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ISSUE 16 SEPTEMBER–NOVEMBER

# wings

THE INFLIGHT MAGAZINE OF ARIK AIR



**11 REASONS TO VISIT SOUTH AFRICA**

# SOUTH IN STYLE

## LUXURY LODGES, SAFARIS & 'JOLLING' IN JOBURG



**PADDLES IN PARADISE**
One couple's source-to-sea voyage on the River Gambia

**AFRICA'S COOLEST CITY?**
Lagos Fashion & Design Week make the case for Las Gidi

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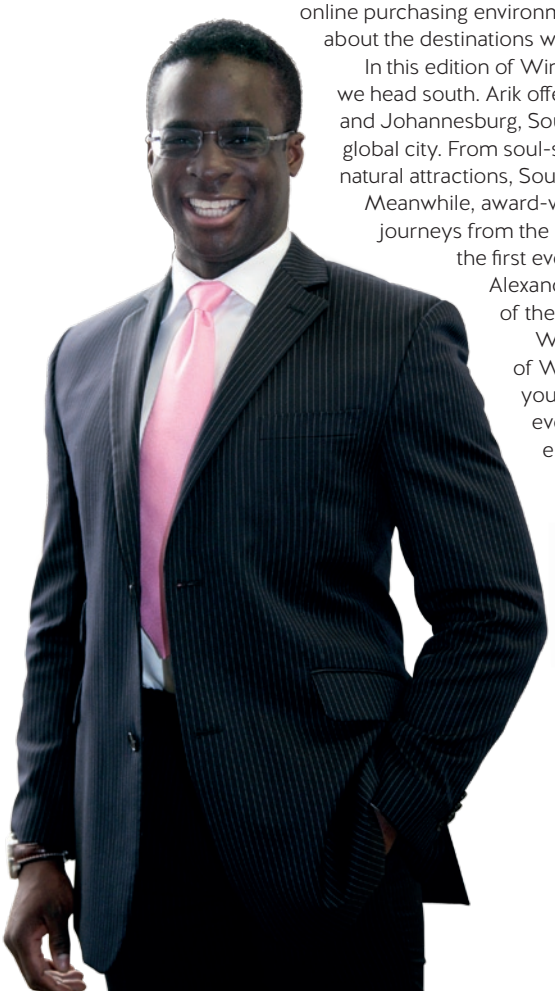
# Message from the Arik Air Family

As the northern summer period draws to a close, we can look back on what has been an exciting period for Arik Air, including the introduction into our fleet of some new Airbus A330-200 aircraft. The A330 complements our long-haul wide body fleet, which also includes two A340-500 aircraft. Offering the very best in-flight comfort and style, the new addition is an environmentally-friendly product that will provide the highest degree of operational flexibility and passenger comfort. Both aircraft types are fitted with the same quality on-board product, providing a consistent experience across the long-haul fleet. This enables us the opportunity to upgrade the Lagos – Johannesburg route, replacing the smaller B737-800, as well as to look at developing new long-haul destinations, such as in China, UAE, Brazil as well as more cities in the US and Europe.

At the recent Paris Airshow in June, we extended our partnership with Bombardier Aerospace by agreeing to acquire four Q400 Next Generation turboprop aircraft and three CRJ1000 Next Generation aircraft, making us the first airline in Africa to operate the CRJ1000 upon delivery next year. We are very excited with these new additions, as they will enhance our shorter haul fleet and allow us to develop more domestic and regional routes, where there remains a significant lack of capacity and choice.

We continue to focus on international standards, be that in the products we offer or the maintenance we demand. We also place strong emphasis on quality in our staff training. Our cabin crew and all our pilots are professionally trained and we have just initiated a partnership with Cranfield University in the UK (a world leader in aviation management) to provide on-going professional training for all our management staff, to improve their skills and to ensure we remain at the forefront or aviation leadership.

Our innovation and technology enhancements continue to develop apace. We have introduced our online check-in capability and are rolling it out across the network. Watch out for new capabilities we will be introducing in the coming months, including our mobile commerce facility, where you will be able to purchase your tickets through the convenience of your mobile phone. We will also be launching our new official and enhanced Arik Air website. This will not only provide a more user friendly online purchasing environment, but will be full of useful information about the destinations we serve and the products we offer.



In this edition of Wings, as the northern summer dissipates, we head south. Arik offers daily non-stop services between Nigeria and Johannesburg, Southern Africa's most dynamic and important global city. From soul-stirring historical sites to postcard perfect natural attractions, South Africa is a dream destination.

Meanwhile, award-winning photographer Jason Florio journeys from the source of the River Gambia to the sea, the first ever full-length voyage in 194 years; and Alexander Ponsonby takes a whistlestop tour of the attractions of Dakar, Banjul and Freetown.

We hope that you will enjoy this 16th edition of Wings magazine. Once again, I thank you for your support in choosing Arik Air and from everyone at the airline, we wish you an enjoyable flight and a safe onward journey.

Sincerely,



**Dr. Michael Arumemi-Ikhide**
Group CEO, Arik Air

XF XJ XK

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The Jaguar XF. It's not manufactured. It's created. Powerful, agile, and instinctive in everything it does, the eight-speed electronic automatic transmission of Jaguar Sequential Shift™ provides velvet-smooth control with gear changes completed in just 200 milliseconds. Beautiful bi-function HID Xenon headlamps illuminate the road with power and intelligence, and every day the leather interior will continue to surprise and delight you. It will make you feel different. It will make you feel alive.

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**ALLIANCE MOTORS GHANA**
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Harare, Zimbabwe
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**RMA SERVICE CENTER**
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Nairobi, Kenya
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**ALLIANCE MOTORS ZAMBIA**
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# Contributors

Meet some of the talented people behind this issue...



## Nana Ocran

Nana Ocran is an editor, writer and public speaker, with a wide interest in nuanced, contemporary African stories. She was Editor-in-Chief for the Time Out Group's series of guides to Lagos and Abuja. Her clients include S13 Innovation magazine (South Africa), Mark Magazine (Amsterdam), The Institute of International Visual Arts (London) and La Rinascente avant garde store for Milan Design Week 2013. She has also been a judge for Film Africa (London), Festival del Cinema Africano, d'Asia e America Latina (Milan) and Culture Shift II SA, the British Council's second arts, technology and innovation competition (Johannesburg).

Her favourite travel experience was a recent trip to Johannesburg. "It's a city that's been on my radar for a while," she says, "to finally get out there and to witness the level of creative energy – mainly from the younger generation – was wonderful. For me, it's ultimately a city that holds so many generational stories that all need to be documented."

That's handy since documenting is something Nana does with aplomb. She lends her insatiable curiosity to give us the lowdown on the latest cultural happenings in Reviews (page 18)



## Helen Jennings

Helen Jennings is an award-winning editor, journalist, author, consultant, and stylist based in London. She is editor of Arise magazine, the luxury bi-monthly magazine celebrating global African fashion, music and culture; and is the author of New African Fashion, the first coffee table book to delve into the contemporary African fashion industry, published by Prestel.

Her work has appeared on the BBC, CNN, MTV, in Vice, Grazia, i-D magazine, The Guardian and many more.

Among her treasure trove of tales, a favourite is her interview with pop legend Grace Jones. " I was slightly nervous," says Helen, "because A, she's a freekin' living legend and B, I had heard wild tales of her behaviour toward journalists. But we got on famously and she just kept pouring me glass after glass of red wine. One ticked off the bucket list."

We figured that if Helen can pull off an illustrious career and chilling with Grace Jones with inimitable panache, she's perfect to take on Johannesburg (page 40).



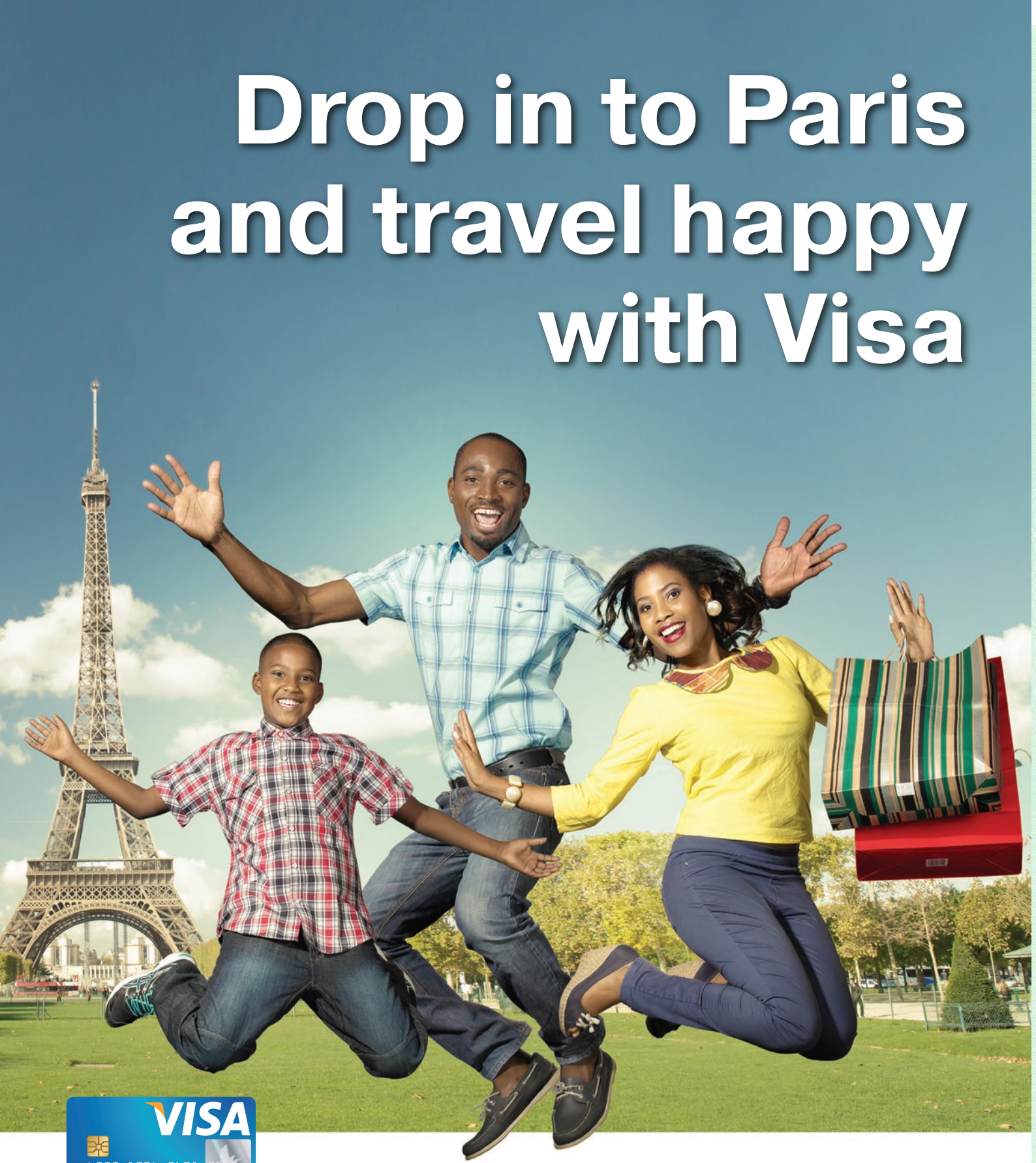
## Jason Florio

Jason Florio is a British photographer and writer based in New York City. He has been covering political issues, culture and travel for the past 15 years for publications including The New York Times, The New Yorker, and Newsweek. For the past 5 years he has been collaborating with his wife, writer and producer Helen Jones-Florio. His work has been exhibited widely in the USA, Europe and China and is held in a number of museums and private collections. He is also a fellow of the Royal Geographical Society.

Among his most memorable experiences was the first night in Africa sleeping in a hammock in the sacred forest of Makasutu about 30km away from the Gambian capital of Banjul. "My friend's James and Lawrence had told me, just before going to bed, that the forest was home to a spirit called a 'ninkinanko'- a giant spectral snake who protected the crown and severed head of King Jatta, buried there, over 150 years before," says Jason, "They said most locals refused to enter the forest at night, if at all. I wondered if I would make it through the night. Waking, thankfully alive, the forest was resplendent in the morning light. I vowed I would spend many more nights enjoying rural Africa. Fifteen years later I now cannot count how many mornings I have enjoyed waking in the serenity of the West African bush - and never once disturbed by a nefarious jungle spirit."

Jason and Helen's love affair with the region pans out in a River Runs Through It (page 6)

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# SEAT 1A

Your passport to the latest travel, lifestyle & entertainment news


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Your guide to the festivals, cultural highlights, parties and general fun and frolics at Arik destinations

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**OMG! IT'S LFDW**
Lagos Fashion and Design Week is making us giddy for Las Gidi

© Matthew Williamson show, LFDW

# The High Life

Money doesn't buy style, but some investments are worth a splurge. Wings presents a curated list of gadgets, luxury fashion and lifestyle items and once-in-a-lifetime experiences for discerning travellers.

WORDS **OWEN BAILEY**



***Whole Yacht Of Love***
The Lady Britt is one of the world's most luxurious charters

## Seclusion And Serenity

**Charter a luxury yacht**

To some, solitude is the ultimate luxury, and we're struggling to imagine anywhere more private or luxurious than a voyage aboard the Lady Britt, a recently launched 63m super yacht available to charter through the Edmiston company.

Containing a wellness spa, a gym with a panoramic view and an outdoor cinema among many other facilities, the Lady Britt has seven luxury staterooms to accommodate up to 12 guests.

The interior was styled by yacht interiors experts Redman Whitley Dixon, and has a distinct Scandinavian flourish. There's an authentic Finnish spa with a side platform that lowers onto the sea, and for more energetic pursuits, guests can choose from a range of onboard windsurfers, Waverunner Superjets and ocean kayaks.

If money is no object for you, this is one of the finest yachts it can commandeer.

**Lady Britt Luxury Yacht**
www.edmistoncompany.com
$591,000 per week



***Luxurious Ness***
Aldourie Castle, on the banks of Scotland's famous Loch.

## King Of The Castle

**Party in a castle on the banks of Loch Ness**

Aldourie Castle on the banks of Loch Ness, just outside the Scottish city of Inverness, might just be one of the grandest party venues on the planet. Catering for up to 28 guests with 13 double bedrooms and two singles, the castle has won an award for its "complete and sensitive" restoration, and is ideally situated in a 500 acre estate. Formal gardens and woodland lead to the shores of the loch, to a private marina.

Breathtaking dining, drawing and library rooms are accompanied by state-of-the-art entertainment, and a wealth of activities in the invigorating Highland setting can be organised for your guests, ranging from salmon and trout fishing to falconry and archery. Rent it, and party like it's 1699 – in an exclusive property in one of the world's most iconic locations.

**Aldourie Castle**
www.ltr.co.uk
£25,000+VAT per week



## The Light Fantastic

**Capture the light in style with the futuristic Lytro Travel Camera**

A luxury experience deserves a luxury camera to capture the scene – and the Lytro Travel Camera is the first commercially available camera to do exactly that. Lytro's USP is that it captures all the available light in a scene instead of just a 2D image, enabling you to refocus your pictures, change the perspective of your shots, and apply Living Filters to your holiday scenes. The Lytro combines a micro-lens array and a digital image sensor to work its magic, and has a Creative mode to perform



***Heavenly Riches***
The countdown to Virgin Galactic's space tourism has begun.

© 2013 MarsScientific / Virgin Galactic

advanced focus, ISO and shutter speed manoeuvres on the fly with a single tap.

And because you'll want to take your Lytro with you everywhere you go, the camera is ergonomic to hold, and has been designed with a strong and lightweight anodised aluminium housing. The future of photography is here, so take control of your holiday memories.

**Lytro Travel Camera**
**www.lytro.com**
**From $399**

## Space Tourism

**All aboard for outer space**

Richard Branson's vaunted space tourism venture may have been off the radar since its announcement a decade ago, but all that seems set to change. The Virgin Galactic company recently announced a milestone in its testing programme, and seems confident of full space flight before the end of 2013.

600 tickets have already been sold; should you decide to book a flight, you might spot celebrities such as Brad Pitt, Angelina Jolie, Tom Hanks, Katy Perry or Stephen Hawking among your fellow passengers. Flights are anticipated to cost $200,000 per person with a $20,000 deposit – peanuts are extra – and the spacecraft will ascend to 110km on its suborbital flight. Passengers will experience up to six minutes of weightlessness, during which they will be able to release themselves and float around.

**Virgin Galactic Space Flight**
**www.virgingalactic.com**
**$200,000 per flight**

## Africa Through The Lens

**Overland African photo safari**

Treat your senses to some of the world's greatest landscapes and most beautiful wildlife areas on this intense 27-day overland tour of Southern Africa. With an itinerary that begins at Victoria Falls in Zambia and ends in Cape Town, in between you'll travel with a crew of three and a maximum group size of 16, and benefit from photographic workshops to brush up on your landscape-capturing skills.

Highlights include a sunset game cruise, the option of a scenic flight over the Okavango Delta, a Cheetah Conservation Sanctuary, river kayaking, trips to see cave paintings and local communities, and a stay in the Brandberg Mountains. Finally, a wine tasting and a trip to Table Mountain in Cape Town complete an unforgettable experience, with the guarantee of photos that will thrill rather than bore your family and friends.

**Africa Overland Tour:**
**Victoria Falls to Cape Town**
**www.africa-in-focus.com**
**£1,495**

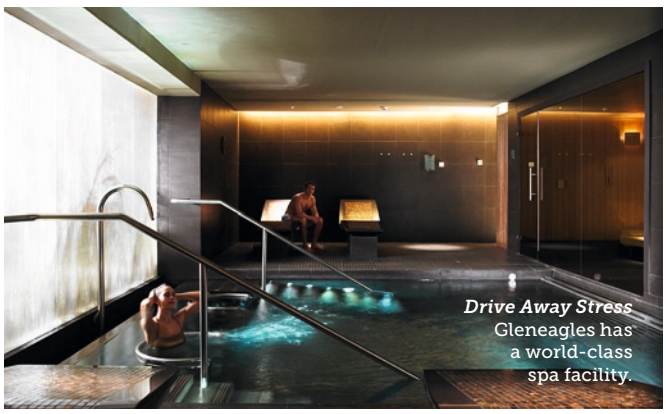
## Spa And Away

**Gleneagles Luxury Anti-Stress Spa Break**

Straight away, we love the idea of a spa break that isn't just relaxing or stress-relieving – this break is actively anti-stress. Situated in the rolling hills of the world-famous Gleneagles golf resort in Scotland, the 232-bedroom hotel has one of the world's best spas to match its sports facilities.

Your programme of daily therapeutic treatments begins with a consultation, followed by osteopathy and acupuncture-based therapies. The Gleneagles Spa has an exceptional thermal circuit which includes sauna, steam rooms, ice rub and an arctic shower, as well as a vitality pool with massage jets and fountains. A huge range of traditional treatments - traditional massages, facials, wraps as well as Oriental and Ayuverdic inspired treatments – are offered alongside Signature treatments which include The Source. This two-hour treatment inspired by Gleneagles and the waters and hills of Perthshire includes a calming foot ritual using river washed stones, a full body exfoliation and local herbal infusions, and a full body and scalp massage to leave you peaceful and renewed.





***Drive Away Stress***
Gleneagles has a world-class spa facility.

**Gleneagles Luxury**
**Anti-Stress Spa Break**
**www.essentialescapes.com**
**From £1,298 for three days**

## Sarong? So Right...

**Drape yourself in luxury**

These luxury, hand-batiked sarongs are the 'thinking girl's travel essential', according to the blurb – and it's hard to argue with a single item that's versatile enough to stand in as an elegant dress, a casual skirt or top, a pashmina or shawl (using the sarong buckle provided), and of course, a good old classic sarong.

Each sarong comes with a buckle, bag, and even instructions on ways it can be worn. They're created by UK fashion company Poshtotti, and company MD Amanda Burwell says: "While sourcing for new products for Poshtotti, I fell in love with the traditional printing method of hand batiking while watching local artisans. They were creating stunning works of art onbeautiful natural fabrics and I realisedwanted to incorporate them into my next beachwearcollection. I knew immediately that a luxury sarong would show off the beauty of the stunning craft to the full."

**Luxury Sarong Boutique**
**Sarongs By Poshtotti**
**www.siksarongs.com**
**From £45**

## Ray Of Sunshine

**A headset to battle the winter blues while you're on the move**

Want more energy? Want to banish the effects of Seasonally Affective Disorder? Want to improve your sleep patterns when you're on the move? The Bright Light Headset from Valkee may well help you with all of this. Like a charging device for your moods, or a high-tech pocket sunbeam, stick the iPod-like Valkee headset in your >



***Power Trip***
Spend more time surfing, less time paddling with WaveJet.

ears for between six and 12 minutes and it will substitute the sun's mood-elevating effects by beaming light to photosensitive regions of the brain. Its makers claim Valkee increases energy, improves cognitive performance, can act as a preventative or treatment of mood swings, helps regulate sleep patterns, and generally helps with your sunny disposition.

**Valkee Bright Light Headset**
www.valkee.com
£186.50

## Surf's (Powered) Up

**This motorised surfboard will get you out back in style**

Surfing is great fun – once you're riding a wave, that is. Up until that point, fighting the swell can be a real energy-sapping struggle. Enter the WaveJet – a revolutionary electrical-motor powered propulsion-system-in-a-board that enables you to stay in the water longer, spend more time surfing and less time paddling, and ride waves even when conditions are far from ideal. Plus, if you're an adventurous big-wave surfing type, the WaveJet lets you go it alone in locations where a tow-in would be necessary.

The WaveJet System includes one of a range of boards, a WaveJet Power Pod, a Blank Pod for non-powered use, a Seatooth-enabled Wrist Controller and a Charging Station. It was developed by leading surfers, and could help you maximise those precious waves on your next surf trip.

As WaveJet points out, though, with power comes responsibility – so don't cheat!

**WaveJet Personal Water Propulsion System**
http://wavejet.com
From $4,395

## A Special Case

**The world's most luxurious luggage**

If we were confronted with a broken handle, design flaw or a frayed patch of fabric on our suitcase, most of us would shrug, and make a vague resolution to buy something a bit sturdier next time. Not so Dutch businessman Henk van de Meene, who assembled a team of experienced designers and engineers to develop the ultimate suitcase. After 10 years of development and research, the Henk Luggage Collection is the result. Currently consisting of an Attaché Case and the Travelfriend, customers can choose from many different options, luxury materials and colours to suit.

Each retro-styled Henk is assembled by hand, with almost 500 parts going into each one. Carbon fibre is used for the exterior, and a selection of high-end materials are used for other features, including calfskin, horsehair, High-Tech Fibre, Madagascar Ebony and 925 Sterling silver.



**Henk Luggage**
www.henk.com
From €3,000 ex. VAT (case)
€21,000 ex. VAT (Travelfriend)

## Suits You, Sir

**Made to measure**

The power of a good suit knows no bounds. Now the fourth-generation Italian menswear label Ermenegildo Zegna has opened its first boutique in Victoria Island, the financial capital of Nigeria. The store was designed by Zegna's in-house architects, based on a creative concept developed by architect Studio Beretta for the Zegna store in Milan.

The store features Ermenegildo Zegna's diverse collections, from the hand-made 'Couture' collection, exclusive 'su Misura' (made-to-measure) service, and the traditional Italian tailoring of 'sartoria' in contemporary silhouettes: all are part of the luxury offered within Zegna's newest boutique.

The store is the first elite brand to enter sub-Saharan Africa, and the first to be opened in Nigeria by any luxury fashion house.

Commenting on the flagship store opening, Franchise owner Tope Edu says: "The number of wealthy people in Nigeria is increasing due to the fast-expanding economy. This is forcing luxury goods companies to consider expanding into countries they have previously ignored... So this really is a new frontier for luxury in Nigeria."

**175 Akin Adesola Street, Victoria Island, Lagos, +234 703 737 1101, Zegna.com**



***Strong Suit***
Zegna hopes to open a new frontier for luxury in Nigeria.

>

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# Atlantic Cities

## Check out these hidden gems nestling along Africa's Western seaboard

WORDS **ALEXANDER PONSONBY**

| | Dakar | Banjul | Freetown |
|---|---|---|---|
| |  |  |  |
| **The Beach** | There are plenty of beautiful beaches close to the city centre, like the ones along the Route de la Corniche-Ouest, but venture further to the stunning beaches on the Ile de N'gor, which can by reached by a $1 pirogue from Plage de N'gor. | The best beach in Banjul itself is the relaxing man-made stretch in front of the Atlantic Hotel on Marina Parade. Further afield, it's worth it to make the 20-minute trip to the beaches at Cape Point, Kotu, and Kololi – here, chilling out and cocktails are mandatory. | Sierra Leone is famous for its breathtaking beaches, one of which is Tokeh Beach, just 20 miles from Freetown. The white sand stretch is now home to a luscious new 15-acre resort with a backdrop of thick forest: theplaceattokehbeach.com. |
| **Hip Hangout** | **The legendary musician Youssou N'Dour owns Club Thiossane, and when he's not touring he performs here himself most Fridays and Saturdays. It's a little bit off the beaten track, but definitely worth it for fun and excellent music. (Sicap Rue 10 Point E, north of Marche Sandaga).** | **The liveliest nightspot in Banjul is Club Duplex, located in Kololi. With two bars and a bottle lounge, go if you're planning on a big night out, with the DJs playing drum and bass, hip-hop, soul, house, ndaga, and more. (Club Duplex, 1 Seaview Plaza, Kololi)** | **The curiously named club The Office has consistently been one of the best places to party in Freetown, with great DJs and a good crowd, in addition to a whiskey bar, pool tables, and fantastic staff. It all makes 'going to the office' sound much more appealing. (The Office, 64 Cape Road, Freetown).** |
| **Did You Know?** | For a country whose citizens are so good at playing football, it's probably fitting that the motto translates as "One People, One Goal, One Faith." Yes, we know it's not stictly that kind of goal they're referring to, but we like to believe it is anyway. | Banjul, known as Bathurst under the British colonists, was an important city in the history of the slave trade. Abolitionists used it as a place to stop slave boats from the River Gambia; the city was a site to suppress and discourage the slave trade. | For a country recovering from war, it's perhaps not surprising that Sierra Leone has an amputee football team. Their proud motto is "not mere victims of war, but ambassadors of peace." |
| **Online** | **FeelingDakar.com is a fun webzine for those who want to keep abreast of events in the city, news, juicy gossip, and more. There's dakar-info.com, which is more news-based, and also allodakar.com, which includes information for the Senegalese diaspora.** | **Simply named, The Gambia Blog (thegambiablog.co.uk) this is a fantastic way to get to know the country from an outsider's perspective. The four writers that run the blog have over 25 years of experience living and working in the country and write about everything from food to volunteering projects.** | **Switsalone.com is a blog that's almost like a magazine itself. Covering entertainment, fashion and style, sports, news and politics, people, and events, it's a complete and well-written resource on what's happening in the country and a must-read for locals and visitors alike.** |
| **Culture** | Art abounds in Senegal, and you'll definitely want to check out some of the great galleries in Dakar. Three fantastic ones are La Galerie Antenna (9 Rue Felix Faure), Galerie Le Manege (3 Rue Parchappe), and Galerie Arte Dakar (5 Rue Victor Hugo). | While record shops are dying out everywhere, in Banjul there is one gem that's bound to stay open for years to come. It's called Kerewan Sound, and in addition to a huge range of popular music from the globe, it's also one of the very few places that sells recordings from Gambian artists. You'll find it at the entrance of Albert Market. | Live music has been enjoying a small resurgence in Freetown, with Strummerville, set up by friends of family of the late Clash singer Joe Strummer, opening a studio that's helped to bring about collaborations between young hip hop and R&B artists with traditional musicians. (WayOUT Hub, 31 Old Railway Line, Brookfields). |



### Waxing Lyrical

If you haven't already seen textile brand Vlisco's Hommage á l'Art shoot, you must. Heritage fabrics + iconic styling = divine inspiration. Fashionable travellers, this one's for you. *v-inspired.vlisco.com*

### Visitor's Conscience

What better way is there to see a city than through the eyes of the people that live on its streets? Unseen Tours delivers entertaining walks with professionally coached homeless guides in London. Discover unexplored glimpses of the city, through the lens of homelessness and rest well knowing that the lion's share of income goes directly to the guides. *sockmobevents.org.uk*

### Quality Time

We've stopped procrastinating and letting travel fatigue get the best of us, but only since finding the best website ever for boosting productivity and creativity. Start your day with this. It's like a double espresso and meditation retreat rolled in to one. *99u.com*

*Trends taking off*

## WINGSPANS

*Fads ready for landing*

### Individualism

Such an old concept. The sharing economy is about people all over the world benefiting from sharing things and skills they already have. Be part of it. *Peers.org*

### Text Speak

"A man who has one finger pointing at another has three pointing towards himself," goes a Nigerian saying. So much more profound than the language of today's youth, no? Speaking in proverbs is the new 'text speak', people.

### Information Overload

Thank you, social media for feeding us everybody's opinion on everything all the time. Not. We prefer a good old-fashioned expert opinion. Check out new app City Notes, a hyper-minimal travel app with just 20 recommended locations dotted around NYC, of "the best and most interesting" highlights. *Citynotes.io*

SEAT 1A

# GALLIVANTER

What's on & when at Arik Air destinations



Hollywood Actor Eriq Ebouaney with Kenyan animation filmmaker Kwame Nyong'o at the 2011 opening night



Half of a Yellow Sun featuring Chiwetel Ejiofor and Thandie Newton was filmed at Tinapa, Calabar



Workshops and talent development classes at the 2010 event

## AFRIFF International Film Festival

**When** November 10–17
**Where** Tinapa, Calabar

**The third** annual African International Film Festival takes place this November in advance of the famous Carnival Calabar. As Shakira would say, 'this time for Africa'.

Opening the festival is the Africa premier of the long-anticipated film adaptation of Chimamanda Adichie's Orange Prize-winning novel, Half of a Yellow Sun, starring Chiwetel Ejiofor and Thandie Newton. The premier takes place where it was filmed, marking exactly the international profile that founder Chioma Ude and her team hope to achieve for the local film industry.



AFRIFF founder Chioma Ude. Below: With Peter Okoye of Psquare, Genevieve Nnaji and Obiageli Ajaero at the 2011 Awards Ceremony



AFRIFF has earned a reputation for stellar films and supporting events, from workshops and training sessions to cultural excursions, Q&A panels, and of course the fabulous parties that are a highlight of any film fest worth its salt. But its not just about the parties.

"My mission is to encourage more young people to go into the film industry," Chioma Ude tells Wings. Her single-minded drive to make strides in the festival's funding and structure is paying off.

Prize categories have increased from five to eleven and substantial cash prizes have been introduced. As a result powerful films have been flooding the submissions board.

Alongside the roll call of Nollywood stars such as Rita Dominic, a host of notable personalities and guests from the international film community will attend, accompanied by the festival's ambassador, Emmy Award winning actress, Lynn Whitfield.

A varied and well chosen programme will be shown, including feature films, documentaries, animations, and shorts, with awards in each genre appointed, so there'll be something for everyone. Those wishing to take a break from the big screen can even hop on a bus that will take people around the sites of Calabar.

Having trained 300 people in just three short years and brought global attention to the local film industry, is it the glittering events and Hollywood royalty the Chioma is most pleased about?

"Oh no!," she says, " I am most proud of the feedback I have received from the young people whom we have trained."

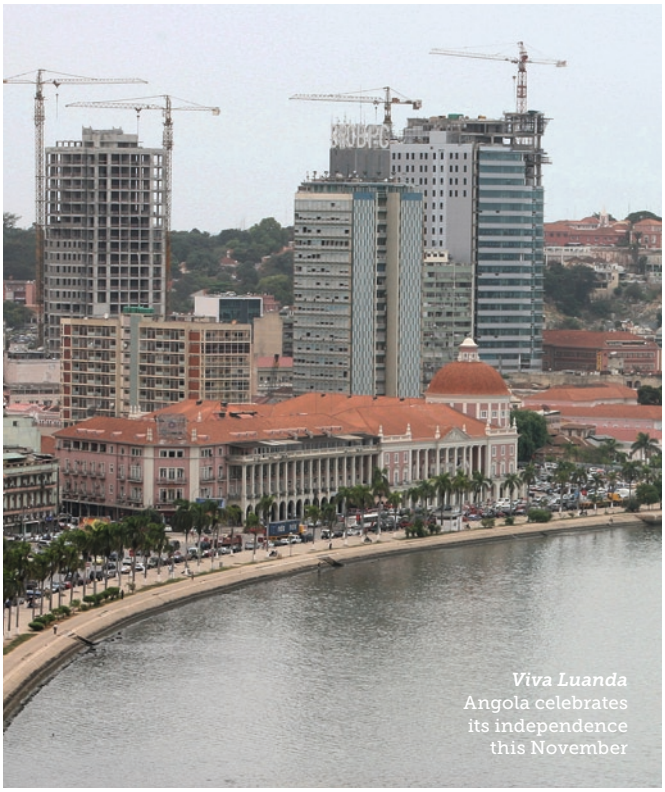
**africafilmfest.org**

## Film Africa Festival

**When** November 1–10
**Where** London

**The films** shown at this annual festival of African film will leave you reeling, if you'll excuse the pun. A good balance between feature length fictional films, documentaries, arty experimental films, and shorts in all genres and from across the continent are shown, which means that the balance of perspectives crucial to every good film festival is borne out here. The specific list of films is chosen close to the event, ensuring that the festival remains current and reflects the tremendous talent that the young generation of African filmmakers comes out with month after month. Screenings are also complemented by a host of other events, including lively panel discussions, workshops, family activities, and music nights.

The list of venues hosting the films in the festival include Hackney Picturehouse, The Ritzy, Rich Mix, BFI Southbank, Screen on the Green, and the South London Gallery, so no matter where you are in London there's a chance to immerse yourself in the latest in African film. **filmafrica.org.uk**



*Viva Luanda* Angola celebrates its independence this November

# Independence Day

**When** November 11
**Where** Angola

**This year** Angola celebrates the 38th year of its independence from Portugal. Like most Independence Days across the world, it's a chance for citizens to let their hair down, with fireworks crackling in the air, the smell of food cooking, people dancing until their feet hurt, and general merriment. There are parties all over Luanda, with the best featuring great music. You'll find anything to suit your ears and your dancing feet, from kizomba to kuduru, reggaeton to R&B, and salsa to samba. Bring an empty belly for all the amazing food and lots and lots of energy – you'll need it this Independence Day.

One of the best parties is in the evening at Carnaval Da Dipanda at Esplanada 10 (Na Ilha De Luanda), but there are many, many others, so find some friends or fellow travellers and prepare to celebrate.

## VILLAGE HALLOWEEN PARADE

**When** October 31
**Where** New York City

Every year, NYC takes the global tradition of carnival and turns it on its head, making a spooky night into something fabulous.

You'll see hundreds of puppets, dozens of different bands, dancers, artists, and thousands of New Yorkers. Join in the revelries with them by donning your best costume and a devilish grin and heading down to 6th Avenue, South of Spring Street and North of Canal between 6:30 and 8:30pm.

This year the event will honour the 'Spirit of Volunteerism', especially those who helped out during Hurricane Sandy. Happy Halloween! **halloween-nyc.com**

## Hogbetsotso Festival

**When** November 3
**Where** Anloga, Ghana

**According to** oral tradition, many years ago the Anlo people lived in Notsie, in present-day Togo, which was ruled by the wicked king Togbe Agorkoli. They escaped by walking backwards, with their feet pointing towards Notsie, so that the footsteps in the sand would look like people were walking towards the city, not away. This week-long festival commemorates that escape and is punctuated by several days of traditional events, including a day to make peace with those you have disputes with, a day to clean and purify, and grand durbars.

The best time to come is on November 3rd to Anloga, where the main durbar is held. Anloga is a two and a half hour drive from Accra, but in addition to hiring a car there are buses available as well as the option of a canoe ride across the Volta River.



# Culture List

Creative blogs, hard-hitting news, an earworm of a tune celebrating Mr. Mandela, and a breathtaking Nigerian nostalgia project – things to inspire you from September to November, and beyond...

WORDS **NANA OCRAN**



***Local Knowledge*** Garrick favoured a local crew over an international one

## Documentary Series

**My Africa Is**
**Founder: Nosarieme Garrick**

"Blowing misconceptions of the continent through the roof," is how Nosarieme Garrick, Executive Producer and host describes the online documentary series, My Africa Is. Taking a close-up look at various characters doing innovative things and divulging the realities of the cities they work in, the series has had a huge impact on Garrick, whose Lil' Wayne-borrowed lyric to describe herself as being "tougher than Nigerian hair" speaks to her ability to "adapt, fall down and still get up"; traits that served her well in the complex making of this episodic journey, which kicked off in Nigeria, with The Lagos Chronicles. I caught up with Nosarieme to find out more...

**How long has it taken to get My Africa Is into production?**
It started out as an idea on a sheet of paper three years ago, and has been a long process, from shooting the first trailer back in 2011, and then searching high and low throughout 2012, with an overly ambitious Kickstarter campaign. It wasn't until February 2013 that I headed out to shoot the Lagos Chronicles on a shoestring budget. The journey has been a long one.

**How easy was it to pull the production team together?**
The team has been transient. The initial thought was to fly out an entire crew to the continent for the shoot, but this wasn't a smart idea. For the episodes we shot in Lagos, I contacted a couple of production teams that I had already loosely worked with in the past, such as 37th State and Wale Davies, so that was extremely helpful. I was actually still putting the teams together as I got into Lagos. The cinematographers were young and eager to shoot, so that kind of spirit is always awesome to work with. They were savvy about locations, so a local team by far trumped an international one.

**What was your route and style of travel?**
We are covering the continent city by city. Lagos was our first stop, and I shot the episodes over the course of three days. We are planning to shoot another city in the next few months, but we are still deciding on which one.

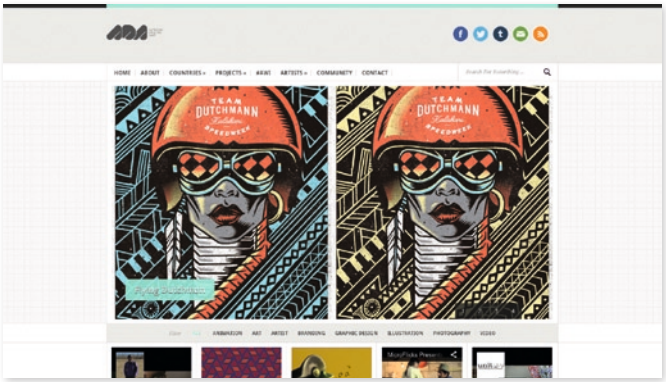
**What type of people feature in the documentary?**
We included Bilikiss Abiola, an awesome girl who started a recycling project in Surulere, Lagos, where she employs a crew of boys to bike around and pick up collected plastics. The boys were all so funny, and so respectful of the different people they collected plastics from. Bilikiss was like their den mother, and genuinely cared about them, so that was refreshing to see. Kunlé Adeyemi, the architect [who built the floating school in the Makoko community] was another such figure. We also got to meet Lakin Ogunbanwo, a fashion photographer, and hilarious individual. I actually helped out with one of his shoots.



***City Of Tales*** Garrick is yet to decide which city to explore after Lagos

**What's next for you and the team?**
We are hoping to head out to shoot another country in October. With each step it's about becoming better, and more experienced storytellers. While filming, I learned to enjoy the process. It was awesome, but often gruelling. The focus now is on the little goals that need to be achieved day by day, and trusting that it will all work out.

**When and where will the documentary air?**
Right now, we are quite comfortable with our webisodes living online for the fluidity and social nature of YouTube. However, we do hope to submit to film festivals in the coming year.



## The Web

**Cool and creative sites**

### African Digital Art

Africa's digital art scene is thriving, and award-winning designer, artist and digital enthusiast Jepchumba has created an online collective which regularly writes up reviews and stories about anything from redesigned African currency and funky African typesetting to images of Luandan street etiquette and film clips of Ghanaian Ananse stories.
**Best for:** Tapping into Africa's digital evolution.
*africandigitalart.com*

### Afri-Love

From KwaZulu Natal art and new African books to artist interviews and African design and architecture, Afri-Love places an affectionate arm around all things creative and African. The regular posts by sharp-eyed blogger Lulu Kitololo open up a world of creativity on the continent.
**Best for:** Offering a creative African shop window.
*afri-love.com*

### Afrocyberpunk

Writer, blogger and fantasy thinker Jonathon Dotse's Afrocyberpunk blog has gone through a cosmic revamp of late. His comprehensive look at African literary science fiction exposes a world of West African hackers, African pulp fiction and a futuristic Accra of 2057.
**Best for:** Exploring the world of Afro-Sci-Fi.
*afrocyberpunk.com*

### Le Coil

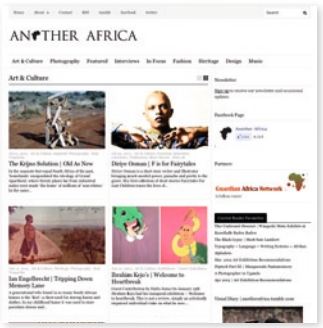
Curls, 'fros, braids, high tops, dyes, cool cuts and lioness locks. This blog, devoted to the art of the 'do', will give you hair envy and inspiration in equal measure. It's a bright, refreshing and lovingly collated style guide, all put together – Polaroid-style – by founding editor and photographer Jamala Johns.
**Best for:** Endless ideas for creative Afro-coiffuring.
*lecoil.com*

### 3Bute

African stories, news and journalism get the crowd-sourced treatment on this blog, which turns hard text into comics. Readers can add content directly onto the 3Bute pages with a few simple clicks. Sound complicated? It's not really. Just follow the online dots to tag context to each story.
**Best for:** Interactive news and storytelling.
*3bute.com*

### Another Africa

The Another Africa writing team collate and curate a wide spread of stories, interviews, facts and truthful fictions about African art, culture and photography from their global bases. African or African-inspired content comes via Paris, London, New York and Kampala, which makes for an eclectic mix of perspectives.
**Best for:** A diverse wealth of contemporary Africana
*anotherafrica.net*




### Independent Minds

Nigeria turns 53 on the 1st October. What better way to celebrate the warm buzz of national pride than by revelling in a black and white nostalgia tour?

Wings loves the Nigerian Nostalgia Project. The user-generated blog and Facebook group has over 18,000 members.

It began as a Facebook group and then a blog by Olayemi, a 20-year-old college student living in Texas. Pictures are posted from a variety of sources that highlight lifestyle, achievements, values, thought processes, and standards that existed in Nigeria prior to 1980 in contrast to what holds today.

"This is an interactive and emotional experience," says Olayemi, "as it emphasises what is perhaps a basis for our national pride. The group activities add value by reconnecting many people to the ideals which were present prior to, and at the inception of, the independent Nigeria. They are critical to any effort to motivate the Nigerian population as the country strives to rediscover its identity and confidence."

Every day sees a flood of photos or videos ranging from fascinating snapshots of ancient Nigerian village scenes to iconic photos of visiting personalities like Muhammad Ali, via emotive personal family portraits.
*nigerianostalgia.tumblr.com and facebook.com/groups/nigeriannostalgiaproject*



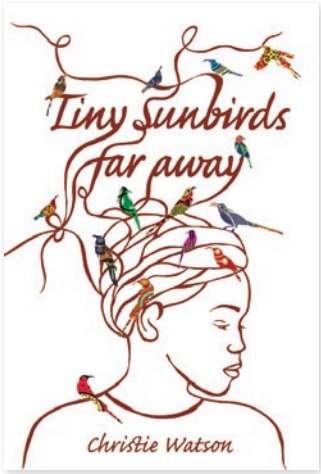
***Retro Chic***
Old fashioned magic at lecoil.com and the Nigerian Nostalgia Project



## SINGLE

**Mr Mandela**
**Artist: Trenton and Free Radical**

We defy you not to hum this tune for days after hearing it or watching the latest YouTube video. Mr Mandela is a special re-release of the 2010 ska beats single by South African band Trenton And Free Radical, the difference being it now gets a big band and choir treatment. The Cape Town Philharmonic Orchestra and the South African Youth Choir were invited to the musical party in a collaboration specifically for Mandela Day, which fell on 18th July, the date of Madiba's birthday. In its fourth year, Mandela Day is an opportunity for organisations and individuals to 'do good' in whichever way they wish, but ultimately in line with the ethics to 'take action, inspire change and make every day a Mandela day'. Free downloads of the track were available until 24th July, after which a percentage of the proceeds go towards the Nelson Mandela's Children Fund. Download at *rentonandfreeradical.com*




## Novel

**Tiny Sunbirds Far Away**
**Author Christie Watson**

A family upheaval from Lagos to the Niger Delta opens up a whole new world to Blessing, a young girl who witnesses the change and apparent destruction of her comfortable life. Adapting to the new rhythms of a sprawling compound and the alien traditions of newly-found grandparents, life couldn't be more different from the previous experience of the air-conditioned, gated Lagos flats of the 'Better Life Executive Homes' she was used to. Told from the perspective of our young narrator, Tiny Sunbirds Far Away is a refreshing debut novel by Christie Watson, part-time children's nurse and all-the-time writer. The book is published by Cassava Republic and available via their website: *cassavarepublic.biz*

## Art

**Inner Worlds, Outer Space**
**Artist: Raoul Da Silva**

The art world in Nigeria is exploding with creative fervour. In recent months, Nigerian art has set amazing records at the recently concluded Bonhams Auction in London, and Art House Contemporary Auction in Lagos, fetching increasingly higher prices.

Interestingly, more and more Nigerian artists who work in the Diaspora are coming home to join the rising art wave and showcase their work to the growing pool of discerning local and international art collectors. Artists have come home to Nigeria in recent years to increase the discourse around global art which has its roots in the Nigerian experience.

Raoul Olawale da Silva, a Nigerian artist who has spent years working in his studio in Switzerland, is one of them. His exhibition, Inner Worlds, Outer Space hosted by Lagos' Wheatbaker Hotel, touches on the different experiences Raoul has had in his fatherland Nigeria, his motherland Switzerland, combined with a Brazilian ancestry.

He is an artist who has used these multi-ethnic experiences to create vivid images. "Raoul is a complex and intensely independent artist. His is a multifaceted creativity finding expression through different media: painting, photography, craftsmanship, music and skateboarding, an activity he considers a true – though ephemeral – form of art." comments Jess Castellote, architect and critic, who writes a blog on contemporary art in Nigeria called A View From My Corner. "While some of his older works bring to mind references to Osogbo artists or to Pollock, the recent ones are more akin to the explorations of Basquiat, Bacon or Ritcher."

From his exposure to art classes at the National Museum in Onikan, Raoul went on to do a four-year apprenticeship in carpentry and cabinet making, before studying at the prestigious University of Applied Art in Lucerne, Switzerland. He became a full time studio artist in 1998.

Besides paintings and drawings, the exhibition features an unusual installation of discarded skateboards. Raoul is a passionate street skater and surfer. His passion for the outdoors and his deep understanding of the forces nature, such as the patterns of ocean currents, have deeply influenced how he interprets his 'outer space'.

Inner Worlds, Outer Space will be exhibited at the Wheatbaker Hotel, Lagos until September 15th, 2013.



***Inner Worlds, Outer Space*** Raoul Olawale da Silva's art has a multicultural theme



## FEED LEADS

**Business travellers, follow these feeds for hard-hitting, on-the-ground African news**

**@allafrica.com**
Hot news, development, entertainment, multimedia and innovation all comes under the allafrica umbrella, with 55 African countries, from Angola to Zimbabwe, all coming under the spotlight. Pick your RSS feeds from region, country or industry sectors and have your handpicked top news stories displayed on your personalised web page.

**@HowWeMadeItInAfrica.com**
Big-business news from around the continent is the order of each and every day from this feed, which highlights new and pioneering entrepreneurs and their enterprising ideas. Well edited, there are even daily archived stories, which puts the growing African business world into perspective.

**@ThinkAfricaFeed**
An excellent non-stop portal for Pan-African news. In fact, it's more about analysis than just laying down the latest news stories. A look behind what's happening anywhere from Ghana to Guinea-Bissau is what you can tap into when you want a heads-up about what's going on in the various regions of Africa.

# Délifrance

Indulge yourself...








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SEAT 1A

# FOOD & DRINK

Restaurants, recipes & epicurean adventures.



***Hot Buns*** A kimchi cheeseburger from Kimchi Cult at Street Feast London

# Bite-sized

New York's hottest seafood restaurant, a mouthwatering African food map and the mother of all London street food events – a tapas spread of tasty tips for gastronomes.

WORDS **HANNAH THOMPSON**

## Street Food

**Keep On Truckin'**

The street food market Street Feast is beloved by Londoners for its eclectic gaggle of world food trucks and stalls. Now the pioneers of the street taste sensation are bringing Truck Stop to East London, the first Thursday and Friday in September. In locations across the city, trucks will be opening their hatches for the queues of locals and visitors keen to experience the latest food trends at the coalface of London's most exciting food ventures.

A collection of old fire engines, ambulances and milk floats will be serving everything from Southern-fried chicken to tandoori-smoked lamb wraps. There'll also be a Rotary Bar serving pint-sized cocktails and London's best craft beer.

Street food fans can also hop on over to Dalston Yard (Dalston Yard, Thames House, Hartwell Street, London E8 3DU) every Friday and Saturday until September 14th, from 5pm–midnight every Friday and 12pm–midnight every Saturday.

**A collection of old fire engines, ambulances and milk floats will be serving everything from Southern-fried chicken to tandoori-smoked lamb wraps**

A hub of lipsmacking food and drink includes Breddo's Taccos' famous chilli back shot, Baba G's spiced tandoori lamb and Vinn Goute's octopus curry and parrot fish cakes.

As well as top street food traders, this year will also feature a fresh juice bar, as well as a brunch menu and coffee from Caffeine Canteen.

Families can get involved with kids' workshops, as well as cocktail classes and a Gin Store with outdoor terrace for the adults.

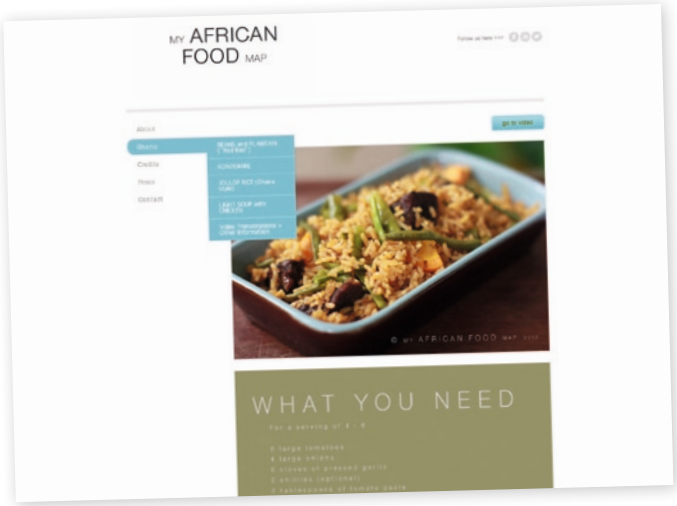
Street food has been a growing trend in London for the last few years, and the standards are getting better with ever increasing innovation in the menu. *truckstoplondon.com and streetfeastlondon.com*








© Chris McIntosh




**Starting in Ghana, website author Tuleka Prah presents videos and recipes focusing on dishes central to African countries.**

Prah makes each recipe seem easy, and her simple-to-follow written instructions mean that you don't have to cook along in live time. This new website could become the foodie destination for African cuisine.
*Africanfoodmap.com*

## App

**Delicious Download**

Launched earlier this year, the AfroFOOD App is a new recipe app compiling the most famous and delicious dishes from the African continent and diaspora. The app was created by Ofamfa New Media, a company dedicated to the mantra 'Made For Africans By Africans'. Download the app to a smartphone or tablet and you can cook your favourite African dishes wherever you are in the world. For newcomers to African cuisine, the easy to use interface and photographs make it simple to try your own versions of jollof rice, plaintain burgers and chicken kebabs as well as many spicy soups, curries and stews. Download from *iTunes.com*

## Restaurant

**Seafood and eat it – raw**

New York is known for its traditional oyster bars, but there's a new wave of hip crudo joints popping up in the Big Apple. ZZ's Clam Bar is the leader of the pack.

The restaurant has opened its doors to serve innovative raw seafood with an equally boundary pushing cocktail menu. You'll see familiar half-shell East Coast oysters tucked in among the more unusual dishes including tuna carpaccio with foie gras and bone marrow, trout crudo with leeks and cured Japanese sardines with Cara Cara orange.

The owners are obsessed with raw seafood, believing it to be the most sophisticated kind of cooking, and indeed theirs is. The fish comes from Tsujiki market in Tokyo as well as local purveyors, and is prepared and presented impeccably.

The small 12-seat bar sticks to the familiar marble counter set-up, so you can down clams as you watch them shake your Manhattan. Prices range between about $15–$50 per plate. ZZ's Clam Bar 169 Thompson St., Greenwich Village.
*zzsclambar.com*



## Website

**African Foodies Unite**

My African Food Map is a website dedicated to exploring the best of the continent's food, country by country. Starting in Ghana, website author Tuleka Prah presents videos and recipes about the dishes that are central to each nation. For Ghana, she creates recipes for jollof rice, 'Red Red' beans and plantain, which are shown to great effect.

She dedicates a month to showcasing four popular dishes from a country, by uploading one four-minute film per week. Each dish is introduced by local food enthusiasts, so viewers know that they will get a very special perspective on the way it is prepared and how best to enjoy it.

Prah believes that African food has not been documented as carefully or presented as beautifully as other cuisines, such as Southeast Asian.

She wanted to start properly documenting the continent's cuisine in a way that would not only attract new food lovers to try them, but also excite those who already know them.








## Charity Cookbook

**Sharing Plates**

***Share: The Cookbook That Celebrates Our Common Humanity, Alison Oakervee, Kyle Books, £25.00***

Food tastes best when it nourishes both body and soul. With this in mind, get your next dinner recipe from Share, a cookbook created in association with Women for Women International, a nonprofit humanitarian organisation that provides practical and moral support to women survivors of war.

According to the food and agriculture organisation of the United Nations, women make up 70 per cent of the world's farmers, produce 90 per cent of the world's staple food crops and yet own less than two per cent of land. The proceeds of this book will go towards investing in women's agricultural efforts and training, key to achieving global food security.

The international recipes within it come from the communities within which Women for Women operate, as well as from inspirational international personalities, such as Nelson Mandela, Paul McCartney and Aung San Suu Kyi.

Chefs such as Hugh Fearnley-Whittingstall and Alice Waters have shared their recipes and the book is introduced by Meryl Streep.

The recipes themselves don't fall short of the dazzling array of names behind them. Dishes include Cameroonian sticky doughnuts and spicy cashew and tomato soup alongside chicken with vino cotto. All the royalties from the book will be donated to food training initiatives. Buy the book at ***womenforwomen.org.uk***



***Slice of Paradise*** A dessert recipe by Ashley Judd for the Share cookbook

Recipe

# CHOCOLATE LAYER SLICE

**"I have a lot of love to give. That, ultimately, is why I am here (in DRC). However I divide my day – whether I'm working on policy papers or comforting victims – my motivation is love."** ***Ashley Judd***

This recipe is divine – completely irresistible. My family and friends joke that it's 'all food groups' – salty, sweet, tangy, crunchy and smooth. I was filming Kiss the Girls in North Carolina in 1997 and my driver's mother made this for me. I remember my good intentions of sharing my fortune with the crew, but after taking one bite in my trailer, I didn't come out until I had eaten nearly half of it! It turns out the lady who made it worked in a geriatric doctor's office and for years traded recipes with older women who came through the doors. She has a stupendous archive of old recipes from the Southern states, and my family thinks this one is the *coup de grâce*. It can be made with a sugar substitute and still tastes completely perfect.

**PREPARE** 40 minutes, plus 3 hours chilling
**COOK** 30 minutes
**SERVES** 8–12

### FOR THE BASE

**110g** unsalted butter, plus extra for greasing
**140g** plain flour
**90g** pecan nuts, chopped

### FOR THE CHOCOLATE LAYER

**200g** caster sugar
**30g** cocoa powder
**3** tablespoons plain flour
**2** tablespoons cornflour
pinch of salt
**3** large egg yolks
**450ml** milk
**25g** unsalted butter or margarine
**2** teaspoons vanilla extract

### FOR THE CREAM CHEESE LAYER

**225ml** double cream
**200g** cream cheese, at room temperature
**140g** icing sugar

### FOR THE TOPPING

**125ml** double cream
**40g** pecan nuts, chopped

1 Preheat the oven to 180°C/gas mark 4. Grease and a line a 20cm square, 5cm deep cake tin.
2 To make the base, melt the butter in a small pan over a low heat, then stir in the flour and mix well before adding the pecans. Tip this mixture into the prepared tin and press down evenly. Bake in the oven for 20 minutes or until golden in colour. Place the tin on a wire cooling rack and allow to cool.
3 Meanwhile, make the chocolate layer. Stir together the sugar, cocoa powder, plain flour, corn flour and salt in a medium saucepan. Gradually whisk in the egg yolks and milk until well blended and smooth. Place over a medium heat and cook, stirring, for 6–10 minutes, or until thickened. Stir in the butter and vanilla extract. Pour into a bowl and cover the surface of the mixture with cling-film to stop a skin forming as it cools. Set aside to cool for about 30 minutes.
4 Meanwhile, make the cream cheese layer. Whip the cream using a hand-held electric whisk until stiff peaks form. In a separate bowl, beat the cream cheese with the icing sugar until smooth, then gradually beat the whipped cream into the cream cheese mixture until blended. Spread this mixture over the cooled cooked base.
5 Spoon the cooled chocolate mixture over the cream cheese layer, spreading it evenly. Cover with cling-film and chill for at least 3 hours or until firm and chilled throughout.
6 Finally, whip the cream for the topping using a hand-held electric whisk until stiff peaks form. Spread the cream over the chocolate layer and scatter with the chopped pecans. Carefully lift the cake from the tin and cut into 8–12 squares.

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SEAT 1A

INFLIGHT RESPITE

Wandering & pondering

# Past To Present

**On October 1st 2013, Nigeria celebrates its 53rd year of Independence. Tolu Ogunlesi imagines the circumstances if this year were to mark the first.**

WORDS **TOLU OGUNLESI**



More than fifty-three years after Nigeria passed up the opportunity to become Africa's 18th independent state, citizens of the continent's most populous country are now eagerly anticipating the commencement of weeklong celebrations to mark the transfer of power from long-time colonial power, Britain.

At the stroke of midnight on October 1 st the independent population of Black Africa will swell by one hundred and sixty million, as the Union Jack is lowered for the last time in Lagos.

"The independence of Nigeria, and its emergence as Africa's 55th independent country, is, without a doubt, the most momentous world event since the birth of Prince George of Cambridge," says Ian Kiddin, West Africa analyst at the Center for Unusual and Improbable Research, Niger River University. "With the exit of Nigeria the term 'British Empire' will effectively become an oxymoron."

Across Nigeria the mood is upbeat. From the sand-strewn plains of the North to the mountains and shrubs of the middle-belt, to the rainforests of the South all the way down to the mangrove swamps of the delta, Wings has been out sampling the opinions of ordinary Nigerians.

"It's a great feeling. We will miss the pound sterling," says Madam Anike Bobaniyi, a textile merchant at the popular Oke-Arin in Lagos. And then, with a mischievous twinkle in her eyes, she adds, "But I can't wait to spend the Naira."

"If someone had told me it'd take fifty-six years after Ghana for us to become independent, I'd have disbelieved it," says 100-year-old former railway worker Abdulkadir Ayobami Azubuike, who was present in Accra on the day, fifty-six years ago, when Kwame Nkrumah became Prime Minister of an independent Ghana.

Nigeria, Africa's most populous country, was slated to gain independence from colonial powers Britain, on October 1, 1960, following in the footsteps of Ghana, which earned its own freedom in March 1957, the first African nation to do so.

But a surprising change of mind by nationalists, overwhelmingly sealed in a last-minute referendum, ensured a deferment of the historic occasion, for, in the words of a now-famous parliamentary motion "as long as reasonably practicable."

"It has taken fifty-three long years for the majority of Nigerians to come to a place where they can safely say, 'God save the Queen, but we can take care of ourselves," says Goodluck Sani Obasanjo, who holds Cambridge and Oxford degrees in Zoology and Engineering respectively, and will be sworn in as Deputy Prime Minister when the incoming Government takes over. "People have been asking why so long, but as Albert Einstein said, better late than never!"

There has been much speculation about how the story of Nigeria would have played out, had independence taken place as planned, on October 1st, 1960. Opinion has been strongly divided between those who think Nigeria would have descended into chaos and dysfunction had the British left the union of 300 ethnic groups to its fate in 1960, and those who insist that colonial rule was designed to keep Nigeria from rising to the fullness of its potential.

The capital city, Lagos, is beginning to wear a festive look, in preparation for the handover of power. The thirty-year-old EkoTube, Lagos' forty-year-old replica of the London Underground, will have all its stations renamed. The incoming 'Government of National Unity' has announced a Facebook contest that will see ordinary citizens vying to get stations named after them.

According to WoweMedia, a branding consultancy, there are an estimated 14,000 colonial names – streets, universities, hospitals, companies, stadiums, etc – that will need to be replaced with local ones in the weeks and months after independence.

When he's not studying to be a nuclear engineer at the Queen Elizabeth University, Chijioke, 23, works as a farm assistant at P. S. Morgan, Nigeria's largest cattle farm, in the Gongola Province. "I can't wait for the name of the farm to change," he told Wings. "Even though I follow him on Twitter I've never been terribly excited by Piers."

Nigeria's magistrate courts have been swamped in recent weeks by Nigerians swearing affidavits proudly announcing new names. Recent statistics from the Federal Office of Statistics reveal that 'Eghosa' and 'Seember' have been the most widely chosen baby names in Nigeria since January 2013, replacing 'Philip' and 'Elizabeth' which were by far the most popular five years ago.

One of the most prominent re-inventions is the one by multiple Grammy-winning musician Fela Ransome-Kuti, who is now to be known and addressed as Fela Anikulapo-Kuti (Anikulapo', in his native Yoruba language, means, 'One who has got death in his pouch.')

And it has now fallen upon the legendary musician to compose the new national anthem, a 14-minute rousing Afrobeat anthem that celebrates the 'colorful crase' of Nigeria's peoples whilst gently mocking the departing colonialists.

As part of the celebrations on October 1st, a 'Lagos' version of the Monopoly Board Game will be launched.

It will be yet another fascinating reminder of how much things have changed in a country that Britain's Prince Philip, as recently as 2012, described as "my wife's jewel of inestimable value."

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SEAT 1A

HEALTH & BEAUTY

Well-being, inside and out

# De-stress For Success

The demands of work, family and daily chores are more intense than ever before. Learning the art of reducing stress and building resilience will bring much-needed contentment into your life.

WORDS **CAROLINE SHOLA AREWA**



***Ch-Ch-Changes***
**Being mindful is key to adapting to the flux of everyday life**

© Jonathan Perugia

Travel and life in general are often fraught with stress. Hurry and worry predominate in modern lives. We live in times where we have a lot more choice, which seems to result in a lot more stress. Stress can be caused by too much, or even too little, to do. It might be caused by feeling out of control. We may be living in the midst of massive change, or even wishing that something would change. Uncertainty, unrest and unbalance are commonplace in today's frantic world.

Work pressures, relationship issues, parenting, financial worries and fears for the future, all drain energy and create stress. And as the pressure mounts, some people will turn to short-lived solutions such as alcohol, sugar, chocolate or carbohydrates; all in an attempt to boost energy levels and raise the happiness quota. Increased stress can leave you feeling overly tired and for some, stress will lead to one or more lifestyle-related illnesses such as digestive issues, weight gain, diabetes, HBP, cardiovascular complaints, depression and lowered immune function.

In our fast-paced, 'I need it yesterday' world, the only constant is change; and when everything changes, we must adopt new coping mechanisms. Research has shown how cultivating the art of mindfulness helps us to reduce stress and build resilience.

Increasing your resilience will certainly help you cope better with all that life throws your way. An effective method of raising your resilience is to become more mindful. This in turn reduces stress levels; so it's win-win all round. This may be why we have seen a recent surge of research in mindfulness, and the propagation of its numerous benefits and simple application. Mindfulness is gaining popularity with people young and old: the art of being still and paying attention is changing the lives of young people in the classroom and adults in the board room. The more mindfulness can be cultivated in diverse environments, the more we all benefit. Young people grow up to be mindful and our workplaces become happier and healthier.

Cultivating mindfulness can be beneficial in both the home and in the workplace. When calm, compassion and clarity are developed, positive energy is created that improves communication, relationships and performance. Mindful people make much better leaders than frantic people. It is easier to respond positively to someone who is able to communicate in a way that is not charged with negative emotion.

So if being more mindful can help us manage the daily stressors of life and assist us in building the resilience and flexibility needed to respond to everyday challenges, what actually needs to happen for us to become more mindful?

**"In our fast-paced world, the only constant is change; and when everything changes, we must adopt new coping mechanisms"**

## Being Present

**Defining Mindfulness**

James Baraz, a renowned teacher of mindfulness

>

**To excel in life we must consciously ride the waves of change. Learning to maintain low stress levels while raising your resilience allows you to soar in times of change**

techniques, defines mindfulness as: "Being aware of what is happening right now, without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)."

A Nigerian proverb says: "The swoop of an eagle has seen many seasons and floods." To excel in our lives, we must consciously ride the waves of change. Learning to maintain low stress levels while raising your resilience allows you to soar in times of change.



***Breathe Mindfully***
Re-oxygenate your mind and body by focusing on your breathing

## Consciously Connected

**Simple steps to cultivating a mindful life**

Research suggests there is a way to enjoy life more fully and achieve your personal and professional goals. Mindfulness is the key. Even when life is chaotic, or humdrum and mundane, you can still find peace and joy. It all starts by looking within and taking a moment to be present. At times throughout your day, take a minute to stop and become conscious of the following...

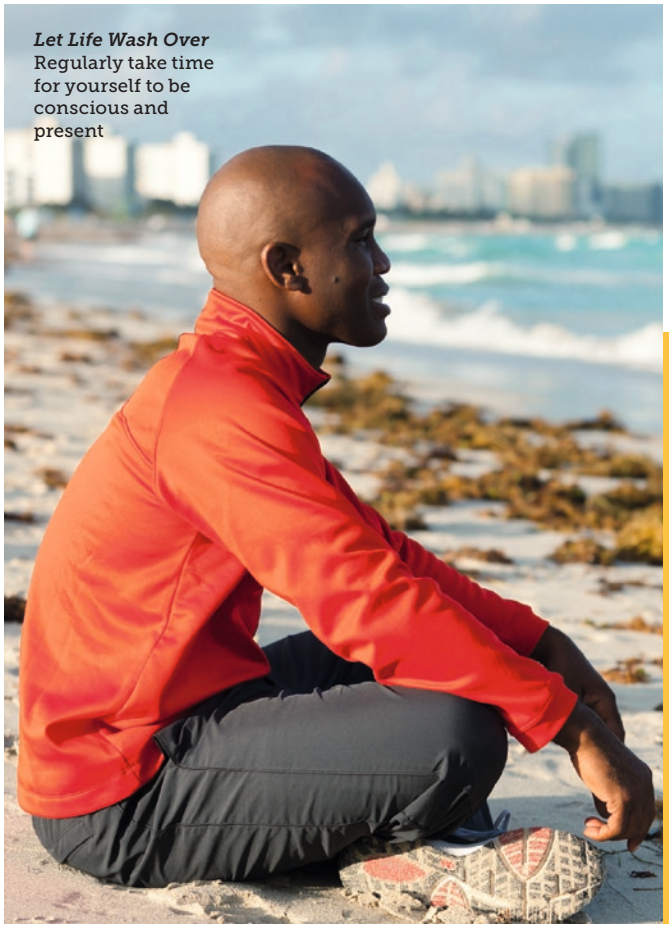
**Breathe mindfully**
Stop whatever you are doing to slow down and focus on your breath for two minutes: this will re-oxygenate your system, creating calm and greater clarity. I recommend doing this once in every hour. If stopping completely poses a challenge for you, try to bring more awareness of your breath into every moment of your waking day.

**Exercise mindfully**
At strategic times in your day, maybe early or late, possibly during a break, take a moment to connect with your body. Stretch and gently rotate your neck and shoulders to release tightness, take a walk upstairs, stretch your hands and fingers, your feet and your toes. This increases circulation of energy and blood, and massages all the reflexes in your body.

**Eat mindfully**
Whenever you eat, take time to become more mindful. Slow down – savour the colours and flavours, enjoy the textures and smells. Not only will you enjoy your food much more; you will also nourish your body by absorbing more nutrients and consuming less food.

**Think mindfully**
When the pressure is on, pause for a moment and refer to your favourite quote or saying, for example, 'less is more', or 'slowly, slowly'. My personal favourite is: 'all is well'. I find it works for everything. The bigger the problems we face, the more it is useful to repeat these words. They are powerful reminders to bring us back to the present, and release any fears or doubts for the future.

When you capture each wonderful moment that you are alive, there is no need to stress and there is nothing to fear. Cease dwelling on the past, stop worrying yourself about the future, and live fully in the present, where all is well.



***Let Life Wash Over***
Regularly take time for yourself to be conscious and present

## CONSCIOUSNESS TOOLBOX

**Everyday resources for building resilience**

**Mindfulness Mobile Apps**
Interested in taking time out in your day to be more mindful? There are several free and low-cost mobile phone apps available that can help you.
***Try the Apple App Store for The Mindfulness App***

**Online Training**
It's now possible to learn mindfulness training online, via interactive lessons, videos and course handouts. This is a great course:
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**Relaxing Retreat**
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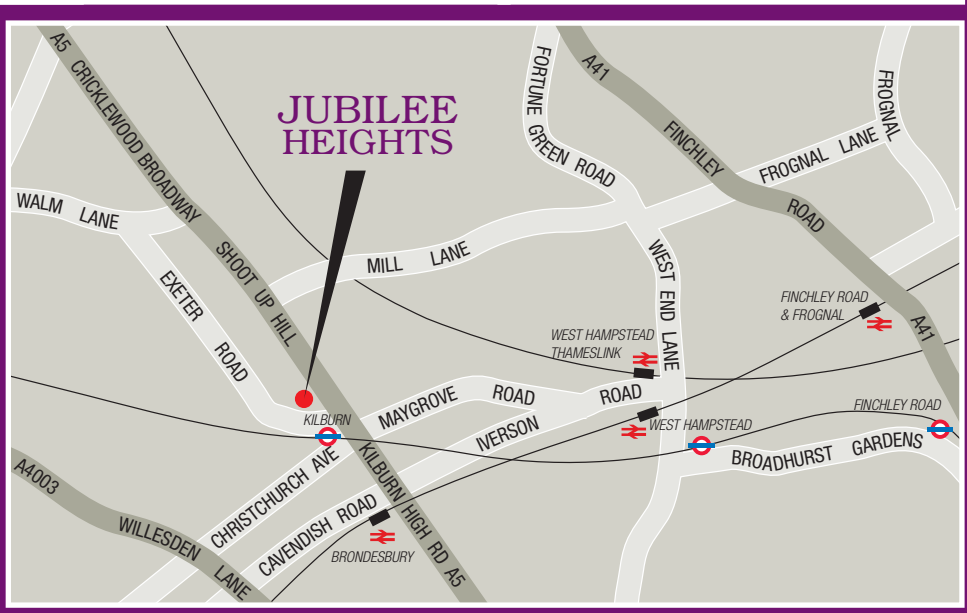




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SEAT 1A

# FASHION

Style news & tips from fashion's new frontier

# Runway Success

**Lagos Fashion and Design Week (LFDW), the event that's positioning Nigeria on the world fashion map, is making us giddy for Las Gidi**

WORDS **EMMA WOODHOUSE**

"Fashion is not something that exists in dresses only," said the designer Coco Chanel. "Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening."

If you love fashion you will be able to easily reel off the 'big four' - Paris, London, New York, and Milan. Buyers, editors and celebrities convene there for biannual fashion weeks. But while the economies of these Western cities plateau, the real energy – the whirlpool of fresh ideas, emerging subcultures and a growing middle class – is on fashion's new frontier.

Welcome to Lagos Fashion and Design Week (LFDW), which will see its third edition this October. The show was founded by Omoyemi Akerele, Creative Director and Founder of Style House Files, a fashion and image consulting company that is the first of its kind in Nigeria.

A former lawyer, Omoyemi's achievements for Nigerian – and indeed African – fashion have been nothing short of phenomenal. Her passion for a sustainable industry has led to Nigerian brands being stocked at leading boutiques from New York to Cape Town, via Milan, including a high-profile installation at British luxury department store Selfridges.



In November 2012 she spoke at the International Herald Tribune's luxury conference in Rome and spoke about the promise of Africa to five hundred designers and luxury delegates, including a host of household names like Valentino, Gaultier, and Vivienne Westwood.



This page and next: ***Fashion United*** Designer Matthew Williamson sent models down the LFDW 2012 catwalk

>



***Cut from Sturdy Cloth*** Founder Omoyemi Akerele, a fashion force to be reckoned with

"Fashion is a multi-billion dollar industry," she told Suzy Menkes, the paper's legendary fashion editor and one of the ten most influential people in fashion, "why not Nigeria?"

## Building From Within

While Lagos loves glitz and glamour, the LFDW team are keen to stress that the platform is built from sturdier stuff. "Typical Nigerian fashion shows end with celebrities and musicians performing," says Rimini Makama, the event's PR manager. "It's something to do, somewhere to dress up to. This doesn't happen anywhere else in the world because in other cities Fashion Week is when designers meet buyers and show the world what to expect in terms of creativity for the next season. LFDW is slowly changing the direction of the game; it's strictly about the business of fashion."

**"The platform is unique for its ability to provide opportunities for both young and established designers."** *Omoyemi Akerele*

Because of this serious outlook, the event has earned kudos from the world's style cognoscenti. In 2012, Suzy Menkes attended along with the buying team from Selridges and Mytheresa.com and writers and photographers from Vanity Fair Italia. British designer Matthew Williamson headlined as guest designer.

"We are aware of the need to contribute to creating structures in place for the industry to grow and thrive," says Omoyemi. "The platform is unique for its ability to provide opportunities for both young and established designers."

Included in this is the LFDW is the Young Designer of the Year initiative, which has produced 24 finalists in the last two years and two winners. The screening across Nigeria ensures participants are from diverse backgrounds. Beyond that, the event has contributed to funding via MTN prize money and retail opportunities. "If we can change international perceptions about Nigerian fashion," says Omoyemi, "then perhaps locally Nigerians will begin to view fashion as a serious business and begin to invest and grow local designers and retail. Fashion can finally begin to be viewed as a viable contributor to economic growth."

In aid of this goal, the British Council have set up master classes to equip finalists and participants with the much needed skills required to design a collection. This year the courses comprise Fashion Film for Film Makers, Fashion as a

## PAST PATTERNS

**A few of our favourite LFDW alumni**

### Tiffany Amber

Founded in 1998 by Lagosian designer Folake Folarin-Coker, the award-winning and pioneering label continues to put out beautiful, wearable womenswear every season.

### Maki Oh

Fuelled by a strong sense of identity, the label fuses traditional African techniques with detailed construction. More conversation pieces than clothes it makes sense that First Lady Michelle Obama's a fan.

### Eki Orleans

Sometimes fashion is best when it's plain fun. Hazel Eki Aggrey-Orleans's vivid printed dresses are designed around fabric choice, and have an international following.



***Amber Alert*** A signature playful design in an eye-popping shade by Tiffany Amber



***Maki Oh My!*** Traditional prints meet sophisticated silhouettes at Maki Oh



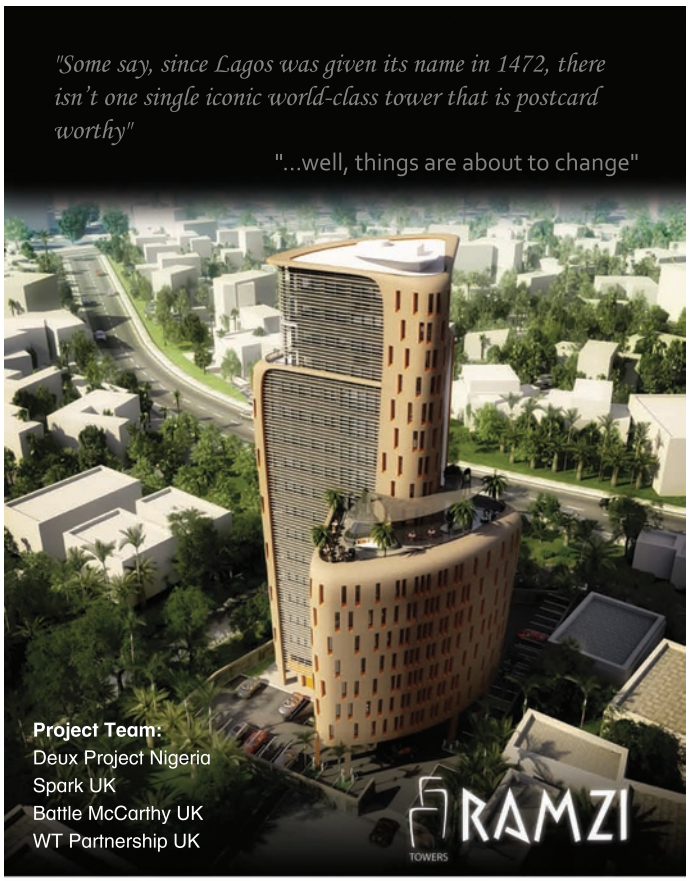


## DEDICATED FOLLOWERS OF FASHION

**Event highlights**

- Catwalk shows featuring new season collections from the best talent in the industry
- Exhibition Marketplace featuring fashion products, textiles and accessories on display and for sale
- Workshops and Master classes that facilitate knowledge transfer, information exchange and networking opportunities across the board
- Awards featuring LFDW Young Designer of The Year Award and British Council LFDW International Fashion Entrepreneur of The Year Award
- Fashion Business Series to facilitate conversations with key players from the Nigerian and international fashion industry as a useful tool for exchanging ideas, networking and developing the industry.

>


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## BEHIND THE SCENES

**Oyinkansola Fatimah Momoh, Project Coordinator**

"Being a part of the Lagos Fashion and Design Week team from the maiden edition has been filled with a lot of experience and exposure.

LFDW has as its primary aim the growth of the Nigerian fashion industry and this reflects in all areas of the event, from the participating designers right down to the interns. For me, seeing fashion interns live their dreams backstage puts a huge smile on my face. They work so diligently and show genuine interest in all they do.

Like any other event of its magnitude, there are sleepless nights and challenging situations that involve handling models, designers and team members alike. All these happen until the very last minute of the entire show. At the end, there are a few tears, congratulatory greetings and a closing party. For everyone else LFDW is over, but for the post-production team, work continues.

Positive feedback and the actual growth of the fashion industry is what fuels our passion and has kept us going since 2011. Each year has been an opportunity to grow.

Business and Designing a Collection for 20 shortlisted fashion designers from the Young Designer of the Year category. The master classes will be led by Jake Leith (Head of Fashion & Business Development, Brighton University, UK) and Julianna Sissons (Lecturer, Fashion and Textile design, Brighton University, UK)

Rallying the army of designers, stylists, make up artists, models, and photographers along with the



Herculean task of securing sponsorship and funding is no mean feat. "We are constantly knocking on doors to keep the LFDW wheels chugging along, season in and season out," says Omoyemi. "This year we have GT bank joining as lead sponsor and its the first time we have bank on board.

The Managing Director and CEO of Guaranty Trust Bank, Segun Agbaje says about their involvement, "Guaranty Trust Bank is a proudly African and truly International institution' with a passion to advocate the projection of Africa's rich culture to the world. This is why we decided to be part of LFDW. We realise that the whole world needs to know about the creativity of African fashion designers and their contributions to development of its industry and the economy."

The fashion industry may not be the first sector that needs solidifying in Lagos, a city where the majority of people struggle to get by, but if Coco Chanel is right, and fashion is a reflection of society then the sheer drive, confidence and creativity coming out of LFDW says a lot about Nigeria'. Move over Paris, New York and Milan. Las Gidi's in the house.

**Lagos Fashion and Design Week takes place from the 23rd—26th October 2013. LFDW is title sponsored by GTBank and co-sponsored by MTN, British Council, Maybelline and Wings, The Inflight Magazine of Arik Air. *lagosfashionanddesignweek.com***




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Dresses by Matthew Williamson and Ituen Basi

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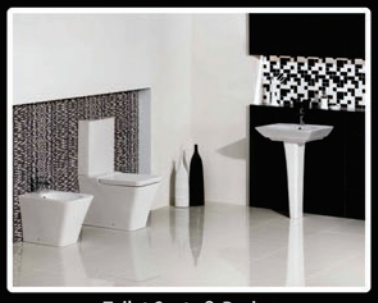
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# Jolling in Joburg

South Africa's largest and richest city has blossomed into a creative's paradise. A city of contradictions, its energy is infectious...

WORDS **HELEN JENNINGS**

Johannesburg (Joburg or Jozi to the locals) is South Africa's cultural capital. Its greater metropolitan area is home to over 10 million people, drawn from all walks of life for business, pleasure, and everything else in-between. It's a city of contradictions, as exciting as it is daunting for newcomers, with a fast-emerging, multicultural urban scene.

The city's long and difficult history traverses colonisation, Afrikaner migration, the Gold Rush, Boer War and apartheid, which resulted in wealthy white suburbs jutting up next to impoverished black townships and crime, poverty and social divisions becoming commonplace realities. But much has changed in South Africa since the birth of democracy in 1994, due to a mix of private and public investments, vast economic growth and relative political stability. Inner city neighbourhoods such as Maboneng and Braamfontein, which were once no-go areas, have transformed into lifestyle hubs. And Soweto, formerly Ground Zero for the ANC's violent battle against racial segregation, now has its own Wine Festival, Fashion Week and theatre, plus its heritage sites have been transformed into important tourist attractions. The 2010 FIFA World Cup was also a driver for intense infrastructural development such as the high-speed Gautrain rail network and hero projects such as Soccer City, which have infused Joburg with a renewed civic pride.

"Joburg is simply brimming with possibilities," says Catherine Ohlson de Fine, whose company I Heart Joburg organises some of the city's most interesting cultural happenings. "Joburg's citizens are often faced with complex and extreme challenges but over the past few years, they have reclaimed their city thanks to a shared passion for the potential this place holds." Roberta Coci, curator at Art Logic events, agrees. "Joburg is an anomaly. One of the biggest and most dangerous cities in Africa, it is also full of ambition and energy," she says. "Affectionately known as 'Jo-hustle-burg' by some, it's a place where playing fields are levelled and where entrepreneurs and creatives are able to fulfill their dreams."

Excitement, adventure, thriving culture and an ever-transforming urban scene... As a visitor, how do you make sense of it all? As a starting point, here are some suggestions for what not to miss among the wealth of things to see and do in Joburg this autumn.



***Fair Play*** FNB Joburg Art Fair and Joburg Fringe (right) run parallel to each other, in late September

## Art Feast Your Eyes

FNB Joburg Art Fair is the most significant showcase for contemporary African art on the continent, attracting over 10,000 visitors each year. September's edition features 33 galleries from around the globe including major Joburg spaces such as Goodman, Stevenson and Momo. Expect to see works by celebrated regional artists such as Pieter Hugo (whose solo exhibition Kin runs at the Stevenson Gallery 3 October-8 November), along with photography and multimedia exhibits from William Kentridge, Mohau Modisakeng, Nandipha Mntambo, Roger Ballen, Santu Mofokeng, and Kudzanai Chiurai – who won the FNB Art Prize in 2012. "The focus of this year's event is photography," says curator Silvia Pillon. "We are hugely excited to be working with David Goldblatt, one of South Africa's most prominent photographers, who will present an extension of his The Structure of Things Then series, which he began in 1961."

Running in parallel to the FNB Joburg Art Fair is Joburg Fringe, an independent fair giving a platform to new and emerging talent. Its special event is VIDEOart!, a collection of experimental films shown at various venues around Sandton.






## **Food & Drink** Epic For Epicureans

Joburg is a foodie's heaven, with several events bolstering its culinary scene. One of the best is Art Logic's FoodWineDesign Fair, a three-day celebration of authentic culinary and artisanal delights in November. Everything from Richard Bosman's Quality Cured Meats and winemaker-and-chef collaboration Marvelous Wines, to Terres d'Afrique skincare and Pichulik jewellery are on show. This year, there's a spotlight on produce from the Route 62 tour of the Cape winelands, including pieces by the Magpie Collective, whose recycled chandeliers are so desirable that the Obamas bought one on their recent trip to South Africa.

Joburg also has its own edition of the global restaurant festival Taste, which brings together the city's most prestigious restaurants, chefs and sommeliers in September. For a more edgy food experience though, try one of the pop-up restaurants which abound around Joburg. The once-a-month WKND Social is a roving party-cum-brunch with different dresscodes each time. Its tagline, 'Good food. Good people. Good music' says it all. Meanwhile, Food Hall, the last Thursday of the month at Maboneng's POPArt Centre, >

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***Artisinal Nibbles*** Art Logic's FoodWine Design fair is a three-day culinary celebration in November

recreates an intimate dinner party environment. Just 25 diners are invited to make new friends and enjoy seasonal dishes.

## **Architecture** Building Excitement

Several new buildings have put Joburg on the architectural map in recent years. FNB Stadium, aka 'Soccer City', on the outskirts of Soweto was originally completed in 1989, but the home of Kaizer Chiefs FC was supersized in 2010 by South African firm Boogertman + Partners, making it Africa's largest stadium. The award-winning design is based on a calabash (African pot) and its glittering, bulbous form will be instantly familiar as the main stadium of the 2010 FIFA World Cup.

The new Soweto Theatre has eye-catching curved corners, and sloping sides covered in colourful ceramic tiles. As the first major theatre in a South African township, it's seen as a symbol of progress and has an ambitious performing arts programme aimed at boosting local talent. "We're a new theatre for a wonderful city," says Mambila Mageza from Joburg City theatres. "Our role is to provide a platform upon which community productions are exposed to a broader public beyond the immediate neighbourhood."

Unveiled in 2009, Circa on Jellicoe in Rosebank is a public art >



***Township Players***
Soweto Theatre, the first major theatre in a South African township

**As the first major theatre in a South African township, the new Soweto Theatre is seen as a symbol of progress and has an ambitious performing arts programme aimed at boosting local talent.**

space offering a safe environment within and around which people can discover large-scale sculptures and installations. Built onto the existing Everard Read gallery, its elliptical façade is made from anodised aluminum fins that resemble wood bark and give the building a sense of openness. "Circa is a sensory experience where the process of movement throughout the building is fluid and evolutionary," explains project architect Pierre Swanepoel at studioMAS, who also ensured Circa was ethically designed to harvest solar energy. "The building's connection to its surroundings is important both physically and symbiotically."






## **Markets** Trading Places

International brands congregate at Sandton City and Melrose Arch malls but for a more authentic shopping adventure, head to Joburg's markets. Neighbourgoods in Braamfontein has become a Saturday institution for Joburg's bright young things. Organic food, vintage fashion and homewares by independent makers fill stalls across three floors of an industrial building. The rooftop is perfect for kicking back on wooden benches with a craft beer (or chilli tequila) in hand.

Every Sunday, the in crowd moves on to Market On Main at Arts On Main, a multi-functional warehouse in Maboneng Precinct. Downstairs food stalls sell flavours from around the world to be enjoyed in the olive tree-lined courtyard. Upstairs offers furniture, fashion, art, craft and a bar. There's also a night market once a month for after-dark antics. Explore the adjacent studios and streets to find some of city's best design talents such as NewBrow, Loin Cloth And Ashes, Black Coffee and Love Jozi.

And the new market on the block is Collective. The monthly gathering in Kramerville for lovers of fresh design talent is the brainchild of Catherine Ohlson de Fine. Minimal menswear from Augustine, high concept womenswear by Suzaan Heyns, Super sunglasses and quirky retro ornaments courtesy of The Ceramics Factory are all best sellers.

## **History** Struggle and Survival

Joburg is a city facing firmly forward but to fully appreciate its current rate of progress, it's important to understand its past. Start at Mandela House, which is where Nelson Mandela lived between 1946 and 1961, shortly before his imprisonment. He also briefly returned here with Winnie a few days after he gained his freedom in 1990. Mandela donated his home to the Soweto Heritage Trust in 1997, and it was declared a national monument. Inside the humble single-story building, original furnishings, films and memorabilia tell an intimate Mandela family story.

The Hector Pieterson Memorial And Museum is named in honour of the 13-year-old boy who was shot dead by police during the Soweto Uprising on 16 June 1976. He was the first of over 400 young people to die when student demonstrations turned into a riot and was quelled by bullets. The museum stands close to where Pieterson fell and uses historic imagery and documents to commemorate this seismic moment in the battle against apartheid.

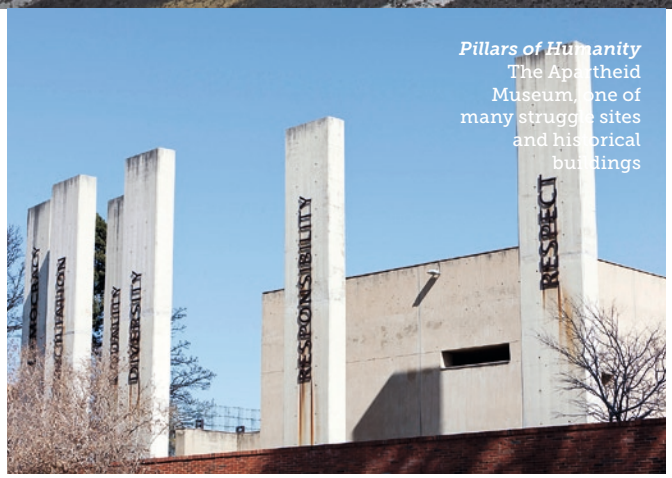
The impressive Apartheid Museum in Ormonde uses a series of vignettes to take the visitor on a vivid journey through the origins and >



***Fluid Facade*** Circa on Jellicoe in Rosebank, a new public art space



***Model City*** Models pose on Nelson Mandela Bridge for AFI Mercedes Benz Fashion Week in October




***Pillars of Humanity*** The Apartheid Museum, one of many struggle sites and historical buildings

© www.istockphoto.com

**Joburg is a city facing firmly forward but to fully appreciate its current rate of progress, it's important to understand its past.**

mechanisms of the state-sanctioned system of racial hatred in South Africa as well as the resistance movement and the country's road toward reconciliation and democracy.

Finally, the newly opened Peacemakers Museum in Sandton lauds South African Nobel Peace Prize winners Albert Luthuli, FW de Klerk, Desmond Tutu and Nelson Mandela, all of whose actions were integral to the demolition of apartheid. The aim of the exhibit is to "inspire and encourage visitors to take forward the message of peace that is their legacy."

## **Fashion** District Finery

Joburg is one of Africa's fashion capitals with swelling numbers of talented designers given numerous world-class showcases throughout the year. AFI Mercedes-Benz Fashion Week Africa in October is the most prestigious of those. It brings together designers from across the continent and diaspora but it's the home-grown talent such as David Tlale, Klûk CGDT, Avant, Gavin Rajah and Thula

## DIGITAL GUIDES

**GUMMIE**
Check out girl-about-town Nomuzi Mabena's "favourite spots in Jozi". Want to know where the best burger joint or thrift store is? ***gummie.co.za***

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Essential event listings and reviews of "everything that is cool in Johannesburg." ***www.jhblive.com***

**JOBURG**
Official website for the city Johannesburg. ***www.joburg.org.za***

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***Stylish Spot*** The David Tlale Fashion Week show at Gauteng Provincial Legislature building

***Sawubona Sashay*** Nigerian designer Tiffany Amber's show at Fashion Week Africa

***Streets Ahead*** The hipsters of Jozi are big on street style

Sindi who steal the limelight across four days of catwalk shows and special events around the city. "The appetite for lifestyle that characterises Joburg is the very lifeblood of my brand," says Sindi. "I design for the woman who occupies the city's streets and boardrooms. She's a little flashy but always stylish."

At the opposite end of the sartorial scale is Str. Crd in September, which bills itself as "Africa's no.1 urban youth culture platform". Now in its fourth year, Str. Crd combines fashion installations, talks and pop-up shops with music, skate and dance events. Big brands including Converse and Adidas exhibit next to local counterparts such as 2Bop and Styla Gang with the emphasis on global outreach. "Str. Crd creates a credible link between urban culture in South Africa and its international audience," says event head Hardy McQueen. "The vibrancy of this city inspires the creative sector, which is reflected in the buzz surrounding our music, fashion, art and food scenes."

>

## **Great Escape** Near Joburg

Get out of the city and experience South Africa's famous scenery at Babylonstoren. The Dutch Cape farm, which dates back to the 17th century, nestles in the Drakenstein Valley. Idyllic farm buildings with thatched roofs and white washed stone walls have been converted into luxury hotel suites complete with open fires. A former cattle enclosure is now the Babel Restaurant serving fuss-free dishes using produce from the farm and, naturally enough, Babylonstoren has its own wines cultivated in the nearby Simonsberg Mountains too. Eight acres of aromatic fruit, vegetable and herb gardens are nice for leisurely or guided walks. A greenhouse doubles up as a tearoom. And the spa offers hammans, full-body rituals, a steam room, sauna, hot jet pool, cold plunge pool and a relaxing bamboo garden. Paradise found. >





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# South African Chic

Luxury lodges, superb safaris and jaw-dropping vineyard views – take a jaunt out of Joburg.

WORDS **ROCKY CASALE**



***The Good Life*** Stately Home, Ellerman House (above) and Tokara Restaurant

Ever since the World Cup came to South Africa in 2010, the country has experienced a tourism upswing, attracting annual droves of travellers the way destinations like Rome and Paris seem to do effortlessly. With the eyes of the world shifted on the country, luxury resorts and boutique hotels cropped up like mushrooms after the rain. A clutch of restaurants and cooking schools gained the accolades they finally deserved, and its famous inland wineries received a record number of travellers eager to taste the fabulous wines and produce of this emerging foodie destination.

## Cape Town Gems

The jewel in South Africa's crown has to be Cape Town. The city haemorrhages with fascinating things to do, see and eat, all within a stone's throw from some of the world's most spectacular beaches and wineries. Begin with finding a hotel with a great view and a bit of local flavor. When it opened in 2009, One&Only's Cape Town resort (+ 27 21 431 5888, capetown.oneandonlyresorts.com) paved the way for a new class of chic, luxurious crash pads in the city. The view of Table Mountain from the hotel's Vista Bar and Lounge is unbeatable, and culinary offerings the like of Nobu make One&Only a destination for locals as well as travellers. All the rooms and suites here are fabulous, especially the Island rooms with ground floor terraces that open on to the hotel's jungle enclosed pool area. There is also the Ellerman House (+27 21 430 3200, Ellerman.co.za), equally opulent yet geared toward visitors that want more privacy. The former stately home is located in Cape Town's ritzy Bantry Bay area, with 13 rooms and a deluxe private villa. The ocean facing hotel is rammed with fine amenities, including a library, whisky bar, pool and spa.

## Vineyards for Miles

While the hotel scene is attracting more five star restaurants, take time to explore the neighbouring vineyards, many of which offer fabulous cuisine and cooking classes. A 50-minute drive east toward the town of Franschhoek leads you to the award winning Môreson Vineyards (+27 21 876 3692, moreson.co.za). You can reserve a charcuterie and wine tasting course at the winery's Farm Grocer Bar; or book a table at >

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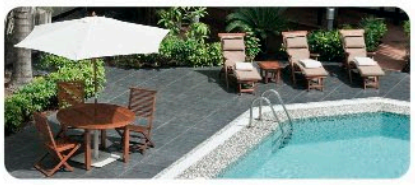

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***Knead a Holiday?*** Bread & Wine vineyard restaurant serves fresh regional produce

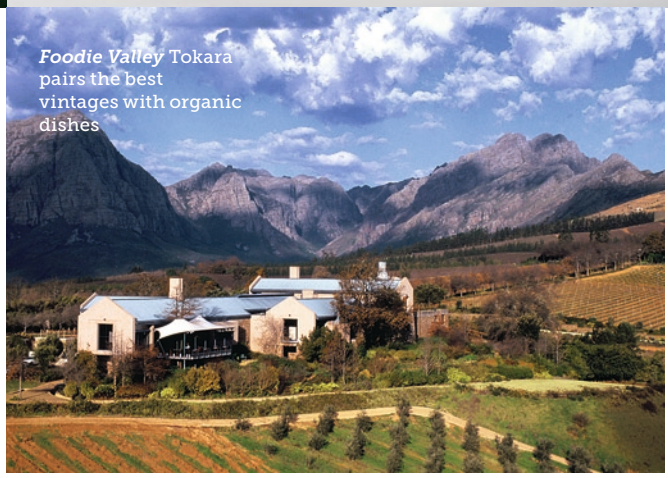


***Fusion Fantastic*** Local Kimchi beef fillet with pom anna and tom yum jus at Tokara

its Bread & Wine Vineyard Restaurant lead by Chef Neil Jewell, who pairs star tipples with fresh regional produce, seafood and game. Tokara Restaurant (+27 (0) 21 885 2550, tokararestaurant.co.za) also east of Cape Town by about 30 minutes, is not a winery but manages to curate the best vintages from its neighbouring vineyards. The menu is a fusion of mediterranean and local fare based around the terroir and wines produced nearby. But perhaps the most entertaining and informative option, a more hands on experience, is the Cape Town based cooking school of Enrica Rocca . A Venetian by birth, Rocca adopted South Africa for over a decade, adapting her knowledge of Italian food and wine to South Africa's similar local ingredients. She offers cooking classes and wine tasting excursions to the vineyards of Constantia.

## Luxury Lodges

Many travellers skip Cape Town all together to experience South Africa's luxury lodges, a relatively new concept, especially when you consider what preceded them 50 years ago. Today there seem to be too many to count, some corporately controlled, others family owned and pleasantly diminutive. To the far north east coast one finds the Thonga Beach Lodge (+27 (0)35-474 1473, isibindiafrica.co.za). The lodge is part of the Maputuland Coast, over 30,000 square kilometres of dense tropical forest sharing boarders with Mozambique, South Africa and Swaziland. It's thatched bush suites



***Foodie Valley*** Tokara pairs the best vintages with organic dishes

are tucked away in a lush coastal dune forest facing a silent stretch of Indian ocean that reputedly has some of the best scuba diving in the country.

Head further south near Port Elizabeth to find the Kichaka Game Lodge (+27 (0)46 622 6024, kichaka.co.za). The main lodge appears like a humble stone and thatch roof construction, but the interiors are sumptuously appointed with leather couches and beautiful woodwork throughout. Large terraces overlook the unspoilt bush and a large watering hole where big game like hippos go to splash around and feed. It is a five-star luxury hideaway, complete with wifi, infinity pools and a vast wine cellar; not the appropriate accommodations for those determined to rough it. Five hours drive west brings you to the Aquila Game Reserve (0861 7373 783, aquilasafari.com). The bush cottages here are not extravagant, but rustic and comfortable in a fabulous location set in the veld of the game reserve. Aquila also has >

**While the hotel scene is attracting more five star restaurants, take time to explore the neighbouring vineyards, many of which offer fabulous cuisine and cooking classes**

© Wilhelm Kühn • © Adam Letch



family luxury chalets that sleep up to eight people and additional amenities like air conditioning, fire places and mini bars.

## Game Tours & Safaris

There are hundreds of safari tour operators in South Africa, and the best are said to be those that operate small guided tours. Isibindi's Rhino Safari (Isibindiafrica.co.za) in Kruger National park is reputed to be one of the finest excursions, offering simple tent accommodation and expert bush men that can identify everything from the grass beneath your feet to the birds above your head. The tours usually accommodate a maximum of eight people. The tours involve some trail walking and some 4x4 open top jeep driving, with guides that are trained to track zebra, buffalo, giraffe, elephant, rhino and lion. Established in 1898, Kruger National Park encompasses over 2 million hectares of protected African Lowveld. The park is also home to Singita lodges (+27 (0)21 683 3424 ,singita.com). Impeccably styled Singita Lebombo and Sweni lodges are nestled among game reserve and big on wildlife preservation.

Whether you're a city slicker or an off-road junkie, you can't avoid South Africa's stunning shore lines. East to West they change, sometimes part of the backyard of a city, in other places a tranquil turquoise bay or wild surfing destination. The Durban beachfront along South Africa's Golden Mile is lined with luxury condos and hotels, and is a favorite of sun seekers, especially in December and January, for its soft gold sand and entertaining piers, bars and restaurants. The less crowded southern end of the Golden Mile is where die hard surfers tend to gather. Stay on the east coast and drive three hours north to Cape Vidal within the country's St. Lucia Marine Reserve. Visitors are here for the nature, and snorkelling and big game fishing top the list. The sheltered bay is awash with natural swimming pools, miles of unencumbered beaches and fabulous hiking trails that twist through the wetlands and coastal forests where you can witness a heaping variety of wildlife such as turtles, hippos,

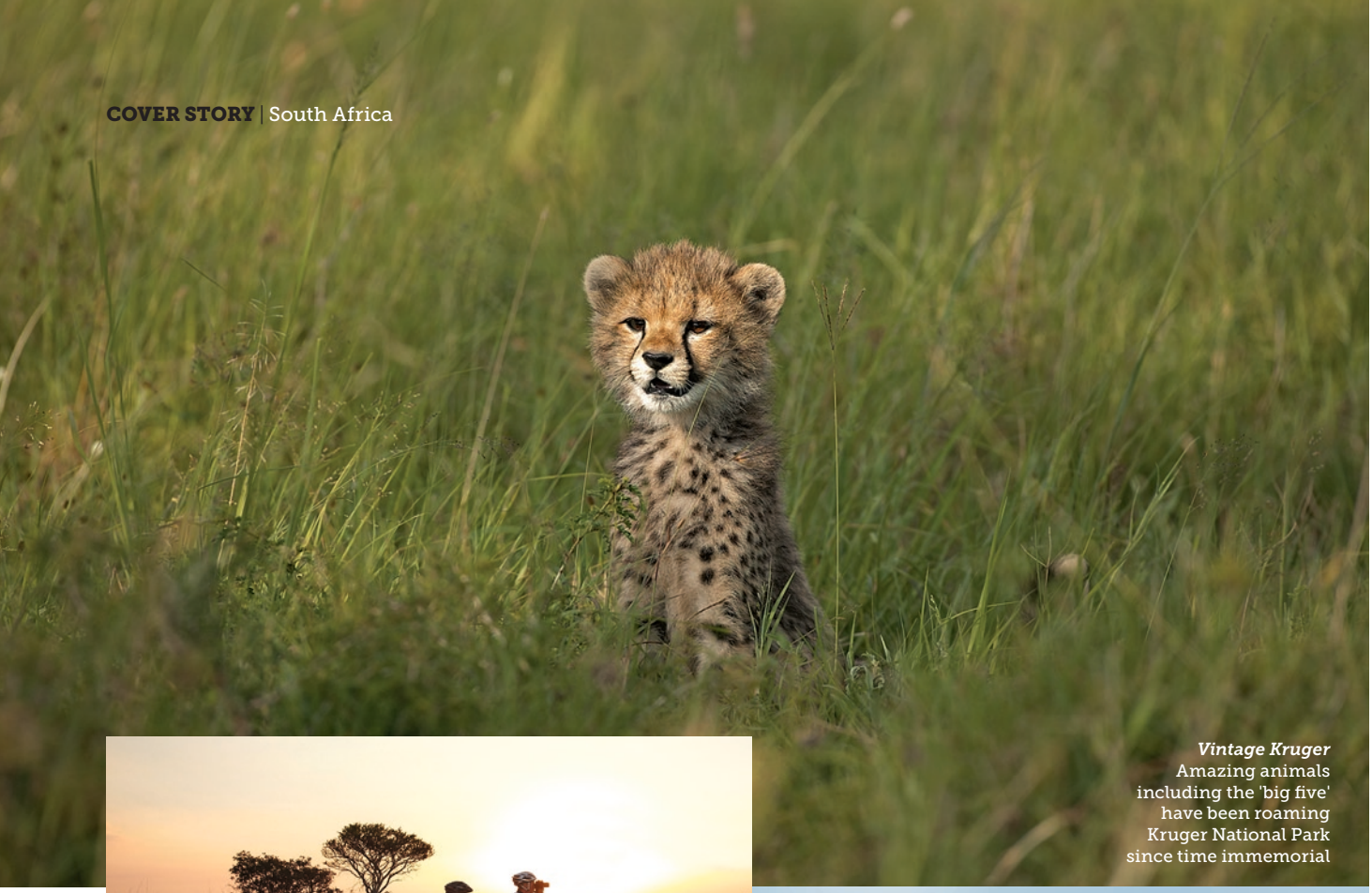




Left: ***Cushy Cottages*** Aquila cottages and chalets are set in the veld of a game reserve

***Plain Incredible*** The sky meets the earth on the Serengeti plain

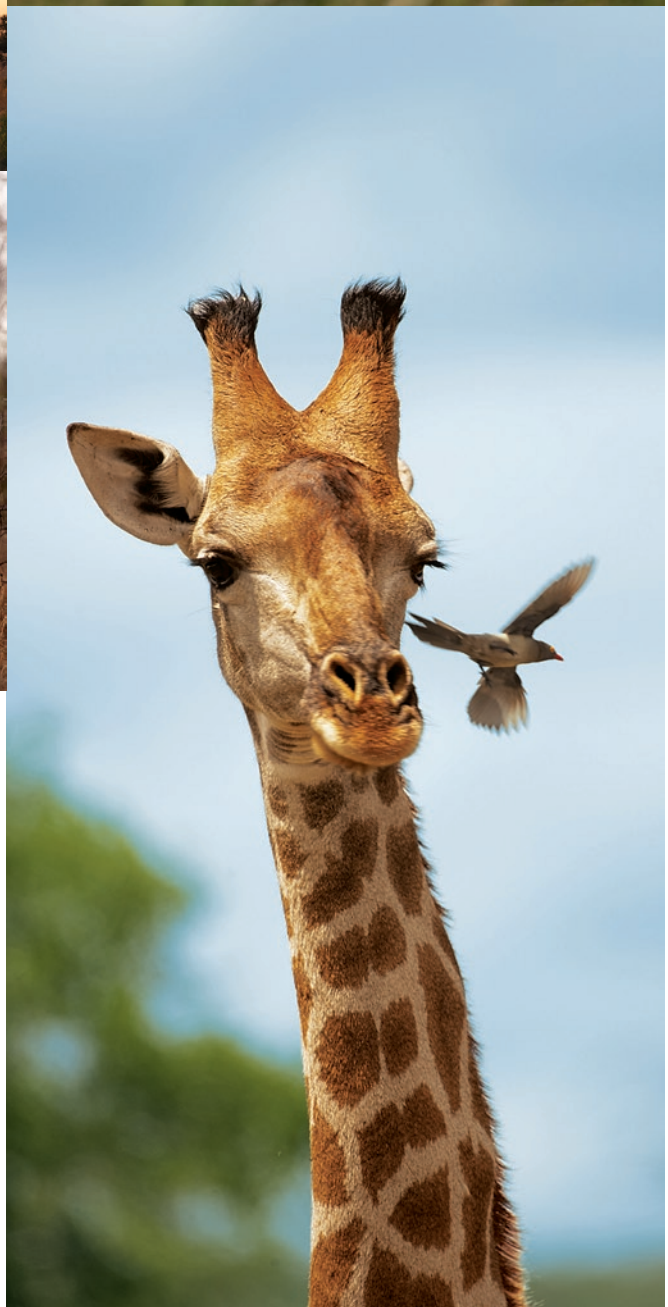
This page and left: ***La La Lebombo*** Singita's lush lodges, Boulders and Lebombo Lodge



***Vintage Kruger***
Amazing animals including the 'big five' have been roaming Kruger National Park since time immemorial







elephants and thousands of water birds. Here you can spend the day deep sea fishing.

South of Cape Town in the suburb of Kommetjiei the where you find what locals call Long Beach. It's only a 30-minute drive from the city, and when you get here it's tempting to stay. The Kommetjiei is quiet and relaxing, with quaint restaurants and fabulous nature all around, like the area's milk wood groves and exceptionally beautiful beaches known for their white sand and rough surf. Kommetjiei is also known for lobster fishing, and their are beachfront hotels like The Last Word that encourage you to catch your own lobster and bring it to their restaurant to prepare for you. But Cape Town's Camps Bay is certainly more upmarket. The city's affluent residents prefer it here and who wouldn't? Minutes from the city center, the beaches are sparsely populated and the surrounding coastal waters are superb for diving. At every turn the land is beautiful. But then that seems to be a constant theme in South Africa.

# The adventure is about to begin, be part of it!

## Delta Leisure Resorts

Welcome to Delta Leisure Resorts - soon to be one of the most spectacular theme parks and prestigious leisure destinations in the southern hemisphere, and the first of its kind in West Africa.

Inspired by the stunning Nigerian landscape, and celebrating the rich and diverse African culture and wildlife, the main park will be situated at Oleri, Udu LG, Warri City, Delta State, Nigeria and the wildlife park at Ogwashi-Uku, Asaba, Capital of Delta State, Nigeria. They cover some 600 hectares in total.

Stipulated to open April 2015, DLR is open for opportunities with immense benefits. The investment opportunity is on Self Catering Holiday Villas available in four types: English Villas, Mediterranean Villas, Oriental Villas and Floridian Villas.

### HOW TO APPLY

**NIGERIA/AFRICA —** Application in writing with the reservation/allocation fees of £5,000 or N1m in the form of a bank draft payable to SPFM International Limited, sent to the Delta Contact Office for the attention of Marketing Department.

**UK/EUROPE/REST OF THE WORLD —** Application in writing with the reservation and allocation fees of £5,000 or N1m in the form of a bank draft payable to SPFM International Limited, sent to the UK Office for the attention of Marketing Department.


**DELTA OFFICE:**
SPFM International Limited (Delta Leisure Resorts),
Temporary Life Camp, EkedeHeights,
Opposite Deputy Governor's Residence,
Old Ujevwu Road, Ovwian-Warri,
Delta State Nigeria. +234 (0) 8079995924
admin@deltaresortparks.com

**UK:**
2nd Floor, 93 Camberwell Station Road,
London SE5 9JJ, United Kingdom.
+44 (0) 843 523 0449
admin@deltaresortparks.com


## SELF-CATERING HOLIDAY VILLAS

### ENGLISH VILLAS



**FEATURES:**
- 4 BEDROOM 4.5 BATHS/3 BEDROOMS 3.5 BATHS
- 2 STOREY ENGLISH THEMED
- TERRACES
- GLAZED ROOF
- COMMUNAL SWIMMING POOL
- PARKING
- ENGLISH STYLE GARDEN
- CLUB HOUSE

### FLORIDIAN VILLAS



**FEATURES:**
- 2 BEDROOM 2.5 BATHS
- 1 STOREY FLORIDIAN THEMED
- TERRACES/BALCONIES
- COMMUNAL SWIMMING POOL
- PARKING
- GARDEN

### MEDITERRANEAN VILLAS



**FEATURES:**
- 3 BEDROOM 3.5 BATHS
- 1 STOREY MEDITERRANEAN THEMED
- TERRACES AND BALCONIES
- COMMUNAL SWIMMING POOL
- PARKING
- GARDEN

### ORIENTAL VILLAS



**FEATURES:**
- 2 BEDROOM 2.5 BATHS
- 2 STOREY ORIENTAL THEMED
- CHINESE ARCHES
- JETTY
- FOOD STALL
- COMMUNAL SWIMMING POOL
- PARKING
- CHINESE GARDEN

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Disclaimer – Please note that prices are subject to currency exchange rate fluctuations, pound sterling pricing was correct at time of going to press. For exact current prices, please contact us.


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DeltaLeisure Resorts

IAAPA

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# South in style

## A visitor's guide to Joburg and beyond...

**Getting There** Arik Air operate daily flights to Johannesburg. Book tickets at Arikair.com

**Getting Around** JIA is located about 25km east of central Johannesburg in Kempton Park.

The Airport Link is a reputable airport shuttle. Taxis cost around US$43 one way to the northern suburbs. Many hotels will arrange pick-up from the airport.

Metropolitan Bus Services (mbus.co.za) run services covering over 100 routes in the Greater Joburg area. Fares work on a zone system.

Taxis operate meters however it's wise to ask a local the likely price and agree on a fare at the outset.

**Travelling out of Johannesburg**
There are a number of passenger trains linking Johannesburg to Cape Town, Durban, Port Elizabeth, and elsewhere. Shosholoza Meyl trains (shosholozameyl.co.za) offer modernised sleeping and restaurant cars.

Regular low cost flights are available connecting Johannesburg to various cities, on South Africa Airways (flysaa.com) or through price comparison sites such as ebookers.com

## JOLLING IN JOBURG DETAILS AND DATES

### ART

**FNB Joburg Art Fair**
27—29 September, Sandton Convention Centre
*fnbjoburgartfair.co.za*

**Joburg Fringe**
25-29 September
*joburgfringe09.blogspot.co.uk*

### FOOD

**Sanlam Investments FoodWineDesign Fair**
8—10 November, Hyde Park Corner rooftop, Sandton
*foodwinedesign.co.za*

**Pick n Pay Taste of Joburg**
26-29 September, Montecasino Outdoor Event Area
*tasteofjoburg.com*

**WKND Social**
*thewkndsocial.tumblr.com*

**Food Hall**
P.O.P Art centre, Maboneng
*popartcentre.co.za/food-hall*

### ARCHITECTURE

**FNB Stadium**
Nasrec, Johannesburg South 2147

**Soweto Theatre**
Corner of Bolani & Bolani Link Roads, Jabulani, Soweto
*sowetotheatre.org.za*

**Circa On Jellicoe**
2 Jellicoe Avenue, Rosebank
*circaonjellicoe.co.za*

### MARKETS

**Neighborgoods Market**
Every Saturday 11am-3pm
73 Juta Street, Braamfontein
*neighbourgoodsmarket.co.za*

**Market on Main**
Every Sunday 10am-3pm, first Thursday night of each month (except January) 7pm—11pm
Arts On Main, 286 Fox Street, Maboneng
*marketonmain.co.za*

**Collective**
The Rooftop at 3 Desmond, Kramerville
*collective-jhb.com*

### HISTORY

**Mandela House**
8115 Vilakazi Street, Orlando West, Soweto
*mandelahouse.com*

**Apartheid Museum**
Corner Northern Parkway & Gold Reef Roads, Ormonde
*apartheidmuseum.org*

**Hector Pieterson Museum**
8288 Maseko Street, Orlando West, Soweto

**The Peacemakers Museum**
Nelson Mandela Square, 8 Maude Street, Sandton
*peacemakersmuseum.co.za*

### FASHION

**Mercedes-Benz Fashion Week Africa**
30 October – 2 November
*afi.za.com*

**Str. Crd**
26—29 September, Constitution Hill
*www.strcrd.com*

### BEYOND JOBERG

**Babylonstoren**
Simondium Road, Klapmuts, Drakenstein Valley
*babylonstoren.com*


THE DIFF IS CLEAR

# A river th

Inspired by the journals of Gaspard Mollien, an obscure French explorer who ventured to the source of the River Gambia in 1818, husband and wife team, Jason Florio and Helen Jones-Florio attempt the first recorded source-to-sea journey since. Wings follows their 1044km route along one of Africa's last major free-flowing rivers.

PHOTOGRAPHY **JASON FLORIO** WORDS **JASON FLORIO WITH HELEN JONES-FLORIO**



# runs rough it



In 2009 my wife Helen and I escaped our New York home and took off on a 930km circumnavigation of The Republic of The Gambia by foot, along with three Gambian friends and two donkeys.

Seven days into our 42 day walk, we both decided that this journey would be a warm-up for something bigger. We had no idea at that exact moment what the 'something bigger' might be, but as Picasso once said: '"Inspiration exists, but it has to find you working." Well, in this case, it was to find us walking.

Fast-forward to the summer of 2012, when Helen and I found ourselves paddling a five meter rubberised Norwegian canoe up and down the bucolic Wey navigation canal in Surrey, England past shaggy cows and snobbish swans, making the most of as many waterside pubs as possible. This was all part of the training for the 'something bigger.'

The 'something bigger' was to attempt to make the first recorded source-to-sea journey down the River Gambia, from its humble beginnings in the Fouta Djallon Highlands of Guinea, through Senegal and along the length of The Republic of The Gambia to the Atlantic Ocean. The fermentation of the inspiration had actually come from a conversation I had ten years prior with two old friends, Lawrence and James who founded the Makasutu Culture Forest on the banks of the River Gambia. During one late night chat, with the sound of fishermen calling to each other through the darkness, I off-handedly said to them, "I'd like to canoe down this river one day."

They said, "Well, if you do, you should to start from the source about 1000km away, in Guinea."

"What, it doesn't start in The Gambia?" I had in mind a gentle jaunt with a packed lunch. I immediately put the thought low down the bucket list.

**"We locate the source of River Gambia in a copse of trees on the edge of a small, Fula village an hour's drive from the Fouta Djallon's commercial center of Labé"**

## Modern Day Oar-cle

Just as Helen and I had never walked around a small West African country before our Gambia expedition, we were even less *au fait* with paddling canoes through hippo-infested waters, or dealing with rapids and rabid wildlife. But during our Gambia walk, the re-kindling of the conversation with my old friends bust into a wildfire inside my head. We started researching feverishly how to make a journey that seemed only to be feasible for the likes of hardy 19th century explorers like Captain Sir Richard Burton, or my personal West African explorer hero, Mungo Park, and seemed off-limits to mere mortals such as us.

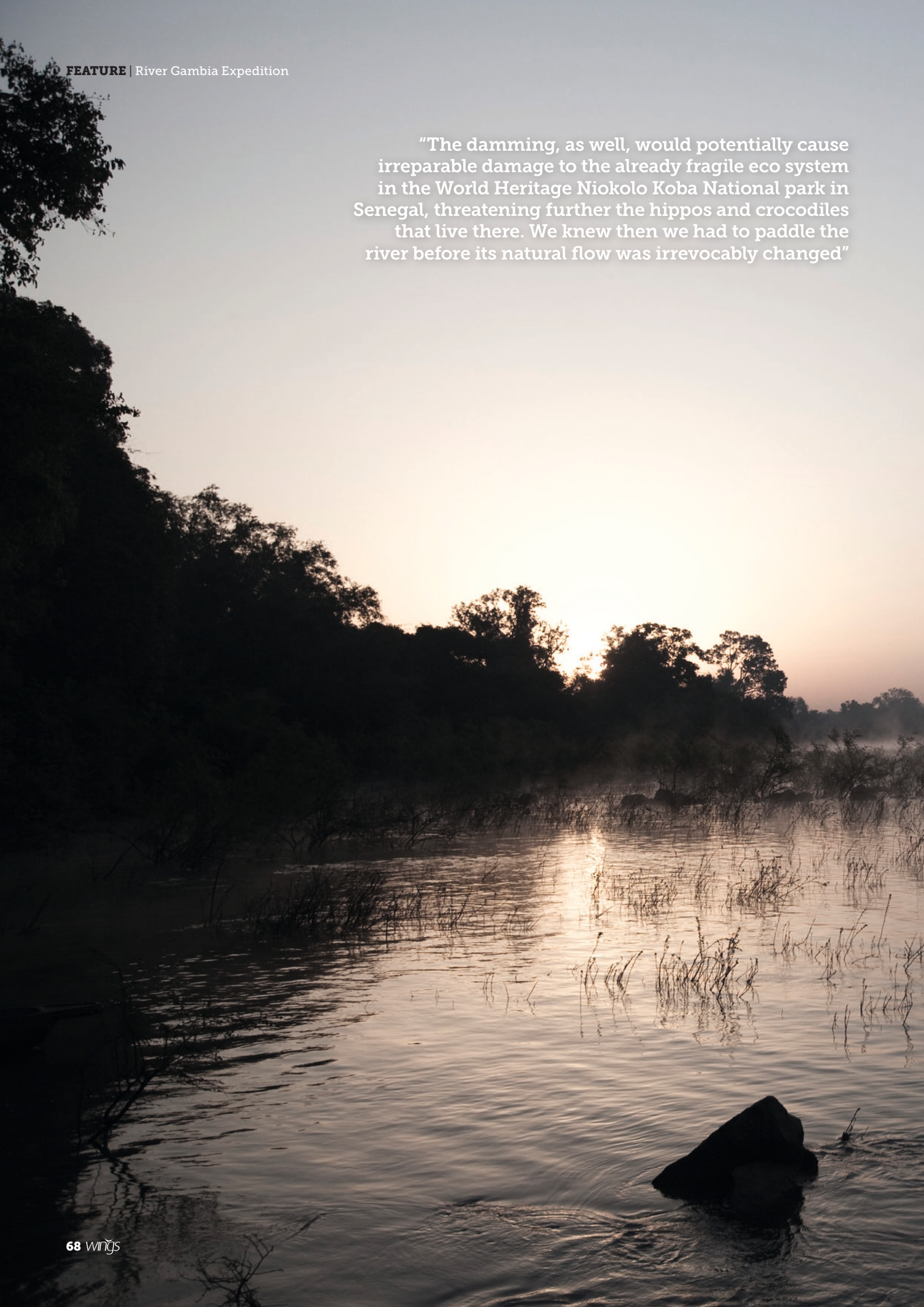
The urgency to make the journey was not just fuelled by our mutual wanderlust and desire to get back to West Africa. During our research we found plans were afoot to build a dam on the mighty River Gambia near the Senegal-Guinea border. Such a hydro-electric dam would bring much-needed electricity to the developing region, but it would, according to studies, choke the flow of the river, affecting the lives of tens of thousands of people who rely on it for their survival. The damming, as well, would potentially cause irreparable damage to the already fragile eco system in the World Heritage Niokolo Koba National park in Senegal, threatening further the hippos and crocodiles that live there. We knew then we had to paddle the river before its natural flow was irrevocably changed. >











"The damming, as well, would potentially cause irreparable damage to the already fragile eco system in the World Heritage Niokolo Koba National park in Senegal, threatening further the hippos and crocodiles that live there. We knew then we had to paddle the river before its natural flow was irrevocably changed"

Using the journal of Gaspard Mollien, a French explorer who clandestinely visited the river's source in 1818 (he would have been killed if locals had found him at the sacred spot), and the help of the Guinea-based Fouta trekking company, we locate the source of River Gambia in a copse of trees on the edge of a small, Fula village an hour's drive in a 'sept-place' Peugeot from the Fouta Djallon's commercial center of Labé.

194 years later, the current chef-de-village, who keeps watch over the source, was more than welcoming and guided to us to the sacred spot. After months of research poring over Google Earth maps and riffling through the archives of The Royal Geographical Society, we could not believe we would actually get to drink from the source of one of Africa's most epic rivers.

To reach the source from our staging ground at our friend's lodge, the Sandele Eco Retreat in Kartong, The Gambia, we travelled some of the most unforgiving roads in West Africa. The final haul up into the Fouta Djallon highlands from Kédougou, Senegal was a 24-hour 220km meat-grinder of a trip up a boulder-strewn mountain path with 20 villagers perched on a Land Cruiser. But as we knelt and cupped the water from where it first gathers in the sunlight from giant natural cisterns beneath us, we felt that our journey had really begun.

For the two Gambian fishermen Abdou and Ebou who were our travelling companions, it was more than just the starting point, but a deeply moving moment. This trickle becomes the deep water that mixes with the Atlantic's penetrating salty tide 1,000km away, from >







**"The four of us pressd through Senegal. We were towered over by the yellow-red sandstone canyons carved by the river during rainy season, and screamed at by troops of baboons from the safety of their rim-top haunts."**





which they, as their forebearers had done for hundreds of years, drop their nets and pull fish to survive.

## Flowing South

The 100km descent down from the mountaintop source to Kédougou, where we had stashed our canoes and supplies, was even more brutal than the ride up the Fouta. The only available way down was by motorcycle taxi. A promised three-hour journey turned into ten, as the 'road' was actually a 60-degree dry riverbed. 'Hard Travel to Sacred Places' was the book that came to mind as I clenched my abs and gripped my shoulder-slung cameras for dear life as cliff edges loomed in and out of focus.

In Kédougou, at the insistence of Abdou and Ebou, we hired a Malian guide called Youssef, a fisherman who knew the first section of the river like the back of his huge hand, and crucially, where the hippos were; Our biggest fear being Africa's 'biggest killer.'

We had had lengthy conversations over Skype in the preceding months with our Gambian fishermen, and they insisted that hippos were not a problem. We assumed that as fishermen plying the river they would know. The river in December is still fast moving in the early stages and Youssef, with California surfer-like panache, guided our fragile craft between rocks and debris as I half paddled and photographed and Helen paddled and kept a binocular-covered eye out for hippo heads. The riverbanks were deeply pitted with hippo footprints, so we knew they were there, but where though? On day five of paddling, our last day with Youssef, just as we were coming through a set of rapids, our hippo fears were realised in full technicolor. It happened in a nanosecond. A bull hippo sprung from beneath the surface, about six metres immediately in front of us. As we careened towards him, he submerged again. We pulled in disbelief towards the rocky shoreline. We were all laughing out of fear as we scrambled onto the rocks, except for Youssef who was laughing at us. Once we calmed down and grew quiet, Abdou and Ebou, almost in tandem, said, "Wow that was amazing, that's the first hippo we have ever seen." Helen and I looked at each other in disbelief – we still had over 600km to go, half of which would be home to 'killer' hippos. That night, Helen and I consulted a book on hippo behavior, that we thought unnecessary to read before, as we assumed we had Gambian hippo experts at hand.

Youssef had not only advised us on hippos but had taken us to artisanal gold-mining camps along the river, where we saw men descend into narrow shafts some 20 metres deep to extract gold-bearing rocks. We camped on the sandy shores and heard stories from Malians, Gambians and Guineans who had come to seek their fortunes in the hard-scramble hunt for the golden ore. We would miss Youssef, but despite offers of a good wage to continue to the Atlantic, he wanted to get back to his family.

**"During our travels in West Africa we have often found the people who have the least will offer you the most."**

## Senegal Bound

The four of us pressed through Senegal. We were towered over by the yellow-red sandstone canyons carved by the river during rainy season, and screamed at by troops of baboons from the safety of their rim top haunts. On Christmas Day, we could see nowhere to land and camp as the daylight dimmed except a for small patch of rocks. We pulled a few supplies up and settled down for a very uncomfortable night. In the firelight, a young Basari boy appeared from the jungle with a large bowl of food. He had heard from a hunter that there were strangers by the river, and with it being Christmas Day he took it upon himself to gather food from their feast and bring it to us.

This would not be the last time that we would arrive shattered after ten hours of paddling and be shown such generous hospitality. During our travels in West Africa we have often found the people who have the least will offer you the most – the Fula, Wolof, Bassari, Mandinka, Serer, and Jola people who live along the river's course are no exception.

The hippos remained thankfully elusive for the rest of the journey except for the odd distant sighting. The sandstone canyons gave way to low-slung banks thick with vegetation as we crossed the border into The Gambia. Small teams of bee-eater birds flitted from branch to branch flanking our progress from one riverside camp to the next; monitor lizards would scramble up the banks, but the snakes hung nonchalantly in exposed tree roots, giving no mind to our passing. We would often paddle for hours without seeing another person, then we would float by a village beach filled with women and children >

bashing laundry on rocks or bathing, all waving and smiling at the oddity of our floating *char a banc*. If it was lunchtime, they would call in their local language: "Come and eat with us!" We would wave and smile. If they were Mandinka, we'd reply: "Kono fatta abaraka" – "Belly already full, thank you!"

## Banking On The River

Each day, the banks of the river got further apart. Abdou was worried that after Kemoto Point the wind and waves would be too much for our little canoes, despite having lashed them together with bamboo poles to make them more stable. Our fear was no longer death by hippo, but being torn apart by the breaking waves. Although our Gambian friends lacked hippo knowledge, they were masters of the river. They said we must push out far from the seeming safety of the shore to roll over the big waves and not be sunk by the breaking waves in the shallows. The river had grown to a massive 14kms wide, and our little boat was lost in the shadows of the giant barges hauling 100-tonne loads of peanuts from upcountry farms for processing in Banjul. But each night we were welcomed by local as well as migrant fishermen from Senegal and Mali, camped with their families on the river's edge. Captains of peanut barges shared their dinners with us if we found ourselves moored in the same spot for the evening, and village chiefs, some who had sheltered us when we walked around the Gambia, welcomed us back.

## Dreams Of The Atlantic

After covering 1,044km, the 'July 22nd' arch of Banjul at the mouth of River Gambia was visible on the horizon. We decided the finish point would be Denton Bridge, the point where the River Gambia and the Atlantic Ocean meet. We were rather hoping for banners, fireworks, waving crowds, TV crews and President Jammeh throwing his trademark biscuits to us to welcome us back. As we slowly paddled under the bridge savouring the end of our odyssey, despite the lack of fanfare, we counted down 5, 4, 3, 2... With the Atlantic Ocean and victory a metre before us, our bamboo masts lodged un-epically (almost bursting the balloons Helen had festooned on them for my birthday) to a rusted pipe, stalling our cool glide into history and chastening our egos in the process. Once freed and ashore on the Atlantic side, we moored at 'Denton Watersports', a waterside eatery. The British owner, Gary, sauntered down the beach to get a closer look at the bedraggled flotsam that had washed up on his pristine beach. "Blimey, I thought you were some kind of bizarre wedding party coming down the river, but on closer look it's just bloody Robinson Crusoe and company." The old 19th Century explorers could have only wished for such a welcome.

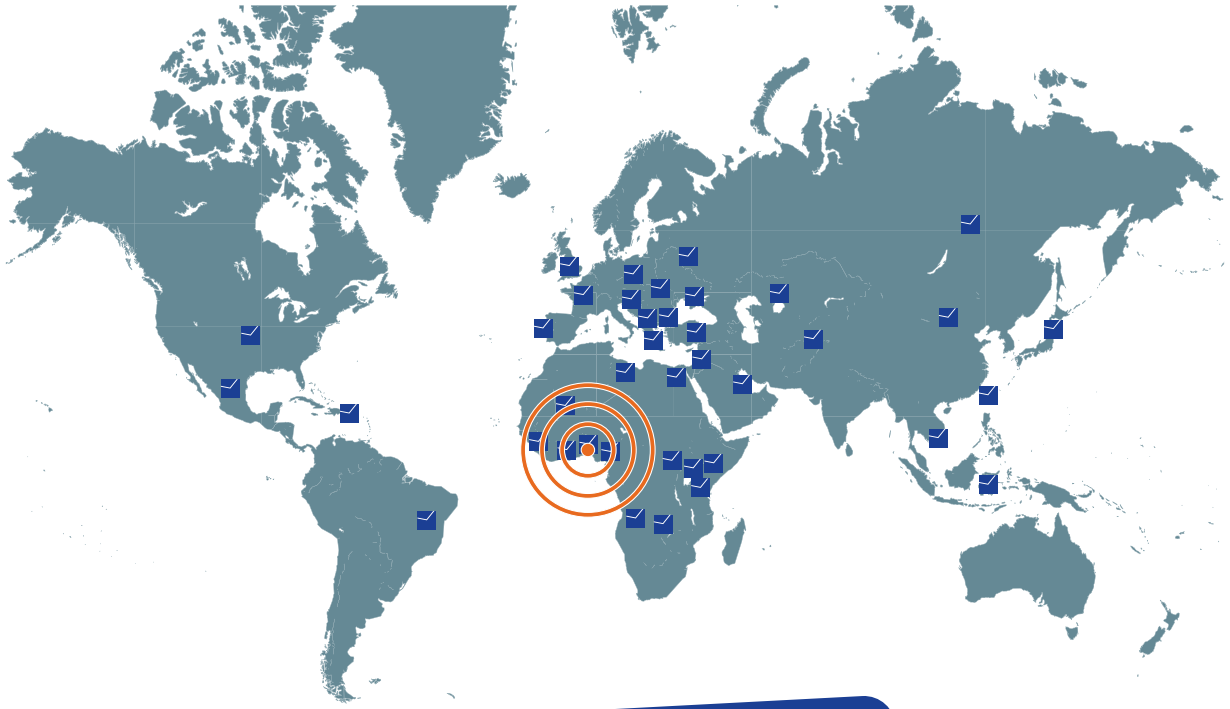
**For beginners' access to the River Gambia and serene Atlantic beachside, visit Makasutu.com and Sandele.com.**
**Arik Air operate regular flights to Banjul, The Gambia Arikair.com**



**"The river had grown to a massive 14kms wide, and our little boat was lost in the shadows of the giant barges hauling 100-tonne loads of peanuts from upcountry farms for processing in Banjul."**


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# FUTURE SNAPSHOT

**Lagos Photo, Nigeria's first and only festival of photography, has signed a partnership with World Press Photo. Does the collaboration signify an exciting new era for African photographers?**

WORDS **NANA OCRAN**

"We get a lot of agencies coming through Lagos looking for talent, but they don't really believe that the quality exists here." So states Azu Nwagbogu, Director of LagosPhoto. Now in its fourth year, Nigeria's first and only annual festival of photography is steadily making an international name for itself, what with a brand new, three-year partnership with the renowned World Press Photos, who'll showcase their own exhibition alongside the main festival. With a culturally diverse team that includes architects and designers Ifeanyi Oganwu, Alafuro Sikoki-Coleman, Tosin Osinowo and of course the 30 international photographers who have been selected to showcase their images, the LagosPhoto crew are creating a fresh, globally facing photography scene that's helping to shape-change the city's growing arts movement. It's an energy that's fused with enough confidence and dynamism to cause a growing number of international curators, critics and art editors to sit up and take notice. The theme this year is the Megacity And The Non-City, an umbrella title for international interpretations of contemporary stories and events relating to the various regions of Africa. French photographer Jerome Delay is just one of the non-African participants whose work on the war in Mali will be exhibited as an installation during the festival.

"It's not just about nationality," explains Azu. "What we want is solid photography and solid, interesting stories, but we never have less than 50 per cent local representation in the festival."

The fact that the theme is set within an African context, on African soil, by a largely Nigerian team means that there's a tight sense of core ownership, which means that real, hard-hitting stories can sit side by side with experimentation from photographers expressing their contrasting points of view. Performance, documentary and photojournalism run through the work of the selected artists, and these include the stark and powerful black and white images of Nigerian photographer Adeola Olagunju, the bright and playfully social images by Mouhamadou Moustapha Sow, who uses his background in technology and branding to capture rural and urban life in Senegal, and Spanish photographer Cristina De Middel's staged shots, based on a real-life attempt at a 1964 Zambian space mission.

More than just a festival, LagosPhoto's creative layers include a three-year book project – Lagos: Entropy Unchecked, now in its second year of production.

"The book will be a synthesis of the collaboration between LagosPhoto and the Mondriaan Fund," says Azu. "The idea is to create a definitive image collection of, for and about Lagos."

There's also a LagosPhoto Summer School Programme featuring a dynamic exchange between Nigerian photographers and those from the Berlin-based New School Of Photography, as well as plans to work with a new Yaba-based Nlele Art Institute. The growing level of international interest in the festival means that artists are staying in town long after the month-long programme, which is helping to build up an attractive list of workshop leaders and regular speakers. This year, British documentary photographer and photojournalist Martin Parr will be in town.

"What we're trying to do is to grow the festival into a LagosPhoto Foundation," explains Azu. "My idea is to build up and not to destroy. A lot of institutions in Nigeria and on the continent should work more closely together to develop an industry and to develop talent. Ultimately, there needs to be a lot more unity and a lot more collaboration."

© Cristina de Middel

## FESTIVAL SELECT







**Télé-bi 012**
2012
© Mouhamadou Moustapha Sow.
Boys playing at Plage de Virage,
Dakar, Senegal, September 2012.

**Bootless**
Lagos 2013
© Adeola Olagunju.
From Resurgence: A Manifesto –
a series of photographic performances.

**Lagos**
2012
© Hans Wilschut, courtesy Galerie Ron Mandos. Parking in Lagos market area turns into a giant pool of mud after the rain.

## LOOK OUT FOR ...

### The Afronauts

2012
A selection from the series
© Cristina de Middel

In 1964, immediately following Zambia's independence, grade-school science teacher Edward Makuka Nkoloso set up the Zambia National Academy of Science, Space Research, and Astronomical Research in an old farmhouse seven miles outside of Lusaka. Without resources (the $7,000,000 grant he applied to from UNESCO never came through), he hoped to launch a spacegirl (17-year-old Matha) and two cats into space before America or Russia could. To prepare his astronauts, Nkoloso rolled them down hills in 44-gallon oil drums or cut the rope of a swing at its highest point to simulate weightlessness. We do not know what became of them, other than that Matha became pregnant and was taken away by her parents.

In her first book, The Afronauts, De Middel engages with myths and truths, reality and fiction, based on this wonderful true story.

De Middel sequences her colour photography with manipulated documents, drawings and reproductions of letters, presenting them as almost folkloric inlays alongside fashion illustrations and technical sketches.

She holds an MA in Photography from the University of Oklahoma (2000), an MA in Fine Arts from University of Valencia, Spain (2001), and a postgraduate degree in Photojournalism from Universitat Politecnica de Barcelona, Spain (2002). In addition to personal projects, De Middel has worked for publications such as Foam and Esquire, as well as various NGOs. She was also the winner of Photo Folio Review at Rencontres de la Photographie, Arles, in 2012 and a finalist at FotoPress, La Caixa, Spain.





Continued...

## The Afronauts

© Cristina de Middel





World Press Photo Opens on 18 October 2013 at Eko Hotel & Suites, Ademola Adetokunbo, Victoria Island, Lagos. The exhibition will close on 7 November, 2013.

LagosPhoto Festival is on from 26 October–16 November 2013 at select venues throughout the city. **lagosphotofestival.com**.



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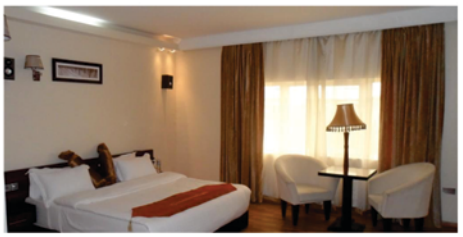
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# Social Fabric

Nigeria's fashion industry is an important source of employment. Design house Kinabuti aims to contribute to the growth of it, and the nation's creative economy at community level.

WORDS **DIANE LEMIEUX** PHOTOGRAPHY **ADOLPHUS OPARA & MASSIMO SCIACCA**




**Ethical Is Beautiful** Kinabuti is determined to empower women through its success in the fashion world

"If any place can become the Milan of Africa it is Lagos." Caterina Bortolussi, designer and founder of the fashion label Kinabuti, waves at the room of well-dressed people to prove her point.

We are standing in the living room of the Italian Consul General's home, which has been transformed for the evening's presentation of Kinabuti's 2013 collection called Vlisco Carnival in the Desert. The fashion show is the highlight of the launch of Italian Cognac brand, Martell.

Kinabuti was established in 2010 by Caterina and Francesca Rosset, two passionate and idealistic business partners. "Kinabuti is a bridge between my background in Italy and the inspiration I've gotten during my eight years in Nigeria," Caterina explains.

Her designs are a winning balance between European and African traditions, a fusion that has created a new, contemporary look. It's modern and playful, while remaining elegant and classic. But designing clothing is only a small part of what the Kinabuti venture does. Another of the label's goals is to contribute to the development of the national fashion industry as whole, thereby increasing the number and quality of jobs in the sector. "We are an ethical business," Francesca explains. "We celebrate women with our fashion, but we also empower individuals and even whole communities with our projects.'

**"We found that half the people we train are still working a year after the training, using the skills we gave them. That's not a bad average"**

## Growing Demand

That there is potential for growth in the sector is undeniable, thanks to the huge demand for fashion-related items and services in Nigeria. According to African Economic Outlook (AEO), Nigeria's economic growth has averaged about 7.4 per cent annually over the past decade, creating a wealthier elite with significant spending power. Add this to a cultural penchant for fashion, and the scene is set.

Standing at a strategic spot at the end of the runway, an onlooker, Lade, chats with me as we wait for the show to start. She explains





**Show Time**
Caterina checks on her designs



**Style Council**
Kinabuti urged the local authorities to help clean up.

how lucky she has been to get a ticket from her boss, who couldn't make it that evening.

"The vast majority of international online payments that pass through the bank where I work are fashion-related," she tells me. Dressed in a pretty black dress and gorgeous necklace, she certainly looks the part as she explains the cultural fascination with fashion.

"A Nigerian woman can't buy shoes without a matching bag. We spend a significant portion of our income on fashion-related items, no matter how much we earn." She tells me that there are Italian shoemakers and Swiss and Austrian lace makers who produce primarily for the demanding Nigerian consumer. "Fabrics are more than just practical; they are a form of art." Lade's mother has a collection of carefully wrapped pieces of traditional fabrics bought years ago. These are family heirlooms to be cherished, in the way that silver tea sets may be elsewhere.

## Model Citizens

Back at their offices the day after the show, Francesca and Caterina are happy with their huge success. An estimated 600 people attended the evening and the event gained widespread international media attention. Seeing their label become increasingly popular is obviously hugely satisfying. But the two are quick to remind me that seeing clients walk out of their atelier with clothing they feel great in is only a part of what Kinabuti does.

"The first project we did was in the Waterfront neighbourhood of Port Harcourt," Francesca explains: Wavefront is a shanty neighbourhood with few jobs and little development. "We trained 21 girls as models, and then made a series of photos of them in their neighbourhood wearing Kinabuti designs."

The images, taken by Italian photographer Massimo Sciacca, became an international success. But Caterina and Francesca insisted on exhibiting the photos to the local community as well. The girls were amazed at the results, which were more professional and impressive than they had dreamed possible.

"They gained self-confidence and now have a regular income that they would never have had before," Caterina explains.

And the whole community was proud of what 'their' girls had achieved: their newfound success in the fashion sector offered hope to others with ambitions and dreams beyond the confines of their disadvantaged neighbourhood.

## Sew-cial Enterprise

So far, Kinabuti has trained young women from Port Harcourt as models, and taught single mothers how to print on material using the silkscreen technique. "We found that half the people we train are still working a year after the training, using the skills we gave them. That's not a bad average." One lady works with Kinabuti in the office, and two are shop assistants.

Queen Jaja, one of the label's star models, is a prime example. At the atelier, she helps with customer service and client fittings. "I audition for other jobs such as model or as an usher for big events," >



**Rising Tide**
Kinabuti's efforts to involve the community have had positive results

she says. "Working with Kinabuti is awesome. I don't know what I'd be doing if I wasn't with them now."

But the impact of Kinabuti's activities goes much farther than the individuals they personally train: there are the tailors whose craft has been given a boost by working in a reputable fashion house, and the university students who audition for work at their events; there are the graphic designers they use for promotional material and the photographers. The employment opportunities created and the experience gained are substantial.

## International Awareness

High-profile events like the fashion show, and showcases like photographic exhibitions help create national and international awareness of the work Kinabuti is doing. The clothing line itself is becoming known in other African countries as well as in Europe, which helps focus attention on the creativity and the quality of Nigerian fashion. The more popular the label, the more Kinabuti can invest in its community empowerment projects. The more publicity the company gets, the more organisations become aware of the impact of ethical business practices and join forces to increase the size and importance of the projects.

But Kinabuti also aims to create local awareness of the potential for small-scale activities. For example, they regularly participate in the Waterfront Sanitation Day, where they join the community in collecting waste.

"We were asked by the community youth leaders to help and we got the local Environmental Sanitation Authority Of Rivers State involved," says Francesca. "They contributed trucks, bags, gloves and boots. This was the first time that the community and the local government had cooperated together." Though this has nothing directly to do with fashion, it is because of Kinabuti's initial work with the women in the community that they were able to raise the awareness of the local authorities about the potential they have on their doorstep.



**Label Mates**
Founders Caterina Bortolussi (l) and Francesca Rosset.

Despite Kinabuti's success, however, the fashion industry is still a fledgling sector in Nigeria today. Much investment needs to be made in order to evolve it from a cottage industry to a full commercial success. And that is where Kinabuti's work comes in.

"For us, Kinabuti is a dream," says Caterina. We are so lucky to be in Nigeria and have this opportunity to work towards our vision. It is challenging but also inspiring and gives us so much energy." That energy is what we see translated not only in the wearable art that is the Kinabuti trademark, but also the incremental steps it has take to stimulate the development of the hugely popular industry.




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# People Inc.

Tony Elumelu, one of Africa's foremost business people and philanthropists, is also somewhat of a philosopher. He tells Wings the revolutionary effect his concept of Africapitalism can have on the continent, and why it's critical to Africa's development.

WORDS **BELINDA OTAS**

"Africapitalism is a call to the African private sector to invest for the purpose of catalysing economic development that will lead to prosperity and social wealth," explains Tony Elumelu, 50, founder and chairman of Heirs Holdings, a pan-African investment company, and the Tony Elumelu Foundation. "We believe that businesses should do well and the communities where they operate should do well simultaneously."

'Africapitalism,' a term Elumelu coined himself, is in his own words an "inclusive brand of capitalism." It's based on four pillars – Home Grown Initiative, Long-term Investment, Impact Investment and Increased Competitiveness. "In the past, it used to be that business would do well, and then begin to think of how to give back to society", he explains. "It's not just about creating wealth in business. Let's make sure that the community where we are operating is enhanced in terms of access to certain basic services and social facilities."

Oil production is a prime example of big business bringing in wealth at the expense of communities and the environment. Elumelu thinks this can be changed, saying that "You can do well and do good in a way that satisfies your commercial interests, while also making the community better – instead of flaring gas if you have an oil asset, you can produce oil, then convert the gas to fertilise; at the end of the day, the fertiliser helps farmers, so you make more money, and you are not polluting the environment. You are hiring people from the community to get involved. This is what we call Africapitalism."

With every new concept comes critics, and Africapitalism has its fair share of them. A large number of these have attacked the idea as a mere marketing ploy, bringing in more profit for private companies under the guise of helping out communities with no real long-term difference. Elumelu, nominated as one of Forbes Africa's Persons of the Year in 2012, is unfazed by this. "Africapitalism is simply saying there's a better and more ethical way to invest in



***I Got the Power*** President Barrack Obama discusses Elumelu's Power Africa Initiative

***Long Term Thinker*** Elumelu favours long term investment that factors in social and environmental progress

**"Africapitalism is simply saying there's a better and more ethical way to invest in Africa for a sustainable future for our children"** *Tony Elumelu*



© Hendri Lombard

**"We must ensure that Africa creates the type of environment that fosters innovation and rewards those entrepreneurs who bring new ideas to life and put them in to practice."**

*Tony Elumelu*

Africa for a sustainable future for our children; a way in which investors look at inclusive growth strategies that will build local value chains. I would like to see both African and international investors review their strategies for Africa. Yes, we are open for business but not at any cost. "Africapitalism" is a philosophy that we at Heirs Holdings have tried to exhibit through our investments."

Elumelu is certainly 'open for business', making his name as an astute banker and business person and becoming somewhat of a legend to bankers across Africa. Heirs Holdings has investments in almost every growing sector on the continent, including real estate, hospitality, oil and gas, energy, healthcare, and financial services.

In 2005, Elumelu was one of a few that set in motion a process that would revolutionise Nigeria's banking sector. He led one of the most successful bank mergers in the country between Standard Trust Bank, whose fortunes he had previously turned around, and United Bank of Africa (UBA). This merger would go on to achieve phenomenal growth rates and become the first Nigerian bank to record a balance sheet of $6.3 billion (N1 trillion) in its first year of business.

Elumelu insists that Africapitalism was an underlying feature of the United Bank of Africa's fortunes. "We started the United Bank for Africa (UBA) as a kind of experiment at the time, but now it is seen as some kind of phenomenon. When we started with UBA, we began with an amount less than $5 million, and that $5 million has today created 22,000 jobs across the continent and created more direct and indirect economic activities and prosperity for households and also for government in terms of getting their wealth and revenue through tax payments. The whole idea here is, if we could create 10 or 1000 such activities across Africa, then the whole continent will begin to change." He adds, "If successful African business people embrace long-term investment and factor in the social and environmental issue, ultimately, it's a win-win situation for everyone. Africapitalism is not about direct government intervention. It's about what the private sector does. For the private sector to perform, it must sit in the right environment that the public sector creates."

Nowhere has his staunch dedication to this idea been demonstrated more than in his commitment to finding solutions to Africa's power challenges. Nigeria, Elumelu's home country, has been plagued by power deficiencies for decades. He is very vocal about power and its role in the gap between rich and poor, saying that it is "the single biggest obstacle to Africa's development. Once we get that right, we will bridge the gap." During President Barack Obama's recent African tour, Elumelu managed to gain an audience with him due to the Power Africa Initiative, which aims to double access to electric power in sub-Saharan Africa. "It's the most strategic investment anyone can make in Africa. Doubling our generating capacity will double Africa's GDP, and move us toward sustainable, domestically-led growth," Elumelu insists. So committed is Elumelu to this idea that Heirs Holdings has pledged the sum of $2.5 billion in investment to the required $7 billion the project needs. It is Elumelu's view that the private sector has a crucial role to play in repositioning Africa's economic narrative within the global economy and as such must lead the way in this era of economic change and growth. "In the past we have depended on the government to set the change. We should work with the government to create the kind of enabling business environment we want, so that businesses that we want and desire can thrive and we create the foundation that can help African societies from Nigeria to Liberia to Sierra Leone, create the right opportunities that will usher in the kind of entrepreneurship and entrepreneurial growth phase that we require to take Africa to the next destination, encourage business excellence, mentor people and encourage people who will take over from us and help propagate the private sector growth."

With all the things Elumelu has to say about the private sector's role in Africa's economic development, it's not surprising that he has an equally strong opinion about the role aid plays. While admitting that there is a "role for aid to play in Africa's development agenda, particularly in areas such as disaster relief", he says that over the long-term, many development issues are better addressed through inclusive economic growth, not temporary relief from charities and development agencies. Part of the reasoning behind this is tied to the idea of communities addressing problems to their own satisfaction, rather than the satisfaction of outsiders. "Take water as an example", he explains., "Charity can pay for a new well, but if no one has a personal interest in it, or responsibility for maintaining it, soon it will fall into disrepair and disuse. On the other hand, structuring that same donation as a for-profit micro-utility creates incentives and resources to maintain it–improving its sustainability and long-term impact."

Home-grown innovation, one of the four pillars holding up Elumelu's Africapitalism theory, is crucial if the private sector is going to solely drive African economies. "African economies are uniquely positioned to take advantage of the many technological innovations pioneered elsewhere," Elumelu says, "but we must also ensure that Africa creates the type of environment that fosters innovation and rewards those entrepreneurs who bring new ideas to life and put them in to practice."

Elumelu isn't just a businessman in tooth and claw, ready to fight for the private sector, though. He is also one of Africa's leading philanthropists, bringing Africapitalism into the Tony Elumelu Foundation, a pan-African not-for-profit institution he founded that is dedicated to the promotion and celebration of entrepreneurship and excellence in business leadership. There is a local focus here, too, with the foundation casting its eye on local leadership and businesses. Elumelu says that it is important to give back. "You get to a stage in life where you have to ask yourself certain questions. My definition of success or accomplishment has changed to what it was 20 years ago. What's important in life is not your wealth but what your wealth can do. So you ask yourself, what percentage of your wealth can you commit to a cause like this?" For Elumelu, impact philanthropy has more benefits for those who participate than simply giving out money because of the potential "life-changing impact" it can have on society. "This is why we should intervene in a way and manner that creates maximum impact for the greatest number by creating an enabling environment that sustains and builds innovation in what we do and encourage self reliance." The role of reconciling profits to the idea of giving back to society is a long road, but if anyone can convince the African business community of the benefits of it, then Elumelu is the man to lead the way.




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This latest addition marks the first of four A330 aircraft due to be delivered over the coming year.

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Commenting on the introduction of the A330s, Dr Michael Arumemi-Ikhide, Arik Air's Group Chief Executive Officer, said: "We constantly review our fleet requirements to ensure the services we offer to our customers remain competitive and provide the highest quality. The introduction of the new aircraft highlights our commitment to providing our customers with the best product on our long-haul routes."

At the Paris Airshow in June 2013, Arik Air also extended its partnership with Bombardier Aerospace of Canada by signing a firm contract to acquire three CRJ1000 Next Generation aircraft and four Q400 Next Generation turboprop airliners. These new acquisitions will enhance the shorter haul fleet and allow for the development of more domestic and regional routes."




*From left* Captains Xavier Durepaire, Stephen St Pierre, Adetokunbo Adekunbi, Karl Wykes and Engineer Mathias Goldstein.

# PIONEER PILOT

## WINGS MEETS SVP OPERATIONS/DEPUTY MD CAPTAIN ADO SANUSI AS HE EMBRACES INNOVATIONS IN PILOT TRAINING.

**I grew up** in Zaria in Kaduna State. My school was next to a flying school. I used to leave my lessons and watch the aerobatics with fascination. It was during this period that my life's passion for flying was ignited. But my father had other plans — he wanted me to study medicine.

Two years after graduating from Bayero University in Kano, I still wanted to pursue a career in aviation. Dad wasn't happy, but eventually he agreed.

I attended the Nigerian College Of Aviation Technology, Zaria. Myself and two others were sent to Tennessee, USA to complete our flying licenses. I learned to fly before I learned to drive, and the first time I was in an airplane it was as a pilot.

I will never forget my first time in the air. I was 18 years old and I thought, 'This is what I really want to do for a living.'

My working life now is vastly different but still connected to my passion. I am in charge of 100 to 150 flights per day and 283 pilots. On a typical day, I start by getting briefed by various heads of departments from engineering to logistics. I check my emails and then do a walk-around to connect with colleagues. After that, I am usually in meetings.

### State-of-the-Art Training

I am a believer in being proactive rather than reactive. At Arik, we don't compromise on safety. We have implemented a comprehensive safety management system and have deployed the latest technology and training.

The most important thing an airline can have is a world-class pilot. I'm passionate that our pilots receive the best possible training. As such, Arik has entered into various agreements and partnerships with leading institutions.

At the moment I'm focused on digitalising training from our state-of-the-art ground school, of which I'm very proud. Here, students can access lectures and flight deck training via e-learning modules. We're capitalising on technology and e-learning in a big way. We will take it to 360 pilots. Training will be monitored in a controlled environment.

Piloting is a challenging career. It requires discipline and dedication, but the rewards are endless. I don't look at what I do as just going to work to collect a salary; that is an added bonus. I'm doing what I love to do.



*Technological Thinker* Captain Ado and the latest digital training equipment.

# BLUE SKY THINKING

## PARTNERING WITH CRANFIELD UNIVERSITY TO DEVELOP STAFF POTENTIAL.

**West and Central** Africa's largest airline and the UK's Cranfield University have entered into a partnership aimed at further developing Arik's world-class staff.

As a first step in the exciting partnership, Dr. John Frankie O'Connell, an expert in airline management at the Air Transport Department of Cranfield University conducted a three-day 'kick-off' seminar for Arik Air management in May 2013.

Dr. O'Connell discussed trends of the aviation industry, aero politics and new regulatory trends facing the airline industry, airline traffic, demand, forecasts and aircraft orders as well as traffic measurements for full service airlines among other topics.

Arik Air Managing Director/ Executive Vice President, Mr. Chris Ndulue says of the partnership: "The airline industry is a dynamic one and at Arik Air we believe we have to be in tune with current trends in the sector. This is the essence of this partnership which will set Arik apart from other airlines. It is meant to address the dearth of qualified manpower in the Nigerian aviation sector and to train world-class managers for the future of Arik Air and the aviation industry in Nigeria."



© www.istockphoto.com

# SOUTHERN COMFORT

## ENJOY ADDITIONAL CONNECTIVITY AND CONVENIENCE FROM JOHANNESBURG.

**With a new** departure time for the Johannesburg-Lagos flight of 9:35am (local time), Arik guests can now connect from Cape Town, Durban, Port Elizabeth, Bloemfontein, Gaborone (Botswana) and Maputo (Mozambique). The scheduled service arrives at 2.55pm (local time) at Lagos Murtala Muhammed International Airport and provides same day connections on arrival in Lagos to Port Harcourt, Abuja and Accra.

The return flight from the Murtala Muhammed International Airport departs Lagos at 10:45pm (local time) and arrives at 5:50am (local time) the following day.

Onboard, guests will be able to enjoy the full range of products and services Arik provides on its long-haul Airbus fleet. Guests can also enjoy the newly introduced online check-in service, which allows you to avoid long check-in queues at the airport and confirm your seat in advance.

# Onboard tips



## HEALTH & COMFORT

### DRESS FOR COMFORT
Loosen shoe laces, belts, tight socks and ties for maximum comfort.

### ENTERTAIN YOURSELF
Enjoy a film, read your copy of Wings or explore your personalised in-flight entertainment system. Arik Air offers a great choice of Hollywood and Nollywood movies, radio channels and a map display.

### HYDRATE
Try and drink eight ounces of water every hour. Avoid drinking too much tea, coffee and alcohol, which are diuretics.

### ADJUST YOUR SEAT
Use the seat recline as well as the lumbar support to find a comfortable position. All Arik Air seats are fitted with a footrest that, while aiding your comfort, will also help relieve pressure on your calf muscles.

### EQUALISE EAR PRESSURE
During ascent and descent, changes in the cabin pressure can cause a feeling of discomfort in your ears. Chewing gum or sucking and swallowing will help equalise the pressure in your ears. Babies or young passengers may suffer more acutely. Consider providing them with a dummy to suck on.

### MOISTURISE
To combat dry cabin air, pamper yourself with a good-quality skin moisturiser, provided as standard to premier class passengers.

### GIVE YOUR EYES A BREAK
Contact lenses may cause eye irritation due to the dry cabin air. We recommend that you wear your glasses in flight. Your eyes will feel fresher and less tired when you arrive.

## CIRCULATION

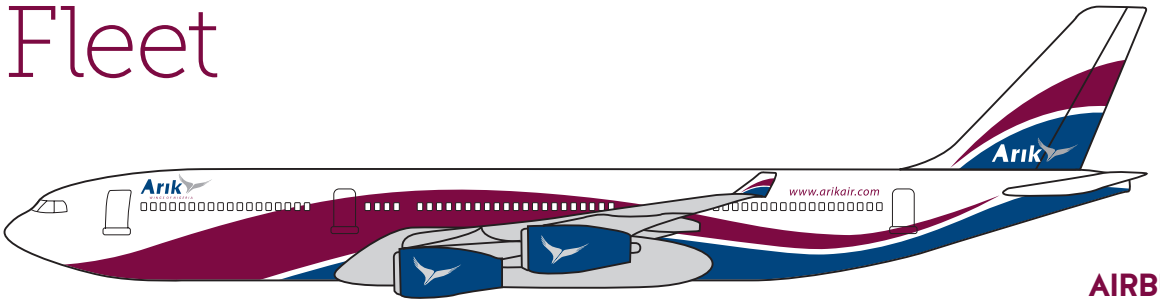
Try doing seated leg exercises every couple of hours throughout the flight to help prevent stiffness and swelling. Lift your knees while at the same time clenching your thigh muscles and pointing your toes up and down and around in a circular motion. Repeat this between 10 and 20 times with each leg.

Doing these exercises whilst flying will help you feel better when you arrive. When resting, try to make sure your body is in a comfortable position and turn frequently so your body is not constricted or stretched for long periods of time. Try to avoid sleeping for long periods without changing position.

## SAFETY

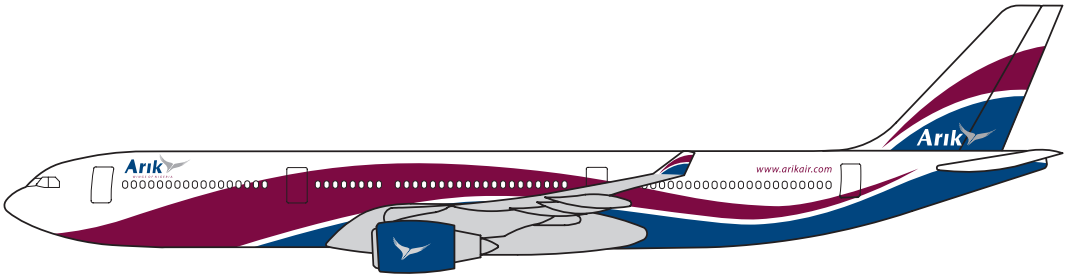
- Pay close attention to the safety briefings at the beginning and end of the flight and know the location of all exits including how many rows away you are from an exit.
- Be aware of which electronic devices are and are not allowed to be used during the flight. If you are unsure of our policies, consult a crew member. Mobile phones are not permitted for use at any time whilst on board.
- Follow the instructions of the crew at all times and be respectful of them and the other passengers.
- Inform the crew of any disruptive behaviour, follow their instructions, and be courteous.
- Be aware of safety procedures, relax and enjoy your flight!

# Fleet



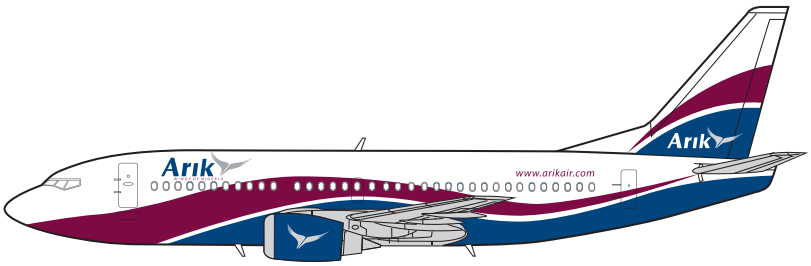

## AIRBUS A340-500

■ **Number of aircraft in fleet** 2 ■ **Number of seats** 237 ■ **Length** 69m ■ **Wingspan** 63.45m ■ **Cruising speed** 881km/h



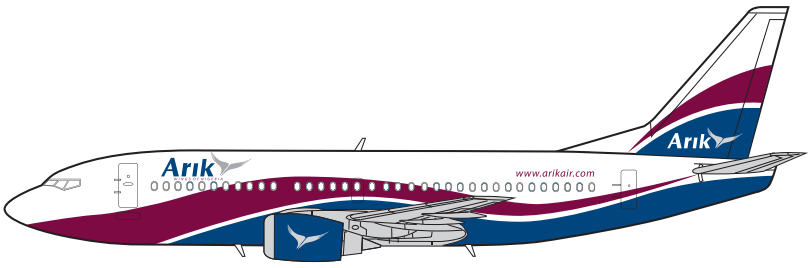

## AIRBUS A330

■ **Number of aircraft in fleet** 2 ■ **Number of seats** 217 ■ **Length** 58.82m ■ **Wingspan** 60.3m ■ **Cruising speed** 871km/h



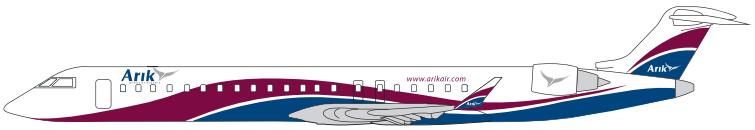

## BOEING 737-800

■ **Number of aircraft in fleet** 4 ■ **Number of seats** 148 ■ **Length** 39.5m ■ **Wingspan** 35.7m ■ **Cruising speed** 828km/h



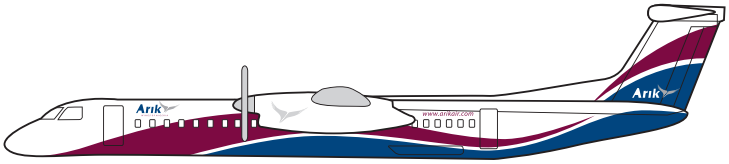

## BOEING 737-700

■ **Number of aircraft in fleet** 9 ■ **Number of seats 124-149** ■ Length 33.6m ■ **Wingspan** 35.7m ■ **Cruising speed** 828km/h




## BOMBARDIER CRJ900

■ **Number of aircraft in fleet** 4 ■ **Number of seats** 74 ■ **Length** 36.40m ■ **Wingspan** 24.85m ■ **Cruising speed** 881km/h




## BOMBARDIER DASH8 Q400

■ Number of aircraft in fleet 2 ■ **Number of seats** 72 ■ **Length** 32.8m ■ **Wingspan** 28.4m ■ **Cruising speed** 660km/h >

# Safety & Services



## TICKET PURCHASE

Bookings and e-ticket purchases can be made by calling our reservation desks or call centres or online at www.arikair.com. They can also be made by visiting our airport or regional offices or via select travel agents. Please see the **Contact Us** page or our website for further details.

You can access all up-to-date fares by going to the booking engine on our homepage. A booking cannot be cancelled online once it has been confirmed. However, you can call our reservations office or visit your local Arik Air office for cancellations or to reschedule a booking. Note that an administration charge may be charged for cancellations or rescheduling of flights.

If you choose to pay for your fare by cash, you may collect your ticket from our city office, or local airport office.

Passports should be valid for more than six months from the date of travel. We advise you to contact the embassy or consulate of your transit and final destination for visa requirements.



### Special Fares

Promotional and special fares are posted on our website on a regular basis. Please go online and check www.arikair.com for updates.

## BAGGAGE

For international flights, checked in baggage allowance is:

**PREMIER BUSINESS CLASS**
**3 pieces at 30kg max per piece.**

**ECONOMY CLASS**
**2 pieces at 30kg max per piece.**

- The total number of bags allowed for any guest is eight pieces.
- Do not overfill suitcases and bags beyond their weight or volume capacity. This can lead to breakage of handles, zips, wheels or other damage caused to your baggage. The airline is not liable for these types of damages.
- It is advisable to label all baggage with your name, destination and contact details.
- Keep any baggage labels or receipts in a safe place. You may be required to present them upon leaving the airport.
- It is advisable to clearly label or tie a coloured ribbon to your luggage in order to identify your bags easily.
- Guests are permitted to carry one piece of hand luggage at 12kg maximum.
- Knives, nail scissors, tweezers, lighters and other sharp or explosive objects are not allowed in hand luggage.

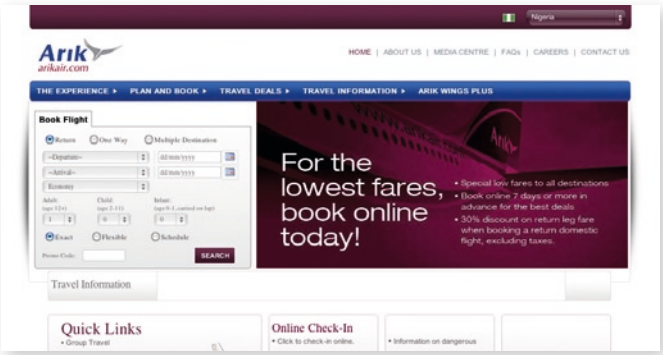
## CHECK IN

- Arik Air check-in counters open in Nigeria two hours before departure for domestic flights, three hours before regional flights, and four hours before international flights.




- At check-in, please present your passport and ticket together with anything else you were asked at the time of booking to bring with you, such as your company ID card.
- Knives, nail scissors, tweezers, lighters and other sharp or explosive objects are not allowed in hand luggage. Please see the notices at the airport.
- Guests who fail to complete check-in procedures on time will not be permitted to travel.
- Premier Business Class guests are entitled to use business class lounges at Johannesburg International, London Heathrow, New York JFK and Lagos Murtala Muhammed International airports.
- All guests must complete check-in for their Arik Air flight prior to check-in closure which is 30 minutes for domestic flights, 60 minutes for regional flights and 90 minutes for International flights. Strict closure of check-in at all airports is to ensure our flights depart on time. Once we have accepted guests at the check-in desks, we close the flight at the stated latest check in time to permit the necessary calculations and preparations for an 'on-time' departure.

Re-opening our guest list after check-in closure puts the flight at risk of delay, i.e. the flight could miss its allocated take-off slot.




## ONLINE CHECK-IN

Online check-in allows you to avoid long check-in queues at the airport and confirm your seat in advance. It opens 24 hours before the scheduled departure time of your flight and closes five hours before international flights and three hours before domestic and regional flights.

Log on to www.arikair.com and follow the prompts to the online check-in service, and follow the instructions.

## UNACCOMPANIED MINORS

Unaccompanied minors are well looked after on all Arik Air flights. Our crew will assist with all of the complicated airport details and forms and will help unaccompanied minors call home at our cost to let parents know they are okay.

Onboard, we make sure the youngsters have a great time with lots of goodies and attention. In fact, they probably won't even notice that mum and dad aren't around!

We will carry unaccompanied minors only upon completion and signature of the necessary forms by a parent or guardian.

■ **Domestic Flights** Arik Air does not carry unaccompanied minors under five years.

■ **International Flights** Arik Air does not carry unaccompanied minors under five years of age and also if there is a transfer prior to the final destination.

## CARRIAGE OF INFANTS

If you are travelling with an Infant under 24 months you can include them on your seat booking by making an Infant reservation. Newly born Infants under seven days old will not be accepted. For safety requirements Infants must be accompanied by a guest aged 21 years or above and booked in the ratio of one infant per adult.

Infants under 24 months on the day of travel may fly for a significantly reduced infant fare per one-way flight, provided they sit on an adult's lap. If the Infant reaches the age of two years prior to the return journey they must contact Arik's reservations directly to book a seat, as safety regulations require that a seat is allocated.

Proof of age may be required so please have the Infant's valid photo-ID available for inspection.

## SAFETY STANDARDS

Arik Air is committed to ensuring that a safe, hazard-free environment prevails throughout its areas of operation, for both employees and guests, by meeting or exceeding all flight, occupational, and environmental health and safety standards. The management considers safety as the number one priority for the airline, and is committed to minimising the possibility of accidents by implementing a safety program provided by the Corporate Safety and Security Department.

## MEALS

A choice of international and Nigerian cuisine is available to all guests on Arik Air flights. Vegetarian and children's meals are available to guests on designated routes. Requests must be made at the time of ticket purchase online or via our call centre or reservation desks a minimum of 48 hours before the flight.

On international flights, soft drinks, wine, cocktails and snacks are available to Premier Class guests at the Kira Bar.

## WHEELCHAIR SERVICE

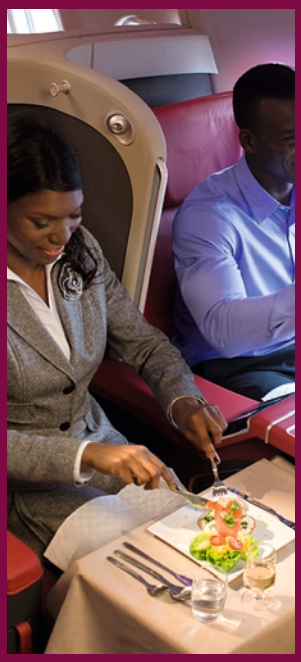
Elderly guests and guests with walking difficulties are entitled to wheelchair service. However requests must be made at the time of ticket purchase or reservation.

## CHILDCARE

We provide a variety of amenities to ensure a stress-free flight for parents of babies and small children. Please ask a flight attendant for assistance. Diaper changing boards are located in selected toilets.

## Airbus A340 & A330 cabin features

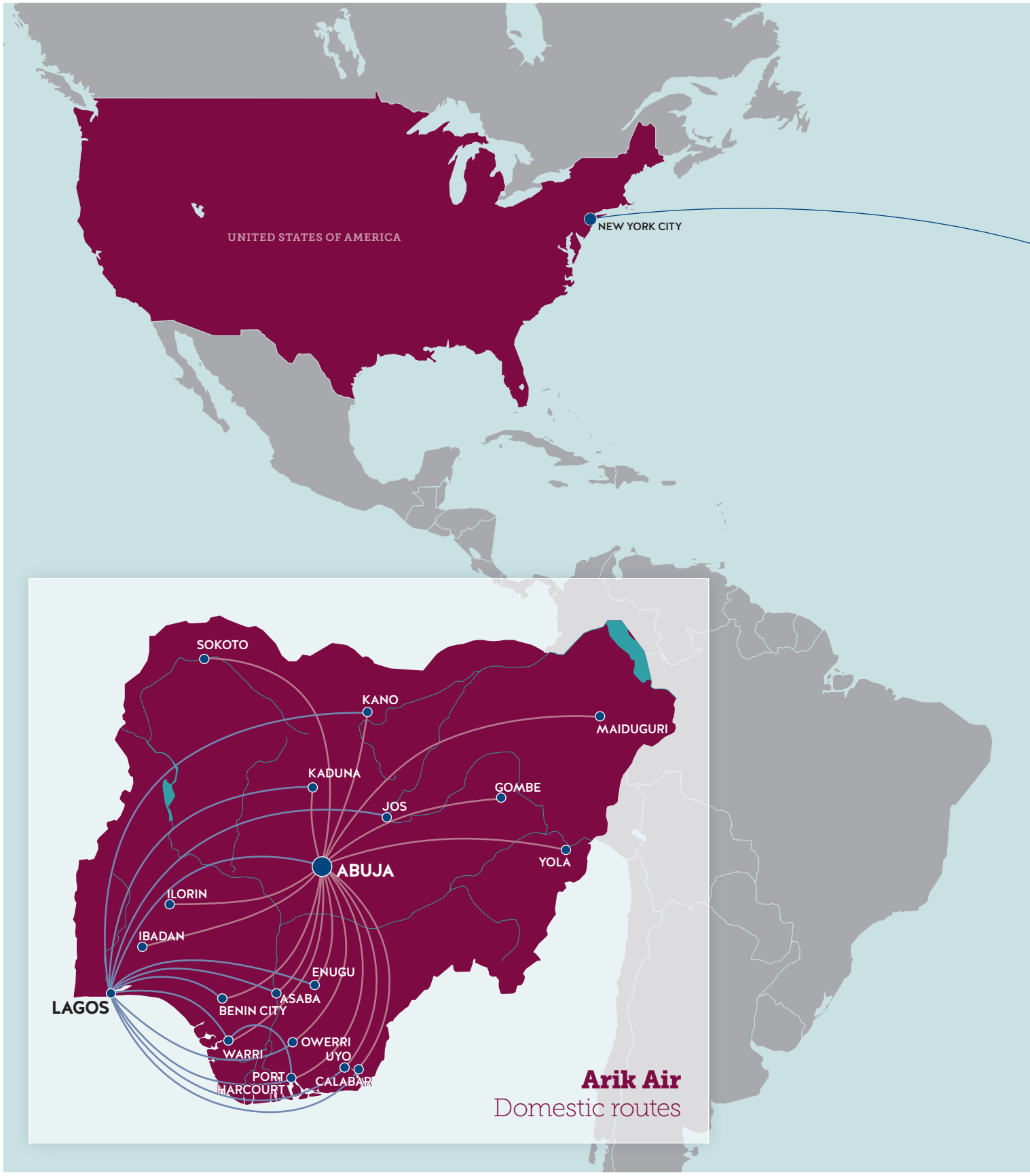


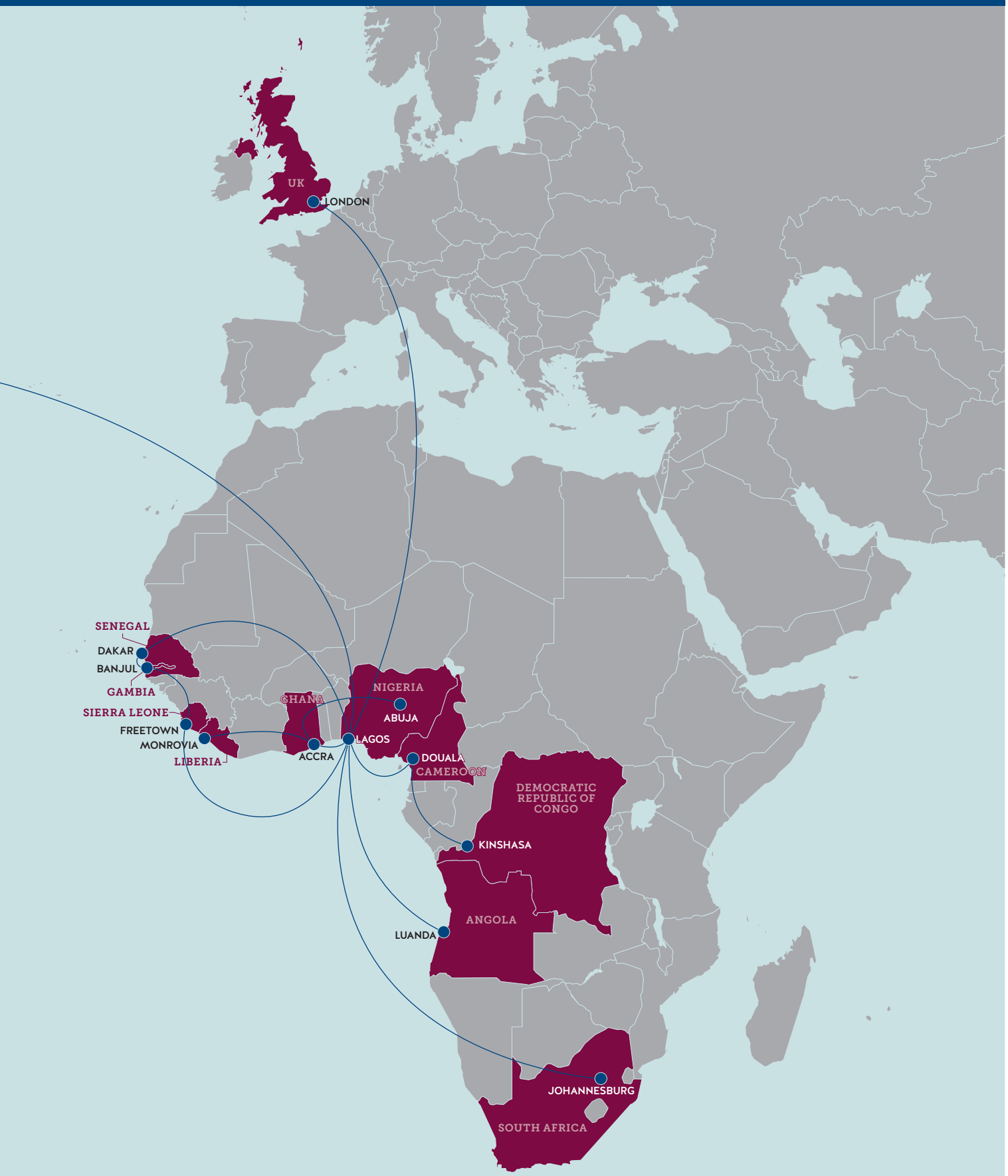


**Premier Business Class** guests on select international flights enjoy fully flat seats with a 10-motor vibro massage system, full control by touchscreen suite, electric leg, head and armrest extension and rotation, mirrored privacy dividers and on-board social bar area. Our economy seats provide extra leg space, and all seats are equipped with individual entertainment systems.



# Route map


UNITED STATES OF AMERICA
NEW YORK CITY
SOKOTO
KANO
MAIDUGURI
KADUNA
GOMBE
JOS
YOLA
ABUJA
ILORIN
IBADAN
ENUGU
LAGOS
ASABA
BENIN CITY
OWERRI
WARRI
UYO
PORT HARCOURT
CALABAR
Arik Air
Domestic routes




**Arik Air**
International routes

# Contact us

## ARIK AIR TRAVEL SHOPS & AIRPORT TICKET OFFICES

### Reservations

**Nigeria**
+234 (0)1 2799999
+234 (0)1 906700 0-9

**Angola**
+244 222 391150

**Cameroon**
+237 33428248
+23733432285

**The Gambia**
+220 4399966/77

**DRC**
+243 992 188 384, +243 812 664 409

**Ghana**
+233 (0) 233 044 800/1/3/5

**Liberia**
+231 (0) 22 00 76 54

**Senegal**
+221 33 821 7497

**Sierra Leone**
+232 25203949

**South Africa**
+27(0)11 666 7470

**United Kingdom**
+44 (0)844 482 2324

**USA**
+ 1 877 900 2745

### CUSTOMER AFFAIRS
To provide feedback on your travel experience with us:
**T +234 (0) 1 2799999**
**E customerrelationsdesk@arikair.com**

### TRAVEL TRADE SALES
If you are a travel agent and have a question or request:
**T +234 (0) 8077791664**
**E travelagencydesk@arikair.com**

### CORPORATE SALES
If your company has a question concerning business travel:
**T +234 (0) 1 6653643**
**E loscorporatesales@arikair.com**

### GROUP SALES
To make a booking for nine (9) or more guests travelling together:
**T +234 (0) 8077791667**
**E gdm@arikair.com**

### CHARTER SALES
For enquiries into our Charter services:
**T +234 (0) 8077791652**
**E chartersales@arikair.com**

### GENERAL ENQUIRIES
If your query does not fall into any of the above categories:
**E info@arikair.com**

| NIGERIA | |
|---|---|
| **ABUJA** | |
| **Arik Air Travel Shop** | Melita Plaza, Near Efab Plaza, Ahmadu Bello Way, Area 11 |
| **Arik Air Travel Shop** | Transcorp Hilton, 1 Aguiyi Ironsi Street, Maitama |
| **Arik Air Travel Shop** | 417 Tigris Crescent, Off Aguiyi Ironsi, Maitama |
| **Abuja Nnamdi Azikiwe International Airport Terminal** | |
| **Abuja Domestic Airport Terminal** | |
| **LAGOS** | |
| **Arik Air Travel Shop** | 45 Awolowo Road, Ikoyi |
| **Arik Air Travel Shop** | 44 Toyin Street, Ikeja |
| **Arik Air Travel Shop** | Sheraton Hotel & Towers, 30 Mobolaji Bank Anthony Way, Ikeja |
| **Lagos Murtala Muhammed International Airport, MMIA** | |
| **Lagos Murtala Muhammed Domestic Airport (GAT)** | |
| **PORT HARCOURT** | |
| **Arik Air Travel Shop** | 47 Aba Road, Eastern Garden House |
| **Port Harcourt International Airport** | |
| **Port Harcourt Garden City Terminal** | |

| REGIONAL & INTERNATIONAL | |
|---|---|
| **ANGOLA** | |
| **Arik Air General Sales Agent** | Valeria Tours, Rua Dr Alves da Cunha Nº 4 1º A (descendo o Largo Mutu Ya Kevela) |
| **Aeroporto Internacional 4 de Fevereiro Luanda** | Luanda |
| **CAMEROON** | |
| **Arik Air General Sales Agent** | Inalex Voyages 1595 Blvd de la Liberte, Akwa, Bp 15080 |
| **Douala International Airport** | Douala |
| **DEMOCRATIC REPUBLIC OF CONGO** | |
| **Arik Air General Sales Agent** | Avenue Mutombu Katshi, 10- 13, Immeuble Kavali Centre local 3-0-A12, Kinshasa-Gombe |
| **N'Djili International Airport** | Kinshasa |
| **THE GAMBIA** | |
| **Arik Air Travel Shop** | FIB Building 2, Kairaba Avenue, Serekunda |
| **Yundun International Airport** | Banjul |
| **GHANA** | |
| **Arik Air Travel Shop** | Trinity House, Ring Road East, Osu, Accr |
| **Kotoka International Airport** | Accra |
| **LIBERIA** | |
| **Arik Air Travel Shop** | Rose Garden Plaza, Crown Hill, Monrovia |
| **Monrovia Roberts International Airport** | Monrovia |
| **SENEGAL** | |
| **Arik Travel Travel Shop** | Immeuble Amsa Assurance, Amadou Assane N'doye, Dakar |
| **Dakar-Yoff-Leopold Sedar Senghor International Airport** | Dakar |
| **SIERRA LEONE** | |
| **Arik Air Travel Shop** | 13 Howe Street, Freetown |
| **Arik Air Sales Desk** | Zenith Bank, 18-20 Rawdon Street, Freetown |
| **Lungi International Airport** | Freetown |
| **SOUTH AFRICA** | |
| **Arik Air International Sales Agent** | Suite 14, 1st Floor Daisy Street Office Park 135 Daisy Street, Sandown, Sandton, Johannesburg |
| **O.R. Tambo International Airport, International Terminal** | Johannesburg |
| **UNITED KINGDOM** | |
| **Arik Air General Sales Agent** | Aviareps PLC., 52 Grosvenor Gardens, London, SW1W 0AU |
| **London Heathrow Airport, Terminal 4** | London |
| **USA** | |
| **Arik Air General Sales Agent** | Aviareps INC |
| **John F Kennedy Airport, Terminal 4** | New York City |

# WINGTIPS

Your definitive guide to Arik Air destinations




**102** Abuja
Accra
Asaba

**103** Banjul
Benin
Calabar

**104** Dakar
Douala
Enugu

**105** Freetown
Gombe
Ibadan

**106** Ilorin
Johannesburg
Jos

**107** Kaduna
Kano
Kinshasa

**108** Lagos
London
Luanda

**109** Maiduguri
Monrovia
New York City

**110** Owerri
Port Harcourt
Sokoto

**111** Uyo
Warri
Yola



## ABUJA
NIGERIA

Nigeria's neatly planned capital boasts quite a few intriguing landmarks. Among them are the **National Mosque**, **Zuma Rock**, the **Ecumenical Cathedral** and the **Arts and Culture** area of Garki. Take in the view from **Kpaduma Hills** and find events listings at Gladng.org.

**BUY** Bring on the bling at **Wuse Market** in Zone 5 which sells gold and bespoke jewellery along with stunning Nigerian fabrics. Pick up contemporary and traditional art at **Life Strokes** gallery (Life Strokes, , Dunes Center, 44 Aguiyi Ironsi Way, Maitama, 0803 304 3822) and **Signature Gallery** (Aminu Kano Crescent, Wuse II, 09 5233849).

**BON APPETIT** Abuja has some of the best restaurants in the country. Find a comprehensive list of cuisine from around the world at **www.gladng.org**. There are a few family restaurants at **Ceddi Plaza**. If you're only in town for a drop-in visit, try a taste of Nigeria at **Jevinik** (494 Bengui Road, off Adetokumbo Ademola Crescent, Wuse II). For upmarket dining, you can't beat the choice of restaurants at the **Transcorp Hilton**.

**BED TIME** The international hotel chains are concentrated in Central Abuja. The **Transcorp Hilton** in the Maitama District houses 4 restaurants, a large shopping area and a casino. (Transcorp Hilton, www.hilton.co.uk/abuj, 234 (0) 9413 181 184). **Bolingo Hotel & Towers** on Independence Avenue is also excellent.

Mid-priced hotels include **Valencia Hotels** (Valencia Hotels, Plot 799, Blantyre Street, Off Adetokunbo Ademola Crescent, Wuse II, 234 (0) 9 524 0669 70, 524 0644) and **Savannah Suites Hotel & Resort** (Savannah Suites Plot 1091, Faskari Street, Garki-Abuja, 234 (0) 9290 6119, 234. Mob: 234 (0) 804 211 6322).

**HIP TIP** Come for the annual **Abuja Carnival** towards the end of November. Spend the daytime along the parade route and the night partying alongside the country's celebrities at Tucano bar (23,Usuma Street, Maitama, Formally Congress Lounge Bar).

## ACCRA
GHANA

Ghana's exceedingly welcoming capital marries a vibrant music and nightlife scene with a distinctive traditional culture. Add easy links to ecotourism hotspots, and you have yourself a spot-on holiday destination.

A lot of attractions are contained between the **Waterfront High Street** and **Makola Market**. Other historically-relevant pockets include **James Town**, and **Cape Coast Castle**, the seat of British colonial administration from 1664—1877. **www.touringghana.com** posts up-to-the-minute information.

**BUY** Hone your bargaining skills at **Makola Market** on Kojo Thompson Road and **The Centre for National Culture** on 28th February Road. Both stock stunning handicrafts and kente fabric.



**BON APPETIT** Accra is home to varied cuisine. Discover the much-loved **Buka**, a casual, partly open-air rooftop, chop house (Buka, Osu R.E, adjacent to the American Embassy Visa Section. Tel 233 21 782 953). The nearby **Osu Foodcourt** on Cantonments Road and cafes on Labadi Beach are good for fuss-free family dining.

**BED TIME** Budget hotels are concentrated between Adabraka, through Asylum Down and up to Kokomlemle Road. The **Cavalry Methodist Guest House** comes recommended (Cavalry Methodist Guest House, Barnes Road, opposite the National Museum, 021 234507). In the upper bracket, **The Golden Tulip** is good value with a free airport shuttle service (Golden Tulip, Liberation Road, 021 213161). Luxe it up beachside at **La Palm Royal Beach Hotel**, 5km from the city centre and one of Accra's most upmarket hotels. (La Palm Royal Beach, Pleasure Beach, 021 771700).

**HIP TIP** Head out to one of Ghana's national parks or craft villages. **Kumasi** is famous for its kente cloth loom-workers. Visit **Ntonso** for Adinkra cloth, Asuofia for bead-making, or **Anpobame** Krofron for brass.

## ASABA
NIGERIA

With vibrant neighbourhoods and a swath of the River Niger running through it, Asaba has a vibrant urban culture that is great for business and leisure. The city is ethnically diverse and mostly composed of Igbo speakers with Itsekiri, Urhobo, Isoko, Ijaw, Hausa and Yoruba communities. Asaba is replete with cultural sites, the most popular of which are **Asaba Beach**, **River Ethiope source**, **Kwale Game Reserve**, **Jamieson River**, **Chief Nana's Palace Living History Museum**, **The Royal Palace Of The Obi** (traditional ruler), **Mungo Park House**, and **Escarvo Beach**. Enjoy recreational fare at the **Bombardi Beach Party Resort**, **Olona Ranch & Holiday Resort** and **Leisure Palace Amusement Park** in Effurun.



**BUY** **Ogbeogonogo Market** is the biggest street market in Asaba, located in the heart of the town within Oshimili south local government area. The market has over one thousand traders and attracts large crowds of daily customers.

**BON APETIT** In addition to a variety of local cuisine on offer at street corners, eat out at one of many city hotels and restaurants, including **Larryville Hotel & Restaurant** on Brigid's road, and **Dema Kitchen** on Ezenel Avenue.

**BED TIME** Place a reservation for a stay at the **Grand Hotel** (grandhotelnigeria.com/+234 8037584941) or enjoy the sedate atmosphere of the **Amena Hotels & Resort** (+234 056342646) in Oghara. Other accommodation spots are the **Nelrose** (+234 046300688) on Government House road and Wellington (+234 080550244) in Effurun, a little over a 10-minute car ride from the city centre.

**HIP TIP** Festival season is between March and December. The more popular festivals that you might want to mark in your calendar are: **Ulo** (held in July), Aja (in August) and **Iwaji** (celebrated in September to mark the end of harvest).



## BANJUL
THE GAMBIA

Often bypassed in favour of The Gambia's seaside resorts less than an hour away, Banjul is an unlikely gem. Originally named 'Bathurst' after British colonial Henry Bathurst, Banjul was once a port used to hamper the slave trade after the Abolition Act of 1807. Today, the crumbling city on an island is a destination with a compelling national museum, an atmospheric old town and views across the Gambia River. Its manageable size is an added bonus. Discover the pleasure of Banjul with a leisurely stroll coupled with a flexible itinerary.

**BUY** Barter and banter at **Albert Market** where aisles of shabby stalls burst with a treasure trove of quality souvenirs.

**BON APPETIT** In contrast to the Atlantic coast which has a more varied selection, simple chop shops abound. **Michel's** on 29 July 22 Drive, is one of the few restaurants open from early morning until late at night. Afterwards, head to **Queens Nightclub** on Renee Blain Street. The slightly seedy late-night scene is made up for with sublime Gambian music.

**BED TIME** A lot of the better hotels are on the coast though **Carlton Hotel** is a satisfactory city centre guesthouse (Tel 228670; fax 4227214, 25 July 22 Drive). On the top-end, try **Atlantic Hotel** (Tel +220 4228601/6, corinthiahotels.com; Muammar al Gadhafi Ave). The sprawling resort has all the amenities you would expect including a private beach, pool, gym and nightclub. **Gambia.co.uk** is one of the best sites for detailed holiday and accommodation information.

**HIP TIP** Birdwatch from a pirogue along the mangroves of **Oyster Creek**. Most hotels organise pirogue trips, though you can also book independently at **Denton Bridge**, 3 km west of the city centre.



## BENIN
NIGERIA

The Kingdom of Benin is still immersed in age-old traditions making it one of Nigeria's most fascinating destinations. According to local lore the Bini people founded the empire in 1880 AD. Today's reigning Oba is the spiritual leader of the people of Benin. Sights include **The Oba's Palace** at King's Square, and **The Benin National Museum**, which houses a large collection of bronze, brass and ivory treasures spanning five centuries and the ramparts of the Old City Wall, once the world's second largest man-made structure after China's Great Wall.

**BUY** Purchase brass statues and witness the making of Benin brass heads at the shops along **Igun Street** or go for the full market experience at the **Oba's market**.

**BON APPETIT** **New Benin Marke**t, northeast of the city centre is home to great street food and suya along with bars and shops that stay open late. **Saidi Centre** has one of the best restaurants with a Chinese, Lebanese and European menu.

**BED TIME** Numerous hotels of varying standards are dotted around the ring road. Among these, the **Constantial Hotel** sets a high standard coupling well-appointed suites with internet access, a gym and pool (24–26 Airport/Ogba Road, opposite Benin Airport exit gate; +234 52-257-122, constantialhotel.com). **Samsy Hotel** on Adesuwa Road in GRA also comes recommended.

**HIP TIP** Make a trip to **Okumu Eco Resort**, 35 km from the city centre. On tailored nature walks visitors can look out for over 200 species of birdlife, monkeys, civets and butterflies (okomuecoresort.com, Tel +234 808 468). Also, on the last Sunday of every month a Motocross race is held in the town and is often attended by Edo State's governor.



## CALABAR
NIGERIA

**BEHOLD** Since the colonial era and crowning of King Archibong III by Queen Victoria in 1878, this 16th-century port city has been a popular holiday destination. Explore colonial architecture around Henshaw and Duke Town including the governor's residence, **Mary Slessor Residence** and the **Calabar Museum**.

Nature enthusiasts: spare the time to travel to **Agbokim Waterfalls** surrounded by lush green valleys and near to the **Afi Wildlife Sanctuary**, **Refome Lake** and **Kwa Rapids**. For wildlife, visit the **Afi Mountain Drill Ranch** (pandrillus.org) and **Cercopan Primate Rehabilitation Centre** (cercopan.org).

**BUY** Pick up textiles and handicrafts at **Watt Market** or delve in to a local experience at **Marian Wet Market**.

**BON APPETIT** Food from Calabar is renowned. Sublime suya is served up at **Bogobiri Corner**. More formal diners can head to **Freddy's** for Lebanese (Freddy's, 90 Aketong Drive, 087/232 821). If you're a fan of bars with kitsch names, have a post-prandial boogie around Nelson Mandela Street at **La Luna**, **Paradise City** and **Tuxedo Junction**.

**BED TIME** Recommended hotels include **The Mirage** (themiragecalabar.com, Plot 230, Mcc road Calabar, +234 80372 26046) and **Transcorp Hotel** at Murtala Mohammed Highway (+234 (0) 807 773 1111, transcorphotels.com). 25 km from the airport, Tinapa Business Resort offers a host of facilities and activities +234 87 232300, Tinapa.com.ng).

**HIP TIP** Every December 26th, Calabar comes alive for a week-long carnival featuring parties, parades and a load of fringe activities (**calabarcarnival.org**).

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## DAKAR
SENEGAL

Senegal's capital is a frenetic study of contrasts, brimming with creativity. Take in the views with the **Chi Chi Dakarois**, from the roof of the **Hotel Independence** on Place de l'Independence. Stroll through the **IFAN Museum** on Place Soweto. Go for a beach dip at **N'Gor** or on private beaches such as at the **Hotel Lagon 2** or **Plage de la Voile d'Or**. Better yet, catch a 20 minute ferry ride to the tranquil **Île de Gorée**. After sunning, pop a long dress over your bikini for a tour of **Dakar Grand Mosque**, styled after Casablanca's Mohammed V Mosque.

**BUY** Fill up on fruit and veg at **Marche Sandaga**, the city's centreville market where you will also find unique souvenirs like briefcases made of recycled beer cans. 500m downhill from Sandaga, you'll discover a former Mauritanian silversmiths' yard, the **Cour des Orfevres**.

**BON APPETIT**
Dakar teems with world-class restaurants, bistros and cafes, though many are closed on Sundays. Scrumptions Senegalese meals can be had at **Keur N'Deye** (821 4973; 68 Rue Vincens). Excellent, free listings magazines are available at hotel lobbies.

**BED TIME** **Hotel Lagon 2** is modelled on the interior of a ship and has views over the rocky cliffs as well as access to a private beach (www.lagon.sn, 338 89 25 25) The luxury **Sofitel Teranga** remains popular with business travellers (889 2200, Place de l'Indépendance) but for a boutique experience try **Hotel Sokhamo**n (hotelsokhamon.com, 338 89 71 00).

**HIP TIP** Discover unrivalled nightlife like **Thiosanne**, owned by Youssou N'Dour (Sicap rue 10, 338 24 60 46) or head to **Just 4 U**, a live music institution, serving authentic local fare (824 3250, just 4u@sentoo.sn, Ave Cheikh Anta Diop).





## DOUALA
CAMEROON

Cameroon's economic centre is a bustling port city known for business rather than tourism. In contrast to the capital **Yaounde**, visitor-worthy spots can mostly be covered within a few hours. Your best bet is to visit the cultural centres. Highly recommended is **Doul'art** (Place du Gouvernement, Bonanjo, + 237 33 433 259, doualart.org), a non-profit cultural centre and gallery opened in 1991. Artists work on the cultural and urban identity of Douala.

**BUY** Find art, crafts and antiques at **Marche des Fleurs** (Street R1.221, Douala-Bonapriso). Conveniently located on the main road from downtown towards the airport, it's famous for Cameroonian wood products. There's also a good souvenir market on Ahmadou Ahidjo Avenue.

**BON APPETIT** There's an open-air drinking and dining culture in Douala so places to eat are not hard to come by. The city is also home to quality international cuisine. French restaurant, **La Fourchette** (Quartier AKWA, Rue entrée SHO plus et AXA, +237 99 92 64 66), is favoured by business visitors. Try local dishes, seafood and steak at **La Cigale**, in the Bonanjo neighbourhood, where you can also enjoy live music and a glass of South African wine.

**BED TIME** Unlike in some West African cities, Douala's hotels are mostly reasonably priced. Business hotels equipped with swimming pools and work facilities include the **Akwa Palace** (920, Boulevard de la Liberte, hotel-akwa-palace.com), as well as international chains such as **Le Meridien** (35 Avenue des Cocotiers, +237 3 343 5000, starwoodhotels.com) and the **Ibis** (Rue Pierre Loti, Bonanjo, (+237 334 25760, Ibis.com)

**HIP TIP** Tourists are advised to venture out. Nearby beaches include **Limbe**, 90kms from the city and **Kribi**, a popular beach two-hours drive from Douala. Further afield, wildlife lovers flock to **Waza National Park** and trekking in the **Mandara Mountains**.



## ENUGU
NIGERIA

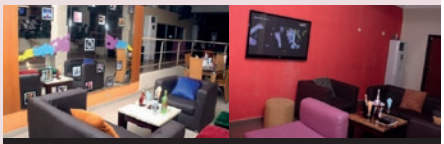
The Igbo capital of Enugu has regained its vitality from its heydey when coal was discovered in the area. Enugu which means 'top of the hill' became the capital of the Eastern Region in the 1930s. **The National Museum** (58 Abakiliki Road) is open from 8am-4pm daily and features Igbo artefacts, textiles and weapons.

**BUY** For an authentic experience, head to the city's main market, **Ogbete Market**. Hanidcrafts, souvenirs and household goods are also available at the **Artisan Market** and **New Market**.

**BON APPETIT** **Station Road** has a large selection of chop houses.

**BED TIME** **Nike Lake Resort** has 200 air-conditioned rooms, a restaurant, bar, pool and tennis courts (Nike Lake, 042 557 000, proteahotels.com). The nearby, and smaller **Zodiac Hotel** also has a good restaurant, a pool and satellite TV (042 457 900, 5 Rangers Ave, Independence Layout). **Lucha Guesthouse** caters to the budget traveller (042 253 795, Nweko Lane, off Ogidi Street).

**HIP TIP** Visit the **Holy Ghost Cathedral** near Ogbete Market or catch a Sunday service and gain a sense of Enugu's religious scene.



### THE APHROLOUNGE
Enugu's coolest lounge/hangout. Visit Aphrolounge Kitchen with Chef Stan for exquisite breakfast, Continental and African dishes. Bring your own bottle every Thursday night. Aphro-Jazz night on Sundays. Space for events rental: Weddings, Parties, Luncheons and more.

5/14 Cathedral Drive, Independence Layout, Enugu
**info@aphrolounge.com**
**Phone** 080 5418 6612, 070 6647 3825, 07054509700
**Open** 9am-Midnight weekdays
**Club nights** Wednesday, Friday & Saturday
**www.aphrolounge.com**

## FREETOWN
SIERRA LEONE

Despite recently emerging from a decade-long civil war, Freetown is blossoming rapidly. Enjoy the nightlife and beaches before the tourists rush in,



in their droves. Take in the 500-year-old cotton tree, a symbol of freedom since former slaves settled the town in the 1800s. Thousands of bats fly out en masse at dusk. From here, hop to the **Sierra Leone National Museum**. Take in views of the city from **Tower Hill**, ocean views from **Lumley Beach** and Krio architecture around **Pademba Road**.

**BUY** The **Big Market** on Wallace Johnson Street brims with bric-a-brac and traditional household goods. For a more streamlined selection check out **Balmaya Arts & Cafe** (32B Main Motor Rd, Congo Cross).

**BON APPETIT** Aberdeen is home to many good restaurants. Dine on exemplary seafood and international cuisine at **Alex's Restaurant** with a clear view over Man of War Bay (64 Cape Road, 23222 272957). There's a nightclub next door for night caps.

**BED TIME** Football fanatics should book the 'Beckham Room' at **Hotel Barmoi** named after their most famous hotel guest. The football star may have skipped town, however, the excellent amenities, pool and sea view remain (hotelbarmoi.com, 75C Cape Road, Aberdeen 232-22-234933). Budget travellers: check out **Family Kingdom Resort** on Lumley Beach Road which boasts – strangely but charmingly – extensive playgrounds and the wandering deer.

**HIP TIP** Sample Freetown's 'anything goes' nightlife. Try **Paddy's Bar** (Sir Samuel Lewis Road, 232 22 272 962). The club, which once entertained diamond dealers, UN troops and an exotic range of and sordid characters has a new lease of life, post-conflict. It now boasts a large dance floor, cheap drinks, seafront outside area, and great hip hop, West African and dance music to get you moving.



## GOMBE
NIGERIA

A confluence of economic activity, Gombe is positioned with Borno and Yobe to the north and east, Taraba and Adamawa to the south, and Bauchi to the west. Lying in the savannah lands of the Gongola River basin, Gombe has been a major agricultural centre since the railroad was built in 1963. The State boasts captivating hilly scenery, best seen by driving along the Filiya – Kushi-Burak-Bangunji road to places like **Tula**, a historical town with an old prison and mud hut housing.

Gombe is predominantly Hausa-speaking with the Fulani in the centre and north and Tangale in the south. There are also numerous minority tribes each with their own language. The state has a population of over 2,300,000 and 11 separate administrative areas.

**BUY** The traditional crafts of weaving and dyeing are common practise while modern textile manufacture began in the early '70s. A tour of the markets and roadside stalls offer up endless colourful souvenirs.

**BON APPETIT** There are chop houses as well as hotel dining options however a trip to **Bauchi** offers a more extensive range of eateries.

**BED TIME** The **Gombe Holiday Inn** on New Market Road is a good bet (Tel +234 72 20295) or try the **A.Y Guest House** on Dukka Road for budget accommodation.

**HIP TIP** **Yankari National Park**, a short trip from Gombe, is a stunning hidden gem for wildlife watchers and is probably Nigeria's best national park. Late December to May are good months to watch birds, buffalo, baboons and elephants. The park has a safari truck that takes tours at 7.30am and 3.30pm daily or you can drive your own vehicle. Kip at the nearby **Wikki Warm Springs Hotel** (077 542174).

## IBADAN
NIGERIA

Ibadan is the largest city in Africa in terms of geographical mass; it was the former capital of Southwest Nigeria excluding Lagos, and currently the capital of Oyo State. Its historic significance in the affairs of the declining Oyo Empire have endowed it with a lot of places to see and its location at the edge of the Yoruba heartland makes it an ideal location for an exploration of the major Yoruba cities.

There is charm in the old colonial city seen in the sprawling rusty rooftops of its downtown houses, tropical weather and varied geography. Your itinerary should include visits to one or more of the city's iconic landmarks: **Mapo Hill, Irefin Palace**, **IITA Forest**, **The University of Ibadan** and its **Zoological & Botanical Gardens**, **Cocoa House**, the **Bower Memorial Tower**, and **Old Oyo National Park**.



**BUY** Do your grocery shopping at the **Agbowo Shopping Complex**, opposite the University of Ibadan, in the city centre or the **Big Treat Supermarket** (+234 8 074 386 831) on Oluyole industrial estate. Local farmers and flea markets at **Dugbe**, **Bodija** and **Mokola** are also standout shopping spaces.

**BON APETIT** The most noteworthy spots in the city are the **Golden Dragon Chinese Restaurant** (Premier Hotel, Mokola/+234 8 051 222 640), **Kokodome Restaurant** (Cocoa House, Dugbe/+234 0 275 10918) and the popular **Mama Ope** (Mokola/+234 8 0 6969 6141) for good, home cooked traditional Nigerian meals.

**BED TIME** **Premier Hotel** (+234 2 201 2345) is located on top of a hill in Mokola where visitors can see the city below. It offers a range of services and recreation facilities including a swimming pool, restaurant, bar, car park, and internet access. Other choice hotels are **Kakanfo Inn** (+2342 2 311 471) and D Rovans (+234 275 08128) .

**HIP TIP** Be brave and jump on a bike for an urban adventure. A journey from one end of the city to the other costs around N100. **Okadas** (motorcycle taxis) are cheap and are available everywhere.

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## ILORIN
NIGERIA

A sojourn to **Alfa Alimi's mosque** would not go amiss if you are looking for some of the true local culture. Built in 1831, it is relatively undeveloped as a tourist destination but a beautiful example of the importance of Islam in the city and surrounding region. Further afield are the **Owu Falls**, the highest natural waterfall in Nigeria, and surrounded by lush rainforest.

**BUY** Ilorin allegedly has the biggest traditional pottery workshop in Nigeria, so head to **Okelele** to find some great gifts for family and friends back home. **Aso Oke textiles** are also great traditional gifts from this area. You can find souvenirs at the **Kwara State Council For Arts And Culture gallery**.

**BON APPETIT** If you're looking for Nigerian food, try the eba and okoro soup at the **Royal Restaurant Ilorin** (Ahmadu Bello Avenue GRA; +234 31 741 666), whose bakery also sells pastries. During the day, enjoy a light meal at competitive prices at the **Brunch Café Ilorin** (9B Ahmadu Bello Avenue GRA; +234 805 569 4022). The meat pie comes recommended.

**BEDTIME** The **Kwara Hotel** (9A Ahmadu Bello Avenue PMB 1476; 031740836;), 3 km from the airport, is ideal for the business traveller and others who are used to comfort. Leave time between meetings for a stint in the squash court and a dip in the pool before heading out after the day is done to the in-hotel nightclub. Closer to town is the **Kingstone Grand Suites** (7 Ahman Pategi Road; 07031184505; 08076553519), where you can drink at the in-house bar before heading to the restaurant for African or Chinese (or both, if you're an adventurous eater). All rooms have air conditioning and satellite TV.

**HIP TIP** Go to Shao for the colourful **Awonga Festival**. This fun-packed event is held every year in celebration of the River Awon, which is said to house a goddess who oversees the marriages of maidens during the festival.



## JOHANNESBURG
SOUTH AFRICA

South Africa's beating heart is a dramatic metropolis and stage for the ups and downs of a fascinating country. A trip on a **City Slicker** bus, which you can hop on and off at your leisure, will take you to major tourist attractions. Good places to hop off are **Constitution Hill** (constitutionhill.co.za) and **Gold Reef City**. In Ormonde you'll find the illuminating **Apartheid Museum** (011 309 4700; www.apartheidmuseum.org), which is open Tuesday to Sunday from 10:00 to 17:00.

**BUY** The **City Slicker** buses go past major shopping centres like **Eastgate Mall** on Bradford Road in Bedfordview (eastgateshops.com). Wire-work and other township-produced crafts make great gifts. Held every Sunday in Rosebank Mall's multilevel car park, the **Rosebank Rooftop Market** has a great range. Head to **Sandton** for upmarket shopping.

**BON APPETIT** Jo'burg caters for all tastes. Recommendations can be found at **food24.com**, a website that has an easily searchable database by cuisine and city, with customer reviews.

**BED TIME** No matter what your price range is, you have your pick of hotels in Johannesburg, but try to stay in the northern suburbs as the city centre can be dangerous at night. Good listings can be found at **johannesburg-venues.co.za**, which you can search by suburb, type of hotel, and star rating and which has a clickable area map. **Tripadvisor.com** is also a highlyreputable source for unbiased recommendations.

**HIP TIP** Want a good night out but trying to avoid the same old tourist traps? **joeblog.co.za** is a comprehensive daily look at what's going on in Jo'burg.



## JOS
NIGERIA

The countryside surrounding Jos, especially the area around the plateau, is worth a visit although it is advisable to check the security situation before visiting. In Jos itself, you'll find an interesting exhibition on the pottery and artefacts of the central Nigerian people at the **Jos National Museum**, open daily from 8am to 5:30pm. A more unusual museum is the **Museum of Traditional Nigerian Architecture**, which houses impressive full-scale reproductions of the country's monuments.

**BUY** Most consumer goods can be found at **Terminus Market** on Bauchi Road or between Bauchi Road and Ahmadu Bello Way. Leather and basket-work crafts are sold in the shops on **Museum St**, the south end of **Beach Road**, and on **Noad Avenue**.

**BON APPETIT** There is not a large selection of restaurants in Jos. However **Bight of Benin** (Zoo Garden Road) has a small selection of well-cooked authentic dishes.

**BED TIME** Rooms at the **Hill Station Hotel** (Tudun Wada Road; 073 455 300) have air conditioning, satellite TV, and beautiful surroundings. There are several guesthouses, most of which are comfortable. These include **Les Rosiers** (1 Resthouse Road; 0803 357 5233; lesrosiers.sampasite.com) and the **ECWA Guest Inn** (off Kano Road; 073 450 572).

Rooms are at a range of prices, but most are generally inexpensive, and some have hot water.

**HIP TIP** Interested in ethical shopping? You'll be pleased to note there is a fairtrade craft shop run by the **Alternative Trade Network of Nigeria** (1 Museum Street; open from 8am to 5pm on Mondays to Fridays and on Saturdays from 10am to 5pm). Have a look at the goods on offer before you travel by going to fairtradenigeria.org.



## KADUNA
NIGERIA

**The Kaduna National Museum** (Alli Akilu Road) is open from 9am to 5pm every day. Of particular note is its **Gallery Of Nigerian Prehistory**, from Neolithic times, as well as the recreation of a Hausa village behind the museum.

**BUY** Although most of Kaduna's market (off Ahmadu Bello Way) is given over to consumer goods, you can also find gifts for friends and family. Good things to buy are textiles, leather goods and Kaduna pottery.

**BON APPETIT** Sample traditional Northern Nigerian food at **Food Palace** (1 Alkali Road). For relaxing al fresco dining, head to Sou's Place (2 Waziri Ibrahim Crescent; 0803 588 6404), where you can also knock back a few beers, a rarity in Kaduna.

**BED TIME** If you're used to your creature comforts, go to Mohammed Buhari Way, where the best hotels are located. **The Command Guest House** (Mohammed Buhari Way; 062 242 918; commandguesthouse@yahoo.com), offers air conditioning, TV, and hot water. You can also take advantage of its snooker room, and tennis and squash courts. A good option for the budget traveller is **The Duncan** (6 Katsina Road; 062 240 947) which has a good restaurant. Some of the 20 rooms have air conditioning and TV.

**HIP TIP** Artisans in the back of Kaduna National Museum produce beautiful handloomed cloth, metalwork and other crafts. These make for excellent gifts.

## KANO
NIGERIA

Built in the 15th century and declared a national heritage site, the **Gidan Makama Museum** holds ethnographic and historic exhibits on the Kanawa Civilization and Hausa Land. The majestic **Emir's palace** opposite the museum is also architecturally striking, but its interior is by invitation only. Also go to the **Kofar Mata Communal Dye Pits**, which are a relic of Kano's skin dyeing trade and the oldest in Africa (1498!).

**BUY** Go to **Abubakar Rimi** (Sabon Gari) **Market** for household items, jewellery and clothing. If you're looking for gifts, **Kurumi Market**, founded in the 15th century, has brass, silver, stone and wood carvings, sculptures, and leather products. Textiles and fabric can be found at **Kwari Market**.

**BON APPETIT** Relaxing drinks can be had at the **French Cafe** (Race Course Road). Good places to go for Nigerian dishes and meals from the rest of the continent are **Ten-O-Five** (Post Office Road) and Pounded Yam & Co (Lodge Road).

**BED TIME** Business travellers enjoy **Tahir Guest Palace Hotel**, which has in-room WiFi, conference facilities, and a travel agent (4 Ibrahim Nastsugune Road; 234 64 315281; tahirguestpalace.com). Set in a quieter part of the city, is the **Prince Hotel**, with a pool and a well-rated restaurant (1 Tamandu Road; 234 64 200601; princehotelng.com)

**HIP TIP** The annual **Durbar Festival** is a dazzling display of cultural and equestrian might held at the Emir's palace to commemorate the Eid-el-Fitri and Eid-el-Kabir festivals.





## KINSHASA
DEMOCRATIC REPUBLIC OF CONGO

Perhaps surprisingly for a city with such a tumultuous history, Kinshasa has a great arts scene, with stunning paintings, masks and statues displayed at the **Musee National de Kinshasa** (Avenue du 24 Novembre, Mont Ngaliema) and sold along the Boulevard 30 Juin by the artists themselves.

A must-do is to channel your inner-ape at **Lola ya Bonobo** (Les Petites Chutes de la Lukaya; +243 818 141 492; www.lolayabonobo.org) a clean and well-organised sanctuary for the ever-fascinating bonobo apes, startlingly human-like in their mannerisms and housed in a more natural environment than you'll get in any zoo.

**BUY** Hot and heaving, the **Grand Marche** (Avenue du Marche, central Kinshasa) is the best place to pick up souvenirs from copper bowls to woven Kuba fabrics.

Haggling is expected and, as with any crowded area, keep one eye on your belongings.

**BON APPETIT** There are all manner of exotic foods in the markets, from giant snails to crocodiles, but if your gastronomic priorities lie more with your stomach than your eyes, head to the inexpensive **Chez Maman Colonel** (10 Avenue Bayka Kimbondo; +243 999 909 672) for succulent grilled chicken, plantains, and amaranth.

A more formal dining experience is at **Le Café Conc** (13 Avenue de la Nation; +243 891 0592), a high-end French restaurant that would stand up to any in Paris for the quality (and the prices) of its food.

**BED TIME** A good choice of accommodation for cost-conscious travellers is the **Guest House San Pedro** [16 Avenue 18 Parcelles; +243 819 714 444], which is safe, clean, and has air conditioned rooms. For business and luxury holidaymakers, the **Hotel Memling** [5 Avenue du Tchad; +243 817 001 111] comes recommended, with all the plush amenities you'd expect to come with its 5-star rating, including free Wi-Fi and airport transfers.

**HIP TIP** Make like an 18th century explorer and sail down the Congo River, stopping for barbecue on the banks. For a relatively inexpensive US$150, you can hire a boat from the **Kinshasa Yacht Club** [55 Avenue des Inflammables; +243 814 047 784] for 8 people, including all the gear you need for cooking, dining, and sailing.

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## LAGOS
NIGERIA

Succumb to the all-consuming rhythm of Africa's largest metropolis and discover one of the world's most multi-faceted cities brimming with cultural curiosities, and some of the best music, art and literature to be found anywhere. Exciting developments are effecting the megacity from droves of diaspora Nigerians returning home to a population bursting at the seams. Most of the best bars, restaurants, galleries, hotels and boutiques are on **Victoria Island.**

**BUY** For souvenirs, visit **Lekki Market** or try **Quintessence** (Suite C6, Falomo Shopping Center, Awolowo Road, Ikoyi, quintessenceltd.com). Head to **Palms Shopping Mall** for restaurants, a supermarket and international brands (BIS Way, Lekki – Lagos, 234 1 27144913, thepalmsshopping.com).

**BON APPETIT** Lagos is home to a lot of good restaurants. **Reeds** is recommended for exemplary Thai food (190 Awolowo Road, Ikoyi, +234 271 5593). Pick up a copy of **Time Out Nigeria** available at Quintessence gallery (see above) and bookshops or check out **www.lagoslive.com**. If it's authentic you're looking for try the suya at **Ikoyi Hotel Ikoyi** Hotel, Kingsway Rd, Ikoyi).

**BED TIME** **Eko Hotel & Suites** is a self-contained expat hub (www.ekohotels.com, +234 1 262 4600 19). **The Sofitel Lagos**, in Ikoyi, is equally high-end (Bankole Oki Road, Ikoyi, +2341 4615 40922) as is **The Federal Palace Hotel** (26 Ahmadu Bello Way, Victoria Island, 1-262-3116). Of the boutique hotels **Bogobiri Guesthouse** is a favourite (9 Matatma Sule, Southwest Ikoyi, bogobirilagos.com , 270 7437). Another is **Manuela's Residence**, a simple retreat with great Italian food (Taslim Elias Close V.I, manuelaresidence.com).

**HIP TIP** Pay homage to Afrobeat at **The New African Shrine** (1 Nerbc Street, Agidingbi, Ikeja). Sleep off Sunday at Bar Beach.





## LONDON
UNITED KINGDOM

London is one of the world's most multicultural and creative cities, home to 7.5 million people, with 300 languages spoken and set against stunning historical architecture.

Arm yourself with an A-to-Z map book available at most corner shops and an Oyster Card which allows you to travel easily on public transport. Take in the city from a double-decker bus and trawl free museums like the **National Portrait Gallery**, the **British Museum**, and **Natural History Museum**. Go for a night stroll along the **South Bank** or a whiz around the **London Eye**. **Time Out London Online** posts the day's events in theatre, film, art, comedy, nightlife, music and dining.

**BUY** Swing by **Oxford Street** for Topshop, Selfridges, and Liberty. Vintage lovers love **Portobello Market** in Notting Hill (Fridays) and East London's **Brick Lane**.

**BON APPETIT** London is arguably the food capital of the world. Search for unbiased reviews at **www.london-eating.co.uk**. Foodies adore **Borough Market** by London Bridge tube. For a taste of Naija try **Obalende Suya** by Dalston Rail (523 Kingsland Road, 020 7275 017, suyaexpress.com).

**BED TIME** Visit **www.laterooms.com** and **www.lastminute.com** for bargains. Business travellers often choose the **Hilton Paddington** for its proximity to Central London and the Heathrow Express (hilton.com 225 Edgware Rd, London, W2 +44.207 402 4141)

**HIP TIP** Experience the best of each season. Welcome Spring at **Regent's Park** and **Kew Gardens**, dance the summer away at street parties like the **Notting Hill Carnival** in late August. In Autumn, climb **Primrose Hill** for bonfire night. In the winter months sip mulled wine and ice skate at **Somerset House** before hitting the post-Christmas sales.



## LUANDA
ANGOLA

Perched on the Atlantic coast overlooking a narrow sandbar known colloquially as the Ilha, the hot oceanside setting of Angola's capital city is a study in contrasts. After decades of conflict, Luanda has seen a massive boom in construction where stability has attracted foreign investment in the city. The government is also investing heavily in and around Luanda, including in the construction of several six-lane highways leading out of the city; the reconstruction of railroad lines and a large new airport.

**BUY** Get local crafts at reasonably low prices at **Benfica Handicrafts Market** just south of Luanda. Other shopping sites include **Maianga Luanda** (+244 924 091680) and Belas Shopping, Angola's first shopping mall. It features nearly 100 different shops, a cinema, restaurants, and a central square for live entertainment.

**BON APPETIT** If you're in the mood for Portuguese cuisine, visit **Portugalia** (222 309677) located on the coastal Ilha de Luanda or the more international **Restaurante Bordao** (Avenue Murtala Mohamed Luanda, Ilha/222 309028) where the hip flock in the evenings.

**BED TIME** Four star guesthouse **Rouxinol** (+244 923 745 078/ +244 923 581 308, Beco de Moçambique no. 16, Bairro Cruzeiro), located near the embassies in Miramar is popular with foreign visitors. Rooms start at $180 per night.

**HIP TIP** Wildlife park **Kissama** (also spelt Quiçama), situated 70km south of Luanda comprises a swathe of coastal savannah where elephants, water buffalo and sea turtles are easily accessible.

## MAIDUGURI
NIGERIA

The strength of local traditions in Borno State's capital make for a fascinating visit, best enjoyed without an itinerary and with an open mind. Pit-stoppers can check out the **Borno State Museum** off Shehu Lamido Way or the **National Museum** on Bama Rd.



**BUY** The main markets, the **Monday Market** off the Nepa roundabout and the **New Market** along the Alo River can be visited in a day. The northeast's scant resources make the markets a vibrant focal point where people and livestock converge from far and wide.

**BON APPETIT** **Hanna's** on Shehu Laminu Way near the Dujima Hotel serves a range of affordable African dishes and is next door to the equally formidable Villagers. **Jil Restaurant**, half-way between West End and Banks roundabout by the race course, serves European dishes. Its popularity is down to a TV showing foreign news channels and cold soft drinks. Most independent restaurants are closed on Sundays and do not serve alcohol.

**BED TIME** There are around five good local hotels. Rooms at the **Deribe Hotel** (Sir Kashim Ibrahim Road, 076 231 662) are clean and tasteful with AC, satellite TV and a pool. Also on Sir Kashim Ibrahim Road is the cheaper **Ali Chaman Guest Inn** (076 236 939). Further from the centre and on the expensive side, you will find the **Maiduguri International Hotel** (Stadium Road, 076 235 102) which has a pool, tennis courts and nice views.

**HIP TIP** The **Chad Basin National Park** situated between Borno and Yobe states is home to spectacular wildlife. Hire a guide, 4x4 and get information from the **National Park Office** next to the Maiduguri International Hotel.



## MONROVIA
LIBERIA

There is an understandable lack of tourist traps in Monrovia – but all the better to see the local flavour. The **National Museum** (Broad Street, open every week except Sunday and Monday) is worth a visit. About three-quarters of its collection of 6,000 artefacts were looted during the war, so it is both an example of and a chronicler of Liberia's recent history.

**BUY** **Waterside Market** (Mechlin Street) is definitely the place to go for souvenirs, especially beautiful textiles and intricately-made handicrafts. The market is big and bustling, so it's also a great place to people-watch. Be your own oasis with a cool drink as the frenetic atmosphere surges around you.

**BON APPÉTIT** There is an extensive array of good food in Monrovia, both on the street and in restaurants, especially around Sinkor. Liberian chop shops are as close as you can get to home cooking here, and fortunately they are located on almost every street. The long-standing **Golden Beach** restaurant (Tubman Boulevard) serves fine food and, as its name suggests, is a great place to grab a cocktail and watch the sunset.

**BED TIME** Business travellers will find comfort at **The Cape Hotel** (Mamba Point; +231 77 006633; www.thecapehotel.com.lr), which offers internet and all other modern conveniences with a smile. The restaurant here comes particularly recommended. For comfy and affordable accommodation, the **Mokos Bed and Breakfast** (19th Street Payne Avenue; +231 11 23165 15897) is clean, homely, and very good value for money with TV, A/C, and internet included. By far the best thing about Mokos, though, is the good security and very friendly staff.

**HIP TIP** Head to **Robertsport** (Robert's Port), a small fishing village near the Sierra Leone border, for some great surfing. It is also the home of the **Robertsport Community Works**, which alongside its community outreach programs also offers eco-tourism, sea turtle rescue programmes and free yoga lessons.

## NEW YORK
UNITED STATES OF AMERICA

Places to sight-see are a dozen-to-the-dime in NYC . Don't miss views of the **Statue of Liberty** from the free **Staten Island Ferry** (1 718 727 2508; www.siferry.com) and the Empire State Building (1 212 736 3100; www.esbnyc.com) or get lost in artistic reveries at the **Museum of Modern Art** (1 212 708 9400; moma.org) For those who want to get off the well-worn track try the numerous walking tours available. Official tourist information can be found at **nycgo.com**.

**BUY** New York is famous as a shopper's paradise, and many flock to the big department stores like **Macy's** (151 W 34th Street; macys.com), **Barneys** (660 Madison Avenue; barneys.com) and **Bloomingdale's** (1000 Third Avenue; bloomingdales.com) for everything from designer duds to kitchenware. Children will never want to leave the giant toy paradise **FAO Schwarz** (767 Fifth Avenue; fao.com). For hip boutiques, go to the **Lower East Side** and **Williamsburg**. Looking for something to take back home? T-shirts and mugs emblazoned with the iconic 'I Love NY' logo make great souvenirs.

**BON APPETIT** Order the pastrami on rye and recreate the "I'll have what she's having" scene from When Harry Met Sally at **Katz's Deli** (1 212 254 2246; katzdeli.com). You'll be hard pressed to go a block without finding an amazing restaurant selling everything from bialys and bagels to Michelin-starred cuisine. Remember to tip well. Waiters earn much less than the minimum wage; 15 to 20 per cent of the bill is expected.

**BEDTIME** You are spoiled for choice with New York's luxury hotels, one of the most famous of which is **The Plaza** (1 -212 759 3000; 1 800 759 3000; Fairmont.com/theplaza). Rooms start at $595 a night, though, so for cheaper options try **newyorkhotels.com**. A notable one is the **Pod Hotel** (1 212 355 0300; thepodhotel.com), where for $89 dollars a night you can have clean rooms with iPod stations, free WiFi and LCD TV.

**HIP TIP** Things move fast in NYC. Find up-to-date information at **Newyork.timeout.com**. For deals on tickets visit **lastminute.com.**





## OWERRI
NIGERIA

The heart of Nigeria's tropical Igboland and formerly the capital of the Republic of Biafra, the lush landscape of Owerri has a lot of natural and cultural attractions to lure visitors including outdoor activities around the Oguta Lake, hot springs, craft markets and ancient shrines. Reliable listings and updates can be found at www.imostate.gov.ng

**BUY** Igbo arts and crafts are aplenty at Owerri's **Mbari Cultural Center**, **Eke Nguru** in Aboh Mbaise and **Igwekala Shrine** in Umunoha.

**BON APPETIT** You can rely on hotel restaurants and chain fast food like **Crunchies** on ITC Junction and **Mr.Biggs** on Okigwe Road. There is also a good choice of Nigerian eateries on Ekwena Crescent off Wetheral Road including **Best Lady**, **Renny's Place** and **DE Simeons**.

**BED TIME** The city centre is home to an extensive range of accommodation, most located on or off Port Harcourt Road. Two of the better mid-range options are the **East Gate Hotel** (eastgatehotelowerri.com, Plot C, Ugwu-Orju Layout, + 234 083 233560, 305387) and the recently opened Rockview Hotel which also has branches in Abuja and Lagos (Rockviewhotels.com)

If you're into 80s maximalist decor and Russian roulette, the sprawling **Imo Concorde Hotel and Casino**, 30 minutes from the airport off Port Harcourt Road has 203 rooms, each with a balcony, a business centre, bustling nightclub, conference rooms, sports facilities and of course, a casino.

**HIP TIP** Imo State plays host to vibrant festivals, dance performances and masquerades. To find one that coincides with your visit, see the following website: **imostate.gov.ng/festivals**.



## PORT HARCOURT
NIGERIA

If time and flexibility is limited, head to Port Harcourt's **State Museum** at the bottom of Azikwe Rd for outstanding examples of objects from the area's ethnic groups, including colourful masks and utensils. There are also a few small parks throughout town. Port Harcourt is known throughout Nigeria as 'the garden city.'

**BUY** There are supermarkets on Azikwe Rd and two markets in the Old Township including the bustling **Creek Rd Market**.

**BON APPETIT** For upmarket dining, eat at Ororo at **Le Meridien Hotel**. Hotel Presidential, on Aba Expressway houses **Why Not Lebanese Restaurant**, and **4,5,6** has some of the best Chinese in town. **Sopranos Bar** (7 Abacha Rd, 0803 312 3878) is a local favourite for night caps.

**BED TIME** **Hotel Presidential** is the city's oldest and very popular with foreign visitors (GRA Phase II, Aba Road, +234 (0)84-461 500, hotel-presidential.com). **Le Meridien Ogeyi Place** is possibly Nigeria's most luxurious hotel. Each room has a jacuzzi and there is a pool, spa and meeting rooms (45 Tombia Street, GRA Phase II, Port Harcourt, +234 84 461 770). **The Protea Hotel Garden City** is another good business hotel (Km16 PH/Aba Expressway Port Harcourt, +234 84 465 700 proteahotels.com).

**HIP TIP** **The Old Township** by the waterfront is a bustling hive of activity and the most atmospheric and interesting part of town although going with a guide or local resident is recommended.



## SOKOTO
NIGERIA

Located in the extreme northwest of Nigeria, Sokoto is the seat of the Sokoto Caliphate, and home of the Sultan of Sokoto, regarded as a spiritual leader to many Nigerian Muslims.

The proud and orderly town has a rich and colourful history. The Fulani are thought to have migrated there from Mali in the 13th century. In 1807, Usman Dan Fodio's jihad led to the creation of the caliphate.

Historical sites of interest include the Sultan's Palace, Shehu Mosque and Bello Mosque on Sultan Bello Road. The **Waziri Junaidu History & Culture Museum** on Alli Akilu Road is also worth a visit. The colonial era room contains fascinating – and amusing – artefacts including a throne given to the Sultan by Queen Elizabeth with a carving of a naked boy on it. The culturally insensitive chair had to be redesigned before the Sultan could sit on it.

**BUY** Shopping is limited although roadside stalls sell a range of textiles and food. One would be better off ambling through **Sokoto Central Market**, an adventure in itself.

**BON APPETIT** **The Young Shall Grow** bus terminal serves good Nigerian food. There is also a supermarket and Middle Eastern restaurant called **Double 7** on Abdulahi Fodio Road. Don't expect to find alcohol. Northern Nigeria is an Islamic region with strict restrictions on nightlife and alcohol consumption.

**BED TIME** There are four or five hotels on and around Kano Rd. However service and amenities are not of a high standard. These include **Giginya Hotel** (060 231 262, Bypass Rd) and **Shukura Hotel** (060 230 006, 10 Kano Rd).

**HIP TIP** Time your journey to coincide with the legendary **Argungu Fishing Festival**, easily the world's most visually explosive fishing event. Thousands of participants compete to catch fish in the Matan Fada River, diving in to wrestle the fish with their bare hands – some weighing upwards of 50 kilos. Fringe events include wrestling and a parade.



## UYO
NIGERIA

Satisfy your inner historian at the **Uyo Museum** (Wellington Bassey Way). Beach lovers can head to the **Ibeno Beach**, farther afield but worth the journey. Ask your concierge for directions on how to get there.

**BUY** Akwa Ibom state is famous for its raffia creations, with everything from baskets to ties made out of the fibre – it's evidently more versatile than most people think. Good souvenirs also include textiles from Uyo's textile mill, and handicrafts, all of which you can find in the **Akpan Andam Market** or the **Entrepreneurial Village**.

**BON APPETIT** Try the delicious afang soup, featuring smoked fish and shredded afang, and ekpang nkukwo, made from two types of yam and yam leaves. You can get these and other dishes at the amusingly named **Oliver Tweest** (Dominic Utuk Avenue), which is also good for breakfast. Please, sir, can I have some more?

**BEDTIME** Lovers of luxury will revel at the brand new **Le Meridien Ibom** (234 0 708 0660; Nwaniba Road PMB 1200). The resort offers everything you'd expect from the Starwood Group, along with a golf club and riverside marina. Those who want clean, comfortable surroundings but don't want to empty their pockets too quickly should try the **Tevo Hotel** (+234 852 00694; 41 Udoh Street), which is cheap and cheerful.

**HIP TIP** If you're lucky, you can catch a show by the **Ekemini Dance Group**, which builds on Akwa Ibom State's tradition of dance and drama. The group's performers come from all ages and walks of life. Most performances are arranged around major events in the traditional calendar.



## WARRI
NIGERIA

Warri is a predominantly Christian oil city in Delta State with a population that has increased rapidly since the oil boom in the 1960s. The city developed as a port during the late 1800s, when it became a centre for the palm oil trade and other major items such as rubber, cocoa, groundnuts, hides, and skins. Warri has a vibrant culture and kind people.

A good way to spend a weekend is a visit to **Abraka Beach**, 30 minutes away from Warri by car. The beach is famous for its natural flowing spring water, and recreational facilities including canoeing, golf, fishing, and swimming.

**BUY** Warri's main market is an incredible site to behold. Weave your way through colourful vendors touting fruit, vegetables, ankara textiles and more. **Uvwie Modern Market** is also worth a visit.

**BON APPETIT** Most hotels have decent restaurants and there are a handfull of fast-food joints and Nigerian eateries on Effurun Rd.

**BED TIME** Thanks to the number of oil companies operating in the area, there are a lot of hotels in the Effurun neighbourhood. Of the larger hotels, **Hotel Excel** (Refinery Rd, Effurun, www.hotel-excel.com) is quite professional. A step down but equally comfortable is the **Godatin Hotel Number 2**, Ayoro Lane, Off Enerhen Rd, www.godatinhotelslimited.com).

**HIP TIP** Wetin you dey talk? Try learning a few phrases in Pidgin, the common language of Warri. Warri pidgin is famous throughout Nigeria for being expressive and authentic. Its superstrate is English with influences from dialects like Hausa, Yoruba and Igbo.



## YOLA
NIGERIA

The capital of Adamawa State is a spacious town on the banks of the Benue. Formerly the capital of the Fulani State until the British arrived in 1901, the town is divided in to two parts, the old town and administrative centre, Jimeta. Yola is also home to the **American University Of Nigeria**.

**BUY** Yola is an easily navigable town where most of what's available is visible on the roadside including textiles, fruit and vegetables.

**BON APPETIT** Choice is limited. **The Pool Bar Restaurant** on Garkida Road on the north side of Jimeta has a choices of dishes, a garden and cold drinks. **Dreams** on 13 Atiku Abubakar Road next to the police roundabout serves burgers, chicken and other fast food standards.

**BED TIME** Located across the road from AUN and the new Federal Law School, AUN Hotel opened in 2012. It's well-maintained, tastefully decorated and comprises a conference center and spa, (AUN Hotel, 228 Modibbo Adama Way, 0805 870 5555, www.aunhotel.com). While most hotels are located in Jimeta, 5km north of the city centre. **Jokems Airport View Hotel**, (075 627127, jokemsairportviewhotel.com, 9 Gumti Rd, Kofare Industrial Area) is near the airport.

**HIP TIP** 6700 square kilometres of mountainous forest and savannah land border Cameroon. The area is now **Gashaka-Gumpti National Park**, site of a major World Wildlife Fund project and home to chimps, lions, elephants, leopards and hartebeests. There is simple accomodation in Serti, a village on the Yola – Gembu road where rangers and vehicles are available to hire. The trip is not for those who like creature comforts, but adventurers will be rewarded with an experience to remember.

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# BIG SHOT

A snapshot from an Arik destination and the story behind it.




## **OBA** BY TERESA MEKA

"This image was taken at the Chale Wote Street Art Festival in James Town, Ghana. I was interested in the look of the woman on the bike. Her name is Zohra Opoku. She was one of the performers. I didn't pose or style her at all. She chose the outfit, and wore the helmet for safety. It was quite busy while I was shooting, with graffiti artists, skaters and acrobats all out on the street.

The shoot only lasted a few minutes and I enjoyed it. I suppose the only downside was the number of admirers who kept interrupting my flow. I would have loved to have had time for a longer, well-planned shoot with her.

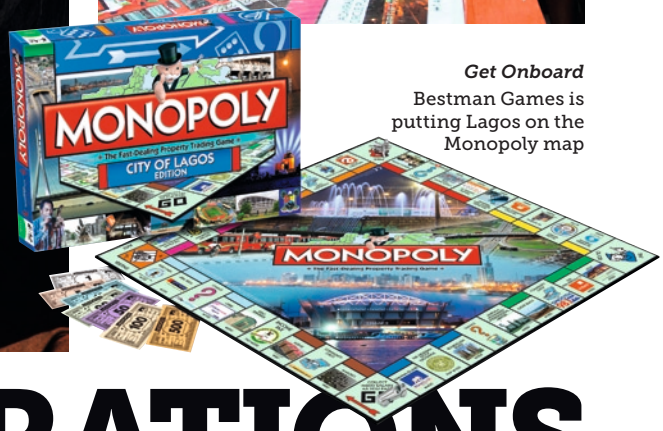
I deliberately chose black and white for the image because I felt that the print of her outfit and bright colour of the fabric was too busy and would take the attention away from my subject. If I had to give this photo a title it would be 'Oba', which means woman in Twi, a Ghanaian dialect." **Nana Ocran**

### PROFILE

**Name:** Teresa Meka
**Started taking photos:** in 2009. I took a short course in photography but I'm mainly self-taught.
**Who are your icons?:** life and people.
**Would like to shoot:** in Paris.
**Any tips?:** Someone once told me the trick in life is to keep pushing the limits we set for ourselves. It's always fun to discover the new you and to stay original.








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# GOOD MIGRATIONS

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## *This issue Nimi Akinkugbe*

Nimi Akinkugbe is the CEO of Bestman Games, Nigeria, the African distributor of local editions of the board game Monopoly. She tells Wings why young people must learn to visit other African countries.

**The creation of the City of Lagos edition has been a learning experience for me**. There was so much about Lagos that I didn't know. For example, I wasn't aware of the Lagos State Drivers Institute to improve our driving culture and retrain drivers. I also had no idea that the emergency services numbers are 767 and 112. There's a stunning new landmark that connects Ikoyi with the Lekki Corridor, the Lekki-Ikoyi Link Bridge, West Africa's first cable-stayed bridge. It's a most impressive landmark that has improved our landscape and has also had a huge impact on traffic flow.

**The sheer size of Lagos and its teeming population is awe-inspiring**. This project brings into focus the energy, drive and creativity that the current administration brings to bear in transforming this mega-city. It really is a wonderful platform for us to showcase the transformation of our continent and its untapped investment and tourism potential.

**I've learned that if we are not proud of our own heritage and do not tell our story in our own way it may seldom be told in a positive light**. Rather, we will continue to be portrayed as a continent overshadowed by disease, poverty, hunger, corruption and widespread civil strife. We have presented Lagos on the international platform using the game of Monopoly. It's just one way of telling our own story in a positive way.

**"We have presented Lagos on the international platform using the game of Monopoly. It's just one way of telling our own story in a positive way"**

**As Africans, we have not taken the time to showcase our rich cultural heritage**. We have been content to be silent about the world's myopic view of us and seldom take time to explore our own blessed continent. Indeed, it was only when I was Regional Director (West Africa) for Barclays Bank that I visited West African countries as part of my role. I had never done this before and was amazed by what I discovered. It's up to us as Africans to promote and educate the world about the positive things we have to offer and we can only do this by educating ourselves first and being our own PR agents.

**There's priceless value in learning and expanding one's horizons through travel**. I encourage our youth to challenge themselves to visit at least one Nigerian city and one African country a year. They will be pleasantly surprised by what they will discover. Fortunately, Arik Air reaches most West African destinations if one doesn't wish to travel by road. I spent a large part of my childhood years in East Africa and the family holidays we enjoyed at that time are still some of the best I have ever experienced. Africa is a continent that has been blessed with a vibrant people, stunning landmarks, abundant natural resources and the beauty of a rich cultural heritage that makes us unique; all these are waiting to be discovered and presented to the world.

**Belinda Otas**




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