

JULY 2024 • TOP ATHLETE LIEKE KLAVER EYES PARIS OLYMPICS • SEOUL CITY GUIDE • THE AMAZING AND LESSER-KNOWN FRENCH RIVIERA • 24 HOURS IN ARUBA • YOUR FREE COPY TO TAKE HOME

HOLLAND HERALD

"I only perform at my best when I'm genuinely enjoying it"

ATHLETE LIEKE KLAVER


KLM
Travel Well



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ATELIER - JEWELRY - WATCHES



BY APPOINTMENT TO THE COURT
OF THE NETHERLANDS

Welcome

Marjan Rintel

PERFORMING AT YOUR BEST



Cover Story

We interview Dutch athlete Lieke Klaver (p. 28) in her home town of Arnhem, in the Netherlands, and at the nearby Olympic Training Centre Papendal, as she prepares for the forthcoming Olympic Games in Paris.

The founder of the modern Olympic Games, Pierre de Coubertin, once said, “The essential thing in life is not conquering but fighting well.” This edition of *Holland Herald* features people who follow that maxim. Through perseverance and by pushing themselves to the limit, they have, first and foremost, fought well.

Dutch Olympian Lieke Klaver (p. 28) illustrates this a little too well perhaps, but her efforts have led to a breakthrough. After finishing fourth in the 400m at the 2022 World Athletics Championships in Eugene, Oregon, she had to take a step back because she’d been pushing herself too hard. The athlete has now found better balance in her life and is focused on improving day by day as she prepares for the Olympics. I wish our Olympic teams all the best as they begin performing later this month, and I hope that they go from strength to strength.

Wietse van der Werf, founder & CEO of the Sea Ranger Service (p. 50) is also pushing the limits in his way, fighting to preserve the Dutch, British and French coastlines. By being courageous, trying everything possible and

“Veering off the beaten path is also a way of pushing the limits”

doing proper research, he has established a successful company. Even a young gamer, who didn’t appear to have much chance of passing the Sea Ranger Service’s training programme, became a major asset as a drone pilot.

Sometimes, veering off the beaten path is also a way of pushing the limits. By doing so, you make unexpected discoveries, stimulate your senses and become inspired. As a result, you get

more out of your holiday and create the best memories. And on that note, I’d like to conclude with a travel tip: We’re adding an extra flight to our schedule for Nice, France this summer. Apart from the beautiful city and its beaches, you’ll find a stunning nature reserve nearby, which is ideal for cycling or hiking.

Welcome aboard!

Marjan Rintel
KLM President & CEO





Heritage

Ref. 20001

VAN DER GANG
WATCHES



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Your Next Destination

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

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MEET THE TEAM



Charlotte Latten

Charlotte is a journalist and the Content Manager of KLM's *Flying Dutchman* magazine. For this issue of *Holland Herald*, she interviewed Olympic athlete Lieke Klaver (p. 28). Present at the photoshoot, Charlotte was in awe seeing Lieke, one of the fastest women on the planet, in action on the running track.

Charlotte's travel tip: "Last year, I visited Oman and it was magical. I swam in crystal-clear wadis, spent the night in the desert, visited castles and forts and hiked in breathtaking mountains. I'd love to go back because I also want to discover the fjords in the north and the beaches in the south."



Dennis Boxhoorn

Dennis is a freelance journalist who has worked for several Dutch publications. He currently plies his trade for the *Brabants Dagblad* newspaper. Dennis loves to write about sports, travelling, art and culture. He wrote the travel story about the French Riviera (p. 40), which covers some of the region's lesser-known parts.

Dennis' travel tip: "In May, I drove to Puy-Saint-Vincent near the Italian border in the French Alps. A couple of hundred metres up from the commune is a dreamy wooden refuge called Chalet AlpeLune. They have multiple rooms available and serve the best raclette I've had in years."



Monique Kolmeijer

Inspired by her passion for travel and travel photography, Monique, our Photo Editor, uses her visual storytelling skills to encourage readers to go on adventures because there are so many destinations to dream about and a seemingly infinite number of beautiful places to discover across the globe.

Monique's travel tip: "Experience the breathtaking beauty of the Dolomites on a hut-to-hut hike from Alpe di Siusi to Selva di val Gardena. Wander through expansive alpine meadows, past clear mountain lakes and beneath impressive peaks, and enjoy the hospitality at cosy mountain huts while taking in spectacular views."

Colophon

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THROUGH *your lens*





Kenya



ON THE PROWL

DURING HIS PHOTOGRAPHY TRIP TO MASAI MARA NATIONAL RESERVE IN KENYA, GAURAV KUNDARAP WITNESSED LIONS IN ACTION DURING THE GREAT MIGRATION.



I've been a fan of Indian wildlife photographer Sudhir Shivaram for a while now,

so when the opportunity arose to join one of his photography trips in Kenya, I jumped at the chance. And that's how I found myself at Masai Mara National Reserve in September 2023.

I arrived just in time to witness the last of the annual wildebeest migration. Seeing hundreds of thousands of wildebeest, and other wildlife, crossing the large plains and rivers, was an unforgettable experience. It was fascinating to see how groups of predators were lying in wait, ready to snatch an unexpected calf. I was in the right place at the right time when I captured this pride of young lions. I named this photo 'band of brothers' because the pride seemed to be related and working together during their hunt.

I originally tried my hand at photography by capturing birds. There's something

therapeutic about bird photography; you're only able to capture images of birds when you stay quiet and calm for long periods of time. You never venture into an area in large groups, it's mostly about being by yourself, surrounded by the natural environment.

Your Photo

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

Monthly Prize

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

Some of the images are also available as fine art.

jimmynelson.com/fine-art-intro





Co-own your dream homes!

MORE THAN 1,200 FAMILIES HAVE JOINED 21-5. TWENTY-ONE FAMILIES OWN AND SHARE FIVE UNIQUE HOLIDAY HOMES. WE SPOKE TO BIRGITTE AND KIM WHO JOINED IN 2017.

Where are your homes located?

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

What about booking, can you get the weeks you want?

Yes. We have always been able to book the weeks we want. We personally prefer Southern Europe in the spring and autumn months. The booking process works extremely well, and it is a pleasure to log on to the booking system and book our next holidays. It's so much easier than searching for rentals or hotels.

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

It is a very professional organisation, and you can clearly see that they have a great passion for both finding and creating wonderful holiday homes, but perhaps even more so for taking

care of us, the owner families, when we use our homes. We always feel very welcome and cared for. We highly recommend 21-5. We consider all the team members – who we have met during our ownership – to be very trustworthy.

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

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

Has 21-5 been a good investment for you?

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



Birgitte & Kim, 21-5 owners

FACTS ABOUT 21-5

- Since 2011, more than 1,200 families have joined 21-5
- More than 475 million EUR has been invested in holiday homes through 21-5
- More than 225 holiday homes are already in operation
- Average resale profit is 50%
- 96.4% of families recommend 21-5



For more information:

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info@21-5.com
www.21-5.com

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The SELECTION

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



Berlin

MASK ON/OFF

Which parts of ourselves do we show to others and which do we keep hidden? As a trained clinical psychologist and now photographer and artist, Elizaveta Porodina is fascinated by emotion-driven behaviour. The exhibition *Un/Masked* at Berlin's Fotografiska museum brings her dreamy, cinematic and poetic photographs together, and gives insight into her unique techniques.

Until 13 Aug; berlin.fotografiska.com

TO *see*

Rotterdam

CULTURAL HUB FOR ALL



Out of a personal desire to create a cultural hub in their hometown of Rotterdam where creatives and like-minded people could come together, creative entrepreneurs André Marques and Tim Wes opened De Kunstfabriek | Unit699. Besides offering an exhibition space for upcoming artists, there's also a natural-wine bar. @dekunstfabriek.699



Los Angeles

DECONSTRUCTING NARRATIVES

Throughout her career, African-American artist Mickalene Thomas has been pushing boundaries by mixing different techniques, from collage art to using rhinestones and coloured glass in her artworks. Moreover, Thomas likes to play with deconstructing narratives of what beauty and art should look like. An overview exhibition of her work called *Mickalene Thomas: All About Love* is now on show at The Broad in Los Angeles.

Until 29 Sep; thebroad.org

Paris

PAINTINGS IN A PAINTING

FONDATION LOUIS VUITTON BRINGS TOGETHER SOME OF HENRI MATISSE'S PERSONAL FAVOURITE ARTWORKS FROM HIS RED STUDIO ATELIER.



In one of his most famous paintings, *The Red Studio* (1911), French artist Henri Matisse gives viewers a peek inside his atelier, filled with paintings, sculptures and interior design objects. For their *Matisse: The Red Studio* exhibition, Fondation Louis Vuitton in Paris has brought all the surviving paintings depicted in the masterpiece together,

including *Young Sailor II* (1906, left), for the first time since they left Matisse's studio in Issy-les-Moulineaux. Three sculptures and one ceramic shown in the painting are also on display, as well as archive materials such as letters and photographs. A conservation video explains the process of the restoration of some of the works.

Until 9 Sep; fondationlouisvuitton.fr

French artist Henri Matisse and Spanish artist Pablo Picasso were **friends and foes**, constantly challenging each other

London

AS SEEN BY SIR ELTON

Next to being a global music icon for more than five decades, British rock star Sir Elton John is also an avid art and photography collector. Together with his husband, Canadian-British filmmaker David Furnish, John has collected more than 7,000 images over the past 30 years. A selection of these is now on display at London's V&A Museum. The exhibition *Fragile Beauty* not only features works by artists such as Nan Goldin and Irving Penn, but also tells the stories of modern history. Until 5 Jan; vam.ac.uk



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TO wish for

American Bernard Sadow is credited for inventing the **first wheeled luggage** in 1970



Fashion

ISLAND DREAMS

FOR ITS LATEST COLLECTION, FASHION BRAND ALÉMAIS WAS INSPIRED BY LAMU ISLAND.

The Kenyan Lamu Archipelago, a former trading hub in the Indian Ocean, has a rich mixture of cultures and architecture, from African and Arab to Chinese and Indian. Designer Lesleigh Jermanus of Australian fashion brand Alémais explored Lamu Island and had her travel pictures recreated by Argentinian artist Alan Berry Rhys for the brand's summer campaign. alemais.com

Beauty

STACKING SKINCARE

Toiletries can take up a lot of luggage space. That's why British beauty brand Trinny London has come up with a smart

system of stackable skincare pots. So, your skin is well-maintained wherever you go. trinnylondon.com



Interior design

Let there be light

Whether you're planning an evening picnic, want to study at night without waking your roommate or would like to make your hotel room more cosy: the cordless lamps by Humble Lights are a perfect, lightweight companion. This Humble Two comes in three colours and its battery lasts for up to 96 hours.

€159; humblelights.com



Sports bag

READY TO PLAY BALL



Fashion brand Ma[®]ket and bag brand Eastpak have created two more pieces for their special collaboration collection: a mini-bag with a foldaway pouch for carrying sports gear, and a backpack with a front pocket that has a net, ideal for carrying your basketball. Or, if you're not into shooting hoops, you can use it for your groceries or other items. From €95; eastpak.com

TO meet

Listening to jazz music is believed to stimulate your **creative brain waves**

Q&A Reuben James

A MELTING POT OF SOUNDS

BLENDING JAZZ, SOUL AND R&B, BRITISH SINGER-SONGWRITER AND PIANIST REUBEN JAMES WILL BE PERFORMING AT NORTH SEA JAZZ FESTIVAL IN ROTTERDAM THIS MONTH.

What role did music play in your childhood? Music was a massive part of my childhood, right from an early age. Family parties, which were filled with lovers rock and reggae music, would see us dancing all night. My mum and dad would play a wide variety of tunes on long road trips, with mix tapes that contained anything from Buena Vista Social Club and Frank Sinatra to Bruce Hornsby and Bob Dylan. Stevie Wonder was also a staple. My parents had a massive vinyl collection, which exposed me to jazz, and they introduced me to some amazing music. My older sister got me deep into gospel music and R&B, and I followed in her footsteps playing piano, singing and playing the violin.

How would you describe your sound? My music is a blend of R&B and soul, with jazz harmonies; basically a melting pot of all my favourite sounds. But there are several other genres and influences thrown in as well. I don't like to be bound to any particular style, I just like the genre of good music. I literally wake up and create music; I follow my heart and make the creative choices I want to make.

Who are your musical heroes? Erroll Garner, Herbie Hancock, Stevie Wonder, Robert Glasper, Bill Evans, D'Angelo, Aretha Franklin and Nat King Cole are just a small selection of artists I look up to. If I could ever sit next to Stevie Wonder on a long-haul flight, I would ask him about his approach to songwriting and how he starts his creative process. I'm curious to hear whether it starts with the chords, a concept, lyrics or rhythm for

him. As for artists that are not with us anymore, I would've loved to have talked to Nat King Cole about his piano techniques and his early journey into music. Or to Herbie Hancock about practice and searching for new melodic ideas when improvising. And, it would've been amazing to talk to Louis Armstrong about his life and the world in general. I feel like there'd be lots of laughs had and an overall great vibe.

What are your expectations for North Sea Jazz Festival? I can't wait to perform with my band at such an iconic festival; I'm stoked to be up there among many of my heroes. I'll make sure I see Brittany Howard, Emily King, Vulfpeck and Kurt Rosenwinkel. And I'll definitely check out Jamie Cullum. I know him really well but have never seen him live. He's a big reason I got into jazz. 12-14 Jul; northseajazz.com



“
**MY PARENTS
 INTRODUCED
 ME TO SOME
 AMAZING MUSIC**
 ”

TO *taste*

During the European Renaissance, women would use lemon juice to **red**den their lips

Book

LOVELY LEMON

Whether it's being squeezed over the catch of the day or used to freshen up a sweet dessert: lemon is a tastemaker for many different dishes and cuisines. *The Gourmand's Lemon* is full of recipes and tells the stories of its juicy history. €40; taschen.com



Mykonos

GREEK RIVIERA CHIC

If you're craving classic French dishes such as *crème brûlée* and *escargots*, but happen to find yourself on the Greek island of Mykonos, then head to La Petite Maison restaurant. The French restaurant group by the same name, which first opened its doors in Nice in the late 80s, recently added the chic Greek island to its list of locations. Don't be surprised if you end up sitting next to the Beckhams or Carters here.

lpmrestaurants.com

Amsterdam

A NEW FLAVOUR

A HISTORIC RESTAURANT IN AMSTERDAM HAS REOPENED UNDER A NEW NAME.



For centuries, Amsterdam-based restaurant De Gouden Reael, which first opened its doors in 1834, was a hidden treasure and local favourite. But even icons need to refresh to keep up with the times, so the restaurant recently reopened under a new name: Tannay. And its young chef Thomas Demuth, who's worked in multiple Michelin-starred restaurants in Paris, gets his inspiration from the French region of Burgundy, where he grew up. restaurantscaron.nl

Gadget



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TO do

Stretching 254km, Praia do Cassino in Brazil is considered **the world's longest sea beach**

Amsterdam Beach

MEET ME AT SOUTH BEACH

Not to be mistaken with the iconic beach in Miami, Florida, South Beach in the Dutch town of Zandvoort – also known as Amsterdam Beach – boasts a collection of laid-back beach clubs, including Paal69 and Bodhi Beach. Nestled between the Amsterdam Dunes and the North Sea, far from the crowds, you can relax with the local surfer crowd. paal69.com



Music

CONCERTS WITH A VIEW

What's better on a warm summer's night than listening to some beautiful music while enjoying a mesmerising sunset? While warm weather isn't guaranteed in Amsterdam, this year's concert series *On the Roof*, taking place on the rooftop of Hoogtij Amsterdam, does guarantee a great line-up, with acts such as percussionist Vernon Chatlein (above).

Until 13 Sep; on-the-roof.com

Cape Town

DREAMING OF TABLE MOUNTAIN

WITH GORGEOUS VIEWS AND ROOMS, CAPE TOWN'S DORP HOTEL IS A DREAM LOCATION IN ITSELF

Set on the very top of the Bo-Kaap neighbourhood, offering incredible views of the city and the iconic Table Mountain, Cape Town's majestic Dorp Hotel feels like you've travelled back in time, thanks to its vintage furniture, classic black-and-white tiles and old-fashioned keys. But don't be mistaken: this hotel was only built a few years ago by South African designer Gail Behr, who sadly passed away shortly after finalising the project. The hotel consists of two parts, Dorp and Onderdorp, the latter being more of a self-service apartment concept. dorp.co.za



Larger than life

AT MUSEUM VOORLINDEN



**Suzanne Swarts,
Director at Museum
Voorlinden, on the
new exhibition by
Ron Mueck.**

With unparalleled craftsmanship and incredible attention to detail, Ron Mueck creates stunningly realistic and intimate sculptures. They can be minuscule or monumental, but never life-size because, as Mueck says, “We meet life-size people every day.” His *Couple under an Umbrella* (2013) sculpture is exactly twice our size, but the startling realism of the work instantly draws you in. No matter how big or small, you feel an emotional charge to his figures. And that’s what you’ll experience when visiting his solo exhibition at Museum Voorlinden, where you’ll see how the former puppet maker developed himself as an artist. You’ll also discover that his work goes beyond realism and that he creates powerful psychological portraits of the human condition.

Where and when?

Ron Mueck Exhibition: Until 17 November 2024

Address: Buurtweg 90, 2244AG Wassenaar
Opening times: Museum (11am-5pm);
restaurant (10.30am-6pm)

From Wassenaar by car: The Hague (20 mins);
Schiphol (25 mins); Amsterdam (45 mins)

Buy your ticket: At the museum or online:
tickets.voorlinden.nl





Column

Freek Vonk

THE 2024 ANIMAL OLYMPIC GAMES

FREEK, A DUTCH BIOLOGIST WHO STUDIES AND FILMS UNIQUE ANIMALS WORLDWIDE TO INSPIRE A LOVE FOR NATURE, TALKS ABOUT ATHLETICISM, AND OTHER TALENTS, AMONG ANIMALS.

“Swordfish slice through the water like torpedoes at 129kph”



It's a good thing that animals aren't allowed to take part in the Olympic Games because they would beat us easily in just about every event. Former sprinter and current 100m world record holder Usain Bolt wouldn't even win against a cow on the running track, let alone a cheetah, which can sprint at 110kph. And it doesn't end there. Animals possess even more superpowers, the sort that we humans can only dream of. So, what would the 2024 Olympic Games look like in the animal kingdom?

Nature is full of elite athletes who would easily snatch the gold medals from under our noses. Take kangaroos, for example. With just one jump, they would defeat not only our best long jumpers, but our best high jumpers, too, because they can reach a distance of 12m and a height of 3m. And while swimming champion Michael Phelps entered the record books by achieving 8kph in the swimming pool, swordfish slice through the water like torpedoes at 129kph. I could go on.

Of course, there are many more events in which animals would shine if they were to organise the Olympic Games themselves, with new events I'd certainly stay in to watch. Who, for example, would be the 2024 camouflage champion? The leaf-tailed gecko would definitely be in with a chance. These creatures are practically indistinguishable from tree bark. When I was in the

jungle in Madagascar, I had to search for hours and hours until I found one. Some animals aren't born with such amazing camouflage, though, and have to work extra hard to conceal themselves. It makes me think that the decorator crab deserves a podium finish. They decorate themselves with all kinds of things, such as seaweed, algae and even living sea anemones. They go to extreme lengths not to be noticed.

And what about a making noise event? In the 10-tonne weight class, the humpback whale takes first prize. Its song can be heard hundreds of kilometres away. And in the lightest class, the African cicada would win the gold medal. It's the loudest insect in the world. Believe me, the cicadas you hear in France are nothing compared to male African cicadas. They make more noise than a rock concert. With male cicadas, it's a case of the louder the better because that's what gets the females excited.

A podium spot should certainly be reserved, too, for the poison dart frog as one of the most poisonous creatures in the world. And for koalas who, as marathon sleepers, and can sleep for up to 22 hours a day. Termites shouldn't be left out of the 2024 Animal Olympic Games either. Despite their small size, they create structures reaching 8m in height that can last for thousands of years. Talk about performances!

EAT *out*

Maastricht
The Netherlands



KING OF FISH

Not just a dinner, but an experience. That's how chef Rodny Welters classifies his five-course menu at Novo New Dining in the Dutch city of Maastricht. This yellowtail kingfish from the region of Zeeland, doused with an Asian vinaigrette and served with yuzu, raspberry, nasturtium and a kohlrabi gyoza, is Welters' interpretation of the vibrant city of Tokyo, and launches the experience. In case you can't wait for dinner, Novo New Dining does a five-course lunch menu, too.

novo-dining.com



South Korea



My

SEOUL

FOUR YEARS AGO, DUTCHMAN JITSE JAGER MOVED TO SEOUL AND FELL IN LOVE WITH THE CITY. AS A PHOTOGRAPHER AND WRITER, HE'S BEEN DOCUMENTING HIS ADVENTURES AROUND IT AND NOW ALSO ORGANISES WALKING TOURS FOR VISITORS. @JIT.SE



How would you describe Seoul? It's like a pinball machine, where you bounce between the remnants of the city's tumultuous history, its present-day vibrancy and the glimpses it provides into a technology-driven future. One minute you're admiring parts of the historic Seoul City Wall ❶ or a centuries-old palace, the next you're on an autonomous bus to the futuristic Dongdaemun Design Plaza ❷ (281 Eulji-ro).

What does your perfect Seoul day look like? I start with a walk along the old city wall and watch the sun rise from the elevated Naksan or Samcheong parks. Then I go to the Jongno district, where I enjoy a bowl of *miyeok-guk* ❸ (hot seaweed soup) at Bodol Miyeok (Jongno Tower, 51 Jong-ro), followed by a coffee and some people-watching on the steps of the nearby Cheonggyecheon Stream ❹. Next, I stroll through the maze of alleys that make up Euljiro, a former industrial area that's now a combination

of old businesses, hip cafés, bars and restaurants, and art spaces. Finally, I enjoy a beer with friends at Euljiro Brewing (48-16 Supyo-ro), followed by a spicy *kimchi-jjigae* (kimchi stew) dinner, preferably at Kim Sambo (250 Eulji-ro).

What are your favourite places to eat and drink? I often go to Myeongdong Dakhanmari (10 Jong-ro 40ga-gil), which has a very simple, delicious menu: a whole chicken cooked in broth at your table. Select a variety of ingredients to add to the broth (kimchi, noodles, rice cakes) and dig in. And one of my favourite coffee places is Peer Coffee Roasters (393-11 Sindang-dong), which has touches of an old Korean hanok-style interior, and its coffee is made to perfection.

What local specialties should we try? *Hotteok*, a thick pancake filled with honey and seeds, is by far the best sweet street snack. The tastiest *hotteok* can be found

at Sammat Hotteok (26 Muhakbong 16-gil); it's a little off the tourist-beaten track, but definitely worth the visit.

Best way to get around? Seoul's public transport system is excellent, easy to navigate and the 20-plus metro lines will get you anywhere you need in an instant. Alternatively, the green-wheeled public rental bikes, Ttareungi, can be found parked throughout the city and are easy to use.

What about cultural and retail therapy? The two main palaces, Gyeongbokgung and Changdeokgung ❺ are open-air museums in themselves. And between these, you'll find the National Museum of Modern and Contemporary Art (30 Samcheong-ro) and lots of outstanding art galleries. I also like Daehangno, which is known as Seoul's theatre district. Shopping-wise, the area around Jahamun-ro is great. It's calm and has more of the traditional Korean

hanok houses than high-rise buildings. Its main attraction is Tongin Market ❻ (18 Jahamun-ro 15-gil), but I go for all the independent bookshops. Mangwon-dong is another peaceful district, with charming shops, art studios, and places to eat.

And where should we stay? Hotel Cappuccino (155 Bongeunsa-ro) incorporates fun concepts around social responsibility and sustainability for its guests. And glue hotel (228 Yulgok-ro) has a great location and offers spectacular views on Naksan Park and peak.

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Changdeokgung Palace



Seoul skyline with Namsan Tower and Seoul City Wall

Start your day with a walk along the old city wall



Dongdaemun Design Plaza



Tongin Market



Seaweed soup

Try a bowl of hot miyeok-guk for breakfast



Cheonggyecheon Stream

Athlete Lieke Klaver

BORN TO RUN





In 2022, Lieke Klaver (25) sprinted into the record books. A flurry of medals followed, but so did the realisation that sometimes you must take a step back to move forward. Meet the 200m and 400m specialist as she prepares for the Olympics. Text Charlotte Latten Photography Anne Timmer

“Wait, Lieke, I can’t keep up with you!” exclaims the photographer while lying in the middle of the running track. Even with honed skills and modern equipment, capturing Lieke Klaver – one of the fastest women on Earth – as she launches herself from the starting blocks is a challenge. The top honours have been coming thick and fast for the athlete in recent years, practically creating another motion blur. Klaver won silver in the 400m short track at the European Athletics Indoor Championships 2023 (in Istanbul) and World Athletics Indoor Championships 2024 (in Glasgow). She’s also part of the Dutch 4x400m relay team, with whom she won gold in the 4x400m relay at the World Athletics Championships 2023 (in Budapest) and gold in the 400m relay short track at the World Athletics Indoor Championships 2024.

Tuning the body

We’re at Olympic Training Centre Papendal – the largest top sports training centre in the Netherlands – on the edge of the green oasis that is De Hoge Veluwe National Park. This is where Klaver has been training since she was 18 years old. It’s also where her athletics career has blossomed in recent years. Despite the cold on this early spring morning, Klaver has no problem posing in light sports outfits. Her bubbly personality shines through, both on and off camera. Once the shoot is over, we sit down for the interview at a café in the city of Arnhem, where the athlete gives some insight into her demanding schedule. In a few days, she’ll be travelling to the South African city of Potchefstroom to train for three weeks. Running at an altitude of 1,753m and enduring long training days is part of her preparation for the competition season. At the end of July, the 2024 Olympic Games will begin in Paris, where Klaver will be representing her country in the 400m and the 4x400m relay.

There’s little room for spontaneity in the life of a top athlete and Klaver’s no exception. She trains six days a week for 11 months of the year. Her mornings typically start with two hours of speedwork or endurance training, followed by a break of a few hours during which she eats, studies for her degree in International Sports Management and relaxes. In the afternoons, she has two more hours of physical practice, this time weight training instead of cardio. “I head home at 5pm to eat, read and simply feel like a normal human being again,” she explains. “And I go

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**I ENTER
A DIFFERENT
DIMENSION
WHEN I RACE**
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to bed early to make sure I get my eight hours of sleep.” Yes, she does watch her diet as well. “I think of my body as a group of cells that require an optimal environment to function. So, I must ensure that I get the right nutrition and limit my sugar intake. But I do allow myself to indulge in a sweet treat every now and then. By listening to my body, I’m completely tuned in to what it needs.” For example, during her annual four-week holiday, Klaver instantly notices the differences in her body. “When I’m on my summer break, I let go of my diet and training regime entirely and have a beer or glass of wine if I feel like it. The funny thing is, I notice it right away. My heartbeat is different during those weeks and my sleep cycle changes as well. But I don’t necessarily feel better without my normal restrictions.”

While her life is very different from that of an average 25-year-old, Klaver doesn’t feel like she’s making sacrifices. “Absolutely not,” she responds, visibly surprised. “Having such a strict schedule is a blessing as far as I’m concerned. Every day, I have a clear goal and that’s to improve on the day before. I work hard and I’m a perfectionist, but I know my limits. That’s something my parents taught me; they never pushed me to do anything I didn’t want to do.” Klaver does exactly what she wants and what she’s good at, she says: “My strict schedule allows me to perform at my best when I’m on the track. My sports career gives me energy, and hearing supporters cheer for me makes me happy. I also get to take »





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MY DAILY
GOAL IS TO
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ON THE DAY
BEFORE
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In short

Lieke Klaver (25) is a Dutch professional athlete specialised in the 200m and 400m. She started running at the age of seven and has won lots of prestigious prizes, including silver in the 400m short track at the European Athletics Indoor Championships 2023 (in Istanbul) and World Athletics Indoor Championships 2024 (in Glasgow). As part of the Dutch 400m relay team, Klaver has won gold in numerous international competitions, including the World Athletics Indoor Championships 2024. Klaver lives in the Dutch city of Arnhem, together with her boyfriend and fellow professional athlete Terrence Agard. She trains at the nearby Olympic Training Centre Papendal.



part in photoshoots like this one, which I enjoy doing. So, no, I don't feel like I'm missing out at all." Still, after some contemplation, Klaver does admit that being there for her friends is sometimes challenging. "I'm now getting to that age when some of my friends are thinking about getting married or having babies," she says. "I'm not as much a part of that process as I'd like to be. But I'm sure I'll make up for lost time at some point; I'll be the first person on their doorstep for any future life-changing events."

Klaver was only seven years old when her mother decided to sign her up to the local athletics club. "In the eyes of my mother, athletics was 'the sport of sports,'" she says. "And since I was always running around and playing outside, she figured it might be a good fit for me." Klaver's sprinting talent didn't go unnoticed. When she was 11 years old, she was invited to train at the Regional Training Centre for top athletes in Amsterdam. In the years that followed, she was selected for the Youth Olympic Games and the World Junior Championships. After high school, she moved to Arnhem to train at Papendal full-time. Her international breakthrough came in Rome in 2020 when she won her first Diamond League competition. "I guess the press considers that my first big moment," she explains. "For me personally, it was when I came fourth in the 400m at the World Championships in Eugene, Oregon in 2022 and set the Dutch record for the fastest time. That was a truly magical moment."

A step back

In hindsight, Klaver realises that she didn't take enough time to reset after that important win in Eugene and was running solely on adrenaline. It was March 2023 when she started noticing being overly sensitive to external stimulation. "Even the sound of my boyfriend putting his keys on the table was a trigger for me," she explains. "I started having panic attacks and wasn't myself at all. I never actually labelled it as such, but I guess I was close to having a burnout." Her coaches responded swiftly by giving her time to rest and recharge. She temporarily cut down her training hours, avoided overly stimulating environments and started talking to a sports psychologist. She also made some lifestyle changes. "I'd always been a social butterfly, so I'd often go into the city, have coffee dates with friends and visit family," explains Klaver. "But I really needed to cut out all the outside noise for a while, so I developed

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**I REALLY
 NEEDED TO CUT
 OUT ALL THE
 OUTSIDE NOISE
 FOR A WHILE**
 ”

new, more tranquil hobbies, such as reading and solving puzzles. I also reduced my circle of friends to those with whom I feel most at ease. That circle now consists of a few close friends and family, my manager and my boyfriend Terrence Agard. He's also a professional athlete, so we understand each other."

Klaver is deliberately open with her large social media following about the tough times she was going through. "Nowadays, it seems like doing everything to the max. is the standard. You can't ever sleep in because it means you're wasting your time. You can't be tired because you constantly need to perform at the top level. I've noticed that more and more of my peers are experiencing burnout. Personally, I think that working hard is great, but only if you balance it with downtime. Everybody's tired sometimes or has an off day occasionally; we're all human. Let's just be honest and open about that." Klaver is now focusing on balancing her energy, doing breathwork, and talking to her sports psychologist every three weeks. This mental coach offers support by, for example, helping her to envision the races she's running. "During a competition, there's a series of steps I need to go through. It helps to visualise these beforehand. We also discuss possible scenarios, such as what to do when a competitor overtakes me."

Getting in the zone

When asked if she experiences a lot of pressure on the day of an important race, Klaver responds »



confidently: “No, not really. I know what I’m planning to do, so I don’t feel insecure when I’m on the running track. Certain rituals that I perform before every competition allow me to get into the right mindset. For example, I like it when my hair and makeup are done perfectly, so I make sure I have enough time to prepare my look.” Once she’s on the track, before she’s ready to set off, Klaver likes to look at the crowd and take everything in: “I try to zoom out, search for the orange shirts – orange is our national colour – in the crowd and wave at the fans. But from the moment I’m on the starting blocks, I go into my own bubble; it feels like a different dimension. It’s funny because stadiums can be very noisy, but I don’t hear anything. My mind is perfectly clear, and my only thoughts are: ‘hit the ground well, use your arms and keep your shoulders low.’” Every now and then, however, other thoughts do pop into her head. “During the 400m at the World Athletics Indoor Championships in Glasgow, I had a lot of lactic acid building up in my muscles on the last bend,” she says. “It’s a common phenomenon, making the last section extra challenging. But this time, my dad was in the crowd, so I thought: ‘I need to push through, dad’s watching’. And it worked, I won the silver medal.”

In terms of the future, Klaver dreams of becoming World Champion or Olympic Champion, and might take on a different challenge should she leave athletics. “If I ever leave the sports world, I might find a job in interior design. First, though, I’ll spend plenty of quality time with Terrence and my friends and family. Terrence is from Curaçao, an island in the Caribbean Sea, and it’s his dream to move back there at some point, so that could be an option. But I’m devoted to the Netherlands, so we’ll have to see about that.”

First things first, however: the 2024 Olympic Games in Paris. Are the Olympics still the holy grail for an athlete? “It’s obviously a special event, as it only happens every four years,” says Klaver. “But at the same time, I want to do my best in every competition. It’s my goal to make it to the finals this year and I’ll try to beat my personal best. And if I win a medal, that’s obviously even better.” It sounds almost too casual for a competitive athlete; doesn’t she want to win? “Of course, but you never know how the others will perform,” she explains. “Coming first is what I focus on. For me, though, having fun is the most important thing because I only perform at my best when I’m genuinely enjoying it.” «

The Netherlands



Klaver's Favourites

Arnhem

This is the city I’ve called home since I was 18 years old, and it has shaped who I am today. Arnhem is where I’ve laughed, cried, partied and got my driving licence. I initially wanted to live in Amsterdam, but since Arnhem is the closest city to Olympic Training Centre Papendal, it made more sense to move here. It’s also close to a forest, which suits me because I love being in nature. Another advantage is the fact that my brother Ties, with whom I’m very close, lives nearby.

Latte art

I’m a huge coffee lover. I have a great coffee machine at home and I’m quite good at making latte art; you could call it a serious hobby. As far as coffee places go, Prut, a cosy location with friendly staff in Arnhem, is my favourite.

Omah Lay

Nigerian singer and songwriter Omah Lay is one of my favourite artists. His voice is really soothing; I can listen to it all day. I always get excited when he releases new music.

Curaçao

My boyfriend Terrence and I visit the island every year. He’s from Curaçao, so we know a lot of people there. I’m currently also learning the local language of Papiamentu. We often travel to other countries in the region from there. Last year we went to Colombia, which was amazing.

Arthur Japin

I like to read, and I rotate between self-study books, about psychology or mental wellness for example, and fiction. My favourite Dutch writers are Adriaan van Dis and Arthur Japin. The latter wrote *In Lucia’s Eyes*, which is about Casanova’s great love Lucia. It’s my favourite book.

Book this story



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ARUBA *by day*

Aruba



A BREATHTAKING COASTLINE, PROTECTED FLORA AND FAUNA, FRIENDLY LOCALS AND A THRIVING ART SCENE: IT'S NO WONDER ARUBA'S SLOGAN IS 'ONE HAPPY ISLAND'.



Street art in San Nicolas 📍



Tres Trapi 📍



A cunucu house 📍



Arikok National Park 📍

More than just the west

Most visitors stay around the capital of Oranjestad and Aruba's western beaches, but there's also lots to discover inland. Visit Santa Cruz, a town in the middle of the island with colourful *cunucu* ('countryside') houses 📍: traditional Aruban homes with small windows and a roof with a peaked centre. And at the southern tip of the island, San Nicolas 📍 is an artsy town where you'll find more than 50 murals by local and international artists.

Getting around

As the roads are safe, the fastest and easiest way to get around is by car or motorbike, but there are also plenty of places that rent out (e-)bikes. With dedicated cycle paths all around the island, you might be slower in getting where

you want to go, but you'll have more time to enjoy the beautiful surroundings.

Beach daze

Each of Aruba's numerous beaches has its own, unique characteristics. Palm Beach, the most-visited resort area, is home to high-rise luxury hotels, a long strip of white sand and plenty of places to eat, drink or enjoy water sports. Hadicurari Beach (aka Fisherman's Huts) at the northern tip of Palm Beach, is a popular spot with kite- and windsurfing fans, while Tres Trapi 📍 ('three steps' in Papiamentu) is a snorkeller's paradise and the place to go if you want to spot sea turtles. The name refers to the natural staircase leading into the sea. And Eagle Beach, lined with coconut palms, sea grapes and Fofoti trees, is

widely considered to be one of the most quiet and stunning beaches on the island.

Food glorious food

Located on the sands of Palm Beach, MooMba Beach Bar & Restaurant (J.E. Irausquin Blvd 230, Noord) offers breakfast, lunch and dinner together with a laid-back vibe. Another Palm Beach spot, Craft Aruba (J.E. Irausquin Blvd 348A) serves delicious healthy dishes, lobster rolls and burgers under the delightful shade of palm trees. And for fare such as Curry Chicken Rotti, Guava Roast Chicken or *Balchi Pisca* (Aruban fish cakes), head to O'Niel Caribbean Kitchen (Bernard van de Veen Zeppenfeldstraat 15, San Nicolas), a charming Caribbean-Jamaican restaurant that's a favourite among locals.

The hiking trails will take you through desert-like landscapes

Happy hiking

Arikok National Park 📍 (San Fuego 70, Santa Cruz) covers almost 20% of the island and includes parts of Aruba's eastern coast. The hiking trails that span the rugged terrain will take you along plantation ruins and gold mines, and through desert-like landscapes. Don't miss the petroglyphs and carved paintings within the Ayo Rock Formations near Ayo village and the Natural Pool (aka *Conchi* in Papiamentu). Bring water shoes if you fancy a dip.

ARUBA *by night*

AUTHENTIC AND LOCAL ON-THE-GO FOOD, FINE DINING AND A BUZZING NIGHTLIFE SCENE ARE ALL THE INGREDIENTS YOU NEED FOR A FUN NIGHT OUT ON THE ISLAND.



Two culinary favourites

As well as its many laid-back options such as beach shacks and food trucks, Aruba also has great fine-dining restaurants. Wilhelmina (Wilhelminastraat 74, Oranjestad) is a popular spot with a beautiful tropical garden. Besides fish and meat, they have several vegetarian and vegan options. And the nearby Taste My Aruba 🍴 (Wilhelminastraat 57) is a sustainable, family-owned restaurant with a rotating menu centred around seafood and fresh, locally sourced products.

Taste the traditional

Aruba's native cuisine is as diverse as it is flavourful, and plays a huge role in the island's culture. The Old Cunucu House restaurant (Palm Beach 150, Noord),

housed in a 150-year-old building, is an excellent place to enjoy homemade native cuisine, such as *pan bati* (cornflour flatbread/pancake), *carni stoba* (beef stew) or *keshi yena* (chicken with olives, cashews and raisins baked with Gouda cheese). For a tasty on-the-go meal, visit Saco di Felipe (St. Maarten Straat, San Nicolas). People from all over the island come here for Caribbean delicacies such as sizzling-hot fried chicken, ribs or chops, plantain and hand-cut fries, all wrapped together in a paper bag.

Dance the night away

Cage Dolls at Cage Night Club (Calle Harmonia 10, Oranjestad) is a dazzling Drag Show that takes place every Thursday, with performances in various disciplines. The

show starts at 9.30pm and after that, the dance floor is all yours. Voted Aruba's number-one bar/club three times in a row, Gusto Night Club Aruba (J.E. Irausquin Blvd 348A, Noord) offers up three dancing areas, both local and international DJs at the decks and a daily Happy Hour. If you're after a more laid-back vibe, visit 5 o'Clock Somewhere 🍹 (L.G. Smith Blvd 1, Oranjestad), a rustic outdoor bar serving signature cocktails, live music and beats from DJs. It's in The Renaissance Marketplace, an outdoor marketplace with shops, restaurants, live music events, art fairs, a casino and six-screen cinema.

Sustainable shuteye

With 49 spacious *casitas* (tiny houses), 2 pools and a lush green garden, all within

walking distance from Palm Beach, the Boardwalk Boutique Hotel (Bakval 20, Noord) is one of Aruba's few small-scale resorts. And the adults-only Bucuti & Tara Beach Resort 🏡 (L.G. Smith Blvd 55B, Oranjestad) on Eagle Beach is the Caribbean's only certified CarbonNeutral® resort hotel, and operates so without sacrificing any comfort or luxury.

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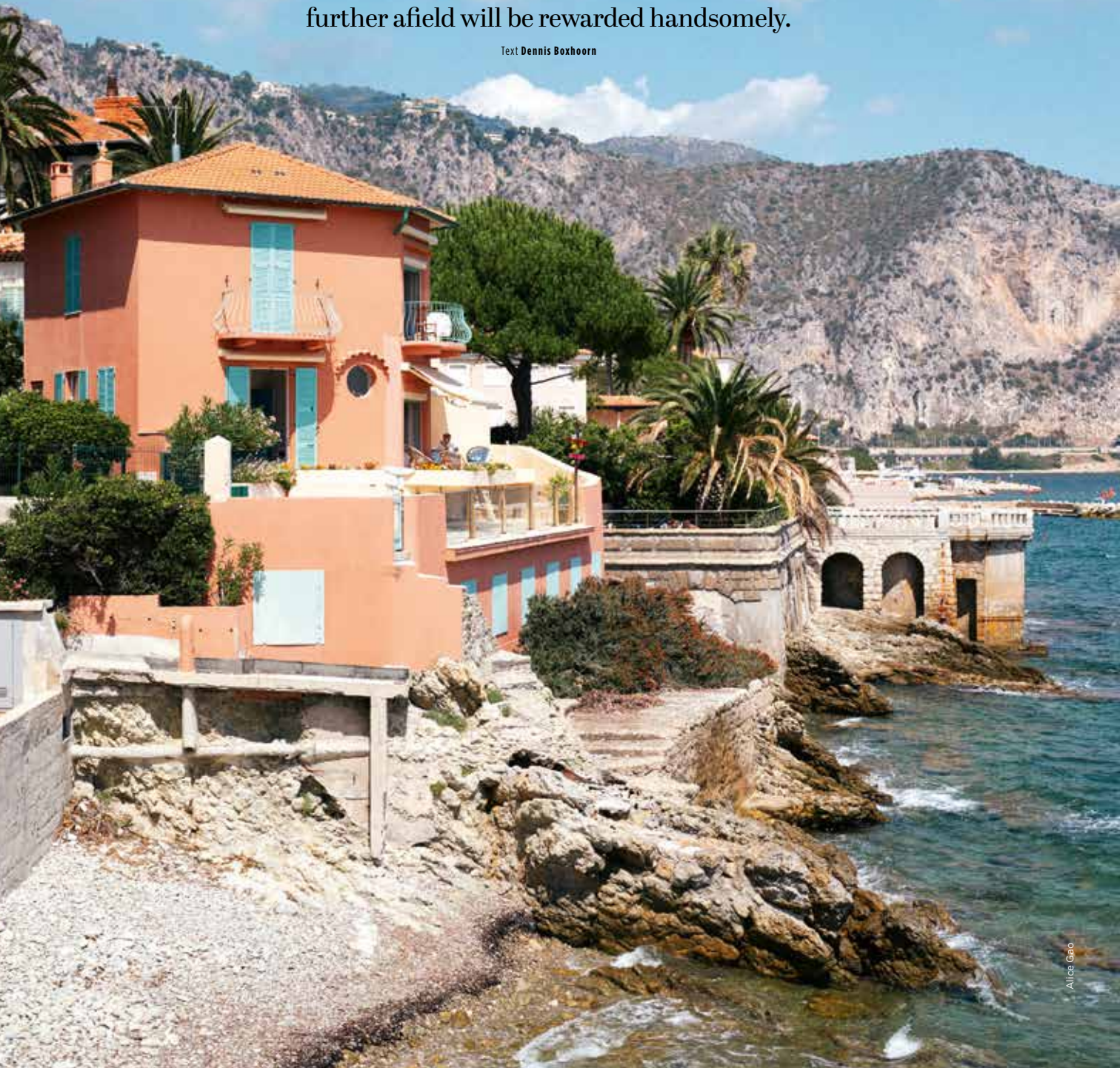
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ABOVE AND BEYOND

The French Riviera attracts millions annually, often to the beaches in Cannes and Nice. But those who venture further afield will be rewarded handsomely.

Text **Dennis Boxhoorn**





Mendez Vous

BAR
BRASSERIE
RESTAURANT

France



I'm sitting on the terrace of Hôtel Le Havre Bleu in Beaulieu-sur-Mer under a sunny sky. I close my eyes for a second to soak up the moment of tranquillity. Some Italians are riding their racing bikes down Boulevard du Maréchal-Joffre; the border with Monaco and Italy is less than 30km away. "*Che bel tempo!*" ('what nice weather!') shouts one of them. Bad weather had been predicted for the French Riviera, but the dark clouds are sticking to the foothills of the Alps as they so often do, so my road trip along the Mediterranean couldn't have started in more auspicious circumstances.

I'm familiar with the outcome of the weather forecasts in this part of Europe. Most of the French Riviera has more than 300 sunny days a year, and when it rains, it never lasts long. From 2019 to 2021, I lived in Marseille, and I went on endless bike rides down the winding roads along the Mediterranean coast. I fell in love with the houses built in pastel shades, the blue shutters, the olive trees, the smell of pine needles, blooming mimosa and lavender. The fresh seafood, the rosé and the pastis, the anise liqueur that takes me back to the southern French coast no matter where I am. The people wear their hearts on their sleeves in this part of the world. And so do I.

On Èze street

After a typical French breakfast – *viennoiserie* ('baked goods') and some French cheeses – I'm shown the way to the nearest beach by the lady behind the counter in reception. Plage des Fourmis, a pebble beach fringed with palm trees and shaded from a benevolent sun, is not more than a five-minute walk away. Here and there, people lie on towels enjoying the warmth of this lazy Sunday morning. A few have jumped into the calm sea or are walking their dogs. I get into my car and drive up to the enchanting hilltop village of

Èze with the sunroof open. Èze was built in the Middle Ages and it still has the charm of that time. On either side of a stone staircase, there are art boutiques, restaurants and cafés. Old walls and arches make you feel that you're in a unique place. If you walk all the way to the top, you'll reach a botanical garden with hundreds of cacti and other plant species that flourish because of the microclimate here. On a clear day, you can see the coast all the way to Monaco.

I drive further uphill to Parc de la Grande Corniche, an EU-protected nature area where the view of the azure Mediterranean Sea with Corsica on the horizon is, if possible, even more impressive. The park is packed with hiking routes accessible for the entire family. Nestled within limestone plateaus, Parc de la Grande Corniche unfolds against a backdrop of towering cliffs known as *Baous*, where the intricate dance of water has sculpted the rock, giving rise to an array of distinctive geological features such as caves, chasms and sinkholes. This sanctuary stands as one of the few remaining bastions of coastal ecosystem vegetation in the Alpes-Maritimes region. The park hosts a rich tapestry of flora, numbering 450 species, including several under protection, such as the carob tree and the so-called Nice snowwort. It also serves as a captivating haven for avifauna enthusiasts, boasting majestic birds of prey, such as great horned owls and eagles, while also harbouring a diverse array of wildlife, from wild boars, rabbits and badgers to elusive foxes. It's also one of Europe's rare refuges for the polydactyl lizard species. All this is barely a half-hour's drive from Nice.

In the late afternoon, I check in at Hôtel Casarose in Mandelieu-la-Napoule – 45 minutes from Èze by car – that's as cheerful as it is colourful and could easily be used as a location in a sequel to the *Barbie* movie: the walls of my room are candy-cane pink and »

Previous pages

The seaside commune of Beaulieu-sur-Mer (left); the town of Grasse (right)

Right page, top (from left to right)

The village of Èze; some *viennoiserie* ('baked goods');

Beaulieu-sur-Mer
Bottom Plage des Fourmis beach in Beaulieu-sur-Mer



**PEOPLE IN THIS PART
OF THE WORLD WEAR THEIR
HEARTS ON THEIR SLEEVES**



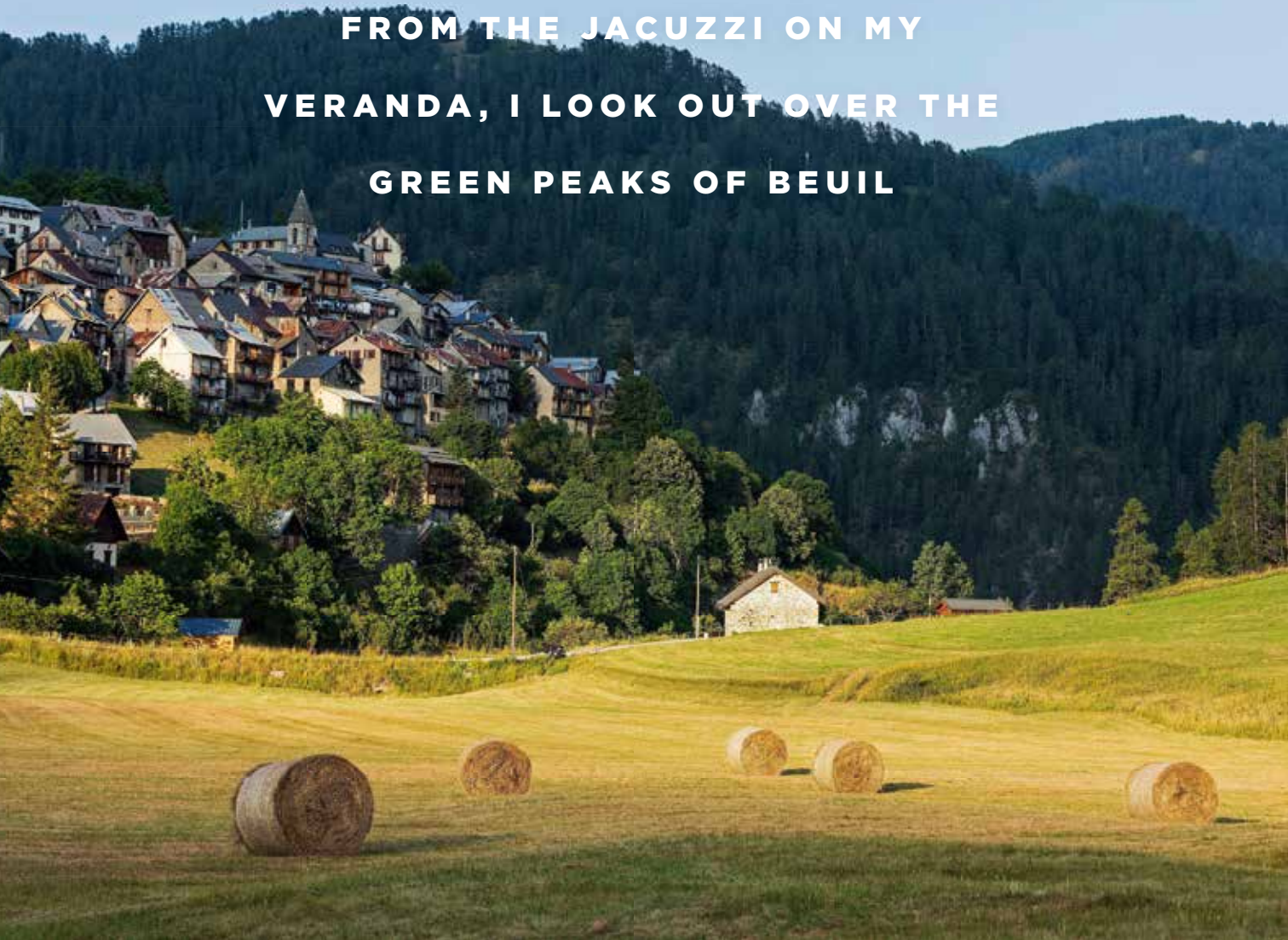
**ÈZE WAS BUILT IN THE
MIDDLE AGES AND IT STILL HAS
THE CHARM OF THAT TIME**





Above The beautiful swimming pool at Hôtel Casarose
Left page The village of Èze

FROM THE JACUZZI ON MY VERANDA, I LOOK OUT OVER THE GREEN PEAKS OF BEUIL



the phone on the bedside table, with a 1970s typewriter, is mustard yellow. Around sunset, I go for a run from Mandelieu-la-Napoule all the way to Cannes, the city made famous for its annual film festival.

She's electric

Early the next morning, I'm collected by Camille Auriol. She works for MoovBike, a bicycle rental company from Les Adrets-de-l'Esterel, a town in the hills near Mandelieu-la-Napoule. Auriol is waiting at the entrance to my hotel with two electric mountain bikes. We ride them for a few hours in the rugged countryside, over steep hills, across red-clay soil and past large boulders. Thanks to the electric aid, even the less-experienced cyclist can enjoy the nature reserve where wolves are regularly spotted. On top of the Col des Trois Termes hill, we look out over fields of sleeping mimosa with the sea in the distance. "With a little imagination, you can picture yourself in the Grand Canyon here," says Auriol, referring to the red rock that's characteristic of the famous national park in the US. During the descents, I absolutely cannot keep up with Auriol. She's a child of this region, and cycles almost daily on the cramped goat paths full of potholes and treacherous turns. She brakes much later than I do and dares to go so much faster. Back in Mandelieu-la-Napoule, near the château of the same name that's being lashed by high waves this morning, she tells me that she could never live anywhere else: "I find everything I need here: the tranquillity of nature and the space to be by myself and find peace."

In the late afternoon, I drive to Cannes, where a ferry leaves at noon for Saint-Honorat Island, the smaller of the two Lérins Islands, about 6km off the coast of Cannes. I want to shed some light on this place because the vast majority of tourists choose to lie shoulder to shoulder on the

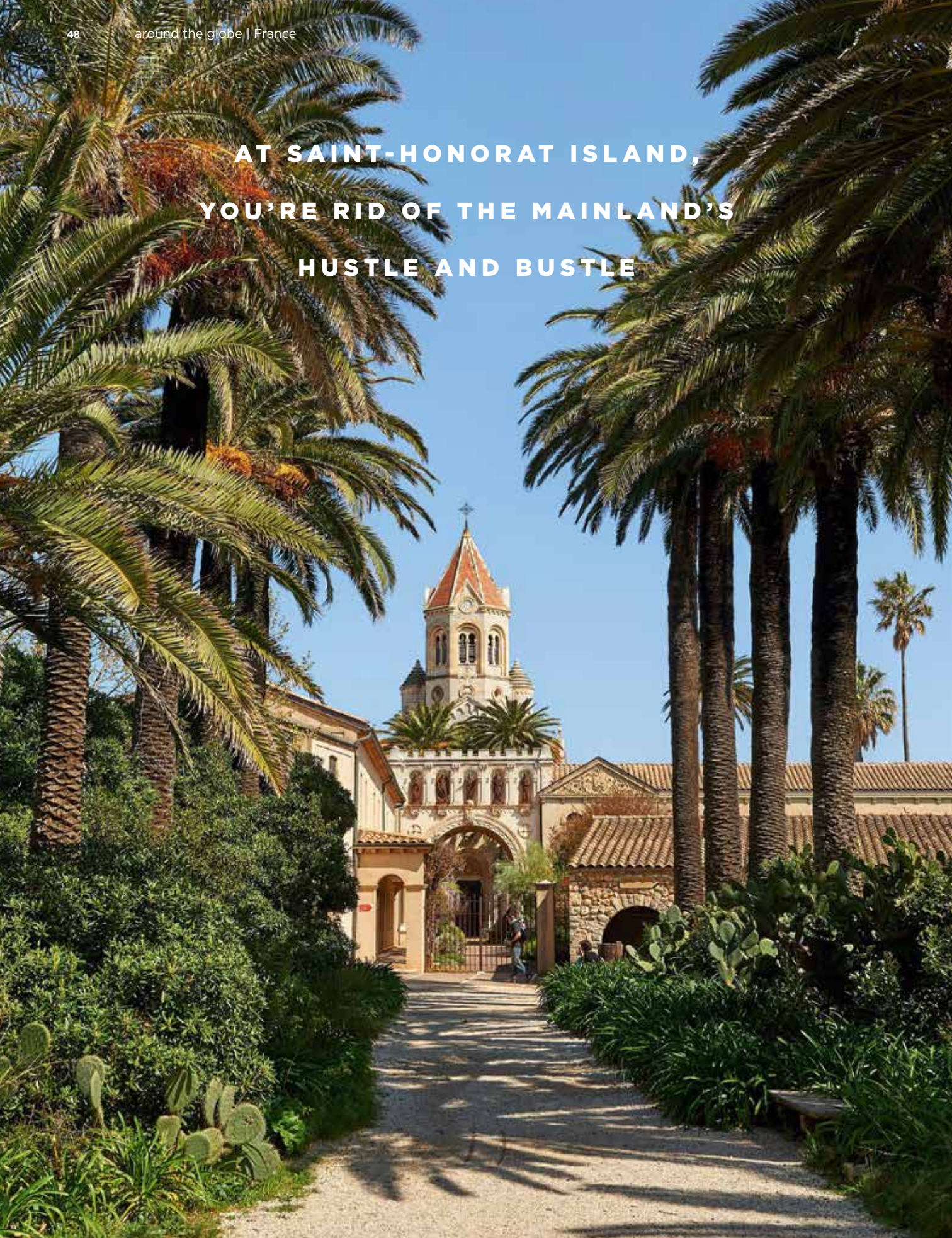
beaches in Cannes, while in less than 20 minutes by boat, you can be on an enchanting and practically uninhabited island, where you're almost immediately rid of the hustle and bustle of the mainland. It's so very quiet on Saint-Honorat Island, which is barely 1.5km long, 400m wide and inhabited exclusively by a community of monks since the 5th century. In the centre of the island, wine is cultivated and sold to support Saint-Honorat and its community, and you can buy it in a little shop next to a 15th-century abbey. In that abbey, the monks organise year-round silent retreats that last from a few days to several weeks. Attendees live according to the monks' strict regime. You get up every morning at 4am, have breakfast in silence, walk around the island, pray or meditate, do some work on the island, lunch, pray again, have dinner and then go to bed. For this trip, I keep it to an hour of walking. The island is so small that I'm able to see just about everything during my short visit.

Glamping in the mountains

Back on the mainland, I drive into the mountains to the tiny municipality of Beuil les Launes – just under two hours by car from Cannes – which is one of the oldest in this part of France and has around 500 inhabitants. I stay in the luxurious Lodge Boréal – a wooden hut with lots of windows that's in the middle of nature – at Camping le Cians, a wonderful glamping site that's more than 1,000m above sea level. There's a large selection of sausages and cheeses waiting for me in the nearby restaurant, and a chocolate fondue with all kinds of fresh fruit has been prepared for dessert. In an extraordinarily comfortable double bed later on, I fall asleep while gazing at a star-studded night sky through the skylights in my hut. The next morning, from the Jacuzzi on my veranda, I look out over the green peaks of Beuil les »

Top The tiny municipality of Beuil les Launes
Bottom (from left to right) The town of Grasse; view of Saint-Honorat Island; perfumes in Grasse

**AT SAINT-HONORAT ISLAND,
YOU'RE RID OF THE MAINLAND'S
HUSTLE AND BUSTLE**



Left page
Saint-Honorat
Island

Launes, which transforms into a lovely ski resort in the winter months.

Into the wild

My road trip ends once again in the hills. This time, I drive through the perfume town of Grasse – home to major brands, such as Chanel and Dior, that have been growing their flowers here for centuries – to the Mont d'Azur Nature Reserve, a 700-hectare area created in 2006 by two French veterinarians with the goal of protecting European flora and fauna. With grasslands and pine trees that extend to a steep rock wall, it resembles a plateau. European bison, several species of deer, moose and a large group of Przewalski's horses – a species listed as 'endangered' – live there in the wild. Patrice Longour, founder of Mont d'Azur, tells me about the philosophy behind the reserve: "I wanted to create an ecotourism pilot project, where the objective is not to create a place where animals are merchandise, but to enable the conciliation of tourism and ecology on a remarkable natural site where people are not masters but simply guests of nature."

I join a group of four that afternoon for a two-hour hiking safari. There's a dense fog in the nature reserve, which is just over 1,000m above sea level. The guide says we're lucky because the animals will feel better protected this way and are less likely to hide. As we prowl through the tall grass, the giant shadow of a grazing bison – a beast weighing more than 400kg – looms in the distance. A moment later, we see a curious moose running away between the pines.

At night, I fall asleep to the roar of rutting deer, and in the morning, I conclude that I've seen a side of the French Riviera that is, but absolutely shouldn't be, unknown to a lot of people. I searched and found pristine places that value nature conservation and show that this popular region is much more than a place for the rich and famous. «



FREELANCE JOURNALIST DENNIS BOXHOORN WORKS FOR A VARIETY OF DUTCH OUTLETS. HERE ARE HIS TIPS FOR THE FRENCH RIVIERA.

To eat

Casa Fuego

Right by the Italian border lies Casa Fuego, star chef Mauro Colagreco's second restaurant in Menton. The quality of the Argentine-inspired cuisine is second to none and the view of the sea is equally amazing. The spices come from Colagreco's gardens, which have a unique microclimate.
casafuego.fr

Par excellence

A lunch or dinner at AM par Alexandre Mazzia, Marseille's most exclusive restaurant, which has been awarded three Michelin stars for years, is an experience you'll never forget. I loved the eel coated in dark chocolate.
alexandre-mazzia.com

To stay

Hôtel Casarose

As soon as you step into the lobby of Hôtel Casarose, it's clear that this is no ordinary hotel. The interior is best described in one word: *Barbie* (the film). The restaurant on the ground floor is amazing. Be sure to try the homemade tiramisù. A member of the waiting staff

comes to the table to pour steaming espresso over this delectable dessert.
hotelcasarose.fr

Camping Le Cians

This glamping site is a hidden gem in the lovely ski village of Beuil les Launes in the mountains above Nice. Several lodges have Jacuzzis and there's a communal Nordic bath, which is similar. After an extensive breakfast in Grand Cerf Restaurant, jump into the Jacuzzi (or Nordic bath) and listen to the mountain marmots. Be sure to try the chocolate fondue in the evening.
camping-le-cians.fr

To do

Ride into the mountains

Rent an e-mountain bike at MoovBike in Les Adrets-de-l'Esterel and ride through the Esterel Massif near the charming town of Mandelieu-la-Napoule together with a guide. Enjoy the red soil, mimosa and the sweeping views of the Mediterranean Sea.
moovbike.fr

Visit an island

In summer, the French Riviera is

packed with tourists. But few people know about the oasis of calm less than 20 minutes by boat from Cannes. Saint-Honorat Island, managed by monks for centuries, is a special place for people who want to stop time for a while. You can go there year-round for silent retreats.

Go on safari

An hour's drive from Cannes lies the unique Mont d'Azur Nature Reserve, where you'll find European bison and Przewalski's horses, a species threatened with extinction. Book a safari and find out from biologists what else this part of France has to offer.
mots-azur-rewilding-area.com

Book this story



KLM operates several nonstop flights per day to Nice Airport from Amsterdam Airport Schiphol.

Book your flight on klm.com

Wietse van der Werf

“
**PROTECTING THE
 SEAS SHOULD
 BE CORE BUSINESS,
 NOT CHARITY**
 ”

With his Sea Ranger Service social enterprise, Dutchman Wietse van der Werf (41) recruits unemployed young people in coastal regions for sea conservation projects.

Text **Marieke Verhoeven** Photography **Ester Gebuis**

Where does your passion for nature come from? I grew up in the centre of Utrecht, one of the biggest cities in the Netherlands, so nature wasn't right on my doorstep. Still, my mother always encouraged my siblings and I to spend time outside. I signed up to be a local youth ranger, counting birds or pollarding willow trees in the city's parks and in forests outside Utrecht. Having that sense of responsibility, and closely interacting with nature, resonated with me. While I was a good student, school didn't interest me much; I wanted a vocation. My sister played the violin, and I was fascinated by that instrument, not so much by the music it produced but by the way it was constructed. So, after finishing high school, I applied for a scholarship at the

Newark School of Violin Making in the UK, and to my surprise, I was accepted. Over the next few years, I learnt how to transform a piece of wood into a beautiful instrument.

How did you go from making violins to being a social and environmental entrepreneur? Well, I took quite a detour. After constructing violins in a small workplace for about eight years, I longed to explore the world. By coincidence, I got the opportunity to work on a research ship – initially as a carpenter and later as an engineer – destined for Antarctica. For five years, I went on Antarctic expeditions and experienced the power of the ocean in the most extreme ways, from battling ice storms to sailing through a thick

blanket of mist for days. I also noticed that laws and regulations can be unclear and are often violated when it comes to the exploitation of the ocean, in the fishing industry for example. I dove deeper into the matter by joining an observation team in the Mediterranean, inspecting illegal fisheries in the region. During that time, I saw the complexity of the issues in coastal areas, from climate change affecting the fishing business to youth unemployment in these areas. So, I figured: What if I can tackle both with one idea? That's how the Sea Ranger Service came to be.

What does your organisation do? Inspired by the Civilian Conservation Corps, a public works programme launched by US President Franklin »



Roosevelt during the Great Depression – which constructed 800 national parks in the US with the help of 3 million unemployed men in 9 years – the Sea Ranger Service employs young people to do ocean conservation work. We started in 2016 with a small team of specialists and now work with 30 Sea Rangers and a team of navy veterans, who help oversee the activities and train the youth. We operate in the Netherlands, the UK and France, and have two focus areas: observation work and nature recovery projects. For example, we're currently working on the restoration of seagrass at 13 locations in the Netherlands' Eastern Scheldt channel, but we also use drones to monitor and inspect local seabed ecology and regional vessel activities. The North Sea has key pockets of biodiversity that can have a snowball effect when they change. I should point out that we're not activists or volunteers; we work together with governments, scientists and large corporations.

Why is it important for you to run a social enterprise, rather than a non-profit? I believe that it's the only



way to scale up and truly have impact. It's hard to get funding from banks if your business model relies solely on donations. Educating our Sea Rangers, building ships and buying equipment, such as drones, is a costly endeavour. However, if you can prove that you have a couple of big paid assignments lined up, banks will be more willing and confident to invest. As for the Sea Rangers, they feel empowered when they're employed, receiving an education, a uniform and a steady income.

How are the Sea Rangers recruited?

In various ways: through school or mentoring programmes, for example. Recruits go through a nine-day bootcamp to test their physical and mental endurance. Working at sea, often under pressure and in rough weather conditions, can be challenging. We only hire 8 of the 30 applicants each time. These are not necessarily the strongest or fittest students, but the ones who show the most potential. A good example is one of our Sea Rangers in South Wales who was addicted to video gaming. We discovered that he had excellent drone operating skills, so he's now a valuable member of our team.

What's your mission? We want to restore 1 million hectares of ocean biodiversity by 2040 and employ 20,000 young people and kickstart their maritime careers. I think it's important to have an ambitious plan. And if you consider how fast we've grown since 2016, it's not unfathomable. The seas are essential for our survival. They cover more than 70% of the Earth's surface, we get most of our oxygen from them and we rely on them for our food security. Protecting the seas should be core business, not charity.

What's your role within the operation?

I consider myself an accidental entrepreneur. I never expected to run a big company, but I'm very grateful for its

“
**WE RELY ON
THE SEAS
FOR OUR FOOD
SECURITY**
”

success. I still try to go out on the water and join the team as much as I can, but I'm mostly talking to government officials, and other stakeholders, to get new projects rolling. Currently, I'm also training to be a licensed pilot because aircraft play a very important role in nature conservation projects. Whether it's for putting out huge forest fires or monitoring changes in the atmosphere, this is all done with aircraft. It's interesting because I notice that a lot of young people are worried about the climate, but the last thing they'll think about is signing up to become a pilot. But if you consider the fact that there's currently a shortage of licensed pilots to fight forest fires, it might not be such a crazy idea. «



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GETTY IMAGES

Capri, Italy

LA FONTELINA

Established in 1949 on Capri's southern coast, La Fontelina used to be swept away by wind and waves each year, only to be rebuilt again for the summer to serve its delicious dishes to a local crowd. Now made of sturdier stuff, the bijou beach club and restaurant, with its iconic blue-and-white umbrellas, oozes glitz and glamour. Accessible either by sea or via a set of steep steps from the Belvedere di Tragara viewpoint, you'll have plenty of opportunity to take in the sublime surroundings – including the famed Faraglioni rock formations – before settling in to enjoy the second-to-none sangria and celebrity clientele. **Top tip:** If the sea is calm, go for a swim beneath the majestic Faraglioni. fontelina-capri.com

An aerial photograph of a rugged coastline. The water transitions from deep blue to vibrant turquoise. A rocky shore features a small sandy area with several blue and white striped umbrellas. The foreground is filled with lush green pine trees.

SEAFRONT SENSATIONS

When dreaming up a summer destination, nothing beats a beach club. Whether it's sunbathing, dining or dancing you're after, these celebrated establishments take beach life to another level.

Text Suzanne Stongle



Noordwijk, the Netherlands

TULUM

No one does beach bars like the Dutch. There are about 400 of them dotted around the tiny country's wonderfully wide, sandy beaches. The cream of the crop is Tulum, an oasis of wood and wicker furniture, pretty parasols and string lights. Tulum combines an outstanding all-day menu with beach beds, bespoke beers and beaming waitresses. Its breakfast is legendary; be sure to try the Banana Berry Bowl, which is stuffed with fresh fruit, or a scrumptious stack of pancakes. Pop in for a quick coffee and there's a fair chance you'll still be there when the sun sets and the espresso martinis come out. **Don't miss:** Bursting with history, culture and gorgeous gabled houses, nearby Leiden has the charm of Amsterdam minus the crowds. tulumtulum.nl

Mykonos, Greece

SCORPIOS

Serene and chic (not a cocktail bucket in sight), Scorpios has become synonymous with Mykonos' party scene. And being the brainchild of German visionaries Mario Hertel and Thomas Heyne, the godfathers of Mykonos' nightlife, it's little wonder. The terraced beach club offers a scattering of daybeds, cushions and slouchy sofas in earthy stone colours on sandy terraces, as well as a hip boutique that sells clothes and leather goods. Everyone who's anyone gathers here for a holistic seafront experience that includes fabulous food, relaxing rituals and dancing barefoot in the sand. **Insider tip:** Locals rave about the all-wood and wicker restaurant, which serves delectable Eastern Mediterranean dishes. scorpios.com





Grand Baie, Mauritius

BEACH ROUGE AT LUX® GRAND BAIE

Open day and night, buzzing Beach Rouge is a bohemian chameleon, just a few steps away from the Indian Ocean. The main restaurant at the LUX® Grand Baie resort on Mauritius' northern shores transforms effortlessly from alfresco breakfast bar into lazy lunch hangout. It serves a whopping 10 variations on an eggy breakfast, from shakshuka to green egg whites, as well as Mediterranean classics-turned-local dishes: spicy crab linguine, anyone? Go on, have a barefoot barbecue to the beats of their resident DJ, or simply snooze on one of the Kelly Hoppen-designed red-and-white loungers by the pool. **Don't miss:** Once the sun starts dipping into the horizon, the bar is flooded in its signature red glow while mixologists shake up a lavish selection of cocktails. luxresorts.com



Ramatuelle, France

CABANE BAMBOU

Rows of bamboo beams cast pretty lines of shade onto the decking at Cabane Bambou, a wooden wonderland housing a bar and restaurant that's hidden away at the southern end of Pampelonne Beach. The view of the glistening azure Mediterranean is complemented by the tasty Southern French and Asian cuisine. If you'd like to sunbathe in luxury, there are beds and deck chairs aplenty and, if a lavish place to stay is what you're after, you're in luck. La Grande Maison – a house on the Domaine des Campaux wine estate (35 minutes away by car) – can accommodate 16 and has an optional private chef. **Top tip:** The Bambou Run Club offers runs with a running coach every Saturday at 8am for free.

*Welcome
on board*



KLM NEWS

KLM House

NO. 91: DUTCH ANTILLES' HOUSE



From 1955 to 2010, this house served as the long-time residence of the Minister Plenipotentiary of the Netherlands

Antilles, a group of islands in the Caribbean Sea, who represented them in the Council of Ministers of the Kingdom of the Netherlands. This earned the building, located at Badhuisweg 175 in The Hague, the name Dutch Antilles' House. Designed by architect F.A. Koch, the building was built in 1895. In 2010, the Netherlands Antilles was dissolved, meaning that the function of Minister Plenipotentiary of the Netherlands Antilles eventually became a shared job. This led to the sale of Badhuisweg 175. The Ministers Plenipotentiary now inhabit a building on Prinsengracht in Amsterdam.

Mark Wagtendonk (left)

Sneakers



A SIGN OF THE TIMES

Since 6 May, KLM cabin crew have been able to wear sneakers as part of their uniform. This means more comfort during work. They can choose their own sneakers (which must meet certain requirements), or they can buy the specially developed KLM variety, designed by streetwear brand Filling Pieces. Wearing sneakers is becoming more common among airlines and is in line with current times. A pilot survey we conducted in the past year showed that wearing sneakers contributes to employee well-being.

Ask the expert



SECOND OFFICER
JORIS KUIJPER ANSWERS YOUR
BURNING QUESTION.

What speed does an airplane need to reach to take off



The short answer is that there isn't one speed that's needed for an aircraft to take off. Several factors decide the speed that's eventually used for take-off, and these factors are used for take-off calculations. For example, the aircraft type and weight; the outside temperature; the length and condition (wet, dry, snow) of the runway; airport altitude; intersection usage; derated take-off; and centre of gravity are all entered into the calculation tool. The tool then delivers our take-off speeds: V₁, V_r and V₂. V₁ is our decision speed, continue or abort (since we need sufficient runway length to stop the aircraft before the end of the runway), V_r is when to initiate the rotation for take-off and V₂ is our climb out speed.

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



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 **Royal Dutch Airlines**
Travel Well

KLM NEWS

Memorable flight

“In his eyes, all aircraft are now KLM blue”

IN JUNE 2023, ANNE SJOUKEMA FLEW WITH AN INCREDIBLY IMPORTANT PASSENGER: HER ADOPTED SON.



From an early age, I've always struggled with the fact that a lot of children on this Earth lack parents to care for them. So, whenever I thought about having children of my own, adoption was always at the forefront of my mind.

When the time came for us to start a family, my husband and I decided to try and give a child a home via adoption. The process is quite complicated, especially when it

concerns a child from another country. The pandemic complicated the situation even further, but after seven years, we were finally allowed to travel to Lesotho in Southern Africa to meet our son. On leaving the Netherlands, we took extra bags packed with clothes and other items for him and the other children at his care facility.

The moment we finally got to meet each other was quite emotional, for us all. After several weeks of waiting until

our papers and our son's passport were in order, at the end of June last year, we were finally able to fly back to Amsterdam together. It was his first flight and it made quite an impression on him. In our son's eyes, all aircraft are KLM blue.

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

5 things to know

PREMIUM COMFORT CLASS

KLM'S PREMIUM COMFORT CLASS IS A SEPARATE CABIN THAT OFFERS MORE SPACIOUS SEATS AND PLENTY OF COMFORT.

A comfortable start

The experience begins with a larger baggage allowance and SkyPriority's speedy airport services, meaning you can board sooner.

A cabin of comfort

The quiet cabin has just 21 to 28 seats that are wider and more comfortable than Economy Class seats.

Comforting care

A 13.3-inch personal entertainment screen, complimentary pair of noise-cancelling headphones, and power outlets help you get on with your day.

Comfort food

You'll enjoy delicious meals – delivered in either reusable or recyclable bowls and plates.

Sustainable comfort kit

You'll receive a sustainable comfort kit, made in collaboration with REPVEVE® Our Ocean®. Inside the bag, which can be reused, is an eye mask made from recycled plastic, earplugs, Happy Tabs toothpaste, a pen made from wheat straw and a toothbrush by Bamboovement made from, well, bamboo.



Secrid

SMALL AND MIGHTY

The Miniwallets from the Dutch brand Secrid might look small, but they can hold up to six bankcards and cash. They come in various types, are RFID/NFC-protected and are made sustainably in the Netherlands. secred.com

TRAVEL WELL



**“We’ve supplied
more than
100,000 people
with clean water”**



Marie-Stella-Maris

CONSCIOUS AND CLEAN

PRODUCTS FROM DUTCH SUSTAINABLE WATER AND BEAUTY BRAND MARIE-STELLA-MARIS ARE NOW INSTALLED IN SOME OF KLM'S BATHROOMS, AND WILL SOON BE ADDED TO ITS WORLD BUSINESS CLASS AMENITY KITS.

As I climb the large staircase at the headquarters of Marie-Stella-Maris in the south of Amsterdam, I'm greeted by a fresh, floral and familiar smell. "You probably caught a whiff of one of our most popular scents, Objets d' Amsterdam, which was inspired by the hustle and bustle of our city," explains Impact & Marketing Director Josha Jansen while receiving me. It's a fitting welcome to a company that was founded in Amsterdam in 2011. Marie-Stella-Maris started as a natural mineral water brand, but now also sells beauty products, house perfume and natural syrups. The company employs 60 people and has 9 shops in the Netherlands.

Beauty and innovation

Its beauty products, which are sold under the 'hand care' and 'body care' banners, are a result of the company's focus on clean beauty and innovation. "By 'clean', we mean clean for our skin and the environment: 96% of our products are made with natural ingredients," Category Development Director Mieke van Engelen tells me. "What most consumers don't realise is that many beauty products contain ingredients that can be damaging to us and the planet. A prime example is microplastics. A lot of people are aware that they exist, but don't perhaps know how many microplastics they encounter daily. Products such as shampoos, soap and food also often contain these plastics, which end up in our water supply. That's why we develop products that are free of microplastics." And then there's the innovative side of Marie-Stella-Maris. Their latest product line, concentrated haircare, even earned the brand a Dutch Beauty Award 2023-2024. "With our concentrated shampoos and conditioners, this saves up to three times the amount of plastic

packaging usually used," says Van Engelen. Later on, while showing me a beautifully designed soap dispenser and a small vial, she asks: "Did you know that most beauty products contain around 70-90% water? With this foaming body wash, consumers can add the water themselves. And when the product is finished, they can simply buy a refill to add to the dispenser."

Marie-Stella-Maris Foundation

Supplying customers with clean and innovative products isn't Marie-Stella-Maris' only objective. "Access to clean water is a crucial part of our brand's DNA," says Jansen. "For that reason, 2.5% of the turnover from every sale goes to the Marie-Stella-Maris Foundation, which oversees 17 clean water projects abroad. Most of these projects are in African countries and Bangladesh, where water pollution and access to clean water are major problems." So, in what way does the foundation contribute? "By working together with local NGOs and other foundations, we've financed several solutions, such as a training programme for local welders and drillers, to give them the knowledge they need to bore holes and set up solar-powered water pumps, which we've also been able to help them to purchase. Our focus has always been on long-term, sustainable solutions. So far, we've supplied more than 100,000 people with clean water."

With its conscious, innovative approach, the brand is a logical fit for KLM, whose bathrooms on board in World Business Class, and in its Crown Lounges at Schiphol, feature the company's soap, hand lotion, face mist and hand gel. And from August, World Business Class amenity kits will contain Marie-Stella-Maris lip balm and face cream.



Impact & Marketing Director Josha Jansen (left) and Category Development Director Mieke van Engelen

Left page One of the numerous clean water projects to which the Marie-Stella-Maris Foundation contributes financially

KLM FLEET

Specifications

KLM'S SUNFLOWER



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



Airbus A330-300/200

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



Boeing 747-400ER Freighter

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



Boeing 777-300ER/200ER

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



Embraer 190/175

Number of aircraft: 28/17
Cruising speed (km/h): 850/850
Range (km): 3,300/3,180
Max. take-off weight (kg): 45,000/36,500
Maximum passengers: 100/88
Total length (m): 36.25/31.68
Wingspan (m): 28.72/28.65



Boeing 737-800/700

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



Boeing 737-900

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



Embraer 195-E2

Number of aircraft: 18
Cruising speed (km/h): 876
Range (km): 4,815
Max. take-off weight (kg): 56,700
Maximum passengers: 132
Total length (m): 41.5
Wingspan (m): 35.12



Nose door

THROUGH THE NOSE

“This is the nose door of the Boeing 747-400ER Freighter, which gives access to the cargo hold from the front of the plane,” explains Cees Vervat, Loadmaster, Air France KLM Martinair Cargo. “The Boeing 747-400ER Freighter is the only aircraft in our fleet that has a nose door. Normally, cargo is loaded through the plane’s side doors, but if the cargo is longer than usual, we load it through the nose with the help of a high loader. So far, we’ve transported various types of unusual cargo, including drilling equipment, sail masts and even aircraft wings. Airbus has an assembly line in Brazil, so we transport wings there from a factory in Portugal quite often.”

TRAVELLERS



Anthony and Charles
←

“Although I’m a big fan of Marcus Rashford, I’d rather sit next to dad”

ANTHONY MATERI AND CHARLES WANJOHI
TRAVELLING TO ATLANTA
ON FLIGHT KL621

Reason for travel? Anthony: “We’re from Raleigh in North Carolina but are flying back to Atlanta and will continue our journey home from there. We’re coming back from Barcelona, where I spent 10 days at football camp.”

Still on your travel bucket list?

Anthony: “I’m a big fan of Manchester United, so I wouldn’t mind going there. Or Tokyo. Japanese people always seem so friendly. And I love sushi.” Charles: “The Maldives. The beaches, the relaxation...”

Who’s your dream passenger to sit next to?

Anthony: “Although I’m a big fan of Marcus Rashford, I’d rather sit next to dad. He knows I need to sleep during a flight.”

Charles: “Apart from my family, I think it’d have to be Barack Obama. He’s an inspiration to me. I’d ask him how he found the strength to face all the adversity in his life.”

Rathika

RATHIKA KANDASAMY
TRAVELLING TO MEXICO CITY
ON FLIGHT KL685

Reason for travel? “My husband works in Mexico City as a software developer. We got married in 2022 and had a little while together before he moved abroad in March. We haven’t seen each other for a few months, so I’m looking forward to spending some time with him again. I believe he has a mini-break planned for us, so I’m very excited.”

Still on your travel bucket list?

“The thermal spas in Iceland look amazing, I’d love to visit those. The blue water, the wild and rough nature... I’ve sent some videos to my husband, as a hint. He still owes me another, somewhat longer, honeymoon, so who knows!”

Who’s your dream passenger to sit next to?

“My father. He’s my everything. My mother passed away in her sleep two years ago, and it’s been tough. But my father has always been there for us. He’s given us an amazing life.”



Benjamin

BENJAMIN POTEL
TRAVELLING TO GLASGOW
ON FLIGHT KL1477

Reason for travel? “I’m visiting Glasgow for eight days to see some friends and hopefully go on a few beautiful hikes in the area. I’ve been there 10 times before, so I have an idea of where I’ll go. I’m quite familiar with the city, so it’s time to explore the nature surrounding it.”

Still on your travel bucket list?

“That’s an easy one. The only destination on my bucket list right now is Iceland, for sure. The glaciers, the ice, the landscape... It’s supposed to be beautiful. I haven’t had the chance to go yet, but hopefully one day I will.”

Who’s your dream passenger to sit next to?

“I’m getting a little older and slower, so I no longer play the sport myself, but I’m a huge rugby fan. For that reason, I’ll say Christophe Dominici. He was an immensely skilled French rugby player who used to play for the French national team.”

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FLYING BLUE

Transavia

NEW BENEFITS

Earn Miles and XP with Transavia

As a Flying Blue member, you can earn Miles and XP when you book a Basic fare on flights marketed as Transavia (HV or TO) and operated by Transavia. You can no longer buy Miles for €5 per person per flight; you now earn a fixed amount.

Explorer

- Basic fare (new): 100 Miles and 2 XP
- Plus fare: 250 Miles and 2, 5 or 8 XP
- Max fare: 500 Miles and 2, 5 or 8 XP

Silver

- Basic fare: 150 Miles and 2 XP
- Plus fare: 375 Miles and 2, 5 or 8 XP
- Max fare: 750 Miles and 2, 5 or 8 XP

Gold

- Basic fare: 175 Miles and 2 XP
- Plus fare: 438 Miles and 2, 5 or 8 XP
- Max fare: 875 Miles and 2, 5 or 8 XP

Platinum

- Basic fare: 200 Miles and 2 XP
- Plus fare: 500 Miles and 2, 5 or 8 XP
- Max fare: 1,000 Miles and 2, 5 or 8 XP

Spend Miles with Transavia

Redeeming Miles was previously only possible with the Basic fare. Now you can also do so with flights marketed as Transavia (HV, TO) and operated by Transavia on Plus and Max fares.

For more information:

- flyingblue.com/en/earn/partners/airline-transavia
- flyingblue.com/en/spend/partners/airline-transavia

My Miles



“I’m hoping to reach Silver status this year”

FLYING BLUE SUITS ESMÉE TO BECAUSE SHE TRAVELS A LOT FOR WORK AND LEISURE.



Hong Kong

When I discovered that the travelling I was already doing could earn me rewards, I became a big fan of loyalty programmes. My family is from Hong Kong, and quite a few of my family members still reside there, so I travel to the region at least once a year. I usually combine that family trip with another destination, and that’s how I’ve been able to visit countries such as Indonesia, Vietnam and Japan. My

job in the tech industry also requires me to travel to the US and Northern Europe frequently, and that’s how I’ve been able to earn lots of Miles. In fact, I’m hoping to reach Flying Blue’s Silver status this year. My Miles have allowed me to book quite a few upgrades, most recently for my flight to San Diego. I’m now saving Miles for an upgrade to Business Class for my next flight to Asia, or to purchase a

ticket to explore a new Eastern European city. I visited Prague and Budapest recently and had a great time. They have an entirely different vibe in comparison to cities in Western Europe, so I’d like to see more of that region.

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

Flyingblue
AIRFRANCE KLM

Sign up now! Earning Miles with Transavia means there’s never been a better time to sign up with Flying Blue for free. Flying Blue is, in fact, your ideal travel companion: earn Miles and spend them on flights, hotel stays, car rentals and more. For more info, please check flyingblue.com.

NOW ON BOARD

Peace is disturbed when
an alarming signal
reaches the surface

Our pick



FILM OF THE MONTH

DIRECTOR ADAM WINGARD UPS THE ANTE IN *GODZILLA X KONG: THE NEW EMPIRE*.

With the first *King Kong* film having arrived in 1933, the name King Kong might evoke a feeling of nostalgia for some. But the big ape has had a few CGI makeovers since then. He's also ventured far beyond the bounds of the original narrative.

Having already established himself as a hero in *Godzilla vs. Kong* (2021), in this sequel, Kong is forced to take up arms once more. The story continues three years after the defeat of Mechagodzilla. While Kong is out searching for more of his kind in Hollow Earth, Godzilla has stayed on the surface to maintain order between the humans and Titans. Peace is disturbed, however, when an alarming signal reaches the surface, leading Dr. Ilene Andrews (Rebecca Hall) and conspiracy podcaster Bernie Hayes (Brian Tyree Henry) to travel to Hollow Earth to investigate. There, they encounter the lost Iwi tribe, who sent the emergency signal after finding a whole new league of deadly monsters.

With even more explosive scenes than the previous film, *Godzilla x Kong: The New Empire* provides the perfect viewing experience for those looking for an action-packed guilty pleasure.

Action, 1h55min

We offer Parental Control in our Inflight Entertainment systems on board our flights.

For a complete listing of the entertainment available, check listings before your next flight on entertainment.klm.com.

Films

WATCH IT NOW



Monsters, Inc.
Animation, 1h32min
When a little girl accidentally ends up in a world full of monsters, it's up to the big blue monster Sullivan (voiced by John Goodman) and his green assistant Mike (voiced by Billy Crystal) to transport her back to her own world before the other monsters discover her.



David Holmes: The Boy Who Lived
Documentary, 1h30min
During the filming of *Harry Potter and the Deathly Hallows: Part 1*, Daniel Radcliffe's stuntman David Holmes was severely injured, resulting in paralysis. This documentary tells his tragic but heartwarming story.



Avatar: The Way of Water
Sci-fi, 3h12min
In this sequel to *Avatar*, humans return to the planet of Pandora to harvest amrita, a liquid produced by the whale-like tulkuns that's able to halt aging. To stop the humans, Jake (Sam Worthington) joins forces with the Metkayina Clan.

Games

CHOOSE YOUR PLAYER

Angry Birds World Tour
The birds are back! Much of the new gameplay is based on the Angry Birds Classic game. There are 30 available levels, which are split into five episodes of six.

Trivia Tournament
Test your general knowledge by answering questions from a wide range of topics. You can play alone or compete against other players. Challenge yourself and learn something new.

Golf Open
Live all the excitement of a professional golf game. With its accurate physics and stunning 3-D graphics, this golf version will give you all the thrills of the game in the comfort of your own seat.

TV

IN CASE YOU MISSED THEM...



It's Always Sunny in Philadelphia
Sitcom, 22min
In Season 16 Episode 2 of the series, one of the gang is accidentally shot by Frank (Danny DeVito) after he tries to use his gun to open a can of anchovies. This sparks an interesting discussion about inheritance and Frank's will.



Taylor Mac's 24-Decade History of Popular Music
Documentary, 1h46min
A behind-the-scenes look at the 24-hour-long concert of playwright and actor Taylor Mac. During his concert, Mac treated his audience to an unusual take on US history, accompanied by popular tracks.



The Regime
Drama, 1h
This political satire follows Elena Vernham (Kate Winslet) as the chancellor of a Central European autocracy on the brink of crumbling. After residing at her palace for a while, Vernham starts to confide in disgraced soldier Herbert Zubak (Matthias Schoenaerts).

We are the face of seamless travel.



BETC

No matter where you're heading in the world, SkyTeam member airlines offer you more convenient connections, more fast-track services than any other alliance thanks to SkyPriority, the broadest set of loyalty benefits at 970+ airports around the globe.

To learn more about how SkyTeam can make your travel smoother visit skyteam.com



SKYTEAM

Frequent flyer programmes

MAKE TRAVEL MORE REWARDING

WITH MORE THAN 1,060 DESTINATIONS ACROSS SKYTEAM'S GLOBAL NETWORK, OUR MEMBER AIRLINES CAN TAKE YOU ALMOST ANYWHERE. AS A FREQUENT FLYER, YOU CAN EARN MILES AND ENJOY BENEFITS WHENEVER YOU FLY.



Not yet a frequent flyer?

It's easy – and free – to become a SkyTeam frequent flyer, and you only need to join one programme to benefit whenever you fly. Loyalty programme rules and benefits vary from member to member, so check which one best suits your travel patterns. Or simply sign up to the programme of the member airline you're flying with next and start earning straight away.

Every Mile counts

Accruing Miles is easy. Enter your frequent flyer number into your

reservation before departure and your Miles will be automatically added to your account. Many loyalty programmes also offer perks with non-airline partners, which means you can earn Miles or enjoy other benefits for hotel stays, car rentals and much more.

Never miss a Mile

If you forget to enter your frequent flyer number before you fly, we've got you covered. Log in to your loyalty programme's website, enter your travel information and your request will be quickly confirmed.

Recognition on the go

As an Elite- or Elite Plus member, your status entitles you to a host of added benefits across SkyTeam's network. From extra baggage to SkyPriority services at eight airport touchpoints, you'll enjoy the same perks whichever member airline you fly with. Elite Plus members flying internationally can also unwind before they fly in hundreds of airport lounges across our network.

Reward yourself

You can redeem your Miles for award tickets on any SkyTeam-operated flight with ease. In just a few clicks, you can see what's available and book your award ticket directly on your loyalty programme's website.

Find out more

Details of frequent flyer programmes offered by SkyTeam's member airlines are available on our members' respective websites.

SkyTeam is the 19-member-airline alliance. Find out more about news, services and upcoming events at [skyteam.com](https://www.skyteam.com).

HOUSE RULES

Electronics on board

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

Cabin crew may request that all electronic devices are switched off completely if it is deemed necessary.

Drinks and smoking

Alcoholic drinks are served **one** at a time to passengers seated in their assigned seats. For safety reasons, the purser may close the bar. Passengers are not permitted to drink alcoholic beverages brought

on board with them. **Smoking**, including artificial cigarettes such as 'SuperSmokers', **is strictly forbidden** at all times on KLM flights.

Privacy

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

Lithium batteries

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

Hand luggage at EU airports

To increase passenger safety, security rules for hand luggage are in place for all flights in accordance with European Union regulations. When passing through security control, you are required to present liquids, gels, pastes, lotions and aerosols separately, and in individual containers of no more than 100ml

and packaged in a resealable, transparent plastic bag (maximum volume 1 litre, 1 bag per person).

Animal products

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

Airport shopping

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

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

Wi-Fi & free messaging

STAY IN TOUCH ON BOARD

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



1

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



2

Go to Wi-Fi settings and choose KLM_WiFi from the network list



3

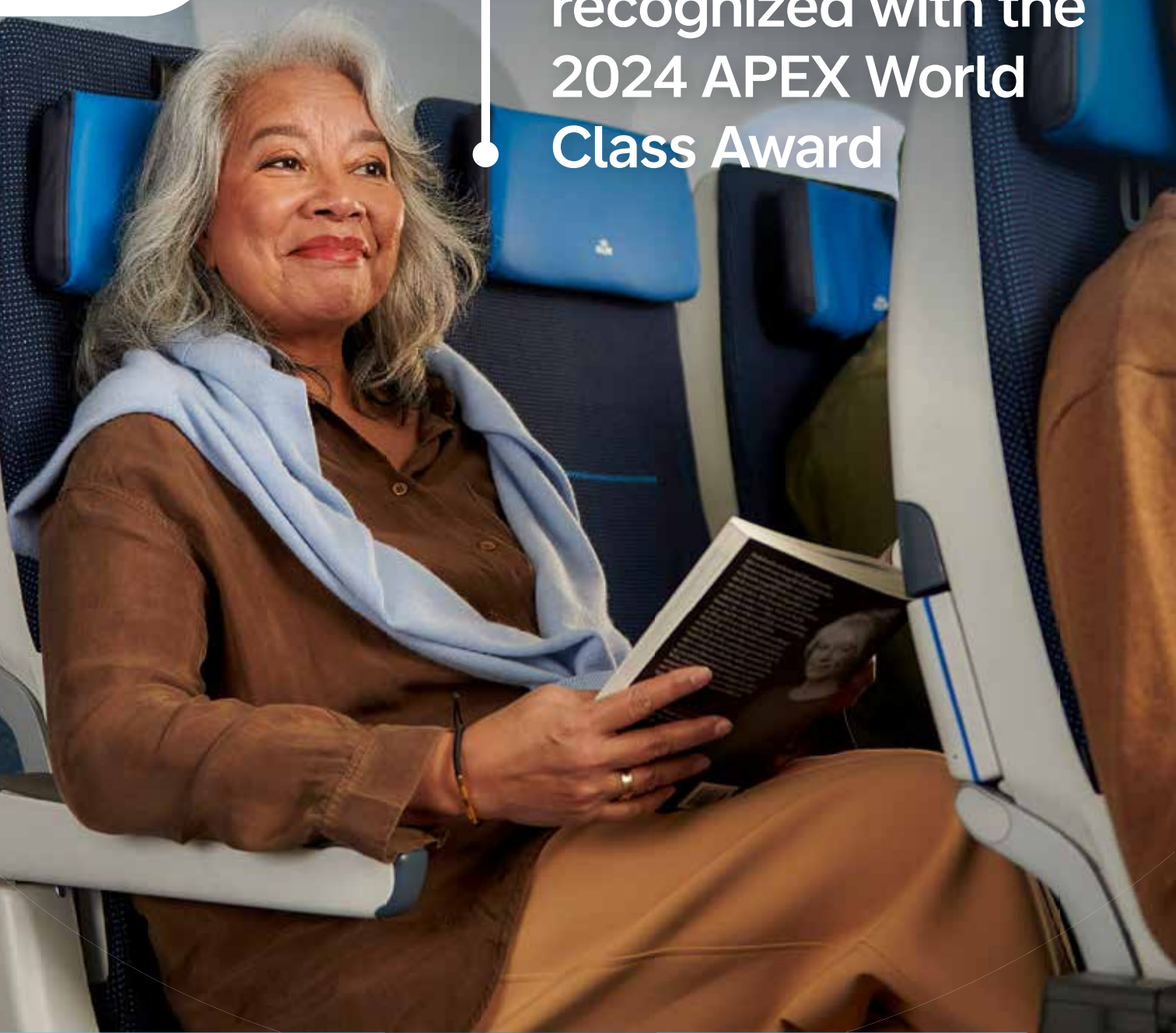
Follow the steps on your device Or go to connect.klm.com Or scan the QR code

Unique balanced
taste for that first
ahhh!

Heineken



KLM is proud to be recognized with the 2024 APEX World Class Award

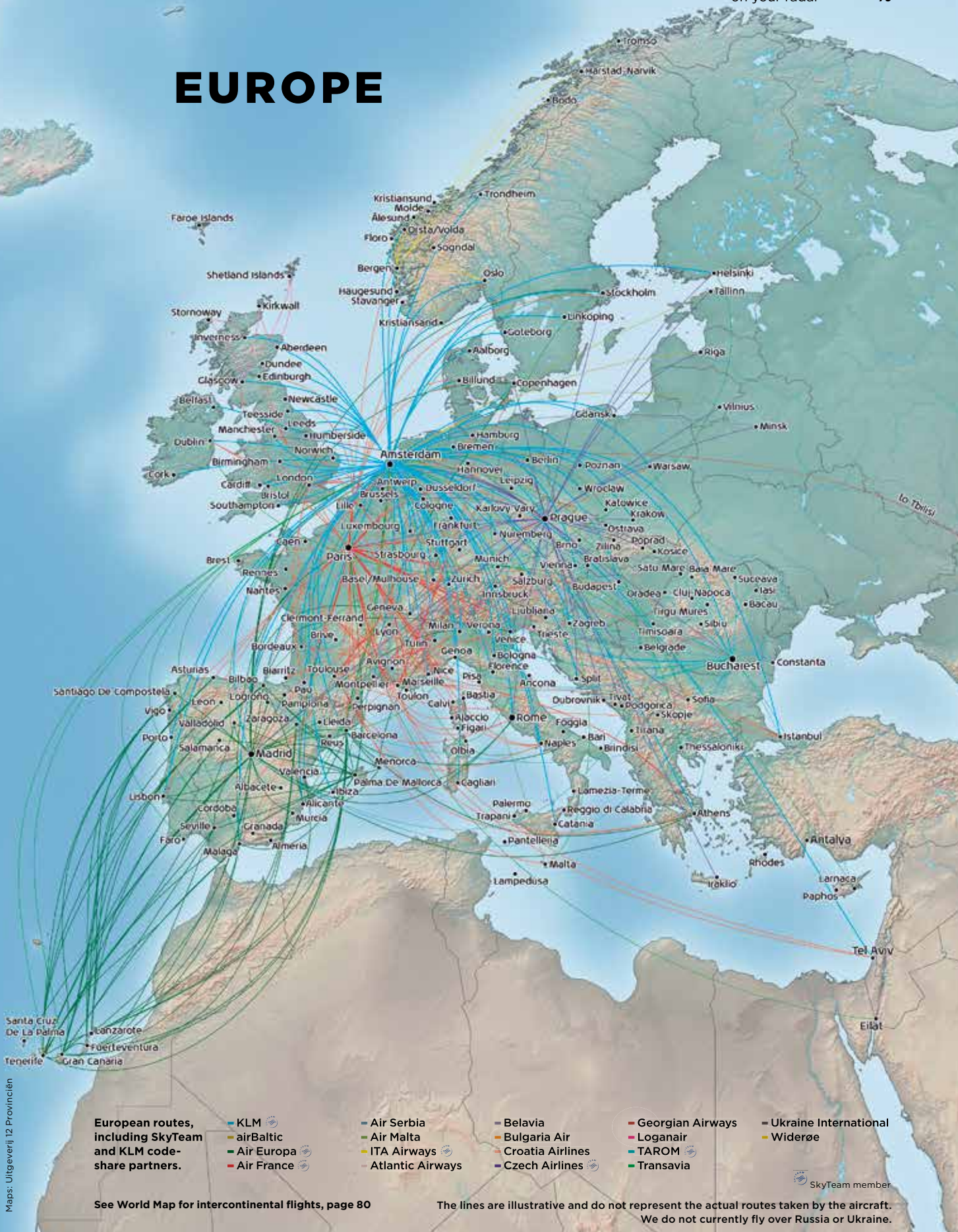


This award recognizes world-class excellence based on certified passenger feedback on products and services, health and safety, and sustainability.

Find out more at klm.com.

 **KLM** Royal Dutch Airlines
Travel Well

EUROPE



European routes, including SkyTeam and KLM code-share partners.

- KLM
- airBaltic
- Air Europa
- Air France

- Air Serbia
- Air Malta
- ITA Airways
- Atlantic Airways

- Belavia
- Bulgaria Air
- Croatia Airlines
- Czech Airlines

- Georgian Airways
- Loganair
- TAROM
- Transavia

- Ukraine International
- Widerøe

SkyTeam member

See World Map for intercontinental flights, page 80

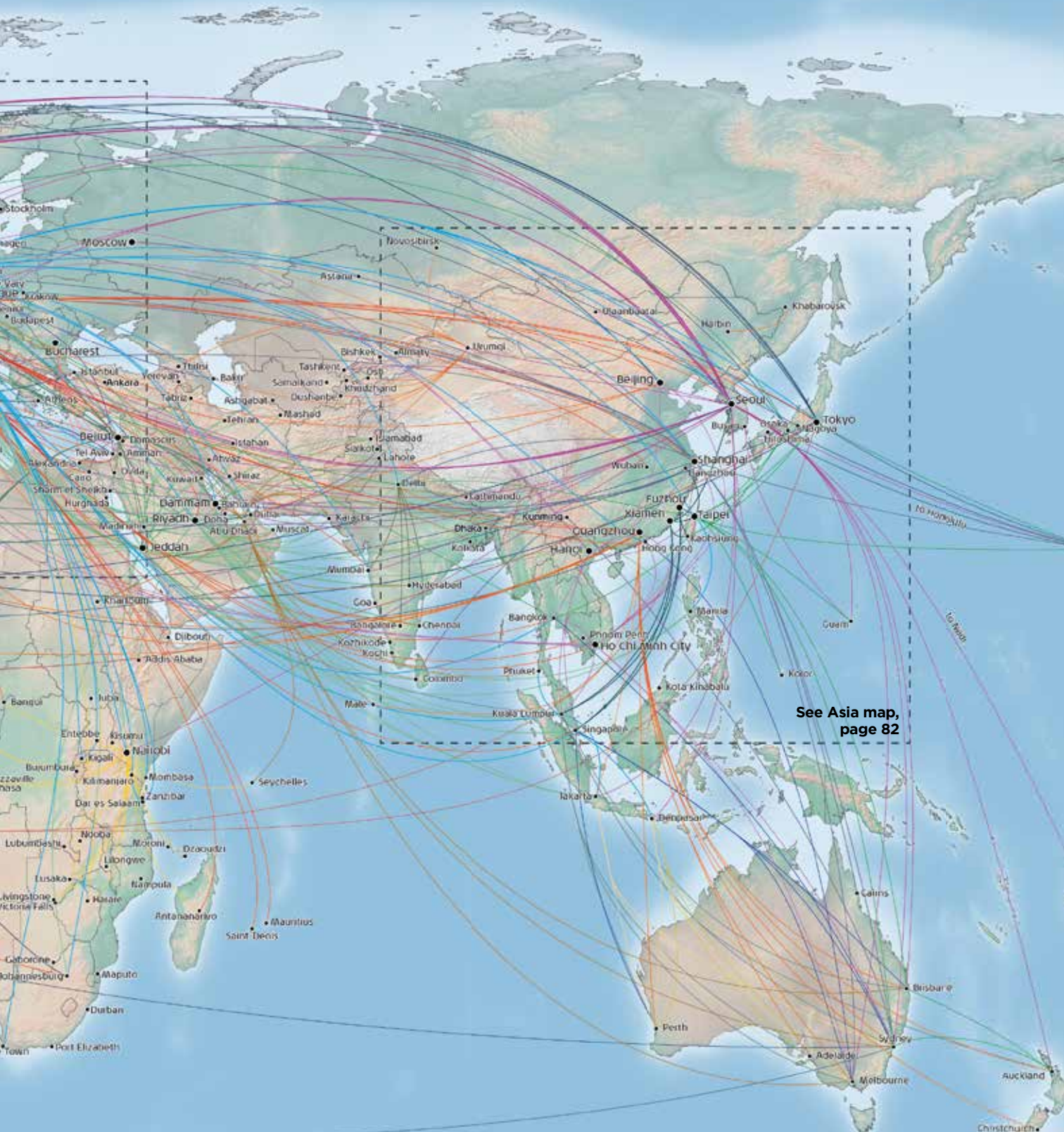
The lines are illustrative and do not represent the actual routes taken by the aircraft. We do not currently fly over Russia or Ukraine.

See Europe map,
page 79

See North America map,
page 84

WORLD





See Asia map, page 82

KLM, SkyTeam and select code-share partner routes

- | | | | | |
|-----------------------|-----------------|------------------|----------------------|------------------|
| KLM | China Airlines | Etihad Airways | GOL | Transavia |
| Aerolíneas Argentinas | China Eastern | Garuda Indonesia | Malaysia Airlines | Vietnam Airlines |
| Aeroméxico | COPA Airlines | Gulf Air | Middle East Airlines | Virgin Atlantic |
| Air Europa | Czech Airlines | Jetstar Airways | Qantas | XiamenAir |
| Air France | Delta Air Lines | Kenya Airways | Saudia | SkyTeam member |

The lines are illustrative and do not represent the actual routes taken by the aircraft. We do not currently fly over Russia or Ukraine. We continuously adapt our network to changing circumstances, such as geopolitical developments. Please check klm.com for the current schedule and routes.



ASIA



KLM routes, KLM code-share routes and other SkyTeam destinations in Asia.

- KLM
- Bangkok Airways
- China Airlines
- China Eastern
- China Southern
- Garuda Indonesia
- Jetstar
- Korean Air
- Malaysia Airlines
- Sichuan Airlines
- Vietnam Airlines
- XiamenAir

SkyTeam member


The lines are illustrative and do not represent the actual routes taken by the aircraft. We do not currently fly over Russia or Ukraine.



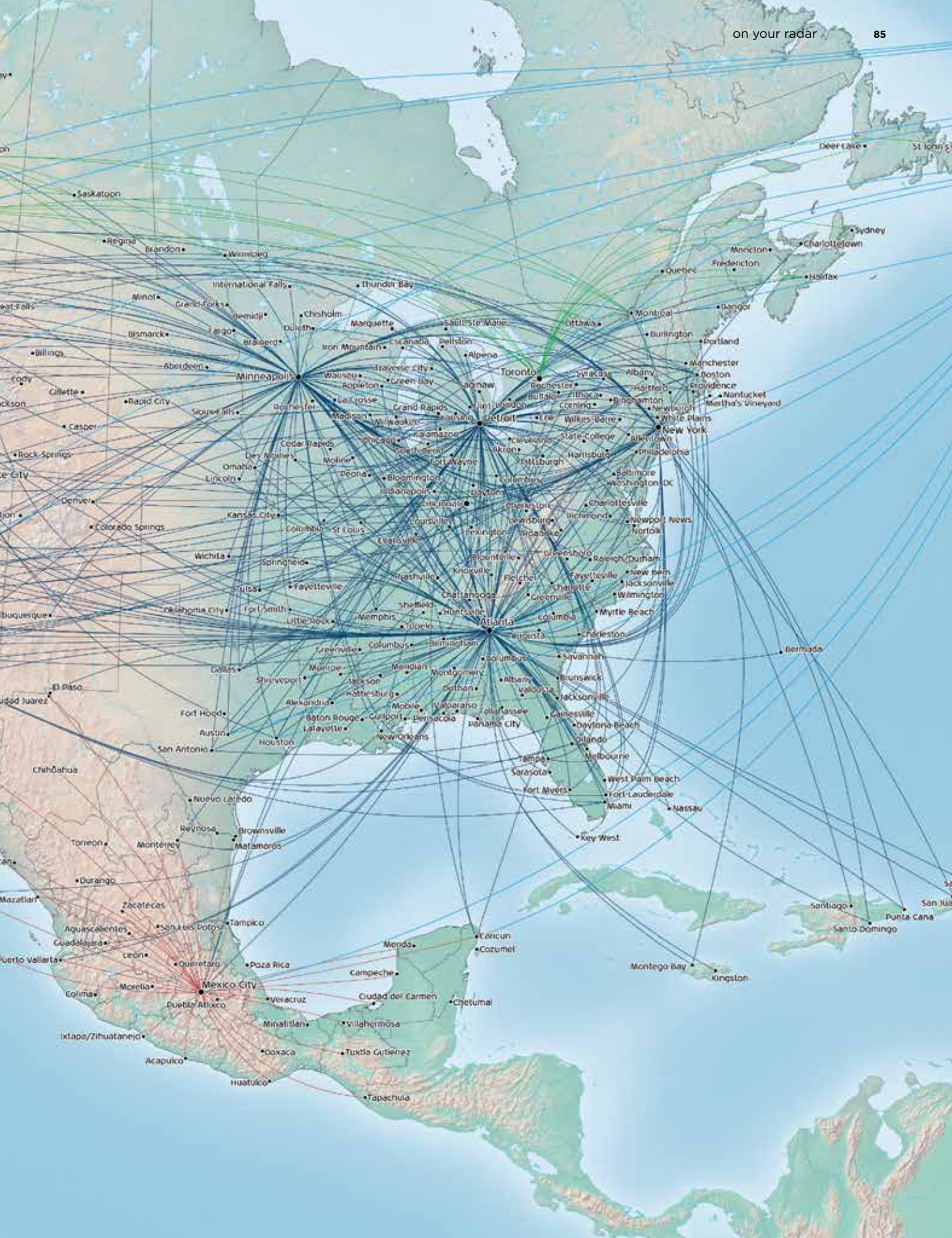
NORTH AMERICA

KLM routes, KLM code-share routes and other SkyTeam destinations in North America.

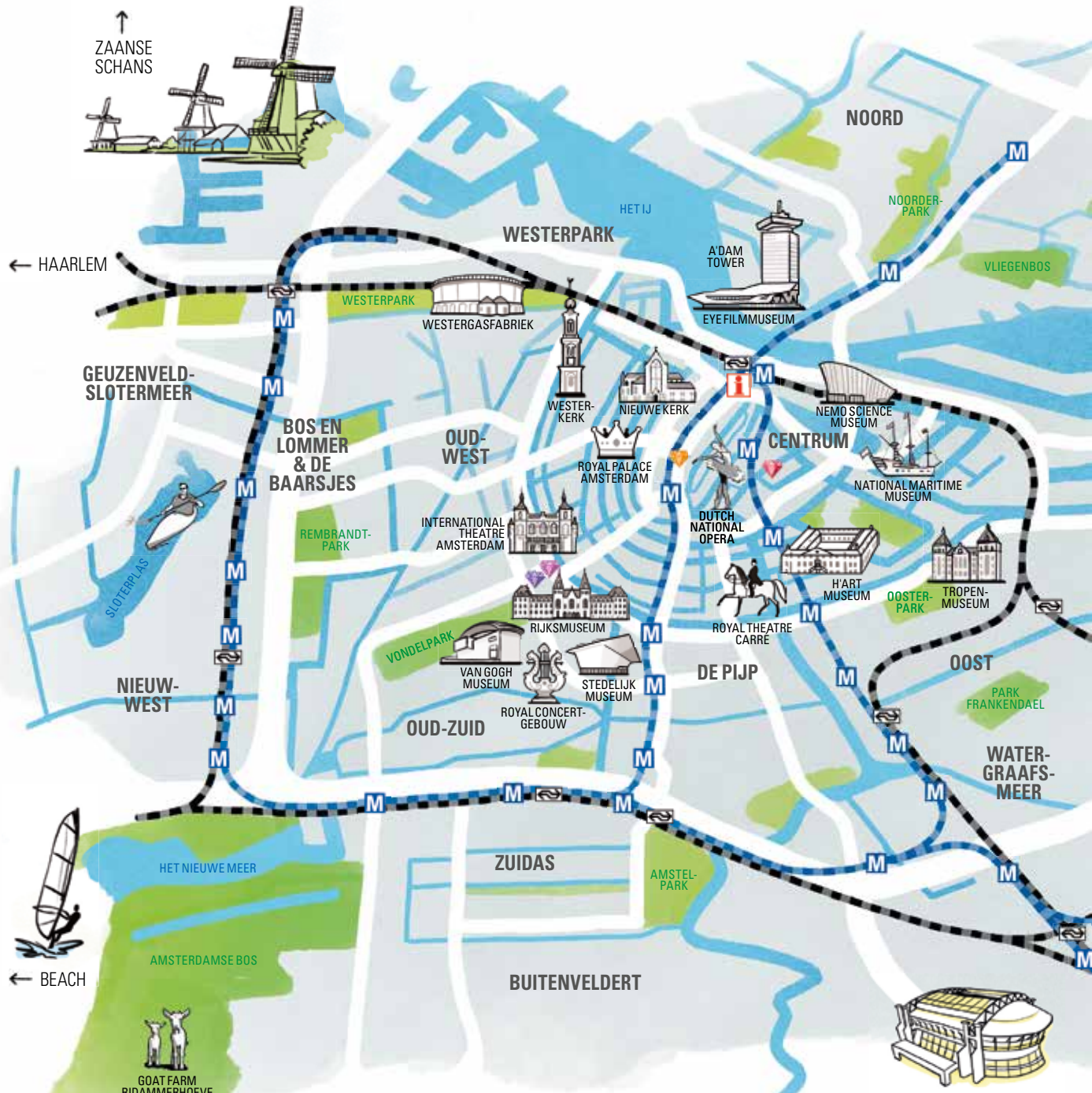
- KLM 
- Aeroméxico 
- Delta Air Lines 
- WestJet 

 SkyTeam member

The lines are illustrative and do not represent the actual routes taken by the aircraft.



AMSTERDAM



- Metro
- Railway
- Railway Station
- I amsterdam Store

- GASSAN Dam Square, Rokin 1-5
- GASSAN P.C. Boutique, P.C. Hoofstraat 84
- GASSAN Montblanc Boutique, P.C. Hoofstraat 57
- HOUSE of GASSAN incl. Rolex Boutique, Nieuwe Uilenburgerstraat 173-175

JOHAN CRUIJFF ARENA



GASSAN

WATCHES | JEWELLERY

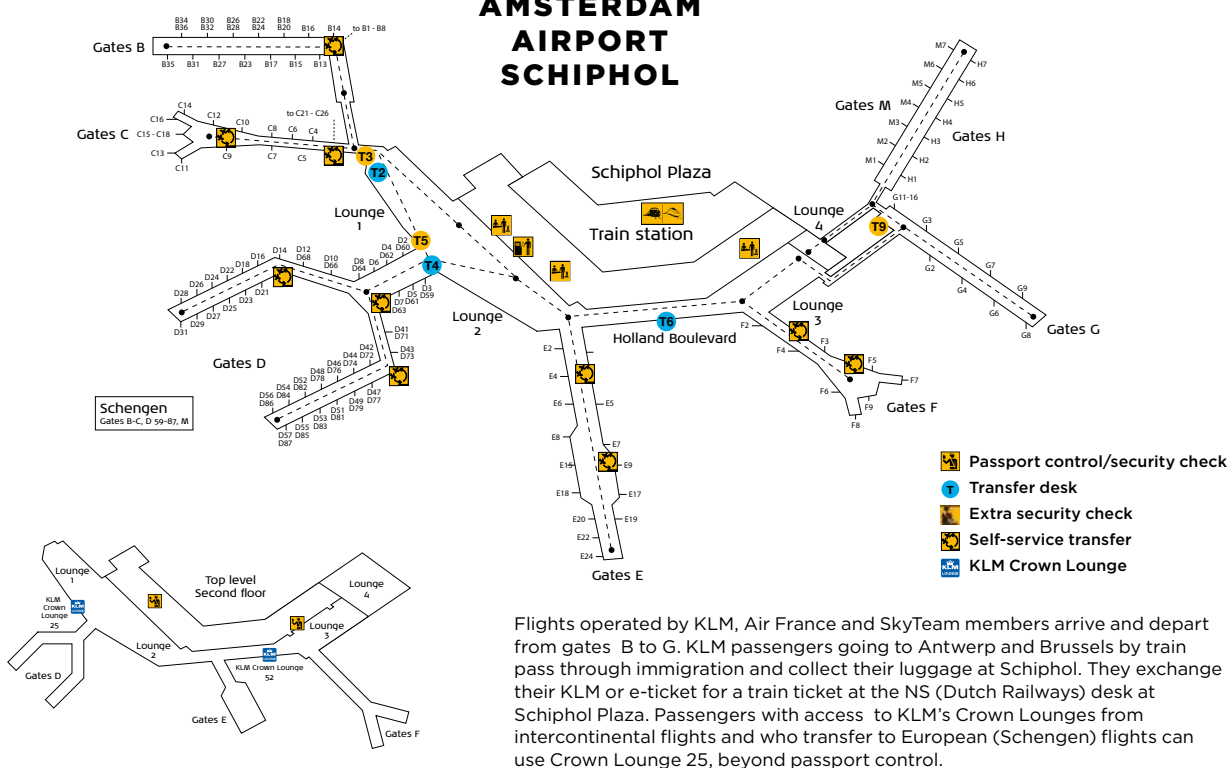
CHECK FOR MORE INFORMATION
OR TO BOOK A TOUR:



AIRPORT MAPS

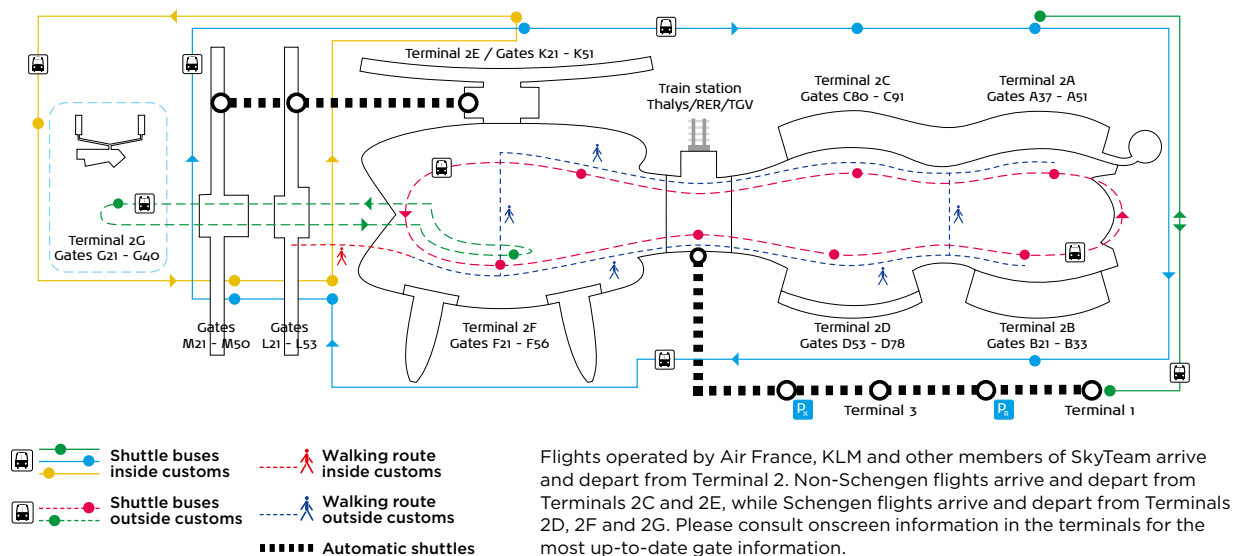
The Netherlands

AMSTERDAM AIRPORT SCHIPHOL

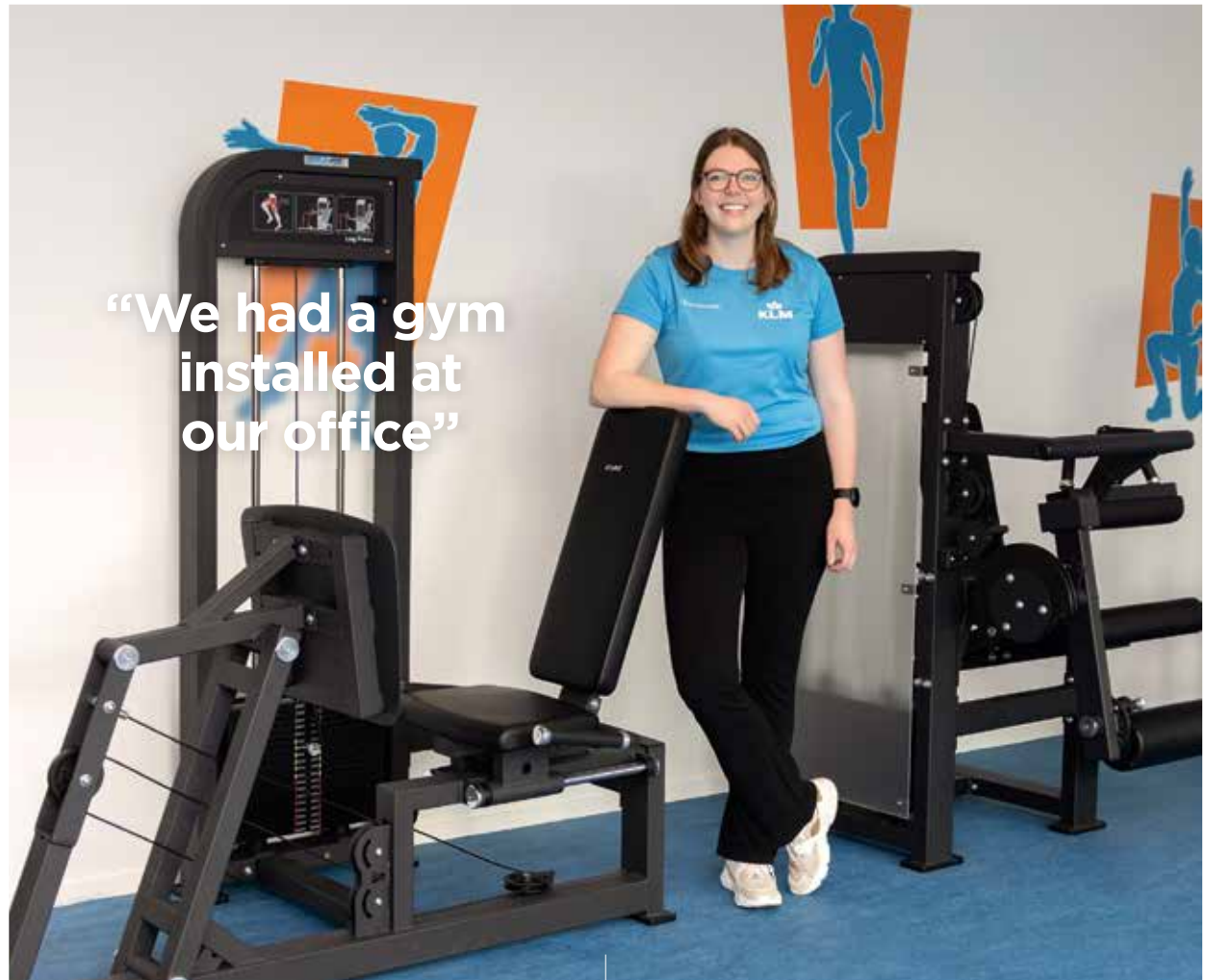


France

PARIS CHARLES DE GAULLE AIRPORT, TERMINAL 2



OUT OF THE BLUE



“We had a gym installed at our office”

Marjolein Daeter

AS A PRODUCT OWNER DATA MANAGEMENT AIR FRANCE KLM, MARJOLEIN DAETER AND HER TEAM MAKE DATA MORE ACCESSIBLE.

What does your job entail?

I oversee a team of six employees: four data engineers and two Business Intelligence (BI) Consultants. Most of our work is currently focused on the implementation of Data Catalog, a new tool that catalogues information about data (metadata), such as who produced it, where it came from, in which database it's stored and so on. Air France KLM is focused on being more data-driven, and if our Data

Scientists need access to certain information, this tool will tell them immediately where it's stored and whether they have access to it. This could help them to make all sorts of predictions.

Can you give an example? At the moment, Data Scientists often don't know what data exists or who to ask to get access to it. With Data Catalog in place, data will be easy to find and request across Air France KLM.

How did you end up in your current job?

I joined a KLM traineeship. Although I had no previous experience in IT, I had completed some IT-related subjects for my Master's degree. After my traineeship, I switched to my current role and was also asked to join the taskforce that was overseeing the remodelling of our office. We had a gym installed, where some colleagues give fitness classes. I teach body pump.

ZANZIBAR



28°C

With dry weather, an average daytime temperature of 28°C and cooler nights with temperatures that rarely drop below 18°C, July is the perfect month for a holiday in Zanzibar.

Stone Town

Stone Town, the oldest part of the capital Zanzibar City, is located on the western side of Zanzibar and has plenty of intact 18th- and 19th century buildings with Arabian, Indian and European influences.

Monkey around

Due to its tropical climate, most of Zanzibar is believed to have once been covered by dense evergreen forest. Some of it still remains and is home to wildlife such as red colobus monkeys, lemurs and mongoose. To see them, sign up for a forest tour.

25

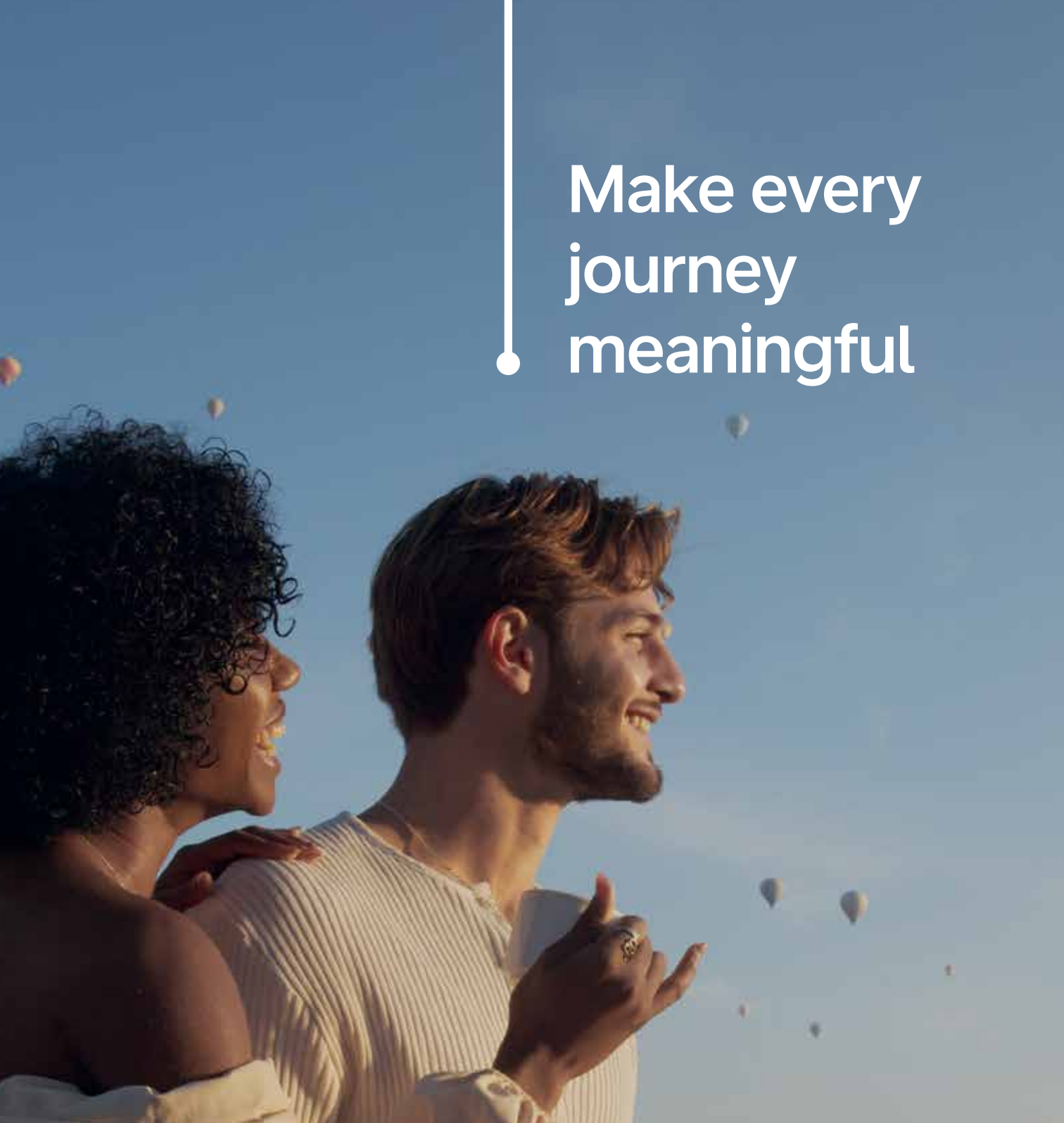
There are more than 25 heavenly white-sand beaches in Zanzibar. Kendwa Beach, voted one of the best beaches in Africa, and Kizimkazi Beach, renowned for its dolphin sightings, should be top of your list.

Freddie Mercury

Former Queen frontman Freddie Mercury, real name: Farrokh Bulsara, was born in Zanzibar. His childhood home in the heart of Stone Town is now the Freddie Mercury Museum, a must-visit for Queen fans.

Street food

Don't leave the island without trying Zanzibar Pizza. This popular snack, which is essentially a crepe stuffed with various ingredients, such as meat, egg, veg, cream cheese and spices, is sold at street stalls around Zanzibar.



Make every
journey
meaningful

Travelling well isn't about where you go or where you've been, it's about our commitment to make every journey meaningful.

Let's travel well together.

Find out more at klm.com.

 **Royal Dutch Airlines**
Travel Well



IN TRIBUTE TO PARIS 2024

The Speedmaster Chronoscope Paris 2024 is a reminder of the expert precision that OMEGA brings to the Olympic and Paralympic Games. Created in the colours of this summer's historic sporting competition, the design is crafted in stainless steel and features a commemorative medallion on the caseback. On the dial, a unique timing track is revealed, with tachymeter, pulsometer, and telemeter scales in a 1940s snail display. A sublime tool for measurement that celebrates our trusted role as Official Timekeeper.

