

# Serape

ISSUE VI



# LETTER FROM THE EDITOR

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A gypsy soul is a person always in need of change and adventure. They seek the next best thing in any situation. They are passionate and inspired by the different. They thrive on ideas and experiences, and they wander the world in search of such things.

They say that travel is the only thing in the world that you can buy that makes you richer and I have always found that to be true. Issue VI of Simple Magazine gets a serious case of wanderlust as we look to the world and all of its endless possibilities.

Sophie

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# DAYDREAMING DESTINATIONS

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SOPHIE SEYMOUR

Who needs a long haul flight and jetlag when you can browse beautiful beaches from the comfort of your couch with a cuppa? Though personally I would never turn down the opportunity to travel, in between vacations I have discovered the perfect online alternative, and I'm not the only one. Anyone with a Pinterest or Tumblr account will confirm that travel is one of the biggest virtual trends of recent years, sitting alongside the fashion, interior and culinary delights that flood our feeds. You can virtually visit any continent at the speed of your broadband, absolutely no check-in or security procedures required.

Social media platforms are a fantastic way of discovering new spots to visit, unveiling hidden gems that you would be hard pressed to unearth via the typical methods of travel arrangement. Since spotting striking photographs of Lake Hillier in Western Australia, I am now determined to visit one of nature's most dazzling creations – beautiful bubblegum pink lakes.

These incredibly otherworldly bodies of water can be found at various locations across the world including Canada, Spain, Senegal and Azerbaijan and are the extremely pretty product of an unusual type of algae. Similarly,

my online journeys to various Nordic countries have solidified my dedication to returning back to Sweden; a childhood holiday destination that has settled in my memory as a firm favourite.

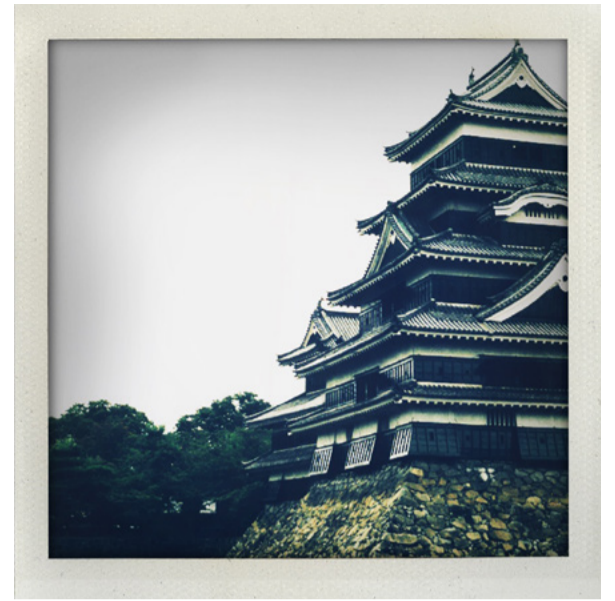
Whilst your browsing various flamboyantly coloured streets across the globe, reblogging or pinning the aesthetically pleasing photographs whilst scrolling, there is some sense of satisfaction of having visited those far off towns and villages in some way. I consider this to be pure online escapism at its very best. Though it would be challenging to prove whether these digital quests have a positive or

negative effect on our travel habits or not, it would be nice to think that our individual compilations of destinations would not always be saved for the screens that we sit behind.

When considering the locations that are so admired online as some form of wanderlust fuelled bucket list, you can only hope to have the opportunity to add your own snapshots of these captivating destinations to social media pages of your own one day. If that's not encouragement enough to return to Pinterest and Tumblr with a refreshed incentive to pack your pages as full as your suitcase with even more tantalising travel images then I don't know what is...Here's hoping that I get to swim in a pink lake one day.

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Images courtesy of Leanne Dixon





# YOU FOR SCUBA

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SOPHIE MAGUIRE

The perfect bikini can be hard to come by and it's one of those items us girls spend a lifetime trying to pin down. The right fit, the perfect material – the kind that can withstand the sun and the surf, a bandeau or a halter? It's a neverending checklist. But it looks like our search may finally be over.

And the answer is neoprene – the latest, hottest trend in swimwear. Made for the water, neoprene is flexible, structured, sporty and ultimately sexy.

Think Bond girl – emerging from the sea, hair tousled, skin shimmering against the midday

sun and bikini intact. No more wedgies, no more nip slips. A neoprene bikini is a bikini that stays put.

The athletic trend stems from wetsuit and scuba diving material and can now be found on bikinis and one pieces everywhere. Brands up and down the high street and even those pricey designer names are embracing the neoprene trend. But none do it as well as TRIANGL.

TRIANGL was launched in 2012 by Erin Deering and Craig Ellis when Erin, like so many of us, couldn't find a suitable bikini

anywhere that was fashionable and under \$100. Naming the brand after Erin's favoured bikini style 'the triangle' they dropped the E to stand out from the crowd and TRIANGL was born.

From the word go, the creators of TRIANGL have focused on neoprene bikinis because in their words it "fits firmer and has more stretch resistance compared to regular swim fabric. It's very comfortable, and works magic to smooth and shape your body. It's a very thick fabric, so you don't need padding since you can't see through it at all when wet! It is also light-weight, fast-drying and

if you over-stretch it, it tends to bounce back very quickly when dry.” In a word it’s pretty damn perfect.

And with celebrity clients such as the Jenner sisters, Beyoncé, Miley Cyrus, Karrueche Tran and Ashley Benson TRIANGL have well and truly secured themselves as the go-to bikini brand of the moment for any self confessed beach babe.

In the name of research I decided I had to get on the neoprene hype myself and headed straight to TRIANGL to see what all the fuss was about. I opted for the Indiana Ice White bikini and the moment I tried it on I fell in love. Being a little on the busty side bikini tops can be my nemesis, but the support that my new purchase offered and the way it moulded to my body meant I felt comfortable pool side and even ready to face the waves head on. With Neoprene there is no ugly bumps and bulges, just a seamless fit and some serious structure. Available in every imaginable colour and at under \$100 TRIANGL are making a big splash in the swimwear world. Take it from me wetsuits are not just for water sports ladies. So take the plunge and choose TRIANGL.

[www.international.triangl.com](http://www.international.triangl.com)

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Images courtesy of TRIANGL







# GANDYS

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JENNA JONES

In 2004, three years into a once in a lifetime adventure travelling the world, Rob and Paul Forkan were tragically left orphaned after their parents both lost their lives in the Boxing Day tsunami. Consumed by grief, but determined to finish the journey that their parents had started, Rob and Paul spent years travelling the globe, finding themselves, and coming to terms with their overwhelming loss.

Once back in the UK, the brothers came to the decision that they would find a positive end to their heartbreaking beginning by helping orphans in India and Sri Lanka in need of basic essentials.

After spending much of their lives travelling in flip flops it seemed only fitting to create their very own brand and with that Gandys was born.

Now a fully fledged company going from strength to strength, Gandys donates 10 percent of all their profits to the 'Orphans for Orphans' mission, the brands official foundation.

With such a poignant back story and inspiring message we were eager to find out more about Rob and Paul and what's next for the brand. Here's what happened when Semple met Gandys...

***Gandys has officially gone global. What is it about Gandys that keeps the message travelling at such an incredible rate?***

It is incredible how Gandys has grown in such a short space of time, we have amazing support from some very influential people and we take great pride in the design of our flip flops. We will only produce products which are top quality and have the best result. We have a growing brand where our vision years ago was to create a sustainable business that would give back, and these values on which the company was founded

remain the same today. We have been truly humbled by the support we've received from the likes of Sir Richard Branson, The Royals, Prime Minister David Cameron and various other high profile people who have certainly been instrumental in Gandys ongoing mission.

***Can you tell us a little more about the Gandys foundation and the Orphans for Orphans initiative?***

The Gandys Foundation is the registered charity of Gandys, and was set up in the summer of 2013 following an overwhelming response from people asking how they could help. Ten percent of all Gandys profits go directly into The Gandys Foundation, whose sole purpose is to support children in need of basic essentials such as nutrition, medication, education and a safe place to live. This is the 'Orphans for Orphans' mission.

We personally ensure that all of the operational costs of the foundation are covered, so that every single pound donated goes directly towards the projects. The fundamental goal of The Gandys Foundation and the 'Orphans for Orphans' mission is to support the many underprivileged and disaster stricken children who have no access to the most basic of sanitation, clean drinking water, medical supplies, shelter and education. Following our own experience we wanted to do what we could to help less fortunate children grow up with the standard of care that everyone deserves. The 'Orphans for Orphans' mission is very close



to our hearts and it is the driving force behind Gandys.

***Travel changed both of your lives and gave birth to the Gandys brand, but what else did you gain from your travels that has helped to shape the people you are today?***

I think travel has definitely shaped us as individuals, to be able to see the world first hand from a young age, including attending school in India for a short time mixing and socialising with a variety of people. We were still learning and the great thing about our travels is that it still enabled us to have our childhood, but really opened our eyes to the world and what is out there in life.

***Collaborations both designer and celebrity have always been hugely successful for the Gandys brand. Are there any future collaborations or projects in the pipeline that you are able to share with us?***

We have just launched with Liberty

Art Fabric, which was incredible, stock literally sold out within 2 hours of going on sale. Prior to that we collaborated with Accessorize, where £2 of every sale went towards the charity EMERGE. To work with top fashion retailers is incredible and inspiring. We have some amazing projects and collaborations that we are working on at the moment with some great names in the fashion industry. But if we told you now then there's no surprise...everyone likes some anticipation! However one project that is very exciting is that we have a book launching in November that will document Gandys entire journey to date.

***How important a part has social media played in the Gandys story?***

Social Media has got behind us from the word go, it is the way the new generation now work and process things. It has become such a huge part of the way news travels and this was so important for us to spread the word about Gandys and the Gandys journey. We went to Sri Lanka for the first time since the tsunami this year and decided to record a blog of our journey over there. We were blown away by the support and response we got with over a million views.

***You both partake in a lot of public speaking and have become true ambassadors of entrepreneurship. What's been the best piece of advice you've been given along the way and what top tip would you give to budding business minds?***



We were lucky enough to be personally invited to Buckingham Palace by Her Majesty The Queen where we met the Princes, William and Harry. While speaking to The Duke of Cambridge he described his own family as the ‘silver lining’ in his life following the tragedy of his mother’s death, saying “people who lose parents at a young age have to simply dust themselves off and carry on”.

From the beginning we have always had the determination and passion to succeed, you have to have perseverance and drive and put in those extra hours to create a successful business.

***Gandys is managing to not only satisfy the sartorial needs of the Western world but also donate to fantastic causes. Do you believe that fashion can change the world?***

We have experienced it first hand with our design lead flip flops, with 10% of our profits going towards our mission. We are opening our first Children’s home to mark the 10th Anniversary of the tsunami and we are already supporting a children’s home for the next three years in Sri Lanka using the profits from our collaboration with Accessorize, so fashion in our eyes is proving to change the world.

***What’s the ultimate dream?***

To become known on a global level would be incredible. We are now launching across Europe and internationally so we hope we will continue to expand and become better known on feet everywhere. This will then potentially help us to open more children’s homes worldwide and give more to our charity ‘Orphans for Orphans’.

[www.gandysflipflops.com](http://www.gandysflipflops.com)

Images courtesy of Gandys



# BAG FOR LIFE

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MARNI BANKS

“A woman’s mind is as complex as the contents of her handbag; even when you get to the bottom of it, there is always something at the bottom to surprise you.” – Billy Connolly

I can’t count the amount of times I’ve seen a woman gazing into a shop window at the latest designer handbag while her partner tilts and scratches his head in utter confusion. For some, the importance of a handbag is completely misunderstood; just an excuse for a woman to travel around carrying her unnecessary possessions in a fashionable, stylish manner. But for many of us, a

handbag is the beating heart of our everyday routines. We can’t leave the house without it, and when we do, we feel bare. It’s about time we rummaged through its purpose to pinpoint exactly why this is so.

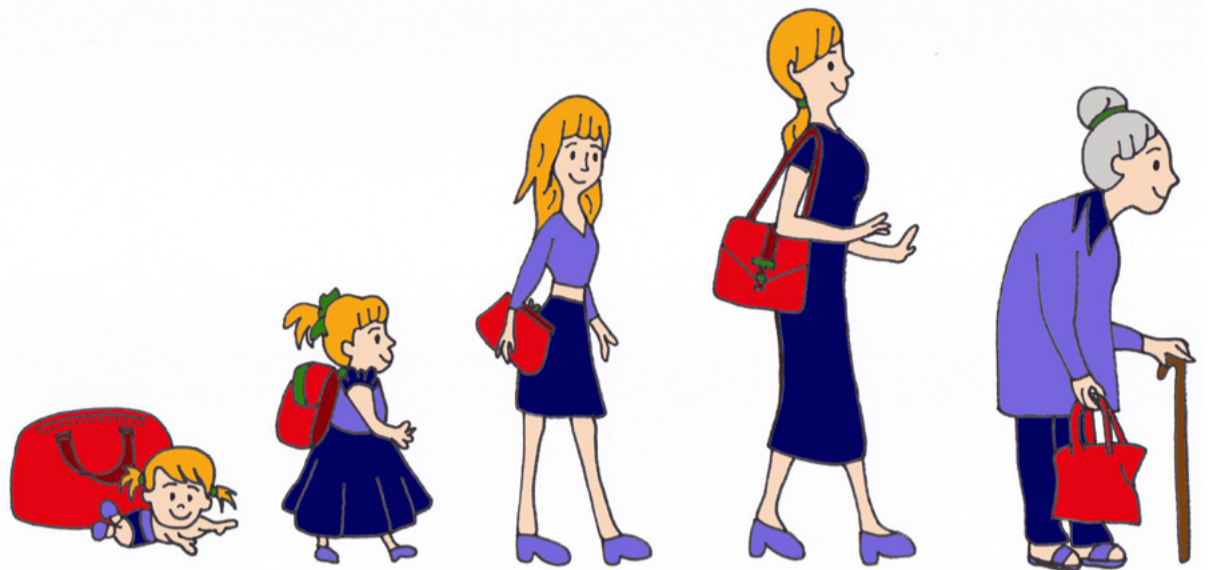
Just like every story it’s best to start at the beginning, and for a handbag, this goes back centuries, to when it’s sole purpose was to carry goods for means of survival. Essential ingredients and medicines from fertile fields were gathered and taken in large bags to villages of people. This was all a bag was deemed for, until it was discovered you could embellish, decorate and bejewel them.

In the 15th century, a bag with an illustration of a love story was a traditional gift from a groom to his bride, which gave them instant sentimental value, and meant women cherished them in the same way they would a wedding ring. From this point onwards, bags were regarded as precious as well as practical, and their multi-functionality provided even more of a reason for a woman to seek one.

Today, handbags have long been associated with social status and are a crucial barometer of our times. They are a form of self-expression, defining who we

are and how we wish to present ourselves. “What you put in your bag is very important to you. That makes a bag very personal, because in it you have a secret. A secret gives you some sort of power. Traditionally, for a woman, a bag holds the things you need for the day, but it’s also your little beauty factory, which is very important to the identity of the woman,” says Farid Chenoune, expert in the history and culture of fashion. In this sense, a handbag is a product of who we are. A product which provides a glimpse into our lives, values, interests and personality.

Established brands such as Chanel, Louis Vuitton and Hermes caught on to their symbolic significance and created their own designs which rule today as some of their most iconic products. Unless you’ve been hiding under a rock, you will have heard of the Hermes’s Birkin bag, Chanel’s classic 2.55 style and the Alexa from Mulberry. These bags sell everyday for thousands, but not just because of the brand label stamped on them. Retail and fashion consultant Robin Lewis, studied the importance of a handbag and wrote that a ‘bag sends a loud message and carries an emotional reward for those who choose to invest in one’. Designer bags are marketed as a form of empowerment and hint at the wealth of its owner, so it becomes an aspiration of ours to own one. We associate them with success, and for many women this makes their existence in our wardrobe a crucial part of how we present ourselves to others. However, the same could be argued for a pair of the best cut jeans, or gold carat



jewellery. For me, there is a deeper reason as to why a handbag is so significant to every woman, and different to any other fashion item.

In 2012, it came about that a judge in court defended a case where a stolen handbag was condemned as an ‘inconvenience’. Taking into account all the possessions that would be found inside the bag, Judge Zoe Smith fought back explaining “her phone is taken, her cards, her money to get a cab is taken, her keys to the door of her house are taken so there is the fear of anyone coming to break in. It’s a terrible thing to do and girls are left stranded on their own.” This stressed the fact that a handbag is a gateway to a woman’s life, and holds in it a sense of security and safety. Our handbags help us feel organised, in control, and safe knowing our most needed possessions are tucked securely under our shoulder. A handbag has an irreplaceable connection to a woman on a personal level,

that when taken away, leaves us vulnerable and fearful.

In many ways, this same connection aids our mobility. A bag allows us to travel the world, while taking little pieces of home away with us. A charm attached to our keys, a picture of a loved one inside our purse. All of this can be found inside a woman’s bag, forming the roots of where we belong and allowing us to move, travel and explore safe in the knowledge that home will always be there. So although the Mary Poppins’ bag has not yet been made a reality, we will continue to travel and overfill them with our necessities and securities.

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Images courtesy of Dulcie Pryslopsi



# FOF TRAVEL

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JENNA JONES

Often thought about but rarely fulfilled, travelling can be a daunting experience. But what if there was a network that could provide the safety and security that you crave? It's time to make friends with Friends of Friends Travel.

Semple sat down with CEO and Founder Krissa Curran to find out exactly how FOF (friends of friends) Travel plans to change the face of travel through the ever growing digital realm of socialising.

***How does FOF Travel work and what was the inspiration behind the concept?***

FOF Travel is a tool that helps

people get the most out of their social circles, so they can travel the world for free (or as close to free as possible). Think of it like LinkedIn for travel, or Airbnb/Couchsurfing meets Facebook as some of our early adopters have called it.

The way it works is this: you invite your friends from Facebook, Twitter, email, etc to connect with you on FOF. Once they're in, not only do you see where all your friends are, and what services they're willing to offer you for free...you can see how their friends are willing to help you out also.

Help means a free place to stay,

somewhere to leave your bag for the night, a tour of the city or maybe just a fun night out in town. We take the awkwardness out of the equation by giving people a reason (and a way) to reach out and offer a hand, before anyone even asks. Like Couchsurfing, this is the hospitality exchange that FOF facilitates. Asking friends and family for help is something we do every day. What's novel about FOF is that now there's a dedicated digital platform and tool to make that whole process a lot easier, and more intuitive.

***Wanderlust is a burning desire in many young people, but***

*they are often wary of the experience. How does FOF Travel help young explorers overcome their fears?*

When you start #FOFingit, you kill three birds with one stone: safety, money and support. First of all, you always know who you're getting help from – either directly or through a mutual friend you have in common. So that's already a big relief.

You can then save on certain aspects of your travel by using one of the free services your friends and FOFs have already said they're willing to help you with.

Finally, I know from experience that one of the biggest reassurances you can get when you're on the road is knowing you have access to someone, or something, that will help make life a little bit easier. Sometimes that comes in the form of a free WIFI connection. Other times it's a pickup from the airport to your hostel or friend's place.

There is a element of spontaneity and the unknown when you travel, but at least if you have friends and FOFs to reach out to, help is only ever one phone call, one message away.

*You describe FOF as 'social travel', how important are other social networking platforms to the FOF experience?*

FOF Travel is what we call "applied social networking". In this case, social networking applied to travel. Having a network via some sort of social media platform –



whether that's Twitter, Facebook, Instagram, Google+, Pinterest, whatever, has become the norm. Everyone has one, and they can tap into it via all those platforms with varying degrees of success.

What FOF Travel does is it focuses the power of that network into a purpose – to finding travel services. Your network is there, it's on those platforms, but the travel opportunities are hidden. FOF Travel brings those opportunities to the forefront so you can see where the people in your friends of friends network are, and also exactly what they're willing to help you with.

*Trust is highlighted as a key part of the FOF philosophy. How do you ensure that FOF is a safe environment for its participants?*

The beauty of FOF Travel is that the environment is as safe as you want it to be. You're never connected to anyone unless someone you trust is connected to them – provided you only add

people to your network that you trust. As soon as you start adding someone to your network you don't know, you are ruining your own experience. The security of your network really is in your hands. Of course, we would always encourage everyone to make sure they are safe when they travel and to verify contacts they are meeting with by talking to their common friend first.

*Travel is obviously a very significant and important part of your makeup. Why do you feel that travel and the ability to explore is so significant to others?*

I think travel inspires people in just about every way. When you experience new things, and I mean really experience them, you not only get a physical experience, but usually an intellectual and spiritual one too.

It's human nature to be inquisitive about that which we don't know, and there's no surer way to discover things you don't know than to travel. It teaches you a lot about yourself, about people, and the places that nurture a certain kind of society or culture to exist. It tests your limits and often it is in the unknown and unexpected situations that you really grow.

If you ask anyone who has started to travel about why they can't stop, it's usually hard to pinpoint one particular reason. Usually, it just boils down to a feeling. You feel like you have to move, to see something new, to meet an unknown face, to be awestruck and amazed by the



everyday little things that often we take for granted. And so we keep moving. I guess, in short, because it makes us feel alive. When you take a break from routine, you're forced to live in the moment and when you live like that, consciously, that's when you're really living instead of just reacting to the life that happens all around you. It gives you perspective and a different lens to view and question the world around you.

***The word 'happy' appears a lot on the FOF Travel site. Does travel represent happiness for you? Is it when you are at your most content?***

It does, but you have to remember that when we talk about travel, we don't just mean the physical act of moving or the touristy aspect of seeing loads of attractions.

Travel to us is about meeting new people. Accumulating, creating and then sharing new experiences. That's what makes us happy. At the end of the day, people and places are at the heart of FOF Travel. They have to be. And it's our relationship with them that brings us joy. We want to encourage more people to travel and share together.

***Are there any particular travel success stories from fellow***

***FOF-ers that you can share?***

We love hearing about people who are #FOFingit and there really are some great examples of people using the platform. One of the easiest ways to find help is by using the 'Broadcast' feature. What this does is it allows you to send out a message to everyone on your network, like a big shout-out, asking them for what you need.

Some of the most recent broadcasts we've seen are ones like:

"I'm in Uppsala studying here for the next 5 months! Anyone want to meet for coffee or anything and



show this American what Sweden has to offer? :)”

“I’m in Portugal until the 4th and I’m looking for a place to stay for me and one other. Any help would be appreciated. Hang outers and hosts much obliged.”

“Looking for a place to crash in KL (near central) on the weekend of 12 Sep.”

That last one was actually helped out by someone I know, who had recently moved to KL and put the girl up for the weekend so she didn’t have to spend anything on accommodation.

An awesome personal success story was when DJ (FOF Travel co-founder) was heading to the festival ‘Nowhere’ in Spain. He put out a broadcast to ask if anyone had any advice on what it was like and what he should prepare for. He ended up getting some great response from the ‘burners’ (those who subscribe to the culture of Burning Man) on the site. He found out loads of details and made some friends before he even got to the festival.

### ***What’s next for FOF Travel and how do you see the business expanding in the future?***

We’ve got some big plans in the upcoming months, but I can only give so much away!

The biggest development is that we’ve decided to do our next round of funding via a crowdfunding platform called Seedrs. The awesome part about using this platform is that we aren’t asking

for ‘donations’ – we’re asking for investments. Your investment can be as little as £10, but you’ll still come away with a bit of equity with FOF Travel. Anyone in Europe can put money in and get own their own little piece of the company – what would you have given to have bought a little bit of Facebook or Twitter when it first started? Once we get our next round of funding, we’re going to be upping the ante when it comes to the tech on FOF Travel. We’ve got a whole new app in the works but there’s only so much I can reveal to you at this stage.

I’ll give you a little sneak peek – we’ve literally not talked about these new plans anywhere else yet. We’re going to be including more direct connectivity with existing social networks to make tapping into your current network easier, and we’re going to be reworking the system so that eventually, there will be a channel through which individuals can hope to earn money on the side as well. But that’s all you’ll get from me... for now! In terms of reach, our plan is to continue with the global expansion. The company is by nature already global – we have members in 108 countries already. The seeds are planted, so now we’re just going to water them and get them to grow. By summer 2015, we want to make sure that every serious traveller knows who we are – if they don’t already!

### ***As a travel expert what would be your top tip?***

Just do it. Don’t agonise over it for too long, otherwise you’ll never

do it. There are always going to be people and circumstances that are in your way. If you wait for the right moment, the bag full of money, your parents, boyfriend, girlfriend, boss, colleagues, clients, etc to say yes - and try and align all of that... you’re not going to get very far. However, if you prioritise travel at least once in your life, I promise you, you will not regret (or forget) it.

[www.foftravel.com](http://www.foftravel.com)

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Images courtesy of FOF Travel



# DANGER: BRITS ABROAD

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SAMANTHA VANDERSTEEN

There is always one. And unfortunately when you are abroad, that ‘one’ always seems to be a Brit! We’ve all seen them – loud, brash and normally a rather painful looking shade of red. We try and distance ourselves from them around the pool bar as they seem to latch on to any fellow British holidaymakers as if we are ‘one of them’. But before we delve too far into the realms of snobbery, ask yourself if you really are all that different. Maybe you aren’t loud and brash but we’ve all looked back on holiday photos and thought ‘what was I thinking?’. Could it be possible that the locals look at you with the same look of

concern and disdain? Are you in danger of being labelled ‘a Brit abroad’?

Okay, so everyone might want to think of themselves as the refined, mysterious foreigner when abroad but the likelihood is that you have fallen upon common mistakes. Follow our handy tips to make sure you avoid being labelled a pesky Brit next time you travel abroad.

Make an effort to learn the language. We are not suggesting you take evening classes and dedicate yourself to understanding the subtle nuances of the local dialect for a two week holiday in Corfu,

but under no circumstances fall into the trap of just speaking louder and more slowly at the locals. We are spoilt that a vast majority of the world speak English but taking the time to at least grasp the basics of “please” and “thank you” will show a willingness and is much more likely to win you favour.

Pack sunscreen. And actually put it on – liberally! If you are going somewhere hot, this is an absolute must. Don’t underestimate the effect the blistering heat will have on your pale British skin. Even if you tan easily back at home, your skin will not be used to the sort of intense exposure it will be getting



and the impact is not always immediately visible. Nothing makes British people stick out more than the lobster red glow we start to develop a couple of days into the holiday.

Don't panic pack. Try and plan what you want to take rather than blindly throwing clothes into a suitcase. Don't pack things that you wouldn't normally wear. If boho chic is not your thing at home, why would you want to swan around a foreign land in a floaty maxi dress? Dress according to your usual style but just adapt it to the weather.

Try new things. Get out and about and experience the local culture. Try new foods and step out of your comfort zone, even just a little bit. Why spend hundreds of pounds on a holiday to somewhere exotic

if all you are going to do is find the nearest tourist bar to set up camp in for a week?

Do your research before you go to find out about local customs. Whilst European destinations are pretty relaxed about cultural faux pas, more exotic locations with strict customs may not be as forgiving. Avoid getting yourself into trouble by finding out about the area you are visiting. Your research might also lead you to find interesting places to visit and things to do whilst you are there.

Let your hair down, but not too much. What goes on tour stays on tour? Not anymore! Photographic or video evidence of your escapades are now so easily shared on social media, that word of last night's antics could make it home before

you do. Everyone wants to relax on holiday but don't do anything that could put you in danger or that you would be embarrassed about doing back at home.

Being sensitive to the local area doesn't mean you can't have fun, in fact following our tips will help you stay out of trouble abroad and might even win you favour with the locals. After all, who doesn't want to have friends in hot destinations?

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Images courtesy of Dulcie Pryslopski



# JET SET MAMA

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SOPHIE MAGUIRE

Avid Instagrammer and British mum of two Claire Alexander-Johnston is living the dream raising her tiny tribe Bali bound. Travelling the world and taking each day as it comes. But it's Claire's zest for life and refreshingly hysterical honesty on motherhood that will have you falling in love with her and see you packing up your family and setting off for some far flung shore in no time.

Semple sat down with this globetrotting mama to get the scope on the realities of travelling with children and why exploring the world isn't just for single 20-something's.

Meet Jet Set Mama...

***First things first tell us the story of how you came to live in Bali?***

My husband is Australian, I'm English. He surfs. Somehow he convinced me that Bali was meeting 'half way'. (It wasn't that hard to convince me!) Like most, we came for a holiday and just never left. That was nine years ago!

***Where was the first place you ever travelled to?***

I holidayed and worked as a nanny all over when I was young, but I

would say the first place I ever 'travelled' to was Australia. That feeling of total abandon - I knew no one. Had no plan. No money. No job. Just an old crappy van and my best friend – it felt great!

***Would you say travel is addictive?***

Absolutely! It's a huge world out there. My latest thing is seeing all the bits that are about to change. All the animals that are becoming extinct and going to places that are about to be bulldozed for development, I want to show my children the world before it all changes and so much of nature

is lost. Even during our time in Bali I have watched all the rice paddies in our area disappear. I'm so wanderlusty. It's completely irresponsible and I'm perpetually broke...but I never ever regret it.

***People often say that travelling is for your youth and that eventually you have to settle down in one place. What do you say to those people?***

I used to hear that a lot, but not so much anymore. Perhaps, because being based in Bali there are so many people living a similar lifestyle to us. Travelling, working remotely, nomadic, hack schooling and moving with the seasons. Certainly travelling changes when you become a mother. There is a bit more planning and everything revolves around the kids; if they are not happy, or not sleeping, no one is happy and we have to switch it up. So far my little people have been very adaptable. But they are still young, so we will see as they get older.

***What has travelling and living away from home taught you?***

That you do not have to be defined by where you came from. Don't get me wrong, I had an amazing childhood and there are many things that I am taking into my own mothering, however, the open minded, free spirit, 'hack living' mantra is not something that is overwhelmingly prevalent in South East London.

***What is the hardest part of living in Bali and travelling the world?***



Saying goodbye to the people we love all the time isn't easy. Keeping in touch with friends and family around the world is time consuming, but it is part of our commitment to this journey. I am thankful everyday for Whatsapp and FaceTime. But honestly, even if we lived down the road it would be hard to see them all the time, motherhood seems to vaporise time! Some friendships are hard to maintain, but often that is not as a result of the travelling or living in Bali, mostly that is because we are in such vastly different stages of life that it is hard to find a way to connect right now. However, in situations where that has happened with people I really love, I know at some stage we will catch up with each other and reconnect. And sometimes we won't. And that is ok too. Because sometimes friendships are perfect for a particular season of life, and I think it's ok to acknowledge that and be grateful for that moment you had, rather than lamenting the passing of it.

***Tell us the benefits of raising your family in Bali?***

Ah where do I start! The Balinese people are beautiful souls, the climate, the ocean, exposing my boys to a second language, different culture, and a wonderfully colourful international community. Being able to 'outsource' the washing, cleaning and cooking, but not my children. If I lived in the UK, like most mums, this is not affordable and I would definitely have to go to work and put the kids in daycare. I love that at the weekend we can all hop on an old fishing boat, turn our mobiles off and go cruising around the islands. I love the salty air, bare feet and fish dinners on the beach, the lack of red tape, the flexibility and the freedom.

***And the negatives?***

Like everywhere, Bali has its issues. The massive growth in recent years has put a huge amount of pressure on the infrastructure. There is still a lot of corruption. Organic food, clean water, and things that would be thought of as basic conveniences can be hard to come by. Electricity blackouts are becoming more frequent, the traffic jams are ridiculous, and pollution is an ongoing problem. But I guess that is all part and parcel of living in a developing country.

***What do you hope your boys will take away from their upbringing?***

An open mind, tolerance, a sense of adventure and confidence in themselves. I want them to be brave, have conviction in their beliefs and to be secure in the choices they make, whatever those choices may be.



*You share a lot about your beautiful family via social media and are very honest about what it means to be a mother. Does this receive any negative comments and if so why do you think that is?*

Of course I'm making some different decisions from other mothers, but fundamentally we are all trying to be the best parents we can be. We're all exhausted, we all screw up, are vaguely unshaven, and juggling a million balls! I take the advice that resonates with me, and gratefully ignore what doesn't. I think we can all learn a little from each other.

*How do you take time to just be you in all the madness of raising your two boys?*

Time for myself? I have no idea what this concept is! No really, I think that pregnancy, birth and breastfeeding can feel like such a takeover of your body for so many years that sometimes it's hard to remember what I actually did before, or what brings me joy, or how to be creative. It sounds a bit shallow perhaps, but Instagram has really helped me to find my voice while in the thick of motherhood. Taking/sharing a picture a day has given me an outlet during those long sleepless nights. But I

only Instagram when the kids are sleeping. The rest of the time, I allow the takeover. It's not going to last long, so when I'm knee deep in nappies and vomit, Atlas has refused to wear clothes for three days, the bath water is overflowing and I can't remember where I put the baby, I remind myself... 'these are the good old days!!!!'

*What would your advice be to someone looking to have a family and travel?*

It is possible. From my experience I would say travel as much as you can when they are babies (before one year old) as they are easy

to carry around and generally speaking, more adaptable. From one to two years old, it gets a bit tough. It is hard for the little people to comprehend, and although all kids love routine, toddlers are in a particularly rapid growth phase where they are absolutely craving structure and the whole thing can be a bit overwhelming for them. If you travel at that point, it is better to go to one place and stay, than move around a lot. And let's be honest, travelling with children is not always enjoyable during the actual travelling from place to place (airports/flights!).

But there are ways to survive it and make it fun. Our Ergobaby carriers are the best things we ever brought for our little ones. From a personal point of view, I really have to let my anxieties go, and have an ability to be flexible if things don't work out as planned. And NEVER show the kids how stressed you actually are. But from two years onwards it starts getting easier again. I'm still learning how to do it, but I know that by keeping the same bedtime routine, wherever we are, helps to acclimatise them. And always give them a eucalyptus, lavender and Epsom salt bath when we get off a plane to 'ground them' and clean off any nasty travelling germs. As they get older I'm sure the challenges will change. I am excited about navigating this next stage. Advice is very welcome?!

### ***What's the dream?***

This is the dream.

### ***Will you ever pack up and come home one day?***

People ask that all the time, I really want to give a hippy dippy answer like 'home is where the heart is'... (I really do believe that!) But you mean the UK...ah never say never, but I don't think so. There is a big world out there - we haven't even scratched the surface.

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Images courtesy of Amber Melody

## **QUICK FIRE ROUND**

### ***Bali or Britain?***

Bali

### ***Stay or go?***

Go

### ***Hot or Cold?***

Hot. Except at Christmas.

### ***I always pack?***

An Ergobaby, my homeopathic kit and wet wipes.

### ***Tan lines or bare it all?***

Bare all. Except postpartum. Then it's an additional paper bag on the head.

### ***All-inclusive or off the beaten track?***

A bit of both

### ***Cocktail or cold beer?***

Cocktail

### ***Learn the lingo or wing it?***

Learn the lingo

### ***Top destination?***

Too hard! Argh...Borneo! The orangutans!

### ***I would never go back to?***

India. Ok that's unfair. I would...if I was in the seven star resort. Never

slum it in India, unless you are willing to sacrifice your digestive system for life!

### ***Sand or surf?***

Surf

### ***Book for the road?***

Goodnight moon

### ***Top travel tune?***

Wheels on the bus



# LOSE YOURSELF IN 14 SECONDS

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MARNI BANKS

“Everything starts as somebody’s daydream”

The sensation of daydreaming is something we’ve all experienced. Whether it be through worry or fantasising, it allows us to escape from the task at hand.

“Snap out of it”, shrieked the teachers at school as we stared hazy eyed out the window. “Excuse me, the queue has moved”, says the impatient man behind us as we regain awareness having gazed in deep thought at the floor. No matter what the circumstance, drifting into a world of eccentric, complicated, meaningful thoughts

is the simplest, most powerful form of escapism and unveils a stream of opportunities.

If you were to place yourself in your most serene environment, where would it be? Whether it be on a white sand beach with palm trees that sway in the breeze, or on top of a mountain that overlooks a heroic, time worn landscape, the images and settings we can create in our imagination often go beyond these idyllic settings.

To daydream is to experience a short-term detachment from your immediate surroundings. So much so in fact, that your

contact with reality is blurred and replaced by idealistic, positive thoughts, hopes or ambitions – creating a visual beyond the norm. Although we all experience them, each daydream is completely unique and representative of that individual. No two individuals will ever experience the same daydream. This is what makes them so powerful, and in many senses the most personal, private and peaceful getaways possible.

Daydreams have often been associated negatively with a short attention span, low concentration levels and in some cases, laziness. However, as creative writers here





at *Semple Magazine*, we argue, along with many psychologists, that daydreaming is a significant form of creative intuition, problem solving and self-reflection. Many creatives; composers, novelists, film makers, and even scientists and mathematicians, formulate their work through visionary daydreams.

Eric Klinger's research in the 1980s even highlighted how daydreams can help to remind us of important tasks, therefore encouraging productivity and efficiency, 'paradoxical though it sounds, daydreaming is what makes us organised.' And we

suppose he's right, after all, Albert Einstein didn't discover the power of gravity without losing thought under a tree.

The sad aspect about these dreams however, is that despite how wild, wacky and unworldly they are, the older we get and the more experiences we encounter, the less likely we are to daydream. As the future shrinks, we lose sight of possibilities and our goals become more fixed and achievable. But these short moments of liberation can have a resonating impact on our lives. Each daydream comes with a sensation that feels as if they have lasted minutes, when in

reality the average daydream lasts about 14 seconds. Small but mighty – if you allow yourself to listen to these dreams, you could discover not only something new about yourself, but of the possibilities out there for you. They say you lose yourself in a daydream, but shouldn't it actually be that you find yourself? Be sure to always keep a pen and paper at hand and make the most of yours. Explore your mind and your imagination. Capture it and remember it. Let it set a path for your future. For who knows, it could lead to who you become tomorrow.

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Images courtesy of Madeline Masarik



# INTO THE WILD

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SAMANTHA VANDERSTEEN

It's not often that you get the chance to go on your dream holiday. So when the generosity of our family meant that my husband and I could go on the trip of a lifetime for our honeymoon, we knew better than to look a gift horse in the mouth! Before we knew it, it was booked and the day after our wedding we were heading off to South Africa on safari.

As big animal lovers we had both always wanted to see them in their natural habitat and so a five day safari was our first choice for a dream honeymoon. We were lucky that there was almost no time difference and an overnight flight

meant we arrived at Johannesburg ready for action. A short internal flight, on possibly the smallest passenger plane either of us had ever seen, took us to Nelspruit Airport. From there a private taxi took us on the final length of our journey to Kruger National Park, where we stayed for five days.

The scenery on the drive was beautiful and a world away from the autumnal weather we had left behind. As we arrived at the entrance to Kruger National Park, with a crocodile infested river on one side and guards laden with heavy looking rifles on the other, it suddenly hit us how far away from

home we really were. However, within twenty minutes' drive into the park, we had to stop to let a herd of elephants cross in front of us and nerves were forgotten, replaced by excitement for the adventure ahead.

Jock Safari Lodge, where we would be staying for the week, is situated deep in the heart of the National Park. The huge electronic gates swing open to reveal a beautiful reception building, main lodge and the 12 individual huts for guests. We received a warm welcome from all the staff, who were friendly and quick to attend to your every need. We were treated to a tour of



the site and instructions on what to expect during our stay: There were no intruders (good news), because they are all shot on site (bad news). No malaria outbreaks (good news), but you still need to take your tablets 'just in case' (bad news). The gates would keep the big animals out (good news), but they can't stop the snakes and spiders, (very, very bad news)!

After the scary talk about the snakes, spiders and other nasties that could jump out at us at any moment, I started to feel a bit freaked out and slightly annoyed at my new husband, who seemed to find the talk funnier and funnier,

the whiter my face became and the wider my eyes grew. Arriving at our hut and taking in the view across the dried up river bed from our own personal sala, I quickly realised that it was more than worth it for the sake of a few creepy crawlies.

At Jock you are assigned to a ranger and a group for the duration of your trip; so between the twice daily safaris and the dinners which you share, you get to know them pretty well. For the first night of your stay however, Jock treats you to a private dinner on your Sala by candlelight. As honeymoons go, listening to animals in the dark

distance, alone in the middle of nowhere and completely away from home is a romantic start. The romance ends the following morning as we are woken by a 5am call from our ranger; a safari holiday means an early start with the best times to see the wildlife at sunrise and sundown.

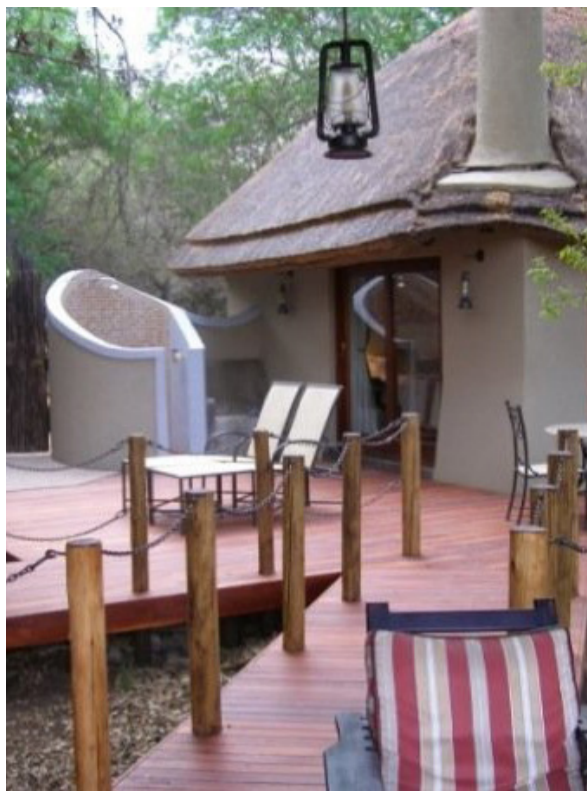
We'd been told October was a good time to go as it was just coming into their spring. This meant that the animals were getting more active but the greenery, which can often provide cover for the animals and therefore block your view, had not yet filled out. Setting off before sunrise means that there is a real

chill in the air so you welcome the blankets that are provided. The sun rises quickly though and within half an hour we are folding away the blankets and tearing off jumpers as bright sunshine starts to heat up the earth. In October the heat reaches a blistering 44°C at midday.

The landscape is breathtaking and the animals are active. Our ranger Dumi is knowledgeable (if a little bit intense) and has a knack for spotting even the most hidden away creatures. You can opt out of safari trips if you fancy a lie in one day but we wanted to take full advantage of every moment and so went on both trips each day. Our dedication paid off as we were lucky enough to see the full big five; lions, elephants, buffalo, leopards and rhinos as well as monkeys, antelope, giraffes, hippos, crocodiles and many more.

After the morning drive you have breakfast in the lodge and then relax around the resort. There is a spa, gift shop and a pool and each Sala has its own plunge pool. The huts themselves are luxurious and spacious with large four poster beds and small seating area and a bathroom. The Salas are the size of a large patio complete with loungers, outdoor shower and viewing deck over the riverbed so that you can watch the animals strolling by.

The evening drive sets off about half an hour before sundown and after a bit of animal spotting the ranger will find a good spot to stop and serve drinks while you watch the sunset over the South African



landscape. Back at the lodge and there is time to change before heading to the bar and then down to dinner. As you can imagine, the food is fresh and every other night they hold a huge BBQ. You eat with the same group you drive with, although you can request a private table, but it is the perfect opportunity to spend time with your ranger and find out more about them and the animals.

Our time at Jock Safari Lodge went far too quickly. The food is delicious and the staff are always on hand to offer advice, knowledge, or anything else you might need. Real highlights of the trip for us were off-roading down a dried up riverbed and then finding ourselves in the midst of a herd of elephants; spotting a leopard with its prey high up in a tree; sitting silently as a huge male lion sauntered within feet of our truck and seeing the mischievous monkeys stealing leftover breakfast from the tables at the lodge.

There is always a danger when you actually go on your dream holiday

that it won't live up to expectations but that was all five years ago now and I can honestly say that it was the most amazing trip I have ever been on. The memories from that holiday will last a lifetime with us; maybe if we are very lucky and save very, very hard, we might one day get to go back. If not, the real question is, how do you top a honeymoon like that?

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Images courtesy of Samantha Vandersteen and Jay-Dee du Plessis



# TRAVEL OUTSIDE THE BOX

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JENNA JONES

Earlier this year I was lucky enough to visit Goa, India. Staying off the beaten track my friends and I were eager to spend our two weeks immersed in the invigorating community.

For me, holidays are about exploring and there really is nothing better than being able to experience firsthand the unique traditions that countries from around the globe have to offer. Of course I am all for the sun, sea and sand but surely holed up in an All Inclusive resort you are missing out on so much? Without any sense of culture and originality you could ultimately be anywhere

in the world and completely missing out on what your 'dream' destination has to offer. So I hope my travelling tales can offer some insight and inspiration to start travelling outside the box.

The Arpora Saturday Night Bazaar or The Saturday Night Market as it is more traditionally known, is as the name suggests an outdoor market – nestled between Baga and Anjuna, it's held every Saturday night throughout the tourist season and it's an absolute must see if you ever find yourself in Goa. As night falls the market is positively buzzing with throngs of people from far and wide,

drawn like moths to a flame by the hundreds of fairy lights and magical star lanterns to indulge in the scintillating sights and smells that Arpora has to offer.

Filled with buyers and sellers from around the globe the market is a bustling hive of activity. And once inside it is easy to get lost (figuratively and literally!) among the multi-coloured maze of stalls that make up the incredible space.

From linen, ornaments and original artwork to jewellery, spices and 'herbal highs', the diversity on offer leaves you spoilt for choice. So whether your wish to indulge,

grab a bargain or simply soak up the surroundings there really is something for everyone.

And if stall trawling in the sticky Goan heat gets too much then head to the centre of the market where you'll find an unbelievable range of some of the best street food from around the globe. Then with food in hand sit back and relax in front of the entertainment stage for live performances from an eclectic range of international musicians.

Billed as a travelling hippy paradise you may well choose to avoid this famous Goan attraction but all I can say is don't. The Saturday Night Market is everything that Goa has to offer; all wrapped up in a magical whirlwind of sights, sounds and smells that you won't quite find anywhere else in the world.

Discovering we would be in India during Holi Fest, the festival of colours, my friends and I couldn't wait to immerse ourselves in Eastern culture and become a part of the famed religious celebration.

The ancient Hindu spring festival, which waves farewell to 'chilly winters', is said to be the day that people celebrate the triumph of good over bad; as everyone comes together to rejoice in the renewal of precious relationships and bridge the social gap between communities. The joy and exuberance of the day is represented by the colourful 'gulal' and 'abeer' that is rubbed on people's faces and the uplifting chants of 'happy holi' that flow



through the sticky Goan air. And the spectacular day most definitely lived up to our expectations.

The streets of North Goa came alive with the sights and sounds of the exuberant festival as locals of all ages ceremoniously painted our faces in a medley of rainbow colours – welcoming us with open arms to participate in their sacred day. The atmosphere as we travelled from town to town was infectious as everyone came together through music, dance, and colour to forgive, forget and rejoice in the exciting possibilities that a new season beholds.

Memories such as these will stay with me long after the tan fades and certainly a lot longer than any five star accommodation experience.

Travel is about broadening your horizons, a chance to learn more about yourself whilst embracing the new cultures and delights on offer. So think twice before

booking that All Inclusive resort because as James Michener once said: “If you reject the food, ignore the customs, fear the religion and avoid the people, you might better stay home”.

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Images courtesy of Anoop Negi Photography and Kalpana Chatterjee



# DUSTIN OFF THE MIC

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SOPHIE MAGUIRE

I could wax poetic about Dustin Thomas all day long. He is the long haired musician with love in his heart and a message in his songs who caught my attention right away. Discovered via online music site Bandcamp by my sister a few months back, he has long since become a regular backing track to both our lives. Dustin is a poet in the truest sense of the word – a poet with eyes wide open. So listen, learn and love him as much as I do and then cross your fingers he makes his way to London very soon.

***For those who don't know you introduce yourself?***

Aloha. I'm Dustin Thomas. I travel the world and sing songs of love and healing. I'm also in a band called 'Medicine for the People' and have a essential oil brand called 'oils for awakening.'

***How would you describe your music?***

Hopefully my music is inspiring, healing, and compelling. It's acoustic music with passion and heart.

***Where do you find your inspiration to write?***

I'm inspired by current events,

ancient history, and the human condition.

***Your music and writing reflects discussions on current affairs and political references to soulful folk tones. It's music that really speaks to people. But how do you want your music to make people feel?***

My intention is that anyone who listens to my music feels a sense of healing and happiness and through identifying with the truth of our times they can feel connected to their own sense of power and purpose. We have a lot of work to do and it's worth doing.



We were meant to do more than be passive consumers going from work to the bar. We are teachers, healers, seekers, servants. We have a responsibility to each other and to our planet and the more we identify with that sense of service, the more genuine gratification and joy we can find.

***For the past year you've been touring all over the world. But where did it all start and how did you start travelling with your music?***

Three years ago. I moved out to Hawaii for the second time and lived in a Pink House with Nahko

(lead singer of Medicine for the People) and ended up flying out to Australia after turning down a record deal. From there I travelled to Bali, Moscow, Costa Rica, Finland, Estonia, and back through Bali and Australia. Honestly it's a good combination of God's grace and good friends. People have heard my music through whatever channels and invited me to their countries. If I'm called – I answer.

***Where's your favourite place in the world and why?***

I'm in love with everywhere I've been. Each country offers a different type of brilliance and

beauty and it's such an honour to get to see the goodness in everywhere I go.

If I had to pick a favourite I wouldn't be doing all the others justice. Moscow was particularly special in that it defied all my expectations. Russia was warm and nice and open and I felt so welcome and well received. Indonesia was my first third world experience and my first visit to Asia.

I learned so much more about first world privilege and the people of Bali are so kind and giving. Everywhere I go teaches me something different. I can't wait to



go to London...and Japan.

***Do you find your music transcends countries and cultures or do you have to mix up your style depending on where you're playing?***

Absolutely. Each country offers something unique and I like to return the favour. In bigger cities like Australia and America I play with more of an emphasis on social-justice with my hip-hop/beat-box influenced songs. In the ocean towns like Byron Bay, OZ and Uluwatu, Bali, I play roots-reggae for hours. Then in the international yoga community I get the opportunity to play devotional music, praises and hymns and offerings to the most high. Each has a special place in my heart and I am fortunate to not be pinned down to one style.

***Has travelling enriched your music and style?***

This question and the last one go hand in hand. Before performing around the world I either played solo, or with a band. Now I have performed for so many different types of people in so many different places that I know how to read a crowd and can offer different things to different audiences based on what people need and what I want to give.

***Who have been the craziest crowd to play to and who have been the most surprising?***

The craziest crowds are always in small towns where people don't get a lot of live music. They are so excited



and have such deep appreciation for music. I love playing music in pubs for hardworking people. The most surprising was Russia. Hands down. I don't speak any Russian and a lot of my audiences weren't English speakers either but the support and the connection was so powerful and tangible.

***No album? Tell us why...***

I'm here to tell stories. The best stories change in the telling. For now I'm happy to release story by story in little packages online, for free or name your price. It's nice that way. People can pay what they want and download whichever songs they like or get my whole catalog. Eventually I'll record a traditional album. I'm excited for that too.

***Has music always been in your blood?***

Always. I was singing in churches and on the playground at age five. I started writing songs in my head on the long bus rides to school. I got my first guitar at age

16. I would have never dreamed it would become my life though.

***If you weren't in music where would you be?***

I would be studying urban planning and engineering, sociology and biology. Finding ways to save water, redistribute food from restaurants and use technology to bridge the gap between the poor and wealthy and use smart industry to establish balance on this planet.

Images courtesy of Dustin Thomas

## QUICK FIRE ROUND

***Stay or go?***

Go

***Hot or Cold?***

Hot

***All Inclusive or off the beaten track?***

All Inclusive nature hikes

***Top destination?***

Europe/Japan

***Top travel tune?***

MIDNITE best reggae band on the planet

***Dead or alive who would you like to play with?***

Bob Marley and Jimi Hendrix

***If you could take just one thing on the road with you what would it be?***

My friends

'Watch The Waters Hold the Flame' is available to download now: [www.lovedustinthomas.com](http://www.lovedustinthomas.com)



# CONSERVATION CONSCIOUS

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CONNIE O'NEILL

Africa is known for its vast amounts of wildlife and picturesque scenery. Many of us are lucky enough to be able to explore this unforgettable land with things such as safaris and conservation projects. But how many of us actually know the dangers and risks this continent faces when it comes to its worrying declining numbers in magnificent animals such as the rhino? I feel like endangered species are well known to all of us, we all know that the polar bear is not far from disappearing due to climate change. We're aware that the leopard is being hunted for its fur, and we know that the mountain gorilla's habitat is being

destroyed. But how many of us actually do something about it? Unfortunately with subjects such as these one person alone can feel so small and insignificant that it seems impossible to be able to do anything about it yourself. But it's the small changes that each of us take that make a big difference together.

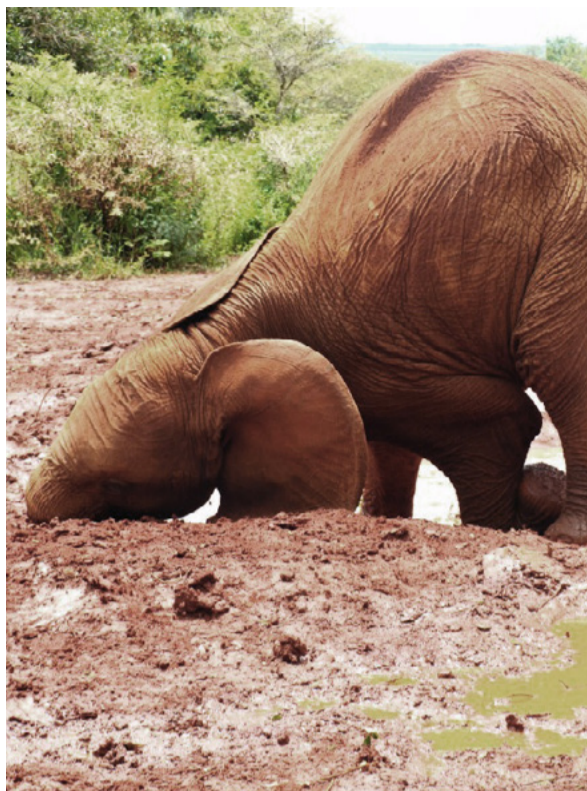
Whilst travelling through Kenya myself, I was fortunate enough to be able to visit an elephant orphanage. A place where locals had taken it upon themselves to rescue elephants as young as a few months old, that had lost their mothers due to poaching. We were

shown images of how each of the mothers had been found; butchered and beaten. We were also taken on safari where I was blessed enough to see wild black and white rhinos, both of which are plummeting into very small numbers left in the wild. After seeing these things I couldn't help but question, what kind of world it would be to have no opportunities to see animals such as these in the wild. Do we really want to live in a world where you can only see an animal either on history programmes or behind bars in a zoo?

Rhinos were once a creature that roamed throughout Eurasia and

Africa, they are such a historical creature that they have been found on cave paintings. But now their numbers are lower than ever and some species of rhino are now at critical risk of becoming extinct. There are fewer than 50 individuals of the Javan rhino that remain in Indonesia, and although the conservation efforts to save the Indian (or the greater-one-horned) rhino have brought the species to slightly higher numbers, the Indian rhino is still vulnerable. White African rhinos are classed as near threatened while black rhinos are critically endangered. The high demand of rhino horn is the number one threat to the population of the rhino. Even though this is a trade that has been banned, if the demand is there, poaching of the rhino will continue to happen. Rhino horn is used as a traditional Asian medical remedy; in places such as Vietnam it is being used as a hangover cure as well as a treatment for terminal illness. There is absolutely no proof that rhino horn has any medicinal values as in fact it is not dissimilar to horse's hooves and is made out of keratin, which is actually found in hair. This is not just happening to rhinos, elephants are also at risk for their tusks, which are also used for medicinal values as well as large quantities of illegal ivory being found in markets in Africa and beyond. Poaching leopards, tigers and cheetahs for their fur is also something that is too common and causing numbers of these beautiful creatures to drop.

It is not just our land animals that are being put at risk; the sea has been used as a human dumping



ground for decades. It is home to infinite amounts of life, some of which we are still only discovering now. Unfortunately poaching is also very much real in our oceans, whether it's for food purposes such as shark fin and whale meat, or the recent brutal Australian shark cull for essentially no reason. Over fishing is something that has led us to believe that more than 70% of the world's fish population has dropped, as well as insufficient fishing methods harming marine mammals. Oil spillages, nuclear waste and general human waste have also had a huge effect on marine life; there have been countless numbers of biopsies on whales and sharks proving this disgusting fact. The destruction of corals is also a harsh reality for marine life; I have recently visited some of the protected reefs in Egypt and it is clear just how much nature thrives from them.

So what kind of things can we do to actually make a difference?

Yes there are big steps that not one person can take alone, but there are smaller things that we

can do together to raise this issue as an important one. If enough of us speak up, something will eventually be done. Buying things such as pole and line caught fish and really researching where your food has come from seems like such a small thing to be doing, but it really does have an impact on demand rates of the product. Donating money is something that we are all very cautious of doing as we don't seem to ever see where our money is going, but adopting animals for small amounts each month can do things such as protect and restore animals environments, as well as helping organisations such as WWF to work alongside local people of the areas in which these animals are endangered. If you ever get the opportunity to volunteer for animal conservation programmes, or even visit these astonishing animal sanctuaries, I would highly recommend doing so. It's a huge eye opener and it really does make a difference to the way you think, and if you can pass those thoughts onto the next generation, the animals and environments we love so much, might just stand a chance.

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Images courtesy of Leanne Dixon and Connie O'Neill



# WISH YOU WERE HERE

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JENNA JONES

Lying on a sun bed, basted in oil, I looked down at my suitably bronzed legs and could not deny their uncanny resemblance to that of two hot dog sausages! Chuckling to myself I quickly snapped a picture on my phone to show friends back home and went back to relaxing.

It wasn't until later that I had a thought. Why all of a sudden are greased up pins on a sun bed being compared to a tinned pork product?! And the answer is simple...much as the birth of the selfie, the 'hot dog vs. legs' phenomena has arisen from our generations' incessant urge to share

every tiny detail of our lives via any social media platform we see fit. Be it Facebook, Twitter, Pinterest or Instagram we are sharing like we never have before, leaving no metaphorical mile stone unturned.

Now don't get me wrong, I understand and respect the importance of social media, heck it's actually part of my job description! But what I can't fathom is why everybody has resorted to offering a live feed of their holiday escapades? A quick tag in here, a romantic sunset selfie there, it's exhausting and quite frankly unnecessary. For me a holiday has always been a

time to relax, unwind and switch off, figuratively and literally, from everyday life. What happened to just taking a digital camera away on your travels? Or even sending a postcard (which would often arrive home later than you, if it actually arrived at all.) But I digress; surely after a quick call home to assure safe arrival the phone should be stowed, and time should be spent enjoying the company of loved ones, not updating your status and snap chatting friends.

So should we be taking a break from social media when we vacay or is it all simply a by-product of technological advancement that

we cannot avoid? Who's to say that because we can stay connected that we have to? Surely a social switch off in exchange for culture, conversation and cocktails can only lead to good things. But don't just take my word for it lets look at the stats.

Research by telecommunications giant T-Mobile found that four in ten Brits will log on to Facebook or Twitter at least once a day whilst abroad and a whopping 60% of us can't resist 'smoasting' – the art of boasting via social media when we should be enjoying our holiday; be it checking in at exotic resorts or uploading envious sun drenched snaps we simply cannot resist the urge. More shocking is that these stats were actually recorded in 2012, meaning that now those figures are probably a lot greater as more people get smartphones, and access to social media sites becomes easier to achieve from anywhere on the globe.

In a bid to bring some clarity to the distorted social reality that we now inhabit, graphics student Zilla van den Born recently took smoasting to a whole new level. Over the course of five weeks the 25 year old fooled friends and loved ones into believing she was on an exotic holiday of a lifetime, uploading fake pictures to Facebook that were in fact photoshopped and taken from her home in Amsterdam! According to Zilla, the elaborate hoax was to show people how much we filter and manipulate what we share on social media. "We create an ideal world online which reality can no longer meet. My goal was to prove how common and easy



it is for people to distort reality. Everyone knows that pictures of models are manipulated, but we often overlook the fact that we manipulate reality also in our own lives." Stunts like Zilla's prove just how powerful and all consuming social media has become in our everyday lives. And for me it is actually quite a worrying thought because lets face it, the reality is that the majority of young adults probably spend more of their time trawling social media sites than they do reading the news, and everything that we absorb tends to be taken as gospel without any questioning or debate. We have consumed these new platforms to a point now where the thought of going cold turkey for a week or god forbid a fortnight is a form of social suicide that borders on modern day blasphemy.

Through new technology, the Mark Zuckerburgs of our generation want to make the world 'more open and connected' which is a fantastic achievement in its own right, but is this new ease of access inadvertently forcing people to stay

connected anywhere on the globe, 24/7, 365? In a world where free WiFi is king and there's an internet cafe on every corner, switching off has fast become less and less of an option. Acknowledging the fast growing problem companies such as Digital Detox offer 'phone free' retreats "where attendees give up their smartphones and gadgets in exchange for an off-the-grid experience of personal growth, serenity and bliss". Recognising that unplugging from technology and eradicating the ever present sense of FOMO (fear of missing out) is tantamount to your health, happiness, and general well being. So next time you're abroad, lying on a beach relaxing with friends and loved ones ask yourself this... are you staying connected because you want to, or because society has made it so hard not to?

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Images courtesy of Talia Macguire and Jenna Jones



# FALLEN BROKEN STREET

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SOPHIE MAGUIRE

The song goes, ‘wherever I lay my hat that’s my home’ and for Fallen Broken Street that’s Byron Bay, Australia.

Born out of a desire to create with some mates, Fallen Broken Street was launched in 2012 by Aussie natives David ‘Frimmy’ Frim and Justin Crawford. “Frimmy had some hand knitted beanies made and I said lets start a company. I could do all the design and photography and Frimmy is a bit of a styler so I thought we could come up with something rad”. A week later, beanies in tow, they shot their first ever look book and they were right, it was pretty rad. Diva

Cory later joined the duo bringing a background of art, graphic design and business to really get the ball rolling.

For us the hat has always been steeped in Americana, but for Frimmy, Justin and Diva Byron Bay, with all of its creativity and chilled out laid back vibes, was the perfect place for their brand’s conception. Taking their inspiration from all walks of life Fallen Broken Street prides itself on its ability to look back at history when designing their hats. “It’s really cool when you study the history of the felt hat. Its statements through time have reflected so

many moods and periods.” It’s this reflection that Fallen Broken Street do so effortlessly – the brand encompasses pure style for any consumer, “I think what’s nice about the brand is that we sell to all people from young to old, there is a number of different styles so there is something to suit all tastes.”

The hat may have always had its place in history, yet it is a garment that regularly shifts between function and fashion. But for now at least, hats are having a very big moment and donning some headwear seriously raises your fashion stakes. Fallen Broken Street attribute this reconnection





to the millinery trend as a growing nostalgia for the past. “I guess hats went under the radar for a little bit, but people are rediscovering things from the past; music, styles and methods and the hat goes hand in hand with these things. People like the fact you can chuck a hat on and you have changed into a different mood.”

This issue takes its inspiration from wanderlust and if there is one thing you need to accompany you on your travels it’s a good hat. We want our toes in the water and ass in the sand and Fallen Broken Street is the go-to for any vagabond or stylish world traveller. Their hats

are well structured pieces geared towards the mysterious souls and the elusive wanderers of the world. Their accessories utilise excellence in craftsmanship and superior materials. Whether you opt for The Scallywag, The Dingo, The Little Hippy or The RataTat, a Fallen Broken Street hat embodies that utter abandonment that only life on the road can evoke.

Images courtesy of Fallen Broken Street

## QUICK FIRE ROUND

***I always pack?***

Camera

***Tan lines or bare it all?***

The Australian sun is intense. I like to cover up.

***All inclusive or off the beaten track?***

Off the beaten track for sure

***Sun or snow?***

Sun

***Sand or surf?***

You need both

***And finally, where do you stand on hat hair?***

Just put your fingers through your hair - give it a little starch!





# CALIFORNIA CALLING

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SOPHIE SEYMOUR

Despite what every possible media platform had been warning me, around the time of my graduation I still remained hopeful that finding industry relevant employment after university was not going to be the endless traumatic struggle that I had read about. Alongside the Semple editor herself, as well as the remainder of our anxious peers, I donned my unattractive tasselled cap, excessively voluminous robe and walked those intimidating stairs to receive my degree, later exiting the impressive cathedral with a BA Honours in Fashion Journalism. Having been offered a scholarship to the university, always handed my work in on

time, interned every spare moment that I could find and completed my final year with a full portfolio of work to compliment my high 2:1, I anticipated at maximum a few months worth of tedious job applications before settling in a fulfilling workplace, ready to start my career. As a result, I enjoyed the following summer leisurely working at an independent boutique teamed with plenty of blogging and a healthy dose of celebrating our recent successes with friends. If only I'd known better.

However hard I expected the job slog to be, the reality was

incomparable. There were hours spent trawling the internet for vacancies before writing cover letter after cover letter, attaching my CV and examples of my work, before incessantly repeating. I was invited to attend several interviews, all of which I decided against due to the poor pay/unfriendly atmosphere/ better opportunities that were waiting for me just around the corner. It was around this time that the notion of applying for my passport to the good old US of A re-emerged. After briefly debating whether to gain my university education in the States a few years beforehand, I hadn't given my options abroad



throughout the passport paperwork procedure and I hadn't been on speaking terms for several years. It was becoming clear to me that maybe it was easier to stick it out in England after all.

Sadly I'm not able to conclude by sharing that immediately after leaving my international back up plans behind me, I found my ideal job complete with a fantastic salary and other work perks. However, I am now a paid intern at one of the top record companies in the world – an option I had not previously considered possible, but am pleased to say that I am thoroughly enjoying it. My contract has just been extended and my fingers are firmly crossed. So, sorry Venice Beach, but you'll just have to wait.

Images courtesy of Hannah Presdee and Dulcie Pryslopsi

much consideration since. One side of my family has always been based predominantly in America and with my father having joined them when I was small, and since having gained full resident status, it took a minimal amount of research to discover that my chances of gaining a second passport with minimal effort and waiting time were surprisingly high. Enter the perfect back up plan.

Once again I took to Google, but this time I was searching a lot further away than London. After establishing that the majority of fashion industry jobs seemed to appear in either New York or California, I opted for the latter. Despite never having even entered the state, my previous visit to the Big Apple hadn't left me overwhelmed with the need to pack my bags and relocate my life. Plus, from what I had seen online and in films, California seemed undeniably appealing. Failing job hunt solved: now when asked why

I had recently started bartending, I had the ultimate excuse – not only was I waiting on the 'dream job' but also was likely to be skipping the country at any given moment for the ultimate career opportunity. I had transformed myself from an unlikely member of the bar staff, to a determined graduate with a plan and prospects in one easy step.

Unfortunately for my travel plans, further research unveiled a variety of technical hitches. For instance, the intensive medical checks required to apply for an American passport included a staggeringly long list of vaccinations. For someone who avoids medicine where possible and actively dodges the doctor's office even when travel jobs are strongly advised, this was somewhat of a glitch. Equally the astonishingly long emergency response time seemed truly terrifying. Most importantly, as my sibling smugly pointed out, the estranged parent whose participation was required

# GYPSY WANDERER

Photography by Leanne Dixon

































# LITTLE BLACK BOOK

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## **Atom Retro**

www.atomretro.com  
Instagram: @atomretroclothing

## **Beta Menswear**

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## **Beyond Retro**

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## **Mystical Mayhem**

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## **Never Fully Dressed**

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## **Nordic Poetry**

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## **The Vintage Scene**

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## **Wilde Flower Design**

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WildeFlowerDesign  
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