

WHEREVER

the magazine for expats everywhere

Lisbon Edition
Autumn 2024

THE ECO ISSUE

Saving the Seas

Jean Michel Cousteau

The **Costa Rica** Model

What is **Zero Waste**?

Meeting David Attenborough

Ski **Avoriaz**

Thailand
with Kids

Sustainable Hideaways

Adapting
to Climate
Change

Cher's Florida
Mansion



**GOLF
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A group of people riding camels through a vast desert landscape under a clear blue sky. The camels are moving away from the viewer into the distance, leaving tracks in the sand. The desert is composed of rolling sand dunes in shades of orange and red. The sky is a clear, bright blue.

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Hello Lisbon!

This Autumn, WHEREVER is looking at all things eco. It's a hot topic and it concerns us all. As usual, a big thanks to our brilliant columnists including Raoul Ruiz Martinez who gives us his insights in A Question of Finance.

There's also a Golf special with Leading Courses founder and COO, Jeroen Korving, on the greenest courses, swing improving hacks and an exclusive interview with Ricardo Melo Gouveia, one of the highest-ranked Portuguese golfers in history.

Jean-Michel Cousteau aka The Voice of the Seas gives us his insights as part of our Saving the Seas feature. WHEREVER also talks to Portugal-based Eco Heroines and takes a look at the Costa Rican way of doing things.

Like the idea of being greener but find it hard? We have some great quick hacks to improve your footprint and do your bit.

There's the usual VIP Cribs, taking a peek at Cher's place, and a guide to Cosy Interiors just in time for the fresher weather. We also travel to Thailand with Kids and take a skiing trip to Avoriaz.

We are delighted to feature the legend that is David Attenborough and we talk to several experts who are doing their bit to save the planet.

Keep the feedback coming. We need it. We love it. We get better with it!




Also, please do get in touch if you'd like to work with us. We're always happy to hear from you and always on the lookout for new talent.

Rowena Carr-Allinson
Editor in Chief
WHEREVER Magazines



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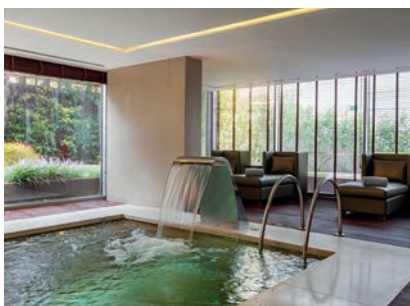
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The COO at Leading Courses, **Jeroen Korving** founded Leading Courses years ago because there were no credible rankings available at that time which were determined by actual golfers. Also, all other sites only focused on top courses and not on all courses and hidden gems. Jeroen loves sports. Besides golf, he likes football, tennis and enjoys skiing.

 @leadingcourses



Fashion planner **Taryn King**, turned freelance writer for various lifestyle and travel brands. Wife and mom of three from South Africa living a European adventure as an expat in Lisbon.

Taryn is passionate about books, travel, good coffee and sharing stories about family life as a foreigner in a new country.

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American expat in London for 25 years, **Jerramy Fine** was raised by hippies in Colorado. Her childhood quest to become a princess is detailed in her hilarious memoir, *Someday My Prince Will Come*, while *In Defense of the Princess* explores her theories on princess culture. She writes for *Cosmopolitan*, *The Telegraph*, *MacLeans* and *The New York Post*. Her new novel, *Royal Resistance*, is out this summer.

 @missjfine



British-born **Sophie Lloyd** has combined her wanderlust with her passion for design over the last 20 years, living and working in Shanghai, Buenos Aires and Lisbon as a fashion writer, personal shopper, and brand owner. She loves supporting local talent and telling a story, inspiring people to value the purchases they make.

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Raoul Ruiz Martinez is the Founder of RZ Financial Planning, responsible for the performance of holistic Private Office services, working closely with RZFP premium clients. Raoul has 20 years of experience bringing bespoke solutions to individuals and families relocating from across the globe.

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Alex Story has written for the *Spectator*, *The Telegraph*, *Country Squire Magazine*, *The Express* and *The Critic* amongst others. He runs a private placement company, where he works closely with Private Equity and VC funds. He also represented Great Britain at the Olympic Games and won the Boat Race for Cambridge on two occasions. His team still holds the course record.

 @alexpstory

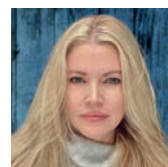


At age 8 **Claire Dunn** marvelled at her Great Uncle Frank's butterfly collection. Her questions about the natural world and our role in it led her to study Biology and live in Papua New Guinea researching fish. She then worked for over a decade in climate change investment and grew a green social housing business. Currently she's offsetting, insulating and recycling in the Surrey hills, with a husband, three children and a carbon-emitting Labrador.



Randi Levinson is a Marriage and Family Therapist, a Certified Clinical Sexologist and a professor. She helps individuals and couples find a deeper, more meaningful connection; better communication, and better more fulfilling intimate experiences. Randi has been a relationship expert for various publications, TV and film while continuing her in-person and virtual private practice.

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Kam Heskin is a former actress and writer, who moved to Portugal from Los Angeles. She has appeared in several movies, and TV shows, including *Catch me if you Can*, *Pride and Prejudice*, the 'Me' in *The Prince and Me* series, *CSI NY*, along with the soap-operas *Sunset Beach* and *Passions*. As a writer, she had her own satirical column in LA's *Genlux Magazine*. She's now *WHEREVER's* Social Editor too!

 @kamekam

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Top 15 Eco Friendly Hideaways

WHEREVER checks out the world's greenest escapes where you don't need to give up on your creature comforts.

Four Seasons Resort The Nam Hai, Hoi An, Vietnam

The perfect blend of luxury, local cultural immersion and eco sensitivities. This Four Seasons resort has it all: glamour with its sleek pools and Dior clad sun loungers, attentive service and postcard-picture views.

Its spacious villas (some with private pools) are set along a pristine sandy beach fringed by coconut trees. Inside each villa, there's plenty of living space, all gleaming dark woods, high ceilings and Vietnamese touches and stunning monochromatic bathrooms, not to mention outdoor showers!

Eco-friendly practices are integral to The Nam Hai. The resort has implemented various sustainability initiatives, including using fresh herbs grown on-site and recycling coconut shells. They also have extensive wellness programs inspired by renowned Vietnamese Zen master Thich Nhat Hanh, promoting mindfulness and relaxation through yoga and meditation sessions. The spa is a beautiful spot, with floating rooms overlooking the lily pads. Follow your therapist across the water to the suite and get pampered with a foot scrub and massage before a full body massage that will send you drifting off to sleep in no time.

Dining options include the relaxed Café Nam Hai where Vietnamese and international cuisine are on offer, ranging from the traditional Crispy Pork Spring Rolls to Seafood Spaghetti. La Sen, by the pool, is particularly magical at night with its twinkling lights and soothing live music. The menu is sophisticated French so expect Duck Magret and Boeuf Bourguignon alongside your Vietnamese Pho. For light meals, the poolside menu is a great choice, especially the Ceviche and the Toblerone ice cream!



Activities include exploring the resort by bike, cooking classes and even making lanterns Hoi An style! An exclusive retreat favoured by celebrities, it's hosted the likes of Brad Pitt and Angelina Jolie in the past and it's no surprise. Pure luxury, a real commitment to sustainability and beautiful location make it a must when travelling to Vietnam.

[fourseasons.com/hoian](https://www.fourseasons.com/hoian)

Borgo Tre, Lake Garda, Italy

Borgo Tre is an elegantly renovated 18th-century farmhouse hidden in the hills of Lake Garda. Featuring four luxury apartment-style suites, each with private gardens or terraces, the Garden Retreat is immersed in nature and offers a small outdoor pool, sauna with garden shower, daybeds, cold plunge, Barefoot Path, outdoor fitness area and outdoor yoga space. Just a few steps from the natural and cultural highlights of the lake, including Punta San Vigilio, Isola del Garda and Monte Baldo, the small town of Torri del Benaco is just a 10-minute walk away and offers several restaurants with great gourmet experiences. From a wine tasting and Vespa road trips, to a hike up to the 360-degree viewpoint of Monte Baldo – there's something for everyone. Centred on sustainability, it actively encourages their 'slow-living' ethos in guests. borgotre.com/hotel-in-torri-del-benaco



© 2024 borgotre.com

The Post Ranch Inn, California USA

Located in Big Sur on California's famous Highway 1, it has cemented its status as one of the best of the best by being just one of eleven hotels in the US to be awarded 3 Key status as part of Michelin's new hotel ratings. A long-standing pioneer of sustainable luxury hospitality it was designed to fit in with the coastline's dramatic beauty. Arranged to form a village the 40 rooms have views of either mountains, forest or the Pacific Ocean and are geometrically inspired by animals like butterflies, as well as towers and cylinders. Ocean Houses have living roofs while the stilted 9-ft Tree Houses were designed to protect the fragile roots of the nearby redwood and oak trees. Here there are no TV's – the focus is on switching off, drinking in the view, watching the sun set and the clouds roll in, and maybe spotting a whale passing by. postranchinn.com



© 2024 Post Ranch Inn

Cheetah Plains, Sabi Sands, South Africa

Home to the exclusive-use luxury villa and sustainable safari experience in South Africa's celebrated Sabi Sand Nature Reserve, Cheetah Plains is a sophisticated, innovative, eco-luxe safari run entirely on solar power. It provides guests with an award-winning, personalised, and flexible experience with five-star service and award-winning design. This year, Cheetah Plains became the first carbon-negative safari lodge in the Sabi Sand Nature Reserve (SSNR). Recently awarded Africa's Leading Green Hotel by World Travel Awards in 2023, Cheetah Plains embraces sustainability on every level, from its unique and award-winning architecture to its all-electric fleet of solar-powered 4x4 vehicles for a 100% off-grid game-drive experience. A pioneer of the sustainable safari experience, Cheetah Plains values nature and wildlife conservation, energy efficiency, water stewardship, waste reduction, empowerment, education, and responsible purchasing practices. cheetahplains.com

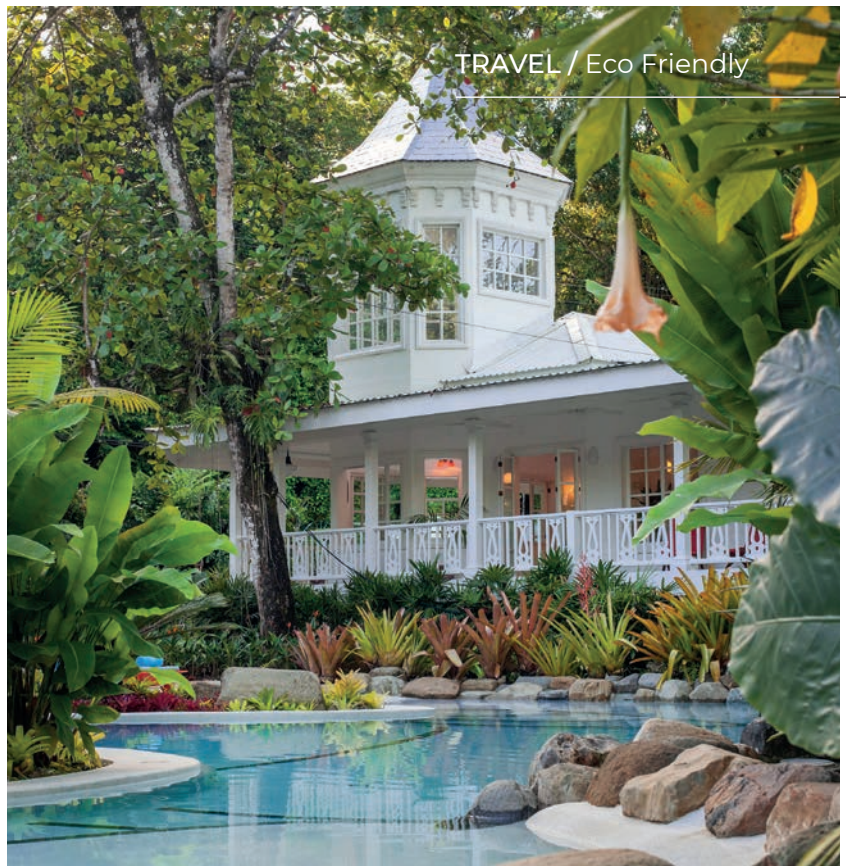


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Hotel Aguas Claras, Costa Rica

Filled with art and soul within the jungle, the inspiring hideaway is reading a new room category with the addition of these accommodations - the perfect complement to the property's existing six bungalows, six themed suites, and two-story Caribbean House. Curated by mother-daughter duo and owners of the hotel, Elizabeth Steinworth and Elena Rohmoser, the bungalows feature recycled and repurposed furniture and decor, a private plunge pool, expansive open-air living space, and more. The property also launched new wellness offerings including a Cacao Ceremony guided by the nourishing and grounding energy of cacao, medicine songs, cards, word circles and more, as well as Tree Therapy in which you hug trees in the tropical rainforest of Ara Manzanillo to increase levels of the hormone oxytocin that helps with feeling calm and emotional bonding and serotonin and dopamine to make you feel happier.

hotelaguasclaras.com



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Isla Palenque, Panama

Set on 400 acres across 7 beaches and a forest in the Gulf of Chiriqui, Isla Palenque is focused on preserving the wild beauty of the island – making the resort's footprint intentionally small. Just eight beachfront casitas and one 6-bedroom Villa Estate are tucked along the secluded shoreline, each offering direct beach access, privacy and peace.

Isla Palenque supports the island's reforestation program and encourages guests to plant a primary rainforest seedlings. The hotel uses locally sourced biodegradable products and serves all-organic foods from their organic garden. Their Dock to Dish program ensures they use fresh and sustainably caught seafood from the fishermen down the road, and they'll always be paid fairly for their hard work. Housekeeping uses 100% organic cleaning products and bath amenities. All single-use plastics are banished. Solar panels allow the resort to use the sunshine to heat water while energy-saving auxiliary water heaters are the back-up.

islapalenque.com



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Jicaro Island Lodge, Nicaragua

Hidden away on Lake Nicaragua, this nine-casita retreat is just a short boat ride from the UNESCO World Heritage City of Granada. With unparalleled views of the Mombacho Volcano, guests can opt to venture out and get up close to active craters and volcanoes, take it easy with a couple's massage or daily morning yoga, or hole up in their casita all day and relax in their hammock listening to the surrounding wildlife.

The luxury tree-house casitas can accommodate up to 21 guests in total, offering private two-story dwellings under the shade of rainforest trees. The casitas and furniture are crafted from tropical hardwoods, built from trees blown down by Hurricane Felix.

jicaroisland.com



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Aleenta Chang Mai, Thailand

Set in bustling Chiang Mai, this relaxing resort is a real haven within the action! Featuring 44 spacious rooms and villas, designed with a blend of traditional Thai architecture and modern comforts, it offers privacy and a serene environment, with options ranging from pool villas to suites with mountain views.

With a real focus on sustainability and wellness, Aleenta offers a tranquil retreat that includes a spa, yoga facilities and farm-to-table dining. Having banned single use plastics, even the Nespresso style coffee pods are compostable! Although imported by a French company, they are filled with local coffee in Thailand. Most of the exquisite furniture is also made on the spot in Chiang Mai or in Bangkok. Even the mirrors were carved on the spot by local carpenters, while local tribal skirts hang on the wall as artwork.

Around the pool features made from old reclaimed wooden shutters and doors give the whole place a very authentic feel. The gardens abound with all kinds of exotic, beautiful flowers making it ever so pretty. On the menu, daily wellness activities, including sound baths, meditation and gentle yoga flow, and even a meditation walk through the bamboo trail.

The two-bedroom residence is like a townhouse set over 100 square metres. Bathrooms are all white stone and very sleek. The brushed cotton Zen pyjamas are a nice touch! All the amenities are on demand to cut down on waste, too. Another commitment to sustainability comes from the garden



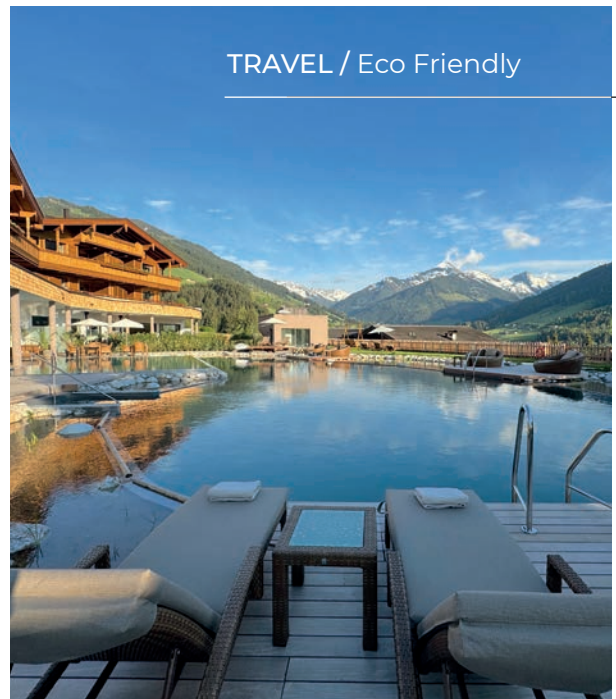
providing herbs and veggies. In fact, 90% of the food served in the restaurant is local. Try the Pad Thai, a traditional noodle dish with tasty shrimp, peanuts and lemongrass. For breakfast the friendly staff serve up excellent scrambled eggs and bacon, not to mention pastries and fruit and croissants from the buffet. They have a juice bar with healthy fruit and veg cocktails. Just the thing to kick off the day!

aleenta.com

Hotel Boglerhof, Austria

Hotel Boglerhof is the first and only 5-star hotel in Austria's picturesque Alpbachtal region. It is also one of the oldest and most prestigious hotels in Alpbachtal, with guests able to enjoy luxury accommodation steeped in more than 500 years of captivating history. Home to a brand new multi-purpose wellness complex and a state-of-the-art adult spa, the hotel produces its own electricity using solar energy, while sustainable cooling systems and heat pumps provide energy recovery throughout. Surrounding wildlife are well taken care of, thanks to the hotel's birdhouses, squirrel feeding stations, and bee hotels which support nature and encourage biodiversity. Guest stays are on a gourmet 3/4 board basis which includes an extravagant buffet breakfast, late light lunch and a five-course gourmet dinner all made using hyper-local produce.

cazloyd.com



The Ritz-Carlton Maldives, Fari Islands

With unfettered design kudos, the clean sweeping curves, design-masterpiece spa and spherical-lux villas of The Ritz-Carlton Maldives, Fari Islands, have fast become an iconic addition to the Indian Ocean, and its environmental credentials follow suit.

The resort's Jean-Michel Cousteau Ambassadors of the Environment program is led by marine naturalists and collaborates with world-renowned oceanographic explorer and environmentalist Jean-Michel Cousteau. Through hands-on experiences for all ages, the program dives in to the Maldives' unique ecosystem providing guest experiences with preservation of the planet at its core. The resort's 'Visiting Heroes' educational residencies bring environmental scholars from around the globe, and 'Eye in the Sky' - an innovative drone initiative supported by leading marine scientists, allows guests to engage in key environmental ocean research. Accompanying resort naturalists on drone flights, guests will explore the ocean depths in the legacy of the great Cousteaus!

ritzcarlton.com/en



© 2024 - ritzcarlton.com.

Bucuti & Tara Beach Resort, Aruba

The Caribbean's first and only carbon neutral hotel - this is the only hotel to date to win a UN Global Climate Action Award. Beyond solar panels, land rewilding and minimising waste, its fitness centre features electricity-generating treadmills and bicycles, and fossil-fuel use should be fully phased out in 2024. The adult-only hotel has romance at its core, and has launched a new and complimentary self-led stargazing experience on their beachfront - nature's answer to nightlife! With no need for maps, hikes, binoculars or telescopes, guests can use one of the hotel tablets and the Star Walk app which brings the night sky to life, instantly locating constellations and planets. Lucky guests might see Leatherback sea turtle hatchlings taking their first steps, guided by moonlight - the perfect way to connect with nature.

bucuti.com



© 2024 Bucuti & Tara Beach Resort

Maslina Resort, Hvar, Croatia

A Relais & Chateaux member Maslina is situated on Hvar, Europe's sunniest island, near the historic town of Hvar and the UNESCO-protected Stari Grad. As Croatia's first mindful luxury property, it honors Hvar's healing environment. The resort features Pharomatic Wellness, offering treatments inspired by local herbs from its 7,000 sqm Organic Garden. The tranquil spa includes complimentary activities like yoga and fitness training. The Michelin-Recommended Restaurant uses seasonal, locally-sourced ingredients, reducing food miles and enhancing Croatian cuisine. Designed by local architect Tomislav Alujevic, each of the 50 rooms and three villas blend comfort and contemporary style. With nearby beaches, an infinity pool, and stunning Maslinica Bay views, Maslina Resort perfectly combines sustainability with luxury. [maslinaresort.com](https://www.maslinaresort.com)



© www.maslinaresort.com

Gili Lankanfushi, Maldives

This award-winning eco-resort comprises 45 sumptuous overwater villas, including seven Crusoe Residences and The Private Reserve, one of the most exclusive and largest overwater villas in the world. Following the 2019 refurbishment, gazing out at the crystal-clear blue waters of the Indian Ocean from this private island has never been so luxurious. All categories of villas and residences come with a dedicated Mr/s Friday butler service, catering for your every need. Rustic eco-design, unparalleled service, stunning natural surroundings and a laid-back luxury 'no news, no shoes' philosophy have guests returning for more of this sustainable paradise. Gili Lankanfushi has a hard-to-rival location: an unspoiled island in a large lagoon in the North Malé atoll, which is a 20-minute speedboat ride from Malé. This iconic Maldivian island is perfectly suited for couples, families, solo travellers and groups who are bound to "arrive as guests, leave as friends and return as family," per the Gili philosophy. [gili-lankanfushi.com](https://www.gili-lankanfushi.com)



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Jaya House River Park, Cambodia

The first hotel in Cambodia to be single use plastic free and just voted #18 Best Hotel in The World by TripAdvisor. A leader in style and sustainability, this gorgeous boutique hotel was designed by Khmer architects and features local Cambodian art and framework, as well as being constructed with sustainable wood and stone. It also champions a selectin of local charities and spearheaded a Refill Not Landfill campaign in 2016 which has so far saved 500,000 plastic bottles and other single-use-plastic materials from oceans and landfills. It is currently undergoing an extension which will see 4 x new luxury suites and new gardens to the property which will be ready October 2024. [jayahouseriverparksiemreap.com](https://www.jayahouseriverparksiemreap.com)



© www.jayahouseriverparksiemreap.com



IHG Danang Resort & Spa, Danang, Vietnam

Located along My Khe Beach on its own peninsula, in the Son Tra Mountain Nature Reserve, the 43-acre resort features 198 rooms, ranging from 39m2 to vast pool villas with beachfront access.

The resort, designed by Bill Bensley, is the perfect marriage of beachside chic and tropical rainforest with designer flair to boot. It's hard to know where to look next, each frame is picture perfect — an instagrammer's dream!

The views over the lush hills and the white beach below are absolutely stunning from each corner of the resort. The rooms are breathtaking. High ceilings, giant four poster beds, daybeds and the largest bathtub easily mistaken for a small pool! Monochromatic tones, very dark shiny woods, and panelled doors emphasise the exotic, not to mention the omnipresent monkey designs! Bensley was clearly inspired by temples and pagodas, adding small details everywhere he could.

Foodies will love this gourmet retreat, from the aptly named Barefoot restaurant on the beach to the Long bar, down at beach level up to the Club Lounge and Citron Restaurant high up on the 'Heaven' Level. No need to hike up the hill though, golf buggies or the Funicular train have you whizzing up and down in minutes. Citron's morning buffet is never ending, offering all manner of delights from Vietnamese to delicious French pastries, exotic fruit and eggs to order. Upgrading to the Club Lounge is a good idea as it means snacks throughout the day, all more gourmet than the next, as well as high tea and cocktail hour. The views from the Club lounge arched windows over the dramatic landscape beyond. There's also Vietnam's only Michelin starred restaurant on site.



There are plenty of activities throughout the resort, including snorkelling, fishing trips, standup paddles and kayaks if you can bear the heat and the UV12 index. Inside, try the fun mocktail workshops, or enlightening cookery classes with the lovely chef Truc. Another must? The nature walk, which luckily is not a walk but a buggy tour of the resort in search of the endangered Red Shanked Douc Monkey.

The resort also has its own fitness centre, yoga classes, a large swimming pool for adults only, a smaller kids' pool, kids' club and spa. What more could you want?

ihg.com

A LEGEND ON PLANET EARTH

Sarah Louise Robertson talks environment and saving the planet with the BBC Broadcasting legend for WHEREVER.

Sir David is a British broadcaster, biologist, natural historian and writer as well as the man behind the A Life On Our Planet documentaries. At 98, he is a national institution, and is still clearly on a mission to save our planet.

His personal film, A Life On Our Planet, starts with Sir David at the beginning of his career into the study of the natural world and the state of the planet over the last 70 years. He wanted the film to be shown in schools as it carries a stark warning to the younger generation as well as the old that the planet is heading for disaster unless we act now.

On showing his film, Sir David seems emotional in parts as he looks on the destruction man and climate change has wrought on the Earth and its wildlife.

He confirms “the environmental crisis is coming to a very critical point where the politicians who are inevitably the people who are going to take critical decisions need convincing by the electorate that the electorate are serious.”

He adds, “we hope they are going to take responsible decisions if necessary that will cost us but we are not to be bought off, we demand that they take it, what we see as being the most critical decisions we have to make as voters for some decades.”

After the likes of populist politicians Trump and Boris Johnson – neither particularly known for their pro environment views – Sir David thinks the electorate is ready for change.

“There’s no question whatsoever that to solve the world’s problems is going to require international effort. And it doesn’t matter how concerned you are if you are sitting in Richmond, which is where I live, that is not going to actually move things in Africa or anywhere else, except through political action, which has to happen if we are to avoid very serious consequences.”

Sir David says changes in the BBC’s style of presenting have also seen him change his ways over the years in how he approaches the environment.

“The only broadcasting organisation in this country of any kind was the BBC. And at that time if you are the only broadcaster on any television service you have responsibilities for public service which are perfectly clear, one of which is that you actually present balanced

arguments. So that was the world in which I started. That world has now gone. The BBC is still there but it has to interpret its public

service obligations in a different way and quite right too, and the BBC doesn’t necessarily feel that you know you have to present every side of every argument and that is because there are lots and lots of other voices in which all sides of arguments can be represented.

“But, having said that, I remember very well the BBC asked me to do a programme at the end of the last Millennium about the world coming up, and I said during that time about saving the planet – 20 years ago everything this film has got in it – and I said ‘you know it’s going to require major political and economic change’ – and clearly nobody took a blind bit of notice!”

His job has seen him clock up millions of airmiles and Sir David said he worries about his own carbon footprint, but while he makes sure he lives modestly, he does not expect people to cut out all aspects of modern day living.

"We all have a carbon footprint, we are sitting here breathing out carbon dioxide like there's no tomorrow, but it doesn't mean to say that you have to wear a hairshirt or that you don't ever go crossing the Atlantic. It's perfectly proper to travel in Europe in order to live a civilised life and producing carbon dioxide is inevitable, so we couldn't suddenly say we've got to stop living. I think all you can do is make sure as far as you can that you live to certain standards and take elementary attitudes towards electricity."

"I GET LETTERS WHICH DRIVE ME ABSOLUTELY SPARE TALKING ABOUT HOW IMPORTANT IT IS TO CARE FOR THE ENVIRONMENT WHICH ARE SENT TO ME IN A COMPLETELY POINTLESS PLASTIC ENVELOPE."

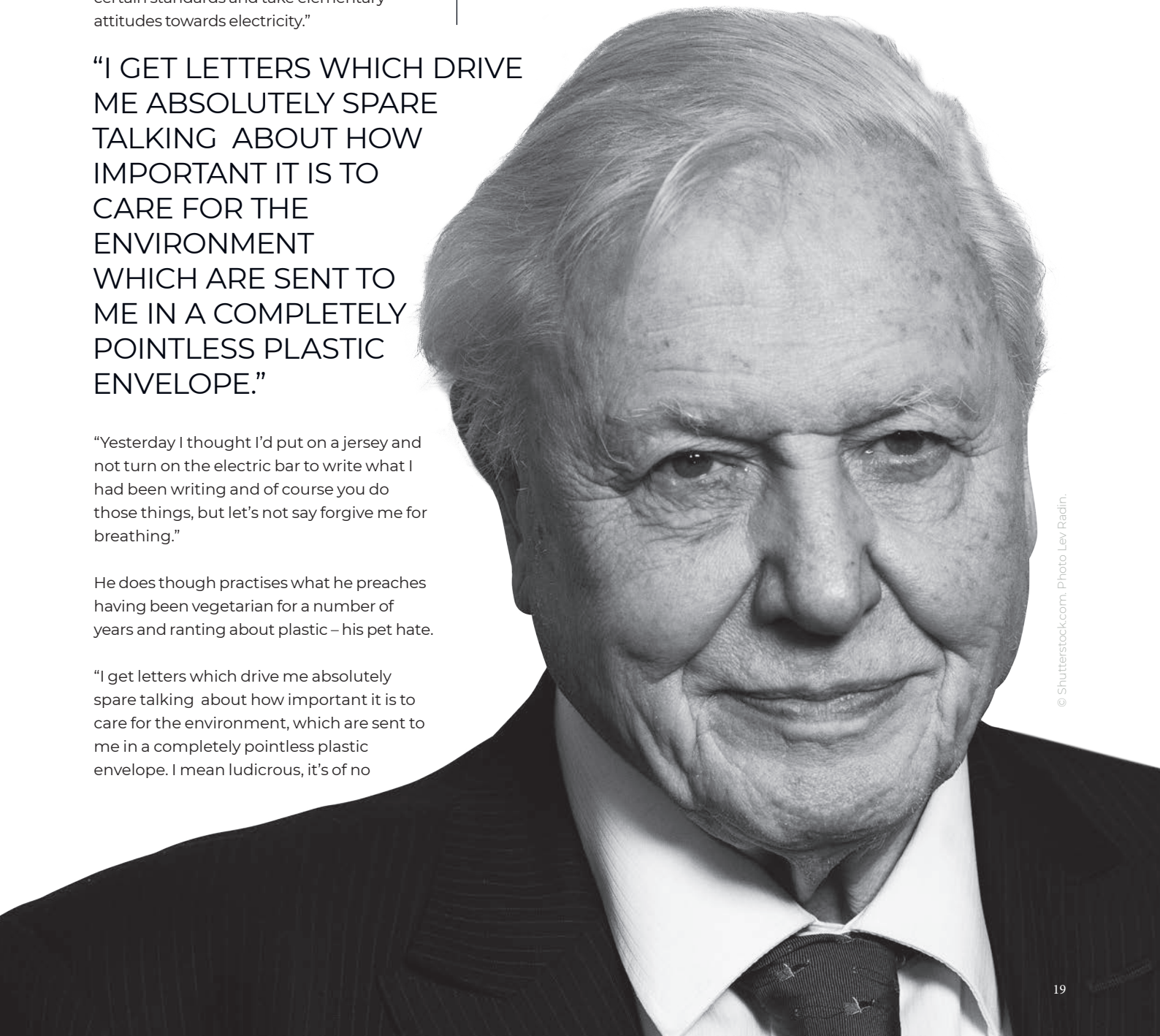
"Yesterday I thought I'd put on a jersey and not turn on the electric bar to write what I had been writing and of course you do those things, but let's not say forgive me for breathing."

He does though practises what he preaches having been vegetarian for a number of years and ranting about plastic – his pet hate.

"I get letters which drive me absolutely spare talking about how important it is to care for the environment, which are sent to me in a completely pointless plastic envelope. I mean ludicrous, it's of no

consequence whatsoever, it costs more in transportation and it pollutes the world for no reason whatsoever."

"I think I live in a reasonably modest fashion. I don't believe in excess luxury. I must be careful I am sounding like St Francis but one should lead a reasonably modest life. I certainly don't eat meat. I hope I am not extravagant, I worry about transport and how much energy is involved in going to places. Is it worth it, for example, when we need to go to Kenya to make a film to do a sequence I hope that will be quite an important sequence? In the wildlife film making business this is a constant dilemma of does the end justify the means."



SAVING THE SEAS



“The Ocean is the living force stabilising Climate. For me, it is a moral issue. I cannot stand by watching the destruction of our only home Planet Ocean.”

There are many wonderful surprises when diving the beautiful coral reefs of Papua New Guinea; Jean-Michel Cousteau and his expedition team enjoyed this beautiful hawksbill sea turtle on their morning dive.

The Voice of the Sea

Jean-Michel Cousteau

WHEREVER catches up with Jean-Michel Cousteau, the world-renowned oceanographic explorer, environmentalist, educator and film producer, and founder of Ocean Futures Society. He continues his father's legacy, exploring the seas and making films reaching millions of people.

Jean-Michel Cousteau's reputation as an impassioned global humanitarian inspires young people, families and community decision-makers to protect our planet through wise sustainable environmental policy.

His most recent endeavour saw him teaming up with The Ritz-Carlton Maldives, Fari Islands with an Ambassadors of the Environment program, offering hands-on, immersive experiences for all ages who explore the Maldives' unique ecosystem.

In the tradition of his family's legacy and hallmarking 78+ years of diving, Jean-Michel Cousteau and Ocean Futures Society are working on a new TV Series "Jean-Michel Cousteau's 78 Years of Diving & Discovery." The first episode will focus on the Pacific Ocean; "A Great Message of Hope", celebrating the survival of the Humpback Whales inspirational recovery and supporting the protection for populations of endangered cetaceans and marine ecosystems.

Tell us about your career/life path?

I studied architecture then worked in a shipyard to ultimately build my dream of cities under the sea due to being exposed to and impacted by the work my father pursued. Today I am an Architect in the European Community. My father was a French naval officer,

oceanographer, inventor, filmmaker, and author. He co-invented the first successful open-circuit self-contained underwater breathing apparatus (SCUBA), called the Aqua-Lung, which assisted him in producing some of the first underwater documentaries.

How did you end up in California?

All of the post production for my father's films The Undersea World of Jacques Cousteau were processed in

“Like my father before me, I am a dedicated advocate for the protection of our water planet.”

Hollywood, California, USA. I was personally involved, transporting the 16 millimetre film to CA and back to my father. California in the 70's was exciting for me, a young Frenchman, and I loved living there, opening the Los Angeles Office for my father and overseeing the American Team of diving specialists and scientists who ultimately remained as a team for Ocean Futures Society after my dear father's death.

Have you always been a protector of the oceans?

In 1999 after my father's death I founded Ocean Futures Society (OFS) as a "Voice for the Ocean". Inspiring and educating audiences worldwide about the need to act responsibly to preserve the fragile underwater ecosystems that are so intricately tied

to all life on earth is my life-long mission and dedication.

If you had to choose one priority for the oceans, which would it be?

Ocean Futures Society believe in the importance of education, inspiring young people & families. Ambassadors of the Environment is our acclaimed flagship outdoor environmental educational program engaging people of all nations and all ages with their natural and cultural environment. The team believes that environmental education must address responsible stewardship of natural resources and how to live sustainably. With over 60 years of experience we

know that the Ambassadors of the Environment, CELP (Catalina Environmental Leadership Program) & Family Camp programs work and make a difference. Locations include the USA: California, Alabama, Maui, Puerto Rico. International: Cayman Islands, Mexico, and the Maldives Fari Islands.

What more could we be doing to save the seas? What is your vision?

Global Participation - The Global Ocean Network (GON)

GON reflects the expertise of exploration, documenting from the unique Cousteau's family perspective to inspire and advocate. GON mirrors the ocean as a system without borders and will reflect environmentally scientific sustainable principles for ocean conservation. >

An ambitious revolutionary communications project ensuring the long-term sustainability and health of the global ocean, it's inspiring a new ocean ethic using the latest technologies for unprecedented exploration of the least known environment on the planet, the ocean.

Education- How can you protect what you don't understand?

Our Ocean Futures Society (OFS) was founded to explore the oceans, inspiring and educating people throughout the world to act responsibly to protect them and to celebrate their vital importance to the survival of all life on the planet.

Can we still educate the world in time?

Yes! More than ever today we have the opportunity to connect together with everyone on the planet thanks to technology and the communication revolution. Education is the key. It's not a sexy word but it is a foundation spreading information, inspiring people to act responsibly to protect the ocean, which is part of our life-support system.

There is now one human population connected to each other everywhere on



For more information

■ *Ambassadors of the Environment, Climate Change, Coral Reefs, Marine Sanctuaries, The High Seas Treaty and The Whale Sanctuary Project*
oceanfutures.org

SUPPORT & Join Forces with OFS Ocean Protectors

■ *The Global Plastics Treaty*
globalcitizen.org

■ *Global Marine Protected Areas*
missionblue.org

■ *Coral Reef Protection Initiatives*
coral.org

the planet. To me that's critical. The human species is like the marine mammals. Both warm blooded, depending upon each other for survival. Consequently, we need to protect each other. However, while the human population increases in our wake the marine mammal population has declined. We must honour the timeless cultural connection people have to whales. Raising the awareness of the importance of whales, dolphins and porpoises and their role as ecosystem engineers, enhancing ocean productivity and their climate connection in sequestering carbon.

What's the most shocking thing that people aren't aware of?

Plastic Pollution is a silent threat infiltrating our bodies and ecosystems with worldwide contamination. Industry is producing more plastic than ever with no sign of slowing down, which in turn affects our health and the planet.

I first became aware of the shocking plastic contamination while on

“Planet Ocean is our only home and is our life support system.”



A magical moment in the Hawaiian Islands Humpback Whale National Marine Sanctuary Maui: Humpback Whales, mom, calf, and escort humpback surface together, their breathe creating a stunning rainbow above the water.

Photo © The Ritz-Carlton Maldives, Fari Islands Photo © The Ritz-Carlton Maldives, Fari Islands

Drone photo under permit. Photo © Don McLeish



Exploring the magnificent diverse coral reefs of the Maldives, Jean-Michel Cousteau & Nan Marr dive into a the aqua marine world teeming with colorful coral rainbow reef cities under the sea.



On Expedition to the Northwestern Hawaiian Islands exploring one of the most remote beaches on Laysan Island, the sight of all kinds of plastic and debris confronts Jean-Michel Cousteau and his team, stretching for miles along the shoreline.

Photo © Nan Marr, Ocean Futures Society



"Years ago my father presented me with an honor and challenge when we were on our way to NYC on our Wind Ship Alycone. He said on film, "And it is you Jean-Michel who will carry on the flame of my faith."

Photo Courtesy Private Collection

expeditions of discovery worldwide. During my Return to the Amazon in 2002, seeing plastic water bottles and bags even in the tributaries of the Amazon River. And again during our expedition to the Northwestern Hawaiian islands, 2500 miles away from the main Islands where there is no one living on the sandy shores and islands, no fishing, no boats but those sandy holes were covered feet deep in plastic from all over the world.

Are governments, businesses and the hospitality sector really working towards saving the seas?

My life-long mission protecting the ocean extends to being committed to working with industry and government, energising alliances for positive changes. More industries realise the importance of being sustainable due to the public's education and pressure to protect our planet's clean water and clean air, to protect all wild places, the ocean and the vital living forces, stabilising our planet's climate!

The hospitality industry relies on pristine serene destinations, which are sustainable, providing environmental safety. I am pleased to be involved with

The Ritz-Carlton Maldives, Fari Islands, a leader in the hospitality industry who is committed to sustainability, marine life advancement and environmental conservation education.

This sustainably-formed series of small islands have been developed with extensive environmental

“We are the only species who has the privilege to decide not to disappear”

commitments. Critically, the property has no single use plastic, no water bottles, bottling their own water from the ocean with state of the art desalination technology.

Photo Courtesy Private Collection



What would you advise people looking to help?

Be connected to the water system wherever you live. Our planet is 72% ocean and freshwater ecosystems. There is always hope. We live on an extraordinary Blue Water Planet with clean air and clean water which must be protected as the human population grows exponentially. There is work to be done; inspiring people to act environmentally responsible, protecting wild places and all flora and fauna living with us on our amazing unique planet.

In another life I would have been...

All astronauts are divers — many are Navy divers. I would be inspired to be an astronaut, observing and understanding our amazing unique water planet. I have been committed and supportive of NASA being allowed years ago to film in the Houston Tank pool where astronauts train. I always remind them to look upon the only planet in our solar system that supports life as we know it.

Favourite emoji? 🌊🐠🌊🌊

More about

■ **The Ritz-Carlton Maldives, Fari Islands**
ritzcarlton.com

Swimming For Impact

Lily Niederhofer

Lily is a 10-year-old German / American competitive swimmer, who lives in Portugal raising awareness for environmental issues that are close to her heart.

How did you end up in Portugal?
We moved from California during Covid to be closer to family in Europe. Once lockdown ended I went to school in London for two years before we decided to move to Portugal permanently in September 2023. Living close to the ocean, and in beautiful sunshine has been such a wonderful gift to my family and me.

How did you start Swim For Impact?
The idea for Swimming For Impact started two years ago when I challenged myself to a 5KM swim to raise money for GOSH - Great Ormond Street Hospital. My great-grandfather passed away a year earlier from cancer and I knew a few other people around me diagnosed with cancer. This was very close to my heart and I really wanted to support their work.

Swimming is what I love and know how to do well, so I want to use my training to not only compete, but to change something with every impact swim I challenge myself to. My latest open ocean swim was to raise awareness about octopus farming.

If you had to choose one priority for the oceans, which would it be?
Plastics - I think we all must do better to not pollute our oceans with fishing nets and bottles and birthday balloons. This makes me really sad. If everyone just did a little we would change a lot.

What's the most shocking thing that people aren't aware of?
Many people do not know much about the horrific details of bycatch and its effect on marine animals.

Can we still educate people in time?
I am super hopeful when it comes to our future. We all just need to be a little more mindful and kind and a lot more curious to learn more about what we eat, what we buy and what impact we all individually have on our planet.

What more could we be doing to save the seas?
The Ocean Born Foundation has the beautiful motto of "Protect what you love". I think we all care about the sea - deep in our hearts. When you love something you will go the extra mile.

Which one initiative fills you with hope?
Together with my teacher Chelsea Gray I am launching a school society called "Impact Kids" and am super excited by the response of so many other children who want to get involved and start their own projects on environmental issues they care about. This gives me hope!

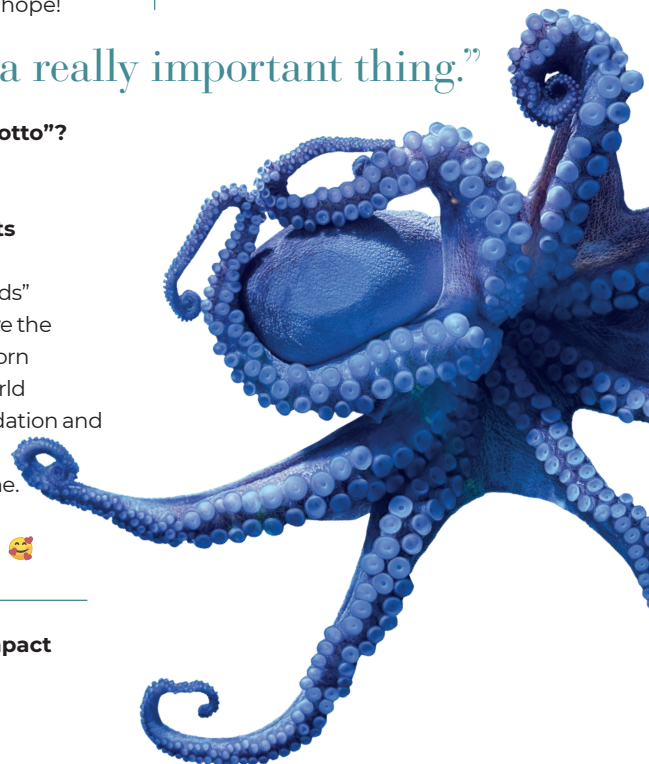
"To have hope is a really important thing."

Do you already have a "life motto"?
Don't stop until you are proud.

How can other kids and adults get involved?
Children can join my "Impact Kids" initiative. I am really lucky to have the inspiring adults of The Ocean Born Foundation, Compassion in World Farming, the Lewis Pugh Foundation and Sealegacy and many others of the Blue community support me.

What's your favourite emoji? 🍌

Find out more at [@swimforimpact](https://www.swimforimpact.com)



Saving Sharks

— *Madison Stewart* —

Aussie Madison Stewart is based in Bali and runs Project Hiu highlighting the plight of sharks due to finning and over fishing.

If you had to choose one priority, which would it be? Sharks. I believe they are the underdog and in need of much more attention from us. They are often ignored in conservation efforts due to their reputation and the fear people have of them.

What's the most shocking thing that people aren't aware of?

That humans are responsible for the death of 100 million sharks a year.

Can we still educate people in time?

I believe we can still educate people in time, the next generation is fighting for the earth already... they can lead the charge for change one day.

Are governments, businesses and the hospitality sector really working towards saving the seas?

Slowly, small things are happening, but the drive to make money will often overpower the drive to do good, so more must be done.

Which one initiative fills you with hope?

Our project, Project Hiu, fills me with hope because I see an entire community of shark fishermen, generations of shark fishermen, approaching me asking to work in tourism. It really goes to show that change is so easy when you understand someone else's world and choices.

Words of wisdom?

My words of wisdom are in regards to conservation work, don't do things to be seen, for social media or for how it looks to others. Do things from the heart and as if only the oceans are watching, then it becomes impossible to fail.

“In regards to conservation work, don't do things to be seen, for social media or for how it looks to others.”

What would you advise people looking to follow in our footsteps?

I would advise that it is so possible, no matter what your background. Many people approach me thinking I am trained to do my work, in reality I never finished school... your ability to make a difference in this world is not restricted by anything but your own fears.



In another life I would have been...

Probably a paramedic, I find that fascinating.

Anything else you'd like to share?

When I first came to Lombok, I was brought to document the shark trade by an Australian film crew. For the first

time in my life I was seeing species I had only seen in books, but they were dead on the floor of the market. It was so heartbreaking, a place that most would never want to return to. Now it's my home and the fishermen, my family. You can turn a situation or a place into something that works for you, comfort is the enemy of the soul, and you can't change the world until you experience someone else's.

Favourite emoji? 🐡 of course!

Follow [@sharkgirlmadison](https://www.instagram.com/sharkgirlmadison)
For more information
www.projecthiu.com

To the Ocean Born

Inga Thordar

An Icelander in London Inga Thordar is a journalist and newsroom leader who worked for CNN and the BBC. Her passion for sustainability has led her to the Ocean Born Foundation, raising awareness and protecting the ocean.

Tell us your story?
I moved to London in my early twenties to finish my BA thesis and with the dream of working in the news media space. I was lucky enough to realise that dream and spent more than 20 years working at the BBC and CNN in various roles, the last one as Executive Editor for CNN Digital Worldwide. I've always been passionate about the environment and social equality and wanted to dedicate myself to that work after leaving the newsroom. I'm now lucky to be focusing solely on restoring and protecting the ocean and everything that it takes to do that. I'm also lucky to have two amazing kids, son and daughter who teach me new things every day.

“We are now close to the point where the ocean can no longer soak up all the greenhouse gases we emit, so not able to carry on working with us.”

Have you always been a protector of the ocean?

Yes, I've always loved the ocean. Maybe it comes from being brought up on an island in the North Atlantic that relies on the ocean for everything; its climate, its food, its livelihood, its tourism, so basically the major parts of its economy. My hometown, Reykjavik, is surrounded by the ocean so even if I now live in a city that is a bit far from it, I regularly need to go to sit by the ocean. It's my place of peace and rejuvenation – and where all the best ideas come from. It's also a reminder of how connected we are to the ocean no matter where we are and its importance in sustaining all life on this planet. So now I'm lucky to be able to channel that passion through my work at the Ocean Born Foundation whose core goal is to restore and protect what we love.



If you had to choose one priority, which would it be?

I think any one priority will not be enough but if everyone – governments, people, companies, etc – could all come together and agree to meet the Sustainable Development Goals by 2030 like they signed up for and promised then maybe that “one” thing would make a big difference.

What's the most shocking thing that people aren't aware of?

That the ocean is the biggest carbon sink there is – for too long we've had so little knowledge of the incredible things that the ocean has done for us in soaking up excessive heat and sequestering carbon. In many ways that lack of knowledge meant we carried on as usual without realising the damage we were causing to the ocean and therefore the planet.

Can we still educate people in time?

Yes, we can! Ocean acidification is one of the few planetary boundaries we, as a human race, haven't crossed and the ocean has also shown that it has the remarkable ability to recover quickly if we leave it alone and reduce GHG (Greenhouse Gases) emissions.

Are governments, businesses and the hospitality sector really working towards saving the seas?

I think they are increasingly becoming aware of the importance of the ocean. There have been some big wins at government level e.g. the creation of the BBNJ (Biodiversity Beyond National Jurisdiction), but now we need all these nations to ratify it and monitor the implementation. Equally we need governments to be courageous in setting their NDC (Nationally Determined Contributions) ahead of COP30. Businesses equally need to start looking at their net zero journeys and speed it up – we need them to make better decisions around procurement, their use of energy and other resources. We work with companies that are on that journey to show that they can make better decisions that pay off in the

“We don't have a lot of time, so we need everyone to get on board with the work that needs to be done.”

long run and help the ocean and therefore the planet.

Which one initiative fills you with hope?

There is now at least a pathway emerging to reduce or substitute plastics. The more we learn about the harm it causes the more urgent that matter feels. I'm encouraged that there are good people still out there fighting the good fight. We need more to join in!

Life motto? Or Words of wisdom?

I'm a big fan of the stoic philosophy and one aspect of that, which is relevant here, is that everything is born from change. So we shouldn't be afraid of it. Right now, what we need are big, bold and brave changes to the way we live, do business and govern so that we can live in greater harmony with the planet. And we should all take individual responsibility for our actions – and consider what changes we need to make a difference.



What would you advise people looking to follow in your footsteps?

Individual actions really matter so keep asking yourself and educating yourself and others about any action that you can take, e.g. your choice of diet, clothes, travel, etc, etc. If we come together as individuals, our collective voice is loud and will catalyse change. I also think it's important to keep hope alive – this is not the time to give up. We have limited time but by accelerating and funding the big solutions we can reverse the path we are on.

In another life I would have been...

A whale – imagine travelling those vast seas, communicating with song and interacting with creatures above and below the surface.

Favourite emoji? 🌍👉

Follow [@oceanbornlife](https://www.instagram.com/oceanbornlife)

More about

■ Ocean Born Foundation
oceanbornfoundation.org

Through The Lens

Cristina Goettsch Mittermeier

Cristina Goettsch Mittermeier is a Mexican marine biologist, conservationist and author based in Canada. The Co-Founder of SeaLegacy, she pioneered the concept of conservation photography.



© Photo by Andy Katz

“The window to prevent the most catastrophic outcomes has not yet closed, but it is very close.”

Tell us about your career/ life path?

Before I became an artist, I studied biochemical engineering with a focus in

ocean sciences and went on to become a marine scientist. I have always loved the immense beauty and interconnection of our planet's living ecosystems: its island chains, coral reefs and turquoise tides brimming with wildlife. However, I never felt any desire to pick up a camera until I realised how close these extraordinary places were to disappearing forever. Between rising global temperatures, an endless onslaught of plastic pollution and rampant development, our planet's wilds were vanishing before my eyes. I found myself clambering for a way to protect these precious ecosystems and stand with the communities that depend on them for survival. In my search for a means to move people to action to restore our living world, I borrowed a camera and began taking pictures.

How did you end up in Canada?

When I first left Mexico in 1991, it was to be with my first husband, Dr. Russell Mittermeier, in Washington DC. I then spent 20 years in Virginia raising our children but also travelling the world in my role as the wife of the President of Conservation International. After we separated, I felt a bit lost, living again in an apartment in DC, alone and away from my now grown children. I wanted to do something for myself for the first time in a long time. I was doing work with National Geographic, and that's where I met my current partner, Paul Nicklen,

one of our planet's most iconic wildlife and underwater photographers. Paul is Canadian, and after visiting him on Vancouver Island, I knew that is where I wanted to be. In addition to the beauty of British Columbia and the friendliness of the people, there just wasn't much left for me in the US or in Mexico. I couldn't be happier where I ended up.

Have you always been a protector of the oceans?

I have always been fascinated by the ocean. I grew up reading epic pirate adventures books that I stole from my brother. When I went to university in Guaymas, Mexico, on the shores of the Gulf of California, I finally got to spend some real time in the ocean. It wasn't until I knew that the ocean needed protecting that I became an advocate for ocean conservation, but I have always felt a deep connection with the sea.

If you had to choose one priority, which would it be?

I am learning that the biggest impact I can make in the world is by grabbing every opportunity I am given to show my art. For years, I have been lost in the rat race of non-profit work. Trying to run my organisation, SeaLegacy, while also establishing myself as an influential artist has been really challenging. Being an artist has opened so many doors and opportunities for me to grab a microphone and share the urgency to protect our planet.

What's the most shocking thing that people aren't aware of?

If you think about our planet as a >



© Photo by Cristina Mittermeier.



© Photo by Cristina Mittermeier.

“The artist exists to propel the revolution we need in order to save our planet.”

spaceship that is travelling across the universe, carrying us across the galaxy with everything we need to survive on it, it feels like there is an underlayer of ignorance on how exactly this spaceship works. What keeps the engine of life running? What pieces are we compromising because of our greed, short-sightedness and ignorance? The inability to see ourselves as intergalactic travellers who depend on our spaceship for survival makes us take the bounty of Earth for granted.

Can we still educate people in time?

We must take a two-prong approach. On the one hand, the general public needs to be much more aware so that we all can be more accountable and informed. The most important choice we make is who we elect to be our leaders. We don't have time for people who are not willing to listen, act and be decisive with the difficult decisions ahead. The second prong is to insist that world leaders sit alongside scientists. Politicians should not be the pilots of planet Earth because they cannot see the complexity of its systems. The real engineers are the Earth scientists.

Are governments, businesses and the hospitality sector really working towards saving the seas?

I see two very different camps as I answer this question. I see a lot of companies who are still doing the minimum

necessary to comply with their sustainability requirements. I also see companies that go above and beyond in their own sustainability while at the same time they support hundreds of individuals and projects working on elements that are not necessarily a part of a company's sustainability but that are absolutely needed to maintain life on Earth. At the end of the day, we all have a responsibility to our planet, but there is only so much we can do as individuals. Companies and governments are the ones who have the true power to create the systems change at the scale that is needed. Many governments are working towards protecting our oceans through the establishment of new marine protected areas, but new legislation takes time and public support; that is why the work of SeaLegacy and other advocacy organisations is so important.

Which one initiative fills you with hope?

On the days when I am feeling a little discouraged, I need to make a choice to feel hopeful. In order to find hope, I look at the words and deeds of others and thankfully there are many individuals and organisations who fill me with hope. From the youthful enthusiasm of the Coral Gardeners in Mo'orea to the tenacious determination of Dr. Emma Camp in Australia, to the buoyancy of the all-female ORGCAs in Mexico, I am always inspired by the willingness of others to stand up.

What would you advise people looking to follow in your footsteps? Or those looking to help as they can?

Start local; volunteer; don't do this for money and create a North Star for yourself. What is it that would make you the happiest? For me, it would be to save our beautiful planet. Everything I do falls easily under that mantra.

In another life I would have been...
a dancer

Favourite emoji? ❤️

Follow [@sealegacy](#) [@mitty](#)

More about

■ [SeaLegacy](#)
[sealegacy.org](#)

Turning a Corner

Lisbon based expat Sophie Lloyd hopes to inspire people to approach fashion in a more responsible way with The Next Turn.

The fashion industry is a complicated beast. On the one hand it nurtures some incredible creativity, on the other hand it's one of the world's biggest polluters, causing catastrophic environmental and social impact through overproduction, waste and the exploitation of workers and the world's natural resources.

While we are seeing an increasing transparency in the supply chain, new regulations in place and an increasing wave of emerging brands building more responsible business models, the retail industry remains unstoppable. The fast fashion world endures, buffeted by huge marketing budgets and the emergence of giant retailers such as Shein and Temu.

The act of buying a new piece of clothing impacts more than just a fashion company's profit. It's important to question yourself and the brands you're buying from. Consider how your purchasing decision might affect the world around you and know the answer to the question, "Who made my clothes?". By understanding the story behind a piece, you will hopefully make more responsible purchasing decisions and endeavour to prolong the life of any piece you buy.

Disillusioned by the current state of affairs, we created Lisbon-based collective The Next Turn in 2023 to inspire consumers to take firmer action and be the positive change we seek. A group of Lisbon-based women, all working in the fashion sphere, our paths first crossed at a sustainable pop-up event and discussion panel co-organised by Sophie Lloyd. We bonded over a shared passion to change the way we interact with our clothes and environment and embarked on a new project together.

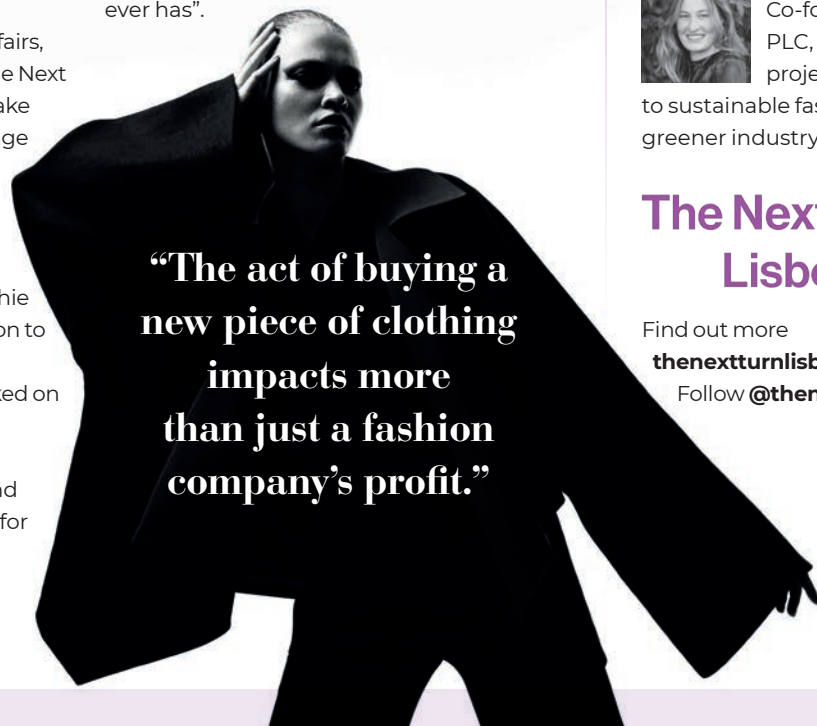
Through hosting a series of events and workshops and providing a platform for information, we strive to raise

awareness and offer resources and practical tools for more positive creation and consumption. But, for us, it extends beyond upcycling, mending, shopping second-hand and supporting local fashion to a change in mindset and integrating a more responsible attitude towards life as a whole.

Our past events include the premier Portugal screening of the powerful documentary Fashion Reimagined in April 2024, along with a mending and care workshop, and a thought-provoking discussion panel featuring special guest speakers that included Amy Powney, fashion activist, designer and protagonist of the documentary.

More recently, we have put together a repair map, and we publish a monthly agenda of events, workshops and other things of interest in Lisbon with the goal of building connections and support our local community.

Small daily steps can create big change. We want to show how empowering and creative it can feel and be. In the words of Margaret Mead, "never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has".



"The act of buying a new piece of clothing impacts more than just a fashion company's profit."

Who are The Next Turn?



Michelle Pozon – Founder of Spiritual Styling and Author of the Beauty Deck. Spiritual Styling is a healing modality founded on personal development & sustainability.



Sophie Lloyd – Personal shopper and founder of Ziggy Lloyd.

Creating experiences to inspire people to approach fashion in a more responsible way.



Celine Alexis – Freelance Fashion Designer and Consultant on

Sustainable and Circular solutions to create a positive impact on the industry, society and the planet.



Tabby Taylor – Co-founder of PLC, a brand and project dedicated

to sustainable fashion and a greener industry.

The Next Turn. Lisbon

Find out more

thenextturnlisbon.com

Follow [@thenextturn.lisbon](https://www.instagram.com/thenextturn.lisbon)

Sustainable Adaptation

Claire Dunn reflects on how to adapt to climate change and what we can do better.

There used to be a line of thought that investing in adapting to climate change is admitting defeat. Mitigation should be the only focus — cutting emissions is where it's at and working out how to live with them as they rise is giving up. It's been said that adaptation is tantamount to betraying ecosystems and other species — humans might consciously adapt but what about the rest of the planet?

Would that we could turn the clock back and have more time to curb carbon emissions to sustainable levels without needing adaptation. But that's an adaptation we haven't yet developed.

The most credible climate sources suggest warming will exceed 1.5 degrees Celsius by 2100. It will now be hard to limit the rise below 2 degrees Celsius, with every fractional increase in warming correlating to more extreme climate events, and more global hardship as a result. We need a fall in emissions by 45% by 2030 vs 2010 to limit the rise to 1.5 degrees Celsius, yet recent UN reports predict emissions are likely to increase by 9%. Vulnerable communities who have historically contributed the least to climate change will be disproportionately affected.

Globally, there is growing public discourse on climate adaptation, with strong engagement from agriculture (new cultivars, water management and land use diversification) and land management (greening projects, disaster management and wetland restoration).

With floods in Dubai, devastating storms in Libya and wildfires engulfing huge regions of Canada, Russia, Australia and the USA, climate impacts are making regular headlines and that's likely to continue. The insurance industry is increasingly pricing based on climate risk, as the costs of not doing so become ever more real. The sector could do more to drive adaptation, and the insurers who become most adept at rewarding customers who best assess and respond to climate risk will stand to benefit.

However, a gap remains between the costs of adaptation and the finance required to make it happen, often with political will as a missing ingredient. It's hard for climate mitigation to compete with education and healthcare for scarce resources when building flood defences may not be completed within a politician's time in office. In our increasingly uncertain environment, we can't wait and hope that politicians will make the right decisions or that corporations will do the right thing. Our most powerful sustainable adaptation may be how we think as individuals. Each of us needs to get better at understanding how our small scale, collectively global scale decisions impact climate mitigation and adaptation.

“Our most powerful sustainable adaptation may be how we think as individuals.”

Our purchasing decisions have an impact. Energy Performance Certificates were largely ignored by UK homebuyers when they were mandated to be provided from 2007. One advantage of rising energy prices is that renters and home buyers now care how much their homes cost to run, which often closely correlates with their climate impact. This is part mitigation, part adaptation. The thermal behaviour of a building matters more when our climatic events are becoming more extreme.

Every good or service we consume has an impact. Looking to spend our money on organisations who have the most sophisticated approaches to climate feels like it

may have as much if not more clout than our behaviour at the ballot box every four or five years. So do both. It can be hard to pick through the greenwash or hold politicians to their promises but the quality of the dialogue is improving. We need that to accelerate and be vocal in demanding good climate information from those we support with our vote or our spend. All of us have an impact. Let's use our impact wisely, holding up the low income global communities and non-human species and ecosystems as we do.



What is Zero Waste?

We've heard the catch phrase but what does it actually mean and how can we get involved? WHEREVER investigates.

The zero-waste movement is a lifestyle and environmental initiative that emphasises reducing waste to as close to zero as possible. It advocates the elimination of single-use plastics, the reuse of materials, and the recycling of what cannot be reused. The movement's roots can be traced back to the early 2000s, with Bea Johnson, author of "Zero Waste Home," often credited as a pioneer. Johnson's family famously managed to fit a year's worth of trash into a single jar, inspiring countless others to reconsider their waste habits.

Today, the movement has grown significantly, with millions of followers worldwide and various high-profile advocates, such as Lauren Singer, who runs the popular blog "Trash is for Tossers". Zero-waste shops, which sell products without packaging, have sprung up in cities around the globe, making it easier for individuals to adhere to the movement's principles.

“The core principles of the zero-waste movement are often summarised by the “5 Rs”: Refuse, Reduce, Reuse, Recycle, and Rot.”

The core principles of the zero-waste movement are often summarised by the “5 Rs”: Refuse, Reduce, Reuse, Recycle, and Rot. Refusing what you do not need, reducing what you do need, reusing what you consume, recycling what you cannot refuse, reduce, or reuse, and composting what is left. This framework encourages a circular economy, where products are designed for longevity and minimal environmental impact.

In the context of climate change, the zero-waste movement is highly relevant. Reducing waste reduces the demand for

Joining the zero-waste movement involves making conscious decisions to minimise your waste in everyday life. It starts with small, manageable changes that align with the movement's core principles: Refuse, Reduce, Reuse, Recycle and Rot.

■ **Refuse:** Say no to items you don't need, especially single-use plastics like straws, bags and packaging. Bringing your own reusable bags, containers, and utensils is a simple way to refuse unnecessary waste.

■ **Reduce:** Simplify your consumption by buying only what you truly need. Opt for high-quality, durable goods that last longer, and focus on reducing clutter in your life.

■ **Reuse:** Instead of throwing things away, find ways to repurpose them. This could mean using glass jars for storage, buying second-hand clothing, or repairing items instead of replacing them.

■ **Recycle:** Properly sorting your recyclables is crucial. Know what can be recycled locally, and make sure items are clean. However, recycling should be a last resort after refusing, reducing and reusing.

■ **Rot:** Composting is an effective way to divert organic waste from landfills. By composting food scraps and yard waste you create nutrient-rich soil, reducing methane emissions from landfills.

Start small and gradually adopt more practices. Every effort counts, and as more people join the movement, the collective impact grows, contributing to a healthier planet and a more sustainable future.

new products, which in turn lowers greenhouse gas emissions from production and transportation. It also minimises the pollution of landfills, where waste can produce methane, a potent greenhouse gas. The movement aligns with broader environmental goals by promoting sustainable living practices that lessen humanity's ecological footprint. As the climate crisis intensifies, the zero-waste movement offers a tangible, everyday approach to contribute to global solutions.





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THE INFLUENCER

Sometime greenfluencer, sometime future politician as Young Energy Ambassador, representing Latvia, Marga is passionate about promoting the future of green living, and sharing her experiences travelling the world, creating content and encouraging positive change.

How did you become an environmentalist?

My journey into environmentalism was gradual and deeply personal. Growing up, I was always drawn to nature and adventure, but it wasn't until I started travelling extensively that I saw the real impact of environmental degradation. Some pivotal moments for me were seeing whales in Alaska for the first time at the age of 18,

seeing tons of trash on remote Caribbean islands and filming my recent documentary, 'Mangrowth' where I witnessed firsthand the critical role mangroves play in protecting coastlines and supporting biodiversity. These projects deepened my commitment to environmental causes as I saw the direct connection between the health of these ecosystems and the livelihoods of the people who depend on them.

Have you always been 'Green'? Or was there a 'moment'?

I wasn't always 'green.' My childhood was more about exploring and being curious than being an environmentalist. The real shift happened as an adult when my travels exposed me to the urgent issues facing our planet. It was a series of eye-opening experiences—like seeing the devastation of deforestation or plastic pollution up close and reflecting on my own journey as a travel influencer that ignited my passion for sustainability. Filming in Kenya, especially, made me realise that my voice could be a powerful tool in advocating for the environment through storytelling and media.

Any key turning points?

I reached a huge burnout in 2010, when I was at the peak of my social media influencer career. I was working with top chain hotels, fast fashion brands, being invited to prestigious press trips and events, however, having a big void in my heart knowing that my "influence" contributes to overconsumption, jealousy and



“Educating people about sustainable practices but making it fun, spicy, relatable! Forget the preaching!”

degradation of the world, and I am not living my true passion and purpose. Having a degree in zoology and deep love for animals I just never believed that I could make a career out of it. Dropping my social media channels I went volunteering with penguins to South Africa, which started my journey in environmental documentary work, greenfluencing and raising awareness about environmental solutions.

If you had to pick one eco priority, which one would it be?

It is bridging the gap between science and creativity. Educating people about sustainable practices but making it fun, spicy, relatable! Forget the preaching! It's about igniting a spark for them to want to get involved and learn more about the tools to make informed decisions and take meaningful actions. It is about making people believe that everyone can play a role in protecting our planet, whether through social media, content creation, or hands-on environmental work.

What's the most shocking thing you've seen?

I spent seven years of my career creating shocking content about degradation, pollution, fires, oil spills, I am sure you have seen it all... through that I learned that fear is something that blocks us from taking positive action, so right now the shock I prefer to spread is through raising awareness about environmental solutions and highlighting absolutely crazy ideas that people are inventing that will help us to come out of climate and pollution crisis, if that is what we focus on! Have you heard about plastic eating fungi or worms, what about algae that creates biofuel, electricity generated by foot steps in high traffic areas, fog harvesting? These are the stories I want to shock the world with!

Can we still educate people in time?

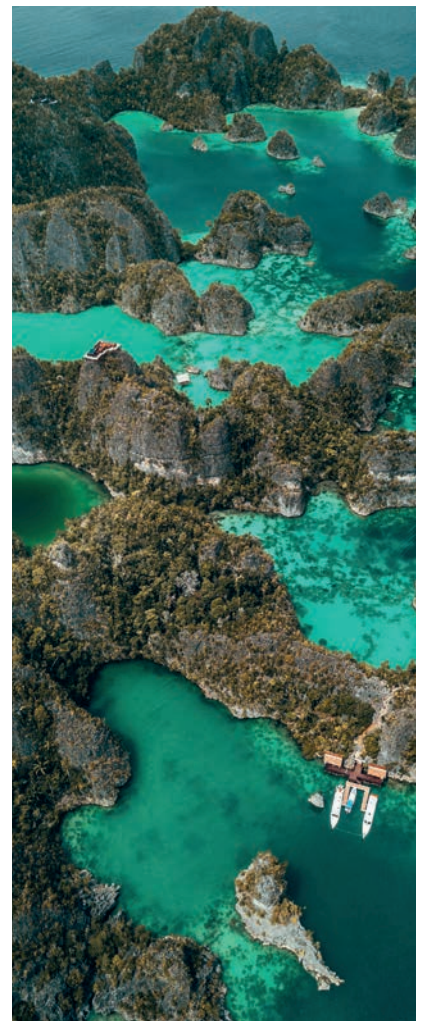
I believe we can, and we must. It's about changing the narrative and making sustainability a compelling story that people want to be part of. Every piece of content I create aims to inspire and inform, showing that positive change is possible and necessary. The clock is ticking, but by engaging hearts and minds, we can drive a global shift towards a more sustainable future.

Are big brands really working towards a more sustainable future or is it a lot of 'greenwashing'?

It's a bit of both. Some brands are genuinely committed to sustainability and making significant strides in reducing their environmental impact, investing more in sustainability, supporting initiatives and more and more projects every year. However, there's also a lot of greenwashing, where companies market themselves as eco-friendly without making substantial changes. Sustainability has to be the core of the business, not a section on the website! Transparency and accountability are key in distinguishing genuine efforts from mere marketing.

How did the trip to Kenya come about?

The trip to Kenya was born out of a desire to understand and document the environmental challenges and solutions firsthand. I was drawn to the region's rich biodiversity and a nation that calls itself "green". This trip wasn't just about capturing



“With the power of social media and digital platforms, we have unprecedented opportunities to reach and educate people worldwide quickly.”

footage; it was about immersing myself in the environment and bringing those stories to a broader audience. My biggest passion is switching on the “greenfluencing” movement in different parts of the world, the movement of content creation as a career is just starting over there so it is my goal to turn creators into eco leaders from the get go.

What did you learn there?

In Kenya, I learned about the resilience of both nature and people. The communities I worked with taught me the power of local action and the profound impact that dedicated conservation efforts can have. I have learned to slow down, learned to appreciate earth and nature, learned how important it is to talk about my anxiety as a privileged person and to commit more people on the other side to hold on to nature instead of trying to dive deeper into efficiency, productivity and this desire that we all have here, to produce without being seasonal in our operations. >





“My heart is scattered across the places I’ve worked in, from the mangrove forests of Kenya to the creative hubs in Europe.”



Life motto?

‘Live consciously, create passionately, and act boldly.’ This motto drives everything I do, from my travels and documentaries to my educational programs. It’s about working on my ego, truly supporting people from the heart, allowing time to study my impact before turning to yet another exciting project, using creativity to inspire change, and taking decisive action to make a difference. It’s a call to live in alignment with our values and to use our unique talents to contribute to a better world.

What would you advise to people looking to follow in your footsteps?

Start by finding what truly excites you

about environmentalism and then use your unique skills and voice to make a difference. Whether it’s through photography, writing, or social media, there’s a place for your voice in the conversation. Be persistent, stay curious, and don’t be afraid to take risks. The journey will be challenging, but it’s incredibly rewarding when you see the positive impact of your efforts. People who are interested in pursuing creative environmental careers can join my online educational programs where I teach everyone what one needs to start eco projects and to be able to share green stories, from concepts to pitching to brands. My team is truly there for you to help you succeed!

What prompted you to become a Young Energy Ambassador for the European Commission?

Ha! I always thought politics was not for me, I mean look at me — this creative freak in parliament? Well, I guess every voice can make a shift! I was selected to join the program, representing my country, Latvia. And very soon learned that true impact is made through policy making. This is where I can bridge the gap between science and creativity! I am all in! Advocating for sustainable and efficient energy solutions that are both innovative and inclusive is so important to me, considering how many communities I have visited that live without knowing what electricity is.

In another life I would have been?

... A giraffe

Favourite emoji? 🌟

Where is home now?

Home has become a bit of a fluid concept for me. I’ve spent so much time on the road, exploring different parts of the world, especially in Kenya where I’ve connected deeply with the local communities and ecosystems. While I’m originally from Latvia, I’ve become more of a global citizen, living wherever my environmental projects take me. I have been calling Portugal home for the last three years and this is where I started my environmental media company, Behind the Greens.

Follow [@margreen_s](#) and [@behind_the_greens_](#)



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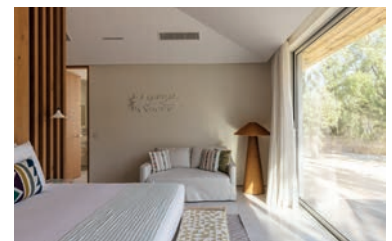
If you want to exercise body and mind, the resort has a range of outdoor activities ideal for the whole family. Tennis, paddle tennis, yoga, pilates and massages are some of the possibilities when relaxing in the pool (heated all year round) isn't the priority.

All meals are prepared using local, high-quality ingredients. Between the light proposals of the Nesto Restaurant and the creativity of executive chef Afonso Carvalho at the Ora restaurant, the result is a new approach to the Mediterranean diet.

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THE DIPLOMAT

Thai born expat Thassanee Wanick was the Honorary Consul-General of Thailand to Brazil. She worked with the UN, founded the Green Building Council in Brazil and spoke at Obama's Green Inaugural Ball.



A WHEREVER reader, based in Portugal, she tells us about her life's work making the world a better place.

How did you become an advocate for the environment? Any career highlights along the way?

As the Honorary Consul-General of Thailand to Brazil, a position bestowed by His Majesty the King, I was responsible for all diplomatic work as well as promoting cultural affairs and business between the two countries. During a sabbatical, I went back to school for a Masters in Environmental Studies from the University of Pennsylvania, USA. I became a professor of Sustainable Economics at the Monterrey Institute of Technology, Mexico. I was also a guest lecturer at the prestigious Wharton Business School.

"Climate change is currently the most important and most urgent priority."

I have been a speaker at various government and business events, including the first Wharton-UN Global Compact International Conference, UN Habitat, International Biofuels Conference, and the World Bank/ IFC's launch of the Sustainability Index of the Brazilian Stock Exchange.

In 2007, I founded the Green Building Council Brazil and served as its first Chairman as well as serving on the board of the World GBC, transforming the global construction industry towards sustainability.

In 2009, I launched the Geo-Engineering Campaign, One Degree Less – White Roofs to Cool the Planet. The initiative was supported by the California Secretary of Energy and Nobel Prize-winning scientists. According to them, each 100 m² of roofs

painted white is equivalent to removing 10 tons of carbon from our atmosphere.

One very special highlight of my experiences and a great honour was being invited to a small, private formal dinner and a presentation given by HRH the Prince of Wales at St James' Palace, London. His Majesty is a visionary with practical and effective ideas on conservation and sustainability. Planting trees, for example, is very effective: there is no man-made device today as effective as photosynthesis to remove carbon dioxide from the air. We had a very positive and extensive discussion on how to build a better, more sustainable world for all.

I was also awarded the Royal Honour of "Commander of the Most Noble Order of the Crown," by His Majesty the King of Thailand in 2019.

Have you always been "green"?

Growing up in beautiful Thailand, I spent time in nature and its stunning coral reefs. However, it was in England, during my A-levels, that I joined the WWF and organized my very first 'Save the whales' campaign.

I am not "100% Green" - no one can be. What I can do is try to live sustainably, teach, and leave my 'good footprint' on every country I go to.

What is your top eco-priority?

Climate change is currently the most important and most urgent priority. I chose to work with the construction industry because it is one of the top three culprits impacting our climate.

GBC Brazil partners with all major universities, teaching architecture and engineering students and professionals

how to build and reduce carbon emissions by as much as 35%. We have to focus not only on the building and running costs but also on user health. A study with 21,000 students in the U.S. found that students in classrooms with natural light improved their performance on math and reading tests by up to 26%. And COVID highlighted the need for good ventilation, while using white paint and white cool roof materials instead of dark ones is also key. Before our campaign in Brazil, most stadiums, buildings, and factory roofs were black. Factories that switched to white roofs reported that interior temperatures dropped as much as 20-30 degrees Celsius in summer. Workers are happier, more comfortable, and this increased productivity.

What do you think needs to be done at this stage? Is it too late? What can we all do as individuals?

It is definitely not too late. It completely baffles me to see the amount of plastic rubbish left after concerts, political rallies, even environmental events. Wind and rain carry them into the drains, clog pipes, and cause floods and plastics end in rivers and our oceans! Taking our own trash home to recycle can really help our cities and the oceans. It couldn't be simpler.

Are governments, businesses, and the hospitality sector really working towards saving the planet?

Smart businesses are working hard towards sustainability because it is profitable for them to be 'Green'.

Hotels and resorts are the most vulnerable, especially if they are built on pristine coastal locations. Often they remove mangroves forests to create artificial beaches. One I worked with in Krabi, Thailand replanted sea grasses and mangroves with guests. When the 2004 tsunami hit, hotels unprotected by mangroves were devastated, and lives lost. The hotel in Krabi I worked with suffered no injuries and only minor damage. According to the World Risk Index, mangroves save the world US\$80 billion a year in losses from floods. They are also nurseries for fish and other marine life on which we depend.

Is there hope?

After 20+ years in business, I want to be an agent of hope for the children and that is



“I believe that man-made problems can be solved by us if we are willing to do so.”

why I wrote my first children's picture book on sustainability, "Sam the Eco Robot & The Ghost Nets." It received three international awards as the 2023 best children's book on the environment.

Through my book, I hope to help our our children, who will become business leaders, policymakers, senators, even our future Presidents and Prime Ministers, on how to deal with environmental challenges. It is imperative that they understand what sustainability means in practice.

Why choose Portugal?

I've been an Expat all my life and travelled to over 50 countries. I lived in eight; including many years in England, USA, and Brazil. When it came time to retire, we researched for three years and concluded that for us, Portugal is the best place to be! Follow [@gbcbrasil](#)



THE ECO ARTIST

Lisbon based expat Reyanne Mustafa is a speaker, co-founder of SoulMuch Foods upcycled snacks and artist.



Have you always been 'Green'? Or was there a 'moment'?

It was a photo that started it for me at the age of seven. I saw a picture of a polar bear stranded on shrinking ice. It was then that I connected the dots that our actions have a direct effect on the ecosystems and animals around us. For me, it was easy to understand that there are direct lifestyle changes we can make that will protect wildlife.

If you had to pick one eco priority, which one would it be?

I think I would encourage people to pick the priority that feels right for them. For me, waste is what pulled on my heartstrings because I grew up with a single mom, on food stamps and a very low income household. It was for me that the idea of wasting food was completely unimaginable. So, fast forward when I started working at a restaurant I was completely frazzled when I saw the chefs throwing away so much food while my fellow coworkers may have become desensitised to it or food scarcity was nothing they have ever had to live with. I did not "pick" to focus on food waste. I simply could not look away when everyone else did and I recommend people find the thing that they cannot turn a blind eye to.

What's the most shocking thing you've seen that people aren't aware of?

- The amount of perfectly edible restaurant food waste is beyond belief.
- The insane shorelines of plastic lining the beaches of most southeast Asia regions.
- The beautiful people who dedicate their lives to clean the world is one of the most beautiful things.

Can we still educate people in time?

Yes. However, I used to think it was about "educating people" on the problems. Now, working in sustainability for over 10 years, I see that is the wrong approach. I think it is about finding out what is in it for the people and showing them that. We are all wired to think, "what's in it for me". By finding what people's motives are and showing how they can benefit is a much more powerful tool than educating.

“You never know what you can achieve when you share your crazy dreams with those willing to dream with you.”



Are big brands really working towards a more sustainable future or is it a lot of ‘greenwashing’?

Yes and no. There are LOADS of empty corporate premises and greenwashing. However, there are incredible brands that are doing phenomenal work out there so I don't want that to ruin the reputation of the brands that are actually making a difference. For example, I have been working with 4ocean the last 3+ years and I can proudly say that the amount of work they say they do doesn't even come close to what they actually do. They go above and beyond what they advertise. And I have firsthand seen how supporting businesses who are doing good can truly change the world.

Life motto?

I always wondered why someone didn't do something about that, then I realised I was somebody.

What would you advise to people looking to follow in your footsteps?

Don't! Follow your own! Happy to share my experiences but my path is mine just as each is their own. I went to school to study nutrition, ended up starting a food waste upcycling cookie company, and now make art from trash around the world. My path is very unconventional and I love it for that. I would suggest surrounding yourself with people who believe in you even when you don't believe in yourself just yet. That is one of the most powerful catalysts to actually “do that thing”. My mother believed in me to start my company SOULMUCH, even when I was terrified and lacked the confidence. But her deep belief in me changed my world.

In another life I would have been?

A golden retriever. I love the carefree bubbly energy. I love their ability to see the good in everyone. They don't judge people on their skin colour, tattoos, background, or age. They simply pour out love and I really think the world needs more of that right now.

Favourite emoji? 🥰

Where is home now?

I have never felt more lost and more found at the same time. I have found myself but not sure where that self will call home for this next chapter. For now, I will keep my rotation of Indonesia, Portugal and San Diego, CA.

12 Quick Tips to Live Greener

Looking for easy ways to make your lifestyle a little more sustainable? Look no further!

In the wardrobe...

1.

Adapt Your Laundry

Did you know washing clothes less frequently can significantly reduce the release of microplastics into the oceans? Synthetic materials shed these tiny plastic particles during each wash, with textiles contributing 500,000 tonnes annually. These microplastics degrade ecosystems and enter the food chain, affecting sea life and humans. Additionally, frequent washing at high temperatures degrades clothing quality and wastes water and energy. Opt for non-toxic detergents and limit tumble dryer use to further minimise environmental impact.

2.

Don't Ditch Clothes

Globally, approximately 92 million tonnes of textile waste are produced each year. This staggering amount underscores the significant environmental impact of the fashion and textile industries and highlights the importance of sustainable practices to mitigate waste. Items in landfills take hundreds of years to decompose and release greenhouse gases (GHG).

The rise of ultra-fast fashion exacerbates this issue, promoting over-consumerism. Instead, make easy alterations or repairs to extend the life of your clothes. Vintage and second-hand shops offer affordable alternatives, often aligned with current trends. When buying new clothes, prioritise quality and durability, and research sustainable brands with transparent supply chains.

In the kitchen...

3.

Cut Down on Meat

The meat and dairy industries are major contributors to GHG emissions, from production to processing, packaging and delivery. Livestock digestion produces methane, while nitrogen fertilisers release nitrous oxide. Reducing meat consumption can significantly lower your carbon footprint. While adopting a vegan diet is one option, even moderate reduction in meat intake can have a substantial impact.

4.

Shop Locally

Fresh food items often travel an average of 1,500 miles before reaching consumers, generating emissions through transport, refrigeration and production. Buying local produce helps eliminate these carbon-heavy value chains. A strong local food economy not only reduces emissions but also offers higher nutritional value due to shorter transportation times. Local, seasonal produce is fresher and less reliant on artificial preservation methods.

5.

Limit Food Waste

In 2023, approximately 931 million tonnes of food waste was generated globally. Households contribute almost 70% of this waste. Reducing food waste at home can decrease GHG emissions. Portion your meals reasonably, buy only what you need, and use food waste as fertiliser for soil and plants.

On your trips...

6.

Limit Plane Travel

Aviation emissions could consume one-sixth of the carbon budget needed to limit global warming to 1.5 degrees Celsius. Rapid decarbonization in aviation is slow, making personal flight reductions crucial. Train travel, a more sustainable alternative, is becoming increasingly economical and pleasant with expanding networks across Europe.

7.

Don't Cruise

Cruise ships are significant GHG emitters. For instance, Carnival Corporation's 47 cruise ships emit ten times more sulphur oxides (SOx) than 100 million cars. Opt for more sustainable holiday options to minimise environmental impact.

8.

Try Sustainable Tourism

Post-pandemic, awareness of tourism's cultural, economic and environmental impacts has risen. Sustainable tourism involves reducing your carbon footprint, spending tactically, and preserving natural environments. Avoid over-tourism, which disrupts local life and degrades natural or archaeological sites. Sustainable tourism tips include using reusable bottles, supporting local businesses, travelling off-season and minimising waste.

9.

Look for the Green Key

Selecting Green Key-certified accommodations ensures sustainability. These establishments adhere to 13 criteria, including respecting local cultures, protecting the environment and fair employee treatment. Choosing such accommodations supports eco-friendly practices.

10.

Unplug Before Going

Electronic devices consume energy even when turned off or in sleep mode. Unplugging devices before going on vacation saves electricity and reduces your household's carbon footprint. UK households spend £50-£86 annually on powering unused appliances in standby mode.

11.

Pack Lighter

When flying, packing light helps reduce emissions. More luggage

increases an aeroplane's fuel consumption. Minimising your baggage can contribute to a more sustainable travel experience.

12.

Give Away Perishable Food Items before Travelling

Before leaving home, check your fridge for food nearing its expiration date. Consume these items if possible, or donate them to reduce food waste. This practice helps minimise waste and supports those in need.



By adopting these sustainable practices in our clothing, eating and travel habits, we can collectively reduce our environmental footprint and contribute to a healthier planet.



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COSTA RICA THE ECO ROLE MODEL

Costa Rica, renowned for its stunning biodiversity and commitment to environmental preservation, is a global leader in sustainable tourism. This Central American gem attracts eco-conscious travellers from around the world who seek to experience its lush rainforests, pristine beaches and vibrant wildlife while supporting sustainable initiatives.

The Costa Rican government has long been a global leader in sustainability, implementing numerous initiatives to protect the environment and promote sustainable tourism. One of the most significant actions is the establishment of the Payment for Environmental Services (PES) Program. This program incentivises landowners to preserve forests, reforest, and manage ecosystems sustainably. Since its inception in 1997, the PES program has contributed to a dramatic increase in forest cover, from 21% in the 1980s to more than 52% today.

Another key initiative is Costa Rica's commitment to becoming carbon-neutral by 2050. The government has implemented policies to reduce greenhouse gas emissions, promote renewable energy and increase energy efficiency. Currently, nearly 98% of Costa Rica's electricity is generated from renewable sources, including hydroelectric, wind and geothermal power.

The National Decarbonization Plan, launched in 2019, outlines a comprehensive strategy to achieve carbon neutrality. It includes transitioning to electric public transportation, promoting eco-friendly agricultural practices, and conserving biodiversity through protected areas and wildlife corridors.

The government also supports sustainable tourism through the Certification for Sustainable Tourism (CST) program, which rates businesses on their environmental and social impact. This certification

encourages hotels, tour operators and other tourism-related businesses to adopt sustainable practices, enhancing Costa Rica's reputation as an eco-friendly destination.

These efforts demonstrate Costa Rica's dedication to environmental sustainability and serve as models for other nations striving to balance development with conservation.

Did you know?

- **Protected Areas:** Over 25% of Costa Rica's land is designated as protected areas, including national parks and reserves.
- **Biodiversity:** Costa Rica is home to approximately 5% of the world's biodiversity, despite covering only 0.03% of the Earth's surface.
- **Renewable Energy:** Nearly 98% of Costa Rica's electricity comes from renewable sources, including hydroelectric, wind and geothermal energy.
- **Tourism Impact:** In 2019, tourism contributed to 8.2% of Costa Rica's GDP, with a significant portion attributed to eco-tourism.

By integrating conservation with tourism, they ensure that the natural beauty and biodiversity of Costa Rica are preserved for future generations. These pioneers not only provide eco-conscious travellers with unique and enriching experiences but also set a global standard for sustainable tourism practices. As travellers increasingly seek to minimise their environmental impact, Costa Rica stands out as a beacon of responsibility and sustainability.

Hans Pfister

The World's Sustainable Eden?

The co-founder and president of Cayuga Collection, a group of award-winning, sustainable luxury hotels in Costa Rica, Panama & Nicaragua is committed to protecting and preserving their local communities and ecosystems. He lives in San Jose, Costa Rica.



How did you end up in Costa Rica?

I've been living in Costa Rica for 30 years, but I grew up in southern Germany and went to university in the United States. That's where I met my wife and my business partner, and that's why I ended up in Costa Rica.

Have you always been green?

My story of sustainable tourism really started as being very intrigued by tourism and hospitality, and that's what I wanted to work in ever since I was a teenager. I worked in a luxury hotel, three-star Michelin restaurant in the Black Forest, and sustainability became a thing while I was growing up in the 70s and 80s in Europe,

Assistant Manager, because that's the job I could get, and I implemented my first sustainability program there in 1995. Back then sustainability really wasn't a trend or anything interesting to people, but when I came to Costa Rica, I was so inspired by this wonderful country, and when I saw some of the non-sustainable practices at the Hampton Inn, I said, no, this has got to change.

If you had to choose one priority, which would it be?

If I had to pick one priority about sustainability, it would definitely be people, and second would be local. This is what we're really focused on at KyYoga. It's people and locals.

What's the most shocking thing that people aren't aware of?

In my opinion, I think it's the big lie that plastic can be really recycled. You know, it can be recycled, can be reused to a certain degree, but it isn't, and you know, if you don't believe it, just look at the Pacific Ocean, what's floating in there.

Can we still educate people in time?

Yes, some of them, but it's not easy, and it's not about preaching. It's not about telling them what they can't do. It's about inspiring them. That, I think, is the most important thing.

Are governments, businesses and the hospitality sector really working towards a more sustainable future or is it a lot of 'greenwashing'?

“Some of the big companies whose business is based on selling bottled beverages want to make us believe that recycling works, but it doesn't.”

that's when the green movement started, and I was very attracted to that as well. It also comes from my love of nature and outdoor sports like skiing, hiking and all of that. So I've really always been kind of green.

Tell us about your career path?

I worked in restaurants and hotels in Germany, then went to university at Cornell, in the hotel school, and after that moved to Costa Rica. I started working at a Hampton Inn as an



I think that, unfortunately, there's a lot of greenwashing. I think there's a lot of people who just have to do this because they were told to by their bosses. They don't have a passion for it, but I do think a lot of people really do fantastic things, and I think it's just putting those things out and making people see all the amazing projects that are happening around the world.

Why is Costa Rica leading the way with eco development, or is it?

I think it is. You know, nothing is perfect. There are certainly things that can be improved, but when I travel around the world, see other places, I always come back to Costa Rica and say, wow, it really is different. I think it has to do with some really big level decisions that were made by some really visionary people abolishing the army, providing healthcare for everybody, and starting the National Park system here that just created this appreciation for nature conservation and for people, and so I think that yes, I think Costa Rica is leading the way.

What did you learn here?

I think I learned that it's all about people. If people are well, then they take care of nature. If people are well, then they invest in the communities, but if things are not good, then it all falls apart.

“ The National Park system here has created this appreciation for nature conservation.”

Life motto?

Walk the talk! You know, don't just say it, but actually do it. There are a lot of people just making big statements and press releases, but it's about doing things on the ground and actually having an impact.

What would you advise people looking to follow in our footsteps?

Make sure you really believe it and make sure you really have a passion for hospitality, for sustainability, because then it's not work. Then it's very, very easy to do.

Yarden Shani Rockman

Waste Not...

Expat Yarden is the Environmental attaché at the Israeli embassy in Costa Rica and coordinator of a delegation in the negotiations to create a new plastic waste treaty.

How did you end up in Costa Rica?

I have been living in Costa Rica for two years where my partner is the consul of Israel. The challenge for me is to keep developing and maintaining my career while continuing to contribute to the environment. It is known that spouses experience the transition the hardest, and I can say that it's true. From my perspective, the challenge is to establish a life far away from family, friends and the life I have built so far.

How did you become an environmentalist?

I probably didn't become an environmentalist, but recognised that I had

After being discharged from the army, in the early 2000s, I worked as a diving instructor and saw the fish and corals disappear before my eyes, which was stressful. At that time, I didn't know what to do about it, so I went to study marine science. During my degree, I realised that what we do on land directly affects the sea (as they say, all rivers flow to the sea), carrying waste, pollution, excess fertilisers and sewerage. And the sea is also a very significant recreational resource. So, I took my head out of the water and started NGOs, doing campaigns and education. After I had kids, I started working for the Ministry of Environmental Protection in the field of waste and recycling.

“As long as the environmental action is complex, expensive or more difficult, we will not come close to a solution.”

The field of waste is “wonderful” because everyone produces it so you can see and touch it, it is easy to understand and connect with.

no other choice but to engage in protecting the environment. I have always been a 'nature girl', but the significant moment was at the age of 12 when my father took me snorkelling in the Red Sea. Floating above a big brain coral, I felt like I had 'returned home'.

So the first environmental field to be dealt with is waste. And yet, even after decades of work, we have not solved this problem. At a global level, we are not yet close to a solution.

If you had to pick one priority, which one would it be?

I think all environmental issues are directly related to each other – climate change depends on how we choose to travel and what infrastructure we have as residents to move from place to place. When countries choose to promote private rather than public transportation, we perpetuate the problem.

Our economy is linear – if we are taking resources from one place in the world, processing it in another, selling it in a third country — and then expect there to be a solution for waste?





As consumers, we might be happy that the costs of the environmental damage are externalised, because that way we can buy cheap, but everything comes back to us — the oceans are filled with plastic, the products create exploitation of workers and children at the production sites we don't know how to deal with the waste and it just piles up.

Of course, it is also related to what we choose to put on our plate – animal food consumes significantly more resources (water, soil and resources in general) than plant food — which means that in a vegetarian diet, or a diet that significantly reduces the consumption of animal food, many resources can be saved.

What's the most shocking thing you've seen?

One of the significant issues that people are not aware of is the price of fast fashion — people buy items that are usually of low quality and then often use them just a few times before throwing them away. Even if they are transferred for 'second-hand' consumption, it ends up in countries like Ghana or Chile, where the items accumulate in the deserts.

Are governments really working towards a more sustainable future or is it a lot of 'greenwashing'?

Some governments are making an effort, supporting international treaties, promoting local legislation, investing resources in creating green jobs, renewable energy infrastructure and public transportation. But it's not enough.

Costa Rica maintains more than 25% of its territory as nature reserves and about 50% as forested area, but the pressure for development is increasing.

Countries still don't understand the effect of climate change on our lives, nor the effect of the overflow of plastic into the sea and our bodies. The EU is leading the way in this perspective.

What did you learn there?

To think globally and to act locally – I ask myself how the great principles are reflected



in my personal life, and I ask myself what is the right action to take. This is how I choose what to eat, how to raise my children and what I work for.

What would you advise people looking to follow in your footsteps?

Dealing with environmental issues, and many others in today's world, can be very discouraging. We have no right to lose hope for creating a better world — for people, animals and the entire environment, so one of the ways is to work on our emotional habits — practice yoga, meditation, sports, etc, to be able to act without being emotionally unstable.

“Be part of the solution, not the problem.”



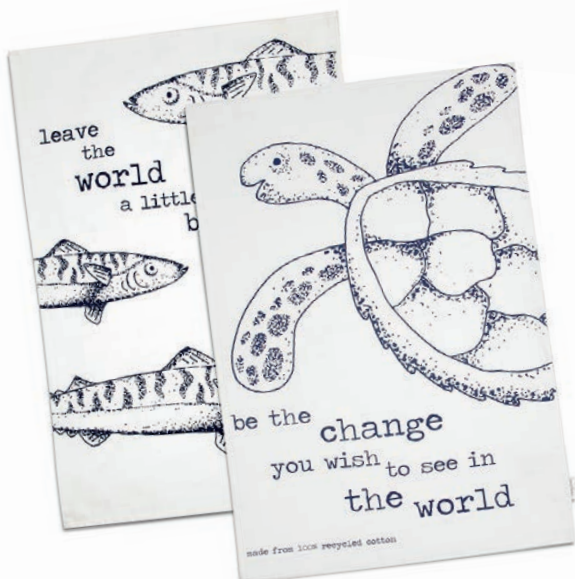
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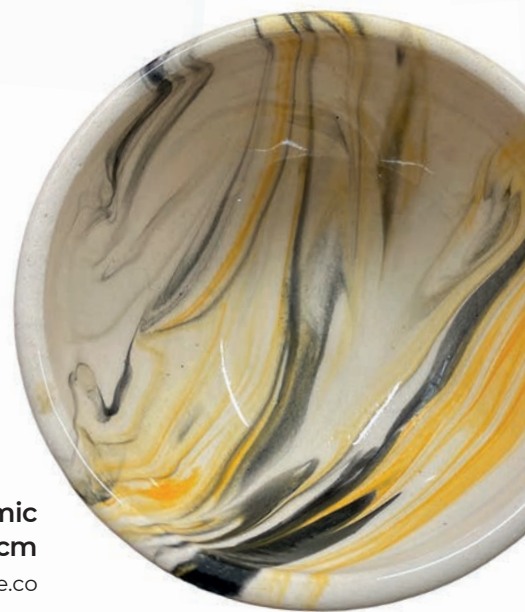
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Maayan & Gal

As Good As Our Mindset

A positive approach to expat life.



 @smoozitive

Maayan and Gal, life abroad experts, sisters, founders of Smoozitive and creators of SYLA app, are expat experts currently living in France. With Maayan's mindfulness expertise and Gal's positive psychology coaching, they guide people to have a simpler, smooth and positive life abroad.

Yellow is for recycling?

Throwing away the trash is easy-peasy! Yes, when you know what goes where, right?! As expats, we often romanticise the adventure of living abroad—until we get super honest with ourselves. Living abroad involves a lot of simple 'living' tasks like dishes, laundry, and 'honey, can you grab the trash on your way out?' Let's be real, those too are part of living in a new country.

Did you know some expats choose a country based on its eco-friendliness? Amazing, right?! But that's not always the case. Most people discover this aspect of a country only after settling in. Sustainability, just like many other things, is a cultural issue and it varies from one country to another. Not every country has all recycling options for example (who are we kidding, not every city in the country has all the options).

“Coming to think about it, sustainability is as much about mindset as it is about practice.”

Maybe you weren't used to recycling much in your home country, and now you're adapting to a more eco-conscious environment. Or perhaps you come from a place with advanced sustainability practices and are now in a country that lags behind. In both cases, it's up to you to navigate and embrace these changes.

The shift from a disposable culture to a sustainable one starts with each human being. Jochen Zeitz said, “Sustainability is no longer about doing less harm. It's about doing more good.” And we couldn't agree

more. It is, among other things, about our buying habits, the products we choose and how we handle waste. By making conscious choices, we can influence our surroundings and contribute to broader change.

But as you probably experienced already, sustainability varies widely across cultures. Some countries have advanced systems for waste management, while others are just beginning. As expats, we can be ambassadors of sustainability, sharing knowledge and adopting new habits. This cultural exchange enriches our lives and promotes global eco-consciousness.

We know, living sustainably isn't always easy, especially when adjusting to new ways of doing things abroad. But it's a journey worth undertaking. You made the empowering choice to live a life worth living in another country. Each small step we, as a community, take, sorting waste correctly, choosing reusable products, or supporting local markets that emphasise sustainability, accumulates, creating a significant impact over time. It benefits our planet for sure, but on a personal level, it can increase your sense of belonging, and make you feel more connected to the country you're living in. It's about doing more good, one choice at a time.

So, next time you find yourself confused by the recycling system or hesitating about new coffee cups or washing soap, remember: going green might be trendy, but sustainability is a mindset. Embrace it. Grow. Learn from your neighbours, share your knowledge, and make choices that reflect the best of both worlds. In doing so, you'll enhance your own life and contribute positively to the community you now call home.

Jerramy Fine

Expat Mum Musings

An American author and royal watcher living in London.



 @missjfine

Jerramy Fine is an American author who has lived in London for 25 years. Her new novel *Royal Resistance* is out now.

Of course we recycle!

Having lived as an American expat in the UK for the last 25 years, I take for granted so much of what goes on here. Of course medical care is free. Of course guns are illegal. Of course women get paid maternity leave. For most Europeans, to even imagine life without these things is almost unthinkable. The same goes for basic environmental practices. Of course we recycle!

For decades, the UK government has required that all plastics, glass, metal and paper be sorted and left on the curb to be picked up every week along with your usual household rubbish. Some neighbourhoods let you put all the recyclables in one bag – and they sort it out for you. Many even require that your food waste is collected for compost. Again, this recycling is compulsory, not optional. But the government makes it fairly easy to comply.

than 6% of plastic waste. Meanwhile, the European Commission reports that Europe is recycling close to 32%. We're still a long way from 100% (South Korea comes closest at 49%, and Austria surpasses everyone with 63%) but at least we're headed in the right direction.

Another thing I take for granted as an expat? Transportation. Of course I take the train! Because, unlike in the USA, in Europe driving is expensive. And they make it that way on purpose. Most European governments tax petrol (or gasoline) because it's environmentally responsible to do so. Petrol taxes in Europe average €1.05 per litre, while US federal tax on gasoline is approximately 4 cents per litre! Not a huge incentive for American citizens to cut down on driving gigantic cars, or for American city planners to invest in public transport.

Globally, there has always been way too much focus on what the individual can and should be doing to save the environment. But that's just a distraction from the fact that fewer than 100 companies are responsible for 71% of all global emissions – yet face next to zero environmental regulation.

It doesn't matter if you live in Lisbon, Paris, London or Dubai — if our children are going to live on a habitable planet that isn't like a hike through the Book of Revelations, if we want them to be able to ski in real snow and stop ingesting microplastics, then we need top-down leadership.

European capitals are leading the way when it comes to environmental sustainability. It's not nearly enough but it's better than nothing. And this expat mum will no longer take it for granted.

“If this is happening in left-leaning, so-called environmentally-aware states – God knows what’s happening everywhere else!”

This is why whenever I go to America, my brain explodes. I stay with friends in Colorado, California and New York and I'm appalled by what I see. Giant fridges in the garage filled with nothing but bottled water, meat smokers that run all night, single-use plastic galore, and when it comes to household recycling, it's almost nonexistent (unless you load it up yourself and take it to a recycling centre).

According to the US Environmental Protection Agency, America recycles less

Alex Story

Stories From Salzburg

When a father of four moves his family from Richmond to Austria.



 @alexpstory

Aside from writing, Alex runs a private placement company working closely with Private Equity and VC funds. He rowed for Great Britain at the Olympic Games and won the Boat Race for Cambridge on two occasions.

Back to Reality

Few sounds are as uplifting in life as the pitter-patter of tiny feet rushing towards an opening front door while little voices shout “Daddy!” “Daddy!” at the top of their lungs, with unconstrained love and joy, as you make your way back home after a long business trip abroad.

That moment, short as it was, made everything worthwhile — soulless airport lounges, plastic inflight food, endless security controls, cancellations and reschedulings. Taking a short love bath in the arms of one’s young children soothed all. These moments meant so much. Only when they stopped did one notice how much they meant and how much we lost when they were gone.

“They had come back to the real world in which they had been born and were destined to live.”

One day, after a particularly average mid-winter trip, I landed back in Salzburg, Austria. I went through border control and jumped into a cab. In ten short minutes I stood in front of my door. I dropped my bags on the floor in preparation. I would have to bend down very low to pick up the flock of children as they ran down the corridor and jumped on my ageing frame. I then opened the door and was greeted by a deadly silence.

It was a crushing, but still vague, disappointment. Was there no one home? Was I at the wrong address? Or more likely, had I landed in another dimension? Stillness, unbearable stillness.

That was it. I opened the door fully, picked my bags up, and with a heavy sigh, ventured into the darkness. I walked down the corridor, went towards the living-room, a little way down on the left. I chanced upon an entrance.

The four children were there. Slouched on the sofa, their souls entranced by devices I didn’t know they had been given, and entirely consumed by worlds beyond their screens. As I stared in disbelief, one of them looked up and grunted a distracted “hello”. He returned to the virtual world he had briefly left within a second.

My anger spilt over. There was to be no negotiations, no compromise. A choice had to be made: Either I would allow them to make the leap into a world way beyond our family and neighbourhood or I would stop this and bring them back. I walked towards them, grabbed the devices, threw all in the bin and banned them for eternity from our household.

Awaking from their addicted slumber, they hollered, begged and threw themselves on the ground. Within half an hour, though, crying gave way to childish laughter. Finally, they saw “Dad” and they jumped into my arms. Tears of joy nearly formed on the side of my eyes.

I, for my part, promised, if they were banned from devices, I would walk the walk by reducing my time on devices to 30 minutes a day.

Over time the rules have been relaxed somewhat but we play, talk, read together as if it’s 1999. And life, you will find, is as fun now as it was then.

Randi Levinson

Love and Intimacy

The Expat Love Therapist



 @randilevinson

Randi is an Individual and Couples Therapist and Certified Clinical Sexologist from LA.

“While being an individual is important, individualism can be dangerous and lonely.”

Relationships also have a biosphere

Maintaining a healthy and thriving relationship can be challenging. As a couples' therapist, I often encourage couples to consider their relationship an ecosystem that requires constant care, balance and nurturing. Couples can build a strong foundation that supports both individual growth and mutual satisfaction by focusing on creating a sustainable ecosystem.

A biosphere consists of all the parts that contain life. It encompasses what is above and below the Earth. If we think of our relationship as a biosphere, we must include what has made us the individuals we are today. What we bring into the relationship are the versions of ourselves that came before the marriage; our childhood and how we were parented, our generational trauma, sibling relationships, and societal and cultural influences. We carry with us into our relationships our past and our potential.

If we consider our relationship a biosphere, we are neither above nor below it. We cannot control our relationships. What we can control is how we decide to pollute it. We can choose to have temper tantrums, which may result in coldness and distance, or to have mature discussions where we listen to try and understand each other. There should never be someone right and someone wrong. It doesn't matter and will never lead to closeness if we fight to be 'right'. If one partner wins and the other loses, both lose. The loser will inevitably make the winner pay.

Imagine that the biosphere contains what each partner inhales and exhales into the system. How you contribute to that

ecosystem matters. Pausing, occasionally, and asking yourself, “What am I breathing out into this relationship? What am I breathing in?” Are you polluting your air for both of you? Are you creating sustainability in your exhales? This idea helps us understand that while being an individual is important, individualism can be dangerous and lonely.

Our relational biosphere needs us to work together. While we must continue to independently explore the depths of our psyche and how we understand ourselves and our past, it is of equal importance to understand how we create a more relational way of living. The goal is sustainable satisfaction. This is an abundance mindset where everyone wins.

Disagreements are inevitable, but how they are handled can make or break a relationship. One obvious cue to help you create a sustainable ecosystem is if you want to win a fight. You are out of the relational game if that is what you need. Notice which components of the biosphere are out of balance and how each of you is contributing. Is there enough sunlight? Water? Shade? Nutrients?

Creating a sustainable ecosystem as a couple requires ongoing effort, commitment, and a balancing of independence and togetherness. Cherishing our significant other will always clean the air. Go ahead and ask yourself now, “What have you been exhaling and inhaling in your relationship?” What can you change in yourself to begin to change your relational biosphere?

Seeing into the Future

Sixty years ago, Porsche took a monumental step forward with the commercial release of the new 911. Initially presented as the 901 at major international exhibitions the previous year, the launch marked a pivotal moment for the brand.

Up until that point, Porsche had a monoculture policy centred around the 356. Introducing a new model was a significant risk, but Porsche's management decided to maintain a clear continuity in their concept.



The design of the 911 was new and attractive, with the unit body making its debut. However, many of the core elements that had made Porsche a benchmark in sports car manufacturing remained unchanged. This included the air-cooled boxer engine positioned behind the rear axle and the Coupé configuration with two small rear seats. The 911 featured a 2.0-litre six-cylinder boxer engine, but from the outset, the sales department insisted on offering a version with the 1.6-litre four-cylinder engine from the last 356. This led to the creation of the 912, which became the best-selling version from its launch in April 1965 until 1968, when the 911 finally overtook it in sales. Structural changes in a manufacturer's lineup are always critical and involve significant risks that must be carefully managed.

Fast forward to today, 60 years after the start of 911 production, and the automotive industry is undergoing a rapid transformation. The shift towards 100% electric motors is becoming inevitable to reduce emissions. In 2024, Porsche will introduce its second fully electric model, the new Macan. This vehicle aligns perfectly with market research, which consistently shows that customers want electric cars with longer ranges, faster charging, and prices comparable to combustion engine vehicles. Additionally, they desire batteries with greater power, safety and longevity. The new electric Macan meets all these criteria and is well-prepared for the challenges ahead. Soon, it will be available to our customers, continuing Porsche's legacy of innovation and excellence in the automotive industry.

José Barros Rodrigues.



“In 2024, Porsche will introduce its second fully electric model, the new Macan.”



Cher's Florida Mansion

WHEREVER heads to The Goddess of Pop's place.



© Joe Seer / Shutterstock.com

Cher has sold over 100 million records and won a Grammy, an Emmy, an Oscar, three Golden Globes and numerous other awards. She rose to fame in the 1960s as one half of the husband-wife duo Sonny & Cher and continued a successful solo career after their divorce. She has performed on Broadway, starred in movies and TV, and performed musical genres from folk to disco to rock. She is the only artist to date to have a number-one single on a Billboard chart in six consecutive decades, from the 1960s to the 2010s.

In addition to her entertainment pursuits, the fashionable Cher is one of the celebrity world's most dynamic home decorators and flippers. Her impressive real estate portfolio

has included homes from Hawaii and California to New York and Florida, reflecting her signature tasteful style with a touch of the exotic.

The Spanish-contemporary estate sports six bedrooms, six full bathrooms and three half-baths. A classic example of Cher's fondness for Moorish architectural additions, the grand mansion features a tiled roof, Mediterranean-style arched windows and wrought-iron accents, surrounding an interior courtyard. The impressive entry foyer offers double-height ceilings, curved archways and dual staircases. An open floor plan has the ultimate in indoor-outdoor living, with floor-to-ceiling windows to let in natural light and the Miami sea breeze. >





The kitchen boasts marble accents with an oversized central island and connects to a full home bar with bespoke wallpaper and complementary marble countertops. The palatial primary suite includes a sitting room, a statement marble bath, a two-person central shower, a custom-built wardrobe and an expansive private terrace with a top-floor studio. Other amenities include a fitness centre and a media room, plus lots of space for living and lounging.

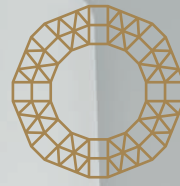
Set on the island's pristine coastline, the property offers two-thirds of an acre and 158 feet of unobstructed water views. The landscaped grounds are lined with mature palm trees, surrounding a spectacular resort-style pool complex with a fifty-foot swimming pool, a hot tub, a cold plunge, a sun deck, a sauna, a pool house and a cabana bath.

La Gorce Island is an exclusive gated community of 30 homes with 24-hour security located off the coast of Miami Beach. Just a few of the illustrious people who have lived in the ultra-luxurious enclave include Billy Joel, Lil Wayne, Dwayne Wade and Chris Bosh. Nearby options for entertainment include the La Gorce Country Club and many of South Florida's best beaches. The famous clubs and nightlife of South Beach are less than five miles away.



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5 Ways to Cosy Up Your Home

Creating a snuggle-worthy space can be tricky if you don't follow some fundamental rules, says interior designer Anne Haimes.

Opt for warmer lighting

When it comes to creating a cosy atmosphere, you want to avoid anything that feels and looks cold. And this starts with your lighting choices. Lightbulbs should be a warm hue. Anything too cool-toned will create a frosty atmosphere – not ideal for cosiness. Look for bulbs under 3,000K for warm white. You also want to avoid just one source of light. Instead, create ambient lighting with clusters of illumination such as lamps, string lights, candles or strip LEDs.

Avoid a super strict colour palette

You can also apply the same principle to your colour palette. Instead of sticking to a strict colour palette of three to four shades, select a range of hues from each colour that you can subtly incorporate throughout your room. This will help prevent the dreaded matchy-matchy effect while still maintaining cohesion. When it comes to picking a cosy colour palette, typically warmer shades will work best. But that doesn't mean you can't create cosiness with a cooler palette. Just be sure to include plenty of softness with your décor and incorporate natural textures to offset colder tones. Leafy plants can also help bring warmth to a cool-toned room.



Mix textures

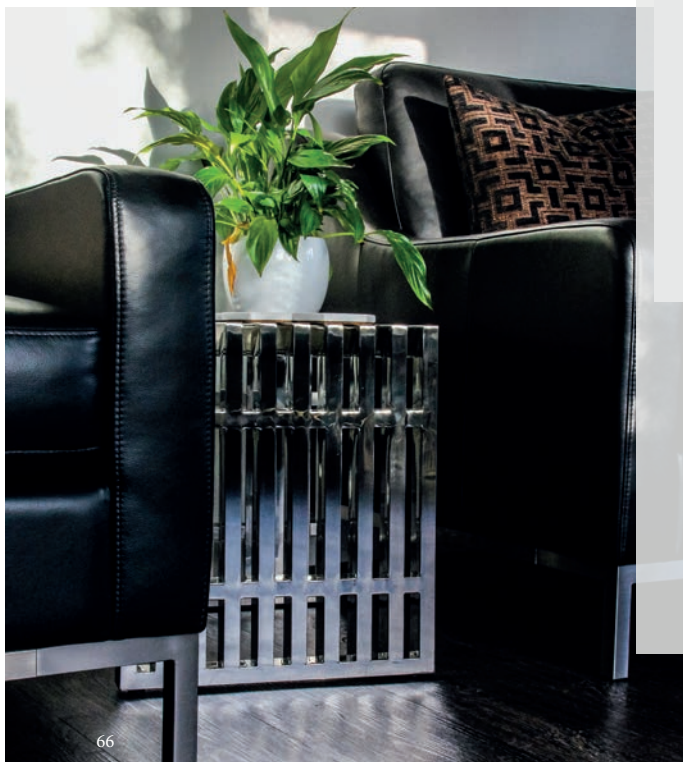
One mistake I see all too often is choosing décor that is too matchy-matchy in texture. Especially when it comes to throw pillows. While it's easy to think matching sets will look more uniform, what this really does is create a space that looks flat and lacks life. Go for a range of soft textures and fabrics such as knit, faux fur, linen and velvet, which will not only help provide warmth to your space but will also make your décor more interesting to look at.



Banish bare walls

Nothing can make a room feel more uninventing than a spine-chilling echo. Echoes occur when sound bounces off hard surfaces, so you'll need to fill your room with plenty of soft furnishings to help absorb some of this sound. Adorning your walls with art will not only prevent echoes but will also help inject personality into your space. Choosing pieces that are personal to you will make your space feel more inviting for guests and give that homey feel. Alternatively, opt for tapestries which add additional softness to traditional paintings or photographs.

“OUR BRAINS LOVE A-SYMMETRY, SO DON'T BE AFRAID TO MIX IT UP WITH YOUR THROW PILLOWS AND DÉCOR TO PREVENT YOUR STYLING FROM FEELING RIGID”



Create enclosed cosiness

While grand rooms with tall ceilings are impressive to look at, they aren't the ideal setting for creating cosiness. Creating a space that is enclosed without feeling cramped will make the perfect set-up for autumnal snuggles.

Section rooms that have a lot of space – a sectional sofa, for example, is perfect for dividing a large room. Alternatively, open bookcases and strategically placed rugs can subtly segment your space.

Your painting schemes can also greatly alter how your space is perceived. For example, painting your ceiling a darker shade than your walls will create the illusion of shorter ceilings.

Pendant lights can also help draw the eye downwards to reduce the height of your space. Similarly, shelving can help break up blank wall space and lower the gaze.



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A QUESTION OF FINANCE

With 20 years' experience living and working in Portugal, Raoul Ruiz Martinez manages RZ Financial Planning, a Private Office Service company.

“WITH FLEXIBILITY AND A WILLINGNESS TO REFRAME YOUR FINANCIAL POSITIONS, OPPORTUNITY RARELY FLIES UNDER THE RADAR.”

Got a minute?

Why don't you send your queries about your move to Portugal to Raoul via hello@wherevermags.com and we will get his response in the next issue!



Can You Afford to be Non-Negotiable About Your Family Planning?

Lived experience amounts to a set of non-negotiables: don't go out in a blizzard without a jacket, and don't settle for anything else than what you deserve. Give your all to avoid making the same mistake twice, and success will come naturally! Right?

I have been enjoying the latest season of 'The Bear', a series following a young chef's ambition to steer his restaurant in the direction of that all elusive first Michelin star. The chef devises his own set of non-negotiables, comprising industry lessons with the intention of avoiding the pitfall of complete and utter failure. Perhaps unsurprisingly, the implementation of his incontestable 'laws of the land' does not come without the inevitable friction of butting-heads.

It seems then, that the inherent rigidity of non-negotiables can also prove detrimental to success, above all to your investments. Lack of flexibility causes an absence of open-mindedness, and a blindness to opportunity.

As I mentioned in my previous article, I love questions. The question here is: Are non-negotiable states advisable in the categories of personal investment and the approach to mobility-related tax solutions?

I would recommend caution against assigning non-negotiables to both your professional and personal life. Granted, non-negotiables can foster excellence by promoting goal setting and developing clear forward planning. However, as opportunity often lurks around every corner, I prefer my clients to remain agile and alert.

Change is constant, they say, more constant than any long-term projections in our planning. As such, non-negotiables

have the potential to hinder growth by preventing the opportunity to actively reframe our strategies to target opportunity. Lists of non-negotiables can be rife with contradictions restricting agile planning both for individuals and families.

The sustainable growth of our financial positions benefits immensely from accurate and careful analysis of our risk profiles. Protecting the value of our positions from negative growth relies on our capacity to alter our assessments accordingly. With careful analysis providing well-founded solutions at every turn of our unique financial journey, we remain informed as our investments evolve. For instance, one of our new clients holding a real estate portfolio is now reaping the rewards from an impermanent, rarely publicised law allowing tax benefits on the sale of secondary land and housing.

Originally, their portfolio was structured as a long-term solution to facilitate the passing of wealth to their next generation. The portfolio of land and housing was purchased as a combination of personal and rental (local lodging) properties. Following detailed analysis and family discussion, the current structure of this portfolio was found to limit optimisation of tax benefits needed when families work and live across borders.

As this portfolio was structured years ago as a long-term solution, without effective guidance our client may well have adopted a non-negotiable position. In short, a fruitful opportunity to adapt their investment strategy could have slipped through their fingers if not for their willingness to remain flexible in the face of any new or appropriate tax law. As advisors, we seek to assist in the navigation of your ever-changing needs as individuals and families. Sound security for our clients comes with knowledge, rapport and focused attention.

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TEEING OFF TOWARDS SUSTAINABILITY: TOP 10 BEST GOLF CLUBS WITH A GEO CERTIFICATE IN CONTINENTAL EUROPE

Leading Courses founder and COO, Jeroen Korving, says golf courses are getting greener.

As our planet faces the pressing challenges of climate change and dwindling resources, more and more sectors are pivoting towards eco-conscious practices, and the world of golf is no exception. GEO Foundation for Sustainable Golf helps golf clubs to accelerate and make the change towards sustainability. To promote GEO Certified® clubs and raise awareness for 'sustainable golf', this article highlights the top 10 clubs in Continental Europe with a GEO certification.

Finca Cortesin is the highest rated golf club in Continental Europe with a GEO Certificate



© Finca Cortesin/Azalea

Embracing Change on the Golf Course

As water scarcity looms large and unpredictable weather patterns become the new norm, the imperative to adopt eco-friendly practices in golf course management has never been more urgent. From reducing water consumption to preserving natural habitats and minimising chemical usage, these certified courses are setting the standard for a greener future in golf. Golfers in Europe will need to adjust to changes, recognising that golf courses might appear different and probably less lush in the coming years. As water scarcity becomes a concern in many European regions, an increasing number of golf courses are transitioning to alternative grass types, such as Bermuda grass. These varieties require less water and can better withstand harsh weather conditions, ensuring the sustainability of the courses amidst evolving environmental challenges.

On top of that, biodiversity is essential for the health of golf courses. It supports various plant and animal species, maintaining a delicate balance and contributing to environmental resilience. By preserving habitats and native flora, courses attract beneficial wildlife and improve soil stability and water quality. Ultimately, promoting biodiversity ensures the long-term viability of golf courses amidst environmental challenges.

© Terre Blanche



Bats are among Europe's most endangered mammals due to the disappearance of their natural habitats and breeding/hibernation sites, which is why since the end of 2022, Terre Blanche Hôtel Spa Golf Resort has been installing bat shelters and refuges in various strategic locations.

THE TOP 10 BEST GOLF CLUBS WITH A GEO CERTIFICATE IN CONTINENTAL EUROPE

The listed clubs below all are GEO Certified® by the GEO Foundation for Sustainable Golf. Leading Courses has been a partner of the GEO Foundation almost since Leading Courses was founded as we believe it is vital to take good care of our environment. The ranking is based on the review score given by golfers to GEO Certified® golf clubs.

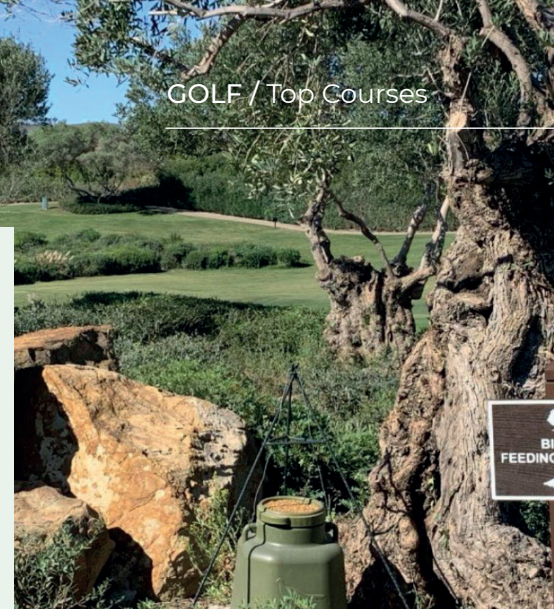
The ranking does not indicate how sustainable a golf club is, it is the ranking of the best-rated golf clubs in Continental Europe that have been GEO-certified. So it does not mean that the number 1 is the most sustainable, as this is very difficult to determine.

1. Finca Cortesín Golf Club - 9.13/10 Spain

Finca Cortesín, being close to the continent of Africa, wants to serve as a place of rest for migrating birds. They also want to increase the number of local birds by supplying special feeding stations around the course. (photo credits: GEO Foundation)

Finca Cortesín Hotel, Golf & Spa is at the forefront of European golf's drive to become more eco-sustainable after revealing that it is using up to 30% less water since becoming the first course in Spain to feature a new, environmentally-friendly variety of Bermuda grass on all its greens. As well as needing less irrigation, the greens require

less pesticide and staff hours to maintain optimum condition all year round, with the new, improved, uniform putting surfaces earning widespread praise from both players and the golf industry alike. The resort obtained the highly respected GEO Certified® label in July 2023, showcasing its commitment to sustainability.



2. Costa Navarino (Bay & Dunes) 8.98/10 Greece

Costa Navarino prioritises environmental and social responsibility, striving for sustainable tourism development in Messinia. Adhering to strict environmental guidelines from construction to operation, approximately 8% of the budget is dedicated to sustainable infrastructure. Some examples are their olive tree-transplanting program with over 7,000 trees and the Bay Clubhouse, one of the first earth-sheltered clubhouses, boasting 27,500 plants, seamlessly integrating into the natural surroundings. With a commitment to reducing emissions, Costa Navarino achieved an impressive 80% reduction by 2022 compared to 2019 levels. Costa Navarino became GEO Certified in Jan 2024.



3. Terre Blanche Hotel Spa Golf Resort 8.97/10 France

Terre Blanche has been built on a set of measures aimed at minimising its impact on the environment while developing the biodiversity within its extraordinary ecosystem. Much more than a simple business concept, Terre Blanche is the result of a true philosophy of life. The resort is not only respectful of the environment but also has a major social and economic dimension in its beautiful region. Terre Blanche is the reference in France in terms of eco-responsible commitments both on the course and on their resort. They have been 'GEO certified' since 2016 and also have a 'Green Key' certification. On top of that, they also have the 'Silver Label' for biodiversity set up by the French Golf Federation.

4. Bernardus Golf 8.96/10 The Netherlands

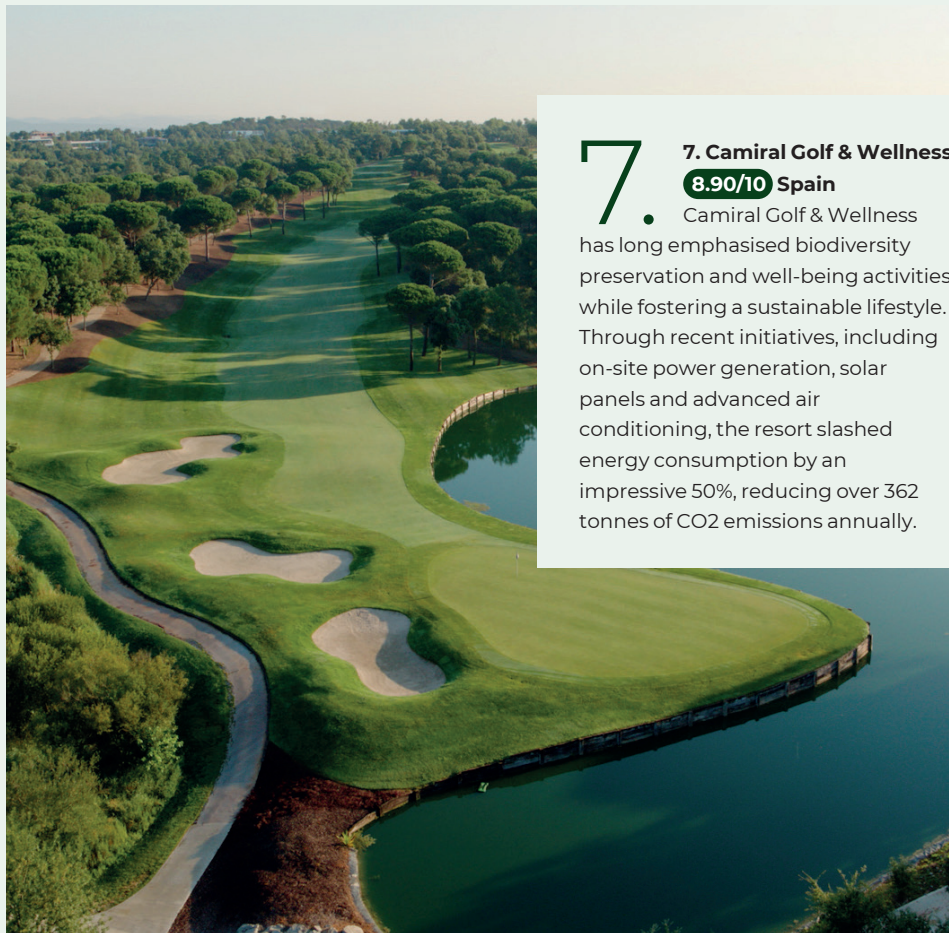
Bernardus aims to create world-class playing surfaces in the most sustainable way possible, and the health of its site is more important than anything else. Therefore, they are proud to possess the GEO certificate. Bernardus selected a grass species named fescue because they require less water and nutrients to survive, and also, they grow at a slower rate in comparison to other species, which results in less frequent mowing which reduces engine emissions and noise pollution.

5. Real Club de Golf Sotogrande 8.93/10 Spain

A recent golf course restoration laid the foundations for much more efficient and sustainable maintenance management at RCG Sotogrande. They utilised Bermuda grass on tees, fairways and rough areas, reducing the turf area by 1.9%. Drainage channels spanning 37 kilometres direct water to lakes, maximising rainwater usage. Additionally, 75 tons of silica sand prevents Bermuda grass reseeding in winter. These efforts, alongside reclaimed water irrigation, and fertigation (the injection of fertilisers) led to a 20% water consumption reduction and a 25% decrease in CO2 emissions, waste generation and noise. >

6. Koninklijke Haagsche G&CC 8.91/10 The Netherlands

Koninklijke Haagsche G&CC prioritises environmental stewardship through its 'Committed to Green' initiative, managing the golf course and nature sustainably. By setting goals and optimising greenery and environmental management, The Hague promotes eco-conscious practices. Recognised as the inaugural champion of green initiatives in Europe, the club received the prestigious 'Champions of the Green - Europe' award from the Golf Environment Organization (GEO) in 2017, affirming its commitment to sustainability.



7. Camiral Golf & Wellness 8.90/10 Spain

Camiral Golf & Wellness has long emphasised biodiversity preservation and well-being activities while fostering a sustainable lifestyle. Through recent initiatives, including on-site power generation, solar panels and advanced air conditioning, the resort slashed energy consumption by an impressive 50%, reducing over 362 tonnes of CO2 emissions annually.

8. Golf Club Villa d'Este 8.85/10 Italy

Golf Club Villa d'Este holds the conviction that exceptional hospitality should intertwine with a mindful awareness of the environment. Acknowledging our industry's inescapable influence on the environment and society, we commit to managing our impact and implementing sustainable and responsible initiatives. Villa d'Este is GEO Certified and is a partner of Clean the World Global, an organisation committed to improving environmental conditions worldwide.

9. Antognolla Golf Club 8.80/10 Italy

Antognolla Resort and Residences is operated by Six Senses Hotels Resorts Spas – a leading international hospitality brand with a focus on sustainability and wellbeing. Food comes from local farmers and fishermen. An organic garden is maintained to give back to the earth through composting and building healthy soil. The estate has local and non-invasive plant varieties, many of which are fundamental ingredients for the resorts' restaurants and spa treatments. Attaining GEO Certified status has been a long but very rewarding process, which validates the hard work and commitment to be recognised as one of the sustainability leaders in Italy.

10. Noordwijkse Golf Club 8.75/10 The Netherlands

De Noordwijkse is located in a unique nature reserve, the Natura 2000 area Kennemerland-Zuid. The course and its environment can't be seen as separate entities. Attention to nature, or rather a responsibility to nature, has been in their genes since the beginning. They were one of the first clubs to be 'Committed to Green' certified and GEO Certified. If the course needs to be changed, De Noordwijkse has to come up with an overall plan for both golf and nature. De Noordwijkse and its members are just temporary tenants of this beautiful terrain.

The GEO Foundation for Sustainable Golf

The GEO Foundation for Sustainable Golf is an international not-for-profit organisation dedicated to helping accelerate sustainability and climate action in and through golf. It works collaboratively across the amateur and professional parts of golf to help the sport embrace and address key environmental and social issues, so that it can become widely acclaimed for its role in fostering nature, conserving resources, strengthening communities and taking climate action. GEO provides the OnCourse® programmes and solutions for sustainable golf facilities, new developments and tournaments, each of which can lead to the internationally accredited, endorsed and independently verified GEO Certified® label.



Get more inspiration for your next golf trip



5 SWING-IMPROVING HACKS

Golf demands accuracy, discipline and dedication. One of the most crucial aspects to master is your swing. Whether you're just starting or have been playing for years, these five simple tips will improve your golf swing.

Optimise Your Grip

Your grip on the golf club is fundamental to your swing. Holding the club too tightly can restrict movement and decrease control, while a grip that's too loose may cause the club to slip. Aim for a grip that feels like an extension of your arms, balancing control and precision. Practise applying enough pressure to maintain control without squeezing too hard.

Master Your Alignment

Alignment is key to directing the ball accurately. Your feet, hips and shoulders should align parallel to your target line. Visualise a straight line from your feet to the target and ensure your clubface is aligned accordingly. Consistent alignment is vital for achieving consistent accuracy in your shots.

Develop a Smooth Backswing and Follow-Through

The Backswing: A smooth, controlled backswing is essential for power and accuracy. Avoid jerky or rushed movements, focusing instead on a steady pace. Turn your shoulders, not just your arms, keeping your left arm straight (for right-handed golfers) and forming a 90-degree angle between your club shaft and left arm at the top of the backswing. **The Follow-Through:** The follow-

through is critical for balance and power. Transfer your weight from your back foot to your front foot, initiating hip and shoulder rotation to generate power. Lead with your lower body, followed by your upper body, and maintain a high, balanced finish to ensure full-body involvement in the motion.

Maintain Proper Posture

A good golf swing starts with the right posture. Stand with your feet shoulder-width apart, keeping your back straight. Bend slightly at the hips and knees, distributing your weight evenly on both feet. Your arms should hang naturally, ensuring a solid base for a consistent, repeatable swing.

Stay Relaxed!

Relaxation is often underestimated in golf. A smooth, controlled swing is usually more effective than a fast, erratic one. Maintain a consistent tempo throughout your swing, perhaps by counting to yourself ("one, two" on the backswing, "three" on the downswing). This rhythm helps you avoid rushing and maintain balance. Stay relaxed to prevent tension, which can lead to stiffness and reduced flexibility.

*Price and details are correct at time of going to press.

THE PERFECT HAVEN FOR GOLF ENTHUSIASTS

Discover One Green Way – where a passion for golf meets luxury and sustainability. Located just minutes from the Algarve's finest golf courses, in Quinta do Lago, this is the ideal place for those seeking a life of excellence. With 89 exclusive residences, each designed to offer maximum comfort and proximity to nature, One Green Way is a paradise for those who appreciate the art of fine living.

Live close to the green, with prices starting from €4M.

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FROM QUINTA DO LAGO TO THE WORLD

WHEREVER's Taryn King caught up with Ricardo Melo Gouveia, one of the highest-ranked Portuguese golfers in history who has represented Portugal at the Olympics and currently plays on The DP World Tour.



When did your love for golf start and how did you make a career from it?

I was first introduced to the sport of golf by my dad at the young age of six growing up in the Algarve. Our family home was located in the grounds of Laranjal, one of the prestigious Quinta do Lago's three championship golf courses. When I started competing at the age of nine, that was when the love for the game really kicked in and I knew I wanted to make a career from it. I moved to the United States to play golf during college and represented the University of Central Florida before turning pro and joining the European Tour.

Golfer who has inspired you the most?

Tiger Woods.

What has been the highlight of your golf career?

One of the highlights of my career was finishing No.1 on the 2015 Challenge Tour Rankings, winning twice that year and earning my DP World Tour card. Another highlight was representing Portugal in the Olympic Men's Golf Competition in Rio in 2016, golf's first Olympics inclusion since 1904.

Life motto?

Just do it.

What challenges have you experienced as a professional golfer?

As a professional golfer, my life is spent mostly on tour and it's not easy being away from home so often and feeling like I'm missing out on

“ SUSTAINABILITY IS CRUCIAL, PARTICULARLY IN A SPORT LIKE GOLF WHICH WORKS SO CLOSELY WITH THE NATURAL ENVIRONMENT. ”





important family milestones. Dealing with bad results and the constant pressure to perform is also extremely challenging.

What are your three favourite golf courses in Portugal?

Quinta do Lago, Laranjal
Herdade do Pinheiro
Troia

What are your thoughts on sustainability and how does golf as a sport contribute towards its implementation?

Sustainability is crucial, particularly in a sport like golf which works so closely with the natural environment. There is a certain responsibility on us, as golfers, to ensure that future generations are able to enjoy the game. The DP World Tour does a great job of taking care of our environment through many small actions which have a huge collective impact. One of these is by eliminating the use of plastic bottles in all tournaments.

What is the most challenging course you've ever played?

Le Golf National, in France, is the most complex

course I've ever played at and is the venue set to host the Paris Olympics 2024.

Who is in your dream fourball?

Roger Federer, Tiger Woods and Rory McIlroy

“ MY FAVOURITE PLACE FOR A GOLF HOLIDAY IS MY FAVOURITE PLACE IN THE WORLD – QUINTA DO LAGO IN THE ALGARVE. ”

Where is the most exotic location that your golf career has taken you to?

I would have to say Mauritius.

Favourite place for a golf holiday?

My favourite place for a golf holiday is my favourite place in the world – Quinta do Lago in the Algarve. The courses and facilities are world class and the hospitality is unmatched.

Words of wisdom for aspiring young golfers?

I would advise any young golfer who wants to go pro to dream big and to never stop believing in yourself. It takes hard and consistent work behind doors and strong motivation to never give up to get to those dreams.



UNIQUE INVESTMENT OPPORTUNITY: SPACIOUS VILLAS FOR SALE IN PARQUE DA FLORESTA GOLF RESORT

In the serene Santo António Golf Resort, formerly known as Parque da Floresta, four villas are available for purchase at attractive prices, offering both renovated and unrenovated options.



Two villas provide elegance and luxury for those seeking a ready-made home. For those who prefer to personalize their space, two renovation-ready villas offer the chance to create a home that reflects their own style and vision.

Set amidst picturesque hills, Santo António Golf Resort overlooks the quaint fishing village of Salema and the historic town of Lagos. The area is rich in natural beauty, as well as cultural and historical significance. Lagos, with its cobbled streets and historic buildings, features a range of museums, galleries, and vibrant local markets. In contrast, Salema provides a more relaxed atmosphere with its scenic coastal views and traditional restaurants serving fresh seafood. The Algarve's beautiful beaches and the Costa Vicentina Nature Reserve are also

“ ALL VILLAS BOAST LARGE GARDENS AND INCREDIBLE PANORAMIC VIEWS, COMPLETING THE EXPERIENCE AND PROVIDING A SERENE LIVING ENVIRONMENT. ”



Spanning up to 1.360 m², each plot boasts a partially constructed villa, ranging from two to three floors, complete with basements and expansive swimming pools. Offering a choice between 3-bedroom and 4-bedroom layouts, every villa features ensuite bathrooms and generous living spaces of up to 468 m². All villas boast large gardens and incredible panoramic views, completing the experience and providing a serene living environment.

just a short drive away, making this an ideal destination for both relaxation and exploration.

For golf enthusiasts, the resort is a true haven. Renowned for hosting the prestigious Europro Tour, the 18-hole course boasts a par of 71 and stretches an impressive 5.712 meters. Enjoy the convenience of resort amenities within walking distance from your villa, including a driving range, a golf academy, a well-appointed golf shop, and the welcoming clubhouse.

Designed with luxury and convenience in mind, these properties are ideal for a relaxing getaway or a smart investment.

Prices start at just € 425.000. For more details, please contact one of the real estate advisors at Palm Properties. They are more than happy to help.

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NATURA
VILLAGE
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NATURA VILLAGE OPENS SHOW HOME WITH OVER 50% OF UNITS SOLD IN PHASE 1

The real estate project announced by the destination's master developer, *Vilamoura in June 2023, has already sold 50% of the units in the first phase and has now opened the doors of the show home for visits.



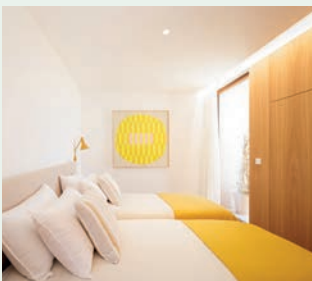
Nestled amidst verdant golf courses and a 170-hectare nature park, Natura Village is the epitome of refined living in perfect harmony with nature. Featuring trails for tranquil strolls and dedicated cycle paths, the development allows residents to reach the beach,

spaces. The bedrooms and living room are oriented towards the terraces and the garden, with a private pool, extending the indoor spaces and providing a private indoor/outdoor living experience.

One of the reasons for the success of Natura Village is also the fact that it is a project where design and decor, handled by Pureza Faria Blanc Interiors, play a fundamental role. The architectural inspiration for Natura Village is rooted in nature – an essence captured in the very name "Natura". This natural harmony is reflected in the choice of materials, with exteriors adorned in earthy tones and interiors embellished with fabrics and patterns reminiscent of the natural world.

The project is expected to be completed in the first half of 2025 and will include two more phases of commercialisation – one for terraced houses and another with plots for detached villas.

“ NATURA VILLAGE IS THE EPITOME OF REFINED LIVING IN PERFECT HARMONY WITH NATURE. ”



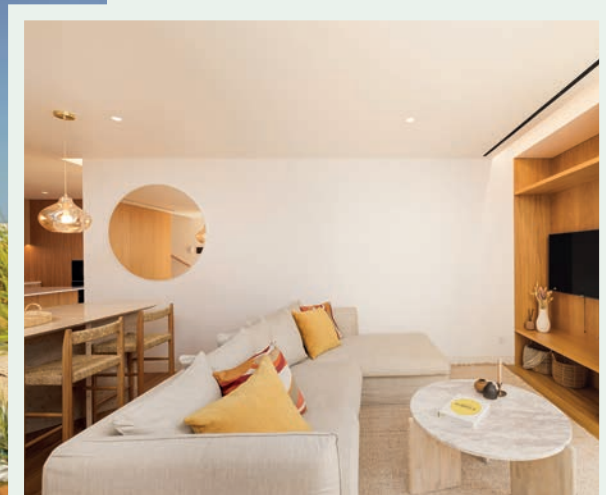
the town centre, and the vibrant Vilamoura Marina within a mere 10-minute bike ride.

Natura Village distinguishes itself with an architectural vision of simplicity and serene elegance. The construction is divided into several phases of different types. It comprises of 12 three-bedroom and 14 two-bedroom villas, all with garages, located on plots ranging from 320m² to 785m² and featuring generous

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Thailand *with Kids*

*An itinerary
to remember*

Thailand is always a good idea. Exotic, tropical and friendly, the Land of Smiles never disappoints, says Rowena Carr-Allinson.

Combining a city break in Bangkok with a visit to the elephants in the Golden Triangle makes for the perfect adventure. And, it makes a nice change from the beach!



Bangkok

Thailand's bustling capital is a sprawling metropolis home to over 10 million people. Known for its vibrant energy and chaotic charm, the city is a dynamic mix of ancient temples, modern skyscrapers and lively street markets.

Thailand's bustling capital is a sprawling metropolis home to over 10 million people. Known for its vibrant energy and chaotic charm, the city is a dynamic mix of ancient temples, modern skyscrapers and lively street markets.

It's an exciting city to discover, with so many contrasts: from the historic Rattanakosin area with its Grand Palace and Wat Pho, to the Sukhumvit and Silom districts, exuding modernity with skyscrapers and luxury malls you'd expect in Dubai. The Chao Phraya River runs through the city, as well as a network of canals, roads and alleys, making it even more of a labyrinth. Traffic is notorious, but the Skytrain (BTS) and underground (MRT) systems provide a great way to get around (and welcome aircon).



Check in – The Anantara Riverside Resort

For first timers, especially with kids in tow, the Anantara Riverside Resort gives you the best of both worlds: a resort-like feeling with a great location on the river, and easy ferry transfers to most of the landmarks, as well as to the BTS and MRT public transport network.

“There’s so much to see in Bangkok it’s hard to know where to start.”

Kids will love the large pool, extensive tropical gardens and plenty of nooks and crannies to explore. The family rooms are spacious and comfortable, all designed in Thai style with local art, beautiful orchids and giant marble bathrooms. There is also a kids' club with a packed timetable for little ones, a club lounge and a spa for some relaxation.

The staff is super friendly, nothing is too much trouble for them, from locating playing cards to helping organise our itinerary. So welcoming, extremely smiley and kind, just the way I remember. And, although I've heard reports that the Land of Smiles may have lost some of its shine, the Anantara's staff is definitely still gleaming. >





Bangkok Food

The Anantara Riverside Resort has several restaurants to choose from, making life nice and simple, especially when dealing with jetlag on arrival.

The Riverside Terrace puts on a great buffet in the evening with a show, including fire-breathing and traditional dances. It also puts on a great spread for breakfast where one can choose from all sorts of different cuisines from Indian to Thai, Japanese, European pastries or pancakes, and all manner of exotic fruit. It's a great opportunity to discover new things, and for the kids to get a taste of something truly different. It's not every day you can help yourself to Dim Sum for breakfast!

For a fun lunch, try Benihana's in the Riverside Mall adjacent to the resort. This provides lots of entertainment, as well as a great Yamato Sushi Boat, delicious Hakata Wagyu Beef on the sizzling grill, Hokkaido Scallops and Hibachi Garlic Fried Rice. If you're not familiar with the concept, the chef will put on a show at your table as he cooks your meal,



including flames and flying eggs! The peach juice mocktail is also a hit.

At night we opt for the Manhora Song Dinner cruise. This departs from the Anantara pier on a beautifully converted antique Rice barge, all gleaming teak wood and beautiful detailing. The two-hour cruise along the Chao Phraya River includes a five-course meal, all local delicacies like Tiger Prawns Lui San served with cashew nuts and Thai salad or Tom Kha Talay coconut soup with lemongrass, which can be served without chilli for those who can't handle the spice, as we're happy to discover. It's an amazing experience seeing the sights like the glorious Wat Arun illuminated, while indulging in Wagyu Massaman and Mango Sticky Rice. A once-in-a-lifetime experience...

If you like a skyline view with your meal, SEEN on the 26th floor of the Avani+ Riverside Bangkok hotel around the

corner from the Anantara is a must. An ultra swanky rooftop restaurant, its glamour is not lost on anyone. Don't miss the deep fried Tiger Prawns, or the "Mystery box", a Japanese fusion tapas experience, including Spider Crab tacos, an assortment of Sashimi and crispy Wontons served on a bed of smoke. There's also a Caviar Box dessert, a black forest gateau in disguise. Again, the theatrics go down a treat with adults and kids alike. As for those views over the city, they are simply jaw-dropping.

Beyond the resort, we venture to street stalls for some classic sweet pork or chicken sticks from the grill. Although we plan to try the deep fried crickets, we run out of time and forget to go back to the stall we had spotted. It seems that everywhere you turn you're able to refuel – whether it's from Western fast food brands from Dairy Queen to Burger King and everything in between, from street stalls or the giant food courts that come within every mall. There's also an impressive array of basic restaurants where we try classics like chicken teriyaki, chicken rice, beef gravy with flat rice noodles and classic Pad Thai – all very kid friendly.

So Much To Do

With little time and a busy schedule we opt to skip queues and crowds and see the sights 'from the outside'. Wat Arun, also known as the Temple of Dawn, is an iconic riverside temple with a towering spire decorated with colourful porcelain and conveniently located across from the Grand Palace. Both are visible from the riverside, so hopping on a ferry is the best way to take those in, followed by a stroll 'around the block'. Another must? Wat Pho, aka the Temple of the Reclining Buddha. One of Bangkok's oldest and largest temples, it's famous for its massive reclining Buddha statue, which is 46 metres long, and as the birthplace of traditional Thai massage.

To rest between activities, we stopped at several cat cafés (cafes where cats roam free to be petted) which seem to be dotted all over town. At the Little Zoo café we even meet an XL raccoon and a friendly fox who knows a few tricks. It's the perfect 'antidote' to the historical sights!

For some action, you can try your hand at Muay Thai Boxing. For my son, the highlight of the trip was training at the Bangkok Fight Lab local gym in Sukhumvit, where father and son disappeared to let off some steam every morning. An authentic experience learning and meeting the locals.

The great thing about Bangkok is that just being there is an experience. Getting from A to B is an adventure in itself. A tuk-tuk ride is also a right of passage. The funky-motorised-rickshaws zooming around corners, horns honking all around make us reassess our usual safety standards and tick the 'thrill' box. In fact, the intense traffic makes even crossing the road an event. Definitely a learning curve.

As for shopping, aside from the plethora of malls at our disposal, we make the pilgrimage to Chatuchak Weekend Market where a maze of over 15,000 stalls await, offering everything from traditional crafts and antiques to



street food, all manner of souvenirs, cobras, kittens and anything else you can imagine. Even the kids enjoy it so much, despite the heat and humidity, that they ask to go back the next day! A little budget and fun haggling goes a long way.

Staying in Town

If you prefer to stay in the heart of the action, the Avani Sukhumvit is the ideal base. Ideally located just off On Nut BTS station, it's set over 33 floors and brand new. Booking a Skyline View room on the 27th floor delivers just that – an amazing skyline view stretching all the

way to the Chao Phraya river and across town. It never gets old.

The vibe is modern and urban. Almost funky. In the room, the colours are muted, but with a dash of yellow and purple here and there. The bathroom causes a few giggles as its glass walls offer little privacy but luckily there is a blind that comes down at the press of a button!

Highlights include Apple and Friends G+T on the 7th floor at the Greenhouse bar on the terrace with the same view. Another bonus? The weekend evening open air cinema sessions on the 7th floor by the rooftop pool. And, as it's also conveniently set above a mall, you can pop down for groceries or a quick Starbucks at any time without 'leaving the building', giving you a real 'home from home' feeling! >



The Golden Triangle

Following our three days in Bangkok we headed North to Chiang Rai in the Golden Triangle.

The Golden Triangle is the spot where the borders of Thailand, Laos and Myanmar converge. Historically known as a major opium-producing area, today it is a significant cultural and geographical landmark characterised by its lush landscapes, including mountains, rivers and dense forests, with the Mekong River meandering through. A quick hour-long flight, it's a world away from Bangkok's busy-ness.

The Golden Triangle's unique position at the crossroads of three countries drew up to its rainforest jungle and the chance to meet elephants up close and personal.



Check in - The Anantara Golden Triangle

We set off to the Anantara Golden Triangle Elephant Camp & Resort with high expectations. Having visited 15 years ago when they first started their Elephant Camp and having had a very special one on one experience with the gentle giants, we were hoping to give our kids the same kind of experience. That 'making memories' thing really comes into its own here.



Today the camp has over 20 elephants and has the reputation as the ethical go-to place for an elephant encounter. Since its establishment in 2003, they have been working alongside the Golden Triangle Asian Elephant Foundation (GTAEF) to care for their rescues, taken from Thailand's city streets and illegal logging camps.

It's immediately clear the place is special, and as we step into the grandiose teak arches of the lobby, the aroma of lemongrass thick in the air, it's as if we never left. We get our bearings, exploring the lounge and admiring the statues and artwork, and the view beyond the restaurant to Laos. The mountain

sanctuary is surrounded by a 160-acre bamboo forest and gardens meticulously landscaped by Bill Bensley. Perched on a ridge, it's a unique spot where nature prevails. The rainy season has started in earnest so the banks of the river have burst and many of the grasslands are flooded but we soon spot an elephant and her young in the distance.

The rooms are beautiful. Shiny dark teak floors, vast daybeds, silks and orchids aplenty. The bathroom opens up onto the rooms and frankly, we could fit the whole family in the oversized oval stone tub! The cookie decorating welcome kit is much appreciated and we are all awed by the place that has a mystical feel.

“An integral part of getting close to the elephants, this amazing bubble ‘house’ is set apart from the hotel, on their turf.”





Adventurous Meals

The food here is an adventure, too. First off we sample dinner at the gourmet Samsarn, following the recommendations for Maenam Kong Tartine (Miyazaki beef on brioche) and Goong Mae Nam river prawns – amidst a tropical downpour. The food is excellent and the surroundings adequately plush. At the more casual Sala Mae Nam restaurant we try some of the chef's Italian recipes, including a fabulous Wild Mushroom Soup with local seasonal truffle, Seabass Pescatora and a Charcuterie and cheese board – a rare thing in Thailand – not to mention a delightful Tiramisu.

The really unforgettable meal is taken 52 metres above the ground. The Canopy Dining experience is the best way to enjoy the view of the surrounding Northern Thai jungle. Set in an open-sided capsule that offers us 360-degree vistas, its design is reminiscent of a nest, delicately woven high up in a tree. Ordering the Mekong Discovery menu we get to know more of the region's culinary heritage, thanks to dishes like Laotian Riverweed paired with Zesty Yellowfin Tuna Larb Salad and Chiang Rai's own Curried Pork with Spicy Peanut Dip, amongst others. Equipped with binoculars to spot giant butterflies, and the majestic elephants in the distance, it's definitely an elevated "picnic" we'll remember!

As for the breakfasts, they are by far some of the best we've had. The quality of the produce, the service and the



selection is second to none. Creative and tasty – we're offered dishes like Ratatouille and Shishka, as well as the made-to-order Omelettes or Poached Eggs. My daughter develops a smoked duck habit, while my son tries Steak and Mushrooms for breakfast for the first time and seems to enjoy it.

The Elephants

During our stay we're lucky enough to spend the night in the Jungle Bubble Lodge. The access road is bumpy, muddy and the air is dense and humid. Definitely an adventure! The aroma of the jungle is rich and intense. It reminds me how good it is to get out of your comfort zone into another world to put everything you know into perspective.

An integral part of getting close to the elephants, this amazing bubble 'house' is set apart from the hotel, on their turf. Happily, this is not your usual 'camping' – not even glamping – it's a step above. Beautifully kitted out, with feather soft sheets, dreamy beds and full bathrooms, the bubble is a real luxury amidst nature. The real treat? Seeing the elephants roam in the 'garden' and waving them goodnight... it's also a brilliant spot to stargaze as there's no light pollution here at all.

On our 'meeting' morning we head out in an old army jeep to meet our guide. We have been given Thai mahout's (elephant handlers) outfits – indigo-dyed blue cotton overalls known as "mor hom". We look the part but have a lot to learn. He tells us all about the three elephants who walk with us and the others, their background stories and heaps of interesting facts and trivia about these gentle giants. They are surprisingly docile. Friendly even. We can't help but wonder if they remember us from our last visit, so many years ago? On our walk we're impressed with their ability to snack on bamboo, entire young trees, huge branches casually yanked out... As we stroll we learn more about them, their habits and their lives. It's all rather surreal being so close, petting them and making eye contact, talking to them and sharing that moment. We're all a little overwhelmed.

And Relax...

It wouldn't be a trip to Thailand without taking time out for Thai massage. At the beautiful spa I indulge in an hour-long massage while the rainy season gets underway outside. Thanks to Julie's magic hands I find it very hard not to drift off to sleep and feel quite refreshed afterwards.

More chilling awaits at the grandiose pool. Overlooking the jungle, the spires beyond and the grasslands, it's a blue oasis amidst the greenery. Despite the rain, we sit out, indulge in a milkshake and some Oolong tea. The teatime ritual is comforting, while the new flavour has me making a mental note to bring some home. It's important to pack a taste of your trip and trigger those memories when you're back in the comfort zone, and how better than to do that with a cup of tea?

For more information

Anantara Riverside
www.anantara.com

Anantara GoldenTriangle
www.anantara.com

Avani Sukhumvit
www.avanihotels.com

FAMILY SKI AVORIAZ

Avoriaz, situated in the French Alps, is an ideal ski destination for families.

The resort's high altitude ensures good snow coverage, and its car-free policy makes it safe and picturesque. With 600 kilometres of ski runs that form the Portes du Soleil ski area you can reach 12 resorts across two countries, France and Switzerland. The mix of gentle slopes for beginners as well as challenging downhill runs make it an ideal spot for a family ski break.

THE SKI...

Avoriaz offers a lot of options, with slopes like La Chapelle for beginners and Arare for advanced skiers. Start on the wide, gentle slopes of Plateau, ideal for learning the basics, and graduate to the varied terrain of Les Lindarets and Chavanette, known as the "Swiss Wall", which offers more challenging runs. For experts, the steep, exhilarating black runs like Combe du Machon and the off-piste opportunities provide an extra thrill. Always check the weather and snow conditions daily, and consider hiring a local guide to explore the best routes and hidden gems.

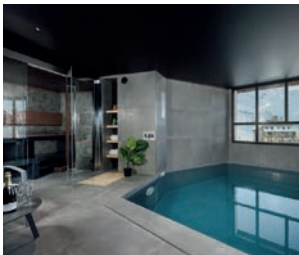


THE CHALET

Chalet Kipnuk is a haven in the centre of Avoriaz, at walking distance from all the action with great views over the resort and the mountains beyond. The VIP Ski team do everything they can to make your stay stress-free and enjoyable from booking transfers to picking up skis, even offering to pick up pizzas on their night off and of course, providing delicious three-course meals and cakes for tea every day.

The team is run by Henry who is also super helpful, bringing up special treats like sledges for the kids and making sure the fridge is fully stocked.

Our chalet girl, Kate, from the Isle of Man was so cheerful and helpful, constantly offering assistance — it seems nothing is too much trouble. It really takes a lot of logistical stress away from the skiing experience to have an extra pair of hands! Kate makes lovely menus every day, including the likes of lasagna, five spice chicken noodle salads, and even duck confit. As for desserts, we are treated to sticky toffee pudding, apple crumble and



delicious brownies, not to mention the best chocolate mousse. It's a dream not to have to cook or worry about any of the shopping!

The chalet has three bedrooms, including one with an en suite bunk. Each room is beautifully decorated with all-wooden panelled walls, cool concrete, dark grey flannel and black velvet tones. Each room comes with its en suite bathroom and lovely Zero products.

In the living room, with its open fireplace, there's a cosy, huge couch, in sleek grey with hints of orange – a bright touch thanks to its cushions. Although the chalet is new, it has a slight retro vibe to it due to the colour scheme but also thanks to its lovely round windows.

The access to the slopes is just outside the front door, and for those not skiing you could hop in the lift to get to the centre of town within a few minutes whether you need to pop to the shops, the pharmacy or the ice-skating rink. And there's a hot tub in the "basement", too! >



“THE MIX OF GENTLE SLOPES FOR BEGINNERS AS WELL AS CHALLENGING DOWNHILL RUNS MAKE IT AN IDEAL SPOT FOR A FAMILY SKI BREAK.”



WHAT ELSE TO DO... A HORSE SLEIGH TOUR

If you want to take a good look at the village, a horse sleigh is a must. Indeed, there are no cars in this mountain top village so one of the ways to get from A to B is to call a horse-drawn sleigh – a version of a local Uber! Some of them can take you for a village tour so you get some local background, with its wonderful views.



“CHALET KIPNUK IS WALKING DISTANCE FROM ALL THE ACTION WITH GREAT VIEWS OVER THE RESORT AND THE MOUNTAINS BEYOND.”

TRY THE LOCAL FOOD

La Tanière is a cozy spot known for its traditional Savoyard dishes like fondue and raclette, perfect after a day on the slopes. For a gourmet experience, L'Igloo serves refined French cuisine in a unique, igloo-shaped restaurant, offering dishes such as duck confit and tarte tatin. Les Fontaines Blanches is another popular choice, offering a mix of French and international cuisine with options like wood-fired pizzas and hearty burgers. If you're craving Italian, Le 155 Steakhouse offers a variety of pasta and grilled meats in a chic setting. For something lighter, La Folie Douce combines vibrant après-ski vibes with healthy salads, sushi, and tapas. Avoriaz's restaurants provide a range of dining experiences, from comforting alpine classics to modern, international fare.



© SCALP - Avoriaz



© A Baugier - Avoriaz

AQUARIAZ

After a day skiing, there's always the option to go to Aquariaz centre, Europe's highest waterpark. Aquariaz has several pools, a water playhouse, 'Slidewinder' and open-air heated spa. It's a great way to spend a couple of hours unwinding with the kids! For those who don't want to share their pool time, Chalet Kipnuk also has a hot tub on the ground floor, ideal for sipping, sitting and chatting while sore limbs soak.

avoriaz.com



ANYTHING ELSE?

There's also ice skating, bowling and sipping on those delicious hot chocolates with whipped cream...

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VIP SKI www.vip-chalets.com
Avoriaz Portes du Soleil
www.avoriaz.com



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Nestled off the main route to the beach is a little-known gem. This unassuming delight caught us by surprise as we sat with no menu to peruse, but were simply asked for our choice of fish from the board. Following our selection of Dourada, the only other decision (and a very important decision, too) was red or white. The delectable aroma of the freshly-caught fish grilling behind us and the queue of patrons rapidly growing assured us we had made a good decision. Dois Irmãos is a must visit! But be sure to arrive by 12pm to avoid that queue.



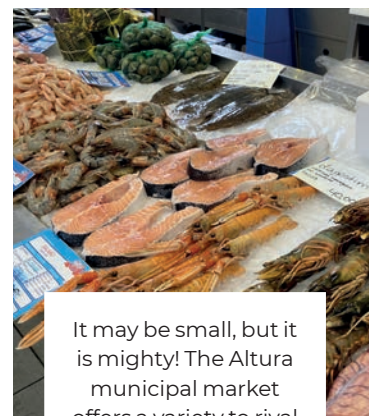
I'll confess my taste buds haven't quite strengthened to the Portuguese shots of café just yet (I'm still at meia de leite level), but I'm rarely happier than when perched in a little local café of Altura, people watching and enjoying the chatter of avós. And without a doubt, the more hidden the café, the sweeter the pastel de nata!



My Altura



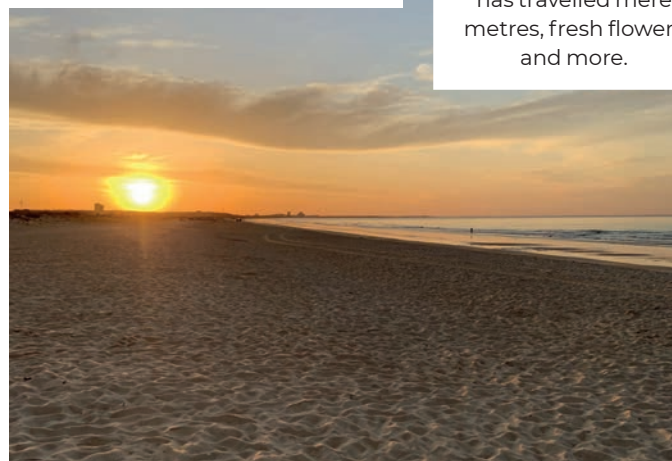
British Skin Specialist, Francesca Rowley, is setting up a new life and a new business with her family in the East Algarve.
@a_new_life_for_4



Like so many, 2020 was our catalyst for change. Knowing there had to be more to life than rinsing and repeating the same workdays and rainy play dates, my husband and I decided now was the time. I closed my skincare business, and we packed up our lives. Fast forward to June 2022 and we had emigrated with our two young sons to the place we are now lucky enough to call home: the beautiful sun-soaked East Algarve.

It may be small, but it is mighty! The Altura municipal market offers a variety to rival its larger neighbours. Vibrant fruit and vegetables, fresh fish and shellfish, which has travelled mere metres, fresh flowers and more.

When it comes to the beautiful warm Summer evenings, towns up and down the Algarve come to life with entertainment and events, and Altura certainly holds its own, with a fun and varied schedule from magicians to live music. In fact, even more so this year as June 2024 marks the 31st inauguration of the parish of Altura and the proud unveiling of their new sign.



The Algarve is renowned for its sprawling, sandy beaches and Altura is certainly no exception. Soaking up the sunrise while strolling the untouched shoreline will forever be my favourite way to start the day. Whether you come to enjoy the praia in all of its Summertime glory, or wrap up and take in the fresh sea breeze of the cooler Winter months, the charm of Altura beach never falters.



NEW KID ON THE BLOCK

Canalha comes with an award winning chef, a relaxed atmosphere, and delicious food where quality product is the focus with many dishes to share.

CANALHA LISBOA

WHEREVER's Taryn King reviews the classic Portuguese neighbourhood restaurant.

Entering Canalha is like entering an old-school local neighbourhood tasca; the vibe is laid-back, people are talking loudly to each other and you are greeted with a friendly smile and welcomed in. The first thing I noticed was the fresh produce on display — meat, seafood and fish waiting to be prepared. The second was the chefs, as they worked noisily and meticulously in the kitchen on display behind the bar counter, where people can sit and watch, preparing authentic Portuguese and Spanish dishes with the Canalha flair.

After working for Lisbon's Michelin-starred Feitoria for more than a decade, chef João Rodrigues conceptualised a local space in his hometown where the cuisine would be focused on the quality of the product. When the perfect space opened up in Belém, Canalha — a Portuguese word chosen for its irreverent undertone of a naughty kid who plays in the street and doesn't take himself too seriously — was born. The space was designed to come alive as time goes by and with the presence of customers. It features marble tables, a fish counter in the front, a long dining counter and 1980s Portuguese rock music on the stereo.

The menu hits all the classics and a variety of options — from cod pastries to be enjoyed at the counter with a cold beer to scarlet prawns

to be savoured with wine at a table. But unlike most typical restaurants, the menu spotlights the producers: chorizo and acorn-fed dry cured ham from Maldonado, beef from Carnes Jacinto and tête d'achard from D. Octavia.

My food experience at Canalha was spectacular. First, I tried some of the smaller sharing plates — beef carpaccio paired with a capers vinaigrette, an open faced omelette with prawns and onions, line-caught squid with sheep butter sauce and two perfectly cooked prawns. I then tried the Iberia pork presa, which was cooked to just the right

“THE PRODUCT IS HONOURED IN ALL DISHES THAT ARE SERVED AND FLAVOURS WERE SENSATIONAL.”

shade of pink and served with sautéed seasonal vegetables.

Canalha boasts a well composed drinks' list with quality wines from Portugal, Spain and France. Dishes are paired perfectly with the corresponding wine, but there is also a range of beers and spirits available.

I ended my meal with their famous pudim flan, which held just the right amount of sweetness to be enjoyed with a coffee. If you are looking for a laid-back place to enjoy down-to-earth, high quality cuisine, Canalha is the perfect spot.

Follow [@restaurantcanalha](https://www.instagram.com/restaurantcanalha)



ORIGINALLY HEALTHY

Origem is a healthy food restaurant concept, which distinguishes itself by offering contemporary recipes with healthy products, organic whenever possible, and tastes that refer to the original flavours. Created in 2011, **Origem** concept currently offers a complete healthy food service: restaurants, cafeterias, catering services (including Schools canteens), healthy business meetings, takeaway and delivery.

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SUNSET CRUISE

Palma Yachts

A boat cruise on the Tagus river is the perfect opportunity to appreciate the stunning coastal views of Lisbon and offers a unique perspective on the city's iconic landmarks. Palma Yachts offers a glorious two-hour sunset cruise, with a private or small group tour option, on yachts that take up to 12 people. The friendly crew share historical insights regarding the monuments and the history of Lisbon, always allowing enough time to relax and soak in the amazing views, and of course, the sunset, with a glass of wine in hand.

@palmayachts



DINE WITH A VIEW

Madrasta

The newly opened hot spot, Madrasta, stands out in the picturesque Paço de Arcos Municipal garden in a quirky and cool 1950's building. The building, which offers indoor seating, as well as a terrace spilling out onto the garden and a rooftop with unparalleled views, is positioned to view the sea from every area. The cuisine is a fusion of Mediterranean traditions focused on both Portuguese and Italian influences, ranging from high quality seafood to delicious pizzas. The kitchen is always open, and there is always room for one more at Madrasta, whether it is for lunch, dinner, an afternoon snack or a drink at any time of the day (or night).

@madrasta.restaurante

What's Hot in Lisbon

By Taryn King, local expat and
WHEREVER columnist.



BRUNCH

Augusto Lisboa

Augusto Lisboa is the trendiest pretty-in-pastel brunch spot. With two charming locations, Alfama and Belem, Augusto attracts a hip crowd looking for a space that is as beautiful as the food is delicious. The decadent menu features savoury toasts, brunch menus with fluffy scrambled eggs, homemade cream cheese and premium Portuguese ham, and arguably the best banana bread in Lisbon, served with peanut butter and banana. And the coffee is delicious, too.

@augustolisboapt

WINE TASTING

Momentos Wine & Cheese

Momentos is a gourmet mercearia featuring an esteemed wine cellar in the heart of Lisbon, in the Cais do Sodré area. The quirky space, which also offers tables outdoor on the bustling esplanade, is filled with a carefully curated selection of wine labels, and is the perfect place to enjoy a wine tasting along with a board filled with a world of Portuguese flavours, from artisanal cheese to gourmet charcuterie. The wine tasting is personalised and unique, with the owner, who is extremely knowledgeable about wine, choosing tastings according to the customer and the season.

@momentos.lisb



Business Listings

Whether you're looking for a cosy coffee shop, a great meal out or a pet hotel – find all your expat friendly businesses here!

Restaurants & Cafes



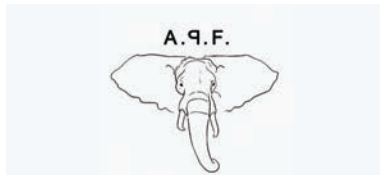
The Albatroz Restaurant offers signature dishes presented by Chef Frédéric Breitenbucher, created with a fusion of Portuguese and French cuisine. In the Restaurant, you will find two privileged dining spaces with a panoramic view over the Bay of Cascais.

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W thealbatrozcollection.com



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E apfl.contact@gmail.com
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W bubbles-and-bites.business.site
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COPENHAGEN COFFEE LAB

Copenhagen Coffee Lab has 35 coffee shops located in Lisbon, Côte d'Azur, Hamburg & Ruhr. Their Danish coffee roastery and local bakeries supply their shops with baked goods and coffee.

Praça das Flores - R. Nova da Piedade, 10
 Cais do Sodré - R. São Paulo, 62
 Baixa - Rua de Santa Justa, 14
 Estrela - Av. Álvares Cabral, 13
 Alcântara - R. Prior do Crato, 1
 Alfama - Escolas Gerais, 34
 Feira da Ladra - Campo de Santa Clara, 136



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E melbourne.lisboa@gmail.com
I @melbourne.lisboa



Healthy Cooking is a concept of healthy catering, consisting of different Restaurants/Cafeterias in Lisbon, near Business Zones and Schools. With only healthy choices, ORIGEM also provides catering, take-away & delivery services.

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Largo da Academia Nacional das Belas Artes, 19, 1200-289 Lisboa, Portugal
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W www.amadoclinic.pt

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E geral@golfestoril.com

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E quintadoperu@reformosa.com

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