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Inflight magazines of Air Seychelles • July-September 2019



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Dear Guests, Welcome aboard!

At Air Seychelles we are always thinking about ways to provide you with more choice and flexibility when travelling. It is with this in mind that we have enhanced our network by adding a sixth frequency on the Mumbai route in addition to launching daily services to Johannesburg.

If you are planning your journey to Mumbai and beyond, why not browse page 26 to learn more about the unique villages in Delhi or take a step back in time to view the architectural marvels of Ahmedabad on page 56. Together with our codeshare partner, Air India, you can book your domestic connections to eight cities including Delhi via airseychelles.com.

If you are thinking about combining your beach holiday with an exciting safari experience, we have the perfect schedule to enable you to do just that. Tick Mauritius off your bucket list in combination with a unique wildlife experience in Johannesburg.

Beyond Johannesburg we have also added the city of western Australia, Perth, as well as the capital of Namibia, Windhoek, onto our network with our codeshare partner, South African Airways.

I am thrilled to also announce that Air Seychelles has received the prestigious accolade and title of 'Indian Ocean's Leading Airline – Economy Class' at the 2019 World Travel Awards held recently in Mauritius.

Being recognised by industry professionals across Africa and the Indian Ocean is indeed very motivating and for that I would like to thank you, our dear guests, for your continuous support.

Stay tuned to our next edition focused on the delivery of our first A320neo aircraft, marking an important milestone in the history of Air Seychelles.

I hope that you have a great flight today and if you wish to share your experience with us feel free to email us on feedback@airseychelles.com.



Remco Althuis
Chief Executive Officer



“
**Proud to be 'Indian
Ocean's Leading Airline
– Economy Class' at
the 2019 World Travel
Awards**
”

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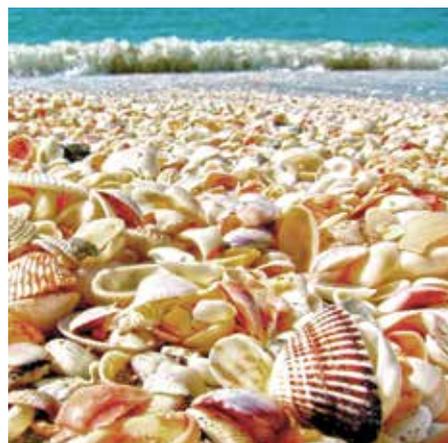
This year Rovos Rail celebrates 30 years in business, and its luxurious train tours remain one of the finest ways to discover southern Africa in five-star style.

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Welcoming the first A320neo in 2019



airseychelles.com

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Anse Georgette, Praslin Island
©Shutterstock.com/Mirelle

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MAKKAN

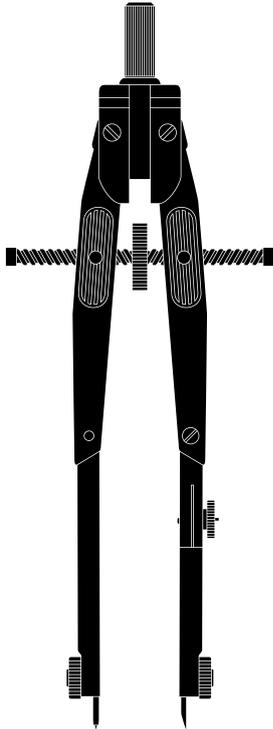
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SSFC Participation in the Worldwide Blue Marlin World Cup

Date: 4 July 2019

Venue: Mahé

www.ssfc.sc

No other big game tournament allows teams to fish anywhere in the world for eight hours in their time zones. The World Cup is for one day only, for one species only and with one winner only. There is no second place in the World Cup. Last year's winner weighed in at 652lbs (296 kilogrammes) with a prize money of US\$656,000.

South-East Monsoon Sailfish Tournament

Date: 10 August 2019

Venue: Mahé

www.ssfc.sc

Sailfish are the target as all anglers set out for the largest sailfish and other trolling species. The South-East Monsoon adds an extra challenge for all those who wish to be champion of this event.



Feast of Assumption of Mary

Date: 15 August 2019

Venue: La Digue

The Feast of Assumption of Mary is dedicated to the church of La Digue and is very popular with Seychellois from all islands who flock to the island of La Digue. In the weeks leading up to the event, houses are spruced up, altars are decorated, and statues are repainted before being carried on the 15th as part of the procession to the island's church.



Seychelles Round Table Regatta

Date: 27-29 September 2019

Venue: Beau Vallon Bay, Mahé

One of Seychelles biggest cause-driven national event includes numerous sports competitions, live performances by local artists and many fairground games. It is usually followed by a Round Table lottery draw with a mega prize. Local and International companies support this event by having promotional stands with generous give-aways and discounted products.



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Good Food and Wine Show

Date: 1-3 July 2019

Venue: Cape Town International Convention Centre

www.southafrica.net

The Good Food & Wine Show is Africa's largest culinary event, and this year it has been rebranded and launched with a new theme – 'Fresh', which is the golden thread tying everything in the show together.



International Mango Festival

Date: 1 July 2019

Venue: Dilli Haat Market, New Delhi
www.indianholiday.com

At least 500 varieties of mangoes will be available to sample and buy, fresh and in chutneys and other preparations. There will also be a mango-eating contest.



Madagascar Ultra Trail 2019

Date: 15-20 July 2019

Venue: Anivorano Nord, Madagascar
www.racing-madagascar.com

The fourth edition of the 150 kilometres Ultra Trail will be held in wonderful northern Madagascar. This unique trail running event is a meeting between runners coming from the entire world and local sport athletes. It is also a touristic discovery and of course a sports challenge!



The Indian Ocean Island Games (IOIG)

Date: 19-28 July 2019

Venue: Port Louis, Mauritius

www.seynsc.org/ioig

This is a multi-sport tournament for the athletes from islands of the Indian Ocean including Mauritius, Seychelles, Comoros, Madagascar, Mayotte, Réunion and the Maldives.

The games were created to foster friendship and mutual understanding, to develop the skilfulness of the athletes of the member islands, and to create a spirit of solidarity amongst all member islands through the regional cooperation. There are at least five sports on each programme, including the two essential events, swimming and athletics.



Maiden Cup

Date: 1 September 2019

Venue: Champs De Mars, Mauritius
www.eventsmauritius.mu

This prestigious race is run at the Champ De Mars since 1843. The Maiden is the most popular and important event on the turfist's list. Join in the fun with the locals and their families as they gather in Port-Louis, and why not bet a few rupees on these majestic, powerful racehorses.



Ganesh Chaturthi

Date: 2-12 September 2019

Venue: Mumbai

Welcome to the spectacular 11-day Ganesh Chaturthi festival in honour of the birth of the beloved Hindu elephant-headed god, Lord Ganesha. The start of the festival sees huge, elaborately crafted statues of Ganesha installed in homes and podiums, which have been especially constructed and beautifully decorated. At the end of the festival, the statues are paraded through the streets, accompanied by much singing and dancing, and then submerged in the ocean.

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shopping experience at Eden Plaza with its restaurants, and variety of shops including a supermarket, banking facilities, medical practices and a health spa.

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Come and visit us at the Eden Island sales office and see for yourself – your next holiday could become your next home.



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The dawn of 5G

WORDS: JOE MINIHAINE



Lightning fast downloads, real time virtual reality (VR) connections and even automated factories. 5G looks set to take the already burgeoning technology revolution further than seemed possible just a decade ago.

Chances are, you've seen 5G in the headlines over the past 12 months. At its simplest, this new, fifth generation mobile phone network takes existing 4G platforms and gives them an almighty speed bump. On paper, 5G is 20 times as fast 4G, with the potential to offer download speeds as fast as 20Gbps (20 billion bits per second), up from 1Gbps (one billion bits per second) on existing networks.

The reality is a touch more prosaic. With the fastest 4G in the UK topping out at 20Mbps, day-to-day users will likely never experience 5G's full power, at least not when the first phones utilising the network go on sale this year. But they will notice a major difference.

The most basic way of showing off 5G's power focuses on its ability to download Ultra HD 4K videos in a matter of seconds, rather than 30 minutes. This has been the key way for networks in South Korea, the UK and the United States to press the case to consumers for switching to 5G. All three countries now offer 5G access, via a series of new smartphones including Samsung's Galaxy S10 5G, the OnePlus 7 Pro 5G and Xiaomi Mi MIX 3.

But the network has far more power beyond being able to download movies and apps at a rate barely believable at the turn of the century.

"[5G] means that UK businesses can lead the world in adopting 5G to boost productivity and attract investment," said Vodafone UK CEO Nick Jeffery when his network announced plans to go live with its service in July this year.

"It means consumers can get the fastest mobile speeds ever, and it means that our public sector will be able to adopt new services to improve healthcare, social services and housing."

While such claims may seem bold, they're not outlandish. As well as offering faster downloads, 5G also comes with low latency. Latency is the time it takes to get a response to information sent over a network. High latency means lag: a pain when gaming online, but even worse when trying to operate cutting edge technology in hospitals or factories. 5G has the ability to communicate much faster than its predecessors.

While initially that will mean better gaming, experts believe it will also lead to drones not having to use powerful on-board computers, letting them fly for longer and make deliveries more easily. Automation could be pushed further in factories too, as robots use 5G to coordinate how they work. There's even the suggestion that once 5G is fully up and running, it could allow self-driving cars to share details about road conditions, preventing accidents.

And with such fast speeds, the need for wired broadband may also come to an end. Vodafone has launched its own 5G router, meaning businesses can access fast networks without having to worry about fibre connections.

5G infrastructure is only just coming online, meaning futuristic uses may still be some years away. But as mobile makers look to push 5G devices, expect its arrival to be rapid and its pace to completely change the way we communicate.



LG SIGNATURE OLED TV R



LG Signature OLED TV R

LG is the latest TV manufacturer to realise that not everyone wants their living space dominated by a huge display. With that in mind, its spectacular Signature OLED TV R rolls into its base with the press of a button. Due for release in the second half of 2019 after being unveiled during January's Consumer Electronics Show in Las Vegas, the OLED TV R can be partially rolled up to show on-screen music controls. Amazon Alexa and Google Assistant voice control is also built in. Unsurprisingly, the picture is spectacular, with rich detailed colours and deep blacks. But it's the fact that it's so unintrusive that makes it so alluring. Sadly, prices are expected to start at more than \$8,000.



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Cosmoledo Atoll

Referred to as the Galapagos of the Indian Ocean, Cosmoledo is as wild and remote as you can get. An exceptional atoll with just eight unique Eco Pods, that blend seamlessly with the diverse landscape. Defined as barefoot luxury in a place that is frozen in time. Boasting vast sand flats dotted with over 20 islands, islets and cays, an exceptional lagoon and incredible birdlife, Cosmoledo Atoll can only be described as one of "Mother Nature's" finest creations.



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Astove Atoll

Astove Atoll is home to the awe-inspiring "Wall". This breathtaking marine environment has magnificent drop offs that attract the world's finest divers and aquatic photographers and is famous for Jaques Cousteau who filmed part of "The Silent World" along its edges. The newly renovated Coral House with only six rooms receives a handful of guests each week. Astove is surrounded with white sandy beaches which are home to one of the largest populations of nesting turtles.

Amirante Islands

Blue Safari Seychelles will create a bespoke itinerary that is unique and seamless using its fleet of boats and team of professionals. Navigate the many uninhabited islands of the Amirantes on a yacht, exploring the diversity of these atolls. Immerse yourself in the sheer unspoilt beauty of your surroundings, experiencing the remoteness of each dive, snorkel and swim in the warm waters of the Indian Ocean whilst you marvel at the marine life that inhabits the array of islands in these waters.



Dr. Frauke Fleischer-Dogley

Glynn Burrige speaks to Dr. Frauke Fleischer-Dogley, Chief Executive Officer, Seychelles Islands Foundation (SIF).

Q1. You have studied the world's largest nut and have been Seychelles Islands Foundation (SIF)'s CEO from 2007. Can you tell us more about these fascinating aspects of your career?

I am a trained conservation biologist, receiving my PhD in 2006 from Reading University in the UK. My research on the coco de mer focused on advancing our understanding of the coco de mer palm *Lodoicea maldivica* to better manage its population. In 2007, I was appointed CEO of the SIF which is a non-profit charitable organisation that was established by law as a public trust by the Government of Seychelles in 1979. Its mandate is the protection of Seychelles' two UNESCO World Heritage Sites, Aldabra Atoll and the Vallée de Mai. My primary objective as CEO has been implementing effective management systems in Seychelles' World Heritage Sites. I believe in the rigorous review of our established practices, innovative thinking and science-based management decisions. These principles inform better policies, improve our conservation management plans and deliver tangible and meaningful results. However, this approach requires robust research and science programmes. In addition to being SIF's CEO I also serve on the National UNESCO Commission, the National Biosecurity Committee and I am a board member of the National Environment Advisory Council and the Seychelles Climate Change Adaption Trust.

Q2. What role has SIF played in Seychelles and how successful has it been in achieving its mandate?

SIF is Seychelles' first nature conservation organisation and it has been an invaluable contributor to the development of this nation's environmental sector. Over the years SIF has carried out large-scale projects that have brought major gains for conservation in Seychelles. In March 2019, Seychelles became the first country in the world to eradicate an established population of invasive ring-necked parakeets. These parakeets posed a serious threat to Seychelles' national bird, the Seychelles black parrot, which nests in the Vallée de Mai. In 2015, SIF declared the red-whiskered bulbul, another widespread invasive alien bird, eradicated from Seychelles. With over 5,000 birds culled this was the world's largest avian eradication at the time. SIF also eradicated feral goats in 2012 and sisal on Aldabra in 2019. SIF's protection of Aldabra has led to an 800 percent increase in its green turtle population over the past 40 years and allowed its fish biomass to be 10 times that of Seychelles' Marine National Parks

around the granitic islands. Through the Global Environmental Facility mapping project SIF found an extension of Aldabra's outward coral reef that was beyond its marine protected area (MPA) the size of over 500 football pitches! We discovered a reef area rich in marine life, including commercially valuable species such as sharks, large groupers and snappers, significant hard and soft coral deposits and structurally rich habitat, warranting an increase in the area under protection. The expansion means that the Aldabra Special Reserve has been enlarged from 439 km² to a massive 2,582 km². Aldabra's MPA was subsequently increased nearly 10 times and a long-term marine monitoring programme was established to monitor marine habitats.

SIF's education and outreach programmes have also been of enormous value. Annual school trips to Aldabra and protest marches against coco de mer poaching in the Vallée de Mai have improved public support for our sites. The Aldabra Clean-Up Project (ACUP), our largest outreach programme, removed over 25 metric tonnes of marine debris from one of the most inaccessible places in the world. ACUP raised awareness of the impact marine plastic pollution has on Aldabra and demonstrated SIF's commitment to public engagement.

Q3. Aldabra Atoll has legendary status locally and internationally. Very few will ever get the chance to see this remote wonder. What makes it so precious and what are the greatest threats it faces today?

Aldabra offers a glimpse of a prehistoric world and a natural laboratory where we can learn a lot and still be surprised. Its extreme isolation from mankind and incredibly harsh environment makes it a marvel. Much of its fauna is either unique or in a much better state than many other places in the world. The Aldabra white-throated rail, the Indian Ocean's last flightless bird, and the largest terrestrial crustacean, coconut crabs, call the atoll home. Aldabra is one of the most significant nesting sites in the West Indian Ocean for green turtles, hosts the largest breeding population of greater and lesser frigatebirds in the Indian Ocean and boasts the world's largest giant tortoise population. Aldabra's waters have an abundance of life with over 240 species of fish recorded as well as having spinner dolphins, humpback whales and several species of shark spotted regularly. Aldabra also hosts several scientifically understudied species such as dugongs, Madagascar pond-herons and greater flamingos and its deeper waters prove that there is much to learn.



An endemic Seychelles Tiger Chameleon at Vallée de Mai Nature Reserve on Praslin Island.
Photo: Seychelles Island Foundation

Climate Change poses an existential threat to Aldabra. Rising sea level, ocean temperatures and ocean acidification will drown Aldabra's terrestrial flora and fauna as well as decimate its coral, the basis for its marine life. Invasive alien species such as rats and cats that are present on Aldabra also place pressure on its fauna, especially sea birds. So while eradication programmes are necessary, impenetrable biosecurity measures are needed to prevent other invasive species, like yellow crazy ants from arriving. Plastic pollution, originating from the improper disposal of consumables outside of Seychelles and industrial fishing taking place in our waters also poses a significant threat. Marine debris arrives on Aldabra shores and floats in its vicinity, maiming, strangling and killing seabirds and marine mammals whilst also poisoning fish. Poaching from neighbouring states in and around Aldabra is also a concern. These threats require global cooperation and assistance for Aldabra to survive.

Q4. With over 130,000 annual visitors the Vallée de Mai is Seychelles' most visited natural site. Why do so many people visit this nature park, why is this important to SIF and what challenges does it face?

Visiting the Vallée de Mai takes visitors to the heart of Praslin's stunning palm forest. Nature lovers enjoy an immersive experience walking through a prehistoric world that contains all six of Seychelles' endemic palm species and the coco de mer which has the world's largest seed. It creates a unique habitat and ecosystem for the endemic species that live within. Accessible trails and informative notice boards mean families of all ages can have an educational adventure. Vallée de Mai entrance fees are

SIF's main source of income with 50 percent financing Aldabra operations, 30 percent running the Vallée de Mai and 20 percent financing SIF's overall management. Vallée de Mai tourism allows us to be financially independent and resourceful in tackling some of the threats I have discussed.

Vallée de Mai, like Aldabra, is threatened by Climate Change, invasive species and poaching. Climate change will alter regional rain patterns and is likely to cause longer periods of no rain. This will affect the life cycles of the Vallée de Mai flora and fauna and increase the likelihood of forest fires. The Vallée de Mai is located at the centre of an inhabited island which means that invasive species and poachers have greater access to the site. Whilst SIF has successfully eliminated a number of invasive plants the threat posed by yellow crazy ants to Vallée de Mai's endemic invertebrates is extremely serious, so much so that last year we declared the situation an emergency. Rats and cats are also serious threats to the black parrots which nest in the dead coco de mer tree trunks. Poaching of the coco de mer and giant bronze gecko are also ongoing issues.

Q5. What are your key priorities for the future in the protection and management of Seychelles' two UNESCO World Heritage sites?

Guaranteeing that our research and long-term monitoring is on par with international standards and that our teams on both sites have the incentives and resources to carry out their responsibilities effectively. SIF should lead by example not only in the management of Seychelles' World Heritage sites, but also in contributing to this young country's research capacity. 🌿

"Investing in Seychelles' blue future"



Assessment and Valuation of the Deep-sea Fishery



SEYCHELLES CONSERVATION
AND CLIMATE ADAPTATION
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SeyCCAT



NEKTON International Deep Ocean Exploration



Giant Trevally being monitored

Its own Act of Parliament created the Seychelles Conservation and Climate Adaptation Trust (SeyCCAT). SeyCCAT is a public-private Trust Fund capitalized from the proceeds of blended finance from the first debt-for-nature swap for ocean conservation and climate adaptation action and the world's first sovereign blue bond. With these proceeds the Trust Fund supports the Government of Seychelles' commitment to protect 30% of the Exclusive Economic Zone (EEZ).

SeyCCAT strategically invests in ocean stakeholders to generate new learning, bold action and sustainable blue prosperity in Seychelles with the goal of competitively granting US\$ 750 000 per annum to support the stewardship of Seychelles' ocean resources, island life, and blue economy and Sustainable Development Goals, in particular SDG 14.

SeyCCAT is committed to developing strong and lasting creative collaboration to advance our mission so as to deliver our objectives:

Support new and existing marine and coastal protected areas and sustainable use zones;

- Empower the fisheries sector with robust science and knowhow to improve governance, sustainability, value and market options;
- Promote the rehabilitation of marine and coastal habitats and ecosystems that have been degraded by local and global impacts;
- Develop and implement risk reduction and social resilience plans to adapt to the effects of climate change;
- Trial and nurture business models to secure the sustainable development of Seychelles' blue economy.

SeyCCAT provides an independent, autonomous and transparent vehicle for your investments into Seychelles' blue future.

1. Is the Giant Trevally affected by catch & release? 70 Giant Trevallies are being monitored to check their movements and physiology after catch and release. Catch a GT on Alphonse Island and St Francois Atoll and you can contribute to our research.
2. Building and developing the capacity of 30 budding entrepreneurs to start-up their own blue enterprise whilst analysing the blue economy landscape and providing policy recommendation to enhance entrepreneurial innovation and development of the blue economy.
3. Generating a greater understanding of the movements of the neonate *N. acutidens* (lemon shark) within Curieuse Marine National Park and the efficacy of the park size in their protection. This will generate new data and knowledge, capacity-building of Seychellois and inform the governance and management of the Curieuse Marine National park.
4. Fisherfolks-driven conservation efforts – fisherfolks from Praslin have been supported in their efforts to implement a voluntary fishery closure zone during the south-east monsoon and fisherfolks across Mahe are being supported with marine science to validate their stories from the sea. Both initiatives will inform future management measures of ocean resources.

DONATE FOR IMPACT

We are continuously growing our asset to make more finance available to local communities, researchers and budding entrepreneurs. Would you like to donate for impact?

Make a sound investment in Seychelles' blue future!
Contact us on info@seyccat.org or [@SeyCCAT](https://www.instagram.com/SeyCCAT) or +248 432 58 06





Cleaning up the outer islands

WORDS: ADRIAN SKERRETT

"If you wanted to find the loneliest of islands, far from the paths of shipping and cut off from the rest of the world, you might well choose Aldabra."

— Sir David Attenborough, in the BBC television series, *Life on Earth*.





2

Aldabra is one of the most remote tropical atolls in the world, over a thousand kilometres from Mahé. Today, however, there is nowhere on earth so inaccessible that it escapes the mass of junk thoughtlessly cast into the world's oceans. Every beach on earth is inundated with plastic waste, flip-flops, lightbulbs and other garbage and even a World Heritage Site far from human civilisation is no exception.

Seychelles Islands Foundation (SIF), custodians of Aldabra, decided that the time had come for action. SIF staff teamed up with volunteers from Oxford University to carry out an ambitious five-week clean-up project aimed at clearing the beaches of man-made rubbish. Two teams were organised, led by Jeremy Raguain from SIF and April Burt from Oxford (and also a former member of SIF staff at Aldabra).

Given the remoteness of Aldabra and its immensity – it is one of the largest atolls in the world – there were certainly complications, perhaps the worst of which was the sharp and unforgiving 'champignon' limestone of the terrain. The jagged surface tears at the soles of shoes and fishing nets, ropes and lines become entwined in the rock and embedded on sandy beaches. Added to this, the volunteer

force had to toil in the merciless heat of the day so it was not a task for the faint-hearted. As April Burt said, "The wrong placement of foot could lead to a serious cut or puncture, so we had to work with care. One of the biggest mental challenges was also the fact that as humans we only had the capacity to clear the top layer of waste we found on the beaches. Even though we were on our hands and knees raking through the sand, we could only reach so much".

Initially the teams focussed on collecting as much waste as possible whilst analysing composition and weight at the end of each session. In the second phase, waste was transported to collection points accessible to boats in sacks of up to 15 kilogrammes and slings of up to 60 kilogrammes. In the third and final phase, the whole SIF team on Aldabra was mobilised together with Seychelles coast guards and volunteers, to move hundreds of gunny sacks from the beaches. The bags were loaded onto small SIF boats and then ferried to an ocean-going vessel capable of returning the waste to Mahé for processing.

One item of waste stood out: flip-flops, by the thousand! The 25 tonnes of waste collected at Aldabra included an incredible 50,000 flip-flops. Why on earth do so many



thousands of flip-flop owners decide that once their footwear is no longer required, the ocean is the best place to deposit them?

Upon return to Mahé, the scale of the team's achievement was recognised by Danny Faure, President of Seychelles, who personally welcomed the group. "The issue that confronts Aldabra is a global one", said the President. "Marine plastic pollution, the result of the improper disposal of everyday plastic items from straws to water bottles, endangers the ecosystems of not only Aldabra but the world. Plastic pollution poses one of the biggest known threats to the ocean".

The Island Conservation Society (ICS) is also very active in conducting beach clean-ups in the outer islands. Since July 2016, the ICS team on Desroches in the Amirantes has led monthly beach clean-ups, joined by staff from the hotel and from Islands Development Company (IDC). After several months of collections, the waste is sent back to Mahé on a freight barge. PET bottles are put through a flaking machine and then shipped to India to be recycled into new bottles or used to make other products. Aluminium drink cans are crushed into bales and also shipped to India for recycling. Funds raised are donated to good causes including the local animal welfare group, Seychelles Society for the Prevention of Cruelty to Animals. At Alphonse too, the resident ICS team conduct regular clean-ups, assisted by IDC and Alphonse Island Lodge. The Alphonse Group of islands, (Alphonse and



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neighbouring St François Atoll) along with the surrounding waters is an important nesting and feeding site for turtles, seabirds, marine mammals and other aquatic life. Again, the volume of waste washing up on beaches is huge. In one recent clean-up, a total of 423 kilogrammes of marine debris was removed from the beaches of Alphonse in just two hours! This included 106 kilogrammes of plastic bottles, 39 kilogrammes of flip-flops and shoes, 32 kilogrammes of waste glass and 246 kilogrammes of other items such as toothbrushes, cigarette butts, lighters, polystyrene foam, toys, car tyres, barrels and other man-made materials.

Up to 90 percent of marine litter is plastic-based, which is perhaps not surprising considering annual plastic production is equivalent to the weight of all the adult humans on the planet, yet half of this is for single use only. More than one million bags are produced every minute yet each plastic bag has an average 'working life' of just 15 minutes. Then it is dumped, often directly into the ocean or else reaches the ocean via river systems. At present rates, the ocean is expected to contain one tonne of plastic for every three tonnes of fish by 2025, and by 2050, more plastics than fish by weight.

Plastic has become an integral part of our lives - we cannot live without it. Nothing comes close to matching it for functionality and convenience. It is lightweight, strong, cheap to produce and durable: perhaps a little too durable, because plastic can take 1,000 years to break down. Meanwhile, the scale of damage to wildlife is colossal. In one study, 51 percent of turtles between Mauritius and Madagascar had consumed some form of rope, polystyrene or plastic.

It isn't just wildlife under threat. There is also a growing human cost. Plastics contain chemicals that are known to be toxic, and cause a broad range of effects including cancers, birth defects, impaired immunity, endocrine disruption and other ailments. Toxic substances accumulate in the human food chain through consumption of fish. In the Atlantic, it is estimated that 73 percent of deep sea fish have ingested plastic.

Is it worth so much effort to clean beaches in the face of a tsunami of plastic that will doubtless continue to accumulate? Frauke Dogley, Chief Executive Officer of SIF, acknowledging this problem said, "Although it may seem like a feat of futility as more marine debris washes ashore on to Aldabra as we speak, it's vital to know that we are all part of that change that is required to restore humanity's relationship with nature, to make sure that plastic and other pollutants stop entering our environment in the first place."

One of the most difficult problems facing beach clean-up teams in the outer islands is caused deliberately. Thousands of fish aggregating devices (FADs) are being dumped in the Indian Ocean by tuna fishing fleets. FADs are sophisticated devices, often fitted with radio-locator beacons and biomass sensors to report the amount of fish underneath them. They consist of a square bamboo raft with fishing buoys on each corner. Hanging down from each corner are thick ropes and old fishing nets, each up to 50 metres long. Tuna is the target, but turtles, sharks, juvenile fish and a wide range of other marine life are collateral damage.

FADs often wash up on remote shores, strangling the coral reefs. They are difficult for clean-up staff to deal with as they can weigh up to several hundred kilogrammes. FADs are an environmental nightmare but they are endorsed because they satisfy the drive to maximise fish catches.

Meanwhile, beach clean-ups are part of a wider international drive led by Seychelles to heighten awareness and stir action. The Blue Economy concept pioneered by Seychelles relies on a healthy ocean. As President Faure has said "We need to transition from the current linear system of use and dispose, to a circular model where plastic never becomes waste. It requires each and every one of us to rethink how we go about everyday activities and change our approach toward the use of plastic". 🌱





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Beach clean-ups are part of a wider international drive led by Seychelles to heighten awareness and stir action.

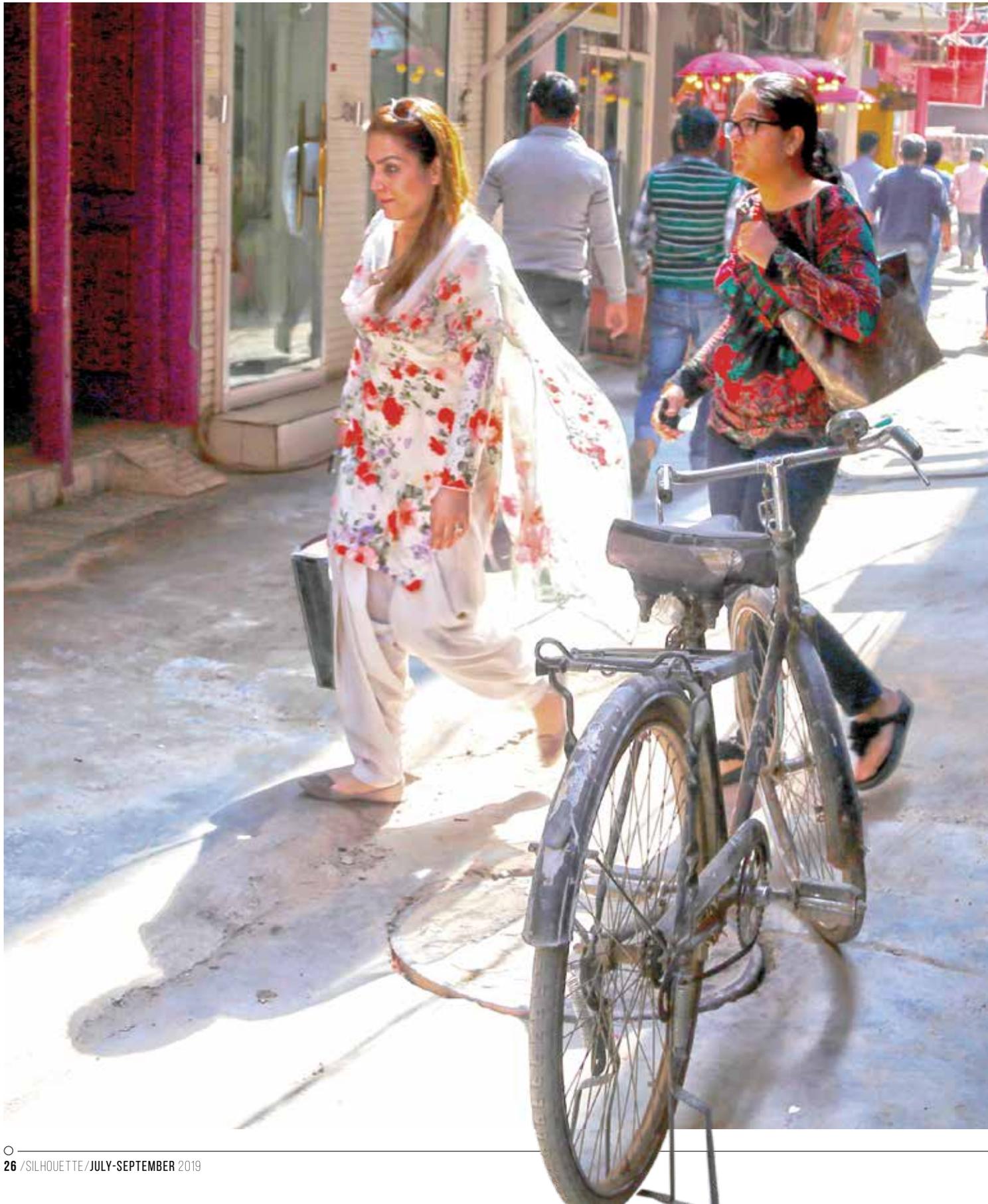


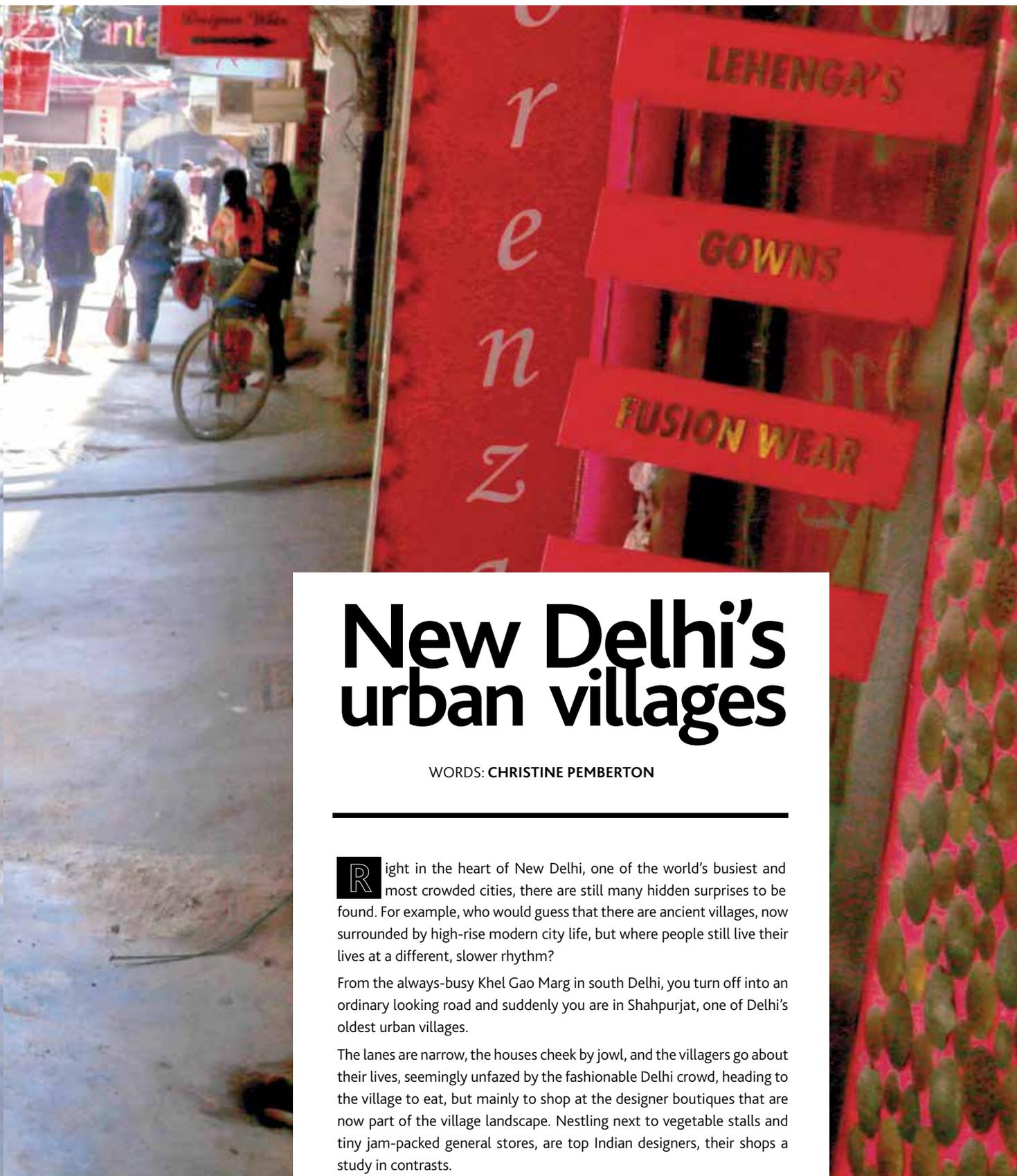
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1. St. François dominated by a dense mangrove forest is home to rich birdlife.
2. Aldabra atoll was designated a UNESCO World Heritage Site on 19 November 1982.
3. Perfect clean beach at Four Seasons Resort, Desroche.
- 4&5. Aerial view of St. François and Alphonse Island.
6. Blue Rays – the unique snorkelling experience at Alphonse Island allows guests to have a close encounter with these graceful creatures.
7. Clean water is an important site for nesting turtles.
- 8&9. Aldabra Fody and Aldabra Drongo occur only on the Aldabra Island.
10. Aldabra's white-throated rail is the last surviving flightless bird in the Indian Ocean.





New Delhi's urban villages

WORDS: CHRISTINE PEMBERTON

Right in the heart of New Delhi, one of the world's busiest and most crowded cities, there are still many hidden surprises to be found. For example, who would guess that there are ancient villages, now surrounded by high-rise modern city life, but where people still live their lives at a different, slower rhythm?

From the always-busy Khel Gao Marg in south Delhi, you turn off into an ordinary looking road and suddenly you are in Shahpurjat, one of Delhi's oldest urban villages.

The lanes are narrow, the houses cheek by jowl, and the villagers go about their lives, seemingly unfazed by the fashionable Delhi crowd, heading to the village to eat, but mainly to shop at the designer boutiques that are now part of the village landscape. Nestling next to vegetable stalls and tiny jam-packed general stores, are top Indian designers, their shops a study in contrasts.

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Shahpurjat is the place to discover up and coming designers, along with all the accoutrements of high fashion-boutiques selling designer shoes, handbags, jewellery and accessories. You can visit top designers in their studios (my favourite is the Indo-Tibetan designer Sonam Dubal) which is always fascinating.

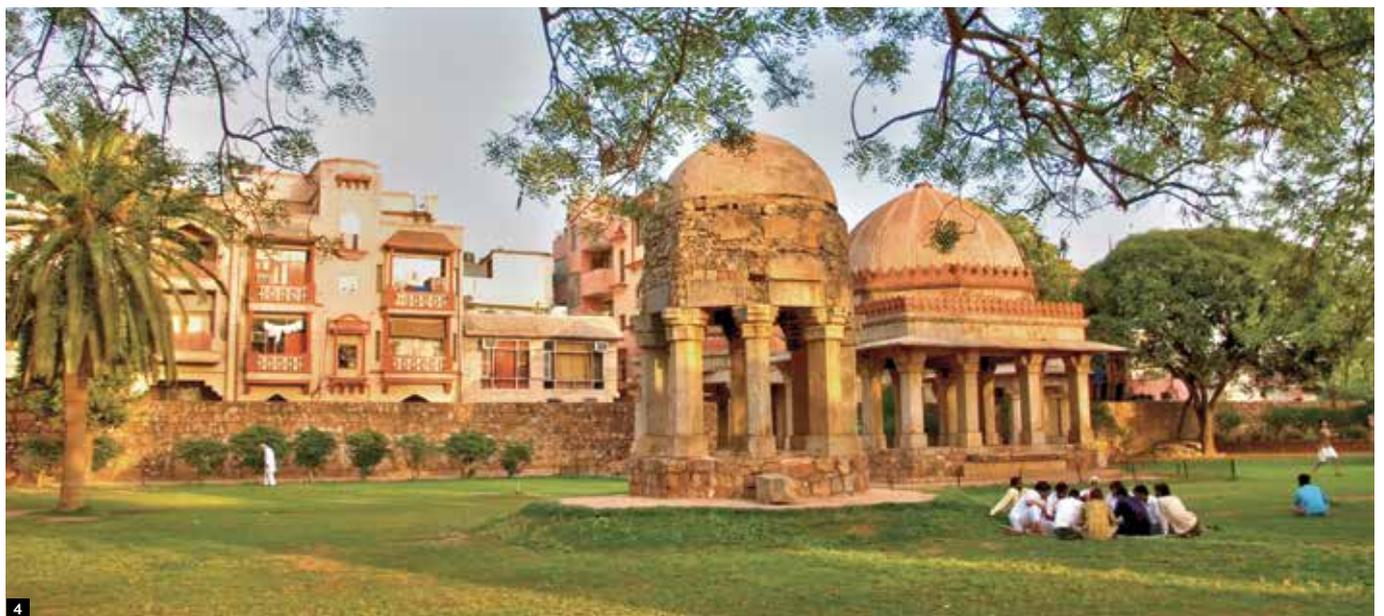
If you need fabric dyeing, for example, you can find a dyer tucked away in his little workshop, working by hand. Often, as you stroll through the village, you can see yards of freshly-dyed fabric draped on walls or hanging from the trees, drying in the afternoon sun.

But Shahpurjat is not just designers and coffee shops in a wonderful village setting.

There is an ancient, mediaeval tomb complex that gives the village a sense of historical gravitas. People have lived here for generations, and the new wave of boutiques, and eye-catching murals, and super Instagrammable views is just another layer of history to add to the timeless mix.

Not far from Shahpurjat village, but separated by two always-crazy-busy roads, is Hauz Khas village. Hauz Khas is the original urban village, and the place that has inspired the whole concept of designers and restaurateurs setting up residence in quaint narrow streets, amidst historic monuments. Back in the '80s the first trendy restaurants opened here, the first arty shops, the first boutiques started up here, and the rest is Delhi history.

Hauz Khas has some serious history, too. As you drive down to the entrance to the village, there are little tombs scattered on both sides of the road. These are all mediaeval Muslim graves and monuments, and one imagines that they were all originally part of the main tomb complex that is at the heart of the village, the stunning Hauz Khas





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1. Shahpurjat, one of Delhi's oldest urban villages.
2. Modern arty shop in Hauz Khas.
3. Feroz Shah Tughlaq's tomb with adjoining madrasa and the Haus Khas, the royal tank.
4. Hauz Khas complex.
5. View of Hauz Khas village.
6. Ethnic wear at Haus Khas.
7. Studio Thali in the colourful ghetto of Champa Gali, offers a co-working space plus a modern Indian Thali.
8. Social street in Champa Gali.



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Urban villages are certainly one of the joys of Delhi.



that gives the place its name. *Hauz* means 'water tank' (or lake) and *Khas* means 'royal' and so this was a royal reservoir, built to supply the Emperor and his court.

The early mediaeval tomb of Feroz Shah Tughlaq towers over the royal reservoir. There are ancillary tombs, a mosque, trees everywhere and adjoining the village is a deer park. This stupendous complex is one of Delhi's not so well-known gems.

If you can block out the 21st century streets, and the shops, and the hullabaloo that is any Indian market place, you can picture how this area must have looked, hundreds of years ago. The Emperor's tomb, the lake, the deer-filled forests, ancillary tombs of courtiers and family, many miles away from anywhere.

Small wonder that this 13th century gem has attracted designers and artists who have set up studios and boutiques here. Although the city has grown up inexorably around this historical gem, you can still experience moments of old fashioned charm. On winter afternoons, you can spot villagers lounging on their *charpoi* or traditional string beds, smoking hookahs, seemingly oblivious to the fashionable ladies who lunch, or the hip young things arriving for sundowners on one of the many wonderful rooftop bars that offer fabulous views over Hauz Khas.

The most recent addition to Delhi's urban village scene is Champa Gali, a relative newcomer but already a firm favourite with people in search of great coffee, quirky shopping, and organic food. Oh, and some of the city's best Instagram venues. One can't ignore the power of the 'gram these days!

Until a couple of years ago, the village of Saidulajab was nothing more than one of Delhi's many urban villages, but as the metro extended its reach, people began to visit these quieter parts of town, in search of new places to work, to create, to develop.

Once the first coffee roastery had opened there, and the fragrant *champani* (frangipani) had been planted, the destiny of the *gali* (lane) was assured. Champa Gali was born.

There are start-ups working there, there are fashion shoots in front of virtually every brightly painted mural, and the whole place has a laid-back, easy-going buzzy vibe. One of the cafés even has a library and working space, so you are actively encouraged to stay and hang out there.

Champa Gali is the latest, coolest addition to the city, and with its programme of book launches and poetry readings and art exhibitions, it has rapidly become the place to be and to be seen. Champa Gali doesn't have the mediaeval monuments of Shahpurjat or Hauz Khas village, but it has the charm of the still rustic intermingled with the uber-cool.

Urban villages are certainly one of the joys of Delhi, allowing you to slow down to a more relaxed pace and savour life as it used to be. 🌿



Air Seychelles offers six weekly flights to New Delhi via Mumbai with codeshare partner Air India
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Living on the Edge

Perth, Australia

WORDS: BRIAN JOHNSTONE

Perth feels like a pioneer city, but has all the trappings of the good life that will reassure you after Western Australia's vast emptiness of rust-red land and blue ocean.



Western Australia is a red country. Peer out your airplane window and there's little to see. No towns or rivers, and only the stubby remnants of worn-down mountains. Then, just where the edge of the continent meets the ocean, a glorious city emerges, seemingly out of nowhere. Prettily situated on the Swan River, the city is laid out with casual elegance, fringed by superb beaches and bathed in almost perpetual sunshine.

Beneath the charm, Perth retains an invigoratingly rough edge. It developed as a boom town, self-confident and slightly reckless,



London court in downtown Perth.



Downtown Perth

surging ahead on the mining bonanza of the 1960s and the tricks of billionaire entrepreneurs in the 1980s. These days the sun bounces off tinted office-towers like a wink of self-congratulation. This is a dazzling place, the world's most remote big city, a monument to the settler spirit and big business.

When British colonial settlers first came to Perth they tried to make the vastness seem tame. Perth's suburbs and streets have English

names and gardens full of pruned roses.

Retirees in starched white play sedate games of lawn bowls in quiet suburbs. More recently, Asian immigrants nestle in posh suburbs of Nedlands and Peppermint Grove, or crowd the student eateries of Winthrop. This is what makes Perth such a fine place to visit: this frontier town is a place of hot deals and cool cuisines, Anglo-Saxon but with a vibrant new Asian twist.

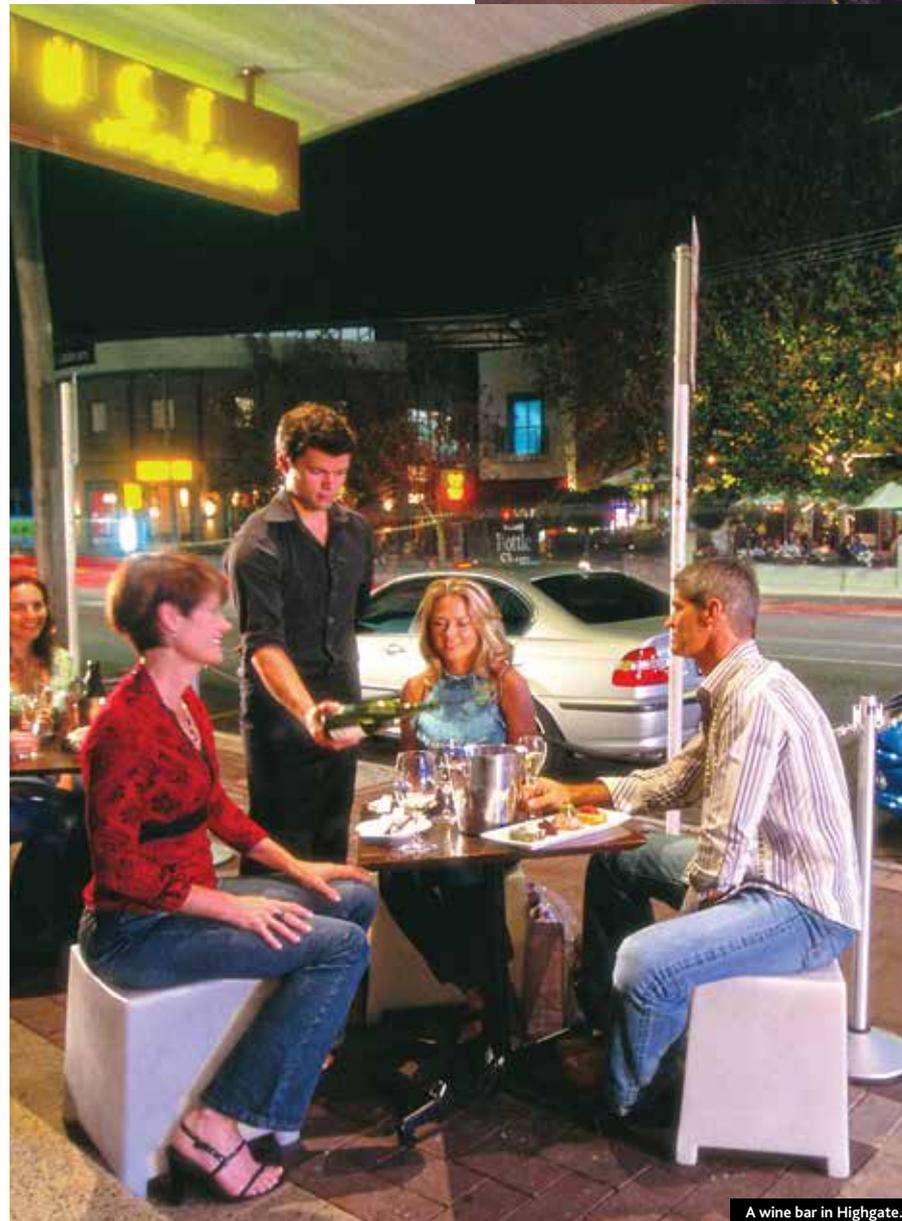
Like many colonial settlements, central Perth was laid out in grid form. This makes it easy to find your way about, although skyscrapers have turned the streets into wind tunnels. Make sure you get blown down St George's Terrace, the main business thoroughfare, and the shopping arcades and stores on Hay and Murray Streets. One minute you're amid department stores, the next you pop out in gardens that sweep down to the Swan River – nature is never far away in Perth.

Colonial-era remnants are an eccentric jumble of styles. Government House has the Gothic towers of a horror movie, the Town Hall is smugly Jacobean, the Barracks Archway is mock Tudor and the Old Mill looks like an old mill, even though it isn't. A modern bank building has enveloped Palace Hotel, ornate in 19th-century splendour. Perhaps the most attractive old building is the Perth Mint, where gold bullion has been traded since the days of the gold rushes that encouraged the settlement of Western Australia.

In truth, Perth isn't so much about buildings as about lifestyle, whether sailing on the river,



Northbridge nightlife



A wine bar in Highgate.

fishing after work or flopping on beaches in ocean-side suburbs such as Cottesloe and Scarborough. Perth is a place to kick back and relax, and especially to satisfy your tastebuds with its outstanding range of cuisines. The emphasis is on fresh seafood, vegetables and fruit in Mediterranean and Asian styles. Locals talk about tapas, Hokkien noodles and spicy Thai soups with casual familiarity.

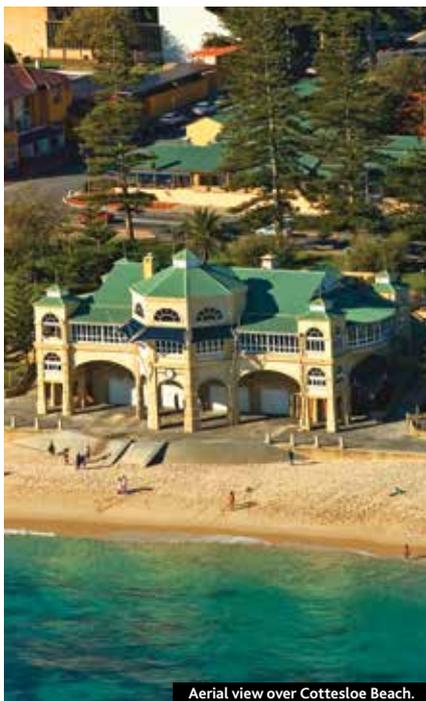
Northbridge, adjacent to downtown Perth, serves as its unofficial Chinatown and sizzles with funky restaurants and groovy cafés. Later in the evening patrons move on to more boisterous bars and nightclubs. For more upmarket fare, head to Subiaco, one of Perth's pricier suburbs. On Saturday mornings, you can stroll the pavements and inhale the smell of antique polish and perfumes wafting from shops. Yet for all its pretensions, Subiaco has a village feel to it. It's easy to while away a morning inspecting the art galleries and fashion boutiques before fuelling up at a snazzy café.

If you're going to take in one big sight, make it the Art Gallery of Western Australia. It boasts the best collection of Aboriginal art in the country and is a welcome air-conditioned relief on hot summer days. Join one of the museum's informative guided tours and soon you'll be making sense of abstract dots and wiggly lines, and learning how they represent animal tracks, aerial landscapes and Dreaming sites that recount Aboriginal creation stories.

Museum duty done, it might be time for some fresh air. The best thing about urban Perth, ironically, is getting away from it, and to do so you barely have to leave the city centre. King's Park is a vast sprawl of which Perth

residents are justifiably proud. Admire postcard views of city skyscrapers, rent bikes, use the playgrounds, throw the proverbial shrimps on the barbie and while away a perfect Perth Sunday. The botanic gardens will give you a peek at native Western Australian flora, and you can even trek into tracts of natural bushland and discover what Perth looked like before the city existed.

Australia's flora looks strange to outsiders, and the wildlife is extraordinary too. Head out to Cohunu Koala Park in Byford and you can wander right among the kangaroos and wallabies. Even the emus are entrancing until they fix you with their beady stares. There are also dingos, wombats and (strangely enough) some rather lost looking llamas. Perth Zoo is another fine place to see native wildlife, such as platypus and echidnas. If you don't know what Tasmanian devils, numbats and quolls are, this is your chance to find out.



Aerial view over Cottesloe Beach.

In the suburb of Hillarys, meanwhile, the Aquarium of Western Australia introduces you to inhabitants of the ocean. A see-through underwater tunnel lets you see turtles and stingrays swimming by. The adventurous can go scuba diving in the shark tank, although some would argue that experience occasionally comes for free at Perth's beaches.

No visit to Perth is complete without an excursion to Fremantle at the mouth of the Swan River. Once Western Australia's chief port, you can see its days of glory reflected in the grand nineteenth-century Town Hall, Esplanade Hotel and restored warehouses. Its renaissance in the 1980s was careful and clever and, although Fremantle is now part of Perth's suburban sprawl, it retains a distinct local identity and raffish nineteenth-century air.

This is another place to relax. Stroll the windy promenades and watch yachts tugging at



Surf cats on the Swan River.



Little Creatures micro-brewery in Fremantle.

their moorings, while overhead gulls twist in the turbulent air. Then browse through the markets, where you can pick up carved emu eggs, boomerangs or fine-quality Aboriginal art. You can also find gold, diamonds and South Sea pearls, all of which are notable Western Australian products.

At lunchtime Fremantle is crowded with business people in suits tucking into chilli prawns and bowls of curry. At night, the restaurants, bars and micro-breweries fill up with the chattering classes down from the city. It all seems a long way from the convicts and rough sailors of the early days, but Perth's raw

edge is never far away. As you tuck into your fettuccine carbonara and Margaret River wine, you might just get a whiff of wool as another container ship of sheep is loaded up for the Middle Eastern market just across the road. Perth to perfection. 🇺🇸



Souvenir shop



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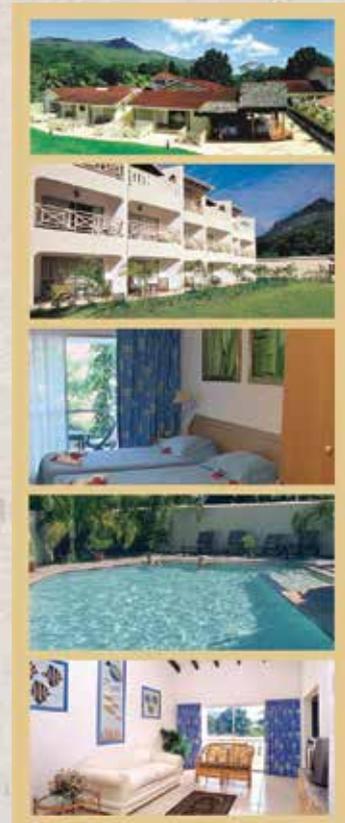
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Malagasy kitchen

WORDS: PETER HOLTHUSEN



All the riches of the earth, all the ingenuity of man could not have crafted a more beautiful setting, nor cornucopia of untold treasure as you will find on Madagascar. Cast adrift in the Indian Ocean, the island has been separated from other landmasses for longer than any other island on earth. Recent archaeological surveys of the island revealed settlements dating back more than 4,000 years, but the general consensus of opinion is that seafarers from Borneo and Austronesia were the first true settlers between 100 AD and 500, and that today's population is descended from Indonesian and Malay migrants. These intrepid seafarers arrived in their outrigger canoes laden with food staples from their homelands, including rice, plantain, taro, water yams and probably sugarcane, ginger, coconut, bananas, pigs and chickens. Immediately, they established a 'slash and burn' type of agriculture, clearing virgin rainforests to grow crops.

Around 1000 AD, East African migrants brought with them a type of hump-backed cattle known as zebu, plus other new sources of food that included sorghum, Bambara groundnuts, Guinea fowl and goats. Recognised as symbols of wealth, cattle were rarely eaten except after being sacrificed at important spiritual events such as funerals. Rather, fresh zebu milk and curds made up a principal part of the pastoralists' diets. Some zebu escaped from their herds and established themselves in the highlands where the inhabitants believed them to be inedible until the 16th century when King Ralambo, ruler of the central highlands region of Imerina, declared the cattle could be eaten.

Trade with Arab and Indian merchants resulted in a fresh influx of migrants settling on the island who further enriched Madagascar's culinary traditions coming from those areas. Even though the majority of the inhabitants lived in tribes, the Africans, Indians and Arabs were assimilated into the Malagasy-speaking society, thus avoiding segregation.

In Madagascar, food has always been cooked using simple methods and techniques, such as roasting over a fire, grilling over hot stones or coals and boiling, first in containers made of green bamboo, then in clay pots and metal vessels. Food preservation techniques included smoking, sun-drying and salting. Smoked dried beef, known as *Kitoza*, salted dried fish and many other foods are still prepared in a similar manner today. The process of fermentation was adopted early in the history of Malagasy cuisine to produce curds from milk, to amplify the flavours of particular fresh and dried tubers and to make alcoholic drinks.



The food of Madagascar is charming in its simplicity. A traditional Malagasy dish features an unusually large amount of rice – the cornerstone of Malagasy cuisine – accompanied by a modest portion of chicken or fish, usually in a sauce, and vegetables. Some claim they face a sleepless night if they have not had rice at least once a day. Rice's prevalence remains in contemporary cuisine across the entire island; however, farmers in the arid south and west often substitute corn, cassava or curds made from fermented zebu milk for the rice. A bowl of only rice is considered a very acceptable meal. Red rice for breakfast is ubiquitous throughout the country, often made with extra water, producing a soupy rice porridge, known as *Sosoa*. The latter is sometimes eaten with *Kitoza* (smoked strips of zebu meat). A traditional porridge, *Vary amin'anana*, includes white rice, meat and chopped greens.

As for meat, the principal source remains zebu cattle. The Malagasy people enjoy better cuts served as zebu steaks or zebu stew, while less tender pieces, cut into small cubes, are boiled until very tender in salted water along with garlic and onions, shredded and finally roasted. Islanders also consume chicken (frequently in a curry) and goat; but pork, although available, is taboo in many areas of the country. Vegetables are served simply boiled or with spices to boost flavour. The other primary element of a traditional Malagasy dish, the sauce, derives its flavours from onion, garlic, tomato, ginger, curry, vanilla, coconut and, at times, herbs and spices. Sauces vary by region, but generally, one finds tomato-based sauces in the highlands and coconut-based sauces on the coasts.

Flavourings of dishes also vary by region. Coconut-based seafood and crustaceans appear on the northeast coast; thyme, basil and lemongrass-scented dishes in the central plateaus; clove, pepper, cinnamon, ginger and lemongrass-infused recipes in the eastern part of the island; kaffir lime and lemon-flavoured specialities in the drier western areas and into the south; and dishes infused with aromatic plants in the north along the Antsirana and Amber mountain ranges. Those preferring that extra punch in their rice or accompaniments cautiously add touches of chilli relish (*satay*) that comes in strengths from hot to fiery spicy, or spicy mango, vinegar-preserved carrots, lemon pickles or hot curry oil. These condiments are served on the side to be incorporated according to personal taste.

Another traditional Malagasy dish is *Ro*, which is typically a broth-based soup cooked with leafy vegetables. It may be served as an accompaniment or to add flavour and moisten rice. Many variations exist, including the inclusion of chicken and ginger, shrimp and beef, but for many, the most popular meal on the island is *Romazava*, the national dish of Madagascar, which is a hearty stew of zebu beef, local greens (*bredes*), including *paracress* or *anamamy*, and other ingredients, such as onion, tomato and ginger, to boost the complexity of flavours.

Along with *Ro*, Malagasy folk also enjoy *Ravitoto*, a rice-based dish with beef or pork, ground or shredded cassava leaves and, at times, with coconut milk served on the side. They also like other traditional dishes such as *Varanga*, which is shredded beef, simmered and





1. Seafood, such as lobster or prawns are typically served grilled or fried.
2. Madagascar market scene.
3. Koba, a very popular dessert made from ground peanuts, bananas, brown sugar and vanilla-flavoured rice flour.
4. Food is cooked using simple methods and techniques.
5. Mango and lemon pickles traditionally accompany meals.
6. Voanjobory sy henakisoa – Bambara groundnuts cooked with pork.



The food of Madagascar is charming in its simplicity.



braised with onions, or *Vorivorin-kena* (beef tripe); *Khimo* (a spiced ground beef and potato stew); and *Voanjobory Syhenakisoa*, which is pork with Bambara peas.

If you wish to combine a trip of a lifetime with one of the world's most unique and varied biological hotspots that has an amazing array of super tasty, surprising dishes waiting to be sampled, then you'll be well rewarded for visiting Madagascar. 🌿



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Sustainable future on île Maurice

WORDS: RICHARD HOLMES



Sustainability comes top of mind for global travellers, and tourism operators in Mauritius are taking the issue seriously.

Sustainability! It's gone from being an empty buzzword for tourism businesses looking to up their 'green' credentials, to an integral aspect of the global travel industry. It's a trend that takes many forms, whether it's conserving natural resources or ensuring the survival of local culture amid a boom in foreign arrivals. Issues around water, energy and waste have also become more than a passing thought for the hospitality industry. And few places so clearly portray the importance of the issue than an island setting, where natural resources are limited.

"Sustainable tourism is of utmost importance to Small Island Developing States (SIDS) whose economies depend on tourism," explains Romina Tello, Managing Director of sustainability-focused tour operator, Mauritius Conscious. "Why? Because managing a destination sustainably, with a long-term vision, is the only way to assure that the unique characteristics that attract travellers to a destination will remain so for generations to come."

Fostering sustainable tourism is – on paper at least – a priority for the government of Mauritius.

Speaking at the 2018 International Conference on Digitalisation and Sustainable Tourism, Anil Kumarsingh Gayan, Minister of Tourism for Mauritius, said: "Ancestral values, traditions, cultures, archaeological sites, preservation and protection of the environment are the inevitable ingredients of sustainable and inclusive tourism."

In 2008, the then-Prime Minister Navinchandra Ramgoolam announced his vision of making Mauritius a 'Sustainable Island', particularly in terms of renewable energy. In September 2015, Mauritius was one of 193 Member states to adopt the United Nations' 2030 Agenda for Sustainable Development.





- 1&2. Maintaining the gardens at Beachcomber Resort and Hotels.
3. Organic bed linen is used at SALT of Palmar.
4. Water yoga at SALT of Palmar.
5. Bicycle tour – a non-motorised alternative to boat trips and minibus tours.
6. A local, Moosbally sharing his skill of making ratten baskets at SALT of Palmar.
7. Water sports at Radisson Blu Poste Lafayette. Motorised water sports have been removed.
8. Managing a destination sustainably, with a long-term vision.

To that end, Mauritius is also a participant in the Sustainable Tourism Value Chain Project initiated by the United Nations in 2017, working to reduce greenhouse gas emissions and increase resource efficiency in the hospitality industry.

However, on the ground, it seems it's the private sector that is driving most of the island's innovation in fostering sustainable tourism across the island, often in the face of government bureaucracy.

"Government actions have been very theoretical. Fortunately the private sector has been pushing hard in that direction," says Mathieu Rivet, Group Engineering Manager for Beachcomber Resorts & Hotels, adding: "Sustainable development makes economic sense; hence the reason why it was adopted so long ago. Nowadays it makes even more sense when your guests are curious about what you do to minimise your ecological impact and that forces us to be even more inventive in our actions."

For Beachcomber, that has seen all eight of the brand's Mauritian resorts achieve the EarthCheck certification for international sustainable tourism. On the ground, it's meant the upgrading of air-conditioning systems, energy efficiency improvements to lighting and water heating infrastructure, and the use of desalination plants to reduce the impact on the island's national water network. There's also been a ban on the use of non-biodegradable plastic straws, replanting of endemic species on the Morne peninsula, and a partnership with local non-governmental organisations to reduce food waste.

Often the driver for innovation in sustainability is guests' demands for a holiday that makes a positive impact on their destination of choice, whether it's ensuring resources are well managed, or providing the opportunity for a deeper discovery of local culture.

"Travellers use their travel as an opportunity to immerse themselves in an unfamiliar culture, looking to break themselves entirely from their home lives and engage sincerely with a different way of living," adds Raj Reedoy, General Manager of the SALT of Palmar resort in the east of Mauritius.

SALT of Palmar opened in late-2018 with a host of sustainable innovations. Bed linen is organic, single-use plastics are banned and experiencing the local way of life is encouraged through cultural immersions and skills exchanges.

Another new resort putting sustainability centre-stage is the Anantara Mauritius Resort due to open in the southeast of the island in late-2019.



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Tourism needs to embrace restorative actions to benefit the places we visit.



Designed by Australian firm Ground Kent Architects, in collaboration with the Office of Global Architecture in Mauritius, the resort will incorporate solar technology for water heating across all guest rooms, focus on endemic flora within the hotel landscaping, reuse grey water for irrigation and cleaning and include 'upcycled' materials in the resort décor by Abacus Design. Following global trends, the resort will also be free of plastic straws, and organic farming will be encouraged throughout the restaurant supply chain.

Another interesting development is at Radisson Blu Poste Lafayette, where motorised water sports have been removed from the resort's offering in a bid to preserving the coral reef habitat of the hawksbill turtles commonly found here.

The resort is also collaborating with the local non-governmental organisation, Reef Conservation, to help protect the lagoons and reduce the resort's environmental footprint.

While large international resorts dominate the island, operators like Mauritius Conscious are passionate about



diversifying the island's appeal though, highlighting the broader economic impact that comes from working with smaller independent operators.

"We propose travellers to step away from foreign-owned resorts, over-crowded beaches and vans packed of tourists, and bring them instead for a far more impactful and rewarding experience," explains Tello. "Sustainably-managed destinations assure that the economic input of tourism is actually benefiting locals and the destination's infrastructure, and not just leaking overseas to reach foreign investors."

Mauritius Conscious also partners with tour operators that offer non-motorised alternatives to the ever-popular boat trips and minibus tours.

"We invite travellers to get involved in fun activities around the reforestation of endemic trees, the respectful appreciation of our cultural heritage, permaculture practices and litter clean-ups throughout our walking, hiking, kayaking and biking excursions," adds Tello.

For while the notion of sustainable tourism has become mainstream, it's also evolving. It's no longer enough to

simply do no harm, but rather guests are demanding that their visit makes a positive impact.

"Limiting the negative aspects of tourism is no longer enough. Today, tourism needs to embrace restorative actions to benefit the places we visit," explains Tello. To that end, the company encourages clients to offset their carbon impact by supporting renewable energy projects on the island, specifically the island's first solar photovoltaic project.

In more ways than one there's a new energy sweeping across Mauritius, putting sustainability at the core of the island's fast-growing tourism industry. How far the trend goes, and whether it's sustained, comes down to where consumers – that's you and I – choose to spend our travelling dollars. 🌱



Air Seychelles offers five weekly flights to Mauritius
www.airseychelles.com

Ride the rails with Rovos

WORDS: RICHARD HOLMES

This year Rovos Rail celebrates 30 years in business, and its luxurious train tours remain one of the finest ways to discover southern Africa in five-star style.



Train coach



Railway line

It's a sophisticated spot, Capital Park Station. Classical music tinkles in the background, ice buckets are filled with proudly South African sparkling wine, and waiters circulate with silver platters of finger sandwiches. Handing your luggage to the porter, it's easy to feel like you've stepped back in time, to the heyday of glamorous cross-country travel. And so it should be. For the Pretoria home of Rovos Rail – an easy 45-minute drive from OR Tambo International Airport – sets the tone for the hours and days spent aboard what is rightly billed as the world's most luxurious train.

Because that's not just marketing-speak. Since their first carriages rolled along the tracks of South Africa's Lowveld region on 29 April 1989, Rovos Rail has established a global reputation for its enviable mix of scenic itineraries, spacious suites, refined service and remarkable cuisine. That all of this hospitality is offered aboard vintage carriages rolling across the wide-open plains of southern Africa makes the experience all the more extraordinary.

Capital Park is the heart of the business, where the team of Rovos engineers, designers and decorators breathe new life into old rolling stock,



Green Hills

imbuing them with the charm and charisma typical of a Rovos journey. It's also where the company's restored steam engines send clouds of steam and soot into the Highveld air, the shriek of a steam whistle promising adventures into unknown lands.

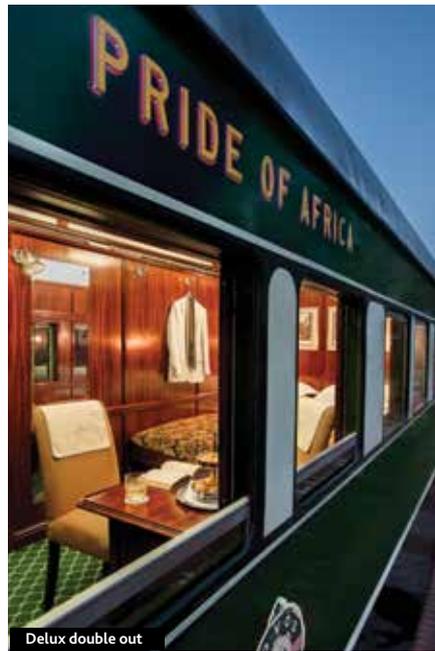
And that's all part of the charm. For standing on the Capital Park platform, just a short drive from downtown Pretoria, your destination could be anywhere from Durban to Dar es Salaam, Cape Town to the Kruger National Park. Beyond the platform, Africa lies at your feet.

Rovos Rail offers an array of itineraries ranging anywhere from 48 hours to 14 days. Perhaps the

most iconic – and certainly one of the most popular – is the trip between Pretoria and Cape Town that runs three times per week.

This classic itinerary quickly leaves the bright lights of Gauteng province behind to travel through the open grasslands of the highveld. The next morning, after a stop at the historic mining town of Kimberley, the train tackles the long miles across the vast semi-desert of the Karoo. Here the

landscape is the star attraction, as flat plains run to distant flat-topped mountains. Come sunset, the best place to soak it all in is the open-air viewing platform at the rear of the train, where friendly waiters will ensure your glass of Gin and Tonic never runs dry.



Delux double out

via Zambia and the Democratic Republic of Congo. It's the first time a passenger train has ever traversed Africa from east to west.

"To be able to introduce a new adventure after 30 years in operation is exciting and presents me with a refreshing operational challenge," said Rohan Vos, owner and founder of Rovos Rail. "It's taken over two years to acquire permission and have our proposed itinerary approved by the

A morning stop in the quirky Victorian town of Matjiesfontein marks the end of the Karoo, before the rails slip down into the scenic Cape winelands. The track traces rivers and vineyards before making its final dash through the mountains and into Cape Town, South Africa's 'Mother City'.

Or, from Pretoria turn your gaze north. The three-night itinerary to Victoria Falls is equally impressive as it runs through Botswana and Zimbabwe to finish at the majestic Victoria Falls. Along the way you'll enjoy a safari drive through the game-rich Hwange Game Reserve, home to all of the Big Five. And you'll definitely want to book-end your trip with a few days at Mosi-oa-Tunya, 'the smoke that thunders', as the Zambezi River plunges into the Batoka Gorge separating Zimbabwe from Zambia to the north.

For a short-break from Gauteng the regular runs to the coastal city of Durban are a great option, with the three-day itinerary offering a safari drive, battlefields tour and a visit to the world-famous Ardmore Ceramics Gallery before arriving in the commercial hub of KwaZulu-Natal province.

These short excursions are ideal for travellers with limited time, but for a longer exploration of the region Rovos offers longer journeys that take in the Highveld, Lowveld and coastal regions of South Africa. While these are largely aimed at exploring South Africa's memorable golf courses, each day also brings a host of activities and excursions for non-golfers.

Rovos has also pioneered one of the continent's greatest journeys, with a two-week rail adventure all the way through Zimbabwe, Zambia and Tanzania to connect Pretoria with Dar es Salaam. This year it adds another first, connecting Dar es Salaam with Lobito in Angola,

respective authorities. My team and I have flown across our borders on a few occasions to meet the relevant officials, drive the route and conduct site visits in an effort to smooth the way as best as we can for our band of intrepid travellers who will hopefully join us on this expedition."

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With glorious African scenery rolling past the windows, you certainly won't want to rush.



Dining seater



Delux Class

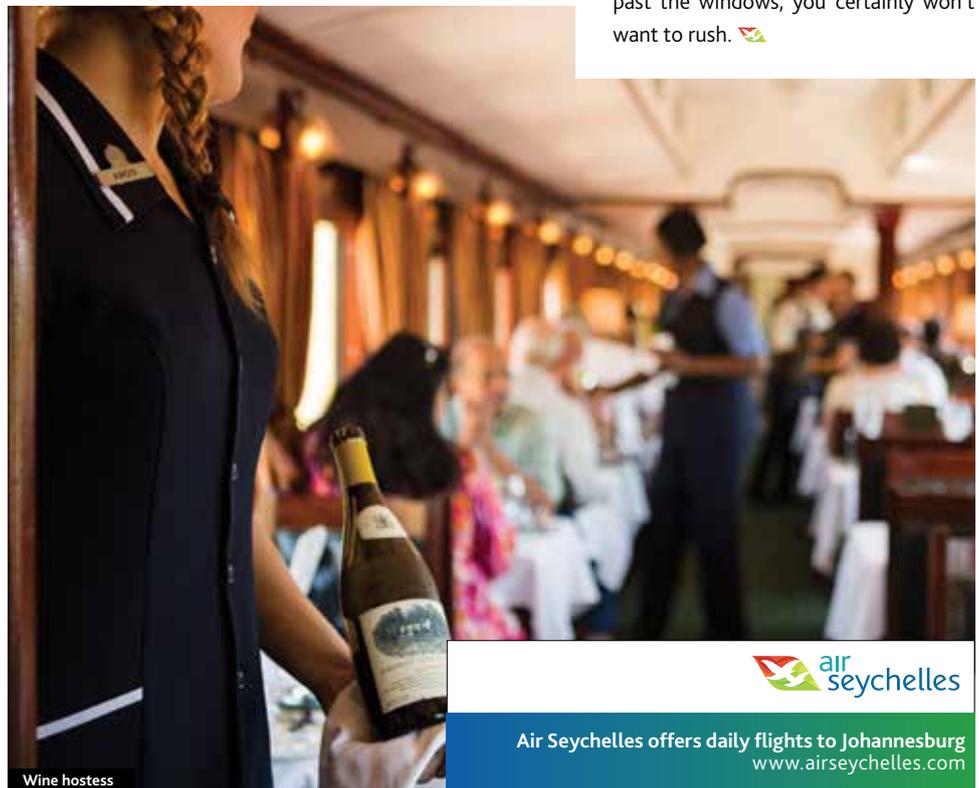
Regardless of which route you choose, the accommodation and hospitality on board each Rovos Rail journey remains the same, and the standard is superb. The five-star compartments – from entry-level Pullman Suites to opulent Royal Suites – are roomy and luxurious, with the carriages' rich wood panelling, traditional furnishings and period décor transporting you back in time as well as to your destination. It's also one of the few trains to boast en-suite bathrooms attached to your suite, with the largest compartments boasting a full-size Victorian bath! Butler-style service? Why of course, that also comes standard.

On-board there's air-con for comfort and in-suite mini-bars for indulgence, but no Wi-Fi or television to distract you. Instead of checking your emails, rather admire the scenery from the observation deck, swop travel tales with fellow travellers in the onboard lounges, or lose yourself in the well-stocked library.

High tea is served each afternoon, naturally.

Because you certainly won't go hungry on board. Meals are served in the Edwardian-style pillared dining cars and while daytime sittings are fairly relaxed, when the evening dinner-gong summons guests to the dining cars it's for a five-course formal affair. Be sure to pack a jacket, or evening dress, to look the part. The multi-course menu introduces travellers to a cornucopia of classic South African flavours, dishes and culinary influences. The train also boasts an impressive wine cellar, and each course comes paired with wines from some of South Africa's most iconic estates.

From the sumptuous dining car to the bespoke compartments, Rovos Rail comes imbued with sophistication; a sense of glamour that has been lost in much of modern travel. It's a trip back to a time when travel was truly about the journey as much as the destination. And with glorious African scenery rolling past the windows, you certainly won't want to rush. 🇿🇦



Wine hostess

The logo for Air Seychelles, featuring a stylized bird in flight above the text "air seychelles".

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Bouillon de tec-tec

Seychelles on a Plate

WORDS: PETER HOLTHUSEN

The Seychelles has witnessed a remarkable culinary revolution over the last few years, thanks in large part to the resurgence in local agriculture, the development of high-quality speciality produce and an abundance of Creole restaurants right here on our beautiful islands. Seychelles has always enjoyed world-class local seafood as well as a wide array of tropical produce from its land, but in the past, local chefs (especially those with a European background) were reluctant to showcase them. In fact, as often as not, they preferred to fly in fresh and frozen foods from as far afield as South Africa or Mauritius (even fish!)

In recent years, a considerable number of like-minded chefs joined together to form an initiative to encourage local food growers and suppliers to work together with the restaurants. They would produce the goods, and the chefs would provide the market. Of course, many of the growers and suppliers were already doing this, but there is now a much closer bond between them and many traditional dishes are back on the menu, such as Bouillon de Tec-Tec, that celebrated Seychellois delicacy.



1. Collecting of these petite molluscs is a tradition among the Seychellois.
2. Many traditional dishes are back on the menu, such as Bouillon de Tec-Tec.
3. Harvesting 'Tec-Tec', a small white shellfish that forms the nucleus of a delectable soup.
4. Mahé's vibrant and colourful Sir Selwyn Selwyn-Clarke Market.
5. There are a number of ways to cook Tec-Tec soup.



Seychelles has always enjoyed world-class local seafood as well as a wide array of tropical produce from its land

The eating habits of the Seychellois inevitably reflects the ethnic diversity of its people. The cuisine that is unique to the archipelago is actually a fusion of flavours from African, French, Chinese, Indian and English cooking. Over the centuries, a treasure trove of aromatic herbs and exotic spices such as cinnamon, cloves, garlic, mint, ginger, cayenne, cardamom and nutmeg have been combined to create a single flavour. The large selection of tangy, sweet, rich and spicy combinations makes the Seychellois cuisine a tourist attraction in itself. With hundreds of such flavours, Seychellois cuisine and beverages have a unique place in the world of cooking.

Most of Seychellois cooking is naturally based on seafood and chillies. With very little local transportation of produce, the ingredients are super fresh and often directly from a garden or fishing boat. But should you ever find yourself on one of Seychelles' pristine beaches at low tide then you will undoubtedly happen to come across a small group of people harvesting 'Tec-Tec', a small white shellfish that forms the nucleus of a delectable soup and famous Creole delicacy.

Marine molluscs in the Seychelles are well represented by about 450 species of endemic bivalves, gastropods (snails) and nudibranchs. Giant clams, 'Tridacna', are some of the most conspicuous bivalves but there are many smaller species in tropical waters. These include 'Donax' which are small, wedge-shaped mussels that actively burrow on sandy shores. They are favoured by the Seychellois for Tec-Tec soup.

Archaeological evidence worldwide suggests that molluscs have been consumed from the dawn of humanity. Easy to collect, nourishing and

tasty to eat, these versatile 'fruits of the sea' were consumed raw, cooked and preserved, the recipes varying according to place and taste. The harvesting and consuming of seafoods are ancient practices that date back to at least the beginning of the Paleolithic period about 40,000 years ago. Isotopic analysis of the skeletal remains of Tianyuan man, a 40,000 year-old modern human from eastern Asia, has shown that he regularly consumed freshwater fish. Moreover, archaeological features such as 'shell middens', discarded fish bones and cave paintings show that seafoods were important for survival and consumed in significant quantities.

During this period, most people lived a 'hunter-gatherer' lifestyle and were, of necessity, constantly on the move. However, where there are early examples of permanent settlements, they are almost always associated with fishing and shellfish harvesting as a major source of food.

Vasco da Gama, the celebrated Portuguese explorer and navigator who sailed through the Amirantes group in 1503 en-route from the Malabar coast of India to East Africa, is reputed to have stopped in the archipelago to replenish his ships with this bountiful harvest as sustenance for his crew. In 1742 on an expedition of discovery in the Indian Ocean, the French explorer, Lazare Picault, who landed at Anse Boileau on Mahé reported seeing islanders "combing the beaches in search of a clam they made into a bouillon which was said to be *délicieux*".

Curiously, the majority of these small white shellfish are harvested very early in the morning, especially when the tide is out and the sun is low on the horizon. The collecting of these petite molluscs has become



3

something of a tradition among the Seychellois, particularly on the more secluded beaches of Mahé, Praslin and La Digue where they can be found in considerable numbers.

The beaches where you are most likely to see Tec-Tec harvested on Mahé are Anse Takamaka, Petite Anse, Anse Major, Beau Vallon, Glacis and the northern strand of Anse Parnel. On Praslin, the best beaches are Anse Volbert, Baie Chevalier, Anse Kerlan and Anse Consolation, while on the neighbouring island of La Digue, you will find them on Anse Banane, Anse Cocos and Anse Gaulettes.

Should you be unable to visit one of these pristine beaches while they are harvesting the mollusc then you will be well rewarded for paying a visit to Mahé's vibrant and colourful Sir Selwyn Selwyn-Clarke Market in the centre of Victoria, which is the ideal way to get a feel for the Seychellois and their unique way of life. Built in 1840 and renovated in 1999, it remains the bustling heart of the capital and definitely the best place to buy fresh fruits, vegetables, fish, spices and if you're lucky, the venerable Tec-Tec – for to sample this exquisite delicacy, is truly *Seychelles on a Plate!* 🍽️



4



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Bouillon de Tec-Tec

Ingredients

1. 1 kg pipis (clams)
2. 2 tablespoons vegetable oil
3. 450 grammes chopped tin tomatoes
4. 350 grammes fresh pumpkin
5. 1 teaspoon crushed garlic
6. 1 teaspoon crushed ginger
7. 1 medium sized onion, finely chopped
8. salt and pepper to taste
9. 1 tablespoon chopped thyme
10. optional: red chillies finely chopped
11. 3 cups water
12. 2 cups chicken stock
13. 3 tablespoons chopped coriander leaves

Method

1. Wash pipis. Dissolve 1 tablespoon of salt in 3 litres of water at room temperature. Soak pipis in salt water for 2 hours.
2. Pour out salt water. Rinse pipis and immediately place into 3 litres of warm water to make the shells open.
3. Carefully clean and scrub the pipis, remove the veins and any intestinal tubes. Leave meat attached to shells.
4. Heat oil in deep saucepan over a medium heat. Add chopped onions, chopped thyme, garlic and ginger. Stir fry until onions become transparent.
5. Add chopped tomatoes and pumpkin, stir and allow to simmer until a thick, well blended sauce is formed. Add a little water if necessary to avoid burning.
6. Add chicken stock and 2 cups of water (or more if extra bouillon is required). Add half of the chopped coriander leaves, chillies, salt and pepper to taste. Allow to simmer for half an hour.
7. Immerse the pipis and allow to simmer for 15 to 20 minutes.
8. Remove from the pan and place in a serving dish. Sprinkle the remainder of the coriander on the bouillon.

Serving suggestion

Ideal as a mouth watering entrée.

Ahmedabad

A step back in time

WORDS: SUGATO TRIPATHY

The historic city of Ahmedabad deservedly became India's first UNESCO Urban World Heritage Site recently. Its architecture is eclectic. It's crowded streets, chaotic traffic and hidden back alleyways hold within them some architectural marvels, cultural artifacts and ancient temples which make the city special. You should also visit the eighth century AD cities of Champaner and Pavagadh – Gujarat's first UNESCO World Heritage site.



Jama Masjid

1. Jama Masjid

The 600-year-old structure is the most impressive of the city and was built by Ahmed Shah. Most of the building materials are made from demolished Hindu and Jain Temples and the mosque (in some parts) indicates an architectural fusion of these religions. Lotus carvings on some domes (symbols of Jainism) and carvings of bells hanging on a chain (symbols of Hinduism) on a few pillars is a testament to this fusion. The prayer hall is adorned with 260 columns – a typical example of Indo-Saracenic architecture. Another talking point of this structure is the two central minarets. The mosque withstood the earthquake of 1819 but lost half of its two main minarets, the lower portions of which still remain and are dubbed the 'shaking minarets' – a reference to their vulnerability after the disaster.

2. Sabarmati Ashram

Also known as Gandhi Ashram, the humble set-up by the Sabarmati riverside was established by the great Mahatma Gandhi. He made his base here as it was mid-way between the jail and cemetery. He was of the opinion that his non-violent struggle for independence would land him in either one of the places! This quiet and humble abode was used by him from 1917 to 1930. Currently it houses a small museum with detailed information about Gandhi's formative years as a lawyer until he became the face of Indian independence. His teachings, family, speeches, sayings and an art gallery speak a lot about his life. The place is also etched in history for being the starting point of the famous 'Dandi March' also known as 'Salt March' where he, along with his 78 companions protested against the infamous salt tax levied by the British rulers.



Sabarmati Ashram



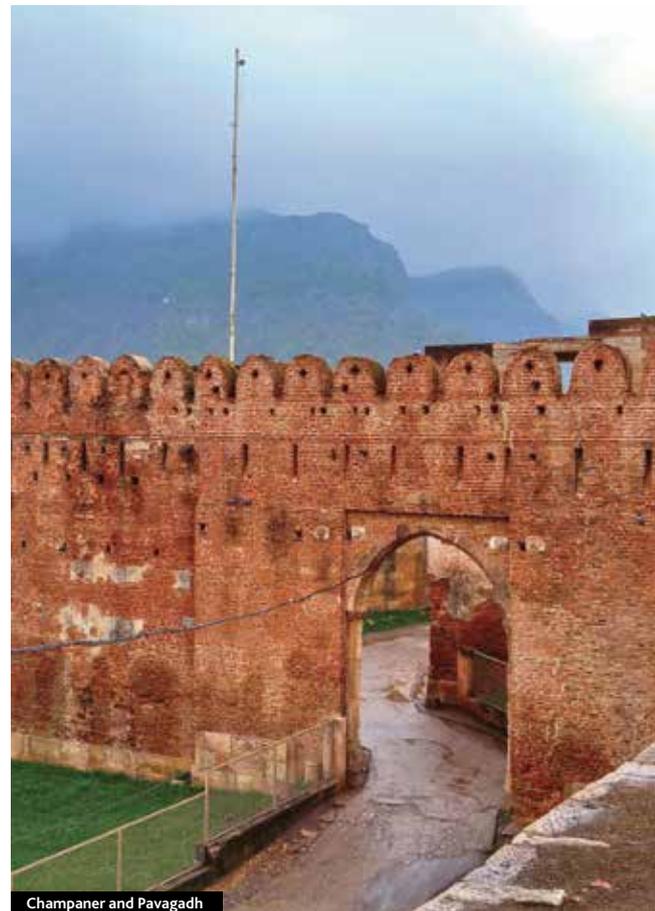
Vechaar Utensils Museum



Adajal Stepwell

3. Vechaar Utensils Museum

This quirky museum is one of a kind. It houses more than 4,500 pieces of ancient utensils made up of brass, terracotta, bronze, wood, silver, gold and even ivory. Set up in 1981, the museum was established with items collected from several parts of India. It showcases the cultural and traditional diversity of the country and also puts on show the exemplary craftsmanship (some dating back thousands of years). There is a plethora of exhibits ranging from animal shaped bowls and jugs, jewellery and betel leaf boxes and decorated *hukka* sets to nutcrackers, rolling pins, frying pans, casseroles, glasses, plates, knives, spoons and much more. The museum is part of Vishalla, a traditional restaurant founded in 1978



Champaner and Pavagadh



Helical Stepwell

4. Adalaj Stepwell

Gujarat boasts more than 500 stepwells, a few of which date back to 600 AD. Half an hour from the city centre on the Ahmedabad-Patan highway lies the finest specimen of stepwells in Gujarat: the 15th century five-storey Adalaj StepWell built by Queen Rudabai. Three entrances lead to the huge platform which rests on 16 pillars. The intricate stone carvings add to the grandeur of this amazing structure. It is built in such a way that direct sunlight never reaches the steps except at noon, which means the area within the structure remains cool. It has served as a resting place for travellers and pilgrims for 100 of years and is now one of the most popular tourist destinations of Gujarat.

If you have a day to spare, head to the 8th century cities of Champaner and Pavagadh – Gujarat's first UNESCO World Heritage site.

5. Champaner and Pavagadh

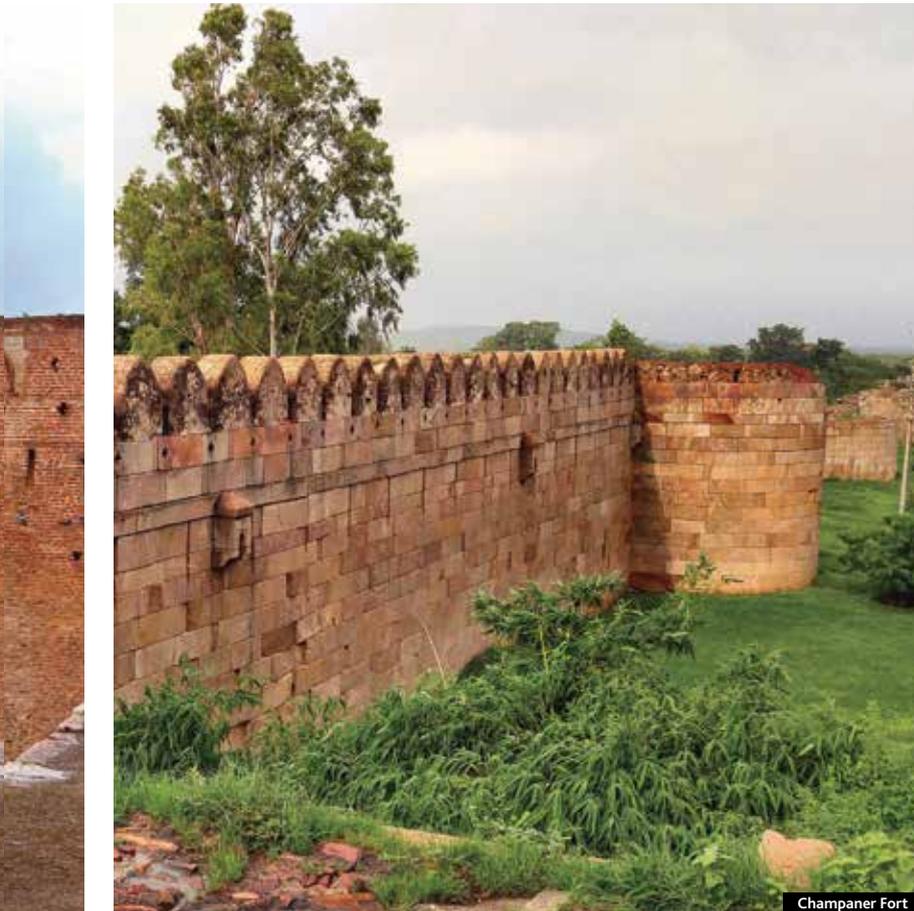
A three-hour drive from Ahmedabad, Champaner flourished as the vibrant capital of Pavagadh under the aegis of Delhi Sultans during the late 1400s. Replete with the ruins of a fortress, numerous mosques, temples, tombs and step wells, the area was declared a UNESCO World Heritage site in 2004, the first one in Gujarat. Settled in the pre-Mughal era, the monuments are a fusion of Hindu and Islamic architecture.

6. Helical Stepwell

Located on the Halol-Pavagadh road, the only Helical Step well in Gujarat was probably built during the 16th century AD. A picturesque garden surrounds the structure which has a daunting spiral staircase winding down the inside of the 50 foot (15.24 metres) well, getting narrower towards the base.

7. Champaner Fort

Vanraj Chavda, the most renowned king of the Chavda dynasty, built the city of Champaner in the eighth century AD. The majestic high walls of the crumbling citadel are a testament to the glorious days of the city during the 14th century under the rule of Khichi Rajputs. It is said that the city prospered under their rule until it was invaded by Mohamud Begada (grandson of erstwhile Sultan of Delhi, Mohammed Shah who built Ahmedabad). He captured the city of Champaner after a 20 months' long battle with the incumbent ruler Raval Jaisingh in the mid-15th century. This explains the presence of various mosques built during this period in a city which was a Hindu Kingdom for 650 years. After Champaner was raided by Mughal King Humayun in 1535 AD, the reigning Sultan fled to Ahmedabad,

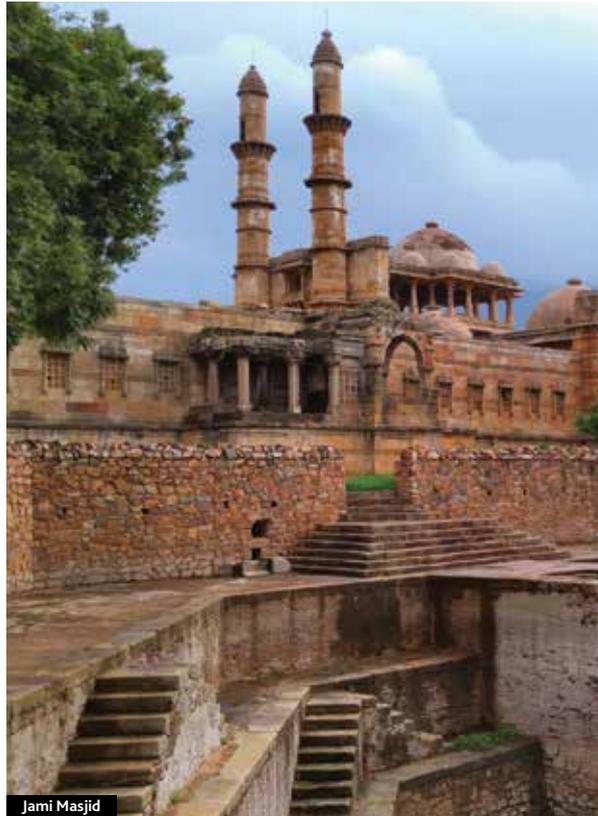


Champaner Fort

abandoning the city. The sands of time engulfed the settlement and it wasn't rediscovered until 1879 when British archaeologists stumbled upon this forgotten city.

8. Jami Masjid

Built in 1508, this World Heritage monument is considered to be one of the finest mosques ever built in Gujarat. Large manicured lawns grace the premises and the inside courtyard. Another fine example of Indo-Islamic architecture, the mosque is raised on a high plinth and can be accessed through three imposing porches on the north, south and east sides. The walls on the eastern side porch have intricate carvings and *jaali* work making it the most spectacular entrance of the mosque. Two towering 30-metre minars guard the central entrance as sentinels. Walking inside the imposing structure, one can't help but marvel at the northern section of the main prayer hall. It is separated by a delicately carved perforated screen which served as the section for royal ladies. Sadly, many of the perforations are now broken, leaving one to wonder how beautiful it would have been in its time. Another remarkable structure in the premises is the huge octagonal ablution tank probably built for pilgrims. A series of fragmented steps in the form of a triangle at each level gives it a striking appearance.



Jami Masjid



9. Saher-Ki-Masjid

Built only for royalty, this imposing structure served as a private mosque. Typical of all other structures here, it is a fusion of Indo-Islamic architecture. Built during the 16th century, it is a mix of Indian trabeate (pillar and beam) and Islamic arcuate (column and arch) style. The central arched entrance is flanked by two beautiful minarets on either side. There are five large domes corresponding to each arch in the mosque imparting a unique view from the front. The mosque consists of a large prayer hall filled with a labyrinth of pillars and five mihrabs.



Saher-Ki-Masjid

10. Saat Kaman – Pavagadh Hills

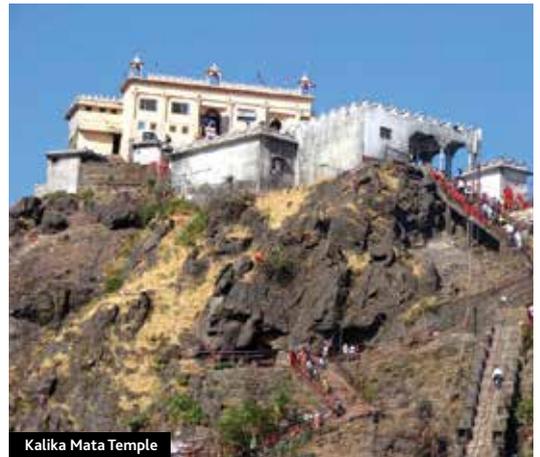
The volcanic hill of Pavagadh forms the other part of the vast 3,280-acre Champaner-Pavagarh Archaeological Park. Part of the Southern Aravalli range, the hill is characterised by steep rock formations, dense vegetation and reddish-orange rhyolite boulders. On the western side of the crumbled Pavagarh fort lies Saat Kaman (Seven Arches). Its unusual architecture with trapezium shaped stones locked with pestle-mortar joints is intriguing. Built probably in the 15th century AD, the reason for its construction is unknown. Only five arches remain now. The place provides an aerial view of the entire town of Champaner surrounded by lush green valleys and hills.



Saat Kaman – Pavagadh Hills

11. Kalika Mata Temple

Perched on the top of Pavagadh Hill is the venerable Kalika Mata Temple. Built between the 10th and 11th centuries AD, it is one of the 51 Shakti Peeths in India. It stood as an epitome of Hindu religion during the rule of the Rajput Chauhans. At the end of the ghat road lies the small village of Machi which serves as the base station for the temple. From here cable car services are available to get to the summit. The ropeway is short yet exciting with magnificent views of the valley below. From the cable car station, it is another vertiginous climb of 250 stairs to reach the temple. Shops sell flowers, food, souvenirs and all kinds of religious paraphernalia on either side of the climb. A visit during monsoons has its own charm when the entire stretch is engulfed in clouds and visibility drops to a few metres. The crisp mountain breeze, the flickering lanterns in the shops, the distant tinkling of bells and the chattering of fellow pilgrims in a dozen language sums up an ethereal experience. 🌿



Kalika Mata Temple



People of Gujarat

FACTFILE

Best time to visit: October to February.

Where to Stay: Ahmedabad has plenty of options ranging from budget to luxury. Almost all chain hotels have properties here like Hyatt, Novotel, Hilton, Lemontree etc.

Where to Eat: Gujarat is inherently vegetarian and you will find plenty of restaurants with pure vegetarian (without onion & garlic) options.



Air Seychelles offers six weekly flights to Mumbai with codeshare partner Air India

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Above: Head of Guest Experience Rosemary Monthy with the best Economy Class Award at the World Travel Awards 2019.

AIR SEYCHELLES CLINCHES AWARD

Air Seychelles has clinched the prestigious accolade of 'Indian Ocean's Leading Airline – Economy Class' at the World Travel Awards (WTA) 2019.

Established in 1993 to acknowledge, reward and celebrate excellence across all sectors of the travel and tourism industry, this year's event marked WTA's inaugural visit to the paradise island of Mauritius and was held at the elegant five-star Sugar Beach hotel.

Minister of Tourism, Civil Aviation, Ports and Marine, Didier Dogley, said: "Winning the World Travel Awards is indeed a remarkable achievement for Air Seychelles and its staff members who continue to go the extra mile in providing a satisfactory service to its guests to enable the airline to maintain its valuable contribution to our tourism-based economy."

Air Seychelles Chief Executive Officer, Remco Althuis, said: "Being recognised by industry professionals across Africa and the Indian Ocean is indeed motivating, given that last year the airline embarked on a transformation plan to rebuild its reputation as the leading airline in the Indian Ocean.

"This award is a testament that the airline is slowly progressing forward amidst the challenging environment we operate in and for that I would like to thank all the colleagues at Air Seychelles as well as our partners for their continuous support."

Speaking to the media at the event, Head of Guest Experience, Rosemary Monthy highlighted: "It is an honour to be recognised by the World Travel Awards and we are delighted to be taking home the best Economy Class Award.

"It is indeed a great achievement for the national airline of Seychelles in recognition of the efforts we put in delivering quality products and warm hospitality in our Economy Class cabin.

"Building on this accomplishment, we will continue to enhance our Economy Class product and service to continue to deliver an exceptional inflight experience for our guests as we aim on becoming the leading airline in the Indian Ocean."



Above: Head of Guest Experience Rosemary Monthy with one of the representative of World Travel Awards 2019.



A NEW WIRELESS STREAMING INFLIGHT ENTERTAINMENT EXPERIENCE

Air Seychelles has selected AirFi, the market-leading provider of portable onboard Wi-Fi platforms, to provide wireless streaming inflight entertainment onboard its new A320neo aircraft, set to be delivered in July 2019.

The implementation of the new entertainment platform will modernise the onboard digital experience by providing guests greater flexibility, value and control when using their own smartphone, tablet or laptop devices including headsets to stream the wide range of inflight entertainment programmes such as movies, TV programmes, games, audio and moving maps.

Left: Chief Executive Officer of Air Seychelles, Remco Althuis with AirFi Customer Success Manager, Nitant Shinde holding the AirFi box.

SIXTH WEEKLY SERVICE BETWEEN SEYCHELLES AND INDIA

Air Seychelles has launched its sixth weekly frequency between Seychelles and the largest Indian city, Mumbai. The flight, operated on Sunday 12 May 2019 by the airline's Airbus A320 aircraft S7-AMI, was commanded by Captain Francois Jackson and First Officer Rajesh Nair.

Charles Johnson, Chief Commercial Officer of Air Seychelles said: "Expanding our presence in the Indian market reflects our commitment to provide guests greater choice and flexibility when travelling with Air Seychelles.

"Since the launch of the flights in 2014 there has been a significant increase in traffic volumes between the financial capital of Mumbai and the Seychelles; hence to ensure that we keep up with the trend we have also revised the time for our flights to Mauritius and Mumbai over the Seychelles to allow seamless connectivity across our network.

"The support of the government of India and our partners, including the travel trade, has been important in enabling us to operate this additional frequency and we remain grateful for their continuous support".

Air Seychelles also played host to a group of key travel trade professionals in India in acknowledgement of their continuous support in promoting the national airline as the preferred carrier for travel to the Seychelles and beyond.

The appreciation dinner, held at the London Taxi restaurant in Mumbai, was attended by the airline's Chief Commercial Officer, Charles Johnson, Head of Aeropolitical and Government Affairs, Liza Rene-Cosgrow, together with the airline's General Sales Agent based in India, Delna Shroff.

Air Seychelles currently has an active codeshare agreement with Air India to eight cities across India including Ahmedabad, Bangalore, Kolkata, Kochi, Delhi, Hyderabad, Chennai, and Trivandrum.



Above: Charles Johnson, Chief Commercial Officer and Liza Rene-Cosgrow, Head of Aeropolitical and Government Affairs together with members of the travel trade.

CUSTOMER SERVICE IN KEY AREAS ENHANCED

Air Seychelles, together with the Seychelles Tourism Academy (STA), has presented more than 40 staff with certificates following the successful completion of customer service training.

Held at the airline's premises in Pointe Larue from 12 March 2019, the training – which proceeded until 5 April 2019 – targeted both front line and back office staff interacting with customers on a daily basis.

The sessions, conducted over two days each in batches of 12, was delivered by Fadette Julienne and Laura Hoareau, two expert lecturers from the STA.

Besides congratulating the staff members on the successful completion of their training, Remco Althuis, Chief Executive officer of Air Seychelles, said:

“Customer service delivery is a never-ending process and STA was identified as the right partner to join Air Seychelles in delivering the training. In addition to providing the staff members with a good chance to go back to class, increase their skills and further develop their knowledge in the field, the training also served as a team building activity through the various topics covered.”

Air Seychelles and STA signed a partnership agreement in September 2018. The airline maintains a long-standing collaboration with the tourism academy dating back to 2007.



STAFF PARTICIPATE IN ENVIROMENTAL ACTIVITIES

Air Seychelles joined the local community to clean-up the Anse Forbans beach in the south east coast of Mahé as part of several projects being implemented by the Anse Forbans Community Conservation Programme (AFCCP).

Seven volunteers from various departments participated in the clean-up on 13 April 2019, to collect plastic waste and unused items discarded on the long stretch of sand, linked to the shallow waters of the Anse Royale and Anse Aux Pins district. A total of 49 kilogrammes of waste was collected.

Sheryl Barra, Head of Air Seychelles Corporate Affairs, said: “Part of the Air Seychelles corporate social responsibility programme for this year is very



Above: Air Seychelles team at the beach clean-up activity.

much focused on environmental conservation and education in the Seychelles, so that the beautiful flora and fauna of the island continue to remain a key attraction for all visitors.

“We decided to join the AFCCP’s conservation campaign and play our part in supporting the drive to eliminate plastic waste, including marine debris, along the seashore.”

In a separate initiative, a group of Air Seychelles staff from Mahé and Praslin participated in tree planting at the Veuve Special Reserve in La Digue to assist with the conservation of the reserve’s eco-system.



Above: Group photo of all the staff members who joined the tree planting activity.

Held on 11 May 2019, a total of 100 trees were planted on the 21 hectare plateau of the reserve which is home to the Seychelles Paradise Flycatcher, Seychelles Sunbird, Seychelles Bulbul as well as Seychelles Terrapins, all of which are endemic to the Seychelles.

Josianna Rose, Manager of the Veuve Reserve, said: "On behalf of the SNPA, I would like to thank the management and staff of Air Seychelles in conducting the tree planting activity which was a great success.

"Air Seychelles has demonstrated its strong commitment to support the protected breeding and feeding habitat for the rare endemic bird species, the Seychelles Paradise Flycatcher (*Terpsiphone corvina*) population in the Veuve Reserve on La Digue. The commitment of the airline has been very much appreciated and we hope to maintain the continued partnership."

TRAINING UNDER WAY FOR A320NEO ARRIVAL

Air Seychelles has over the past few months been training staff in preparation for the delivery of the A320neo aircraft, set for July 2019.

Key staff members from Technical Operations, Project Management, including Flight Operations team, as well as representatives from the Seychelles Civil Aviation Authority, have attended A320neo general familiarisation training courses held in-house at the Air Seychelles head office in Pointe Larue. The training provided participants with a general overview of the whole mechanical structure of the new aircraft.

In February the Airbus Hamburg Training Centre welcomed the first group of Air Seychelles aircraft engineers as part of its comprehensive A320neo training programme. The agenda comprised both theory and on-the-job experience and provided the technical operations team with specialised knowledge on how to conduct maintenance on the A320neo, besides having the chance to view the Airbus assembly line.

The training will continue over the coming months as part of the entry into service programme of the new Air Seychelles A320neo aircraft.



Above: Engineers, Clyne De-Letourdis, David Saminaden and Denys Assan at the Airbus training facility in Hamburg.

AIR SEYCHELLES TO FLY TEAM SEYCHELLES TO INDIAN OCEAN ISLAND GAMES



Above: Fabian Palmyre, Principal Secretary for Youth and Sports, Jean Larue, Chief Executive Officer National Sports Council and Charles Johnson, Air Seychelles Chief Commercial Officer.

Air Seychelles will operate two charter flights to the island of Mauritius to carry the Seychelles delegation participating in the Indian Ocean Island Games (IOIG) in July 2019.

The flights, to be operated by the airline's Airbus A320 aircraft, will depart the Seychelles International Airport on 17 July 2019 and return the competitors on 29 July 2019.

The Chief Commercial Officer of Air Seychelles, Charles Johnson, said: "Sport plays an integral part in bringing communities together and instills important values in the young generation. We are proud to be part of this journey and we look forward to welcoming the athletes onboard our aircraft."

Introducing **seyStream** in-flight entertainment



Effective 1 August 2019, Air Seychelles will introduce its new wireless in-flight entertainment system '**SeyStream**' across its entire Jet Fleet of A320ceo and A320neo aircraft.

To access the platform guests will need to bring their personal devices including phone, tablet, laptop and headsets.



Salon Vallée de Mai
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Terms & Conditions apply. Economy Class guests can access the lounge at our published rate of USD40.
*Please confirm your eligibility with your frequent flyer program.



Discover the comfort of our Business Class

Guests benefit from access to our Premium Business Lounge before departure and a baggage allowance of 40kg. Onboard, recline and relax on luxurious leather seats whilst enjoying the latest Hollywood movies and choose from a selection of Seychelles and Internationally-inspired dishes from our à la carte, dine on demand menu.

Air Seychelles global offices

 <p>India</p>	<p>Capital: New Delhi Languages: Hindi, English Currency: Indian Rupee Area: 3,287,590 km² Population: 1,263,830,000 Air Seychelles destination: Mumbai</p>	<p>Jet Air Pvt. Ltd 2-A Stadium House Veer Nariman Road, Churchgate Mumbai 40020, India Tel: +91 22 22040685/82 Email: hmsales@jetair.co.in/hmres@jetair.co.in</p>
 <p>Madagascar</p>	<p>Capital: Antananarivo Languages: Malagasy, French Currency: Malagasy ariary Area: 587,041 km² Population: 24,894,551 Air Seychelles destination: Antananarivo</p>	<p>Rogers Aviation Madagascar SARL Lalana Solombavambahoaka Frantsay 77 Antsahavola Antananarivo 101 Madagascar Tel: +261 20 22 359 90 Email: feizal.abd oollah@rogers-aviation.mg</p>
 <p>Mauritius</p>	<p>Capital: Port Louis Languages: French, English, Creole Currency: Rupees Area: 2,040 km² Population: 1,243,000 Air Seychelles destination: Plaisance Airport</p>	<p>Rogers Aviation Ltd 2, Gardens of Bagatelle Bagatelle Office Park Moka, Mauritius Tel: +230 2026665 Email: olivier.malepa@rogers-aviation.com</p>
 <p>Seychelles</p>	<p>Capital: Victoria Languages: Seychellois Creole, English Currency: Seychelles Rupee Area: 456 km² Population: 95,235 Air Seychelles destination: Mahé & Praslin</p>	<p>Air Seychelles Ltd Seychelles International Airport P.O. Box 386 Mahé, Seychelles Tel: +248 4391000 Email: callcenter@airseychelles.com</p>
 <p>South Africa</p>	<p>Capital: Pretoria Languages: English, Afrikaans (11 official languages) Currency: South African Rand Area: 1,221,037 km² Population: 45,919,000 Air Seychelles destination: Johannesburg</p>	<p>Border Air Pty Ltd Lu Dowell Representations 280 Oak Avenue, Randburg Johannesburg, South Africa Tel: +27 11 3264440/4443/4483 Email: isla@border-air.co.za</p>

Route Network

Air Seychelles Domestic Network



MAP KEY

- Air Seychelles Flights
- Air Seychelles Chartered/Seasonal Flights
- Codeshare Flights
- New Codeshare Flights

OUR CODESHARE PARTNERS



New York

Ma
Casablan



Our fleet



Airbus A320

(Amirantes, Silhouette)

Aircraft: 2

Cruise speed: 840 k/hr

Business Class seats: 16

Economy seats: 120

Wing span: 111ft 9in

Length: 123ft 3in

Maximum range: 2930 nm

Seat Configuration

One aisle passenger cabin

Pearl class: 2-2 four abreast

Economy: 3-3 six abreast



DHC-6 (TWIN OTTER)

Aircraft: 5

Seat Capacity: Total 19

Max. Gross Weight: Take Off, 5,669 kgs

Range: 490 nautical miles (907.5 km)

Engines: Pratt and Whitney PT 6A-27

Sea Level Thrust: SHP 680



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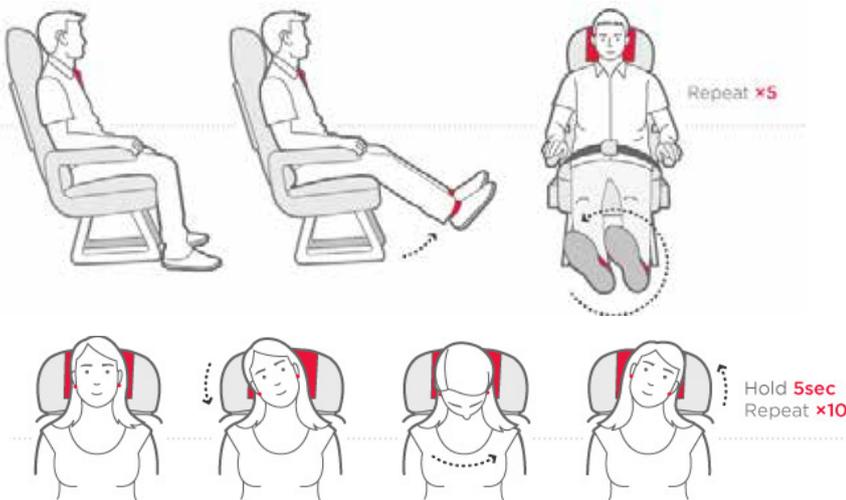


Book your ticket with your travel agent, call us on (248) 439 1000 or visit airseychelles.com

IMPORTANT INFORMATION

<p>Airport Seychelles International Airport is the main airport on the main island of Mahé. There are two terminals for International and Domestic.</p>	<p>Currency The Seychelles Rupee. There is no restriction on the import and export of domestic and foreign currency in the country. However, anything over USD 10,000 should be declared on arrival or departure. Banks and Bureaux de Change are authorised dealers in foreign currency.</p>	<ul style="list-style-type: none"> • Liberation Day (5 June) • Corpus Christi (20 June) • Constitution Day (18 June) • National Day (29 June) • Assumption Day – festival on La Digue (15 August) • All Saints Day (1 November) • Immaculate Conception (8 December) • Christmas Day (25 December). 	<p>Ground transport Driving in Seychelles is on the left side of the road. You can rent cars on Mahé and Praslin. There are several car hire counters outside the arrivals hall at Mahé International Airport. Seychelles Public Transport runs daily bus services from morning to evening. The bus usually passes by every 15 minutes.</p>
<p>Information There is a tourist information/ hotel booking desk in Arrivals. There are ATMs, a Bank and a Bureau de Change at the airport.</p>	<p>Credit cards Most credit cards and travellers' cheques are accepted.</p>	<p>Passport requirement Valid passports or other travel documents recognised by Seychelles are required for entry into Seychelles. The passport MUST be valid for the period of the intended stay.</p>	<p>Taxi service Taxi service is safe and reliable and you can get one from the International Airport or call for one from your hotel.</p>
<p>Time Seychelles is four hours ahead of GMT and three hours ahead of Central European Time.</p>	<p>Banking Banking hours are generally Monday-Friday 0800hrs-1400hrs, and Saturday 0800hrs-1100hrs.</p>	<p>Visa requirement Visa is not required for entry into the Republic of Seychelles regardless of the nationality of the passport holder. Re-confirm before travel. www.ics.gov.sc</p>	<p>Tourist information office The Seychelles Tourist Office is located in Independence House, Victoria, Mahé.</p>
<p>Electric supply The power sockets are of type G. The standard voltage is 240 V and the standard frequency is 50 Hz.</p>	<p>Public holidays 2019</p> <ul style="list-style-type: none"> • New Year (1 January) • Good Friday, Easter Sunday, Easter Monday (19, 21 & 22 April) • Labour Day (1 May) 		
<p>Language Creole, English and French are the official languages of the Seychelles.</p>			

These simple exercises will help to relieve the tiredness and stiffness associated with flying. Check with your doctor first if you have any health conditions which might be adversely affected by exercise.



Other tips for a comfortable flight

- For your comfort try and travel light.
- Wear loose clothing and elasticated stockings made of natural fibre.
- Increase your normal intake of water.
- Use moisturising cream to keep your skin from drying out.
- Take off shoes in the plane to prevent your feet from swelling.
- Avoid heavy meals during the flight.
- Short walks once every two hours are excellent for circulation.
- On arrival at your destination, have a hot shower or relaxing bath.
- Try to touch your toes when waiting in the aisle to stretch your hamstrings.
- On arrival a quick job, brisk walk, or a vigorous scrub will help stimulate your circulation.

Shoulder circles

- Sit tall and move forward in your seat.
- Bring your shoulders up towards your ears, then circle back downwards.
- Reverse the exercise by lifting your shoulders towards your ears and drop them back.

Neck rolls

- Sit back in your seat and flatten the headrest.
- Gently and slowly roll your neck to one side, then back through the centre towards the other side.
- Try keeping the back of your neck extended.

Sit up straight

- Place the pillow at the hollow of your back.
- Sit tall in your seat to avoid compressing your spine.
- Do not cross your legs. Instead, try to sit with your weight evenly balanced.

Ankle circles

- Sit tall in your seat, and place the pillow under your thigh, just above the knee.
- Keep your weight even as you circle your foot around, keeping the whole foot as still as possible.

MON ZIL, MON SEYBREW

MY ISLAND, MY SEYBREW



NOT FOR SALE TO PERSONS UNDER THE AGE OF 18
DRINK RESPONSIBLY • DON'T DRINK & DRIVE

18+



A TRIP TO SEYCHELLES IS INCOMPLETE
WITHOUT A VISIT TO EDEN ISLAND



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