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"We continued our whirlwind expansion in Italy this summer"

Hello, and thank you for choosing to fly with Wizz Air today. It is my pleasure to welcome you on board.

What an improvement summer 2021 has been versus summer 2020. Thanks to the success of vaccination campaigns throughout Europe, and the EU Digital COVID Certificate, restrictions have eased and travel – for business, to see loved ones and well-deserved holidays – is back on the agenda.

Over the last few months, we were delighted to reinstate some of our favourite routes, and move quickly to open brand-new ones where opportunities arose. Wizz Air launched 180 routes this summer alone, and we flew 100% of our 2019 capacity in the peak month of August. Travel is back – and nowhere has

our growth this year been quite as exciting than in Italy.

We continued our whirlwind expansion in the country over the past few months, and in July we opened our fifth Italian base in Rome. Naples became our sixth base there this August, with 18 routes in nine countries, including regional destinations Milan Linate, Olbia and Verona, and international cities such as London, Casablanca and Reykjavik. We're also thrilled to announce further commitment in Albania, too, by adding an extra aircraft to our Tirana base and launching two new routes.

No matter where you are heading today, I and everybody at Wizz Air wish you a safe journey.

József Váradi Chief Executive Officer



Our enhanced health and safety measures



Passengers must wear face masks correctly on board our aircraft.



Cabin crew are also obligated to wear face masks and gloves.



Our aircraft are cleaned and disinfected daily using an effective antiviral solution.



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Passengers should self-scan their boarding pass at the gate.



Customers should check in and make purchases (e.g. additional bags) online.



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We ask that passengers respect social distancing guidelines during boarding and disembarkation.



We recommend using fast-track security screening at airports.

GRAND FERDINAND



10% discount on the daily rate at Grand Ferdinand



Book a table at Meissl & Schadn



Blessed with beauty.

At the Grand Ferdinand, Viennese elegance makes its triumphant return to the world-famous Ringstraße. Here tradition is celebrated by moving forward, not by looking back. At our restaurant Meissl & Schadn, the classics of Austrian cuisine, especially the Wiener Schnitzel, achieve perfection.

BEST WIENER
SCHNITZEL AT
MEISSL & SCHADN
IN VIENNA AND
SALZBURG



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Nose around Gaudí's home in Barcelona; step into a haunted toy shop in Edinburgh; get shaken and stirred by Matera's hilltop views; and dive into the world's deepest pool in Dubai – where else?

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Editor's letter

Ahhhh. Is there anything more relaxing than sinking into a deep, warm tub? But if you're reaching for the bubbles every time, you need to up your game. The strangest baths I've ever experienced include a red-wine bath in Madeira and a mud bath in Turkey. But the next one on my list? A hay bath. Not just for horses, apparently, this traditional spa treatment in the Italian Alps dating back over 100 years detoxes, boosts energy levels and loosens aching muscles. You can read all about it - plus other unusual wellness trends in the Dolomites - on p32.

It's not the only self-care story in this issue. We find out why the people of Greek island Ikaria live so long (p42), and enjoy some tranquillity at the near-deserted treasures of Luxor and Aswan (p56). Too slow-paced? Well, we also get the lowdown from Europe's roaming digital nomads (p48) and take a bite out of the UAE's newest trend: supper clubs in crazy locations (p66). Wherever you're going to this autumn, I hope you enjoy every second of your travels.

Claire Köksal, Editor

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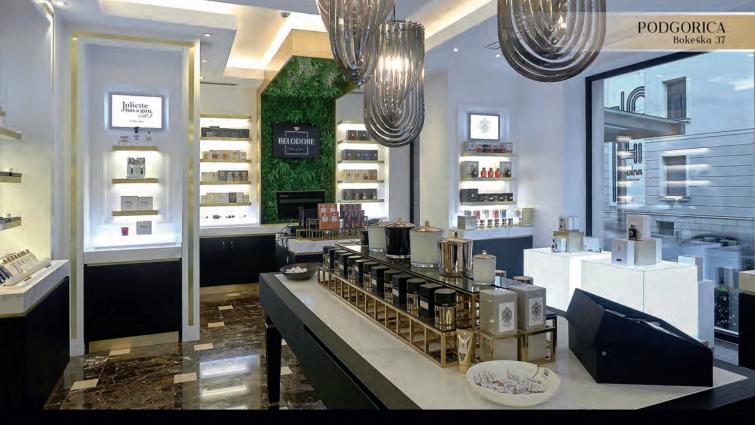


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MEET THE WORLD IN KATOWICE

The capital of the Metropolis GZM, Katowice is a city where tradition meets modernity. That's why it was chosen as the 11th host of the **World Urban Forum - WUF11**, held from **26-30 June 2022**. Looking for an unforgettable experience? Take in our beautiful city at the World Urban Forum.







like a Disney-ish delight, but Rachel Maclean's exhibition in the Jupiter Artland contemporary sculpture park outside Edinburgh is actually a little shop of horrors. Installation upside mimi ıшıш имор is an abandoned toy store covered in graffiti, while the dolls of cartoon Princess Mimi on display are all disconcertingly upside down.

The shop also houses an animated film starring Mimi - a commentary on the struggles youngsters in Scotland face in a world turned upside down by the COVID-19 pandemic. "I hope it offers a surrealist and darkly humorous escape from lockdown life," says Rachel. Amen to that. jupiterartland.org

₹ Wizz Air flies to Edinburgh

WORDS: SARAH WARWICK AND CLAIRE KÖKSAL

in Edinburgh



Make like **James Bond**

in <u>Matera</u>

Daniel Craig's had a good run as 007, but No Time To Die, in theatres from September, will be his fifth and last film as the suave spy. Why not mark the occasion with a trip to one of the film's locations in Matera, Italy? This former European Capital of Culture is known for its amazing network of

> cave dwellings, medieval rock churches and continuous human habitation since the Stone

> > Age. The town is expecting a \$10m tourist boom on the back of Bond, so you might want to visit before it gets overrun. Its stunning scenery and precious relics will leave you shaken and stirred.

> > > **⊀** Wizz Air flies to Bari



Visit the Museum of Roman Civilization in Rome (currently being renovated), the scene of Marco Sciarra's funeral in Spectre where Bond chats up Sciarra's widow. museociviltaromana.it



Quantum of Solace on a trip to Siena, where the equally impressive Palio di Siena horse races are held in Piazza del Campo twice a year.



Drive up to Lake Como from Milan to the hospital where Bond convalesces in Casino Royale, AKA the gorgeous Villa del Balbianello, now home to a museum of international art. fondoambiente.it



TIMOT



Step into a cartoon

in <u>St Petersburg</u>

If you always looked at the *Take On Me* music video (where A-Ha's Morten Harket is trapped inside a graphic novel) and thought, 'If only that were me', then you're in luck. At Café Bw in St Petersburg (there's also one in Moscow) you can pretend you're an extra in a cartoon movie, as everything from the chairs and tables to the cups and the piano (but thankfully not the tasty cakes) has been painted to look like two-dimensional, black-and-white drawings.

"The renovation took just over a month, and around 100kg of paint," explains Solbon Namsaraev, the creator and owner of the café. Unsurprisingly, it's been especially popular with local Instagrammers, whose monochromatic masterpieces are reposted at @cafe_bw. cafe2d.ru



(with joy, delight and horror)

around the network

There are plenty of reasons to shriek as loud as you can this autumn – from rollercoasters to Halloween events and a new museum dedicated to Norway's most famous painting. Which scream is for you?

THELAZYSCREAMER

If you can't be bothered to scream your frustrations into the abyss, now there's someone who'll do it for you. The Icelandic tourist board reckon their country's scenery is so good at taking away stress, they've made a website that allows people to record a scream, and they then "release it in Iceland's beautiful, wide-open spaces".

lookslikevouneediceland.com

₹ Wizz Air flies to Reykjavik

Totally. Why keep a dog and bark vourself?

THEPRIMAL SCREAMER

Scream therapy is one of the

latest stress relievers to make a

comeback. If you want to release

(The World's Door). In its special soundproofed room you're invited

to scream out your frustrations in

peace. There's even a drum kit in

case you need an accompaniment

ARE YOU STRESSED OUT?

START HERE

Who Not really isn't?

> Ooh. I love it

LIKE THE IDEA OF BEING LOCKED UNDERGROUND WITH SIX MILLION GHOSTS?

Um, Err. no yeah!

Find out with our quiz

DO YOU LIKE TO

GET OUT OF YOUR

COMFORT ZONE?

THEARTYSCREAMER

No. I'm a bit of a scaredy cat

Get to view the world's most famous grimace at MUNCH, the Oslo museum dedicated to the work of Norway artist Edvard Munch opening in October. The building will have several large exhibition spaces and regular events, as well as the original Scream. munchmuseet.no ₹ Wizz Air flies to Oslo

some tension, head to Cairo's new café-bookstore Bab Aldonia THESKELETONSCREAMER

DO YOU LIKE TO DELEGATE?

No way.

If you want

something

done

properly...

For the ultimate Halloween adventure try the Catacombs of Paris, rumoured to be the most haunted place in Europe. More than six million bodies are buried down here. The whole tour is scream-worthy, from the 130 slippery steps down, to the narrow passageways lined with bones and skulls. catacombes.paris.fr

₹ Wizz Air flies to Paris

₹ Wizz Air flies to Alexandria

to your primal screams.

THESPEEDYSCREAMER

You'll be screaming when you take on Formula Rossa at Ferrari World in Abu Dhabi. The world's fastest roller coaster goes up to 240km/h. Whether you'll be screeching with delight or fear depends on your need for speed, ferrariworldabudhabi.com

₹ Wizz Air flies to Abu Dhabi



Gaudí's first house in Barcelona, colourful Casa Vicens, has been a well-loved tourist destination since it opened to the public in 2017 - and now it's been judged as a winning experience for visitors and locals. Not only has the masterpiece been recognised this year as one of the city's first 'Safe Tourism' locations, helping in the fight against COVID-19, it's also been awarded the new Barcelona Biosphere Commitment to Sustainable Tourism certificate (CSTBB). The latter recognises responsible resource management and sustainable tourist impact. Nice work! casavicens.org **⊀** Wizz Air flies to Barcelona

Swim in the world's deepest pool

in Dubai

Where else could the world's deepest swimming pool open but Dubai, the city already home to one of the world's largest aquariums, the largest water fountain and the tallest...well, everything. With more than 14 million litres and a depth of (gulp) 60m, the newly opened Deep Dive Dubai joins the city's record-breaking attractions.

All levels of divers are welcome here, and you can choose from scuba diving to freediving. Six times bigger than an Olympic-sized pool, you can find a sunken city with an apartment, garage and games arcade, plus two underwater habitats with dry chambers at 6m and 21m. deepdivedubai.com

₹ Wizz Air flies to Dubai



WIZZ MAGAZINE 13

Step on this outdoor magic carpet

in <u>Albania</u>

One look at the revamped square in Shiroka and we think you'll be floored. This traditional fishing town on the shore of Lake Shkodra in northern Albania recently unveiled a large-scale redevelopment of its once glorious waterfront.

After the Communist occupation, this public space where locals would weave carpets by the shore became monopolised by private owners. Architects Casanova + Hernandez were brought in to bring back a sense of belonging to Shiroka Square, which they did by transforming the pavements, seats and steps with black and white granite in the pattern of traditional Albanian carpets. The result? Well, see for yourself.



With a chaser

If you're indecisive at the bar, the Stockholm Beer and Whisky Festival is for you. Why choose one drink when you can have multiple versions of either. All you have to decide is the when to go – 23-25 September or 30 September-2 October. **stockholmbeer.se**

On a boat

Kick off Berlin Beer Week (3-12 September) with a cruise along the Spree – just you, your friends and 42 special brews. The three-hour trip will have bigger measures than last year so enjoy/watch out! **beerweek.de**

In a Jacuzzi

Why put beer in you when you could put yourself in the beer? That's the philosophy behind the beer baths at Icelandic spa Bjorbodin. It's said that one of their 25-minute soaks is good for whatever 'ales' you (sorry). bjorbodin.is



Dance in a museum in Stockholm

EDM legend Avicii was only 28 when he died, but he left a huge musical legacy and reputation, particularly in his home country of Sweden. Now he's being honoured with an interactive museum in Stockholm, as part of SPACE, a massive centre devoted to digital culture. Promising to be an "immersive, interactive" and "intensively emotional" experience for fans, the Avicii Experience will also raise money for a mental health foundation set up in his name. aviciiexperience.com

Wizz Air flies to Stockholm



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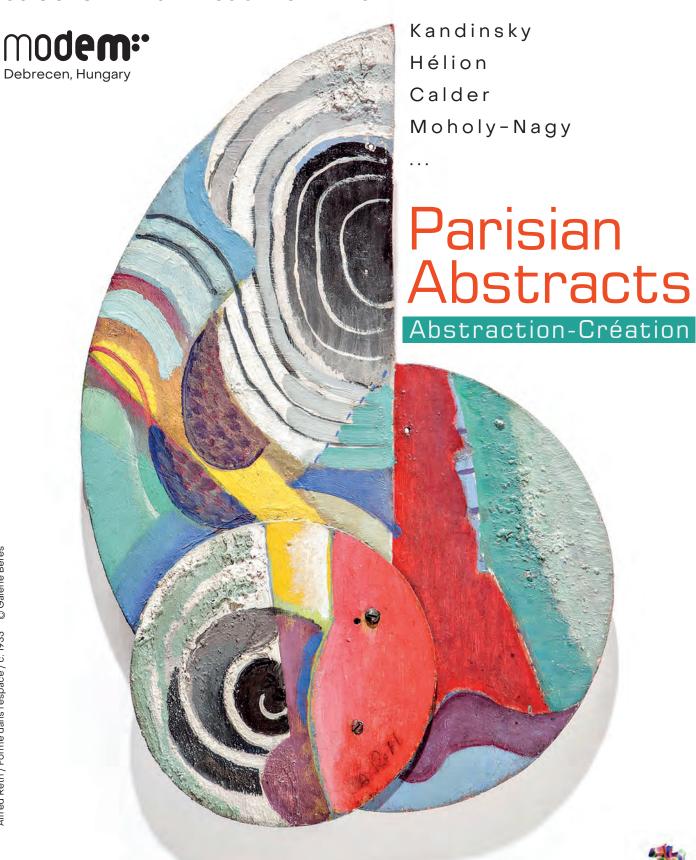
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Growing the spice of life on the rooftops of Paris

p18

Getting the skinny on eco jeans in The Netherlands

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Braving one of Europe's scariest forests in Cluj-Napoca

p27





What's it like to run a saffron farm on a Parisian rooftop with your siblings? We ask Amela du Bessey, and reveal how to get involved during harvest time

Words by Sarah Warwick

t's not quite as costly as gold, despite the legend, but at around €10 a gram, saffron is the most expensive spice in the world. Why? Well, as Amela du Bessey will tell you, it's because it has to be harvested by hand and dried in the sun, all on a single day of the year.

Currently, more than 90% of the world's saffron is grown in Iran and flown into Europe. But Amela has changed that by creating a local supply of this 'red gold', grown on Parisian rooftops. BienElevées

(the name means 'well bred'), launched in 2017 and now has eight *safranières* in Paris and one in Lyon, each with between 30,000 and 50,000 saffron bulbs, all planted and harvested by hand by a remarkable group of sisters.

"We're quite a team," says Amela, the eldest of the four siblings. "We all grew up in the countryside around cultivation and we missed nature and green plants. We found out that saffron can be grown comfortably in the





city, using only rainwater and as our farms capture carbon, it's good for the city too."

Amela got the idea for BienElevées while experimenting with growing saffron bulbs on her parents' land in central rural France, where the crop was once widespread, but died out in the 19th century. Almost absentmindedly, she planted bulbs on her balcony in Paris at the same time. "After three years I realised they were happier in the city than in the country," Amela recalls.

Saffron is perfect for urban farming as it doesn't need a lot of space. It also needs very dry soil, which rooftop growing can deliver. "Wind factor helps and it lowers the number of weed seeds," she explains.

After several harvests at home, Amela took her rooftop business plan to the Parisculteurs project, which matches prospective urban farming companies with suitable spaces. Her siblings Louise, Philippine and Bérengère were working in marketing, finance and urban planning respectively, but Amela persuaded them to join her. Each take on different parts of the project, but pull together as needed. And they get on – mostly. "There are some differences of opinion, but most of the time it's a delight," says Amela.

The most stressful moments come in October, at peak harvest time, as the bulbs open for a very short time. "We have one day to pick up the flower, to collect and dry the pistils. We have dirt under our nails and are physically very challenged," she says.

The sisters run workshops year-round, and these are particularly popular at harvest

time when people can help and take home a bag of their own hand-harvested saffron. At other times of the year visitors can sample treats made with the spice and learn to tell the real thing from the fake, as well as buy products and bulbs to grow their own spice.

Amela's 'mad idea' has been a roaring success. The company's safranières now supply some of the best chefs in the city and have been recognised as an artisan producer for Michelin-starred restaurants by Le Collège Culinaire de France. The next step is world domination. "We would like to expand a lot," Amela says. "Maybe three to five rooftops per year." As they can't do all the work themselves, the idea is to find like-minded people who can expand the franchise "to cities like Marseilles maybe, around Europe, even other continents".

It won't be for everyone, but if the idea catches the attention of people who are looking for an eco-friendly urban farming project and have a rooftop to grow it on then saffron farming could well be coming to a rooftop near you soon. "We're convinced this is the way forward," says Amela. "Our method is the answer for the challenges of urban agriculture."

bienelevees.com

⊀ Wizz Air flies to Paris

Previous page

The du Bessey sisters (from left to right) Bérengère, Philippine, Amela and Louise **Above, left to right** Dried saffron; BienElevées's glorious rooftop location

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iev.aero **Kyivairport**









OPEN TO THE WORLD





This is what your jeans look like after they've been shredded, ready to be remade into jeans, but with no harmful chemicals or dyes

Rip it up and start again

utch entrepreneur Bert van Son knows all about the fashion industry – and the devastating impact it has on the world. "I worked in fashion for more than 30 years," he says. "I saw it change from something beautiful to a throwaway business. After taking a sabbatical, I realised it was a rotten industry that we had to change. So, I decided to use the money, experience and network I had to create a new company to do it better."

The fashion veteran was onto something. According to the United Nations Economic Commission for Europe (UNECE), the fast-fashion industry is responsible for 4% of global waste production, 20% of the world's water pollution, and 1.2 billion tons of greenhouse gases annually. One of the worst offenders? Jeans. Not only are they one of the most-produced fashion items, but they're also one of the most polluting.

MUD Jeans was born in 2012 and quickly hit international headlines with its innovative 'jeans leasing' model, which allows customers to lease a pair of jeans for a small monthly fee and then return them



Paired with other innovative methods - think biodegradable indigo dyes, ozone bleaching, and lasers to create a worn vintage look - MUD Jeans now uses 93% less water and 74% less CO₂ than the industry standard. As a result of its green mission, the brand was named Sustainable Retailer Of The Year 2020 by Dutch bank ABN AMRO and is one of the five highest-scoring B Corps in the Benelux.

But Bert isn't resting on his green laurels just yet. His end-goal is to create the world's first 100% post-consumer waste jeans. To achieve this, the team will combine mechanical recycling processes – which

Above MUD Jeans founder Bert van Son



Closing the loop

Every pair of MUD Jeans is made with organic cotton and recycled cotton – here's how

Fresh cotton

MUD's cotton is picked in Turkey. It's GOTS (Global Organic Textile Standard) certified, which means the cotton is free from insecticides and pesticides, and the farmers work in healthy and fair conditions.

Mix it up

At third-generation Recover, in Alicante, recycled jeans are shredded and mixed with the virgin organic cotton, then spun together to create new, sustainable denim.

Dye another day

At a state-of-the-art factory in Valencia, the fabric is dyed using clever techniques which minimise water and energy wastage, and don't contain any hazardous chemicals.

A stitch in time

In rural Tunisia the jeans are cut, sewn, washed and branded with the MUD logo in a factory with excellent working conditions that's staffed by 70% women.

The robot takeover

The MUD Jeans are stored in
The Netherlands at Active Ants
e-commerce logistics factory. Here,
picking, packing and storage is led by
a tiny army of robots.

MUD glorious mud

The jeans are sent to MUD's HQ, based in a forest office in Laren, North Holland, where you can visit to try on your perfect pair to buy or lease with help from denim experts.





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a palpable sense of 'what the hell are we actually doing here?' sets in.

Max, our furry sidekick, notices the eerie rustling first. His reaction is to whine and burrow deep into my sleeping bag – frankly a disgrace to his wolf ancestors. Meanwhile, someone – or something – seems to be tip-toeing towards us through the strange misshapen trees. Trees which, I note, are bare-leafed and skeletal despite being the height of summer.

A dim glow suddenly illuminates the clearing, freezing us in our camping chairs. I fully expect the gnarled fingers of some carnivorous root-system to grab my belt loops and tug my petrified form under the dusty Romanian earth. Was this newly emerging silhouette a monster from beyond the inter-dimensional void? Some manner of ghost? Perchance a vengeful alien, marooned on our planet, anxious to prey on my quivering English flesh? I mean, we are in Transylvania... is it Dracula? Is he still a thing?

Alexi and I exchange terrified glances. As the glow builds in intensity, I sense him grasping for my hand in the darkness. Silence descends like a cloak. A voice, high pitched and strident, floats across the clearing in the pale moonlight.

"You took the room key, idiot."

My girlfriend has tracked us down. Meekly I hand over our keycard. She bops off humming – what else – the Scooby-Doo theme. Alexi, Max and I share a sleepless, faintly boring night under canvas, while she enjoys a hot date with a complimentary bath bomb and the only spirits worth speaking of.

▼Wizz Air flies to Cluj-Napoca





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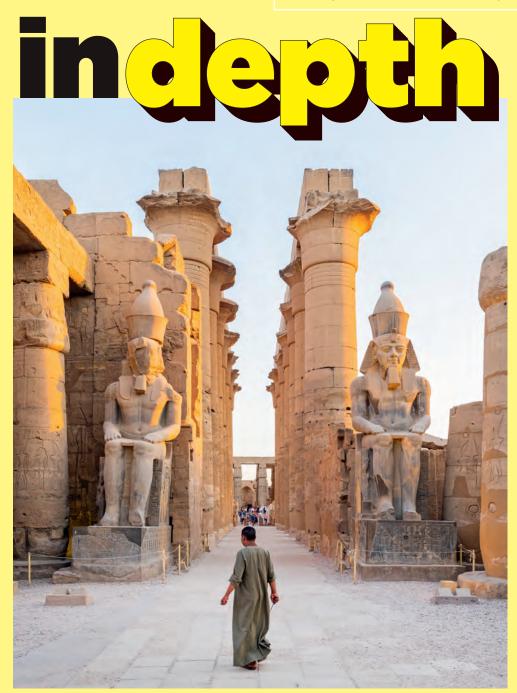


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Hay baths and tree therapy in <u>Italy</u> The secrets of a long life in Greece

Be a digital nomad around the network

an ancient world in Luxor

Escape to

The tasty new dining trend in the UAE

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Rocky mountain highs

We find wellness nirvana in the forests and fields of the Dolomites, from tree therapy to spruce body scrubs, hay baths and bark-infused cocktails

Words by Mike MacEacheran

Photography by Susan Wright



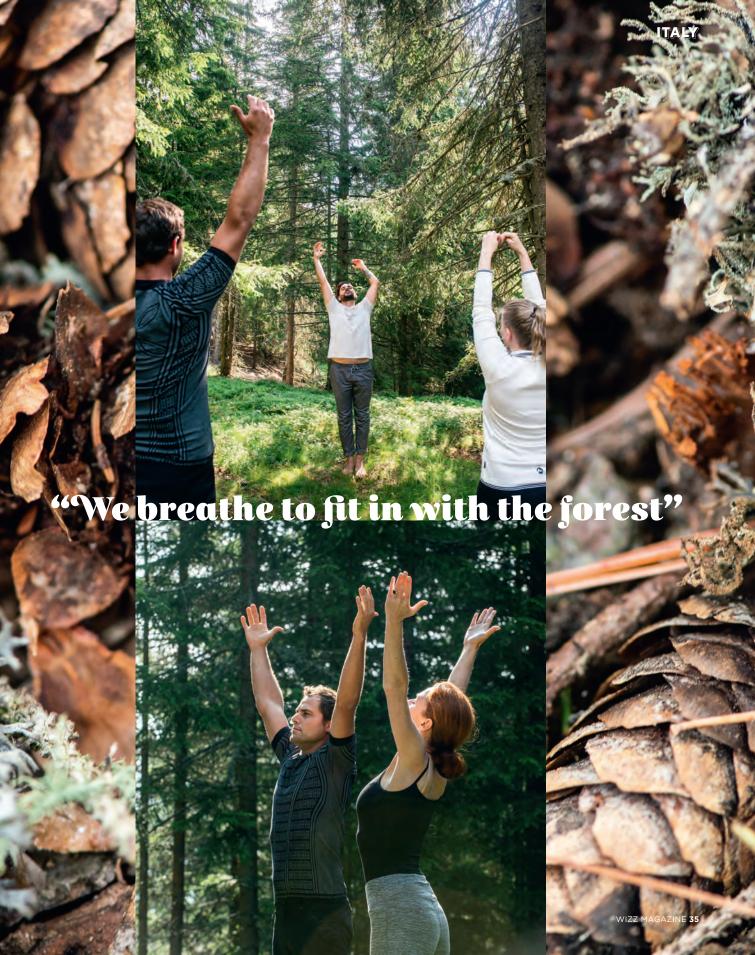
tefan Torggler is hiking barefoot deep into a wet forest, chanting a Celtic 'ohm' and stretching his arms out like an eagle. He is intoxicated by the feel and smell of the larch and stone pine, brushing his fingertips against the bark, pausing every now and again to sniff the air and stretch his lungs. It strikes me as a weird sort of forest ballet, but in slow motion.

Wyda – a form of Celtic yoga – is a new experience in the Dolomite Mountains and you never know when you might encounter it. For me, it's my first time and I've joined yoga instructor Stefan while researching new post-pandemic wellness trends in South Tyrol in northern Italy. Yes, Wyda is a little hippy-dippy and you need to unplug your prefrontal cortex, the part of your brain that controls rational thought. But what makes it so perfect in South Tyrol is that it is not a well-known wellness destination as such.

"We breathe to fit in with the forest," says Stefan, gesturing to a clearing where we stop to gasp in the cool air. "We've lost our affinity with the outdoors and, through body exercises, we open our mind and soul to our energy fields. Calm your body and the rest will follow."

Not so very long ago, visitors to South Tyrol - and the Villnöss Valley, where I am right now - tended to be hikers, climbers, skiers, snowshoers and sledders. The Dolomites landscape is so primed for hair-raising adventures no amount of superlatives could ever do it justice. But there's recently been a groundswell of change. Perhaps exhausted by scaling the





region's soul-soaring crags and crevices (best described as the world's most beautiful set of bad teeth), the locals have begun to pivot. What was called for was some well-earned downtime.

Now, South Tyrol is just as comfortable at finding peace and solitude, and at Forestis, a preach-free wellness hotel 1,800m up on the Plose massif, you can do just that. To walk around, it's clear the transition hasn't been far-reaching, as the hotel is no more than a short stroll from a series of summit-topping chairlifts and cable cars, meaning all those symphonic spurs and triumphant peaks are within reach. There's no escaping the drama of the mountains, but you at least have to try.

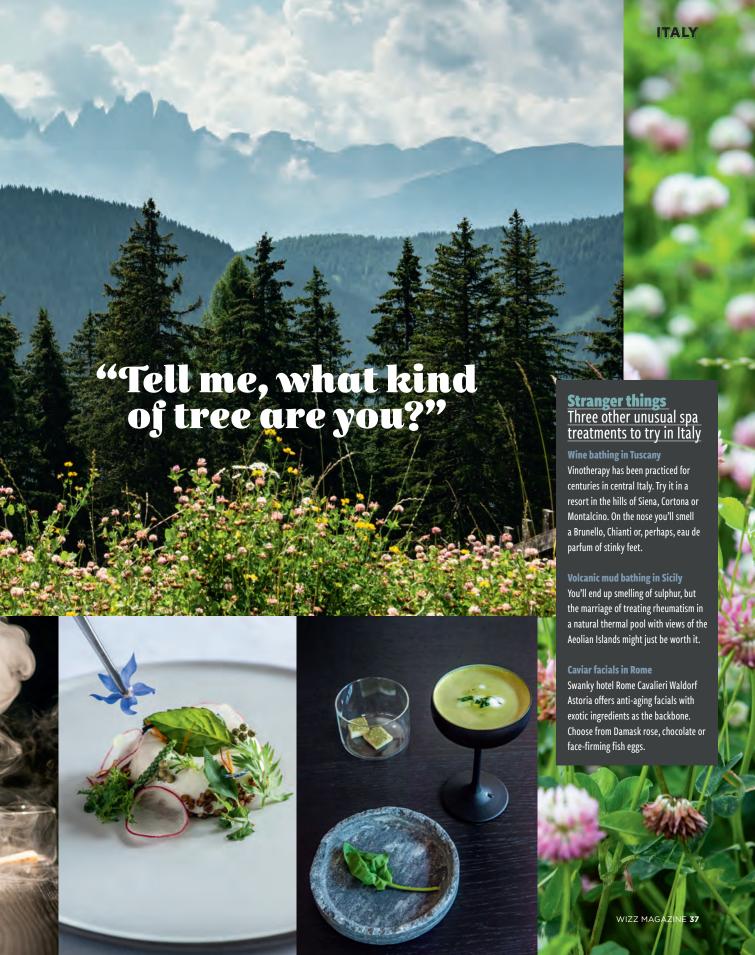
To detox and de-stress means to spend time at the hotel's supercharged spa, a model of futurism set in stone and wood. There are outdoor and indoor pools, of course, and a Finnish-style sauna in the woods. There are steam rooms and wooden saunas and an almost preposterous list of treatments on offer, including some that will realign your chakras, regenerate your flow and even stretch your mind into somewhere new entirely.

If you're so inclined, you can have tuned wooden forks bounced off your meridian points so sound frequencies service-check your bones. There's also wood oil massage, spruce body scrubs and wonderfully-bizarre tree therapy, which proves the old adage that there's an audience for everything. I try it, naturally, in a silence full with feelings of doubt.

"Tell me, what kind of tree are you?" asks spa manager Alessandra Tiengo, with a soft purr. "Are you pine, spruce or larch?" Rather forgivingly, she suggests stone pine, one of four healing treatments that involve being lathered in potent wood oil from the surrounding forest. Then I'm vigorously prodded with the same strain of wooden paddle. A succession of body rubs works some kind of magic and I manage to lose my sense of place. Momentarily, in my mind's eye, I am not on a massage table, but out in the forest, naked and hoping no one is

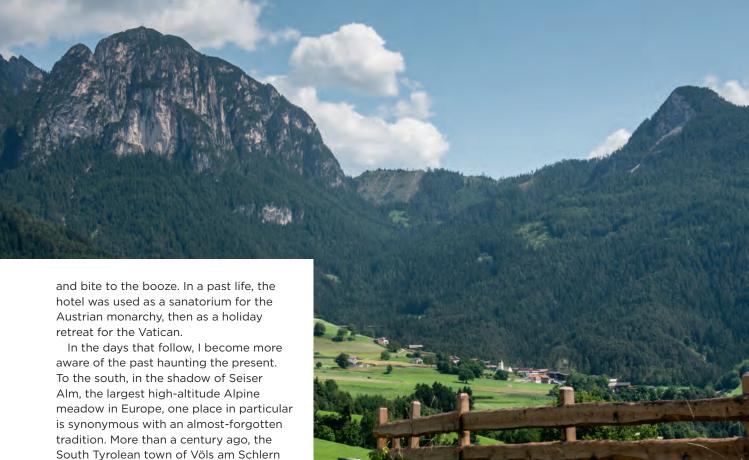
forest cuisine, all conjured thanks to the rich landscape of the Dolomites. Foraged herbs such as ribwort plantain, ground elder and lady's bedstraw top a buckwheat salad and local ribeye, and each course comes tweezered with something more often found on the forest floor. First, spruce sprouts, then mountain pine needles.

glass of mountain pine oil muddled with whisky, beetroot and bitters, then a second appears, this time filled with vodka, honey, thyme and spruce shoots to add balance









In the days that follow, I become more aware of the past haunting the present. To the south, in the shadow of Seiser Alm, the largest high-altitude Alpine meadow in Europe, one place in particular is synonymous with an almost-forgotten tradition. More than a century ago, the South Tyrolean town of Völs am Schlern hit on a novel solution for the aches and pains of farmers, who would sleep in the hay piled up after a hard day's work. Luckily, so today's legend claims, the herbenriched grass helped the farmers recover remarkably quickly and faith grew in the pasture as Mother Nature's pain reliever. Heubad – or hay bathing – was born.

"Once you buy-in to the therapy you can certainly feel its benefits," Elisabeth Kompatscher, co-owner of the centuries-old Hotel Heubad, tells me. "I've never been a sauna person, but I'm convinced you'll live to 100 if you take a hay bath regularly."

Once a working Dolomites farm, Hotel Heubad's story began in 1901, and it remains the custodian of South Tyrol's hay bathing tradition. Check in as a visitor and a treatment of 10 baths is prescribed in the renovated old farmhouse parlour to cure your ills.

This is the bait and to take it is to find yourself cocooned in a body-wrap of freshly-mown meadow pasture. The science bit is that the grass is enriched with arnica, lady's mantle, gentian, sage brush and essential-oils capable of detoxifying, revitalising and cleansing. Does it work?

You'll have to judge that for yourself. For my part, I suffer from hay-fever, so ended up with dragon-puffy breathing and a mild skin rash. Even so, many are intoxicated by the aromatic grass and music box songbirds that chirrup in the treatment rooms to capture the essence of the meadow. To the extent that repeat visitors outnumber first-timers and the hotel administers some 5.500 treatments annually.

Job done, I feel a sudden pang of regret that my research trip is over. South Tyrol is a place where you feel like any treatment on paper can be turned into reality, and even though we didn't always see eye to eye, I'm conscious of a calmness in my mind and spring in my step, itch notwithstanding. Though, in South Tyrol, they've probably got a cream for that too.

Stay at Forestis from €500 per night, including breakfast and dinner. Book Forestis and Hotel Heubad at booking.com

₹ Wizz Air flies to Milan



Into the blue

So you want to live forever? On the idyllic Greek island of Ikaria, life is good - and very, very long. We uncover the secrets of longevity on this extraordinary Blue Zone isle





ith its beautiful beaches, sheltered coves, olive groves and lapping turquoise water, Ikaria, just a short ferry ride from Mykonos, looks just like any other Greek island. But there is something that sets it apart from the neighbouring isles languishing in the Mediterranean Sea. Here, one in three locals live well into their 90s - that's more than 10 years longer than anywhere else in Europe.

Ikaria is one of the world's five Blue Zones - essentially areas of longevity where, over centuries, certain communities have perfected the art of living to 100 and beyond. The term was coined by National Geographic magazine around 20 years ago. Okinawa in Japan, Sardinia in Italy, Loma Linda in California and the Nicoya Peninsula in Costa Rica all came first before Ikaria joined this mighty line-up.

What does cook and writer Meni Valle think the secret to such a lenghty life on Ikaria is? She journeyed to this island mainly to see if the locals' diet is integral to that longevity. Spoiler alert, it turns out it is, but so are other slow, traditional ways of living. "Their food is not processed and is still prepared and eaten as it was 60 years ago," she says. "Fresh, seasonal local produce is made into nutritious meals prepared from scratch and eaten at the dinner table with family and friends."

As you can probably imagine, Meni's new book. *Ikaria - Food and Life in the Blue Zone* (Hardie Grant, £22), focuses heavily on food. It includes stories about the island's typical dishes (featuring fruit and vegetables at every meal, but also lean protein like freshly caught fish, nuts and grains); how they are prepared (cooked slow in olive oil): how they are enjoyed (in good company); and, of course, there are recipes for you to try at home, too. Looking to unlock the other mysteries of becoming a centenarian from this unusual island? Read on for our life lessons from Ikaria.



Kolokithopita

Ingredients

250g plain flour
1/2 teaspoon salt
30ml olive oil
1/2 tablespoon white-wine vinegar
125ml lukewarm water
4 large courgettes
1 handful of parsley, mint and dill
250g crumbled feta
4 eggs
1/2 teaspoon nutmeg

Method

First the pastry. Place the flour and salt in a bowl. Make a well in the centre and pour in the olive oil and vinegar. Start mixing, adding water until it resembles a soft dough. Knead lightly on a floured surface until it is smooth. Cover with a tea towel and allow it to rest for an hour.

Preheat the oven to 180°C. Grate the courgette and squeeze out any liquid. Place in a bowl with the herbs, crumbled feta and eggs, mixing well. Season with salt and black pepper and add the nutmeg.

Roll out the filo dough into a large circle and place as three oiled layers on an oiled 32cm round baking tray. Spoon the filling into the middle of the dough. Fold the edges of the dough over part of the filling, crimping as you go around. Brush the edges with olive oil and bake for about 30 minutes.



Keep on moving

We all know exercise is crucial for long-term health, but huffing and puffing in a windowless air-conditioned gym? Not so much. Moving intuitively, and regularly, is the key. "[In Ikaria] they move naturally, perhaps by walking to work or the local café, or working in the garden," says Meni. Fishing, goat-herding and tending to the land are all an essential way of life dating back generations on this island.



Food for thought

"Ikarian cuisine reflects the typical food patterns of Greece and Italy during the early 1960s," says Meni. "But like many of the island's traditions, it has not changed with contemporary times." That means fresh, seasonal ingredients in vitamin-rich dishes, cooked from scratch according to recipes passed down through the generations, and then enjoyed – leisurely – around the table with family and friends. This way of eating is as ingrained into the Ikarians as their unique DNA.





It takes a village

Keep company with happy, caring people and you'll be happy and caring too. It's a no-brainer, right? In Ikaria locals are surrounded by family from the moment they gasp their first breath, right up until they take their last. And family here doesn't just mean your kin - the sense of community is incredibly strong and everyone looks out for each other. "People driving along the road stop if they see someone they know, wind down the window and ask how the family is," says Meni. "There is a genuine concern for the welfare of others. People put their family first: they invest in their children with time and love, and children care for their elders." **⊀** Wizz Air flies to Mykonos



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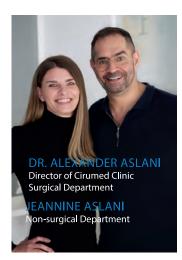
























CHRISTOPHE DE OLIVEIRA, 44 FROM: FRANCE IN: THE ALGARVE

My wife Angelique and I set up a business in Paris 15 years ago, renovating and renting loft spaces to travellers. It required our presence and we felt attached to it. We loved the city, but we have two kids and thought maybe it wasn't a place to raise them. It's great for couples but we wanted less stress and more access to nature. It's difficult to remove yourself from a business, though. You're convinced that stuff needs to be done a certain way. It's more of a mental challenge than a real one. We realised we could delegate and things would be fine.

So, we moved to the Algarve in Portugal. Here we have 300 days of sunshine and live outdoors 90% of the time. Nature is everywhere – beaches, hiking, surfing, running. You only need a roof for sleeping. We've become less connected to our devices, less exposed to the pressure of advertising. And the kids are learning a new language really quickly. There are also business opportunities. We've just opened an apartment building in Faro called The Modernist, designed for architecture-loving travellers and digital nomads.

I thought I'd miss culture, but Lisbon is two hours away and we go back to Paris every two or three months. It's made us more efficient because we have to arrange all the things we want to do in Paris into those trips. I don't know how long we'll stay here, but right now Portugal has what we want.

Christophe's top tips

- Forget all your fears, because 90% of them never happen.
- 2. Try before you buy. Visit where you want to move in less popular seasons, to get a feel for the region.
- Use activities you love to connect with expats and locals. It could be hiking, tennis, art, etc.



AROUND THE NETWORK



65%

of digital nomads work 10-35 hours a week



CHRIS CERRA, 28 FROM: UK IN: VALENCIA

My 'day job' is part-time at a London-based financial services company, but I also work for myself at RemoteBase.co, sharing accommodation deals with other digital nomads. I've been living and working around the world for over three years. I move around with my girlfriend – as we can work remotely, we were excited to give it a try. It started with a trip of two weeks in Madrid. Since then, we've worked from five continents and never looked back.

It's not been hard to adapt in Valencia. There are language and cultural issues, but there are more functional aspects you might not consider on a holiday: will my phone plan work after two months? Where's the nearest supermarket? Does my Airbnb have a washing machine? Where will I work from? While this could negatively impact your work, you can adjust. Day to day it's not so different from working from your own home, but you have to put a bit more time and effort into maintaining good working relationships with your team.

I miss my family, but we try to stay somewhere with a spare room so we can have guests. And I'd really love a dog, but it's not feasible with this lifestyle. What I miss tends to vary based on where I go, whether that's cheese in Thailand or this amazing tomato bread they serve here in Valencia that I crave when I'm back in the UK.

*Wizz Air flies to Faro, Valencia, Tenerife, Split and Malta



around every week or

two is exhausting and

ordering, asking where

3. Always try to pick up

the bathroom is.



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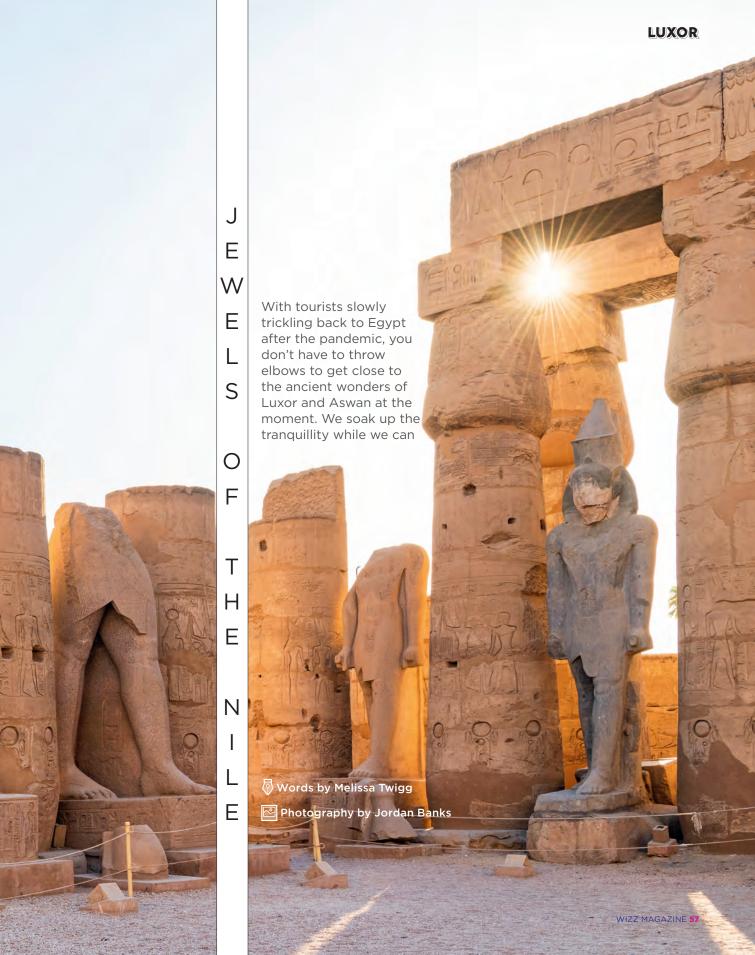
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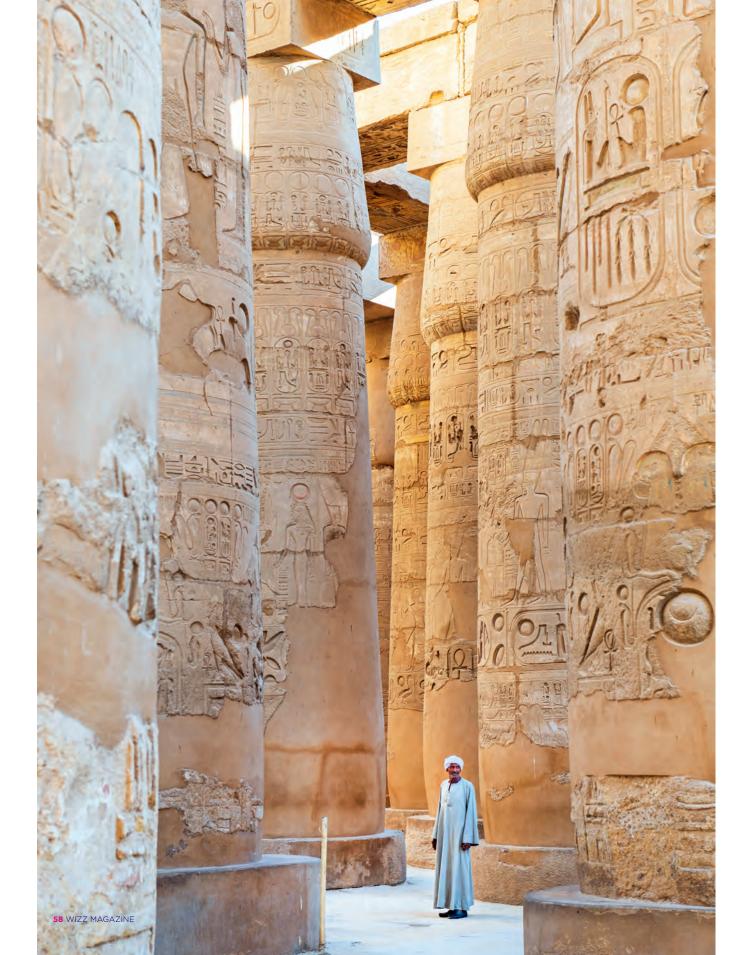












s the first tendrils of light hit the Mortuary Temple of Hatshepsut at dawn, the vast exterior turns an incredible rose gold. It's an extraordinary sight next to the violet sky a cinematic display only improved by my vantage point high up in a hot air balloon. After a few minutes I give up and put down my camera. It turns out not even the most advanced technology can capture these Turneresque, sugary colours. I stand in silence watching the glorious scene unfold as the wind takes us over the velvety banks of the Nile to the dusty Luxor Temple, and finally to an empty field where we land with a gentle bump, attracting the attention of a large group of children from a nearby apartment block.

Until recently, the guides here had all sorts of tricks up their sleeves for evading crowds of a very different nature. Luxor is one of the most popular tourist destinations in the world, and a trip to the city before the pandemic meant dodging milling tour groups and thousands of iPhones snapping and uploading straight to Instagram. Some days you'd have to set a pre-dawn alarm, or even skip the heavy-hitting tombs for smaller, less-popular ones. On others it meant paying four-figure sums to visit a site on a private tour.

Now, all that seems ridiculous. It's late spring and I find myself all but alone at the world's most spectacular open-air museum. Empty boats cluster along the edge of the Nile and entire tombs and temples are deserted. It's like we have wound back time to an era before mass tourism.

"Why are you whispering?" I whisper back to my partner at the entrance to the Karnak Temple – a huge, buttermilk-coloured structure that sits just upstream of Luxor, famous for its vast statues of Ramses III. It's still early but already the walls shimmer with



Previous spread A guard watches over the majestic Luxor Temple

Left The pillars of the Great Hypostyle Hall of Karnak

Above Tourists gather in Luxor Square in the shade of Luxor Temple

Below The imperious Luxor Temple dates back to 1400 BC **Right** Hieroglyphics at Karnak Temple

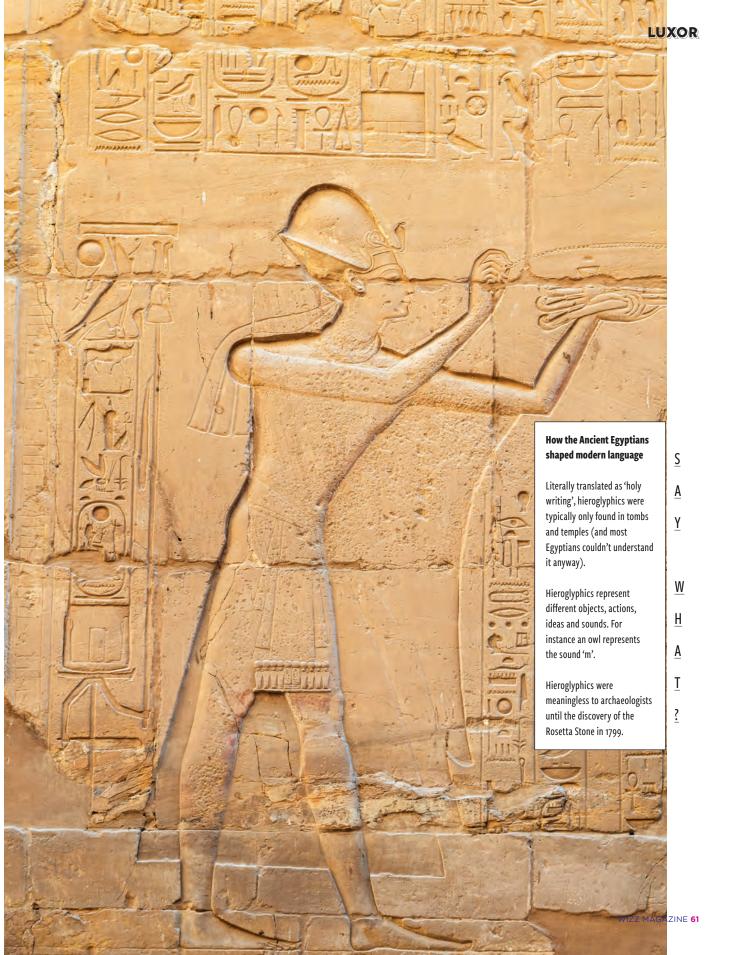


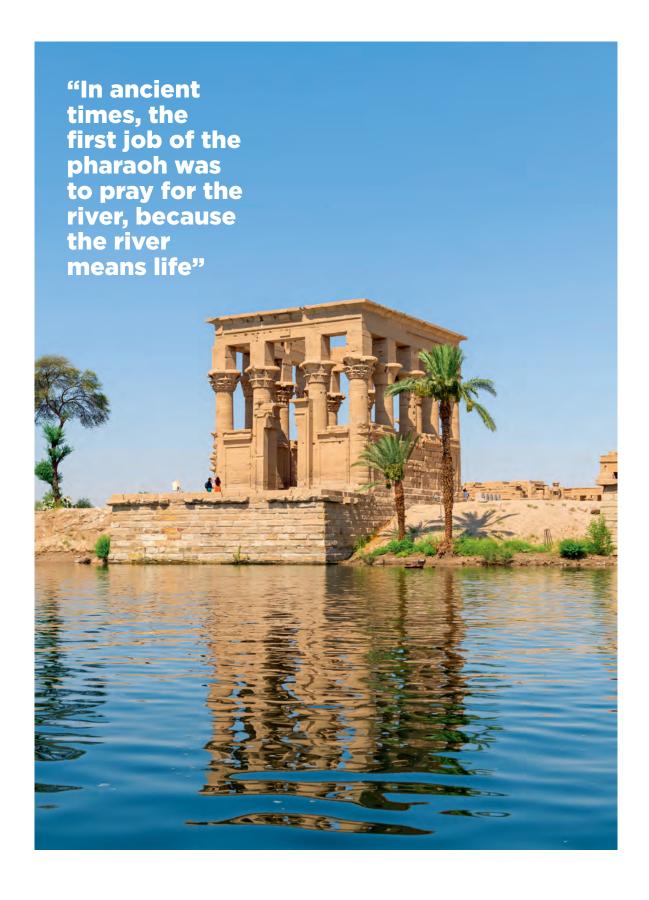
heat and ancient life. The only thing that jolts us back to the present is a single guard dressed in white, nonchalantly chatting on his mobile phone. "Because it's so damn quiet," my partner whispers back.

If you listen closely you can hear the occasional voice drift over from the boats that sail up and down the Nile. Outside the ancient doorways is the sound of the moving river and chirps from the egrets and herons that live off it. But inside the temple? There's nothing but the fluttering of birds cooling down in the shade and the whistling of the wind through empty, dusty rooms.

I had been to the Karnak Temple years before, fascinated by the hieroglyphic engravings on the ornate pillars, the stories of animal gods, the tale behind the Great Hypostyle Hall and all the extraordinary statues. I'd made a wish in the lucky pond and had been overwhelmed by the sheer size of the place. But the Karnak Temple is the second-most visited site in Egypt, and the crowds always felt overwhelming. It means that, as I stand alone under an engraving by a British soldier who visited in 1870 (and who definitely should not have scratched his name over an ancient goddess), I understand how powerful atmosphere can be - and how this soldier must have felt 150 years ago, overawed by the beauty, drama and exquisite foreignness of this ancient world.

"This is the place where I can have peace of mind," says our guide Mohammad Awad later in the day as we watch the sun complete its daily ritual by descending beyond the edge of the Nile. "In this environment, being close to the river is a blessing. In ancient times, the first job of the





pharaoh was to pray for the river, because the river means life."

We are staying at the Winter Palace, a hotel full of faded glamour with its giltedged portraits, green velvet curtains and grand dining rooms. It was a favourite of Agatha Christie, and the legendary writer is said to have penned part of *Death on the Nile* while staying there. I find it almost impossible not to feel inspired – my favourite writing spot is the long, cool swimming pool set in the middle of a rose garden. Overlooking the river, it's an oasis away from the hot, hectic city.

The Nile also radiates adventure.
And unless you are an Agatha Christie character, there is rarely a bad time to sail down Egypt's lifeblood. Which is why we choose to take a leisurely cruise from Luxor to Aswan, the southern city that held back invading forces for the Ancient Egyptians and opened the eyes of Florence Nightingale and Gustave Flaubert to a different world. The journey itself takes

three hours by car or train, but four days by boat. It's a slow trip - the boat docks at night and sails for about five hours a day, as the biblical landscape unfurls unhurriedly around you.

After our third day on the water, we judder to a halt outside the Temple of Kom Ombo, just north of Aswan. Glowing ochrecoloured in the early evening sun, our guide takes us to the eerie room full of crocodile mummies and explains the meaning behind the etched walls of the temple. A decade ago, up to 60 tourist boats would vie for space outside it. Today, we're the only ones.

On our first full day in Aswan, we wake at dawn. A horse-drawn carriage waits patiently by the riverbank to take us to the Temple of Horus at Edfu, one of the most beautifully-preserved monuments of Ancient Egypt where the hieroglyphics are almost as clear as they were 2,000 years ago. Aswan is also home to the magnificent Temple of Philae, as well as a sunken obelisk and sky-blue Nubian villages



"At the beautiful Temple of Horus at Edfu the hieroglyphics are almost as clear as they were 2,000 years ago"

that cluster around the water. But it's the trip in a *felucca* (a traditional Egyptian sailing boat) through the water south of the city – past Elephantine Island, the Aswan Botanical Gardens, and the bleak Aga Khan Mausoleum – that really gives me an insight into how little life has changed here for hundreds of years.

On my final night, I reflect on the treasures I'd encountered during this trip. Both Luxor and Aswan are so rich in mystery, history and beauty that tourists won't be able to stay away for long. This year, Egyptologists uncovered the lost golden city of Aten near Luxor. The find was the largest ancient city ever unearthed in Egypt, dating to the reign of Amenhotep III some 3,400 years ago. Its discovery has been described as the second most important archaeological dig since the tomb of Tutankhamun.

This, along with a number of other displays, will be shown at the new Grand Egyptian Museum in Giza when it opens fully at the end of this year. I was lucky enough to go on a behind-the-scenes tour of the museum in 2019 and saw the beds and chariots that had been removed from Tutankhamun's tomb bright, burnished and astonishing for items that are more than 3,000 years old, as well as dusty mummies in vividly-painted boxes, extraordinarily detailed ceramics and some 100,000 artefacts uncovered along the Nile valley. I can't wait to return to see the royal mummies of Aten. But I know that I'm not likely to be able to see them - or the world's greatest open-air museum - in such alorious solitude again.

⊀ Wizz Air flies to Luxor



Above Guards keep a watchful eye at the Temple of Philae in Aswan





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DINE IN A...



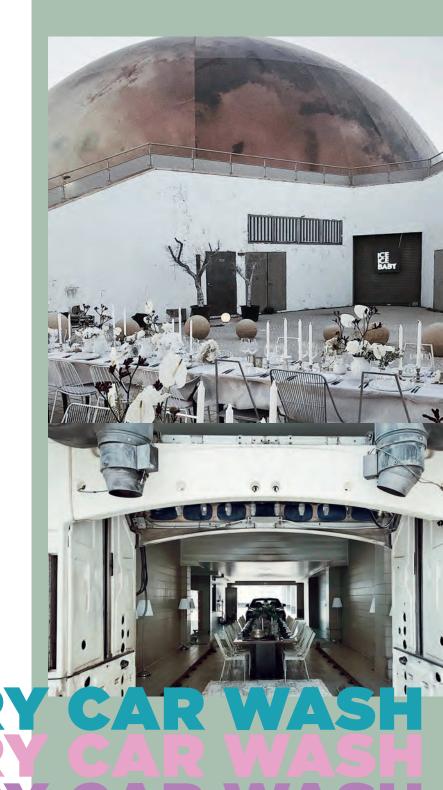


experienced my first supper club in the UAE in 2014. A well-timed recommendation on social media led to a cancelled dinner reservation and the eager pursuit of a rare dining opportunity in the desert somewhere between Dubai and Abu Dhabi. The dinner was hosted by Ursula, a German expat who'd lived in the UAE for 17 years. Known as 'the camel whisperer' she reared camels for a living and on occasion cooked Arabian feasts for strangers.

Finding her wasn't easy. A small group met at a petrol station on the edge of Dubai. We'd been sent grid coordinates via text message and after a two-hour stop-start journey we reached a candle-lit Bedouin tent surrounded by silky ochrecoloured sand dunes.

Ursula greeted us with plates of spicy camel meat burgers, and nearby a whole lamb was slow-cooking in a traditional underground oven. The heady aromas smelt incredible, and instantly I knew I'd struck gold with this special dinner.

Back then, supper clubs were still a novelty in the UAE. But while Ursula cooked secret desert dinners on a whim, one Emirati duo were pioneering a brand-new



movement. Childhood friends Buthaina Al Mazrui and Alamira Noor Bani Hashim started The Dinner Club by No. 57 as an invite-only, once-a-month supper club set in a range of bizarre locations – think a derelict planetarium, an empty swimming pool and a disused car wash. They transformed each 'venue' into an elaborate outdoor dining space, with decor imagined by Alamira, and innovative fine-dining menus cooked by Buthaina.

Their first dinner took place in November 2012 in an Abu Dhabi construction site, which, nine years on, Buthaina says is still the most "special, personal and unique" of all their supper clubs, largely because it was the most difficult to pull off. "Honestly, it was about breaking and entering back then," she says. "We didn't ask for permission in those days. I borrowed – actually I stole – my

mum's very expensive china set. She wasn't happy, but it helped set the right tone and showed our guests what we were all about."

From the beginning, The Dinner Club by No. 57 had a strict no plus-one rule – and once you've been, you can't come again. For that first event they each invited a "comfort person" (someone they knew) and a diverse group of strangers – "a TV producer, architect, scientist" – with only the date, time and city on the invitation (directions to the location came later by text). "The energy has to be right," says Buthaina. "In our case, you don't pay for a ticket, it's by invitation only, so it's very intimate and people often end up forming friendships."

The supper club was a precursor to a bigger goal. The friends had plans to open their own boutique café in Abu Dhabi. They'd call it Café No. 57, using

Clockwise from left The Dinner Club by No. 57's extravagant supper clubs are held in a planetarium, a disused swimming pool and a car wash





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ABU DHABI



Left A culinary creation at INKED inspired by artist Salvador Dalí Below BBQ master Hattem Mattar and food blogger Hesa Al Khalifa

a combination of their lucky numbers. "We didn't have any experience of how to get a café off the ground," says Buthaina. "The idea was, OK, so we don't really have a physical space yet, but why don't we just do a supper club to start off with? At the time there weren't many homegrown dining concepts in the city. We were really hungry crab doughn and 24-hour and 24-hour Buzz around momentum is chef is kept to be a supper club to start off with? At the time there weren't many homegrown dining concepts in the city. We were really hungry

As the concept evolved, sponsorships from brands such as Net-a-Porter, Burberry and Farfetch flooded in, which has not only allowed them to hire waiting staff and a chef, but also open their No. Fifty Seven Boutique Café in Abu Dhabi. "I don't think when we started out we realised it would become so big or something we're so proud of," says Buthaina.

to start something new and exciting and it

quickly became a thing."

If your invite gets lost in the post for new No. 57 events planned for winter, there are plenty of new supper clubs popping up in the region. Hawkerboi is one of the newest. An upscale South East Asian supper club hosted at ever-changing secret locations in Dubai, events sell out within minutes of new dates dropping on Instagram. Expect an eight-course menu with each dish cooked using an open fire: think soft shell

crab doughnuts, dramatic seafood towers and 24-hour slow-cooked Wagyu short rib. Buzz around this supper club has gained momentum because the identity of the chef is kept top secret – a bit like a culinary Banksy. Is it a famous chef? Or a complete unknown? No one knows. The only way you have a chance of unravelling the mystery is to bag a table at one of Hawerboi's events. Book by sending a DM to @hawker.boi on Instagram – and keep your fingers crossed you get in.

One high-profile foodie that's proud to have his name associated with Dubai's hot pop-up dining scene is Hattem Mattar. The world's first Arab pitmaster and founder of The Mattar Farm Kitchen, Dubai's first and only artisan smoke house, Hattem is fondly known as the "Arabian Salt Bae" (a label he takes "with a pinch of salt - pun intended").

He recently joined forces with acclaimed UAE food blogger Hesa Al Khalifa to pull off a three-day supper club sponsored by The Department of Culture and Tourism in Abu Dhabi. They kicked things off with a nine-course menu at the seven-star Emirates Palace hotel including bone marrow bruschetta, salt beef scallops and grilled cherries with venison tenderloin. "It was all



ABU DHABI





Above One of the unusual-looking – but delicious – dishes at INKED

fire-based cuisine, but all incredibly refined," says Hattem.

The second feast took place at The Pura Eco Retreat on Abu Dhabi's Jubail Island. "We set up a live fire in the middle of a mangrove," he says. "And on the third day we served simple sandwiches: hamburgers, hotdogs, brisket. The barbecue has so much potential."

A man with his finger on the pulse when it comes to the UAE's dining scene, Hattem has a hot tip for us. He recommends a new supper club tucked away in Dubai's hippest quarter Alserkal Avenue. It's called INKED and was founded by chef Hadrien Villedieu. Events have ranged from a dazzling Studio 54-themed dinner to a supermarket setting with guests seated on long tables stretching down different aisles. One of Hadrien's greatest recent triumphs was a Salvador Dalí-themed menu that made way for a slew of impeccably unique picture-perfect dishes.

"We believe that supper clubs give the opportunity to food lovers to experience food differently," says Hadrien. "The supper club scene is booming because people are looking for unique and memorable experiences, but also want to be part of a community and to connect with the people creating these dinners – rather than sit in crowded restaurants."

INKED's popular supermarket supper club was called Ugly Vegetables – to celebrate Veganuary (in January) and highlight veg thrown away for looking "unattractive" in a bid to support local sustainable farming. "At these events you discuss food waste and how those vegetables are still nutritious,

they're still edible. It's a supper club with a conscience," says Hattem. "The food community in the UAE is super supportive and we all show up for each other."

Why does he feel supper clubs are so popular in the region? "Between Abu Dhabi and Dubai we are spoilt for choice with every restaurant brand and all the big chefs here," he says.

"But to experience something special, like dinner in an old cinema or an abandoned warehouse, that's something the UAE has lacked previously because everything is so bright and shiny here.

"People are plugged into their food and they're more conscious of where they eat and this is why supper clubs are so popular. It's a scene that's only going to get bigger and will 100% stand the test of time."

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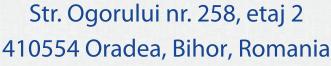




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Ave Mario London

Launching a new restaurant in the age of Instagram is tricky. You need the right location, the perfect amount of space, the hottest chef and, crucially, create an environment so gorgeous, customers will be too busy snapping away on their phones to notice their food has arrived.

While Ave Mario is guaranteed to light up your Insta feed this autumn, you'll also be reading rave reviews for its sublime Italian food. This cheeky (check out the neon genitalia at the entrance) and cavernous eatery is courtesy of Big Mamma Group, the French-run

team behind Gloria and Circolo Popolare. The interior is loud and fun, with gleaming zebra-striped decor and tongue-in-cheek messages scrawled on the walls.

The food also doesn't take itself too seriously, although authentic Italian flavour sings from every dish – the beef carpaccio with hunks of 22-month aged parmigiano is heavenly, as is the pillowy lemon ricotta and spinach ravioli. The finishing touch? The 60cm towering stracciatella cake, which had a cult following online before Ave Mario even opened. bigmammagroup.com



Scorpios

Mykonos

Fire-breathing, beating drums, sunset rituals – it's hard to concentrate on the food at this out-there, boho beach club. Luckily chef Alexis Zopas knows how to demand attention. His holistic Greek dishes are given a touch of sass – think green olive oil-drenched ceviche with chilli and coriander, and flame-grilled meatballs with smoky yoghurt and sumac. scorpiosmykonos.com



Sansho

Prague

Named after a Japanese peppercorn, the food served at this unassuming restaurant packs a punch. The familystyle dishes are designed to be shared, although you might not want to. Asian-inspired plates include a seafood laksa, pork belly with watermelon and hoisin sauce and a sensational soft shell crab slider. sansho.cz



Given that it's on an island with a rich history, there's no shortage of glamorous restaurants in hallowed

Harbour, one of the newest dining hotspots, is a little bit different.

Sitting on a rooftop above the Iniala Harbour House hotel – four traditional 16th-century townhouses – it was awarded a Michelin star earlier this year. What made that particularly extraordinary was that the eatery

had been open for less than six

months. Award-winning chef Alex

spaces in Valletta. But ION - The

Dilling has taken up a 100-day residency and lets local flavours shine through in dishes such as hake with a sauce matelote and the Araguani chocolate dessert with a sprinkling of Gozo sea salt.

And while no one will be arguing about the credentials of the food, ION's setting also deserves an award. Perched above the sparkling sea and boats bobbing lazily in the harbour, if there's a more magical spot on the island to watch the sunset, we want to hear about it. iontheharbour.com



THE STAYS

The best places to rest your head across the WIZZ network



Avra Imperial Hotel

Crete

There are a lot of blues at the luxurious Avra Imperial Hotel – blue skies, shimmering blue water and a Blue Flag beach at the edge of the resort. But one thing you're guaranteed *not* to get are the Monday blues. That's because Greek hospitality is at its finest here, and there's only one thing you need to concern yourself with: where is the best spot for a tan?

Lazy days revolve around the expansive, glass-encased main pool, but with almost 100 lagoons to dip your toes into (some of the 238 rooms have their own private ones), there are plenty of places to

sneak off to. Turn your relaxation levels up a notch at the excellent spa, where massage loungers, a hammam, Jacuzzi, sauna, ice machine and sublime treatments will leave you feeling blissed-out.

And then there is the glorious cuisine. The memory of your meals at the Avra Imperial will linger long after you return home – portions are generous, the ingredients super fresh, and the creativity tantalising. The Blue Dong restaurant (see, what did we say?) is our top choice, offering superb Asian fusion cuisine in sophisticated surroundings.

To book any of these hotels, visit **wizzair.com** and find your best deal with our trusted partner

Booking.com

Concepció by Nobis

Mallorca

When it comes to matches made in heaven, Scandi-style coupled with a Mediterranean climate sits just below gin and tonic. And new hotel Concepció by Nobis – the first Nobis outside of Scandinavia – has this perfect pairing nailed.

Sitting pretty in Palma de Mallorca, where the glorious Old Town meets hip Santa Catalina, the hotel occupies a 16th-century space that was once a hospital and soap factory. The honey-coloured walls, arches, pillars and vaults are unmistakably Spanish, but clean, modern accents (Carl Hansen & Søn armchairs, Örsjö lighting) bring in some Swedish minimalism. There are just 31 rooms, all with a cool and contemporary feel thanks to pristine white walls, contrasting black beams and doors, and an abundance of that soft Mallorcan light. But we think you'll be spending most of your time by the pool in the chic and sunny outdoor terrace – a tropical oasis in the heart of the city.







Mama Shelter

Rome

Absolutely nothing like Mama used to make, Europe's hippest hotel brand brought their quirky energy to Rome this summer with the opening of Mama Shelter Roma. Set a short hop from the Vatican, 217 brightly-coloured rooms make an ideal base for exploring the city. And when you need a little RnR, there's a spa, gym and rooftop restaurant with glorious views of the Eternal City.



Hotel Pacai

Vilnius

When architect Saulius Mikstas was tasked with converting this grand 17th-century mansion into an exquisite hotel, he found the perfect balance between tradition and modernity. At Hotel Pacai exposed brick and moss-coloured frescoes nod to the exquisite building's history, but abstract artwork and a @kidmograph holographic installation in reception ensure an eclectic stay.











Crafting the authentic Romanian spirit

The roots of a local brand which put the word 'dor' on the global map

How can you describe and translate a feeling? One that's so deeply rooted in a country's heritage, that it reflects the Romanian spirit to the point where it doesn't have an equivalent meaning in any other culture. Simply put, the unique word 'dor' evokes a type of yearning or longing that invites people to look within themselves and seek

lutta, an iconic brand inspired by tradition, ultimately captured this word's complex significance through the art of craftsmanship and delicate embroidery on contemporary designed bags, shoes and accessories. The symbols which are reinterpreted and stylised in its local

workshop shed a new light and understanding on the cultural background of Romania. Inspired by untold tales, ancient patterns and cultural richness, these timeless codes with an enchanting narration can be carried by women everywhere they go, as an expression of their core beliefs and values.

In a world of volatile trends, lutta is placing the customer in the centre of its creative process through a bespoke monogramming experience, leaving behind a legacy cherished by generations to come.

These are just a few of the reasons why lutta is the kind of gift that keeps on giving, as people offering these creations to their loved ones support a local business, appreciate the work of craftsmen and promote cultural diversity.

Just like any other timeless story, lutta's journey will go on, starting a new chapter defined by an even more sustainable approach: creating while being respectful of the limited resources and taking the customers on the path of less consumption or more mindfulness.

IUTTA SHOWROOM 1 Thomas Masaryk, Bucharest, Romania Tel: +40 721 874886 iutta.com



Reykjavik

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48 countries
180+ destinations
1,000+ routes

140+ aircraft

• Madeira

Tenerife.

LanzaroteFuerteventura

•Gran Canaria

Aberdeen Edinburah Belfast• Doncaster/Sheffield Liverpool Birmingham• London LTN• Cardiff• •Bristol London LGW• ·London SEN Eindhoven **Brussels Charleroi** Paris Beauvais• Paris Orly• Basel-Mulhouse-Freiburg •Geneva Lyon• •Grenoble Santander Zaragoza• Porto Barcelona Madrid. · Castellon •Menorca Valencia Palma de Mallorca Lisbon• •lbiza Alicante Seville Malaga • •Gibraltar • Casablanca Marrakesh

•Molde
•Alesund

· Bergen

HaugesundStavanger





Want to know where we're flying next, how to get the most out of your journey and what's new in the dynamic world of WIZZ? Then read on...



Living La Dolce Vita

How do you say 'absolutely massive expansion' in Italian? Because we can't think of a better way to describe what's happened in Italy over the past year. Wizz Air has showed fantastic commitment to this beautiful, boot-shaped country, opening six bases and stationing 19 aircraft here in just over 12 months.

And this August, Naples was hot on the heels (get it?) of previous base openings (Milan Malpensa, Catania, Palermo, Bari and Rome Fiumicino) to become Wizz Air's sixth Italian base. That means you can now fly to 18 new destinations in Italy and across Europe from the home of Renaissance art. *Bellissimo!* And for a bit of extra love for our Italian customers, Wizz Air has also launched a domestic Italian Wizz Air Discount Club. This yearly membership gives travellers a guaranteed discount on any Italian domestic routes (for tickets above €14.99), and a €2 discount on WIZZ Priority. So, what are you waiting for? New adventures are calling.

New routes from Tirana

Want to fly to Barcelona or Cologne with one of Europe's most sustainable airlines? Wizz Air has announced a significant investment for travellers flying from Albania by basing an additional Airbus A321 at Tirana International Airport. The extra aircraft means brand-new routes to Barcelona and Cologne (launched in July this year), plus increased frequency on its 10 existing routes. Exciting travel opportunities and attractive ticket fares? We say it's a win-win.











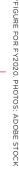
43 bases in 20 countries



1,000+ routes







We're number one!

WORLD FINANCE SUSTAMABLITY WARDE 2 0 2 1

Wizz Air has just
been crowned
Most Sustainable
Company in the
Airline Industry 2021
by World Finance
gazine. The airline

magazine. The airline has been recognised for its continuous alignment with the Paris Agreement and UN Sustainable Development Goals (SDGs), its positive impact on the job market and local economies, its affordable offers, ambitious fleet plan, CO₂ emission reduction target, as well as its single-use plastic reduction and waste management plans. Congratulations!



Here at Wizz Air we believe travel can make life and the world around us better. Which is why we consider the social, economical and environmental impact of our operations with every decision. It's our mission to become the greenest choice of air travel, and we're already leading the way by having one of the lowest CO₂ emissions per passenger in Europe, and flying one of the youngest fleet (with an average

age of 5.35 years) on the continent, too. But there's more we can do. Which is why we've launched a new sustainability initiative, WIZZ Cares. We've committed to reducing CO₂ emissions by another 25% by 2030, thanks to our new Airbus A321neo planes. And our carbon offsetting programme allows our customers to reduce their carbon footprint by supporting high-impact climate projects around the world.

Simply the best



Hurrah – this year we've won not one, but two awards for our eco efforts. This spring, Wizz Air was given the Greenairport

Partner of the Year Award. The team at Budapest Airport recognised our progress in becoming the most sustainable airline in Europe, thanks to our young fleet and new, fuel-efficient strategies. And by changing our landing and take-off techniques, we were able to reduce our carbon dioxide emissions by an estimated 500 tonnes a year at Budapest Airport. Well done team.

New routes

Abu Dhabi - Baku, Catania, Chania, Chisinau, Kyiv-Boryspil, Muscat, Mykonos, Salalah, Santorini, Rhodes

Brindisi - Milan Linate, Santorini

Budapest - Kos

Baku - Bologna

Catania - Heraklion, Prague, Santorini, Tel Aviv, Turin

Malaga - Gdansk, Katowice, Sofia

Naples - Casablanca, Chania, Fuerteventura, Ibiza, Lampedusa, London Luton, Milan Linate, Mykonos, Olbia, Prague, Reykjavik, Santorini, Sharm El Sheikh, Tallinn, Tel Aviv, Tenerife, Turin, Verona



Rome Fiumicino - Alexandria, Antalya, Bodrum, Casablanca, Corfu, Constanta, Dubrovnik, Eindhoven, Faro, Fuerteventura, Gran Canaria, Heraklion, Hurghada, Kharkiv, Lampedusa, Larnaca, Liverpool, London Luton, Marrakesh, Mykonos, Nice, Pristina, Prague, Reykjavik, Santorini, Satu Mare, Sharm El Sheikh, Sofia, Split, Tallinn, Tel Aviv, Tenerife, Tirgu Mures, Zakynthos

Tirana - Barcelona El Prat, Bologna, Cologne, Milan Malpensa, Venice Treviso, Verona

Vienna - Olbia, Split, Dubrovnik Venice Treviso, Verona

Cares

WIZZ is one of Europe's most sustainable airlines, operating at lower CO₂ emissions per passenger than all our competitors. Here's how we do it...

See you later, CO2

WIZZ has the lowest CO₂ emissions per passenger/km in the industry. This is thanks to all the work we have put in since 2012 to improve flying speeds and optimise our network, saving nearly 100,000 tonnes of CO₂ emissions each year.

Plane innovation

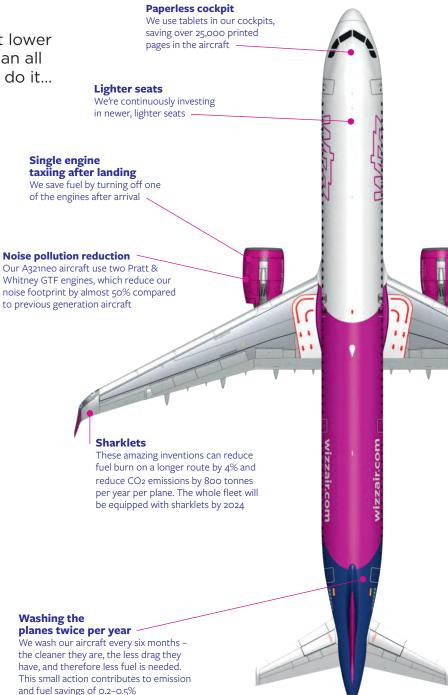
We've been adding super-efficient A321neo aircraft to our fleet. The environmental benefits include 16% less fuel burn, 16% less CO₂ emissions and 20% increase in fuel efficiency per plane per year*.

Our paper trail

The paper used to make this magazine is from sustainable sources, certified by the Forest Stewardship Council. The FSC is an NGO that helps take care of forests and the people and wildlife who call them home, ensuring they survive for generations to come.

To find out more go to wizzair.com/sustainability

*compared to A320ceo



Flying colours

Our colour-coded online travel map, updated daily, will keep you informed of the latest restrictions

The arrival of summer marked a new chapter in the COVID-19 pandemic. Valiant vaccination efforts across Europe means that travel is now back on the agenda, and longed-for holidays or trips to see family in a different country are possible once again. But if you're travelling this autumn, restrictions are in still in place – and they're changing all the time.

Wizz Air wants to make your journey as seamless as possible in these complicated times. That's why we launched our online Travel Planning Map last year to help you navigate and understand all the up-to-date travel restrictions.

You can find our Travel Planning Map on the Wizz Air website. It is updated daily for all country combinations on the Wizz Air network. All you have to do is type in your departure point and then you'll see the countries on your route network highlighted in green (travel is possible with no restrictions), yellow (you can travel but quarantine is required on arrival) or red (travel is not possible, except in certain circumstances).

Click on the destination you'd like to fly to and you'll find more detailed information of the restrictions and what you need to travel (a negative PCR test or vaccination certificate, for example). You can also find links to official websites (such as government or national health authorities). Visit wizzair.com/en-gb/flights/travel-planning-map for all the latest details.

Traffic light system



Travelling to this destination is possible

There are either no travel restrictions or some COVID-19 documents are needed (a negative PCR test, vaccination certificate etc)



Travelling is possible, but quarantine is required upon arrival

Also includes info about any necessary COVID-19 documents needed



There is a flight ban to this destination

Only citizens/residents or people with special permits can travel here





"We didn't sit back and wonder what had happened - we drove the change"

How do you communicate with the world when a crisis hits? Andras Rado talks about keeping the spirit of travel alive during the COVID-19 pandemic

ommunications is key in the day-to-day running of an airline. And during a global crisis that saw countries shut their borders, widespread flight cancellations and planes grounded across the world? It becomes the first line of defence. Which means you'd better hope you've got a team up to the job. For Wizz Air, that's where Senior Communications Manager Andras Rado comes in.

No-one could have foreseen how devastating the impact of COVID-19 would be on the aviation industry. "I'd drive in to work every morning and I wouldn't have a clue what I'd be facing," says Andras. "It was a huge challenge."

As the first wave subsided and restrictions eased, Wizz Air needed to ramp up operations quickly so people could travel. And there was a vital message that Andras and his team needed to get out there: air travel is very safe. "We needed to reassure people and tell them about our world-leading health measures on board – gloves, masks, frequent



disinfection of the aircraft, and our high-tech air ventilation system," he says. "We had to help people make an educated decision about where to go on holiday, and what special documents, test results or permissions were needed or not needed. And we had to keep the spirit of travel alive."

It took extraordinary teamwork to give the right response. Armed with information from every department, Andras knew that he could count on all his colleagues – even at midnight. That depth of knowledge and honesty turned Wizz Air into a trusted advisor for the industry.

"Whoever gave interviews in the pandemic, we tried to be as transparent as possible – not only giving answers to the question asked, but also a perspective of the whole market situation," Andras says. "That proved to be a good strategy because we became thought leaders in our industry."

But how do you build that trust with the press when you can't meet them face-to-face?



"You need to be brave, and then the opportunities will follow"

"Seeing people in person, such as meeting a journalist and catching up over a coffee, really develops relationships, and I want to continue doing that as much as I can," says Andras. "Chatting over Teams or Zoom is easy, and doing press conferences online allowed more journalists to join than a physical event. Post pandemic I'll definitely keep hybrid press conferences."

Wizz Air backed up its talk of keeping travel alive with decisive action. While other airlines cut routes, Wizz Air announced a huge expansion. "We didn't sit back and wonder what had happened to the world," Andras points out. "We wanted to be the ones driving the change. So, we opened 17 new bases, and now we have 15% more aircraft than we did 18 months ago. While we were getting the news that other airlines were downsizing, we were upscaling, and that gives you the feeling that you're in the right place."

Not that all the decisions went Wizz Air's way, of course. Risks don't always pay off, but the airline had the entrepreneurial spirit to move with speed when things didn't work out. "We made some very hard choices which could have gone either way – look at the Norwegian expansion, for example," says Andras. "It didn't go well, so we came out of the market and reallocated our capacity to other destinations where we could fly people."

And, of course, for the decisions that did go right, that agility was crucial. "We didn't follow the original 2020/21 expansion plan," says Andras. "We had to put those in the drawer. And even some into the shredder! We had to see what the market gave us. Some of these opportunities - moving into the Italian domestic market and opening new bases - would have been realised without the pandemic, but clearly it sped up some of our decisions and expansion plans. And there were some that we wouldn't have received without the pandemic. You need to be brave, and then the opportunities will follow."

Join our team

Looking to fast-track your career? WIZZ is ramping up recruitment across its network. If you've always dreamed of a career in the sky, apply now at wizzair.com/career and watch your career take flight!



We answer your most burning questions

Who is Amelia, and how can she help Wizz Air's customers with their travel queries?

"Named after American aviation pioneer Amelia Earhart, Amelia is our new virtual assistant. She's a trustworthy companion for all your WIZZ-related questions - Amelia can help you with bookings, payments, making changes to your trip, baggage issues, WIZZ Services and more. And if your question exceeds her knowledge, you can speak to on-hand experts on our live chat system. Oh. and the best bit? Amelia has brains and wit. too she's always got a joke ready to make you smile."

Snezhana Brankova, Digital and Social Channel Engagement and Data Insights Manager On wizzair.com you'll find the answers to all of your travel needs, from adding luggage and changing flights, to car rental, airport parking and much more



Find the right fare for you

WIZZ Basic

Free carry-on bag $(40 \times 30 \times 20 \text{cm})$ to be placed under the seat.

WIZZ Go

fares

Lowest

Trolley bag 55 x 40 x 23cm guaranteed in cabin / 20kg checked-in bag / Seat selection / Free airport and online check-in / Plus one carry-on bag 40 x 30 x 20cm.

WIZZ Plus

Everything you get with WIZZ Go, plus: 12kg more in the checked-in bag / Premium seat selection / WIZZ Flex / Refund to WIZZ account / Flight info on your phone.



The Trip Planner tool

The Trip Planner tool suggests potential destinations for your holiday by asking you about the type of trip you want, your preferred departure airport and any other information you already know, such as date range and budget.

WIZZ then does all the hard work. searching our far-reaching network of more than 1.000 routes for destinations that match your requirements.



Download our app

Visit the App Store or Google Play to download the Wizz Air app. Available in 19 languages.

Baggage guide



Carry-on bag

Max 10kg, 40 x 30 x 20cm





Trolley bag (WIZZ Priority)

Max 10kg, 55 x 40 x 23cm

• Must go into the overhead compartment



Check-in bag (max six bags)

Max 10kg, 20kg OR 32kg, 149 x 119 x 171cm



Sports kit

Bring your sports kit with you

Learn more about the details and terms and conditions of our services at wizzair.com



No problem! With WIZZ Flex you can modify your booking for free.



Fare Lock

You can secure the fare of your selected tickets for 48 hours before you complete your booking - for bookings made more than seven days prior to the outbound flight's departure date.

WIZZ Flex

You can modify your tickets without paying a flight-change fee, or cancel your flight and request a full refund (additional services will not be refunded) to your WIZZ account, which can be used for 90 days to purchase new tickets.

Flexible Travel Partner

Create a new reservation without providing each passenger's name at the time of booking.

New! **Travel Insurance** Coverage for COVID-19

Our travel insurance now includes medical expenses and cancellation cover following COVID-19 infection. Just add the insurance to your basket together with your flights.

Seating

Choose your seat

For a more relaxing journey, choose front-row or extralegroom seats - included in our WIZZ Plus bundles.

Please always follow the instructions of your cabin crew when seated in these rows.

On the ground...

Car rental

Book your flights and car rental in one easy step - just add your car rental to your basket together with your flights. Get attractive discounts and enjoy our WIZZ credit-back promotions.

Airport parking

Our long-standing partner ParkVia offers great prices and availability for airport parking across Europe, with fast and easy booking and significant savings whether you're going on holiday or travelling on business. Book online at wizzparking.com.

WIZZ Ride

Book your private transport in one easy step from your WIZZ

App. You can benefit from great discounts for your private transfer even upon arrival to your destination with our partner Cartrawler.

DISCOUNT CLUB

Fly with us for less

Our WIZZ Discount Club offers a wide range of discounts on travel and related services. You'll get a guaranteed discount of €10 on ticket fares*, and members can enjoy a further €5 saving on each bag purchased online. There are two types of membership available:

Standard membership

€29.99

Suitable if you usually travel solo or with one companion, as they'll also enjoy the discount.



Member + one companion



€10 ticket discount



€5 saving on each bag booked online

Group membership

€69.99

Suitable for those who fly with families and friends, as you'll get the discount for up to five other passengers.



Member + up to five companions



€10 ticket discount







€5 saving on each bag booked online

Italy Discount Club

If you have our Italy Discount Club membership, you can enjoy premium discounts on domestic flights during your membership.

Standard membership

Member + one companion

€19.99

Group membership

Member + up to five companions

€34.99

Benefits include:



€5-€10 ticket discount**



€2 on WIZZ priority

Shop, collect and spend

Did you know you can apply for a Wizz Air co-branded credit card and collect points on your purchases? We have partner banks in Bulgaria (DSK Bank) and Hungary (Erste Bank), and you can redeem your points on wizzair.com for Wizz Air flights and services. You'll even get a free one-year WIZZ Discount Club membership.

Find out more at wizzair.com



Glaze of glory

T&D Glazing has enjoyed a remarkable rise in the capital

The sprawling Greenwich

Peninsula, the all-new Battersea Power Station, Stratford Plaza, and multiple apartment towers across London - what do they all have in common? Well, most of the glazing and aluminium façades were fitted by T&D Glazing and Installation Ltd.

The Essex-based company has been providing façade solutions to projects across the UK for 16 years, and the company's owners and business directors, Toni and Daniel Timis, continue to install new-build, high-rise and whole-

envelope contracts valued between £1m and £10m.

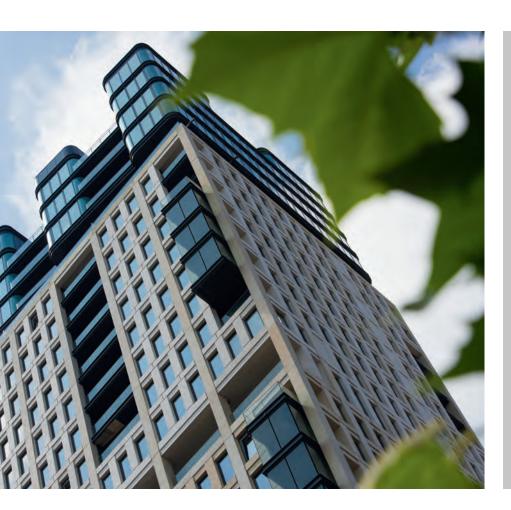
After beginning life as a small family business, T&D Glazing has grown to employ more than 300 fully trained operatives, from site managers and Level 2 NVQ Certificates in Curtain Wall Installation to NVQ Level 7 Managers. The company is now also certified and audited to ISO 9001, 45001 and 14001 standards to ensure quality, health and safety and environmental obligations are monitored, met and improved

wherever - and whenever - possible.

According to Toni and Daniel, this training has been key to the company's success. Maintaining a highly trained and experienced workforce provides the expertise to install a wide range of façade products and elements to the highest possible quality in a safe and timely manner.

So next time you look at the London skyline, you'll know that T&D Glazing were part of the team that delivered such a view.

tndgi.co.uk



HIGHLIGHTS FROM T&D'S IMPRESSIVE LONDON PORTFOLIO

▶ Wardian Project

T&D undertook the entire façade installation of two new apartment towers over a three-year period, which is due to be completed in February next year.

► Greenwich Peninsula

This gargantuan
Thames-side development
is taking shape, with T&D
installing the façades
on four brand-new
apartment buildings.

▶ Battersea Power Station

T&D was assigned to install a number of different types of windows and doors for the iconic London site's new luxury high rises.

Your security

...is one of our top priorities. To ensure a smooth and pleasant flight, please read the following rules of conduct

Please do...

- Always follow crew instructions
- Respect the crew and other passengers
- Behave in an appropriate manner
- Stay calm and cooperative
- Wear your face mask properly (covering your nose and mouth) on board

...so you can:

- Travel in a nice, pleasant and peaceful atmosphere
- · Relax on board
- Get to your destination as soon as possible

Do not...

- Smoke on board (including classic cigarettes or e-cigarettes, pipes, vapers)
- Put e-cigarettes in your checked-in bags or charge them on board
- Breach, or refuse to follow, crew instructions
- Harass in any way fellow passengers and/or crew members (including sexual harassment)
- Threaten or be aggressive towards fellow passengers and/or crew members
- Be violent or behave in a hostile, erratic manner
- Damage the aircraft or onboard equipment
- Waste, pollute or contaminate the cabin in any way
- Endanger the safety of the flight by any means
- Consume alcohol that was not purchased on board. Alcohol is served at the crew's discretion to passengers of legal drinking age. The crew reserves the right to stop serving alcohol to any passenger who is, or appears to be, intoxicated
- Be under the influence of drugs or medical substances that may affect your behaviour or self-control
- Film or photograph the cabin crew without their permission

...or face the consequences:

• You are fully responsible and accountable for your behaviour. Unruly or disruptive behaviour on board and before boarding will not be tolerated and will be reported to the authorities. You will be held legally and financially responsible in all cases.

The following consequences* will occur for such misconduct:

- Denied boarding
- Penalty/fine or arrest by local police:
 - Smoking on board, including lavatory: up to €3,000*
 - Unruly behaviour due to intoxication: up to €5,000 and two years in prison*
 - Endangering the safety of an aircraft: up to five years in prison*
- Diversion of flight and arrest
- Reimbursement of cost of diversion: €10,000-€80,000*
- Criminal procedure and court litigation*
- Cancellation of all of your existing Wizz Air flight bookings
- Banned from flying with Wizz Air in the future

*Subject to applicable jurisdiction

For more information, please refer to the General Conditions of Carriage on wizzair.com

Our fleet

Younger, greener and growing

Wizz Air has a single-type fleet of 144 aircraft from the Airbus A320 family. It's among the youngest and most efficient in Europe – and the safest. Our planes are equipped with the most sophisticated safety technology

already, but by 2027 we're planning on bringing on board the latest tech with the addition of 235 A320neo and 321XLR aircraft. We're also one of the most sustainable airlines in Europe – our neo airliners feature advanced systems and engines that reduce our carbon footprint, as well as noise and costs, helping us keep fares low and accessible so everyone can fly with one of Europe's safest and most sustainable airlines.

Airbus A320ceo

Ö

Max. cruise speed 903km/h Economical cruise speed 840km/h



Wingspan 35.8m (117ft 5in)



Number of aircraft* 63

Seat capacity 180/186

Flight crew 2 Cabin crew 4



Airbus A321ceo

Max. cruise speed 903km/h Economical cruise speed 840km/h



Wingspan 35.8m (117ft 5in)

Number of aircraft* 41



Seat capacity 230 Flight crew 2 Cabin crew 5



Airbus A320neo

0

Max. cruise speed 903km/h Economical cruise speed 840km/h



Wingspan 35.8m (117ft 5in)



Number of aircraft* 6



Seat capacity 186 Flight crew 2 Cabin crew 4



Airbus A321neo

0

Max. cruise speed 903km/h Economical cruise speed 840km/h



Wingspan 35.8m (117ft 5in)



Number of aircraft* 34



Seat capacity 239
Flight crew 2 Cabin crew 5



Top marks for safety

Wizz Air is registered under the International Air Transport Association's (IATA) Operational Safety Audit (IOSA), the global benchmark in airline safety recognition. Wizz Air has also been awarded the **highest seven-star safety ranking** from the world's only one-stop airline safety and product rating agency, **AirlineRatings.com**

Your onboard safety

Please show consideration for fellow passengers and pay attention to the following information. Remember that by purchasing your Wizz Air ticket, you have accepted the Wizz Air General Conditions of Carriage (available in full at wizzair.com)



Safe handling of hand luggage

Ensure hand luggage remains safely stowed in the locker or under the seat in front of you for takeoff, landing, and at any time as instructed by the crew. Take care when opening lockers, as falling items may injure fellow passengers.

In case of evacuation all baggage must be left on board and the instructions of the cabin crew must be strictly followed.



Safety equipment

It is an offence to tamper with or remove safety equipment, including adult and infant life vests, infant safety belts or extension belts. You are not allowed to remove or damage any onboard informative placards.



Sharp items

To dispose of any sharp items (e.g. hypodermic needles), please contact a cabin crew member. Do not leave your needle or syringe behind.



Turbulence management

Turbulence can occur unexpectedly. Whenever seatbelt signs are switched on, remain seated, keep seatbelts fastened, and stow away large electronic devices.



Safety of infants on board

Wizz Air has a clear procedure for infant (a child who is less than two years of age) restraint systems. Only the use of the single hook infant seatbelt is accepted. Vests/slings cannot be used together with the infant seatbelt. Wizz Air only accepts aft-facing car seats when an extra seat is purchased. However, during take-off and landing, and whenever the seatbelt sign is switched on, infants should sit on an adult's lap with the seatbelt fastened. Life vests for infants are available and are provided whenever flying over water. All lavatories are equipped with a nursing table. Do not leave children unattended in the cabin.



Lithium batteries

Portable electronic devices (PED) such as cellphones, laptops, tablets and cameras can contain lithium batteries. When damaged, faulty or overheated, these batteries can catch fire and explode. Therefore, if you recognise any problems with your device, inform the cabin crew immediately.

Charging electronic devices on board using a portable battery charger is forbidden.



Electronic devices

Some electronic devices can be used during the flight with WLAN/Wi-Fi/Bluetooth turned off.

Larger electronic devices that cannot be held comfortably in one hand, exceed ca. lkg in weight and do not qualify as handheld devices (e.g. laptops, notebooks etc.) must be stowed in the overhead stowage compartments for takeoff, landing and whenever required by the cabin crew.

If in doubt, please ask your cabin crew.

Inflight health tips

Read these tips on how to stay fit when travelling.



Before your air travel

Consult your doctor before travelling if you have any medical concerns. Pregnant women and those with heart or respiratory problems, blood diseases or ear, nose and sinus infections should seek medical advice before flying. Crew members are entitled to call for medical assistance pre-flight if they deem it necessary and are in doubt about your fitness for the flight.



Medical supplies on board

Keep any medication you may need in your hand luggage and in its original packaging. Inform cabin crew of allergies or illnesses. If you are seriously ill or travelling post-surgery, you will need a medical certificate confirming that you are fit to fly. If you have limited mobility, are hearing- or sight-impaired, pregnant, or unable to understand/react to safety instructions, you will be unable to sit in the emergency exit rows or the front row.



Nut allergy

During our WIZZ Café service we offer peanuts and some snacks containing peanuts/nuts traces. We strongly encourage those with allergies to take all necessary medical precautions before flying and inform the cabin crew during boarding about your allergy.

If you start to feel unwell during the flight, do not hesitate to talk to the cabin crew.















How to wear a mask

It's not just about having a mask you have to wear it correctly*



Putting on a mask may seem like an easy task, but there are certain dos and don'ts that can alter its effectiveness. Since Wizz Air values the health of all our passengers, we require that you wear yours properly to travel with us.

Dos & don'ts

mouth and nose.

Cover your nose You can only create a barrier between your respiratory system and the outside world if you cover your

Adjust the mask Masks need to fit snugly against your face. Use loops or straps to adjust it accordingly.

Put it on correctly Have clean hands when you put on and take off your mask and handle it by the ear loops or straps.

Don't touch Aim not to fiddle with your mask once you've put it on. You could contaminate it if your hands aren't clean. If you must touch it, use hand sanitiser first.

Don't take off your mask Keep your mask on for the entire duration of the flight unless you are eating or drinking.

Don't rely on your mask alone Masks are just one way of protecting yourself and others. Make sure to continue social distancing and hand washing.

*Wizz Air reserves the right to refuse carriage to anyone who fails to comply with this requirement.

In safe hands

WIZZ crew members have received COVID-19 training

We always want our passengers to have as relaxed a journey as possible. So, to put your mind at ease and to ensure a smooth flight, every member of the WIZZ cabin crew has undergone extra training about COVID-19 and protective protocols.



Protective gear WIZZ cabin

crew members have all been trained in the proper handling, wearing and disposing of personal protective equipment (PPE).



Cabin disinfection

They have also learned effective cleaning and disinfection methods - whether symptomatic passengers were identified during the flight or not.



Social distancing

Staff know how to maintain social distancing on board. For instance, by not letting passengers queue in the aisle and lavatory areas.



Unwell passengers

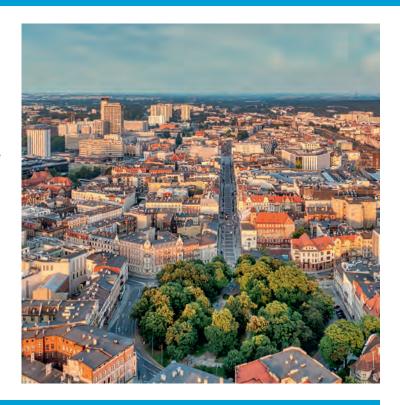
They have also been trained in how to handle a passenger suspected of having COVID-19 during boarding, the flight or disembarkation.

Katowice

A window on the world

The next World Urban Forum is heading to vibrant Katowice

In less than a year, Katowice will be at the centre of global debate on urban policy at the 11th edition of the World Urban Forum (WUF11). Held from 26-30 June 2022, this is the first event of this type in Central and Eastern Europe. "Hosting the WUF11 is a great honour not only for Katowice, but also for Poland," says Marcin Krupa, the Mayor of Katowice. "And it's not the first time the UN has recognised the potential of our city. In 2018, it hosted the COP24 Climate Summit, and this December we will also host the IGF Digital Summit." wuf11.katowice.eu



Sopron

The suite life in Sopron

Whether you're in town for work, rest or play, Hotel Sopron has it all

Looking for a fantastic stay in the Hungarian city of Sopron? Then head to Hotel Sopron. With unbeatable panoramic views of the city's natural surroundings and Medieval buildings, it's perfectly situated for visits to Vienna, Bratislava and Budapest - and the hotel can organise trips there for you, too. For the ultimate relaxation, the Sky Wellness Centre offers sauna, steam room, whirlpool and more. And in the evening, there's nowhere better than Hotel Sopron's restaurant for an

impeccable meal. Book at

hotelsopron.hu

Debrecen

State of the art

The lowdown on an international art exhibition heading to Debrecen

Don't miss one of the most anticipated art exhibitions of the season. The MODEM Center for Modern and Contemporary Art in Debrecen hosts Parisian Abstracts: Abstraction-Création; Kandinsky, Hélion, Calder, Moholy-Nagy... from 3 October 2021 to 30 January 2022. Nearly 100 pieces celebrating the Abstraction-Création of Paris in the 1930s will be on loan by Centre Georges Pompidou, Galerie Le Minotaure, the Belvedere, and Musée de Nantes, among others. modemart.hu



Sparkling Natural Beverage with a Hint of Mango & Grapefruit



e Powered by Imunobast

NATURAL TASTE, **NATURAL BENEFITS**

Mude Protect is a brewed sparkling drink made with deep ocean minerals and naturally occurring vitamins and minerals. It contains our exclusive imunobast formula to support your immune health.

With a refreshingly light mango and grapefruit flavour, Mude Protect is the perfect beverage to protect your overall health and wellbeing, no matter where you are in the world.

AVAILABLE ON THIS FLIGHT



MEAL DEAL Save up to €1.50

Choose a sandwich and add a drink* and a snack: peanuts or KitKat.

*Alcoholic drinks, Nescafé Cappuccino, Red Bull, Cappy juices, Mude Protect vitamin drink, Fuzetea green tea lemon zero and Big Tom tomato juice are not included in the Meal Deal.



Optional snacks to choose from in the meal deal.





Enjoy freedom, <u>like never before</u>



SOUPS

Noodle soup chicken flavoured	€3.50
Cheese cream soup contains milk	€3.50
Tomato soup	€3.50
My Instant Pasta Fusilli alla carbonara	€4



The tapas box is a fine selection of premium cured meat, specialty cheese, and a variety of crackers with bruschetta dip. Try our tapas and you will experience the finest Mediterranean cultures.







ALCOHOLIC DRINKS

Spirits (5cl) Absolut Vodka/Ballantine's Scotch Whisky/Beefeater Gin	€6.50
Quality wines (18.7cl) red/white, local selections	€5.50
Beer (33cl) local selections	€5
Horizont Budapest Easy A APA beer* (33cl)	€6

*Only available on Budapest flights.



Easy A - Leisurely yet intelligent

Single hop Citra APA beer*, with notes of elderflower and citrus.

Cocktail Selection



Whisky & Coke €9.50



Vodka & Orange €9.50



Gin & Tonic €9.50



Bloody Mary €9.50

SNACK DEAL FOR 2

Choose 2 beers/wines + 1 pepperoni or Pringles €13.50 Save up to €1





TAPAS DEAL FOR 2

Choose 2 beers/wines + 1 tapas box

€16.50 Save up to €1



ONLY HERE ONLY NOW ONLY FOR YOU WIZZ YOU+ Coffee will be available from October.

Fancy a drink?

HOT DRINKS

YOU+ Nescafé Gold Coffee	.€3 NEW
Dilmah tea English breakfast/	
jasmine green tea/mixed berries	
Nestlé Aero Hot Chocolate	.€3 NEW
Nescafé Cappuccino	

COLD DRINKS

NaturAqua mineral water (50cl) still/sparkling	€2.50
Coca-Cola, Coca-Cola Zero, Fanta Orange (33cl)	€3
Kinley tonic water (25cl)	€3
Big Tom tomato juice (15cl)	€3
Cappy juice (33cl) orange/apple	€3.50
Fuzetea green tea lemon zero (50cl)	€4
Red Bull (25cl)	€4
Mude Protect vitamin drink (33cl) mango/grapefruit flavour	€4

COZY COMBO

Choose 1 coffee, hot chocolate or tea*
+ 1 chocolate covered doughnut
or 1 chocolate filled croissant

€5 Save up to €1

Happy to have you on board! PAY BY CARD AND GET 10% DISCOUNT ON ALL WIZZ CAFÉ ITEMS

*The deal does not include Cappuccino.









SWEET SNACKS

Kit Kat (45g) original	€1.50
Chocolate filled croissant (65g)	€2.50
Chocolate covered doughnut (52g)	€3
M&M's Peanut sharebag (90g)	€3
Caprice wafer rolls (115g)	€4
FitSpo Active Protein bar	
with Coconut (2x30g)	€3.50

SALTY SNACKS

Salted crunchy peanuts (50g)	€2
Elephant pretzel (80g) with sesame 🕏	.€3
Krambals Bruschetta (70g)	.€3
Mild pepperoni snack (75g) 🗞	€3.50
Pringles (40g) Sour Cream & Onion or Original	€3.50

A classic, still outstanding combination of sun-ripe tomato and mild and soft mozzarella cheese.





Contains two 30g bars with real coconut, 20g of protein and only 0.8 g of sugar - a combination that will energise your day.









the new fragrance for men

paco rabanne



PACO RABANNE

Phantom EdT 50ml

Phantom, a futuristic aromatic fragrance born from the clash between luxury craftmanship and new tech. Phantom is made in France, from responsibly and ethically sourced ingredients like organic lavandin absolute, Italian lemon and vetiver from Haiti.



PACO RABANNE

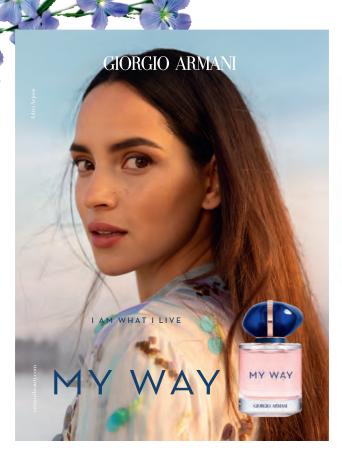
1 Million EdT 50ml

€62

€58 (RRP* €69.50)

The perfect contrast between a fresh and sparkling note, spicy blossom heart and a sensual leather base.

Please ask the cabin crew if testers are available on your flight





GIORGIO ARMANI

My Way EdP 50ml

(RRP* €94.50)

At each appearance, her outburst of orange blossom, jasmine and tuberose bowls her audience over with a sensual elegance. My Way favours the use of natural ingredients, many of which are responsibly and sustainably sourced. This luxurious fragrance is refillable.



Pour Femme Dylan Turquoise EdT 30ml

A refreshing breeze with juicy sensual aromas reminding you of summer days at the beach where the blue sky meets crystal waters. This fragrance meets the highest standards of ecological and social sustainability.

€45







GIORGIO ARMANI

€80

SÌ & SÌ Passione Duo EdP 30ml x 2

Discover this travel-size duo from Giorgio Armani, a perfect gift to yourself or to someone you love. Armani Sì opens with notes of blackcurrant nectar and mandarin. Orange blossom forms the heart and warm vanilla anchor the irresistible blend for a lasting scent. Armani Sì Passione is a fruity and floral perfume with notes of rose, pear, and woody vanilla for the woman who is feminine and free.

LANCÔME

€52 (RRP* €77)

La Vie Est Belle En Rose EdT 50ml

La Vie Est Belle En Rose Eau de Toilette, a filter of optimism composed of a floral and fusing heart of peony and roses enlightened by a smile of fine acidulous sweets.



TRAVEL RETAIL EXCLUSIVE

AVAILABLE FROM END SEPTEMBER

HUGO BOSS



Boss Bottled & Bottled Tonic EdT 30ml x 2

A duo of iconic Boss fragrances in convenient travel sizes. A perfect gift for the man in your life. An inherently masculine fresh fragrance. Boss Bottled Tonic offers an elegant composition of sophisticated citruses and rich woody notes. Boss Bottled combines elegance and style in a confident, contemporary fragrance for the modern man.

*RRP = recommended retail price

THE NEW EAU DE PARFUM



MARC JACOBS

Perfect EdP 50ml

(RRP* €92.50)

The playful and unexpected new fragrance, Perfect for her, is a comforting floral scent that celebrates optimism, self-acceptance and originality. Modern, bright, and feminine. Juicy notes of rhubarb and bright daffodil reveals a comforting heart of almond milk. Base notes, cedarwood and cashmeran.



PERFECT AS I AM







CAROLINA HERRERA

€55

Good Girl EdP 30ml

Reveal your good side through the tuberose and jasmine. Dare to show your bad side through notes of tonka beans and cocoa.





ARMANI EXCHANGE

€159

Rocco Gents Watch

This 44mm watch features a black sunray dial with silver stick indexes and a red second hand, wire lugs, three-hand movement and steel mesh bracelet.





BERGSON

€29

Digital Unisex Watch

Professional and sleek, this retro style timepiece is a must-have for your collection. Boasting a fashionable vintage case and digital dial, the watch is powered by a highly-accurate quartz movement. Additional features include chronograph alarm, time/date and stop watch. Water resistant to 3ATM. Two year international warranty.

ROSEFIELD



Watch & Bracelet Set

A modern spin on a distinctive and retro look, the Boxy boasts bold angles with a square case and sunray dial. It is a fashion crowd's favourite and the most versatile top trend to emerge on the runway. For any occasion, from work to the weekend, be bold and wear the Boxy.



TRAVEL RETAIL EXCLUSIVE



FIERRO

€75

Allure Watch & Double Bangle Set

Show off your sophisticated style when you wear this luxurious rose gold plated watch. 3 ATM water resistant, high precision Japanese movement, complimented with two eye-catching bangles adorned with radiant crystals and enamel. Wear this set with any outfit for a refined look. Packaged in an attractive gift box. One year warranty.



FIERRO



Paloma Trio Bangle Set

This glamorous set of 3 tri-colour bangles always looks as good as you do. Plated in 18K Gold, Rose Gold and Silver; the perfect accessory to add sparkle to any outfit. Set with sparkling cubic zirconia crystals, these bangles are ideal for any occasion. Packaged in an elegant gift box. One year warranty.









HARRY POTTER

Bracelet size 19cm

This official Harry Potter silver plated charm bracelet features the popular Deathly Hallows and Snitch design charms, along with three separate spell beads. Presented in an official Harry Potter gift box. Charm compatible with all European-style bracelets.



Travel Bag "Lovely"

This chic and sporty travel bag allows you to stow money, credit cards, mobile phone and small coins. Extra case on the backside closable with zipper for extra safety. Material: PU Leather

Strap: 81 cm (adjustable to 141 cm) and removable thanks to integrated carabiner hooks. Size: 17,5 \times 10 \times 4 cm (LxHxW)



EGYPTIAN MAGIC

All Natural Skin Cream 75ml

This all-purpose, all-natural balm is made from six of nature's most powerful moisturising and healing ingredients.

Areas of application

Rash: Helps against certain skin rashes, allergic reactions, insect bites and eczema.

Haircare: Can be used as a hydrating balm.

Massage: Perfect as a nourishing massage oil.

Lip balm: Rejuvenates lips.

After-sun lotion: Protect against strong sunlight.

After shaving: Does not contain alcohol or chemicals, so it does not dry out the skin. Treats small cuts, prevents

scarring.

Moisturiser: A perfect moisturising cream for face

and body.

Prevents new scarring: Treats new scars and skin

discolouration.

Eczema & psoriasis: Prevents dry skin and itching. Always consult your doctor before choosing a product for eczema or psoriasis.

Relief: Also provides relief after tattooing and shaving.

WIZZ AIR DOING OUR BIT AND HELPING YOU DO YOURS

€29

THE FUTURE IS SUSTAINABLE - AND SO ARE WE

For WIZZ, being sustainable isn't an option, it's a part of who we are. As well as offering sustainable products on board, removing single-use plastics from the cabin and a paperless flight deck, we are one of the lowest producers of CO₂ emissions per passenger in the world of aviation. Not bad for one of the youngest airlines! However, we can do better.

WANT TO DO YOUR BIT?

Check out our free travel footprint calculator, CHOOOSE, online and easily calculate how you can offset your flight's carbon emissions - it's as easy as 1, 2, 3! Find out more about our initiatives by visiting our website,

wizzair.chooose.today









L'OCCITANE

€32

Almond Supple Skin Oil 100ml

The Almond Supple Skin Oil is a light and fine body oil which helps to fight skin slackening. Rich in almond oil from Provence, your skin is nourished with a subtle scent of almond and vanilla.

L'OCCITANE

€20

Soft Hands Trio

Enjoy our must-have hand creams in this travel exclusive trio set. These creams help to protect and nourish hands, while enveloping them with delicious Almond, comforting Shea or refreshing Verbena fragrances. The perfect handbag companions!

ZERO

€7.50

Charcoal Shampoo Bar 50g

ZERO Shampoo Bars are a bold range of highly concentrated haircare products born of our mission to help rid the earth of single-use plastic and waste, one great hair day at a time. Plastic-free, water-free, cruelty-free and vegan, each solid shampoo bar has been formulated using the finest ingredients and essential oils to deep clean, nourish and eliminate build-up on both hair and scalp. With just a little water, ZERO bars lather beautifully to effectively clean and nourish all types of hair. Compact, convenient and perfect for travel, bars lasts up to 70 washes, and leave nothing behind but gorgeous hair.





CLINIQUE

€39

All About Moisture Set

Air travel depletes skin of moisture - here's everything you need to arrive hydrated and refreshed. Moisture Surge[™] 72-Hour Auto Replenishing Hydration 75ml, Face Spray 30ml, All About Eyes Serum 15ml.

LANCOME

NEW



L'ORÉAL



Nude Lipstick Set

Show your nude addiction. Discover and enjoy 2 voluptuous satin shades and 1 velvet matte selected for you.





Lash Idôle Mascara n°1 Black 1pcs

Hit your lash goals with Lash Idôle Mascara, a revolutionary clump-free mascara to lift, volumise and target every single lash.



RALPH LAUREN

€20

Big Pony Blue EdT 50ml

Big Pony Blue represents the game of sport, being a winner, being part of a team, and addressing the challenge of performance. A sporty scent for men. A vivifying combination of grapefruit and lime.

TRAVEL RETAIL EXCLUSIVE





JEAN PAUL GAULTIER

€40

Airline Le Male EdT 75ml

Gentlemen, do not hesitate to generously perfume yourselves with the limited edition of Airline Le Male. Captain Jean-Paul Gaultier and his entire crew wish you a pleasant trip! A fragrance built on a fabric softener accord, clean and fresh. Neroli flower and mint give depth to the base. Sage unites with tonka bean, sandalwood and vanilla.



HUGO BOSS

€30 (RRP* €61.60)

Energise EdT 75ml

HUGO Energise is a source of vitality for men who want to move on their own terms. Add this invigorating scent to your collection for a fresh update. Top notes are Pink Pepper, Lemon, Kumquat, Pineapple Leaf, Mandarin Orange, Mint and Cardamom; middle notes are Jasmine, Nutmeg, Juniper, Freesia, Coriander and Clary Sage. Base notes are Vanilla. Leather and Teak Wood.



BOSS

€20

Woman EdT 30ml

(RRP* €48)

Boss Woman is a captivating scent that opens with an uplifting burst of crispy apple and bergamot, giving a delicately feminine first impression. The subtle heart notes of the scent, composed of white flower notes and orange blossom, create a carefree, lighthearted edge. The base is characterised by notes of sandalwood, olive wood and creamy vanilla. The resulting scent is free-spirited and soulful.





THIERRY MUGLER

€40

Alien Mirage EdT 60ml

Alien Mirage is a fresh and surprising edition of the legendary, mystical Mugler Alien. A floral aquatic amber fragrance with spicy notes of Pink Peppercorn, it has the tender and generous notes of Seringa and Lotus flowers, White Amber and Hinoki Wood notes and leaves behind a pure and crystalline trail, wielding extraordinary feminine strength.



RALPH LAUREN

€20

Big Ponv Pink EdT 50ml

Seductive and spontaneous, Big Pony Pink is the sensual part of the iconic Big Pony fragrance collection. Playful and irresistible, Big Pony Pink is the fragrance for the modern woman who follows her heart. An alluring flirt with a romantic spirit. An invigorating combination of cranberry with the mystery tonka mousse.



MARC JACOBS

€30

Rain EdP 100ml

Imagine a hot, hazy afternoon. Suddenly the sky opens: rain pours down, cooling the air. It quenches your senses, leaving you refreshed. That is the sensation of Marc Jacobs Rain. Top notes are Grass, Clementine, Wild Strawberry and Cypress; middle notes are Watery Notes, Passion Flower, Sunflower and White Orchid; base notes are Musk, Moss, Teak Wood and Amber.





BOSS

Ma Vie L'Eau EdT 50ml

Boss Ma Vie L'Eau is an expression of optimism and a feeling of utter happiness. Wrap yourself in a scent that will put you in a great mood all day long!

CALVIN KLEIN

(RRP* €72)

€30

(RRP* €90.50)

Sheer Beauty EdT 50ml

€20

Calvin Klein Sheer Beauty is a fresh, fruity, floral fragrance, blending juicy peach Bellini accord, soft pink lily and enveloping musks. Bare-skinned and pure, she captivates and enchants.



VERSACE

Woman EdP 100ml

Versace Woman is a glamorous fragrance, sensual and feminine. This seductive fragrance harmoniously blends exclusive flowers with fruity and sensual aromas to create a magical instrument of seduction and pleasure.



MICHAEL KORS

Sexy Amber EdP 100ml

Sexy Amber puts the spotlight on amber wrapped in sandalwood musk against a backdrop of orange, mandarin and white floral notes.



Please ask the cabin crew if testers are available on your flight









€20

DAVIDOFF

€30

(RRP* €72)

The Game EdT 100ml

Designed for those who are not afraid to stand out and assert themselves, The Game from Davidoff is a magnetic aromatic woody fragrance that radiates sensuality.

PACO RABANNE

Paco EdT 100ml

Freshness from Paco. For everyone. For you, for her, for them, for him, for now. For ever.





VERSACE

€20 (RRP* €53)

The Dreamer EdT 50ml

Versace The Dreamer a transparent perfume, warm and fresh at the same time.

ANTONIO BANDERAS

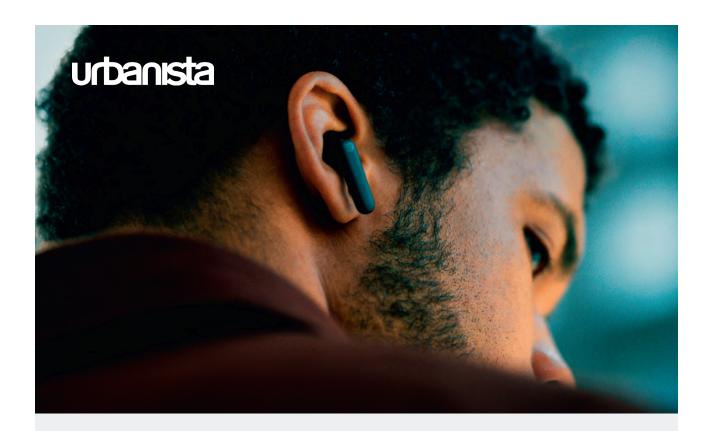
€20

The Icon EdT 100ml

The new masculine fragrance for a new generation of men for whom success is an attitude. A wave of freshness in the top note is given by an exquisite mix of Italian citrus intensified with black pepper to show its most bright and luminous facet.







LONDON

(TRUE WIRELESS)

There are no other earphones quite like Urbanista London. Leave the world behind immersed in music with Active Noise Cancelling, or remain conscious of your surroundings while enjoying a strong audio experience with Ambient Sound mode. Its customisable in-ear tips slide into your ears effortlessly, while the play time runs up to 7,5 hours per charge. The pocketsized charging case is ready for another 3 full charges, recharging wirelessly in under an hour on any Qi-certified pad.



ACTIVE NOISE CANCELLING



AMBIENT SOUND



WIRELESS CHARGING



IN-EAR DETECTION, **TOUCH CONTROL**



BLUETOOTH 5.0



USB TYPE-C



IPX4 WATER RESISTANT



TOTAL PLAYTIME 30 HR. 7.5 HOURS PER CHARGE





NEW NEW

WIZZ MINI WIRELESS SPEAKER

A practical mini speaker in Wizz Air's iconic colour. USB cable is included. Size: 40mm x 40mm.



WIZZ MODEL AIRCRAFT

1:200 scale model aircraft.

€15

€2





GIFT BAG

Cobalt blue

Size: 18cm x 20cm x 10cm.

From now on you can purchase our NEW cobalt blue gift bag for your presents and surprises!



WIZZ TEDDY BEAR

The soft pilot bear with WIZZ-branded hat. Size: H 20cm x W 19cm.



WIZZ TRANSFER

	LUTON to LONDO	N	GATWICK AIRPO	RT to				
VICTORIA or PADDINGTON			LONDON VICTORIA					
	Adult single	€14	Adult single	€10				
	Adult return	€20	Adult return	€19				
	Child single	€7	Child single	€5				
	Child return	€13	Child return	€10				
Adult tickets are for travellers aged 16 and above.								

Group tickets (Gatwick Airport to LONDON VICTORIA)

3 people Group return	€50
3 people Group single	€25
4 people Group return	€66
4 people Group single	€33

FIUMICINO - ROME Single €7, return €13
FIUMICINO - VATICAN Single €7, return €13
CIAMPINO - ROME Single €6, return €11



FOR YOUR COMFORT



HYGIENIC FACE MASK

3-layer face mask with elastic ear loops.



PAYMENT Cash payments can be made in euros (bank notes up to \le 200 on all flights and coins of \le 0.50, \le 1 and \le 2 on most flights).

Other currencies are accepted (bank notes only) depending on the origin and destination of the flight. On most flights the local currency of the origin and destination is accepted. For detailed conditions of payment please contact cabin crew. All prices are quoted in euros as the base currency. Change will be given in euros unless local currency is available. Passengers are prohibited from consuming alcoholic beverages that they have supplied themselves. Please make sure that you have a receipt for your onboard purchase! For payments made by credit card/debit card you will be asked to present your passport or similar form of ID. ID data of Passengers are required for the protection of the cardholder against fraudulent activities. The presented ID is not shared with anyone/third party for any reason and/or occasion. VISA Electron, MasterCard Maestro, VPay and pre-paid cards including Revolut and other fintech company issued cards with "For electric use only" are not accepted for onboard payments.

On board all WIZZ flights we accept contactless card payments as well as smart technology payments (Apple Pay, Samsung Pay, Android Pay and Google Pay). Contactless payments and smart technology payments have a limit set of \in 25.

Customer service contact: wizzair@inflightservice.se Always keep your receipt.













PRODUCT SELECTION We apologise if, due to limited space onboard, your choice is no longer available when you order your preferred food and beverages. Product selection may vary from country to country.

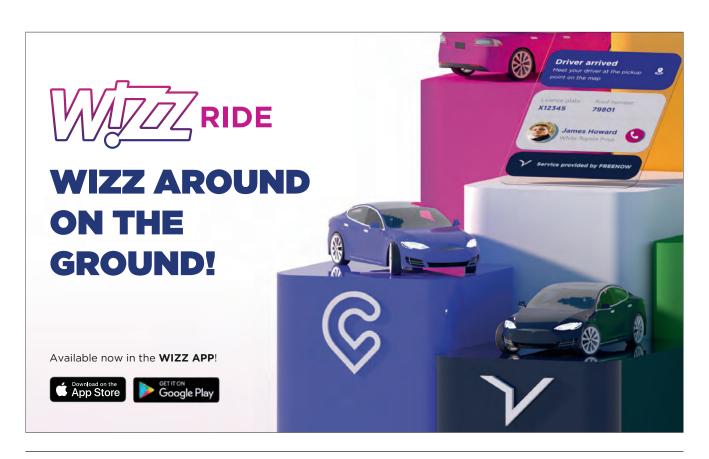
LEGAL All product prices in this catalogue are inclusive of VAT under current VAT regulations and are offered by Wizz Air in the name of and on behalf of Gate Gourmet Switzerland GmbH and its affiliates. For further details of the principal please refer below:

Gate Gourmet Switzerland GmbH

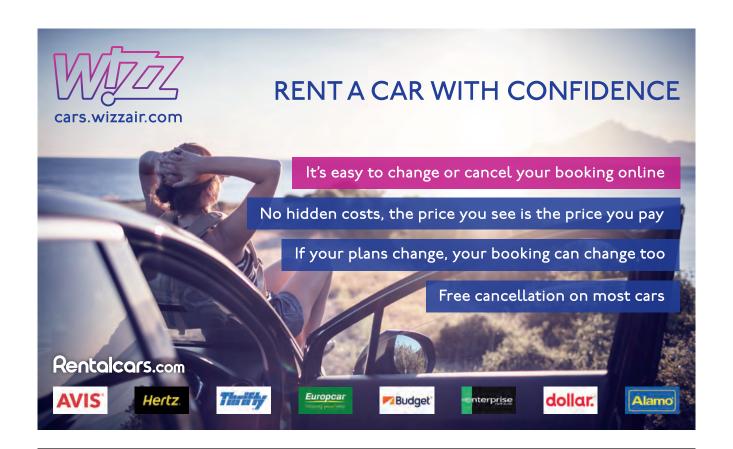
Saegereistrasse 20, CH-8152 Glattbrugg, Switzerland

ALLERGEN GUIDE														
Please see below a list of our sandwich selections and a guide to the allergens they contain. Please refer to the product label for more information.								5						
COLOUR	•	•		•	•	•	•	•		•	•			
	Gluten/Wheat	Nuts	Μik	Soy	Mustard	Lupin	Eggs	Fish	Crustaceans	Sesame seeds	Sulphur dioxide	Celery	Peanuts	Molluscs
SANDWICH SELECTION														
Premium Finnish rye	•			•			•							
Salami baguette	•			•			•							
Cheese baguette	•			•			•							













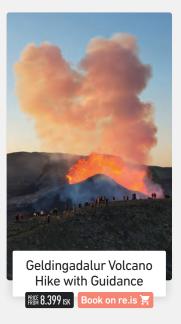
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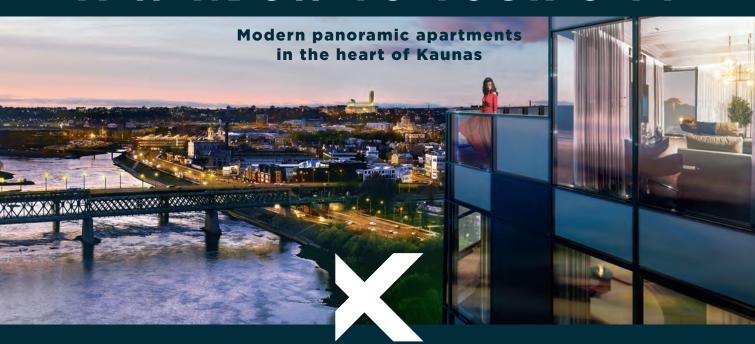








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