

TRAVELLER

CHECK

TRAVEL CULTURE IN ZIMBABWE • VOLUME 1 • 2023



\$5.00

ISSN 2957-921X



9 772957 921004

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Welcome to the brand new travelling magazine - Traveller Check Zimbabwe Magazine. There has been a boom in travel ever since the Covid-19 pandemic receded. Discovering new places and rendezvous is key for exploration, spiritual comfort, holiday and business. This magazine is aimed at promoting the culture of travel. Whatever your choice - air travel, road transport, sailing at sea or otherwise, break the monotony of staying in one place.

In this magazine we shall be sharing information on beautiful destinations, flight experiences, tourist resorts and new areas of leisure. Traveller Check is your trusted companion in promoting destinations and ensuring that travellers are informed well in advance.

The inaugural issue appreciates both local and international destinations. We celebrate the Flight Over Victoria Falls using a helicopter. Local cuisine is celebrated as well and new food dishes are discovered. Why not experience birds at Kuimba Shiri Bird Park to appreciate nature?

From the international segment we talk about dealing with flight delays as well as information for Tschelling Islands. The voyages with speed trains are also explained, as well as extreme monorail suspensions which move above the ground. For shopping lovers, Las Rozas Village is a good choice for your favourite brands and do not forget to pass through Santiago Bernabeu in Madrid Spain.

We invite advertisers, hotels, airlines, tour operators, tourism players, hospitality organisations, car hire and travel agents to take some of the available slots for advertising space in this exciting publication.

Happy Travels
Editor-in-Chief
Tawanda Collins Muzamwese

PART 1: DOMESTIC SEGMENT

TRAVELLER CHECK

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2023



VICTORIA FALLS FLIGHT OF THE ANGELS – FRONT SEAT VIEW

Many tourists have come to Victoria Falls – Mosi-oa-Tinya, to have the scenic view of the majestic natural phenomenon.

In order to add icing to the cake, some have had the rare chance to view the falls from above through a helicopter view. A number of helicopter companies ply their trade in Victoria Falls to provide an opportunity for those people who would like to view the falls from above.

Indeed, they call it a Flight of the Angels due to the rare scenic views that the tourist is able to experience on the voyage. Short as the flight may be, but the memories remain etched in the mind for a lifetime.

It is worthwhile to try the flight either solo or in the company of your loved ones. The Editor-in-Chief had a chance to experience the Flight of the Angels on a family vacation in Victoria Falls in early 2022. An account from the Editorial Desk is presented here.



'MJ Air' is one of the leading service providers of the Flight of the Angels in Victoria Falls at a very good price. Their hospitality was second to none. We received a brief orientation and pre-flight briefing. In addition, weigh-in of passengers was a fun-filled experience.

The flight sets off on a helipad and the ascents are energetic as the view of the falls gets into the proximity. Water rising in a white cloud that looks like white smoke, could be one of the majestic views that any human being can have in a lifetime.

Flying above the green vegetation leading up to the falls brings serenity, tranquillity as well as spiritual comfort. The pilot in command was very hospitable and accommodating to us, giving us key information when we needed it. Both long range and short range views were possible including some opportunities to take scenic photos.

After going up and down with the MJ Air helicopter, we descended back towards the helipad where it all started. The disembarking process was very hustle-free and there were a few opportunities for taking photos.

The ground crew provided assistance all the way through. A key element of MJ Air services, is the fact that they pick you from the hotel accommodation; in a great sign of hospitality.

The Flight of the Angels over Victoria Falls is worth undertaking in one's lifetime, to view one of the greatest treasures that have been given to humankind by the Creator. The next time you stop at Victoria Falls, it will be worthwhile to take a feel of the Flight of the Angels.



HIPPO POOLS

A MEMORABLE NATURAL SCENERY



In the heart of Africa, lies Zimbabwe, a jewel of nature and in particular Hippo Pools Wilderness Camp is a good getaway from the hustle and bustle of town. Traveling to Hippo Pools is a 2-hour drive from Harare.

Pitched right in the middle of nature, the destination has many exceptional tourist activities that can be entertaining and soothing. Birds, wildlife and natural water bodies thrive in this wilderness.

Lodges, chalets and safari tents are key options for accommodation. It entirely depends with your choice as an individual.

There are a range of key activities that abound at Hippo Pools. Some of them include canoeing, game drives, fishing, swimming, game walks and many other fascinating endeavours.

Hippo Pools is an obvious choice for both nature lovers and the traveller who is seeking to explore and discover unique places.

In order to go to Hippo Pools, you will need a good clearance vehicle to navigate some parts of the road to this pristine destination. The staff at the site is highly hospitable and take good care of visitors. The Editor-in-Chief had a memorable experience at the Hippo Pools Wilderness Camp. The choice of food dishes was top notch. A collection of meals, cordials and desserts await those who make the trip to the serene destination.





KUIMBA SHIRI BIRD PARK – DISCOVERING NATURE

On any day of the week or during a weekend which you seek to conquer stress, consider visiting the Kuimba Shiri Bird Park. The Bird paradise is located about 36 kilometres outside Harare.

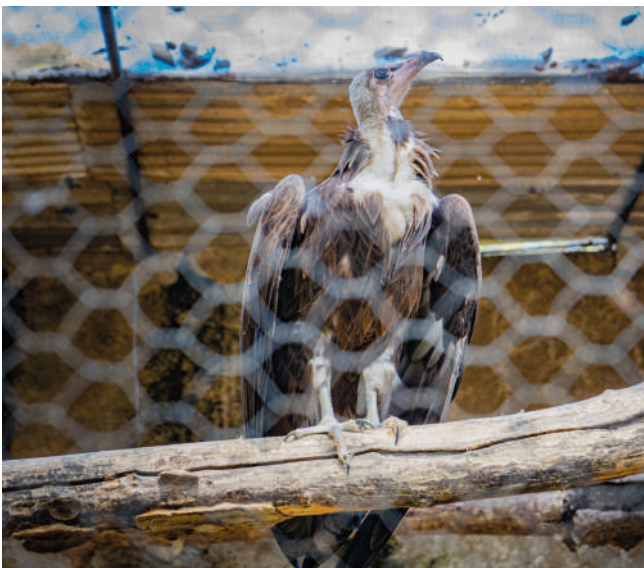
Located on the shores of Lake Chivero, Kuimba Shiri is a good choice for those who need a glimpse of awesome bird species. There are numerous birds of all types to marvel at. Ranging from the Eagles which perch very high, falcons, owls and parrots, the pristine environment will leave you asking for more. There is also a chance of the bird show, where birds are involved in a number of showcasing activities where they exhibit sharp eye and acrobatic manoeuvres.

Headlining the bird show is the legendary African Fish Eagle (*Haliaeetus vocifer*) Zimbabwean Bird, better known as Hungwe which is endemic in water bodies. Its presence at Kuimba Shiri reminds us of our rich African heritage.

The birds at this sanctuary range from small and big birds with both unique habitat needs. The work being done by Kuimba Shiri on conserving birds and raising awareness about

the importance of birds in the ecosystem, is very critical in the process of raising awareness about ecological protection. For the traveller, this is yet another unique destination to boost your collection of travel destinations.

Peacocks showcase their colourful feathers to attract their mates, whilst the parrots seem to be talking to the guests. Whatever the case may be, do not touch the parrots as they may bite you.





The restaurant is well equipped to quench your thirst and satisfy your appetite. All food portions are delivered in neat and appetising arrangements. Other activities at this site include horse riding.



PREPARING FOR A FLIGHT

– Key Essentials For First Time And Frequent Travellers

For many first time travellers preparing for a first flight can be both fascinating but also anxious. There is an element of uncertainty and the urge to understand more the experience. From hearing false stories and myths about being on “Cloud 9”, it is essential that these myths are debunked. In the case of frequent flyers, new issues such as Covid-19 keep cropping up. The following are key essentials of having hassle free flights.

- **Make sure your documentation is in order**

There is nothing so disappointing than being denied entry into a destination upon your arrival because of inadequate documentation. It is necessary to carefully study requirements and prepare in advance. Some countries require VISAs, meaning that you will have to check the requirements and secure a VISA if so required. There are other documents necessary such as accommodation bookings, confirmation by your residential hosts. For some international events, documents are necessary.

Some countries are so much strict about the purpose of visit such that they may want to see proof that indeed you are not skipping the border. It is your responsibility to get all the needed documentation for your entry into another country.



- **Wear comfortable clothes**

There are no hard and fast rules for dressing during a flight. However, your choice should allow you to be comfortable given that at times flights can be long at tiresome.

- **Drink an adequate amount of fluids**

Due to the fact that sometimes there is a possibility of dehydration, travellers should ensure that they take in a lot of fluids.

- **Sort out logistics for your destination in advance to avoid being stranded**

Issues such as transport for your arrival at the airport and accommodation are necessary. These should be arranged well before you travel to your destination. Being stranded at airports has happened many times. Some flights arrive at night whilst others arrive during the day. Therefore, it is necessary to ensure that your transport is booked in advance or else someone is waiting to pick you at the airport. Some destinations are dangerous and just picking any unrecognised taxi services or other transport means which are unapproved, can become unsafe to the traveller. Ensure that you have secured transport and accommodation before departing your home.



- **Check with your airline the requirements for travellers**

Each airline has got its own requirements. It is the duty of travellers to ensure that they get to know the instructions with respect to the particular airline in question. There are restrictions in terms of some dangerous goods. These dangerous goods should

be avoided, otherwise passengers may be denied boarding.

Some of the examples include flammable materials, sharp objects, ammunition amongst other dangerous goods. Please check with your airline for the full list of dangerous goods. There are also requirements for hand luggage, including some acceptable dimensions.



- **Get vaccinations and protection against diseases which may be prevalent at your intended destination**

There is a possibility of getting sick during your stay at the destination. In order to avoid problems, ensure that you are vaccinated well in advance of the travel if there is need to. There are specific countries (not all of them) which require Yellow Fever Vaccination Certificate. Some countries during the Covid-19 pandemic were requesting Covid-19 vaccination certificate or negative Covid-19 test. In other circumstances it can be both. Please check Covid-19 requirements as they differ from country to country. It is the duty of the traveller to find out Covid-19 rules at the destination of choice.

- **Carry your medications**

For those travellers who are taking medication, it is essential to carry your medication. You are never always sure whether or not you will find the same medication in the next destination. For some people, missing medication can exacerbate their medical condition.

- **Packing your baggage**

Packing your baggage can be exciting especially for the first timers. It is necessary to carry essential items which are legal. In addition, carrying appropriate clothes is necessary it suits the weather conditions of the place you are going to.

Most airlines have a baggage limit of 23kg per bag and the baggage allowance can either be one or two in most cases. Extra baggage will attract penalties, so be very careful when packing your bags to carry what is necessary. Avoid carrying any prohibited items in baggage as it is an offence that can even lead to prosecution. Travellers must check with their airlines and civil aviation authorities baggage requirements and restrictions if any.

- **Check the weather at the destination you are going**

Weather conditions are dynamic and it is possible to depart from an absolutely hot climate and enter into a snowy sub-zero environment. Therefore, travellers must check the weather updates and prepare their clothes accordingly.

- **Familiarise with airport procedures**

First time travellers should familiarise with airport procedures which can become routine to frequent fliers. There is need for check-in of passengers and baggage, immigration, security checks including scanning people and hand luggage. All of these procedures are for enhanced customer safety.

On arrival passengers should pass through immigration and complete entry forms and modalities. If there are any new items of specified economic value that the passenger brings into the

country of destination, it will be necessary to declare these items and pay relevant customs duty. (Duty thresholds and percentages to be paid vary from country to country). Some items are duty free whilst others are not. New passengers should familiarise and cooperate with authorities. In some countries there are port health authorities who may undertake health screening and checks for arriving passengers. For passengers in transit, there is continued need to follow requirements of the transit destination requirements until arrival.

- **Arrive at the airport early to avoid missing flights**

Many people have missed flight due to arriving late at airports. Congestion in traffic and also airports being busy can be key reasons for delays. Always put an allowance of time for any eventualities which are unforeseen. Arriving early also allows you to check any issues with your ticket or documents well in advance of the boarding. Missing a flight can be very inconveniencing to you as this may also mean that you will miss the consequent connecting flights. Furthermore, it is an inconvenience to those who would have planned to receive you as they will have to reschedule.

- **Checking-in on time**

Checking-in on time is golden when flying. A lot of people have acted like fools when check-in counters have closed.





Some airlines are really strict. This golden rule also goes hand in hand with the previous one which is based on time keeping. These days there are some airlines which allow online check-in within a specific time period leading up to the flight for example such as within 24 hours before the flight. The time periods may vary and it is the duty of travellers to check with their airline.

Online check-in has benefits because you do not need to get into long queues just to check in, but you can be able to just drop your baggage at the appropriate place to have it tagged and be identified according to your details and flight. This is less time consuming. Some airports have self-check-in

and there are a number of machines which you can use to check in. The use of technology also lessens the need to stand in long-winding queues. The online check-in can also allow you to choose your seat in some airlines and print your boarding passes from home or your accommodation. This ensures you can skip the busy queues. Check in procedures vary from airline to airline and it is your duty as a traveller to find out and adhere to requirements.

● **Travel to the Boarding Gates early**

Once you have checked in or you are at a transit destination awaiting to board the next flight, there is still a chance to miss the flight unless and

until you go through the boarding gate. Boarding gates close based on a stipulated time and you should be at your boarding gate in time for boarding the aircraft.

It is far much better to wait whilst you are now at the boarding gate. Some people enjoy duty free shopping at airports, which is a good thing to do, but do not get carried away to delay arrival at the boarding gate as you will be denied boarding. For first time fliers, picking up boarding gates can be very tricky.

It is necessary to watch the signage as well as the large screens which show different flights information. The departure gate will be specified and you will need to head there on time.





With regular travelling, the movement towards boarding gates becomes routine, but should never be taken for granted.

Some airports have boarding gates at different levels of the airport and it is your duty to locate them using information provided. If unsure, travellers should ask airport staff information desk or security for guidance.

At Incheon International Airport in Seoul South Korea, the number boarding gates is very large such that if travellers dilly dally, missing a flight is a reality. Guangzhou Baiyun International Airport, Heathrow International Airport, OR Tambo International Airport and Cairo International Airports are advanced airports. In addition, Washington Dulles International Airport, John F. Kennedy International Airport and Amsterdam Schipol International Airport.

- **Changing onto connecting flights**

Changing onto connecting

flights for first time travellers can be tricky, but it is manageable. It is essential that on arrival to the transit destination, you follow signs that show where transit flights are being directed. Furthermore, if you are not sure please ask the information desk. Some flight connections can be very tight such that any confusion or missing signage can result in you arriving late at boarding gates. Punctuality is a key ingredient to hustle free travel, whether it is domestic or international.

- **Travel with extra resources (credit card, cash, travellers cheques or other legal tender) to cater for emergencies)**

One of the key tips for first time travellers is the fact that you will need to travel with extra resources. A lot of things can happen during the journey such as missing a flight, illness, freak injuries, changing circumstances with your accommodation. The last thing you would like

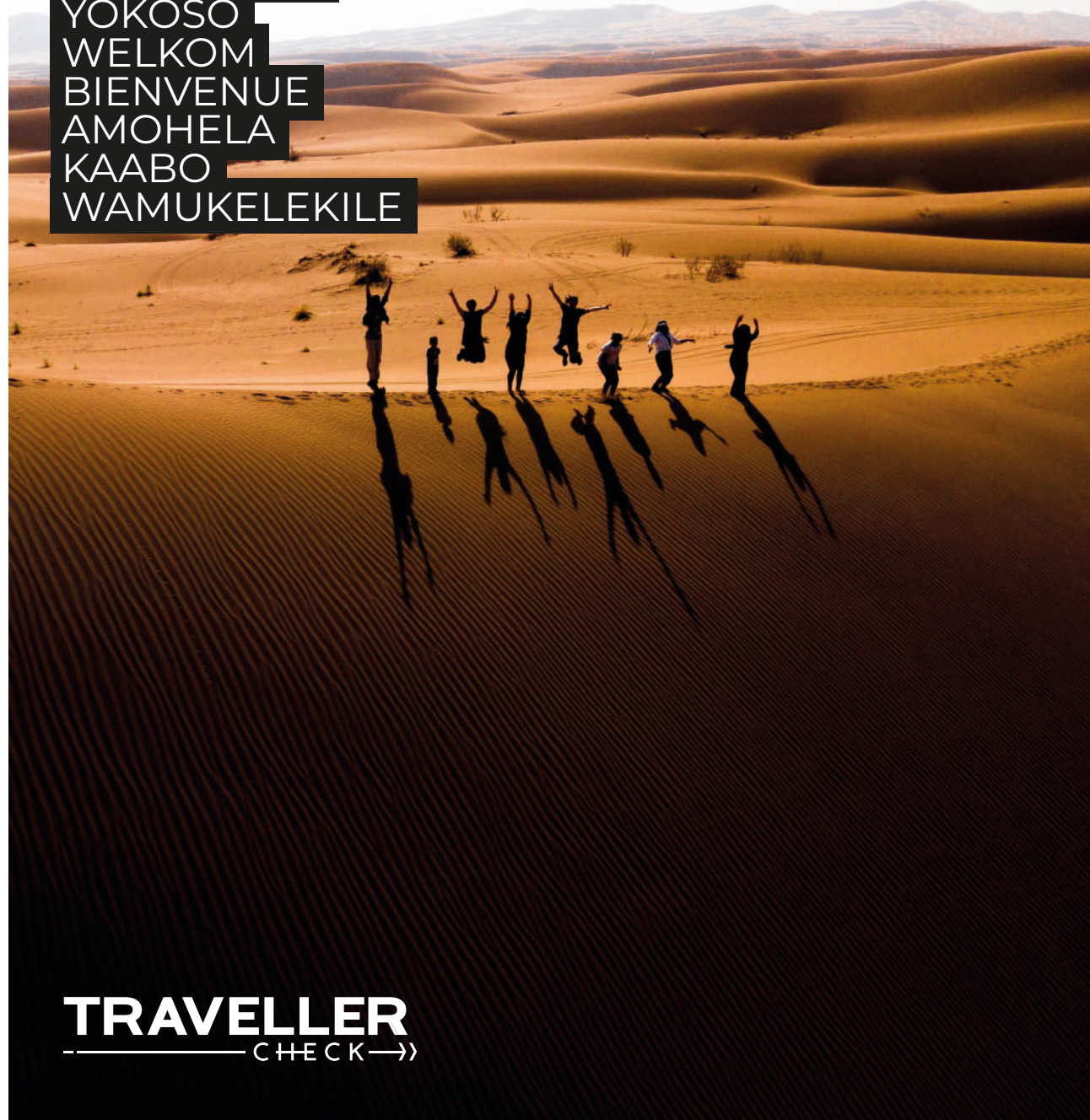
to do is to get stranded in a foreign country. There are a number of people who have been stuck in foreign lands, after planning for a trip. It is embarrassing to begin pestering people for top up money to finance your journey or other emergencies.

A good credit card with adequate resources is necessary, cash is also a good option, although it is risky. Additionally, there are restrictions in the amount you can carry due to money laundering regulations, hence passengers should adhere to the laws of their country of departure, transit and arrival.

Travelling requires budgeting and planning. Avoid booking for things that you cannot afford. Choose the airline class which you can afford and the hotel that suits your budget, so that you can have enough resources for the actual journey. "Avoid doing things to the gallery and do not live to impress people. You know your pocket"



WELCOME
MAUYA
MWAUYA
TIGASHIRE
SIYALEMUKELA
KARIBU
OLANDIRIDWA
BIENVENIDO
SALUT
WILLKOMEN
YOKOSO
WELKOM
BIENVENUE
AMOHELA
KAABO
WAMUKELEKILE



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GAVA'S RESTAURANT – A GREAT AFRICAN FOOD RENDEZVOUS

Located in the Belgravia area of Harare, in Zimbabwe – Gava's Restaurant is becoming a popular rendezvous for people of all walks of life. Ranging from executives, business people, youths, entrepreneurs and those who have a knack for delicious food.

A range of dishes abound at the Gava's restaurant including the traditional foods and Western dishes too. Road runner chicken, fish, chicken, t-bone steak among other treats, await those who make their way to Gava's restaurant. Mutongi Gava is also a signature dish not to be missed.



Why not make a trip to Gava's Restaurant and enjoy the true African hospitality right in the heart of Belgravia? Other extras include days where there is great music entertaining the guests. Various artists make appearances occasionally.

With well-maintained grounds; and well-groomed chefs, the place exhibits life and entertainment.

www.gavas.co.zw



Gava's has an outdoor sitting area to enjoy with friends



MORE ZIMBABWEANS EMBRACE TRAVEL INSURANCE

Travel insurance is a necessary risk management tool that assists you when you travel.



There are many undesired occurrences which may happen during travel. Some of them include medical emergencies, trip cancellation, trip interruption, loss of baggage and theft of baggage amongst others. Often times, the traveller may not have adequate funds to finance these eventualities. Insurance can help you at the point of need.

It is beneficial for the traveller to consider having insurance. Sometimes travellers take it for granted that they will travel and return without anything happening along the way. Life does not always work perfectly like that. Insurance assists you in the event of medical emergencies and in the process can assist in

saving your life, just in case you fall sick during your journey or your stay. The other dimension is that it assists in helping you with personal liability just in case any damage has happened to a third party.

Many Zimbabweans are beginning to embrace travel insurance for different reasons. Some of it has to do with the destinations being chosen, which are becoming stricter on the requirement for insurance. Increased international exposure and enhanced knowledge has made many realise that insurance is critical. Of course, there are a few other people who still think that insurance is an unnecessary expense.

This is only temporary until losses occur. For further details on how you can get travel insurance over the next trip that you are planning, it is necessary to consult your insurance provider, travel agent or risk management enterprise to get assistance. There is nothing frustrating than getting into another country and you realise that your baggage has been lost and you do not have any clothes to wear over the course of a week-long business trip.

NB: THIS ARTICLE IS FOR GENERAL GUIDANCE ONLY AND CANNOT BE TAKEN AS LEGAL OR RISK ADVISE. THE PUBLISHERS WILL NOT BE HELD LIABLE FOR ANY LOSS INCURRED BY ANY PARTY. IF IN NEED OF INSURANCE CONTACT YOUR INSURANCE PROVIDER.



PART 2: INTERNATIONAL SEGMENT



MADRID TOUR OF THE BERNABEU

For soccer lovers, it is a dream to visit some of their favourite teams. Stadium tours have become very popular for tourists, travellers and also some of the locals.

One such destination is Santiago Bernabéu, which is a stadium used by Real Madrid Football Club. The Stadium Tour is available at a fee and it allows an individual to get to experience a top drawer hospitality.

Some of the key activities include going to areas where trophies are displayed, ability to view souvenirs, videos of your favourite players and legends. Opportunities to take photographs are also available as well as accessing the stadium terraces. Access to dressing rooms, dug-outs

and press rooms is priceless for football fanatics.

For those who have the desire to purchase replica jerseys, it is possible to do this in the fan shop available at the stadium. Ranging from jerseys, caps, shorts, t-shirts, balls, tracksuits and other sporting regalia, it is choice galore.

Those who need memorabilia

and are also very much favoured as the shop allows for individuals to have a wide range of products.

When reading in the press or hearing from someone else, the story is never complete. It is necessary to have a first-hand view of the situation right at the home of football.





THE NEXT TIME YOU PASS BY MADRID, IT IS NECESSARY TO CONSIDER THE STADIUM TOURS. FOR TIMES, FEES AND SCHEDULES, CONTACT THE STADIUM DIRECTLY. DUE TO COVID-19 SOME OR ALL ASPECTS OF THE TOUR MAY BE VARIED.



DEALING WITH FLIGHT DELAYS

NB: INFORMATION CONTAINED HEREIN IS FOR GENERAL INFORMATION PURPOSES. TRAVELLERS SHOULD BE GUIDED BY THE POLICIES, TERMS AND CONDITIONS OF THEIR AIRLINES. INFORMATION KEEPS CHANGING AND PUBLISHERS ARE NOT LIABLE FOR ANY DAMAGE, LOSSES OR OTHERWISE ARISING FROM RELIANCE ON THIS INFORMATION.

Being delayed by a flight is one of the most inconveniencing experiences of a lifetime.

Imagine you are attending your graduation, wedding or funeral of a loved one. Furthermore, you may have wanted to meet an investor or else attend a business meeting. Flight delays do happen. Air traffic control including congestion, bad weather, security issues, natural disasters and striking employees are some of the causes of flight delay globally. What is important is to know what to do next as a passenger in case you are delayed.

your airline is essential. Travel agents also assist just in case you booked through a travel agent.

■ Check the new proposed time of the aircraft or alternative aircraft

If you have been given an alternative flight, ensure that you take heed of the new times and plan to depart at the time that you have been allotted. Being early to rescheduled flights further reduces the risk of additional delays.

■ Do not panic

It is essential that when a flight delay occurs, you do not panic. What is essential is to be able to remain in the right mind frame to be able to act on the situation

■ Contact your airline or travel agent

It is of paramount importance to communicate with your airline in order to inform them about the situation so that you can get assistance and a solution to the problem. In general terms early communication with



WUPPERTAL CITY, GERMANY – THE HOME OF THE FLOATING TRAIN “SCHWEBEBAHN”

The Floating Train in Wuppertal

When the Editor-in-Chief, managed to secure an internship in Germany in 2011, it was an unknown destination to him. Getting a first-hand experience into this monorail suspension was one of the first adventures of his life.

“I enjoyed arrival in Germany and in particular what fascinated me was the Schwebebahn floating train which plied its trade in Wuppertal and each day of my internship I used it” - Tawanda Collins Muzamwese

Wuppertal is an interesting City which is cultural and its formation dates back to 1929 when there was a merger of the cities - Elberfeld, Barmen, Ronsdorf and Cronenberg. The life is relaxing, laid back and also filled with adventure. Wuppertal is located in the Rhine North Westphalia in Germany.

From exquisite restaurants, coffee shops, designer clothes outlets and a wide retail network, Wuppertal is a great city to seek some new insights into hospitality.

The monorail suspension better known as the Schwebebahn, is a leading

attraction. Many tourists desire to use this piece of technology. The system covers a distance of 13.3km from Oberbarmen to Vohwinkel

A suspended railway is a rare find in the world and it gives a panoramic view of the city. No more worries with respect to the traffic congestion. It is so fascinating to hear that

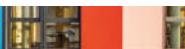
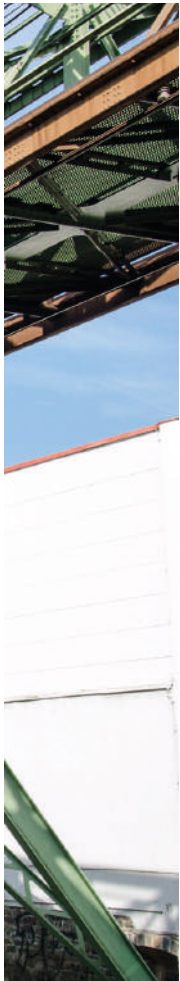
this monorail suspension is about 121 years old as it started operations in 1901. As we talk about the new millennium and the age of technological advancement, it is very clear that Wuppertal was well head of its time when it started the “Schwebebahn” over a century ago.





Other cities with the same technology of suspended monorails:

There are other countries and cities which have embraced monorails. Some of them include Kamakura and Fujisawa which operates the Shonan Monorail in Japan. Others include Schwebebahn Dresden in Dresden, Germany as well as the Chiba Urban Monorails in Japan.



Rethinking Cities

Countries need to re-think about cities and how they can be strategically planned to confront challenges such as congestion and traveller experience. Through research, development and cooperation, it is possible to build smart, resilient and green cities.

LAS ROZAS VILLAGE, MADRID

— SHOPPING BLISS

Las Rozas Village is an upmarket shopping mall located about 20km outside Madrid.



At Las Rozas, there are more than 100 brands of shops which operate from there.

It is well located in an environment which accommodates shoppers of all walks of life. Most prominent are designer shops of some of the leading brands in the world. At Las Rozas, there are more than 100 brands of shops which operate from there.

Some of the leading products that can be found at the Las Rozas Village include sportswear as some of the leading sporting Brands are located there. In addition, the best perfumes are located at the exquisite shops that are situated there. Just in case you would like to have some good cuisine and drink. There is a range of restaurants to choose from. Las Rozas is a genuine choice for those who care about classic food.

World class garments, clothing for both men and women are available at Las Rozas. Kids

wear is also galore and anyone serious about clothing their children should take time to visit the shopping mall at Las Rozas.

For the traveller, it is real joy for you to ensure that the next time you get a chance to travel to Spain, you do take time to travel to Las Rozas Village. It will make your stay and overall experience memorable.





THALYS SPEED TRAIN - NAVIGATING EUROPE WITH EASE

Mobility in Europe, is varied and fascinating. Ranging from bus, bicycle, plane, train, tram, metro, scooter and other means of mobility – the options are inimitable.

One of the most popular means of travel is by train. One such leading train service is that offered by the Thalys.



Thalys is very well established on European soil and connects a number of destinations across the continent. It is originally French-Belgian owned (National Railway of Belgium and National Railway of France) but recently on 14 April 2022 it merged with Eurostar to form Eurostar Group. Thalys services many destinations such as Paris, Brussels and Amsterdam.

Other key rendezvous for the Thalys Speed Train include

- o Paris Nord
- o Bruxelles-Midi
- o Liège
- o Aachen Hbf
- o Cologne/Köln Hbf
- o Düsseldorf Hbf
- o Duisburg Hbf
- o Dortmund Hbf
- o Amsterdam Centraal
- o Schiphol Airport
- o Rotterdam Centraal
- o Antwerpen-Centraal



The Thalys is well known for its efficiency and when in Europe, it is an obvious choice for anyone serious about intercity travel and even across the borders. With a key ability to reach speeds of about 300km/hr, the Thalys is a good choice for both urgent travel and business travel.



DESTINATIONS MAY VARY
AND TRAVELLERS SHOULD
CHECK WITH THE OFFICIAL
WEBSITE OF THALYS OR
WITH TRAVEL AGENT.
INFORMATION MAY DIFFER
FROM TIME TO TIME.



TERSCHELLING ISLANDS – HIDDEN TREASURE OF THE NETHERLANDS

If you are looking for a place to have a beautiful holiday experience, then consider Terschelling Islands of the Netherlands.

The Island is located between Vlieland and Ameland. Once you are in the Netherlands, it is possible to reach Terschelling through Ameland Harbour where you can get a ferry. MS Friesland is an example of such a convenient vessel which you can use from Ameland to Terschelling.

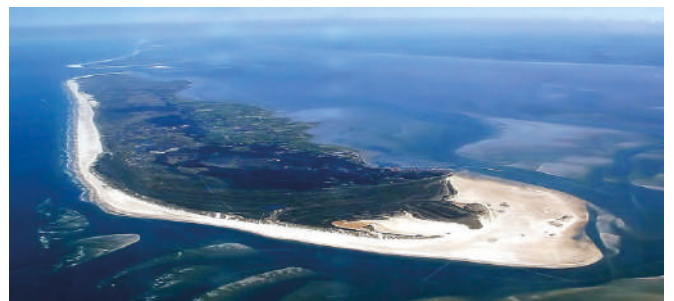
Be sure to experience an abundance of cranberries on the Island of Terschelling. The place also has a wide array of restaurants, cafes and bars. It is an obvious choice for anyone who is seeking to refresh.

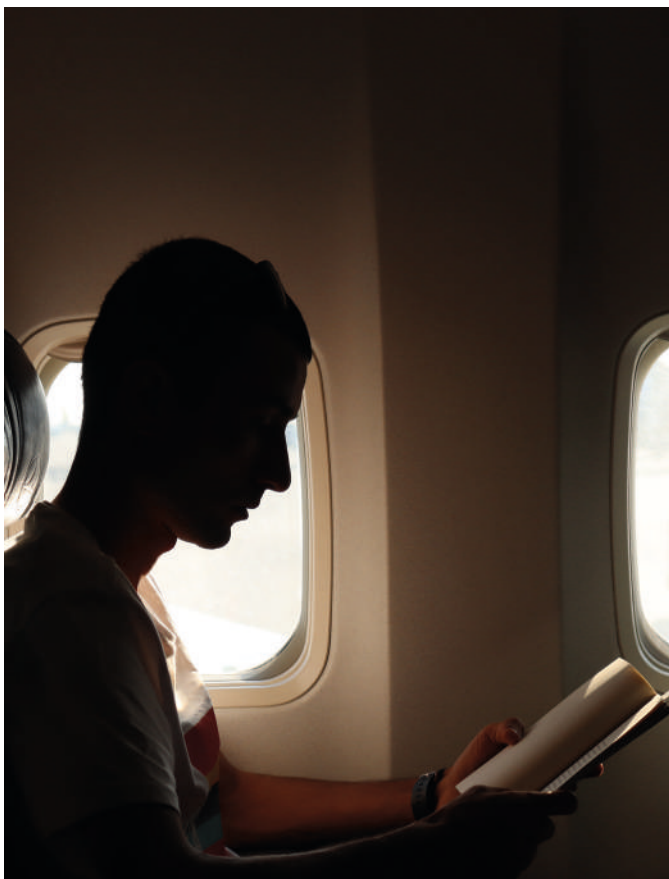
Although it is an Island, it is part of the Netherlands

jurisdiction and it lies in the middle of the North Sea. The Oerol Festival is a big event in Terschelling including theatre, street theatre and fine arts. The beaches are attractive and relaxing especially when the weather is clear. A place which is away from the hustle and bustle of town.



Terschelling is an obvious choice for anyone who is seeking to refresh.

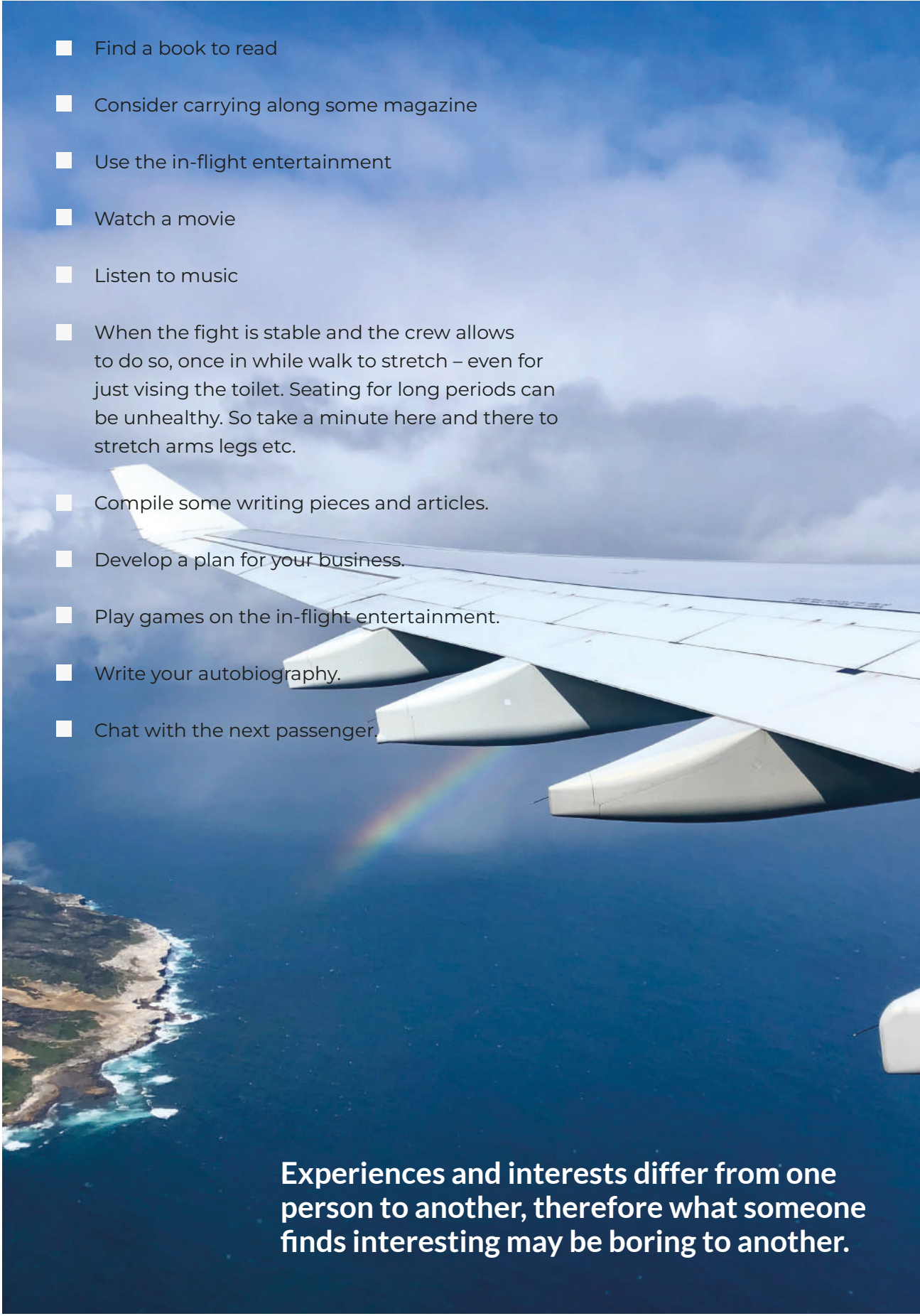




SUGGESTED THINGS TO DO IN LONG-HAUL FLIGHTS TO PREVENT BOREDOM

Long haul flights can be very tiresome, energy sapping and at times boring. Imagining being in a flight for 20 hours or even 10 hours can be a thorn in the flesh despite of course the joy of flying. Some intercontinental flights have this character. However, there are many ways of using up the time in a productive way, to ensure that the flight remains pleasant.



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- Find a book to read
 - Consider carrying along some magazine
 - Use the in-flight entertainment
 - Watch a movie
 - Listen to music
 - When the flight is stable and the crew allows to do so, once in while walk to stretch – even for just using the toilet. Seating for long periods can be unhealthy. So take a minute here and there to stretch arms legs etc.
 - Compile some writing pieces and articles.
 - Develop a plan for your business.
 - Play games on the in-flight entertainment.
 - Write your autobiography.
 - Chat with the next passenger.

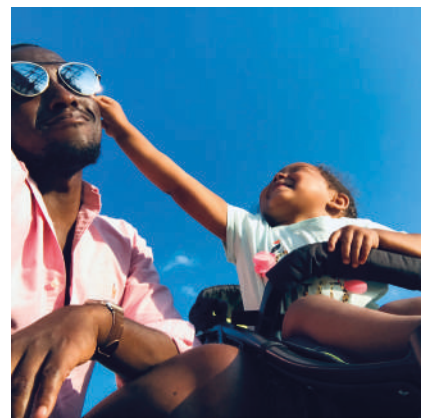
Experiences and interests differ from one person to another, therefore what someone finds interesting may be boring to another.

TRAVELLING WITH CHILDREN – KEY ESSENTIALS

Travelling is fascinating for adults and children. There are those trips which are for the family and include the little ones.

However, if they are not properly managed – the trip can end up being a nightmare. Parents, guardians, schools and others with a responsibility over kids should support and regularly monitor them for the entire duration of the trip. The following are some of the issues that should be addressed when travelling with kids.

- **Prepare the kids** for the trip by talking to them about your upcoming flight and what to expect. Build excitement around it and anticipation as well.
- **Always** ensure that they are close to you to prevent the risk of children being lost or being taken by strangers.
- **Book early morning flights** so that you can travel with kids or else take advantage of early boarding.
- **Look at your packing list** to ensure that things needed by the toddler are available.
- **Carry warm clothing** just in case it gets cold at the destination you are going to or if the aircraft cabin gets cold.
- **Carry some wipes to sanitise** them and also to gently wipe any spilled food or beverage on their clothes.
- **Be patient** and travel on time to allow kids delays without being late for the flight. Kids will not walk briskly as you do with peers, spouse, friends, work colleagues, so reaching boarding gates with kids will be longer. Travel well ahead of time to accommodate them without jeopardising the flight.
- **Avoid seating kids on aisle seats** to minimise the chances of any impact with the food carts
- **Bring some snacks** and activities to avoid boredom. Colouring books, crayons and comic books can assist in keeping kids occupied.
- **Download some games** before a flight. These can be used with a device such as a tablet in flight mode.



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ISSN 2957-921X



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