

Senyie
The EDIT VI



A NOTE FROM MAGGIE

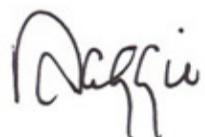
BUSINESS TRAVEL ISSUE

I was very excited when Dulcie my Creative Director proposed that our next Semple Edit should be about business travel - and she should know! Dulcie manages the entire Semple production schedule including ensuring that our clients are able to attend their fittings.

The majority of our clients are busy executive women who are always keen to share their experiences and knowledge with others. It seemed right therefore that we ask six clients who have global responsibilities to tell us how they manage themselves when they have a suitcase that is permanently being packed and unpacked. You will read about travelling in comfort with the right trousers and shoes and the need for crease resistant dresses and tops as well as getting to the airport in good time to manage any stress. You will also read Dulcie's guide on how to build a business capsule wardrobe and her six top tips for travelling light.

It is worth noting that while business travel is important it should be undertaken responsibly. The sustainability agenda continues to gain pace and visibility and at Semple we take this seriously.

As ever, it would be great to engage with you on social media. Connect, tag, follow us using the links on page 42. I would love to hear from you.



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Photo credit: Evie Perfect

BE A TRAVELLER

NOT A TOURIST

MAGGIE SEMPLE



Wherever and whenever Maggie travels for business, she always asks herself three questions...

1. *What's my itinerary?*
2. *What's the predicted weather?*
3. *What time zone will I be in?*

On the surface these three questions are simple but the answers guide the choices that I make about when and how I travel, what I will wear throughout my trip and how I will ensure that I look after myself.

I am writing this article on a business trip to Baku, Azerbaijan. I am in a lounge in Istanbul and it is 13.00. I left London Heathrow at 06.45 which meant that my car picked me up from home at 04.15. There are no direct flights to Baku from London and my stop over in Istanbul is around 4 hours. I feel comfortable in soft jeans, a light jumper and flat shoes knowing that the temperature in Baku will be 30 degrees very different to London at 8 degrees and raining. The time difference from London is 2 hours and when I get to Baku later in the evening it will be 3 hours.

While in the lounge I observe others and it makes me reflect on how I see myself. Am I on business with a tourist or traveller mindset?

I always think of myself as a traveller. I research the culture, the language, the off-the-tourist track and keep an independence about what I choose to do. I will eat the local cuisine and try to say a few words in the dominant language of the country.

I will also avoid large groups of people who at times, appear to me as temporary visitors.

“A traveller behaves as if they are going to stay even if they are not. A tourist is a temporary visitor.”

And for me that's the difference between a traveller and a tourist. A traveller behaves as if they are going to stay even if they are not. A tourist is a temporary visitor who has an insatiable appetite to experience as much as possible in the shortest amount of time.

I would like to think that whatever our attitude, travel broadens the mind and helps us understand people who are different from us.





Image: Tamara Box wears the Ophelia dress with an asymmetric neckline in magenta and black Italian crepe

JUST ANOTHER DAY AT THE OFFICE

TAMARA BOX



Tamara Box is Managing Partner for Europe and Middle East at the leading international law firm Reed Smith LLP. She serves on the six partner Senior Management Team as senior executive who manages the firm globally and is also on the firm's global board.

Why do you travel for your role?

My day-to-day functions require that I travel throughout Europe and the Middle East, as we have several of offices throughout the region for which I have responsibility. Along with our talented partners in those offices, I am the face of the management firm for much of the press and many of our clients; thus I am frequently asked to do interviews, attend functions, and speak to the issues raised by the geopolitical environments in which we operate.

In addition, I travel to the US frequently, as my management responsibilities take me there. As we are a firm of some 3000 people across the globe, ensuring that we represent the interests of colleagues and clients around the world means that we have to communicate with other members of the leadership team on a regular basis, incorporating diverse cultures, individuals, and opinions into an inclusive approach that is consistent with our values and representative of who we are as a firm.

What are the typical places you travel to on business?

Our European and Middle East offices I most often visit are located in London, Paris, Munich, Frankfurt, Dubai and Abu Dhabi. I am also frequently in the US in places like New York, Chicago, Philadelphia, Pittsburgh, Houston, LA and San Francisco. Finally, our Asian offices in Hong Kong and Singapore are also great fun.

Many of our clients have operations in other locations that require travel to those areas as well. One of my clients has businesses in St. Lucia, St. Kitts, and Grenada, areas that certainly sound enticing to visit, but thus far I haven't had the opportunity to do so!

Do you have a favourite place to visit?

Even though I travel a good bit for business, I still love to travel with my family during school holidays. All of the places we have visited with our son - South Africa, Cambodia, Canada, Boston, Hong Kong, Singapore, and so many more - are my favourites. Seeing the world through the eyes of a child is like doubling the experience. Every time I see photos of the family in those locations, the settings provide memories that chart the physical and intellectual growth of our son. Those always make me smile!

What is your typical routine at the airport?

I always check in early but not because I'm an "organised traveller" but because I like to shop in Terminal 5! It's quiet time for me, a way to relax before jumping back into the work routine.

What essential items do you pack for a business trip away?

Probably the most essential items for any trip would be my glasses. I love colourful, funky glasses, and I have several pairs (I need to coordinate them with my clothes, don't I?) So once I choose what I'm wearing on my trip, I



then select the glasses that go with each outfit. Anything else that I might forget to pack can be purchased!

Recently I acquired a sleep device (a Snooz) that creates white noise for sleeping. I now include this in my suitcase, as I find that sleeping well eases jet lag. Finally, I don't leave home without my Aroma Therapy Associates roller ball Deep Relax and Revive oils. Perfect for planes and for jet lag!

What items of clothing become your go to's for travelling?

Comfortable shoes are an essential accessory. I wear heels most of the time, but when I have to stand for long periods, I need a good pair of dressy flats or a low-heeled version of the higher heels; consequently, there will always be at least one pair of cool but comfy shoes in my bag.

I also find that black trousers can be quite versatile. Depending on what they are paired with, they can go from daywear to casual wear to quite dressy. On most trips, at least one pair of black trousers will be part of my wardrobe.

For the plane, I like to have a lightweight cashmere sweater or wrap. I think cashmere isn't bulky or too hot, but it is useful for taking off the chill when getting on or off the airplane, especially when travelling between locations with very different weather.

Finally, I am a scarf fanatic and love the large variety that are colourful and can make an outfit! They also come in handy in warm places where the air conditioning is a bit overzealous!

If you were packing for a 3-4 day business trip, what would we typically find packed in your suitcase?

That depends on where I'm going and the purpose of the trip. My business attire varies from location to location, but whenever possible, I try to wear bright colours. I don't mind standing out in a crowd - people tend to remember me that way - and I think, in general, colour makes

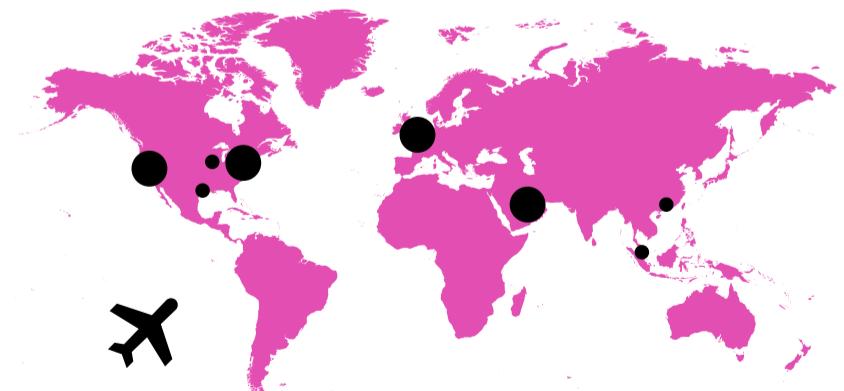
everyone feel happier. It's like having sunshine in an outfit! This means I don't do a lot of mixing and matching (other than perhaps black trousers), so likely at least as many pairs of shoes (and glasses) as days of business and at least one different outfit per day. I know some are far more economical packers than I am, but I like to know I have variety!

How do you tend to pass the time travelling?

For some reason, I seem to be unable to sleep on airplanes, no matter what class I'm flying or how comfortable the cabin is. I try not to spend the time working but rather give the mind a bit of time off by reading fiction. I favour mysteries - I'm particularly fond of lawyer or crime mysteries (who knew?) so I can become engrossed in a novel and let the time pass by without much stress or discomfort. I just need to make sure I have plenty of books downloaded onto my iPad before I leave; I'm a fast reader and I get grumpy if I run out of reading material.

How do you prepare yourself for a business trip to avoid any unnecessary stress?

Since travel is a part of my work routine, I think of a trip as just another day at the office. No special preparations are necessary; I even pack my clothes at the last minute. It helps that my suitcases tend to sit, usually opened, in my dressing room year-round - much to my husbands chagrin. Unpack one day, repack the next.



MADE WITH LOVE IN THE HEART OF LONDON'S COVENT GARDEN

An invitation to join the Semple community



At Semple, we watch how our women fall in love with their bespoke garments. They have curated their trouser suit, jacket, dress, evening gown, top or skirt. They have chosen their fabric, its colour and vibrant lining. And over a couple of fittings they begin to realise how it feels and looks to have affordable clothes that fit perfectly.

Our clients are diverse and from all over the world. The Semple signature brand can be found in business, politics, on stages and in Board rooms and worn by celebrities, royalty, C-suite women and rising stars. We invite you to have a bespoke garment created just for you.

If you can't visit our atelier we will come to you! Email: maggie@maggiesemple.com

TRAVEL COMFORTABLY

JULIA ARBERY



Julia Arbery is Stoneturn's Managing Director, responsible for building the German entity and marketing of global services in Germany, advising customers on ethics and compliance risks.

Why do you travel for your role?

I am in a customer facing role and spend a lot of time advising our customers on site at their locations. As a global advisory firm we have customers offices all over the world.

What are the typical places you travel to on business?

I travel throughout Germany but have recently also travelled to more remote locations including China, Russia and the US.

Do you have a favourite place to visit?

Africa, especially south Africa. I grew up in west Africa and somehow Africa still feels like home. I love the culture and the people.

What is your typical routine at the airport?

I like to get to the airport with enough time not to get stressed at security. When at Heathrow or Munich airport I also like to browse some of the shops as they often have very good sales and usually carry my size. I usually have enough time to go to the lounge before the flight to relax and have a coffee while doing some work.

What essential items do you pack for a business trip away?

I pack essential oils to help me relax on the plane as well as support sleep at the location, especially if traveling across time zones.

What items of clothing become your go to's for travelling?

If travelling alone I choose something comfortable for the actual flight i.e. leggings and flip flops. If travelling with colleagues I do

business casual. Mainly simple business looks that do not require too much ironing and don't take up too much space as I prefer to travel with hand luggage only.

If you were packing for a 3-4 day business trip, what would we typically find packed in your suitcase?

A black pencil skirt, two non iron smart tops, black heals, nude tights for every day plus one spare set, one non iron dress that does not wrinkle too much when folded, running shoes and gear or swim suit depending on hotel/destination, one casual outfit (usually black jeans and a top), flip flops and a t-shirt for sleeping in.

How do you tend to pass the time travelling?

I have a book to read in the evenings at the hotel. While on long flights I love the opportunity to catch up on some films that I choose and are not a compromise choice based on my husbands or children's taste! If I am working upon arrival I try to get as much sleep as possible – usually opting to skip the meal and just sleep.

How do you prepare yourself for a business trip to avoid any unnecessary stress?

I make sure I have my travel documents and luggage ready the night before.





Image: Julia Arbery

TO TRULY UNDERSTAND, YOU HAVE TO VISIT

SANDRA TINKER

 Sandra works as Commercial Strategy Director for Condé Nast International. Her role is to set the commercial strategy for Condé Nast's luxury lifestyle magazines, identifying the innovation and customer service of this in 27 different markets around the world.

Why do you travel for your role?

In order to truly understand a publishing market you have to visit it. Local cultures and nuances in ways of working are best seen sitting with the team in a day to day environment. I also like to go out with the local teams on their client visits and meet the customer to understand more fully what they are looking for from us.

I have been working on a large transformation programme to update all the technology and processes that exist in the business. Again to truly see and assess impact and work with the teams locally you have to be prepared to go and spend time with them.

What are the typical places you travel to on business?

I travel around all of our wholly owned markets, most of which I have been to over the past twelve months, some more than once. Outside of the UK, it includes places like China, Japan, France, Spain, Italy, India and Russia.

Do you have a favourite place to visit?

I have two favourite places on the list. Tokyo in Japan has to be the top one. I am in love with the Japanese culture. It makes you feel very at home if you identify with their zen ways of living. The food, people and environment (outside of the central city district!) is just wonderful to experience, so I highly recommend if you are there to take time out to visit some of their

wonderful parks and temples. My second is Milan. For very different reasons, as it is a vibrant city but also one of culture and wonderful food.

What is your typical routine at the airport?

I always allow good time especially if I am getting a connection or having to get across London to get to an airport. There's nothing worse than feeling stressed or getting stuck and not being able to do anything about it! Being a BA Executive club member any free time I have at the airport I tend to gravitate towards their lounges. It allows me to grab a drink and a snack and catch up on emails with ease.

What essential items do you pack for a business trip away?

Essential items for me have to be moisturiser - I always feel dry when travelling and especially flying long haul. You will always find me with a tube of Clinique's 'moisture surge' in my handbag (easily applies over your make-up) and a good hand cream. After this it's my phone and iPad and of course a charger.

I also travel with a good book. I'm not someone who can settle reading too much on my screens, it has to be a paperback for me.

What items of clothing become your go to's for travelling?

Clothes for travelling to the countries I visit are dresses. I take a different dress for each work



Image: Sandra Tinker

day and each evening dinner whilst I am away. And with being away sometimes up to 7-10 days, those casual evening dresses have to compliment the accessories for the day wear - same shoes, handbags etc. Equally the evenings for me are generally more casual, so the dresses (or occasionally casual trousers and tops) are light and easy wear/non-crease items.

If you were packing for a 3-4 day business trip, what would we typically find packed in your suitcase?

I always try to match everything back to only taking black and blue accessories. So I will pack a set of flat black shoes/sandals and then a pair of heels for day wear, and the same in blue! Therefore a black handbag and a blue one. I know, as Maggie and Dulcie will tell you, for business wear I am not a bright colour person!

My suitcase will have a dress for each day and jacket, or if a warmer climate that maybe a light cardigan. I will also have something suitable for entertaining in the evening at dinner, or just a more casual outfit if I'm just out with the team

(always tending to know what the format is going to be before I travel).

For the travelling itself and any downtime, it has to be casual jeans and tops or a pair or two of the 'peg' trousers, for long haul they are super comfy.

How do you tend to pass the time travelling?

For long haul I do like to take time out to rest and try and get some sleep. Equally I will watch a documentary or a film if there is one that takes my interest (and that includes topping up my iPlayer before setting off). But books or suduko will keep me occupied outside of the times that I might be adding the finishing touches to a presentation!

How do you prepare yourself for a business trip to avoid any unnecessary stress?

I am a very visual person so to prepare I will sit with an agenda in front of me for the whole trip and put myself in there. That will mean walking through each day, what I'm wearing, what presentation materials or notes I need with me, equipment and adapters etc.

As I am working through this I will always make notes of anything I am missing still or that comes to mind. And I pack in the same way, day by day I lay it out on the bed and it goes into the suitcase!



THE TRAVEL CAPSULE EDIT

BY DULCIE



It is important to invest in key pieces that will connect your existing wardrobe together and allow you to get more wear from your clothes. Planning your wardrobe capsule in this manner will help make your life a lot easier when it comes to packing for business trips too.

Here are four key looks to guide you on how to build your business capsule edit.

LOOK 1



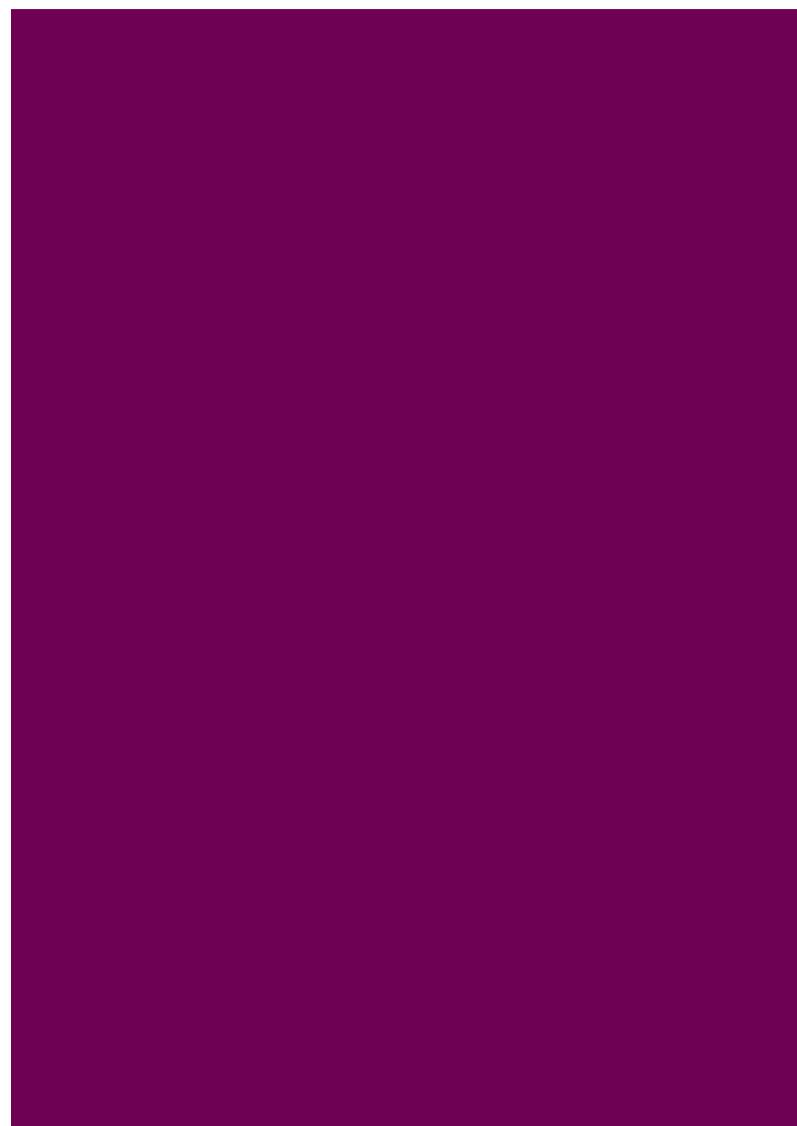


A Semple jacket is the perfect garment to lift an outfit in an instant for an elegant desk to dinner look.

For this look, client Jane shows how to wear a statement shantung silk Semple jacket in different ways. We have edited Jane's first capsule look into three canvas combinations to wear:

1. A slim fit pair of trousers with a sleeveless black top
2. A loose pair of black trousers with a bright satin vest top
3. A smart block coloured dress

Always start by wearing simple base pieces you know are comfortable to wear during the day. Paired with Jane's zesty green Semple jacket, it acts as the showstopper piece she was missing from her wardrobe - adding texture and an element of luxury to all of her outfits.

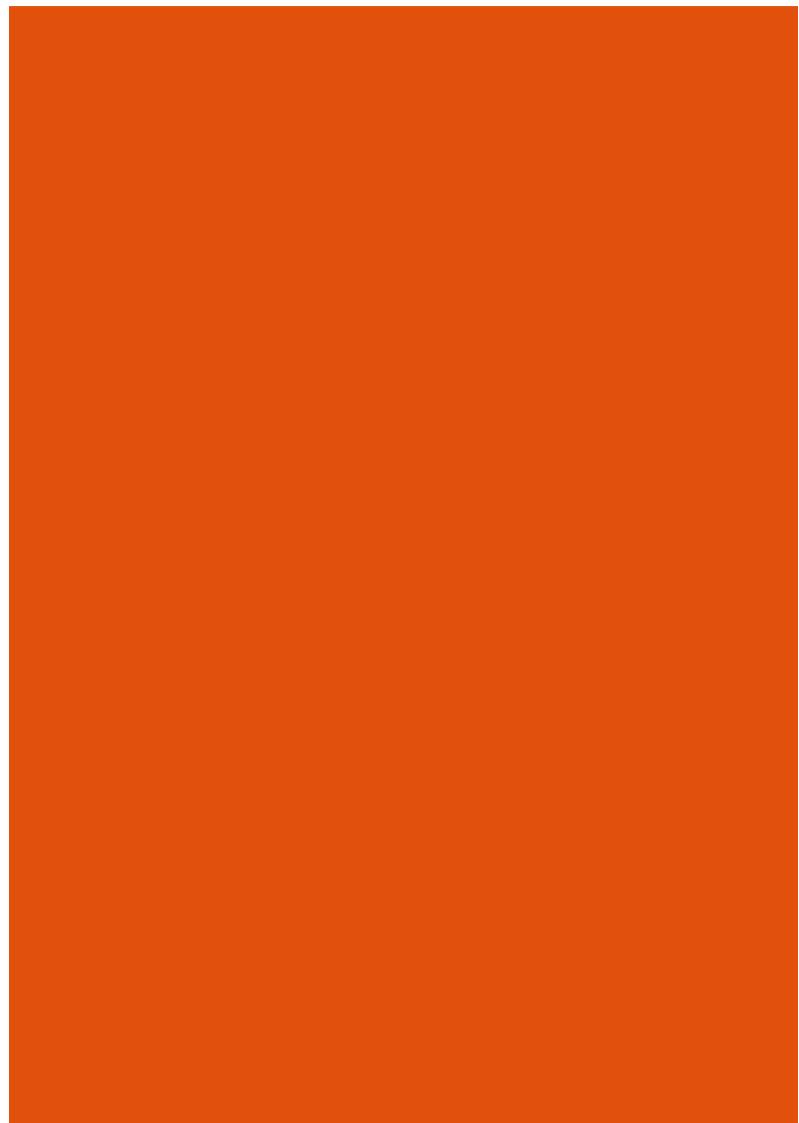
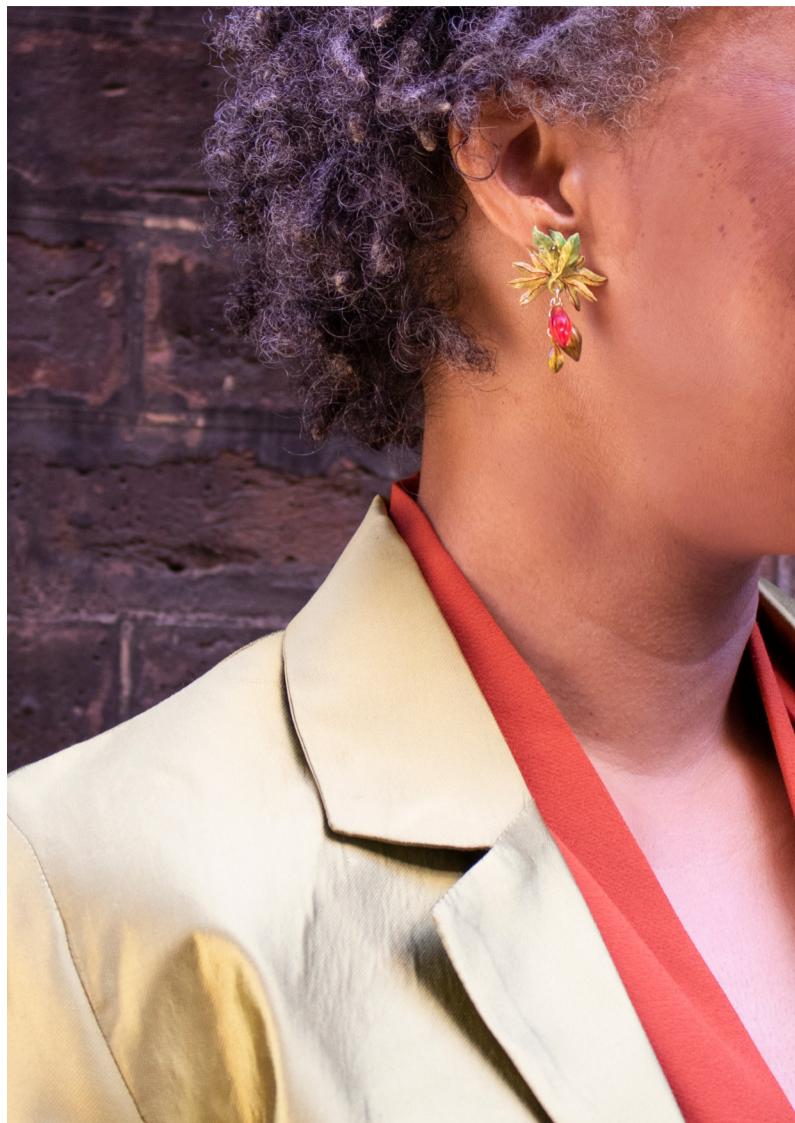


Opt for a darker shoe if you are carrying texture or colour on top. This will balance the outfit and keep eyes focused on the areas you want them to focus on.





Image: Jane wears the Camilla jacket in lime green shantung silk



*Subtle co-ordination
is key. Match up the
base of your outfit
or jewellery to the
lining of your jacket
for a more personal
touch.*



DULCIE'S TOP TIPS



- 1 Pack a good pair of tailored, comfortable dark trousers and a few different coloured tops to wear with them.

This provides you with the flexibility to dress depending on your mood that day, just like you would at home. It will give you a sense of routine and provide choice, taking the stress factor out of dressing to an itinerary.

- 2 Change into a coloured top or dress which coordinates with your jewellery for a bolder look.

Swap into a different pair of shoes if you're stuck for time or need added comfort after a long day's work.

- 3 Select a contrasting lining colour for your Semple jacket to give it that personal, bespoke touch.

Choose one that you know will compliment other items in your wardrobe so it makes the jacket more wearable as a capsule piece.

- 4 Invest in a luxe jewellery set you love and plan your capsule around this when packing for business travel.

Use this as your colour palette: select base colours for your clothes and then pick accessories and shoes in the brighter colours to diversify the outfit into separate looks.

- 5 If you're travelling to a tight schedule, wear a plain top with suit trousers during your journey for comfort.

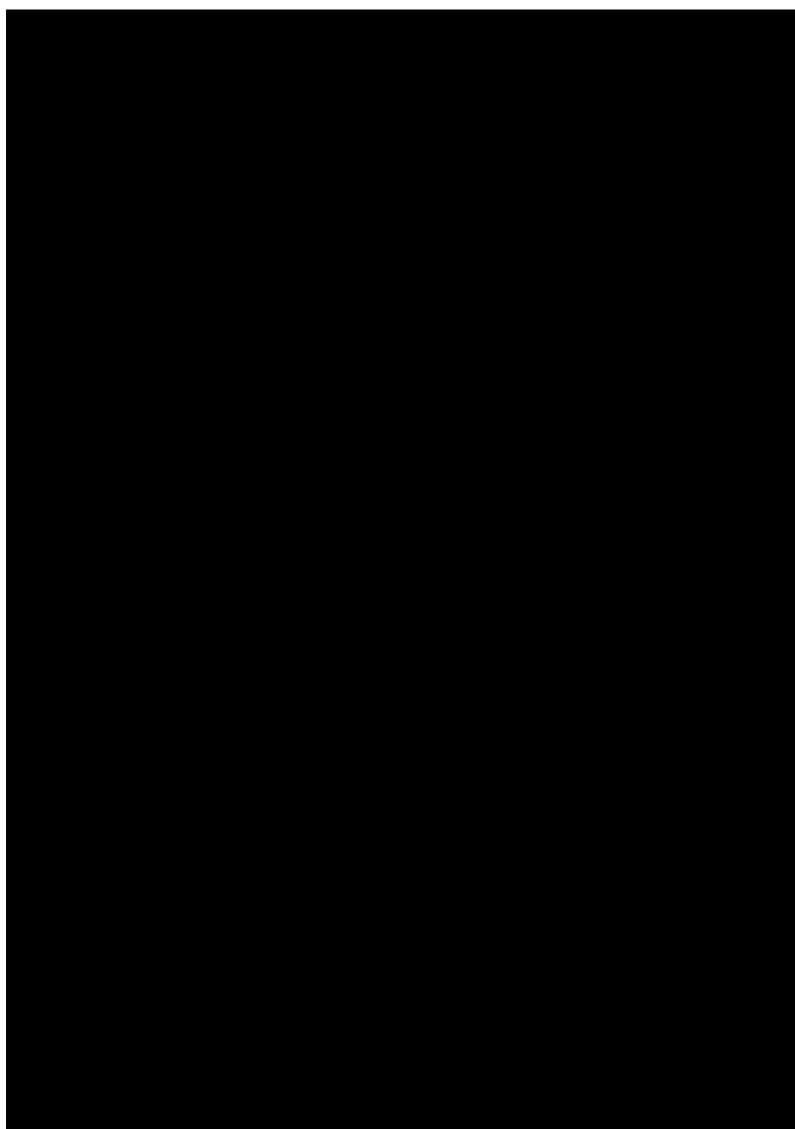
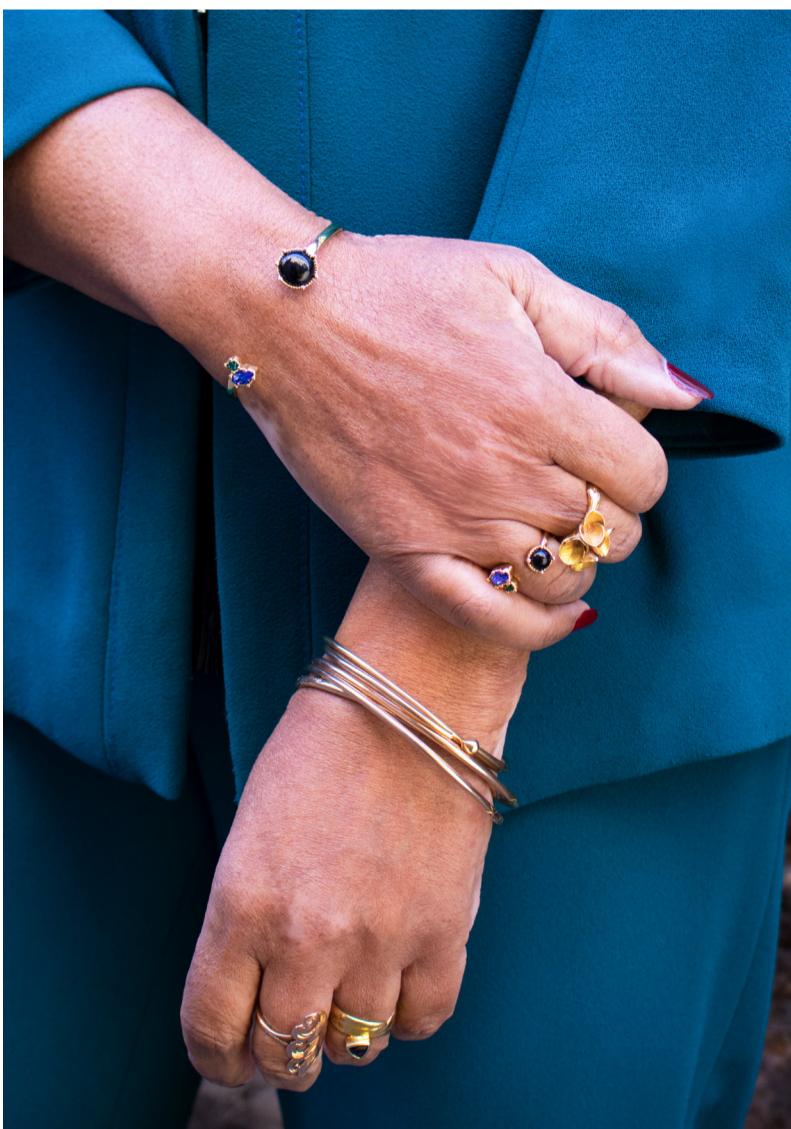
Then add a jacket before dashing off to that business meeting for a more formal appearance.

- 6 Pick two textures or colours and pair together for a simple, well constructed look.

LOOK 2 



*Making a suit
that fits to your
own personal
measurements and
to a specification
tailored to you is
the trick everyone
is missing.*





If there is one investment piece worth having packed in your suitcase, it's a Semple trouser suit.

Two of the most problematic products we tirelessly try to find on the highstreet are a jacket and trousers - also two key necessities for a business travel capsule. Achieving a great 'off the hanger' fit in these products is impossible with standard sizing being so variable which is where we at Semple have the upper hand.

Things we take for granted like having that hidden internal pocket to put your identity pass in so that you can access your building! Maggie wears her teal suit for a variety of occasions by simply changing the tops and shoes she wears with the suit. It travels well too in a non crease, crepe fabric - making it the perfect addition for packing into hand luggage for a weekend away.



Image: Maggie wears the
Maggie suit in teal french crepe

LOOK 3 ✈





Don't over-dress your outfit! Choose one key piece to highlight and steal the attention away from the rest of the outfit so you can still remain dressed in something comfortable.



Image: Jane wears the Jane jacket in gunmetal grey shantung silk with magenta cuffs



Client Jane loved her green jacket so much, we designed her a second with a few added features.

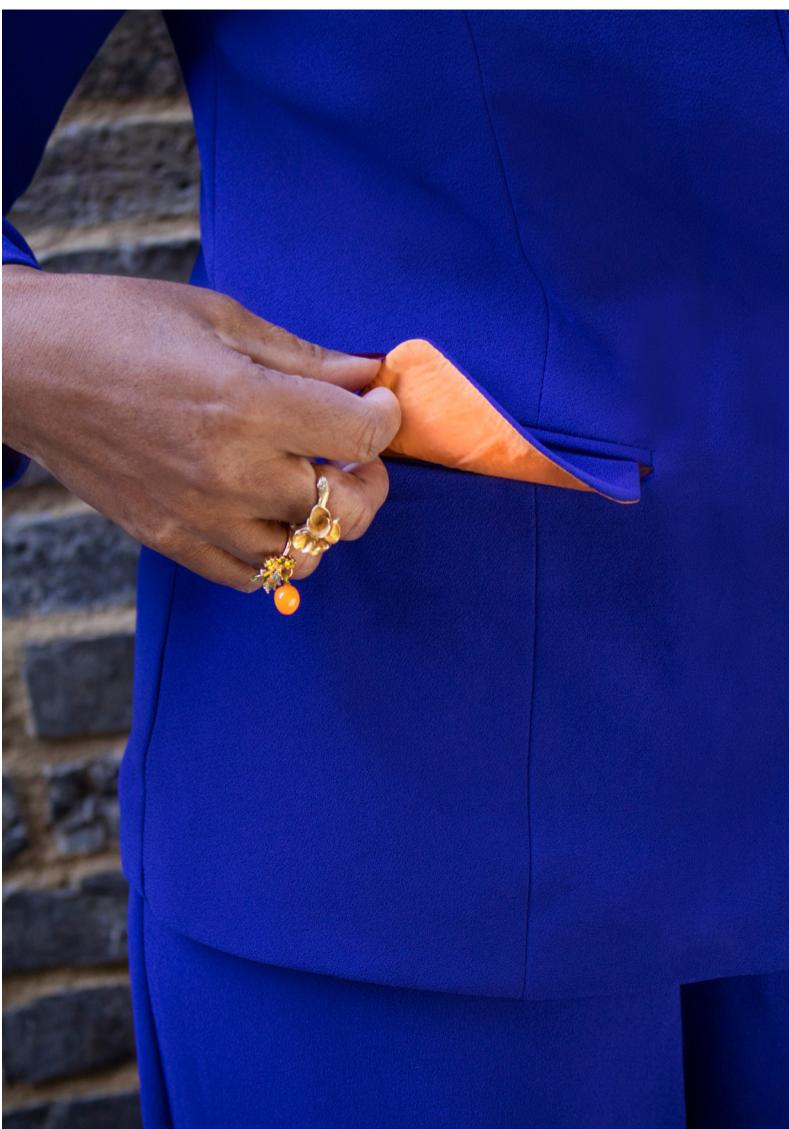
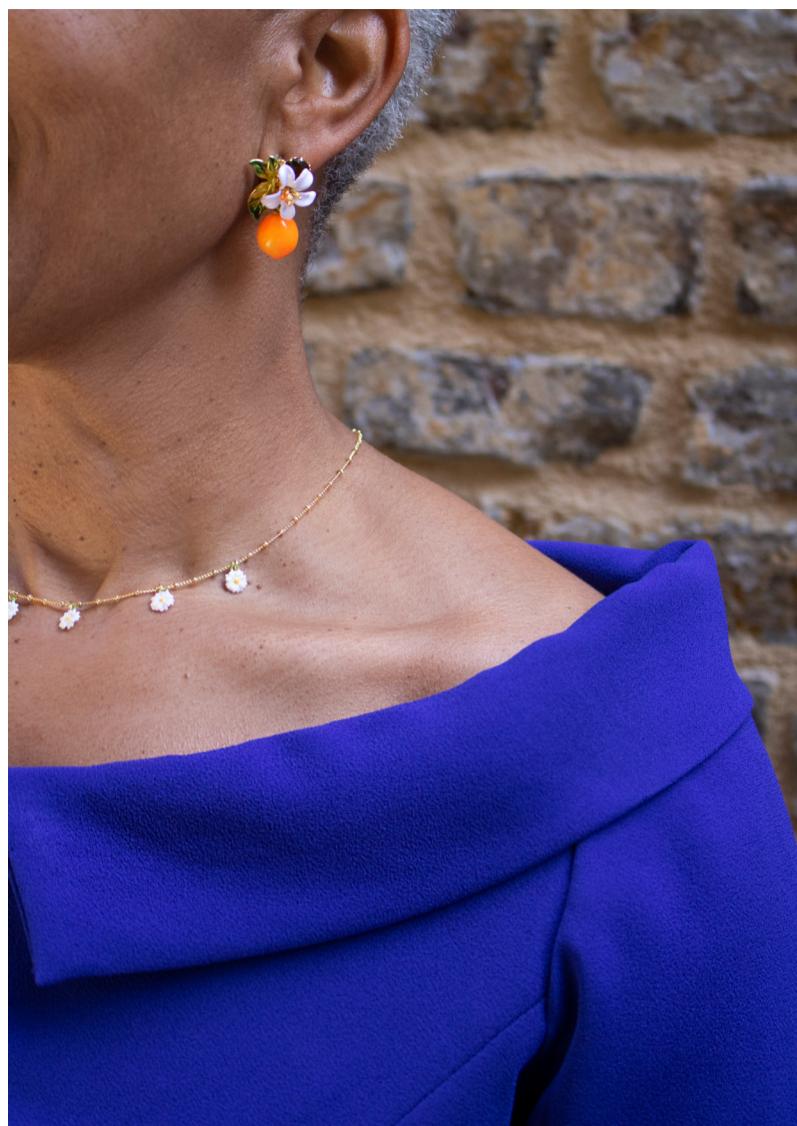
For this design, Jane chose a more subtle shade of grey with the intention of teaming the jacket with statement trousers for special occasions and jeans for day time soirees with the girls.

For both capsule looks, we coordinated the rest of the outfit around the two statement colours in the jacket: gunmetal silver and magenta. This is a good method to apply when packing a travel capsule - pick a favourite piece you would like to wear and allocate accompanying garments that coordinate with block colours.

LOOK 4 



*Don't distract from
a feature neckline.
Let this be the star
of the show. Only
wear subtle jewellery
with or at most just
a statement pair of
earrings.*





Alternating the colours of her Semple tops allows Maggie to keep her appearance fluid and distract from the repeat wear of her suit trousers.

Maggie's second suit was designed with the intention of looking a little more 'occasional' for wear to evening events and dinners.

We chose an open bardou neckline for the jacket to make it less corporate, keeping the trousers the same signature style Maggie is comfortable with to allow them to be worn during the day.

Teamed with alternating coloured knits for spring and winter, it transforms a once occasional suit into a couple of capsule pieces suitable for work and travel. Opt for shorter sleeved tops during the spring/summer season and go for full sleeves in a heavier fabric for the autumn/winter months. For lunch meetings, simply wear this with some coloured heels and light jewellery and you're set to go!



Image: Maggie wears her Semple cigarette trousers in electric blue french crepe



Image: Semple Consultant Šárka Drozdová

A PRAGUE PARTNERSHIP

Prague based Semple Consultant, Šárka Drozdová, spontaneously connected with UNIQA's Chief Financial Officer Lucie Urvalkova at an event a few years ago. Both have since become loyal friends, clients and leading ambassadors of the Semple brand.

ŠÁRKA'S STORY



How did the Semple bespoke clothing proposal come about?

The very first Semple bespoke dress came about very spontaneously. I met Maggie the previous year at an Equal Pay Day conference where she was a speaker and mentor. I spoke to Maggie about life, business and the challenges of being a woman. Within minutes we agreed to connect in business and the next thing I knew, I had my first client, Lucie. It was this day I became a Semple Consultant for the Czech Republic.

Did you select the garments together or was it a team effort?

For me it was easy because Lucie liked the dress which Maggie had on. We only talked about small changes. Lucie had some wishes, I had some recommendations. We had a great time together, drank coffee, talked about everything and agreed about the garments. I enjoyed it.

How did you find the selection and measuring process?

I have to say I was a little nervous because I am not a professional tailor by day - I feared my measurements might not be up to scratch! But it turns out the measuring process was relatively easy and accurate. When Dulcie posted me Lucie's dress and she tried it on, I had to take a moment to catch my breath and wipe the tears from my eyes. It was such an emotional moment for me. The dress looked absolutely perfect and Lucie looked fabulous in it. There was no need for even one centimeter to be added or taken away anywhere. It was amazing

to have Lucie and the Semple team believing and supporting me.

Having only experienced the Semple process from overseas, do you feel like your personal experience reflects the brand as you know it?

From my own personal experience, I believe so. Maggie and her team are great - professionals who understand what women want. I don't think there are any restrictions. **I would highly recommend contacting Maggie to become a Semple Consultant.**

Would you class Semple dresses as suitable clothes to pack for business trips?

Absolutely. The dresses fold nicely, look elegant and are most importantly, comfortable. They can be worn during the day and to evening events also.

If you were packing for a 3-4 day business trip, what clothes/outfits would we typically find packed in your suitcase?

I frequently attend 3-4 day business trips and travel with cabin luggage so this is easy for me to answer. I always pack at least two/three dresses for the day and another couple for the evening; along with some tops to wear with a pair of trousers. I'll also pack sportswear for comfort. I prefer to be comfortable and not feel restricted in what I wear. With the restrictions of space in cabin luggage, I have also learnt to pack just one set of heels, flats and trainers to coordinate with all of my outfits.

LUCIE'S STORY



How did the Semple bespoke clothing proposal come about?

Maggie was a guest at an Equal Pay Day work-experience conference in Prague in the Czech Republic in 2018. As part of her compelling presentation, she not only shared her personal story with participants, but also a lot of interesting information about her distinctive creative style.

Of course, the best presentation is always by example: Maggie was wearing one of her dresses - one on the day of the conference and the other on the mentoring day. She looked wonderful in them. The dresses had an original, but not garish style, which I liked very much. Today, I know that I feel comfortable and elegant in them too, which naturally raises every woman's confidence!

Did you select the garments together or was it a team effort?

I chose the cut of dress, the colour and fabric with Šárka. I really enjoyed discussing the preparation of the models for me because it was very natural and I liked most of Šárka's recommendations. At the same time, we managed to effortlessly incorporate some of my own personal wishes.

How did you find the selection and measuring process?

That's something that surprised me the most: it was incredibly easy! Although this is not really Šárka's field, she was a whizz at figure measuring. I admit that I was a little worried that everything was going to be okay while waiting for my delivery. When D Day arrived, I unwrapped the package and I was thrilled, but I restrained myself before trying on the model. I don't know how she did it, but the dress fits like a glove. There was no need for any adjustments. That was so magical about the whole thing. A truly professional performance! Hat's off to Šárka and her amazing measuring skills!

Having only experienced the Semple process from overseas, do you feel like your personal

experience reflects the brand as you know it?

As I said before - the brand caught my eye right away - and then definitely after trying it on for the first time. And if it's represented by ambassadors like Šárka, I'm not worried about their success.

Would you class your Semple dresses as suitable clothes to take with on business trips?

Definitely! The material doesn't crease, it's very easy to pack. Dresses can be easily combined with other accessories and I feel fresh in them all the time. And that's really important when you're on the go. All of us who want to look good at work and at other important events know that.

Where have you worn these to?

My Semple dresses are among my favourite pieces in my wardrobe. I wear them on various occasions - to work for important meetings, to conferences or special events. Both during the day and in the evening. I always combine them with appropriate accessories for the occasion and try to highlight their individuality and elegance.

If you were packing for a 3-4 day business trip, what clothes/outfits would we typically find packed in your suitcase?

My suitcase would typically include: a Semple dress and a business suit with a combination of trousers and skirts. I also carry a favourite sheath dress, pair of crease-resistant blouses and a top. I always add a sportier model suitable for an unofficial accompanying programme or informal meeting. I plan ahead so that I can combine the clothes in various ways and use accessories such as coloured scarves or a brooch. That helps me find the right outfit that I feel like wearing on a particular day and in which I feel good.





Image: Lucie Urvalkova wears the Maggie dress in black Italian crepe with a magenta neck trim

GET IN THE HEADSPACE OF CALMNESS

CAROLINE MELLOR



Caroline Mellor is Global Director of HR Effectiveness & Transformation in Dentsu Aegis Network (DAN); a Global media services group operating across 142 countries.

Why do you travel for your role?

I lead a team which is located in various different locations around the globe. The geographic reach of my team spans from Brazil through North America, EMEA and APAC down to Australia and I have team members based in 8 different locations.

We are responsible for a global transformation programme and therefore, we work with every country within the Network in order to do this. I travel for two main purposes 1, in order to connect with my team and 2, in order to engage with stakeholders across the various different countries.

What are the typical places you travel to on business?

My travels can be to any number of locations however, the most regular stops in my journeys have been New York, Shanghai and Singapore. I can count 12 different countries on my passport in the last couple of years for work and a few more too which were holidays.

Do you have a favourite place to visit?

I am a big fan of New York and have made a lot of trips there for both business and pleasure. I love the vibrancy of New York as well as the grittiness of the city. I have some good friends there, some of whom were colleagues and have remained firm friends. There is always something going on in New York and I never tire of the feeling of walking down the pavements (or should I say

sidewalks) of Manhattan. It's a veritable array of sounds, sights, smells and cultural diversity. Singapore is also a close favourite. It's so clean and well looked after and has a newness to it which I love.

What is your typical routine at the airport?

I have spent so much time travelling through and in airports that my airport mantra is to be organised and as chilled as I can. Starting with security, I get prepared to make it as stress free as possible. I always invest in fast track, have my liquids ready in the plastic bag, my iPad and Kindle at the top of my bag and if I'm wearing a belt I leave it off until I'm safely on the other side of the scanners. I've learned this from experience and also watching fellow travellers stressing when their bags are pulled over, perfumes confiscated and they are generally flustered by the whole experience.

I always visit the lounge, drink some tea and water, pick up some fruit and then tend to have a walk around to get some steps in before I board the flight.

What essential items do you pack for a business trip away?

My iPad and Kindle are staples and go everywhere with me along with mini pots of my favourite face creams, shampoo and conditioner. The most important item which is always with me is my noise cancelling Bose earphones. I have the ones which you pop in your ears and they

Image: Caroline wears the Caroline dress in apple green Italian crepe



are superb for blocking out the aircraft noises to help me sleep or generally relax. They are a must for anyone travelling long haul!

What items of clothing become your go to's for travelling?

I actually find that jeans are the most comfortable for me whilst I'm travelling. That's not the case for everyone but I find they work best for me. I can meet the protocols of most locations with a smart pair of jeans paired with a smart comfortable blouse of a non crushable fabric and jacket. Regardless of what I am wearing for travelling though, I always change into a pair of pyjamas or lounge suit on long haul flights.

If you were packing for a 3-4 day business trip, what would we typically find packed in your suitcase?

This does depend on the country I'm visiting and the time of the year. It's quite different going to Singapore and 30 degrees in February compared with something minus zero in New York. That said, comfy pyjamas are always in the bottom of the case along with comfy shoes or boots which I can walk in. I usually also pack

some smart trousers with a nice jacket which can double up as a day or night jacket. A swimsuit is usually in the case too.

How do you tend to pass the time travelling?

On long haul flights, I plan when I will sleep depending on the length of the flight, time zone I'm heading to at which time of day I'm arriving in that time zone. Other than that, I either read my Kindle or catch up on things I've been storing up on Netflix on my iPad. If there is a film which I've been wanting to see on the entertainment system I might watch it but generally, I stick with what I've downloaded on my iPad. I try not to do much work on the flight unless there is something I want to prepare for and can use a bit of time to think about.

How do you prepare yourself for a business trip to avoid any unnecessary stress?

I ensure I have a little bit of currency in my purse for tipping or buying a bottle of water. I usually also print off a map of the airport particularly when it a large airport or I have a connection to make. I plan ahead how I will get from the airport to the office / venue / hotel whether by car, taxi or train and where these depart from.

One thing I have learned by experience is to get myself in the headspace of calmness - things will go wrong, there will be delays, I might miss a connection, other passengers might be rowdy or noisy - I can't do anything about it so I try to go with the flow, it's far more enjoyable. People are more likely to help you if you are polite and pleasant too.



AN ORGANISED TRAVELLER

KATERINA MINA



Katerina Mina is a British soprano who sings opera and classical music. She studied at the Guildhall School of Music & Drama in London as a concert pianist and graduated as an opera singer there.

Why do you travel for your role?

I travel regularly with my singing performances, auditions and collaborations with other musicians.

What are the typical places you travel to on business?

I am performing throughout Europe and Russia, but I have also performed in Mexico, the Far East and Middle East. Even though I haven't performed in the USA yet, I have travelled extensively to many states in America. At the same time, I also visit Cyprus frequently. I was born in Cyprus and my family is currently based there.

Do you have a favourite place to visit?

Austria! I absolutely love this beautiful country with special cities like Vienna and Salzburg, and with a huge tradition in classical music.

What is your typical routine at the airport?

I am a very organised traveller who checks in early at the airport, as I don't like to be under pressure on the day of travel. I love to spend a little time looking around various shops at the airport (sometimes I even do my shopping in airports as I don't have time to do so while in London) and depending on the time of travel, I like to eat in style before boarding the plane.

What essential items do you pack for a business trip away?

I prefer travelling light most of the times, except of course when my stay is longer than a few days. In any case, my ear plugs and eye mask are absolutely essential for my journey, and of

course I cannot leave for a trip without packing my eye serum, face and eye creams, various small perfumes, as well as my hair rollers! Oh, and I always have an international adaptor and portable iPhone charger with me.

What items of clothing become your go to's for travelling?

This depends on where I travel to and what time of year. As an opera singer, I always like to feel warm in my body and throat, therefore I always travel with a couple of scarves and pashminas more or less throughout the year. Definitely a pair of comfortable flat shoes for walking or rehearsing, and a pair of my high heels for performing or socialising! I remember when I performed in the Middle East (Bahrain, Kuwait & Sharjah), long smart trousers were a must.

If you were packing for a 3-4 day business trip, what would we typically find packed in your suitcase?

For a short trip, I am very careful on what to pack; actually, I am careful of what NOT to pack, as I travel very light and have limited space in my suitcase. In this case, I would pack three evening outfits (two different cocktail dresses and a jumpsuit for example); a pair of high heels that matches all outfits; one pair of jeans, one skirt and a variety of tops for the day. Now if I am performing and I have to provide my own gown, then I include a long dress that suits the performance.

How do you tend to pass the time travelling?

Sometimes I am able to switch off and sleep during a flight. Most of the times I find myself



Photo credit: Marios Askanis

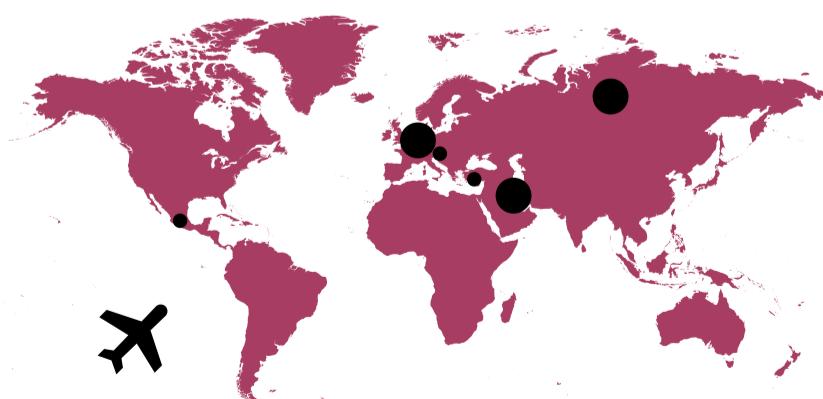


catching up with all my admin work. Recently, and after a long time, I was finally able to start reading a book on the plane, which I absolutely loved! And let me not forget the times when I had inspiration to write poetry while flying. My first poetry book titled «EROS» will be published in autumn and readers will be surprised to see that some of my poems were written on airplanes!

How do you prepare yourself for a business trip to avoid any unnecessary stress?

Apart from arriving at the airport two hours before my flight, I also keep the evening before travelling free, so that I pack my suitcase calmly and without being in a rush. I really want to be organized, as in most of my business trips I don't have the luxury of the time to buy things

I'm missing. Also, I need extra organisation to prepare all my music scores and make sure they are always safely placed in my hand luggage. My suitcase can arrive a little later if something goes wrong, but my scores cannot!



TRAVEL TIPS

We thought to end this issue with a list of travel tips to help you on your next business trip.



Organisation and thoughtful planning is definitely the key travel tip for me! - **Katerina Mina**

One I've definitely learned from much experience: when the air crew serve you those little pots of water, orange, yoghurt or even the dressing for your salad, open the pot facing away from you as the air pressure always causes it to splash! So if you open it towards you, be prepared to wipe some of the content from your clothing! On that note, Always take a pack of wet wipes! - **Caroline Mellor**

Check the location of your seat, there are some great apps to help this, I use seat Guru. This means you can plan for a seat in a location which is quiet and as spacious as possible.

- **Caroline Mellor**



Don't stress with packing! Enjoy your travels, embrace meeting new people and visiting new places. Whenever you go you can make it so you feel comfortable and happy.
- **Šárka Drozdová**

For long haul journeys, always have a washbag with the mini items you know will get through security, plus clean underwear in your bag to take on to the flight with you. I've needed this on several occasions in the past year, when you miss a connection and end up staying over in a hotel before the next flight, or you only just get a connection to find that your luggage missed it! Moisturiser, deodorant and a tooth brush are essential travelling companions, as are clean knickers, a good book and some dark chocolate!

- **Sandra Tinker**



When you travel to the same places regularly, it is easy to start thinking of those trips as drudgery, so it is helpful if you can identify something particularly enjoyable about each location. Each time I travel to a familiar city, I try to have breakfast with a friend who lives there, or go to a charming little coffee bar that I spotted on the last trip, or shop in a store where I bought a nice handbag or piece of jewellery at one time, or just take in the environment by walking to a nearby park. If I have something to look forward to in every city, I start to think of that trip as a bit of a treat instead of something to just be endured. - **Tamara Box**



Hydrate. Water helps with looking wrinkled and worn after a flight. It also helps with jet lag. If in a destination with a different time zone exercise early in the morning or take a 10 minute walk mid-day in the sun to help reset the body clock and minimize jet lag. - **Julia Arbery**

Come to Prague, you won't regret it! The city has a unique atmosphere thanks to its rich history and it's the true heart of Europe. And when you've had your fill of the metropolis, it's no problem to take a trip outside the city - whether you want to experience the countryside, a river, the mountains, or one of the smaller towns with an interesting historical and cultural heritage. Everywhere is close to Prague. - **Lucie Urvalkova**



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