**JULY 2025** • STILL ETERNAL: ROME GETS AN UPGRADE • THE RESURGENCE OF THE PRE-DIGITAL ERA • STUNNING & SERENE TRAIN JOURNEYS • 24 HOURS IN PRAGUE • YOUR FREE COPY TO TAKE HOME





# Chronograaf

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"For me, the beauty of our watches is the result of well-balanced design in which no element dominates. Precise manufacturing techniques are applied in combination with the use of high-quality materials. Attention is devoted to every single detail. Driven by perfection without compromise."

Wybe van der Gang



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Delcome

# Marjan Rintel

# THEN AND NOW



Cover Story With its wealth of historic architecture. works by wellknown artists and stunning landscapes, Rome has long been a popular destination. But what's different about the Eternal City today and where can you find new experiences? To answer these questions, we hit the streets. Turn to page 38 to join our quest and find out about the new Rome.

igitisation plays a crucial role in how we operate as an airline today. From our aircraft maintenance systems that use predictive analytics, to our advanced routeoptimisation tool, which reduces fuel consumption, digital systems are ubiquitous at KLM Royal Dutch Airlines. We also use an AI application that calculates how many meals to take on board, which helps us to reduce food waste, and a flight can be booked in no time online - on our website or via the KLM app - with a tool that also helps you choose your travel destination. Furthermore, KLM's cleaner, quieter and more fuel-efficient fleet of today offers comfort to many more passengers than ever before. These advances in innovation and technology enable us to respond more quickly to your needs, and improve our services, every day.

The number of destinations we fly to has expanded enormously over the years, and we recently added several more. For example, since 9 May, we have been flying to San Diego (p. 24), where the beautiful cultural and historical Balboa Park brings the past back to life. In addition, KLM will offer a new destination from 26 October 2025: Bridgetown in Barbados. We will fly to this Caribbean island three times per week from Amsterdam until 26 March 2026.

### "Advances in innovation and technology enable us to respond more quickly to your needs"

It's remarkable that, especially in these times of digitisation and progress, there's a growing desire for nostalgia, particularly among Gen Z, but also other generations. More and more people are wearing vintage clothes, using analogue cameras and rummaging through flea markets searching for retro items. In this edition of *Holland Herald*, we investigate (p. 26) why this is the case. Looking for nostalgia on your next trip? Then board one of the special trains featured in our Happy Places article (p. 54). Go on, for example, an extraordinary train safari in South Africa with Rovos Rail. Enjoy this adventure through stunning surroundings from the comfort of your luxurious seat.

Both then and now, the journey itself remains part of the enjoyment and that is why we want to offer you an unforgettable travel experience when you fly with us.

Welcome on board!

#### **Marjan Rintel** KLM President & CEO





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July 2025

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Your Next Destination

Building the case for a journey to **Georgetown** 

#### Contributors

# MEET THE TEAM



Liza is a freelance journalist who writes about travel, design and sustainability, and currently divides her time between Turin and her home base in Rotterdam. By travelling around Italy for work and play over the past few years, she has gotten to know the country's coolest destinations. Liza wrote the travel article about Rome (p. 38).

Liza's travel tip: "L'Astemia, a winery in the village of Barolo, in Italy's famous Langhe region. It's a unique experience: the building itself looks like two gigantic, stacked wine boxes and the interior is artsy, colourful and fun."

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Ben Clark

Ben is Chief Subeditor at *Holland Herald.* He has a passion for making copy easy and engaging to read, and believes that magazine articles should be a collaboration between the author and the reader. "The best travel stories, for example, put readers into the environment in question and engage their intellect as they move through it."

**Ben's travel tip:** "I once hiked the Kalalau Trail along the Nā Pali Coast in Kauai, Hawaii. The lush green volcanic landscape was as spectacular as my arrival on Kalalau Beach, bathed in the mystical light of a full moon."



Tris van den Broek

Iris works as a freelance travel writer and photographer and uses her visual and storytelling skills to inspire others to see the world. Travelling and discovering new places that are a bit off the radar are two of her greatest joys in life. For this issue, Iris wrote the Local Insider article on San Diego (p. 24). Iris' travel tip: "Consider going on holiday in winter for a change. The cold season adds a totally different dimension to a landscape. Last winter, I was in the Canadian Rocky Mountains and was mesmerised by the frozen waterfalls and canyons, and waking up in a cosy cabin in a snowy forest was magical."

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THROUGH your leng







# NOT JUST A COINCIDENCE

ODED PELED'S STROLL THROUGH UBUD'S MORNING MARKET IN BALI GOT HIM THIS BEAUTIFUL SHOT.

For the past six years, I've been lucky enough to call Bali my second home.

I spend half of the year in Finland until winter comes, when I travel to Bali. I first went on holiday there 22 years ago and I've been in love with the island ever since. I'm not sure how to describe it. Bali is not only beautiful, but also deeply spiritual. It has a unique rhythm and a slow pace of living too. The first time I visited, I experienced a series of odd coincidences. I met a group of travellers from Sweden and kept running into them during my holiday. They even allowed me to stay with them at their villa, which wasn't only incredibly generous, but also made me feel very welcome. While I was there, I finally opened a book with spiritual learnings my mum had given me and, funnily enough, the first chapter talked about the importance of coincidences and recognising the beauty in everything. Perhaps that's

what this photo encapsulates for me. I shot it at Ubud's morning market, which has several floors bursting with stalls. I was standing on the second floor and looked down. That's when I spotted this lady selling her vibrant and tantalising produce. Once again, I was in the right place, at the right time.

#### **Your Photo**

If you'd like to have your travel photo featured in this section, email an image (300dpi; landscape mode) to: hollandheraldhome@hearst.nl.

#### **Monthly Prize**

If we publish your travel photo, we'll send you a copy of Jimmy Nelson's latest book *Between the Sea and the Sky*, which is about traditional Dutch communities.

Some of the images are also available as fine art. jimmynelson.com/ fine-art-intro





# **Co-own your dream homes**!

MORE THAN 1,300 FAMILIES HAVE JOINED 21-5. TWENTY-ONE FAMILIES OWN AND SHARE FIVE UNIQUE HOLIDAY HOMES. WE SPOKE TO BIRGITTE AND KIM WHO JOINED IN 2017.



Birgitte & Kim, 21-5 owners

#### Where are your homes located?

We have two villas in Spain. One of them is on a waterfront in Mallorca and has its own swimming platform. The other one is located on the Costa del Sol, a few kilometres southwest of Marbella. Our Italian villa is just north of Volterra in Tuscany and has stunning views of the rolling hills. Our French villa is in the hills behind Cannes in Provence. Our last home is a beautiful chalet in Chamonix at the foot of Mont Blanc.

What about booking, can you get the weeks you want? Yes. We have always been able to book the weeks we want. We personally prefer Southern Europe in the spring and autumn months. The booking



process works extremely well, and it is a pleasure to log on to the booking system and book our next holidays. It's so much easier than searching for rentals or hotels.

# How would you describe your experience with the 21-5 team?

It is a very professional organisation, and you can clearly see that they have a great passion for both finding and creating wonderful holiday homes, but perhaps even more so for taking care of us, the owner families, when we use our homes. We always feel very welcome and cared for. We highly recommend 21-5. We consider all the team members – who we have met during our ownership – to be very trustworthy.

What is it like to own holiday homes with 20 other families? It has been

very smooth and there haven't been any problems. We find that each family in our association has the same attitude as us. We all want to take good care of our homes. We are also very good at sharing great experiences at each destination.

#### Has 21-5 been a good investment

for you? It most definitely has. We started out in a large association in 2017. To our delight, our children started to want to go on holiday with us again; so much so that we decided to sell our share and buy into a new 21-5 group with bigger homes. We sold and made a 58% profit. We didn't join 21-5 to make money, we joined the organisation to improve our quality of life. But it was really nice to discover that it is also a very good financial investment. We feel that you cannot go wrong with 21-5.

#### FACTS ABOUT 21-5

- More than €540 million has been invested in holiday homes through 21-5
- More than 250 holiday homes are already in operation
- Average resale profit is 50%
- Unique high-end homes with a Scandinavian touch
- World's leading concept for families sharing multiple private holiday homes



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### WE ENERGISE







*Holland Herald* presents a global selection of things to see, do, taste, meet & wish for.

New York City

### SUPERFINE TAILORING

"It's not what you're wearing, it's the way you wear it," said American artist and Louis Vuitton's Men's Creative Director Pharrell Williams. Celebrating more than 300 years of Black fashion and divided into 12 themes, the *Superfine: Tailoring Black Style* exhibition at New York City's Met Museum focuses on Black dandyism as an aesthetic and a strategy for self-expression and resistance. Until 26 Oct; metmuseum.org

The Hague

### LET'S GO FLY A KITE



Dutch artists and kite enthusiasts Bertjan Pot, Liesbeth Abbenes and Maurice Scheltens have been designing single-line kites as lightweight works of art for the skies since 2022. For 16 days, they will have their own studio at The Hague's Museum Voorlinden, where they'll design kites and take questions from fellow kite lovers. 19 Jul-3 Aug; voorlinden.nl



### **Eternal movement**

With her minimalistic round artworks, consisting of multiple layers of different mediums, Dutch artist Corine van Voorbergen focuses on the idea of eternal movement. corinevanvoorbergen.com



Abidjan

# THE SUN ALSO RISES

Using a self-developed combination of photography, hand embroidery and textiles, artist Joana Choumali aims to tell the many and often complex stories of her continent and particularly her home country, the Côte d'Ivoire. For her first solo exhibition, *La terre n'a qu'un soleil ('The Earth only has One Sun')*, at Galerie Farah Fakhri in Abidjan, Choumali created a series of works inspired by her walks at sunrise. Until 25 Jul; galeriefarahfakhri.com

Paris

# MATISSE AND MARGUERITE

THE DAUGHTER OF FRENCH PAINTER HENRI MATISSE PLAYED A LEADING ROLE IN HER FATHER'S WORK.

Henri Matisse, one of the most influential artists of the 20th century, was greatly inspired by his only daughter Marguerite, who survived a tracheotomy as a child and remained his most constant model. The exhibition *Matisse and Marguerite: Through Her Father's Eyes* at Musée d'Art Moderne de Paris explores their special bond and also includes some works by Marguerite herself. Until 24 Aug; mam.paris.fr



French artist Henri Matisse painted **more than 100 portraits** of his daughter, Marguerite

The Day Dreamer, 2025, Joana Choumali (Abidian); Kite Club/ Museum Voorlinden (Voorlinden); Awareness, Corine van Voorbergen (Eye-catcher); Tête blanche et rose, Henri Matisse, Paris, quai Saint-Michel, lei 1914-debut 1915, Ceantre Pompidou, MNAM-CCI, Dist. GrandPalaisRmm / Philippe Migeat (Paris); authenticity (2 CHAINZ) from the series BLACK SNAFU, 2022 @ André Ramos-Woodard (Frankfurt)

Frankfurt

# FUTURE VIEW

Every two years, Amsterdam's photography museum Foam invites new and emerging image makers from all over the world to send in their applications for its Foam Talent project, which includes an exhibition and magazine. The work of 18 visionary artists from the *Foam Talent 2024-2025* exhibition, which was previously shown in Amsterdam, is now on display at The Cube in Frankfurt. Until 17 Aug; foam.org; deutscheboersephotographyfoundation.org



#### Ceramics

## COLOURFUL CAPPUCCINO

For its illy Art Collection, Italian coffee brand illycaffè invites contemporary artists and designers to reinvent its classic coffee cup, originally designed by Matteo Thun in 1991. This year, Venezuelan artist Sol Calero had the honour of bringing her colourful designs to the collection of espresso and cappuccino cups. From €51; illy.com



Cappuccino comes from the Italian word *cappuccio*, which means 'hood', **referring to the brown robes of the Capuchin friars** 



Paris

# LEBANESE CLASSICS

Lebanese chef Mireille Hayek opened her first Em Sherif in her hometown of Beirut in 2011, and has since expanded her restaurant concept around the world, from Dubai and Kuwait to London and Monte Carlo. The latest addition is Em Sherif Café in Paris, where Lebanese classics such as fattoush (a fried flatbread and vegetable salad), Lebanese falafel and houmous are served in a cosy and intimate setting. emsherifrestaurant.com



### Amsterdam

# CHEF'S Kisses

BISOUS AMSTERDAM BRINGS FRENCH GLAMOUR AND DUTCH CUISINE TOGETHER.

Parisian boudoir meets Mondrian at Amsterdam's new hotspot Bisous. The sexy interior of this upscale restaurant instantly gives off festive vibes. With a menu full of classically prepared fish, meat and seafood dishes, it's a blend and celebration of cuisine from the Dutch province of Zeeland and French gastronomy. bisous-official.com



Granola

### Only the good stuff

If you're after a plant-based granola mix with zero added sugar and no grains, look no further than Pal & Leo. Their organic granola chunk mixes are made in Amsterdam and are also available via subscription. €7.49 (2509); palandleo.com



**Dive into your best summer yet with The Swims – the perfect swim shorts from MR MARVIS.** The Swims feature a zip fly, our iconic hidden zip pocket and drawstrings that can also be tucked away inside the partially elasticated waistband. Available in 50+ colours, prints and striped variations. Shop now on mrmarvis.com



# HIT THE CONSOLE

Located in Japan's Uji City in the Kyoto Prefecture, the Nintendo Museum showcases the history of the company from its founding in 1889 as a playing card maker to its evolution into a global video game company. It features a wide variety of Nintendo products, including consoles, games and memorabilia across the decades. Obviously, visitors are allowed to play an array of old and new video games, using digital coins provided with admission. museum.nintendo.com



Founded in 1889, Japanese video game company Nintendo initially sold **handmade playing cards** for a game called *Hanafuda* 



Lyon

# **CREATIVE BLEND**

DESIGNED BY PHILIPPE STARCK, MOB HOTEL LYON WANTS YOU TO HAVE A CREATIVE AND ECO-FRIENDLY STAY.

Despite being one of France's largest cities, Lyon is often overlooked by foreign visitors. Wrongfully so, as it boasts a vibrant and diverse creative scene. Created by hotelier Cyril Aouizerate and designer Philippe Starck, Mob Hotel Lyon Confluence is a dynamic blend of art, design and innovation. The hotel is also B Corp-certified, meaning it meets the strictest sustainability requirements. mobhotel.com



Amsterdam by the sea

### **BEACH MAGIC**

Tucked away on the secluded southern edge of Zandvoort, just 30 minutes from Amsterdam, the owners of beach club Paal69 at South Beach embrace the natural rhythm of coastal life. From a shared passion and vision, this group of friends and beach lovers created an open, offline community here. Since the club aims to be a breeding ground for connection and creativity, it's hosting various music and cultural events this summer. paal69.com



The top-selling New Zealand pop song of all time is **'How Bizarre' by OMC** 

Q&A Jordan Rakei

# ACCUMULATING SOULFUL SOUNDS

BORN IN NEW ZEALAND AND RAISED IN AUSTRALIA, SINGER JORDAN RAKEI IS ALL ABOUT GOOD VIBES. HE'S PERFORMING AT ROTTERDAM'S NN NORTH SEA JAZZ FESTIVAL THIS MONTH.

What role did music play in your childhood? Most of my early childhood memories involve driving to some sort of sports training, listening to music in the car with my parents and my brothers. We also used to have parties at home all the time, and my parents would put together playlists for all the families. It was always Motown, disco, funk, reggae, dub, lots of New Zealand stuff. Music was such a big part of my childhood; it was just always there.

You've lived in many different countries over the years; how has that influenced your sound? I think each country I've lived in has really changed my sound. For example, growing up in Australia in a big New Zealand community, I was surrounded by reggae, and the good weather really promoted those good vibes in my music; more upbeat stuff. Then, when I moved to London, electronic music started seeping into my life. As I began collaborating more with jazz musicians, electronic producers or house producers, I picked up little bits and pieces from each of them. Now, I'm kind of a culmination of all those places and all the amazing people I've worked with.

What's the biggest lesson you've learnt in your music career? That you can't control what other people think of your music. I've released six albums, and I used to go into each one expecting some massive explosion on social media, in the industry or with streaming numbers. But the truth is, all you can really control is what gets recorded onto your computer; the lyrics you write, the melodies you come up with. That's where your energy should go. Earlier on in my career, of course I wanted to make a big impact, sell tickets, get streams. But as I've gotten older, I'm just really content making music I'm proud of.

What do you love about playing at the NN North Sea Jazz Festival? Playing at NN North Sea Jazz in 2017 was definitely a career highlight. We were so excited; it had been a dream of mine to play that festival. It was amazing, and I can't wait to come back with a bigger band and play even more. So many iconic artists have performed there over the years and it's incredible to be a part of that. I think this will be my fourth time playing there, and I hope I can keep coming back and grow in the Netherlands.

jordanrakei.com



TO wish

Fashion

# FIT FOR THE STREETS

For their first collaboration, Dutch fashion brand Daily Paper and US bag brand Eastpak have launched three designs: a backpack, a mini-bag and a tote. The collection combines Eastpak's functionality and its lightweight, durable materials with Daily Paper's signature design, which includes a logo representing an East African protective shield on some of the styles. eastpak.com



#### Accessory

### SMILE FOR ME

Belgian brand Essentiel Antwerp is known for its bright and colourful designs with eye-catching details such as glitter and sequins. This large flower rhinestone brooch will certainly brighten up any outfit. €95; essentiel-antwerp.com Brooches were historically worn and used as both clothes fasteners and adornment



#### Solid sustainable

Frustrated with the plastic waste in the cosmetics industry, Jonna Breitenhuber, the Dutch founder of Soapbottle, developed a line of long-lasting solid soap bars in three scents: Zesty Green, Cozy Orange and Cloud Blue. She's working on a line of shower gels with a solid soap exterior too. €45 for 3; soapbottle.com

Beauty

# ICE ICE BABY

COLD THERAPY DOESN'T HAVE TO INVOLVE ICE BATHS, AS BELGIAN SKINCARE BRAND LIKAMI SHOWS.



If taking a cold plunge in the morning is not exactly your thing, but you do want the benefits of exposing your skin – or at least your face – to ice-cold temperatures, the Cryo Ice Sticks by Likami might be the right tool for you. After taking them out of the freezer, simply work the stainless steel sticks around your face in a massaging motion. The cold temperature is believed to deliver many benefits, including better blood flow to the face, reducing puffiness and inflammation, and even allergy relief. €79; likami.com



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Junn

"I scan the water. No ripples, no sound. But I know it's there"



# Freek Vonk

# BUILT TO LAST

FREEK, A DUTCH BIOLOGIST WHO STUDIES AND FILMS UNIQUE ANIMALS WORLDWIDE TO INSPIRE A LOVE FOR NATURE, TALKS ABOUT HIS ENCOUNTER WITH A SALTWATER CROCODILE.

I 'm in one of the wildest places on Earth: Australia's Kakadu National Park. The sun is low, casting a pretty orange glow over the glassy surface of the South Alligator River. I'm here in search of an ancient killer: the saltwater crocodile. I walk towards the riverbank and stop a few metres from the edge while my cameraman films from a safe distance. I scan the water. No ripples, no sound. But I know it's there. Invisible, just beneath the surface. It could even be watching me right now.

Crocodiles are among the world's most effective ambush predators. Their eyes, nostrils and ears are perched high on their heads - perfect for lurking while their whole body is just beneath the water's surface - and they have an incredibly powerful tail that lets them launch explosively out of the water. But that's not all. They also have a highly specialised heart and a unique respiratory system, and they can mix oxygen-rich and oxygen-poor blood using a feature in their heart known as the 'foramen of Panizza'. In addition, crocodiles have an extra aorta, which allows them to use oxygen with extraordinary efficiency while submerged. Because of this, they can stay underwater for hours without needing to breathe. In short: these animals are built for the kill. The crocodiles we know today have been around for about 95 million years. Incredibly, their body plan has remained virtually unchanged. What do you need if you're a reptile, living in the water and ambushing animals

that come to drink? Well, not much more than this. That's why the basic 'crocodile blueprint' – long snout, armoured body, ambush strategy – has been so successful for so long.

As I continue to scan the water, I see movement: a soft ripple. Then, just a few metres away, two yellow eyes break the surface as a huge head rises ever so slightly out of the water. The ominously silent beast is locked on to me. I feel my heart rate spike. Judging by the size of its head, it's at least as long as a car and probably weighs around 800kg. I can tell it's hungry because it's hunting me. There are only a few species that naturally hunt humans; polar bears and crocodiles are the most notorious. A saltwater crocodile doesn't distinguish between a water buffalo, kangaroo or human. Any animal that comes just a little too close to the water's edge risks being dragged in. I take a few steps to the left; the crocodile silently follows. Then a few to the right; and again, it tracks me. I'm a dot on its radar. A possibility. A chance. I can't help but feel awe for this ancient predator as it remains motionless, waiting for me to make a mistake, to take one step too many. It has almost infinite patience.

There's a lesson we can learn from crocodiles. In a world of constant change, where we're always chasing innovation and improvement, it's easy to forget that some things are fine just the way they are. When the foundation is strong, there's no need to change much at all. Just look at crocodiles (but not too closely, please).

EATout

The Hague The Netherlands

# SEASONAL SPLENDOUR

Having cut his teeth in several Michelin-starred restaurants from the age of 18, chef Thales Wolters dreamt of running his own kitchen. During his time at Aan de Zweth near Rotterdam, he met chef Mitchel Gruppe, who shared his dream. After Wolters became co-owner of Sequenza in The Hague in 2022, the two chefs began their mission to keep its authentic atmosphere while updating the menu with some French flair and seasonal dishes. A good example is this poached Dutch lobster tail on a strawberry and pistachio salad, served with a magnolia and ponzu vinaigrette. restaurantsequenza.nl US



New destination

# SAN DIEGO

SAN DIEGO LOCAL ALLY ARCHER RUNS THE SUCCESSFUL TRAVEL BLOG GO SEEK EXPLORE, AND KNOWS THE INS AND OUTS OF HER SUNNY HOMETOWN. HERE ARE HER TIPS AND RECOMMENDATIONS.



### What do you love about San Diego?

I adore this city for its gorgeous coastline, laid-back neighbourhoods and trendy downtown area, where you'll have a great night out. And for its abundant water activities, and thriving health and wellness community. I also love how friendly the people are here.

# What are your favourite neighbourhoods?

Little Italy **0** is my home and it's a wonderful area on the northwest edge of downtown. India Street is the main spot for restaurants, bars and a little shopping. I also love La Jolla, which has stunning coastal views and beaches. Be sure to set aside at least half a day for it, so you can visit the La Jolla Tide Pools, watch the seals and sea lions, go paddleboarding in La Jolla Cove, and grab a glass of wine and some charcuterie on the ocean-view patio of the historic La Valencia Hotel (1132 Prospect St).

### And beaches?

I love Windansea Beach in La Jolla @: it has the most stunning coastline views I've seen in Southern California. Mobile phone services are a bit weak there, so it's a great place to disconnect too. Another favourite of mine is Mission Bay, especially near the Fanuel Street Park area. It's a quiet alternative to the nearby Mission Beach () and Pacific Beach, and you can rent boats and paddleboards from the Catamaran Resort Hotel (3999 Mission Blvd).

### Where should we eat?

One of my all-time favourite places is Seneca Trattoria (901 Bayfront Ct Level 19). I love its maximalist decor, rooftop water views and fantastic Italian cuisine. For a more low-key, yet still very Californian vibe, Second Nature (5026 Cass St) in North Pacific Beach is a must. They use mostly local and sustainable produce and have many vegetarian options. And for a casual taco fix, I couldn't recommend The Taco Stand more. They're in multiple locations, and often have long queues, but I promise it's worth the wait.

### How do we get around?

If you like cycling, consider renting a beach cruiser to bike around Pacific Beach. You'll also find bike paths around other parts of the city to explore a neighbourhood or two. And then there's the Trolley light rail service that connects downtown with East County, South Bay and even the Mexican border.

### What about a culture fix?

If you want to spend a day exploring museums, look no further than Balboa Park **0**, a beautiful 1,200-acre historic urban cultural park. My favourites include Mingei International Museum, the Botanical Gardens and the San Diego Museum of Art **6**, where you can find works by Dalí, Monet and Matisse among others. Even if you aren't interested in the museums, a stroll or cycle through the park is a must.

# Which hotels do you recommend?

The Manchester Grand Hyatt San Diego **©** (1 Market Pl) if you want to stay in a great downtown location and near the bay. Its rooftop bar offers stunning views and delicious cocktails. And of course, the legendary Hotel del Coronado (1500 Orange Ave), located on the beach of Coronado Island, which is famous for its long list of celebrity guests and its Victorian-era architecture.

# Book this story

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Back to the past



Whether it's the resurgence of flip phones, the popularity of analogue photography or Y2K fashion trends, demand for products and experiences from the past is on the rise. But where's this nostalgic yearning coming from?

Text Marieke Verhoeven



W hat kind of phone is this? I've been seeing a lot of these lately." British rapper Central Cee is standing on a platform in the middle of Amsterdam's Ziggo Dome concert hall, towering above his young fans. A key part of his 2025 'Can't Rush Greatness' tour is asking someone to hand him a phone, which he then uses to take a video selfie with them, but the flip phone he just received doesn't have a camera. A few months earlier, Cee had been backstage at French fashion designer Simon Porte Jacquemus' fashion show, where he was given an iPhone 4 by French influencer Lyas, who invited Cee and other celebrities to take selfies with it. The low-quality images became a viral hit. These anecdotes point to an emerging trend: so-called 'dumbphones' and other low-tech products from the past are making a comeback. But that's not all.

In a multi-generational survey of Americans conducted by The Harris Poll (a market research firm) in 2023, 67% said that they preferred to go back to a time before everyone was 'plugged in'. Gen Zborn between 1996 and 2010 - is the most nostalgic of all current generations, especially when it comes to consuming media. More than a third of the Gen Z respondents to a 2023 GWI study said they felt nostalgic about the 90s, when some were very young and others weren't even born yet. The fact that Gen Z are binge-watching 90s TV series, such as Buffy the Vampire Slayer and Friends, on streaming platforms underscores this research. Furthermore, there was an explosion in searches for flip phones in 2023 among Gen Z and younger Millennials (they were up by 15,369% according to American tech website ZDNET). And the handheld Game Boy console (released in 1989) is a consistently popular search in resell platform Vinted's 'electronics' category. This yearning for the past isn't just apparent in the fields of media and technology. From hunting for vintage gems in vinyl record stores and clothing shops to retro-style travel accommodation, karaoke bars and board-game clubs: nostalgic sentiments and real-time activities from a time before the digital revolution are popping up everywhere in our tech-driven society.

#### Deeper cultural shift

One of many examples is The Analog Club in Paris, founded by Millennials Mathis Clamens and Léopold Fulconis. In 2016, after his father gave him a Canon AE-1 analogue camera, Clamens decided to share his 66 THERE'S CLEARLY A LOVE FOR THE AESTHETICS OF THE PAST 92

newfound love of analogue photography and build a community of kindred spirits with his friend Fulconis. What started as an Instagram page is now The Analog Club, a camera shop, bookshop, gallery and hangout for anyone interested in film photography in Paris' vibrant and creative Ménilmontant neighbourhood. Clamens and Fulconis also see a vearning for tangible and real-time experiences within their community. "Many of our customers and followers are in their 20s and 30s," shares Fulconis. "They didn't grow up with analogue, yet they feel a growing attraction to it. There's clearly a love for the aesthetics of the past: the warm tones, soft grain and imperfections that define film photography. In the age of digital perfection, these textures feel raw, emotional and real. It echoes what we see across other fields too: the resurgence of vintage fashion, vinyl records and mid-century design." Still, this renewed interest isn't just about aesthetics or nostalgia, it reflects a much deeper cultural shift, thinks Fulconis: "There's also a passion for the object itself. Vintage cameras - particularly those made before the 80s - are beautifully crafted, mechanical and built to last. They invite a very different relationship to technology; one that values longevity and care over speed and disposability. Many of these cameras are older than their users, and will likely outlive them, too." Then there's also the desire to slow down, suspects Fulconis: "In a world where we take »









thousands of photos on our phones but rarely look back at them, film imposes a different rhythm. With just 24 or 36 shots, no instant review, and no digital safety net, you must be present and attentive. It feels artisanal, tactile and personal."

The fact that Gen Z, in particular, are gravitating towards media, products and activities from a time before they were born, is no coincidence, affirms Dutch psychologist Jos Ahlers. As an author and strategist, Ahlers has done a lot of research on Gen Z and how they compare to previous generations. "One could argue that Gen Z is a generation that grew up in a constant state of crisis," he says. "From the 2008 stock market crash to the pandemic and political unrest: there's a lot of uncertainty in the world right now. When the future seems frightening, it's no wonder one would rather look back than forward." While the current feeling of crisis is comparable to the 80s, when Gen X was also displaying nostalgic behaviour towards the past by listening to 50s rockabilly music and wearing 40s-inspired fashion, there's one big difference, says Ahlers: "Gen Z was raised in the digital era, where a lot of information is accessible all the time. We're seeing a kind of internet fatigue and there's more discussion about negative effects on our mental health. There's a deep need for tangible, offline connections with this generation, and they're slowly starting to act on it."

#### No instant gratification

Krystine Batcho, Psychology Professor at LeMoyne College in Syracuse, New York, is an expert in the field of nostalgia and developed the Nostalgia Inventory, a survey that assesses proneness to longing for the past. Younger generations have always experienced a high degree of nostalgia, explains Batcho: "Transitioning from childhood to adulthood is already challenging and, in this digital age, has been accompanied by technological and scientific progress that has dramatically altered the way people live. Nostalgia helps us maintain a sense of continuity to cope with change by reminding us how we are the same person despite the many ways in which we have changed. The pleasant side of nostalgia alleviates anxiety by having a calming counterbalance to the many stresses we encounter in our busy, demanding lives." In her early research, Batcho distinguished between two types of nostalgia: personal and historic. "Personal nostalgia is missing aspects of one's lived past, while historical or collective

66 NOSTALGIA HELPS US MAINTAIN A SENSE OF CONTINUITY TO COPE WITH CHANGE 97

nostalgia is longing for a former historical period, even in some cases a time before a person lived," she says. "Historical nostalgia reflects feelings that life had been better in earlier, simpler times."

Those simpler times are especially attractive to younger generations for their lack of stimuli, adds Ahlers: "We live in a time where everything moves incredibly fast. You can get an answer to any question you have in seconds using an AI tool, or buy something online and have it delivered the next day. But when you do something yourself, whether it's taking an analogue photograph, playing a vinyl record, browsing in a vintage store or making ceramics in a pottery class, there's no way to speed it up. It's a slow process without an instant result. The process is the gratification." The same can be said for travel. According to research done by travel platform Booking.com in 2023, 55% of global travellers were looking for off-grid experiences. Forbes magazine predicted that 'Nostalgic Travel' will become a trend in 2025, which can now be seen with the rising popularity of staying in renovated roadside motels and the recreating of childhood summer camping experiences. Going on a trip without a clear plan or going back to basics can be a liberating experience, savs Ahlers: "Nowadays, you can look up must-visits on Instagram and TikTok and simply tick the boxes yourself. But where's the fun in that? Isn't the real beauty of travelling to foreign places to be surprised by what you encounter?" »

66 NOSTALGIA IS AN INTRINSIC AND TIMELESS PART OF THE HUMAN EXPERIENCE 92

#### **Timeless experience**

It raises the question: Is this 'new nostalgia' part of a greater, regressive movement back to the pre-digital era, or is this simply a fleeting retro trend? According to Fulconis, of The Analog Club, it's a movement. "We see this growing community not as a nostalgic fringe, but as part of a wider cultural reorientation," he says. "The world is only getting faster: more automation, more AI, more content. In response, people are increasingly seeking grounding experiences with a slower pace; creative practices that feel real, tangible and intentional. Analogue photography offers all of that. It's not simply 'old-school', it's a powerful counterbalance to the speed and disposability of modern life." Batcho, who has done a lot of research on nostalgia in a historical perspective, adds that nostalgia is a sentiment experienced by every generation and is ancient. "Evidence that nostalgia is an intrinsic and timeless part of the human experience can be found in ancient texts such as Homer's The Odyssey, written in about 700 BCE, and the Psalms in the Bible, such as Psalm 137, dating to 586 BCE," she says. "Such texts express the yearning for a return to home and the life that was once lived there before displacement." However, nostalgic feelings do shift throughout someone's lifetime, she adds: "As people get older and consider the time remaining in their lives, their nostalgia becomes more focused on the people who have played key roles in their lives, not so much on specific products or activities. They might, for example, seek to reconnect with people they've lost contact with, such as friends, relatives and teachers."

And here's where technology plays a positive role: social media is an excellent way to reconnect with lost loved ones and to share your excitement about experiences from the past, Batcho says: "You can easily reconnect with people from your past on social media, but it also offers easy ways of finding others who are interested in remembering, talking about and learning about similar nostalgic content." After the initial digital connection, getting together in person with others is an especially beneficial way to enjoy nostalgia, she adds: "Participating in nostalgic groups or attending community activities hosted by libraries, colleges and bookstores can offer a way to begin making one's nostalgia a more social experience. After all, nostalgia is experienced by most - if not all - people, so why not share that sentiment and bond over it together?" «

# Nostalgia favourites

#### The Analog Club

Although they're not affiliated. The Analog Club in Paris and Analog Club Amsterdam are both physical spaces and communities for fans of analogue photography. They offer darkrooms to develop your own film. workshops. exhibitions and various other activities related to film photography. theanalogclub.co, analogclub amsterdam.nl

#### Le Club K7

Also located in Paris is this unique audio cassette store. Styled in a slightly hysterical 80s decor, the store boasts more than 10,000 cassette tapes. Owners Léa and Andréas were inspired after buying a vintage car with a cassette player. @leclubk7

#### Extinct Media Museum Tokvo

If vou're in Tokvo and like to marvel at hand-cranked movie cameras pre-war film cameras, manual typewriters and early-model laptops. this is the place to visit. Unlike most historical museums, the Extinct Media Museum allows vou to pick up, and even use, the objects. extinct-mediamuseum-tokyo.blog. jp/otemachi

#### Nostalgia Lovers Festival

There's nothing like hearing and singing along to your favourite childhood songs. This festival in Casablanca, Morocco, takes you back to the 80s and 90s Expect not only the best of these decades' music, but also giant Twister games, MTV-style video studios and vintage photo booths. 3-5 Jul; nostalgialovers.ma

#### Nostalgia Music Festival

At the end of August, the Nostalgia Music Festival in Canada's Ottawa is all about music from the 70s, 80s and 90s. Tribute bands will play music by Pearl Jam, The Beach Boys, and many more. 20-24 Aug; nostalgiafestival.ca

#### Totally Awesome! Cars and Culture of the '80s and '90s

If you've always fantasised about seeing the iconic cars from 80s and 90s films such as Back to the Future, Knight Rider and Wayne's World in real life, this exhibition at Los Angeles' Petersen Automotive Museum is a must-see. Think futuristic design and fluorescent colours. petersen.org



Czech Republic

FROM MEDIEVAL COBBLESTONE STREETS AND ART DECO CAFÉS TO TRENDY CREATIVE HUBS AND A VIBRANT CONTEMPORARY ART SCENE: PRAGUE OFFERS A MIX OF HISTORY AND MODERNITY.



### Architectural wonders

Prague emerged from World War II largely unscathed, resulting in an architectural showcase spanning centuries. The historic centre, with its Art Nouveau, baroque, Gothic and Cubist buildings, is on the **UNESCO World Heritage List** in its entirety, with Prague Castle (Hradčany) as its crown jewel. Another jewel is the Municipal House **0** (nám. Republiky 1090/5), with its stunning concert hall and café all wrapped up within a beautiful Art Nouveau building. But the modern landmarks in Prague are also a sight to behold, such as Dancing House (Jiráskovo nám. 1981/6), designed by architects Vlado Milunić and Frank Gehry, that resembles two dancers, or the striking Masaryčka (Havlíčkova 1014/2), designed by Zaha

Hadid. And as you wander the streets, keep an eye out for the sculptures by David Černý, one of Prague's most provocative and influential contemporary artists.

### How to get around

Prague's historic core, with sights such as Old Town Square 2 and the medieval Charles Bridge, can be easily explored on foot. Bikes are the best way to discover areas beyond the centre and the many parks and hills on the city's outskirts. Download the Rekola bikesharing app and hop on one of the pink bicycles that you'll find citywide, for a small fee. Alternatively, Prague's public transport system is also an excellent option, with an integrated network of metros, trams and buses that run on time and cover the entire city.

### Chic coffee

Prague is dotted with many Czech kavárna: typical coffee houses where time seems to have stood still. One of the most famous is Café Imperial (Na Poříčí 15), with Art Deco pillars, ceramic wall tiles and golden taps in the shape of swans. Café Savoy (Vítězná 5), a grand café dating back to 1893, has the same vibe, with traditional Czech pastries being served below stunning Neo-Renaissance ceilings. Alternatively, Mezi Srnky 3 (Sázavská 19) offers a more contemporary experience. This small eco-friendly café may be small in size, but it's big on flavour.

### **Eclectic Holešovice**

Creative Praguers have transformed Holešovice's abandoned factories into an exciting and vibrant district.

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Vnitroblock 4 (Tusarova 31), an industrial hall that was empty for years now houses trendy shops, an art gallery and cafés. DOX Centre for Contemporary Art (Poupětova 1), in a former metal factory, holds exhibitions of Czech and international art and design. And Cross Club (Plynární 1096/23) features an entrance wall you won't easily forget, as it's assembled from unusual artifacts. Once inside, you can enjoy food and drinks by day and live music, dancing and events by night.
PRAGUE by nigh

ENJOY THE CITY LIGHTS WHILE CRUISING THE VLTAVA RIVER, SIP CHAMPAGNE IN THE CITY'S HIGHEST BAR OR GO UNDERGROUND: EVERYTHING IS POSSIBLE WHEN THE SUN SETS IN PRAGUE.



# In the spotlight

Prague is magical at night when its monuments are illuminated against the dark skies. And one of the nicest ways to appreciate this is by boat. Departing from the dock at Čech Bridge, the electric boats by Prague Boats take their passengers down the Vltava River on an evening cruise and offer them spectacular views of sights such as Prague Castle **G**, Charles Bridge and the National Theatre (Národní 2).

# Dinner, dinner, dinner

For traditional Czech fare, visit U Modré kachničky (Nebovidská 6), a charming restaurant with a historic air where you can tuck into typical dishes such as roast duck with red cabbage or buckwheat ragu with grilled vegetables. The tasting menu at Michelin-starred La Degustation Bohême Bourgeoise 🕲 (Haštalská 18) is also inspired by Central European cuisine and Czech ingredients, but reimagined into contemporary and innovative dishes. For vegetarian dining, try Lehká hlava 🛛 (Boršov 280/2). Using local, organic produce whenever possible, their menu consists of tasty dishes such as a no-meat take on the traditional Czech svíčková (typically a beef tenderloin dish) with Carlsbad dumplings and cranberry gel.

# Cocktail o'clock

After a devastating flood in 2002, the Karlín district has been transformed into one of Prague's trendiest areas while maintaining elements of its industrial past. And it offers lots of fun places to have a drink. Visit Liquid Office (Pernerova 691/42) for signature cocktails, laid-back vibes and great beats, and Cloud 9 Sky Bar & Lounge (Pobřežní 1), on the roof of Hilton Prague, for tipples with panoramic views. If you're up for more, use the pedestrian tunnel that connects Karlín to the Žižkov neighbourhood and visit the iconic Television Tower **(3)**, a 216m-high brutalist structure built during the communist era, for a high-in-the-sky nightcap at Oblaca (Mahlerovy sady 1).

# Sweet dreams

For a five-star experience book into the historic Augustine Hotel (Letenská 12/33), which is housed in a 13th-century former monastery and boasts one of Prague's oldest beer cellars, or The Emblem Hotel (Platnéřská 19), which features a rooftop terrace with castle views and a traditional hammam spa. Alternatively, Miss Sophie's is a small boutique hotel chain with three locations, all of which ooze charm and character, and offer their own special traits.

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# A NEW ROMAN HOLIDAY

Having endured years of conquest and upheaval, Rome earned its nickname the Eternal City long ago. But now there's another reason: this capital of timeless beauty is reinventing itself.

Text Liza Karsemeijer

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**T** he historic osteria of Goethe' reads a marble plaque hanging on the wall at Antica Trattoria Angelino. According to this exquisite restaurant's owners, Johann Wolfgang von Goethe, the famous 18th-century writer, used to come here regularly during his Italian travels. He's even said to have written his book *Italian Journey* (1816) here. I can visualise him sitting in the corner on a wooden bistro chair beneath the pretty wooden beams that span the ceiling.

Upon his first arrival in Rome, Goethe penned in his journal: 'Well, at last I am arrived in this great capital of the world!' It's how I feel whenever I re-enter the city I once lived in for six years. I love revisiting my favourite osterias (restaurants with short food menus and long wine lists) to sample a filling cacio e pepe (pasta with pecorino cheese and black pepper), admiring Gian Lorenzo Bernini's brilliance at the Borghese Gallery, or walking the cobbled streets while nibbling on a Roman suppli (fried ball of rice, typically with a filling of ragu and mozzarella). In Italian Journey, Goethe raves about the frescoes in the Sistine Chapel, the harmonious proportions of the Pantheon, and the view over the ancient ruins from Capitoline Hill. But there's a modern side to Rome as well, where entrepreneurs are organising festivals in centuries-old palazzi, industrial buildings are being turned into event spaces and art lovers are indulging in new galleries. While Rome struggles with big-city problems such as gentrification and crowds, it manages to keep its authenticity, if you know where to go.

"The beauty of Rome is its diversity and cultural richness," local guide Eline Zuidgeest tells me over an espresso at Tartarughe, a bar in the middle of the Ghetto Ebraico (Jewish Ghetto), which is named after the adjacent, gorgeous 16th-century Turtle Fountain. Zuidgeest and I pick out a table that looks out over the small square. Next to us, a group of Roman friends are discussing the latest gossip. Originally from the Netherlands, Zuidgeest has

lived here since 2005 and still loves sharing her passion for Rome with curious travellers. "Rome is so dense with cultural highlights that no matter where you're staying, you'll find something beautiful, interesting or surprising, from ancient excavations to futurist art," she says. Most people contact her for a tour of the Vatican Museums or a visit to the Colosseum, but Rome is much more than that, she insists: "Even near the biggest tourist hotspots, you can get away from the crowds and see something unexpected." It's enough to step into one of Rome's 900+ churches: you might just discover a masterpiece. "My favourite is The Ecstasy of Saint Teresa, a sculpture by Bernini, which you can see in the Santa Maria della Vittoria church without paying a dime."

Beautiful terracotta-coloured buildings unfold gracefully as we walk along the narrow, cobbled Via della Reginella. Zuidgeest tells me about the history of the Jewish neighbourhood. "This is one of the few streets that remain from the old ghetto. For more than three centuries - from 1555 to 1870 - Jewish-born citizens were forced to spend their lives here. They weren't allowed to own houses and could only trade in rags." Today, little evidence of that grim history remains. After the ghetto was demolished, it was almost completely rebuilt. The food culture still reminds us of those times. For instance, the delicious carciofi alla giudia (deep-fried artichokes), which I've sampled at Antica Trattoria Angelino before, but also the crostata di visciole. This ricotta and sour cherry tart is a reminder of the time when Jews weren't allowed to sell cheese or dairy products, even as ingredients in food. The story goes that a clever baker hid the ricotta by covering the cake's filling with dough.

### Merged history

We make our way out of the ghetto, passing the majestic, stately Great Synagogue, the weather-worn, ancient Porticus of Octavia, and the semi-circular Theatre of Marcellus, an open-air theatre built in the closing years »

**Previous pages** Rome skyline; Via Sistina

### Right page, top

(from left to right) St. Peter's Basilica, Vatican City; Temple of Apollo next to Theatre of Marcellus; kids playing at Pincio Terrace park Bottom The Trastevere neighbourhood A LIGHT BREEZE CARESSES A ROW OF CYPRESS TREES AS WE APPROACH THE LOOMING PILLARS

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# I WITNESS LAYERS OF HISTORY BECOMING BATHED IN EVER-DEEPER ORANGE HUES



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# THERE'S A MODERN SIDE

# TO ROME AS WELL





of the Roman Republic. "This is a good example of how Rome has been built up of several layers throughout the centuries," explains Zuidgeest as she points to the theatre, which consists of two rows of stone arches and a more modernlooking brick layer with windows. Dedicated to Marcellus, Augustus Caesar's nephew, the theatre was built in 13 BC and has been used variously since: from a fortress in the Middle Ages to the home of the affluent Orsini family from the 18th century onwards. The family partially demolished the building and constructed their palazzo on top of it.

A light breeze caresses a row of cypress trees as we approach the looming pillars of the Roman Forum. We enter the Colosseum Archaeological Park through the entrance on Via dei Fori Imperiali, a tree-lined avenue flanked by millennia-old excavations - that never fails to amaze me with its grandeur. It's like an ancient runway; the sort of place you'd land if you travelled back in time. We make our way to the Horrea Piperataria, a newly opened excavation. "This is one of those examples of a tourist-free gem hiding in plain sight," says Zuidgeest. The Roman Forum is one of the most popular sites, but due to its vast size, the archaeological site features many nooks and crannies where you can escape the crowds. "Most visitors skip this part, but if you book an extra ticket, you'll get a look inside what was once the workplace of Galen, the famous physician who owned a pharmacy here," she continues. "It used to be a warehouse that sold precious Egyptian and Arabian spices, and herbs with pharmacological properties." Inside, digital projections show visitors what the spice store looked like in ancient times.

### **Festival site**

I cross the Fabricio Bridge to Tiber Island, which houses two restaurants, a church and a hospital, in the Tiber River. A busker strums his guitar as I admire the 17th-century (rebuilt) Basilica of Saint Bartholomew. The setting sun turns its facade into a cream-coloured shade. Across the river, one of my favourite areas is waiting: the Trastevere neighbourhood, a medieval labyrinth of small backstreets and tiny piazzas. I meet Maddalena Salerno on the charming Piazza dei Ponziani, which is surrounded by a trattoria, a bar, and a palazzo covered in lush green ivy. The Roman-born entrepreneur runs a creative communications agency with her business partner Sara D'Agati. According to Salerno, Rome is a living city with a vibrant cultural scene. "But it's also made up of numerous neighbourhoods, each with its own character, and people tend to stay within them, so it can be hard to step out of your bubble and discover something new," she explains. It's part of the reason why, in 2022, she and D'Agati created Romadiffusa: a festival consisting of performances, workshops, DJ sets and other cultural activities. The first edition was an instant success, so the pair organised more events throughout the year, with a record 60,000 festivalgoers last summer. "The idea is to show locals and newcomers a side of the city they don't vet know," adds Salerno. "We want to connect the historic Rome to a more contemporary version of the city. That's why we organise live performances in unexpected locations. Last year, we had live music in the Campo de' Fiori square and a dance performance in Piazza Navona."

The next day, I meet Zuidgeest in front of the enormous doors of the Basilica of Saint Paul Outside the Walls in Ostiense, a former industrial neighbourhood. We came here to avoid the crowds: 2025 marks a Holy Year in Rome, meaning groups of pilgrims flock to Vatican City to visit St. Peter's Basilica. But this papal church has only a fraction of the visitor numbers; in fact, it's almost empty when we step inside and hear our footsteps echo across the inlaid marble floors. It's hard to fathom the sheer size of the building with its vast array of gold frescoes and gold ornaments. Zuidgeest points at the row of portraits above the colonnade depicting every pope. »

**Top** Garibaldi Bridge **Bottom (from left to right)** Piazza Navona; Palazzo Talìa; deep-fried artichokes 46

# GO FOR A LEISURELY

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# **Left page** The Appian Way

"Legend has it that the world will come to an end when the spots for new portraits run out," she says while pointing at the handful of remaining spaces.

Emerging later from the Colosseum's metro station, I'm immediately struck by the ever-imposing iconic amphitheatre as I walk along the Via dei Fori Imperiali. I'm heading for a more modern cultural site: Rhinoceros Roma, a 17th-century palazzo meticulously restored by architect Jean Nouvel, who created several exhibition spaces but also apartments aimed at art afficionados who want to stay the night. It's also the home of Fondazione Alda Fendi Esperimenti, an art foundation set up in 2018 by Alda Fendi, daughter of the Roman fashion house's founder. It's now headed by Fendi's daughter Alessia Caruso Fendi. "The gallery was conceived as a place for creative exchange," she says. "We want to be a window from Rome to the world." This summer, a group exhibition by internationally renowned designers is on display at the palazzo: Spanish artist Jaime Havon is showing chandeliers and vases with hand-painted faces in his signature colourful style and Dutch designer Chris Kabel is making a statement with his minimalistic wooden bench made from a single tree trunk.

As the sun begins to dip towards the horizon, I head to the roof terrace for a glass of Prosecco. From this perfect vantage point, I witness layers of history - the excavations of the Roman Forum, the medieval palazzi, and the imposing bronze sculptures on the roof of the 19th-century Altar of the Fatherland - becoming bathed in ever-deeper orange hues. The terrace, in contrast, boasts elegant design furniture with bright red details. It's not a random choice: red has been the colour of the city for millennia, and it has appeared everywhere, from Rome's coat of arms to its ancient customs. Now, it connects this modern-day bar with its historic surroundings. In Rome, all of history's layers constantly overlap and merge with each other. It's exactly what makes the Eternal City so special. «



LIZA KARSEMEIJER IS A JOURNALIST WHO WRITES ABOUT TRAVEL, DESIGN AND SUSTAINABILITY. SHE DIVIDES HER TIME BETWEEN TURIN AND ROTTERDAM. HERE ARE LIZA'S TIPS FOR THE CITY SHE ONCE CALLED HOME.



Mater Terrae Perched on top of Bio Hotel Raphaël's roof, it's hard to top the view from Mater Terrae's panoramic terrace. But their menu is the real treat: they offer some of the best vegetarian cuisine in the city. No wonder they earned a Michelin Green Star. biohotelraphael.com

### Trattoria Pennestri

With classics such as carbonara and *cacio e pepe* (pasta with pecorino cheese and black pepper) on the menu, this trattoria is a great place to sample the local cuisine. It can get quite crowded, so booking ahead is advised. trattoriapennestri.it

### Glass Hostaria

Tucked away in the cobbled streets of the cosy Trastevere neighbourhood, this Michelin-starred restaurant is run by Chef Cristina Bowerman, who has a strong focus on fresh and sustainable ingredients. glashostaria.it



Palazzo Talla This boutique hotel boasts historical details and a tasteful modern decor thanks to the interior design by film director Luca Guadagnino. His theatrical design choices include floral-patterned carpets, four-poster beds, and wall cladding made of hundreds of hand-blown mirrors. palazzotalia.com

### Buonanotte Garibaldi

With only three guest rooms, artist Luisa Longo's luxury B&B is an oasis of calm in lively Trastevere. The stylish rooms and common areas are furnished with vintage furniture and Longo's art. buonanottegaribaldi. com

lo drink

Bar San Calisto This bar in Trastevere is an institution: you'll find people from all walks of life here, from local pensioners playing cards to young travellers drinking Spritzes from glass tumblers. barsancalisto.it

### Tram Depot

If you want to rub shoulders with young locals, this open-air bar in Testaccio is the place to go. Owing its name to the old tram carriage that houses the bar, its terrace boasts rocking chairs and a relaxed atmosphere. @tramdepot\_



Go on a tour Eline Zuidgeest is an experienced guide who never tires of sharing her passion for the Eternal City. She knows how to engage listeners of all ages and gives tours in English, Dutch and Italian. gidsinrome.nl

### The Appian Way

Overstimulated from all the splendour of the city centre? Head to the world's oldest and strategically most important Roman road: the Appian Way. Go for a leisurely stroll through a gorgeous landscape on the millennia-old basalt stones.

# Book this story

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# Simone Post's Sweet Memories

AT MUSEUM VOORLINDEN



Director at Museum Voorlinden Suzanne Swarts on the solo exhibition by Simone Post.

Using marshmallows, gummies, and candy necklaces, Dutch artist Simone Post recreates her childhood home in *Sweet Memories*, including her bedroom, bathroom, and mother's sewing studio. Everything, from the carpet to the washing machine, is made of candy. Walking through this immersive installation is a mouthwatering experience that takes you back to a childlike world where everything seems possible.

### Where and when?

Sweet Memories exhibition: until 31 Aug 2025 Address: Buurtweg 90, 2244AG Wassenaar Opening times: museum (11am-5pm); restaurant (10.30am-6pm) From Wassenaar by car: The Hague (20 mins); Schiphol (25 mins); Amsterdam (45 mins) Buy your ticket at the museum or online: tickets.voorlinden.nl



Anton Nootenboom

# 66

# ALL I HAD TO DO TO CREATE CHANGE FOR SOMEONE ELSE WAS USE MY BARE FEET 27

Anton Nootenboom, also known as The Barefoot Dutchman, has done several challenging barefoot walks to raise funds and awareness for men's mental health. He even crossed the US from coast to coast. Text Charlotte Latter Photography Ester Gebuls.

ow did The Barefoot Dutchman come to be? I struggled with my mental health for quite a while due to a combination of heartbreak, financial pressure and a feeling of being stuck in my job in construction. After working in the Dutch army for 10 years, I felt that I'd lost my identity. But even though I was miserable, I kept telling myself: there's nothing wrong and to man up. I had panic attacks and slid into a depression, and I had no idea how to deal with it. It took me two years to get out of this state, and I managed it with a combination of things. Meditating and walking in nature were the first steps I took. But what helped me the most was talking about how I was feeling and not answering, 'yeah good', when someone asked me how I was doing. I learnt that if I was honest and open to

people, they were open with me too, and we got to share stories and talk about how to deal with our issues. When I felt better again, I wanted to treat myself and celebrate life. I decided to travel to Nepal and hike to Everest Base Camp. To give back to society, I wanted to raise funds for the people who live there, so I did this climb barefoot to get people's attention. Walking barefoot is very grounding, and it reduces stress and anxiety. When I reached Base Camp after a tough nine-day trek, I realised that all I had to do to create change for someone else was use my bare feet and willpower. That's how The Barefoot Dutchman was born.

To raise funds and awareness for men's mental health, you walked from Cairns to Sydney in 2021. You also started Brave Men Talk, a foundation for which you walked from LA to New York last year. Yes, because what I'd gone through was not unique. So many men are suffering from mental health issues. The thing is that men are not raised to be open about how we feel. We still believe that showing vulnerability is a weakness. But it's courageous to admit that you've got a problem and need help. One of the goals of my trip was to share my story and meet people along the way who'd feel safe enough to share theirs with me.

# What kind of encounters did you have?

Oh, there were literally thousands. But let me pick one: I was in the middle of nowhere in the US when this massive guy, covered in tattoos, with a big beard and a really big dog came walking out »



of the bush. He asked what I was doing there, so I told him that I was walking for men's mental health. "Oh man, we need you here," he replied. He then started telling me how he was going through a very hard time in his life. He'd lost his dad to suicide and was left with his financial debts and a house that needed to be sold. At the end of the conversation, the man was all smiles and said how good it felt to vent. I'd filmed part of our conversation, and I posted it on my socials. The response was enormous: people started fund-raising to help the guy out with his debt. It's amazing to see how so much good can come from one conversation.

You've said that the walk across the US was tougher than 10 years in the army, the trek to Everest Base Camp and your trip in Australia combined. How so? I wanted to set a world record and raise as much money and awareness as I could. This created a lot of stress. If I wasn't walking, I was busy raising funds, organising events along the way, phoning my sponsors and potential donors, and arranging my social media channels to keep my followers up to date



on my trip. In our little camper van my girlfriend – who came along for support – and I worked almost around the clock for 260 days straight. It was absolutely nuts. And then there was the distance and time: I walked 5,104km in 8.5 months. The conditions were very challenging. I went through the Rocky Mountains with temperatures of -10°C and crossed the desert for months on end with extreme humidity and no shelter from the burning sun. It was relentless. When I finished, we were both burnt out; it took us four months to come back to our senses.

You described walking barefoot as treading on a piece of Lego with every step. How did you manage to keep going? Once you're doing things for the greater good, you have this dot on the horizon, and you can do whatever you set your mind on. My body and mind are not any different than anybody else's; we're all shaped in the same way and we're so much stronger than we make ourselves believe. It was very tough most days, but I wanted to show people in mental distress that if I can get through this day, you can get through yours.

What are the most beautiful places you've come across on your walks? I think the Himalayas are the most beautiful mountains on the planet, and the people who live there are the kindest, most caring people I've ever met. Australia is my number-one country because it's drop-dead gorgeous, but I also love the diversity of the nature in the US. It's incredible to walk through the stunning Mojave Desert in the southwest with its Joshua trees, and Zion National Park in Utah where the red cliffs and colour contrasts are just mesmerising.

What's the biggest lesson you've learnt from your walks? That whatever you do in life, take it step by step. It's human nature to want to achieve a big 66 IT'S AMAZING TO SEE HOW SO MUCH GOOD CAN COME FROM ONE CONVERSATION 22

goal straight away. But this often makes the task too big and overwhelming, and you may give up as a result. So set yourself small, achievable goals and you'll get there.

What do you do for a living now, and will you do any more long walks? I now lecture at companies and schools and have several coaching programmes. I will never do another long walk. My next challenge will be smaller. In about a year from now, I want to run barefoot for 24 hours nonstop on the running track at the Olympic Stadium in Amsterdam. To beat the current world record, I'll have to run at a pace of 10kph. I don't like running and I can barely run 5km in one go, so I'd better start training soon.«

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# JUST THE TICKET

Take these tantalising train journeys and experience a world of wonders from your luxurious seat.

Text Suzanne Stougie

55

Singapore & Malaysia

# **EASTERN & ORIENTAL EXPRESS**

A cream-and-green dream of a train, with interiors decked out in lacquered wood panelling, fabulous fabrics and luxurious light fittings, the opulent *Eastern & Oriental Express* takes you on a journey through Malaysia's most amazing landscapes. Travel deep into one of the world's oldest tropical rainforests, gaze at the rolling tea plantations of the Cameron Highlands or alight for a Vespa tour of peppy Penang Island's George Town Old Quarter. The 16-carriage train offers fabulous fine-dining suppers served in its bygone-era dinner cars, a jazzy piano bar and an open-air observation carriage. **Don't miss:** Try the Constellation treatment at the on-board Dior Spa for a slow-stroke massage that mimics your pace of travel. belmond.com



Scotland

# **ROYAL SCOTSMAN**

From exciting Edinburgh to beguiling Ballindalloch Castle and beyond, climb aboard the *Royal Scotsman* and you'll chug past many a Highlands highlight. Its leisurely journeys contain a symphony of discoveries that range from the rugged – picturesque peaks and fantastical forests – to the contemporary, such as Glenfinnan Viaduct, famous for its appearance in the *Harry Potter* films. The iconic train's mahogany-panelled sleeper carriages are kitted out in tartans and tweeds, reflecting rich local traditions, as do the delectable dinners and drinks. **Insider tip:** Stimulate the senses with a wild swimming session; there are plenty of lovely, refreshing lochs to choose from. belmond.com

# Australia

# THE GHAN

Explore the lesser-known Australia with an all-inclusive journey through the heart of the country on board *The Ghan*. From the comfort of your private, plush cabin, you'll have a front-row view of the remotest landscapes. Leaving croc-crazy Darwin, you'll traverse the tropical savannah of the Northern Territory as well as South Australia's arid outback, all on the way to charming Adelaide. Take in the mountainous MacDonnell Ranges, dine under the stars in Alice Springs and marvel at the ever-changing ochres, rusts and greens of the breathtaking Kanku-Breakaways Conservation Park. **Don't miss:** Go all-out with the Aurora Suite, which comes with a bottle of Bollinger, butler service and in-room dining, for a golden-era train experience. journeybeyondrail.com.au



Canada

# ROCKY MOUNTAINEER

Travelling through the captivating Canadian Rockies on the *Rocky Mountaineer* is a daylight-only affair, so you won't miss a single stunning look through its oversized windows. Each individual route offers an abundance of postcard-worthy vistas. Leave Vancouver for Banff to see endless lakes, journey to Jasper for thunderous waterfalls or transit to Quesnel along gold-rush rivers and chiselled canyons. Packages include three-course meals served right to your heated, reclining seat by dedicated hosts regaling you with splendid stories. Impeccable service and excellent hotel accommodation are a given too. **Don't miss:** To feel the wind in your hair, head to the viewing platform, exclusive to GoldLeaf passengers. rockymountaineer.com



Africa

# **ROVOS RAIL**

Winner of several World Travel Awards, Rovos' ultra-luxurious train safaris are as scenic as they are sophisticated. Their trains' vintage carriages, with their wood panelling and heavy fabrics, move slowly through southern Africa's ever-changing landscape, past savage savannah, barren grasslands, majestic mountains and lush vineyards. Whether you're taking their 2-night, 800km journey between Durban and Pretoria in South Africa or their 11-night, 3,400km trip from Pretoria to Namibia's Walvis Bay, the Wi-Fi-free public spaces with big-picture windows, bar and booths are perfect for winding down. **Don't miss:** Ever wanted to have a bath on a moving train? Book The Royal Suite and you can. rovos.com



# KLM NEWS

# KLM House

NO. 95: HEINEKEN BREWERY





Although this building at Stadhouderskade 78 in Amsterdam

is still called the Heineken Brewery, it hasn't produced any beer since 1988. Starting its operations here in 1864, Heineken soon became world-famous, and increasing demand for its beer led to the gradual expansion of the brewery until it became a collection of buildings at the same address. In the early 1900s, architect Arie Heederik was commisioned to draw up plans for one of them: 'the brewhouse' (which replaced an existing building), eventually resulting in this elegant, Art Nouveau-style structure with stained-glass windows. Those curious to learn about Heineken beer can do so at Stadhouderskade 78, as the former brewery has been the home of the Heineken Experience visitor centre since 1991.



Updated à la carte meals

# SOMETHING TO CELEBRATE

ECONOMY-CLASS PASSENGERS ON INTERCONTINENTAL FLIGHTS CAN NOW ENJOY UPGRADED À LA CARTE MEALS, INCLUDING THE 'JAPANESE DELIGHT' MEAL, ACCOMPANIED BY NEW DRINKS.

# Italian meal

This delicious menu treats the customer to a selection of antipasti, a main course of cannelloni with ricotta and arrabbiata sauce and a classic tiramisu for dessert, accompanied by an Aperol Spritz.

# Indonesian meal

This journey for your tastebuds begins with *bami goreng* (noodles) and tempeh, and is followed by *rendang* (beef stew) with rice, sambal and fried onion, a side dish of *roedjak* (fruit and veg salad), and a dessert of coconut/pineapple and *spekkoek* (layered cake). Accompanied by a Heineken beer.

# Vegetarian meal

Enjoy this veggie experience: beetroot and goat's cheese salad followed by a vegetarian biryani with grilled veg, cranberries, tahini and extra-virgin olive oil, and lemon cheesecake. Accompanied by a kombucha (fermented tea) drink.

# **Celebration meal**

This party starts with prawns in a tomato sauce with a dash of cocktail dressing, followed by a beef, truffle and asparagus main course, a cheese platter and a raspberry and champagne dessert, with side dishes of a Jacob's Table Cracker, extravirgin olive oil and a Ferrero Rocher. Accompanied by a glass of cava.

### **Japanese Delight meal**

Enjoy roasted aubergine with lightly smoked tuna before indulging in a beef sukiyaki with miso rice and mushrooms. A mandarin/yuzu bavarois and a bottle of Pinot Grigio completes this new menu.

Order your meal now via My Trip or 'manage my booking' before your flight for prices varying from €19.95 to €32.95.

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# KLM NEWS

# Memorable flight

# "I was stressed as I had just an hour to change planes"

FELIX KRAINSKI'S LOST PASSPORT TURNED HIS FLIGHT INTO A NERVE-WRACKING EXPERIENCE.

On 10 March, I was travelling from San Francisco to Dusseldorf via Amsterdam for my job as a doctor. After settling into my Business Class seat, I put my passport on a little shelf in front of me to keep it handy in case I needed it later. During take-off, however, the accelerating aircraft caused the passport to fall beneath my seat. As soon as the seatbelt sign had been turned off, I got up and used the flashlight on my phone to see where my



passport had gone. I soon discovered that it had somehow managed to fall into a tiny gap in the floor. I alerted the crew, who immediately set about using various inventive methods to retrieve my travel document. I was stressed as, on arrival in Amsterdam, I had just an hour to change planes, during which I needed to collect luggage. If I'd had to wait for a member of the maintenance crew to remove the seat, I'd have missed my flight. Just as the situation was coming to a head, the co-pilot, who had left the cockpit to come and help, managed to retrieve my passport using some tape and tongs from the catering cart. I was incredibly grateful to the crew because this meant that I was able to catch my connecting flight to Düsseldorf.

Have you had a special flight? Share it at hollandheraldhome@hearst.nl and your story might be featured in the next issue of *Holland Herald*.

Ask the expert



Why is there a tiny hole in the cabin windows TECHNICAL SPECIALIST AIRCRAFT DECORATIONS GARRY LAND EXPLAINS.

An aircraft experiences quite a lot of pressure while flying at cruising altitude. To be able to withstand this pressure, the cabin windows are constructed from multiple acrylic or polycarbonate layers. The tiny 'breather hole' in the middle layer equalises the pressure in the window and reduces the stress on the middle layer. It also helps to prevent mist or frost from forming in between the various layers by allowing air to escape, equalising the humidity within them.

Do you have a burning question for the experts at KLM? Email us at hollandheraldhome@hearst.nl and your question might be featured in the next issue of *Holland Herald*.



# A SIGN OF THE TIMES

Since May 2024, KLM crew have been able to wear sneakers. They can choose their own sneakers (which must meet strict requirements), or they can buy the pair designed by Filling Pieces. This uniform change was made following a survey: respondents indicated that sneakers are more comfortable to work in and contribute to well-being. 64

# TRAVEL WELL



Flying light

# PERMITTED PLASTIC

PLASTIC AS A SUSTAINABLE CHOICE. IT MIGHT SOUND ILLOGICAL, BUT WHEN IT COMES TO PRODUCTS ON BOARD AN AIRCRAFT, PLASTIC IS STILL USED WITH SUSTAINABLE MOTIVES IN MIND. CLAIRE LUITEN, SUSTAINABILITY ENGINEER & PURSER, EXPLAINS WHY.

A snack securely covered, a blanket neatly packaged, food served on trays. Quite a few products on board are still made from, or wrapped in, plastic. For an airline whose main goal is to reach net-zero emissions by 2050, using plastic on board might seem like a contradictory move. Surely there are better options for packaging? "It isn't as black and white as people might think," explains Luiten. "There are quite a few factors that determine which material has the lowest environmental impact. For aircraft, using plastic on board can be a more sustainable choice than cardboard."

### Life Cycle Assessment tool

So in what way is plastic the more sustainable option? "Plastic is a light material. You can use it as a wrap or in products on board without increasing the total weight of the aircraft by that much. What this means is that less kerosene (aircraft fuel) is used to fly the aircraft to its destination, and therefore less CO2 emissions are released." When asked why KLM doesn't therefore wrap everything in plastic, Luiten says the decision isn't as straightforward as that. "Although plastic can be the more sustainable choice, there are other factors at play too," she explains, "such as the overall weight of a product, its lifecycle, if it can be recycled, the CO2 released during that particular product's production, and so on." She goes on to explain that, in order to be able to compare all materials as objectively as possible, KLM collaborated with TNO (a Dutch non-profit research organisation) to build the LCA (Life Cycle Assessment) tool. "With the help of this tool, KLM can determine which

products on board require plastic, and which can be made or wrapped in alternative materials." The ones that probably immediately spring to mind are wood and cardboard. But the problem is that wood is often heavier than plastic, and cardboard isn't always a more sustainable alternative. "Not only does the production of cardboard cost more energy, but it often also has to have a plastic coating to be able to be used to serve food, for hygienic purposes as well as to be able to withstand the moisture food contains." But this doesn't mean cardboard and wood are excluded as suitable materials, presses Luiten. "Our cutlery in Economy Class, for example, is made from wood."

# Reduce, Reuse, Recycle

Something else that plays a huge role in the choice of materials is KLM's reduce, reuse and recycle policy. "When choosing plastic, we try to opt for the most responsible option," Luiten explains. "That's why the packaging around the blankets and the crockery on the Economy Class trays are made from recycled plastic." And then there are the products such as the Economy Class trays themselves and the premium dishware that are part of a closedloop recycling. "This process allows us to recycle these products into new ones, this is called 'closed-loop recycling'. We'd rather not use plastic products or package our products at all, but when it's necessary, we're continuously looking - together with our suppliers - for different materials that can be reused or recycled easily. Not only do we want to reduce weight on board our aircraft, we also want to reduce our waste."



Above: Claire Luiten, Sustainability Engineer & Purser

Left page: Some examples of the packaging and products that KLM uses 66

KLM

KLM



Specifications

# KLM'S SUNFLOWER

KLM is one big family and, as with family members, KLM's aircraft have names. Its 13-strong fleet of 787-9 Dreamliners is named after flowers and plants. The first 787-9 was called *Sunflower*, and the rest have names such as *Lavender*, *Dahlia*, *Jasmine* and *Lily*.



Boeing 747-400ER Freighter Number of aircraft: 3 Cruising speed (km/h): 920 Range (km): 11,500 Max. take-off weight (kg): 412,800 Max. freight (kg): 112,000 Total length (m): 70.67 Wingspan (m): 64.44

### **Airbus A330-300/200** Number of aircraft: **5/6** Cruising speed (km/h): **880/880** Range (km): **8,200/8,800** Max. take-off weight (kg): **233,000/233,000** Maximum passengers: **292/264** Total length (m): **63.69/58.37** Wingspan (m): **60.30/60.30** Personal inflight entertainment Wi-Fi on board

# Boeing 777-300ER/200ER

Number of aircraft: **16**/15 Cruising speed (km/h): **920**/900 Range (km): **12,000**/11,800 Max. take-off weight (kg): **351,543**/297,500 Maximum passengers: **408**/320 Total length (m): **73.86**/63.80 Wingspan (m): **64.80**/60.90 Personal inflight entertainment Wi-Fi on board

### Boeing 787-10/9 Dreamliner Number of aircraft: 12/13 Cruising speed (km/h): 920/920 Range (km): 9,900/11,500 Max. take-off weight (kg): 254,000/252,650 Maximum passengers: 318/294 Total length (m): 68.30/62.80 Wingspan (m): 60.10/60.10 Personal inflight entertainment Wi-Fi on board



Boeing 737-800/700 Number of aircraft: 31/6 Cruising speed (km/h): 850/850 Range (km): 4,200/3,500 Max. take-off weight (kg): 73,700/65,317 Maximum passengers: 186/142 Total length (m): 39.47/33.62 Wingspan (m): 35.80/35.80 Wi-Fi on board



### Embraer 190/175 Number of aircraft: 24/17 Cruising speed (km/h): 850/850 Range (km): 3,300/3,180 Max. take-off weight (kg): 45,000/36,500 Maximum passengers: 100/88 Total length (m): 36.25/31.68 Wingspan (m): 28.72/28.65



KLM

Airbus A321neo Number of aircraft: 9 Cruising speed (km/h): 876 Range (km): 7,400 Max. take-off weight (kg): 89,000 Maximum passengers: 227 Total length (m): 44.51 Wingspan (m): 35.80 Personal inflight entertainment Wi-Fi on board



Boeing 737-900 Number of aircraft: 5 Cruising speed (km/h): 850 Range (km): 4,300 Max. take-off weight (kg): 76,900 Maximum passengers: 188 Total length (m): 42.12 Wingspan (m): 35.80 Wi-Fi on board



Embraer 195-E2 Number of aircraft: 23 Cruising speed (km/h): 876 Range (km): 4,815 Max. take-off weight (kg): 56,700 Maximum passengers: 132 Total length (m): 41.5 Wingspan (m): 35.12

LIGHTS, WHEELS, ACTION!

anding gear

GROUND SAFETY LOCK

"This is the Airbus A321neo's nose landing gear," explains Gerard Gie Aircraft Maintenance Technician B1/0 "It consists of the nose wheel steering system (with its steering actuator and two nose wheels), which facilitates the movement of the aircraft on the ground and can be operated from the cockpit using a steering tiller; oleo-pneumatic shock absorbers that absorb taxiing and landing loads; and four LED light units that are used to illuminate the runway or taxiway. When the aircraft is parked [shown] or is being towed, the red 'ground safety lock' streamer is attached to a down lock safety pin, which is inserted into the nose landing gear."

# TRAVELLERS



Patrick ←

# "It must be an enlightening experience to go there"

PATRICK NAPIÓRKOWSKI TRAVELLING TO ARUBA ON FLIGHT KL765

Reason for travel? "I'm travelling to Aruba for a wedding. It was actually all quite last-minute: I was sitting at home minding my own business when my friend barged in and told me he was getting married. I didn't even know they were engaged! So now I'm heading there for the ceremony, but I'll be in Aruba for a month. I hope I meet some cool people while I'm there." Still on your travel bucket list? "Tibet. From what I've read and seen. it must be an enlightening experience to go there. I'm not a Buddhist, but I can imagine that the energy that surrounds that place has to feel surreal. And then there's the beautiful nature too."

Who's your dream passenger to sit next to? "Kendrick Lamar. He comes across as such a 'real' person. His work, or should I say 'art', really resonates with me. I'm curious to know how he keeps finding inspiration to create beautiful music."

# Britt and Luisa

BRITT AND LUISA SANTOS TRAVELLING TO SÃO PAULO ON FLIGHT KL791

**Reason for travel?** "We're off to São Paulo to visit my husband's relatives. We'll be staying with my mother-inlaw, who lives in the northeastern part of Brazil, for three weeks. She lives right near the beach and has a whole lot of dogs and parrots. We're really looking forward to it."

Still on your travel bucket list? "I'd love to travel to Brazil more often. Not just to see relatives, but also because it's such a beautiful country. It has gorgeous palm tree-filled beaches, sun, nature, everything. But I wouldn't want to live there full-time, as I fear it would become less special. And in Europe, the way of life is so different."

Who's your dream passenger to sit next to? "Probably Astrid Lindgren, the author of the *Pippi Longstocking* books. Her imagination fascinates me; she must have been such a fun and intelligent person. I'd love to hear what she has to say."





Sabine

SABINE DIETRICH-SWEIG TRAVELLING TO RIO DE JANEIRO ON FLIGHT KL705

**Reason for travel?** "I'm going to join a group that is travelling from Brazil to Peru and then on to Argentina and Chile. The entire trip will take almost a month, and I can't wait. I went to Costa Rica last year, and I quite liked the group experience, as well as the nature on that side of the world. So that's why I chose South America this time. I also have a friend in Argentina, so I can't wait to see her again." Still on your travel bucket list? "New Zealand. It's known for its nature of course, so I'd love to explore that as much as possible. I'd also like to travel to Australia, to get a bit of diving in."

Who's your dream passenger to sit next to? "As long as it's someone who enjoys the outdoors and wouldn't mind talking about the great outdoors, that would be great. It can be an old friend, but a new one would be fine too!"

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# FLYING BLUE

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Flying Blue members can now use their Miles to book Air Tahiti flights. This exciting partnership gives members more ways to use their Miles, particularly for travel within the South Pacific region. Our goal is to enhance the Flying Blue programme by providing members with increased access to unique places. They can now book award travel to numerous Air Tahiti destinations from the airline's hub in Tahiti (PPT), French Polynesia, including: Moorea (MOZ), Huahine (HUH), Raiatea (RFP), Bora Bora (BOB), Rangiroa (RGI), Tikehau (TIH), Fakarava (FAV), Nuku Hiva (NHV), Hiva Oa (AUQ), Tubuai (TUB), Rurutu (RUR), and Rarotonga Island, Cook Islands (RAR). Bookings are available exclusively in Economy and can be made at airfrance.com or via the Flying Blue customer service centre, but not through KLM's channels.

For more information: flyingblue.com

My Miles



# "I love to travel outside of Europe"

ROB DE WILDE WAS ABLE TO UPGRADE HIS FAMILY'S FLIGHT TO DENPASAR, BALI.

I get to travel quite a lot for my job in the vascular industry. I visit the US at least once a year for a congress in New York as well as different European cities several times a year. I absolutely love to travel, especially trips that take me outside of Europe. I often find that countries with a vastly different time zone have a different culture too, which I enjoy exploring with my wife and kids. I've managed to accumulate quite a few



Miles over the years, which is why I was able to upgrade all our tickets to Premium Comfort for our flight to Denpasar, Bali, earlier this year. It was a 17-hour flight, so the extra comfort was more than welcome. Bali is a special place for my wife and I: it's where I proposed to her, so we really wanted to take the kids there. It wasn't the first time I upgraded flights to Bali, as my wife and I travelled there before in Business Class. I'm considering saving up the next batch of Miles to buy tickets to Cape Town, or somewhere else in South Africa, as my wife studied there for a while and we still have friends there. Then again, South America also has a certain appeal. We'll see.

Do you have a Miles-related story to tell? Send it to hollandheraldhome@hearst.nl and your story might be featured in the next issue of *Holland Herald*.



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# **ONBOARD ENTERTAINMENT**

Jones navigates life with her two small children, but without Darcy
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#### Encanto Animation, 1h42min The Madrigal family's magical house has blessed each Madrigal child, apart from Mirabel (voiced by Stephanie Beatriz), with a special power, such as healing. But when her family's magic begins to fade, Mirabel becomes the key tofinding the solution.

#### Films WATCH IT NOW



#### Vacation Comedy, 1h39min

In an attempt to reconnect with his family, Rusty Griswold (Ed Helms) takes his family on a road trip in an Albanian minivan to the Walley World amusment park, where he used to have great vacations as a child. They take a few hilarious detours along the way.



#### Shazam! Action, 2h12min When 14-year-old Billy Batson (Asher Angel) defends his foster brother from bullies at school, he ends up being given the power to become adult superhero Shazam (Zachary Levi). He soon discovers that it isn't just his brother who he has to defend, as evil is lurking.

#### Kids





KLM is thrilled to offer a collection of podcasts and audiobooks designed by Abel Studios to inspire young minds. With more than 17 hours of English and Dutch content to choose from, flying with your children just got better. They can now get smarter with our trivia podcasts, travel with Peter Pan to Neverland, learn about to the lives of female rebels, such as Taylor Swift and Jane Goodall, and enjoy series including: *Felicity the Fish, Sergio the Snail: Eco-agent* and *House of Robots*. **abel.as** 



#### MAD ABOUT THE BOY

It's been nine years since we last caught up with Bridget Jones (Renée Zellweger), Britain's most notorious spinster who, during the last film (Bridget Jones's Baby, 2016), got herself a baby and a husband (Mark Darcy; Colin Firth) too. However, a happily ever after isn't always guaranteed and Bridget Jones: Mad About the Boy sees Jones navigate life with her two small children, but without Darcy. Luckily, two suitors come along: park ranger Roxster (Leo Woodall) who matches with Jones on Tinder, and Scott Walliker (Chiwetel Ejiofor), her son's teacher. Romantic comedy, 2h4min

### IN CASE YOU MISSED THEM...

TV



#### The Last of Us Drama, 58min

Based on a video game, this series takes place in a post-apocalyptic world where a fungus ravages the planet, effectively turning humans into zombies. Survivor Joel (Pedro Pascal) is hired to take care of Ellie (Bella Ramsey), who may be humanity's last hope.



#### **Planet Earth III** Documentary, 57min Join Sir David

Attenborough as he takes viewers on a journey through the ever-changing habitats of our world. The 'Forests' episode looks into phenomenons such as dogs communicating with whistles and treehoppers fighting assassin bugs.



#### The White Lotus Drama, 60min

In the third season, set in the luxurious White Lotus resort in Koh Samui Thailand, viewers follow a group of guests and employees over the course of one highly transformative week. Featuring stars such as Aimee Lou Wood and Lalisa Manobal. It's great to have you with us

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(1)



## SKYTEAM

Travel advice

#### TIPS FOR SEAMLESS TRAVEL WITH SKYTEAM

PLANNING A GETAWAY? WITH SKYTEAM, YOUR JOURNEY CAN BE AS SMOOTH AS YOUR DESTINATION IS EXCITING. HERE ARE FOUR SMART WAYS TO ENJOY SEAMLESS TRAVEL WITH SKYTEAM.



#### Plan ahead

With SkyTeam's interactive Flight Map at skyteam.com, planning your next adventure is easier than ever. Explore more than 945 destinations across 6 continents, all served by our 18 member airlines. Whether you're flying from Nairobi to New York or Seoul to Santiago, you can view routes and connections in one convenient place. The Flight Map helps you compare options, saving time and opening up new travel possibilities.

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Each time you fly with a SkyTeam member airline, you earn Miles that can be redeemed for free flights, upgrades and more. Simply add your frequent flyer number to your reservation before departure to ensure your Miles are automatically credited. Many programmes offer perks with non-airline partners too, so you can earn Miles or enjoy rewards on hotel stays and car rentals. It's an easy way to get closer to your next getaway with every trip.

#### Pack smart

Avoid last-minute hassles at the airport by using SkyTeam's Carry-on Calculator, available at skyteam.com. This helpful online tool lets you enter your airlines and class of travel to instantly check the size and weight limits for your hand baggage across all your flights. By confirming your allowance in advance, you'll breeze through security with confidence and avoid unexpected fees or delays.

#### **Enjoy SkyPriority perks**

Travelling First- or Business Class, or hold Elite Plus status? Speed through the airport with SkyPriority, available at eight key touchpoints: from check-in and security to boarding and baggage claim. SkyPriority helps you spend less time waiting and more time relaxing, whether you're heading to a business meeting or starting a well-earned vacation.

Wherever you're going, SkyTeam and its member airlines are committed to making your journey seamless from start to finish. Travel smarter this season and enjoy every step of the way.

SkyTeam is the 18-member airline alliance. Find out more about news, services and upcoming events at **skyteam.com**.





## **HOUSE RULES**

#### **Electronics on board**

On board the aircraft, electronic devices, such as smartphones, tablets and e-readers, may be used at all times. If they include wireless functionality, they must be set to airplane mode before the aircraft doors are closed and remain so throughout the flight. You may use an electronic device's Bluetooth mode (e.g. a Bluetooth headset) at all times as long as you enable airplane mode before you switch on Bluetooth. If the aircraft offers Internet onboard, Wi-Fi mode may be used at all times as long as airplane mode is enabled first. Before connecting to the onboard Wi-Fi, switch off any VPN services on your device. Larger electronic devices (e.g. laptops) must be stowed during taxiing, take-off and landing. If in doubt, check with the cabin crew. Cabin crew may request that all electronic devices are switched off completely if it is deemed necessary.

#### **Drinks and smoking**

Alcoholic drinks are served one at a time to passengers seated in their assigned seats. For safety reasons, the purser may close the bar. Passengers are not permitted to drink alcoholic beverages brought on board with them. **Smoking**, including artificial cigarettes such as 'SuperSmokers', **is strictly forbidden** at all times on KLM flights.

#### Privacy

KLM respects the privacy of its customers and staff. Taking a **photo** or making a **film recording** of any person on board without their explicit consent is not allowed.

#### Lithium batteries

Mobile phones, laptops and other electronic devices contain lithium batteries, which can catch fire if they are damaged or if they short-circuit. Please make sure that you keep an eye on your device while it is charging, and do not charge it while sleeping. Please check 'restricted articles' on klm.com for more information.

#### Hand luggage at EU airports

To increase passenger safety, security rules for hand luggage are in place for all flights in accordance with European Union regulations. When passing through security control, you are required to present liquids, gels, pastes, lotions and aerosols separately, and in individual containers of no more than 100ml and packaged in a resealable, transparent plastic bag (maximum volume 1 litre, 1 bag per person).

#### **Animal products**

To prevent the spread of animal diseases, you are prohibited from entering the EU with meat, meat products, milk and milk products. Small quantities for personal use are permitted on arrival from Andorra, the Faroe Islands, Greenland, Iceland, Liechtenstein, Norway, San Marino and Switzerland. For further information, visit **europa.eu.** 

#### **Airport shopping**

**In the EU:** Within Europe, you can travel with your tax-free liquid purchases. They will be packed and sealed for you. The seal is valid for 24 hours. You may not break the seal until you have reached your final destination, even if your journey includes a transfer.

**Outside the EU:** Transfer at an EU airport? You may bring liquids and gels from non-EU airports. They will be checked at Schiphol. Travelling to the US? Only bring liquids on board bought and sealed at Schiphol. Transfer in the US or Canada? Pack your liquids in your check-in luggage.

#### Wi-Fi & free messaging

#### STAY IN TOUCH ON BOARD

Stay in touch with your loved ones or keep on working using KLM's in-flight Wi-Fi. More and more of our aircraft are equipped with Wi-Fi. If there's a Wi-Fi logo on your aircraft, you can use Wi-Fi. Just follow the instructions below and select a package of your choice. Select the stream package if you want to do it all: e.g. watch Netflix, listen to Spotify and use a VPN or social media. If you only want to surf the Internet and send and receive emails, then select the **surf** package. Be aware that you can send basic text messages with our **free message** package.



Switch off any VPN services and then set your device to airplane mode



Go to Wi-Fi settings and choose KLM\_WiFi from the network list



**3** Follow the steps on your device Or go to connect. klm.com Or scan the QR code

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TTP2





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86

## AMSTERDAM





## **AIRPORT MAPS**



## OUT OF THE BLUE

#### Shariff Jacob

TEAM LEADER OPERATIONS AT KLM E&M, SHARIFF TALKS ABOUT HIS JOB AND HOW HE CAME TO WORK FOR KLM.

What does your job entail?

Together with six teams of 8 to 10 engineers, I oversee the maintenance of the Boeing 777s and Boeing 787s, as well as smaller jobs on the Airbus A330s. We usually have 10-14 days to prepare an aircraft before it's put back into rotation, during which time I'm continuously in contact with the engineers to ensure we meet our deadline. The teams work in shifts around the clock. What kind of maintenance do you do? Almost everything is checked. For example, we clear out the cabin, clean or replace the carpets, inspect and possibly replace the seats; thoroughly examine critical systems such as the engines; and update the the aviation industry? Yes. In fact,

and there's always a positive atmosphere at KLM. That might be why a lot of my colleagues have been here for more than 20 years. "There's always a positive atmosphere at KLM" 90

## GEORGETOWN

#### → New destination

Museums

Georgetown has several noteworthy museums, such as Guyana National Museum, which focuses on Guyana's biodiversity, history and culture; and Walter Roth Museum of Anthropology, renowned for preserving traditional knowledge.

### $27^{\circ}C$

With average temperatures of 27°C, highs of 30°C and lows of 24°C, breathable summer clothes are advised in July. Don't forget rain gear, however, as this period falls in one of Guyana's two rainy seasons.

COLUMN TOTAL



43.5

One of the largest wooden cathedrals in the world, St. George's Anglican Cathedral opened in 1894. The 43.5m-tall Gothic Revival structure houses artifacts given by benefactors such as Queen Victoria of the UK.

Tational Park

In Kaieteur National Park, you'll find the spectacular Kaieteur Falls, and wildlife including jaguars and squirrel monkeys. A guided tour, including a return flight from Georgetown, is highly recommended.

Botanical Tardens

The Botanical Gardens has one of the Caribbean's most extensive tropical flora collections, including Guyana's national flower, the giant waterlily, making it a must-visit for nature lovers.

## 1881

Housed in the city's most famous landmark - the iron and steel structure with a four-faced clock tower (built in 1881) - Stabroek Market is a melting pot of cultures, where you can find food, clothes, homeware and more.

At

1E

11

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