

# WHEREVER

*The magazine for expats everywhere*

Lisbon Edition  
Spring 2023

# THE FITNESS ISSUE

Wonderful  
Wellness Breaks  
Easter Shopping

Meet Dr Sturm  
The New Gurus  
Zero Alcohol Revolution  
**#stayfit**

At home with  
**Robbie  
Williams**

Ice Diving with **Thrillist**

2023 Interior Trends

**London** With Kids

My **Sarajevo**

Talking to

**Colin Montgomerie**

Yachting **Orient Express** Style  
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Your  
International  
**School  
Guide  
2023**

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## Hello Lisbon!

**W**HEREVER's all about Fitness this Spring. A new season is just the thing to put a spring in our step. Taking a look at all things healthy, we talk to expats from China to London via Lisbon; they are this generation's new gurus and we meet Hollywood's go-to skin doctor, Dr Sturm. There's inspiration on which Insta accounts to follow, as usual, and more about health and Fitness trends emerging, from the Zero Alcohol Revolution to In-Home Spas.

In addition to our usual columnists, from Adrian in DK to Yogeeta in Cascais, and Maayan & Gal in Paris, we welcome Sharon who will be covering Wealth preservation or strategic financial planning. What's more, WHEREVER now comes with Seen Social and What's Hot pages!

There's more Interiors, with Home Trends and, of course, our Schools Guide, offering a look at some of the international schools in Portugal right now.

A big THANK YOU to all our supporters and advertisers including newcomers like Sofia Sardo, Mapro and La Redoute, and our long-term partners Martinhal, Vila

## We have an exclusive chat with Colin Montgomerie and we take a peek at Robbie's LA home...

Vita, Quinta do Lago, Blevins, Maria Raposo and Aderita Gallery.

We are very grateful for these strong partnerships working with the best brands. We are delighted to be growing our team, and generating jobs in Portugal, as well as creating a real community. Proud to be made and printed in Portugal!

PS: Keep the feedback coming @wherevermags



Rowena Carr-Allinson  
CEO + Editor in Chief  
WHEREVER Magazines



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A warm welcome to the new team members, Di, our new Commercial Director, and Sophie and Michele our lovely Marketing execs.

With special thanks to family and friends, without whom this project would not have been possible, especially Mike Evans.

## Contributors



**James Stewart** writes for The Times, The Telegraph, The Guardian and The FT amongst others. Freelance writer of the year in 2020, he is most at ease in the water. Some even say he has saltwater for blood. He is our resident 'Thrillist' and in this issue, he faces the big freeze and goes ice diving.

 [@itsjamesstewart](#)



**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!

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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.

 [@tarynleeking](#)



Founder of Tendoria, an education consultancy specialised in assisting families with their school search in Portugal, **Nathalie Willis** has helped dozens of families find schools all over the country. An education enthusiast, she pivoted in 2020 from a successful career in luxury fashion to school advisory. She is a French/Dutch New Yorker with a BA from Columbia and an MBA from INSEAD.

 [@tendoria\\_education](#)



**Adrian Mackinder** is a writer and performer. He has twenty years' experience scribbling for just about everyone from The Guardian to the BBC and The Beano!

A professional improviser, actor and comedian, he was also Head Writer at Comedy Central UK, before moving to Copenhagen with his family.

 [@adrian\\_mackinder](#)



A partner at Blevins Franks, **Sharon Farrell** has 29 years' worth of experience in wealth management and family legacy planning. A member of the Chartered Insurance Institute (CII) and the Personal Finance Society (PFS), Sharon holds the diploma in financial planning and advanced qualifications in pensions, taxation, and trusts, specialising in long-term care planning. Welcome to our latest columnist!

 [@sharon.farrell.39904](#)



**Gabriela Encina** is a Licensed Psychologist with 20+ years of experience and has provided online counselling to expats since 2018, supporting more than 400 people living abroad to cope with the challenges that international life brings. She also facilitates workshops on- and offline, dealing with the mental health concerns of living internationally.

 [@Gabriela.encina.psychologist](#)



**Anne Haimes** is a member of the prestigious British Institute of Interior Design, and Founder and Design Director at Anne Haimes Interiors (est. 2001) specialising in luxury refurbishment and project management.

She shares her 2023 trend predictions with WHEREVER.

 [@annehaimesinteriors](#)



**Maayan & Gal** are all about supporting and coaching for women abroad.

Helping expats with daily challenges, the sisters guide their clients emotionally and mentally to become their better selves with positive psychology and mentoring.

 [@smoozitive](#)



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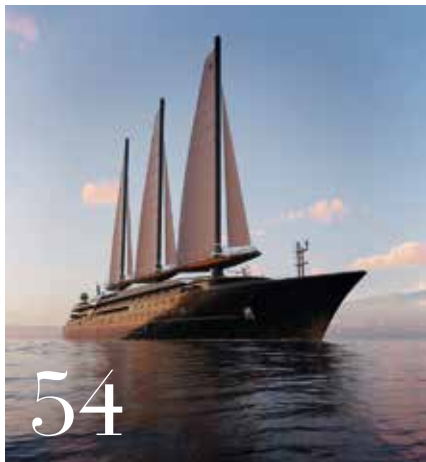
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# 13 Great Self-care Breaks

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## Vila Vita Parc, Algarve, Portugal

The exquisite 'Vila Vita Parc Spa by Sisley Paris' was named the "Best Resort Spa in Portugal 2022" for the third time by the renowned World Spa Awards! A sanctuary of tranquillity, the spa is tucked away in one of the Algarve's most beautiful resorts. Its contemporary design is inspired by the region's extraordinary sea caves, with natural stone decor and soothing shades, it is reminiscent of the Atlantic. Its diverse range of treatments is known for combining an advanced scientific approach with natural products. The spa has fourteen elegant rooms, a spacious studio for yoga and a low-impact physical exercise HYPOXI space. Three renovated Spa suites are available near the spa, offering access to all the resort facilities. Tried, tested and recommended! [vilavitaparc.com](http://vilavitaparc.com)



## Kagi Maldives Spa Island, Maldives

This boutique island resort features the open-roof 'Baani Spa Complex', one of the largest spas in the Indian Ocean. Guests can indulge in curated treatments whilst surrounded by distinctive white sandy beaches and crystalline oceans. Located in one of the most diverse house reefs in the Maldives, extraordinary snorkelling and diving is accessible directly from the beach or the Overwater Villas. On top of this, Kagi is proud to host an array of practitioners to enhance its wellness offering. At the beginning of this year, internationally recognised writer and spiritual teacher Dawn Harlow hosted a 7-day immersive retreat, where guests were immersed in the healing and powerfully transformative process of Kundalini Yoga.

[kagimaldives.com](http://kagimaldives.com)



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## Hoshino Resorts KAI Poroto, Hokkaido, Japan

Offering views of Lake Poroto from all rooms, this hotel offers two hot spring facilities, including outdoor baths that look out over scenic Lake Poroto. Honoured through its architecture, art and décor, guests can experience a connection with nature like that held by the Ainu people. Taking inspiration from Japanese traditional hot spring culture, KAI Poroto offers an in-depth guide to introduce guests to the benefits of hot springs in a way that fits the lifestyle of the modern traveller. The 'Modern Hot Spring Healing Guide' incorporates five key principles of hot spring therapy, as well as tips on how to prepare, breathing exercises and massage treatments that are complementary to the process.

[hoshinoresorts.com](http://hoshinoresorts.com)



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## The Royal Mansour Marrakech, Morocco

A quiet retreat with an open-air courtyard, lush gardens and private multi-story riads dotted along petal-pink pathways, The Royal Mansour is the perfect escape from the hustle and bustle of Medina. Its award-winning spa is spread across three levels, set up within a beautiful white atrium offering a myriad of relaxing treatments, including hammam experiences which are deeply rooted in the Moroccan lifestyle. The spa also includes an indoor pool, three private spa suites, eighteen treatment rooms, and a sauna, alongside a number of relaxation areas – including a lifestyle boutique, a herbal tea bar, a library and a spa restaurant serving light, nutritious meals. It recently unveiled its brand-new wellness concept, offering guests a 360-degree, holistic approach to health and well-being.

[royalmansour.com](http://royalmansour.com)



© Royal Mansour Marrakech 2023

## Clinique La Prairie, Montreux, Switzerland

Guests will be wrapped in complete luxury overlooking the charming Montreux Riviera whilst supervised by leading medical experts at the award-winning Clinique La Prairie spa-clinic. Its newly launched 5-day Detox Programme is based on its four longevity pillars: Medical, Nutrition, Wellbeing and Movement. Using diagnostic procedures and treatments to rebalance the body's homeostasis, together with essential nutritional expertise to support mental and physical well-being, this is a scientific approach to boosting the gut microbiome, eliminating toxins and kick-starting a healthier lifestyle. This bespoke programme includes an initial general health and medical consultation, heavy metal screening, body composition test, clinical nutritional assessment and detox diet as well as a cryotherapy session, cellular detoxifying facial, two sessions of toxin cleansing far-infrared therapy and fitness sessions.

[cliniquelaprairie.com](http://cliniquelaprairie.com)



© 2019 - Clinique La Prairie.

## Camiral Golf & Wellness, Girona, Spain

Surrounded by landscaped lawns and Mediterranean forest, Catalonia's healthy retreat, Camiral Golf & Wellness, is ideal for those looking to reconnect with nature and embrace adventure. A variety of outdoor experiences are designed to celebrate the unique surroundings, as well as promoting an affinity with nature with a thrilling zip wire route as well as walking paths, cycling tours, mini golf and tree planting excursions. Hiking the ancient coastal path Cami de Ronda takes in sea cliffs and secret beaches. Programmes include creative workshops leveraging natural materials, morning foraging walks followed by traditional Catalan breakfasts, bike tours to S'agaró and 'Spring Detox' wellness talks.

[camiral.com](http://camiral.com)



© FCamiral Golf & Wellness, 2022.

## Forte Village, Sardinia, Italy

Forte Village is nestled among 50 hectares of beautiful gardens and has been awarded best resort in the world. It's also the perfect wellness break thanks to its pioneering Thalassotherapy circuit. The perfect antidote to muscle aches and pains! Thalassotherapy harnesses the power of salt water to cleanse and soothe the skin, as well as to improve circulation. The six-pool circuit uses different gradations of temperature and varying concentrations of magnesium and sodium salt in the water to target a particular state of the body. A series of personalised treatments have been devised by the medical team, each treatment starts with a medical consultation and full check-up of the guest's health to help suggest the most effective treatments.

[fortevillageresort.com](http://fortevillageresort.com)



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## Anantara The Palm, Dubai

Escape to the Anantara, Resort! With its 400 metres of private shoreline and fabulous views of the Arabian Gulf. With three temperature-controlled swimming lagoons and the Anantara Spa focusing on Holistic Healing and Harmonising Therapies, this Asian-inspired sanctuary blends East and West with the heritage of Arabia. There's a traditional Turkish Hammam, a selection of unique therapy rooms such as the Salt Inhalation Room, Ice Grotto and Crystal and Gemstone Steam Room for an innovative approach to relaxation and detoxifying.

The Balance Wellness programmes combine Eastern and Western techniques with state-of-the-art technology. Each programme begins with a private Wellness Consultation which determines any imbalances and ascertains your dosha type to tailor a comprehensive series of therapies, especially for you.

[anantara.com](http://anantara.com)

## Hilton Lake Como, Italy

The Hilton Lake Como has launched a series of new pampering offerings at its award-winning eForea Spa and Health Club including a new Sumptuous Silk Treatment Menu celebrating Lake Como's history of silk-making.

Pick from the Silk Touch Massage, Ultimate Silk Bliss Facial or the Silk Head to Toe Face and Body Treatment for rejuvenation, emotional balance and revitalised silky-smooth skin. Relax at the heated pool, sauna, Turkish bath, ice waterfall and relaxation beds, complete with comfortable couches or nip up to the rooftop infinity pool for a cocktail and enjoy those views...

[hilton.com](http://hilton.com)



## W, Maldives

Located in the azure waters of the Indian Ocean, the AWAY® Spa at W Maldives is the ideal retreat to recharge and unwind. With a vast treatment menu, guests can expect to check in for hours of pure relaxation. Offering an authentic Maldivian experience, the overwater spa offers a treatment menu divided into Inner Glow, Outer Glow, and After Glow treatments. From tailor-made treatments, including coconut and pearl-jasmine scrubs for detoxification and traditional Ayurveda massages for a grounding experience, to the awakening back remedy which incorporates Chakra and sound healing to release tensions in the body. It's pure bliss under the Maldivian sun.

[marriott.co.uk/hotels/travel/mlewh-w-maldives/](http://marriott.co.uk/hotels/travel/mlewh-w-maldives/)



## L'Albereta, Lombardy, Italy

Set in the rose-bowered vineyards of Franciacorta in the foothills between the Po valley and Lake Iseo, this hotel houses the Espace Chenot Spa, one of two exclusive medical and wellness spas signed by Henri Chenot. Its highly qualified team includes doctors, therapists, dietitians, osteopaths and beauticians. The Chenot Method offers energising treatments, combined with a healthy Bio-Light diet that is prepared using methods that preserve the nutritional value of the ingredients. The programme also includes 4 Chenot Energetic massages, 4 Hydro-aromatherapies, 4 Phyto-mud therapies, 4 Hydro-jet treatments, a gym, indoor pool, sauna and a steam bath with colour therapy.

[albereta.it](http://albereta.it)



© L'Albereta Srl.

## Kamalaya, Koh Samui, Thailand

Located on the southern coast of Koh Samui in Thailand, Kamalaya is a destination which facilitates journeys to promote self-discovery and transformation, inspired by its founders' devotion to spiritual studies. John and Karina Stewar have harnessed an integral approach to wellness, grounded in bringing together ancient Eastern healing with Western medical research and the powers of nature and local tradition. This year, Kamalaya is introducing a new six-night group retreat, Finding Emotional Balance and Freedom where 12 guests will be guided by Kamalaya's Life Enhancement Mentors in twice daily coaching sessions, an optional private mentoring session, four 60-minute wellness treatments and a Chi Nei Tsang session, to explore their own emotional habits and learn tools to help them better respond to life's challenges.

[kamalaya.com](http://kamalaya.com)



2022 © Kamalaya Co Ltd.

## Villa Epicurea, Portugal

Immersed in a green landscape, Villa Epicurea is an ecological retreat located in Serra d'Arrábida, perfect for those who want to disconnect or "re-energize" the soul, body and mind. With fantastic views over the Atlantic, it's a quick hop from Lisbon yet perfectly in tune with nature.

The eco-friendly boutique hotel has just three rooms and two private villas, an organic kitchen and ecologically sustainable pool. Take a hike in the mountains or along the beach, try yoga or meditation, explore Ayurvedic cuisine or relax and do nothing...

Created with the fundamental principles of well-being in mind, like the "Garden" of Epicurus, this sustainable break is all about a happy and healthy way of life to achieve a serene and happy state of mind.

[pt.villaepicurea.com](http://pt.villaepicurea.com)



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WIN 2 NIGHTS



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At the heart of the resort, the award-winning Serenity SPA is a luxurious haven of wellness in a state-of-the-art facility featuring 13 treatment rooms and the Serenity Thermal Oasis, a sanctuary of relaxation and rejuvenation with a hydrotherapy pool, sauna, steam and spacious relaxation areas.

Serenity SPA offers a holistic wellness experience through its exceptional core range of treatments and therapies. Its authentic signature treatments draw inspiration from the indigenous cultures,

healing traditions and ingredients of the Algarve, and include the first CBD spa treatments in Portugal.

You can use the outstanding fitness facilities at ACTIVE by Serenity by joining a group class in Pilates, yoga, active cycling (spinning), fit ball, boxing, or cross-fitness, or work out independently in the fully equipped gym.

At Pine Cliffs you will have access to no less than 11 diverse restaurants/bars, 8 swimming pools, a nine-hole golf course, the Annabel Croft Tennis Academy, Mimo Algarve- Cooking School and numerous shops and boutiques.

**Q: What is the name of the spa at Pine Cliffs?**

**Enter by emailing [sophie@wherevermags.com](mailto:sophie@wherevermags.com) with your answer!**



**Pine Cliffs Resort Algarve** +351 289 500 100, [www.pinecliffs.com](http://www.pinecliffs.com)

**Terms & Conditions:** The prize is for 2 adults staying at Pine Cliffs Hotel, including breakfast for 2 nights. The prize is non-transferable and there is no cash alternative. This offer is subject to availability. Valid from 1st October to 15 December 2023.

A portrait of Dr. Barbara Sturm, a woman with blonde hair pulled back, wearing a white spaghetti-strap top and a grey cardigan. She is looking directly at the camera with a slight smile. The background is a plain, light grey.

# SKIN DEEP HERO

## HOLLYWOOD'S AESTHETICS STAR

Dr. Barbara Sturm is a German aesthetics doctor, widely renowned for her non-surgical, anti-aging skin treatments. She is currently based in LA, where she continues to innovate and revolutionise her field, having become one of the most sought-after beauty doctors in the world.

**D**r. Barbara Sturm's unique, science-based products have achieved cult status with skincare devotees worldwide, and her philosophy of healing the skin has challenged both aggressive approaches and the conventional wisdom. She began her medical career in orthopaedics as part of the team that developed cutting-edge treatments for inflammatory conditions like osteoarthritis, using the patient's own blood cells to produce proteins that reduce inflammation and stimulate healing. Dr. Sturm then adapted her findings to aesthetics and opened her own medical clinic in Düsseldorf. In 2002, she developed her famous MCI, a bespoke plasma-based cream harnessing the power of the body's own proteins in a skin-healing formula.

#### What took you to LA?

LA has become a spiritual second home to me: I have been travelling to LA regularly since 2003 and a huge number of my friends and patients live in LA, it's also the location of my biggest boutique and spa. LA has a very sophisticated beauty and wellness crowd, who are extremely knowledgeable and devoted to innovation.

#### Was it a childhood dream to work in the skincare sector?

I grew up in Germany in the mountains; my mom was a chemist and my grandmother a pharmacist. She loved milk baths and dry brushing and would always mix creams for us as children. We would often go into the forest and pick food and medicinal herbs and roots, so that had a lifelong impact on me. I learnt a lot about ingredients from them. I never thought I would end up in beauty, but I always wanted to be a doctor.

#### How was starting this business abroad for you?

I studied medicine and sports and started my aesthetics practice in Düsseldorf. The decision to take my business abroad was really a natural progression as my client base grew.

#### Any advice/learnings? Why skincare?

My whole career has been based around anti-inflammation, which is the main trigger for aging and skin conditions.

"AESTHETICS IS A COMBINATION OF ART AND SCIENCE, AND IT IS A FASCINATING CHALLENGE WITH IMMEDIATE AND VERY GRATIFYING RESULTS FOR PATIENTS."



I started by injecting Hyaluronic Acid and Botox which provided great results, but I kept thinking that it would be a great additional anti-aging booster for the skin if we also started mixing it with the body's own anti-inflammatory healing factors, like we did in orthopaedic medicine. The results, in the form of the 'blood facial,' lasted longer and the skin benefited greatly from the additional healing power and anti-inflammatory proteins. My patients then asked me to recommend an entire skincare regimen, and when I couldn't, I set out to create my own fundamental and effective skincare line. Clinically tested

ingredient science was the foundation on which I built my line. Helping each customer have the best and healthiest skin possible is one of the driving principals of my work and inventions.

#### Any key turning points in your life?

When I launched with Net-a-Porter over ten years ago it was such a huge career milestone for me and a window to all other retailers, who started asking me to join them. >



**Life mottos?**

My parents taught me to follow my dreams, be kind to everyone and keep both feet on the ground.

**Do you have three key tips to 'happy' glowing skin?**

- Adopt an anti-inflammatory diet including plenty of hydration.
- Heal rather than attack your skin by using science-backed products that do not harm your skin barrier function in the long run.
- Get a good night's sleep.

inflammation during aging, encouraging skin regeneration for a healthy, youthful-looking complexion. As we age, the concentration of circulating exosomes declines and skin structure becomes disordered and 'untidy,' resulting in unevenness and wrinkles. Replacing exosomes is an effective anti-aging treatment and the future of skincare.

**Any advice to those wanting to start out in your field?**

Beauty and wellness are huge, competitive industries and like a lot of industries, the old guard doesn't like the changes it is facing to their status quo. I have been outspoken about the approaches that I believe are good and bad for your skin, not just about my own products. My advice: be confident and have the courage of your convictions. Trust yourself. When you invent something worthwhile, people will take notice.

**"FOCUS ON YOUR PASSION AND NEVER ON MONEY."**

**Botulin, Hyaluronic Acid? What's the latest 'thing'?**

I would say, exosomes. I've been researching exosomes for over 20 years; membrane-bound spheres inside a cell, which boast a complex variety of contents derived from the original cell, including proteins, lipids and genomic DNA. They are key mediators in cell-to-cell communication and have been shown to play pivotal roles in reducing

**Best thing about life in California?**

Los Angeles is the most advanced beauty and wellness city in the world. It is a place where new ideas are born, tried, and adopted, especially in beauty, health, and wellness.

Follow Dr Sturm [@drbarbarasturm](https://www.instagram.com/drbarbarasturm)



# A Fitter Life

Personal trainer and gym owner Jen Manteigas gives us the lowdown on what's hot in the gym right now.

## 1. Global Wellness and Longevity

It's not only about training to look good but to live well. Exercise for longevity, including training mobility and movement as well as the basics of strength training and cardiovascular endurance for overall wellness. As the population ages, the demand and creation of programmes to train not only for goal-specific targets, but for longevity is increasing in popularity.

## 2. Outdoor Training Facilities

The covid era has left people wanting to train in the open air, and many gyms and studios have heard their clients' needs by adding open-air training areas where their clients can get all the benefits of professional indoor equipment, but outdoors! Since we are in a place where we can live outdoors year-round, why not train outdoors year-round too? Is there anything better than hitting a deadlifting PR while the sun shines on your face?

## 3. Boutique Fitness Studios

People are migrating from the big box gyms to boutique studios where they will generally find a deeper sense of community and bespoke training protocols. They are willing to pay premiums for their memberships in exchange for smaller class sizes, and less busy, more dedicated training spaces. Fitness communities make everyone stronger and what's not to love about coming to train in a place where everyone knows your name?

## 4. Shared Personal Training Sessions

Picture this: the individual attention and coaching of a personal training session but at a price point that's a little more than a group class! Shared personal training sessions are a huge fitness trend right now, allowing a whole new group of fitness enthusiasts to take their fitness goals to a new level with the help of a personal trainer, without breaking the bank.

## 5. Fitness Competitions

Competing in fitness was traditionally reserved for die-hards, cross-fitters and athletes; until now.

**“Looking great, is great, but moving well is priceless.”**

Fitness competitions are popping up everywhere and encouraging recreational gym goers to test their skills with achievable fitness tests and events, with categories for all age levels and abilities. Most big competition companies even offer some form of free training protocols to help potential competitors to train for their events. Training with your friends has been taken up a notch; now you can compete against them for bragging rights.

Follow The Fit Life [@tfl\\_algarve](#)

# What's Trending

WHEREVER asks eight pros what to expect in 2023.

## 1. Health as a Necessity

The emerging macro-trend is the increasing understanding that physical activity is a 'must' to improve health, and be a catalyst for a healthier lifestyle and greater quality of life. Fitness is now perceived as less of a luxury, to be healthy is a necessity, both on physical and mental dimensions; fitness will be increasingly viewed as not only a remedy for everyday stress but also a foundation for mental health.

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Sofia Sousa, CEO, **Holmes Place**

## 2. That Gut-Brain Connection

**“Sustainability and incorporating superfoods into your diet are two important factors in maintaining a healthy lifestyle.”**

Nicci Clark, Founder, Re:Nourish

“While awareness of gut health has been growing in recent years, the gut-brain connection has only recently become a part of this conversation. The chemical messages that pass between the gut and the brain are affected by our gut microbiome – the bacteria, viruses and fungi that live in the gut – and this influences how we think and feel. Foods including oily fish, fermented foods and foods high in fibre can increase the good bacteria in your gut and improve brain health, while supplements can also help.”

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Dr Simoné Laubscher, nutritionist and WelleCo formulator  
**@welleco**

## 3. EMS Electro Stimulation

A new generation of sport, it was founded in France on the concept of working every part of your body at the same time – but only 25 minutes per week! This technology works for all angles – from losing weight to being healthier, reducing your back pain, increasing your endurance, your muscle mass, and more. In fact, 87% see a marked improvement in their body appearance and, consequently, in their mental well-being! Join us for a first session for free at Bodyfit in Campo de Ourique.

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Lorenzo Mechin, Bodyfit **@bodyfit.pt**

## 4. Superfoods and Sustainability

The use of sustainable practices in food production helps to conserve natural resources, reduce waste and pollution, and protect the environment for future generations. Additionally, incorporating superfoods, such as leafy greens, berries, nuts, and whole grains, into your diet can provide essential nutrients, antioxidants, and fibre, leading to better overall health. By combining these two principles, we can support both the health of our planet and our own personal well-being. It's important to be mindful of where our food comes from and make informed choices that prioritise sustainability and nourishment. By doing so, we can make a positive impact on both the environment and our own health.

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Nicci Clark, Founder, Re:Nourish [@renourish\\_soup](#)

## 5. On-the-go Fitness Gear

Whilst recovering from a knee injury I found the gentle-on-joints TRX. It was a game changer for me, and years later, I specialise in training with it. You do cardio and strength training with it, it works the core like nothing else and is completely mobile; light and goes up anywhere (hotel door, post on the beach!). It will last for years because you progress on it. So you see, it's perfect for us travel lovers and fitness routines don't go out of the window; my clients carry on with me on it via Zoom (I had Kenya then LA last week – I love that!). Beat those travel aches with the deep stretching possible on it too.

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Bex Pawsey [@thelisbontrainer](#)



## 6. Family Fitness

According to WHO a minimum of 60 minutes a day of moderate to vigorous intensity physical activity is recommended for children from five to 17 years old, plus at least three days a week of vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone. Kids model our behaviour, so it is very pleasing to see more and more families choosing to spend time together outdoors and that is the start to a more active way of life, falling in line with the current wellness trends. An array of classes for kids and teens such as yoga, pilates and dance are popping up in local studios, as well as 'mommy and me' fitness training.

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Cátia Conde, Personal Trainer & Pilates Instructor [@fitnessandhighheels](#)

## 7. Running and Walking

There has been a surge of interest and uptake in running recently, mostly due to the closure of gyms during covid times, but the act of sprinting once in a while is innate to our human nature. Trail running is the closest we get to being in touch with nature and our primal side. Let your feet feel the ground to identify the sole and feel the outdoor environment. Try taking your shoes off whilst walking, but if this feels uncomfortable, try wearing barefoot, five-finger shoes – it's a great way to transition, especially when in nature. Running barefoot whether on grass or sand and just getting more movement daily has such profound beneficial health effects not only physically but also mentally. It can be done anywhere and no equipment is necessary if going barefoot.

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Charlene Gisele, Health Coach [@charlenegisele](#)

## 8. At the Barre

What do celebs Rita Ora, Claudia Schiffer and Pippa Middleton all have in common? They are all obsessed with the barre – the fitness trend that uses a combination of ballet, pilates and yoga to strengthen, tone and create a dancer-like figure. But don't worry, you don't have to be a prima ballerina to get involved. During class we use bodyweight exercises on and off the barre, combined with small hand weights and resistance bands.

Classes are accessible to all levels, low impact, high intensity and great for postnatal women and those recovering from injury. Classes end with a wonderful Savasana – mindful stretching – that will leave you revitalised and ready to face the day.

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Gabby Taylor, Barre Algarve [@barre\\_algarve](#)



@WHEREVERmags #STAYFIT



# Because a picture speaks a thousand words

**Time to be insta-inspired!** Here's a selection of some of the most inspirational accounts out there covering all things fitness.



**@welleco**  
Founded by @ElleMacpherson



**@bhealthyeatwhole**  
Holistic Nutritionist



**@VivienneTang**  
Entrepreneur, Wellness & Travel



**@TheLisbonTrainer**  
Go-to Lisbon fitness girl



**@holmesplaceportugal**  
Premium Fitness Clubs



**@resultswithcecilia**  
Fitness Trainer 51 Years Young



**@kristinwinnergard**  
Personal trainer & Nutritionist



**@cocorainbowyoga**  
French yoga teacher in Lisbon



**@jasonvale**  
The Juice Master



**@ryansmith\_fitness**  
Fitness Coach



**@elena\_menci**  
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**77%**

higher brand recall for print vs. 46% for digital ads

**82%**

of consumers trust print over digital

Source financesonline.com

**125%**

magazine ads deliver the highest ROI

**38%**

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Source American Marketing Association (AMA)

**WHEREVER**  
*the magazine for expats everywhere*



# In home Spas are In

Self-care is a thing, and not only to de-stress but to support our mental health and enjoy an emotional escape. Erika Harding says having your own spa at home is just what the doctor ordered.

## Wellness Starts at Home

Wellness has been a huge buzzword in the last decade, and there's no denying it has its place in our busy lives. Post-pandemic more and more people are working from home and demand for creating a Wellness or Self Care area is on the up. It's such a phenomenon that prospective buyers are showing increased interest in homes that come with their own home spa and this trend shows no signs of slowing down.

## Sauna and Steam

Outdoor saunas offer far more in the way of variety of shape and design while indoor saunas tend to be more compact, built to fit smaller spaces and sticking to convenient cabin shapes. A sauna uses dry heat and is typically kept at 74 -104 °C and benefits stiff joints and sore muscles. The steam at home experience is truly the ultimate luxury, whether you choose a quick 10 minutes before the morning shower or a session in the evening to promote a great night's sleep. The investment in home steam is beneficial in improving skin health and circulation. Other must haves these days include a stone bath with a massage table, steam rooms and sensory rain showers – these are all part of the latest trends in interior design.

## Seeking Calm

Sensory overload is a growing problem, so whether you're drafting blueprints for a new home or are planning to remodel a spare

room, try replicating the calming atmosphere of a day spa. Some imagine a spa to be a place with snuggly plush robes, light music with beautiful fragrances but it's a place where we can forget our troubles for a little while and get away from our screens. A place to simply breathe and be calm. This vision can be created in your own zone.

**“Basic home spas can start with anything from a wood-panelled space furnished with little more than a daybed and a yoga mat or an indoor or outdoor sauna.”**

No two spas or wellness areas are the same. They need to be both pleasing to the eye and in tune with modern aesthetics. Being around nature has such a positive impact on your health, and incorporating plants and other natural elements like stones and rock crystal can immediately add to that sense of balance. Lighting should also have layers that can be adjusted to create a softer mood. Creating a spa is all about filling it with pieces that will induce a zen atmosphere with a touch of elegance and calm. And, if you don't know where to start, consultants like me can help to order the right equipment and tailor-make the space to the exact needs of the homeowner.

Follow Erika [@comfortzoneconcepts](#)



# The Zero-Alcohol Revolution

Erika Doyle is the Founder of Drink Dry and a true champion of the zero-alcohol revolution. A pioneer of the alcohol-free drinks scene, this expat entrepreneur has been winning Awards and is a force to be reckoned with. Who better to tell WHEREVER about the zero alcohol movement?

## Growing Demand

The demand for alcohol-free drinks has been growing consistently over the last 7 years or more without showing any signs of stopping. The global pandemic has strengthened the movement and made it mainstream.

Alcohol-free drinks and brands are now competing for space on the menus. This has got to be one of the most fascinating trends in the last decade, as it was entirely driven by consumers. By actively looking for alcohol alternatives, producers start looking into bringing out products that matched the criteria. Non-alcoholic drinks brands have enjoyed unprecedented interest from angel investors as well as VC funds, allowing the category to grow much faster than originally anticipated by the drinks industry. >

***“People are getting more and more health conscious and cutting back and the obvious stuff is easiest – so alcohol is the first thing to go.”***



## Erika's top 3



### French Bloom Le Rose

Le Rosé offers a well-balanced complexity of minerality and freshness with rose petals and freshly picked berry aromas, to finish on delicate peach notes.

### Crossip Dandy

Built to add a fiery kick to any drink or cocktail it plays with. Expect burning pinewood and peat.



### Biere des Amis

A premium Belgian Blonde beer crafted according to a traditional recipe for a beer with character. Alcohol is evaporated at a very low temperature guaranteeing that the qualities of the original beer remain.



***“Non-alcoholic drinks brands have enjoyed unprecedented interest from angel investors as well as VC funds, allowing the category to grow much faster than originally anticipated by the drinks industry.”***

### Creating Drink Dry

Drink Dry was started out of a personal passion of mine. I gave up alcohol 7 years ago and was really curious to learn more about this slowly growing trend. Fast forward to 2019 when I moved to Dubai with my family, I felt unheard and unseen as a consumer. There was no choice of premium alcohol-free drinks in the market, so I started Drink Dry, initially as a B2C eCommerce platform, before launching into the B2B space. We now supply 4 major retail chains in the UAE as well as close to 300 venues. Drink Dry now operates in three countries – UAE, Kuwait and the Kingdom of Saudi Arabia. We are also

looking to expand our footprint in 2023 to further three markets.

### Not Just a Phase

The quality of the products keeps on getting better and better. Just think of brands such as Crossip and Lyre's – the extensive R&D that has gone into it is simply mind-blowing. And, people are getting more and more health conscious and cutting back and the obvious stuff is easiest – so alcohol is the first thing to go, then probably followed by dairy and meat.

Follow DrinkDry [@drinkdrystore](#)

Follow Erika [@erika\\_drinkdry](#)

# Answers to the Fitness Questions Everyone's Asking

We asked the folks at sports nutrition company Bulk, to answer the top five most Googled questions about workouts. You're welcome!

## What to eat before a workout?

It's recommended to eat around 2-3 hours before exercising, particularly if you plan on completing a long workout. Eating a meal with protein before a workout can increase muscle protein synthesis, where your cells produce protein; foods like poached eggs and chicken breast are high in this nutrient.

Carbohydrates in particular give your body the fuel it needs to exercise, especially for high intensity exercises, so opt for including whole grain pasta or whole-wheat toast in your pre-workout meal. However, it's not always practical to eat 2-3 hours before exercising, for example if you like to have an early morning session in the gym before work, so a small portion of Greek-type yoghurt with whole grain cereal will give your body both protein and carbs without leaving you feeling sluggish.

## What is pre workout?

Pre-workout is a supplement usually taken by strength and endurance athletes to boost energy, improve workout performance and promote muscle growth. Common ingredients include caffeine, carbohydrates, creatine monohydrate, and it can be taken as pills or powders to mix with a drink, or even be combined with protein supplements.

Pre-workout should be consumed between 30-60 minutes before you workout – doing so will give you more energy to exercise harder and longer, and it can help to build your muscles.

## What to eat after a workout

Protein is the most important nutrient to

consume after a workout to increase muscle mass; particularly if your workouts consist of lots of heavy lifting and strength training. Your body needs protein to build and repair tissues in order to continue to grow them. For optimal results, try to consume a protein supplement or high-protein foods between 15 minutes to an hour after your workout, which is known to be the anabolic window (the short time after exercise when your body is repairing and recovering).

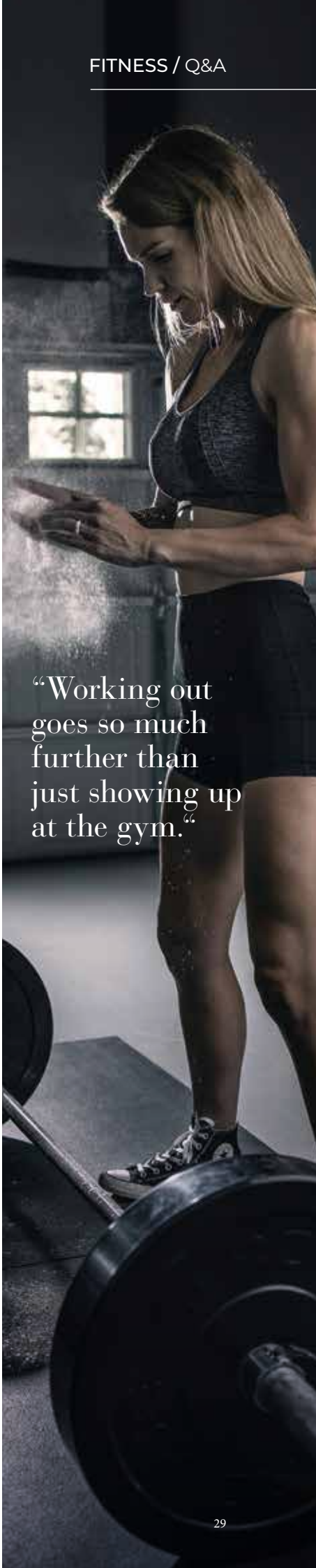
It's also important to keep in mind that 2.2 grams of protein per kilogram of body weight is the daily recommended amount of the nutrient to gain muscle. Consuming carbohydrates with protein after working out will also help to speed up recovery and replenish the muscle glycogen that you burned during exercise.

## How many exercises per workout?

The recommended number of exercises per workout ranges between 4-8 with each exercise consisting of 2-3 sets of 8-12 reps, but there are circumstances that can determine how many you do. For example, if you are training both upper and lower body on the same day, you may complete four exercises for each muscle group, equating to eight in total, but if you are just focusing on legs it may be four overall.

It is also worth considering that fewer reps with a high weight are better for building strength and muscle mass, while more reps of a lower weight are suggested for muscle endurance.

Follow Bulk [@bulk](#)



“Working out goes so much further than just showing up at the gym.”

THE NEW GURUS



Julie Granger

# Barre Ballerina

Julie Granger is the founder of The Studio Paris and The Studio +, a global online platform, with members in 35 countries. Also known as a celebrity trainer, she is a former ballerina and one-time Equinox instructor in NYC, now living in Lisbon.

## New York, then Paris, now Lisbon – do you have itchy feet?

And you forgot Boston, Chicago, and Berlin! I kind of do yes... Let's just say that I am spontaneous and when I see something I like somewhere, when I see an opportunity, and when I see that a city could offer something different, I always want to go see if I am right. The funny part is that I move a lot, but I never travel light: I take all my stuff with me.

## Which city has your heart?

NY is home for sure. This is where I learnt the most about myself and others, and definitely where I became the adult version of me. I've had so many amazing experiences there, and NY is the city that challenged me the most and pushed me to be the best version of myself. I have met countless talented and inspiring people, and I will never be thankful enough for the eight years I have spent there. I actually wrote NY a love letter when I left: it's a city that takes a lot out of you, but if you are strong enough to take it, it gives it back by the hundreds.

I also found my strong work ethic from the city. At 22, I was a full-time management student in college, was dancing every day, and had my own ballet school – only in NY!

Lastly, there is a real hype about fitness there, and it's a competitive world where other people's talent pushes you to always be creative and find new ways to do things. Had I not been in NY, I don't think I would have ever become a fitness instructor.

## Which are your most popular classes?

My most popular class is my Brooklyn

Barre®, the second of the eight concepts I have created. It is a low impact workout that mixes pilates and ballet movements. That class is very challenging, but how graceful you feel makes you forget all about it. It is the best way I have found to get toned, long and lean legs, and to work on a beautiful ballerina posture. Plus, you discover muscles you didn't even know existed!

The idea first came to me when I was teaching barre for Equinox in NYC. My barre



“New York keeps you on your toes, and as a dancer you can imagine I like that very much.”

classes there would sell out in 24 seconds. There would be such a line to get into the class, it felt like a movie. I later moved to Berlin then Paris, where I decided to incorporate more ballet and developed a technique to make very cool playlists. I think that my real ballet training and the originality of the music make the difference. I have taught it a bit everywhere, and I hope Brooklyn Barre® takes over the world, one plié and one six-pack at a time.

## Can you pinpoint key turning points in your life?

At age 16 I was recruited into a youth ballet company in Paris. Getting that news made for one of the happiest days of my life, and it was the starting point for everything I do today. Without that moment, my life would have been entirely different. Ballet is the start of everything for me. >



At age 18 I went to the US for what was supposed to be a two-month trip, and only came back... 11 years later! That country gave me much more than I can enumerate here, and that day of 2007 when that plane landed in Boston definitely makes for a turning point. A few months after I arrived, I joined the pre-professional programme at Boston Ballet. This was a major achievement for me, and the start of many other adventures.

“Do what you love, love what you do – and smile while doing it!”

In August 2015 I joined Equinox in NYC. The countless things that being part of that company taught me make for a priceless competitive advantage in the European market. It is also then that I discovered my passion for fitness.

In July 2018 I had a very serious back injury – one of my discs basically exploded in my spine. Burnt out at 28, I left the hospital in a wheelchair, and I only returned to my feet five weeks later. That is when doctors told me that my career was over and that I would be lucky if I could walk correctly in a year. Those doctors definitely did not know me very well. Thanks to the discipline and mental strength that my ballet training gave me, I was back to teaching only four weeks after that announcement!

Lastly, opening my very own fitness studio, right in the middle of Paris in March 2020 was the accomplishment of a 10-year-long dream.

**How do you balance it all?**

I don't want to lie, I am not very good at balancing it all, simply because when you



love what you do as much as I do, it is hard to know when to stop. It seems like going against what I actually want to do. But let's say that I have amazing friends I love to hang out with. I enjoy the beach in Caparica on the weekends, and when something becomes hard, I dance!

#### **Do you have a guilty pleasure?**

Oh my! I am ashamed to say it, but Kinder Buenos and Nutella... I have a very sweet tooth, and quite the appetite, so after years of being a ballerina and being super mindful about everything, it is so nice to be able to eat whatever I want. Those two treats are definitely the keys to my heart.

#### **Best things about Lisbon?**

The weather. Waking up to a blue sky and being able to sit outside in January is a true gift that I take the time to appreciate every day.

#### **Are you staying?**

If my life has taught me one thing, it is that I am absolutely unable to guess if I am staying somewhere or not.

#### **Expat or Local?**

Having left Paris at the young age of 18 to live alone across the Atlantic, I had not realised how much being an expat would become part of my identity. When I moved back to Paris 11 years later, it was clear to me: I am meant to be a perpetual expat! I like the diversity of the people you meet, and I like to meet people from everywhere. I love to speak and hear other languages, and having travelled so much, I think I just relate more with people who have similar experiences. Living abroad teaches you many things, and I think it's challenging to go back the other way.

#### **Any exciting plans for 2023?**

Always! I will keep teaching my weekly classes in Lisbon and I have several big events booked in Paris. I also have very fun 'challenges' coming up on my on-demand platform, and I am planning my very first retreat. I will return to Harvest Series in Kaplankaya in Greece in May, and I am also currently speaking to a few major brands about partnerships, but that's still confidential!

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



“My most popular class is my Brooklyn Barre®, the second of the eight concepts I have created.”

Luis Ribeiro

# The Club Health Physio

With an athlete's background, Luis Ribeiro pivoted his career, thanks to knowledge and understanding of the human body, to launch London's hottest fitness spaces in Notting Hill and Chelsea. His expertise? Physiotherapy, prevention, treatment and training.



#### Why London?

I moved to London determined to fulfil my ambition of working in the health and fitness industry and helping people change their lives. London is Europe's capital of opportunities. I was convinced that it was the right place to develop my career and offer my services to the right audience that would appreciate it. And I was right!

#### Was it a childhood dream to work in the fitness arena?

I have always had a deep interest in sports and health. Coming from the professional football industry I was able to pinpoint gaps in the healthcare, physio and fitness fields, that we are now bridging. I wanted to make elite recovery and body maintenance accessible.

“The best thing about life in London is the abundance of possibilities to explore, experience and grow.”

#### How was starting this business abroad for you?

It was both daunting and exciting, and I faced it with courage and perseverance - step by step. Working with other professionals helped me understand the UK market and find my niche to launch and develop Club Health. I first launched 88Physio in Knightsbridge, the seed for

Club Health. What I was missing at the time was the ability to offer a 360° approach as we now do.

#### Any advice to those wanting to start out in your field?

Always be hungry to work and learn, and always listen to your client's needs. It's your responsibility when they put their trust in you. Especially in healthcare, their trust in you equals putting their life and well-being in your hands. Do not take that lightly. Embrace challenges, seize opportunities, and never be afraid to fail or ask for help. And put in the work!

#### Any plans to expand to Portugal?

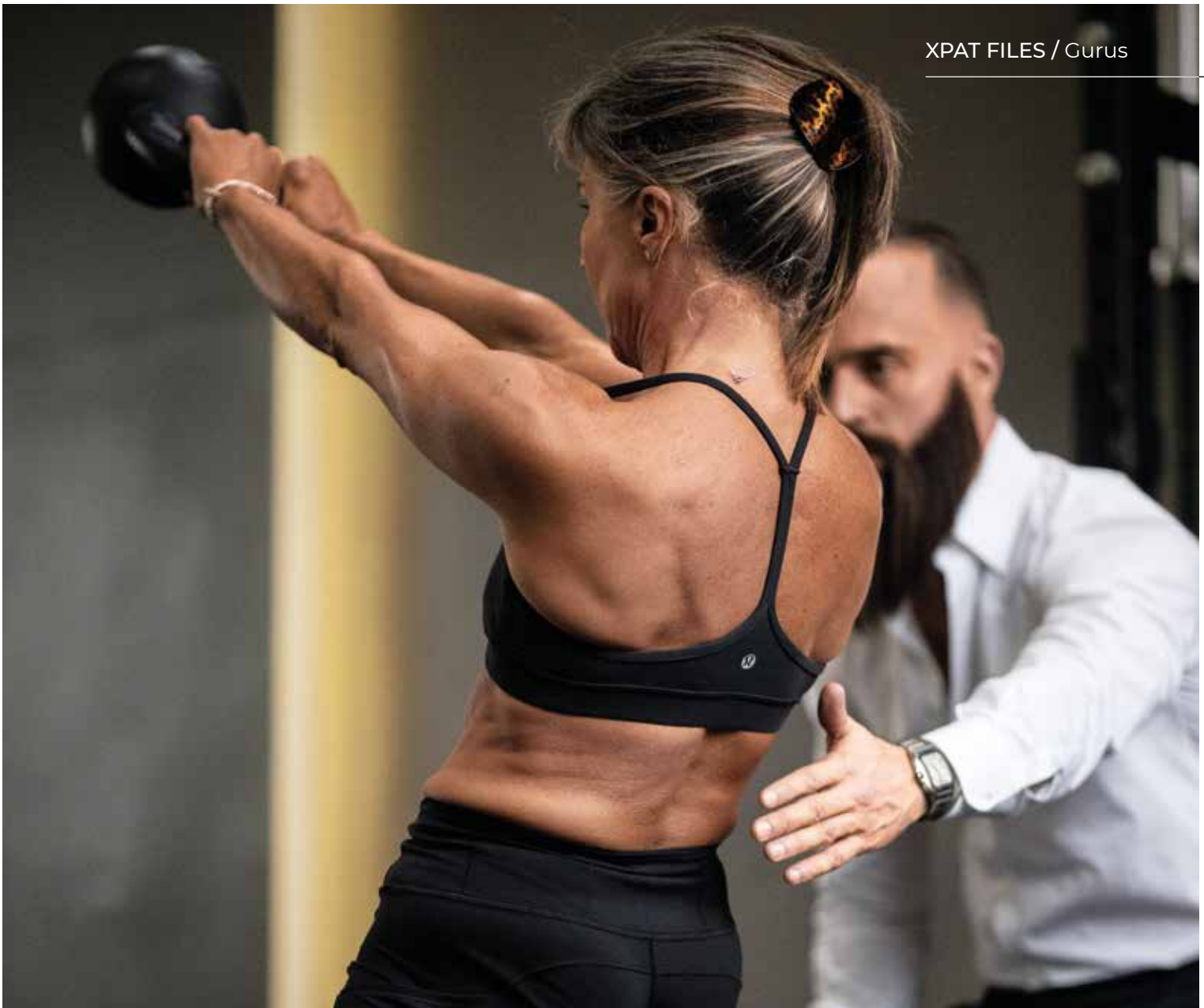
Not yet, but I am always open to any opportunities. I have my eye on expanding out of Europe first to serve our growing US & Middle East clients.

#### Any key turning points in your life

When I decided to move to London, it gave me the space to grow into the entrepreneur I aimed to be. It gave me the fertile ground to help more and more people every year to become the best version of themselves.

#### Words of wisdom?

I always ask my patients: *Who are you at 100%?* Ask yourself this question when trying to define your goals without thinking of limitations. Dream and define that 100% so you can get there.



#### Do you have any tips for a 'happy' fit body?

- **Cultivate mindfulness and self-awareness.**  
By practising mindfulness and being present in the moment, you can tune into your body's signals and make better decisions about exercise, nutrition, and self-care;
- **Cultivate inner peace through meditation.**  
By regularly practising meditation, you can develop a sense of inner calm, which can help reduce stress, improve focus, and promote overall well-being. It will help you to deal with the challenges in your life with more ease and grace.
- **Embrace physical challenges with equanimity.**  
The key to a happy life is accepting what you can't change. This applies to fitness/wellness as well.

- **Always keep moving.**

A still body is prone to injuries and illnesses. Find a sport, a hobby or a training regime that you enjoy so you can stick to it. Find what speaks to your soul and your body will follow.

#### Life motto?

"The only way to make a change is to take action." I believe that every obstacle is an opportunity to grow and learn.

#### What's the latest 'thing' in London?

The emergence of high-intensity training studios. It is also directly linked to the rise in injuries we see from new patients turning to us after injuries occurring in HIIT or CrossFit classes. We even have injured patients from generic Pilates group classes!

#### Expat or local?

I am a Londoner now, but my heart will always be with my family in Portugal.

"We all need to be more self and body awareness to eliminate injuries."

Follow Luis [@theluisribeiro](#) or [@clubhealth](#)  
Find out more at [clubhealth.uk](http://clubhealth.uk)

Mimi Nicklin

# The Empath CEO

Mimi Nicklin is a leading empathy expert, best-selling author of *Softening The Edge*, the Founder of Empathy Everywhere and the Creative CEO of global branding agency Freedm. She is based between Sri Lanka and Dubai, and lives with her daughter and French bulldog.



#### Why choose Dubai / Sri Lanka?

I travelled for 16 years, following my work in advertising and understanding culture by living within it. I moved to Dubai, from South Africa, for a role with a corporate ad agency in early 2018 and later moved to Sri Lanka to run my own agency, Freedm, remotely.

#### What's your daily routine?

I have the ongoing challenge of working across time zones so I start early and end late. Most days my mornings start pre-7 am with my daughter and getting her to school, but I don't tend to start meetings until 10 am. Before, I walk my French bulldog under the palms, go to Pilates, and clear the day's admin. I then work around 12 hours between my two businesses. I always take time out for my daughter's bedtime and I always put her to bed. This was a

“Life is always teaching you something but it may take you a moment in very challenging times to work out what it is.”

---

promise I made to her when she was born and I have kept it. My evenings, tend to be filled with cross-time zone workshops, keynote presentations, meetings, and virtual events.

#### How did the concept of Empathy become a career?

I discovered the power of organisational empathy whilst sitting with a business coach in 2018. While trying to help me unpack the power of intuition in complex leadership environments, she ended up helping me discover the scale of the Empathy Deficit which has been globally impacting us for three decades. Once I discovered the power of Empathy – and the negative impact on us when it is in decline – I couldn't stop writing. Before I knew it I had a book, a top 5 podcast and a global training platform.

I now have two businesses that are entirely different but share a common culture and commitment to empathy. Empathy Everywhere is one of the world's only organisational empathy platforms and we are committed to training and inspiring empathy in businesses worldwide. We specialise in educating teams on the why and how to balance humanism and capitalism, corporate communication, and Regenerative Leadership. Freedm is a boutique branding and storytelling business of nearly 20 people worldwide working with large clients like Dubai Airport, Sandisk, Accor Hotels and Dilmah Tea amongst others.

#### Are you a pro at multitasking?

Multitasking is the only way to live in and across countries and time zones as we do. I find the admin of banking by far the most stressful part of life, but beyond the financial complexities of being a global citizen, where there is Wi-Fi, there is work and we make it work every day!

#### How does being a mum work with a nomadic lifestyle?

With a healthy dose of patience matched with equal levels of resilience. My daughter is a seasoned traveller and we have learnt to be flexible with our definitions of home and the need for 'things' to be around us all the time.

#### Any key turning points?

Finding out that my book had become a bestseller in four countries. This was not only fundamental in my personal and professional journey but led me to entirely shift where and how I work and led me to form Empathy Everywhere and start working with some of the world's largest brands like Unilever, PlayStation, The Metropolitan Police Service and Standard Chartered Bank in building modules and content surrounding deepening human understanding and culture in the workplace.

#### Lessons learned?

Always trust your anxiety. It's trying to tell you something. Either that you are heading into a challenge so you need to be prepared to learn and grow flexibly, or that you are heading for danger.

“Anxiety exists to protect us, ignore it at your peril! It is our natural superpower.”

#### How is life in Sri Lanka?

Sri Lanka has had a complicated year socially, politically, and economically but with those complexities comes very deep and powerful friendships. I wouldn't say Colombo is a city with a huge infrastructure for expat life so this leads to creativity and deep connection within the opportunities that are there. The island has a long recovery ahead and life is not straightforward but underneath this is a deeply magical place with an unbelievably passionate youth who are ready to change the world. Oh, and unending delicious, fresh, and healthy vegetarian food options!

#### Plans for 2023?

I have just signed my second book deal and cannot wait to share it. It contains an inspiring set of interviews, examples, and opinions on how being more deeply connected to others leads to business shifts and success and many surprises! I am beyond excited.

Follow Mimi [@miminicklin](https://twitter.com/miminicklin)

Find out more at [empathyeverywhere.co](https://empathyeverywhere.co)

Natacha Tarascon

# Next Gen Skincare

Shanghai-based Natacha Tarascon is a French mother of three who is reinventing skincare, making it fun and accessible to kids with her brand Doucéa.

#### Why China?

After finishing my pharmaceutical studies in France, I followed a dermo-cosmetic career with French brands such as Pierre Fabre, Bioderma and Nuxe. For over 20 years now, I have been abroad, first in Latin America, then the Middle East, Hong Kong and now China.

#### Are you staying?

Yes, our plan is to stay here. Since Covid broke out, it has not always been easy, but our life is here now. Our three kids are happy, they have their friends, they love their school, my husband's work is stable, and I have founded a company here, which now has five employees.

#### Have you always wanted to be an entrepreneur?

No, it was never my ambition. Besides my full-time job in the skincare industry, my passion was always education. I have been giving branding and international marketing courses in business schools, and my idea was to launch a marketing programme to invite foreign students to discover Asian health practices and cosmetics here. Entrepreneurship was purely by chance!

#### How did Doucéa come along?

My inspiration to create Doucéa came from my little girl who was suffering from eczema. I bought many different products for her, all were efficient for a little while, but she would reject them as she did not find them 'pretty enough'. Most of the packaging was too 'medical', so I tricked her into putting the cream in a nice pink pot I bought in Korea. She was immediately into it. This is how the idea of Doucéa was born: a skin care product combining natural, efficient high quality formulas to reassure parents and fun, pretty and ecological packaging for children.

#### How did you come up with the concept of kid-friendly skincare?

I guess it was a combination of my experience in the cosmetic industry, my marketing knowledge, and motherhood! I am particularly proud of the fact that Doucéa is a brand which is created by children, for children. We are also involved in charity, providing hygiene kits to children in need.

To understand children's needs and wishes, over the years, we have organised workshops with over 400 children and their parents. Doucéa products were created based on their feedback about packaging, texture and colours.

“Creating a brand from the start was a big change and it required lots of patience.”



**Can you pinpoint key turning points in your life?**

I had a few turning points, but the main one was the arrival of my third child.

While struggling between full-time job and being a full-time mom, I found it extremely difficult to combine the two. I know people who manage, but I was really struggling. So, I put aside my career, to devote myself to my family. When I look back today, I don't regret it at all, I believe it had to be this way. This time allowed me to create my own company and even though being an entrepreneur is not easy, it gives me the possibility to manage my time differently.

**Any words of wisdom?**

Being an entrepreneur taught me a lot. I did not have big investors backing me and I did not want them, simply because I wanted to check if my concept worked, to see how clients received the product, and listen to feedback. My approach is entirely customer-centric. It is important to be there, more than 100%.

**How is life in China now?**

China has changed greatly over the last 10 years. It is a fast-paced country, everything is quick, and everything is possible. People are motivated, and always eager to do things; many ideas are born and quickly developed. At times, you need to control this eagerness but it is working. Costs are still quite reasonable here therefore production here still makes sense.

**Expat or local?**

We are not considered expatriates anymore but locals. So just like residents, we are encountering all kinds of things, good or bad. It is not easy nowadays. Travelling is a big issue, and there is no government support for companies. Nevertheless, our family is happy here, and we are waiting for better days, as I am sure they will come.

The positive thing about expat families in China, as I assume it is with expats all over the world, is that we create strong bonds with friends here. Your friends become your family and we are there for each other.

Follow Natasha at [@natachatarascon](https://www.instagram.com/natachatarascon)



“China is a fast-paced country, everything is quick, and everything is possible.”



# Expatriate Life Mental Health Challenges

Gabriela Encina is a Psychologist working with expats since 2018, helping them cope with the challenges that international life brings. She says expats are even more vulnerable than they would be back home.

## The Challenges

Living abroad is not easy, despite how incredible and liberating an experience it can be. Loneliness, uprooting and anxiety are some of the predicaments triggered by expat life.

Cultivating a new identity abroad can be very stressful. Expats face unique challenges, develop new skills, and rediscover their resources to cope with them. In this process, they feel more vulnerable and exposed than usual.

They tend to compare themselves with fellow expats. When they perceive that the others are “making it” (regarding their careers, financially or relationships), feelings of envy and jealousy may take over. Because those are “unacceptable” emotions, consequently that may lead to feelings of shame, anxiety, and depression.

Another factor is expectations. The ones they set for themselves and the ones they believe the others have. I stress the word believe because we often think that others have certain expectations placed on us, yet if we ask, we might get a completely different answer.

## What expats didn't leave behind

The struggles, problematics and “issues” expats had back home, those they were

hoping to leave behind once they moved abroad are most of the time still present. Indeed, they usually get stronger and more damaging, being exacerbated by the “normal” challenges I just described.

**“Just being able to put a name to a difficult emotion is incredibly powerful.”**

## 5 steps to deal with mental health challenges

### 1 Identify what they are feeling

Just being able to put a name to a difficult emotion is incredibly powerful. Once they can identify that knot in their stomach's pit, they can start untangling it to set themselves free. It might take a while, but being open to seeing all sides of oneself, even the b-sides (especially the b-sides), is the first step to acknowledging and coping with mental health challenges.

### 2 Talk about it

The most important thing expats can do to regain clarity and begin healing is to talk about what they are going through, with either a friend, a family member, or a mental health professional.

### 3 Practice self – compassion

Being kind, compassionate and patient towards themselves and removing harsh judgment is critical in coping.

### 4 Accept they might need help

Allowing themselves to be vulnerable and acknowledging the need for support and seeking help are signs of maturity and self-esteem.

### 5 Talk to an expat psychologist

Expats struggling to cope with mental health challenges will benefit from talking to an expat psychologist. Apart from their academic and professional experience, they know firsthand the predicaments and “not so shiny sides” of life abroad and can offer strategies and advice.

More about Gabriela at

[gabriela-encina.com](http://gabriela-encina.com)

MENTAL

HEALTH



# Time to opt for a plant-based diet?



Barbara Donnelly, an expat in the Algarve, is a registered Holistic Nutritionist. She is an advocate for going plant-based and shares 4 of her favourite healthy recipes with WHEREVER.

**M**y food journey started years ago while living in Austria. I was raised on the typical meat and dairy cuisine which you might expect in the Alps. I remember that we used to have rabbits at the back of the garden. I loved going to them to feed them, but they were raised to be slaughtered and eaten, which always me

very sad. I became a vegetarian at 16 and instantly felt and looked healthier.

In my twenties, I moved to the UK to study, and my healthy diet began to slip, and I ate a diet of cookies, fast food, and other unhealthy processed food. As a result, I put on a lot of weight, and because I also didn't exercise, I felt lethargic. I met my husband and we moved to the United States for a job opportunity. There we tried for a baby, and it proved to be difficult. Only after we excluded fast food and reduced alcohol and started exercising, did I become pregnant. Our diet, though, was still heavily centred on meat, dairy, and processed carbohydrates, ie. cakes, white bread, pasta, and rice.

My husband developed high cholesterol and was put on statins. I put on over 20 pounds and even though I ran 4-6 miles daily and did Yoga and strength exercises, I was unable to shift the extra weight. I felt bloated, had brain fog, and was mostly unwell. I was convinced that I was gluten intolerant and went from one doctor to the other, only to be told there was nothing wrong. It was at that time, that I realised that exercise alone would not cut it and that I needed to completely overhaul my entire diet. I decided to look deeper into nutrition and started my studies. Over the next three years, I studied with the American Fitness Professional Association and completed my studies, first as a nutritionist and then as a holistic nutritionist.

After I introduced a plant-based diet, all my health issues were gone within a few weeks.

## Anti-inflammatory Immune Boosting Drink

Serves: 2 Preparation time: 20 minutes

### Ingredients:

4 Oranges  
 Juice of 1 freshly squeezed lemon  
 1 inch of peeled and grated fresh ginger  
 4 Medjool dates, pitted  
 1 teaspoon Curcuma/ or Turmeric  
 1 tablespoon Maple syrup  
 1 carrot peeled and grated  
 250 grams of filtered water  
 A few springs of fresh rosemary *\*Optional*



### Method:

1. Peel and grate the carrot.
2. Peel the Oranges and put them in a food processor, together with the freshly squeezed lemon juice, water, grated ginger, pitted dates, Curcuma or Turmeric powder, and maple syrup - then pulse until smooth. Serve with ice and a few springs of fresh rosemary, if using.



## Plant-based Poke Bowl

**Serving size:** 2-3

**Preparation time:** 30 minutes,

**Marinating time:** 1–4 hours

### Ingredients:

300 grams of ripe papaya, diced

250–300 grams cooked and cooled sushi rice

1 ripe avocado, thinly sliced

3 medium-sized carrots

2 spring onions, thinly sliced

2 cucumbers, thinly sliced

150 grams Edamame or green peas

1 jalapeno sliced

Handful of microgreens

1 tablespoon of sesame seeds

4 radishes, thinly sliced

### Marinade:

1 cup soy sauce

1 tablespoon rice vinegar

1 tablespoon sesame oil

1–2 tablespoons freshly grated ginger

2 tablespoons miso paste

1 nori sheet, cut into tiny pieces

1 tablespoon maple syrup

Sesame seeds for garnish

### Method:

1. In a bowl, add the ingredients for the marinade and mix with a whisk until smooth.
2. Slice the papaya and cut into bite-sized pieces. Pour the marinade over the papaya and put in the refrigerator for 1–4 hours, you can also marinate overnight.
3. Cook the Sushi rice according to the package instructions and let cool.
4. In a bowl, arrange the Sushi rice and add the cucumbers, carrots, edamame or green peas, onions, jalapenos, micro greens, and marinated papaya. Sprinkle with sesame seeds.



I am now in better shape than I ever was. I feel energetic and have not been ill since I went plant-based.

Of the many things you can do to enhance your well-being, none is more important than maintaining proper nutrition. Many people realize this, but exposure to confusing or contradictory information about nutrition makes it difficult for some to formulate healthy nutritional strategies.

Many diets are based on meats, refined-flour products, and industrial foods such as fast

food and packaged fatty or sugary snacks and sweets, the diets of traditional Asian and Mediterranean societies, which are based on unprocessed grains (brown rice, whole-wheat flour), beans, fresh vegetables and fruits, are associated with less heart disease >



## Porridge

**Serving size:** 1

**Preparation time:** 5 minutes

### Ingredients:

50 grams thick cut rolled Oats

50 grams plant-based milk of your choice

50 grams filtered water

1 tablespoon plant-based protein powder *\*Optional*

### Method:

1. In a medium saucepan, pour in the milk and water and add the Oats and if using the Protein Powder. Bring to a boil, whisking continuously to avoid burning on the bottom. Turn the heat to low and cook slowly for about 5 minutes until the oats are thick and creamy.
2. Top with your favorite toppings such as fresh fruits, nuts, seeds, or nut butters.

**“Exposure to confusing or contradictory information about nutrition makes it difficult for some to formulate healthy nutritional strategies.”**

and several kinds of cancer, because the maintain healthy body weight, lessen inflammation and insulin resistance, and improve blood vessel functioning.

Therefore, I am advocating for a plant-based diet with minimal animal protein of about 5% daily. This could look like a small piece of goat's cheese, or wild-caught fish (no more than 30 grams). There are many studies conducted to back up the link between cancer and other auto-immune diseases and that's why I don't recommend eating dairy or meat. This is not only beneficial for your health but also significantly reduces global carbon footprint and let's not forget that we

must stop the horrendous conditions in which industrial farm animals are raised.

But becoming a whole food plant-based consumer isn't about restricting yourself.

**“My passion is to inspire everyone to eat less meat and dairy and find new joy and healthiness in a diet more fitting to the human race.”**

The advantage is that you can experience different flavours and textures and explore new cultures in flavours through my diet. The options are endless.

Follow Barbara  
**@bhealthyeatwhole**  
or **bhealthyeatwhole.com**



## Quinoa Chocolate and Tahini Cake

Makes: 3-layer 7-inch cake

### Ingredients:

190 grams Quinoa flour  
190 grams All Purpose flour  
120 grams high quality cocoa powder  
3 tsp baking soda  
2 tsp baking powder  
1 tsp fine sea salt  
300 grams Medjool dates, pitted and soaked in water for 30 minutes, then drained  
240 grams Tahini  
480 grams filtered water  
2-3 tbsp apple cider vinegar  
1 tablespoon vanilla extract

### Frosting:

300 grams Tahini  
170 grams Maple syrup  
120 grams filtered water  
80 grams Cacao powder  
½ tsp. fine sea salt

### Method:

1. Preheat oven to 350 degrees Fahrenheit or 180 degrees Celsius.
2. Line the three cake pans with parchment paper at the bottom and oil the edges with a little sunflower or coconut oil.
3. Whisk quinoa, all-purpose flour, cocoa powder, baking soda, baking powder, and sea salt in a large bowl and blend well.
4. Place the dates, water, tahini, and vanilla extract into a blender and blend until smooth, then whisk this combined mixture into the flour mixture until well blended. Whisk in the apple cider vinegar until bubbles form.
5. Pour the cake into the prepared pans and gently tap on the kitchen surface to remove air bubbles. Bake in the oven for about 25 – 30 minutes, or until a wooden skewer comes out clean.
6. Remove from the oven, let cool for 10 minutes in the pan, then gently un-mold them and let cool completely.
7. Wrap the cake sponges in cling film and put them in the fridge until you are ready to frost.
8. To make the frosting, combine all ingredients in a food processor and blend until completely smooth.
9. To assemble, place one cake layer on a plate, and spread about ½ cup frosting over it. Place the other cake layer on top and repeat. Spread the remaining frosting down the sides of the cake and put the cake in the refrigerator for the frosting to set a little.
10. Top with your favorite toppings like fruits, or chocolate chunks, or eat as it is.



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€50  
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Sunglasses  
€8,90  
accessorize.com

Large Speckled Glass Vase  
€45  
fiveanddime-interiors.com



# Easter Goodies

It's the time to indulge in bunnies and all things twee.



Shiny! Diamante Cocktail Glasses  
€45  
sweetpeaandwillow.com



Classics. All Star Eva Lift  
€45  
laredoute.pt



**Blue Duck Throw**

€117 [jtextile.co.uk](http://jtextile.co.uk)



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**Hoop Hiroshima - Yokonaga Bag**

€130 [nishuraeast.com](http://nishuraeast.com)

**Got to love the Bunny Napkins**  
€5 [annabeljames.co.uk](http://annabeljames.co.uk)



**Springtime calls for a Bumblebee plate**

€25 [daisypark.co.uk](http://daisypark.co.uk)



**Finally, the right Easter party bags!**

€8 [gingerray.co.uk](http://gingerray.co.uk)



**Everyone needs a twee tiered cake plate**

€36 [easylife.boutique](http://easylife.boutique)

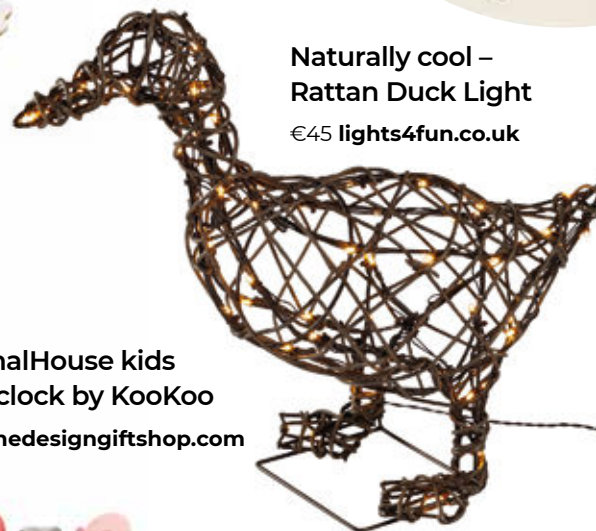
**Light up the room with Eva Sonaïke Aluro Pouffe**

€395 [sweetpeaandwillow.com](http://sweetpeaandwillow.com)



**Naturally cool – Rattan Duck Light**

€45 [lights4fun.co.uk](http://lights4fun.co.uk)



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Maayan & Gal

# As good as our mindset

A positive approach to expat life.



 @smoozitive

Maayan and Gal are sisters, the founders of Smoozitive, currently living in France. They are guiding and supporting women to experience a smooth and joyful journey abroad no matter where they live.

## Relationship status with self: it's complicated

**H**ave you ever stopped to consider how your relationship with yourself impacts your life abroad?

We are taught from a young age to make wise choices and to value the relationships we have with others. Who we choose as school friends, who we date, who we work with, who we can entrust with our children... But also, how we want those relationships to be, as well as what we accept or not. We're told that it's beautiful to love others with all their flaws, that it's important to invest in relationships, to be kind, generous, and forgiving. So, it's natural that we pay a lot of attention to those external relationships.

Yet, oddly enough, we spend so little time thinking about our inner relationship – yes, the relationship with this person we can't seem to escape and see every day when we look in the mirror (at least if we dare to look).

“To live a healthy and positive life abroad, you must rely on a healthy relationship.”

But isn't this relationship the foundation of our lives in general? When we stop and think about it, everything we do, how we think, what we dream about, where we live, our career, how we deal with challenges, our external relationships, and experiences – they all have a common ground – us; and thus, our relationship with ourselves is so foundational to the rest.

It's true when we live in our home country, but it's even more pertinent when living abroad.

Why? Because often life abroad can feel as if someone asked us 'would you like that supersized?'

The challenges seem greater, the emotions seem crazier, and the day-to-day seem more adventurous. Everything is different, and if you don't have a good relationship with yourself, your life abroad can easily lead to a... break-up.

To live a healthy and positive life abroad, you must rely on a healthy relationship. And we believe that the most important healthy relationship is one's relationship with oneself.

Even if you moved with a partner, to be nearer to family, with children, with a best friend or for love, you are the one with whom you begin and end each day. Therefore, if this relationship is complicated, everything else might become even more complicated than it already is.

A healthy relationship with ourselves does not require us to eat salad all day, and it is not determined by the size of our jeans. As you can imagine, it goes much deeper than that.

It involves not only how you talk to and about yourself, but also your thoughts and how you look after both your body and mind. It also has to do with self-compassion, love, and forgiveness. Honouring your unique self and accepting your strengths and weaknesses.

Consider it to be just like any other relationship you may have with a person who is meaningful to you, and what you would do to maintain a positive relationship in that case.

Life abroad is sometimes complicated enough. It's time to simplify your relationship status with yourself and go from 'it's complicated' to 'in a healthy relationship'.

Yogeeta Davids

# Cascais Mum Life

The adventures of a brand-new expat loving her new life in her new home.



 @yogi\_davids

Yogeeta is a mum of three who arrived in Portugal last year in search of a sweeter

## That love/hate gym thing.

I've always had a bit of a love/hate relationship with the place! I've always been a gym 'goer' but I can be so lazy... I can think of 101 reasons why I can't make the gym today, it's normally the last thing on my list to do, when in fact it should be the first thing because as I've become older I've realised how important it is to be in good health, not just in the gym but being more conscious about what I eat, too.

I used to hate classes and do my own workout but as things developed I now much prefer a class because I need motivation and to be held accountable. When I book myself in for a class there's no

getting out of it, I have to go, and finish the class. For me it's not all about looking good, in fact, it's not the biggest reason I attend a gym at all. I go because it helps with my mind, slows me down, forces me to take a break, and takes my mind off the hundreds of things I have to do and I love that. Those benefits mix in with the fact that I could be losing some weight, especially around my mum tum and arms. That makes it a worthwhile visit for me!

Since moving to Portugal I have started a few exercise classes that I take each week. I haven't grasped the language yet and the instructors do not speak English, so I'm that girl watching what everyone else is doing, copying the moves, getting things wrong and laughing to myself when I get it all wrong! I don't let the language barrier stop me from exercising and pushing myself to work out. I started Pilates for the first time a few months back and I love it, one whole hour of stretching and releasing tension feels so good for my mind and body. The instructor from this class communicates with me by clapping! When I hear a loud clap in my direction it makes me jump and I know I'm messing up somewhere!

As the weather gets warmer classes are held outside in the sunshine, another first for me, working out in the sunshine feels so good, the sun on my skin, getting sweaty and breathing in the fresh air. It's the best feeling.

Health is extremely important to me; we moved to Portugal for a better quality of life. As well as pushing myself to go to the gym I also go on long walks and bike rides along the coast, the view is beautiful and it doesn't feel like a workout at all.

“Moving to a warmer climate means spending a lot more time outside, moving our bodies without even realising it. It really is the best feeling!”



Adrian Mackinder

# Mackinder in DK

The struggles of becoming a bilingual family in Copenhagen.



 @adrian\_mackinder

Adrian is a part time actor, author, comic book fan and father of two.

## Why are the Danes so healthy?

Denmark's most famous cultural and culinary export is pastry. Not exactly healthy. It's also cold, dark, windy and wet for a large chunk of the year, which never makes you want to head out for some fresh air and exercise. I've lived in Copenhagen for seven years and there's nothing appealing about going outside when outside feels like a nuclear winter. There's a reason Danish interior design is world-renowned. They're inside a LOT. Decades of staring at the same furniture for months on end each year clearly made the Danes think, 'I'm sure we can make this stuff look nicer.'

So what makes the Danes such a healthy bunch? Well, there's the biking culture. Admittedly the whole of Copenhagen is flat as a pancake, so you can cycle around without expending too many calories, but biking along the extensive, clearly-demarcated and, crucially, safe cycle routes definitely promotes physical activity with a practical twist. Most people commute by bike all year round and this is only a good thing.

back home, and I miss that when I crave comfort food, but what Denmark's supermarkets lack in variety, they make up for in quality. So much produce here is organically grown and ethically sourced. Must be why it's all so damn expensive.

Healthcare here is absolutely superb. After all, when the base rate of tax is 40 per cent, you really want to see where that money goes. Turns out it's a superior health service that really delivers. You need to see a doctor? You can do so the same day. It's quite remarkable and long may it continue.

The main reason Danes can boast about being so healthy, however, is more holistic. They have cracked the whole 'work/life balance' thing. The working day tends to wind down any time from 4 pm, sometimes earlier. They rarely work weekends. There is a cultural emphasis on downtime, leisure time and especially family time. Danes respect each other's need for vacation. Unlike some cultures, 'time off' isn't a dirty word. And what all this gives you is rest and therefore energy.

Put it another way, when you continually work long hours flat out, you're shattered. It's much harder to eat healthy or prise yourself off the sofa to do a spot of exercise. By not letting work consume their lives, Danes inhabit a culture that is inherently active.

Here I finish work, have time for exercise AND then spend time with my kids in the evening before they get to bed. This means I don't have to cram it all into the weekend, which in turn becomes more relaxed. I just need to remind myself, with all these hours of downtime, not to eat too many pastries.

Denmark also promotes healthy eating. Aside from its reputation as a Michelin-starred, sustainable foodie hub, your average Danish supermarket is not filled with aisles of mass-produced processed foods like those in the UK. Don't get me wrong, I love all the tasty snacks you get

“We all know health and happiness are intrinsically linked, and the Danes seem to have found the formula to achieve both.”

Sharon Farrell

# Wealth preservation

Holistic strategic financial planning, tax, estate, pensions & investment.



 @sharon.farrell.39904

Sharon is a partner at Blevins Franks, Chair of the Irish Portuguese Business Network Algarve and long-term lover of life in the Algarve.



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*Tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; individuals should seek personalised advice.*

**Sharon Farrell,**  
Blevins Franks Partner

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## Providing control and certainty in Legacy Planning

**A**s we get older we tend to think more about our legacy, and how it will pass to our loved ones. No matter your age or health, you should have a will in place that specifies who will receive your assets on your death.

However, good estate planning is about much more than just having a valid will. Expatriates have to consider the tax and succession rules of two or more countries and many people have complex family structures to cater for.

### Gifts with control

There are many situations where you would want to retain some control over your legacy after death:

- Perhaps you want to leave money to your children but worry how they will handle it at this stage in their life. You may have concerns about whether their marriage will last and where your gift could end up. You might prefer to leave a flexible income rather than a lump sum so it cannot be spent all at once.
- When it comes to grandchildren, you might want them to receive your gift when they reach a more financially mature age or earmark it for a particular purpose like university fees. You may like them to have access to a certain amount of capital while studying, say, and receive the rest when they look to buy their first property.
- In cases where marriages have broken up or estranged family members have legal guardianship of your heirs, you may want to protect their inheritance and defer access until they can inherit as adults at 18.
- Maybe you would like to delay an inheritance further, to ensure an heir can

enjoy a comfortable retirement and not have to worry about medical costs in later life.

Whatever the reasons for wanting control and certainty, you need careful planning with tailor-made solutions for your goals and family circumstances.

### Tax considerations

Traditionally, gifting with control often involved the use of a trust structure. While this approach can still offer advantages, the tax-efficient benefits in Portugal have diminished in recent years.

There are alternative ways of structuring your capital that enable you to meet your estate planning objectives whilst providing tax benefits for both your heirs and yourself. Ideally, you would receive tax-efficient income and investment growth throughout retirement, combined with certainty of succession without the need for probate.

Remember that you could remain UK-domiciled and liable for 40% UK inheritance taxes on your worldwide assets. While the Portuguese equivalent will not apply to your spouse or descendants, other heirs could be liable for 10% stamp duty on Portuguese assets.

Portuguese residents are also affected by 'forced heirship'. This automatically allocates a fixed proportion of your worldwide estate (excluding non-Portuguese real estate) to your spouse and direct family on death.

### Legacy planning

Inheritance planning is a specialist area and each family is different, so take professional advice to ensure the right money passes to the right hands at the right time, while minimising taxes during your lifetime and beyond.

# Golfing Icon

# Colin Montgomerie

## and QDL Share a Unique Bond

Legendary Ryder Cup-winning captain Colin Montgomerie OBE confides in WHEREVER's Kam Heskin about how Quinta do Lago holds a special place in his heart.

**M**onty recently came to play the second annual One Green Way Invitational Pro-Am, a tournament that is quickly gaining an enviable reputation as the most sought-after private golf tournament in Europe. The competition promotes Portugal's newest and most exclusive community, the stunningly luxurious One Green Way in Quinta do Lago. The award-winning development is due to complete in 2024.

Sipping a cold beer on the sun-drenched veranda of the QDL Clubhouse draws a striking contrast to the UK at this time of year: "London in February is grey and bleak. Coming down here is like a different world, there's not a cloud in the sky... this is where the wealth of Europe ends up, especially in winter, and why not?"

**"I won my first Tournament here, my very first one in 1989...The Portuguese Open."**

The meticulously organised three-day tournament paired sixty professionals with sixty privately invited guests. Monty was drawn with Lord Francis Stafford, whom he tells me was a close friend of the late Queen. "Oh, he's brilliant, the stories he can tell."

When asked about golf tips proffered during the weekend, he tells me people tend to grip the club too tightly. "They strangle it through anxiety and stress, as opposed to just relaxing and letting it happen." In the end, British

professional golfer Paul Broadhurst victoriously took home the €55,000 prize, while local resident and high-handicapper Asif Oomer claimed the Amateur Trophy.

Monty mentioned a stand-out moment during the opening night dinner as eight Ryder and Solheim Cup captains were called up front during a Q&A with Sky Sports' Sarah Stirk. He noticed each of them happened to be wearing their unique Rolex Captain's watches and remarked how unusual it was to "have eight captains speaking at one time, in one place... that's very rare, a big deal." The event closed with a glamorous Gala Dinner at Bovino Steakhouse, where 200 guests were entertained by world-famous magician Mário Daniel. Also celebrated was the 57th birthday of José Maria Olazábal, making it "a very well run, classy and elegant affair...very European."

Colin Montgomerie has blessed us all with 35 years of golfing magnificence on courses all over the world. He has won a record eight European Tour Order of Merit titles, is a member of the Golf Hall of fame, and has enjoyed 54 professional wins but: "Portugal means so much to me because the first win is special." Incidentally, he won the 1989 Portuguese Open by 11 strokes, so it seems the QDL South Course agrees with this reporter in thinking that Monty is pretty damn special too.

Follow Colin Montgomerie  
**@colinmontgomerie**

“Portugal means so much to me because the first win is special.”

**GREEN  JET**  
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# The Future of Yachting

## According to Orient Express


Some 140 years after the launch of its luxury trains, the Orient Express legend continues with the unveiling of the world's largest sailing ship, Orient Express Silenseas. WHEREVER shares its plans.

A revolution in maritime history, this ambitious undertaking pushes the limits of what is possible. The result of a unique French partnership between world leader in hospitality Accor and Chantiers de l'Atlantique, a globally leading shipbuilding company, this extraordinary sailing yacht of the future with spectacular interiors will set sail in 2026.

"We are beginning a new chapter in our history, taking the experience and excellence of luxury travel and transposing it onto the world's most beautiful seas. This exceptional sailing yacht, with roots in Orient Express' history, will offer unparalleled service and refined design spaces, reminiscent of the golden age of mythical cruises. Innovation is at the heart of this ultra-modern ship that will revolutionise the maritime world with new technology to meet today's sustainability challenges. It is a boat designed to make dreams a reality, a showcase for the best of French savoir-faire" says Sébastien Bazin, chairman and CEO, Accor.

In 1867, Georges Nagelmackers boarded the transatlantic ships connecting Europe to America and set off on a journey of discovery to the United States. Fascinated by the grandeur of these huge boats, the founder of Orient Express trains explored the luxurious travellers' suites, with their rich and sumptuous decor, adorned with exceptional marquetry. He experienced the social scene in the restaurants and the unique ambiance of the lounges, libraries and entertainment venues. This sea travel experience would later inspire the 1883 launch of his now legendary train: the Orient Express.





“The singular cruise ship will celebrate the Art of Travel *à la* Orient Express: the quintessence of luxury, absolute comfort and dreams.”

© Maxime d'Angeac - Martin Darzacq for Orient Express, Accor

Inspired by the Golden Age of the French Riviera, *Orient Express Silenseas* will echo the glorious era when writers, artists, painters, princesses and movie stars spent time between Monte-Carlo, the beaches of Saint-Tropez, Cap d'Antibes, Cannes and its famous Croisette.

A 220-meter-long ocean treasure, *Orient Express Silenseas* will feature 54 suites measuring on average 70 sq m, including a monumental 1,415 sq m Presidential Suite (including a 530 sq m private terrace), two swimming pools including a lap pool, two restaurants and a speakeasy bar. What more could you possibly ask for?

Capitalising on the experience of these experts in ocean racing, *Orient Express*

*Silenseas* will sail with a revolutionary technological design known as 'SolidSail': three rigid sails with a surface area of 1,500 meters each will be hoisted on a balestron rig, with three tilting masts reaching more than 100 meters high, able to ensure up to 100% of the propulsion in suitable weather conditions. This hybrid propulsion formula will combine wind power with a state-of-the-art engine running on liquefied natural gas (LNG) and plans to use green hydrogen once the technology is approved for ocean passenger ships, launching a new, more environmentally-friendly vision of sea travel.

Find out more at [orient-express.com](https://www.orient-express.com)  
Follow Orient Express [@orientexpress](https://www.instagram.com/orientexpress)

*“The quintessence of our savoir-faire in the fields of naval architecture, the construction of sophisticated hulls, as well as the design of luxurious spaces, Silenseas will thus become the ship of reference in terms of environmentally-friendly operation and design.” Laurent Castaing, managing director, Chantiers de l'Atlantique*

# SUNSEEKER

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[www.sunseeker.pt](http://www.sunseeker.pt)

# Are Flying Cars Around the Corner?

Not likely, says our Car Geek David Traver Adolphus.

People have been working on flying cars not since the Wright Brothers flew, but before. A Hungarian engineer named Emil Némethy and an Austrian named F. Heinz were both trying to figure them out by 1900, which is 14 years after the automobile started existing at all; and almost four years before Wilbur Wright first wobbled aloft for three-and-a-half seconds. Maine's Flying Auto Company was incorporated in May of 1909, and Blériot Aéronautique took an order for their first aero-taxicab in 1915, although it wasn't until 1917, when the great aviation pioneer Glenn Curtiss introduced his Autoplane, that anyone really had a working vehicle that could both fly and drive on the ground.

And since that time, people have known what a terrible idea it is: "It can readily be imagined how much more awful a flying automobile, or ten flying automobiles, would be," wrote John Gilmer Speed in *The Modern Chariot*, his history of transportation in *The Cosmopolitan* in May, 1900. Any craft light enough to fly could only have one means of propulsion, so most of them 'drove' using the same whirling propeller of death with which they flew.

Counterintuitively, there were some factors a century ago that would have made the idea safer than today. People were accustomed to constant maintenance on their cars and what cars need, planes need 10 times more. You can let your tire get worn down and maybe pull over for a flat, but when something goes wrong in the air, you begin plummeting to the ground. At the same time, there wasn't much other air travel and a flying car would have been so expensive that the airways were never going to be congested.

Now take the 113 million people cited for distracted drunk driving annually and put

them in the air. Yes, obviously it could only work with a fully autonomous mesh system with total ground-air-ground control and zero potential human involvement but even if that were technologically possible – and let's not even get into how much more energy would be required – and people were willing to accept it, there remains the question: would it actually be useful to have flying cars?

While the average commuting time is likely to decline as people continue to migrate into urban areas, in the suburbs and towns we work to create dense, walkable cores. Commuting may not go extinct, but it will rapidly become a problem only for the few who either don't work remotely or don't live where they work.

**“Counterintuitively, there were some factors a century ago that would have made the idea safer than today.”**

It isn't technology or societal pressures that will keep killing the flying car but economics. It makes no sense for any private company or public institution to develop an insanely complex, potentially treacherous new 3-D aerial infrastructure for a problem that can be solved for pennies on the ground. It's not impossible that way, way out in the future we have the limitless energy and resources to do it but if the last 121 years of attempts are anything to go by, it'll continue to be as much a pipe dream for the 21st Century as it always has been.







# A little place Robbie Williams | calls home



© Andrea Raffin / Shutterstock.com

WHEREVER takes a peek through the keyhole at the pop star's \$49.5 million Holmby Hills home...

After splitting from Take That, Robbie Williams has become one of the all-time, best-selling British singer-songwriters, selling over 75 million records worldwide. He also set a world record by selling 1.6 million concert tickets in just one day. His property portfolio is estimated at around \$300 million, including some of the most glamorous real estate on the planet.

The main house, with an attached and two separate guest houses, is found behind the double-gated entry, located on just under two private acres. There is a circular car park and a second gated parking area with a garage, which will accommodate 15

or more cars. The two-story house has an impressive light-panelled foyer with a spiral staircase and an inlaid wood floor. It opens into a large-and-cheerful main living room with sunshine pouring through the large windows. The formally panelled wide entry into the library currently shows its whimsical side with a large quirky piece of artwork hanging between the two entry doors.

The formal dining room seats 12 comfortably and above its wainscoting is scenic wallpaper of trees over water. Encompassing 18,925 square feet, the compound has eight bedrooms and eleven baths. The luxurious primary suite in the >



main house has a fireplace in the sitting area and what every couple dreams of... Elegant separate baths, his with a masculine vibe and hers, much more feminine with its own salon hair station. There is also a chef's kitchen with a breakfast nook, a book-lined study with views over the grounds, and a comfortable family room with a fireplace.



In addition to a spacious lawn for the kids to run around, there's a pool and pool house with its own fitness center. Fancy a game of tennis? No problem!

There's a pristine tennis court and for those who like to grow organic, there is a brick-paved, raised-bed, vegetable-and-flower garden, as pretty as it is functional. There is also a long Koi pond with tiny fountains along the sides. The perfect place to contemplate...

**HIS PROPERTY PORTFOLIO IS ESTIMATED AT AROUND \$300 MILLION, INCLUDING SOME OF THE MOST GLAMOROUS REAL ESTATE ON THE PLANET.**

The Holmby Hills mansion isn't the first U.S. home Williams has owned. After selling his last home to Drake in early 2022 for \$75 million - almost \$43 million more than he paid for it in 2015 - this new home is one of LA's most storied and lovely homes and perfect for his family of six.



# 2023 Top 5 Interior Trends

WHEREVER speaks to UK-based designer Anne Haimes about what to expect this year.



The start of a new year means there'll be more exciting interior design trends to try out. From subtle changes to major transformations, there are all different ways to keep your home looking up to date. As we welcome the new year, I explore the top five interior design trends we can expect to see dominating homes in 2023.

## 1 ● *Enchanting entryways*

According to Pinterest, homeowners will be turning their attention away from the rear of the house to the front in 2023, with 'foyer entryway décor ideas' up almost 200%.

Give your home a grand entrance by refreshing your front door with a new lick of paint. In the last few years, we've seen Instagram dominated by dreamy doors of bright pink, yellow and blues. This year will continue the trend of being bold but with a darker, more refined palette – think emerald greens, aubergine purples and royal blues.

We'll also be looking to make a statement inside the home too with beautiful yet practical hallways. Statement mirrors, functional seating and console tables with storage will remain just as popular next year.



## 2. *Archways*

Rounded furniture made a big debut in 2022, but this year will take curvature to the next level by bringing back archways.

Archways can help soften living spaces and help ease the transition from room to room in a way that feels organic. They're also fabulous for creating the illusion of taller ceilings by drawing attention to the height of walls.

If you're not prepared to swap out your existing doorways, painted arches can create the same effect without the commitment or expense. Make a statement with a pop of colour or opt for more muted tones to achieve subtle elegance.

## 3. *Warm minimalism*

Lovers of gold accents, warm wood tones and cream sofas rejoice! Warm hues will continue to dominate over cooler colour palettes in 2023.

Hardware in kitchens and bathrooms will favour gold over silver or brushed nickel, while stark white walls will be replaced by softer creams and warm earthy shades.

Best of all, switching to a warmer palette doesn't have to be expensive. You can easily upgrade your hardware with a little spray paint and sealer and steer clear of cooler tones when picking décor to warm up your home.

We're also seeing the return of minimalism, but in a more sophisticated and homelier manner than we've seen previously. Warm wood tones and natural textures will become a feature of themselves, without compromising the simplicity and cleanliness of minimalist styles.



© Bjoket.com

***“From subtle changes to major transformations, there are all different ways to keep your home looking up to date.”***



© Sweetpeaandwillow.com



# 4.

## Weirdcore

For maximalists, 2023 will be the year of the weird and whimsical, with searches for 'weirdcore bedrooms' and 'funky house décor' up 540% and 695% respectively.

Think bright psychedelic prints and plenty of 90s inspiration. Mushroom motifs have also become popular across social media, with mushroom-themed artwork and trinkets infiltrating homes.

For those after a more subtle approach to *weirdcore*, look for irregular and abstract décor and furniture pieces such as misshapen mirrors, bubble chairs and unusual side tables.

# 5.

## Thrifted finds

Sustainability will continue to be at the heart of interior design. And this includes vintage pieces and second-hand items to create a curated style that's 100% unique.

Pinterest made 'Hipstoric' interior design one of its top trends for 2023, with searches for 'eclectic interior design vintage' up 850%, while 'mixing modern and antique furniture' saw a 530% boost.

**“Pinterest made ‘Hipstoric’ interior design one of its top trends for 2023.”**

Buying antiques doesn't have to be expensive. You can find hidden treasures at your local second-hand shop for a fraction of the cost. Or, if you have something specific in mind, keep an eye on online reselling sites such as Facebook Marketplace and eBay to snap up a deal.

Find out more @annehaimesinteriors



© ColleenHart.com

© HeavenlyHomesandGardens.co.uk

© Jadamsandco.com

© MelodyMaison.co.uk



# EXCITING SUMMER CAMP ADVENTURES

A summer of fun, friendships and adventure awaits at St Peter's Summer Camp on the beautiful Portuguese coastline. During a packed two-week programme, children aged 12–16yrs can choose from an extraordinary menu of water and inland activities including paddleboarding, kayaking, kite surfing, dolphin watching, rock climbing, horse-riding, hip-hop dancing, and more.



## MORE THAN A SUMMER CAMP

**Just 30 minutes from Lisbon, St Peter's Summer Camp is set against an idyllic backdrop.**

Impressive beaches and an amazing national park are within easy reach, but participants aren't limited to campus. They'll get to enjoy sightseeing trips to some of Portugal's most iconic castles and palaces, a two-day trip to the Algarve, and surfing in Ericeira – the only World Surf Reserve in Europe.

## ADVENTURE AWAITS

This is where new talents are found, confidence is built and memories are made that last a lifetime.

Residential and day programmes are available. View the exciting range of programmes available at [www.st-peters-school.com/en/summer-camps](http://www.st-peters-school.com/en/summer-camps), or email [summerfun@stpeters.pt](mailto:summerfun@stpeters.pt) to secure a place.



# WHEREVER

*The magazine for expats everywhere*

## International Schools Guide 2023

Finding the right school for your children is as difficult as it is essential.

**WHEREVER** is here to help.

**T**he educational landscape is booming in Portugal. Families starting their search for an international school in the country are now spoilt for choice, especially in the Lisbon region where the number of English language schools has increased by 80% over the past five years, with no end in sight. Indeed, three more schools are set to open their doors in September 2023.

First, compile a list of your requirements, research schools that match these and

Academic achievement is more easily measured (at schools with students who have sat the IGCSE and/or IB DP exams) but what is not as evident is the support or lack thereof provided to students on both ends of the achievement spectrum.

On a more practical level, I recommend that you:

Start your search as early as possible as the popular schools fill up quickly.

Visit all of the schools you are interested in and ask detailed questions.

“ With so many options, how do you choose the right school for your family? ”

then dig in. Typically, the highest priority factors for families are curriculum, school culture, academic achievement, fees and location.

Many families assume that the curriculum will not have much of an impact on their child's learning experience and outcome. However, it is one of the main reasons for discontent.

School culture and community should also be key considerations as your child's school will likely be a social focal point.

Don't blindly follow others. What works for your friends, may not be right for your family.





Best of luck with your search!

Nathalie Willis-Davis,  
Founder & Educational Consultant at Tendoria  
[tendoria.com](https://www.tendoria.com)

Our guide is in no way an exhaustive list of all the options, merely an indication of what is currently available to parents seeking international schools and educational options in Portugal.



## TASIS Portugal

-  3-15 years
-  520 Students
-  Core Knowledge PK-8, IGCSE 9-10 (in the future), IB 11-12
-  Opened 2020





Estrada Nacional No 9, Quinta da Beloura II, 2710-697 Sintra  
**T**+351 219 241 004 **W** [tasisportugal.org](http://tasisportugal.org)

TASIS Portugal is the newest campus in the TASIS family of schools founded in Switzerland in 1956 by fearless educator and entrepreneur M. Crist Fleming, and financially supported by the nonprofit TASIS Foundation.

TASIS (Switzerland) was the first American boarding school in Europe, and all TASIS schools maintain the tenets on which it was founded: culture, wisdom, truth, and knowledge, represented by the tower, the lamp, the sun, and the book.



## St. Dominic's International School, Portugal





-  3 to 18 years
-  530 students. Max 20 per class
-  International Baccalaureate IBO (PYP, MYP and DP)
-  Opened 1975

Rua Maria Brown, Outeiro de Polima, 2785-816 S. Domingos de Rana  
**T**+351 214440434 **W** [dominics-int.org](http://dominics-int.org)

A 47-year-old IB Continuum school in the Cascais region originally founded by Irish Dominican Sisters. The school adopted the International Baccalaureate system in 1994 and all classes are taught in English, but all students also have Portuguese classes as second language. With students from over 40 different nationalities, SDIS is truly an international school. Since January 2010, SDIS is owned and managed by Veritas Educatio SA and over the last few years, the campus has seen several improvements as well as new buildings such as an Arts Centre and a building for the IB Diploma.



## Lycée Français Charles Lepierre





-  3-18 years old
-  2000 students
-  French national education program
-  Opened 1952

R. Antero de Quental 7, 2730-013, Barcarena  
**T**+351 211 935 330 **E** [info@ois.pt](mailto:info@ois.pt) **W** [ois.pt](http://ois.pt)

The Lycée Français Charles Lepierre (LFCL) is a school that applies the teaching system of the French National Education. Classes are taught in French, but the establishment guarantees teaching in Portuguese and English of a very high standard. It belongs to the AEFÉ (Agency for French Education Abroad) network, which includes 543 schools from 138 countries. The LFCL has been renowned for its ability to train students with an excellent general culture and a great capacity for analysis, a deep civic commitment and above all an openness to others.



## The British School of Lisbon

-  3-12 years
-  200 students
-  British Curriculum
-  Opened 2019

Rua de S. Paulo, 89, Lisbon, 1200-427.





**Phone** +351 211 511 942 **E** [info@britishschool.pt](mailto:info@britishschool.pt) **W** [britishschool.pt](http://britishschool.pt)

In the heart of the city, The British School of Lisbon represents academic excellence on par with top independent schools in the UK.

The school prides itself on creating a happy and stimulating environment exposing every child to rich educational experiences daily in areas such as the arts, coding and robotics, public speaking and many additional extra curricular activities.



## IPS - International Preparatory School

-  3-12 years
-  Classroom average is 18.1 to 8 teacher-student ratio. Max capacity on our Primary site is 300
-  National Curriculum of England
-  Opened 1982





Rua da Lagoa, 171, Bicesse, 2645-344, Alcabideche  
**T**+351 21 457 0149 **W** [ipsschool.org](http://ipsschool.org)

IPS is a school that prides itself on the warmth of its welcome to children and parents from around the world. It is a small school with approximately 40 different nationalities. Situated 25km to the west of Lisbon, IPS attracts families living in Cascais and the surrounding localities, from Oeiras to Sintra.

We promote the values of caring, self-discipline, respect, humour, a love of learning and a sense of discovery. IPS will be proudly opening its very own Secondary school campus in September 2023.



## St Julian's School

-  3 to 18 years
-  1,200 students
-  English National Curriculum or Bilingual Programme culminating in the International International Baccalaureate Diploma (IBDP) in the last two years.
-  Opened 1932


St. Julian's School, Quinta Nova, 2775-588, Carcavelos  
**T**+351 21 458 5300 **E** [admissions@stjulians.com](mailto:admissions@stjulians.com) **W** [stjulians.com](http://stjulians.com)


Established in 1932, St Julian's is the largest and leading British International School in Portugal, with a strong record of academic achievements and a full programme of extra-curricular activities including the arts and sport. St. Julian's is a non-selective school that serves a community of around 45 different nationalities. The school is accredited by the Council of International Schools (CIS), the Council of British International Schools (COBIS), New England Schools and Colleges (NEASC) and the International Baccalaureate (IB).




# Carlucci American International School of Lisbon

Rua António dos Reis, 95, Linhão, 2710-301 Sintra, Portugal  
 T +351 219 239 800 E [info@caislisbon.org](mailto:info@caislisbon.org) W [caislisbon.org](http://caislisbon.org)

 Three to 18 years old (early childhood through Grade 12)

 735 students

 American curriculum which offers college preparation and leads to an American High School Diploma with the option to also pursue the International Baccalaureate Diploma (IBDP) in the last two years of High School.

 Opened 1956

CAISL is a student-centered educational community in which we challenge ourselves and each other to do our best and to make positive contributions to our diverse and ever-changing world.

For many international families moving to Lisbon, finding the right school is key to a successful relocation. Ensuring their child's new school has not only the academic programme appropriate for the child but also is welcoming and supportive and creates a learning environment which values each unique learner is essential for children to thrive.

True to its mission as a student-centered school, the Carlucci American International School of Lisbon (CAISL) is home to 750 students from over 50 nationalities, coming from diverse schooling systems and cultures. "Having studied in four countries, our daughter has found in CAISL both academic excellence and human kindness, which has made her feel happy at school," shared the father of a second grader.

Adding to this diverse student community is a staff of international faculty, which makes for a dynamic learning atmosphere.

CAISL is licensed by the Portuguese Ministry

of Education to offer an American curricular programme for all ages and is the only school in Portugal with sponsorship from the US Department of State. In the tradition of American schools, CAISL offers an enriching, varied, and effective programme of academics, arts and athletics. Purpose-built facilities serve as outstanding learning resources.

"I share the school's approach to education, where arts and sports are as strong as academics. The campus is one of the best in Lisbon. It's very safe and organised on every level. CAISL is there to help children build their skills and prepare for the future educated, kind, respectful young people," said the mother of an 8th grader.

Being student-centered also means providing students with opportunities to grow in citizenship and leadership. CAISL offers a variety of opportunities to develop these skills, while supporting student initiative. Examples of these programmes are the Iberian Model United Nations, student-led and organised each year, the Middle and High School students councils and their events and initiatives to add on to students' life at school, the active community service and 'evolution' clubs, the National Honor Society and many others.

As described by an alum: "Besides the exemplary education that the school provides, it prepares you for life, placing you on a path towards success. More than knowledge, CAISL gives you the discipline, perseverance and values you need to navigate in life. If I had to summarise in a few words, CAISL helps you become a more mature individual and teaches you how to learn."

CAISL is also the only school in Portugal offering students the possibility of graduating with two credentials recognised worldwide: the American High School Diploma, which is pursued by all students, and the IB Diploma. With either of these, CAISL students enter universities worldwide, including in the US, UK and Portugal, among many others.

“ Besides the exemplary education that the school provides, it prepares you for life, placing you on a path towards success. ”





# A world-class K-12 international school in the heart of Lisbon

Avenida Marechal Gomes da Costa, No 9, 1800-255 Lisbon  
T +351 21 837 0973 E [admissions@unitedlisbon.school](mailto:admissions@unitedlisbon.school) W [unitedlisbon.school](http://unitedlisbon.school)



Early Childhood (3yo) to Grade 12 (17-18 yo)



500 students



International Early Years Curriculum, International Primary Curriculum, International Middle Year curriculum. US common core standards (NEASC) English and mathematics and leading to the International Baccalaureate (IB) Diploma (the first graduating class starts in 2022).



Opened 2020

Located right next to the Park of Nations, the innovative United Lisbon International School delivers acknowledged English-language academic programs from Early Childhood (from 3 years old) and to grade 12 (IB DP). It offers education that matters tomorrow: a school providing education inspired by and fit for the 21st century; seamlessly integrating technology into the learning environment. With light-filled classrooms and corridors, state-of-the-art Science Laboratories, Art Rooms, a technology Maker Space and a modern library, United Lisbon's STEAM program and facilities are second to none. United Lisbon is connected to a variety of outside institutions to ensure enriching experiences for after-school activities and boasts 65,000 sqft (6,500 sqm) of outdoor play and sport areas to ensure that our children get the best out of the PE programs.

Connecting children to the ecosystem of education through shadowing projects, internships and entrepreneurship experiences is central at United Lisbon.

United Lisbon International School is an IB World School teaching the International Baccalaureate (IB) Diploma Programme for Grades 11 and 12. The IB World Schools share a common philosophy - a commitment to high-quality, challenging, international education - that we believe is important for our students. The IB programme prepares students for a successful academic life and is acknowledged by the best universities around the world, including the top Portuguese universities.





United Lisbon rehabilitation project has been acknowledged by Portugal's most important real estate (SIL) awards for Best Urban Adaptive Reuse Award and has also won the "Lisbon Prize" at the 2021 World Architecture Festival

“ A school providing education inspired by and fit for the 21st century. ”





## King's College School, Cascais

-  1-18 (2023: 1-14)
-  Approx 1200 (at full capacity) 2023-24: 650
-  Bilingual, Cambridge International
-  Opened 2022

Rua Cesário Verde, 395 Pampilheira, Cascais, 2750-657 Portugal  
**T** +351 21 4831211 **E** admissions@kingscollegeschool.pt  
**W** cascais.kingscollegeschool.pt/

King's College School, one of the most prestigious educational institutions in the world, opened in Cascais, Portugal, in September 2022. The school comes with a 50-year heritage of academic excellence from King's College Schools' Group, coupled with the global experience and expertise of Inspired - the leading global education group with over 70 premium schools, across five continents. Offering state of the art academic and sports facilities plus a boarding house, with hand-picked teachers, our premium education provides students with an exclusive curriculum. Students will benefit from the uniquely developed Inspired Approach to Early Years education, building up through the world-renowned Cambridge International Primary and Secondary curriculums and IGCSEs, through to the IB Diploma Programme (we are now a candidate school), that is proven so successful in accessing the best universities in the world. Languages and technology are also key parts of the curriculum, and this unique learning pathway will also draw on the culture, values and heritage of Portugal. We also offer a bilingual programme up to Year 5, to ensure students build their language competencies. This curriculum choice and flexibility, alongside our strong commitment to ensuring that each student achieves their personal potential to thrive in a global world, places us at the forefront of international education. Inspired's forward-thinking approach gives our students the supportive framework they need to learn well, explore widely, develop resilience, foster curiosity and form lifelong connections.



## PaRK International School

-  1 to 18 years
-  1,400
-  Bilingual, International; Cambridge; IB Diploma
-  Opened 2003

Estrada de Alfragide, 94 2610-015 Amadora, Portugal  
**T** +351 21 5807000 **E** all@park-is.com | admissions@park-is.com  
**W** park-is.com/

An international school with Portuguese roots, PaRK IS welcomes students from 1 Year Old to Grade 12. Our mission is to educate and inspire students to have the skills to be happy and successful in their individually chosen path. We teach children the skills and give them the tools to become bilingual, curious, collaborative, caring, autonomous and agile learners, to reach their full potential. PaRK IS offers a demanding, dynamic, innovative and bespoke curriculum for each age group: a Bilingual Programme from Early Learning until Grade 4, Cambridge (including IGCSE) from Grade 5, and the internationally-acclaimed IB Diploma Programme from Grade 11. Students receive a personalised and well-rounded education: besides the strong academic curriculum, our Well-Being department guarantees that each student has their individual needs met. Technology and innovation are fully integrated in the curriculum, and we offer exclusive Arts and Drama classes, in addition to PaRK Music Academy. There is also a wide range of sporting activities, including PaRK Team, to participate in competitions with other international schools. As an Inspired school, our students have access to world's best practices in education, outstanding arts and sports programmes, state of the art facilities, and Exchange Programmes. With a PaRK IS education, students will be prepared for academic excellence, proficient in more than one language and equipped with key life skills to be successful in an ever-changing world.



## St Peter's

-  four months – 18 years
-  1,530
-  Bilingual, National Portuguese; Cambridge; IB Diploma
-  Opened 1993





Quinta dos Barreiros CCI 3952, Volta da Pedra, 2950-201 Palmela, Setúbal, Portugal  
**T** +351 21 233 6990 **E** geral@stpeters.pt | admissions@stpeters.pt  
**W** st-peters-school.com

A private school with 30 years of experience, St Peter's International School provides a competitive, high-quality education ensuring students have access to the best opportunities and support to achieve their full academic and personal potential. Its unique education model with a humanistic approach is adapted to each age group. We offer a personalised bilingual curriculum, and the option of the national Portuguese or the International curriculum (Cambridge Lower Secondary, IGCSE and IB Diploma Programme) from Grade 7 onwards. On September 2023 we will be starting to offer the Cambridge International Curriculum to our Grade 1 students as well. Academic excellence is guaranteed in both curricula: St. Peter's is a well-established school with proven outstanding academic results in both the national and the international exams, ensuring access to top tier universities in Portugal and abroad. Located only 30 minutes from Lisbon's city centre, St. Peter's extensive 37,000sqm campus has outstanding facilities for academics, arts and sports, including 3 football fields, 1 rugby pitch and 2 tennis courts. In addition, St. Peter's is home to the only on-site Boarding House in Portugal, an extension of our commitment to excellence - families living abroad can guarantee their children have access to an international, individualised education in a safe environment and location. As part of the Inspired network, our students have access to world's best practices in education, outstanding arts and sports programmes, state of the art facilities, and Exchange Programmes.



# Nobel Algarve enters an exciting new phase

Lagoa Campus: Barros Brancos, EN125, 8401-901 Lagoa T +351 282 342 547  
 Almancil Campus: Caminho das Pereiras, 8135-022 Almancil T +351 289246303 W [nobelalgarve.com](http://nobelalgarve.com)

-  3 to 18 years
-  1000+ both campuses
-  Bilingual preschool: English and Portuguese Curriculum
-  Lagoa Campus - 1972, Almancil Campus - 2020

**N**obel Algarve British International School, southern Portugal's premier international school, is about to enter an exciting new phase in its long and distinguished history, with ambitious expansion plans progressing at both campuses.

Currently comprising two schools – the flagship Lagoa campus and a purpose-built campus in Almancil – Nobel Algarve currently educates over 1,250 children, from pre-school through secondary, of over 43 different nationalities.

As a result of the demand for first-class education from a rapidly-growing number of international families moving to the Algarve, expansion plans at both campuses are being rolled out.

Preparations are underway for a long-awaited project for the flagship Lagoa campus, unveiled last summer as part of commemorations to mark the school's landmark 50th anniversary.

Plans include the construction of new permanent school buildings, a new multi-purpose gymnasium/performance space, a bespoke pre-school, a brand-new canteen, new state-of-the-art classrooms plus staff room and reception, a new entrance for buses and upgrades to the landscaping.

Incorporating traditional Algarvian architecture with a contemporary twist and 21st-century facilities, the new buildings are designed to best utilise the current expansive site owned by Nobel Algarve in Lagoa, ensuring adequate external learning environments are maintained, and to minimise disruption to the school and community through the building period.

Construction on the 'Nobel Algarve – Shaping the Future' project for Lagoa will take place in three phases, gradually increasing student numbers and maintaining a constant improvement and enrichment to students' educational experience.

Meanwhile, in Almancil, an impressive expansion project centred on a brand-new, two-storey building is nearing completion. Covering a floorspace of 3,824 sq m, the new facilities will accommodate pupils up to Year 10, to cover full middle school education from the next school year.

Complementing the existing state-of-the-art facilities, the expansion comprises features including a comprehensive library, a photo lab and ICT lab, art and music rooms, 17 new classrooms and a Maker Space. New additions outdoors will include more parking spaces and padel and tennis courts.

Addressing the schools' latest developments, Globeducate CEO of UK and Portugal Schools, Mike Farrer said: "To realise this dream of further extending our schools is very exciting for all involved.

"As the only school in the Algarve to be part of a global education network, we can offer the very best facilities to allow our students to thrive and cater for a growing demand driven by our reputation in one of southern Portugal's most sought-after locations."

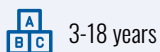
“ In Almancil, an impressive expansion project centred on a brand-new, two-storey building is nearing completion. ”





# The Lisbon International School

R. Maria Luísa Holstein, 1300-388 Lisboa, Portugal  
 T +351 210 322 250 E [info@the-lisboan.school](mailto:info@the-lisboan.school) W [the-lisboan.school](http://the-lisboan.school)



3-18 years



Starts with British Curriculum and ends with International Baccalaureate



Opening September 2023

Our purpose as educators is to enable our children to thrive. To do so, they need to be equipped with the skills and ambition to succeed in life in the mid-21st Century. Our goal is to create expressive, self-confident, and critically minded individuals, with a solid foundation to flourish in higher education and beyond.

Fundamental to The Lisbon community are five key values: kindness | curiosity | connection | resilience | integrity

**Underpinning our values are our three BOA principles:**

“ The Lisbon offers an extraordinary opportunity to access an outstanding international education focussed on nurturing and developing the whole child. ”



**Belong:** we all belong to a kind and caring community in which we learn together.

**Own:** we own our individual futures which gives us the opportunity to become the best version of ourselves.

**Act:** we act in a positive way that supports our own growth as well as those around us.

Our school focuses on academic excellence, individual growth, and multi-faceted development to enable students to realise their full potential.

Our Junior School students will follow the English National Curriculum. When they move into the Middle School, students will study the

core subjects of English, maths, a language, and science, but supporting this will be a wide range of academic, creative and technological opportunities that are designed to stimulate and expand a pupils curiosity and interest in the wider world. New subjects such as marine biology, astronomy and problem-solving break down subject barriers and allow an element of choice for pupils to explore their interests and passions when it comes to learning. Our Senior students will follow the Cambridge International Education IGCSE curriculum, supplemented by an in-depth elective programme, before moving on to the International Baccalaureate's Diploma Programme (IBDP). Our internationally accredited curricula is enriched by the Artemis Experience, a dynamic extracurricular program that makes the most of our location in Lisbon

The Lisbon is breathing new life into a heritage building in the heart of Alcântara, a dynamic community in western Lisbon. A beautiful building of industrial significance, A Napolitana, as it was known, dates back to 1908 and remained in operation until 1970 as a pasta and flour factory. The building's industrial heritage now provides a modern and sustainable learning environment.





We offer world class facilities on campus and will be supplementing these with access to additional outdoor space. Our campus provides our hub, but Lisbon is our classroom. A short walk away from the school, we have an enormous range of facilities on our doorstep from rowing and sailing on the river to astronomy and growing our own food at the local University campus. These will support and enhance the curriculum.

As an Artemis Education School, The Lisbon is committed to the Artemis Promise. We look towards the future and engage in actions to deliver a better planet to the children we teach, the communities we build and to the wider world in every way we can.





## Greene's College Oxford

-  16 to 18 years
-  107 students (1:1 tutorials)
-  A levels, A level retakes, International, A levels, GCSEs, IGCSEs
-  Opened 1967

R. D. Afonso Henriques, nº 1614, 2765-576 Estoril, Portugal **T**+351 211 165 450 **W**[greens.pt](http://www.greens.pt)

At Greene's, our educational philosophy is based on one simple assumption: if students' education is tailored to suit their unique qualities and needs, they are more likely to be successful. Our approach fosters self-confidence, responsibility, and independence. Study at Greene's blends face-to-face and online tutorials, dynamic feedback, and one-to-one weekly Personal Tutoring sessions, ensuring all students have personalised guidance.



## Redbridge School

-  3 to 14 years
-  Approx 1200
-  Early Years (3 - 5 years old) - French national curriculum  
Primary Years - two bilingual pathways  
The French/English pathway following the French national curriculum (accredited by the French Ministry of Education).  
The Portuguese/English pathway (1º ciclo and 2º ciclo), following the Portuguese national curriculum (accredited by the Portuguese Ministry of Education).  
In Middle School - two bilingual pathways.  
From 2024 - Cambridge International Programme taught exclusively in English.
-  Opened 2017

R. Francisco Metrass 97, 1350-164 Lisboa, Portugal  
**T**+351 210 522 550 **E**[info@redbridgeschool.com](mailto:info@redbridgeschool.com) **W**[redbridgeschool.com](http://www.redbridgeschool.com)

Redbridge is a stimulating Early Years, Primary, and Middle School, which aims to inspire creativity, a love of learning, and international mindedness within a joyful and collaborative learning environment. Redbridge School has a balanced approach to learning and aims to develop key attitudes and transverse skills supporting students to achieve academic mastery and become fulfilled lifelong learners who contribute to society in a positive way.

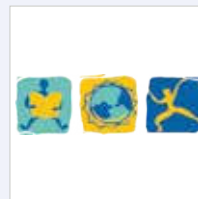


## Oeiras International School





-  6-18 years
-  463 students
-  IB – International Baccalaureate (PYP, MYP and DP)
-  Opened 2010

R. Antero de Quental 7, 2730-013, Barcarena  
**T**+351 211 935 330 **E**[info@ois.pt](mailto:info@ois.pt) **W**[ois.pt](http://www.ois.pt)

OISI opened in 2010 and offers an international education within the Lisbon area. In the intervening decade the school established itself as the leader in student skills development and has quickly become the institution of choice for technologically minded, creative and socially aware families that prioritise finding the right balance between academic excellence and the interaction with nature. OIS students are taught to be in control of their own learning. They develop the essential skills of time management, project leadership, collaboration and debate.



## Colégio Internacional de Vilamoura - CIV

-  3-18 years
-  650 students
-  Portuguese Studies follow the national curriculum, English Studies follow the British National Curriculum (adapted) and the Cambridge International Curriculum (Primary Checkpoint, Secondary Checkpoint, IGCSE, AS Level and A Level).
-  Opened 1984

Sítio das Quintinhas, 8125-911 Loulé, Algarve **T**+351 289 303 280 **E**[colegiodevilamoura@civ.pt](mailto:colegiodevilamoura@civ.pt) **W**[civ.pt](http://www.civ.pt)

CIV's educational focus is based on developing logical-mathematical reasoning and language skills via a student's native language, as well as with additional foreign languages.

Portuguese, English and Mandarin are part of the students' curriculum in Kindergarten and First Cycle, with French, English and Portuguese in the Second Cycle and there is also a possibility for students to study Russian, Mandarin and German extracurricularly as well as many sporting or artistic activities.



Brave  
Generation  
Academy



12-18 years



1000+ students



International British Curriculum



Opened September 2021

Av. 25 de Abril 901, 2750-642 Cascais

E [contact@bravegenerationacademy.com](mailto:contact@bravegenerationacademy.com) T +351 913 578 362

W [bravegenerationacademy.com](http://bravegenerationacademy.com) @bravegenerationacademy

At Brave Generation Academy, we believe that the current education system needs to evolve in order to prepare students for their future. Traditional education systems are failing to adequately equip students with the skills and competencies needed to thrive in the modern workforce. To address this issue, we believe that education needs to focus on developing key skills such as critical thinking, problem solving, collaboration, communication, and creativity. These skills are essential for success in today's rapidly changing and complex world. By teaching these skills, students will be better prepared to navigate the challenges they will face in their future careers. In addition, we believe that education should be more flexible and adaptable to meet the individual needs of each student. This means moving away from a one-size-fits-all approach and instead providing personalised learning experiences that take into account each student's unique strengths, interests, and learning styles. This approach will not only help students develop the skills they need to succeed but also foster a love of learning that will stay with them for life. To make this vision a reality, we believe that educators need to be trained to teach these skills effectively. This means providing ongoing professional development and support for teachers to ensure that they have the skills and knowledge necessary to implement this new approach to education. Join us in changing education and lives one BGA hub at a time.



## Which school in Portugal is right for your family?

Tendoria assists families with school search and placement for children aged 3 to 18 in Portugal. We provide educational advice including curriculum selection, support families throughout the application process and advise on extra-curricular activities and tutoring.

Whether it be an American, British, IB, Portuguese, Montessori or Waldorf school, we will guide you through the process and provide you with the detailed and unbiased information you need to make the best decision for your family, including school culture, parent reviews and more.

“ The right school can make all the difference. Ensure you have the information you need to make the best decision for your family. ”

### Corporate Services

We also support companies considering group moves with services such as assessment of education options for relocating families, group counselling sessions and relocation cost analysis relative to education.



[www.tendoria.com](http://www.tendoria.com)

@tendoria\_education

nathalie@tendoria.com

+351 910 490 950



## Quinta do Lago's Campus Football Escapes

The ultimate football training experience for young fans aged 5 to 15 years old.

A week's worth of coaching on the world-class football pitch at The Campus, as well as a full kit and a medal upon completion.

3rd - 7th April with **Gareth Barry**

29th May - 2nd June and 14th - 18th August with **Joe Cole**

21st - 25th August with **Joleon Lescott**

W [thecampusqdl.com](http://thecampusqdl.com)

E [the-campus@quintadolago.com](mailto:the-campus@quintadolago.com)

THE **CAMPUS**



A

PERUVIAN

GEM

This Peruvian bijou restaurant, tucked away in the buzzing Rua de S. Paulo, between the Rua de Alecrim and the Elevador da Bica, ticks all the boxes.



There's nothing quite like discovering a diamond in the rough and this is one of those. Decor is post-modern, industrial, and definitely rough around the edges in a very cool and contemporary way. Since one of the owners, João David, is an architect, that makes sense. He tells us the interiors were the result of his passion for design. Everything is made bespoke, from the benches with their rugged leather straps to the tiled tables. The overhead rusted tube lights give the 50 m<sup>2</sup> space a dark and cosy vibe. With just 28 seats, Amaru is intimate and cosy. And, with an open bar on the street, it's also lively and welcoming.

Why Peruvian? Another partner in the venture, Daniel Mello, explains that after a scouting trip to Barcelona, the four friends, now partners in the business fell in love with the fresh impactful dishes.

sweet mango, while a third, Atum Nikkei, is a zingy soy, avocado, seaweed and radish mix with fresh tuna Nikkei. Each of them utterly delicious and satisfying. The best thing about them? The size of the chunks of raw fish – simply perfect! I've never had anything quite like it and something tells me I'll probably be back for more. So fresh and interesting. These ceviches, pack a punch or two without being overly spicy, which has me hooked.

João, the owner who is clearly a regular, jokes he is one of the chief testers and still isn't blazéd by his own food. You can tell by the way he's enjoying it that this is 100% genuine. Together with the ceviche, I recommend a Pisco drink, oozing fresh ginger, and real lemonade. The Martini glass with a salt rim, is a real tongue teaser. You'd think by now I might get a lime overdose, but if anything, it leaves you wanting more.



## “WITH JUST 28 SEATS, AMARU IS INTIMATE AND COSY. AND, WITH AN OPEN BAR ON THE STREET, IT'S ALSO LIVELY AND WELCOMING.”

The best thing about trying new cuisine is that voyage of discovery. We start with the Corazon Partido, or Beef Heart skewers. It takes a little courage but we go with the flow. When in Lisbon, in a Peruvian restaurant... The meat is very rich, almost powerful. The salsa covering the skewers brings a welcome freshness with plenty of spice, but no heat, bursting with sweet chillies and lime. Next, come the more vegetarian-friendly Anticucho de Papa Dulce, or Sweet Potato skewers with creamy spicy Huancaína Salsa, a thick yellow sauce made from yellow peppers. It's an incredible mix of sweet and savoury that melts in your mouth, topped with thin fried crisps, adding a welcome crunchiness. We also try the Anticucho de Pollo, chicken skewers. Another great surprise – the chicken is so very tender with another salsa exploding with flavours!

Although I had no expectations, I've been very pleasantly surprised. I had an inkling ceviche might be on the menu, but nothing prepared me for the incredible three dishes served. First up came the Lo Puro ceviche with sweet potato, white fish and bell peppers, as well as deep-fried corn for that crunch factor. Each ceviche dish is drowning in lime juice, all hand-squeezed. I'm assured 'it tastes much better that way'. The second one, Salmon Tropical comes with perfectly complementary

Stumbling across a hidden gem is such a treat. Amaru is definitely special and precious. An unusual address where your taste buds will leave sparkling, tingling and keen for another visit.

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





MONTE BARRÃO

# Perfect Moments

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7440-013 Alter do Chão

Instagram: [montebarrao\\_moments](https://www.instagram.com/montebarrao_moments)



## CREATE

### Casa Angelita

In a quirky street in Sao Bento, nestled between tattoo artists, second-hand clothes stores and art galleries, is Casa Angelita, an atelier selling beautiful home decor and art pieces in front and hosting ceramics workshops. Classes are taught by the talented Julia San Millan and cater for everyone - from complete beginners to the more experienced. During the workshop, participants make and paint their choice of ceramic art, from coffee mugs to vases or butter dishes. Fabulously therapeutic!

[@casaangelita.lisboa](#)



## DINE

### Pica Pau

Traditional Portuguese food at its simple, honest best. Pica Pau in Principe Real is the brainchild of Chef Luís Gaspar with traditional dishes honoured. There are no perfect or symmetrical cuts (thus avoiding waste), or impeccable plating. It is all about taste and tradition. With dishes from every region of the country, including the islands, and an extensive list of Portuguese wines, Pica Pau mixes contemporary and traditional design elements to create a comfortable, elegant and relaxed atmosphere.

[restaurantepicapau.pt](#)

# What's Hot in Lisbon

By Taryn King, local expat and  
WHEREVER columnist.



## DRINK

### Wine Tasting at Palácio Ludovice Wine Experience Hotel

Tucked away in the hotel's restaurant Federico, under its impressive atrium with its vertical gardens, and contemporary cool decor, you'll find a menu mixing traditional Portuguese recipes and French classics by Chef Ricardo Simões, and, even better – the opportunity to learn a little something about Portuguese wines. Sit back and relax while Junior, the charming sommelier explains the different regions' characteristics, from North to South. And, of course, enjoy a few glasses with their backstory, from the perfect Douro Valley Crasto Rosé to a fresh Louco Vinho Branco from Setubal and a rich Alentejo Tinto from Quinta do Paral. From just 25 euros pp.

[@palacioludovicehotellofficial](#)



## BUT FIRST, COFFEE

### Liberty Cafe

All good things in life start with good coffee! And good coffee has been perfected at Liberty Cafe, the latest brunch spot to open in Santos. With experienced baristas serving up speciality coffee from some of the best roasters, and a bean that changes daily, this is a coffee experience that doesn't disappoint. The menu promises food with soul and, although small, it has some interesting (and Instagramable) dishes such as syrniki (cottage cheese pancakes).

[@libertycafelisbon](#)

For a date night, my husband and I love going to Tavola – a beautifully decorated Italian restaurant with a romantic ambience tucked away in a quiet backyard. The talented chef creates wonderful pasta creations with locally sourced, seasonal ingredients, and there's a great wine list from local boutique wineries.



Summer in Sarajevo means one thing: Sarajevo Film Festival! The biggest film festival in Southeast Europe always takes place in August. It attracts tourists and the film industry from all over the world. The city becomes a giant outdoor event space with open-air cinemas, free concerts, and streets closed off to traffic and turned into dance floors. Bars and restaurants are open until late, and the energy of the city and the people is irresistible!

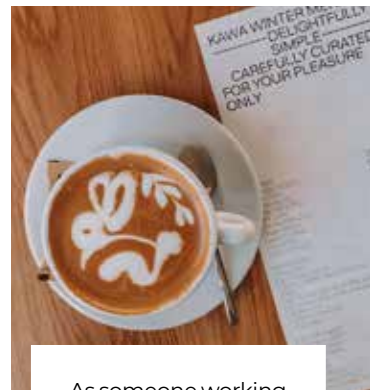


# My Sarajevo

Kathrin Numic is a serial expat, travel writer, and digital creator.  
[@kathi.daniela](#)

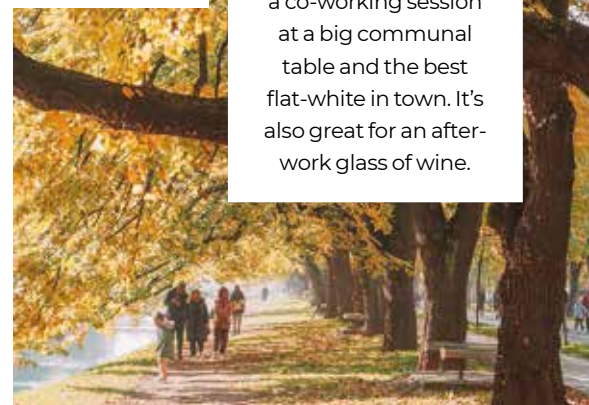
Ever since meeting (and marrying) a Bosnian, I knew I would probably be living in Sarajevo at some stage. And, I am glad this is the city I ended up in.

Known as “The Jerusalem of Europe” for its religious and cultural diversity, it's vibrant, creative, and constantly evolving. One of the things that made me fall in love with Sarajevo is the slower pace of life and the appreciation of the beautiful little moments in your day – a sentiment called *ćejf*. As a travel writer, Sarajevo offers a wide range of inspiring stories waiting to be told. So I think this hidden gem might be my chosen home for a bit longer!



As someone working from home, I need to get out of the house regularly. The industrial-style café Kawa is my go-to for a co-working session at a big communal table and the best flat-white in town. It's also great for an after-work glass of wine.

Saturdays often take us out of the city and into the surrounding mountains. The hike up to mountain cottage Jure Franko on Trebević is one of our favourite activities for an afternoon in nature.



People in this city love being outside, bracing for the winter cold and sitting on terraces or taking long walks just for fun. To join them try Vilsonovo Šetalište. Closed for traffic after 5 pm, the promenade attracts Sarajevans for after-work walks, evening runs, walking pets, or just meeting up with friends.

One of my favourite remote work spots in the neighbourhood is Choupana, with its variety of croissants and all-day breakfast menus, located in Avenida da República, along with many other delicious brunch spots. Saldanha also has several Portuguese classics like Versailles with its mini pastries and Galeto with its 1966 golden diner interior. Eating at this place feels like stepping back in time while enjoying authentic Portuguese and Brazilian cuisine.



During the weekends, on a sunny day, I like to spend the day at Parque Eduardo VII, having a picnic or a coffee at Linha D'água cafe while watching excited dogs jump on the fountain pool. On a rainy day, going to the movies and stocking up on international foods at El Corte Inglés' awarded supermarket is an excellent way to spend the day indoors.

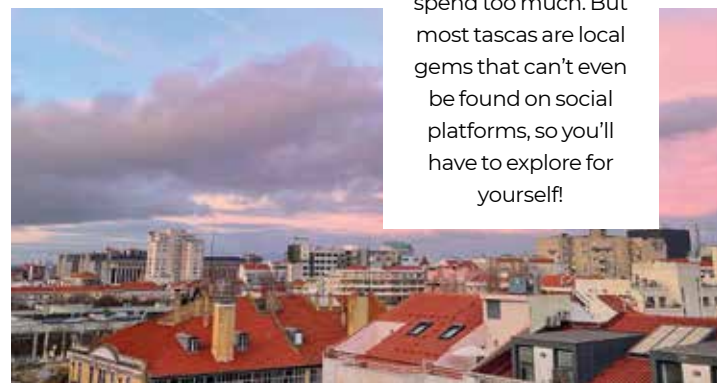


# My Saldanha

Yoko Correia Nishimiya is a restaurant and food photographer in Lisbon.  
**@nishimiya**photography

**B**orn in Brasilia, Brazil and raised across the globe on different continents, I moved to Lisbon two years ago with my boyfriend in the middle of the pandemic. After a lot of research, we discovered Saldanha and fell in love. Not only with its charming streets colliding with modern and old architecture but also with its accessibility. An important factor for me as a photographer is doing photoshoots in different areas of the city.

Tascas like Super Chef are an affordable way to eat out during the week and not spend too much. But most tascas are local gems that can't even be found on social platforms, so you'll have to explore for yourself!



At home, I love to have aperitivo dinners trying new finger foods recipes and wines. Luckily, Saldanha has lots of supermarkets and markets in the neighbourhood like Continente Bom Dia with its seafood and meat butchers. At Feira D'Ávila, I love to get Portuguese hams and cheeses. Located close to Arco do Cego park and is open on Thursdays and Fridays. For produce, I go to Mercado 31 de Janeiro where they have the freshest vegetables, fruits, and spices. I always try to go around midday so that I can also have lunch directly from the market. It can't get any fresher than that!

The Padaria Portuguesa in Saldanha is not like the others, with the addition of the LAB this bakery is where many of their bread is made, including the special long-fermented bread with massa mãe (sourdough) and always has new pastries that get tested here first before its sent to the rest of the franchise.





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Val  
Thorens

# Ice Dive

A piece of advice, should you ever be invited to take a short swim beneath three feet of ice: try to have a pee before you go says James Stewart.



I'm in Val Thorens in the French Alps. Most people come to Europe's highest ski resort to ski. But not me. I'm here to do a spot of diving, and straight away you can see why there might be a few objections to that statement.

Val Thorens doesn't possess many of the attributes of a classic dive destination, such as an ocean, or a coral reef, or tropical fish, or people in bikinis, or a beach with a shack selling rum cocktails. What it does have, however, is a frozen lake. I'm here to take on the Val Thorens ice-diving experience.

Previously your closest option for an experience at diving's frontier used to be the Russian White Sea. Then Alban Michon, an extreme adventurer who has made a career of diving in polar waters, set up dive centres in Tignes and Val Thorens, where lakes are frozen from late November to early April.

## *“The North Pole is so far, and the atmosphere of ice diving is so beautiful, I wanted to share it.”*

Which brings us to the second objection to alpine diving. Water temperatures beneath ice are typically 1-3°C. That's not the cold of a Christmas Day dip in winter. It's more the atomise-nerve-endings-within-15-minutes variety.

Olivier Dumond, instructor with Evolution2, the activity operator behind this trip, insists cold isn't the biggest issue while you're wearing one of his 7mm neoprene suits. The problems occur if you pee in your suit underwater.

Ah, the ammonia, I think; it damages the neoprene. But it's not that. While a standard wetsuit permits the occasional sneaky call of nature, these are dry suits. Take a leak during an ice dive and it'll collect around your toes before freezing into urinary slush.

Don't get me wrong. An ice dive is a fantastic experience that's open to all. I'd recommend you try one tomorrow, if only as a break from

sliding down an alp. It's just that you should expect a few challenges along the way.

I get a hint that this is to be the case a few miles outside Val Thorens. With Olivier's assistant, Thomas, we strap on snowshoes and walk up a side-valley towards our dive site. An off-piste skier stops for a chat. From the rapid exchange in French, I catch the words “plongée sous glace” and “fou” before he swishes downhill singing, in English: “I Will Survive”.

Still, the valley is ludicrously lovely. The mountains are shapely, the snow glittery in the sunshine. For half an hour we climb. It's just us and the empty scenery and the sound of deep powder snow creaking underfoot. Then we crest a lip onto a white plateau cupped within corkscrew peaks – the Lac du Lou.

While Thomas axes holes in the lake's frozen surface, Olivier readies our equipment in a refuge. My dry suit, a pleasing shade of RNLI orange, comes with a balaclava and boots. Industrial rubber gloves seal snugly onto the suit's cuffs. And, like Munch's Scream in black rubber, a mask with a small 'O' for the scuba regulator – the mouthpiece – will cover my face.

“The idea is your skin shouldn't get wet,” Olivier says. Good call.

Next, a stream of instructions: how I'll descend with a safety rope that leads back to the surface; how I'm to always follow Olivier and not fiddle with scuba gear underwater; how we'll abandon a diver's usual neutral buoyancy to float near the surface, looking up rather than down. “Be Spider-Man not Superman,” Olivier says with misplaced optimism.

Dressed in thick socks and thermals, I clamber into the stiff dry suit then shuffle like a slovenly Teletubbie onto the frozen lake. Black water fills a dive hole which is only a few feet wide. Come on in, the water's perishing.

So, it's flippers on, buoyancy vest and air tank shouldered and in we go, sitting on the edge of the hole then slipping in between chunks



of floating ice. I brace for the bite of icy water. Nothing.

Olivier is already underwater to guide me. I would admit to feeling reassured when a man I barely knew gripped me between his thighs but that might strain the relationship with my wife.

For a moment I'm floating within an ice cube. Then I'm under. And that, you won't be surprised to learn, is when claustrophobia strikes.

I hadn't mentioned it before because I hadn't expected it. I dive; I'm comfortable with immersion. This is different, however. Cocooned under a too-solid roof, the hole I just came through out of vision behind, clumsy in your suit, I realise with a crashing inevitability that there's little chance of escape should the worst happen. That's the third objection to ice diving.

"Trust me," say Olivier's eyes. I do. It's just that Darwin's voice is whispering that this may not be the smartest apres-ski activity.

But, like Cousteau, look at the light. Saturated in strong Alpine sunshine, the ice glows with a silvery, inner brilliance that bathes everything below in crepuscular light. The water colour changes from turquoise to dark teal then bottle green and blue-black. It's extraordinary.

Still clasping my legs, Olivier tows me from the dive hole. Our exhalations rise and explode against the ice as silver rosettes. Air pools above us in blobs like mercury. Twirl a finger in one and you send a tiny silver tornado spinning away.

Finally set free from Olivier's grip and modestly confident, I swim on my back to look up at the ice. It has a crystalline magic, sparkling within from shiny fracture lines and air bubbles that wink as you pass.

During our 20 minutes underwater, we never go deeper than 5ft and don't cover more than 200ft. But Alban Michon was right – it really is beautiful. There's a fantastic minimalism to the experience. Devoid of fish or coral, the dive is distilled into an appreciation of slippery light and shifting colours. It's otherworldly, almost meditative.

And that's the curious thing about ice diving. It sounds extreme; a hairy-chested adventure for people called Bear. It turns scuba on its head. When the most enjoyable dive is at the surface and you bob upright more than you swim, you may as well be a complete novice. And, no, it wasn't cold.

James Stewart was a guest of **Val Thorens (valthorens.com)**.

A half-day ice dive trip with Evolution2 (evolution2-valthorens.com) costs 180Euros.

***“The fishermen didn't want to know us – they're warm, caring people and they didn't want to become friends with people who were going to die.”***

# 3 DAYS IN LONDON

So much to do, so much to see...  
WHEREVER takes a whirlwind  
tour of the British capital and  
takes notes.



## FIRST THINGS FIRST - WHERE TO STAY?

Check into the superbly centrally located St Ermins' Hotel with easy access to, well, everywhere! Tucked away in the heart of St James this grandiose red brick hotel dating back to 1899 feels like a luxurious yet comfortable home from home. The cosy family suites are the perfect bolthole to relax in between exploring missions. Don't miss the incredible breakfast bar and the stories of spies and espionage displayed in the ground floor gallery hailing back to the time Churchill himself made the St Ermin his HQ for the SOE (Special Operations Executive) also known as Churchill's Secret Army, later the basis of the SAS. On the third floor, there's also a Bee Terrace where one can visit the hotel's 350,000 buckfast bees! Dinner at the Caxton Bar & Grill restaurant is also a must for its relaxed chic atmosphere and gourmet food. You might even feel like Churchill's spirit is still sipping a glass of champagne in the corner as he used to...  
**[sterminshotel.co.uk](http://sterminshotel.co.uk)**

# DAY 1 SOUTH BANK TO TOWER BRIDGE

Hop in a cab towards the river and see the sights of Westminster en route.

© Lucia Hatalova on Unsplash.com

## The Aquarium and the London Eye

Pop over to the south bank and get those 360-degree views of the city from the London Eye, high up in the sky. Tick the list - Big Ben, Buckingham Palace, Westminster Abbey and more... Back on terra firma, the Aquarium is right there. Explore the underwater world at the SEA LIFE London Aquarium with over 7,000 creatures, the UK's largest living coral reef, and even penguins...

**[londoneye.com](http://londoneye.com) / [visitsealife.com](http://visitsealife.com)**

## Cruise up the Thames

Departing from the South Bank, why not make your way to the Tower of London on the water? Hop aboard and take a leisurely cruise to give you a different view of the city skyline. Stops include Westminster Pier, London Eye Pier, Tower Pier and Greenwich Pier.

**[cityexperiences.com](http://cityexperiences.com)**

Stop for a quick meal at Wagamama's before heading into the Tower.



© Benjamin Davies on Unsplash.com

## Crown Jewels at the Tower of London

A classic must-do on any London visit - it will have kids and adults enthralled. Take a walk through the ancient walls of the Tower of London and discover its fascinating stories, from the White Tower to Traitors' Gate, and Tower Green where Anne Boleyn met her grisly end. Chat to the Beefeaters and admire the royal crown jewels that are still used today!

**[hrp.org.uk](http://hrp.org.uk)**



# DAY 2 REGENT'S PARK TO HYDE PARK

After breakfast hop on the 88 bus and take in the sights from Mayfair up Regent's Street to Regent's Park.

## Hit the Zoo

London Zoo is the world's oldest scientific zoo dating back to 1828. It became home to the Tower of London's menagerie in 1832 and opened to the public in 1847. Today you'll find 19,289 creatures of 673 species of animals, making it one of the largest collections in the UK. Don't miss the reptile house that dates back to 1849 - a lesson in history as well as a chance for the kids to see all manners of animals.

[londonzoo.org](http://londonzoo.org)



© Richard Cook on Unsplash.com

## Marylebone

From Regent's Park, head south towards Baker Street station and onto Marylebone. It's the perfect quaint neighbourhood to stop for coffee, lunch or do some shopping en route. The charity shops there are full of great surprises, and Daunt books shop is a sight to behold. After stopping at St Christopher's place there's also the option to while away some time in Selfridges. Next stop Hyde Park corner.

## High Tea at the Royal Lancaster

Where better than a plush London hotel off Hyde Park to introduce the kids to the concept of High Tea? As well as delicious pastries and homemade cakes, the Champagne Afternoon Tea in the elegant Hyde Café also serves up delicately crafted sandwiches and warm baked scones on very fancy golden hanging trays... The perfect break from Oxford Street, or a park stroll.

[royallancaster.com](http://royallancaster.com)

# DAY 3 SOHO TO COVENT GARDEN

Grab an 11 bus to Covent Garden via Trafalgar Square - top deck, front seat, of course.

## London Transport Museum

Set right in Covent Garden, the kids will love the exhibits covering the history of transport and the growth of modern London since 1800. Historic vehicles, world-famous posters and lots of interactive things to play with!

The world's leading museum of urban transport, it's a great place to absorb London's journey over time.

[ltmuseum.co.uk](http://ltmuseum.co.uk)

## Covent Garden

Stop for lunch at one of the food trucks or for a real taste of London restaurant history, book a table at the very swanky Rules, a vision in red velvet. Established in 1798 it's a legendary address on Maiden Lane. Trawl the stalls or catch the street artists performing - there's plenty to while away a few hours before strolling back to Soho.



© Sabrina Mazzeo on Unsplash.com

## Soho and Theatreland

Get lost in the maze that is Soho, take in a show, stop by Leicester Square or just indulge in window shopping in Carnaby Street until you hit Piccadilly Circus. From there, it's a short skip to Hamley's, a treasure trove of toys for kids!

# 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



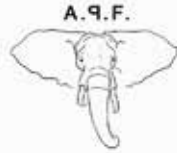
The Albatroz Restaurant offers signature dishes presented by Chef Frédéric Breitenbucher, created with a fusion of Portuguese and French cuisine. In the Restaurant, you will find two privileged dining spaces with a panoramic view over the Bay of Cascais.

**T** +351 21484 73 80  
**E** info@thealbatrozcollection.com  
**W** thealbatrozcollection.com



A beautiful cafe space situated in the heart of Cascais's most famous park. Proceeds support the AJU Foundation- a non-profit serving the most marginalised in the community.

Parque Marechal Carmona, Cascais  
**T** +351 214 821 442  
**E** ajusera@gmail.com  
**W** www.ajusera.com



A.P.F. Is a neighbourhood focused, casual cafe restaurant. Our menu is coastal-international focus on fresh, local all day cuisine paired with great coffee or natural wine. We take pride in our seasonal menu-vegan, vegetarian, gluten-free option.

Rua das Trinas 67 A, Lisboa  
**T** +351 917 736 754  
**E** apfl.contact@gmail.com  
**FB** @apflisbon  
**I** @apflisbon



In Bairro do Avillez by chef José Avillez, there's a terrace, a surprising Taberna (tavern); a Páteo where seafood and fish are kings; Mini Bar, a restaurant and gastro bar; and Pizzaria Lisboa.

Rua Nova da Trindade, 18 1200-303 Lisboa  
**T** +351 210 998 320  
**E** geral@joseavillez.pt  
**W** bairrodoavillez.pt  
**FB** @bairrodoavillez



With two Michelin stars and currently #42 on "The World's 50 Best Restaurants List", Belcanto by José Avillez offers revisited Portuguese cuisine in a sophisticated setting.

Rua Serpa Pinto, 10A 1200-445 Lisboa  
**T** +351 213 420 607  
**E** belcanto@belcanto.pt  
**W** belcanto.pt  
**FB** @belcantojoseavillez



Gastronomic restaurant in the historic centre of Cascais. Organic sustainable cuisine that serves beautiful dishes for fish, vegetarian, vegan and meat lovers.

Tv. do Poço Novo 16A, 2750-469 Cascais  
**T** +351 21 901 6254  
**W** bubbles-and-bites.business.site  
**I** @bubblesandbites.pt



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Located in Chiado, Parque das Nações, Cascais and Porto, Cantinho do Avillez offers contemporary Portuguese cuisine influenced by chef José Avillez's travels abroad.

Rua dos Duques de Bragança, 7 Chiado / Rua Bojador, 55 Parque das Nações / Rua da Palmeira, 6 Cascais / Rua Mouzinho da Silveira, 166 Porto  
**T** +351 21 199 23 69 / +351 218 700 365 / +351 211 389 666 / +351 22 322 78 79  
**E** geral@joseavillez.pt  
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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  
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 Alfama - Escolas Gerais, 34  
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Essentially the crossing of several super foods (eggs, avocado, fruits, açai, etc...), combined with dishes from different countries. Based on specialty coffee, which gave rise to the name Kafeine.

Marina de Cascais 42, 2750-800 Cascais  
**T** 21 243 8252  
**I** @kafeine\_marina



Encanto by José Avillez is an enchanted place of haute cuisine where vegetables are celebrated as stars and delicately prepared and served on a unique tasting menu that is 100% vegetarian.

Largo de São Carlos, 10, 1200-410 Lisboa  
**T** +351 211 626 310  
**E** geral@joseavillez.pt  
**W** encantojoseavillez.pt  
**FB** @Encanto-José-Avillez



A coffee shop. And also a radio. A platform for musical exchange to connect through music and culture. So come visit, grab something to eat and drink and enjoy the music!

Museu do Farol de Santa Marta, 2750-800 Cascais  
**E** lusophonicacafe@gmail.com  
**W** lusophonica.com  
**I** @lusophonica



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Rua do Possolo 52, 1350-251 Estrela  
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Espaço Amoreiras - Centro Empresarial, Rua D. João V, n.º 24, piso 0, 1250-091 Lisboa  
 Espaço 7 Rios - Centro Empresarial, Rua de Campolide, n.º 351, Lisboa  
 Santos | Espaço Empresarial e Comercial D. Luís I - Rua do Instituto Industrial, n.º 7 A, 1249-006 Lisboa  
 Miraflores | Rua Afonso Praça, n.º. 30, 1495-061 Algés  
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