

THE WORLD'S 20 MOST BEAUTIFUL CITIES TO VISIT IN YOUR LIFETIME

How does one narrow down a list of the most beautiful cities? Each city in every corner of the world holds its own particular beauty. What sets some cityscapes apart from the rest are their special combinations of the wildness of nature and structure of civilization. Cities possessing natural beauty—marvelous mountains, remarkable rivers, fascinating forests, or captivating coastline—and human-made grandeur—astonishing architecture, graceful green spaces, magnificent monuments, and superb structures—are those that rise above the rest. These cities are particularly alluring and enchanting. Some that made the list may seem unusual while others will be on every “beautiful city” list until the end of time. Regardless, each of these cities is a treasure trove of stunning sights.

Lisbon, Portugal	Ålesund, Norway	Sydney, Australia	Québec City, Canada
Amsterdam, Netherlands	Cape Town, South Africa	Kyoto, Japan	Prague, Czech Republic
Paris, France	Puerto Vallarta, Mexico	Lucerne, Switzerland	Budapest, Hungary
Venice, Italy	Charleston, SC, USA	Bangkok, Thailand	Heidelberg, Germany
Cartagena, Colombia	Cork, Ireland	Madrid, Spain	Oia (Santorini), Greece

The U.N. Just Released Its Ranking of the Happiest Countries in the World

Today marks the 10th anniversary of the International Day of Happiness, which was introduced in 2013 by the United Nations General Assembly. It is also the 10th anniversary since the first World Happiness Report was published, the newest version of which was just published today.

While it might sound otherwise, the World Happiness Report is some serious stuff. Taking into account key factors including social support, income, health, freedom, generosity, and absence of corruption, the report offers a deep insight into the world's nations and their political and social role and behavior throughout moments of both crisis and wealth. Ultimately, it provides important guidelines on the people's wellbeing, and serves as a handy tool for governments to learn from one another how to provide better service, protection, and care to its citizens.

The report, published by the UN Sustainable Development Solutions Network, gathered and analyzed data from more than 150 countries, where it surveyed people to assess their homeland's happiness level. As part of the report, the countries are then ranked based on their average life evaluation over the span of the last three years.

Overall, this year's report showed that countries around the world seem to be aligned when it comes to resilience—and in a positive way. According to the data, global life satisfaction for the years 2020-2022 is, on average, just as high as that of pre-pandemic years.

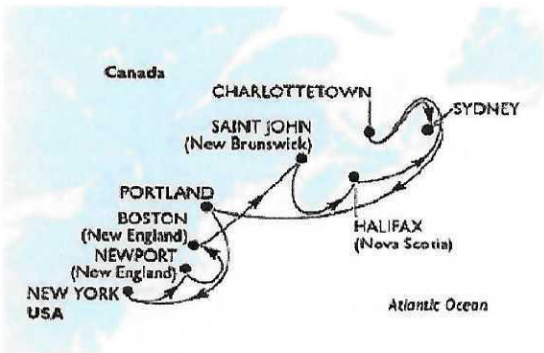
Yet, some countries are still happier than others, according to the report. For the sixth year in a row, Finland won the title of happiest country in the world. To celebrate, and to encourage people to discover the secret of happiness, the northern country even launched a contest to participate in a "Masterclass of Happiness" all-expenses-paid trip.

Take a look at the top 20 happiest countries in the world below:

- | | | |
|----------------|-----------------|--------------------|
| 1. Finland | 8. Switzerland | 15. United States |
| 2. Denmark | 9. Luxembourg | 16. Germany |
| 3. Iceland | 10. New Zealand | 17. Belgium |
| 4. Israel | 11. Austria | 18. Czech Republic |
| 5. Netherlands | 12. Australia | 19. United Kingdom |
| 6. Sweden | 13. Canada | 20. Lithuania |
| 7. Norway | 14. Ireland | |



LAST CHANCE TO BOOK OUR TWO SPECTACULAR DEPARTURES FROM BROOKLYN ON MSC CRUISES



Embarkation Date

04 October 2023

Ship

MSC MERAVIGLIA

Itinerary

New York, Newport, Boston, Saint John, Halifax, Charlottetown, Sydney, Portland, New York

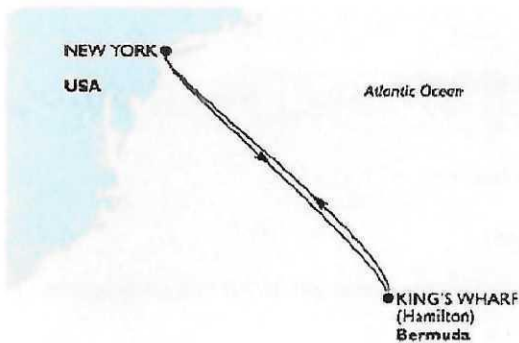
Embarkation Port

NYC

Duration

11

DAY	DATE	PORT	ARRIVAL	DEPARTURE	ACTIVITY*
1	Wed, Oct 04, 2023	<u>New York, New York</u>	-	7:00 PM	Docked
2	Thu, Oct 05, 2023	Newport, United States	7:00 AM	4:00 PM	Tender
3	Fri, Oct 06, 2023	<u>Boston, United States</u>	8:00 AM	3:00 PM	Docked
4	Sat, Oct 07, 2023	<u>Saint John, Canada</u>	9:30 AM	5:00 PM	Docked
5	Sun, Oct 08, 2023	<u>Halifax, Canada</u>	11:00 AM	9:00 PM	Docked
6	Mon, Oct 09, 2023	At Sea	-	-	-
7	Tue, Oct 10, 2023	<u>Charlottetown, Canada</u>	7:00 AM	6:00 PM	Docked
8	Wed, Oct 11, 2023	<u>Sydney, Canada</u>	8:00 AM	7:00 PM	Docked
9	Thu, Oct 12, 2023	At Sea	-	-	-
10	Fri, Oct 13, 2023	Portland, United States	7:00 AM	7:00 PM	Docked
11	Sat, Oct 14, 2023	At Sea	-	-	-
12	Sun, Oct 15, 2023	<u>New York, New York</u>	7:00 AM	-	Docked



Embarkation Date

18 September 2023

Ship

MSC MERAVIGLIA

Itinerary

New York, King's Wharf, New York

Embarkation Port

NYC

Duration

6

DAY	DATE	PORT	ARRIVAL	DEPARTURE	ACTIVITY*
1	Mon, Sep 18, 2023	<u>New York, New York</u>	-	3:00 PM	Docked
2	Tue, Sep 19, 2023	At Sea	-	-	-
3	Wed, Sep 20, 2023	<u>King's Wharf (Hamilton)</u>	9:00 AM	-	Docked
4	Thu, Sep 21, 2023	<u>King's Wharf (Hamilton)</u>	-	-	Docked
5	Fri, Sep 22, 2023	<u>King's Wharf (Hamilton)</u>	-	3:00 PM	Docked
6	Sat, Sep 23, 2023	At Sea	-	-	-
7	Sun, Sep 24, 2023	<u>New York, New York</u>	7:00 AM	-	Docked

CALL TARA TO CHECK ON RATES AND AVAILABILITY. MUST BE BOOKED BY MAY 15, 2023

Cocoa Valley Dark Chocolate Soufflé (Recipe by Christophe Sapy, Explora Journeys PASTRY)

Serves 8 portions

Souffle mix

180	grams	Egg White
100	grams	Sugar
65	grams	Dark chocolate 70%

Souffle mold

400	grams	Butter (soft)
300	grams	sugar



Preparation:

For the Souffle mix:

Melt the dark chocolate at 70°C. In a double boiling pot (Bain Marie) make a Swiss meringue, warm the egg white with sugar until 45°C, then whip in the mixer with whisk until it become shiny and silky. Combine ¼ of the meringue to the melted chocolate with whisk. Add the rest slowly with rubber spatula.

For the Souffle mold:

Apply soft butter in the mold with brush 2 times. Important to create lines up from bottom of the mold going up. Coat sugar and remove the excess.

For the Finition:

Pipe the soufflé mix in the soufflé mold at the very top and scrap the top using a metal spatula. Clean around the mold with finger. Bake in the oven at 180C for 8 to 9 mins.



Explora Journeys is a luxury lifestyle brand which is redefining the ocean experience for a new generation of discerning luxury travelers, drawing on the Aponte family's 300 years of maritime heritage. The brand's aspiration is to create a unique 'Ocean State of Mind' by connecting guests with the sea, with themselves, and like-minded people, while remarkable itineraries will blend renowned destinations with lesser-traveled ports, for a journey that inspires discovery in all its forms.

A fleet of six ships, two of which are under construction, will be launched from 2023 to 2028. Equipped with the latest environmental and marine technologies, Explora Journeys will introduce a new style of transformative ocean travel. EXPLORA I offers 461 oceanfront suites, penthouses and residences designed to be 'Homes at Sea' for our guests, all with sweeping ocean views, private terrace, a choice of 11 distinct culinary experiences, across six vibrant restaurants plus in-suite dining, 12 bars and lounges, (eight indoor and four outdoor) Chef's Kitchen, four swimming pools, extensive outdoor decks with private cabanas, wellness facilities, and refined entertainment. Inspired by the company's European heritage, Explora Journeys will provide guests with an immersive ocean experience, respectful and intuitive hospitality.





Stats: Older Travelers More Likely to Purchase Travel Insurance

Americans of all ages are traveling—but their habits and need vary by generation, according to research by InsureMyTrip, which analyzed data over a three-year period (comprising travel insurance policies sold for trips departing between January 1, 2020 to December 31, 2023). The travel insurance website broke down its findings across four generations: Baby Boomers (aged 58 to 76), Gen X (46 to 57), Millennials (27 to 45) and Gen Z (six to 26).

Top International Destinations by Age Group

It appears all four generations love a deal (or perhaps a short flight). **Mexico** is one of the cheapest vacations with an average trip cost of \$3,323; however, Boomers and Gen X are willing to splurge a little with trips to **Italy** (average cost: \$6,984). The **Bahamas**, **U.K.** and **Costa Rica** all also appeared on multiple lists.

Baby Boomers:

1. Mexico
2. Italy
3. United Kingdom

Millennials:

1. Mexico
2. Costa Rica
3. Bahamas

Gen X:

1. Mexico
2. Bahamas
3. Italy

Gen Z:

1. Mexico
2. Costa Rica
3. United Kingdom

Average Trip Cost by Age Group

This may come as no surprise, but Baby Boomers spend significantly more on vacations than the other generations. In fact, trip spend decreases with each following generation:

- Baby Boomers: \$6,126
- Gen X: \$5,060
- Millennials: \$4,141
- Gen Z: \$2,788

Percentage of Travel Insurance Policies Purchased by Age Group

It should also be no surprise that the oldest generation—Baby Boomers—are most likely to purchase travel insurance policies of the four groups (39 percent). Then, while Gen X and Millennials purchase insurance at a similar rate, Millennials make use of travel insurance at a higher clip—26 to 23 percent. By far the lowest, only 7 percent of Gen Z purchases travel insurance. Similarly, it's the only cohort that has just one traveler named per policy, while the other generations tend to buy plans for at least two travelers.



Windstar Cruises has partnered with the **National Health Association** (NHA) to create a new vegan menu onboard all six of the line's yachts, starting June 2023. The plant-based, gluten-free offerings are also prepared without added salt, oil and sugar.

Windstar has begun training its culinary team on the new menu, evolved out of hosting several plant-based groups, which have grown significantly in popularity since the start of the pandemic. Vegetarian options, as well as the line's existing menu items will continue to be served as usual.

Sample dishes from the new menu include: Daily smoothies at breakfast, roasted butternut squash velouté with baked pumpkin seeds, baked cauliflower croquettes with salsa verde and sauteed spinach, penne rigate pasta with crisp vegetables and Espelette pepper sauce, veggie enchiladas with black bean and cilantro sauce, chia seed truffles with dates and coconut sauce, and tahini brownies with fresh strawberries.

ANTIGUA AND BARBUDA

The beach is just the beginning...

Antigua and Barbuda is known around the world for its amazing and award-winning beaches. Antigua boasts 365 powdery white sand beaches with crystal clear waters. With a beach for every day of the year, visitors are not short of choices, so take your pick!



Crispy Baked Wings with Berbere Honey Glaze and Fried Garlic



- ✓ 2 pounds chicken wings, separated into flats and drumettes
- ✓ 2 teaspoons baking powder
- ✓ 1 tablespoon garlic powder
- ✓ 2 teaspoons paprika
- ✓ 2 teaspoons ground coriander
- ✓ Kosher salt
- ✓ 15 cloves garlic
- ✓ 2 tablespoons vegetable oil
- ✓ 2 tablespoons apple cider vinegar or white wine vinegar
- ✓ 3/4 cup honey
- ✓ 2 tablespoons berbere spice blend
- ✓ Chopped fresh chives, for garnish

Directions:

1 Preheat the oven to 450° F. Pat the wings very dry with paper towels and place in a large bowl. Stir together the baking powder, garlic powder, paprika, coriander and 1 tablespoon salt in a small bowl. Sprinkle the mixture over the wings and toss well to coat. Arrange the wings, fatty-side down, in a single layer on a foil-lined rimmed baking sheet. Bake 30 minutes, then turn the wings over and bake until golden brown and crispy, 15 to 20 more minutes. Remove the baking sheet from the oven. Drain the wings on paper towels and allow to cool for 5 minutes.

2 Meanwhile, make the fried garlic: Smash each clove of garlic, then peel and finely chop. Add the vegetable oil and garlic to a small skillet. Turn the heat to medium and cook until the garlic is lightly golden, 3 to 4 minutes. Remove the skillet from the heat and continue to cook until the garlic is completely golden, 1 more minute. Strain through a fine-mesh sieve; remove the garlic to a paper towel-lined plate to cool.

3 Make the berbere honey glaze: In a small pot over medium-low heat, warm the vinegar and honey until the honey is loose and less viscous. Whisk in the berbere and cook over low heat until evenly distributed and heated through, about 2 minutes.

4 Toss the wings with the glaze and fried garlic before serving. Top with chives.

