The New TRAVELER

Berlin Travel Festival Magazine

Issue 02

WHERE TO GO IN 2019 ◊ Discovering Bhutan’s SECRET TO HAPPINESS ◊ Climbing the SEVEN SUMMITS for pride ◊ Women hit the road – with MARTA GREBER and CLAUDIA WU ◊ BudgetTraveller on LUXURY HOSTELS ◊ Away with THE WEEKENDER ◊ Zodiac journeys

Berlin Travel Festival ◊ 8—10 MARCH 2019 ◊ ARENA BERLIN
The new traveler is delighted by exchange and community. The new traveler seeks out creativity, authenticity, and connection with the people and places around them. The new traveler pursues unfamiliar experiences and embodies an unprecedented level of consciousness.

We are the new traveler – and as vanlifers, digital nomads, explorers, adventurers, couch surfers, and social innovators, we welcome the challenge of epitomizing responsible travel.

Thus, the Berlin Travel Festival has invited brands that balance purpose with profit. Speakers focused on finding fulfillment through reflection. Destinations include the far-flung, but we also explore weekenders and secondary cities by going local. These are slow travel destinations with offerings that one usually seeks out in distant lands: traditional food and acclaimed gastronomy, majestic landscapes, and spaces for wellness and reflection.

We represent a new generation of travelers who, like us, #traveldifferent with purpose – and never forget to have a whole lot of fun along the way. We’re glad you’re with us for the journey.

Bernd, Gabor, and Bob
From voyageurs to voyageurs – why it’s okay to take the middle seat on those unplanned adventures.

We all like to discover something new, but too often we let laziness set in – sailing a free ride along a side, flat path beaten by someone else. In 2019, that means following digital meandering on social media feeds, and only experiencing exactly what’s put in front of us in the form of a hashtag.

To be sure, there’s no shame in following another’s intention to a beautiful location. In one form or another, that’s always been the way of the world. Today, it’s just on a super-maxim scale driven by data aggregators and digital media. A brave pioneer macheted through the thickets in search of unspoiled beauty and – in the end – we enjoy the view of the tropical garden from our hotel rooms and complain about the spotty WIFI. Food bloggers cross the urban jungle to exhaustively test all twenty-three pizzerias in the city for the best slice, so we can reserve a table in the top location without a moment’s care or reflection about its relationship to the surrounding neighborhood.

When looking for a vacation, there are endless ready-made packages to choose from – you can book a plane ticket or a stay at a resort on a far-flung island while reading this page, if you can book a posh cruise or a stay at a resort on a far-flung island while reading this page, if you can book a posh cruise or a stay at a resort without a moment’s care or reflection about its relationship to the surrounding neighborhood.

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Discover the emerging destinations where influencers are heading in 2019.

**NEW QUESTS**

**NOVI SAD, SERBIA**
- TikTok: @travelincityguides
- @lostincityguides
- At the festival: Georgian Wine as Method of Time Traveling
- Daria Kholodilina, Talk (EN)
- Sun at 16:15, Center Court by Südtirol / Tbilisi in Bloom – Now is the Time, Annie Mumlade & Ana Svandrize, Talk (EN), Fri at 16:00, Travel Stage

**PALERMO, SICILY**
- Sicily's capital is a rich site of cultural exchange, past and present, reflected in its food markets as well as its architecture. Mediterranean weather doesn’t hurt either.
- Cee Cee – Creators behind a weekly tip newsletter, workshops, and neighborhood maps, all for Berlin and beyond. @ceeceeberlin
- At the festival: Stand 4.26

**DAKAR, SENEGAL**
- Dakar has always been a gem of West Africa, but the surfing, relaxing beach vibe, and local cuisine is a secret no more. Come for food, culture, music, art, and teranga – the Wolof word for hospitality.
- Jakiya Brown – Full-time traveler and entrepreneur changing the African narrative. Hometown: Charlotte, U.S. @travelingfro

**OKAVANGO DELTA, BOTSWANA**
- Botswana is an increasingly popular destination for stunning wildlife. Go for the safaris, stay for the warm and inviting culture.
- Johan Lolos – Globetrotter and self-taught travel photographer since 2013. Hometown: Liège, Belgium @lebackpacker

**TEHRAN, IRAN**
- It’s time to enjoy this gem from the Middle East. Go to cherish everything: the people, culture, natural beauty, and poetic language.
- Shivya Nath – Award-winning travel blogger and author of The Shooting Star. Hometown: Dehradun, India @shivya

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**HOKKAIDO, JAPAN**
- See the cherry blossoms in spring or Niseko in winter for ski chalets and onsen.
- Sam Wong – Content creator and lifestylist #flatlayqueen. Hometown: Hong Kong @samishome
- At the festival: Explore The Ends of Japan – Adventure Hokkaido Hiromi Yoneda & Lars Jacobsen, Talk (EN), Sun at 11:30, Travel Stage / Hokkaido Tourism Organization – Stand 1.12

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Two Wheels South

Two friends go on the motorcycle trip of their lifetime – from Brooklyn to Patagonia. Follow Matias Corea and Joel Estopà, feel the open road's call as it comes alive, and learn on how to prepare for a unique journey – choosing the right motorcycle, what to pack, how to plan the route, and most importantly: how to prepare your mind.

Two Wheels South (2019, Gestalten), gestalten.com. Photo: Matias Corea, from Two Wheels South, Copyright Gestalten 2019

At the festival: Two Wheels – A Motorcycle Journey from Brooklyn to Patagonia, Matias Corea, Talk (EN), Fri at 15:30, Main Stage

Nordic by Nature: Nordic Cuisine and Culinary Excursions from Gestalten takes readers through stunning imagery, innovative recipes, and kitchen secrets of renowned Danish chefs like Nicolai Nørregaard, Claus Meyer, Rasmus Munk, and Kamilla Seidler. This sizable, full-color book will spark the imagination of chefs and amateur cooks alike. Pick up a copy online or at your favorite bookstore.

On the Go

There's no better way to understand a country than through its food. Nordic by Nature: Nordic Cuisine and Culinary Excursions from Gestalten takes readers through stunning imagery, innovative recipes, and kitchen secrets of renowned Danish chefs like Nicolai Nørregaard, Claus Meyer, Rasmus Munk, and Kamilla Seidler. This sizable, full-color book will spark the imagination of chefs and amateur cooks alike. Pick up a copy online or at your favorite bookstore.

Nordic by Nature — Nordic Cuisine and Culinary Excursions (2018, Borderless Co. & Gestalten), gestalten.com

At the festival: Gestalten Stand 1.02

Mallorcan Hideaway

For a relaxing summer retreat, visit Can Miret, a privately owned holiday house in Spanish Mallorca. On the outskirts of Campanet, a charming village, Can Miret offers a stunning view of the Tramuntana Mountains and a serene alternative to Palma’s more crowded beach spots. Escape from the stresses of the everyday.

can-miret.com, @can.miret

Lost in Limbo

Michael Schulz (mastermind behind @berlinstagram) has been curating submissions for the account @whileinbetween since 2014. Started as a project for Generator Hostels, Schulz, alongside Lauren Randolph, organized a competition focused on capturing moments of solitude in travel. Overwhelmed with submissions, the duo dedicated a new account to the concept. Follow along for eerie shots of the in-between.

@whileinbetween

Laid-Back in Lychen

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Nordic by Nature — Nordic Cuisine and Culinary Excursions (2018, Borderless Co. & Gestalten), gestalten.com

At the festival: Gestalten Stand 1.02

Laid-Back in Lychen

Looking for an elemental countryside escape? Re:hof Rutenberg has topped our list. Located in Lychen, Brandenburg, this laid back hideaway provides simple relief from the chaos of everyday life in Berlin. Artist owners Martin Hansen and Marienkn Verheyen have lovingly restored the two-hectare property to include a converted barn, a vicarage, a beautiful loft, and three eco-lodges set against apple orchards, a vegetable garden, and outdoor terrace spaces. Next time you're looking to get away, look to our own backyard first.

rehof-rutenberg-ferienhaus-brandenburg.de

Femme-First Voices

Launched in 2017 by five women of the branding agency Wieden+Kennedy, the femme-first podcast, On She Goes, highlights a range of voices from the women of color community. In an effort to encourage WOC to travel “more confidently, more adventurously, and more often,” the team produces a collection of podcasts, articles, and city guides. To frame their content, the group focuses on quarterly, inclusive themes like “We Belong Here” and “Homeland.” Topics address the intersection of gender, race, and sexuality in the everyday lives of women.

on she goes

Editors: Borderless Co. & Gestalten
Format: 24 x 30 cm
Features: hardcover, 304 pages
ISBN: 978-3-89955-947-7
Photo: Michael Jepsen, from Nordic by Nature
Copyright Gestalten 2018

Transcendent Outdoor Writing

Taking its name from Thoreau’s nature retreat, Walden transcends your typical outdoors magazine. It connects seekers with thinkers, inspiring deeper reflection and greater awareness of the wilderness. Published by Gruner + Jahr, the German-language magazine has been inspiring travelers to embrace the outdoors. Pick up an issue at your favorite kiosk or enjoy it online.

@walden_mag
walden-magazin.de

At the festival: Walden Stand 1.28
The Quiet Power in Happiness
Bhutan’s Dr. Ha Vinh Tho Shares His Vision for a New Way to Think About Progress.

Interview: Eric James Bain

The small mountain kingdom of Bhutan has a radical plan to rethink the world with its concept of Gross National Happiness. Dr. Ha Vinh Tho, the former program director for the Gross National Happiness Centre in Bhutan, chairman of the Eurasia Foundation and co-founder of the Eurasia Learning Institute, seeks to spread Bhutan’s philosophy around the world. He shared with us what it means to be happy in (and out of) Bhutan.

ERIC JAMES BAIN: How would you describe Bhutan to someone who has never been?
DR. HA VINH THO: As a very unique opportunity to experience an intact traditional culture. It has amazing biodiversity, with flora and fauna you won’t see anywhere outside Bhutan. There is also the idea of Gross National Happiness. It is quite unique that a country has put at the center of its development the happiness of its people and of all life forms.

Can you talk a bit about the history of Gross National Happiness?

The fourth king was only seventeen when he ascended to the throne. He said that “Gross Domestic Product” was the problem. He asked the people what they wanted, found their common human aspirations, and said that should be the focus. Why do you measure happiness? Gross Domestic Product is a measurement. You can’t replace a measurement tool with an ideal. How do you measure progress in a different way? A lot of work has been done over decades to come up with robust indicators of happiness.

What came out of that was a system based on nine domains. Some are very traditional, like health and living standards, but then there are more original ones, like psychological well-being, time use, community vitality, and ecology. How is GNH assessed?

These nine domains are measured through a mix of subjective and objective indicators. “How many times were you sick? How many times did you visit the doctor?” But then we also ask, “How healthy do you feel? Do you have enough energy?” Another interesting one is time use. “How did you use your time last week? How many hours for work, for sleep?” It’s objective: You can count it. But then [we ask], “How do you feel about it? Is it too much? Do you feel stressed? Are you happy with it?”

How is that information put into practice?

In Bhutan, there’s a survey that covers the nine domains. The outcome gives a precise image of what’s working well, what’s not working so well. It helps the government set its priorities for the future, and say, okay, where should we apply our resources?

What led you to become program director for the GNH Centre in Bhutan?

Before Bhutan, I was working with the Red Cross in most of the conflict areas of our time—the Middle East, Darfur, Pakistan. I began to reflect on the root causes of suffering. That brought me to this idea of GNH.

What do you enjoy about your role?

People assess what is important for them. GNH is a system based on nine domains. Some are very traditional, like health and living standards, but then there are more original ones, like psychological well-being, time use, community vitality, and ecology. How is GNH assessed?

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What if you had a program director for the GNH Centre in Bhutan? Before Bhutan, I was working with the Red Cross in most of the conflict areas of our time—the Middle East, Darfur, Pakistan. I began to reflect on the root causes of suffering. That brought me to this idea of GNH.

What do you enjoy about your role?

The most fulfilling experience is seeing that it actually works, implementing GNH in schools and seeing the impact it is having on students and teachers. We’ve also been implementing it in businesses in Thailand, in the U.S., and Switzerland.

How does that work?

We hold workshops to help people develop what we call “happiness skills.” The nine domains are universal, but the questions are completely different if you’re a company in Germany. So, part of the process is co-creating the questions with the stakeholders, which makes people assess what is important for them.

How important is environmental protection to GNH in your view?

In a country like Bhutan, it is really very important because the Himalayas are an extremely fragile environment. If global warming continues, the Himalayan countries will be some of the first to be destroyed.

What do you consider to be vital to see or experience while visiting Bhutan?

The very famous sites like Tiger’s Nest are worthwhile and really beautiful. There are also amazing treks including the Snowman Trek, which is said to be the most difficult in the world. Each monastery has a seasonal festival called a tshechu. If you have more time, you can travel west to east, which takes several weeks. You have amazing scenery, fantastic mountains, remote temples, and villages.

What do you have planned for 2019?

I’ll be going to China soon to help develop a GNH region in their Himalayas. We might see China become a pioneer in ecology in the years to come.

What can the rest of the world learn from Bhutan?

I really feel that the system as we know it has come to an end. GNH shows us a new direction, focusing on the question of what actually brings happiness and well-being to the majority. So, Bhutan is a ray of hope.

Dr. Ha Vinh Tho, Co-Founder, Eurasia Learning Institute, eihw.org

INTERVIEW: ERIC JAMES BAIN

Environmentalism is the new escapism. From the sun-drenched hills of Andalusia to the depths of the Balinese jungle and the forests of South Tyrol, The New Traveler explores three retreats that enrich the planet as much as they do the self – no yoga mats required.
Avocado Harvesting at Hacienda La Bonita in Andalusia, Spain

For many, the bustling tourist destination of Spain’s Costa del Sol stands for anything but calm. Yet a short drive inland up through the gently winding roads of the Guadalhorce Valley – around forty-five minutes from Málaga – leads to a veritable oasis of serenity. Tucked into the hillside near the small town of Coín is Hacienda La Bonita, a finca flourishing with avocado, citrus, olive, and pecan trees.

Here, self-taught fruit farmer Katja Faber invites visitors to decompress, revitalize, and take in the therapeutic properties of nature – which this fertile corner of the Mediterranean has in abundance.

Late every fall, ripening avocados heave on the limbs of trees, ready to be picked. To undertake this, the Swiss-English owner invites locals and travelers to join her for an "Avocation" – two to five days spent working on the Bacon, Fuerte, or (in winter) Hass avocado harvest. Having arranged their own accommodation nearby, harvest participants arrive at the farm every morning to experience first-hand the realities of managing a subtropical farm, enjoy basking in the sun at Hacienda La Bonita are sweet: tired body, nourished soul, clear mind.

Practicing Permaculture at The Kul Kul Farm in Bali, Indonesia

The surfing beaches and rainforests of Bali have long secured this Indonesian island its place at the top of destination wish lists for all sorts of escapes – from eco- activism to digital nomadism. Over the past few decades, many visitors have stayed on or returned to make a home for themselves in harmony with the lush jungle environment. Like Maria Farrugia and her husband Orin Hardy, who realize their vision of sustainable food cultivation and permaculture education at The Kul Kul Farm, situated in the village of Siuhang Kaja, half an hour’s drive from the capital, Denpasar.

Established in 2015, The Kul Kul Farm was founded on the principles of permaculture (the cultivation of sustainable, self-sufficient ecosystems) and revolves around organic farming, gardening and cooking, herbalism, and bamboo building. In addition to retreats, workshops, and farm tours, they run a café at Green School, serving homegrown, fermented and natural home products, and weave with bamboo – all under the guidance of hands-on immersion dedicated to sustainable growing, learning, and making. Guests stay in bamboo yurts amidst a sugar palm grove, and learn the essentials of starting a garden back home, how to raise and save seeds and grow a sugar palm grove, and learn the essentials of starting a garden back home, how to raise and save seeds and grow zero-waste mushrooms, make fermented and natural home products, and weave with bamboo – all under the guidance of Indonesian growers, cooks, and carpenters. The intensive days are punctuated by morning yoga, freshly prepared family-style lunches, and evening campfire gatherings.

If, in the words of Voltaire’s Candide, “we must cultivate our garden,” it’s hard to imagine a more idyllic place to learn how to do so.

Forest Bathing with Frontier Wellbeing in South Tyrol, Italy

Deep in the South Tyrolean forest, mighty oaks mingle with spindly beeches and spruces. At altitudes of 600m to 1800m, varied biodiversity, pure Alpine air, and a cool yet humid microclimate create the ideal atmosphere for slowing down, breathing deeper, clearing the mind, and re-engaging the senses. In other words, to practice Waldbaden. Literally translated from the German as “forest bathing,” this ancient form of nature therapy originated in Japan (Shinrinkyo), and today is fast-gaining momentum as a restorative escape from the stresses of life spent in the concrete jungle.

Far from esoteric, the benefits of forest bathing on our well-being are backed by an ever-growing body of scientific research. The positive impact of the forest is said to extend to three major systems in our bodies, helping to balance the autonomic nervous system, stabilize parts of the hormonal system connected to inflammation, blood pressure, and heart rate, and boost the immune system through exposure to anti-cancer proteins in the forest air. On a psychological level, the practice de-stresses and nurtures mindfulness. Of course, it helps to have an expert on hand to demonstrate how to harness the forest’s potential.

That’s where Martin Kiem comes in. South Tyrol’s only certified nature and forest therapy guide, the affable psychologist co-founded the wellness coaching company Frontier Wellbeing together with Christie Little in 2015. Eventually expanding its repertoire from general corporate well-being and stress management to nature-based forms of therapies, Martin today leads regular forest-bathing walks. Participants are guided through a series of gently paced exercises which engage all the senses, from touch – like walking barefoot on mossy ground and dipping one’s hands into a river – to smell and taste, such as drinking pine needle tea – and, ultimately, presence, through focus on breathing and meditation.

When the mind is engaged and time seems to stand still, even an afternoon of presence can have the rejuvenating effect of a week-long holiday;
For mountaineers, climbing the Seven Summits, the highest mountain on each continent, is an ultimate life goal. For Dastan Kasmamytov, the challenge is about reaching a higher goal: challenging perceptions of the Central Asian queer experience.

Despite growing up in the beautifully mountainous Kyrgyzstan, Dastan’s love for hiking didn’t emerge until 2008, when he moved to the equally mountainous Washington State in the U.S. to study digital design. It was also during this time that he began to understand and accept his gay identity.

After his studies, Dastan returned to Kyrgyzstan, where he continued improving his climbing skills, and came out to his parents. Frustrated with his homeland’s underdeveloped violence against the LGBT community, he connected with other Kyrgyz queer activists, and soon found himself at the forefront of a Human Rights Watch report on police brutality against gay and bisexual men. During a life-changing 2014 HRW press conference, he bravely decided to come out publicly. “Until the last minute, I wasn’t sure about it,” Dastan explains. “Everyone was telling me it was quite dangerous – and it was. But there was no one else who would do it otherwise.”

Looking back on this time, Dastan reflects, “It was really scary, but it was the greatest time in my life, because I felt alive, like I was part of something very important.” Undoubtedly the media frenzy, however, the twenty-four-year-old received messages from young queer individuals thanking him for broaching the national conversation on homosexuality.

In 2017, his career brought him to his new home, Berlin, where he conceived his Seven Summits journey, which he calls the Pink Summits. For Dastan, however, this is about more than climbing the highest peak on every continent: “It’s a testament to changing narratives – he would be the first Central Asian to do so, and certainly the first openly gay Pink Summits. For Dastan, however, this is not just about reaching the top. It’s about reawakening the LGBT conversation in Kyrgyzstan.

Through carefully curated user submissions, the online streaming platform Radiooooo allows you to explore the dark alleys of music history through the distinctly hip international musicians of your area. Here, we’ve asked Benjamin Moreau, founder of Radiooooo, to curate his own playlist for the Berlin Travel Festival. You’ll hear signed Argentinean pop artists from the 80s, Nigerian highlife stars from the 70s, and Algerian Afrobeat stars from the 60s. Tune into Radiooooo to discover more gems of music’s past.

ARGENTINA, 1949
Trigal by Sandro
AUSTRALIA, 2008
Romance to Me by Empire of the Sun
BRAZIL, 1972
Bebe by Eumir Deodato
FRANCE, 2018
The Evening Primrose (Ye Lai Xiang) by Li Xiangan
FRANCE, 2018
Dagner by Miguel Papozen
GERMANY, 1979
Video Life by Clinic
ISRAEL, 2014
Ayer Morshume Be-Reham Dutru by Nayo Biewa
ITALY, 1960
I Ricordi Della Sera by Quartetto Cetra
JAPAN, 1979
Peaking Duck by Harumi Hosono
POLAND, 1963
Come on Home by Lidia Sitar
ROMANIA, 1967
Ciocănitoarea by Halina Frąckowiak
SPAIN, 1981
El Muchacho de los Ojos by Eros Stark
TAIWAN, 1979
Hong Kong by Li Xianglan
THAILAND, 1979
O Kyun by Li Xianglan
TUNISIA, 1970
Zarabia by Haruomi Hosono
UNITED STATES, 1937
Halina by Papooz
ITALY, 1960
I Ricordi Della Sera by Quartetto Cetra
JAPAN, 1979
Peaking Duck by Harumi Hosono
POLAND, 1963
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O Kyun by Li Xianglan
Photographers Fanny Böhme and Juliette Mainx, the creative duo behind EYECANDY, took to the streets of Miami to capture the city’s radiating energy.
WHAT DO YOU LOVE ABOUT THE TRAVEL INDUSTRY? It’s such a dynamic industry, connecting the whole world. I am a big fan of the idea of collecting memories and not things.

WHAT’S THE BEST PART OF YOUR JOB? Even though there is a routine in the day-to-day job of operating an airplane, there is no routine in my schedule. I can have a two-day trip flying through North America, and I really enjoy that. Every month, I am excited to see my next roster.

WHAT’S CHALLENGING ABOUT BEING A PILOT? Your health, especially cargo long-haul flying! Lots of night flights, and crossing of time zones can cause fatigue. Another challenging aspect is that during your whole career your skills and knowledge get checked. You really have to stay on top of your game and keep studying.

WHAT IS THE MOST UNEXPECTED THING ABOUT YOUR JOB? That it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but that it is a job perfectly suitable for both genders! It’s strange, but...

WHAT’S THE MOST CHALLENGING PART OF MAKING FILMS? For my current project, 246 Europe, the challenging part is the size of the team, the amount of footage, and the tight timing: one different tasks – audio recording, sixty-two protagonists, forty-five people in twenty-six countries – and that many languages, too. And only 325 days to get a twenty-four-hour program ready.

WHAT’S THE MOST REWARDING PART OF YOUR JOB? The outstanding locations I get to see. One shoot was in the marble quarries of Carrara where Leonardo da Vinci got the rocks for his sculptures. The whole team was enchanted by its surreal stone structures and perfect light.

WHAT’S THE MOST UNEXPECTED ABOUT YOUR JOB? How many people you need to actually make a film! And all the different tasks – audio recording, music rendering, mixing, color grading, graphics, tests, approval, and test screenings, trailer production, subtitling, and the communication with different editorial teams.

WHAT INSPIRES YOU TO KEEP MAKING FILMS? The moment when the protagonist forgets that they are in front of a camera.

WHAT’S YOUR FAVORITE SEA CREATURE TO PHOTOGRAPH? I absolutely love shrimp! These little critters are so much fun to photograph. There are more than 20,000 species, ranging in color and size. They live in unique places and have large personalities trapped in little bodies.

WHAT’S THE BEST PART OF YOUR JOB? Once Travel is a youth-owned and youth-run business. South Africa is a developing country with a youth unemployment rate at 53% for people under twenty-five, around 27% in total. The benefits of tourism have a huge ripple effect on the communities in which it operates. We offer an amazing platform for young people starting up their own small tourism businesses and selling their own experiences to our guests.

WHAT DON’T PEOPLE REALIZE ABOUT YOUR INDUSTRY? Some people perceive travel as going somewhere far. However, you could be visiting a new neighborhood in your own city. Many South Africans stay with us and are incredibly surprised by the local activities and experiences on offer. Travel is about discovering new cultures, people, and places, but there are endless opportunities to see the world in your own city!

HOW DO YOU INTEGRATE LOCAL CULTURE INTO GUESTS’ EXPERIENCES? Our local adventures have focused on integrating our guests into the local South African culture. I’m talking everyday activities and experiences that can be appreciated by both locals and foreigners.

—

**Eva Claire Marseille**
First Officer Boeing 747 at Hong Kong-based airline
Hometown: Haarlem, the Netherlands
Current city: Hong Kong
Instagram: @evaclaire_marshall

**Boris Mang**
Post-Production Supervisor at self one film
Hometown: Berlin, Germany
Current city: Berlin, Germany
Instagram: @borismang

**Emma Fain**
PADI Divemaster & Underwater Photographer at Socciata Dive Centre
Hometown: Cincinnati, U.S.
Current city: Jangamo, Mozambique
Instagram: @emmajofain

**Sophie Bagheri**
Business Development Manager at Once Travel Hotels
Hometown: Brisbane, Australia
Current city: Cape Town, South Africa
Instagram: @once.travel

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**INSIDER INSIGHTS**
Four professionals share their perspectives on the travel industry.
I did a lot of wild camping, and could feel how it SET ME FREE

On the trail of work-life balance.

From exploring Iceland’s black sand beaches, geysers, and waterfalls on a visit to a Reykjavik printing company to tacking on a beach break in Vietnam after a conference in Singapore, editorial powerhouse Claudia Wu is an expert at combining business trips with leisure, fitting in independent exploration around her work travel. For her, seeing the world is not simply about big adventures or taking extended trips alone, but also about making the most of the small gaps in her schedule when she’s on the go.

In 2015, Claudia co-founded Cherry Bombe, an independent magazine dedicated to inspiring women and gastronomy which has since brought together a passionate global community centered on feminism and food. That’s just one milestone for the busy New Yorker, though. She’s also the publisher of Me Magazine, which delves into the world of one guest creative director per issue.

Both roles have taken Claudia around the globe frequently, and often alone. As an antidote to the fast-paced nature of her work life, taking trips solo is an “energizing” remedy for her. “Museums, shopping, spas – you get to do everything you want to do, and never have to wait for anyone.”

Fitting the themes of Cherry Bombe, food is often the focus of her journeys. “For me, traveling is about filling the time between eating, so looking at things to eat seems like an appropriate activity between meals,” she explains. “I like seeing the ephemera from different cultures.” She cites farmers markets as a good way to get a feel for the local culinary scene. During the journey, her long-haul survival strategy includes an abbreviated version of her supplement regimen, including salmon oil and packages of Moon Juice Dust to help with jet lag.

Matcha sticks plus Vintner’s Daughter Serum complete her on-the-go routine.

But first things first: Before leaving home, Claudia gathers a long list of tips to create a loose itinerary – leaving plenty of room for spontaneity in between. Ahead of any trip taken alone, research begins by asking locals and friends for recommendations. “There is no substitute for actual prior experience, so when I know someone with similar taste has traveled somewhere, I reach out to them.” Another go-to source for city tips is the bookmark tool on Instagram, which she uses to create a different category for each city on her itinerary, saving interesting places she spots while scrolling to each respective destination.

Solo female travel naturally comes with its challenges, in particular personal safety. Claudia’s advice? “First and foremost, be safe. Be aware of your surroundings and your belongings. Tell people where you are going. Even at home in New York I have my radar up. That’s just how life is as a woman, right?” Research done and smartly cautious, the benefits of journeys embarked on alone can be profoundly impacting, for Claudia, that has included the realization that “people everywhere are more alike than different. We are all connected, and the same in so many ways. My problems are not important in the larger scheme of things, because life is actually pretty simple in the end.” Simply about the journey, not the destination, that is to say. “I tend to not think about what the end goal is,” she muses. “I’m still figuring that out.”
Kash Bhattacharya is known around the world as Budget Traveller. Featured in numerous magazines, his site was voted 2016 Travel Blog of the Year by readers of National Geographic. Over coffee in Berlin, he talked about his recent book, The Grand Hostels, and what, according to him, is the key to being at home anywhere in the world.

Interview – Eric James Bain

What do you look for in a place to stay? The main thing, for me, is the staff. They make the hostel. Some hostels have a long, wide table – the table of dreams and magic, I call it. Everything happens around that table. All you need is that and maybe wine, beer, or coffee. It's as simple as that.

Do you have any new travel suggestions? Latvia. I had the pleasure of visiting for a month last year for a storytelling project. People know Riga, but there are all these amazing cities, like Sigulda, the adventiral capital of Latvia; Olympic bobsledding, paragliding, cycling, and mountain trails where you can run through forests.

When is a good time to go to Latvia? In September or October for mushroom-picking season. If you can find the prize baravika mushroom, which is like the king of mushrooms, you get the gold star, and it's very tasty. If you want to get off the beaten path, I recommend it.

Where are you going next? Tomorrow I’m going to Lisbon. It’s great for walking because you never know what’s going to be around the next corner. It’s a city for the curious person.

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Snow vs Sand

From Austria’s Alpine slopes to summering at the North Sea – two seasonal escapes for your next holiday.

In the High Tauern Mountains south of Salzburg, the picturesque Austrian town of Bad Gastein is known for its Belle Epoque-era architecture, prowess ski slopes, and relaxing spas to spare. Das Regina’s Baroque and Venetian accents were lovingly restored by owner Olaf Kroen in 2005. Be sure to check out Das Regina’s other outlets – mountainstop Skihar Regina and the Das Regina coffee shop in downtown Bad Gastein.

The Beach Motel is set in the popular North Sea resort town of St. Peter-Ording. Inspired by plush American designs, the hotel is surrounded by large wooden verandas for enjoying the outdoors. When you’ve soaked up your fill of sun and surf, hit the spa or grab a cocktail at the lounge.

Download & Takeoff

Travel apps worth your battery life.

WiFi Map
- Cuts the guesswork out of your hunt for open routers.
- 

SightRun
- Hit the ground in stride with this personal pathfinder.
- 

Sidewalk
- Go Local and try self-navigating suggestions from real guides.
- 

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In 2010, Christian Schneider and Dirk Mönkemöller decided to create a magazine that better reflected what they’d like to read themselves: a rough mix of travel and lifestyle spreads. Almost a decade later, The Weekender has become a renowned German-language magazine, offering a unique combination of travelogues and photo-essays about detours and day trips to its readers. Right now, weekend getaways to smaller cities and towns are a growing phenomenon, and the magazine remains at theanguard of the movement. The New Traveler spoke to them about their magazine’s guiding concepts, the essence of the mini-break, and where to make a quick escape in 2019.

**1. Algarve, Portugal**

Casa Moe is a historic villa offering lovely garden apartments. The French owner, Veronique, gives the estate its warm atmosphere.

**2. Tuscany, Italy**

Located in a fabulous part of Tuscany, Villa Lisi offers a hotel-villa and a main residence single with guests or next door for a dinner prepared by rotating chefs.

**3. Baltic Sea, Germany**

New Haus is special thanks to curated interior design and feels cozy nestled behind the dunes. Ideal for friends or families alike.

**4. Arles, France**

Le Collatéral invites its guests to discover art wherever they look. You could even say that the former church itself is the real masterpiece.

**5. Sauerland, Germany**

Bergdorf LiebesGrün consists of several wooden guesthouses, a former horse stable or a pair of wood-craftsmen’s workshops. It offers a unique combination of modern architecture, but still manages to give a sense of quiet abandonment.

**Trend has a bit of an underbelly:**

More and more travel agents and airlines are obsolete – even a travel rucksack or weekender bag. If you need anything, you can just book it on your smartphone within seconds. Travel agencies are obsolete – even a travel guide isn’t necessary if you can find all the good spots on social media. With our magazine, we try to show more thoughtful, slowed-down, and sustainable ways of travelling.

According to the creative team, the perfect weekend trip is also a marriage of new discoveries, with a little bit of adventure, and a lot of relaxation. ‘Cities can be more demanding. We always have a slight panic that we’re missing something that we should see. That doesn’t happen during nature trips. The biggest challenge in rural places is finding decent food and a place to stay.’

New Haus is special thanks to curated interior design and feels cozy nestled behind the dunes. Ideal for friends or families alike.

**True to their name, the idea of a spontaneous trip is crucial to how they approach their stories.** The Weekender communicates a lot of its ideas visually, while eschewing traditional travel photography. ‘Our secret formula is to give the photographers all the freedom they need. The design and layout gives their visual language a lot of space without constraint and manipulation.’
TRAVEL-SCOPES

Wondering where to go this year? Lucky for you, the stars reveal the vibe and know the destination.

PROJECTIONS: fossl FLAMMAN
ILLUSTRATIONS: HEWA SANTIAN

AQUARIUS
Free-spirited Aquarius, 2019 will be a year where cosmic calm allows you to explore areas of the world and yourself that were previously off-limits. With Jupiter in your eleventh house of friendship until December, you are going to thrive; rarely has your heart and mind been so supportive of your emotional pursuits. The universe has been so supportive that you are going to thrive; rarely has your heart and mind been so supportive of your emotional pursuits.

ARIES
Relax, Aries, good things come to those who wait – and this year, the universe is working hard to remind you that you still have a lot to learn. With Saturn and Jupiter present in your work sector, hard lessons will be taught through travel and blessed by luck. Where better than Peru for such expansive education? Take time to learn a craft, and you’ll find you come away with much more than just a new skill.

TAURUS
Winds of change are about, Taurus, and while we all know how much you value consistency, 2019 has metamorphic potential – so hold tight. Uranus, the planet of revolution, moved into your sign earlier this year and is here to stay until 2023. With such powerful alignment, you can be sure that change will come whether you like it or not. Comfort? Su 2018. Head to Hawaii and be sure to pack your swimming suit – you’re going diving with sharks.

GEMINI
Never fear, dear Gemini, 2019 looks to be just what the doctor ordered. A unique set of planetary movements featuring Jupiter and Uranus will shift your path, requiring you to carefully balance work and play. Let your travels reflect the kind of life that you deserve for, and the universe will do the rest. Spend a week in Brazil languishing on the beach, learning to surf, and checking your emails (very, very) occasionally.

leo
It’s written in the stars; 2019 is going to be quite different for you, Leo! A unique set of planetary movements featuring Jupiter and Uranus will shift your path, requiring you to carefully balance work and play. Let your travels reflect the kind of life that you deserve for, and the universe will do the rest. Spend a week in Brazil languishing on the beach, learning to surf, and checking your emails (very, very) occasionally.

PISCES
Ever the dreamer, Pisces, the year ahead promises time for you to properly entertain some of your more wild creative notions. With Neptune at home in your sign, it’s time to indulge your escapist tendencies and expand your sense of self through travel that allows for introspection. The medinas of Morocco are calling you, Pisces, and when you’re done with those, desert dreaming awaits.

LIBRA
The balance that so characterizes you is out of sorts in 2019, Libra, but don’t let this unsettle you. As Jupiter moves through your house of communication, you’ll find powerful words to articulate truths about yourself. The universe is giving you space to assert your life with honesty. Such introspection won’t be easy, but will pave the way for a brighter 2020. The Japanese island Naoshima offers the perfect place for such self-contemplation.

SAGITTARIUS
You’ve never been short of optimism, Sagittarius, but in 2019 your sanguine attitude will be bountifully rewarded. This year will be defined by luck and expansion as Jupiter, your ruling planet, invites adventure and abundance. While you may be fond of a quick weekend away, this year, longer trips will prove most satisfying. Take time to train your body and your mind by settling into a new country. Why not Mallorca?

CAPRICORN
We all know how dedicated you are to achieving your goals, Capricorn, but in 2019, it’s time to shift your focus to your work/life balance. Venus – your career planet – moves direct all year at rapid pace, changing house sixteen times in twelve months. Just when that speed feels overwhelming, the cosmos will grant you a break. With Saturn in retrograde between May and September, it’s time to catch your breath. Get offline and head into the German countryside.

COUP eScooter sharing is the perfect complement to existing mobility services in urban environments. With COUP eScooter in the European cities of Berlin, Paris, and Madrid, COUP wants to electrify urban mobility by offering the flexibility and fun of our on-demand service as the same cost as public transportation. COUP eScooters are available 24/7, and easy to find, book, and charge. Faster than a bike, feather than the S-Bahn, quieter and cleaner than a motorcycle, and easy to park. COUP is designed for flexibility when it comes to transportation for the people who love living in modern cities.

We’re happy to be a part of the Berlin Travel Festival and share our latest developments with you. As the mobility partner of such a great event, we can’t wait to welcome you to the festival. And we have a little surprise for those who want to try out COUP for the very first time.

joincoup.com
FOOD FORWARD

After traveling to new places, you bring your taste for new culinary experiences home with you – it’s inevitable. But if you want to sample the future, take a closer look at the supermarket shelves and restaurant menus in the biggest cities of the world.

#01 All-Over Oats

Last year was the year of the oat. According to Refinery29, sales of oat milk went up 425 % in 2018. And no, nothing is stopping its rise – quite the opposite. In 2019, oat will conquer other areas of the cow and soy milk terrain. We’re speaking about the freezer. From spongy morel to flowery hen of the woods, golden chanterelle to otherworldly pink oyster – the world of mushrooms is diverse and delightful. That, we know. What’s news is that restaurants and supermarkets will soon grow mushrooms on site. New York City-based Smallhold specializes in providing mini farms and remote-controlled growth using Internet of Things technology. Get used to seeing “grown in-store” and “grown in-kitchen.” If you’re ready to take your first bite, head to the vegan restaurant Mission Chinese Food in Manhattan – or dare to go DIY!

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#03 Orange Is the New Rosé

Known for their funkier profiles, natural wines have exploded in popularity – spawning niche magazines, specialty shops, and their own wine bars. In 2019, the trend is more focused: This summer, we will skip the de rigueur rosé for a glass of “orange” wine. Also known as skin-contact wine, this golden nectar has actually been around for ages. Some of the best are from Hungary, Slovenia, and Georgia. Sip by the glass at Barra in Neukölln or London’s restaurant-and-wine bar, Naughty Piglets.

#04 Something Sour

In 2018 the topic of fermentation finally became more than a hipster obsession. Now that we’ve embraced turmeric-flavored kimchi (superfoods united) and learned about sauerkraut with goji berries, it’s time for more sour delights. Iranian torshi (pickled vegetables) and sinigang (a sour Filipino stew) are two acidic kicks to try. Restaurants menus are taking notes from Iranian, Filipino, and Korean cuisines with ones like Choi in Berlin and Bad Saint in Washington, D.C. leading the way.

#05 Feathered Ice

If you tried soft-serve buffalo milk with salt and olive oil at Berlin’s Gazzo Pizza or a black cone with a black swirl to match at Little Damage in L.A., you made the most of 2018’s frozen treats. This year offers something lighter and simpler – shaved gelato. From Japanese kakigōri to Taiwanese bushing, this frozen sweet has been around, but its mounds of feathery ice shavings, condensed milk, and fresh fruit have finally reached Europe. Try kakigōri at Berlin’s Tenzan Lab or a more modern taste from Barcelona-founded creamery, Eyecream & Friends at their shops from Dubai to Singapore.

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HOW TO GET THERE

U-Bahn
U1 – Schlesisches Tor

S-Bahn
S8, S85, S9, S42, S41 – Treptower Park

Bus
104, 194, 265, N65 – Eichenstraße / Puschkinallee

From ITB Berlin
S Messe Nord / ICC [Berlin] with S42 to Treptower Park or S Messe Süd with S9 to Treptower Park. (Approx. 30 min)

Due to limited public parking, the Berlin Travel Festival recommends the use of public transportation.

TICKETS

Tickets are available online at berlintravelfestival.com or at the box office at Arena Berlin.

Through Berlin Travel Festival’s partnership with ITB Berlin, some ticket options grant entrance to both events (details below).

FRIDAY ONLY

SNEAK PEEK

We’re offering a sneak peek of the Berlin Travel Festival. Come by and get the first look at the latest in gadgets, gear, destinations, and experiences before anyone else. Talk one on one with exhibitors and check out special events and talks celebrating Women’s Day.

Ladies – grab your girls and get a Women’s Day Ticket to enjoy the sneak peek for free!

GENTS: 8 €
LADIES: 0 €

SATURDAY AND SUNDAY

TWO-DAY TICKET: 20 €
The Two-Day Ticket grants access to the Berlin Travel Festival on Saturday, March 9, 10:00 – 19:00 and Sunday, March 10, 10:00 – 19:00. This includes the Campus program of workshops, master classes, and talks as well as access to the latest in travel tech, gear, destinations, and concepts on our Experience Floors.

ONE-DAY TICKET: 12 €
The One-Day Ticket grants access to the Berlin Travel Festival on Saturday, March 9, 10:00 – 19:00 OR Sunday, March 10, 10:00 – 19:00. Included is that day’s Campus program of workshops, master classes, and talks as well as access to the latest in travel tech, gear, destinations, and concepts on our Experience Floors.

FAMILY TICKET: 20 €
All kids under the age of 16 get in free

Finally, your kids pay off: Bundle them up, bring them along, and get our family ticket for two adults and their children under age 16. This ticket is valid for one day: Saturday, March 9, 10:00 – 19:00 OR Sunday, March 10, 10 – 19.

SHOP SHIFT TREND LAB: 38 €
This ticket grants access to Friday’s day-long conference: Shop Shift – A Trend Lab for Creative Minds. Shop Shift offers proposals from global experts on the transformation of classic point of sales to successful point of experience models within the travel market. The ticket also includes entry to the Berlin Travel Festival for the entire weekend. As an ITB partner event, Berlin Travel Festival Shop Shift Trend Lab ticket holders can also visit ITB Berlin on Saturday, March 9 OR Sunday, March 10 at no additional cost.

*Note, some workshops require advance registration and an additional fee. Please see our website for further details.

ITB TRADE VISITOR: 0 €
As an ITB partner event, we’re pleased to offer ITB Trade Visitors free entry to the Berlin Travel Festival from March 8 – 10. Bring the registration confirmation and your valid ITB Trade Ticket. That’s it!