

Traveller's notes

Helpful facts and interesting stats...



HOW TO TURN YOUR HOTEL ROOM INTO A GYM

If your hotel doesn't have a gym or you're simply pressed for time, don't throw your hard-earned fitness habits away. There is plenty of adaptable equipment in every hotel room, you just need to know where to look. Push-ups, sit-ups, squats and lunges are all great exercises that strengthen your muscles – and the only 'machine' you need is your own body. Here are our top tips:

- ★ Take an exercise DVD with you to use in your room for inspiration and guidance.
- ★ Use a towel as a floor/yoga mat to do floor exercises.
- ★ Use the seat of a chair to perform dips. For added intensity, prop feet onto bed.
- ★ Utilise your luggage! Go for squats and lunges using a backpack, or holding on to small pieces of luggage, for added strength training.
- ★ Thera-bands, or other stretchy devices, are easy to carry in travel bags and can provide resistance to increase the intensity of the exercises.
- ★ Create your own Stairmaster. Step up, with your upper body straight, using your thigh and gluteal muscles. Do as many flights as you can without exhausting yourself. This provides an aerobic workout and should slightly accelerate your heart rate.
- ★ If you're missing your weights, invest in some travel-friendly water-fillable dumb-bells.
- ★ Get skipping! In a confined space, such as a hotel room, a thin, plastic speed rope is the best option.

HOW DO YOU SAY...

'Pleased to meet you':

Spanish	<i>Encantado</i>
Arabic	<i>tasharrafna</i>
Chinese	<i>w hěn gāoxìng gěnn jiànmìan</i>
Greek	<i>Hérome yia tin gnorimía</i>
Japanese	<i>oaidkite ureshii desu</i>
Hebrew	<i>Na'im Me'od</i>
Irish	<i>Tá athas orm buaileadh leat</i>
French	<i>Enchanté</i>
German	<i>Hat erfreut, um Sie zu treffen</i>
Italian	<i>Piacere di conoscerti</i>
Russian	<i>Prijatno poznakomitsja</i>

'Thank you':

Spanish	<i>Gracias</i>
Arabic	<i>Shukran</i>
Chinese	<i>G nxiè n</i>
Greek	<i>Efharistó</i>
Japanese	<i>Arigatō gozaimasu</i>
Hebrew	<i>Toda</i>
Irish	<i>Go raibh maith agat</i>
French	<i>Merci</i>
German	<i>Danke schön</i>
Italian	<i>Grazie</i>
Russian	<i>Spasibo</i>



TRAVEL TIPS

A well-packed suitcase is the first step to a stress-free trip. To maximise space and minimise wrinkles, tightly roll your clothes. This cuts down on nasty creases and frees up more space in your case. You can also pack in more by placing your socks and other small garments inside your shoes – this will help protect your shoes from getting crushed, too.

60

second interview

VICTOR POLITIS, businessman, traveller and photographer

Frequent business traveller Victor Politis knows how to get the best out of his peripatetic lifestyle. The founder of PRI (Private Resources for Industry) an International Project Development Firm which also provides Project Financing Advisory Services to select clients, he uses his frequent travel to hone his skills as a photographer. We met up with him on the eve of a photographic exhibition in London in March

Why the interest in photography?

Photography has always been a passion of mine. Even as a young boy in Greece, when I couldn't afford a camera, I would borrow one from a local shop. When I started to travel on business, I always took a camera with me. I found that it helped to balance the intense work pressure with my appreciation of people and surroundings. But I had to adapt the pictures I took to this new lifestyle. I was spending so much of my time travelling by car, so I simply started to point and shoot with my camera from the moving vehicle.

How do you make the most of travelling on business?

It's about finding the right balance and making the most of the opportunity to travel. Where possible, I try to organise stopovers on my way to a business meeting, so rather than arriving tired

at my destination, I take time out to explore a different city *en route*. I like to visit markets, festivals, concerts and museums – mostly places where locals and visitors interact. It also helps to be passionate about something other than work; this makes work more manageable. My passion is curiosity, an interest in life and in people, particularly through photography, but other people's passion might be a sport or yoga.

What do you never leave home without?

I always have a bag full of essentials ready to pick up and take. I can't travel without the following: * my laptop * my Blackberry * an extra cell phone and a local Sim card * a minimum of one camera; preferably a Canon 5D with two lenses and a smaller point and shoot that is easier to carry around * noise-cancelling headphones for the aeroplane – great for cutting out the noise and the buzz and helping me sleep * aeroplane socks to aid blood circulation * royal jelly!

Where is home when you're not travelling?

I live in New York at the moment, but I feel at home wherever I am.

What's your favourite destination?

My favourite city is Istanbul, but my recent travels have given me the urge to discover more of Sub-Saharan Africa. This is somewhere that has really piqued my interest. It is not a homogenous culture and is misunderstood by its media portrayal, but it also offers a fabulous opportunity for business to participate in the growth of new industries.

You can see the photography of Victor Politis and find out about his upcoming exhibitions on www.victorphotos.com.

VICTOR'S IMAGES



Inca Trail. Peru, 2005



Daughter with father. Mumbai, 2007



Fruit and veg. Luanda, 2006



Going Home. Sakkara, 2006

TRAVEL PHOTOGRAPHY TIPS

- ★ For dark places, use a fast film (400asa and up); for light places, use slower film (200 or 100asa).
- ★ If photographing into light, a Polaroid lens will cut out the glare. It will also help protect your camera's lens from dust and scratches.
- ★ Try to avoid putting the film through the x-ray machine at the airports – more than a couple of exposures to the x-ray can damage your film. Buy x-ray-proof bags to keep your film in if you travel frequently.
- ★ Always keep exposed film in your hand luggage. If your luggage goes missing in transit, you can replace clothes, but you can't replace those once in a lifetime photos.
- ★ Take spare batteries and spare film. It's better to have too much than run out at the top of a mountain.