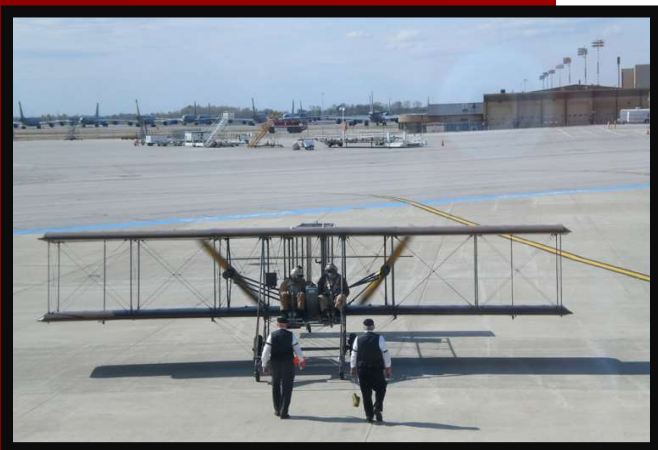


October - December 2024



Caesars Xplore The World

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Kuwaiti Ambassador to India highlights need for expanding bilateral relations

Kuwait's Ambassador to India, Meshal Al-Shemali recently reiterated the deep historical ties and shared goals between Kuwait and India during his meeting with Gujarat Chief Minister Bhupendra Bhai Patel. The conversation focused on exploring ways to deepen the bilateral relationship by expanding cooperation in key sectors, particularly food security, technology, information development, and green energy. Both parties highlighted the importance of working together in these critical areas, given the growing global challenges. Al-Shemali praised the longstanding friendship between Kuwait and India, emphasizing that the mutual trust and respect between the two nations have been integral to their flourishing partnership.

Food security was a key topic of discussion, with both Kuwait and India recognizing the necessity of ensuring a stable and resilient food supply chain. This area of collaboration holds special significance as both nations strive to enhance their agricultural practices and distribution networks. For Kuwait, which imports a significant portion of its food supplies, partnering with India, one of the world's largest agricultural producers, is a strategic move. India's vast resources and expertise in agriculture can play a pivotal role in helping Kuwait meet its food security objectives, while India can benefit from Kuwait's investments and innovations in sustainable agriculture.

The meeting also addressed the technology sector, with both Al-Shemali and Patel discussing opportunities to leverage technological advancements to boost economic growth and development. India, known for its dynamic IT industry, offers a wealth of experience and expertise in information technology and digital infrastructure. Kuwait, with its vision to diversify its economy and enhance technological capabilities, stands to gain from a strengthened collaboration with India in this sector. The two nations aim to explore opportunities for joint



ventures, research collaborations, and innovation exchanges, particularly in areas such as artificial intelligence, digital governance, and cybersecurity.

Information development, another focal point of the meeting, underscores the shared interest in improving data management and communication networks. As global economies become increasingly interconnected, Kuwait and India recognize the importance of robust information systems for enhancing trade, commerce, and governance. By collaborating in this domain, both countries aim to improve transparency, efficiency, and resilience in their respective sectors.

Green energy, a sector of mutual interest, was also a highlight of the discussion. Both Kuwait and India are committed to sustainable development, and the meeting explored ways to collaborate on renewable energy projects. With India's growing expertise in solar and wind energy and Kuwait's investments in

sustainable energy solutions, both nations see significant potential in joining forces to combat climate change and reduce carbon footprints. The partnership would not only benefit the two countries economically but also contribute to global efforts to address environmental challenges.

Ambassador Al-Shemali's meeting with Gujarat Chief Minister Patel signifies the growing momentum in Kuwait-India relations. The focus on key areas like food security, technology, information development, and green energy reflects both nations' determination to address global challenges while enhancing their bilateral cooperation. The meeting marked a significant step forward in further strengthening the historic ties between Kuwait and India, laying the groundwork for future partnerships and joint initiatives.

New Courtesy: <https://arabiantimesonline.com>

Kuwaiti pilot martyred as Air Force jet crashes

A Kuwait Air Force F-18 fighter jet crashed during a military exercise north of Kuwait Wednesday afternoon, the Kuwait Army announced, adding that the pilot has been martyred. An investigation was opened into the incident. First Deputy Prime Minister, Minister of Defense and Interior Sheikh Fahad Al-Yousef Saud Al-Sabah, and all members of the Defense Ministry, both military and civilian, mourned the martyred pilot Mohammed Mahmoud Abdulrasoul of the Kuwait Air Force, who passed away after his plane crashed.

According to a statement issued by the Defense Ministry, the First Deputy Prime Minister, Minister of Defense, and Minister of Interior prayed to Allah Almighty to bestow His mercy on the deceased, to grant him a place in heaven, and to inspire his family with patience and solace.

Earlier on Wednesday, Defense Ministry spokesman



Colonel Hamad Al-Saqr announced the crash of an F-18 fighter jet belonging to the Kuwait Air Force and the martyrdom of its pilot while he was carrying out a training flight mission in the north of the country this afternoon. Al-Saqr added in a statement issued by the Defense Ministry that investigation teams began their tasks to find out the details of the incident and its causes.

Meanwhile, the United Arab Emirates (UAE) on

Wednesday expressed its deepest condolences to Kuwait over the crash of a Kuwaiti Air Force plane, which resulted in the martyrdom of its pilot. The Foreign Ministry extends its sincere condolences to Kuwait, its people, and the family of the martyr over this painful loss.

Also, the Bahrain Defense Force (BDF) General Command expressed its deepest condolences and solidarity with Kuwait over the crash of a Kuwaiti Air Force fighter jet on Wednesday. In a statement, the BDF General Command offered its sincere condolences to Kuwait's leadership, government, and people, as well as to the family and relatives of the martyr, asking Allah Almighty to bestow His mercy upon him and to inspire his family and relatives, and to bestow upon Kuwait continued blessings of security and stability. — KUNA.

New Courtesy: <https://kuwaittimes.com/>

Kuwait Finance minister talks digitization with Microsoft

Kuwait's Ministry of Finance is looking to become a leading model for digitization in government institutions, according to KUNA. Minister of Finance, Minister of State for Economic Affairs and Investment, and Acting Minister of Oil Noura Al-Fassam discussed plans for digitization and collaboration in artificial intelligence on Wednesday with Microsoft Official Angela Heise.

In a press release on Wednesday, the ministry said that Microsoft presented its capabilities in supporting Kuwait's aspirations and goals to accelerate digital transformation, enhance cybersecurity, and utilize artificial intelligence in line with its strategy Kuwait Vision 2035. The two sides agreed on holding other meetings and publicizing success of the e-messaging system, recently overhauled with Microsoft high-tech and the AI applications.

New Courtesy: <https://kuwaittimes.com/>



NBK, Jazeera Airways make Al Momen and Yusuf's dream of becoming pilots a reality



experience their aspirations, giving them the chance to live their dreams. Two young patients, Ali Yusuf and Ali Al Momen, who are receiving treatment at NBK Hospital, have always dreamt of becoming pilots.

Through a collaboration with Jazeera Airways, NBK helped make their dream come true by providing them with the chance to learn the basics of piloting. NBK arranged a special visit for Yusuf and Al Momen to Jazeera Airways, where they met with officials and participated in a training session, followed by a real flight experience, with a round-trip journey from Kuwait to Riyadh and back.

On board the flight, the Jazeera Airways captain, together with the NBK team, welcomed the two young heroes, acknowledging their bravery as they undergo chemotherapy at NBK Children's Hospital. The captain announced, "We are honored to welcome our two heroes, Captain Ali Yusuf and Captain Ali Al Momen, who had a dream to become pilots. Today, that dream is coming true. Let's give them a round of applause for their strength — we are proud of them!"

New Courtesy: <https://kuwaittimes.com/>

National Bank of Kuwait (NBK) continues its "I Dream to Be" initiative, a first-of-a-kind initiative which aims to fulfill the dreams of children with cancer, giving them the opportunity to

Kuwait officially launches Sahel app in English

Kuwait's Minister of State for Communication Affairs Omar Al-Omar announced on Tuesday the launch of the English version of "Sahel" app, as part of government's efforts to digitalize and facilitate services. The announcement was made during the Cabinet's weekly meeting held at Bayan Palace, under the chairmanship of His Highness the Prime Minister Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah. Providing the app in English will allow non-Arabic speakers to utilize services in an easy and efficient way, Deputy Prime Minister and Minister of State for Cabinet Affairs Shareeda Al-Maousherji said in a statement after the meeting.

Crown Prince UNGA speech

Cabinet commended the speech delivered by His Highness the Crown Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah at the 79th session of the UN General Assembly in New York late last month. During the speech, His Highness the Crown Prince reaffirmed Kuwait's principle of good neighborliness, and its commitment to backing Iraq's recovery and helping it restore its status on regional and international levels, Minister Al-Maousherji noted.

His Highness the Crown Prince called on Iraq to take tangible steps to address all pending issues between Kuwait and Iraq, stressing the importance of the demarcation of the maritime boundary with Iraq, in accordance with international laws and charters. His Highness the Crown Prince also stressed the need of

addressing the files of Kuwaiti Prisoners of War and missing persons, and the national archives based on the principle of good neighborliness. His Highness the Crown Prince also asked Iraq to abide by bilateral agreements related to security and technical aspects of Khor Abdullah issue.

His Highness the Crown Prince referred to the



military operations launched by the Zionist occupation against Palestinians in the besieged Gaza Strip and the remaining parts of the occupied Palestinian territories, including the West Bank. His Highness denounced the collective punishment of Palestinians and the targeting of civilians by continued airstrikes that claimed the lives of more than 41,000 people, most of whom children and women.

Anti-money laundering efforts

The Cabinet saw a visual presentation by Minister of Finance, Minister of State for Economic and Investment Affairs and Acting Minister of Oil Noura Al-Fassam along with the National Committee of Anti-Money Laundering and Combating the Financing of Terrorism on reviewing Kuwait's achievements and

future plans of Kuwait's efforts in the field over the period from October 2024 until October 2025. The Cabinet decided to task the committee with intensifying efforts and enhancing cooperation with governmental concerned bodies to meet international requirements of assessment in a manner that maintains Kuwait's position internationally. — KUNA.

New Courtesy: <https://kuwaittimes.com/>

British ministers head to Gulf for talks on new trade deal

Britain's new trade ministers visited the Gulf region on Monday in a first joint visit for talks on a possible trade deal, the government said.



Douglas Alexander (L) and Jonathan Reynolds. (AFP file photo)

Trade secretary Jonathan Reynolds and minister for trade policy Douglas Alexander will meet their counterparts from the Gulf Cooperation Council, which comprises Bahrain, Kuwait, Oman, Qatar, Saudi Arabia and the United Arab Emirates. Trade has been a weak point in Britain's economy in recent years — with business groups pointing to

Brexit as one cause.

The government, elected after a landslide win for Prime Minister Keir Starmer's Labour Party in July, is also targeting trade deals with India, Switzerland and South Korea as part of its plan to boost economic growth.

"I want to see a high-quality trade deal that supports jobs, helps UK companies sell their products to the region and increases choice for consumers — so it's great to be here to discuss exactly that," Reynolds said in a statement.

Britain's Business and Trade Department estimates a free trade deal with the Gulf Cooperation Council could boost the UK economy by 1.6 billion pounds (\$2.10 billion) over the long run. Out of the Group of Seven advanced economies, Britain ranks bottom for growth in goods and services exports since 2019, even when accounting for the country's large precious metals trade, according to national accounts data.

New Courtesy: <https://www.arabnews.com/>

Indian businesses eye GCC partnerships in renewables, health, tourism

India's top business stakeholders discussed on Tuesday the future of economic and commercial engagements with Gulf Cooperation Council countries amid growing opportunities in sectors such as infrastructure, renewable energy, health and tourism.

The GCC is India's largest bloc trading partner, with trade valued at \$162 billion in the 2023-24 fiscal year, up about four percent from the previous year. In 2023, Gulf nations also contributed about \$3.7 billion in foreign direct investment to the South Asian country. India-GCC ties are also growing in other areas, with 8.8 million Indian nationals living and working in the region forming a bulk of its workforce and millions of travelers from India becoming a growing target market for the Gulf's tourism sector.

In an initiative organized by India's top business body, the Federation of Indian Chambers of Commerce and Industry, the country's officials and businesses gathered on Tuesday to explore cooperation opportunities with the GCC in new sectors. "Sovereign wealth funds in GCC countries are looking at investment opportunities in India," Aseem R. Mahajan, joint secretary for the Gulf at the Ministry of External Affairs, said during the event.

"We are looking at many diverse areas. Infrastructure, hydrocarbons, renewable energy, food processing, technology, health, hospitality, tourism; many of these areas have potential where industry can build fruitful joint ventures and partnerships." Each of the Gulf countries also offer their particular opportunities, Indian ambassadors in the Gulf said.

Saudi Arabia's Vision 2030 transformation project "will open up opportunities in various sectors," said Dr. Suhel Ajaz Khan, Indian ambassador to the Kingdom. This includes construction, mining, renewable energy, automobiles and tourism.

GCC countries have also emerged as an important hub for innovation, Indian Ambassador to the UAE



Sunjay Sudhir said.

"With countries like the UAE and Saudi Arabia leading ... the future holds immense potential for deeper cooperation in emerging sectors such as AI, health care and space technology," he said. The discussions on Tuesday were also aimed at helping Indian businesses identify potential opportunities in the Gulf region.

"We will get into the nuts and bolts, and that is what is important in this. And it will enable us to enlarge our area of activity, look at new investments and the new avenues which will open up for us," P.S. Jayaraman, chairman, TCI Sanmar Chemicals SAE, told Arab News on the sidelines of the event. "This is going to be in the best interest of the Indian industries." As FICCI works with its counterparts in GCC countries to further encourage trade and investments, it is hopeful that new agreements and initiatives could boost existing ties between India and the bloc.

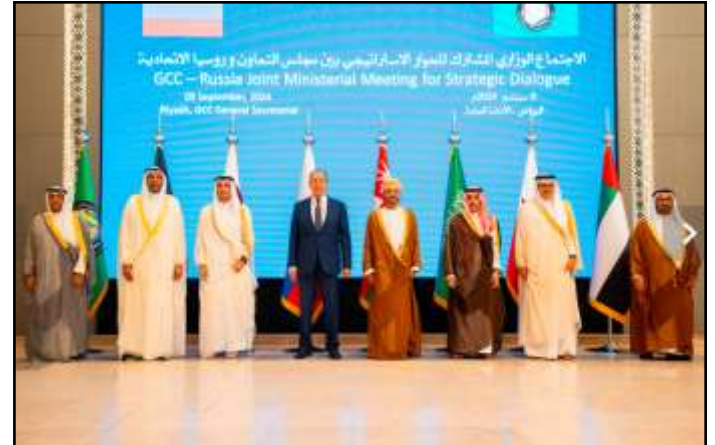
"Looking ahead, pursuing a free trade agreement between India and the GCC holds immense promise for both regions. Such an agreement would facilitate smoother trade and investment flows, further integrating our economies," said Adeb Ahamed, chair of FICCI's Middle East Council.

"Additionally, initiatives like the India-Middle East-Europe Economic Corridor represent significant opportunities for enhanced connectivity and economic cooperation, and I am hopeful that they will soon become a reality."

New Courtesy: <https://www.arabnews.com/>

GCC strengthens ties with Russia, India, Brazil at Riyadh summit

The 161st Ministerial Council meeting of the Gulf Cooperation Council, chaired by Qatari Prime Minister and Minister of Foreign Affairs Sheikh Mohammed bin Abdulrahman Al-Thani and attended by GCC ministers of foreign affairs, was held in Riyadh on



Monday.

On the sidelines of the meeting, the GCC held three separate ministerial meetings with Russia, India and Brazil to open new horizons for cooperation.

The seventh GCC-Russia strategic dialogue ministerial meeting was held with Russian Foreign Minister Sergey Lavrov, the GCC-India meeting with Indian Minister of External Affairs Subrahmanyam Jaishankar, and the GCC-Brazil meeting with Brazilian Foreign Minister Mauro Vieira. Saudi Foreign Minister Prince Faisal bin Farhan and Deputy Foreign Minister Waleed Elkhoreiji attended all the meetings. GCC Secretary-General Jasem Albudaiwi underlined that the joint ministerial meetings aim to strengthen strategic relations with countries and organizations.

Participants examined GCC-Russian relations and explored opportunities to strengthen and expand cooperation. They also discussed the ongoing Russia-Ukraine crisis and the international community's efforts to achieve a peaceful resolution and support initiatives aimed at ensuring global peace and security. Russian Minister of Foreign Affairs Sergey Lavrov speaks at the seventh GCC-Russia strategic dialogue ministerial meeting in Riyadh on Monday. (Abdulrman Bin Shalhoub). The meeting emphasized the need for increased coordination on regional and international issues, as well as the importance of multilateral cooperation and stronger economic collaboration to achieve the global Sustainable Development Goals.

Albudaiwi underlined that the meeting is "a continuation of the considerable efforts made by both sides to strengthen friendly relations that fulfill their aspirations, particularly given that this dialogue serves as a permanent platform for discussion at the ministerial level, as it facilitates the exchange of views on key issues of mutual concern, including threats to regional and global security, as well as exploring ways to enhance cooperation in various fields to serve common interests."

During the first GCC-India meeting, Albudaiwi said that the relations between the GCC countries and India are historical and deep rooted, extending over several centuries and built on foundations of mutual trust and fruitful cooperation, stating that these relations continuously witness significant developments, reflecting the strong will of both parties to enhance the partnership in various fields.

New Courtesy: <https://www.arabnews.com/>



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You Can Now Book Oman Air Flights With Alaska Airlines Miles

The oneworld Alliance is set to welcome Oman Air in the coming months, and fellow oneworld member Alaska Airlines is getting ahead of the game by offering earning opportunities on flights with the Omani flag carrier.

Alaska Airlines recently updated its partnership page for Oman Air to reflect the fact that members may now earn Mileage Plan miles on flights with Oman Air. While the carrier does not fly to North America from its hub in Muscat, it provides links to 40 exciting destinations across Europe, Asia, Africa, and the Middle East, including popular destinations like London, Paris, Frankfurt, and the Maldives.

To book, passengers can log into the Mileage Plan portal, use the award flights search tool, and choose "book with miles." An analysis of routes operated found good availability for as few as 7,500 from Muscat to Dubai. While booking is now live, the opportunity to earn miles on Oman Air flights is still



to come with Alaska Airlines providing the following statement:

"Oman Air is joining oneworld. Mileage Plan members can now redeem on Oman Air. Coming soon, Mileage Plan members can earn on Oman Air."

Known for its outstanding service, Oman Air has earned the Skytrax World Airlines Award for Best Airline Staff seven times.

New Courtesy: <https://simpleflying.com/>

Delta Air Lines CEO Says Partnership With IndiGo Will Be Announced Soon

Delta Air Lines CEO Ed Bastian divulged many details in a Thursday roundtable discussion with local business leaders in Minneapolis, Minnesota. One of the most interesting was the airline's intentions to make its presence known in the Indian subcontinent once more and a potential partnership with a local airline, IndiGo.

Delta plans to partner with IndiGo Airlines, an 18-year-old Indian airline headquartered at Delhi Indira Gandhi International Airport (DEL). Bastian did not elaborate on the nature of the partnership or divulge any details about its structure. We only know that Delta intends to start one.

However, it will likely be codesharing agreements that allow passengers from Delta's network to access destinations in India and vice versa. IndiGo is not part of any major alliance and instead has codesharing agreements with many major airlines, including KLM, Qatar Airways, Qantas and even American Airlines.



The partnership might also allow Delta passengers to access IndiGo lounges in India, as Delta intends to recommence direct flights to India soon. Delta used to operate flights to Chennai, Delhi, and Mumbai in the past. However, these routes were canceled due to the COVID-19 pandemic.

New Courtesy: <https://simpleflying.com/>

Now 25 Aircraft: Where Singapore Airlines Flies Its Boeing 787-10 Dreamliners

Singapore Airlines has taken delivery of its 25th Boeing 787-10 out of an order for 31. It is registered 9V-SDA and is shown below. According to Flightradar24, it left its Charleston, South Carolina, production site for Nagoya on September 24 (14h 21m flight time). It arrived in Singapore on September 25 (6h 11m).



The registration is fitting for two reasons. First, it is the carrier's first 787 not to have the 'SCx' ending—the last was SCZ, which arrived in Changi after delivery on September 12, 2024. Second, 9V-SDA was used by a DC10 that was retired from Singapore Airlines' fleet 43 years ago in 1981.

Singapore Airlines only operates one Boeing 787 variant: the 787-10. Aptly, it is one of 10 airlines that use the least popular Dreamliner variant.

Unlike the smaller 787-8 and 787-9, the 787-10 can carry the highest payload but has the shortest range because of its higher weight. Its more limited performance means it is more niche, hence the lower appeal.

The Star Alliance member's first 787-10 (9V-SCA) was delivered in early 2018, making the carrier the launch customer. Over six years later, Singapore Airlines remains the variant's largest user.

All its Dreamliners have the same capacity

All 25 787-10s have 337 seats in the same configuration: 36 fully flat business beds and 301 seats in economy. Only the Airbus A380 has more seats.

New Courtesy: <https://simpleflying.com/>

Emirates' A350 Takes To The Skies For 1st Test Flight

The first Airbus A350 aircraft destined to join Emirates' fleet next month took to the skies for the first time today. After first appearing in full livery, minus the engines, at Toulouse earlier this year, the aircraft was only activated recently, and various tests were performed.

Despite the initial delays, the aircraft is expected to join the Emirates fleet next month, thus marking a new era for the airline.

It has been an exciting few months for Dubai-based Emirates Airlines. The carrier in recent months has launched services to new destinations, begun new codeshare partnerships, and unveiled its four-class refurbished Boeing 777s. However, the most awaited development during this period was the arrival of the airline's first Airbus A350-900, thus marking a new era of fleet diversification, which subsequently will open new markets for Emirates.

Having been spotted at Toulouse Blagnac Airport (TLS) for months, first without its engines and more recently performing a Rejected Take-Off (RTO) test,



the aircraft finally took to the skies today, thus beginning its flight testing phase before Emirates takes delivery of the aircraft.

The aircraft will now undergo thorough testing and inspection by Airbus test pilots and engineers before the airline takes delivery of the aircraft next month.

Rejected Take-Off or RTO is part of the ground testing of an aircraft before it progresses to flight testing. The test essentially ensures that the aircraft can be brought to stand-still in case of an emergency occurring during the take-off roll (before V1*).

New Courtesy: <https://simpleflying.com/>

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20 Years In India: Etihad Now Flies To 11 Destinations In The Country

The three big Middle East carriers have a significant presence in India, and one of them - Etihad - is celebrating two decades of operations in the country this month. What started with just one destination in India has now expanded to multiple cities, and Etihad also offered discounts to passengers to celebrate the occasion.

Etihad Airways has had a presence in India for 20 years. The airline first flew to Mumbai in 2004 on September 26, 2004, and soon after to Delhi. Over the years, the carrier has expanded its offerings to India, and now operates to 11 cities in the country, including Thiruvananthapuram, Kozhikode, and Jaipur, which were added earlier this year.

Etihad now has 176 weekly India flights, and over the last two decades, it has flown more than 172,000 flights, carrying more than 26 million passengers between India, the UAE, and throughout the world.

This year alone, Etihad's operations in India have received a significant boost, with the airline adding more flights to Ahmedabad, Bengaluru, and Kolkata and increasing its weekly flights to the country by 50 compared to the summer of 2023. Antonoaldo Neves,



Chief Executive Officer, Etihad Airways, commented, "India is a strategically important market for Etihad and we're extremely proud to be celebrating 20 years of flying to this incredible country. When the young and ambitious Etihad launched flights to Mumbai in 2004, it was Etihad's 8th global destination and since then we've expanded to 80 destinations with a vision to offer 125 destinations by 2030."

Like any carrier in the Middle East, Etihad gets a lot

of business from India. The airline has tried to make inroads into the country not just through flights but also various initiatives, such as becoming the official sponsor of the Chennai Super Kings – a cricket team in the Indian Premier League. On the occasion of completing 20 years in India, Etihad has also announced that it will be the sponsor for Mumbai City FC, a professional football team in India.

New Courtesy: <https://simpleflying.com/>

Qatar Airways Partners with UEFA Champions League Until 2030

Sports sponsorship is big business, and for global airlines, it is an effective way to build brand awareness, particularly when establishing new markets and routes. In all its forms, football attracts eyes globally, so it is no surprise to learn that Qatar Airways has inked a deal to become the official airline partner of the UEFA Champions League, the pinnacle competition of European football.

On September 19, 2024, in Doha, Qatar Airways strengthened its European presence by announcing a partnership with the UEFA Champions League that runs until 2030. The airline, which is on a mission to unite people through the power of sport, is building on the success of sponsoring the UEFA EURO 2020 and UEFA EURO 2024 competitions.

To get the ball rolling, Qatar Airways has launched a special campaign video featuring Brazilian football legend Ricardo Kaka as the pilot with English legend Rio Ferdinand in the airline's celebrated Business Class Qsuite. It also features appearances from Paris Saint Germain Féminines football star Sakina Karchaoui, content creator OussiFooty and football journalist Fabrizio Romano.

The new agreement includes sponsorship rights to the

UEFA Super Cup, UEFA Youth League and UEFA Futsal Champions League. It also extends certain rights to Qatar Duty Free, Hamad International Airport and Qatar Privilege Club, building a comprehensive Qatar Airways Group alignment with UEFA (Union of European Football Associations).

Qatar Airways now has an impressive array of football partnerships spanning FIFA (International Federation of Association Football), UEFA and the Asian Football Confederation (AFC). These sponsorships



include the pinnacle of national team and club football competitions, showcasing Qatar Airways' commitment to the global football community. \

New Courtesy: <https://simpleflying.com/>

Up To 11 Daily Flights: Air India's 11 US & Canada Routes Explored

Air India has 11 North American routes: nine to the US and two to Canada. It is still unknown when its long-awaited and much-teased services to Dallas/Fort Worth, Los Angeles (which it served years ago via Frankfurt), and Seattle will be officially announced, let alone elsewhere, such as the often-discussed Boston.

Analyzing Cirium data shows that the Star Alliance member has three in four non-stop India-North America seats between October 2024 and February 2025. This number rises to 94% when other Star airlines— Air Canada and United Airlines —are included. However, due to the sheer number of one-stop options via Europe, the Middle East, and East Asia, Air India only has a 13% share of the total passenger market.

Until the end of October, North American flights will be on the carrier's Triple 7s and 787-8s. It uses ex Etihad Airways 328-seat 777-300ERs, along with its own 342-seat 300ERs. Its 200LRs have 238 and 288 seats, the latter being ex Delta Air Lines machines. It also uses the 256-seat 787-8.

As previously disclosed, its 316-seat A350-900s



will appear soon, with two routes seeing the type in the New Year. This is just as well based on this article about a passenger's "nightmare" first class trip on a clapped-out 777. Air India's hard product refurbishment and the more widespread introduction of the A350 cannot come soon enough for a better experience, greater competitiveness and market share, and probably higher fares.

New Courtesy: <https://simpleflying.com/>

SAS To Bring Back Business Class On European Regional Flights



Scandinavian carrier SAS will return its regional Business Class services on the airline's intra-European services starting next summer, thereby aligning its onboard products and services with those of the Air France-KLM group. Having taken a majority stake in SAS, Air France-KLM plans to integrate the

new SkyTeam members into the group's transatlantic joint venture with Delta and Virgin Atlantic.

From summer 2025, Scandinavian Airlines SAS will bring back its intra-European Business Class service, replacing its current SAS Plus service onboard the airline's regional jets. While the current SAS Plus offers complimentary snacks/drinks, free WiFi, lounge access, and priority ground services, reports from Business Traveler indicate that the returning Business Class will be a "Step Up".

New Courtesy: <https://simpleflying.com/>

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Himalaya Airlines Resumed Flights to Kuwait

Himalaya Airlines, the sole private international airline from Nepal, is pleased to announce the resumption of its direct flights to Kuwait

This decision comes in response to the significant demand from Nepali expatriates working and residing in Kuwait, underscoring our dedication to meeting the needs of our esteemed passengers.

Similarly, the Kathmandu-Kuwait-Kathmandu flight aligns with our airline's mission of fostering strong people-to-people connections, enhancing tourism, and promoting trade between our two nations.

To enhance our operations and customer experience, Himalaya Airlines has appointed Ejaza General Trading Co WLL as our General Sales Agent (GSA) partner for Kuwait.

Initially, we will operate a weekly flight on the Kathmandu-Kuwait-Kathmandu sector, with plans to increase the frequency based on demand. Kathmandu-Kuwait flight (H9 571), will take-off from Kathmandu at 00:40 AM local time and arrive in Kuwait at 03:15 AM local time. Similarly, Kuwait-



Kathmandu flight (H9 572), will take off from Kuwait at 04:15 AM local time and land in Kathmandu at 11:50 AM local time.

Himalaya Airlines is committed to promoting and connecting Nepal to the world. The reinstatement of the Kuwait route exemplifies this mission. We look forward to providing improved travel options for our

passengers and strengthening the ties between Nepal and Kuwait.

Bookings to and from Kuwait are now open. Passengers can contact the sales office of Himalaya Airlines, Ejaza General Trading Co. W.L.L. in Kuwait or the nearest travel agency.

Drukair signs Purchase Agreement for three Airbus A320neo and two A321XLR aircraft

Coinciding with the Royal Wedding Anniversary on 13OCT2024, Drukair, the Royal Bhutan Airlines, signed a Purchase Agreement with Airbus for three A320neo and two A321XLR aircraft to replace ageing aircraft as well as to expand its fleet which will help in expanding its international network. Yab Dasho Dhondup Gyaltsen and other dignitaries attended the signing ceremony.

This is pursuant to the Memorandum of Understanding signed between Drukair and Airbus on the 3rd of July. According to a news release from Drukair, DHI and Drukair align the growth of aviation and the airline to support the Gelephu Mindfulness City and plans to fly these aircraft not only out of Paro International Airport but also from the new airport at GMC. The news release further stated that Drukair plans to expand its connectivity to Europe, Southeast Asia and Australia from Gelephu.

The new aircraft are anticipated to be delivered starting in 2030. The aircraft represent the latest in aviation technology, offering exceptional fuel efficiency, extended range, and reduced emissions -



an ideal alignment with Bhutan's dedication to environmental conservation and sustainable development. Currently, Drukair operates four

Airbus A320 Family aircraft: three A319s and one A320neo besides one ATR 42-600.

World news headlines

- ◆ Kuwait Takes First Place as the World's Safest Nation in 2023
- ◆ The seventh-richest city in the world is Kuwait
- ◆ 86-year-old renowned industrialist Ratan Tata passes away
- ◆ The driving license of expats is now valid for three years
- ◆ Kuwait's population is composed of 68.3% expatriates
- ◆ Sri Lanka would grant visa-free entry to 35 countries, including India

IndiGo - Malaysia Airlines

Travellers between Malaysia and India rejoice! Malaysia Airlines and IndiGo, India's largest airline, have announced a new codeshare partnership that promises a smoother and more convenient travel experience.



Together, we're connecting you to more of India.

Travel seamlessly with Malaysia Airlines and IndiGo, expanding our network from 10 to 16 destinations across India.

For Hiroshima survivor hugged by Obama, Nobel puts focus on denuclearisation

A Japanese man who survived the nuclear bombing of Hiroshima and was decades later hugged by Barack Obama during the then U.S. President's visit to the city, said he hoped Friday's Nobel Peace Prize would help put a focus on nuclear disarmament.

The Norwegian Nobel Committee awarded the prize to the Nihon Hidankyo group of atomic bomb survivors for its work warning the world about the dangers of nuclear arms and bearing witness to the suffering unleashed upon Hiroshima and Nagasaki, the only two cities to have ever sustained such attacks.

The award comes a year ahead of the 80th anniversary of the dropping of the bombs by the United States in August 1945, which forced Japan's surrender in World War Two.

Shigeaki Mori, who was eight years old when the bomb flattened Hiroshima, was embraced by Obama during his visit to the atomic bomb memorial site in 2016, a moment that became a defining image of that visit.

When contacted by Reuters and asked if he thought the Nobel Prize would bring greater awareness to the issue of denuclearisation, the octogenarian Mori simply replied: "Yes".

He said he was being inundated by calls for interview requests and did not comment further.

In an interview last year, Mori told Reuters he had been knocked unconscious by the blast. When he came to, he saw a woman holding her own entrails, asking for the nearest hospital.

As an adult, he began a multi-decade quest to find



how many victims were cremated at his school playground. His work also unearthed the identities of 12 Americans who died in the bombing.

Obama, who spoke of the "shared responsibility to look directly in the eye of history" when he visited Hiroshima, and praised Mori's work in his speech. Obama avoided any direct expression of apology for the bombings, something many Japanese feel is

overdue.

Many nuclear bomb survivors - known as "hibakusha" in Japanese - although advanced in age, and their numbers dwindling, have tried to keep the legacies of Hiroshima and Nagasaki alive, seeing the events in the cities as more than just moments of history, but calls for change.

New Courtesy: <https://www.reuters.com/>

Indian tycoon Ratan Tata dies at age 86

The Indian business tycoon and former Tata Group chairman Ratan Tata has died, aged 86.

Tata, who had headed India's largest conglomerate for over 20 years, had been receiving intensive care at Mumbai hospital, according to Reuters.

He was famous for making large acquisitions, including buying the British tea firm Tetley in 2000 for \$432m and the Anglo-Dutch steelmaker Corus in 2007 for \$13bn, which at the time was an unprecedented takeover of a foreign firm by an Indian company. Tata Motors then acquired two of Britain's most recognisable car brands: British Jaguar and Land Rover, from Ford Motor Co.

"It is with a profound sense of loss that we bid farewell to Mr Ratan Naval Tata, a truly uncommon leader whose immeasurable contributions have shaped not only the Tata Group but also the very fabric of our nation," the company said.

In a statement announcing Tata's death, Natarajan Chandrasekaran, the current chairman of Tata Sons, said: "On behalf of the entire Tata family, I extend our deepest condolences to his loved ones. His legacy will continue to inspire us as we strive to uphold the principles he so passionately championed."

In India, his death prompted an outpouring of grief by everyone from politicians to business tycoons and Bollywood stars.

Indian prime minister Narendra Modi described Tata as "a visionary business leader, a compassionate soul and an extraordinary human being". Mukesh Ambani, one of India's richest businessmen, paid tribute to



Tata as a "visionary industrialist and philanthropist who always strove for society's greater good" and MK Stalin, chief minister of Tamil Nadu, said that "India has lost a giant".

The Maharashtra state government announced a day of mourning and said his last rites would be performed with full state honours.

After gaining a degree in architecture from Cornell University in the United States, Tata returned to his homeland and, in 1962, began working for the

company his great-grandfather had founded nearly a century earlier.

Three decades later, Ratan Tata took over from his uncle JRD Tata, ushering in a global outlook and an era of high growth. He shook up the company's hierarchy by enforcing retirement ages and promoting young people to senior positions.

Tata oversaw the construction of the Indica, the first car model designed and built in India. models.

New Courtesy: <https://www.theguardian.com/>

Visa Facilitation Services

Visa facilitation services at Caesars Holidays ensure hassle free transition throughout the process. Visa facilitation is managed by highly qualified personnel and we help for prompt and reliable services for visa stamping to your desired destination.



81-year-old South Korean model falls short in a bid to become oldest Miss Universe contestant

An 81-year-old South Korean fashion model fell short in her bid to become the oldest Miss Universe contestant after competing in the country's national pageant against rivals old enough to be her grandchildren.

Dressed in a beaded white gown, the silver-haired Choi Soon-hwa strutted across the stage and performed in a singing contest at the Miss Universe Korea pageant held Monday at a hotel in South Korea's capital, Seoul.

She missed out on the crown but did take home the "best dresser" award.

Han Ariel, a 22-year-old fashion school student, won the contest and will head to Mexico City for the 73rd Miss Universe pageant in November.

Choi, a former hospital care worker who began her modeling career in her 70s, was announced as a Miss Universe Korea finalist earlier this month along with 31 other contestants.

"Even at this age, I had the courage to grab onto an opportunity and take on a challenge," Choi told The



Associated Press hours before Monday's pageant.

"I want people to look at me and realize that you can live healthier and find joy in life when you find things

you want to do and challenge yourself to achieve that dream."

New Courtesy: <https://www.nbcnews.com/>

Claudia Sheinbaum sworn in as Mexico's first female president in historic inauguration

Claudia Sheinbaum officially took office Tuesday as Mexico's first female president and the first of Jewish heritage at a historic inauguration ceremony Tuesday afternoon.

At the Legislative Palace of San Lázaro in Mexico City, attendees swarmed Sheinbaum, taking selfies and greeting her, as she approached outgoing President Andrés Manuel López Obrador and Ifigenia Martínez, president of Mexico's Chamber of Congress.

In a symbolic act of the transition of power between López Obrador and Sheinbaum, Martínez, whom many credit as a trailblazer for women in Mexican politics, handed Sheinbaum a presidential sash decorated with the colors of the Mexican flag.

Sheinbaum took her oath and addressed a room



of more than 100 high-profile invitees, including U.S. first lady Jill Biden and the presidents of nearly a dozen African and Latin American countries, among others.

"For the first time, we women have come to lead the

destiny of our beautiful nation," Sheinbaum said in Spanish in a lengthy speech in which she outlined the priorities of her presidential term, some of which include guaranteeing human rights and freedoms, as well as promoting peaceful foreign policies and expanding on her predecessor's social programs.

Sheinbaum will later head to the National Palace in Mexico City's famed Zócalo, where thousands of constituents gathered to watch the inauguration on large screens placed across the main square.

Sheinbaum, a former mayor of Mexico City and a climate scientist, first made history three months ago when she defeated Xóchitl Gálvez of the Broad Front for Mexico and Jorge Álvarez Máynez of the Citizen Movement in a landslide election on June 2.

New Courtesy: <https://www.nbcnews.com/>

New Zealand scientists discover new 'spookfish' living deep in the Pacific

It may be early to get the Halloween decorations out for most, but in the deep waters of the Pacific Ocean, spooky season is well underway.

Scientists said Tuesday they had discovered a new species of ghost shark that lives exclusively in the waters off Australia and New Zealand.

The Australasian Narrow-nosed Spookfish was found during research surveys in the Chatham Rise, an area of ocean floor east of New Zealand, according to the National Institute of Water and Atmospheric Research, based in Auckland.

Ghost sharks, also known as chimaeras, are a group of cartilaginous fish closely related to sharks and rays. The newly discovered species has several distinctive features, including a long and narrow snout, broad pectoral fins, scale-free skin and beak-like teeth.

They are largely confined to the ocean floor up to 2,600 meters (8,530 feet) deep, feeding on crustaceans such as shrimp and mollusks.

Brit Finucci, a fisheries scientist at the National



Institute of Water and Atmospheric Research, gave it the scientific name *Harriotta avia* in memory of her grandmother.

Previously, it was considered to be part of a single globally distributed species. But research later showed that it is genetically and morphologically different from its cousins. "Ghost sharks always surprise me!" Finucci told NBC News on Tuesday. "It just goes to show how little we know about our oceans, particularly the deep sea."

Ghost sharks are "poorly studied" because of their remote living environment and cryptic nature, she said. This long-nosed spookfish was better researched among its kind as it is often observed on research surveys and is caught incidentally in commercial fisheries, Finucci said. However, we still don't know their lifespan, population size or role in the ecosystem, Finucci said. "There's still a lot to learn about ghost sharks!"

New Courtesy: <https://www.nbcnews.com/>

Caesars Travel Co. W.L.L. – The largest travel company in Kuwait

Over the years, the travel-related services that Caesars Travel provides have grown and now 21 offices across the country and new offices are in pipeline. Among many travel companies in Kuwait, Caesars Travel has kept pace with this expansion to provide dedicated travel management service to our clients. For more information, visit www.caesarstravel.com



Over 120 dead and a million without power after 'historic' Hurricane Helene

As the south-east US continues recovery efforts after Hurricane Helene's devastation, the storm's death toll keeps climbing, with more than 120 killed across several states.

Joe Biden will visit North Carolina, where the western part of the state has been devastated by flooding, on Wednesday.

In recent days, the president pledged federal assistance to help with recovery efforts – and has said that his administration is giving states "everything we have" to help with their response to the storm.

"It's not just a catastrophic storm. It's a historic, history-making storm," Biden said on Monday morning. He added that "damage from the hurricane stretches across at least 10 states".



The US homeland security adviser, Liz Sherwood-Randall, said on Monday that there could be as many as 600 deaths, though the figure has not yet been confirmed.

More than 1 million Americans were still without power in the Carolinas and Georgia as of Monday

morning.

Helene made landfall last Thursday night in Florida's Big Bend region as a category 4 hurricane. Even though it weakened to a tropical storm before moving through Georgia, the Carolinas and Tennessee, the storm's winds, rainfall, storm surge and flooding destroyed entire communities in its path.

On Sunday, North Carolina's department of public safety said that supplies such as food, water and other needs were arriving in Asheville, a city in Buncombe county that has seen widespread destruction. The state's national guard was airlifting supplies into counties across western North Carolina, too, officials said.

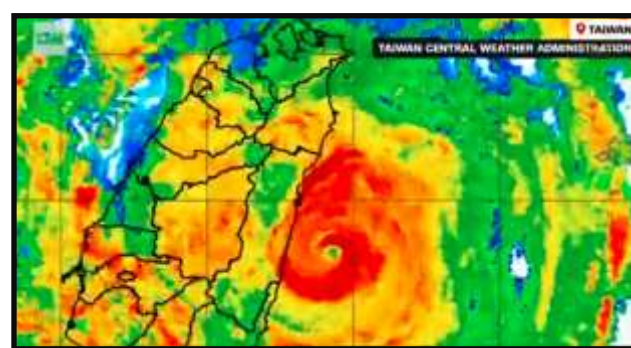
New Courtesy: <https://www.theguardian.com/>

Powerful Typhoon Gaemi hits Taiwan, expected to drench an already soaked China

A powerful typhoon made landfall in northeastern Taiwan early on Thursday, killing at least two people and injuring hundreds of others as authorities closed financial markets, schools and offices.

Conditions in Taiwan worsened as Typhoon Gaemi brought heavy rainfall, gusty winds and a dangerous storm surge. It reached land in Yilan County with sustained winds up to 205 kph (125 mph), equal to a Category 3 major hurricane in the Atlantic.

The typhoon is expected to move over the Taiwan Strait Thursday before making landfall in mainland China's Fujian province, bringing more strong winds and downpours to a country already hit



hard by weeks of extreme rain and deadly flooding.

A woman riding a motorcycle in Taiwan's southern Kaohsiung City was crushed to death by a fallen tree, and a woman in eastern Hualien was hit by a parapet

that fell from the roof of a house, Taiwan's Central Emergency Operations Center reported. More than 200 others were wounded.

The rapidly intensifying storm had been expected to strengthen into a super typhoon before making landfall on Taiwan's northeast coast Wednesday afternoon.

However, it was deflected off its forecast track by Taiwan's mountainous terrain and spent more than six hours offshore making a loop near the Hualien coastline before making landfall at around midnight.

New Courtesy: <https://www.cnn.com/>

Switzerland: storm kills one and injures some 15 people

At least one man has died in Switzerland after a violent storm swept through the town of La Chaux-de-Fonds in the northwest of the country on Monday.



The storm "unfortunately caused the death of a person

in their fifties following the fall of a building crane", Neuchâtel local police said in a press release.

"In addition to this victim, around fifteen other people were injured and are being treated by the emergency services, but their prognosis was not life-threatening", it added.

According to the Swiss weather service, it was "a probable tornado associated with a rapidly developing thunderstorm cell along the Jura" that hit the Swiss town along the French border.

"Wind gusts of 217 km/h were recorded by our station at La Chaux-de-Fonds aerodrome this Monday morning, under a thunderstorm cell that suddenly strengthened as it reached the region," MétéoSuisse

said on Twitter. Vehicles have been damaged or completely destroyed, roofs have been ripped off, street furniture has been blown away and trees have been uprooted.

Before reaching Switzerland, the storm hit eastern France, particularly the Doubs département, at around 11 am on Monday.

Nearby, on the French side of the border, "around thirty homes" were also been hit, although the extent of the damage is unknown at this stage, said the Doubs prefecture.

New Courtesy: <https://www.euronews.com/>

At least 16 dead and several missing as 'once in a century' floods hit Central and Eastern Europe

At least 16 dead and several missing as 'once in a century' floods hit Central and Eastern Europe

Heavy rains from Storm Boris have caused widespread flooding across several countries, with the Czech Republic declaring the highest flood warnings in 100 places.

Sixteen people have died in severe flooding that has hit several countries in Central and Eastern Europe after heavy rainfall caused by Storm Boris forced several evacuations and caused widespread damage.

The floods claimed six lives in Romania and Poland each, three in Austria and one in the Czech Republic. Several more remain unaccounted for.

One person drowned on Monday in the Bruntál region of the Czech Republic, police chief Martin Vondrášek told local media.

Seven people are also missing in the country, four more than recorded on Sunday, as authorities have declared the highest flood warnings in 100 places across the country.



In the city of Opava, up to 10,000 people have been asked to evacuate. Two northeastern regions recorded the biggest rainfall in recent days with Czech Prime Minister Petr Fiala warning the public that the worst

"is not behind us yet" in an interview on public television on Sunday.

New Courtesy: <https://www.euronews.com/>

8 tips for healthy eating

These 8 practical tips cover the basics of healthy eating and can help you make healthier choices.

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.

If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight.

You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs.

It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

Most adults in the UK are eating more calories than they need and should eat fewer calories.

1. Base your meals on higher fibre starchy carbohydrates



Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

They contain more fibre than white or refined starchy carbohydrates and can help you feel full for longer.

Try to include at least 1 starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat.

Keep an eye on the fats you add when you're cooking or serving these types of foods because that's what increases the calorie content - for example, oil on chips, butter on bread and creamy sauces on pasta.

2. Eat lots of fruit and veg



It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Getting your 5 A Day is easier than it sounds. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

A portion of fresh, canned or frozen fruit and vegetables is 80g. A portion of dried fruit (which should be kept to mealtimes) is 30g.

A 150ml glass of fruit juice, vegetable juice or smoothie also counts as 1 portion, but limit the amount you have to no more than 1 glass a day as

these drinks are sugary and can damage your teeth.

3. Eat more fish, including a portion of oily fish



Fish is a good source of protein and contains many vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

Oily fish are high in omega-3 fats, which may help prevent heart disease.

Oily fish include:

- salmon
- trout
- herring
- sardines
- pilchards
- Mackerel

Non-oily fish include:

- haddock
- plaice
- coley
- cod
- tuna
- skate
- hake

You can choose from fresh, frozen and canned, but remember that canned and smoked fish can be high in salt.

Most people should be eating more fish, but there are recommended limits for some types of fish.

4. Cut down on saturated fat and sugar



You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating.

There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

On average, men should have no more than 30g of saturated fat a day. On average, women should have no more than 20g of saturated fat a day.

Children under the age of 11 should have less saturated fat than adults, but a low-fat diet is not suitable for children under 5. In addition, full-fat dairy

products, such as cheese, fromage frais and yoghurt, are recommended up to the age of 2 years.

Saturated fat is found in many foods, such as:

fatty cuts of meat

- sausages
- butter
- hard cheese
- cream
- cakes
- biscuits
- lard
- pies

Try to eat less saturated fat and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados.

For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee.

When you're having meat, choose lean cuts and cut off any visible fat.

All types of fat are high in energy, so they should only be eaten in small amounts.

Sugar

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smoothies.

This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk.

Many packaged foods and drinks contain surprisingly high amounts of free sugars.

Free sugars are found in many foods, such as:

- sugary fizzy drinks
- sugary breakfast cereals
- cakes
- biscuits
- pastries and puddings
- sweets and chocolate
- alcoholic drinks

Food labels can help. Use them to check how much sugar foods contain.

More than 22.5g of total sugars per 100g means the food is high in sugar, while 5g of total sugars or less per 100g means the food is low in sugar.

5. Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure.



Health Tips

People with high blood pressure are more likely to develop heart disease or have a stroke.

Even if you do not add salt to your food, you may still be eating too much.

About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces.

Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt.

Adults and children aged 11 and over should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.

6. Get active and be a healthy weight



As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

Read more about the benefits of exercise and physical activity guidelines for adults.

Being overweight or obese can lead to health conditions, such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health.

Most adults need to lose weight by eating fewer calories.

If you're trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet can help you maintain a healthy weight.

Check whether you're a healthy weight by using the BMI healthy weight calculator.

Lose weight with the NHS weight loss plan, a 12-week weight loss guide that combines advice on healthier eating and physical activity.

If you're underweight, see underweight adults. If you're worried about your weight, ask your GP or a dietitian for advice.

7. Do not get thirsty



You need to drink plenty of fluids to stop you getting dehydrated. The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.

All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices.

Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth.

Even unsweetened fruit juice and smoothies are high in free sugar.

Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more



than 150ml a day, which is a small glass.

Remember to drink more fluids during hot weather or while exercising.

8. Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.

But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

A wholegrain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty and healthier breakfast.

Content Courtesy: <https://www.nhs.uk/>

Yoga For Beginners: 7 Tips For Starting Yoga For The First Time

1. Start with Acceptance

Yoga is more than just a form of exercise. It's a way of existing in the world. A way of being, so to speak. The word yoga itself means "union" in Sanskrit. Union among all aspects of your life.

When you live in a state of union, or yoga, there is no separation between your thoughts and your present state. That means, no whining and wistful thinking about the way things should or ought to be. While this mindset can take years to cultivate, you can get started before ever stepping foot on a yoga mat.

2. Release Expectations

The moment you begin to practice gratitude, you will feel expectations start to slip away.

Try to focus on the core of what you're doing, not the extraneous fluff. Though you may be here to try to find the best way to start yoga physically, I'm here to tell you that it's most important to start with it mentally.

Get yourself into the right mindset and then the practice will evolve naturally, beautifully, and safely.

3. Understand the Core of Yoga

Yoga is not about extreme flexibility or contorting your muscles and spine into fancy shapes.

It's about breathing, finding inner strength through meditation, and creating freedom in the body with basic yoga poses. It's truly that simple.

4. Notice Your Breathing

While a teacher at one yoga class may instruct students in a completely different style of breathing to the yoga studio next door, it's really all the same.

While the breathing exercise itself may seem important, the most important thing to learn is awareness of breath.

5. Get Comfortable in Stillness



Most of us find it very challenging to sit still. We would rather run around, keep busy, and check items off our to-do list than just be.

So before you try to bang out the most advanced yoga poses you can find on the pages of Yoga Journal or Instagram, try the most basic tenets of yoga of all, being present.

Try to observe the urge rather than immediately give into it.

6. Learn Basic Yoga Poses

Once you feel ready for the physical side of your yoga practice, you can start to mindfully experiment with yoga poses for beginners.

There is no need to try to jump into the more complex poses (um, hello inversions) or to try to be as bendy as the person next to you.

In fact, you can begin your practice right at home with free yoga videos. (I've created tons of free yoga

videos for beginners on my YouTube channel, but there are thousands more out there if you want some variety.)

Start with postures, or yoga asanas, such as downward-facing dog, child's pose, and savasana.

7. Find Beginner Classes

The best way to learn yoga postures safely and effectively is to learn from an experienced yoga instructor.

If you're a little nervous to start, then go early and introduce yourself to the instructor. Let him or her know that you're new and I promise you that they will make modifications and adjustments for you throughout the class so that you don't have to struggle.

You will be well on your way to a calmer, bendier, more self-confident YOU!

Content Courtesy: <https://jadeyoga.com/>

Caesars Showcase

Cruise Center won The Middle East Sales Champion of 2023, The first-ever Middle East cruise agents awards by Royal Caribbean Arabia

Cruise Center has been awarded the prestigious title of "Middle East Sales Champion of 2023" during Royal Caribbean Arabia's first-ever Middle East Cruise Agents Awards. The event, held aboard the magnificent Oasis of the Seas on September 28,



2024, marked a significant moment in the regional cruise industry. This new award program was designed to celebrate and honor the outstanding achievements of Middle Eastern travel agents who have contributed to the growth of the cruise sector in the region.

Royal Caribbean's Senior Vice President, International, Angie Stephen – who took on the role in May 2024 – attended the event to congratulate the winners.

"This is an incredibly exciting time for the vacation industry," she said. "The opportunities to deliver even more memorable vacations around the world are exponential, and Royal Caribbean and our world-class international organisation are perfectly positioned to



make it all a reality." Spearheading the awards, Royal Caribbean Arabia Managing Director Mohamed Saeed joined Stephen on stage to address the winners.

"Our success relies not only on our state-of-the-art ships and unparalleled customer experiences but significantly on the dedication, passion and expertise of our agents," said Saeed. "You are the ambassadors of our brand, the bridge between us and our treasured guests. It's your hard work, innovative spirit and relentless commitment to excellence that help us reach more travellers and create unforgettable journeys for them."

The awards ceremony was attended by industry

leaders and key figures, including Angie Stephen, Senior Vice President of Royal Caribbean International, and Mohamed Saeed, Managing Director of Royal Caribbean Arabia. In addition to recognizing Cruise Center for its top-tier performance, the winners enjoyed a luxurious three-day cruise as part of their reward.

This recognition highlights Cruise Center's pivotal role in expanding cruise tourism in the Middle East, promoting a wide range of Royal Caribbean cruises to the region's growing market of vacationers.

The awards celebrate not only the hard work and dedication of agencies like Cruise Center but also underscore the importance of the Middle East as a rapidly growing market for international cruise lines.

Caesars Travel Group Women's Team Wins 2024 Women's Bowling Tournament Conducted by Jazeera Airways

In an exciting display of teamwork and skill, the Caesars Travel Group Women's Team emerged victorious in the *Women's Bowling Tournament 2024*, organized by *Jazeera Airways*. The event, which took place at a top-tier bowling center, brought



together some of the region's most competitive teams for a thrilling and action-packed tournament.

Caesars Travel Group's women's team showcased impressive coordination, focus, and determination throughout the tournament, outscoring their competitors to claim the championship.

Their journey to victory was marked by a series of outstanding performances, with each team member contributing significantly to their overall success.

Jazeera Airways, known for its commitment to community engagement, organized this tournament to promote camaraderie and encourage active participation in sports among women in the corporate



world. The event was part of the company's broader initiative to support health and wellness, providing a platform for corporate teams to engage in a fun yet competitive environment.

The Caesars Travel Group Women's Team's victory was celebrated with much fanfare, and they were presented with the tournament trophy in a lively award ceremony attended by participants and representatives from Jazeera Airways.

This win not only highlights the team's athletic abilities but also emphasizes the importance of sports in fostering teamwork and unity among women in the workplace.

Caesars Travel Group CEO, Mr. P.N.J. Kumar quoted "A big congratulations to the amazing team for achieving this great success and wish you many congrats for your future sports. It's another record in the Caesars Travel Group's sports events that the first time, our women family members participated in a sports event and won the award – you have made our company proud."

The 2024 Women's Bowling Tournament was a huge success, reflecting Jazeera Airways' ongoing efforts to support sports and wellness in the community. Congratulations to the Caesars Travel Group Women's Team on their well-deserved win!

Farewell to Mr. Sanjiv, Finance Head of Caesars Travel Group: A Legacy of Leadership



Caesars Travel Group bids a heartfelt farewell to its long-standing Finance Head, Mr. Sanjiv, whose tenure has been marked by outstanding financial stewardship and visionary leadership. After 17 years of exceptional service, Mr. Sanjiv is stepping down, leaving behind a profound impact on the company's financial operations and overall success.

Mr. Sanjiv's leadership at Caesars Travel Group has been nothing short of transformative. Through his strategic guidance, the company navigated financial complexities with precision, ensuring growth and sustainability even during challenging market conditions. His ability to lead with both analytical rigor and empathetic mentorship fostered a strong, results-driven finance team that thrived under his watch.

Throughout his tenure, Mr. Sanjiv

championed financial innovation, introducing modern systems that enhanced efficiency and transparency within the organization. His forward-thinking approach helped Caesars Travel Group expand its business horizons, managing risks effectively while maximizing opportunities for growth.

In addition to his technical expertise, Mr. Sanjiv was known for his interpersonal skills, consistently promoting a collaborative work culture. His mentorship positively shaped the careers of many within the finance department, encouraging professional development and excellence among his peers.

At a farewell ceremony held in his honor, Mr. Sanjiv was celebrated by colleagues and executives who shared heartfelt tributes to his unwavering dedication, leadership, and contributions. The event was filled with fond memories, emotional speeches, and gratitude for his years of hard work. As a token of

appreciation, he was presented with gifts symbolizing the deep respect and admiration the team holds for him.

Though his departure marks the end of an era, Mr. Sanjiv's legacy will continue to influence Caesars Travel Group's financial strategies for years to come. His exemplary leadership has left an indelible mark on the company, and he will be remembered not only as a finance expert but as a mentor and friend to many.

As Mr. Sanjiv embarks on the next chapter of his journey, the entire team at Caesars Travel Group wishes him the very best. His contributions will forever be cherished, and his influence will continue to inspire those who had the privilege to work with him.

Thank you, Mr. Sanjiv, for your incredible leadership and dedication. You will be missed!



Caesars Travel Group Celebrates Onam with Grandeur and Tradition

Onam, the harvest festival of Kerala, was celebrated with great enthusiasm and cultural vibrance at Caesars Travel Group this year. The event, held at the headquarters in Kuwait city, brought together employees from various departments, showcasing the company's commitment to diversity and inclusion.

The celebration kicked off with a traditional Pookalam (floral rangoli) competition, where teams from different branches of the company designed beautiful floral carpets, reflecting the spirit of the festival. The intricate designs and vibrant colors of the flowers used in the Pookalam were a true representation of the artistry and creativity within the company.

A traditional Onam feast, or Sadhya, was the highlight of the day. Employees were treated to an authentic Kerala meal served on banana leaves, featuring a variety of dishes including avial, sambar, pachadi, and the sweet delight, payasam. The meal brought a sense of nostalgia for the Keralite employees, while others enjoyed the opportunity to experience the flavors of Kerala's rich culinary heritage.

The cultural programs added a festive vibe to the celebration. Employees dressed in traditional Kerala attire that celebrated the legendary King Mahabali, whose annual visit to his people is the basis for the Onam festivities.



Caesars Travel Group has always placed emphasis on celebrating cultural diversity, and the Onam celebration was a testament to the company's efforts to foster a sense of unity among its workforce. Speaking on the occasion, the CEO, Mr. P.N.J Kumar, said, "Onam is a festival of joy, community, and tradition. It brings people together, and here at Caesars, we are proud to celebrate not just success in business but also the rich cultural traditions that our employees bring with them."

The event concluded with fun-filled games like Carrom Tournament and Arm Wrestling ensuring that the day was both engaging and memorable for all employees.

The Onam celebration at Caesars Travel Group was a grand success, fostering a sense of belonging and cultural pride among employees while also highlighting the company's inclusive work culture.

Caesars Int'l Travel Co. W.L.L. stand to support Wayanad - A Charity Initiative

Caesars Int'l Travel Co WLL transferred the charity money KWD 210 to the WAYANAD victim, a widow on 23SEPT2024. She has a 3 months old baby, lost her husband and father-in-law in the landslide on 30 JULY 2024. The disaster was one of the deadliest in Kerala's history, with reports of over

231 deaths, 397 injuries and 118 people missing". The transfer of KWD 210 symbolizes the company's ongoing dedication to social responsibility, transcending borders and offering aid to a region that many employees hold close to their hearts due to its cultural and personal significance. The donation was

facilitated through trusted local partner in Wayanad, ensuring that the funds reach the intended beneficiary promptly. Through this initiative, Caesars Intl Travel Co. W.L.L. hopes to set an example of how businesses can make a lasting difference in the communities they touch.

Caesars Cargo Receives Prestigious Citation from Emirates Cargo

In recognition of excellence in the logistics and cargo sector, Caesars Cargo is honored with a citation by Emirates Cargo, further cementing its position as a key player in the global freight forwarding industry.*

Caesars Cargo, a division of Caesars Travel Group, has received a significant accolade from Emirates Cargo, one of the world's leading air cargo providers. The citation highlights Caesars Cargo's outstanding performance, operational excellence, and its unwavering commitment to meeting customer demands in the rapidly evolving logistics landscape.

The award comes as part of Emirates Cargo's effort to recognize and celebrate its top partners who have demonstrated exceptional collaboration, efficiency, and service quality in the cargo industry. Caesars Cargo has been a long-standing partner of Emirates Cargo, consistently delivering high levels of service and reliability across key international routes.

Receiving the Emirates Cargo citation is a reflection of Caesars Cargo's dedication to exceeding industry standards and fostering strong partnerships. Over the years, Caesars Cargo has built a reputation for handling complex logistics, time-sensitive



shipments, and ensuring smooth, efficient operations, even during challenging global conditions. This recognition underscores the company's role as a preferred partner in the international cargo sector.

Mr. P.N.J. Kumar, the CEO of Caesars Travel Group, expressed his pride in the recognition:

"We are incredibly proud to receive this citation from

Emirates Cargo. It's a testament to the hard work, professionalism, and dedication of our team at Caesars Cargo. Our partnership with Emirates Cargo has been a key driver in our success, allowing us to provide our clients with seamless global logistics solutions. We look forward to continuing this journey of excellence together."

Caesars Int'l Travel Joins Nepal Embassy in Kuwait for National Day Celebrations

Nepal Embassy in Kuwait celebrates National Day and 10th Constitution Day with a Grand Ceremony at Crowne Plaza Hotel on 19th September, 2024. The event was attended by numerous officials and heads of diplomatic missions of different countries and the chief Guest of the event was H.E. Sameeh Essa Johar Hayat, Assistant Foreign Minister for Asian Affairs.

Speaking on the occasion, H.E. Ghana Shyam Lamsal, Nepal's Ambassador to Kuwait said Nepal and Kuwait have enjoyed excellent relations since establishing diplomatic ties on February 27, 1972. He also noted that the two nations have maintained and strengthened their friendly relations for over 52 years.

Ambassador H.E. Samih Johar Hayat, Assistant Foreign Minister for Asian Affairs, invited Kuwaiti friends and international travelers to discover the natural wonders of our country, from the majestic Himalayas to tranquil valleys, and to enjoy vibrant local cultures, historical sites, and warm hospitality. He highlighted that over 110,000 Nepalis are



employed in Kuwait, playing a vital role in the country's development, which underscores the strong ties between the two nations. He also revealed the

imminent opening of a Kuwaiti embassy in the Nepalese capital soon.

Caesars Travel Group's participation in the event underscores its commitment to fostering multicultural connections and supporting the expatriate communities in Kuwait. The company has long been a supporter of Nepalese nationals living and working in Kuwait, offering tailored travel and logistics services to meet their unique needs.

Mr. Sandeep Menon, the Sales Manager of Caesars Intl Travel, shared his thoughts on the occasion:

"We are honored to be a part of the National Day celebrations of the Nepal Embassy in Kuwait. At Caesars Intl Travel, we believe in embracing cultural diversity and building strong relationships with the communities we serve. Our partnership with the Nepalese community has always been close to our hearts, and we are committed to providing them with the best travel and support services."

Caesars Int'l Holidays Honored with Citation from GLOBUS

Caesars Intl Holidays, a division of Caesars Travel Group, has been recognized by GLOBUS, a renowned provider of worldwide escorted travel, with a special citation for outstanding partnership and exemplary service. This recognition highlights Caesars Intl Holidays' commitment to delivering top-tier travel experiences and ensuring seamless operations for its clients.



The citation from GLOBUS is awarded to travel companies that demonstrate superior performance in the areas of customer satisfaction, booking efficiency, and promoting high-quality travel experiences. Caesars Intl Holidays has consistently been a preferred partner, contributing to GLOBUS' success in offering unforgettable tours to clients across the globe.

Caesars Intl Holidays has earned a reputation for its dedication to providing exceptional holiday packages, ensuring that travelers experience the best of what the world has to offer. This recognition from GLOBUS is a testament to the company's hard work, professionalism, and ability to meet the diverse needs of its customers, from luxury vacations to adventure-filled itineraries.

Mr. P.N.J. Kumar, the CEO of Caesars Travel Group, expressed his gratitude for the citation. "We are incredibly honored to receive this citation from GLOBUS. Our partnership with GLOBUS has been instrumental in offering unique and memorable travel experiences to our clients. This recognition reaffirms our commitment to excellence in the travel industry and motivates us to continue raising the bar in service delivery."

The partnership between Caesars Intl Holidays and GLOBUS has been a key factor in the success of both companies, with Caesars Intl Holidays playing a pivotal role in promoting GLOBUS' extensive portfolio of escorted tours across Europe, North America, Asia, and other regions.



Caesars Travel Group receiving a citation from Kuwait Airways for 2nd position in 2023

Caesars Travel Group continues to lead the travel industry in Kuwait, earning a prestigious citation from Kuwait Airways for achieving the 2nd position in sales and service excellence in 2023.

Caesars Travel Group has been recognized by Kuwait Airways, the national carrier of Kuwait, for its outstanding performance in 2023. The company was awarded a citation for securing the 2nd position in the airline's annual rankings, which evaluate travel agencies based on their sales performance, service quality, and overall contribution to the airline's success.

The citation acknowledges Caesars Travel Group's dedication to providing exceptional travel services and its pivotal role in promoting Kuwait Airways' flights and products. The company's ability to consistently deliver a high volume of bookings, coupled with excellent customer service, has earned it this notable recognition.

Securing the 2nd position in Kuwait Airways' rankings is a significant achievement for Caesars Travel Group, reflecting its leadership in Kuwait's highly competitive travel market. The company has long been a trusted partner of Kuwait Airways, helping to connect travelers with destinations across the globe while offering seamless, personalized travel experiences.

Mr. P.N.J. Kumar, the CEO of Caesars Travel Group, expressed his pride in this accomplishment:

"We are honored to receive this citation from Kuwait Airways. This recognition is a testament to our team's dedication and hard work in ensuring that we provide the highest quality travel services to our customers. Our longstanding partnership with Kuwait Airways is one of the cornerstones of our success, and we look forward to continuing this collaboration in the years ahead."

Kuwait Airways' annual rankings are based on a variety of factors, including ticket sales, customer feedback, and the ability of travel agencies to market and promote the airline's services effectively. Caesars Travel Group's success in securing the 2nd position is a result of its strategic focus on customer satisfaction, attention to detail, and close collaboration with Kuwait Airways.

Over the years, Caesars Travel Group has



developed a strong reputation for delivering customized travel solutions, ranging from corporate travel management to leisure holiday packages, all while maintaining competitive pricing and superior service standards. Its ability to adapt to changing market dynamics and meet the evolving needs of travelers has been a key driver of its sustained success.

As one of Kuwait's leading travel agencies, Caesars Travel Group is committed to building on this recognition by enhancing its service offerings and further strengthening its partnership with Kuwait Airways. The company aims to continue delivering top-notch travel solutions, providing customers with more choices, better value, and the highest levels of service.

Caesars Travel Group is also focused on

embracing new technologies and expanding its digital platforms to improve the customer experience, ensuring that travelers can easily book flights, manage itineraries, and access travel information at their convenience. This citation from Kuwait Airways serves as a milestone in Caesars Travel Group's journey of growth and excellence in the travel industry. The company remains committed to providing innovative and customer-centric travel solutions, while continuing to build on its successful partnership with Kuwait Airways.

The recognition from Kuwait Airways underscores Caesars Travel Group's leadership in the travel industry and its ongoing dedication to excellence. The company looks forward to furthering its success and maintaining its strong relationship with Kuwait Airways in the years to come.

Dear Readers, Thank You

A tiny letter of gratitude to all of you, who read our quarterly magazine. We are excited to share the news of completing more than seven and half years since the inception of "The Xpressions – the quarterly magazine" among our readers. It's the fact that we couldn't make it without our readers support and based on the feedbacks, inspiring us one more chance to write one more story.

We believe, readers are the writer's mirror — in you, we see the reflection of our words and ideas. You help us to shape them, translate thoughts into sentences and communicate them with you- that is "The Xpressions".

As we proudly launch the 30th volume of our magazine, we're filled with gratitude for each of you who has been with us on this journey. This milestone isn't just a testament to our editorial team's efforts, but to you, our dedicated readers, whose curiosity, passion, and insights have shaped our magazine into what it is today.

Your continued support, feedback, and enthusiasm have made every issue meaningful. With each volume, we strive to create content that sparks curiosity, provokes thought, and resonates deeply, because we know how much you value quality and purpose-driven content. The evolution of this magazine mirrors the collective journey we've shared, growing and learning together, and exploring diverse perspectives that inspire change and broaden our horizons.

To those who have been with us from the beginning, and to those who have joined along the way, thank you. Each article, interview, and story is crafted with you in mind, and we are endlessly inspired by your engagement and contributions. As we celebrate this 30th volume, we look forward to many more issues that continue to



enrich, enlighten, and connect us. Thank you for being an essential part of our community and for making this milestone so memorable.

Finally, thank you once again for reading our magazine and supporting us. We stand on the prayers of readers like you.

**With regards,
Editor**

UNIQUE TRAVEL Tips (You Haven't Heard a Million Times)

Useful Travel Tips

While traveling, experience starts to save you both money and headaches abroad. Looking back at our early months traveling we think (face-in-palm) of the costly mistakes we made. We wanted to



share these tips to save you from the situations we put ourselves in.

Traveling around the world is one of the most freeing things you can do. While "winging-it" always works too, here are some backpacking tips we learned on the road on a year abroad.

Only Book Your First Two Nights

"Are you kidding this place looks amazing!! For \$40/night? Sign me up! Wait... this is the SHARED living space??! No one mentioned that..."

...You did it. You found the perfect Airbnb to spend the next four weeks. The place looks spotless, modern, and it's even got free high speed wifi! Hold up two seconds before you commit to 7+ days though.



downside of a "good deal"

What you don't know is that the neighboring property is a farm, roosters don't wait until morning to crow, and there is a pig pen built right up next to the wall of your bungalow. Somehow all the reviews seemed to miss these details. That's why, unless you're dealing with peak season or an exceptional value on a spot, you might be better served by only booking a couple days.

Booking two days gives you two specific advantages:

A great "homebase" to start with that you can count on sleeping at while you see if there is better accommodation or locations nearby.

A cheap start. Book somewhere SUPER cheap for the first 2 nights. It's only 2 nights. Then you can see where you want to be, and you might even stay!

If you do like the place you've booked, Airbnb owners and most small hotel owners are only too happy to deal in cash and cut out the middle man booking site. You can save quite a bit going this route.

#1: focus on value over deals

Know ahead of time that you won't always get the very best deal on everything and that you should be completely okay with that. You should be less focused on the dollar price of something and more focused on the value.

It doesn't make sense to book a \$12 bed/person at a hostel in Europe if you're traveling with a companion and can get an entire Airbnb for \$30. For a few more dollars more, you have an entire apartment with an area to cook, guaranteed good night's sleep, and a secure location for your belongings.



Pad Thai is better in paper than on a plate anyways

Walking by the beach in Krabi today, I was reminded how true this specific piece of advice is. Prices always seem to tumble after just a two block walk away from the central tourist area. Beers that cost \$2.50 fell to \$1. Sunscreen that one store was asking \$19 for was only \$10 a couple hundred feet away. The most obvious savings come out when it's time to eat.

Almost without fail, when we find ourselves in a crowded attraction area, we hoof it two blocks away from the masses. Prices on food drop drastically and you will still find locals who speak some English. An additional bonus is that food tends to be better the further you are from main tourist attractions. Restaurants, street carts and cafes can't get by alone on tourist traffic so they have to serve up a product of decent quality. Always looks for the restaurant that locals are eating at!

Buy expensive tours with caution

Most tour companies are COMPLETELY full of shit since they are working with people that they are never going to see again. The nicer someone selling tours is, the fuller of shit they probably are. To avoid disappointment, you need to know procurement when booking a tour.

What is procurement? It's a fancy word for how businesses buy from other businesses. Procurement sets the business terms of transactions and decides who, how and what they're buying. (The author of



this article may have been a procurement manager at one time as well). Procurement is as boring as it sounds.

You'll have more fun with a local anyways. After chatting with our Tuk Tuk driver on the way back from Angkor Wat, we invited him to the hotel where he taught us how to make local cocktails. The next morning he gave us the best "tour" we had the whole trip: a sunrise view over local rice paddies then to the local market to pick up breakfast for his family.

How to buy a tour

What is the value of the tour?

If you're doing a \$30 booze cruise you probably don't need to be as rigorous with the steps below. If you're doing a two person Halong Bay cruise that's going to set you back \$600 USD, you might want to put more effort into it.

What specifically are you buying?

A cabin on the cruise? Is it a shared bathroom or private? Size of bed? Oh, no bed, just a hammock? How big is the hammock? How many meals are included? Are drinks included? Are adult drinks included?

What is specifically NOT included on the tour?

Where does the tour start specifically, who is your contact, and what time should you be there.

Negotiate: once you have all this information, be brave and negotiate. Mention how you saw another tour for \$X amount and are going to check them out. Watch the prices fall!

On high priced packages, make sure to look up the tour company on Tripadvisor for reviews first as well. Worse than wasting a little bit of money, is wasting your time.

#2: err on the side of kindness

When you leave your home turf, rules governing how to interact with strangers, personal space, and even how to form a line change drastically. Somewhere along the line you are going to deal with a rude person or two. Breathe deep, show some patience, and most importantly, don't let one or two people affect your perspective of those people or that place. The world over, at least 98% of people are awesome (see above). Regardless of country, this leaves 2% of people as a



vocal minority of raging douche bags.

Be prepared to post up and defend your spot in line with your life. You haven't known fear until an 80-year-old Chinese grandma starts throwing elbows.

More expensive food is rarely better food

Eat where the locals are eating and you'll be finding some of the best food on the planet. As a general rule of thumb, the \$5 bowl of Pho Bo you're buying in a sit down restaurant that caters to foreigners is going to be exactly the same as the \$.75 cent bowl you would get from a street vendor (or worse because it sat in the kitchen overnight).



Here are the reasons people often cite for going to more traditional, expensive sit down places:

"Street food is dirty and I don't want to get sick."

If you think that the restaurant kitchen is any cleaner than the street cart you'd be buying from, you're sorely mistaken. If you're worried about food prep, especially in South East Asia, there is only so much that you can do to limit your risk. At least small restaurants and street food vendors have everything out in the open where you can get good eye at what's going into the sausage.

"I want more than a few choices in what to eat."

Useful Travel Tips

Many overpriced restaurants that prey on tourists, especially in SEA, seem to offer a Cheesecake Factory worth of menu options. What that means is that they typically have a lot of old food sitting around frozen or refrigerated in the back. While street food and small restaurants have very few options they also are more reliably serving up fresh food daily. If you're looking for choice, just walk to the next food vendor. It may not all be under the same roof but the same diversity of food choices are there.



"Local food is weird and I don't want to eat it." Stay home and eat at Applebees.

#3: Plan to spend some time on the potty

"Sir, our specials tonight are guaranteed to make you curse the day you were born while you lay in a fetal position on cold bathroom tile."

Just simply make peace with the fact, that somewhere in your extended travel, you will spend 48 hours of your life in which you cannot be further than 10 ft from a potty. You will eat/drink the wrong thing at some point and the gods will demand penance. Know you will owe these 48 hours as tribute to the Travel Gods and for the sake of your soul, don't try to man up and go out. Disaster will strike when you are furthest from a safe place. Get to that novel you've been wanting to read. Binge watch some Netflix. Or perhaps watch a funny video.

Bonus Bathroom Tip- If you see a good bathroom on your travels, use it! You will never be sorry you did.

Start with Europe and work East

You may have heard this tip before: avoid culture shock by starting with "easy" countries first. Before you grab your pitchfork and scream "Lies!", let me tell you all the reasoning behind it:

A.) Things get more interesting the further East you travel. London isn't nearly as interesting after Istanbul. Bangkok will rewrite your definition of what normal can be.

B.) Things also get cheaper the further East you travel (for the most part). If you don't do expensive Nordic/EU countries early on you may find your funds are a bit on the short toward the end of your trip.

C.) You're going to get travel fatigue on a long trip. I would argue that it takes more effort to get the most out of Europe compared to Asia, the Americas, etc. You can always grab a beach-day to rejuvenate in SEA.



#4: It's ok to indulge in comforts from home.

Whether you've been on the road a few days or few months, it's okay to take a mini trip back home. You've likely been doing as the locals do 99% of the time. Don't beat yourself up if you're craving a Big Mac or a Budweiser. When you're traveling, those tastes sate something aside from hunger- they can let some part of your brain breathe a sigh of relief while it tricks itself into thinking it's back home.

You will hit a day when you need to get takeout pizza, throw on a hoodie, and binge watch some reruns of The Office. If you're reading this and not American, that probably sounds like a terrible time to you. That's fine-make a little bubble of [INSERT YOUR COUNTRY HERE] when you need to and then come out of it the next day feeling refreshed and ready to explore again.

Anything you need to buy, you can buy abroad

Half the fun is the shopping experience abroad anyways... even if you don't like shopping! Believe it or not, outside of your home country there are literally billions of people who carry out their daily lives! When you plan long term or RTW travel, everything you pack into that backpack is not coming home with you. Every shirt or pair of pants you bring with you doesn't need to be super-fast dry, tactical, nano particle, 150 degrees- 40 rated apocalypse proof garment. You should have a moderate balance of travel mainstays, but otherwise, lighten up. Your suitcase is going to full of beer brand tank tops from South East Asia soon enough.

Beyond just clothing, you'll be able to get anything else you need almost anywhere you are.

Yes-even down to prescriptions and medical drugs. You should talk to your doctor ahead of time if you some more complex prescription needs so that you are able to either order enough drugs for your trip or



know the generic name of your prescription to ask for at a pharmacy.

But there are some things you should buy on your home turf

Namely, expensive electronics should be purchased at home. Laptops, cameras, GoPros, even cheap tablets should all be purchased in your western home country. Why?

You can purchase with your credit card easily and will have credit card protection.

You can easily contact sellers whether they be online like Amazon or a retail chain like Best Buy in your native language.

Won't have to deal with problems like knock offs. You'd be surprised how close to the real thing knock off Macs and iPhones can be until you use them for a while.

#5: Assume something will be stolen from you

Nothing screams "rob me" like two westerners taking pictures of fruit in a busy market. Buy travel insurance. Don't make yourself an easy target to pickpockets. Keep tabs on your bags. Don't smash 8 shots of Jaeger in a row trying to impress that Aussie chick, then stumble home through a dark alley so that you can get mugged while drunk. If you're going to



have something stolen, most likely, it's going to be a result of a pickpocket. Since this is the most likely scenario, why don't we plan on it?

Easy ways to thwart a pickpocket: Keep your wallet in a front pocket.

Buy travel pants/shorts that have zippered pocket. (They should not have zipper off legs because you shouldn't be a complete slob).

Be extra aware in crowds, markets, and tourist locations.



Minimize the damage-Know numbers to cancel your cards, keep a minimum of cash

But wait there's more

Sounds like you're getting ready for a trip! Whoop! Need help deciding what to pack? Check out 8 Backpacking Packing Essentials under \$20 and our other packing guides.

The ultimate backpacking essential

Staying organized is crucial when traveling backpack style. The best way we found to stay organized? Utilize compression cubes! They not only save on space, but make staying organized so much easier. No more forgetting things under Airbnb beds or having to repack after ever move.

#6: pack and wear real shoes

You though were going to have an easy night of riding the ferry to Athens. Sorry bud-you're showing up at a filthy Athens seaport at 5:30 AM and you're flopping around like a bro at the SigPi Spring Luai while trying to find your Airbnb. When in doubt, skip the flippy floppies and put on your beat to hell, smelling-like-hot-garbage travel shoes. You know the shoes- the Goretex, heavy duty, waterproof, snake bite proof, guaranteed to last through a trek to Mordor shoes you just knew you needed? You were right. Now wear them.

Wearing shoes in unfamiliar territory will save you smashed toes, split toenails, and probably an infection. Hopping on a plane? The crew is doing their best to lose your luggage for you, so make sure you aren't stuck in flip flops. If you're flip flopping (HA!) between sandals and shoes before you go visit a waterfall, temple, or a local market, I promise you that you'll never be upset that you wore shoes.

No more backpacking blunders

We have lived through the mistakes of backpacking so you don't have to! Of course things will happen and lessons will be learned, but use these tips to make your trip much smoother.



Let us know if you've done a RTW backpack trip or if you've experienced these backpack blunders yourself. We'd love to hear from you!

Content Courtesy: <https://www.timandfintravel.com/>

Editorial

The biggest threats to our world

We face a world that is far different from our ancestor’s world. But we have the potential to understand and solve the problems of today, many of which are man-made, if we first understand who we are, and how the past has made us. We must know what is unchanging about human nature and recognize what we can and must consciously change to ensure the future for ourselves and our planet.

demographic pressures, environmental degradation, and democratic retrenchment are likely to exacerbate the political, economic, and social grievances terrorists have long exploited to gain supporters as well as safe havens to organize, train, and plot. These accelerants, the intensity and effects of which are likely to be uneven across different regions and countries, probably will also foster rural to urban

as a whole. The perpetrators can be found in every social and economic milieu, and most of them are male.

Healthcare

The healthcare industry has experienced major shifts due to the COVID-19 pandemic. According to the World Economic Forum, there’s been new investments and innovations, especially from the technology and telehealth sectors. In 2021, \$44 billion was spent on health innovation. The world will be seeing the effects of these innovations for years to come, though equity will no doubt be a major issue. In places like the United States, the pandemic also reaffirmed how broken healthcare systems can be. In an MIT News blog, Andrea Campbell, a professor of political science, says the pandemic revealed a “dire need” for investments in public-health infrastructure, as well as a need to expand healthcare access and insurance coverage.

Cybersecurity

The WEF’s Global Risks Report 2022 (page 9) listed cybersecurity vulnerabilities as a concern. The reason is rapid digitalization, which was triggered in part by COVID-19. Many “advanced economies” are now at a higher risk for cyberattacks. GRPS respondents identified cybersecurity failure as a critical short-term risk. In 2020, malware and ransomware attacks went up by 358% and 435%.

There are a few reasons for this, including better (and easier) attack methods and poor governance. Cyberattacks have a swath of serious consequences and erode public trust. As countries become more dependent on digitalization, their cybersecurity needs to keep up.

Corruption

Corruption encompasses a host of actions such as bribery, election manipulation, fraud, and state capture. The World Bank Group names corruption as a barrier to ending extreme poverty and “boosting shared prosperity” for the poorest populations. When it comes to addressing poverty, climate change, healthcare, gender equality, and more, corruption gets in the way. Because corruption is a global problem, global solutions are necessary. Reform, better accountability systems, and open processes will all help.

Power war

At some point in the 21st century, an unwinnable war may be fought. A modern great power war could see nuclear weapons, bioweapons, autonomous weapons, and other destructive new technologies deployed on an unprecedented scale. It would probably be the most destructive event in history, shattering our world. It could even threaten us with extinction.

Conclusion

The problems mentioned above are few, there are still many burning problems that the world is facing at the moment. If we are not going to give an attention to find appropriate solutions to these problems on priority levels, the time is close-by that this beautiful world will disappear from us soon. In other words, humanity may vanish from this planet forever!

Mantra



Climate Change – Global Warming

Climate change is the top environmental concern and is also the most divisive and political. The vast majority of climate scientists now agree that human activity is influencing the climate directly and that the tipping point has been reached. In other words, it is too late to reverse the environmental harm caused by climate change. The best we can do at this point is control future ecological impact by creating more environmentally friendly energy production methods and reducing the mining and burning of fossil fuels.

Religion & conflict

At the dawn of the twenty-first century, a casual glance at world affairs would suggest that religion is at the core of much of the strife around the globe. Often, religion is a contentious issue. Where eternal salvation is at stake, compromise can be difficult at or even sinful. Religion is also important because, as a central part of many individuals' identity, any threat to one's beliefs is a threat to one's very being. This is a primary motivation for ethno-religious nationalists.

However, the relationship between religion and conflict is, in fact, a complex one. Religiously-motivated peace builders have played important roles in addressing many conflicts around the world. This aspect of religion and conflict is discussed in the parallel essay on religion and peace. This essay considers some of the means through which religion can be a source of conflict.

Terrorism

Terrorist groups will continue to exploit societal fragmentation and weak governance to push their ideologies and gain power through violence. During the next 20 years, regional and intrastate conflicts,

international migration, further straining state resources and diminishing global and local counterterrorism efforts.

Teenager Problems

Teenagers are in a vulnerable stage of development facing many changes biologically and socially. Although sometimes adults think teens have nothing to worry about, they face a number of social challenges in their lives that can cause stress.

Understanding the problems faced by teens can help parents better support them during periods of high stress. Understanding the context of teens is important to empathize with their situations that may cause anxiety, depression or added stress. Teens are at a sensitive stage where they are exploring their personalities, friendships, thinking about their future and adulthood, all while dealing with biological changes happening in their bodies.

Today’s teens are growing up in a fast-paced digital world where social media, on-screen violence and hypersexuality play a big role in teenage culture. This can impact their self-esteem, add extra pressure to fit in and even lead to mental health problems such as depression or anxiety.

Violence against women

Around the world, rape and sexual abuse are everyday violent occurrences — affecting close to a billion women and girls over their lifetimes. However, despite the pervasiveness of these crimes, laws are insufficient, inconsistent, not systematically enforced, and, sometimes, promote violence. Violence against women is one of the most frequent human rights violations. It is a threat to women’s lives, it puts their physical and psychological health at risk, and it is a threat to the well-being of their children.

Violence against women has consequences for society

HOW YOU CAN BE A PART OF “The Xpressions”



“The Xpressions” – Quarterly magazine is released every three months. Its previous issues had themes connected with the aviation industry but it was only an in-house magazine before. From 25th issue onwards, we have changed this magazine outlook from in-house to an open one, trying to reach everyone. The Xpressions encompasses articles, interviews, local/world news and aviation updates specially in new areas of research. Therefore, we extend an invitation to contribute the articles/texts of interest from everyone and it should be submitted through e-mail to xpressions@caesarstravel.com

The guidelines for submitting articles are as follows:

- We encourage authors to cover new developments in the field of world aviation scenario, opinions about various facets of travel industry, specially invite innovative and stimulating articles related to but not restricted to the list given below:
 - ◇ Job seekers in the aviation industry in Kuwait (can put their contacts)
 - ◇ Travel Industry happenings in Middle East
 - ◇ Airline updates
 - ◇ Articles from Middle-east based aviation leaders
 - ◇ Recent Movements of top officials in aviation field in Middle East
 - ◇ Current / Latest Development news by tourism platform - national / international
 - ◇ Features around - City /Hotels/ Cuisines / Adventure / Beach / Seasonal special
 - ◇ Suggestions & Feedback.

Basic Do's and Don'ts to be followed are:

- High-resolution photographs to be given for the authors as well as for the content. These should be in JPG format (and the file size should be in MB and not KB); these should not be blurred; should not be embedded in the word doc.; and should be 300 DPI. Photographs in the content should be either self-clicked photographs or images from Shutterstock website only to avoid the concerns of copyrights.
- For the author bio notes, the following points should be kept in mind:
 - ◇ The word count should be 50-60 words for personal job seekers with an exception to articles.
 - ◇ It should also contain contact details (email id) of the author(s) so that, the readers may connect to them.
 - ◇ The word count of the article should not exceed 1200 - 1500 words and should be written on one side of the A4 size paper
 - ◇ The article headings should not read like sentences; they have to be short and crisp.
 - ◇ The font should be Times New Roman (size 12) and margins should be normal (i.e. 1" all sides).
 - ◇ The use of references and/or endnotes is strongly encouraged, as they increase the relevance and significance of an article. Include all appropriate source information (e.g., author, publisher, title of book or article, magazine name, date/year of publication, country of publication, etc.). The author is responsible for obtaining any necessary permission for quoted or borrowed material.
 - ◇ The editorial committee formulated by “The Xpressions” will choose the articles from those submitted for publication. The criteria for the selection are: relevance to “The Xpressions” main theme of aviation, originality of scope, theoretical sophistication, and pictorial representation, besides others.

The contribution Articles should be submitted in Word format. All articles which are selected for publication will be proof read for content, spelling and grammatical errors. Also please note that it is not mandatory that these articles will be published in “The Xpressions” newsletter as it is strictly subject to screening before publishing. Furthermore, we may make minor editorial changes or correct spelling mistakes.

Looking forward to an overwhelming response and co-operation. All concerns, queries need to be addressed to xpressions@caesarstravel.com or contact the undersigned.

Submission Deadline for the next edition: 25th of December 2024 at 23:59 hours addressed to the above e-mail.