecture.

A Berber riding a camel along the Atlantic Ocean.

The Mohamed V Mosque is the largest mosque in Agadir.

Many charming villages are hidden in the mountains and desert.



Fly to
Gran
Canaria
from
€89*
one way

e

GRAN CANARIA, SPAIN

Remote natural paradise

Gran Canaria is a fantastic place to marvel at nature's beauty, whether it's endless dunes meeting the blue ocean waters, astounding ridges featuring phantasmagoric stone formations, or simply the colourful vegetation covering this enchanted land. While the Canary Islands are a part of Spain, they're among the most exotic destinations that the European Union has. Located in Macaronesia, a group of archipelagos off the North African coast, Gran Canaria invites you for an unforgettable outing.

It's perfectly safe to visit the island in autumn and winter, because the weather here is very mild. It never gets too cold, and it's rarely scorchingly hot, so an 'eternal spring' atmosphere is guaranteed. While you can certainly travel around by public transport, it's much more rewarding and flexible to rent a car.

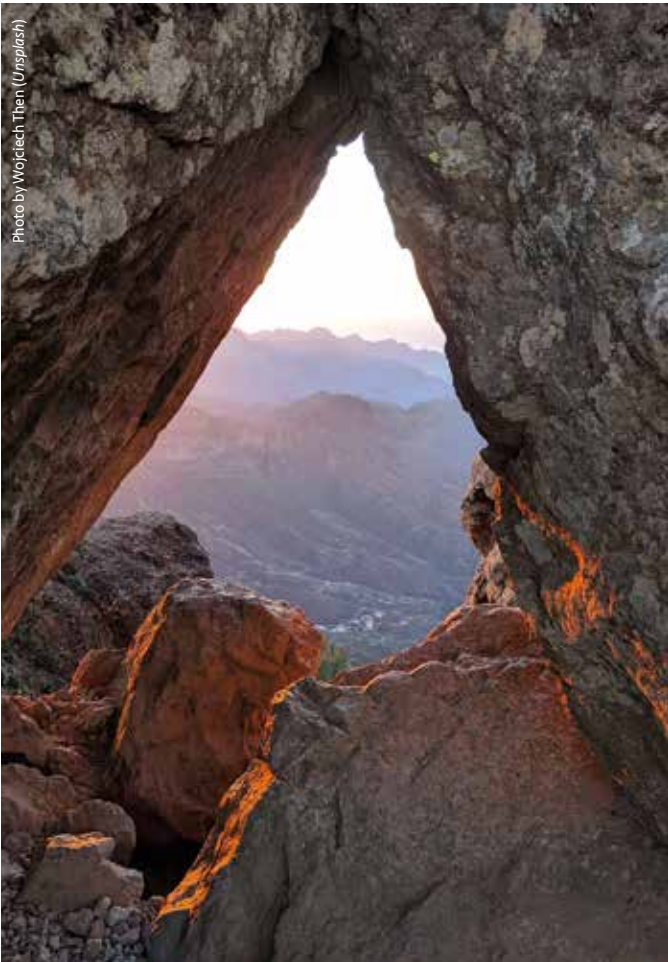
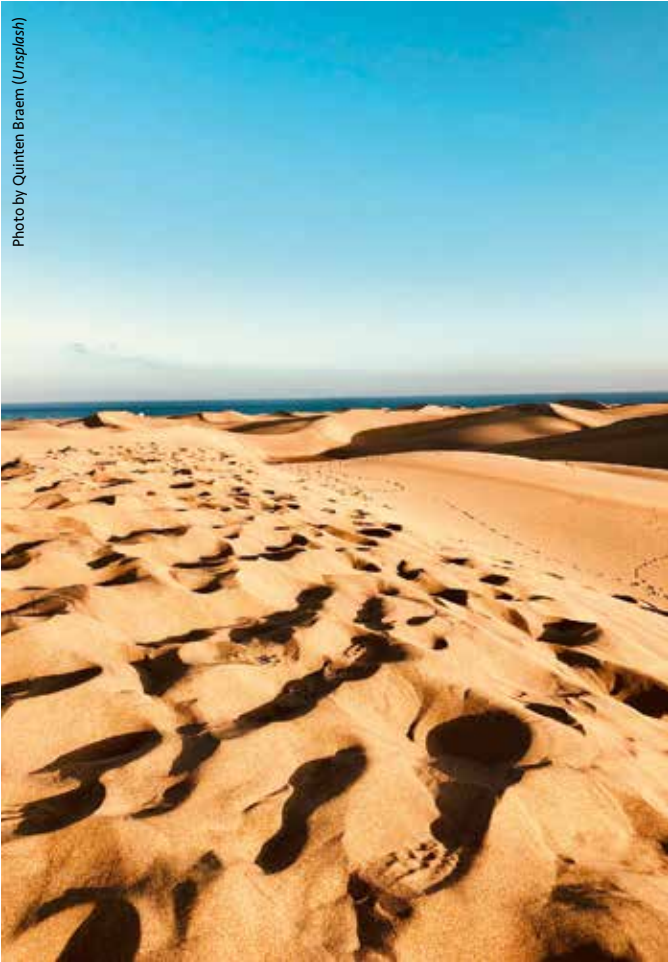
Surprisingly for such a remote natural paradise, the capital is a relatively large, vibrant city with diverse neighbourhoods and plenty of attractions within the urban limits. The local Las Canteras Beach is a long Atlantic jewel that sets the rhythm of life here. Settle in on one of the numerous ocean-facing terraces here, and you'll finally feel true island bliss just observing the waves and living in the moment.

Las Palmas is really old, too, founded at the height of the colonisation era in the 15th century. Its historic Vegueta and Triana neighbourhoods are UNESCO-protected areas, so be prepared to spend some time here visiting the spectacular Catedral de Canarias and its observation deck, exploring the Casa de Colón, where Columbus himself was a guest, and learning about the indigenous population and traditions at the Museo Canario.

But it's what lies outside the cities that's guaranteed to take your breath away in Gran Canaria. Dunas de Maspalomas is a spellbinding dune complex that doubles as one of the most beautiful beaches in the world. A trip to the interior village of Tejeda involves a journey through high canyons, never-ending peaks, and sleepy mountain settlements. Also, from here you can hike to the island's symbol, the epic Roque Nublo stone formation. For wilderness and dramatic cliffs, give Tamadaba Natural Park a go.

1.
Must-try experience:
Stargazing at the Roque Saucillo astronomic observatory
2.
Must-try food: *Flor de Guía* cheese, which is only produced in Gran Canaria
3.
Must-visit beach: Playa de Maspalomas

* *airBaltic* flies Gran Canaria from Oslo, Copenhagen, Riga. Prices may differ when flying from different destinations.



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The Dunas de Maspalomas afford the unique opportunity of being in a desert by the sea.

The Cathedral of Santa Ana in Las Palmas was the first church built in the Canary Islands.

Roque Nublo is an iconic rock formation located in the heart of Gran Canaria.

Canarian flora is unique in the world.

TEL AVIV, ISRAEL

**Ultimate destination
for hedonists**

Fly to
Tel Aviv
from **€135**
one way

All the skyscrapers, roads, and cars may give you the impression that Tel Aviv is, indeed, a very busy and business-centred megalopolis. But wait until you get to the seaside promenade. It won't be hard, because all streets here lead to the Mediterranean. And there you'll see the real soul of Tel Aviv – it's a city that embraces its striking location and makes the most of it. It's the ultimate destination for hedonists and party animals, yet it has no lack of culture and is perfectly set for an exploration of Israel.

Present-day Tel Aviv is a very young city, having been founded only in 1909. Walking around the city centre you can witness the layers of its short but turbulent history. The 1930s were a heyday for urban development, and the so-called White City was constructed then. Nowadays protected by UNESCO, it has the world's largest collection of Bauhaus-style buildings, which are surrounded by leafy boulevards. Skyscrapers are also heavily present in Tel Aviv's urban fabric, giving the city a Miami-like appearance with its palm-lined streets and the blue of the sea.

When here, one inevitably wants to live in full, to live decadently. Eating and drinking well is a big part of this lifestyle, and Tel Aviv doesn't disappoint. On the contrary, it's among the foodie capitals of the world with a kaleidoscope of cutting-edge restaurants, third-wave coffee shops, innovative cocktail bars, and trendy street food.

Buzzy Carmel Market is the perfect place to start your culinary exploration. Go to the Neve Tzedek neighbourhood for cool sidewalk cafés and ice cream joints. The area around Sderot Rothschild has many street-food spots for a mouthwatering *sabich* (pita with fried eggplants) or falafel. Dizengoff Square and its surrounding streets are a mecca for coffee lovers.

And don't forget about Jaffa, a picturesque medieval city that is now a part of Tel Aviv. Take some time to stroll around its atmospheric ochre-coloured streets, visit St. Peter's Church, and see the Ottoman-era Clock Tower. Jaffa also has the best vantage point for viewing the sunset. Few things can beat the sight of the sun setting over the beaches and the tall skyline of Tel Aviv.

1. **Must-try experience:**
Windsurfing at Gordon Beach
2. **Must-try food:** *Shakshouka*
(baked eggs with tomatoes, pepper, and garlic)
3. **Must-visit beach:** Bugrashov Beach with calm waters and plenty of bars

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No visit to Tel Aviv is complete without a seaside stroll.

Pomegranates are beloved in Israel for their sweet, tangy flavour.

Atmospheric ochre-coloured streets in Jaffa.

Here, city blocks can compete with each other in terms of authenticity.



Photo by Bucography (Unsplash)



Photo by Pankaj Velgar (Unsplash)



Photo by Reiseuhu (Unsplash)

TENERIFE,

SPAIN

Perfect for families
and first-time visitors



The Teide volcano watches over the spectacular island of Tenerife and serves as a mighty sentinel for this stunning land of high cliffs, excellent sandy beaches, lively resort cities, and remote valley villages. Tenerife has few competitors when it comes to raw beauty, and the Atlantic Ocean is at its most sublime here. The island is also very accessible, with plenty of accommodation options and a well-regarded reputation as a holiday destination.

Tenerife has a unique, very delightful climate – winters are warm, and autumns are largely what Europe calls ‘summer’. Head to the southwestern coast if you’re into beach lounging, cocktail sipping, and boardwalk strolling. Costa Adeje, Playa de las Americas, and Los Cristianos provide a year-round sunny escape and can be compared to the resort towns along the Costa Blanca and Costa del Sol in continental Spain. It’s also a treat for families with children, featuring amusement parks such as Siam Park, Aqualand, Jungle Park, and Monkey Park.

For culture and history, go to La Laguna, a colonial-era gem with a city outline that was subsequently used by the Spanish in Latin American cities such as Havana and Lima. The Neoclassical cathedral is as striking as it gets, there’s a collection of picture-perfect palaces, and there are also plenty of cafés to take a caffeinated break next to the dragon trees (a symbol of the island). Then take a short drive north to Puerto de la Cruz, which is dotted with hotels and boasts one of the most striking coastlines in Spain. Don’t miss the ocean-washed Punta Brava as well as the stunning Playa de los Roques.

Outdoor buffs will find a paradise in Tenerife. The hiking trails are plenty, the volcanic panoramas are overwhelmingly beautiful, and the diversity of landscapes is remarkable. With a height of 3718 metres, the Teide volcano (the highest point in Spain) and the surrounding national park offer lots of trails and climbing. Parque Rural de Anaga is another outdoor hotspot with dramatic terrain. You can also join a whale- and dolphin-watching tour departing from Costa Adeje. **bo**

1. **Must-try experience:** The scenic cable car ride to the peak of Mount Teide
2. **Must-try food:** *Vieja* (parrot fish) with *papas arrugadas con mojo* (wrinkled potatoes with sauce)
3. **Must-visit beach:** Playa de los Guios for the views, Playa de Las Teresitas for calm surf



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Tenerife's beaches are bathed by the warm waters of the Atlantic Ocean.

The island is loaded with family-friendly activities.

Loro Parque has created a paradise for parrots, and for those who love parrots.

Tenerife's buildings reflect various historical influences.



ENJOY INDIAN SUMMER IN TRONDHEIM

Uncovering myths, legends, and the best Norwegian food
on a weekend to remember in the city of Trondheim.

Words by **Laura Hall**

Publicity photos, courtesy of *Unsplash*, *Visit Norway*,
Visit Trondheim, and *Ostlandet Norge*



‘There’s a mystery at the heart of Nidaros Cathedral,’ explains my guide, Martine, who is clad in a dramatic wine-red robe, as we walk around this monumental space. ‘Nobody knows what happened to St. Olav’s bones.’

We’re in Trondheim, in the heart of the old Viking empire, in Norway’s largest and most important building, and I’ve never felt more like Indiana Jones in my life. Martine, a guide at the cathedral, is leading me through secret doors, up stone staircases, and into tiny hidden chapels in a special tour of this building’s hidden spaces, regaling me with stories as we go. As it turns out, St. Olav, the patron saint of Norway, was quite the man.

‘He’s often pictured with a cross in one hand and a sword in the other,’ Martine explains in hushed tones as we walk down narrow corridors and stoop under the low ceilings. ‘He was a Viking from the age of 12 and travelled all over Europe. During these voyages, he discovered Christianity and brought it back to Denmark. But he didn’t let go of his Viking ways: one of his habits was to “Christianise” a town by turning up with a cross in one hand and a sword in the other and offering the townspeople a choice of one or the other.’

Swashbuckling Olav went on to inherit the throne of Norway in 1015. When his body was moved a year after his burial, it was noted that his hair had continued to grow and his wounds had seemed to heal. His body had barely decayed at all. This revelation led to him being canonised as a saint. His bones were kept in a silver box on the altar of this very cathedral, which was built in his honour. During the Reformation, the box was moved and nobody knows where the bones

went. They are presumed to be somewhere under the cathedral’s flagstones, amid the bones of archbishops and noblemen going back to the year 1070.

That’s just one of the great stories of this Gothic-medieval cathedral, a building where kings and queens are crowned. But, says Martine, they’re only borrowing the throne from King Olav, who is still the eternal king of Norway. Because archaeologists have been unable to find his bones, there’s a sense that everyone is still waiting for his return.

Taking a tour of the cathedral in search of a lost king’s bones is just one of the reasons to visit Trondheim. The third-largest city in Norway, and a formerly important trading port in the middle of the country, Trondheim has in recent years become something of a hot destination. Crowned a European Region of Gastronomy, along with its region, Trøndelag, in 2022, it has multiple *Michelin*-starred restaurants, the highly-ranked Norwegian University of Science and Technology, a famous pilgrimage route, and a nationwide art prize for contemporary artists. And in Norway, you’re never far from nature: the city sits on a fjord, making it ideal for fjord cruises, and it is close to the UNESCO-listed mountain village of Røros as well as the southern reaches of Norway’s Sámi people.

But back to the cathedral, because there are more stories to uncover. Another legend about this building, which was 250 years in the making, is that it should never be completed. If it is, says Martine, the legend tells that the cathedral and the town of Trondheim will slip into the fjord and be lost forever. To make sure it is never finished, a stone figure of a stonemason has



Crab from the Trøndelag area



Trondheim’s marina



In Baklandet, or Old Trondheim, life goes on as it always has

been carved in the process of placing a brick in the wall, which is just jutting out from it. The fact that this stone figure will never complete his work will hopefully keep the building and the town safe.

The figure of the stonemason is one of hundreds in and on the cathedral itself. Over its main entrance, an overwhelming array of 76 figures from Norwegian history stand, holding orbs and sceptres, crosses, axes, swords, and standing on dragons. Gargoyles coil around buttresses and statues command the scene from raised plinths. By far the most curious is a tall statue with the face of Bob Dylan at the top of the northwest tower.

Thanks to time, fires, reconstructions, and the ongoing work of maintaining an enormous building such as this, parts of the building have been made and remade again over time. When sculptor Kristofer Leirdal was working on a statue of the Archangel Michael for this tower, he decided, just like the medieval stonemasons who went before him, to base the face of the figure on a real-life person. And thus, Bob Dylan stands at the top of a tower on Nidaros Cathedral.

Trondheim has welcomed travellers for centuries, thanks to the bones of the saint and the pilgrimage they inspired. It’s not as well known as the Santiago de Compostela route, but today, pilgrims come to Trondheim via nine different pilgrimage routes. These routes, known as St. Olaf’s Ways, cross around 3000 kilometres of mountainous landscapes and pass through many cosy, culture-filled villages.

With another guide – this time Wanda from *Trondheim For You* (trondheimforyou.com) –

I explore the rest of the city. We take in the beautiful surroundings of Baklandet, the old town of Trondheim, where colourful houses sit along cobbled streets and heavy-headed peonies nod their heads against old stone walls. It’s a peaceful and lovely space right beside the old harbour, which is lined by characterful red, yellow, and brown warehouses of varying ages. Baklandet is also a hub for students in the city.

We walk on to the city’s main square, which is lined by food trucks, and past squat stone churches and narrow city alleyways. It’s a pretty place to walk, with shopping streets decorated with multicoloured umbrellas and tumbling flowers. Wanda points out Trondheim’s many art galleries, including the edgy contemporary art spot K.U.K. (k-u-k.no), whose name stands for Kjøpmannsgata Ung Kunst (meaning Kjøpmannsgata Young Art) but is extremely rude if you take away the dots (it rhymes with ‘dock’) – in its restaurant, a dangling pair of disco balls emphasises the theme even more.

We also walk past former industrial buildings turned into shopping centres and apartments, and into cultural houses where old wooden buildings meld with modern architecture, until we reach the port and the edge of the city. Tonight, a lone ferry floats across the water, continuing its journey into the port, where a cruise ship is weighing anchor.

This calm fjord is the reason why the city was built in the first place. It served as an entry and exit point into the city for traders and raiders and everyone else. Today, Trondheim is still a city of comings and goings, just as it always has been.

TRONDHEIM'S FOOD SCENE

Take a foodie tour of the city dubbed the Home of Nordic Flavours!

Breakfast

Scandic Nidelven has won the title of Norway's Best Breakfast 14 times, most recently in 2022. It's easy to see why, because you've never seen a hotel breakfast like this! With dedicated chefs serving smoothies and ginger shots, hot-food counters with multiple types of salmon, a special vegan and gluten-free food counter, and a waffle station where you can even get ice cream (for breakfast!!), it's an overwhelming array of just about everything you could imagine. Havnegata 1-3; scandic.no

Coffee

No matter how much you love coffee, you cannot possibly love it as much as the dedicated coffee nerds who run *Jacobsen og Svart* (Brattørgata 4; jacobsensvart.no). Enjoy pour-over coffees from emerging coffee nations such as East Timor in a trendy coffee shop where the bookshelves are filled with architectural coffeetable books. It's one of the hottest places in town for serious coffee fans. If you prefer tea, the specialist tea shop *Gravraak Teateliér* makes blends from local herbs (Nedre Baklandet 58; gravraakteatelier.no).

Drinks

After dinner, take your pick from this student city's many bars. For cocktails, the *Britannia Hotel's Vinbar* is the city's best spot (Dronningens gate 5; britannia.no). If cocktails aren't your thing, its cellars also hold 10,000 bottles of wine from all over the world, so you're sure to find a drink to your liking. *Spontan Vinbar* is another of the city's stylish spots and was recommended by the *Michelin Guide* in 2023 (Fjordgata 1; spontanvinbar.no).



Argentinian gelato maker Gola

Ice cream

At *Gola e Tentazioni* you'll find an Argentinian gelato maker with a revolving counter of extraordinary flavours and some of the smoothest ice creams ever. Its coffee ice cream is made from the same brand of coffee served at *Michelin*-starred *Credo*, and the pistachio and hazelnut flavours complement it wonderfully. Innherredsveien 22A



Streif bakery and café

Lunch

It's not a hardship to walk down the river to the cosy *Streif* bakery and café at Nidaros Pilegrimsgård. It's an exceptionally friendly place to eat. The Ferdafolkets Delingsbord (Travellers' Sharing Plate) is highly recommended and is full of local cheeses, local meats, and a sprinkling of pistachios, quiche, and toasted sandwiches to bring together the flavours of local producers and international pilgrims. Kjøpmannsgata 1; nidarospilegrimsgard.no



Credo, a Michelin-starred restaurant

Dinner

If you get the chance to eat at any of Trondheim's *Michelin*-starred restaurants – *Credo* (Ladeveien 9; restaurantcredo.no), *Speilsalen* (Hotel Britannia, Dronningens gate 5; britannia.no), or *Fagn* (Øraveita 4; fagn.no) – grab it with both hands. Bookings typically need to be made three or more months in advance. All three establishments use the best modern Norwegian ingredients and make the most of the city's setting on fertile land beside the fjords and the coast, with mountain pastures just a short drive away.

Alternatively, a dinner at *Troll Restaurant* gives a great introduction to Norwegian dining in a characterful wooden house on the quay (Fosenkaia 4A; trollrestaurant.no). Expect a changing menu with the likes of local reindeer, wildflowers, locally-caught pollack, and more. After a meal, walk down the quay to its sister venue, *Kafe Skuret*, for a little live music (Fosenkaia 40).



Or, if you prefer sushi, grab one of the limited seats at the beautiful *Maki Kitchen* in Baklandet (Nedre Baklandet 75; makikitchen.no). As locals tell it, salmon did not feature in Japanese sushi until Trondheim exported it to the Far East. This bijou sushi restaurant is a great place to try it without the air miles.

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BEYOND THE CITY

Getting to know Norway's drama-packed nature.

Norway is known for its outrageous nature (think roaring waterfalls, vertiginous fjords, and coastal wildlife that includes orcas and sea eagles), and with a little more time in Trondheim, your jaw can drop with the best of them.



Go foraging in the wilds of Norway

A half-hour drive from the city, *Trøndelag Sankeri* (Trøndelag Harvesting) offers outdoor cooking adventures in which you will collect and prepare your lunch surrounded by Norwegian nature, gathering wild plants, berries, mushrooms, and seaweed along with the occasional lecture. Book in advance for a private tour. You'll be in good hands; the organisation's 16 professional harvesters also supply companies and restaurants all over Norway, including *Michelin*-starred spots in Oslo. trondelagsankeri.no



Discover the eight seasons of the Sámi

Another great reason to visit Røros is to see a Sámi reindeer farm. At Rørosrein, a South Sámi family of reindeer herders welcomes guests to their farm for reindeer experiences, including sledding in winter, and dinner. Their restaurant, *Koia*, is built as an octagon and clad in timber, according to old Sámi tradition, representing the people of the eight seasons. The Sámi people have always divided the year into eight seasons, which relate closely to the behavioural patterns of their reindeer. rorosrein.no

Explore a mountain village

The traditional mountain village of Røros lies a two-hour drive from Trondheim and is easily reached on a day trip. It's a UNESCO World Heritage Site and one of the oldest towns of wooden buildings in Europe, complete with cosy alleyways and even copper mines running under the mountains. It's one of Norway's certified sustainable destinations, meaning that it's working hard to reduce the negative burden of tourism and support cultural heritage. Guides can take you on tours of the town, which include plenty of colourful storytelling, and you can't leave without trying a famous Røros *pjalt*, a special kind of pancake served with *brunost* cheese. visitnorway.com



Get a 360-degree view of nature

About two hours west of Trondheim, two glass igloos overlooking the coastal landscape, a field of alpacas, and the mountains offer an unexpected and wonderful way to immerse yourself in nature. The hidden glamping spot is run by a family that also offers SUP and kayak trips in the nearby ocean as well as guided hiking with alpacas. Each of the igloo-like domes has a double bed and all the cooking gear you need, including a barbecue for grilling any fish you catch. opplevauna.no



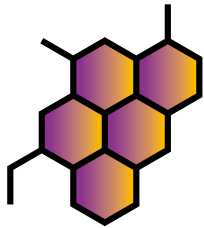
Go Viking hiking

With a bit more time, you can go completely Viking in the heart of Norway. The historical organisation Hands On History organises a five-day trip with a three-day hike through wild nature and Ice Age scenery. Guests travel Viking-style, with authentic gear (including tunics), preparing food on an open fire and sleeping under the stars. Led by Viking experts, the hikes track through the wilderness, up and down mountains, and promise an immersive nature experience in which you can connect with your ancestors and leave modern-day worries behind. handsonhistory.no



Go to Hell

No, really, we're not being rude – Hell is a tiny village 30 minutes east of Trondheim. In September it hosts the Blues in Hell music festival, but really, it's a place you visit for a photo by its much-visited train station, where a sign reads 'Hell - Gods Expedition', and to buy a postcard showing the day when Hell froze over. You can buy ice cream in Hell, too. And from here, you can visit Norway's most famous stone-age carvings, at nearby Helleristninger. visitnorway.com



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WHAT TO SEE IN TRONDHEIM?

Events, exhibitions, and more great reasons to visit.



Photo © Grindal Ysteri / Osteglad



At Hamarsbøen Farm

World Cheese Awards

October 26–28

In 2016, a Norwegian cheese called *Kraftkar* won the entire event. Seven years later, could another of this country’s cheeses take the top spot?

For the first time ever, the World Cheese Awards are being held in Norway, and for good reason. In recent years, several Norwegian cheeses have received gold and silver medals in the World Cheese Awards, and there’s talk about this northern area being a secret hot spot for this delicious dairy delight, thanks in part to its lush pastures and some unique cheesemaking traditions.

In this event, more than 4000 cheeses will be competing for the crown, with 250 judges tasked with the demanding role of finding out which is the best. Cheese will take centre stage all across the city for this two-day period, with the top 16 cheeses judged live on stage.

ostelandet.no

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Photo by Lili Zaneta

Lorck Schive Kunstpris

Until September 17

The Lorck Schive Kunstpris is one of Europe’s largest art prizes, celebrating the very best in Norwegian contemporary art. Seeking to generate debate and interest around contemporary art, this year it celebrates four artists: Ahmed Umar, Joar Nango, Anna Daniell, and Ane Graff. Often referred to as the artist’s prize for artists, it’s judged by a panel that includes artists and curators and is held in Trondheim every second year. The event is so significant for Norwegian art that it attracts curators and collectors from all over the world.

Head to the Trondheim Kunstmuseum to see the nominees’ exhibition until September 17. There you can experience a traditional Sudanese wedding room where Umar features as the bride, Nango’s riff on Scandinavian interior and lamp design, Daniell’s version of Noah’s Ark based on art, and Graff’s cast glass work combining art and science.

trondheimkunstmuseum.no



Photo by Mikkel Ksenov / Visit Trondheim

Trondheim Christmas Market

December 3–20

Trondheim’s town square becomes a scene from a Christmas fairy tale in early December with its traditional market. Expect Christmas trees, food, sleigh rides, and a crafts market. Each year, more than 90 exhibitors come to sell their wares, and more than 100 events and concerts take place, including intimate storytelling around a roaring fire in the traditional Lavvo area, where ten Sámi tents are brought together, complete with reindeer skin-covered benches.

Local Christmas food is, of course, a focus. Expect to eat traditional Norwegian delights such as lutefisk, herring, and cloudberry cream, all washed down with a dark Christmas beer.

julemarkedet-trondheim.no

Laura Hall stayed at *Hotel Scandic Nidelven* as a guest of *Visit Trondheim*. visittrondheim.no



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Rauna Castle

DIG INTO MEDIEVAL HISTORY AT RAUNA CASTLE

Rauna, a small town in northern Latvia with only a little more than one thousand residents, attracts local as well as international visitors thanks to its historical sites and artefacts, the most prominent of them being its medieval castle.

Rauna is a small but intriguing destination for those interested in medieval history and natural beauty. Situated at an elevation of 115 metres above sea level, the town provides astonishing views of the landscape below. But there’s no doubt that the most famous view of Rauna can be seen from Rauna Castle.

The history of this medieval castle is quite exceptional. The masonry structure was constructed gradually and rebuilt several times, from the 14th to the 16th century it was one of the main residences of the Riga archbishops, and it also served as a fortification. After being a military and cultural centre for three centuries, Rauna Castle lost its prominence when the Archbishopric of Riga was taken over by the Duchy of Livonia. The structure was destroyed in the early to mid-17th century following the conflict between Sweden and the Polish-Lithuanian Commonwealth, leaving only ruins and lots of space for the imagination to ponder what life looked like back in the day.

Built as a fortification, the whole complex had five round towers, an impressive inner courtyard, detailed dining and sleeping halls, and a chapel. The courtyard was certainly one of the most significant features of the castle; the longitudinally

extended rectangle was decorated with marvellous stone galleries and carefully paved with medium-sized stones, some of which can still be seen today. The architectural works were impressive for their time, and because it is likely that the initial purpose of the castle was defensive, the design possibly featured some temporary wooden structures built inside the fortified walls.

Conservation work on the castle began only recently, making the site one of the main visitors’ attractions in the Rauna region. It’s one of the largest and best-preserved castle ruins in Latvia. Even though only the main body of the castle remains, one can learn more about the archaeological findings and the castle’s past in an exciting interactive exhibition located on the castle site.

Nowadays, Rauna Castle is also a cultural centre for the region, hosting various events that celebrate the town’s medieval past as well as current trends. In May, Rauna has its own medieval celebration, in July it hosts the *Rodam Raunā* (Finding in Rauna) festival, and in August the town celebrates its name day with a fun party.

In addition to the castle, Rauna has numerous other objects worth visiting. Tanīs Hill and the

mythical Staburags Cliff of Rauna are located near the castle. In the Middle Ages, Tanīs Hill was one of the largest and strongest Latgalian hillforts. The Staburags Cliff of Rauna, on the other hand, is a natural wonder and a gem for all those seeking beauty in Latvian nature. The freshwater limestone cliff is around 8000 years old and covered in calcified grass stalks and leaves. Nothing else like it can be seen in Latvia – its only counterpart, the Staburags Cliff of the Daugava River, was flooded when hydroelectric stations were built in the 20th century.

The atmospheric Rauna Evangelical Lutheran Church can also be found nearby. Built in the 15th century, the church has witnessed various powers and wars and continued to operate as a church during the Soviet occupation. Also, no visit to Rauna is complete without seeing the Rauna Freedom Monument, which was built from local donations in the 1930s and also miraculously survived the Soviet era. It features a sculpture of a *kokle* (Baltic psaltery) player and the patriotic prayer ‘šGod Bless Latvia’.

Rauna has a rich history to explore, and, in order to make it more accessible, a mobile audio guide offers video stories as well as an expansive photo gallery in Latvian, English, and Russian. The audio-visual guides let anyone dig into medieval history from the comfort of their own home. But for those who love reading, the Smiltene region has also launched an extensive website containing most of the available information about the tourism opportunities in the region and the history of the main sites and artefacts.

The walls of the main body of Rauna Castle have been strengthened and a mobile tourism guide through Rauna as well as an interactive castle tower exposition have been created within the RUNRARO project. It is planned to improve the equipment at Rauna Castle, expand the tower exhibition with informative tablets on the archaeological findings in the castle ruins, and organise several cultural events within the ZE RUNRARO project.

visit.smiltenesnovads.lv
pils.rauna.lv



Co-funded by
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Rauna Evangelical Lutheran Church



A view of Rauna from the castle grounds.



Staburags Cliff of Rauna

HOW TO STAY YOUNG WITHOUT A SCALPEL

Find out the latest techniques for effective body shaping and health promotion, which are also available at the *Via Vitalité* weight correction and wellness centre in Latvia.

VIA VITALITÉ
WEIGHT CARE & WELLNESS

Address: 'Lejas Rāķi', Lažas pagasts,
Dienvidkurzemes novads, Latvia
Phone: +371 26 511 011
Website: viavitalite.com
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IG: [via.vitalite](https://www.instagram.com/via.vitalite)

Nowadays, being overweight and having a large girth is not just a problem of aesthetics. Doctors have also long been raising the alarm about this issue, because it is a sign of our increasingly unhealthy lifestyles and a factor in premature aging. But what concerns many experts even more is the willingness of many people to take the issue too lightly and opt for surgery before trying other alternatives that can help them look and feel better.

As Dr. Anton Borisov, a thalassotherapist and expert at the four-star *Via Vitalité* weight correction and wellness centre, points out, the best surgery is the one that does not take place. Scalpels and needles are exceptional tools, and it is almost always possible, and even necessary, to look for ways to recover and stay young in a natural way.

This is also the motto of the *Via Vitalité* weight correction and wellness centre, where men and women from all over the world come to regain youth and vitality and improve their overall appearance. *Via Vitalité* is situated in a picturesque location in Latvia far away from the hustle and bustle and temptations of the city. The centre's 180 hectares of scenic surroundings provide all the conditions for guests to clear their minds, regain their energy, and improve their figures. One of the guiding principles at *Via Vitalité* is emotional and physical security, which is why the hotel's grounds are completely secluded from the view of others.

Dr. Borisov has more than 20 years of experience in maxillofacial surgery, surgical dentistry, injectable and aesthetic cosmetology, and nutritional medicine. He currently specialises in thalassotherapy (from the Greek *thalassa* 'ocean'), which is an integrated

concept of therapy, prevention, and promotion of health using substances from the sea and the ocean in body treatments. Borisov stresses that it can be very effective in preserving youth: 'At *Via Vitalité*, we use marine cosmetics to reduce imperfections in the body and face, because they are perfectly absorbed through the skin and are hypoallergenic. Anyone can start familiarising themselves with these cosmetics by trying a seaweed cream for the skin. When choosing creams, I recommend sticking to one brand and not combining products from a variety of different brands. And finally, use them – because your skin will be significantly hydrated and become firmer! Creams and serums that sit on shelves don't smooth wrinkles,' says Borisov.

Seaweed is extremely rich in iodine, polysaccharides, minerals, phytohormones, antioxidants, and vitamins, which are all very valuable for improving health and appearance. For example, the iodine in seaweed is absorbed by the thyroid gland, our 'king of metabolism'. The results are visible almost immediately, as swelling is reduced, fat is broken down, and muscles become denser and stronger. Sea water, which is used in many thalassotherapy treatments, is high in potassium, which helps to quickly eliminate swelling and oedema. And marine magnesium, for its part, reduces the appetite at the level of the hypothalamus, the main coordinating centre of the brain, and regulates levels of the stress hormone cortisol, which stimulates us to 'eat our stress away'.

Massages are also an important tool for keeping the body and mind in shape. However, despite the large number of training institutions, Borisov believes it is very difficult to find knowledgeable, skilled,

and customer service-oriented professionals in Europe. 'I was pleasantly surprised by the ease and enthusiasm with which the *Via Vitalité* massage therapists and beauticians acquired the wisdom of the French thalassotherapy brand *Thalion*. I'm sure that now, for the guests of our weight correction and wellness centre, every treatment will feel like a trip to the coast of Brittany in France – almost like hearing the sound of the ocean and the splash of the waves. We've worked hard to offer relaxing ocean aromatherapy, powerful body sculpting, and even an exclusive foot treatment.'

But that's not all. Borisov stresses that the secret to a healthy and youthful appearance is also the ability to see the good and the joyful in everyday life. Because emotions are closely linked to hormone balance, good levels of the so-called happiness hormones (serotonin, dopamine, endorphins) can also physically improve quality of life. One can start with simple things, such as laughing more often, eating a balanced and delicious breakfast, avoiding toxic people, taking up fun hobbies, and enjoying outdoor activities.

Another pillar of well-being and a good appearance is drinking enough clean water every day. According to Borisov, one should drink 25 millilitres of water per kilogram per day. For example, a person weighing 90 kilograms should drink at least 2.5 litres of water a day. Ideally, that water should be mineralised and contain magnesium.

'The only goal in life is to be happy, but that's not possible without a healthy body,' says Borisov. '*Via Vitalité* provides the most important thing for its clients – it helps them develop daily habits worth a million euros. A well-thought-out daily regimen, healthy and delicious food, pleasant and valuable body treatments, appropriate physical activity – all of this is individually synchronised here in perfect rhythm with each guest's biological clock. After visiting our weight correction and wellness centre, it's very easy to continue your routine at home. Everyone leaves *Via Vitalité* with guaranteed results: they feel rested, slimmed down, and full of oxygen, vitamins, and minerals. The relaxing sound of water, the singing of the birds, and the contact with horses that the guests have here are a fantastic source of energy,' says the doctor.

Via Vitalité is all-inclusive, which means that all treatments and activities in the selected programme are included in the quoted price. The weight correction and wellness centre offers more than 50 comfortable rooms in different price categories. A balanced diet, a variety of physical activities, including walking trails over ten kilometres in length and a 25-metre swimming pool, as well as high-quality facial, body, and spa treatments are all available at *Via Vitalité*.



PRICE FOR THE **EXTRA PROGRAMME** WITH THALASSOTHERAPY PROCEDURES

(based on room category)

Economy – EUR 245 per day

Standard – EUR 255 per day

Comfort/Business – EUR 275 per day

De Lux/VIP – EUR 295 per day



THE SOUNDS OF MUSIC IN THE HEART OF TALLINN

Welcome to the concert and theatre halls of
the Estonian Academy of Music and Theatre!



Photo by Vahur Lõhmus

EAMT Symphony
Orchestra on stage



Photo by Rene Jakobson

EAMT Opera Studio
performance

In 2019, the Estonian Academy of Music and Theatre (EAMT) celebrated its 100th anniversary, and to mark this occasion, a new concert and theatre building was unveiled. Its elegant interior design, excellent acoustics, and convenient location in the heart of the city have enabled the EAMT hall complex to become Tallinn's new musical symbol, welcoming all music and theatre enthusiasts.

The new venue now hosts a wide array of events. Nearly every evening, the Great Hall, which is renowned for its exceptional acoustics, presents concerts featuring top professionals in the field as well as students currently studying at the academy. The musical repertoire includes all genres taught at EAMT, ranging from classical and early music to jazz and contemporary improvisation. Additionally, visitors can enjoy productions offered by the opera studio and the theatre department, including the distinctive contemporary physical performance programme. Choir music and orchestral performances by the academy's large ensembles are also regular features. Many events are either free or require only a nominal fee for tickets.

The acoustics of the halls were designed by Estonia's most experienced acoustician, Linda Madalik, in collaboration with Danish specialists. The innovative technical solutions in the 'black box' are suitable for executing even the most daring creative projects in the fields of music, theatre, and other audiovisual arts. According to EAMT rector Ivari Ilja, the academy's new hall complex plays an invaluable role in preparing future musicians and actors. The modern facilities reflect the academy's dedication to the arts and its position as a key cultural and educational institution in Estonia. Overall, this development has greatly improved the academy's ability to fulfil its mission in the field of the performing arts.

This autumn, the academy invites audiences to high-level concert series such as *Masters on Stage* and *Piano Artistry*. In addition, *myriadFEST*, the academy's vibrant flagship festival, will take place on October 20 to 25 and offer experiences to suit all tastes. In December, don't miss Benjamin Britten's children's opera *The Little Sweep*.



ESTONIAN ACADEMY
OF MUSIC AND THEATRE

Tatari 13, Tallinn
eamt.ee

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The University of Tartu is launching two influential projects to advance life sciences.

UNIVERSITY OF TARTU

EXCELLING IN DIGITAL BIOENGINEERING AND PERSONALISED MEDICINE

In September, the University of Tartu – Estonia’s leading research institution – is launching two internationally influential projects to bring new quality to life sciences, biotechnology, and personalised medicine.

The plan to curb climate change and mitigate its effects by reducing the consumption of fossil raw materials, thus reducing the environmental impact of agriculture and fostering the growth of the circular economy, will focus efforts on bioengineering. It is a line of research that investigates processes at the cellular level and applies genetic engineering to design cells with useful functions. Engineered cells can be used for the environmentally sustainable bioproduction of the essential chemical building blocks for polymers or, for example, the ingredients used by the pharmaceutical, cosmetics, and food industries. Such technologies significantly reduce the need for petrochemicals and mitigate the environmental impact of these industries. New bioproduction methods also make it possible to valorise currently low-value waste, such as waste gases or biomass left over from the food and forestry industries.

The Centre for Digitalised Bioengineering (DigiBio) being developed in parallel with the newly established Institute of Bioengineering at the University of Tartu applies digitisation, big data analysis, and machine learning methods to the genetic designs of such cells.

It will offer a new quality for life science research and the bio-industry, significantly accelerating the discovery of important cellular mutations and the creation of designer cells with specific functions.

A biofoundry, or automated experimental unit for the digitalised design and engineering of cells, will be established in Tartu together with partners from the Novo Nordisk Foundation Centre for Biosustainability of the Technical University of Denmark and Tallinn University of Technology. This will be the only centre of its kind in the Baltic region. According to Mart Loog, a professor of molecular systems biology at the University of Tartu and the leader of the project, the Danish partners have unique experience in the digitisation of biology, making the opportunity to learn from them invaluable. The aim is to connect the Estonian biofoundry to the international Global Biofoundry Alliance network in order to benefit from international experience and open new horizons for the local research community and the biotech industry. ‘Engineering biology using such a high-throughput approach helps us to meet global challenges ranging from sustainable bioeconomy to fighting pandemics and diseases,’ says Loog.

Thanks to advances in science and technology, the field of medicine is going through a breakthrough that can be summed up by the term ‘personalised medicine’. Increasingly, there are opportunities to look at health issues more individually than ever before, considering a person’s genetic background, lifestyle, and environmental influences, among other factors. Largely thanks to the valuable database of the Estonian Biobank, which over 200,000 Estonians have joined, Estonia has become one of the most advanced countries in terms of personalised medicine. A unique national IT infrastructure for personalised medicine has also recently been completed, enabling the secure integration of genetic data into doctors’ daily work.

Progress so far has been noted. The University of Tartu and Tartu University Hospital recently received a historic research grant from the European Commission to establish an international research and development centre for personalised medicine in Estonia. The creation of the region’s most influential centre of expertise will allow it to take the next steps in bringing genetics-based healthcare services into practice.

The work of the consortium in establishing the centre is led by Professor Mait Metspalu, who is the director of the University of Tartu Institute of Genomics. According to him, the centre will enable closer collaboration between different scientific disciplines, from clinical medicine and public health to social and data sciences, to study all stages of the implementation of personalised medicine. The consortium’s research will include developing new scientific methods, tools, and clinical trials to study and validate the created applications in cooperation with patients. It is also important to assess the impact of personalised medicine services on society, the economy, and public health.

Another aim of the consortium is to improve the digital usability of people’s health data in Estonia. Even though strong e-state governance is available in Estonia, some electronic data are still unstructured and in a free-text format. In addition to enabling better use of data for prevention and treatment, a well-organised health data infrastructure will also boost health technology start-ups, which in turn will accelerate the flow of research into society.

In addition to local researchers and experts, partners include the University of Helsinki and the Erasmus University Medical Centre, which are among Europe’s leading centres for personalised medicine. This means the consortium can use the world’s top expertise and share its experience and discoveries internationally.



Photo by Marko Sõnnurm

Bioengineering investigates processes at the cellular level and applies genetic engineering to design cells with useful functions.



Photo by Renee Altrov

The Estonian Biobank holds genetic samples of almost 20 percent of the Estonian adult population.

The European Commission is supporting the projects with 30 million euros over six years, with another 30 million invested by the Estonian state. Both projects are supported by a Teaming for Excellence action under the “Widening participation and spreading excellence” sub-programme of the European Commission’s Horizon Europe research and innovation funding programme. The programme supports collaborative projects between European research institutions to deliver cutting-edge research and better integrate it into society and the economy. researchinestonia.eu



research estonia



Publicity photos



Lukstiņš the Skeleton greets visitors as they enter the RSU Anatomy Museum

RSU ANATOMY MUSEUM IN RIGA

AN UNFORGETTABLE JOURNEY INTO THE ANATOMY OF THE HUMAN BODY



The 19th-century stable building was renovated in 2020

If you are an explorer, art enthusiast, or someone with a medical background, the Riga Stradiņš University (RSU) Anatomy Museum should be on your bucket list the next time you visit Riga, Latvia. It's a one-of-a-kind cultural space that just might get under your skin and linger there for a long time.

UNIVERSITAS RIGENSIS STRADINA
MUSEUM ANATOMIAE

Address: Kronvalda bulvāris 9, Riga
am.rsu.lv
FB/ RSU Anatomijas muzejs/ RSU Anatomy Museum

The RSU Anatomy Museum is one of the few anatomy museums in Europe that's open to the public. It displays complex inner systems and organs of the human body usually seen only by surgeons or anatomists.

The museum is based on the first anatomy training collection in Latvia and was founded in 1920 by two scientists, the Swedish anatomist Gaston Backman and the first Latvian anatomist, Jēkabs Prīmanis. The collection was initially created to train medical students, but nowadays, the museum not only serves as a place for study and research but also where visitors older than 14 or children accompanied by adults can explore a deeper sense of what it means to be alive. System by system, organ by organ, the museum provides a fascinating insight into what is happening inside every one of us. Here one can experience the diversity of human bodies, skeletons, bones, body parts, and organs, their structure, and how they vary in different forms.

Housed in a 19th-century stable building in the Theatrum Anatomicum complex, the museum's exhibition is laid out on two floors. This rich medical heritage of Latvia has remained unchanged for 100 years. Here, you can explore 1000 preserved organs and body parts, more than 600 skulls, and 200 corrosion preparations.

The first thing visitors see upon entering the RSU Anatomy Museum is the skeleton of a 27-year-old male. This was the first voluntary donation of a human body to the museum and one of the rare specimens that includes details about its donor, because usually donors remain anonymous. The skeleton of Lukstiņš is almost

one hundred years old and serves as a reminder that every exhibit is not only scientific but was also once part of a real human body. According to legend, Lukstiņš was a medical student who did not pass the anatomy exam and committed suicide. Another story tells about unrequited love.

On the first floor of the museum, visitors can learn about human organs and anatomy. It's an incredible encounter with the inner systems of the human body that shows the effects of different lifestyle choices, for example, the lungs of a smoker and a non-smoker. Each display is specifically themed, and, between the specimen jars and human bones, provides a truly immersive experience with 2D, 3D, and interactive elements.

There is also a strong connection at the museum between anatomists, artists, and museum experts. Many of the exhibits shine with colour: arteries filled with red, veins with blue, and bronchi with yellow. It is not known how these particular organs and systems were coloured, but saffron, wine, and ink were historically used to create such exhibits.

One of the galleries at the museum showcases hundreds of skulls. Did you know that as late as a few decades ago a real skull was still an integral part of medical studies? There were no digital technological or artificial models available at that time, and therefore every medical student had their own skull. Most of the skulls displayed in the RSU Anatomy Museum were found during archaeological excavations in the 1920s and 30s. They were collected to study the anthropological variations and health of the Latvian population in the 20th century and earlier. The oldest skull in the collection dates to the 5th century CE and was found in Tērvete.

The museum's ground floor houses more sensitive exhibits, such as the collection of congenital anomalies and embryology. Here, visitors can also see the museum's storage rooms through transparent glass walls.

The most unusual collection at the museum contains tattooed skin specimens, which stand out for having no obvious connection to the study process. These 30 specimens have been showcased at the museum for several decades, and recently the museum published an illustrated catalogue of its collection of tattooed skin specimens in cooperation with local artists Kristians Brekte and Aleksandrs Breže.

The next time you're getting ready to visit the RSU Anatomy Museum, download the 'RSU Museum' app. Delve deeper into anatomy with close-ups of organs from different angles and explanations about the exhibits given by experts.

In 2023, the RSU Anatomy Museum was nominated for the European Museum of the Year Award and was characterised by the jury as a place that combines historical artefacts with modern anatomical 3D illustrations and contemporary artistic interventions, creating a delicate and elegant exhibition on the history of research on the human body.

Rīga Stradiņš University (RSU) is Latvia's leading university and research institution in the field of medicine, healthcare, and social sciences. RSU is included in the QS World University Rankings 2022, one of the world's most influential university rankings, based on its academic reputation and high international student ratio.



The museum encourages curiosity, questions, and discussion



The collection consists of several thousand interesting and unusual objects



Modern technologies are integrated into the historical collection

Publicity photos

NEW AND EMERGING BUSINESS OPPORTUNITIES IN BAUSKA REGION

A city attractive for business, Bauska becomes
an important Baltic logistics centre

Bauska and the surrounding region are unique in Latvia due to the favourable geographical location, the developing traffic infrastructure, and long-standing business traditions. The city is crossed by a busy motorway, is within an hour's drive of both a freight port and an airport, and is planned to host a Rail Baltica railway station with cargo handling terminals. Bauska is close to both Riga, the capital of Latvia, and the border with neighbouring Lithuania. It has a long tradition of business, especially in agriculture, and it is not for nothing that the region is said to be fertile land for business. The development of a logistics centre in this region is simply logical.

The Bauska Industrial and Logistics Park (BILP) has become one of the cornerstones of the region's rapid development. This 105-hectare site, with all the necessary communications and access roads, is a municipal idea that was conceived and began incubation several years ago.

A major future logistics centre

Ilze Tijone, Head of the Development and Planning Department of Bauska Municipality, outlines the advantages of BILP: 'The advantages of Bauska Industrial and Logistics Park are mainly related to its geographical location and the possibility to flexibly provide land areas for investors of up to 50 ha.'

Regarding the geographical location of BILP, Tijone points out that the Bauska region is located in the outer ring of the Riga metropolitan area,



an area characterised by higher economic activity and significant population fluctuation. The territory of Bauska municipality is 2173 square kilometres, and the road network is widely branched with a radial structure, providing easy access both within the municipality and for transit traffic. The total length of roads, bridges and streets in the county is 2053 kilometres.

The largest airport in the Baltic states, Riga Airport, is only an hour's drive away. A large part of the territory of Bauska Municipality is located within the Riga agglomeration; the construction of the Rail Baltica local railway station will

significantly change the concept of distance to and from the capital city in the next ten years, increasing the attractiveness of Bauska Municipality for potential investors and its potential for further growth as a logistics centre.

In terms of the infrastructure provided for entrepreneurs, Tijone points out that in anticipation of the development of the 70-ha production area, the municipality has already constructed a street with pedestrian and bicycle paths, utility networks, storm water drainage lines, sewer pipes, external electrical networks, under-ground communication lines, water supply pipelines, and a gas pipeline.

Gold-standard parking for long-distance HGV drivers

The construction of a service centre for long-distance HGV drivers is also actively underway on the BILP site. The project has been listed as having gold status by European standards, which means that alongside the car park there will be a comfortable hotel, a café, and a car wash.

The average number of HGVs traversing Bauska per day is 4,465, of which more than 3,000 vehicles cross into Lithuania at Grenctāle. Most of these are Polish HGVs transporting goods from Eastern Europe to Northern Europe – mainly Finland and Estonia – and back. Approximately 10% of the HGVs are from Lithuania and Estonia. The A7 Riga-Bauska-Lithuanian border (Grenctāle) road is consistently the most congested.

Aleksandrs Petrašs, CEO of VISSA, stresses that this service centre could be very important in a few years when the Bauska bypass is built. Petrašs also has high hopes for BILP, as it will allow both factories and warehouses to be built alongside the long-distance service centre, which will, in turn, reduce transport costs for manufacturers and industry, and will undoubtedly generate interest in developing production facilities here.

Petrašs stresses the potential of Bauska as a logistics centre: 'The Bauska Industrial and Logistics Park has a bright future, especially once the bypass and Rail Baltica are built. Bauska can easily become a major transport hub. For example, freight that will come in by rail can be transferred to trucks here.'

Local support and a skilled workforce

Nils Kazaks, board member of *Bauskas alus*, one of Bauska's oldest and most successful companies, agrees that Bauska has the right environment for business. He stresses that skilled employees are particularly important for a successful business: 'We are fortunate that the *Bauskas alus* team is made up of competent, long-term and responsible employees who demonstrate high loyalty to the brand, the employer, and the Bauska region.' Kazaks acknowledges that the experience of



cooperation with local and state authorities is also positive: 'We are always met with clear expectations and a receptive attitude.'

As for BILP's development plans, Kazaks is positive. 'Bauska's location and available infrastructure certainly open up a lot of opportunities in logistics. Successful cooperation between the municipality and the business community can exploit this potential and ensure the development of Bauska as a logistics centre.'

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AUDI Q8 SPORTBACK E-TRON

TAKING THINGS TO A NEW LEVEL



There are times in every car manufacturer’s history that become a turning point for the brand and a guidelight for future development. Back in 2015, the presentation of the *e-tron* became such a milestone for *Audi*, as it set its sights on future electrification and new technologies. Now in 2025, a new iteration named the *Q8 e-tron* is out, and it’s taking things to a new level.

On a late summer day, a striking blue *Audi Q8 Sportback e-tron* quietly arrives at our doorstep. It’s a sporty coupe-like version of the premium SUV, and the looks alone get us hooked. *Audi* keeps its design well balanced and subtle, giving you all the details you need to understand that what you’re seeing is a powerful, high-quality, modern vehicle, but it doesn’t try to overwhelm you with very exaggerated design elements. It’s clean and elegant.

At the front you have neat digital matrix LED headlights, which blend in with the front grille and the new two-dimensional four-ring logo. At the back lies an impressive full-width light bar and a swoopy tailgate, which in combination with massive alloys on all four corners gives the car a sporty feel.

The same philosophy is carried over to the interior of the *Audi Q8 Sportback e-tron*. It’s a high-tech

environment, there’s no doubt about that. By now we’ve all become used to big multimedia screens at the centre of the front dash, but *Audi* has added another screen for all the climate controls. It’s well laid out and easy to use, so even if you like the knob-and-button controls in older vehicles, you won’t have any problems with this set-up. One more screen is in front of the driver. A fully digital instrument panel allows various layout choices with navigation and all the info you need while driving, doubling it on a head-up display for extra safety.

The rear-view mirrors on the sides have been swapped out for cameras and neat triangular displays in the doors. Sure, it takes a couple of hours of driving to get fully used to that, but when you do, you’ll start to appreciate the technology of it. Blind spot monitors warn you of cars next to you, and you’re always aware of your surroundings.

We set off for a drive, and the first thing that strikes us the peace and quiet of the drive. In an urban environment you’ll hardly ever hear any road noise at all, and even on the highway the disturbance from outside is kept to the minimum. That’s the benefit of the electric drive and the

great sound isolation of the cockpit. Turn on the *Bang & Olufsen* sound system, and you can almost forget about the world beyond your car. The audio sound is so clear and precise that we have to double check we don’t have a band playing in the back seat.

Don’t be fooled, though. Remember we mentioned the sporty looks of the car? Well, it’s not just a visual impression. All that initial calmness can be brushed away if you stomp hard on the accelerator. We have the *55 e-tron* model with a 300 kW motor, and when all 664 Nm of torque kicks in, we reach 100 km/h in less than six seconds. That’s pretty impressive for a car that weighs about 2.5 tonnes, and it does it with such ease that you don’t feel stressed about it. If that’s still not enough, go for the *SQ8 e-tron* with 370 kW of power and a whopping 973 Nm of torque. That should do it.

Driving is very *Audi*-like. The steering and suspension work together well and provide the driver with good feedback. We never feel out of sync with the car; it’s predictable and precise. Even on loose surfaces the quattro system makes you feel confident and safe at the same time. The air suspension swallows the imperfections of the road surface and lets you enjoy the journey.

Speaking of the journey, in real life conditions – with traffic, unpredictable weather, and using climate control or other extras – you’ll get about 500 kilometres of range from the 114 kWh battery. That should be more than enough for any daily drives. If you want to go farther, you can pump the battery up to 80% in just 30 minutes if you stop at a fast-charging (up to 170 kW) station for a coffee.

It doesn’t matter whether you’re just doing daily commutes to the office or on a longer cruise to the countryside, the *Q8 Sportback e-tron* is a nice place to be. There’s plenty of space, and the seats are more than comfortable, especially if you go for the massage option. The seat upholstery and interior design materials are elegant and of high quality, giving you a stress-free and relaxing drive. The digital matrix LED lights will guide you in the darkness of night, and various active safety systems will keep you and your loved ones safe. There’s also plenty of space for luggage, with a 528-litre boot in the back and a 62-litre frunk at the front of the car.

The SUV segment has become increasingly popular in recent years, and for good reason – it lets you combine all your daily needs in one vehicle. But with the *Audi Q8 Sportback e-tron* you get even more. It’s a business-class vehicle that also doubles as a family car. If you feel frisky, you can drive dynamically as well. And to top it all off, there’s superb build quality, high-tech features, and great looks.





ZIVJU LĒTE – inspired by the sea

A centuries-old bond with the sea and fishing is an integral part of Baltic culture. Some time ago, Latvians even had ‘fish day’ once a week, on Thursdays. The ethos behind *Zivju Lēte* is to make every day a fish day!

Born from the love of seafood and Latvia’s fishing heritage, *Zivju Lēte* first opened its doors in 2015. The concept of a place specialising in fish – something that was lacking on Riga’s gastronomic scene – was an instant success. First, the restaurant offered a small menu that changed regularly depending on the catch of the day. But the demand for seafood delicacies has been growing, and in 2018 *Zivju Lēte* relocated to new, more spacious premises.

The new restaurant has introduced a more varied menu, where everyone can find a dish to their liking. *Zivju Lēte*’s cuisine combines the best of fish and seafood recipes, both local and international. The menu features well-known classics like tartares, fish soups, mussels, and seafood sauté as well as



Dzirnavu iela 41, Rīga
Website: zivjulete.lv

Open: Mon – Thu 12:00 – 22:00
Fri – Sa. 12:00 – 23:00
Sun 12:00-21:00



some regional specialties, such as Baltic herring and sprats. The main goal of *Zivju Lēte*’s cooking style is to showcase the seafood’s beauty without over-complicating its natural flavour. Recently, the specially invited chef from Italy, Andrea Salvatori, has added flawless Mediterranean flair to the restaurant’s cuisine with signature grilled dishes.

An actual *zivju lēte* (or ‘fish counter’) forms the centrepiece of the open-plan kitchen. Here the best of the sea is displayed, from local fish to exotic seafood. What sets *Zivju Lēte* apart is that it offers all of this at a reasonable price point. Whether it’s the finer end of the spectrum, like oysters and lobster, or fish brought by local fishmongers – seafood can and

must be enjoyed every day. To fulfil this initiative, *Zivju Lēte* has created a menu that includes an extensive choice of foods, including the simple fish and chips with cod.

The laid-back and casual atmosphere is also imprinted in *Zivju Lēte*’s design. Located in one of the most beautiful and prestigious parts of Riga, the restaurant’s interior is far from snobby or pretentious. A combination of fishing-boat décor, handmade wood furniture, vintage glass tiles, and unique design elements make for a cheerful, coastal vibe. In fact, when visiting *Zivju Lēte*, one can almost hear the waves and expect the fisherman whose tattoos inspired the restaurant’s wall painting to walk in through the door at any given moment.



Publicity photos

NOMAD AN EXPLOSION OF FLAVOURS

The name of this restaurant lines up perfectly with its concept. Just as nomads travel from one place to another, *Nomad* invites its guests to enjoy the best dishes from all over the world right here in the heart of Riga. Combining the finest aspects of Pan-Asian cuisine with the steakhouse culture of the West, *Nomad* is a place you'll want to return to again and again.

The whole world comes together in one diverse, multicultural menu at *Nomad*. The restaurant's two set menus focus on two bedrocks of pure quality: perfectly prepared steaks made from the highest-quality cuts, and exquisite seafood served as part of *Nomad's* raw bar, which offers perfect sashimi, nigiri, rolls, and more. But what truly sets *Nomad* apart and makes it the perfect destination for curious yet hard-to-surprise travellers is the way in which it tears down artificial borders imposed by having to declare a belonging to a certain type of cuisine.

Nomad has been on Riga's restaurant map for a year and a half now, and it has been catching the attention of diners since the day it opened. It's no coincidence that, at peak times, it's difficult to get a table here without a reservation. People are saying that this is where you'll find the best octopus in Riga and also some of the best steaks. Dessert lovers, for their part, are impressed by the honey cake with Sicilian almond praline and dried porcini mushrooms and truffles.



NOMAD
WORLD'S TASTE

Address: Dzirnavu iela 42, Riga
Phone: +371 26 126 266
Website: nomad-riga.lv
E-mail: info@nomad-riga.lv



Dmitrij Sinkevics, the restaurant's head sommelier, was recognised as Latvia's Best Sommelier in 2022.



Nigiri (bluefin tuna, salmon, yellowtail), gunkan (eel, octopus, chum salmon caviar), and sashimi (salmon, bluefin tuna, scallop, eel, tiger prawn).



Uruguay striploin steak with baked asparagus and broccolini.



'Caprese' basil mousse dessert with strawberries and tomatoes

At *Nomad*, everything is in the details... and in the people, who truly embody the idea, the success, and the soul of this establishment. The team at *Nomad* is headed by chef Maksim Mihejev, sushi chef Sergej Kim, pastry chef Diāna Ozoliņa, and sommelier Dmitrij Sinkevics.

Head chef Mihejev cherishes the independence entrusted to him and the no-limits attitude he is allowed at *Nomad*, because it is his creativity, know-how, and freedom of expression that adds new and unexpected flavours to the restaurant's offer, and which allow for truly unique gastronomic experiences. For Mihejev, cooking is not just a job; it's a realm that has no boundaries. It's even rumoured that, as a child, he even slept with cookbooks under his pillow, which could explain his passion for cooking and grilling.

Sushi chef Kim, for his part, has more than 20 years of cooking experience under his belt. He is known for his perfectionism and spending countless hours ensuring that every piece of a dish is prepared to perfection, no matter the cost or time spent. His sushi is therefore always up to standard.

Pastry chef Ozoliņa has worked with some of the best pastry chefs

and attended many training courses, including in France, Spain, and Belgium. For her, cooking is an artistic expression, and the main principle of her art is 'less is more'. *Nomad* also has one of the best-curated wine menus in all of Riga. This comes as no surprise, because Sinkevics, the restaurant's head sommelier, has won first place in the Latvian Sommelier Championship and was recognised as Latvia's Best Sommelier in 2022. He has a great passion for wine and ambition to learn as much as possible about this amazing drink.

In the interior design at *Nomad*, nothing is accidental or superficial. Most of the furniture has been custom-made especially for *Nomad*, and you won't find another place with a bar counter this exquisite – it's made from heavy, old Latvian oak and fits the restaurant perfectly. Everything guests see around themselves has been carefully selected with love, care, and respect for the idea behind the place.

Although *Nomad's* guests can enjoy both steak and Pan-Asian cuisine in any of the restaurant's modern spaces, the area designed specifically for Asian cuisine draws guests' attention not only with the perfectly prepared dishes but also with

a bar whose atmosphere is akin to an elegant, eclectic theatre. Here one can watch the actors (bartenders) in action, and it never gets boring.

The bar truly comes to life every Friday and Saturday after 10 p.m., when there's always a top-notch DJ playing music on the superb stereo system. *Nomad* gathers the most elegant, beautiful, and refined audience for its very special, sparkling evenings at the end of each week. That's when special, heavy red velvet fabrics are draped across the bar, which not only add to the aura but also interact almost magically with the sound to ensure the perfect auditory experience.

Speaking of the bar, here *Nomad* satisfies travel yearnings and modern-day nomad culture also in the form of exquisite, creative cocktails. These take guests to different places around the globe through perfectly combined ingredients as well as fitting names. For example, try the Kazakhstan cocktail made with cognac, red wine, blueberry syrup, and lemon juice; Peru with red vermouth, mezcal, *Angostura* bitters, pisco, and vanilla syrup; Madeira with Madeira wine, *Montenegro*, and *Fernet-Branca*; and many more.

Publicity photos



OLIVIA RESTAURANT

AN UNFORGETTABLE GASTRONOMY EXPERIENCE

Mediterranean cuisine with hints of Scandinavian flavour

For more than three years now, *Olivia Restaurant* has been welcoming Rigans and guests to the city with a combination of Mediterranean and Northern traditions and foods that are not available anywhere else in Latvia.

In creating the menu, the team at *Olivia Restaurant* has taken inspiration from French, Italian, Greek, and Spanish gastronomic traditions, and has also included hints of Asian flavours and combined everything with the chef’s own passion for experimental cuisine. However, the team always pays the most attention to the ingredients they use – they must be not only seasonal but also clean and organically grown. ‘Fresh produce and ingredients are the most

important thing. They must be not only correctly grown, obtained, and delivered but also be processed correctly in our kitchen,’ says the chef. ‘Therefore our task is to find produce and meats of excellent quality, prepare them with respect, and serve them in an agreeable setting. In addition, it’s important for us to give thought to each ingredient, from the fish and meat all the way to the mushrooms and berries, which are, for example, gathered in the forests of northern Finland. If each of the ingredients in a dish is of the highest quality, then the meal is truly delicious and enjoyable.’

Olivia Restaurant is distinct not only for its high-quality produce and unique flavours and manner of preparation, but



Address:
Krišjāņa Valdemāra iela 25,
Rīga
Phone: +371 27 338 866
Website: oliviarestaurant.lv
Opening hours:
Mon-Sun 12.00–23.00



Seafood platter



King crab in white wine sauce with fennel, sweet onions, and blue cheese



Galician octopus with sweet onion and marrow purée, spinach and crab and Romesco sauce



Grass-fed beef ribeye steak (entrecôte) from New Zealand

also for its general philosophy. Each food on the menu has a story of its own. The main menu highlights fish and seafood: the Mediterranean turbot is from the French coast, where it is raised on an organic fish farm, while the North Sea cod is caught in the Barents Sea and the shrimp are supplied from Canada. The swordfish comes from the Atlantic Ocean and sometimes takes more than 20 hours to be delivered to the restaurant. *Olivia Restaurant* is the only restaurant in Latvia to have been granted an official catch quota for bluefin tuna, leading its restaurant team to create a unique concept for Riga – a tuna menu.

The *Olivia Restaurant* team has also kept meat lovers in mind. Most of its meats come from Ireland because in addition to having been quality meat producers for many generations, the Irish are also able to ensure that the meat delivered to the restaurant is organically grown, tender, juicy, and full of flavour.

The dessert menu at *Olivia Restaurant* is not large, but each of the dishes contains refined, nuanced flavours that might even recall childhood. One of the favourite desserts at the restaurant is the caramelised Brunost,

or cheese cream with cloudberry from the Arctic – guests call it an absolute masterpiece. Another highlight is the chocolate brownie with black garlic and lingonberry sauce, which once again confirms the chef’s tendency to not shy away from experimenting with various flavours and manners of preparation. It is precisely for this reason that the menu at *Olivia Restaurant* often features fermented products made on site at the restaurant, including nuts, egg yolks, and kombucha, which features in several sauces.

Olivia Restaurant is located in a two-storey wooden building dating to the 19th century in the heart of Riga’s Art Nouveau district. The restaurant has taken care not only with its gastronomic offer but also its visual image. Naturally, the exterior attracts attention, but so does the well-considered interior with its subtle colours, brick walls, velvet, copper, wood, and the romance of an attic space. Because *Olivia Restaurant* can accommodate up to 100 guests, the restaurant’s unforced informal atmosphere is ideal for meetings with friends and romantic dinners as well as for business meetings and larger celebrations.

WELCOME ABOARD WITH *airBaltic*



Dubai

WINTERTIME WANDERLUST

Don't let the end-of-summer blues get you down – they simply mean a new chapter of travel is about to unfold! *airBaltic's* winter schedule is out and abuzz with a dazzling array of destinations that will turn the chilly season into a wonderland of exploration, from snow-capped adventures and thrilling urban discoveries to leisurely idling on exotic beaches. Winter is coming, and with it, a world of thrilling travel possibilities.

All of the *airBaltic* bases will be spreading their wings to cover captivating new destinations:

► Starting in November, fly from Riga to sunny Agadir, or speed up the arrival of spring with a trip to Alicante from the end of February.

► Tallinn's *airBaltic* base is growing as it introduces new connections to Tampere and Tenerife starting from October, followed by Gran Canaria and Geneva in December.

► In addition to Brussels, in November *airBaltic's* Vilnius base will see arrival of such new and exciting destinations as Dubai, Gran Canaria and Tenerife, followed by Turin in December.

► Tampere is also setting its sights on distant destinations and will soon serve flights to Tenerife and Gran Canaria in the Canary Islands as well as snowy Kittilä in December.

► Scandinavia is also secured with enough vitamin D for the winter – in December, *airBaltic* will start flying to Gran Canaria from Oslo, both Oslo and

Torp airports, Bergen, Copenhagen, Aalborg, and Billund.

airBaltic will continue to operate flights to many of its top destinations, even throughout the winter season:

► In addition to year-round sunshine trips to Dubai, *airBaltic* will continue serving flights from Riga to balmy Nice (except in February), Budapest, Bucharest, Istanbul, and Porto.

► Tallinners will have the opportunity to enjoy hip Berlin and admire the Norwegian fjords of Oslo throughout the winter months.

► Flights from Vilnius to the Andalusian pearl of Malaga and the capital of cool – Berlin – will also run throughout winter.

If travelling more often was your new year's resolution, you can still fulfil your promise to yourself, because *airBaltic* is increasing its connections from Riga to many beloved destinations, including Malaga, Barcelona, Rome, Hamburg, Larnaca, Zurich, and others.

FALL CITY GETAWAYS

Some cities are particularly enchanting during the fall months, as the crisp air of autumn settles in and the trees begin to don their vibrant hues. Whether it's a prolonged weekend with the family, an urban expedition with friends, or a solo voyage, there's something in the *airBaltic* network that fits every kind of city explorer.

BERLIN

The German capital is a welcoming hub of internationals that teems with excitement across its twelve boroughs, each with its own distinctive charm and character. Exceptional vintage shopping and flea markets, leafy streets full of cosy coffee spots, world-famous nightlife, and numerous world-class museums and galleries make Berlin a winning option for a quick but fulfilling city break.

Travel to Berlin from Riga, Tallinn, or Vilnius with fares beginning at EUR 35 one way.

BRUSSELS

The European capital is an exciting multicultural hub whatever the season. However, its most enticing charms – be they cosy bars with book-length beer menus, heavily sweet freshly baked waffles, top-tier art exhibitions, a multicultural dining scene, or intimate music venues – are especially inviting during the colder months.

Fly from all the Baltic capitals to Brussels from EUR 95 one way.

VIENNA

With trees donning their red and yellow autumnal attire, Schönbrunn Palace and Belvedere Palace Gardens invite all for some stately ambling, while Vienna's timeless coffee houses are the perfect setting for long chats while sharing an apple strudel. Wine lovers shouldn't miss the annual Vienna Wine Hiking Day, while art aficionados should consider checking out Vienna Art Week (November 10–17).

Vienna waits for you, with flights starting from EUR 35 one way.



To get the best flight deals, look for prices with cherries on airbaltic.com!



Berlin



Brussels



Vienna.
Traditional
pastry,
apfelstrudel



Amsterdam



The city hall of Hanover

AMSTERDAM

Gezellig – this untranslatable Dutch word, typically referring to something cosy, warm, and friendly – perfectly describes the atmosphere of the Dutch capital during the fall months. The banks of the canals look exceptionally beautiful when accessorised by golden foliage, and Amsterdam's fall cultural agenda is teeming with high-calibre events, giving one plenty of reason to visit the city. One-way flights to Amsterdam from Riga, Tallinn, Vilnius, and Tampere start at EUR 85 one way.

HANNOVER

Mixing modernity and history, Hannover offers endless autumnal allure. Appreciate a panoramic view from the dome of the New Town Hall to marvel at the fall foliage, take a romantic stroll along the Leine River, and revel in the symphony of changing colours at the stately Baroque-era Herrenhausen Gardens. Travel to Hannover from EUR 69 one way.

PLANET-FRIENDLY FLYING

In June, *airBaltic* introduced an opportunity for passengers to mitigate their carbon footprint by adding a sustainable aviation fuel (SAF) option to their flight booking. Since then, the demand for SAF has tripled. Purchase SAF when booking your flight on *airBaltic's* website, with prices starting from EUR 2.99 per person or by using your accumulated *airBaltic* Club points. SAF is produced more sustainably from alternative raw materials instead of crude oil and thus produces up to 80% fewer CO₂ emissions compared to fossil fuels. The eco-fuel option is in line with *airBaltic's* pledge to attain carbon neutrality by the year 2050. Jump on the bandwagon and make your trips more eco-conscious!



All flight prices mentioned in this magazine apply to GREEN tickets from Riga that are booked in advance at www.airbaltic.com. Prices are subject to availability and not available for all flights or days. Special conditions apply. Prices can be changed unilaterally by *airBaltic*.



ENJOY THE FLIGHT!

Kid's menu: Nothing keeps children as busy as a tasty meal. Pre-order some of the special meals cooked up by our sky chefs that are specially made for little flyers. From chicken nuggets and fish sticks to pancakes, everything is served in a playful way that will make your child smile. airbaltic.com/meal

Entertainment: To while away the flight hours, *airBaltic* has prepared special sticker sets for kids. Ask your flight attendant for a free copy.

FAMILY-FRIENDLY DESTINATIONS

Copenhagen, Denmark

The Danish love spending time with children, and this is reflected in Copenhagen's urban fabric, with the Tivoli Gardens amusement park as its highlight.

Barcelona, Spain

With its beautiful beaches, enchanting Park Güell, and the thrilling Tibidabo amusement park, this city is ideal for families.

Paris, France

Paris is a dream destination for families, offering iconic landmarks such as the Eiffel Tower, stunning boat rides on the Seine River, and the magical world of Disneyland Paris.

Berlin, Germany

This is a family-friendly city with attractions including the Berlin Zoo, Legoland Discovery Centre, and the fascinating Museum of Natural History.

Family-friendly flying

airBaltic believes every flight is an opportunity to create magical family experiences. Here are some things to consider in order to make flying with children easy and fun.

TRAVELLING WITH INFANTS (0–2 YEARS)

Booking tickets

- Infant passengers without a seat receive a 90% discount (excluding taxes and surcharges).
- Each infant must be accompanied by an adult (16 years or older). One adult can only take care of one baby on board, so the number of infants requires the same number of adult passengers. For example, three infants must travel in the company of three adults.
- Book your tickets early: only ten infants are allowed on board an *Airbus A220-300* aircraft.
- Have you decided to bring along the baby at the last minute? No worries, you can still purchase a child's ticket after booking the flight by contacting the *airBaltic* Call Centre.

Arriving at the airport

- Check in online to avoid extra hassle at the airport. Online check-in is available as early as five days before the flight.
- Passengers travelling with infants can take on board reasonable quantities of liquids (e.g., baby food, etc.). However, you may be asked to show them at the security gates. Security restrictions may vary from airport to airport.
- Just like any other passenger, children must hold a valid travel document with

a photo to board the flight. Newborns younger than eight days old can only fly with a valid medical clearance.

- Diapers, clothes, toys – we know that little passengers come with baggage. Therefore, each baby or toddler gets one checked bag (up to 10 kg) free of charge, plus one fully collapsible pram (or stroller, carrycot, or infant-type car seat). The accompanying adult's cabin baggage allowance remains the same.
- To make your airport experience even smoother, *airBaltic* offers priority boarding for all passengers travelling with infants. Ease your way through the airport by taking a stroller to the gate and dropping it off when boarding the plane.

On board

- Nothing feels safer than a loved one's lap. Infant fare does not include a separate seat on the plane; the baby sits on the accompanying adult passenger's lap. Flight attendants will provide a safety belt for the infant before take-off.
- If a passenger wants a separate seat for an infant, this service can be purchased online or through the Call Centre. But for safety reasons, they are still required to hold the infant in their lap during the aircraft's ground movement, take-off, and landing and when the seatbelt sign is on, even if a separate seat has been booked.
- *airBaltic* does not provide an infant restraint system, but parents are

welcome to bring their own car seats or baby baskets on board (for specific requirements, check airbaltic.com/en/travelling-with-infants).

- For security reasons, passengers with infants must sit in window seats. But this provides them with captivating views of the clouds to keep babies engaged!

TRAVELLING WITH CHILDREN (2–17 YEARS)

Children receive a discount of up to 25% on their fares (excluding taxes and surcharges) for any ticket type, but they must be accompanied by an adult aged 16 or older. Children aged 12 or older can fly alone if they hold a passport/ID card.

CHILDREN TRAVELLING ALONE

If you are ready to send your little adventurer on a solo flight, make sure they arrive safely with *airBaltic's* unaccompanied minor service. The service is available for children aged five and up. The unaccompanied minor service includes supervision from check-in to meeting a parent/guardian at the destination. Additional rules apply depending on the child's country of residence and destination country. For more info, see www.airbaltic.com/en/children-travelling-alone.



Planies NFTs – a new digital loyalty experience

Planies is a digital collection of 10 000 cartoon aircraft collectibles powered by *airBaltic*. Each *Planie* is a unique work of digital art made from 180 different traits such as a mouth, wings, and engines. The magic happens when *Planies* are linked to your *airBaltic Club* account and start earning you amazing travel benefits such as loyalty points and flight upgrades. *Planies* bring digital loyalty to new heights – a place where digital art and loyalty benefits become one. This is something that has never been done before in the airline industry.



Buy
Planie



Link to *airBaltic Club* account



Earn points
without flying



Fly for
free

Planies will get you unlimited *airBaltic Club* benefits for each *Planie* you hold; these benefits can be enjoyed by *Planie* holders or anyone else. The more *Planies* you own, the more benefits you get.

Each *Planie* will get you numerous *airBaltic Club* benefits:

- ✈️ 20 loyalty points every day;
- ✈️ Business class upgrade after every 10 flights flown;
- ✈️ VIP membership status when staking 25 *Planies*.

You can purchase a *Planie* at planiesnft.com with a credit card or a cryptocurrency wallet and enjoy a new digital loyalty experience.

To start earning *airBaltic Club* travel benefits, all you need to do is link the wallet in which the *Planie* is stored to your *airBaltic Club* account at mint.planiesnft.com/stake.

Scan to get your *Planie*



- 🌐 airbaltic.com/en/planies-nft
- ✉️ planies@airbaltic.com
- 💬 discord.gg/planiesnft
- 🐦 @PlaniesNFT
- 🔗 opensea.io/collection/planies

When Planies launched in October, I knew it would change the way I travel. Since I have accumulated an impressive number of Planies, in January, I treated myself to a Business-class flight to Dubai.

Holder of 37 Planies from Latvia



I love the active community around the Planies, and the very first thing I do every morning is to check my airBaltic Club point balance

Holder of 20 Planies from Finland



For me, I chose to stake Planies mostly because I wanted my family (2 kids and wife) to travel in Business class on our vacation. Overall — love the idea and programme. And this was my first step into NFTs. I am (usually) no fan of crypto/NFTs.

Holder of 19 Planies from Latvia



This Discord community is TOPS! I've been on many Discords and I've never seen such a positive crowd and admins (response time for admins is incredible!).

Holder of 5 Planies from Latvia



As a proud owner of a small hangar of Planies, I'm enjoying spreading the word about them and appreciating people's genuine interest in them and the rewards they bring. I most appreciate the daily miles that I can use to treat myself and my beloved to seasonal flights with good discounts.

Holder of 25 Planies from Latvia



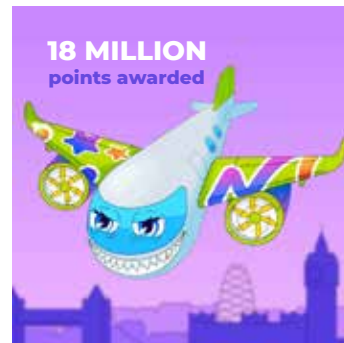
THE *PLANIES* CRAZE

Envision a world where free flights and Business class comfort are within your reach. *Planies* make this dream a reality, unlocking a realm of incredible perks with *airBaltic*. Earn 20 valuable *airBaltic Club* loyalty points every day with *Planies*, and after just ten *airBaltic* flights, enjoy a complimentary upgrade to Business class.

These benefits have truly resonated with *Planies* holders, who are delighting in their travel escapades alongside their travel buddies. Dive into the feedback from our current *Planies* holders on this page. Eager for more tales and insights from these globetrotters? Join the official *Planies* Discord channel: discord.gg/planiesnft

PLANIES HOLDERS HAVE RECEIVED 18 MILLION POINTS

Since the release of the collection of 10 000 *Planies* at the beginning of October 2022, the holders of these digital collectibles have received 18 million *airBaltic* loyalty points. Earning points is super easy! By purchasing and linking your *Planie* to your *airBaltic Club* account, you earn 20 loyalty points every day – without having to buy a single flight ticket. You can use your accumulated points to pay for tickets, buy flight vouchers, or even splurge on extra luggage for your travels.



TRAIT DROPS BRING EXTRA SURPRISES

Planies are truly one of a kind, boasting 180 distinct traits grouped into categories like background, eyes, skin, accessories, and more. From origami wings to space helmets, each trait adds layers to your *Planie's* unique character.

Rest assured, your *Planie* is exclusively yours – a remarkable masterpiece.

Traits represent an additional avenue through which *airBaltic* rewards its valued *Planies* holders. Last month, those who had staked their *Planies* and possessed the AB Shades trait were surprised with a reward of 250 *airBaltic Club* points. These points, similar to the usual *airBaltic Club* points, can be used for flight tickets, Business class upgrades, or a variety of other exciting flight extras. Any guesses about the trait that will be featured in our upcoming drop?



Planie of the Month



WANT TO SEE YOUR *PLANIE* IN THE NEXT *BALTIC OUTLOOK*?

Are you a proud *Planie* holder looking for an opportunity to flaunt your digital companion and compete for a prize? Your search is over! The *Planie* of the Month contest will once again be held this month. Just submit your *Planie*, and it will be placed up for public vote.

To participate, keep an eye on our contest details on X @PlaniesNFT, which will be posted in early September. This will provide you with all the information you need to enter. Don't miss your chance to have your *Planie* featured in the October issue of *Baltic Outlook* and win a prize!

Chapter 9

We kept hearing

that nothing would ever be the same after this crisis, but at that point, we did not understand what that meant. But one thing was clear – for us to come out of these dark times, we have to adapt and accept the situation as it is and make the best out of it.

We believed that health must be put first to fight this dark cloud, so we tried to take care of each other as much as possible. At first, it was constant disinfection; then came the masks and respirators, which gave us hope that one day we could be together with our family and travel buddies once again. We vividly remember one special flight to China, when we crossed half the world to bring nearly a million face masks and a hundred thousand respirators to our home country of Latvia. We still remember the happy *Planie* that returned to the hangar after that flight – they were so proud to have had a hand in fighting this virus... of course, they were also happy to have had a chance to get out of the dark hangar and rise up into the sky once more. These brief moments of pride and happiness were what we kept in mind when all we saw around us was darkness.

The days went on and the ups and downs of trying to adapt and accept the situation continued. On the darkest days, we felt like there would be no end to this, but on brighter days, we convinced ourselves to never give up hope, knowing that if the world worked together as one, we would eventually win this battle.

Author: Lāsma Ozoliņa,
Loyalty Projects Manager at *airBaltic*

CAPTAIN *PLANIE'S* LOG

Gear up for another thrilling installment in the *Captain Planie's* Log series! This month, *Captain Planie* takes us on an adventure back to a period of adversity, when *Planies* were grounded in hangars, unable to take to the skies. A particular highlight features a *Planie's* mission to China to bring home essential supplies.

Every month a new chapter will be published in *Baltic Outlook* and at medium.com/@planiesnft. Don't miss out on the opportunity to join them on their adventures and discover the secrets of their past.

For more information and updates on *Planies* NFTs, visit planiesnft.com and follow @PlaniesNFT on X.

HAVE FUN SHOPPING!

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Words by Ilze Pole
Photo by Dmitrijs Šulzics (*F64*)



Ivars Puļķis, *airBaltic* Pilot Academy theory and flight instructor, First Officer on *Airbus A220-300* aircraft

From student to instructor

This September, 14 students are starting their pilot training at the *airBaltic* Pilot Academy (PA), and the next group will start in November. Ivars Puļķis was a student in the academy's very first group. That was back in 2018. Two years later, he began flying for *airBaltic* as a first officer. When the pandemic hit and many pilots temporarily lost their jobs, Ivars applied for a PA instructor vacancy – now he continues flying for the airline and also trains new pilots.

This *Diamond* aircraft simulator is your second workplace. What exactly are your responsibilities at the *airBaltic* Pilot Academy? Yes, simulator training is part of the training programme for new pilots, and I spend a lot of time with the students here. I'm also a flight instructor in Liepāja, where their actual flight training takes place at the airport. I also teach theory: instrumentation, meteorology, general navigation.

When I was temporarily laid off from my job at the airline due to the pandemic, there was a vacancy for an instructor at the *airBaltic* Training Centre, which I applied for. It's possible to earn an instructor certificate through the Training Centre, and so once I had that, I began working there along with seven other new instructors. Now I spend about half of my time flying for *airBaltic* and the other half working here at the *airBaltic* Training Centre.

Had you already been interested in teaching and training new pilots before you began working as an instructor? Yes, the idea of becoming an instructor came to me while I was still studying at the PA myself. But my priority was to start flying for *airBaltic*. I had to stop flying for a while due to the pandemic, but as soon as the opportunity to teach arose, I took it.

I had to go through special training to get my instructor certificate. One of the courses was 'Teaching and Learning', which taught us how to teach. That was very interesting, and we got a lot of useful tips and tricks. For example, in how much detail to tell a student about the tasks to be done in the pre-flight briefing or during the flight to maximise the student's progress. Or, another example: during a debriefing, in how much detail to tell students about their mistakes so that they're able to perceive what is the main problem, error, or shortcoming in their performance.

I had already noticed that I was good at teaching. I have a much younger brother – we're 13 years apart in age – and when he started school, I realised that I liked helping him with his schoolwork. My hobby is skiing, and I've taught three members of my family to ski. I like to teach technical, schematic things that you can visualise.

What are the things that excite you most about this job? First of all, I find it interesting to initially assess the students and identify the different psychological types and what approach will help them make the most progress. They shouldn't be stressed out by my requests and the tasks I give them; instead, I want the students to be open-minded and to find learning exciting and enjoyable. But at the same time, they need to understand how responsible and serious this work is.

It gives me great satisfaction to see students get the hang of flying after the theoretical training. There was one striking example in Liepāja. I was flying with a student

who had difficulty landing the plane. I tried all sorts of approaches until I finally found a way to show him how to do it, and he succeeded. What a great joy and satisfaction! This student is now also working for *airBaltic* as a first officer.

I teach my students with the idea that I'm training my future colleagues, and my motivation is to help my students achieve the best they can. Their achievements give me pleasure, too.

And what did you learn from your instructors during your own studies? Actually very much. And I've taken something from the experience of each of my instructors to become the instructor I am today. Already as a student, I would observe which teaching approach worked best for me and what worked best for my classmates. I recently noticed that I now try to explain especially well to my own students precisely those things that gave me trouble when I was studying in the academy myself (*laughs*)...and then it turns out that they understand everything right away.

When I started studying at the PA, it was a very new project for the airline. Many of our instructors were company pilots, their teaching approaches differed, and the guidelines hadn't all been worked out yet, like they are now. But I really appreciate every instructor I had, because every one of them contributed to me becoming not only a pilot but also an instructor. Although there are procedures in place, similar to those for captains on the flight deck, instructors' approaches nevertheless differ. I've found that the most effective method is to initially take in all the advice you're given and then develop your own approach – one that works best for you.

I say the same to students, too, if they remark that another instructor has shown them how to do something differently. I say: in that case, evaluate what works best for you. Because I'm not saying another instructor's approach is wrong; this is simply my suggestion on how else you can do it.

How does simulator training work? What I like about simulator training is that you can stop the 'flight' and explain something immediately. In aircraft training, there may not be enough time for that – everything happens quickly, and everything is new to the student. Simulator training starts with simple manoeuvres, which usually don't worry the students because they've already flown a plane in Liepāja for at least 40 to 50 hours.

Then I gradually start adding new things and new challenges, and then the simulated flight does indeed have to be stopped and explained. As a student's simulator hours are coming to an end, I tend to add some special challenges, such as the displays suddenly shutting down or some other unusual situation. In those cases, it's not so important for me to see what solution the student applies; more important is the student's reaction and thought process. That is, the student should not panic, so as to not make any hasty, ill-considered decisions.

And how do you feel when you're undergoing your own regular simulator checks? It's an extra responsibility for me. I teach others, so I definitely cannot make any mistakes myself (*laughs*)!

How did you decide to become a pilot? What's your story? It began on a trip with my family, the first time I flew on a plane. Both the flight and the atmosphere of the airport made a very big impression on me. As my final high-school exams approached, I started thinking about what I wanted to do in terms of a career, and becoming a pilot was one of my choices. However, the *airBaltic* Pilot Academy had not yet been established, and my family's resources were limited. I started my studies at another flying school, and at the same time I studied construction at the university in Jelgava and worked at a building design company. But when *airBaltic* opened the PA, which also offered bank co-financing opportunities, that was very welcome news and I took advantage of it. I had to interrupt my studies and my job, because the programme at the PA is very intense, especially

More and more of my students are now becoming my colleagues

the first four or five months. But I'm still determined to finish my degree at the university; I have one year left.

The PA has now become even more affordable, because *airBaltic* provides a company loan for most of the training and also guarantees job opportunities. What are the new students like? The selection process for studies at the PA is quite serious. Unlike at other pilot schools, where training is open to all who have the desire and the means, and thus the differences between students are more pronounced. The level of training at the PA is high, and the students are similarly selected in terms of motivation and ability, so that their average level is both very high and similar.

And yes, if a student performs well, the company will offer them a job. I'm happy that foreign students also choose to come and study in Latvia and that the PA has such a good reputation. At the moment, there are very, very few offers in Europe like the one *airBaltic* has developed.

And one more thing that makes me happy: more and more of my students are now becoming my colleagues! On a recent flight to Baku, the previous crew, from whom we took over the plane, included one of my former classmates at the PA. And once we got to Baku, the crew that took over the plane from us included one of my former students. Those are pleasurable moments.

Words by Ilze Pole
Photo by Dmitrijs Sulžics (F64)

Pilots out of their office

Baltic Outlook introduces you to some of the most important people at *airBaltic* – its flight crew members, who have some of the most interesting hobbies.



Egidija Deveikyte (34),
captain on *Airbus A220-300*
aircraft, from Lithuania

HOBBY

Egidija Deveikyte's hobby is anything related to being in the mountains: 'Whether it's hiking, trekking, mountaineering, rock climbing, or snowboarding in the winter, I really enjoy all of it! There are so many disciplines one can do, depending on the season and how much time one has.'

The rope Egidija brought to the photo shoot is used for rock climbing and mountaineering. And also for practising in a rock-climbing gym. 'I'm from Lithuania and, like the rest of the Baltic states, my native country doesn't have high mountains. But in order to climb in the mountains, I have to be prepared and get in shape, which I do in the gym.'

Egidija has always loved being outdoors and completed mountaineering courses in 2020, during the pandemic: 'It was the first summer when we didn't fly so much, and I had time to climb more intensively. I really love spending time in the Alps and recently did some *via ferratas* there. A *via ferrata*, or 'iron path', has metal rungs or permanently fixed safety wires that help climbers cross steep, rocky terrain. But the biggest thing I've done so far has been mountain trekking in Nepal, where we reached an altitude of 5535 metres. Last November, I joined a group led by one of our *airBaltic* colleagues, Madara Fuksa. I now dream of one day seeing Patagonia in South America. I have a lot of ideas about what I still want to do, but they all require time as well as skills. You can't go into the mountains without proper preparation, so therefore I try to take a small step towards my goals every day.'

One of the first things a climber needs to train is endurance. For that, Egidija runs almost every day and goes to the climbing gym whenever her schedule allows, even if it's during a work trip. She finds that being in

the mountains is a perfect opportunity to rest: 'When I'm climbing, I'm so focused on what I'm doing – and you need to be focused! – that I simply can't think about other things. There's no checklist at all, no schedule of tasks that need to be done.'

HOW IT ALL BEGAN

As a teenager, Egidija came upon the idea of becoming a pilot, even though nobody from her family has ever been connected with aviation in any way. But with great focus, she began pursuing her dream, taking small steps, one at a time. During her studies, she worked in quite a lot of positions within the aviation industry and had the opportunity to get to know it from different angles, working as a flight attendant, at the airport, and in the flight operations department. Egidija admits it was not easy, because she had nobody to guide her, but somehow it all worked out, and for nine years now she has been flying for *airBaltic*. She began as a first officer on *Dash Q400* aircraft, and now for almost two years she flies as a captain on *Airbus A220-300* aircraft.

'Years ago, when I was still dreaming about becoming a pilot, I had no idea what day-to-day life looked like in this industry, but for me, the reality has turned out to be even better than I hoped,' she laughs. 'Of course, there are a lot of challenges in this profession. You spend a lot of time away from home, and the people around you constantly change, which also requires endurance. But there are still moments when I feel like, "Ah, I love this job! And I really enjoy it!"'

A pilot's job also requires a lot of discipline... as does Egidija's hobby. And there's one more similarity: 'To stay safe in the mountains, you never go alone. There are also always two pilots on the flight deck so that we and our passengers are safe.'

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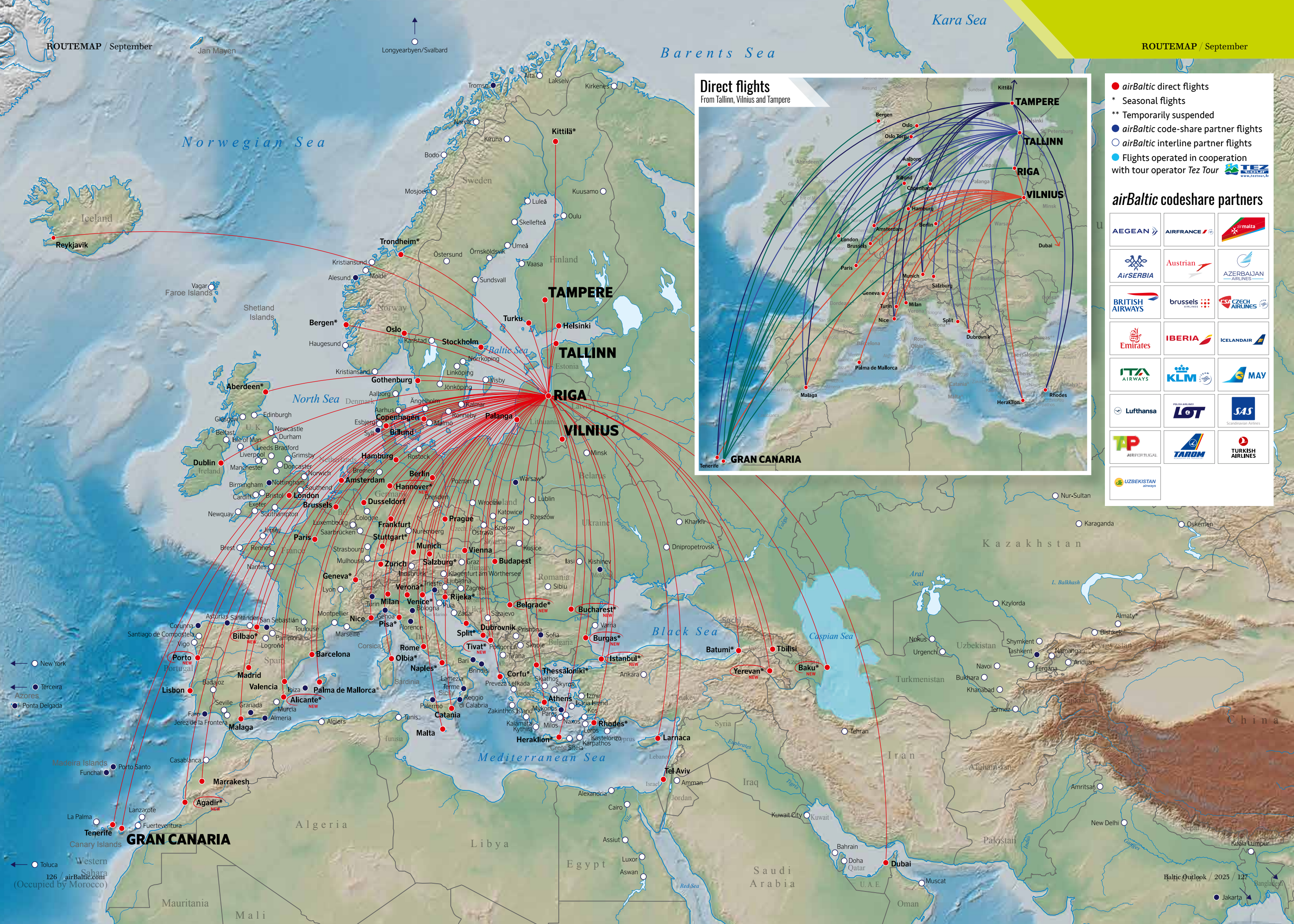
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RIGA, LATVIA

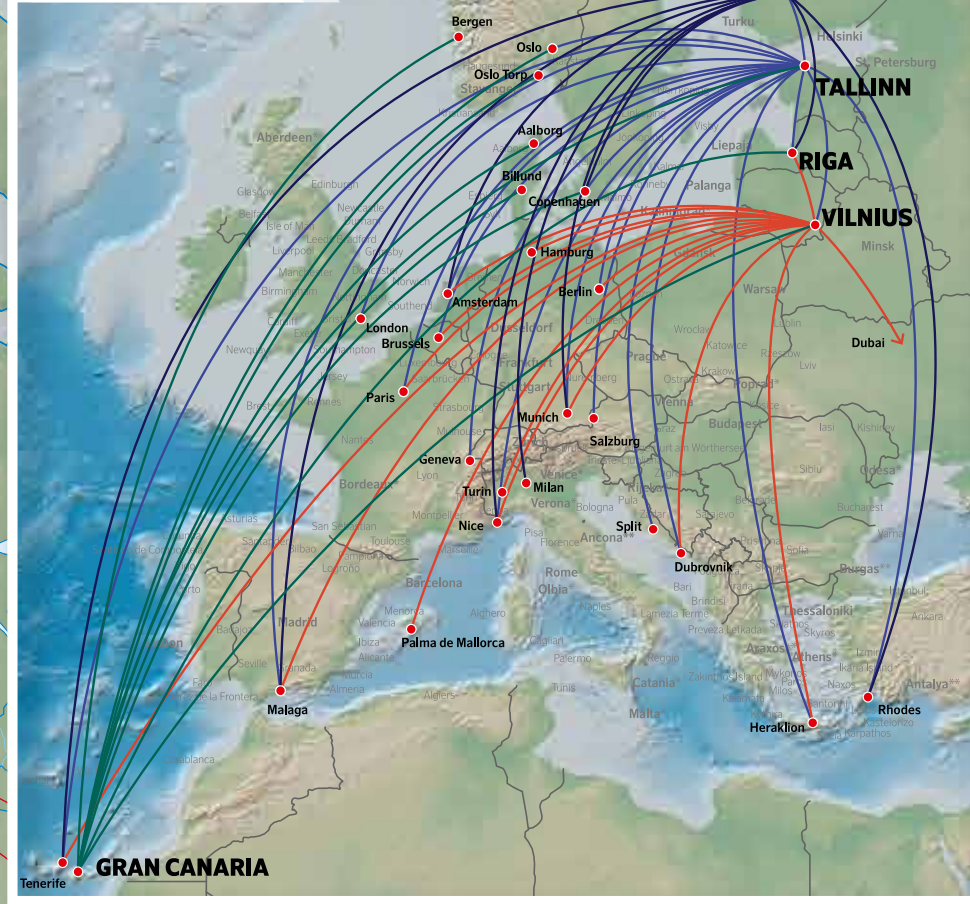
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	BT 619	RIX	AMS	1234567	17:00 18:20	BT 620	AMS	RIX	1234567	19:05 22:20	
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	BT 611	RIX	ATH	-2---6-	11:15 14:25	BT 612	ATH	RIX	-2---6-	15:05 18:20	
	BATUMI					BATUMI					
	BT 720	RIX	BUS	-2---6-	23:20 04:20+1	BT 721	BUS	RIX	--3---7	05:30 08:50	
	BARCELONA					BARCELONA					
	BT 683	RIX	BCN	1-345-7	11:00 13:40	BT 684	BCN	RIX	1-345-7	14:25 19:00	
	BELGRADE					BELGRADE					
	BT 487	RIX	BEG	-2---6-	11:40 12:55	BT 488	BEG	RIX	-2---6-	13:55 17:10	
	BERGEN					BERGEN					
	BT 171	RIX	BGO	-2---6-	17:30 18:35	BT 172	BGO	RIX	-2---6-	19:15 22:10	
	BERLIN Brandenburg					BERLIN Brandenburg					
	BT 211	RIX	BER	12--56-	07:05 07:40	BT 212	BER	RIX	12--56-	08:20 10:55	
	BT 213	RIX	BER	1-345-7	18:25 19:00	BT 214	BER	RIX	1-345-7	19:40 22:15	
	BILBAO					BILBAO					
	BT 699	RIX	BIO	---4--7	10:45 13:35	BT 700	BIO	RIX	---4--7	14:20 18:55	
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	BRUSSELS					BRUSSELS					
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Flights from RIGA						Flights to RIGA						
Flight No	From	To	Days	Departure	Arrival	Flight No	From	To	Days	Departure	Arrival	
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LARNACA						LARNACA						L
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LISBON						LISBON						
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RIJEKA						RIJEKA						R
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REYKJAVIK						REYKJAVIK						
BT 169	RIX	KEF	1-3-5--	10:45	11:40	BT 170	KEF	RIX	1-3-5--	12:25	19:05	
RHODES						RHODES						
BT 613	RIX	RHO	-2-----	07:20	10:55	BT 614	RHO	RIX	-2-----	11:40	15:20	
BT 613	RIX	RHO	-----6-	14:25	18:00	BT 614	RHO	RIX	-----6-	18:45	22:25	
ROME Fiumicino						ROME Fiumicino						
BT 633	RIX	FCO	1-345-7	11:30	13:35	BT 634	FCO	RIX	1-345-7	14:20	18:20	
SPLIT						SPLIT						S
BT 493	RIX	SPU	1---5--	07:15	08:50	BT 494	SPU	RIX	1---5--	09:45	13:20	
STOCKHOLM Arlanda						STOCKHOLM Arlanda						
BT 101	RIX	ARN	1234567	07:10	07:20	BT 102	ARN	RIX	1234567	08:05	10:10	
BT 109	RIX	ARN	1234567	19:25	19:35	BT 110	ARN	RIX	1234567	20:20	22:25	
STUTTGAERT						STUTTGAERT						
BT 261	RIX	STR	-2-4-6-	12:40	13:55	BT 262	STR	RIX	-2-4-6-	14:40	17:50	
TALLINN Lennart Meri						TALLINN Lennart Meri						T
BT 311	RIX	TLL	1234567	07:35	08:25	BT 312	TLL	RIX	1234567	09:10	10:00	
BT 313	RIX	TLL	1234567	13:50	14:40	BT 314	TLL	RIX	1234567	15:20	16:10	
BT 317	RIX	TLL	1234567	20:05	20:55	BT 318	TLL	RIX	1234567	21:40	22:30	



Direct flights

From Tallinn, Vilnius and Tampere



- **airBaltic** direct flights
- * Seasonal flights
- ** Temporarily suspended
- **airBaltic** code-share partner flights
- **airBaltic** interline partner flights
- Flights operated in cooperation with tour operator **Tez Tour** 

airBaltic codeshare partners

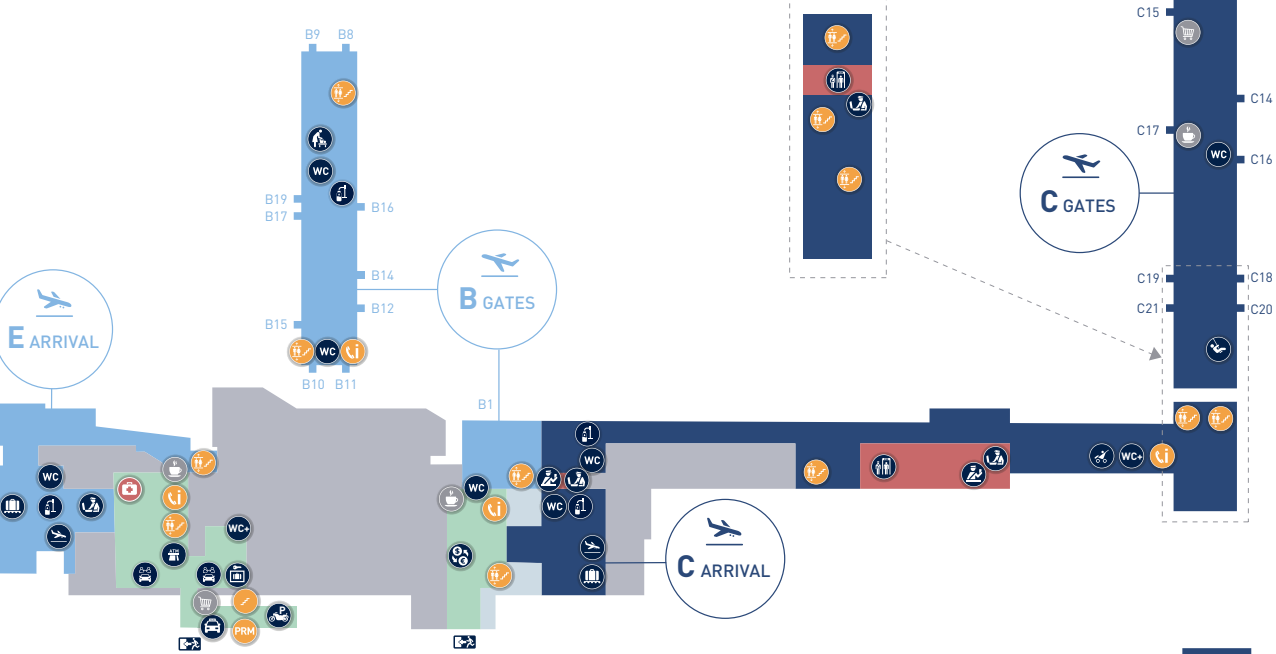
Welcome to Riga Airport

airBaltic's home base, the Riga Airport is modern and comfortable, with many shops and cafés. At the same time it is very compact, so transferring from one flight to another can be easily done on foot.

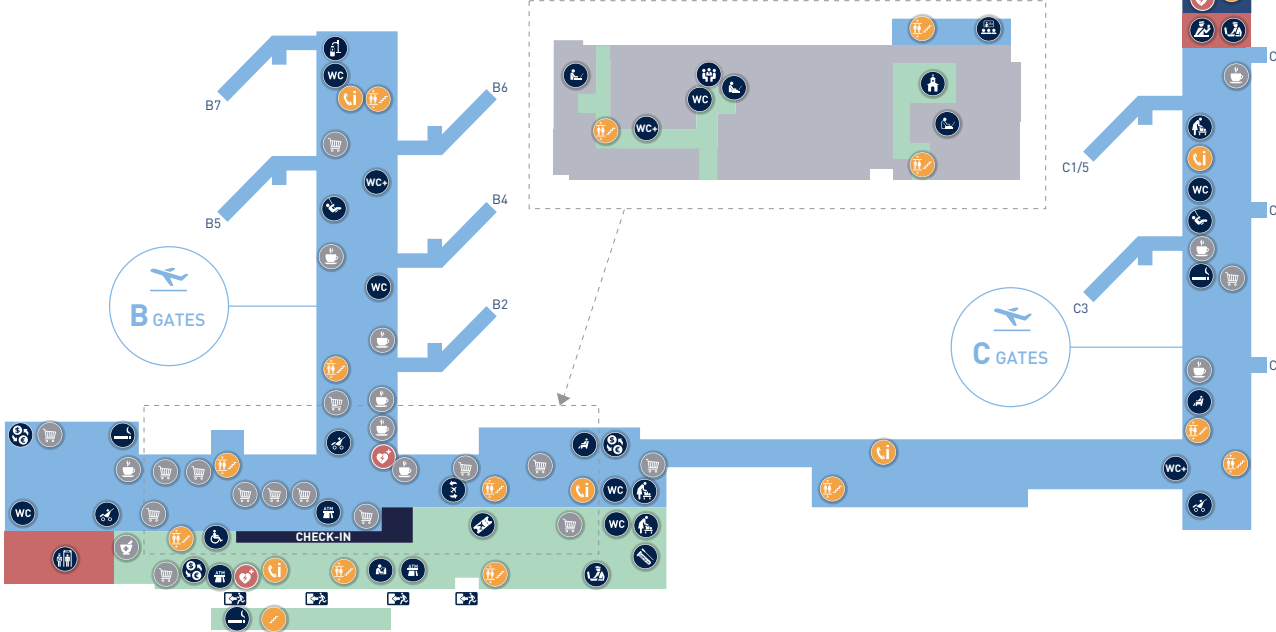
Please take into account the following average transit times:

- From Non-Schengen passport and security control 1st floor to Schengen departure gates – 15 minutes;
- From Security control 2nd floor to: Schengen departure gates – 15 minutes; Non-Schengen departure gates – 22 minutes.

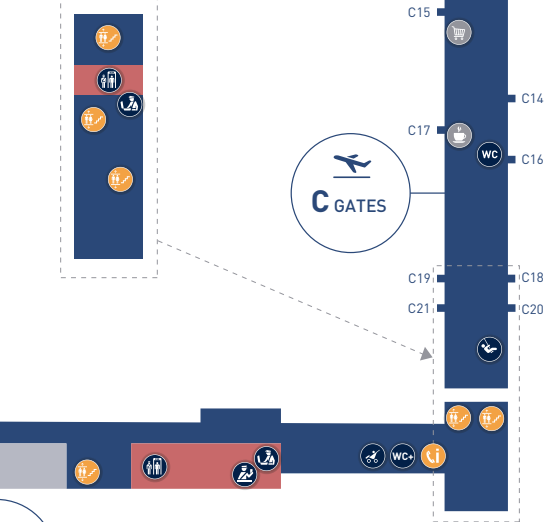
1ST FLOOR



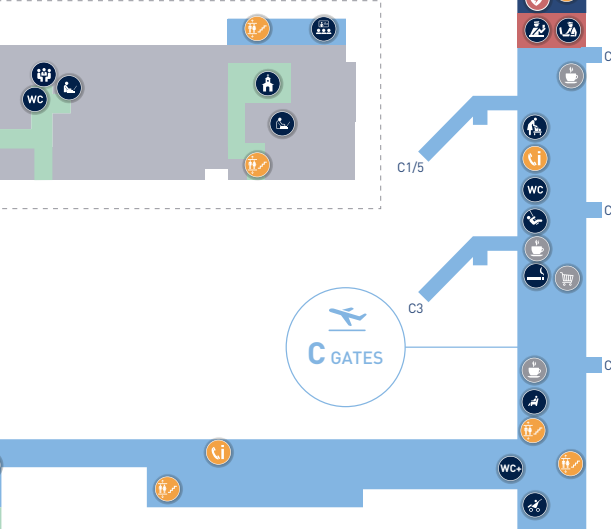
2ND FLOOR



GROUND FLOOR



3RD FLOOR



Entrance, exit	Drinking water	Baggage Storage	Transfer center	Motorcycle parking	Cafe
WC	PRM Meeting Point	Arrival Service	Chapel	Smoking area	Pharmacy
WC+ WC/diaper-changing table	Self-Check-In Kiosk	Passport Control	Office	Elevator&Stairs	Shop
Nursery	Currency Exchange	Customs Control	Longue	PRM call point	
Baby Carriage	ATM	Security Control	Conference room	Information Point	
Playground	Ticket offices	Arrival Service	Car rental	Defibrillator	
Testing point	Baggage Claim	Business Lounge	Taxi	First aid	

airCafé

Freshly made before your flight

airBaltic Sky Service

Order meals and shop onboard from your mobile device during the flight



Scan here to order



Appetizers | Uzkodas

Fresh meals available on flights over 1 h 30 min.

Svaigās maltītes ir pieejamas lidojumos, kas ir ilgāki par 1 h 30 min.



Salmon salad

with quail egg and avocado dressing

Laša salāti ar paipalu olu un avokado mērci

8⁹⁹ €

GOES WELL WITH
SIM PIESTĀVĒS
Prosecco

Tapas

Olives, breadsticks, cheese, ham and mini fuet sausages

Olīvas, maizes standziņas, siers, šķiņķis un mini fuet desiņas

7⁴⁹ €

GOES WELL WITH
SIM PIESTĀVĒS
Beer
Alus



Ask the cabin crew about the ingredients of a given product or what allergens it contains.
Jautājiel stjuartiem par produktu sastāvu un tajos esošajiem alergēniem.

Croissant

with local smoked ham, cheese and pickled cucumbers

Pildīts kraukšķīgs kruasāns ar vietējā kūpinājuma šķiņķi, sieru un marinētu gurķi

5⁹⁹ €

GOES WELL WITH
SIM PIESTĀVĒS
Chicken soup
Vistas zupa



Wrap

with shrimp and vegetables in ponzu sauce

Garneļu vraps ar svaigiem dārzeņiem ponzu mērcē

6⁹⁹ €

GOES WELL WITH
SIM PIESTĀVĒS
White wine
Baltvins

Collect
airBaltic Club
POINTS here!



Hot dishes | Siltie ēdieni

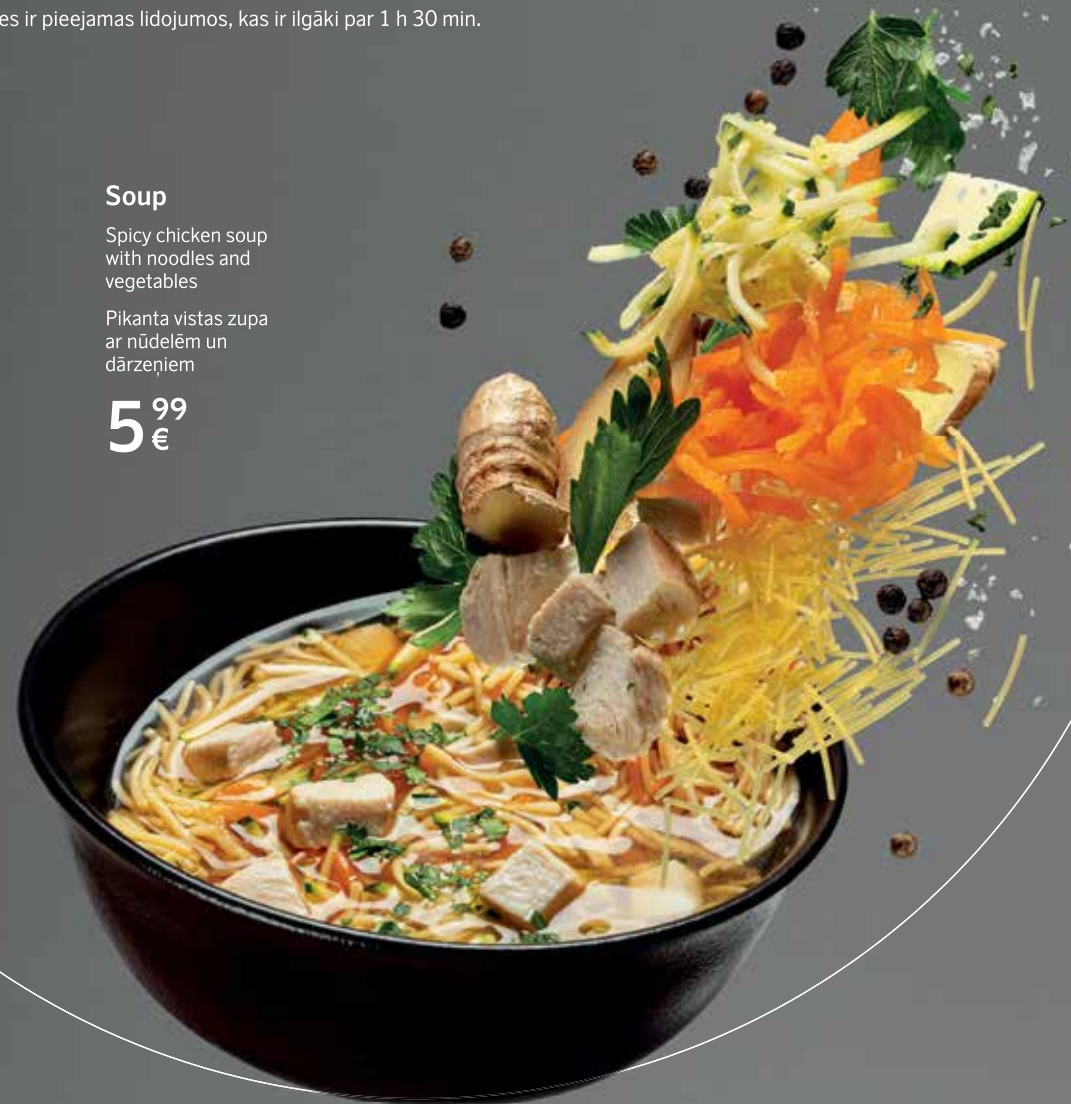
Fresh meals available on flights over 1 h 30 min.
Svaigās maltītes ir pieejamas lidojumos, kas ir ilgāki par 1 h 30 min.

Soup

Spicy chicken soup with noodles and vegetables

Pikanta vistas zupa ar nūdelēm un dārzeņiem

5⁹⁹ €



Panini

Freshly made chicken cold cut and cheese panini with BBQ mayo

Svaigi gatavota panini maize ar vistas šķiņķi, sieru un BBQ majonēzi

7⁴⁹ €

Lasagne



Vegan lasagne with vegetable sauce (gluten free)

Vegānā lazanja ar dārzeņu mērci (bez glutēna)

8⁹⁹ €



Chicken

Sweet&sour chicken with rice and vegetables

Vistas filejas gabaliņi saldskābā mērcē ar rīsiem un dārzeņiem

8⁹⁹ €

GOES WELL WITH
SĪM PIESTĀVĒS
Red or white wine
Sarkanvīns vai baltvīns



Desserts | Deserti



Ice cream

Assortment of
"Skriveru mājas
saldējums" ice cream

Dažādu veidu "Skriveru
mājas saldējums"

4⁴⁹
€

Cookies

The Beginnings black-
currant cookies, 80g

"The Beginnings"
upreņu cepumi

3⁹⁹
€

Blueberry muffin

Melleņu kūkss

2⁹⁹
€

Hot drinks | Karstie dzērieni



Basilur tea

Black / green / mint

Tējas – melna /
zaļa / piparmētru

3⁴⁹
€

Douwe Egberts cappuccino

"Douwe Egberts"
kapučino

3⁴⁹
€

Freshly brewed Barista coffee

"Barista coffee"
svaigi gatavota kafija

3⁹⁹
€



Sweet snacks | Saldie našķi



Fazer Tutti Frutti

Assorted sweets,
120g
Saldumu izlase

2⁹⁹ €



Crunchy raw bar

Dried fruit & hazelnut
Batonīš ar žāvētiem augļiem un lazdu riekstiem

2⁹⁹ €



Twix Xtra

Chocolate bar
Šokolādes batoniņš

2⁹⁹ €

Salty snacks | Sāļie našķi



Pringles Original

Pringles Sour Cream & Onion

Potato chips, 40g
Kartupeļu čipsi

3⁴⁹ €



Primo Gusto

green pitted Italian olives, 30g

Zaļās olīvas

2⁴⁹ €



Nõo Parmesan Snack cigar sausages

"Nõo Snack" cigārdesīņas ar parmežāna sieru

2⁹⁹ €



Crackers

The Beginnings carrot&almond protein crackers

"The Beginnings" krekeri no burkāniem un mandelēm

4⁴⁹ €

Salysol salted peanuts

"Salysol" sāļiti zemesrieksti, 60g

3⁴⁹ €



Mežete Dip & Go Classic Hummus

with breadsticks, 90g

Hummuss ar maizes standziņām

3⁹⁹ €



Beef Jerky

"Nākotne" dried and smoked barbeque Beef Jerky, 45g

"Nākotne Beef Jerky" vītīnāta un kūpināta liellopa gaļa

3⁹⁹ €

Soft drinks | Dzērieni

BalticWater natural mineral water

Still or sparkling, 33cl
Viegli mineralizēts dabīgais ūdens, negāzēts un gāzēts

2⁹⁹ €

Red Bull

Energy drink, 25cl
Energijas dzēriens

3⁹⁹ €

Ginger shot

Kloster Kitchen organic ginger shot with ginger pieces, 3cl

Dabīgs ingvera šots ar ingvera gabaliņiem

3⁴⁹ €



Rauch apple, orange or tomato juice, 20cl

Ābolu, apelsīnu vai tomātu sula

2⁹⁹ €

Coca-Cola, Coca-Cola Zero 33cl

2⁹⁹ €



Rudy's Kombucha

Naturally fermented green tea with mango and passion fruit, 33cl

Dabīgs zaļās tējas dzēriens ar mango un marakuju

4⁴⁹ €



Franklin & Sons Original Ginger Ale, 15cl

Ingvera limonāde

Franklin & Sons Natural Indian Tonic Water, 15cl

Toniks

2⁹⁹ €



Cocktails | Kokteiļi

Jägermeister & Red Bull

9⁹⁸ €

Jägermeister & ginger ale

8⁹⁸ €



Beefeater London dry gin & Indian Tonic Water / apple juice

9⁹⁸ €

Finlandia Premium vodka & Indian Tonic Water / ginger ale / tomato juice

8⁹⁸ €

Jack Daniels whiskey & Coca-Cola / ginger ale

10⁴⁸ €

Rémy Martin VSOP cognac & ginger ale

10⁹⁸ €



MEŽPILS

ALUS

WHEN WE DO, WE DO GOOD

CHEERS IN THE AIR



Experience the rich heritage and authentic taste of Mežpils Tradicionālais beer on your flight. This classic lager is brewed with the finest ingredients, resulting in a smooth and full-bodied flavor.

ALCOHOL CONSUMPTION HAS ADVERSE EFFECTS.
IT IS PROHIBITED TO SELL, PURCHASE OR GIVE ALCOHOL
TO UNDERAGE PERSONS.

Wines&beers Alus un vīns

**Marcy
Merlot& Cabernet
Sauvignon**

18,7cl, 13%, France
Sarkanvīns, Francija

7⁹⁹ €

**Marcy
Sauvignon
Blanc**

18,7cl, 11,5%, France
Baltvīns, Francija

7⁹⁹ €

**Bottega Gold
Prosecco Brut**

20cl, 11%, Italy
Dzirkstošais vīns, Itālija

8⁴⁹ €

**Bottega Rose
Gold Brut**

20cl, 11,5%, Italy
Dzirkstošais vīns, Itālija

8⁴⁹ €

**Mežpils
Traditional Lager**

50cl, 5,1%, Latvia
Mežpils Tradicionālais
Lāgers, Latvija

7⁴⁹ €

**Grimbergen
Double Ambree**

Dark-coloured ale
50cl, 6,5%, Belgium
Tumšais alus, Beļģija

7⁴⁹ €

Carlsberg

Pilsner 33cl, 5%,
Denmark
Gaišais alus, Dānija

4⁹⁹ €



Alcoholic beverages | Alkoholiskie dzērieni

Finlandia

Premium vodka
5cl, 40%
Degvins

5⁹⁹ €

Beefeater

London dry gin
5cl, 40%
Džins

6⁹⁹ €

Tobago Gold

Chocolate rum
cream 5cl, 17%
Līķieris

5⁹⁹ €

Jack Daniels

Whiskey
5cl, 40%
Viskijs

7⁴⁹ €

Jägermeister

Digestif herbal
liqueur 4cl, 35%
Līķieris

5⁹⁹ €

Rémy Martin

VSOP cognac
5cl, 40%
Konjaks

7⁹⁹ €

WATCHES • JEWELLERY • FRAGRANCES • BEAUTY • ACCESSORIES • AIRBALTIC SOUVENIRS

Sky Shop

FIND
A PERFECT
GIFT

UP TO
61%
OFF



Price Breaker

FRAGRANCE SUPER DEALS



PALOMA PICASSO
Mon Parfum EDT for her, 30 ml

€19⁹⁰

City Price €36
SAVE 45%

NEW
ON BOARD



ESPRIT
Rise & Shine EDP for her, 40 ml

€19⁹⁰

City Price €24.90
SAVE 20%

NEW
ON BOARD



BUGATTI
Bella Donna EDP for her, 60 ml

€19⁹⁰

City Price €49.90
SAVE 60%

NEW
ON BOARD



BUGATTI
Signature Black EDT for him, 100 ml

€19⁹⁰

City Price €49.90
SAVE 60%

Price Breaker

OUR LOWEST
PRICES

UP TO

61%
OFF



SARAH JESSICA PARKER
Lovely EDP for her, 50 ml

€19⁹⁰

City Price €41
SAVE 43%

NEW
ON BOARD



GUY LAROCHE
Drakkar Noir EDT for him, 50 ml

€19⁹⁰

City Price €51
SAVE 61%

NEW
ON BOARD



CERRUTI 1881
Image Woman EDT for her, 75 ml

€29⁹⁰

City Price €58
SAVE 48%

NEW
ON BOARD



ICE-WATCH
Ice Solar Watch

Go green and do your bit for the planet! The white solar-powered timepiece is ultra slim and feather light. Made from super soft silicone with a sleek dial, this unisex model is the ultimate minimalist statement. Simply expose it to natural or artificial light to charge! It comes in a reusable felt pouch made from recycled plastic bottles.

Rūpējieties par apkārtējo vidi un planētu! Šis baltais ar saules enerģiju darbināmais laikrādis ir īpaši plāns un viegls. Izgatavots no mīksta silikona ar elegantu ciparnīcu, IceSolar unisex modelis ir izteikti minimālistisks. Pulkstenis uzlādējas, vienkārši atrodoties dabiskā vai mākslīgā gaismā. Tas ir iepakots atkārtoti lietojamā filca maisiņā, kas izgatavots no pārstrādātām plastmasas pudelēm.

NEW
ON BOARD

€99

City Price €109
SAVE 9%

DIAL SIZE
36 MM

CASE MATERIAL
PLASTIC

WATER RESISTANCE
5 ATM

MOVEMENT
SOLAR

STRAP MATERIAL
SILICONE

STRAP LENGTH
18.5 CM



RAINBOW
Colors of Happiness
Unisex Watch

Designed in Germany, Japanese movement. Rainbow e-motion of Colors – the innovative transformation of time into an interaction of colors and shapes. Transparent discs continuously create new color segments which precisely show the time. Adds color to your life.

Inovātivs dizains no Vācijas, unisekss. Japāņu kvarca mehānisms. Varavīksnes krāsu e-mocijas atjautīgi pārvērš laiku krāsu un formu saspēlē. Caurspīdīgie diski nepārtraukti veido jaunus krāsu segmentus, kas rāda precīzu laiku. Krāsainai ikdienai.

TRAVEL
RETAIL
EXCLUSIVE

€149

DIAL SIZE
38 MM

CASE MATERIAL
STAINLESS STEEL

WATER RESISTANCE
5 ATM

MOVEMENT
QUARTZ

STRAP MATERIAL
LEATHER

STRAP LENGTH
21.5 CM



CHOCOMOON
Holi Ladies Watch

Stylish ladies watch with flexible strap – fits on almost every wrist. Get your new collection!
Stilīgs sieviešu pulkstenis ar elastīgu siksnīņu, kuru var pielāgot gandrīz jebkurai plaukstu locītavai. Iegūstiet savu jauno kolekciju!

DIAL SIZE
36 MM

CASE MATERIAL
METAL

WATER RESISTANCE
3 ATM

MOVEMENT
QUARTZ

STRAP MATERIAL
METAL

STRAP LENGTH
FLEXIBLE

€49

TRAVEL
RETAIL
EXCLUSIVE

€49

BEST
SELLER

TRAVEL
RETAIL
EXCLUSIVE



CHOCOMOON
Geometric Ladies Watch



GORGEOUS JEWELRY
Infinity Love Tri-Colour Set

Classical design, soft lines and timeless tri-colour plating, surrounding high quality Swarovski crystals – all this makes Infinity Love set from Gorgeous Jewelry a must have. The delicate set consists of a pair of earrings, silver-plated chain and eye-catching bracelet. Special gift box, which can turn this 1 buy into 3 separate gifts, adds extra value to this elegant and feminine set.

Komplektā ietilpst klasiska dizaina auskaru pāris, apsūdrabota ķēdīte un iespaidīga aproce, kurus rotā augstas kvalitātes Swarovski kristāli. Īpaša dāvanu kārbīņa, kas var pārvērst šo pirkumu trīs atsevišķās dāvanās, piešķir šim komplektam papildu vērtību. Ķēdītes garums: 45–50 cm, aproce: 15.5–20.5 cm.

€49

TRAVEL
RETAIL
EXCLUSIVE

BRACELET LENGTH
15.5–20.5 CM

NECKLACE LENGTH
40–50 CM



BYELOISE
Bangle Set

NEW
ON BOARD

€19

TRAVEL
RETAIL
EXCLUSIVE

byEloise London Bangle Bands do the job of keeping your hair looking gorgeous whatever the occasion with its flexible diameter of 6 cm. Apart from looking great keeping your hair in place, they also look lovely on your wrist when worn as bracelets. This set includes three bestselling hair bands: Gold Heart on Gold Metallic Bubble Band, Bling Bee on Black Bubble Band and Gold Heart on Champagne Pink Bubble Band. Material: rubber band, nylon, metal. This product is exclusively available on board or at airports.

byEloise London aproces/matu gumijas garantē krāšņus matus jebkurā situācijā, pateicoties to elastīgajam 6 cm diametram. Tās izskatās lieliski, ne tikai saturot matus kopā, bet arī tad, ja tās valkā kā aproces. Komplektā ietilpst trīs populārākās matu gumijas: zelta metāliska gumija ar zelta sirdi, melna gumija ar vizuālo šķērsojošu biti un rozā šampanieša gumija ar zelta sirdi. Materiāli: gumija, neilons, metālisks pārklājums. Šī prece ir nopērkama tikai lidmašīnās vai lidostās.



SOIRÉE MONTRÉAL
Crystal Charme Necklace

Charming! Delicately crafted necklace by Soirée Montreal. Five glittering cubic zirconia crystals combined with fine fashionable graphic shapes on a gold-plated chain. Your perfect accessory to complement your style – whether your business outfit during the day or your elegant evening dress.

Apburoša un smalka Soirée Montreal kaklarota. Pieci mirdzoši kubiskā cirkonija kristāli uz apzeltītas ķēdītes, kurus vienu no otra atdala četri grafiski simboli. Ideāls aksesuārs, lai papildinātu jūsu stilu – neatkarīgi no tā, vai tas ir lietišķs apģērbs dienas laikā vai eleganta vakarkleita. Ķēdītes garums 39 cm + 7 cm.

€39

TRAVEL
RETAIL
EXCLUSIVE

NECKLACE LENGTH
39 CM + 7 CM EXTENDER



ORQUIDEA
Trio Earring Set 8 in 1

Beautiful Sterling Silver earrings with Zirconium and 3 pairs of exchangeable 8 and 9 mm first quality organic Majorcan Pearls in different colours, making it an “8 in 1”!

Stilīgi sudraba auskari ar cirkoniju un 3 maināmiem 8 un 9 mm augstākās kvalitātes Majorkas pārļu pāriem dažādās krāsās. Astoņi vienā!

TRAVEL
RETAIL
EXCLUSIVE

€76

TRAVEL
RETAIL
EXCLUSIVE

€49



ORQUIDEA
Majorca Duo Bracelet

Bracelet in 6 mm white and 12 mm black, first quality organic Majorcan Pearls and sterling silver elements. Handcrafted from traditional Orquidea's pearl factory on the island of Majorca. Can complement both a formal and a casual look. One size fits all.

Rokassprādze, ko rotā augstākās kvalitātes organiskas Orquidea Majorkas pērles baltā (6 mm) un melnā (12 mm) krāsā, kā arī sudraba elementi. Roku darbs no tradicionālās Majorkas pārļu fabrikas. Piemērots gan formālam, gan ikdienas stilam. Der visiem izmēriem.



ORQUIDEA
Selene – Orquidea Classic Pearl Necklace And Earring Set

This stunning pearl necklace is every woman's must have accessory. 8 mm first quality organic Majorcan pearls with a clasp in sterling silver. A genuine handcrafted necklace from Orquidea's traditional Pearl Factory on the Spanish island of Majorca. Comes complete with a pair of matching stud pearl earrings.

Satriecoša pārļu kaklarota, obligāts aksesuārs katras sievietes garderobei. 8 mm augstākās kvalitātes organiskās Majorkas pērles ar sudraba aizdari. Autentisks roku darbs no tradicionālās pārļu fabrikas Orquidea Majorkas salā. Komplektā ietilpst pārļu auskaru pāris.

€126

NECKLACE LENGTH:
45 CM + 8 CM EXTENDER

Orquidea
Jewels with
Mediterranean
essence

orquideaonline.com



MY JEWELLERY
Mother & Daughter
Bracelets, Gold

Premium stainless steel, do not discolour, 100% waterproof, 100% recyclable. The material is of high quality and very long-lasting. You can wear it in the shower, at the beach with no need to take it off.

Aproces izgatavotas no augstākās klases nerūsējošā tērauda, nezaudē krāsu, 100% ūdensizturīgas, 100% pārstrādājamas. Augstas kvalitātes, ilgmūžīgs materiāls. Aproces nav nepieciešams noņemt, kad esat pludmalē vai ejat dušā.

€19

City Price €27.95
SAVE 32%

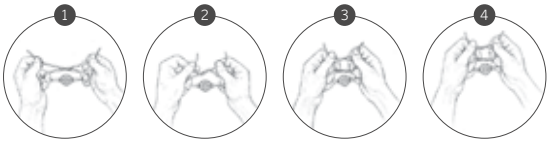
BRACELET LENGTH
16 CM + 3 CM EXTENDER

MATERIAL
STAINLESS STEEL

UKIYYO®
Living the moment



HOW DO YOU TIE A KNOT ON A BRACELET?



UKIYYO
Bracelet Tree of Life

€22

A rose gold plated bracelet from a brand that appreciates living in the moment. The tree of life represents rebirth, lifelong growth and connection to family. Like branches on a tree, we all grow in different directions, yet our roots remain as one. Adjustable bracelet length.

Aproce ar rozā zelta pārklājumu no zīmola, kas novērtē dzīvi dotajā mirklī. Dzīves koks simbolizē atdzimšanu, izaugsmi mūža garumā un saikni ar ģimeni. Gluži kā koka zari, mēs katrs augam dažādos virzienos, tomēr mūsu saknes paliek vienotas. Regulējams garums.



DIAL SIZE	CASE MATERIAL	WATER RESISTANCE	MOVEMENT	STRAP MATERIAL	STRAP LENGTH	BRACELET LENGTH
33 MM	METAL	SPLASH RESISTANT	ELECTRONIC	PU LEATHER	22 CM	17 CM + 5 CM EXTENDER

€69

Taking inspiration from the Rainbow, surround yourself with colour! A unique and stunning design that incorporates striking coloured stones and glistening emerald cut clear crystals – the pendant, earrings and adjustable bracelet, finished in delicate rose gold plating, is a must-have. This set is an everyday luxury that is both elegant and eye catching.

Iedvesmojieties no varavīknes un padariet savu dzīvi krāsainu! Unikāls un satraucošs dizains, kas iekļauj pārsteidzošus krāsainus akmeņus un mirdzošus taisnstūra formas kristālus – kulons, auskari un regulējama aproce ar plānu rozā zelta pārklājumu. Šis vienlaidīgi elegants un uzmanību saistošais komplekts ir ikdienas greznība.

€39



STONE DIAMETER
Ø 8 MM





SOLID SCENT CO.
Juno Solid Perfume
for her, 8 g

€29 City Price €31.95
SAVE 9%

Bergamot, Rose & White Musk. Mischievous. Frisky. Playful. A warm, sweet floral fragrance with top notes of citrus. If you are a provocative, captivating woman, then Juno is definitely your "partner in crime"! All natural base of Cocoa, Shea Butter, Sweet Almond oil and pure Beeswax, this formula ensures a rich and lasting scent.

Bergamote, roze un baltais muskuss. Nerātns. Savdabīgs. Rotaļīgs. Silts, salds ziedu aromāts ar citrusaugļu augšējām notīm. Ja esi provokatīva, valdzinoša sieviete, tad Juno noteikti ir "tava nozieguma līdzdalībnieks"! Formula uz kakao, šī sviesta, saldo mandeļu eļļas un tīra bišu vaska dabīgas bāzes nodrošina bagātīgu un noturīgu smaržu.



SOLID SCENT CO.
Hudson Solid Cologne
for him, 8 g

€29 City Price €31.95
SAVE 9%

Hudson - Mandarin, Rosewood & Juniper. Joyful. Seductive. Captivating. Capturing the energy from the beautiful and sunny Mediterranean, this scent opens with sun-drenched mandarin and aromatic Juniper with a heart of Sichuan pepper and sensual rosewood with a base of incense and Oak Moss that gives this a strong masculinity feel. If you are a modern, edgy man... then this is for you. All natural base of Cocoa, Shea Butter, Sweet Almond oil and pure Beeswax, this formula ensures a rich and lasting scent.

Hudson - mandarīns, palisandrs un kadiķis. Dzīvespriecīgs. Vilinošs. Valdzošs. Enerģija no skaistās un saulainās Vidusjūras, ko atklāj saulpilnais mandarīns un aromātiskais kadiķis ar Sičuāņas piparu, jutekliskā palisandra, viraka un ozola sūnu notīm, kas piešķir odekolonam spēku un virišķību. Ja esat mūsdienu, enerģisks vīrietis, šis odekolons ir domāts jums. Formula uz kakao, šī sviesta, saldo mandeļu eļļas un tīra bišu vaska dabīgas bāzes nodrošina bagātīgu un noturīgu smaržu.



GISADA
Ambassadora
EDP for her, 50 ml

NEW
ON BOARD
€75 City Price €85
SAVE 12%

Feminine sweetness, luxurious soft notes: Mandarin and blueberry form a fragrant duet in the top note playing with the rich fruitiness of jasmine and orange blossom. Underpinned with the comforting warmth of vanilla, musk and sandalwood, while cashmere wood and icing sugar give the accords a delicate finish with their extravagance. Pink pepper provides the subliminal wow effect.

Sievišķīgs aromāts ar greznām un maigām notīm: mandarīna un melleņu duets augšējā notī saspēlējas ar jasmīna un apelsīna ziedu piegaršu. Pamattoni veido vaniļas, muskusa un sandalkoka mierinošais siltums, savukārt kašmira koksne un pūdercukurs piešķir aromātam īpašu maigumu un ekstravaganci. Rozā pipari panāk tā dēvēto "wow efektu".



GISADA
Ambassador EDP for him, 50 ml

€75 City Price €85
SAVE 12%

Lively, fresh and intense, this masculine, cool fragrance features slightly oriental accents. Juicy and tangy notes of mandarin orange lend the fragrance an initially fresh citrus impression. These aspects combine with the spiciness of peonies and patchouli. Amber accents are accompanied by finest vanilla. The result: A fragrance to express your elegant style.

Dzīvīgs, svaigs un intensīvs. Šo virišķīgo, vēso aromātu raksturo nedaudz austrumnieciski akcenti. Mandarīna sulīgās un pikantās notis piešķir aromātam sākotnēji svaigu citrusaugļu nokrāsu. Tai pievienojas peoniju un pačūlijas pikantums ar vaniļas dzintara akcentu. Aromāts, kas pasvītrot jūsu eleganto stilu.



PORSCHE DESIGN
180 Blue EDT for him, 50 ml

Modern, dynamic, revitalizing. Green notes that meet woody, warm facets like an airy breeze offer an exciting contrast and form the excitingly different energy of the men's fragrance. The unique flacon in radiant blue is a freshness kick from a purely visual point of view. With a 180-degree turn, this distinctive flacon can be opened and closed in a refined way.

Mūsdienīgs, dinamisks, spēcinošs. Siltās koksnes notis veido aizraujošu kontrastu ar zaļajām notīm, veidojot izteiksmīgu vīriešu aromātu. Tualetes ūdens pildīts unikālā flakonā mirdzoši zilā krāsā.

NEW
ON BOARD

City Price €65
SAVE 20%

€52



PORSCHE DESIGN
Woman Satin EDP for her, 50 ml

Feminine, floral, captivatingly lively. The fragrance creation is a perfect balance of delicate and powerful and exudes dynamism and joie de vivre. Jasmine and orange blossoms accompanied by a delicate rose create a sensual aura. Vanilla and warm woody notes give the fragrance an exclusive, feminine touch.

Sievišķīgs un valdzinoši dzīvīgs ziedu aromāts. To raksturo ideāls līdzsvars starp spēku un sievišķību, tas izstaro dinamismu un dzīvesprieku. Jasmīna, apelsīnu ziedu un rozes toni rada juteklisku aur. Vanīļas un siltās koksnes notis piešķir aromātam īpašu, sievišķīgu pieskārienu.

NEW
ON BOARD

City Price €79
SAVE 20%

€63



PORSCHE DESIGN
Pure EDT for him, 50 ml

Clean. Refined. Elegant. The scent radiates exclusivity and masculine purism. In the top note, the signature scent exudes a transparency characterized by ozone accords and grapefruit. In combination with warm, woody notes, a masculine aura develops.

Tīrs. Rafinēts. Elegants. Šis tualetes ūdens izstaro ekskluzivitāti un vīrišķību. Augšējā nots: ozona akordi un greipfrūts. Apvienojumā ar siltajām koksnes notīm tie veido neatkarīgi vīrišķīgu aur.

NEW
ON BOARD

City Price €69
SAVE 20%

€55

Invincible in quality and composition

For Her & Him

More information on:
www.soumme.com

- ✿ 100 % natural ingredients
- ✿ 98 % organic Aloe Vera
- ✿ With Vitamin C & Hyaluronic acid
- ✿ Crowned with grapefruit essential oil

- ✿ High-quality violet glass bottle
- ✿ Vegan and free from animal testing
- ✿ Absorbs quickly ✿ For face & body
- ✿ Ideal for dry skin or as After Sun



SOUMMÉ
Aloe Vera Gel, 200 ml

Whether as daily care for the face & body, after sunbathing or during the cold winter air, as a basis for make-up or after shaving - the aloe vera gel by Soummé is a real allrounder and makes your skin look hydrated and cared for. The moisture booster on a 100% natural basis. A MUST for all aloe vera fans.

Neatkarīgi no tā, vai lietotat gelu ikdienas sejas un ķermeņa kopšanai, pēc sauļošanās vai aukstā ziemas laikā, kā bāzes gelu vai pēc skūšanās – Soummé alvejas gels ir patiesi universāls līdzeklis mitrinātai un koptai ādai. 100% dabīgs gels, kas ir ieteicams visiem, kam patīk alveja.

NEW
ON BOARD

City Price €19.95
SAVE 10%

€18

PORSCHE DESIGN

**Stops sweat
& smell efficiently**

Effectiveness
clinically approved ✓

For normal and profusely sweating

High-quality glass bottle

Made in Germany



www.soumme.com
info@soumme.com

For women & men

Vegan



Soummé

Use only
1-3 times
per week

Precious
herbal substances

Profitable and sustainable,
bottle lasts up to 9 months of usage

SOUMMÉ
Anti-Transpirant Deo, 50 ml

It was one of the absolute star products in the most famous German investor TV show. The salvation for all those who do not like to sweat in stress, heat or sports. With Soummé, unpleasant body odour and sweat stains on clothing are finally a thing of the past. With only 1-3 applications per week, you will experience a new quality of life.

Produkts, kas izraisīja milzīgu interesi populārākajā Vācijas investoru TV šovā. Ideāls risinājums visiem tiem, kam nepatīk svīst stresa situācijās, karstumā vai sporta aktivitāšu laikā. Pateicoties Soummé, nepatīkamais sviedru aromāts un sviedru traipi uz drēbēm nu ir pagātnē. Izbaudiet jaunu dzīves kvalitāti, lietojot šo dezodorantu tikai 1-3 reizes nedēļā!

NEW
ON BOARD

City Price €19.95
SAVE 10%

€18

Skin Magic

A Magical Balm & Serum for all your Skin Solutions







SKIN MAGIC
Wonder Serum, 30 ml

All-natural facial serum packed with antioxidants. Formulated from a cocktail of 11 lightweight organic plant oils including Cannabis Sativa Oil, Borage Oil and Rosehip Seed Oil. Stripped from all synthetic ingredients, fragrances, colours, irritants, and parabens.

Pilnīgi dabisks, antioksidantu pārpilns sejas serums. 11 viegļu organisko augu eļļu kokteilis, kurā ietilpst arī kanēpju eļļa, gurķenes eļļa un mežrozīšu sēklu eļļa. Nesatur sintētiskas sastāvdaļas, smaržvielas, krāsvielas, kairinātājus un parabēnus.

€38

TRAVEL
RETAIL
EXCLUSIVE



SKIN MAGIC
Wonder Balm, 40 gr

A multi-purpose skin balm that hydrates, nourishes, and heals the skin. With the scent of citrus, natural ingredients and anti-fungal properties, this Skin Magic Wonder Balm has an infinite amount of uses and is a must-have for any savvy traveller. Can be used on all skin types.

Daudzfunkcionāls ādas balzams, kas mitrina, baro un atveseļo ādu. Pateicoties tā citrusaugļu aromātam, dabīgām sastāvdaļām un pretsēnišu iedarbībai, balzamam Skin Magic Wonder Balm ir bezgalīgi daudz pielietojumu. Der visiem ādas tiptiem.

€32

TRAVEL
RETAIL
EXCLUSIVE



TANORGANIC
Facial Tan Oil, 50 ml

Specially formulated for the delicate skin on the face. A luxurious self-tan that absorbs quickly, without leaving a greasy layer, to reveal a radiant and natural golden tan. Made wholly from natural and organic ingredients that are super nourishing and will leave your skin looking and feeling hydrated for up to 7 days.

Īpaši izstrādāts maigajai sejas ādai. Lielisks pašiedeguma līdzeklis, kas ātri iesūcas, neatstājot taukainu slāni, lai radītu mirdzošu un dabisku zeltainu iedegumu. Pilnībā izgatavots no dabīgām un organiskām sastāvdaļām, kas ir īpaši barojošas: jūsu āda izskatīsies un jutīsies mitrināta līdz pat 7 dienām.

€27

City Price €29.99
SAVE 20%



ROSALIQUE
3 IN 1 ANTI-REDNESS MIRACLE FORMULA SPF50

Embrace your natural beauty this summer!

This unique green formula was specially developed for sensitive and redness-prone skin. Rosalique neutralises redness and gives you a smooth, even and radiant complexion, whilst protecting your skin with an award-winning SPF50.

Our Triple Action Effect:

- Instantly conceals redness and uneven skin tone
- Gently treats and nourishes the skin with 5 anti-inflammatory, naturally active ingredients
- Protects long-term with a 5*-rated SPF50

Rosalique is the perfect multifunctional travel companion. Use as a tinted moisturiser for natural coverage and sun protection, use as a concealer to cover red patches or use as a primer for a long-lasting base under makeup.



ROSALIQUE
Anti-Redness Cream,
30 ml

NEW
ON BOARD

€29

City Price €34.95
SAVE 17%

This unique green formula offers beautiful natural coverage, a 5*-rated broad-spectrum SPF50 and a sun-kissed glow. Instantly conceals redness and uneven skin tone. Gently treats and nourishes the skin with 5 anti-inflammatory, naturally active ingredients. Protects long-term with an award-winning SPF 50. Rosalique was specially developed for sensitive and redness-prone skin and is perfect as a tinted moisturiser, colour corrector or as a primer under your makeup.

Unikāla dabīga formula nodrošina skaistu dabisku pārklājumu, efektīvu SPF50 saules aizsardzību un mirdzošu iedegumu. Uzreiz novērš ādas apsārtumu un nevienmērīgu ādas toni. Maigi attīra un baro ādu ar 5 dabīgi aktīvām pretiekaisuma sastāvdaļām. Noturīga SPF 50 aizsardzība pret sauli. Rosalique krēms ir īpaši izstrādāts jutīgai ādai ar tendenci uz apsārtumu, tas ir lieliski piemērots kā tonēts mitrinātājs, krāsas korektors vai grima bāze.



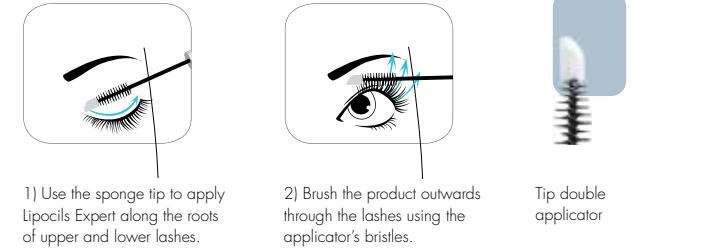
TALIKA
PARIS

75 YEARS

THE 1ST SERUM THAT MAKES YOUR EYELASHES GROWTH

LIPOCILS EXPERT

Length + 36%
Pigmentation + 50%
Curl + 50%



1) Use the sponge tip to apply Lipocils Expert along the roots of upper and lower lashes.

2) Brush the product outwards through the lashes using the applicator's bristles.

Tip double applicator

TALIKA
Lipocils Expert Collector Edition - Eyelash Growth & Pigmentation Serum, 10ml

Legendary Lipocils Expert is a patented and unique combination of five plants that stimulate eyelash growth, natural pigmentation and curl. Clinically proven: after 30 days eyelashes are longer +2.1 mm on average, +50% pigmentation, +50% curlier. Apply day and night as a cure or all year long. 96% natural ingredients!

Legendārā Lipocils Expert formula ir patentēta un unikāla piecu augu kombinācija, kas stimulē skropstu augšanu, dabisko pigmentāciju un izliekumu. Klīniskos pētījumos ir pierādīts, ka jau pēc 30 dienām skropstas ir vidēji +2.1mm garākas, +50% pigmentācija, +50% izliekums. Lietojiet dienu un nakti, vai visu gadu. 96% dabīgas sastāvdaļas!

€39

City Price €45.40
SAVE 14%

Diego dalla Palma
MILANO

MyHappyToy
mascara

100%
DEFINITION***

100%
VOLUME***

100%
LENGTH***

95%
CLUMP-FREE***

LASTS
24
HOURS*
UP TO 24H WEAR
SMUDGE-PROOF**

Lash growth
in 30 days
+13%
LENGTH****
+6%
VOLUME****

I DON'T WANT A TOY,
I WANT MYHAPPYTOY!
A REVOLUTIONARY
HIGH-DEFINITION MASCARA.
LASHES ARE INSTANTLY
CURLED AND LIFTED FOR AN
EXTRAORDINARY "PUSH-UP"
EFFECT. ULTRA-DEFINED, CLUMP-
FREE AND SMUDGE-FREE VOLUME.
VEGAN FORMULA, LASTING 24 H,
OPHTHALMOLOGICALLY TESTED.

* Instrumental test on 20 subjects. ** Assessment carried out by
a dermatologist on 20 subjects. *** Self-evaluation test carried
out immediately after application of the product on 20 subjects.
Percentage of subjects who found a visible improvement of the
effect claimed. **** Instrumental test carried out on clean lashes
with Antera 300 instrumentation after 30 days of application on 20
subjects. Average % value of increase.



DIEGO DALLA PALMA
MyHappyToy Mascara, 13 ml

NEW
ON BOARD

€23 City Price **€27.90**
SAVE 18%

A revolutionary high-definition mascara. Lashes are instantly curled and lifted, for an extraordinary push-up effect! Ultra-defined, clump and smudge free volume. Vegan formula enriched with active ingredients that help repair weak lashes. Increases lashes growth in just 30 days of continuous use. Ophthalmologically tested. 24-hour wear.

Revolucionāra un īpaši efektīva skropstu tuša. Tā acumirkļi piešķir skropstām izliekumu un izteiktu apjomu, turklāt skropstas nesalīp kopā. Vegāniska formula ir bagātināta ar aktīvām sastāvdaļām, kas stiprina skropstas. Paātrina skropstu augšanu tikai 30 dienu lietošanas laikā. Tuša ir oftalmoloģiski pārbaudīta. 24 stundu noturība.

Diego dalla Palma
MILANO

MyToyBoy
mascara

100%
VOLUME*

100%
LENGTH*

90%
DEFINITION*

LASTS
24
HOURS

AN ICONIC AND IRRESISTIBLE
PRODUCT. INNOVATIVE AND
VEGAN FORMULA, IN A 4D
ACTION MASCARA: EXTRA
VOLUME, LENGTHENING, MAXIMUM
DEFINITION, LASTING 24 H. IT
BOOSTS THE NATURAL GROWTH
OF THE LASHES IN ONLY 30 DAYS.
OPHTHALMOLOGICALLY TESTED.

* Self-evaluation test carried out immediately after the application of the product
on 20 subjects. Percentage of subjects who found a visible improvement in the
claimed effect.



DIEGO DALLA PALMA
MyToyBoy Mascara,
13 ml

€23 City Price **€27.90**
SAVE 18%

An iconic and irresistible product. Innovative and vegan formula in a 4D action mascara: extra volume, lengthening, maximum definition, lasting 24 h. It boosts the natural growth of the lashes in only 30 days.

Ikoniska un neatvairāma 4D darbības skropstu tuša ar inovatīvu un vegānisku formulu: lielāks apjoms, pagarināšana, maksimāla precizitāte, noturība 24 stundas. Tā paātrina skropstu dabisko augšanu tikai 30 dienu laikā.

Diego dalla Palma
MILANO

Nuda
WARM



DIEGO DALLA PALMA
Palette NUDA, 30 g

NEW
ON BOARD

€35 City Price **€42.90**
SAVE 18%

An eye palette inspired by warm nude colours to create a wide range of looks, from natural to dramatic. Five matte eyeshadows in different shades. The matte eyeshadows have a highly pigmented formula and a smooth and silky texture for ultimate comfort. The extra pearl eyeshadows have a cream-to-the-touch texture and take any look to the next level.

Acu ēnu paleti veido dabisko toņu gamma, kas piemēroti visdažādākajiem stiliem. Pieci dažādi matēti acu ēnu toņi ar izteikti pigmentētu formulu, gludu un zīdainu tekstūru, kas nodrošina maksimālu komfortu. Acu ēnām ir krēmīga tekstūra, tās piešķir jūsu izskatam īpašu efektu neatkarīgi no jūsu stila.

Diego dalla Palma
MILANO

MAKEUPSTUDIO
ORIENTAL KAJAL

A multi-purpose product for a surprisingly deep look:



• classic
cream kajal



• eyeliner



• eyeshadow

Intense black with a creamy,
long-lasting texture for a seductive look.

**Ophthalmologically tested and water-resistant formula,
also suitable for sensitive eyes.**



DIEGO DALLA PALMA
Makeupstudio Oriental Kajal
& Eyeliner, 3.2 g

€18 City Price **€21.90**
SAVE 18%

A multipurpose product for a surprisingly deep look. Easy application, thanks to the exclusive latex brush. An intense black with a creamy, smooth, and long-lasting texture. Ophthalmologically tested and water-resistant formula, suitable also for sensitive eyes.

Universāls produkts, lai panāktu satriecoši dziļu skatienu. Pateicoties ekskluzīvai lateksa otiņai, to ir viegli uzklāt. Piesātināti melna krāsa ar krēmīgu, gludu un noturīgu tekstūru. Oftalmoloģiski pārbaudīta, ūdensizturīga formula, piemērota arī jutīgām acīm.

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here!

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Diego dalla Palma
MILANO

VITAMINA C
RADIANCE SERUM

BRIGHTENING BOOSTER SERUM
An infusion of concentrated Vitamin C to recharge your skin with a powerful burst of energy. Ideal for all skin types, all year long. Contains 10% stabilized Vitamin C. Dermatologically tested.

Visible and proven results in just 28 days.
Reduction of fine lines by **27%***
Increase in radiance by **38%***
Reduction of dark spots by **55%****
Increase in skin density by **100%*****

Clinical-instrumental tests carried out for 28 days on 20 subjects. Daily use of VITAMIN C BRIGHTENING SERUM + 24 HOUR BRIGHTENING & ANTI WRINKLES CREAM and weekly use of BRIGHTENING & ENERGIZING MASK. * Assessment by a dermatologist. Average percentage of improvement in the visibility of the parameter declared. ** Assessment by a dermatologist. Percentage of subjects in whom an improvement of the visibility of hyperchromic spots was found. *** Observation made by skin ultrasound scan. Percentage of subjects in whom a significant increase in skin density was found.

Free from:

 Paraffin

 Mineral oils

 Propylene glycol



Diego Dalla Palma

Vitamina C Radiance Serum,
30 ml

€29

City Price €34.90
SAVE 17%

An infusion of concentrated Vitamin C to boost your natural radiance with multiple properties: reduces wrinkles, enhances skin brightness, counteracts dark spots, protects the skin against UV rays, relieves irritation. Free from paraffin, mineral oils and propylene glycol. Ideal for all skin types, all year long.

Koncentrēta C vitamīna serums, kas vairākos veidos uzlabo jūsu ādas dabisko mirdzumu: tas samazina grumbas, uzlabo ādas toni, novērš tumšos plankumus, aizsargā ādu pret UV stariem, mazina kairinājumu. Nesatur parafīnu, minerāleļļas un propilēnglikolu. Ideāli piemērots visiem ādas tipiem visa gada garumā.

Diego dalla Palma
MILANO

GOLD INFUSION
YOUR TREASURE OF YOUTH

Precious anti-aging treatment based on exquisite Polynesian flower oil with pure gold leaves for regenerated, revitalized and radiant skin.

VISIBLE AND PROVEN RESULTS IN ONLY 28 DAYS
Reducing the depth of wrinkles **19%***
Greater resilience (Collagen and Elastin) **65%****
Greater deep hydration **70%*****
Greater elasticity **80%******

Clinical-instrumental tests on 20 subjects after 28 days of treatment. * % reduction measures in micrometres with instrumental techniques of Three-Dimensional Optical Profilometry. Average value. Maximum value of instrumental reduction of average wrinkles of the profile found: 74%. ** Observation made with skin ultrasound scan. Percentage of subjects in whom a significant increase of skin density was found. *** Observation made through measuring the water content in the skin up to a depth of 1 mm. Percentage of subjects in whom a significant increase in the water content was found. **** Observation made using a cutometer. Percentage of subjects in whom a significant increase in the average base value of total elasticity was found.





Diego Dalla Palma

Gold Infusion - Youth Potion,
30 ml

€59

TRAVEL
RETAIL
EXCLUSIVE

A blend of 30 natural oils and pure gold leaf, which promotes skin regeneration and gives a more even, fresh and radiant appearance. A concentrated essence rebuilding the architecture of the skin in depth, restoring strength, stimulating the production of collagen and elastin. Does not contain paraffin, mineral oil and silicones.

30 dabīgu eļļu un vizuāli zelta maisījums, kas veicina ādas atjaunošanos un piešķir tai vienmērīgu, svaigu un mirdzošu izskatu. Koncentrēta esence, kas atjauno ādas arhitektūru, stiprina to, stimulē kolagēna un elastīna veidošanos. Nesatur parafīnu, minerāleļļu un silikonus.

WATCHES • JEWELLERY • FRAGRANCES • **BEAUTY** • ACCESSORIES • KIDS • SOUVENIRS

M. Asam®
RESVERATROL
PREMIUM NT 50

VISIBLY LIFTED
& YOUTHFUL SKIN

LIFTING CREAM

Smoothing Lifting cream with highly effective resveratrol for smooth, visibly lifted & youthful skin and NT50® technology for a longer, targeted effect.

asambeauty.com | made in germany



M. Asam® RESVERATROL
PREMIUM NT50
Resveratrol Lifting Cream 50 ml

NEW
ON BOARD

€29⁵⁰

City Price €34.99
SAVE 16%

Lifting cream with highly concentrated resveratrol, cross-linked hyaluronic acid and a special lifting peptide firms the skin and maintains its youthful appearance. Further key ingredients include lipids like shea butter, argan oil and squalane. This formulation intensely cares for your skin and leaves it feeling soft and supple.

Liftinga krēms ar augstu resveratrola koncentrāciju, šķērssaistītu hialuronskābi un īpašu liftinga peptīdu nostiprina ādu un piešķir tai jauneklīgu izskatu. Krēma sastāvā arī ietilpst lipīdi, piemēram, šī sviests, argāna eļļa un skvalāns. Krēms intensīvi kopj jūsu ādu un padara to maigu un elastīgu.

M. Asam®
MAGIC FINISH

LET THE MAGIC
HAPPEN

SATIN LIPSTICK SET

The M. Asam® MAGIC FINISH lipstick trio combines intensive care and volume with natural nude shades. Micro color pigments provide intensive color with a silky, semi-matte finish.

asambeauty.com | made in germany



M. Asam® MAGIC FINISH
SATIN LIPSTICK TRIO
3 x 4 g Hazelnut Heaven,
Almond & Rosewood

€32

City Price €37.90
SAVE 21%

The M. Asam® MAGIC FINISH Satin Lipstick Set contains three lipsticks in the naturally soft nude shades Hazelnut Heaven, Almond & Rosewood, and combines rich colours with intensive care. Special volume peptides and a total of 11 nourishing waxes and oils help to improve the shape and volume of the lips.

M. Asam® MAGIC FINISH Satin Lipstick Set komplektā ietilpst trīs lūpu krāsas ar dabiskiem un maigiem kaitoņiem lazdu riekstu, mandeļu un rožkoka krāsās, kas nodrošina intensīvu lūpu ādas kopšanu. Lūpu krāsu sastāvā ietilpst īpaši peptīdi un 11 barojoši vaski un eļļas, kas uzlabo lūpu formu un apjomu.

CREW FAVOURITES
THEY TRIED. THEY LIKED.

Laura Vancāne

What does this product mean to me?
Usually I struggle with dry lips after using other lipsticks for long hours up in the sky; after using this product, I did not feel that usual lip dryness; furthermore, the lipstick is quite long lasting.

What this experience gave me
This experience gave me a chance to try new quality lipsticks and new colors for my daily work. When I am not in the mood for a bright red lipstick, this set is perfect - light purple or nude tones for daily work up in the clouds (my favorite is rosewood, works perfectly with my skin tone and green eyes).



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M. Asam®

PERFECT DUO
PERFECT LOOK SET

The M. Asam® PERFECT best-selling duo combines smoothing and tightening of the eye area with instant optimisation of the entire complexion for a flawless skin appearance.

asambeauty.com | made in germany

M. Asam®
PERFECT LOOK Set
(PERFECT TEINT 30 ml
+ PERFECT EYE Serum 7 ml)

The two M. Asam® PERFECT bestsellers ensure skin-perfecting results. The fragrance-free M. Asam® PERFECT EYE eye serum visibly tightens eye wrinkles. The mattifying M. Asam® PERFECT TEINT skin optimizer reduces the appearance of pores & wrinkles. Šie divi M. Asam® PERFECT bestselleri lieliski uzlabo ādas stāvokli. M. Asam® PERFECT EYE bezsmaržas acu serums iedarbīgi savēl acs grumbas, savukārt M. Asam® PERFECT TEINT matējošais ādas kopšanas līdzeklis padara poras un grumbas mazāk pamanāmas.

€23 TRAVEL
RETAIL
EXCLUSIVE



M. Asam®
RETINOL
INTENSE

EFFECTIVE
WRINKLE REDUCTION
24H CREAM

Intensely nourishing face cream with retinol for effective wrinkle reduction. It visibly reduces fine lines and wrinkles and regenerates the skin.

asambeauty.com | made in germany

M. Asam® RETINOL INTENSE
Retinol Intense 24H cream
50 ml

The intensely caring Anti-Aging facial cream with retinol visibly softens the appearance of fine lines and wrinkles for better looking skin. It contains retinol combined with pampering lipids and helps counteract the signs of skin aging and revitalizes the look of your skin. Leaves the skin looking visibly firmed and smooth. Intensīvi kopjošs sejas krēms pret ādas novecošanos izlīdzina smalkās krunciņas un grumbas un uzlabo ādas izskatu. Tas satur retinolu un lipidus, kas palīdz novērst ādas novecošanās pazīmes un atjauno sejas ādu, padarot to redzami tvirtāku un gludāku.

€22 City Price €24.99
SAVE 12%



M. Asam®
MAGIC FINISH

LOOK PERFECT
IN 1 MINUTE
MAGIC FINISH SET

The 4-in-1 bestseller is primer, concealer, make-up and powder in one and adapts to many skin tones. It effectively hides little imperfections and redness.

asambeauty.com | made in germany

M. Asam® MAGIC FINISH
MAGIC FINISH Set (MAKE-UP
MOUSSE 30 ml classic + 10 ml
travelsize classic)

Adapts to many skin tones. Even in winter, the lightweight make-up mousse imparts a healthy, fresh skin tone. Hiding unevenness, wrinkles and redness, the skin looks silky smooth. No powder is needed, as it naturally mattifies the skin all day long. The international bestseller is suitable for all skin types and can be applied on top of any day cream or serum. The set contains the make-up mousse in sizes 30 ml and practical 10 ml - perfect for traveling! Grima putas individuāli pielāgojas dažādiem ādas toniēm. Pat ziemā putas piešķir ādai veselīgu un svaigu toni. Putas apslēpj ādas nepilnības, grumbas un apsārtumu, un āda izskatās zīdaini gluda. Pūderis nav nepieciešams, jo putas dabiski matē ādu visas dienas garumā. Šis ārkārtīgi populārais līdzeklis ir piemērots visiem ādas tiptiem un to var uzklāt uz jebkura dienas krēma vai seruma. Komplektā ietilpst kosmētikas putas 30 un 10 ml tūbiņās, kas ir ideāli piemērotas ceļojumiem.

€29 TRAVEL
RETAIL
EXCLUSIVE



M. Asam®
AQUA
INTENSE®

IMMEDIATE PLUMP SKIN
SUPREME HYALURON CREAM

The fragrance-free face cream provides an intense hydration of the skin. The patented hyaluronic acid complex with depot technology immediately smoothes and plumps up the skin.

asambeauty.com | made in germany

M. Asam® AQUA INTENSE®
Supreme Hyaluron Cream
50 ml

This fragrance-free hyaluronic face cream from asambeauty is formulated with a patented hyaluronic acid complex. It plumps up fine lines caused by dryness and gives the skin a plumped, even complexion. The perfect care for a fresh, soft complexion! For all skin types. Šis bezsmaržas hialurona krēms no asambeauty satur patentētu hialuronskābju kompleksu, kas izlīdzina sausās ādas krunciņas un padara sejas ādu gludu, piešķirot tai vienmērīgu nokrāsu. Lielisks līdzeklis svaigai, maigai ādas krāsai! Der visiem ādas tiptiem.

€18 City Price €19.99
SAVE 10%



FEET FRIENDS
Healthy Socks

The ultimate magic cure against painful feet – the innovative Feet Friends Healthy Socks relax your tired feet in a very short time. The specially shaped terry fabric loops gently separate and massage your toes. Wear the socks after a long day at work, after a workout or after a night full of dancing, and you will experience relief. Beyond this, the socks are a great help when polishing your nails. Follow the instructions on the packaging for the best results. Size 36-40.

Īpaši veidotas frētē auduma cilpas maigi atdala un masē jūsu kāju pirkstus. Uzvelciet zeķes pēc garas darbadienas, treniņa vai nodejotas nakts un izbaudiet atvieglojumu, ko tās sniedz jūsu kājām. Šīs zeķes arī lieliski noder, krāsojot nagus. Izmēri: 36-40. Informāciju par valkāšanas intensitāti, lūdzu, skatiet lietošanas norādījumos.

TRAVEL
RETAIL
EXCLUSIVE

**BEST
SELLER**

€49



M2 BEAUTÉ
Hair Activating Serum,
30 ml

An innovative activating serum that promotes hair growth for long, thick and naturally beautiful hair. Initial improvements can usually be seen after approximately six to eight weeks when used regularly. For long, thick and naturally beautiful hair.

Inovativs, aktivizējošs un matu augšanu veicinošs serums, kas nodrošina garus, biezus un dabiski skaistus matus. Regulāri to lietojot, sākotnējos uzlabojumus parasti var novērot pēc aptuveni sešām līdz astoņām nedēļām. Gariem, bieziem un dabiski skaistiem matiem!

€29

City Price €35
SAVE 17%



LAVERTU

Long-lasting Moisturising Lipstick That Changes Colour

Lipstick Excellent enhances the natural glow of your lips. The lipstick reacts with the specific pH value of your skin, creating a beautiful lip colour that is unique to you. Formulated with richly nourishing ingredients, this waterproof lipstick stays in place. Lipstick Excellent is available in 4 shades that adapt to your skin tone. The colours shown are indicative. Find out which one suits you.

Lūpu krāsa Excellent akcentē lūpu dabīgo spīdumu. Tā reaģē ar jūsu ādas individuālo pH līmeni, veidojot skaistu lūpu nokrāsu, kas ir unikāla tikai jums. Šī ūdenssaturīgā lūpu krāsa, kuras sastāvā ietilpst bagātīgi barojošas vielas, ir izteikti noturīga. Tā ir pieejama 4 toņos, kas pielāgojas jūsu ādas tonim. Norādītajām krāsām ir informatīvs raksturs. Uzziniet, kura no tām ir piemērota jums.

€36

TRAVEL
RETAIL
EXCLUSIVE

DR. LEVY SWITZERLAND
Intense Eye Rescue,
15 ml

Dr. Levy, Switzerland's first aesthetic Botox® pioneer, has patented this intensive stem cell formula to visibly renew the delicate eye area and help restore its youthful glow. Proven in independent clinicals. Free Gift: micro-current lifting device for instant results.

Dr. Levijs, estētiskā Botox® pionieris no Šveices, ir patentējis šo intensīvo cilmes šūnu formulu, kas palīdz atjaunot jūtīgo ādu ap acīm un atgriezt tai jauneklīgu mirdzumu. Līdzeklis pārbaudīts neatkarīgos klīniskos pētījumos. Bezmaksas dāvana: mikrostrāvas liftinga ierīce tūlītējiem rezultātiem.

€170

TRAVEL
RETAIL
EXCLUSIVE

Shop for food, drinks and souvenirs during the flight on your phone

BRAND WITH MORE THAN
50 AWARDS
AND ACCOLADES

Look 10 years fresher in 20 minutes

BEFORE

AFTER

2-week stem cell face + eye mini cure

50ml 3ml 4ml

SWISS MADE PATENTED STEM CELL TECHNOLOGY Swiss Clean Beauty Dermatologically & ophthalmologically tested DR. LEVY SWISS

4 APPLICATION OPTIONS

Not tested on animals
Vegan
NO animal by-products
Mineral oil free
Paraben free

DR. LEVY SWITZERLAND 4 Miracles Mask & Cure

Developed specifically for the traveller by Switzerland's number 1 Botox® Doctor, this inflight exclusive set combines the R3 Cell Matrix Mask (50 ml) with a two-week stem cell cure of the brand's bestselling Eye Booster Concentrate (3 ml) and award-winning Booster Serum (4 ml).

Šis ekskluzīvais komplekts, ko īpaši ceļotājiem ir izstrādājis Šveices vadošais Botox® eksperts, ietver šūnu matricas masku R3 (50 ml), divu nedēļu ārstniecisku kursu ar cilmes šūnām, izmantojot Eye Booster koncentrātu (3 ml), un godalgoto aktivācijas serumu (4 ml).

€59

TRAVEL
RETAIL
EXCLUSIVE

DR. SEVERIN® Beauty Routine Set

The 3-pack with the best care serums from Dr. Severin includes the new Hyaluron Collagen Serum, the Retinol Vitamin A Serum together with the popular Vitamin C Hyaluron Serum. The high-quality and highly concentrated active ingredients work very specifically on certain skin conditions such as wrinkles, dull and dry skin, and uneven complexion and impurities. Incorporate the use of Dr. Severin serums into your daily beauty routine for all-around better skin. The best anti-aging effect of the highest quality. Made in Germany.

Dr. Severin trīs labāko ādas kopšanas serumu komplektā ietilpst jaunais hialurona kolagēna serums, retinola (A vitamīna) serums un populārais hialurona serums ar C vitamīnu. Augstas kvalitātes koncentrētas aktīvās vielas iedarbojas uz noteiktiem ādas stāvokļiem, piemēram, grumbām, blāvu un sausu ādu, nevienmērīgu sejas krāsu. Iekļaujiet Dr. Severin serumu lietošanu savā ikdienas skaistumkopšanas rituālā, lai jūtami uzlabotu ādas stāvokli. Labākais pretnovecošanās efekts, augstākā kvalitāte – ražots Vācijā.

€55

City Price €59.99
SAVE 8%

CREW FAVOURITES
THEY TRIED. THEY LIKED.

ILMA ŽARKOVA

What does this product mean to me?
These products surprised me and made me a believer in just a few days I used them!

What this experience gave me
Retinol vitamin A serum (anti-age, exfoliation, pore reduction) has a fantastic scent, works overnight miracles on my combination/ acne-prone skin. Vitamin C hyaluron serum (skin brightening, smoothing) is perfect after some possible summer tan damage which I do have, and Maritime Collagen hyaluron serum is ideal for my thirsty skin – it drinks it up instantly and feels super moisturized and protected, especially under eye area, after long hours in aircraft's dry air.

Products are simple to use, they absorb quite quickly and make the skin instantly smoother. Serums can be used alone or combined with your regular skincare products and will last for a long time, since you only need a few drops daily.

WATCHES • JEWELLERY • FRAGRANCES • **BEAUTY** • ACCESSORIES • KIDS • SOUVENIRS

MIE

Instant Eye Lift

- Visibly reduces the appearance of fine lines by an average of 23% in 4 weeks
- Increases luminosity by an average of 9% in 4 weeks
- Reduces puffiness and firms skin around the eye by an average of 82% in 1 hour

CREW FAVOURITES
THEY TRIED. THEY LIKED.

JEKATERINA ŠEPTORE

What does this product mean to me?
It was a pleasure to try this product. And it feels very comfortable under makeup.

What this experience gave me
I have applied the cream right after cleansing my skin in the morning, and proceeded with my day. Over time I noticed that the skin around my eyes looks much more nourished, it feels soft and the first signs of wrinkles aren't bothering me anymore.

3D Lip Plumping Treatment

- Naturally increases lip volume by an average of 20%
- in 2 minutes up to 70% increased hydration even after 12 hours after the first application
- Reduces the appearance of wrinkles and smooths lip lines by up to 72% in 4 days

MY INSTANT EFFECTS
3D Plumping Treatment, 5 ml

Enhance your natural features with the 3D Lip Plumping Treatment clinically proven to plump and hydrate lips in just two minutes, giving you a 20% fuller pout without aggravation.

Akcentējiet savas dabiskās iezīmes ar 3D lūpu apjoma palielināšanas procedūras palīdzību. Klīnisko izmēģinājumu laikā ir pierādīts, ka procedūra mitrina lūpas un palielina to apjomu par 20% tikai divu minūšu laikā.

City Price €24.99
SAVE 24%

€19

MY INSTANT EFFECTS Instant Eye Lift, 8 ml

Say goodbye to dark circles with the Instant Eye Lift Serum, this lightweight and refreshing eye serum instantly brightens, firms and hydrates dull and tired eyes, leaving you looking brighter and more youthful.

Atbrīvojieties no tumšajiem lokiem zem acīm ar Instant Eye Lift seruma palīdzību – šis vieglais un atsvaidzinošais acu serums uzlabo ādas izskatu ap acīm, mitrina un izgludina ādu un ļauj jums izskatīties jaunākai.

City Price €24.99
SAVE 24%

€19

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souvenirs during the flight
on your phone



TEAOLOGY

TEA INFUSION SKINCARE®

TEAOLOGY
Tea Mask Collection

NEW
ON BOARD

TRAVEL
RETAIL
EXCLUSIVE

The complete collection of our beauty masks for face, neck and eyes made of soft, biodegradable, and elasticised plant fabric to let you discover the effectiveness of infusions of different types of organic teas combined in exclusive formulas with phytoextracts and active molecules. After just a short time, your skin feels fresher, smoother, and brighter!

Sejas, kakla un acu skaistumkopšanas masku kolekcija. Maskas ir izgatavotas no mīksta, bioloģiski noārdāma un elastīga augu materiāla. Atklāriet dažādu organisko tēju uzlējumu efektivitāti, ko nodrošina ekskluzīvas formulas ar fitoekstraktiem un aktīvām molekulām. Jau pēc neilga laika jūsu āda jutīsies svaigāka, gludāka un mirdzošāka!

€25



TEAOLOGY

TEA INFUSION SKINCARE®

100% TEA INFUSION
0% WATER



DISCOVER THE WORLD OF
TEAOLOGY
www.teaologyskincare.com



TEAOLOGY

Matcha Tea Ultra-Firming Face Cream, 50 ml

Ultra-Firming Face Cream with Organic Matcha Tea infusion and a 9 plants active complex redensifies, conceals, and ensures lifting effect. The natural green colour of Organic Matcha Tea performs a concealing action on blemishes, as the special mineral pigments and “soft focus effect” powders even and brighten the complexion.

Ļoti iedarbīgs sejas krēms, kas satur organisko mača tēju un aktīvu 9 augu kompleksu. Atjauno, uzlabo ādu un piešķir tai tvirtumu. Organiskās mača tējas dabīgā zaļā krāsa maskē ādas trūkumus, savukārt īpaši minerālpigmenti un maigas iedarbības pūderi izlīdzina un izgaismo sejas ādu.

€45

City Price €50
SAVE 10%

iTOUCH® Air 3

SMARTWATCH

ANDROID™ & IOS COMPATIBLE

Style that *moves* you.

KEY FEATURES

- NOTIFICATIONS
- HEART RATE MONITOR
- PEDOMETER
- CALORIE TRACKER
- SLEEP MONITOR
- 7+ DAY BATTERY
- WEATHER
- SPORTS MODES & MORE

DESIGNED BY AMERICAN EXCHANGE TIME, NYC, NY USA

iTOUCH

Smart Watch

NEW
ON BOARD


€69⁹⁵

City Price €89
SAVE 21%

Experience a healthier lifestyle with the Air 3 smartwatch. This New York City-designed smartwatch features continuous heart rate monitoring, tracks your steps, calories, & distance, and sleep monitoring. Stay active with workout modes and connected with important app notifications. The Air 3 has up to seven days of battery life.


Izbaudiet veselīgāku dzīvesveidu ar viedpulksteni Air 3. Šis Ņujorkā izstrādātais viedpulkstenis nodrošina nepārtrauktu sirdsdarbības uzraudzību, seko līdzi jūsu soļu skaitam, uzņemtajām kalorijām un pieveiktajiem attālumiem, kā arī jūsu miegam. Esiet aktīvs, izmantojot dažādus treniņu režīmus un turpinot saņemt svarīgus lietotņu paziņojumus. Air 3 akumulatora darbības laiks ir līdz septiņām dienām.





VONMÄHLEN
Northern Germany

USB-C to USB-C cable
Micro-USB | USB-A | Lightning



Fast Charging Performance

Compact case
Ø70mm


VONMÄHLEN
allroundo® c

NEW
ON BOARD


€24 City Price **€24.99**
SAVE 4%

allroundo® c is the compact all-in-one charging and data transfer cable with fast charging (USB-C to USB-C). The innovative design offers six (6in1) different connections for end devices. The spiral cable extends up to 75 cm in length for flexible use of the phone while charging. The compact travel case contains a USB-A, a micro-USB and a Lightning Adapter.

allroundo® c ir kompakts un universāls ātrās uzlādes un datu pārraides kabelis (no USB-C uz USB-C). Inovatīvs dizains ar sešiem dažādiem savienojumiem gala ierīcēm. Pateicoties spirālveida līdz 75 cm garajam kabelim, tālruni var ērti lietot uzlādes laikā. Kompaktā ceļojumu somā arī atrodas USB-A, micro-USB un Lightning adapteri.



VONMÄHLEN
Northern Germany



reddot award 2019
winner

DESIGN
AWARD
2019


HIGH FIVE®
THE 5IN1 CHARGING CABLE

VONMÄHLEN
High Five® The 5in1
Charging Cable

€19


Compact, elegant, multifunctional—High Five® is the 5in1 charger cable for your key ring. It is compatible with all Micro-USB and USB-C devices as well as iPhone, iPad and iPod. With its sophisticated design and robust materials, High Five® can be attached to any bunch of keys and is always ready for use.

Kompakts, elegants, daudzfunkcionāls – High Five® ir pieci-vienā lādētājs, kuru var pievienot jūsu atslēgu piekariņam. Tas ir savietojams ar visām Micro-USB un USB-C ierīcēm, kā arī ar iPhone, iPad un iPod. Pateicoties pārdomātajam dizainam un izturīgajiem materiāliem, High Five® var piestiprināt pie jebkura atslēgu saišķa, un tas vienmēr ir gatavs lietošanai.



VONMÄHLEN
Northern Germany

Easy adjustable
up to 150 cm



All ports
remain free

With case & without case


VONMÄHLEN
Infinity Phone Strap, Black

NEW
ON BOARD


€17 City Price **€17.99**
SAVE 6%

Infinity is the phone strap by Vonmählen. It slips around any phone with ease and the adjustable nylon drawstrings assures the most comfortable, secure hold. Infinity provides your phone with refuge by your side while still being easily accessible, the perfect tech accessory when you are on-the-go and need to be reachable, busy at the office, or enjoying a day of sight-seeing.

Vonmählen tālruņa siksnīņa Infinity viegli aptver ap jebkuru tālruni, regulējamas neilona aukliņas nodrošina drošu un stabilu tālruņa pozīciju. Pateicoties Infinity, jūsu tālrunis ir drošībā un vienlaikus viegli sasniedzams – tas ir ideāls risinājums, kad esat ceļā, aizņemts birojā vai piedalāties ekskursijā un jums ir jābūt viegli sazināmam.



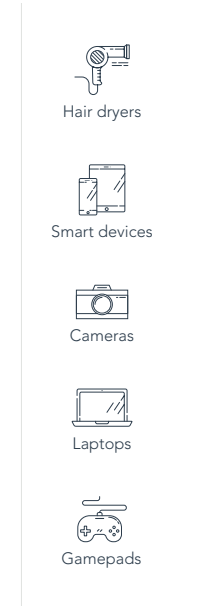
VONMÄHLEN
Northern Germany



UNITY ONE
THE TRAVEL CHARGER

OUTPUT
USB-A USB-C

US | AU | UK | EU | CN | HK | JP



Hair dryers

Smart devices

Cameras

Laptops

Gamepads

VONMÄHLEN
Unity One
Travel Charger

€49 City Price **€59**
SAVE 17%

Unity One is the most compact travel charger for your electronic devices. In addition to the main connector, the integrated USB-A and USB-C ports allow you to charge different devices in parallel. Unity One is compatible with power outlets in over 150 different countries. The integrated overcharge protection converts the voltage and adapts it safely to your end devices.

Unity One ir kompaktais lādētājs jūsu elektroniskajām ierīcēm ceļojuma laikā. Papildus galvenajai līdzai USB-A un USB-C porti ļauj vienlaicīgi uzlādēt dažādas ierīces. Unity One ir savietojams ar strāvas kontaktligzdām vairāk nekā 150 dažādās valstīs. Aizsardzība pret pārlādešanu pārveido spriegumu un droši pielāgo to jūsu gala ierīcēm.



ÖGON DESIGNS
Carbon Fibre Aluminium Wallet

Elegant wallet made in France. This light and strong wallet provides super-fast access and optimum protection. Designed to open with one hand. For 10 cards and cash. RFID Safe: protection against demagnetisation and electronic data theft. Size: 11x7.4x2.1 cm. Francijā ražots elegants maks. Tas ir viegls, izturīgs, nodrošina ērtu piekļuvi maka saturam un tā optimālu aizsardzību. Atverams ar vienu roku. Vieta 10 kartēm un skaidrai naudai. RFID aizsardzība pret demagnetizāciju un elektronisko datu zādzību. Izmērs: 11x7.4x2.1 cm.

TRAVEL
RETAIL
EXCLUSIVE

€38



DOPPLER
Pocket Umbrella

Always with you, as light as a feather, small and slim. This umbrella is small enough to fit in every pocket. Carbon steel technology makes this model super lightweight and at the same time provides stable protection against weather and wind up to 100 km/h. Weight: 170 g. Vienmēr ar jums, viegls kā spalviņa, neliels un plāns. Šis lietussargs ir tik mazs, ka to var ielikt jebkurā kabatā. Tam ir oglekļa tērauda rāmis, tādēļ lietussargs ir neticami viegls, tomēr nodrošina efektīvu aizsardzību pret lietu un līdz pat 100 km/h stipru vēju. Svārs: 170 g.

BEST
SELLER

€29



I-CLIP
Carbon Optics Wallet incl. RFID Shields

The smallest of the wallets! A compact, safe and an elegant way to carry up to 12 cards and notes. Full-grain naturally tanned cowhide with a thrilling carbon finish in black or perforation in camel colour! With RFID shield for protection against electronic data theft. Mazākais no visiem makiem! Kompakts, drošs un elegants, ar 12 karšu un banknošu ietilpību. Tagad no dabīgi miecētas teļādas ar oglekļa perforācijas pārklājumu melnā vai kameļjādas krāsā. Ar RFID karti, kas nodrošina aizsardzību pret elektronisko datu zādzību.

€39


City Price €45
SAVE 13%

I-CLIP
AdvantageR Caramel incl. RFID Shields

The smallest of the wallets! A compact, safe and an elegant way to carry up to 12 cards and notes. Full-grain naturally tanned cowhide with a thrilling carbon finish in black or perforation in camel colour! With RFID shield for protection against electronic data theft. Mazākais no visiem makiem! Kompakts, drošs un elegants, ar 12 karšu un banknošu ietilpību. Tagad no dabīgi miecētas teļādas ar oglekļa perforācijas pārklājumu melnā vai kameļjādas krāsā. Ar RFID karti, kas nodrošina aizsardzību pret elektronisko datu zādzību.

€39

City Price €50
SAVE 22%



KODAK
Ring Light

The Ring Light Mini 4 brings a new dimension of light and style to your images and videos. This handy light is perfect for everything from portraits and selfies to online meetings and makeup. Works with any smartphone and laptop. Technical details: 4 inch diameter, 1,5 h running time (90 mins), 50 individual LEDs.

Gredzenveida lampa Ring Light Mini 4 piešķir jūsu attēliem un videoklipiem jaunu gaismas un stila dimensiju. Šis parocīgais gaismas avots ir lieliski piemērots it visam, no portretiem un pašbildēm līdz tiešsaistes sapulcēm un grima uzklāšanai. Lampa ir savietojama ar jebkuru viedtālruni un klēpj datoru. Tehniskā informācija: 4 collu diametrs, 1,5 h darbības laiks (90 min), 50 gaismas diodes.

NEW
ON BOARD

€29

City Price €29.90
SAVE 3%



BEURER
LS 10
Luggage Scale

Portable luggage scale that will help you avoid excess luggage charges. Small, handy and easy to use, comes equipped with a practical torch and a fastening strap for space-saving storage. With a weight capacity of 50 kg. Portatīvie svāri, kas palīdzēs izvairīties no bagāžas pārsniegtā svāra maksas. Šie svāri ir mazi, parocīgi un viegli lietojami, ar iebūvētu praktisku lukturi un siksnīņu. Uzturda svāru līdz 50 kg.

€25

50 g graduation, torch light.

BEST
SELLER

TRAVEL
RETAIL
EXCLUSIVE



BANALE.
OMNI PILLOW
3 IN 1 MEMORY FOAM PILLOW

OmniPillow is the 3in1 travel pillow which allows you to switch between three unique forms – neck pillow, bed pillow or double cushion – and simply fold it up in its waterproof cover when you are done. 100% pure memory foam moulds around your natural posture. With removable and washable pillow cover. Omnipillow ir "trīs vienā" ceļojumu spilvens, kas viegli pieņem vienu no trim formām: kakla spilvens, gultas spilvens vai dubultais spilvens. Kad jums tas nav nepieciešams, to var vienkārši salocīt un ievietot ūdensnecaurīdīgā pārvalkā. 100% atmiņas putas balsta jūsu dabisko ķermeņa stāvokli. Noņemams un mazgājams spilvena pārvalks.

€49

City Price €59
SAVE 17%



ZIPSTAR
Mobile Screen Magnifier

This magnifier acts like a phone projector magnifying your phone's screen 2 to 4 times the size. Perfect for watching movies whilst travelling. Offers an excellent viewing experience as it helps reduce strain on your eyes allowing you to enjoy your smart phone even more. Compact and lightweight, it folds up easily to provide protection whilst not in use. Suitable for nearly all smartphones. Telefona ekrāna palielinātājs darbojas kā projektor, kas palielina jūsu tālruna ekrānu 2–4 reizes. Ideāli piemērots filmu skatīšanai ceļojuma laikā. Piedāvā lielisku skatīšanās pieredzi, jo tas samazina acu noslodzi, ļaujot jums vēl vairāk izbaudīt savu viedtālruni. Kompakts un viegls, tas ir viegli salokāms, lai palielinātāju pasargātu, kamēr tas netiek lietots. Piemērots gandrīz visiem viedtālruniem.

TRAVEL
RETAIL
EXCLUSIVE

€10



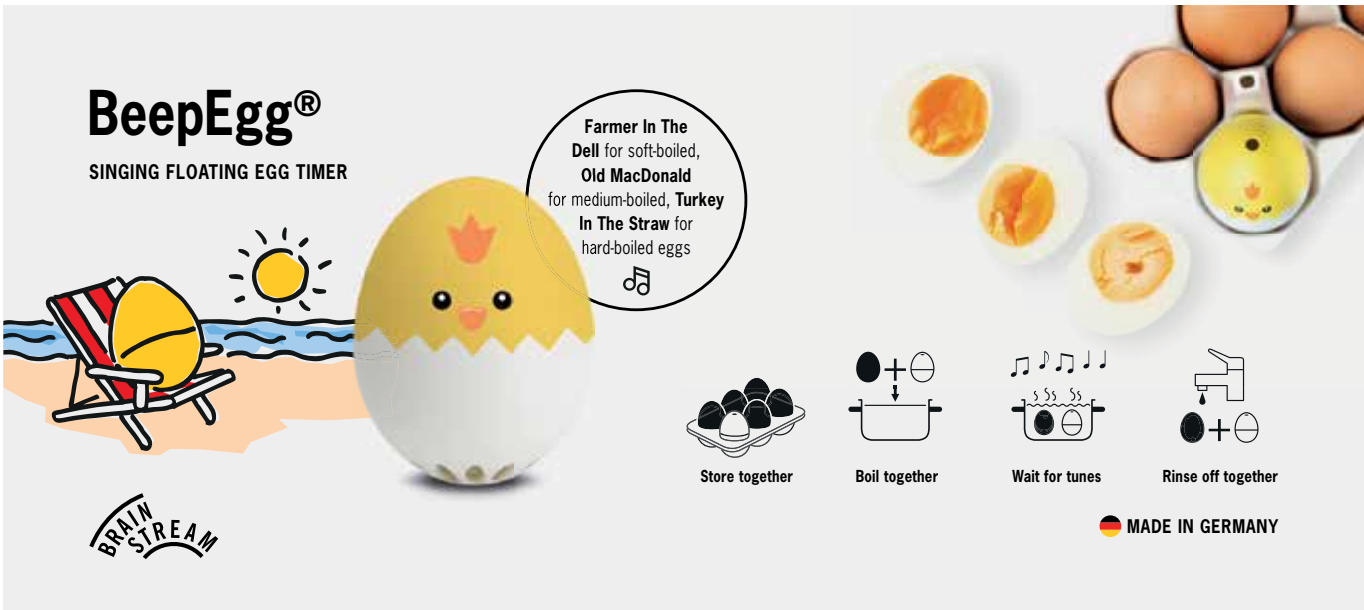
WABOBA
Water Bouncing Set

NEW
ON BOARD

€19 City Price **€21.90**
SAVE 13%

The Swedish classic! The one that started it all - the original water bouncing ball. An essential for the days when life takes you to the beach or lake. Bounce it on water like skipping a stone. Best for oceans, lakes, rivers, and waterfalls.

Zviedru klasiskās atsperīgās bumbas, kas atlec no ūdens. Tām ir īpaša nozīme dienās, kad atpūšaties pludmalē vai pie ezera. Pēc katra metiena bumba vairākkārt atsperīgi atlec no ūdens. To vislabāk var spēlēt jūrā, ezeros, upēs.



BRAINSTREAM
Chicken Beep Egg

€19 City Price **€21.90**
SAVE 13%

This fun and functional egg timer guarantees perfect boiled eggs. Simply store and boil with the eggs until BeepEgg will play three tunes. It's fun, it's smart and it really works.

Šis amuzants un tajā pašā laikā funkcionālais taimeris garantē perfektu novārītas olas. Tas ir jāuzglabā un jāvārda kopā ar olām, līdz BeepEgg atskaņos trīs melodijas. Tas ir jautri, tas ir gudri, un tas patiešām darbojas.



SMARTGAMES
Iq Puzzler Pro

The Original! The IQ PUZZLER PRO is the world's most popular solitaire puzzler! 12 coloured and differently shaped ball elements have to be placed in the playing field. No less than 120 tasks in five different levels of difficulty have to be mastered! There are three different game forms: even pyramids can be played! But beware: there is always only one correct solution per task! Tricky, endless fun with an addictive factor for players aged 6 and up!

IQ PUZZLER PRO ir pasaulē populārākais galvas mežģis! Spēles laukumā jānovieto 12 krāsainas dažādu formu bumbiņas. Ne mazāk kā 120 uzdevumi piecās dažādās grūtības pakāpēs! Spēli var spēlēt trīs dažādos veidos. Taču uzmanieties: katram uzdevumam vienmēr ir tikai viens pareizais risinājums! Atjautīga izklaide, kam nekad nav gala. Var izraisīt atkarību! Paredzēts spēlētājiem no 6 gadu vecuma.

€12⁵⁰



DISNEY
Frozen Kids Watch

Express your love for the magical icy world of Disney's Frozen movies by wearing your officially licensed Disney Frozen watch. A vivid dial art of Elsa and Anna with a nylon strap is easy to use for children. Every Disney Frozen kids' watch features watch hands labelled "hour" and "minute" to help young children learn how to tell time.

Aplieciniet savu mīlestību pret Disneja multfilmas "Ledus sirds" maģisko un ledaino pasauli, valkājot oficiāli licencēto Disney Frozen rokaspulksteni. Spilgto ciparnīcu rotā Elzas un Annas attēli, pulkstenim ir neilona siksnīņa, kas ir ērti lietojama bērniem. Uz stundu rādītāja rakstīts "hour" un uz minūšu rādītāja "minute", lai palīdzētu maziem bērniem iemācīties pulksteni.

€29



SCRATCH ART
Magic Rainbow Scratch Notes

Use the wooden stylus to reveal bright colours that are hidden underneath a matte coating. Jot notes, etch doodles and create great designs. Perfect for keeping the children occupied whilst travelling.

Ar koka irbuļa palīdzību atklājiat spilgtas krāsas zem matēta pārklājuma. Rakstiet zīmītes, zīmējiet ķirķēziņus vai skaistus attēlus. Lielisks palīgs, lai nodarbinātu bērnus ceļojuma laikā.

TRAVEL
RETAIL
EXCLUSIVE

€5



DISNEY
Mickey Mouse Kids Watch

Express your love for the magic of Mickey by wearing your officially licensed Disney Mickey Mouse watch. A vivid dial art of Mickey Mouse with a soft silicone strap for a child's comfort. Every Disney Mickey Mouse kids' watch features watch hands labelled "hour" and "minute" to help young children learn how to tell time.

Aplieciniet savu mīlestību pret neatkārtājamo Mikipeli, valkājot oficiāli licencēto Disney Mickey Mouse rokaspulksteni. Spilgto ciparnīcu rotā Mikiņas attēls, pulkstenim ir mīksta un ērta silikona siksnīņa. Uz stundu rādītāja rakstīts "hour" un uz minūšu rādītāja "minute", lai palīdzētu maziem bērniem iemācīties pulksteni.

€29

Nature Friendly

MADE FROM RETRIEVED GHOST NETS THAT FLOAT IN THE SEA



BRACENET Arctic Ocean Bracelet

TRAVEL
RETAIL
EXCLUSIVE

€25

They are one of the biggest dangers for our oceans: discarded and lost fishing nets. The ghost nets can float around undiscovered for decades and turn into dangerous traps for animals. Together with the marine protection organisations Healthy Seas and Ghost Diving, we retrieve these deadly traps and upcycle them to bracelets—the Bracenet. One size fits all.

Pamesti vai nozaudēti zvejas tīkli ir viens no lielākajiem draudiem pasaules okeāniem un jūrām. Šādi tīkli var dreifēt gadu desmitiem, kļūstot par nāvējošām lamatām jūras iemitniekiem. Sadarbībā ar jūru aizsardzības organizācijām Healthy Seas un Ghost Diving mēs šādas lamatas likvidējam un no pamestajiem zvejas tīkliem izgatavojam aproces Bracenet. Der jebkuram rokas apkārtmēram.

YOUR PURCHASE IS A VOTE FOR A GREEN AND FAIR FUTURE



TREECELET Amazonia Bracelet

Treecelet is a global tree planting project that plants trees in the most affected areas. Every sold bracelet plants 3 trees. Bracelets are handmade in the EU by people with disabilities to provide them fair work. Gift-ready packaging with a tree planting certificate included. Adjustable bracelet size.

Treecelet ir globāls koku stādīšanas projekts, kura ietvaros koki tiek iestādīti visvairāk cietušajos reģionos. Katra pārdota rokassprādze palīdz iestādīt 3 kokus. Roku darbs no Eiropas – rokassprādzes izgatavo cilvēki ar īpašām vajadzībām, kuri tiek nodrošināti ar darbu. Dāvanu iepakojums ar koku stādīšanas sertifikātu. Regulējams izmērs.

€16

City Price €19.90
SAVE 20%

€16

City Price €19.90
SAVE 20%

TREECELET Madagascar Bracelet



UPCIRCLE Face Moisturiser, 50 ml

A multi award-winning deeply hydrating, fast-absorbing face cream to nourish and brighten the skin. This moisturiser is suitable for all skin types. Vitamin E rich argan powder is combined with skin-soothing cocoa butter, aloe vera and blood orange. Reused, repurposed, reloved: this face moisturiser is made with finely-ground powder of discarded argan shells, a natural by-product of the argan oil industry that is rich in antioxidant Vitamin E.

Daudzkārt godalgots dziļi mitrinošs, ātri uzsūcošs sejas krēms, kas ir barojošs un uzlabo ādas krāsu. Šis mitrinātājs ir piemērots visiem ādas tipiem. Tā sastāvā ietilpst ar E vitamīnu bagātais argāna pulveris, ādu nomierinošs kakao sviests, alveja un sarkanais apelsīns. Atkārtoti izmantots, pārstrādāts, iemīlots: šis sejas mitrinātājs ir izgatavots no smalki samalta argāna čaumalu pulvera, kas ir dabisks argāna eļļas ražošanas blakusprodukts.

€19



KIND BAG Koi Fish Reusable Kind Bag, Medium

Both stylish and practical, this eco-friendly shopper is made from 6 recycled plastic bottles. The bag can be folded into an attached pouch so you can take it anywhere. And on top of that, you're doing something for our planet!

Stilīga un praktiska, videi draudzīga soma, kas izgatavota no 6 pārstrādātām plastmasas pudelēm. Somu var salocīt un ielikt maciņa izmēra somiņā, lai to varētu paņemt līdzi, lai vai kur jūs dotos. Iegādājoties šo somu, jūs rūpējaties par mūsu planētu!

€12⁵⁰

Vegan and cruelty free. Water-resistant and lightweight

PLASTIC NEGATIVE: FULLY RECYCLABLE PACKAGING.

MADE FROM RESCUED PLASTIC BOTTLES DESTINED FOR OUR OCEANS



PLANIES NFT SNAP BACK Unisex Hat With Flat Brim

This unisex hat with a flat brim is for those who want to stand out. Plain six-panel cotton hat with straight brim. The back of the hat has a retro-style size adjuster with a plastic clip. Reinforced front panel with graphic embroidery, inspired by Planies. Material: 100% cotton, grammage: 340 g/m². **Planies are a special cartoon aircraft design collection 10 000 one-of-a-kind collectibles stored on the Ethereum blockchain.** More about Planies check out here: planiesnft.com

Šī unisex cepure ar taisnu nagu ir paredzēta tiem, kuri vēlas izcelties. Vienkrāsaina, sešu panelu kokvilnas cepure ar taisnu nagu. Cepures aizmugurē ir retro stila izmēra regulētājs ar plastikāta klipsi. Materiāls: 100% kokvilna, biezums: 340 g. Pastiprināts priekšējais panelis ar grafisku izšuvumu, iedvesmots no Planies. **Planies ir īpaša karikatūru lidmašīnu dizaina kolekcija, kurā ir 10 000 vienreizēju kolekcionējamo priekšmetu, kas tiek glabāti Ethereum blokkēdē.** Vairāk par Planies uzzini šeit: planiesnft.com

€19⁹⁹



AIRBALTIC Teddy Bear

Teddy pilot is an excellent companion for all your pleasant travels ahead. Lācis pilots būs lielisks pavadoņš visos jūsu nākamajos lidojumos.



AIRBALTIC Water Bottle, 650 ml

Capacious and easy to use water bottle. No need to tilt your head to drink, there is a comfortable folding spout with a straw, and a handle for easy carrying. A great water bottle to take with you on a hike or when going to the gym.

Ietilpīga un viegli lietojama ūdens pudele. Nav jāatliec galva, lai padzertos, ērts atlokāms snipis ar salmiņu. Aprīkota ar rokturīti ērtākai pārnēsāšanai. Šī būs piemērota ūdens pudele, ko ņemt līdzi pārgājienos vai somā uz sporta nodarbībām.

€20

Size: 8 cm x 24.3 cm

€9⁵⁰

Available exclusively
on long flights

AIRBALTIC Blanket

100% polar fleece blanket with airBaltic logo, colour navy.
100% flīsa sega ar airBaltic logotipu, tumši zilā krāsā.
Одеяло из 100% полярного флиса с логотипом airBaltic, цвет темно-синий.



€7

Size: 150 cm x 120 cm

Stay Connected with International SIM or eSIM!

Izmantojiet eSIM vai starptautisku SIM karti, lai uzturētu sakarus!

Works in over 135 countries, with a single card&phone number.

Ar vienu karti un tālruņa numuru darbojas vairāk nekā 135 valstīs.

Better coverage – 320 networks all around the world to keep you connected.

Labāks pārklājums – 320 tīkli visā pasaulē nodrošina labāku pārklājumu, lai uzturētu savienojumu.

Reduce roaming cost by up to 85%.

Samaziniet viesabonēšanas izmaksas līdz pat 85%.

It's prepaid, so you're in control of the costs.

Tā kā tas ir priekšapmaksa, jūs kontrolējat izmaksas.



Recharge voucher with €20 credit

Papildiniet kuponu ar €20 kredītu

€20

Starter kit with €10 credit

Sākuma komplekts ar €10 kredītu

€20

For more information, ask the cabin crew or visit www.airbalticcard.com.
Konsultējieties ar salona personālu vai dodieties uz www.airbalticcard.com, lai iegūtu sīkāku informāciju.

[airBalticCard.com](https://www.airbalticcard.com)



Shop for food, drinks and
souvenirs during the flight
on your phone

USE OF PORTABLE ELECTRONIC DEVICES

	BOARDING	TAXI BEFORE TAKE-OFF	TAKE-OFF	CRUISE	APPROACH AND LANDING	TAXI AFTER LANDING
Connectivity GSM, Bluetooth, Flight Mode						
Handheld devices e.g. tablets, e-readers and mobile phones						
Heavy devices e.g. laptops and notebooks						

* Shall be stowed in overhead bin or under the front seat inside an appropriate bag.
In case a battery or device is damaged, hot, produces smoke, is lost, or falls into the seat structure, immediately inform the cabin crew.

HOUSE RULES

We only accept payment cards:



- We accept payment for purchases only by cards with an embedded chip. We are unable to process payments made by cards with a magnetic stripe.
 - For payment card purchases exceeding EUR 50, ID must be provided. A purchase with a single card may not exceed EUR 250 and total payment by cards per one customer may not exceed EUR 500.
 - All prices include VAT where applicable.
 - For each purchase made on airBaltic flights the cabin crew will provide you a receipt.
 - Fresh Meals available on flights over 1 h 30 min. Ask the cabin crew about the meal availability on your flight today and about the ingredients of a given product or what allergens it contains.
 - All pictures of products and packaging are for illustrative purposes only and may differ from the real product.
 - Ask the cabin crew about the meal availability on your flight today and for the ingredients of a given product or what allergens it contains.
 - When purchasing a flight ticket, you have accepted the airBaltic Terms of Passenger Carriage, which state that it is not permissible on board airBaltic aircraft to use narcotics, consume alcoholic beverages that you have brought on board, smoke any type of cigarette including electronic cigarettes. Passengers must obey acknowledged standards of polite behaviour. Should we have any reason to believe that your behaviour does not comply with these rules, we will take any and all necessary action to stop such behaviour.
 - It is prohibited to sell alcoholic beverages to persons under 18 years of age.
 - Please note that all items are subject to availability.
- FOR ALLERGIC PASSENGERS**
- Passengers with food allergies must assume responsibility for this risk. We will not assume any liability for allergic reactions to the foods consumed or contacted on board.
 - If you have specific food requirements, you can choose and pre-order food for your flight at www.airbalticmeal.com

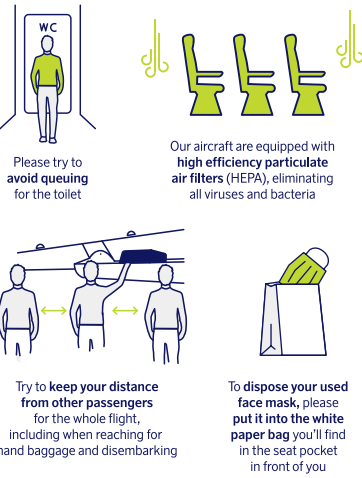
Apmaksai pieņemam tikai maksājumu kartes:



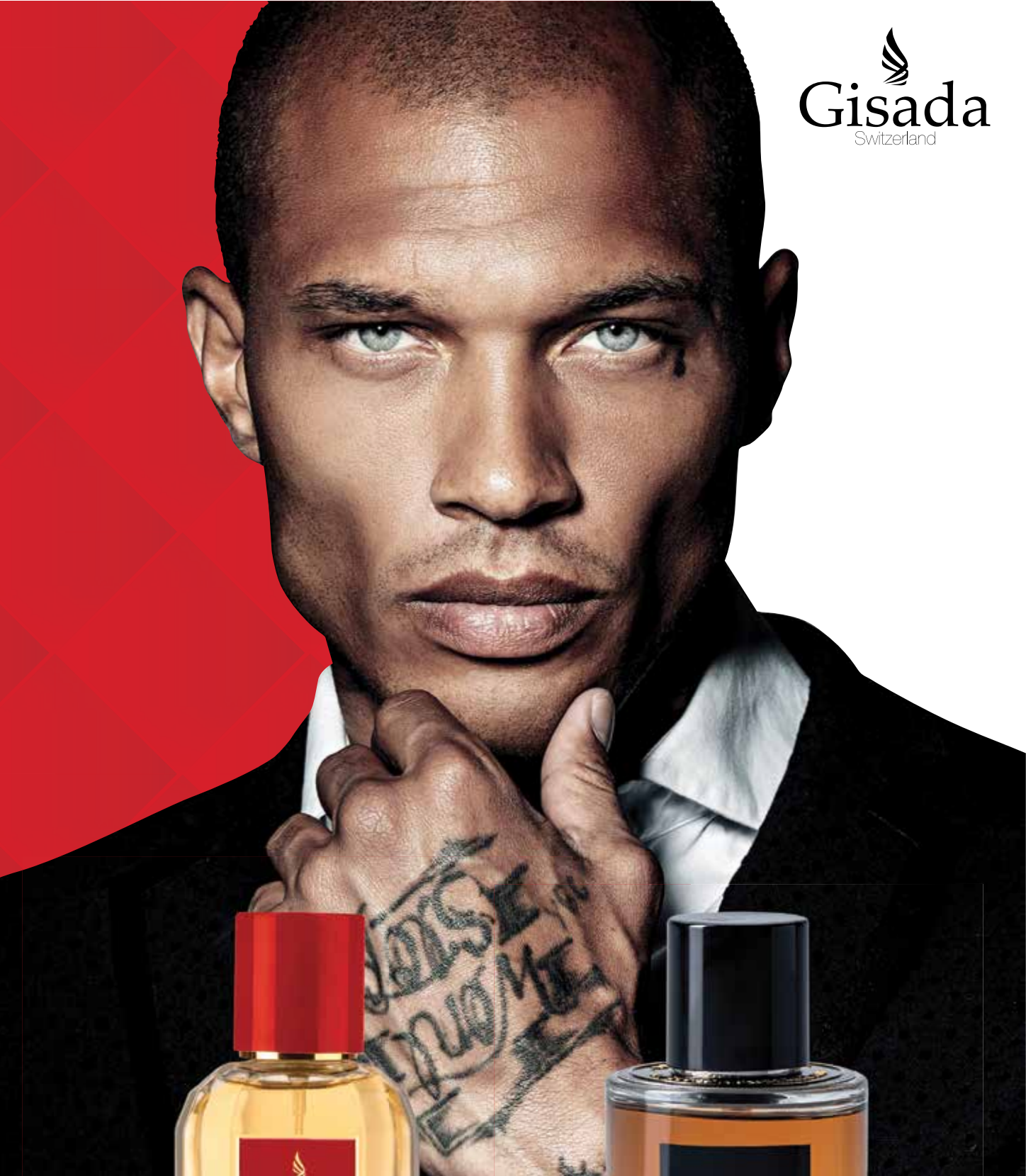
- Norēķiniem ar maksājumu kartēm pieņemam tikai kartes ar čipu. Darījumi ar magnētisko joslu kartēm netiek nodrošināti.
 - Ja maksājums ar maksājumu karti pārsniedz 50 EUR, jāuzrāda personu apliecinošs dokuments. Pirkums ar vienu maksājumu karti nedrīkst pārsniegt 250 EUR, kopējā pirkumu summa ar maksājumu kartēm no vienas personas nedrīkst pārsniegt 500 EUR.
 - Visas cenas norādītas ar atbilstoši piemērojamo PVN.
 - Par katru pirkumu airBaltic stjuarti izsniegs jums čeku vai stingrās uzskaites kvīti.
 - Svaigās maltītes ir pieejamas lidojumos, kas ir ilgāki par 1 h 30 min. Jautāiet stjuartiem par produktu sastāvu un tajos esošajiem alergēniem.
 - Produktu un iepakojumu attēli norādīti tikai informatīvā nolūkā un var atšķirties no reālā produkta.
 - Jautāiet stjuartiem par maltītes pieejamību jūsu reisā, kā arī par produktu sastāvu un tajos esošajiem alergēniem.
 - legādājoties aviobijēti, Jūs esat piekritis airBaltic pasažieru pārvadāšanas noteikumiem, kas paredz, ka airBaltic lidmašīnās nav atļauts lietot narkotikas, līdzpapemtos alkoholiskos dzērienus un smēķēt t.s. elektroniskās cigaretes, kā arī ir jāievēro vispārpieņemtās pieklājīgas uzvedības normas. Ja būs pamats uzskatīt, ka Jūsu uzvedība neatbilst noteikumiem, veiksim nepieciešamās darbības, lai šādu uzvedību novērstu.
 - Alkoholiskos dzērienus aizliegts pārdot personām, kuras ir jaunākas par 18 gadiem.
 - Ņemiet vērā, ka preču daudzums var būt ierobežots.
- PASAŽIERIEM AR ALERĢISKĀM REAKCIJĀM**
- Esiet piesardzīgi, ja jums ir alerģija pret kādu no pārtikas produktiem. Mēs neuzņemamies atbildību par alerģisku reakciju no pārtikas produktiem, ko esat patērējuši vai ar ko esat nonākuši saskarsmē lidmašīnā.
 - Ja jums ir īpašas prasības attiecībā uz pārtiku, varat izvēlēties un pasūtīt maltīti pirms lidojuma vietnē www.airbalticmeal.com

Your health and well-being are our top priority

We kindly ask you to act responsibly and follow these recommendations as well as general safety measures.



Take note that masks may still be required on flights, airports or public spaces in other countries so make sure you are familiar with the local rules.



Gisada
Switzerland



AMBASSADORA
WOMEN



AMBASSADOR
MEN

For any suggestions on our product selection, please write to / Ja jums ir ieteikumi vai komentāri par piedāvāto preču klāstu, lūdzam tos sūtīt uz e-pastu info@airo.lv



Spice up your trip with our extras!

Book these useful services along with your ticket at airbaltic.com or add them to your booking later on.



Flight cancellation and name change options

For your peace of mind, add the option to cancel your reservation and get a full refund in the form of an *airBaltic* gift card in case your travel plans change. This service costs **EUR 19.99** per passenger per direction.

Or add the option to change the passenger name on your ticket for a fee from **EUR 9.99** per flight segment.

The Cancellation option is available only for *GREEN* and *GREEN plus* tickets, whereas the Name change option is available for *GREEN*, *GREEN plus* and *GREEN Classic* tickets.



Heavy cabin baggage

You can take on board one cabin bag (55x40x23 cm) and one personal item (30x40x10 cm) with a total weight of eight kilograms free of charge.

However, sometimes you may need to carry more but want to avoid waiting for a checked suitcase at the baggage belt. Now you can **add an extra four kilograms to your cabin baggage from EUR 11.99** and take a total of 12 kilograms on board.

Please note: If you purchase extra cabin baggage weight, your cabin baggage must still remain within the above-mentioned dimensions. Exceeding the allowed cabin baggage weight or size limits will cost EUR 75 at the airport.



Checked baggage

Add checked baggage if you want to take up to **25 kilograms**, including liquids over 100 ml, which are not allowed in cabin baggage. The cheapest option is to book checked baggage along with your ticket at airbaltic.com starting from **EUR 19.99**. You can also add baggage anytime later at a higher price.



Pre-order a meal

Order a meal before your flight and be among the first served on board. Choose our great value meal sets, which include a main course, dessert, and a drink starting from **EUR 11.99**. All meals are freshly prepared and packed separately under strict hygiene standards. Special vegetarian and kids' meals are also available.



Reserve a seat

Are you a window person, or do you favour more legroom? Want to avoid the middle seat or sit together with your family? Or do you want to sit in the front to be the first off the plane?

Whichever it is, you can secure your favourite seat in advance starting from **EUR 5.99**. With a reserved seat you will enjoy an additional bonus – the opportunity to **check in for your flight already five days before departure** (instead of the usual 36 hours).



Fast track in Riga

Add fast-track security check to your booking for only **EUR 9.99** and skip the security lines at Riga Airport.



Special equipment

Whatever your hobby, you don't have to live without it during your trip. Take your bicycle, skis, or golf bag with you from **EUR 39.99**.

* Guitars, cellos, and other fragile musical instruments that do not fit in cabin baggage can be transported on the seat next to the passenger if a special ticket has been purchased for their transportation.



Assistance for children flying alone*

If you are unable to accompany your children, our crew can take care of them from the time they check in to the moment when they meet a parent or guardian at the destination airport. Unaccompanied minor service costs from **EUR 60** and is available for children aged 5 to 17.



Travelling with pets*

Your furry friend can travel in the cabin if its crate fits under the seat in front of you. Maximum dimensions for PETC are 55x40x23 cm and maximum weight is 12 kg (pet together with box/bag). Larger animals are placed in the cargo hold during the flight.

Ticket types on *airBaltic* flights

Whenever you reserve an *airBaltic* flight, you can choose from five different ticket types depending on your needs and wishes: *GREEN*, *GREEN plus*, *CLASSIC*, *BUSINESS light* and *BUSINESS*.

The date can be changed for all tickets. This gives our guests extra flexibility and security when planning their trips.

Check out the chart to see what services are included in each ticket type, and choose the one that's best for you.



	GREEN	GREEN plus only on airBaltic.com	CLASSIC	BUSINESS light	BUSINESS
	The simplest ticket for the lowest price – with the option of changing the flight date.	A great price that includes checked baggage and the option of flexibility. Plus regular discounts on different ancillary services.	A smart choice! The most important services plus greater flexibility in changing or cancelling the flight.	Exceptional service for an affordable price.	Our proven value – enjoy plenty of benefits, sophisticated service and total flexibility.
CABIN BAGGAGE	✓	✓	✓	✓	✓
CHECKED BAGGAGE	from EUR 19.99	✓	✓	✓	✓
SEAT RESERVATION	from EUR 5.99	from EUR 5.99	✓	✓	✓
DATE CHANGE*	EUR 50 per direction	EUR 50 per direction	✓	✓	✓
REFUND	✗ **	✗ **	EUR 50 per direction, or EUR 25 per direction, if you choose a refund in the form of a gift voucher	non-refundable	✓
NAME CHANGE	✗ **	✗ **	EUR 100 per ticket	EUR 100 per ticket	✓
MEAL	from EUR 11.99	from EUR 11.99	from EUR 11.99	✓	✓
AIRPORT CHECK-IN	EUR 35.00	EUR 35.00	✓	✓	✓
FAST TRACK	✗	✗	✗	✓	✓
BUSINESS LOUNGE	✗	✗	✗	✓	✓
<i>airBaltic Club</i> ***	Earn 1–3 points per euro spent	Earn 1–3 points per euro spent + 50 bonus points	Earn 1–3 points per euro spent + 100 bonus points	Earn 1–3 points per euro spent + 150 bonus points	Earn 1–3 points per euro spent + 200 bonus points

* Fare difference may apply.

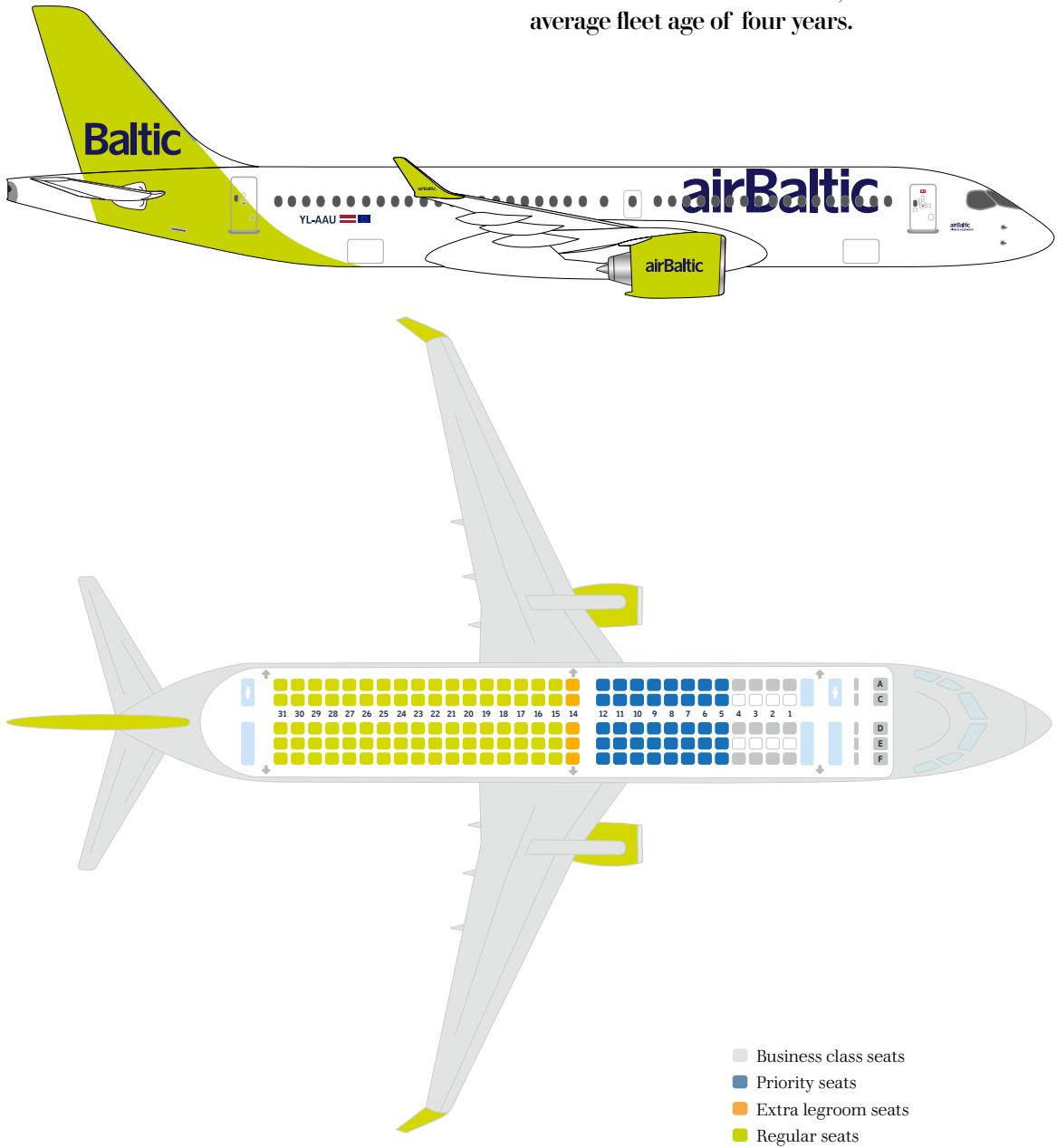
** A Flight Cancellation option and Name Change option can be added to your tickets by making the reservation on airBaltic.com.

*** The number of points earned per each euro spent on a ticket depends on the tier level within the *airBaltic Club*.

See www.airbaltic.com for current terms.

Welcome aboard our new **Airbus A220-300**

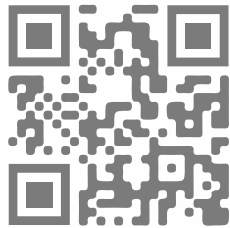
We are proud to have Europe's youngest fleet of aircraft. *airBaltic* flights are operated with the *Airbus A220-300* aircraft, which has an average fleet age of four years.



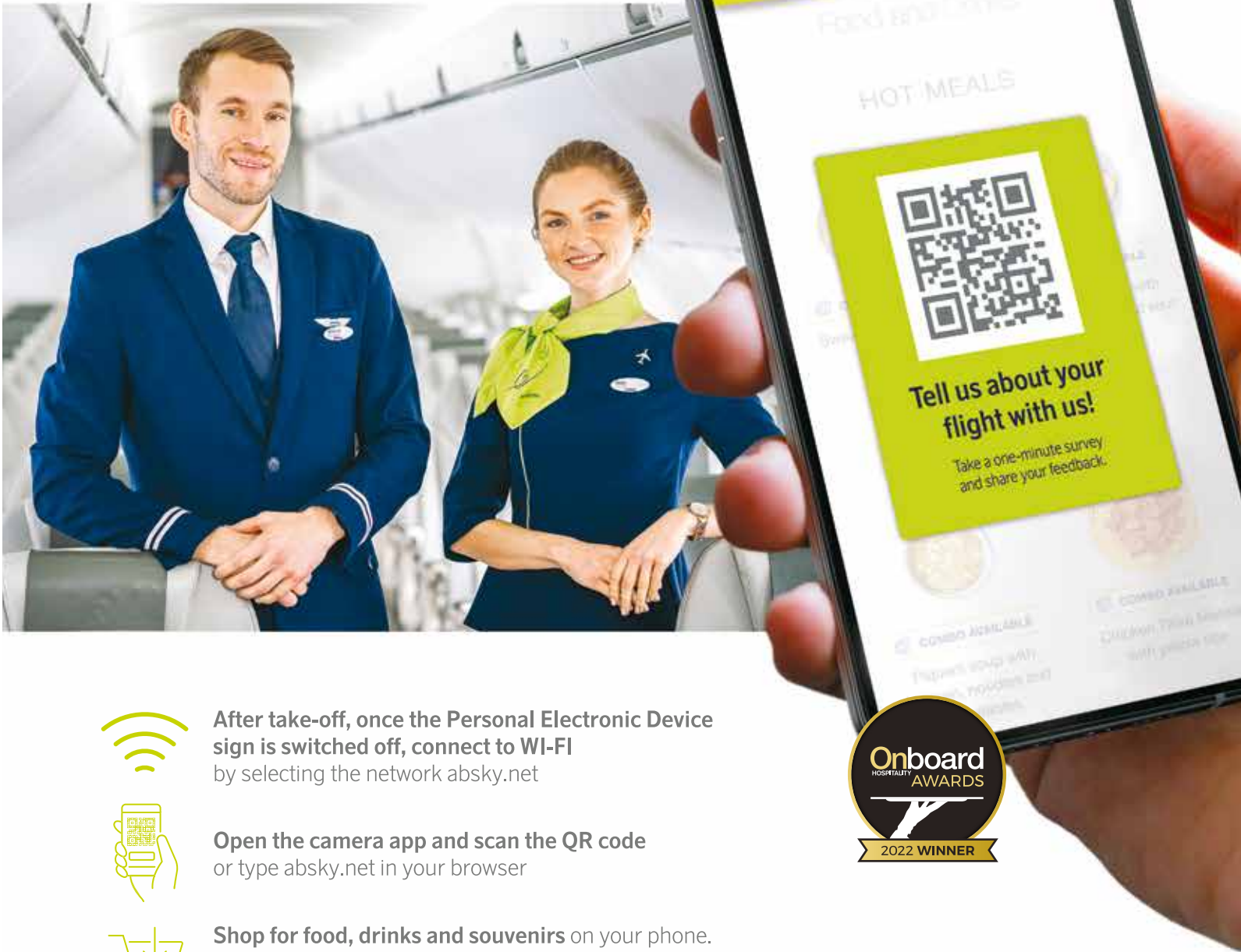
- Business class seats
- Priority seats
- Extra legroom seats
- Regular seats

Number of aircraft	44
Number of seats	145
Max take-off weight	676 metric tons
Max payload	16.7 metric tons
Length	38.7 m
Wing span	35.1 m
Cruising speed	870 km/h
Commercial range	4575 km
Fuel consumption	2200 l/h
Engine	PW 1521G

WELCOME TO AIRBALTIC SKY SERVICE!



Order inflight meals and do onboard shopping from **your mobile device** during the flight!



- After take-off, once the Personal Electronic Device sign is switched off, connect to WI-FI by selecting the network absky.net
- Open the camera app and scan the QR code or type absky.net in your browser
- Shop for food, drinks and souvenirs on your phone. Also read the latest articles from the *airBaltic* blog and *Baltic Outlook* magazine
- Track the status of your order online in the shopping cart



Please note that *airBaltic* SKY service will start to work **only after take-off**, once the Personal Electronic Device sign is switched off

RAYMOND WEIL

GENEVE



FREELANCER



RICA



TALLINN

GRENARDI