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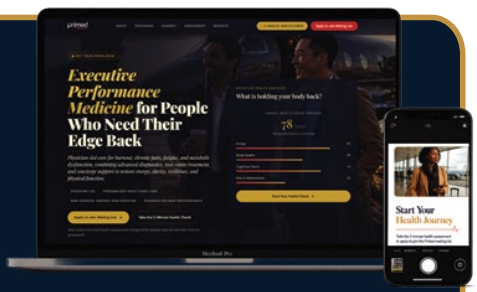
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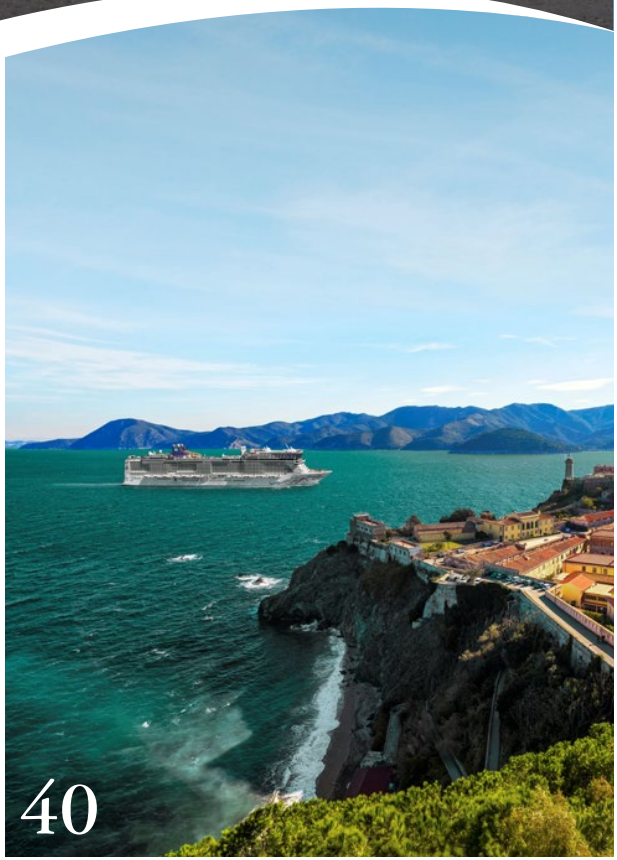


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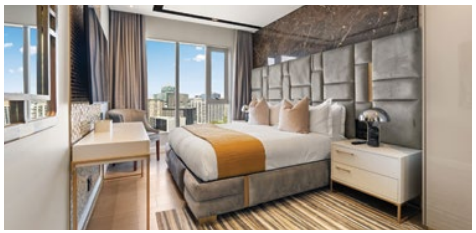
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THE @ COLLECTION

FROM WINELANDS ESCAPE TO URBAN HEIGHTS: PREMIER SOUTH AFRICAN LUXURY

Part of The @ Collection, these distinct properties showcase the dual nature of South African luxury.









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@Sandton Hotel delivers high-rise urban sophistication in Johannesburg's financial heart within the Acsiopolis precinct. Tailored for business and leisure, it features breathtaking skyline vistas, an infinity pool, a luxury spa, 300-guest conference venues, and diverse stays ranging from self-catering studios to opulent penthouses. In contrast, @Franschhoek Hotel offers a peaceful countryside escape in the Cape Winelands at the historic Hey Joe Brewery site, surrounding guests with mountain views, Manor House suites, craft beer tastings, bistro dining, and wellness facilities.









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EDITOR'S LETTER

NICKY FURNISS



QI (which stands for quite interesting) is a BBC TV panel game show that combines facts with comedy and has been running for over 20 years in the UK. I haven't watched much of it, but my husband and I recently discovered its spin-off podcast, *No Such Thing as a Fish*.

Every week, four of the researchers from *QI* each share the favourite fact they've unearthed that week and then the panel throw in any facts they know that may be related (however tenuously) to the episode's four main facts.

This has now become our favourite bedtime podcast. Not only is it often extremely funny, but it's also really interesting and often illuminating. I love the fact that, especially in the age of lazy AI usage, the presenters are all *real* researchers who actually verify their facts before sharing them and who collect them from all manner of places, including good old-fashioned books, scientific journals, newspaper articles, research papers and carefully verified internet research.

I also love how excited they get when they learn something particularly interesting, *and* how much I enjoy learning so many weird and wonderful new things. It is amazing to think that despite seemingly having all of the world's knowledge at our fingertips, there is always something fascinating to discover and something new to learn.

If I haven't sold you yet on this podcast, here are a few of the featured facts to whet your appetite:

- William Morton, father of anaesthesia, first experimented on himself but kept falling asleep before he could describe the results.
- The atmosphere on Venus is so hot that if you took a pizza out of a freezer on Venus, it would cook in three seconds.
- When race horses travel by aeroplane, they're allowed to bring an emotional support goat at no extra cost.
- The woman who played the voice of Reagan in *The Exorcist* only agreed to play the part on the condition that she have two priests in her sound booth at all times, and could constantly drink whiskey, chain-smoke cigarettes, and eat raw eggs.
- In 1864, one of Charles Dickens' friends had a flat-pack Swiss chalet delivered to his home as a Christmas present.
- Pixar accidentally deleted *Toy Story 2* halfway through making it.
- The first contact lenses cost as much as a car.
- Ninja's sword sheaths had removable tips, so if they ever had to hide underwater, they could use them like a snorkel to breathe.
- Pound for pound, a 33 g finch can bite you 320 times harder than a T-Rex could.
- The first British travellers aboard the Orient Express were advised to bring a revolver and a teapot with them.
- For 150 years, Shakespeare's play *The Tragedy of King Lear* had a happy ending.
- To stop being eaten by predators, crustaceans wear disgusting-tasting snails as backpacks.

Isn't the world a fascinating place?

Let's continue to celebrate knowledge and encourage proper research and exploration – after all, there's an almost endless list of things to discover. And in the meantime, listen to *No Such Thing as a Fish* – there are over 600 episodes, so imagine how wonderfully full of fun facts your head will be!

Happy travels,
Nicky

@editoronthemove | @tcbmedia

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CEO LETTER

ELMAR CONRADIE

There are few things more rewarding than being recognised by the people you work hard to serve.

This year, we've had the privilege of receiving two awards that mean a great deal to us.

In August, FlySafair was named Africa's Leading Low-Cost Airline at the 2026 World Travel Awards – the first time we've taken home this particular title. And in September, we were named Best Low-Cost Airline in Africa at the 2026 Skytrax World Airline Awards for the fifth time.

While we're incredibly proud of both achievements, what makes them particularly special is where the recognition comes from.

Travel professionals and the travelling public vote for the World Travel Awards. The Skytrax World Airline Awards, meanwhile, are based on the feedback of travellers around the world, with millions of eligible votes cast during the survey period.

So, in a very real sense, these awards belong to you as much as they belong to us.

Every time you choose FlySafair for a weekend away, a business trip, a family holiday, or simply to get from A to B, you're putting your trust in us. And every time you tell a friend about a good experience, recommend us to someone, or take the time to share your feedback, you help shape the airline we become.

Our mission is to unite people with who and what they love, by providing a low-fare, hassle-free and on-time travel experience. It's a simple idea, but one that sits behind every flight we operate and every passenger we carry.

Whether you're flying home to see family, heading off on holiday, travelling for work or exploring somewhere new, there's usually something – or someone – waiting for you at the other end. That's what makes what we do so meaningful.

And while awards are certainly something to celebrate, the real reward is knowing we're helping make those journeys possible. Being recognised by the people who travel with us tells us that we're getting something right.

So, from all of us at FlySafair, thank you. Thank you for choosing to fly with us, for trusting us with your journeys, and for taking the time to tell us what you think. We're very proud to have you on board.

As always, I'd love to hear your thoughts. Send your thoughts, ideas or feedback to **feedback@flysafair.co.za.**

Safe travels
Elmar



Voted Best Low-Cost Airline in Africa

There's high fives and good vibes all around because we've been voted Best Low-Cost Airline in Africa at the Skytrax World Airline Awards for the 5th time! The Skytrax awards are based on global passenger satisfaction surveys, with travellers voting for the airlines they believe are the best of the best. To everyone who's flown with us, voted for us, trusted us, recommended us and supported us along the way, thank you! It really means the world to us.

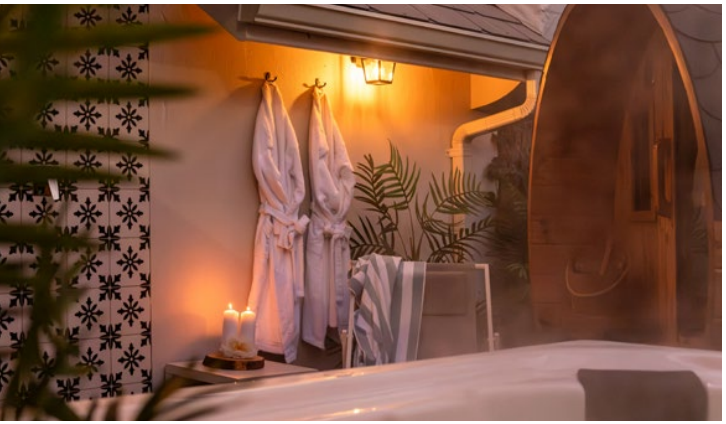
Here's to many more sky-high moments!

FlySafair



HIGH FASHION FRAGRANCES

Celebrated South African fashion designer Gert-Johan Coetzee enters the world of fine fragrances with the launch of his debut perfume collection. Known for defining South African high fashion and dressing global icons for nearly two decades, Coetzee's entry into beauty marks a new milestone for the brand. The collection stems from a personal journey to Grasse, France – the world's historic capital of perfume – which served as the foundation for six distinct eau de parfums. Gimme Gimme is sweet, playful and addictive; Eau de Trouble is bold with notes of orange, anise and almond; Rumours & Roses is romantic, smoky and intriguing; Top Secret features Turkish and Damask rose layered with saffron, black pepper, amber and oud; Shhhh… is soft, sweet and seductive; and Uncontainable boasts notes of cardamom, sandalwood, iris and cedarwood. The Gert-Johan Coetzee fragrance collection is available now exclusively on Bash and at selected Foschini and Beauty Box stores nationwide. Shop it at bash.com/brands/gert.





SPRING INTO THE SPA

The Açaí Spa at Palm House Boutique Hotel and Spa in Upper Wynberg, Cape Town is welcoming the new season with three seasonal spa experiences, available until 30th October 2026. The Spring Glow Package (R850) opens with a gentle back exfoliation followed by a 45-minute back, neck and shoulder massage. The Spring Awakening Package (R1,250) combines a full-body scrub, a 60-minute aromatherapy massage, and an express facial, leaving skin luminous and the body deeply relaxed. The Luminous Spring Renewal (R800) begins with 30 minutes in the outdoor Wellness Oasis, including the Banya Sauna and jacuzzi, before a deeply hydrating facial. All three treatments are available to both hotel guests and day visitors. Açaí Spa boasts highly skilled therapists who combine expertise with thoughtful, attentive service, and is a place to switch off and enjoy a little indulgence. Email spa.reception@palmhouse.co.za for bookings. For more information, visit www.palmhouse.co.za.

SPORTS THROUGH THE LENS

The World Sports Photography Awards sponsored by Canon – the world's foremost showcase of sports photography – have opened entries for their much-anticipated 2027 edition. Entry remains free, and the awards honour the most gifted sports photographers from around the globe, celebrating images that convey the drama, emotion, and physicality at the heart of sport. Judged by leading figures across sport, media, photography, branding, and the broader creative sector, the World Sports Photography Awards remain the world's biggest celebration of sports photography. The 2026 edition marked a breakthrough year, attracting photographers from 123 countries and spanning more than 60 sports. For 2027, photographers can submit up to 10 images captured between December 2025 and November 2026 across 24 sports categories. Submissions close on 23rd November 2026. Visit www.worldsportsphotographyawards.com for more information.


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BOSCHENDAL IS BEST

Boschendal, the historic Franschhoek estate, was recently awarded the Medal of Excellence for Best Wine Tourism in the *Tim Atkin South Africa Special Report 2026*. For more than 340 years, Boschendal has been shaped by a commitment to craft. Today, that same standard extends beyond the vineyard and cellar to how guests experience the estate, from wine and food to hospitality, nature and celebration. Wine remains at the heart of the experience, whether through Cellar Door tastings, premium Manor House tastings, Wine Tram visits or in-cottage experiences. Guests can also enjoy daily picnics, Friday Night Markets, weddings and private celebrations, Jeep vineyard tours and dining at Arum Restaurant, part of the FYN Group. For a deeper exploration of the estate, Boschendal's Wine & Wander Safaris bring together wine, vineyards and landscape in an immersive journey through the property. Visit boschendal.com for more information.





A COSY COLLECTION

Wonderbag's limited-edition Bowl Cosy Collection is designed to keep meals warmer for longer. Suitable for everything from soups and stews to porridge, curries and pasta dishes, the Bowl Cosy fits around most standard-sized bowls, helping to insulate hot meals while making them more comfortable to hold. Whether it's a leisurely breakfast, a quick lunch, or dinner around the table, the Bowl Cosy adds extra comfort and warmth to everyday mealtimes. Each Bowl Cosy is crafted from carefully selected pieces of the colourful Wonderbag fabrics left over from producing the brand's iconic retained heat cookers. By giving every piece of fabric a purpose, Wonderbag can reduce material waste while creating a functional product that celebrates the brand's distinctive prints and colours. The limited-edition Wonderbag Bowl Cosy Collection is available from www.mywonderbag.co.za while stocks last.



CULINARY THEATRE

Finding a restaurant that nails atmosphere *and* flavour is rare. Amazon, Menlyn's newest dining destination, does both brilliantly. From theatrical sushi arriving beneath swirling mist to expertly crafted cocktails (the Spicy Margarita is worth the drive alone), every detail feels intentional. The chef's tableside storytelling, spectacular lobster, and generous menu – from beef carpaccio and sea bass ceviche to bone marrow, lamb riblets and premium grills – celebrate bold flavours without pretence. Wrapped in lush botanical décor, glowing bars and striking butterfly installations, the space effortlessly shifts from business lunches to celebratory dinners. Whether you're chasing cocktails, conversation or culinary theatre, Amazon deserves a place on your must-visit list. Book hungry, leave impressed. Visit amazonmenlyn.co.za for more information.



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From the legendary tomahawk to the exquisite 10+ marbling rated wagyu ribeye, each cut is a testament to the brothers' passion. Complement your dining experience with a meticulously curated selection of South Africa's finest red wines.

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KRUGER FOR THE KIDS

What sets Shiviko Kruger apart is not any single activity but the freedom behind all of them. Each of the property's four exclusive-use villas comes with its own private guide and chef, and itineraries are left unscripted rather than fixed to a set programme. That flexibility puts children at the centre of the experience. Among the many ways Shiviko puts children in charge of their own stay, one stands out: the chance to become an experience-led filmmaker for the day. Children are handed the same professional equipment Shiviko's own guides use, decide what they want to capture during their day, whether that is a particular activity on offer, a sequence of sightings or simply the feeling of being on an adventurous holiday, and record their own narration along the way. Shiviko's videographer then edits the footage into a short film, which the family takes home as a souvenir unlike any other. Other kid-focused experiences include spoor tracking, junior fire-making sessions, beading, and making mocktails and milkshakes. For more information, visit shiviko.com.

HIGH HOPES & HIGHER KITES

For more than three decades, the Cape Town International Kite Festival has transformed Cape Town's skies into a symbol of hope, resilience and human connection. In 2026, the beloved event returns to #ColourTheSky for its 32nd year on 24th and 25th October at Youngsfield Military Base in Ottery, bringing together thousands of people in support of the life-changing work of Cape Mental Health. The festival is Africa's oldest kite festival and one of South Africa's most recognised mental health awareness events. Beyond the colourful displays and family-friendly atmosphere lies a powerful purpose: breaking down stigma, encouraging help-seeking behaviour and reminding people that no one has to face mental health challenges alone. Visitors can look forward to family entertainment, interactive activities, delicious food vendors and fun for all ages, while supporting Cape Mental Health and its vital work in the community. Tickets are available via Quicket.





WINELANDS LUXURY

Brookdale Estate recently unveiled The Owners' Lodge, an exclusive-use luxury retreat in the Paarl Winelands designed for up to eight guests. Perched on a secluded hill overlooking vineyards, Paarl Rock and the Drakenstein Mountains, the all-inclusive lodge features four en-suite bedrooms, spacious living areas, a swimming pool and outdoor entertainment spaces. Sustainability is central to the design, with reclaimed local materials, indigenous gardens, solar power, borehole water, and advanced water recycling systems to ensure minimal environmental impact. Guests enjoy a private chef and butler, gourmet dining, premium Brookdale wines, and personalised hospitality. Building on Brookdale Estate's award-winning reputation, The Owners' Lodge offers a refined blend of privacy, comfort and authentic Winelands luxury in a spectacular natural setting. Visit brookdale-estate.com for more information.

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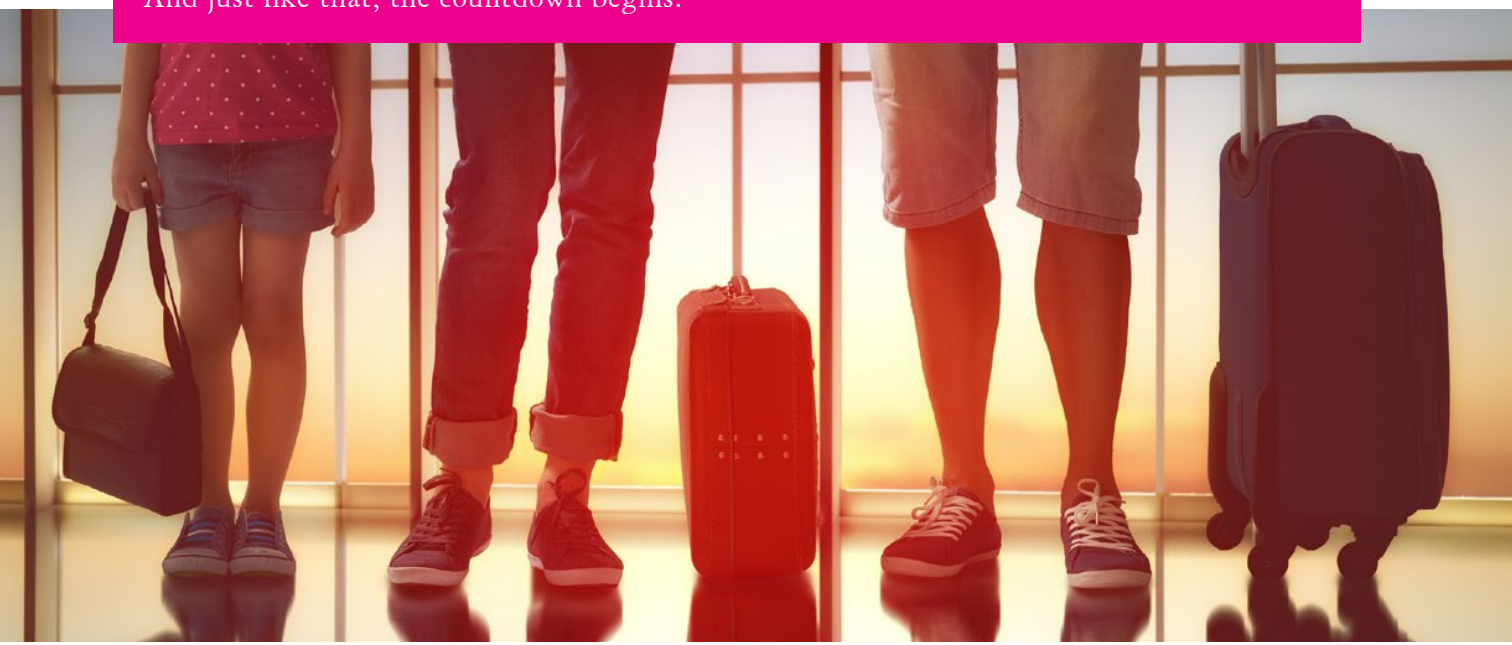
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THE COUNTDOWN STARTS NOW

WHERE WILL SUMMER TAKE YOU?

December suddenly feels very close. One minute, you're still shaking off winter; the next, the days are getting longer, and someone casually asks, "So, what are we doing for December?" And just like that, the countdown begins.



With roughly 90 days between the start of October and the end of December, there's still enough time to dream big – but not quite enough time to leave everything until the last minute. This is the sweet spot for turning a vague idea of "going somewhere" into an actual plan. And with a network connecting many of South Africa's favourite cities and holiday gateways, FlySafair can be part of that planning conversation – whether you're chasing sunshine, heading home for the holidays or simply looking for an excuse to get away.

The best holidays rarely begin when you arrive at your destination. They begin much earlier: with a conversation, a search, a booking, a playlist, a packing list and that first little spark of excitement when you realise you're actually going. So, consider this your official invitation to start planning.



T-MINUS 90 DAYS: PICK YOUR PLACE

First things first: where are you going?

Perhaps December means heading home to see family. Perhaps it means escaping them for a few days. Maybe you want a beach, a game reserve, a little country town or a city break filled with restaurants, galleries and nightlife.

FlySafair's route network makes the decision even more tempting. Will you start with the energy of Johannesburg, head down to Cape Town, chase a KwaZulu-Natal summer in Durban, or make one of South Africa's smaller cities your base for an adventure? There is no wrong answer.

The trick is to choose the kind of December you actually want. If the year has left you exhausted, don't automatically book the busiest itinerary imaginable. If you've spent months behind a desk, perhaps your ideal holiday involves being outside from sunrise to sunset. If the children are coming along, embrace the chaos and find somewhere where everyone can have fun. The destination should match the holiday – not the other way around.

T-MINUS 75 DAYS: BOOK THE BIG THINGS

Once you've chosen your destination, lock in the essentials.

Flights and accommodation are the obvious starting points, because December tends to fill up quickly. The earlier you make the big decisions, the more choices you have – and the less likely you are to find yourself frantically searching for somewhere to stay while everyone else is already on holiday.

This is also the moment to think beyond the flight. Will you need a rental car? Airport transfers? Travel insurance? Tickets for attractions or events? Is the accommodation close to the things you actually want to do?

If you're flying with FlySafair, this is the point to get those dates in the diary and make sure your wider itinerary lines up with your flights. A little planning now can save a surprising amount of stress later. And there is something satisfying about opening your calendar and seeing those holiday dates officially marked out.

T-MINUS 30 DAYS: LEAVE SOME SPACE

This might be the most important item on the list. Don't over-plan.

Leave room for a local recommendation. For the beach you didn't know existed. For the long lunch that turns into sundowners. For the road that looks interesting. For the afternoon when nobody wants to do anything.

Some of the best holiday memories are the ones nobody planned.



T–MINUS 15 DAYS: PACK THE SOUTH AFRICAN SUMMER

This is when you can start thinking about what you'll actually need – and, more importantly, what you don't.

Light layers. Comfortable shoes. Swimwear. Sunscreen. A hat. Something smart for dinner. Something casual for an unexpected braai. A reusable water bottle. Chargers. Sunglasses.

And leave a little room in the bag. You never know when you'll discover something you absolutely need to bring home.

If you're travelling with children, remember that entertainment doesn't have to begin and end with a screen. A travel journal, cards, books, headphones and a few snacks can go a long way.

T–MINUS 7 DAYS: MAKE A HOLIDAY OUT OF THE JOURNEY

One of the best things about travelling is that the journey itself can become part of the story.

Build a playlist everyone can tolerate. Download the podcasts you've been saving. Make a list of places you want to stop along the way. Find a local restaurant worth detouring for.

T–MINUS 0 DAYS: GO!

And then, suddenly, it's December. The bags are packed. The calendar is cleared. The out-of-office message is on. The playlist is ready. You step onto the plane, into the car, onto the road – and the year begins to fall away behind you.

Whatever your December looks like, remember that travel isn't only about getting somewhere. It's about making space for the people, places and experiences that don't fit neatly into everyday life.

So, with 90 days on the clock, there's no need to panic. Just start. Pick a place. Make a plan. Book the flight. Leave some room for the unexpected. And most importantly, give yourself something wonderful to look forward to. The countdown starts now.



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{ TEXT: KATE DAY | IMAGES © MAGNIFIC }

STREAMLINE YOUR LIFE

MULTI-TASKING TIPS THAT SAVE TIME, EFFORT & MENTAL ENERGY

Between work deadlines, family commitments, household chores and trying to find time for yourself, it's no wonder many of us feel like there aren't enough hours in the day. The good news? Saving time isn't necessarily about working harder; it's about working smarter.



The secret lies in finding opportunities to combine tasks, simplify routines and eliminate unnecessary steps. Small changes can add up to significant time savings over a week, reducing stress and freeing up time for what matters.

CREATE "POWER HOURS"

Instead of tackling tasks as they arise, designate a specific hour each week to complete similar jobs together.

Use a Sunday afternoon to prepare vegetables, portion snacks, update the family calendar, and plan meals and even outfits for the week ahead. By batching tasks together, you reduce the number of decisions you need to make during busy weekdays.

You can also apply this approach to household admin. Rather than responding to emails, paying bills or organising paperwork throughout the week, dedicate a single block of time to getting it all done.

STACK HABITS TOGETHER

Behaviour experts often recommend "habit stacking" – pairing one task with another you already do automatically.

Listen to a podcast while preparing meals, fold the laundry while watching television, catch up with a friend during your daily walk or review your shopping list while waiting for school pick-up.

The goal isn't to rush through life, but to use moments that would otherwise be unproductive.

KEEP QUICK-FIX ESSENTIALS WITHIN REACH

How much time is lost searching for everyday essentials?

Create mini stations around your home. Keep lip balm, hand cream and tissues on your bedside table, in your handbag and at your desk. Store cleaning supplies where you use them most often, and keep frequently used items in easy-to-reach locations.

LET PRODUCTS DO MORE THAN ONE JOB

One of the easiest ways to save time is to simplify your cupboards.

Look for products that can serve multiple purposes rather than having a separate item for every need. Fewer products mean less clutter, fewer shopping trips, and simpler routines.

For example, the lightweight SKNLOGIC Omega Oil, containing a powerful antioxidant blend of Vitamin C & E, can be used as a stand-alone moisturiser, underneath a prescribed moisturiser, and as a primer for foundation. The multi-tasking SKNLOGIC Derma Repair Balm is packed with powerful ingredients like prickly pear extract, jojoba, and shea butter to deeply hydrate, soothe, and restore damaged skin. From repairing sensitive skin barrier, to everyday skin irritations like rashes and insect bites, to post-treatment care after chemical peels, microdermabrasion, and microneedling, this balm will soothe, protect, and heal.

Similarly, Sanosan Mama Nipple Salve, made from 100% pure, natural lanolin, isn't only useful during breastfeeding – many women use it on dry lips, cuticles and other dry skin areas, reducing the need for multiple specialised products.

ADOPT THE "CLEAN AS YOU GO" RULE

Cleaning often feels overwhelming because we wait until jobs pile up.

Instead, wipe kitchen counters while waiting for the kettle to boil, unload the dishwasher while preparing breakfast or quickly tidy a room before leaving it. These small actions take only minutes but prevent larger cleaning sessions later.

Using a multi-purpose product such as Earthsap All Purpose Cleaner can further simplify the process by reducing the need to switch between multiple cleaning products.





TURN SELF-CARE INTO PART OF YOUR EXISTING ROUTINE

Many people skip self-care because it feels like another task to schedule.

Instead, integrate it into activities you're already doing. Apply a nourishing body lotion immediately after showering, enjoy a calming candle while working from home or listening to an audiobook, or keep skincare products visible so they become part of your daily habits.

The BodyLab Science Vitamin C Complex Body Lotion is one example of a product that combines daily moisturising with the added brightening skincare benefits associated with Vitamin C, helping to simplify body care without adding extra steps.

The "dark showering" trend – using candles or special low lights in the bathroom – is said to have multiple benefits, including better, faster sleep due to lower light in the evening signalling to your brain that it is time to wind down, calming the nervous system through reduced light stimulation, and promoting mindfulness. A true multi-use product, the SoyLites Soy Candle is the perfect accompaniment to your dark shower; while these candles burn beautifully and are environmentally friendly, the warm oil that forms around the wick is full of Vitamin E and Lecithin and is an amazing moisturiser – so step out, dry off, and slather on your skin while it's still damp.

FOLLOW THE "ONE-TOUCH" PRINCIPLE

A simple productivity rule is to deal with things the first time you pick them up whenever possible.

Hang up your coat instead of placing it on a chair. Respond to a simple email immediately. Put dishes directly into the dishwasher. Return items to their proper place after use. These small actions prevent minor tasks from becoming overwhelming piles of work later.

SMALL CHANGES. BIG RESULTS

The most effective time-saving strategies aren't usually dramatic life overhauls. They're small, sustainable habits that reduce friction in everyday life.

Whether it's preparing meals ahead of time, simplifying your cleaning routine, choosing products that perform multiple functions or combining activities strategically, every saved minute adds up. Over time, these simple adjustments can create more space for rest, family, hobbies, and the moments that make life feel less rushed and more enjoyable.

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{ TEXT & IMAGES © VAL DU CHARRON }

FAMILY TIME IN THE WINELANDS

VAL DU CHARRON DELIVERS A REFRESHING CAPE HOLIDAY ALTERNATIVE

Tired of predictable beach holidays? Gauteng families and out-of-towners seeking a Cape break with a difference can trade ocean waves for rolling vineyards, dramatic mountain backdrops, and true resort-style relaxation at Val du Charron Wine & Leisure Estate in Wellington's picturesque Bovlei Valley.



Recently re-opened after a six month upgrade, this family-owned estate now offers an enriched winelands experience. The transformation includes upgraded facilities, additional rooms and refreshed dining venues, making it ideal for multi-day school holiday stays where everyone – from toddlers to teens and parents – will find something to enjoy.

The refurbished four-star guesthouse now boasts 40 luxurious, impressively spacious and family-friendly rooms. Each features modern conveniences, stylish furniture, plush bedding, luxurious fabrics and original South African artworks. Many ground-level and first-floor rooms open onto stunning mountain and vineyard views, directly overlooking the sparkling new giant swimming pool.

This expansive pool has quickly become the heart of family fun. Surrounded by a baja deck with built-in cocktail seats and a cosy cuddle corner, it provides hours of safe splashing under the Cape sun. Next to it, the inviting Boma Bar features a crackling firepit and shaded outdoor seating beneath mature trees – the perfect spot for parents to unwind with a glass of estate wine while keeping an eye on the children.

The estate's wide-open lawns and peaceful walking paths encourage outdoor play, from ball games and kite-flying to







gentle vineyard strolls. For those seeking extra privacy and five-star luxury, the historic two-bedroom Cape Dutch Manor House (dating back to 1699 and recently revamped) offers its own private pool, hectares of garden, indoor and outdoor entertainment areas, a pool table, and an Xbox for the kids.

Dining at Val du Charron is deliberately varied and family-oriented. The Grillroom has been beautifully reimagined with plush sofas in rich browns and vibrant greens, cosy fireplaces and immense glass doors that frame the landscape. Breakfast is served as a generous buffet, while the à la carte lunch and dinner menus celebrate South African flavours: premium A-grade beef (including grain-fed and grass-fed cuts aged 22 to 55 days), traditional bobotie, game dishes, fresh seafood, succulent chicken, vegetarian options and, of course, juicy burgers that appeal to young and old alike. The cantilevered sundeck appears to float above the vineyards, creating an Instagram-worthy setting for long, lazy lunches that stretch into golden afternoons.

Housed in the historic cellar, Pizza Vista complements the offering with Italian classics and a welcoming outdoor seating area. Its updated menu includes child-friendly "mix-and-match" options, ensuring even the pickiest eaters are satisfied. Both restaurants are fully licensed, turning mealtimes into relaxed, enjoyable occasions rather than a chore.

While children enjoy the dedicated play centre and splash pad, parents can slip away for informative wine tastings and cellar tours that introduce the estate's award-winning wines in a laid-back way. The overall atmosphere strikes the perfect









balance between relaxation and gentle adventure, far removed from the crowds of typical seaside resorts.

When energy levels call for exploration, nearby Wellington offers plenty of family-friendly diversions without long drives. Visit the Wellington Museum or the Old Tannery Car Museum, the Breytenbach Centre for art lovers, the maize maze at Doolhof, minigolf at La Vita, or pop into the Glodina towels factory shop. You can also enjoy a great cortado on the lovely veranda at Fifty Five Curbside Café and buy artisanal chocolate at Chocolatier Farmer at The Old Tannery. Classic roadside *padstals* (stalls) tempt passers-by with biltong, dried fruit, and ice cream – the kind of authentic South African treats that create lasting memories.

For the more active guests, there are plenty of ways to burn energy: the indoor bounce centre, padel courts, horse riding in the scenic Bainskloof Pass, or easy mountain biking on the estate and surrounding trails.

Conveniently located just 10 minutes from Wellington town and under an hour's drive from Cape Town, Val du Charron makes planning multi-day stays effortless and stress-free.

As a member of Cape Country Routes, this owner-managed estate upholds the collection's reputation for warm, authentic hospitality and genuinely memorable experiences.

Discover a Cape holiday that feels refreshingly different. At Val du Charron, sunshine, swimming, superb food, wide-open spaces and vineyard magic combine to create family memories that will last long after you return home.

With attractive school-holiday "stay-and-pay" specials currently available, there has never been a better time to book your family's winelands escape. Visit www.vdcwines.co.za for full details and rates, or email stay@vdcwines.com. Visit www.capecountryroutes.com for more information.

Escape from the everyday life at C Mauritius !



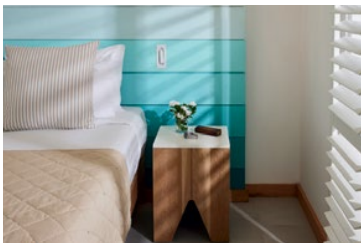
Do you remember those carefree summer days of your childhood? When each day held the promise of new adventures, and the natural world was your playground?

At C Mauritius, we invite you to revisit these cherished moments and rediscover the magic of your childhood summers once more.

Tucked away along a gorgeous beach on the east coast, C Mauritius proudly flies the flag as the first hotel of C Resorts, the sibling brand to Constance Hotels & Resorts in Mauritius. Rocking a super-chill bohemian-chic vibe combined with ultra-trendy design, this spot has nailed the laid-back refinement vibe.

At C Mauritius, you will find an immaculate beach with dazzling views of the Palmar lagoon, three jaw-dropping swimming pools, cool restaurants to satisfy all cravings, pampering C Spa, and lively Clubhouse for all your entertainment needs. Everything is done to make you experience the best of Mauritius. Its all-inclusive concept offers visitors a stay that is out of the ordinary.







And the gastronomy is top-notch, especially at the Cpicerie, which looks like a coffee shop and offers an interactive culinary experience that's always fresh and innovative.

C Mauritius celebrates local flair with traditional Mauritian elements such as rattan weavings, basketry, palm roofs, and wood. You'll also find natural ropes, wickerwork, fishing nets, local raw stones, shells, and more. It's a true escape from the everyday !

We believe you will love the joy of play and carefree living, our crafted "Cignatures" will surely transport you back to your childhood! These include a group hike with C Trek where you can take in the island's breathtaking landscapes. The Clubhouse is your go-to spot for thrilling sports and leisure activities. And for those who love to explore the depths of the sea, there is Crustacea, a sea trip aboard the Sirius to discover the ocean depths while savouring delightful treats on board.

So come and experience the perfect blend of relaxation and adventure at C Mauritius. Let your inner child run wild and discover the magic of Mauritius through C Mauritius like never before.

c-resorts.com

Mauritius
Palmar

{ TEXT: DR SEAN CURRIN | CHEMICAL PATHOLOGIST (LANCET LABORATORIES) | IMAGE: SUPPLIED }

KNOW YOUR KIDNEYS

The average adult kidney weighs around 150 grams. Combined, the kidneys make up less than 0.5% of body weight. Yet these versatile organs receive about 20% of cardiac output and consume about 7% of the body's oxygen and energy requirements. On a gram-for-gram basis, the kidneys rank among the body's most metabolically active organs.

The kidneys can be thought of as the body's chief regulators of circulating blood. To do this, they perform multiple functions, including regulating blood acidity and blood pressure, producing hormones, excreting waste products, and maintaining electrolyte, mineral, glucose and water balance.

HOW COMMON IS KIDNEY DISEASE?

Kidney disease is unfortunately extremely common. It is estimated that 1 in 7 people in South Africa suffer from kidney disease, which is consistent around the world.

WHY IS KIDNEY DISEASE "SILENT"?

Due to the vital role that the kidneys play throughout the body, there is a large functional reserve, meaning that kidney function needs to decrease by over 50% before it is noticed. This reserve means that kidney disease is often detected late.

WHO IS AT RISK OF KIDNEY DISEASE?

Risk factors for kidney disease include high blood pressure, diabetes, cardiovascular disease, a family history of kidney disease, smoking, obesity, exposure to toxins such as heavy metals and pesticides, certain medications, and recurrent severe dehydration.

CAN YOU SCREEN FOR KIDNEY DISEASE?

Simple tests can screen for kidney disease. Initial testing to estimate kidney filtering capacity (eGFR) using blood creatinine and/or cystatin C, along with urine testing for albumin and other abnormalities such as haematuria (blood in the urine), can detect kidney disease.

Maintaining a healthy lifestyle is one of the best ways to protect kidney function. This includes controlling blood pressure, blood glucose and weight; eating a healthy diet; exercising regularly; avoiding smoking; staying well hydrated; using medications responsibly; and managing chronic conditions. Regular kidney screening is especially important for those at increased risk. Seek medical attention if you experience persistent fatigue, swelling of the feet, changes in urination, or unexplained muscle cramps.





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THE SECRET'S INSIDE

TWELVEONB

Blok's 23rd development, **TWELVE**ON**B**, is positioned in the sought-after Cape Town neighbourhood of Green Point, Blok's fourth address in the area. It arrives at a moment when Green Point has firmly established itself as one of the Atlantic Seaboard's most in-demand pockets, and Blok's return here, for a fourth time, says as much about the neighbourhood as it does about the building itself.



Some buildings explain themselves. **TWELVE**ON**B** reveals itself. Set on a heritage estate at 12 Braemer Road, the development brings a new identity to a site with history already built in, and its warm, textured brick facade gives nothing away until you're through the door. It's a building designed around the idea that the best things aren't announced; they're discovered, one detail at a time.

THE SECRET COMES TO LIGHT

Blok's new six-storey building comprises 50 new homes, made up of:

- 29 Compact One-bedroom apartments
- 1 Compact One-bedroom Garden apartment
- 1 One-bedroom apartment
- 13 Two-bedroom apartments
- 1 Two-bedroom Garden apartment
- 2 Two-bedroom Duplex apartments
- 1 Three-bedroom Garden apartment
- 2 Three-bedroom Duplex apartments

It's the latest addition to Blok's growing footprint, which now includes 23 developments and more than a decade of building across Green Point, Sea Point, and the West City in Cape Town's CBD. Each development has carried its own identity, but **TWELVE**ON**B** marks something of a return – a chance to let a neighbourhood's history inform the architecture rather than compete with it.

Green Point continues to draw more families. Its tree-lined streets, green spaces and genuinely walkable high street put schools, grocers, cafés and the coastline within easy reach – the kind of everyday convenience that increasingly appeals to permanent residents, not only holiday-home buyers. Blok has watched this shift play out across its previous Green Point developments, and it helped shape how **TWELVE**ON**B** was planned.

DESIGNED TO BE DISCOVERED. NOT EXPLAINED

TWELVEON**B**'s design leans on contrast and simplicity. Brick against light, closed against open, private against shared. The building was shaped to sit comfortably alongside its neighbours rather than dominate the street; an approach that speaks to the sensitivity required when building on a site with an existing heritage character.











That same brick carries the exterior's language of privacy and filtration through to street level, where a public pocket park offers a place to pause before a minimalist lobby draws you in. It's a small but deliberate gesture, giving something back to the street before asking anyone to step inside.

Higher up, each apartment steps back from the street edge, carving out sheltered outdoor pockets that catch the sun without exposing residents to it. These semi-enclosed spaces do double duty, drawing daylight deep into the plan while preserving a sense of privacy that's easy to lose in higher-density living. Inside, the finishes stay honest. It's a considered kind of simplicity, where light and space do the work decoration usually would, and where each apartment feels less like four walls and more like its own quiet sanctuary within the building.

Beyond the apartment, **TWELVE**ON**B** features:

- A rooftop pool and clubhouse
- Concierge and building management via Fluent, Blok's short-term letting partner
- 24-hour on-site security
- Private entrance homes
- Pet-friendly apartments
- Parking included with select apartments
- Walking distance to DHL Stadium

Together, these features are designed to support two different kinds of ownership. One: residents settling into Green Point for the long term; and two: investors drawn to the area's strong short-term letting appeal, with Fluent's involvement giving the latter a clear, managed path from purchase to occupancy.

A NEIGHBOURHOOD BUILT FOR DISCOVERY

Framed by the Atlantic seaboard on one side and Signal Hill on the other, Green Point continues to hold its own as one of Cape Town's most walkable neighbourhoods. The promenade, the V&A Waterfront, DHL Stadium, and a strong café and restaurant strip are all close by, alongside everyday essentials. Grocers, a gym, and green spaces keep drawing permanent residents into the area, not just visitors to Cape Town.

It's a neighbourhood that rewards slower exploration, too. Beyond the well-known landmarks, Green Point's side streets hold their own smaller discoveries: independent cafés, corner delis and pocket parks that residents tend to find over time rather than all at once. **TWELVE**ON**B**, tucked into that same fabric, is designed to work the same way – a building with more to it than what's visible from the street.

Completion is targeted for April 2029, and apartments start from R3 495 000. For more information, visit twelveonb.co.za, email sales@blok.co.za, or call +27 66 186 1658.

ABOUT BLOK

Blok is a Cape Town residential property developer, building award-winning and industry-leading, intuitively designed urban apartments along the Atlantic Seaboard and in Cape Town's city centre. With over a decade of experience and 23 successful developments to its name, Blok has built a reputation for design-led apartments and thoughtfully integrated spaces intended to enhance city life, creating not just a home, but a place to belong, connect and thrive. Blok delivers urban living in a contemporary and innovative way; an ongoing invitation to rediscover the neighbourhood, and yourself, one address at a time.


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THE FAST TRACK TO A BETTER SMILE

WHY WHITENING SHOULD BE YOUR FIRST STEP

We asked independent oral hygienist and teeth whitening professional Emma King, who has performed more than 13,000 whitening cases, to explain the benefits of professional teeth whitening – and why it should be one of the first options considered when looking to improve your smile.

"When people think about transforming their smile, they often jump straight to veneers, bonding or other cosmetic treatments. But if the main concern is tooth colour, why alter healthy teeth when you can simply improve the colour of the teeth you already have?

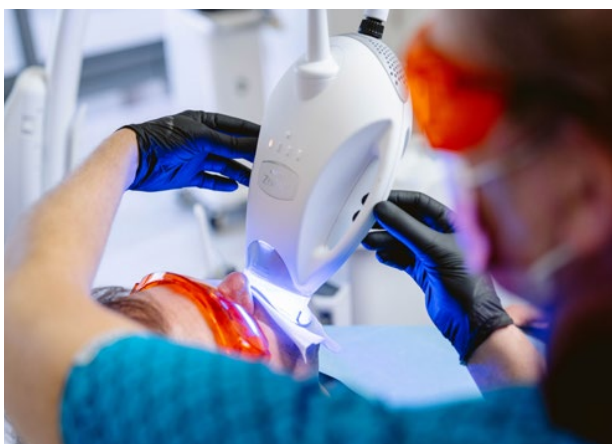
Professional whitening is one of the least invasive and most conservative whole-smile cosmetic treatments available. There's no drilling, no reshaping and, most importantly, no removal of healthy tooth structure. Your teeth remain your teeth – just brighter.

It can create one of the biggest visible changes to an entire smile without altering tooth shape, improving multiple natural teeth simultaneously. And when speed matters, professional in-chair whitening is one of the fastest ways to achieve a full-smile colour transformation – helping you smile faster.

It's also one of the most accessible and cost-friendly professional cosmetic options for transforming an entire smile. Results are easy to maintain and touch up, without the financial commitment or alteration of healthy tooth structure associated with more invasive treatments.

Whitening is also an excellent first step before considering further cosmetic dentistry. Once your teeth are lighter, reassess your smile. You may discover that far less additional treatment is actually necessary.

That's why I choose Philips Zoom. It offers all these benefits while its technology helps to remineralise and desensitise the



teeth during the whitening process – so we're looking after the teeth while we whiten them.

Whitening can't change tooth position, size or shape, and it won't change the colour of existing restorations. But if colour is your main concern, let's start there.

Maximum smile impact. Minimum intervention. Healthy tooth structure preserved. Faster results. Easy maintenance. Cost-friendly. Sometimes a better smile isn't about changing your teeth. It's about discovering just how good your own teeth can look."

Go to zoom.baltimore.africa for more information.

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SEVEN DAYS, SIX SHORES, ENDLESS MEMORIES

FROM THE ETERNAL CITY TO THE CÔTE D'AZUR ABOARD NORWEGIAN EPIC

There is something irresistible about beginning a Mediterranean adventure in Rome. By the time my wife and I stepped aboard Norwegian Epic in Civitavecchia, we had already stood beneath Michelangelo's Sistine Chapel ceiling and admired some of the Eternal City's greatest treasures. What followed was a week of spectacular scenery, memorable meals and extraordinary places, all enjoyed from the comfort of a luxurious floating hotel.



From the moment we arrived, Norwegian Epic impressed us with its scale, elegant interiors and exceptional service. The crew were friendly and attentive without ever becoming intrusive, and their quiet efficiency meant that everything from restaurant reservations to shore arrangements simply happened. It left us free to concentrate on enjoying the journey.

And then there was the food.

Our first dinner at Le Bistro, the French speciality restaurant, set the bar high. Elegant surroundings, polished service and beautifully presented food made it an excellent start to the cruise.

Cagney's Steakhouse provided another culinary highlight. I ordered the rib-eye steak with a decadent green peppercorn sauce and, quite frankly, it remains one of those meals I find myself thinking about long after the holiday has ended. My wife will tell you I have mentioned it more than once since returning home. She is probably right.

ROME BEFORE THE VOYAGE

We deliberately arrived in Rome a day before embarkation, giving us time to explore without the pressure of boarding a ship. A private guided tour took us into Vatican City and the Sistine Chapel, followed by a visit to the Basilica of San Pietro in Vincoli, where Michelangelo's Moses proved another memorable encounter.

Seeing these masterpieces in person after years of admiring them in photographs reminded me why travel remains so rewarding.

The following morning, we took the train to Civitavecchia and transferred to the port. The journey from Rome to the ship was remarkably straightforward, and we soon settled into our new surroundings.

FINDING OUR OWN WAY

In Salerno, we spent the day wandering through the old town, discovering narrow streets, lively squares and authentic Italian life at our own pace. With no timetable and no group to follow, we could stop for coffee, explore an intriguing side street, or simply sit and watch the world go by.









The next day, from Catania on the island of Sicily, we took a bus to Taormina. The hilltop town combines ancient history with spectacular views across the Ionian Sea, while its charming streets, cafés, and shops make it easy to lose an afternoon.

TIME TO SLOW DOWN

After several busy days ashore, our one full sea day proved unexpectedly welcome. With nowhere to be, we enjoyed the adult pool, soaked up the sun, and sipped colourful cocktails.

Later, we relaxed in the spa, while I took advantage of the ship's barber shop for a cut and shave. It was a wonderfully unhurried day and the perfect counterpoint to the constant stimulation of the ports.

Back on the Italian coast, Livorno provided another opportunity to explore independently, before we returned to the ship for dinner at Cagney's. Yes, I ordered the rib-eye again.

Some meals satisfy you. Others become part of a trip's story.

FALLING FOR MENTON

For me, the French Riviera was the highlight of our voyage.

After tendering ashore at Villefranche-sur-Mer, we caught the train along the coast to Menton. It was an inspired choice. Pastel-coloured buildings climb the hillside above the Mediterranean, while Italianate architecture, narrow streets and brilliant coastal light give the town an atmosphere all its own.

We wandered without an agenda, stopping to admire the views, soak up the atmosphere, and buy enough gifts and keepsakes to double the load on the way back up the hill to the train station. By the time we had to leave, neither of us wanted to go. We were already talking about returning for a longer stay.

Marseille offered a very different experience. We took a bus to the Basilique Notre-Dame de la Garde, high above the city, where panoramic views stretched across the Mediterranean towards the Château d'If. For anyone familiar with Alexandre Dumas's *The Count of Monte Cristo*, seeing the fortress in the distance added a literary dimension to the experience.

A FITTING FINALE

Our final stop was Barcelona, where an early guided visit to the Sagrada Família provided a spectacular conclusion.

Gaudí's basilica is extraordinary from the outside, but stepping inside is something else entirely. Coloured light pours through the stained-glass windows, illuminating an interior where almost every surface reveals another detail. After a week of exploring some of Europe's great cultural landmarks, it was difficult to imagine a more fitting finale.

Looking back, what made this cruise special was not simply the destinations. It was the combination of freedom, comfort and service. Norwegian Epic gave us the ideal base from which to explore to our heart's content.

We returned home with pleasant memories to last us a lifetime, a long list of places we would happily revisit, and the distinct feeling that seven days had passed far too quickly.

We would gladly do it all again.

FREE AT SEA: ADDING VALUE TO YOUR CRUISE

For South African travellers considering a Norwegian Cruise Line holiday, the Free at Sea package can add considerable value to the overall experience. Depending on the booking, the package can include benefits such as unlimited premium beverages, speciality dining, high-speed WiFi and shore-excursion credits. Including many of these extras rather than paying for them individually can make it easier to budget for a cruise before departure, while also giving passengers more freedom to enjoy what Norwegian Epic has to offer. Find out more about Free at Sea at: www.ncl.com/no/en/travel-blog/everything-to-know-about-free-at-sea.

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Venues: Joburg, Centurion, East London, Gqeberha, Cape Town, Kimberley & Benoni

PROTEAS WOMEN vs INDIA | 9 – 30 Dec 2026
Venues: Gqeberha, Paarl, Cape Town, Bloem, Benoni & Potchefstroom

PROTEAS MEN vs ENGLAND | 17 Dec 2026 – 15 Jan 2027
Venues: Joburg, Centurion, Cape Town, Paarl & Bloem

PROTEAS WOMEN vs AUSTRALIA | 18 Mar – 11 Apr 2027
Venues: Kimberley, Benoni, East London, Gqeberha, Paarl, Durban & Potchefstroom

*Fixtures correct at time of publishing

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{ TEXT: MONIQUE MURPHY | IMAGES: SUPPLIED }

JUICY DELICIOUS!

FRESH WAYS TO ENJOY STONE FRUIT THIS SUMMER

Aah, the first signs of summer. Longer evenings. Meals moving outdoors. Friends gathering around the table to enjoy good conversation and something fresh and delicious to eat. And then there is the arrival of the season's first peaches, nectarines and plums. Colourful, fragrant and naturally sweet, early-season stone fruit varieties bring sunshine, joy and the essence of summer into our kitchens.



"It's a time to celebrate the fantastic bounty of our locally grown, world-class stone fruit," says Wilechia van der Westhuizen, spokesperson for Juicy Delicious. "Right from the start of summer, freshly harvested peaches, nectarines and plums arrive at our favourite stores. They are so flavourful, juicy and versatile that there are unlimited ways to enjoy them. But when the fruit is this good, you want to keep it simple and let the fruit shine."

THE LAZY SUMMER GUIDE TO STONE FRUIT

Fresh and ripe is the simplest way to enjoy peaches, nectarines and plums. The goal is to celebrate the fruit itself, rather than getting into complicated, busy recipes. Whether you are pairing stone fruit with sweet or savoury, it needs so little to shine. Rather, think of two or three ingredients. That way you can enjoy quick assembly and minimal cooking.

For instance, a first-of-the-season, perfectly ripe dessert peach doesn't need intricate preparation. Paired with creamy cheese, a drizzle of honey and fresh herbs or crisp greens and grilled seafood, it becomes the natural hero of the plate.

EFFORTLESS WAYS TO ENJOY STONE FRUIT

Juicy Delicious (www.juicydelicious.co.za) have an extensive selection of delicious stone fruit recipes. Here are a few of our favourites.

- Sweet meets savoury with succulent Cheesy Peach and Ham Kebabs, perfect for alfresco eating, lunch boxes, picnics and healthy snacking. They take minutes to make, but the enjoyment lingers.
- Light, elegant, and fresh, Prawn and Nectarine-filled Vietnamese Spring Rolls are packed with fresh, crunchy veg, flavourful herbs, succulent nectarines, and delectable tiger prawns.
- Blend sweet, salty and umami in a Peach and Parmesan Summer Salad served on a bed of peppery salad leaves. It's a flavour bomb, quickly assembled for a poolside lunch or as the braai side dish with the wow-factor.
- Put simplicity to the test with a Honey, Lemon and Thyme Stone Fruit Salad. Effortless, fresh flavours in an unusual combination meld together beautifully for a fresh, light dessert.
- Elevate the lazy summer brunch with Sheet Pan Cottage Cheese Pancake and Summer Fruit Slaw. Top a cottage cheese tray pancake with thinly sliced nectarines and peaches tossed in lime juice and honey. It's simple, but such a spoil!
- A Nacho and Stone Fruit Dip Platter is perfect for starters, parties, braais, picnics, game nights and even lunchboxes. Whipped feta with nectarines and guacamole with peaches deliver the flavour.
- The Juicy Delicious recipe for a Stone Fruit Grazing Board with Cheese and Cold Meats is the perfect way to celebrate summer's arrival. Layered with cheeses, charcuterie and fresh stone fruit, it looks impressive, is easy to put together and is perfect for sharing.

Stone fruit has always been among summer's most versatile ingredients. Naturally juicy, peaches, nectarines and plums help you stay hydrated on hotter days. Stone fruit is also rich in vitamins and fibre. They pair beautifully with other fruit, vegetables, and herbs, as well as protein-rich foods such as meats and cheeses. Stone fruit not only fits comfortably into healthy lifestyles, but it is also highly appealing to young and old so that everyone can embrace the joys of summer.

For inspiration and recipe ideas, follow @juicydelicioussa on Instagram or visit www.juicydelicious.co.za.





HONEY, LEMON & THYME STONE FRUIT SALAD

Put simplicity to the test with this delicious fruit salad. Effortless, fresh flavours in an unusual combination meld together beautifully for a fresh, light dessert. Serves 4 to 6.

Ingredients

- 2 peaches, sliced into wedges
- 2 nectarines, sliced into wedges
- 2 plums, sliced into wedges
- 100 g feta, crumbled
- 30 g pistachios, roughly chopped
- 2 Tbsp honey
- Juice of 1 lemon
- 2 to 3 sprigs fresh thyme, leaves picked
- A small handful fresh mint leaves, torn

Method

Arrange the sliced peaches, nectarines and plums on a large platter. Whisk together the honey, lemon juice and thyme leaves until well combined. Drizzle the dressing evenly over the fruit. Scatter crumbled feta and chopped pistachios over the fruit. Finish with torn mint leaves and a few extra sprigs of thyme. Chill for 15 to 20 minutes before serving, or serve immediately.

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FAMILY FUN IN THE SUN

WHY NOSY BE IS THE IDEAL FAMILY ISLAND HOLIDAY

When South African families start looking at Indian Ocean holidays, Mauritius, Zanzibar and Mozambique are usually the first destinations that come to mind. Madagascar may sound more complicated or adventurous, but the island of Nosy Be offers a surprisingly easy family holiday.



Situated off Madagascar's north-west coast, Nosy Be has warm water, beautiful beaches, comfortable accommodation and plenty for families to do. Seasonal direct flights from Johannesburg make getting there simple, and families can enjoy the area without travelling across mainland Madagascar.

A BEACH HOLIDAY WITH MORE TO DO

Nosy Be offers a good choice of smaller beachfront lodges, family-run hotels and self-contained villas. Many have family rooms, swimming pools and a choice of half-board or all-inclusive packages.

Families wanting something different can spend a week aboard a private, fully crewed catamaran. The yacht becomes your floating hotel, carrying you between islands and quiet anchorages without the need to pack and unpack every few days.

An onboard chef prepares meals, while you can spend the day swimming, snorkelling, kayaking, paddleboarding, or fishing. The itinerary is flexible and can be adapted to suit the family's ages and interests.

LEMURS, TURTLES & ISLAND ADVENTURES

There is far more to a Nosy Be holiday than sitting beside the pool.

At Tanikely Marine Reserve, families can snorkel in clear water among colourful reef fish. Nosy Sakatia is known for its green turtles, which you can often see feeding in the shallow water close to the island. On Nosy Komba, families can see lemurs and visit the village, where locals sell embroidery, carvings, and handmade crafts.

A day trip to Nosy Iranja is another highlight. At low tide, a long white sandbank appears between two small islands. It is one of the most beautiful places in the Nosy Be archipelago and an unforgettable setting for swimming and walking along the beach.

Back on Nosy Be, families can visit local markets and ylang-ylang plantations or explore Lokobe National Park in search of lemurs, chameleons and other wildlife. Lemur Land is particularly popular with younger children. There is also plenty of time for uncomplicated holiday pleasures such as beach walks, swimming, relaxed lunches and watching the sun set over the Mozambique Channel.







TIME TO BE A FAMILY AGAIN

Nosy Be works particularly well for families who want their children to look up from their screens and become involved in the holiday, spending their time exploring islands, spotting wildlife, snorkelling, fishing and eating together.

It will not suit everyone. Families wanting a large resort with a full programme of activities and entertainment may prefer another destination. Although there are a few of these in Nosy Be as well. But, for those who want a more personal holiday and the chance to spend proper time together, Nosy Be is ideal.

The right accommodation and excursions will depend on the children's ages, the family's interests, the season and the available budget.

MadagasCaT has specialised in Madagascar travel since 2008. Founder Harriet Millson has visited the country more than 40 times and has personally inspected many of the properties and experiences recommended to clients. The MadagasCaT team arranges flights, accommodation, transfers and excursions, with each holiday planned around the individual family.

Plan with confidence. Travel with clarity.

Visit www.madagascat.co.za for more information.

NOSY BE FAMILY HOLIDAY IDEAS FOR SEVEN NIGHTS

Family Beach Escape
From R66,485 for a family of four.
Seven nights in a Sakatia Beachfront Duplex, including dinner and breakfast, a complimentary boat excursion around Sakatia Island to snorkel with turtles, and return airport transfers.

Island Hopping Adventure
From R88,355 for a family of four.
Seven nights divided between Nosy Be, Nosy Iranja and Nosy Komba, including accommodation on three islands, specified meals, transfers and five excursions.

Private Liveaboard Adventure
From R126,400 for a family of four.
Seven nights aboard a private yacht, including the crew, all meals, fuel for the leisure itinerary, transfers and selected onboard activities.

**Prices are indicative for two adults and two children aged 12 or older travelling during 2027. Rates for children under 12 are available. All arrangements are subject to availability and exchange-rate fluctuations. Flights, visas and items not specifically mentioned are excluded.*

HOLA

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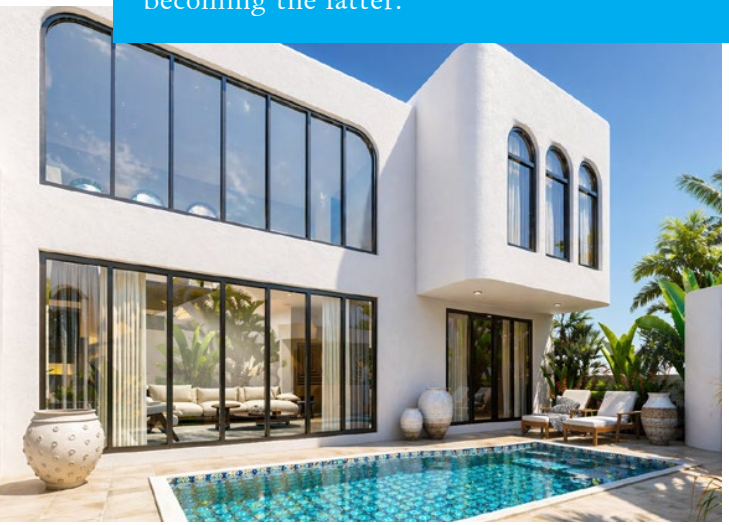
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DISCOVER HOLA PAJE

OWN THE ISLAND, EXPERIENCE AFRICA & INVEST IN THE FUTURE

Some destinations you visit; others make you want to return. Paje, Zanzibar, is increasingly becoming the latter.





On Zanzibar's southeast coast, Paje has evolved from a quiet beach village into one of the island's most exciting lifestyle destinations. Its extraordinary white sands, turquoise Indian Ocean, world-class kitesurfing, boutique hospitality, restaurants and international atmosphere have created a destination with genuine momentum, while still retaining the authenticity that makes Zanzibar so captivating.

For discerning investors, that combination creates an intriguing opportunity.

HOLA Paje is about being part of that next chapter.

With a limited collection of just 50 luxury private-pool villas, HOLA is designed for buyers who want more than a holiday home. It combines contemporary island living with an investment proposition, approximately 500 m from the famous Paje Beach.

Three villa options offer entry points from USD 270,000, with two- and three-bedroom residences designed around generous indoor and outdoor living, private pools and the relaxed sophistication of modern Zanzibar.

At the centre of the development is a dedicated Lifestyle Centre, bringing together dining, café facilities, retail, a supermarket, gym and co-working spaces. The concept is deliberately designed to create convenience without compromising privacy or a sense of escape.

But for investors, the real attraction goes beyond architecture.

The numbers are compelling.



Luxury villas in Paje can command indicative nightly rates of approximately USD 250 to USD 350, depending on villa type, season and occupancy.

For designated managed residences, HOLA offers a guaranteed minimum net rental return of 8% per annum for five years, subject to the applicable contractual terms. Targeted average rental performance is approximately 12% to 15%, creating the potential for a combination of income and long-term capital appreciation.

The Paje market's historical performance provides further context. Around four years ago, comparable off-plan villas sold for about USD 180,000. Today, some are reportedly selling for around USD 400,000. That is the kind of transformation that makes investors pay attention.

Of course, past performance doesn't guarantee future appreciation. But it shows what can happen when an emerging destination attracts growing international tourism, investment, and demand for quality accommodation. And HOLA is arriving at a particularly interesting moment.

THE ULTIMATE BUSH & BEACH LIFESTYLE

There is another dimension to owning property in Zanzibar that makes the proposition particularly compelling.

Tanzania is one of the world's great safari destinations; think: the Serengeti, Ngorongoro, Tarangire, the Big Five and the Great Migration.

For international travellers, one of Africa's most coveted itineraries combines several days of safari on the mainland with time on the beaches of Zanzibar.

Imagine beginning your journey in the Serengeti, watching the sunrise over the savannah and following wildlife across the plains. Then, after the excitement of the bush, you board a short flight to Zanzibar. Within hours, the landscape changes completely.

The savannah gives way to the ocean. Adventure gives way to relaxation. And instead of checking into another hotel, you arrive at your own villa in Paje. A private pool. Tropical surroundings. The Indian Ocean nearby. Restaurants and cafés within easy reach. Safari becomes the adventure. HOLA becomes the retreat.

For owners, this creates an extraordinary personal lifestyle proposition. The villa can be a family escape, a base for extended stays, a place to work remotely or simply somewhere to disappear to whenever the urge for sunshine and space takes over.

When you are away, the property can participate in the managed rental programme. It is, therefore, an asset that can potentially earn while you are not there, and create memories when you are.

THE LUXURY OF GETTING IN EARLY

The world's most interesting emerging property destinations tend to share a common characteristic: there is a window when the opportunity is visible, but before the market has fully priced it in.

Paje may be approaching that point.

It is no longer undiscovered, but it is still developing. Tourism is expanding, infrastructure is improving, and demand for high-quality private accommodation is growing.

HOLA offers investors the opportunity to enter this market from USD 270,000, with only 50 villas planned.

For the lifestyle buyer, it is a private piece of Zanzibar. For the investor, it is an opportunity targeting strong rental performance with an 8% guaranteed minimum net return for five years on qualifying residences. And for the traveller who understands the magic of Tanzania, it offers something even more special:

- Safari on the mainland
- Paradise in Zanzibar
- Your own villa in Paje.

Own the island, experience Africa and invest in the future – Discover HOLA Paje.

For more information, please visit holapaje.com or Instagram (@holapajezanzibar).

Returns, nightly rates and capital appreciation figures are indicative. The 8% guaranteed minimum net rental return applies to designated managed residences and is subject to the applicable contractual terms and conditions.







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BEAUTY TAKES OFF

YOUR SEASONAL GROOMING RESET

October has arrived, which means summer is peeking around the corner, and your beauty routine may be starting to feel a little heavy. The good news? You don't need a complete makeover. You just need a reset. Think lighter textures, brighter colours, healthier-looking skin and a grooming kit that doesn't require its own suitcase. Whether you're heading away for a long weekend, flying home to see family or simply preparing for the summer social season, October is the perfect time to edit your routine and make room for a little more glow.



FIRST STOP: YOUR BATHROOM CABINET

First, take a good look at what you already own. That moisturiser you've been using since approximately 2019? Time to chuck it. The sunscreen hiding at the back of the cupboard? Check the expiry date. The collection of half-used products you bought because someone on social media promised miraculous results? You know what to do.

A spring beauty reset is as much about less as it is about more. Keep the products you actually use. Get rid of the ones that have changed in smell, colour or texture, and resist the urge to create a 17-step routine simply because the weather has changed. Your skin doesn't need a complicated itinerary.

THE LIGHTER, BRIGHTER RULE

As temperatures rise, heavy layers can start feeling uncomfortable – and that applies to beauty products too.

Swap thick creams for lighter moisturisers if your skin prefers them. Look for hydrating products that don't leave you feeling like you've applied a blanket to your face. And make sunscreen non-negotiable. A broad-spectrum SPF should be part of your morning routine, whether you're spending the day at the beach or sitting behind a laptop. If you're travelling, keep your sunscreen somewhere accessible, not buried beneath six pairs of socks.

HAIR: EMBRACE THE GOOD-WEATHER MOOD

Humidity, wind, swimming, and long days outdoors all have opinions about your hairstyle, so work with them rather than against them.

A sleek ponytail, textured bun, braids or your natural texture can all be easier options when the temperature rises. For longer hair, a little leave-in conditioner can help with dryness and make post-swim detangling considerably less dramatic.

And if you're flying, don't arrive at your destination determined to recreate the hairstyle you left home with. The phrase "holiday hair" exists for a reason. Embrace it.

THE FIVE-MINUTE FACE

Spring is also the perfect season for a beauty routine that looks like you tried – without requiring you actually to try very hard. Think:

- Tinted moisturiser or lightweight base
- A touch of concealer
- Cream blush
- Mascara
- Brow gel
- Lip balm or gloss.

Done.

The goal isn't perfection. It's looking fresh enough that people assume you slept for eight hours and drank enough water. You don't have to tell them otherwise.

THE TRAVEL BEAUTY EDIT

Air travel can be particularly unkind to skin, so keep your in-flight beauty strategy simple.

Hydrate. Avoid experimenting with a dozen new products on travel day. Keep lip balm handy. If your skin tends to feel dry, pack a small moisturiser in your hand luggage.

And remember: your plane is not a beauty salon. You don't need to perform an entire skincare ritual in your seat. A discreet moisturiser, lip balm and perhaps a refreshing facial mist are plenty. Save the full routine for your destination. Your fellow passengers will appreciate it.

HANDS, FEET & EVERYTHING IN BETWEEN

As sandals, shorts and short sleeves return, the details suddenly become more visible. Give hands and nails some attention. Keep feet moisturised and nails neat. If you enjoy colour, spring is the time to have fun with it – soft pinks, bright reds, corals, playful pastels or whatever makes you happy. And don't forget the simplest grooming essential of all: deodorant. It's warm. We'll all be sharing spaces. Let's be considerate.



FRAGRANCE: GO EASY

Nothing says "summer has arrived" quite like fragrance, but warmer weather is also a good reason to reconsider how much you're applying.

Heat can intensify fragrance, so a lighter application may be all you need. For travel, a small fragrance or rollerball can be easier to pack than a full-size bottle. And when you're on a plane, remember that not everyone wants to experience your fragrance journey with you. A little goes a long way.

YOUR SUMMER EMERGENCY KIT

Build a small beauty-and-grooming kit that can move from handbag to carry-on to weekend bag.

Include the essentials: sunscreen, lip balm, moisturiser, deodorant, hair ties, a comb or brush, hand sanitiser, tissues and whatever personal grooming products you genuinely can't live without.

THE ULTIMATE SPRING BEAUTY RULE

Perhaps the biggest beauty trend for October isn't a particular lipstick, hairstyle or skincare ingredient. It's looking – and feeling – like yourself.

Spring is about coming out of hibernation, getting outside and remembering that beauty doesn't have to be complicated. So, lighten the layers. Protect your skin. Drink some water. Get some fresh air. Book the haircut you've been postponing. Put on the colour you've been saving for "someday". And if you're heading off somewhere sunny? Pack the sunscreen. Everything else is negotiable.

{ TEXT: LINDA CHRISTENSEN | IMAGES © JULIA M CAMERON/PEXELS.COM & MAGNIFIC }

HOW TO RAISE A NEGOTIATOR

LONG BEFORE THEY REACH THE BOARDROOM

Negotiation is often a skill set associated with boardrooms, courtrooms and high-stakes commercial deals. What parents, however, are not realising is that they are already negotiating during the most formative moments of their children's lives – during bedtimes, homework, screen time, and the endless squabbles over who gets the front seat.

According to Advocate Veerash Srikison, a mediator and lecturer in Leadership at the Stellenbosch Business School Executive Development, negotiation is not a corporate trick children pick up later in life: "Negotiation is a life skill, and, like every life skill, it is best learned early and practised daily. I have mediated many a conflict, witnessing disputes that could have been avoided if they had learned, as children, how to negotiate well".

At home, children are too often treated as subjects of a decision rather than participants in it, and talked about rather than negotiated with. In raising a capable negotiator, the distinction lies between deciding *about* your child and deciding *with* them. "When you teach your child to negotiate, you are not raising a sharper deal-maker. You are raising an adult who can disagree without destroying, who can hear an opposing view without feeling threatened, and who can solve problems with words rather than walls," Advocate Srikison says.

The United Nations Convention on the Rights of the Child and the South African Children's Act recognise that children have a right to be heard in matters that affect them, with weight given to their views according to their age, stage of development and maturity.





This does not mean that you hand your child the keys to the household, says Advocate Srikison. "When you listen to your child, you teach them to reason, and a child who learns to reason learns to negotiate rather than to demand. When you encourage negotiation, you teach participation rather than victory."

The everyday discipline of negotiation comes down to a few habits you and your child can practice together. One simple way to start is to help your child see the difference between a position and an interest. When your child insists on staying up an extra hour, the position is "later bedtime". Their interest might be a fear of missing out or simply wanting more time with you. Once you hear the interest, you can offer a real trade, such as a later bedtime at the weekend in return for a calm weekday routine. By doing so, your child learns that good outcomes come from understanding what the other person actually needs.

Advocate Srikison says it's important to give children real but bounded choices. Rather than asking, "What would you like to do?", parents can ask, "Would you prefer to do homework before supper or after?" Both answers work for the parent, letting the child experience genuine agency while learning that negotiation works within limits.

"Remember to praise the reasoning, not only the result. When your child makes a fair argument, name it: 'That's a good point, you've thought about your sister too'. You are rewarding the very skills of perspective-taking, fairness and problem-solving – attributes that make for a strong negotiator," she says.

Advocate Srikison encourages parents to ask before arguing. "Most conflicts are misunderstandings in disguise, and a genuine question often dissolves them. The best agreements, as any seasoned negotiator will tell you, are the ones people reach themselves, so a solution your child helps to design is one your child will honour," she says. "You should also know that your children are watching you far more closely than they are listening to you. When you negotiate with their other parent or your partner respectfully in front of them, calmly, without contempt, reaching a decision that works for both of you, you teach more than any lecture could."

The hardest negotiations you will have are not about screen time. They are the difficult conversations about divorce, illness, money, grief or your child's own struggles, and here, communication matters far more than tactics. "I have witnessed the harm done when parents, meaning only to protect, shut their children out of conversations that reshape their children's entire world. A child shut out of a difficult conversation does not feel protected. They feel powerless, and they fill the silence with fears far worse than the truth," she says.

Including your child does not mean burdening them with adult detail. It means age-appropriate honesty, delivered with care. Parents should choose the right moment to talk, rather than raising difficult issues in passing. Lead with reassurance by telling children what will stay the same before you explain what will change. Plain, concrete language matters because children hear euphemisms as evasion. Invite questions and feelings, and resist the urge to fix every problem with a biased solution.

"Sometimes the most powerful thing you can say is, 'That's a hard thing to feel, and I'm here to listen to you'," she says.

Listen more than you speak and reflect what you hear, such as saying: "It sounds like you're worried about your friends at school", so your child knows they have been understood.

"This is the same skill that sets a real negotiator apart from a mere arguer: you are not there to win the conversation, but to make space for the other person to be heard and to help shape what comes next," she says. "You are, in the truest sense, building communication, and communication, as I have long believed, is what builds collaboration and understanding. That lesson does not begin in a boardroom. It begins at your kitchen table, with a child who has been given a voice and taught how to use it well."



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THE SCIENCE OF A PERFECT FINISH

WHAT YOU NEED TO KNOW ABOUT PAINT PROTECTION FILM

Paint Protection Film (PPF) and ceramic coatings have become increasingly popular among South African motorists looking to preserve their vehicles' appearance and value. While these products serve different purposes, they are often grouped together and marketed in much the same way. According to XPEL South Africa, understanding the differences between these products and how they are applied is just as critical as your initial decision to invest in vehicle protection.

The science behind PPF products can be surprisingly complex, with factors such as film construction, adhesives, installation techniques and ongoing maintenance all influencing long-term performance. Choosing the right solution requires more than comparing prices. Product quality, installer skill, and the technology behind it all play a significant role in determining whether your investment protects your vehicle or becomes an expensive mistake.

IT'S NOT JUST ABOUT THE FILM

Applying PPF is a highly specialised skill that requires training, experience and precision. Even the best film can produce disappointing results if it's poorly installed, while a lower-quality product may look good at first before problems appear.

XPEL attributes much of its global success to installer training. The company has invested heavily in manufacturer-approved training programmes and technical support, believing that even the most advanced film can only perform as intended when installed correctly.

As with any specialised trade, choosing an experienced installer is essential. The fitment process demands an understanding of modern vehicle paint systems, film behaviour and installation techniques. Poor workmanship can cause lifting edges, visible joins, trapped contamination, and even damage to paintwork during installation or removal.

Before committing, ask what product is being used, whether the installer has received manufacturer-approved training and whether the installation is backed by a meaningful warranty.

One of the most misunderstood aspects of PPF is film thickness. While thicker films generally provide greater protection against stone chips and road debris, thickness alone doesn't determine quality. The adhesive layer, polyurethane construction and clear top coat all contribute to the film's overall performance.

A quality adhesive should be strong enough to keep the film securely in place during an impact, yet still allow safe removal years later without damaging the paint beneath. Likewise, the top coat plays an important role in resisting stains, chemicals and UV exposure while providing the self-healing properties found on many premium films.

If an installer makes claims about film thickness, ask to see the Technical Data Sheet (TDS). Importantly, the quoted thickness should refer only to the installed film and not include the protective release liner or cap sheet, both of which are removed before installation.

XPEL has consistently been at the forefront of PPF development. The company introduced one of the industry's first self-healing films in 2011 and continues to refine its products through ongoing research and development. Today, its range includes films of varying thicknesses and finishes, from its OEM-approved Ultimate Plus range to Stealth matte PPF and colour-infused films, allowing customers to choose a solution that best suits their vehicle, budget and driving conditions.

PRE-CUT OR CUSTOM FIT?

Modern PPF installations generally fall into one of two categories: pre-cut patterns or bulk installations.

Pre-cut systems use digitally designed templates that match individual vehicle panels, allowing installers to fit the film without cutting directly on the vehicle. This significantly reduces the risk of accidental paint damage while delivering consistent results.

XPEL pioneered one of the world's first digitally pre-cut pattern systems and continues to develop its proprietary Design Access Program (DAP), which is used by installers and vehicle manufacturers around the world. Because the software is developed specifically for XPEL films, it accounts for the material's stretch characteristics, adhesive properties, and installation requirements to achieve a precise fit.

Bulk or custom installations involve applying larger sheets of film before trimming them by hand. When performed by an experienced technician, this method can deliver excellent coverage. However, because cutting takes place on or around the vehicle, it requires exceptional skill.

Some installers also remove trims, badges, or body panels to hide film edges. While this can create a cleaner appearance, it also introduces the possibility of damaged clips, altered panel alignment or unnecessary disturbance of the vehicle's original factory assembly. Whether this approach is worthwhile often comes down to personal preference.

LOOKING AFTER YOUR INVESTMENT

Discolouration is one of the most common concerns among vehicle owners, but it rarely has a single cause.

While premium films are designed to resist yellowing, incorrect cleaning chemicals, incompatible ceramic coatings, prolonged exposure to contaminants, and even storing a damp vehicle beneath a car cover can all contribute to staining over time. Lower-quality films may also use inferior clear coats that deteriorate more quickly under prolonged UV exposure.



This is why XPEL recommends using cleaning products specifically approved for PPF and following the manufacturer's maintenance guidelines. Regular washing also helps prevent dirt and environmental contaminants from becoming embedded in the film's surface. Like automotive paint itself, PPF requires routine care. No protective film is completely maintenance-free.

QUESTIONS WORTH ASKING

Before investing in PPF, it's worth asking a few important questions:

- Which brand of film is being installed?
- Can the installer provide the product's Technical Data Sheet?
- Has the installer received manufacturer-approved training?
- Is the installation covered by a recognised warranty?
- Will pre-cut patterns or hand trimming/cutting be used?
- What maintenance products are recommended after installation?

The answers will often tell you far more than the price alone.

A professionally installed, high-quality paint protection film can help preserve a vehicle's finish, reduce repair costs from everyday stone chips and maintain resale value over the long term. However, choosing a reputable installer is just as important as selecting a premium product. With a global reputation built on innovation, research and installer training, XPEL has helped shape many of the technologies now considered standard within the PPF industry.

Taking the time to choose a reputable installer and a proven product from an established manufacturer such as XPEL is the best way to ensure your vehicle receives the protection it deserves.

For more information, visit xpel.za.com.



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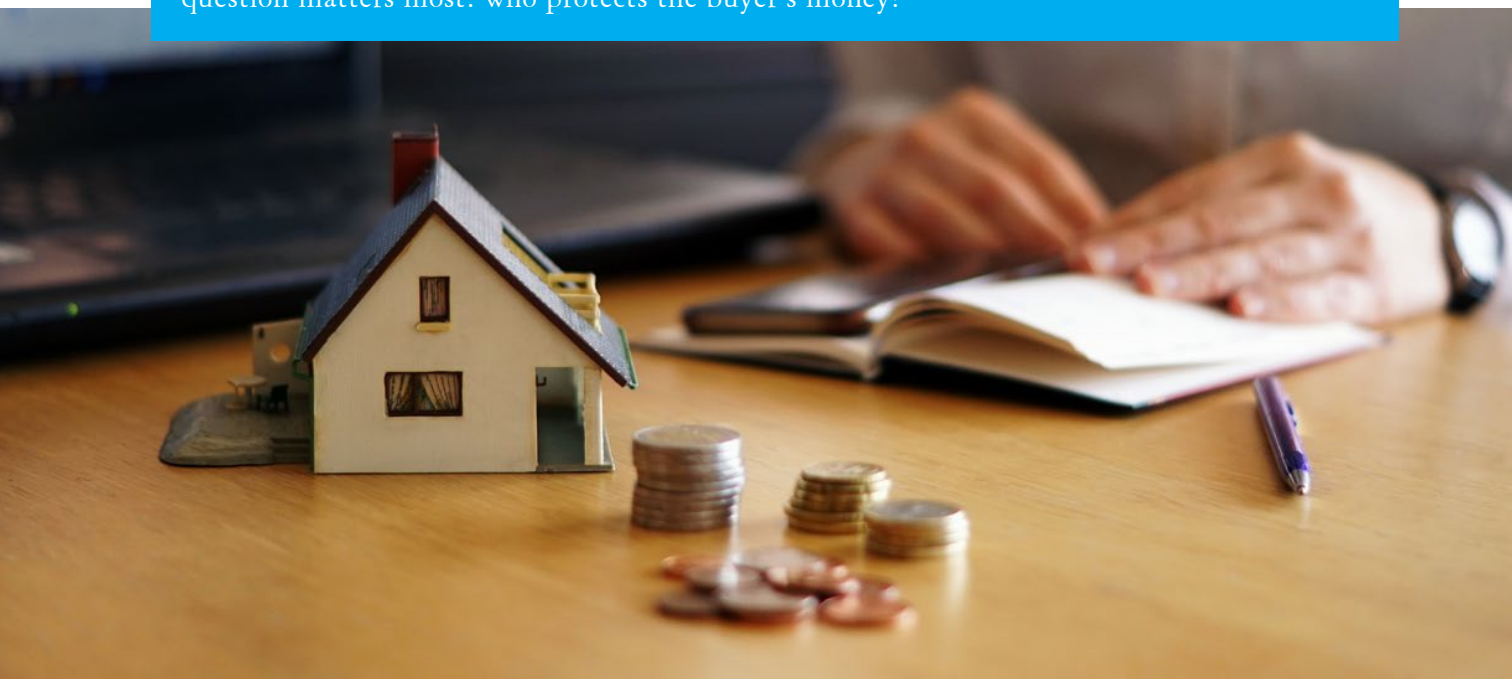
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SECURING YOUR DEPOSIT

WHO PROTECTS YOUR FUNDS WHEN PROPERTY DEALS COLLAPSE?

A real estate deal that starts smoothly with a signed Offer to Purchase (OTP) and a paid deposit can quickly run into delays, disputes or outright collapse. And when that happens, one question matters most: who protects the buyer's money?



A string of interest rate cuts over the past few years has increased activity in the local property market, along with the volume of deposits being moved. While this is good news for the South African property market, it raises the importance of secure, transparent fund protection when transactions encounter problems.

"People assume property transfers are linear and guaranteed once the offer is signed," says Jackie Smith, CEO of Buyers Trust, a safe and secure bank-hosted deposit solution for homebuyers. "But the reality is that many transactions hit obstacles long before registration takes place. Bond approvals can stall, compliance certificates can delay transfer, and disputes can arise over fixtures, deadlines or contract terms. In some cases, buyers or sellers may even walk away within the conditions of the agreement".

In many cases, the deposit is the buyer's first major financial exposure. "It's often between 10% and 20% of the purchase

price and is usually paid well before transfer," Smith explains. "In some cases, however, buyers – especially cash buyers – may pay the full purchase price upfront, creating an even greater level of financial exposure. If the deal falls apart, buyers want to know: where is my money, who controls it, and how quickly can it be returned?"

IF THE DEAL TURNS SOUR

In most transactions, the deposit is held in a conveyancer's trust account until settlement. However, when disputes arise between buyers and sellers, handling and releasing those funds can become more complicated.

"Conveyancers may act for the seller in facilitating the transfer process, while simultaneously holding funds in trust on behalf of the purchaser until registration takes place. This can create tension when transactions collapse, and disputes emerge over who is entitled to the deposit."

Until the transfer is complete, Smith explains, the conveyancer holds the purchase price or deposit on the purchaser's behalf. "But if a dispute develops between the buyer and seller, the release of those funds can become delayed while legal positions are clarified or contested." The result is often frustration, uncertainty and prolonged waiting periods for buyers who believed their deposit was secure.

Smith shares three practical ways buyers can better protect themselves during the property transfer process.

KNOW WHERE YOUR DEPOSIT IS BEING HELD

Before transferring any funds, buyers should understand who is holding the deposit – conveyancers, estate agents or secure deposit specialists. Buyers should also consider how many parties handle the money. "The more touchpoints in the process, the greater the risk of delays or unnecessary exposure. Buyers should prioritise secure and transparent deposit structures that limit unnecessary handling of funds while maintaining clear oversight throughout the transfer process."

UNDERSTAND RELEASE CONDITIONS

Disputes often arise around bond approvals, compliance certificates or cancellation clauses.



"Buyers must understand exactly what needs to happen before funds are released," she says.

"Opting for independent deposit solutions such as Buyers Trust ensures funds are held in a bank-hosted account in the buyer's name with controlled encrypted release mechanisms in place."

STAY ALERT TO CYBERCRIME

Cybercriminals increasingly target property transactions through phishing emails and fraudulent payment instructions. "Always verify account details independently and never rely solely on email communication when transferring funds," Smith advises. "Fraudsters often exploit urgency and confusion during stalled or delayed transactions, making independent verification and secure accounts essential."

MORE THAN A LEGAL PROCESS

Smith says deposit protection ultimately safeguards one of the biggest financial moments in a person's life. "When a property deal collapses, the financial and emotional impact can be enormous. No buyer should ever be left questioning where their money is, who controls it or whether it can be recovered," notes Smith. "In today's property market, with potential disputes and phishing risks, protecting the deposit is not just an administrative step but a critical financial safeguard when transactions don't go according to plan."



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CHOOSE YOUR OWN ADVENTURE

TOYOTA LAND CRUISER FJ VX & SUBARU FORESTER PREMIUM

Who remembers those Choose Your Own Adventure books that were so popular in the 80s and 90s? These interactive books put you at the centre of the action and allowed you to control the plot. You find a dark, scary-looking cave. Do you turn to page 4 to walk into it, or to page 8 to climb up the rocky ledge above it? You find a treasure chest. Do you turn to page 15 to open it with a small key, or to page 18 to ignore it and continue with your adventure? I was reminded of these books after recently test-driving the new Toyota Land Cruiser FJ VX and the Subaru Forester Premium. Both allow for exploration and fun, but which one you choose depends very much on what kind of adventurer you are. If your ideal Saturday looks like getting up early to catch the sunrise, gravel roads, a cooler box in the back and no cell phone signal, you're probably a Land Cruiser FJ person, but if it starts with a morning coffee, a hike, lunch at a country restaurant and a leisurely drive home, the Forester should probably be your steed of choice.







LAND CRUISER FJ: THE ADVENTURER

The Land Cruiser name comes with a certain cachet (justly earned in over seven decades of taking owners wherever they wanted to go, road or no road) and has long been associated with a lifestyle characterised by exploration and adventure. The launch of the Land Cruiser FJ – a more compact, yet still capable model – aims to introduce that lifestyle to an even broader range of adventure seekers.

In case you were wondering, FJ is used here to evoke "freedom and joy", which I discovered was particularly apt. The design has proved a little polarising, but I, for one, found joy in its pretty Calcite Blue paint colour and cute, boxy shape, complete with a side-opening boot, rear-mounted spare wheel (full size), and beefy-looking design elements that all scream: "Camping adventure anyone?"

Plus, it has the build to back up its appearance. It boasts a super-durable ladder-frame platform, like its larger siblings, plus structural bracing and extensive use of high-tensile steel for added stability and rigidity. Its high-mount double wishbone front suspension and four-link rigid rear suspension are particularly well tuned to deliver comfortable on-road driving while handling rough terrain with relative ease, aided by a generous 245 mm of ground clearance.

This is no soft roader, though. It uses a part-time four-wheel-drive system with selectable H4 and L4 modes and a rear differential lock, and boasts a 29-degree approach angle and a 38-degree departure angle, so when the road ends, your adventure doesn't have to.

Roughing it on the road doesn't mean roughing it in the cabin, though. The top-of-the-range VX model we tested boasted black synthetic leather upholstery and steering wheel, as well as a more advanced suite of driver-assistance systems, including a pre-collision system, adaptive cruise control, adaptive high beam system, and a blind spot monitor. We liked the old-school handbrake, which suits the car's rugged DNA, but electrically adjustable seats in the top-spec model would have been a nice addition.

With any choose-your-own-adventure, there are always going to be positives and negatives with any choice, and the Land Cruiser FJ is no exception. While the positives far outweigh the negatives, it is worth noting that the infotainment system could be significantly better, especially compared with some of the new-generation motoring manufacturers flooding the market today. The 8" screen is too small and does not offer wireless smartphone pairing, and while our VX boasted a reverse and bird's-eye camera, they were not as crisp and high-res as we have become used to.

The second major sticking point is the engine – a 2.7-litre 2TR-FE petrol engine mated to a six-speed auto transmission. Its relatively modest figures of 122 kW and 245 Nm mean that it often feels under significant strain under hard acceleration, and lacks some of the oomph one would generally expect from an off-roader. It'll get you where you need to go (with a claimed fuel consumption figure of 10.7 l / 100 km, whereas our own combined cycle returned higher figures of 12.8 l / 100 km). For those contemplating serious overlanding, it may be worth waiting to see whether Toyota eventually adds a diesel derivative – something that has been widely speculated about, but which has not yet been confirmed.

On the whole, though, the Land Cruiser FJ is a fun and capable addition to the Land Cruiser family; one where there are almost no limits to the adventure you choose. If you have been gazing out the window of your flight, you will have witnessed the vastness of South Africa; and from behind the wheel of the FJ, you can explore it.

The Land Cruiser FJ 2.7 4x4 6AT VX is priced at R761,400.

SUBARU FORESTER: THE EXPLORER

While the Forester may not boast as long a history as the Land Cruiser, it has still been a staple of Subaru's stable for close to three decades and has built up a loyal following in that time – to the extent that more than 50% of all Subarus sold in SA are Foresters.

The latest version is sure to keep winning over buyers who love to explore, whether that means an impromptu weekend away or trying a different route on the school run. The Forester understands that you don't need to live for the outdoors to love getting outside, and it expertly blends comfort, family-focused practicality, and enough capability and adventurous spirit to tackle many of South Africa's less-than-perfect roads.

While the Forester is certainly not designed to throw around a 4x4 course, it still boasts some great off-road credentials, including a 20.3-degree approach angle and 25.8-degree departure angle and a ground clearance just 25 mm lower than that of the Land Cruiser FJ. Its symmetrical AWD also inspires confidence and ensures spirited, grippy driving on a host of road surfaces.

Weekend explorers will also appreciate the particularly practical touch of a heavy-duty rubberised boot liner and floor mats – the back seat mats even extend across the drivetrain hump – ensuring the carpets are well protected. It also means you need not worry about muddy feet and paws because you can just pull out the mats afterwards and hose them down. Another indicator of the Forester's outdoorsy bent is the contour line decorative details on the inside bottom of the doors and in the boot. And if you look closely, you'll even spot a cute little pair of boots in one, and a little lantern in the other.

It is this attention to detail that makes the Forester a particularly good family car. The rear is well specced for passengers, with dedicated air vents and USB charging points, plus plenty of leg and head room. The powered tailgate has a kick-open function, and inside the boot you'll find useful touches like shopping bag hooks, a power socket, and a nifty one-touch button to drop the back seat.

This thoughtful design continues in the cockpit, where the infotainment system is officially the only one I have ever used





SK/000098

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that walked me through a step-by-step guide on how to pair my smartphone via Bluetooth (admittedly, I didn't need the tutorial, but it must be super useful for those people who do). Unlike the Land Cruiser FJ, it offers wireless smartphone connectivity, and its reverse camera is significantly clearer. On the downside, the graphics on the infotainment system feel a little outdated, and on the whole it looks quite cluttered – perhaps because of its portrait-style design. Niceties include electrically adjustable front seats, a heated steering wheel and a Harman Kardon 10-speaker sound system in the Premium derivative.

Like the Land Cruiser FJ, the Forester comes with a solid list of safety and driver-assistance features, including Subaru's unique Emergency Driving Stop System, which uses audible and visible warnings as well as pulsating brakes to try to rouse a driver if they are unresponsive. If that fails, it will stop the car, activate the hazard lights, and unlock the doors. It's a feature I never want to need, but it's nice to know it's there.

The Forester is powered by Subaru's signature 2.5-litre BOXER engine, which produces 136 kW and 247 Nm, delivering a well-powered, responsive driving experience with good steering feedback. Our week with the Forester returned fuel consumption figures of 10.3 l / 100 km – not great, but not worst in class either.



If there is any downside to the Forester, it's its exterior styling. It's perfectly nice, and comes in some attractive colours, but it's unlikely to stand out in a crowd, as the Land Cruiser FJ does. But then, as most explorers know, what you're wearing on the journey is less important than actually getting to your destination, and doing so in comfort.

The Subaru Forester 2.5i Premium is priced at R830,000.

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THE ICON THAT REFUSES TO GROW OLD

VW GOLF GTI 2.0 TSI DSG

Some cars need a little introduction. The Golf GTI isn't one of them. Mention those three letters and even people who couldn't tell a turbocharger from a toaster generally know what you're talking about. The Golf GTI has been around for so long, and become so firmly embedded in popular culture, that it is arguably less a car than a household name.



The first Golf GTI appeared in 1976, a small and relatively affordable hatchback with enough performance to blow its owners' hair back just a little more than the competition. Nearly five decades later, the recipe remains surprisingly familiar: take a practical Golf, add a healthy dose of performance, sprinkle liberally with red detailing, and send it out into the world to have some fun.

The latest version gets a 2.0-litre turbocharged engine producing 195 kW and 370 Nm, mated to a seven-speed DSG gearbox. Volkswagen claims 0 – 100 km/h in 5.9 seconds and a top speed of 250 km/h. Those are impressive numbers, but numbers aren't really the reason you buy a GTI. The reason is that it is a GTI.

STILL RECOGNISABLY A GTI

Volkswagen has resisted the temptation to reinvent the Golf every time trends change. Each generation asks essentially the same question: how do you make a Golf more entertaining without ruining what makes a Golf useful?

The latest Golf GTI has evolved the formula rather than reinventing it. The exterior gets a sharper, more contemporary look, with new LED Plus headlights and a more purposeful front end. The red accents, distinctive wheels and sporty stance remain, but the overall effect is more mature. The illuminated Volkswagen badge is a cool touch.

Inside, the GTI reminds you that you've bought something special without covering everything in carbon fibre or plastering "SPORT" across every available surface.

The heated, electrically adjustable Vienna leather sports seats are the obvious starting point. They're deeply bolstered and supportive, while the red stitching and detailing provide the familiar GTI signature. The steering wheel gets some sporty treatment, too.

The cabin feels premium, with good-quality materials, modern displays and a general level of finish that gives it a slightly more upmarket feel. The new 12.9" infotainment screen is a definite step forward, with a cleaner interface and sharper graphics, while the Digital Cockpit keeps the information in front of the driver clear and easy to read.

There is one small fly in the ointment, though: piano-black trim around the centre console. It looks lovely when it's clean, but give it five minutes, and it invariably gets covered in fingerprints and dust.

SMALL BACK SEAT. BIG BOOT

The Golf GTI is a five-door hatchback, but the back seats are probably better described as useful than luxurious. They'll do the trick for children and smaller adults, but taller passengers may find things a little snug.

Fortunately, the boot is more accommodating. There's enough room for a family's worth of luggage, while folding the rear seats turns the GTI into a surprisingly useful load-lugger.

This is where the GTI's cleverness becomes apparent. You can use it every day without feeling you've sacrificed your life in the name of performance, then point it towards the open road without feeling you've sacrificed performance in the name of practicality.

THEN THE ROAD GETS INTERESTING

This, of course, is where the GTI starts to earn its stripes. With 195 kW and 370 Nm on tap, there is no shortage of oomph, and the seven-speed DSG makes good use of it. Pull a paddle, select Sport, and the sensible Golf suddenly develops considerably more attitude.

The steering is precise, and the front end feels sure-footed. Progressive steering and an electronic front-axle differential lock help make the GTI feel particularly composed when you're pushing on.

Adaptive chassis control lets you alter the car's character to suit your mood or the road conditions, so you can keep things civilised when heading to the shops and sharpen things up when the road ahead looks inviting.

A SMALL COMPROMISE

The GTI's 19" wheels look fantastic, but their 235/35 R19 low-profile tyres mean rougher roads can make themselves felt. On smooth tarmac, the car feels beautifully composed; over potholes and patched-up sections, the ride can become a little busy.

It's a small price to pay for the sharp handling and purposeful appearance, but worth keeping in mind if your daily commute involves a generous helping of South African roads.

Our real-world fuel consumption figure was 9.3 l/100 km, but given the performance on offer, it feels worth it.





ICONIC

Perhaps the most remarkable thing about the Golf GTI is how little it needs to prove. The red accents, distinctive wheels and those three letters tell you almost everything you need to know. That's the thing about cultural cachet: you don't have to explain it.

The GTI has survived because it has remained very good at being one particular thing – a genuinely enjoyable car that you can use every day. It can carry your luggage, your children and get you through a Monday morning commute without complaint. Then, when the traffic thins out, and the road starts to twist, it reminds you why you bought it.

Some cars become icons because they belong to a particular era. The Golf GTI has managed something harder. It has made itself relevant to all of them.

The Volkswagen Golf GTI 2.0 TSI DSG is priced at R908,000.

WHY HAVE FOUR WHEN YOU COULD HAVE SIX?

More capability, more practicality and more presence. These attributes define the new Ulterio Motiv-built Jeep Gladiator Maximus 6x6. By adding a third axle to Jeep's already highly capable Gladiator platform, Ulterio Motiv has created a unique 6x6 chassis for customers who need substantially greater load-carrying ability without sacrificing the vehicle's inherent off-road capability.

The product aims to provide customers with a highly capable chassis and a blank canvas to create a vehicle tailored to their individual requirements. Whether intended for overlanding and camping, specialist applications, or serious off-roading, the Gladiator Maximus 6x6 provides the foundation for a wide range of bespoke builds.

Customers can specify components to suit their requirements, including suspension, wheels, tyres, bull bars, and other equipment. Once the conversion is complete, the rear of the vehicle can be configured to suit its intended application, with a substantially larger loading bin providing additional space and practicality compared with the standard Gladiator.



The conversion increases the vehicle's GVM (gross vehicle mass) capacity to 3,490 kg, up 690 kg over the standard vehicle. Loading capacity increases to 1,090 kg, while the larger rear loading bin adds 1,040 mm of length for a total of 2,530 mm. Only a standard driver's license is required to drive the Maximus 6x6 on public roads.

Visit www.ulterio.co.za for more information.

SAFETY SHOULD NEVER BE TREATED AS AN OPTIONAL EXTRA

Getting a five-star Euro NCAP crash rating confirms how a vehicle performs against a specific, scripted collision, tested under controlled conditions and a fixed set of variables. It is the highest safety rating a car can get and says a lot about how seriously manufacturers take safety.

That said, how a car behaves in a test environment differs from how it behaves on a rain-slicked highway at dusk, or on an unpredictable stretch of road in a KZN snowstorm. For South African motorists, the space between those two scenarios is where safety is genuinely decided, and a rating alone cannot describe it.

South Africa has one of the world's largest road networks, connecting long-distance highways, dense urban corridors, and everything in between. Such varied driving conditions require an understanding of how people use their vehicles in the real world, across different environments, road conditions and everyday scenarios.

Since 1970, Volvo's Traffic Accident Research Team has analysed more than 50,000 real-world accidents involving over 80,000 occupants, informing developments including whiplash protection and side-impact airbag systems still standard in vehicles today. That research did not begin with a test protocol. It began with collisions, injuries, and the patterns that emerged from studying them closely over decades.

That same real-world orientation now extends into how vehicles respond to the driver, not only the road. Volvo's driver monitoring technology is designed to detect signs of distraction, drowsiness and impairment, intervening before a lapse in attention becomes a collision. This reflects a broader shift already underway across the industry: safety engineering is no longer only about how a vehicle



absorbs impact, but increasingly about how it helps prevent that impact from occurring in the first place.

Ultimately, the value of a safety-led vehicle is not best measured against a specification sheet. It is measured in the confidence of a parent doing the school run on a wet morning, or a family setting out on a long-distance trip, trusting that the vehicle beneath them was built with exactly that journey in mind.



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Yama Asian Eatery is Franschhoek's premier sushi restaurant situated on Franschhoek's main road. The team, guided by Ryan Shell, aims to create a calm space where locals can fully relax and enjoy themselves with anything from a quick lunch to a full dinner spread. The eatery offers a high-quality sushi menu accompanied by an Asian-themed à la carte menu using fresh seasonal ingredients.

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GADGET GURU

ADVENTURE MEETS DESIGN

With its sleek Scandinavian design, premium finishes and innovative living space, the new Thule Widesky two-person hardshell rooftop tent brings a new level of sophistication to outdoor travel and modern exploration. Extra height at the front lets you sit upright comfortably, and the mattress converts into a supportive backrest, creating a sofa-like seating area inside the tent. Large panoramic doors and mesh panels provide views and ventilation, while integrated dimmable LED lights make the space feel warm and welcoming after sunset. Thule Widesky features a gas-assisted opening mechanism and simple pull-down straps that let you pitch or pack the tent in seconds. The aluminium shell and honeycomb base provide strength and weather protection, while the rugged recycled fabric stands up to changing conditions. Weighing under 68 kg and measuring just 20 cm high when closed, the Thule Widesky is compatible with most roof rack systems and a wide range of vehicles, including standard passenger cars. For more information, visit www.thulestore.co.za.



JAPANESE ENGINEERING EXCELLENCE

Toshiba TV has officially entered the South African market, offering consumers access to a carefully curated range of premium televisions and electronic accessories. Combining decades of Japanese engineering excellence with cutting-edge display technology, Toshiba TV delivers exceptional entertainment experiences backed by trusted local service, support, and manufacturing capabilities. At the heart of the Toshiba TV range is the acclaimed REGZA Engine, an intelligent image processing platform that analyses and optimises content in real time. Whether streaming, gaming, or watching live sport, viewers benefit from exceptional picture accuracy, natural motion clarity, and true-to-life colour reproduction. SA consumers will benefit from full after-sales support through Hisense South Africa's established national service network. Local teams manage warranty claims, repairs, spare parts, and customer care, ensuring a premium ownership experience from purchase. Toshiba TV products are available through leading retail and e-commerce partners across South Africa.



AN IN-STORE ELECTRONIC EXPERIENCE

TCL has recently opened its first TCL Experience Store in South Africa, bringing the brand's latest innovations under one roof at Cedar Square in Fourways, Johannesburg. Rather than simply browsing products online or viewing them in a traditional retail environment, visitors to the TCL Experience Store can interact directly with the brand's latest innovations, test products in person and speak to experts before making a purchase. The store will showcase TCL's growing range of consumer electronics and home appliances, including the brand's latest SQDMini LED televisions, AI-powered washing machines, air conditioners and refrigerators. By creating a physical space where customers can experience products in real-world settings, TCL aims to bridge the gap between online discovery and in-person decision-making.

SK/000098

Get up close with

OUR CREW!



The faces of FlySafair

We're shining a light on some of the friendly faces behind FlySafair. From making every passenger feel safe and seen, to taking care of every detail, our crew go above and beyond to make every journey feel effortless. Now it's time to get to know them a little better and discover what they love most about life in the skies.



Danaé Otto

Flight Attendant

Based at OR Tambo International Airport

Q: I fly because...
A: I love connecting people, creating opportunities and being part of something that is bigger than myself.

Q: What's your favourite route to fly, and why?
A: My favourite route is surely Cape Town, you always meet the most interesting people on board.

Q: Best view you've seen from the aircraft window?
A: New Year's Eve 2024, we had the most amazing sunset.

Q: What's your favourite moment during flight?
A: Service, it's fun to see everyone's fun order combinations.

Q: Your top tip for a smooth, stress-free journey.
A: Bring something that relaxes you, whether it's your favourite book or new TV show you are watching.

Q: Any light-hearted or inside jokes among crew (cabin and/or flight deck) you can share?
A: That almost all passengers do not know how to open the bathroom door.

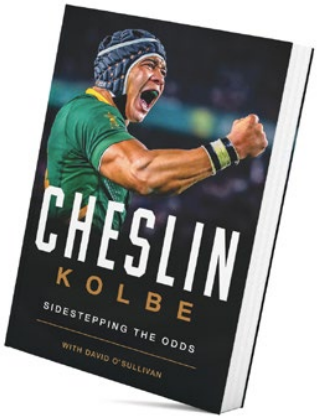
Q: Why do you love flying?
A: Hearing everyone's story or reason for flying, it really shows you that people don't just fly for holiday.

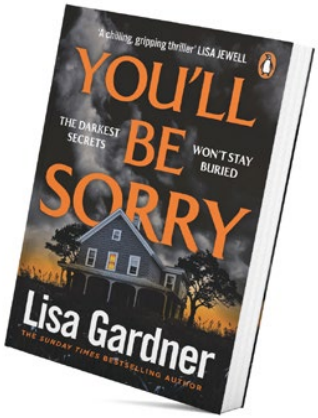
Q: What's the earliest call time you've had, and what time did you have to wake up for it?
A: Our earliest sign on is 4:40 am, so I wake up around 2:00 am to be ready at 3:00 am to head to work.

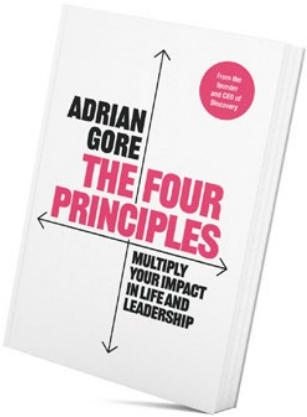
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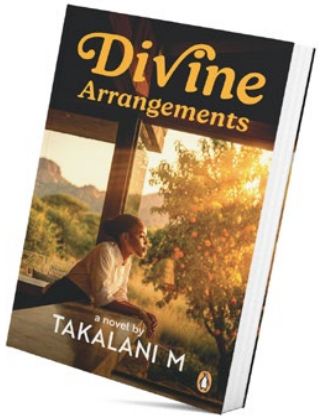
FlySafair

MUST READ









CHESLIN KOLBE: SIDESTEPPING THE ODDS

By Cheslin Kolbe & David O'Sullivan

Cheslin Kolbe was never supposed to be a professional rugby player. As a young boy growing up in Kraaifontein, he was consistently the smallest child on the rugby field. Time and again, coaches doubted his capability and selectors overlooked him, dismissing him as too small to withstand the collisions of top-tier rugby. Where others saw his physical size as a limitation, Kolbe saw a defining challenge. Refusing to let other people define his worth, he actively sought out opponents who were bigger and stronger. While being knocked down taught him the force of the game, getting back up showed him that true courage could outsize any opponent. He learned to move quicker and to read the game faster, proving that rugby demands far more than size – it is driven by heart, focus and belief. *Cheslin Kolbe: Sidestepping the Odds* charts an extraordinary trajectory from the streets and school fields of Kraaifontein to the grandest stages in world rugby.

YOU'LL BE SORRY

By Lisa Gardner

The Dixon family house was once a crown jewel of the White Mountains. Perched on a cliff with breathtaking views, it promised summer adventures, winter skiing, and family gatherings around a roaring log fire, until late one August night, when both parents and their four children vanished, leaving behind a trail of bloody footprints and a mystery that has endured for generations. Thirty years later, the grand mansion is stirring back to life. For Raquel and Theo Collins, restoring their new home represents a fresh start after a terrible tragedy. For Amanda Grady, the recently appointed police chief of Shereford, it's good to see a fresh start for the derelict house. But a new family in the old home can only mean one thing: the past has returned with a vengeance. When a stray dog arrives and finds a skeleton on the property, Raquel and Theo face a daunting choice: what to believe, who to trust, and how to survive.

THE FOUR PRINCIPLES

By Adrian Gore

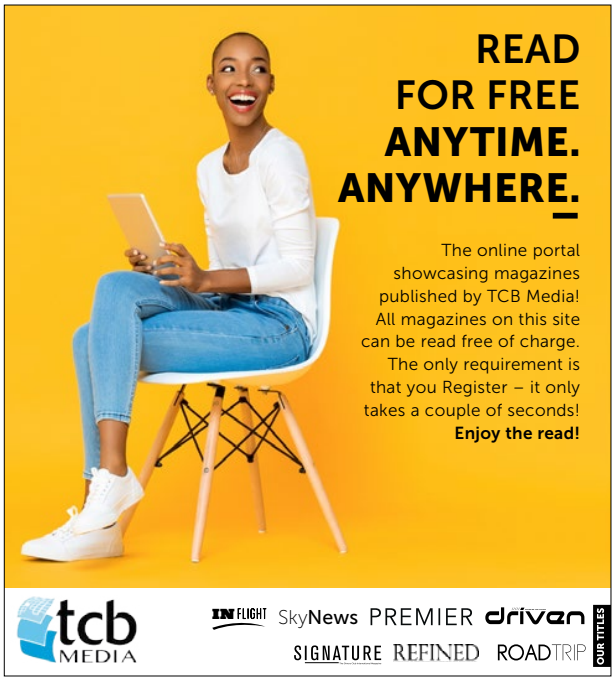
Why do some people create extraordinary impact while others with the same ability stall? This book lays out four fundamental, science-based principles that have a multiplier effect on life and leadership and explain this paradox. It turns out it's not what talent you have – it's how you use it. Adrian Gore, founder and CEO of Discovery and Vitality, built a company from a single, bold idea into a global financial group serving over 50 million customers across 37 countries. He didn't just scale a business; he created a whole new Shared-Value business model, a system so revolutionary it is taught as a case study at Harvard Business School, and recognised by *Fortune* magazine as "changing the world". In *The Four Principles*, Gore reveals the framework and guiding principles that powered this trajectory: Disciplined Optimism, Focused Urgency, Declared Goals and the Pareto Tail.

DIVINE ARRANGEMENTS

By Takalani Mutshinyan

After being left at the altar, Rendani Makwarela swears off men. Instead, she pours her efforts into becoming a chef. With her parents' help, she starts a catering business and tirelessly builds her brand as a master chef to the Venda elite. Along the way, she befriends Fhumulani Makungo – a divorced property developer who is trying to find his feet in the area. Their friendship blossoms into romance, neither of them realising just how deeply their worlds are intertwined. When her father's business empire begins crumbling, however, Rendi's own dreams are at risk of collapse too. Yet she will do anything to keep the dream alive. But does that include an arranged marriage that could save her business but end her chance at happiness? *Divine Arrangements* is a beautiful story about a young woman looking (and cooking) for love.


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SOUTH AFRICA
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Durban
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George
Gqeberha

SK/000098

There's something about George that makes you want to stay a little longer. Tucked between the Outeniqua Mountains and the Garden Route coastline, this naturally beautiful corner of the country is made for slow mornings, scenic drives and days spent outdoors. From forest trails and mountain passes to golden beaches, charming nearby towns and world-class golf courses, George puts the best of the Garden Route right at your fingertips.

Flying facts

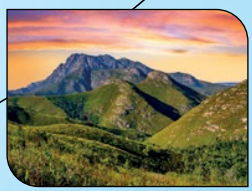
- We connect George with Johannesburg, via O.R. Tambo and Lanseria, and Cape Town, making the Garden Route easy to reach.
- We operate daily flights to Johannesburg and Lanseria, with three flights a week to Cape Town.

DID YOU KNOW?

George is surrounded by the Outeniqua Mountains, which form part of the Cape Fold Belt, one of the most spectacular mountain ranges in the country.

MAURITIUS

Things to do



Take a drive over the Outeniqua Pass

Wind your way through dramatic mountain scenery and stop along the way to soak up sweeping views over the Garden Route.



Tee off in style in a golfer's paradise

George is a golfer's paradise, with world-class courses, lush fairways and dramatic mountain backdrops. Just don't let the views distract you from your swing!



Chase waterfalls at Wilderness

Head into the nearby Wilderness area for forest trails, rivers, lagoons and beautiful waterfalls. It's a nature lover's dream.



Hit the beaches of the Garden Route

From Victoria Bay to Herolds Bay, discover beautiful beaches perfect for swimming, surfing, sunbathing or simply settling in for a spectacular sunset.

Ts & Cs apply

For affordable flights to George, visit flysafair.co.za

FlySafair



FORGOTTEN ISLAND

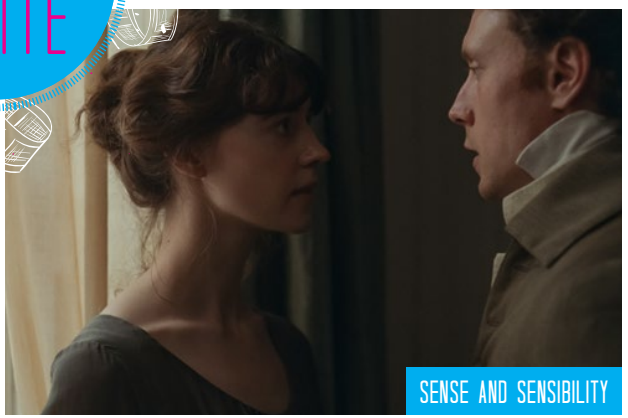
REEL TIME



OTHER MOMMY



SHAUN THE SHEEP: THE BEAST OF MOSSY BOTTOM



SENSE AND SENSIBILITY

FORGOTTEN ISLAND

Cast: Jenny Slate, Manny Jacinto & Dave Franco

Directors: Joel Crawford & Januel Mercado

Jo and Raissa are stranded on the fantastic world of the forgotten island of Nakali, where they find that their only way home might come at the expense of a lifetime of memories and emotions.

SHAUN THE SHEEP: THE BEAST OF MOSSY BOTTOM

Cast: Justin Fletcher, Kate Harbour & John Sparkes

Directors: Steve Cox & Matthew Walker

The residents of Mossy Bottom Farm were looking forward to Halloween – until the Farmer trashed the flock's pumpkin patch. When Shaun turns mad scientist to fix the problem, things spiral out of control. With the Farmer missing and a wild beast roaming the woods, viewers are in for a monstrously fun family adventure.

OTHER MOMMY

Cast: Jessica Chastain, Jay Duplass & Arabella Olivia Clark

Director: Rob Savage

Other Mommy is a terrifying trip into the darkening world of a young girl, Bela (Clark), who forms a relationship with a sinister entity in her home who looks uncannily like her own mother (Chastain).

SENSE AND SENSIBILITY

Cast: Daisy Edgar-Jones, Esmé Creed-Miles & Caitríona Balfe

Director: Georgia Oakley

This latest iteration of Jane Austen's iconic *Sense and Sensibility* is a new take on this charming, witty, and deeply relatable story of love and sisterhood. When the Dashwood sisters face an uncertain future, they must navigate matters of the heart, family expectations, and society's rules. As romance, heartbreak, and second chances collide, they discover that following your heart can be both complicated and wonderfully rewarding.









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