Sesel Sa!

Kreol
what is it, who are we?

Walk Victoria
the must-see sights of Seychelles’ tiny capital

Eden Island
THE ISLAND GROWS

Yi*King
a gentle approach
**DISCOVER EDEN ISLAND**

**Eden Island in the heart of Seychelles has so much to offer.** The award winning private residential marina development, just off the coast of Mahé, comprises a broad range of luxury Apartments, Maisons and Villas for ownership or rental. Surrounded by beautiful landscaping and lush park areas, the latest phase of luxury homes, all with their own moorings, has just been released. Owners and their families are entitled to apply for residency of Seychelles with ownership secured on freehold title.

With the most modern and well-equipped marina in the Indian Ocean islands, Eden Island is secure and caters to every comfort: exclusive child-friendly beaches, a clubhouse with rim-flow pool, gym and tennis court, all within walking distance of the buzzy restaurant strip and premium shopping experience at Eden Plaza as well as the state-of-the-art Eden Bleu Hotel.
And the Seychelles archipelago offers some of the richest fishing, sailing and diving destinations in the world. The 115 islands are scattered across millions of square kilometres of water, offering paradise seekers a wide variety of seemingly uncharted locations to explore.

Visit us at the Eden Island sales office in Eden House and begin to discover what the island has to offer. Just imagine living here forever.

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For more information on Eden Island’s representation worldwide visit www.edenisland.sc
Copolia Lodge is your home away from home with six comfortable rooms, tucked away in the mountains with wonderful island views and lush mountains. With a natural spring nearby you can enjoy fresh water every day, with fresh taking on a new meaning. Additionally the pool water is also supplied by the spring and with all its natural elements, it is deliciously refreshing particularly after a hike on the nearby popular walk of the Copolia trail. Copolia Lodge is also home to Yi*King, which is a range of products using natural ingredients created by the lodge’s hotel manager, Coralie Greyson, a naturopath and botanist from France. Here at the lodge you can indulge in relaxing treatments if you wish but the lush views and fresh air promise to be all the rejuvenation you truly need.

Cover Details:

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It seems quite remarkable that yet another year is winding to a close with much achieved and yet with more still to be done. As we seem set to establish another record in tourist arrivals for 2015, it seems an apt moment to reflect on what are the ingredients of our islands’ appeal as a holiday destination on the ever more competitive stage of international tourism. I think that a glance through the content list of this edition of Sesel Sa! is actually quite reflective of Seychelles’ charm in so far as it is the sum of many different parts and constitutes the grand diversity for which we are becoming renowned.

Our base of accommodation choices is widening to encompass a greater variety of establishments with more affordable rates which is, in turn, allowing visitors on a budget to savour the delights of the archipelago. At the same time, cultural tourism is becoming increasingly popular, allowing tourists an alternative to ‘flopping and dropping’ via a steadily-growing number of cultural touch-points to experience an authentic, Seychellois Creole way of life.

Gone are the days of sun, sea & sand tourism and I salute the team at Sesel Sa! for showing how much more there is to a memorable Seychelles holiday than at first meets the eye.
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visit north-island.com, E: info@north-island.com
Yi*King Seychelles introduces a range of natural, biodegradable and organic body products, indigenous to Seychelles and one of a kind. Founded by French born naturopath and botanist Coralie Greyson, Yi*King Seychelles is based on Chinese medicine and also proposes remedies guided by the principle of ‘elements’, such as Wind, Water, Sky, Mountain, Earth, Thunder, Fire and Lake. Elements are a base to determine your hormonal personality type. Once diagnosed which of them is your Master Element, your therapies and products can be personalised for a healthier lifestyle.

‘Yi*King is a Chinese name that means “pathway” or “divination”, Coralie explains. Your date of birth (day and month) determines your Master Element and the corresponding grand organs and meridians of the body. From there, Yi*King indicates which treatments and nutrition package you should follow. Coralie’s original therapy system combines traditional Chinese Medicine and aromatherapy, with the use of endemic or wild plants such as cinnamon, patchouli, eucalyptus staigeriana, gro bomm, lemon, citronella, biodynamically grown by Coralie in Seychelles. ‘Your body does not lie and we can read through your feet and your belly where the imbalances are.’ In case of a particular trouble, Coralie looks at the symbolic

Example of treatment

The aroma-based remedies are designed to rebalance hormone production by draining and stimulating organs.
message the body is sending and combines this information with the hormonal personality type, in order to deliver a tailored package.

Even if you don’t have the opportunity or the need for a one-on-one consultation, you can benefit from the Yi*King balancing therapy, thanks to the elements range consisting of eight natural and organic essential oil blends which are adapted to the Master Elements mentioned above. Your personal oil blend has a prescribed focus for massage, on a certain area of the body and you are sure to walk out a different person. For example if you are of the Wind element, your massage with Eucalyptus staigeriana & Thymus mastichina might focus on your solar plexus; if you are a Water, your massage with spruce and bergamot would focus on your adrenalin glands.

The aroma-based remedies are designed to rebalance hormone production by draining and stimulating organs. The
spas therapists use the oils during in massages, to enhance the healing effects of the treatment.

The Yi*King showroom can be found in the peaceful Copolia Lodge nestled in the mountains of Sans Souci. This is where Coralie, also the hotel manager, distils the essential oils, conducts her energy-living nutrition programmes, weekly yoga classes and a range of other activities to focus on the body and mind together with nature. Being a wellness specialist she ensures that all her visitors and guests sample only natural experiences from her organic gardens and into the kitchen with her homemade jam, yogurt and bread and even creole cooking classes, highlighting her energetic food philosophy. The lodge also offers Detox stay programs for those inclined.

These products and treatments are inspired by and developed on the islands, all locally sourced and grown. Recently, Coralie created the Nature Chains association, which enables prisoners to cultivate local plants. This initiative aims at rehabilitating men as well as local valuable resources, which grow naturally on the Seychelles islands (grobomn, eucalyptus staigeriana, patchouli, etc.). Yi*King purchases the plants harvested by the prisoners in order to manufacture part of its production. Coralie sources coconuts from the islands of Desroches and Silhouette and her cold-pressed virgin coconut oil is produced by hand in the most authentic way. The result is a lighter (leaving out the strong smell) and more nutritious version to use as a base to blend with the oils and natural products that make up her range. 'Coconut oil has so many benefits for the body, internally and externally. With hundreds of research reports conducted to date, this is a well-known fact. However Seychelles coconuts have that special Indian Ocean magic', she remarks with a smile. 'The plain coco oil can be used for face, body, hair and cooking. We also blend it with each Master Element essential oil remedy and then there is vanilla coco oil that is a popular seller. The key to making top quality oil is the water source. Fresh, clean and pure living water is essential', Coralie continues. ‘Without it you are taking away the very healing properties from the oil, which then makes it second grade’. Coralie has created a range of everyday cosmetic care products (organic shampoo, shower gel and coconut oil),
customised with the Master Elements oil blends so that the benefits can continue post-treatment and holiday.

If you enjoy spa treatments that incorporate ancient healing traditions or just want to fully restore, balance and revitalise, Yi*King Show room is the place to visit. Follow the Sans Souci road until you see the Copolia Lodge sign, turn in and you will immediately start relaxing under the cool flowing palms and frangipani aromas to then be welcomed by the radiantly healthy team of Yi*King Spa.
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Phone: +248 2761 498.
Eden Bleu Hotel
– the perfect venue for your next Conference or Gala Dinner

The Eden Bleu Conference Centre, situated at the Eden Bleu Hotel on Eden Island, has the most digitally advanced, state-of-the-art facilities only experienced in the most advanced hotels in the world. The venue is ideal for conferences, high-end incentive groups, business meetings, product launches, celebrations and weddings, catering for both international and local markets and is perfect for year-end functions.

The main Ball Room can host 340 guests seated, theatre-style and up to 250 guests can be accommodated banquet-style and is able to be sub-divided into two smaller rooms.

The Executive Boardrooms can accommodate from 6–14 and offer natural light with doors opening onto outdoor covered terraces, perfect for tea and coffee breaks and light meals or for exclusive private dining.

To book your next event at Eden Bleu Hotel call +248 439 9100 or email reservations@edenbleu.com

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Thinking about the festive season holidays yet? Here are a few reasons to stay at The Savoy Resort and Spa Seychelles by Lynette Botha

With the festive season nearing, it’s time to start planning end of year celebrations, family holidays and the absolute best way to make the most of your downtime. As one of Mahé’s newest resorts, The Savoy Seychelles has a lot to offer – especially during this busy time of the year.

Located at the water’s edge of Beau Vallon beach, The Savoy is situated on the busy North side of the island. Having said that, once you set foot inside the resort, the outside world blurs away and you are cocooned in a blissful exotic environment that is serene and calming.

The Savoy boasts the tallest hotel in the Seychelles, as well as having the largest resort pool – which is enjoyed by young and old guests alike. It is made up of various sections, each connected to one another, with a very shallow side for the little ones, an overwater bridge and poolside dining. Pool toys are complementary, making it lots of fun for the smaller folk.

Beau Vallon beach, one of the busiest and longest stretches of coastline on Mahé, is literally a few steps away from the pool – so if you’d prefer to do a little wave surfing or sand castle building, you’re all set. While The Savoy is the perfect vacation option for solo travellers, couples or groups, it is especially great for families – which is why it’s such a great option for the end of year holidays.

All kids are welcomed to the resort with their very own Savoy branded bag and T-shirt and staff is friendly
and accommodating of the little ones. The Kids Club is an outstanding space, fully-equipped with an indoor climbing apparatus, slide, ball play pond, bean bags, an array of toys and arts and crafts supplies, and books and a TV with DVDs, ensuring there is something to entertain even the fussiest of visitors.

If you need more reasons to visit The Savoy, read on:

**Dining**

There is no lack of dining options at the resort, with an array of restaurants and bars catering to all tastes and offering various cuisines. The main restaurant is The Grand Savoy, which is open for all day dining – breakfast, lunch and supper – offering up an authentic mix of local and international fare. Pescado is more of a fine-dining option, and focuses on fresh seafood – right from the ocean to your plate. Also enjoy drinks and people-watching at the Gecko and Beach Bar, or, if you’re tired after a long day of sunning and swimming, enjoy a private meal in your room – the in-room dining menu offers many options.

**Accommodation**

There are various options for accommodation, yet all suites have beautiful views – whether overlooking the sea, the pool or the glorious lush
mountains – you’ll have a feast for the eyes. All rooms are comfortably and tastefully furnished – large, plush beds, over-sized bathtubs and showers, all with luxurious Molton Brown toiletries complimentary. All rooms have televisions with satellite TV – but some even have two TVs, which is really great if travelling with young ones – no fighting over the remote! For those with young children, depending on their age, they may be able to share the room, alternatively, you can enquire about an inter-leading room option, when travelling with older children.

**Spa**

The Savoy Spa is a vast space of 5,800m2 and features nine luxurious treatment suites, surrounded by tropical gardens and a water fountain, the space also includes a state-of-the-art Matrix gymnasium with an adjoining Pilates and yoga pavilion, wet facilities (including Russian Banya – only available at The Savoy in Seychelles, an ice fountain, Hammam, experience showers with aromatherapy, spa swimming pool (with a cascading waterfall and hydro-massage pool), couples spa suites with one private whirlpool hot tub for extra relaxing intimacy, private steam for body, scrub and wrap and a beauty room. Furthermore, there is a tennis court, for those more energetic guests.

**Extra**

The Savoy will also gladly host your events, plan your dream wedding, organise full or half-day trips around the island or get your own private helicopter to take you out for a scenic flight that you can experience nowhere else in the world. No request is too big or small.

If you’d like to book a stay at The Savoy Resort & Spa Seychelles: call: + 248 439 2000 or email: info@savoy.sc / rsvn@savoy.sc
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Having just recently been the host venue for the Africa and Indian Ocean leg of the World Travel Awards (WTA) 2015, Kempinski Resort Seychelles has proved it is a key event resort in the heart of the archipelago. Located on the south end of Mahé in Baie Lazare, the Kempinski Seychelles Resort is a serene yet exotic retreat, offering a large variety of facilities and activities.

The location itself won two prestigious awards at the WTA – Indian Ocean’s Leading MICE (Meetings, Incentives, Conferences and Exhibitions) Hotel and Seychelles’ Leading Conference Hotel. This has further cemented the hotel as a key player in the events arena. With no less than four venue options for meetings, weddings, special occasions or intimate parties, it offers up many options. The Salon Quincy Ballroom is extremely grand, and it is one of the biggest indoor venues in the Seychelles. It can comfortably accommodate up to 200 guests, making it the perfect location for a ball or dance, an opulent wedding, an awards ceremony or a conference. On a smaller scale, there are also the options of the Lemongrass Meeting Room and the Cinnamon Meeting Room, able to accommodate up to 20 (great for private meetings, a surprise dinner or even a small wedding) and ten delegates respectively.

Poolside and outdoor events are also an option and make the most of the natural surroundings – think exquisite ocean seascapes, starry night skies and the cool tropical breeze as the sun sets on another perfect day in paradise. If you’re considering any sort of year-end or festive season event, Kempinski Seychelles Resort will go out of their way to provide the perfect setting and excellent service to ensure your party is a success. But there are more reasons that this resort is a sought-after refuge for many.

In terms of accommodation, the resort offers a range of room and suite options – choose from Hill View, Beachside and Sea View
rooms, all of which provide the same facilities and amenities standard: luxury furnishings, internet, TV, a mini-fridge, a safe and tea and coffee-making facilities. If you’re able to splurge a little more, treat yourself to a stay in an indulgent suite – the ultimate in luxury, suites are more spacious, private and offer the most outstanding views.

Dining is a big deal at the resort, with various options to choose from. Café Lazare offers meals throughout the day, from healthy and hearty breakfasts to themed buffet dinners. It’s a laidback yet refined venue for all-day dining.

L’Indochine is the resort’s signature restaurant, L’Indochine providing sensational gastronomic experiences time and again. Expect a selection of the freshest seafood and exquisite flavour pairings that bring the best of local and international methods together.

Windsong Bar is summed up as ‘barefoot luxury’, a relaxed beachside area to enjoy cocktails and snacks with a view.

Planters Bar and Lounge is a lively venue that provides great views, flavorful snacks and an array of exciting and expertly crafted cocktails.

If you’d like to make a date with Lady Luck, the resort also houses Casino Paradiso, where you can wage a few bets and enjoy playing poker, roulette, black Jack and take your chances on the slot machines.

If you’re looking for a more meditative experience, you’ll find refuge at the Kempinski Spa, which is set in calm and natural exotic surroundings. Inspired by the cycle of the seasons, the spa’s services include herbal treatments, body massages, mineral-powered skin exfoliation and an array of other treatments. The spa has six private treatment rooms, as well as special facilities for couples in a twin treatment suite.

Furthermore, there is an olympic-sized swimming pool to cool off in, the Tidal Lounge, which offers a selection of books and reading material, as well as games and a snooker table. There is a Kids Club that is available daily for children between the ages of four and 12, at no extra cost. There is also an array of water and land sports available to enjoy and the Kempinski Fitness Centre and tennis courts.

Kempinski Seychelles Resort really does offer it all; if you’re not in need of an event venue, it still provides the perfect base for your holiday in Mahé, Seychelles.

Contact details:
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On Saturday 20 June, more than 150 travel industry leaders from 20 countries gathered together at Kempinski Resort Seychelles for the Indian Ocean and Africa leg of the World Travel Awards (WTA). As the ‘Oscars’ of the tourism industry, the event is highly regarded the world over and being recognised by WTA is one of the utmost accolades in travel.

Host country Seychelles took the title of Indian Ocean’s Leading Destination, while the Maldives was recognised as the Indian Ocean’s Leading Beach Destination. Air Seychelles cleaned up with awards for Indian Ocean’s Leading Airline, Indian Ocean’s Leading Airline: Business Class and Indian Ocean’s Leading Cabin Crew.

Beautiful former Miss Seychelles, Sherlyn Furneau and celebrated presenter Galen Bresson hosted the event, accompanied by entertainment from The Breeze Band and the National Cultural Dance Troup of Seychelles, on the night. In attendance were Seychelles Tourism Board (STB) CEO Sherin Naiken and Seychelles Minister of Tourism & Culture Alain St Ange who, during his speech, noted; “tonight we welcomed the best of the best to our shores. My many travels in Africa and throughout the Indian Ocean have, time and again, revealed to me that our tourism products possess great diversity, authenticity and vibrancy and are able to stand shoulder to shoulder with the best on the planet. We have today among us the crème-de-la-crème of African and Indian Ocean tourism. This is such a great opportunity, not only to celebrate, honour and reward the success stories of today, but also to network and explore new synergies and strategies for tomorrow. We know we are today visible as a country as never before.”

STB was recognised as the Indian Ocean’s Leading Tourism Board, and a beaming Ms Naiken accepted the award on behalf of the division.

Guests enjoyed a sumptuous Creole-inspired five-course meal, which was brimming with flavour, while award winners were announced and accepted their prizes.
Other local winners included, Hilton Seychelles Northolme Resort & Spa as Seychelles’ Leading Boutique Hotel, Kempinski Seychelles Resort as Seychelles’ Leading Conference Hotel, Sainte Anne Island as Seychelles’ Leading Family Resort, Banyan Tree Seychelles as Seychelles’ Leading Green Resort, Constance Lemuria Seychelles as Seychelles’ Leading Hotel, the Royal Suite at Four Seasons Resort Seychelles as Seychelles’ Leading Hotel Suite, the Owners Signature Villa at Enchanted Island Resort as Seychelles’ Leading Luxury Hotel Villa. Two of the most prestigious awards of the evening included Four Seasons Resort Seychelles being honoured as Seychelles’ Leading Resort and Hilton Seychelles Labriz Resort & Spa awarded as the Seychelles’ Leading Spa Resort.

Established in 1993, the World Travel Awards acknowledges, rewards and celebrates excellence across all sectors of the tourism industry. Today, the WTA brand is recognised globally as the ultimate hallmark of quality, with winners setting the benchmark to which all others aspire.

World Travel Awards President Graham Cooke said, “Tonight has been a fantastic showcase of hospitality brands from across Africa and the Indian Ocean. We have recognised some industry leading brands and it is a pleasure to honour our winners here at Kempinski Seychelles Resort.”

In Africa, Kenya took the coveted trophy for Africa’s Leading Tourist Board. And the luxurious Transcorp Hilton Abuja was given significant recognition, receiving a total of five awards, including accolades for Nigeria’s Leading Hotel and Africa’s Leading Business Hotel.

A full list of all winners from Africa and the Indian Ocean can be found on the World Travel Awards official website, worldtravelawards.com.
Eden Island

...so much more than just a residential estate.
Eden Island has truly become a destination to see and be seen at for all visitors to Seychelles. In addition to the magnificent residential estate of some 570 homes consisting of apartments, maisons and villas, the sale and construction of which is reaching the final phase, Eden Island also includes a vibrant commercial hub consisting of a variety of many offerings.

There is the Eden Plaza shopping Centre with its Spar Supermarket, banks, clothing boutiques, the newly opened aquarium, the first of its kind in Seychelles - and its restaurants and many other exciting offerings.

The Eden Bleu Hotel offers magnificent conference centre facilities with a spectacular rim flow pool overlooking the marina.

The international marina, capable of handling superyachts up to 100 m in length, which is also the home to many of the yachting and fishing charter businesses that have boats available to explore and sail around the beautiful islands of Seychelles.
There are already some 8 restaurants and bars located on Eden Island and a variety of cuisines are on offer to satisfy all tastes and preferences.

BUT THIS IS NOT ALL.......there is a new commercial area that has still to be completed on Eden Island......driving across the bridge onto Eden Island one will see this on the left hand side.....one building housing an extension of the Eden Island Marina has already been completed and is already opening its doors.

A boat yard and boat servicing facility is already planned for one of the areas and the plans are in process of being finalized with the Purchaser of this site.

The developers of Eden Island, Eden Island Development Company have some 17000 SQM of commercial land available for development with excellent bulking up opportunities and have already had discussions with possible investors for a small boutique hotel, a motor vehicle showroom, an office block for a bank...the opportunities are endless.....what makes it so exciting is that the development of these parcels of land can be custom designed to fit the investors' needs.

Certain concept designs have already been developed for some of these sites and although not cast in stone they give a good idea of what can be done. The designs will fit in perfectly with the overall look and feel of Eden Island. Investor returns are expected to increase as the space gets taken up and the final phases of Eden Island are completed.

Anyone interested in finding out more about this exciting range of new commercial opportunities should contact Peter Smith on peter@edenisland.sc for more information.
Victoria is the smallest capital in the world, but distilled within its modest boundaries lies the Seychellois history; character with rich avenues revealing hidden attractions that anyone can discover by foot. So before you rush off to the other islands of the archipelago, try a culture-scape discovery walk and you will be surprised who and what you might find.

**Here is a detailed tour to get you started:**
Unlike many island state capitals, Victoria has kept its timeless charm. Walking paths along all the main roads, plentiful public seating, useful signs and a variety of eateries of both restaurant and takeaway varieties, keep the pedestrian one with the city. These many features make it ideal for a day or two excursion, for new and old visitors to Seychelles.

Start at the Cathedral of our Lady Immaculate Conception, not only is it a picturesque grand cathedral but also one of the first ones to be built in the 1850s and still stands strong. After that continue straight down Market Street; ensure you pop your head into Jivan Jetha Imports, a building you cannot miss, with its colourful French shop doors and corrugated iron sheet roofs, which was typical of the Creole architecture of the from the 1860’s. This historical building was primarily owned and later restored by the late Kantilal Jivan Shah, a historian, conservationist, herbalist, healer and spiritual leader and even visiting this wonderful man was an attraction for tourists and Seychellois alike.

Along Market Street (which is a pedestrian walkway only), you will find an array of local stores, selling everything from toys and kitchen accessories to souvenirs. It is always filled with locals doing their shopping and seeking a bargain. At the end, you will find Sir Selwyn Clarke Market, a zone of bustling stall vendors selling their wares and the buzz of general creole conversation.
This colourful experience is always busy with shoppers but don’t let that put you off. Be sure to walk through and browse both storeys for anything from fish eggs, fruits and pure coconut oil to earrings and hand printed pareos. After the market is a car park and a lovely restored building called Creole Spirit. The bookstore inside is filled with local authors and coffee table books of Seychelles (birds, shells, people, sealife et al), for that perfect memoire.

Across the road from the market you will see a bright temple called the Hindu Temple-Arul Minhu Navasakthi Vinayagar. Another colourful photo opportunity and also a place to visit, just be sure to respect the prayer times. If you walk further up the main road of the temple you will see Revolution Avenue. Turn right and walk up the hillside to the lovely handcrafted sign reading Kaz Zanan Art Gallery and Cafe. There you will find works from a popular local artist named George Camille. This is a quiet spot in the heart of old Victoria where you can enjoy a fresh juice and some local cuisine.

Further up the hill is a traditional Creole house, which is the home of Marie Antoinette Restaurant. You will be spoiled for choice with the menu providing an array of local dishes set amongst the open air traditional style dining of this colonial house. After your meal you can stroll through the gardens and feed the pet giant tortoises in the backyard. Be sure to try the local juices made fresh every day.

Coming back down the hill of Revolution Avenue you will see the Seychelles Police Station on your right and at the end of the road is Francis Rachel Street. If you look right you will see the ‘Little Big Ben’, Victoria’s most photographed clock. It brings together the Seychelles Head Post Office Depot, the Supreme Court and two business tower buildings with Creole Travel Services and Nouvobanq on each side.

Following past the post office you will see the Natural History Museum. Filled with pages of information on the flora and fauna of the islands and wonderful past photographs, it is a must for lovers of science and nature.

Cross the road now and you will come to a small kiosk of the Cooperative Artisans Seychelles. Madame Tirant will be sure to assist you to find the ideal piece of artwork to bring home in memory of your holiday. Walking straight ahead past Barclays Bank you will come to the renowned Pirates Arms Cafe and arcade. Stop for a meal or just a beverage and enjoy people watching on the main strip of Victoria. If you enter the arcade adjacent to the restaurant you will find the MAKI, clothing shop, several other souvenir shops, beauty salon and the Rolfini’s art gallery and retail shop.

If you turn back to the clock tower and turn left on to Francis Rachel Street, you will walk past the Senpa Espanalade Craft Kiosks. This strip of vendors will most certainly have something for you to take back to family and friends. At the end you will see the National Library, National History Museum and the Carrefore Clock Tower.
Des Arts – both locations providing numerous artwork displays from local artisans.

Take a selfie with the giant-giant tortoise statue out the front of the library and enjoy a locally made ‘Napolitain’, a biscuit similar to shortbread at the food kiosk outside the library. Cross the road and you will see the Cable and Wireless Casino building with the restored colonial Kenwyn House, just next door. This is home to exquisite jewellery made in South Africa.

These are just some suggestions of what you might find in the town of Victoria and there is so much more to discover and delight.
A visit to the Vallée de Mai is to travel through time to when dinosaurs ruled the earth and man was a mere speck on the evolutionary horizon. Evoking images of Jurassic Park, this prehistoric forest is of international importance, which is reflected by its status as a UNESCO World Heritage Site.

On arrival at the Vallée de Mai you are welcomed at the modern and tasteful visitor centre, which has wheelchair access. Not only does it provide basic amenities such as toilets, lockers and car parking, the centre also has a well-stocked café serving a variety of fresh local products to revive you before or after your journey through the forest. Why not enjoy an ice-cold juice made from local fruits before starting on your adventure?

After purchasing your ticket the journey begins! When you arrive at the gate to this ancient forest take a minute to examine the Coco de Mer nuts and catkins at the shelter. Feel how heavy the Coco de Mer nut is, the largest seed in the world, and inhale the sweet smell of a freshly husked Coco de Mer. Moving on, you have the choice of several well-maintained paths of varying lengths to take through the forest. The forest is accessible to all with some parts suitable for wheelchairs and buggies. It is worthwhile taking the longer path if you have the time in order to truly experience this majestic forest.

As you wander through the maze of towering palms listen out for the high-pitched melodious call of the Seychelles Black Parrot, floating through the forest. These elusive birds stay high in the canopy so when you hear their calls take the time to stop and look up. The parrots are particularly fond of the fruits of the endemic palms, and once you find some the cheeky parrots should not be too far away.

Pause at any streams that you cross to look for Seychelles Tree Frogs resting on the palm leaves. These green frogs are nocturnal so are more active at night, but with a well trained eye they can be picked out from the similarly green background of the leaves. Freshwater pools
close by are also home to endemic freshwater crabs and crayfish, often found hiding under the rocks.

On your way up to the viewpoint you can try to spot one of the other giants of the forest, the Giant Bronze Gecko. This prehistoric looking reptile is often seen feeding on the flowers of the male Coco de Mer catkins. Their large, bronze bodies are unmistakable and they seem to have a permanent smile. Several other species of geckos are encountered in the forest as well, and the brightly coloured day gecko is the most conspicuous. This vibrant green gecko also loves feeding on the Coco de Mer catkins but can be seen lower down on the trunks of the palm. Enjoy the spectacular view over the Vallée de Mai from the viewpoint and keep your eyes peeled for some of Seychelles’ other endemic bird species, including the noisy Seychelles Bulbul, softly spoken Seychelles Blue Pigeon and the flighty Seychelles Sunbird.

On your way back to the visitor centre do not forget to look out for the six endemic species of palm, found only in Seychelles. These can be hard to tell apart so it is best to take one of the free guided tours with one of the knowledgeable Seychelles Islands Foundation (SIF) staff, available every day. These free tours are invaluable in unlocking the secrets of the forests and making your visit even more memorable. After such an action-packed and incredible experience don’t forget to visit the Vallée de Mai souvenir shop before you leave. With a wide variety of products on offer you are bound to find something suitable to remind you of your visit. Why not a Coco de Mer key ring, or an ‘I love Vallée de Mai’ mug? Remember that the Vallée de Mai is managed by SIF, a public trust, and that proceeds from the Vallée de Mai go towards the management and protection not only of the Vallée de Mai but Aldabra Atoll, Seychelles’ other UNESCO World Heritage Site.

Of course to make even more of your visit to the Vallée de Mai, download our free Vallée de Mai app before you go! Free to download from iTunes app store or Google Play, this virtual guide gives more information on the Vallée de Mai and what you can expect during your visit.

For more information go to www.sif.sc or @SIF_Seychelles, or follow the Seychelles Islands Foundation page on Facebook.
If your budget doesn’t quite stretch to include a resort stay, don’t fret, there are amazing and (mostly) affordable self-catering options in the Seychelles too. Here are four of our favourites on Mahé. By Lynette Botha

**Castaway Fishing Lodge**

Made up of various self-catering apartments and one four-bedroomed villa with a pool, at Castaway Fishing Lodge there are accommodation options for couples, families and groups. Each unit is fully equipped for a self-catering stay and tastefully furnished in neutral colours with lots of wood and natural elements. It’s conveniently located only a 15-minute drive from Seychelles International airport and about 25 minutes from Victoria CBD. Although it’s situated directly off the main road (a few minutes walk to the nearest bus stop) you’d never guess it once you’re on the property, as it’s secluded and quiet.

Run by husband and wife Bruce and Caroline Horner, who live on the property too (meaning they’re always available if needed), the accommodation has a real personal touch to it. Free Wifi is available in certain areas of the property and a daily cleaning service is included.

Contact details: www.castawfishinglodge.com / call: +248 271 7777
Machabee Ocean Views

In the north of Mahé is where you’ll find the beautiful Machabee Ocean Views, a three-bedroom, self-catering villa, located in a quiet area with exquisite ocean vistas. It is wonderfully spacious, with a large balcony, an indoor living area and everything you need for an amazing holiday stay. It’s only a 10-minute drive away from Beau Vallon, one of the island’s most popular beaches, and is owned and run by the general manager of an upmarket hotel on Praslin, meaning he knows a thing or two about taking care of guests and paying attention to even the tiniest of details. The house is furnished in a modern ‘beach luxe’ kind of way and is the perfect option for a family stay or a group of friends travelling together.

Contact details: Book via Trip Advisor / email: abseychelles@gmail.com
Yarrabee
Yarrabee is a small, family-run establishment that offers two self-catering apartments and one family villa. The apartments offer one and two bedroom options respectively, and each is fully-equipped for a self-catering stay, as well as air conditioning in the bedrooms and balconies with exquisite views – especially that of Silhouette Island in the distance. There is also a great snorkeling spot just a few steps away. The family villa has three bedrooms and two bathrooms and can comfortably accommodate up to about six guests, depending whether it's adults or children. It also has a lovely balcony with amazing sea views and a living room for relaxing in. The best part is that it has direct access to the beach – just step out of the house, and your feet can sink into the soft white sand. It's 10-minutes away from buzzing Beau Vallon beach, with shops and restaurants in close vicinity.
Contact details: http://seychelles-yarrabee.com/call: +248 426 1248
Li-Al-Do Maison

This is luxury self-catering at its best. Li-al-do Maison is situated on the southwest coast of Mahé, overlooking picturesque Takamaka Bay. The villa consists of four spacious, luxuriously appointed bedrooms, all en-suite, with elegant natural furnishings. The house is made up of natural timber, concrete floors and wooden crafted furnishings that offer a mix of Creole and African influence. The living area is open-plan and includes a kitchen and dining area, which opens out on to the veranda. The beautiful pool overlooking the bay is definitely a drawcard and a reason that visitors return time and again. It’s only a thirty minute drive from Mahé International Airport and a little bit further to the CBD, but once you arrive at Li-Al-Do, you may not want to venture anywhere else.

Contact details:
www.lialdomaison.com
call: +248 436 6686
Hotel La Roussette is a delightful 10-bedroom family-run small hotel, set off the main road a short distance from the Seychelles International Airport in the Anse Aux Pins district. Everything about the hotel tells us that there is an importance placed on the personal touch.

You can tell the difference between a larger set up and a small one run by a family. Here you feel that there is a focus on the individual client but of course there is still attention to detail, it’s just the attention seems personalized. We were only there for a short stay but the entire team, from manager to waitress made us feel so welcomed. The service was second to none and all staff had a ready and genuine smile that reached their eyes and they were available for a chat or to assist a client whenever needed. The staff at La Roussette are mostly Seychellois and with their wealth of knowledge of their island home also act as guides, suggesting how a guest might spend the day while on Mahé. I overheard a waitress giving a male client a three-day plan and off he went with his hat on his head to catch to the suggested bus, clutching his guidebook in his hand. He later returned red faced from his excursions, looking tired but delighted with his day’s adventure.

Back in our rooms we had the wonderful welcome sign on our bed, written and shaped with small pieces of coconut leaves. The boys also had their names written on their bed and their eyes lit up as they each read their own names. The beds had cute animals shaped out of towels, which delighted the kids to no end. When befriending fellow guests, we discovered that this sweet touch was extended to all arriving guests and they too had been welcomed with personalized messages on their beds. They went on to tell us about services
rendered by the staff that had not been expected but were wholly appreciated. It’s these little things that help make a holiday memorable.

Dinner is generally a set menu and is guaranteed to be delicious. So delicious that you may need to speak to the chef and ask for some cooking tips. They also have a great menu, which provides simple fare such as sandwiches and chicken and chips; perfect meals as you work up an appetite after a day in the pool or a trek around the island. If you come with kids you can also hope to get some apple juice ice-lollies when splashing in the pool. It is those kinds of gestures that make family run establishments so appealing, particularly at La Roussette as they have a pool which would be especially appealing to those with children. The hotel is owned and run by the Robert family and headed by Ronald Robert, son of the original owners of the establishment, Gerald and Myriam Robert. The hotel was bought by Gerald in 1986 and with the purchase, the family moved from Petit Paris to the family home connected to the hotel, the hotel was called Coco Beach Chalet and was quickly renamed La Roussette as they are in fact not on the beach but on the opposite side of the road. La Roussette

means flying fox in French, an apt name as bats are a common sight in Seychelles and you only need to lift your head skywards during a sunset to see one, particularly if you are inland. The couple ran the hotel for nearly 20 years with Ronald taking over the management of the hotel in 2005 when he returned to Seychelles after living with his family in South Africa. Ronald general manages the hotel nowadays since he has found the right person to now take over the day to day management; her name is Rose-May Lavigne.

Rose-May, is an extraordinary and hardworking young woman who remove had recently graduated from the prestigious Shannon College in Ireland where she studied Hotel Management and came out with the commendable results, graduating with an impressive 1st Class Honors, and
Dinner is generally a set menu and is guaranteed to be delicious. So delicious that you may need to speak to the chef and ask for some cooking tips.
receiving the Best Academic Award. Having worked in Hilton before, Rose-May knew the requirement for working in a 5-star establishment but opted to work in a smaller establishment as she wanted to put her theory to practice. But more than that, Rose-May is proud to be working with a Seychellois family owned establishment. As a Seychelloise herself, national pride shines through, as does the desire to ensure that every guest leaves Hotel La Roussette and the Seychelles with wonderful memories and stories.

The Robert family has plans to continue to grow their tourism business with the development of a self-catering complex on the adjacent property. This is because the tourism market in Seychelles is developing and we are now getting more budget tourists who want value for money. The development will be called Residence Argine, which is Ronald’s great grandmother’s name. This reminds us what family means to us here in Seychelles and why the tourism industry should continue to support those smaller family run establishments and look at further initiatives to elevate some of the financial burdens that face small hotels which will allow them to be competitive to not only other larger businesses in Seychelles but across all destinations offering similar packages.

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+248 4376 245
If ever there was a plant that would pose a challenge it would be the Noni. The benefits of the juice made from its fruits are numerous but it stinks to the high heavens! How is one to swallow past a gag reflex? Mr Ferdinand Vidot, well-known Seychelles herbalist, advises a dash of another fruit juice of your choice, he himself prefers lemon juice but he laughingly recommends just, “being a man and gulping it down fast!”

The scientific name of the Noni is Morinda citrifolia and is interestingly of the coffee family. The Seychellois call it the “Bwa Torti” and recently its benefits have been touted across the country, down to a campaign to encourage the islanders to include the juice into their daily diet, but very few have been able to get past the stench.

Mr Vidot only uses the fruit, the leaves and bark of the tree but research has shown that all parts of the plant can be used. He uses the fruit both raw and juiced. He prescribes the raw fruit for stomach ailments such as diarrhoea, gas, acid reflux and constipation. The juice he uses to “calm” and prevent disease. He says that it can treat high blood pressure, colds, anxiety, and even cancer and diabetes. The bark, he grates into a powder that he uses to treat skin ailments such as rashes, boils, inflammation and infections. He makes a tea from the leaves to help with morning sickness or vomiting in general, coughs and other respiratory issues.

Research tells us that the noni is so effective because it is a rich source of antioxidants, vitamin C, and potassium but mainly, it is a source of phytonutrients.

The noni growth cycle found on one branch

Research tells us that the noni is so effective because it is a rich source of antioxidants, vitamin C, and potassium but mainly, it is a source of phytonutrients, which have anti-inflammatory, anti-viral, and anti-bacterial compounds, known to boost the immune system as well as repair cellular damage.

The noni is also considered to be a treatment for Cancer and HIV, though the U.S. based Food and Drug Administration (FDA) says it requires further scientific evidence before approving the medicinal value of these claims. And Mr Ferdinand also has a tall tale about the fruit keeping one “forever young” and though he is sprightly for his age, he is an old man.

SEAFood Value Addition

Promoting sustainable fishing methods and the enjoyment of a variety of seafood that the ocean has to offer

With the aim to enhance value addition of our marine resources and promote local entrepreneurs to venture into the fisheries post harvest sector, the Post harvest development section was set up within SFA (Seychelles Fishing Authorities) in 2013. Equipped with a state of the art fisheries processing laboratory, experts in the respective field has set up a fisheries business development incubation center whereby technical support and expertise are offered in the field of, processing, product development, business creation, EU export legislations, quality assurance and certification.

With the depleting stocks of some of the main targeted species like Bourgeois and the several export bans on swordfish, the strategy of fisheries value addition has thus been based around the objective of diversifying the use of fisheries resources by developing innovative and high end products from low valued but abundant fish species such as mackerels, dorado and trevally. Further to the phase of developing the recipes, a series of tests are conducted in order to validate the in the recipe, the quality, shelf life and the production cost. Market testing and surveys are also conducted to evaluate the acceptability of such new products before they are then made available to interested investors and businesses in the field of processing and value addition.

In order to promote such services offered by SFA and demonstrate some of the new products developed, this year’s National show theme was focused on promoting swordfish on the local market and especially within the tourism academy and establishments. Swordfish is not a species that is common in Seychellois cuisine, mainly because Seychellois lack the knowledge of how to prepare different dishes using swordfish, as traditionally it has not been readily available on the market.
Therefore, two assortments of recipes were offered, one especially designed for local households where swordfish was used to prepare six traditional Creole dishes (Satini safran, satini koko, kari koko et bred, kari ek brenzel, steak and fish salad) so as to showcase the compatibility of this fish to our local cuisine. The other assortment which was mainly developed in collaboration with two chefs from the Seychelles Tourism Academy was especially designed for the tourism industry where by 4 ‘haut de gamme’ recipes (poached swordfish with yoghurt tandoori hot sauce, half cooked sesame swordfish with spicy balsamic reduction, swordfish citrus passion tartar and Sword fish terrine) were produced live on stand followed by free degustation so as to obtain feedback from the public.

Alongside the swordfish dishes, other well-known mouth-watering value added products such as Fish burger and Fish fingers were well appreciated by the passerby. Vacuum-packed swordfish steak and fish burgers were also on sale. We can confidently say that the SFA’s goal was well achieved and most importantly the initiative was well received and appreciated by the general public.

More recently as part of the aim to further enhance capacity building of the Post Harvest development Section in new cooking and processing techniques, three weeks culinary training was conducted in collaboration with Seychelles Tourism Academy. Eight staff from different sections within the SFA participated in the training that was then awarded with a certificate of participation after the end of the training. Staff not only learned about the new cooking techniques but also it was an opportunity to improve on their team building skills. Altogether 10 recipes were developed during the training and some includes; Fish comfit, stuff cherry tomatoes, pan sear fish coated in sesame seed, potato canapé with spicy creamed and anchovies, fish terrines, fish fingers just to name a few.

Some of the tasty recipes from the national show are showcased in the following pages.

Swordfish is not a species that is common in Seychellois cuisine, mainly because Seychellois lack the knowledge of how to prepare different dishes using swordfish, as traditionally it has not been readily available on the market.
Save our oceans
do it from the kitchen

The new way of cooking….looking at creative and tasty ways to cook with fish which are not (yet) part of the Seychelles cooking culture. This will assist with conserving our oceans fish stocks.
Fish Burger

This simple favourite will please all the family members.

**Ingredients**

- 1kg of minced Carangue
- 1kg of minced Bonito
- Salt: 40g
- Chopped onion: 250g
- Water: 600g
- Oil: 100g
- Corn Flour: 112g
- Garlic: 30g
- Pepper: 2g

**Preparation**

Mix all ingredients in a bowl well. Separate mixture in half, place one half in a separate container. Stir fried the other half for 2 mins. Place stir fried mixture together and with the other half, mix well. Form the burger shape in the palm of your hand. Deep fry burger. Serve with preferred vegetables and sauce in a burger bun.

**Preparation:** 30 - 45 mins  
**Cooking time:** 2-3 mins  
**Serves**
Swordfish Terrine

For those of you who like meatloaf, try the fish version

**Ingredients**
- Chopped Swordfish: 500g
- Breadcrumb: 24g
- Salt: 7g
- Pepper: 2g
- Egg’s white: 84g
- Corn Flour: 24g
- Tumeric: 3g
- Fresh cream: 252g
- Minced Garlic: 30g
- Pepper: 2g
- Carrot cubes: 48g
- Chopped Capsicum: 14g
- Minced Garlic: 3g
- Minced Chilli: 2g
- Lime zest: 4g
- Lime juice: 10g
- Chopped onion: 60g
- Swordfish cubes: 120g

**Preparation**
Warm the oven at 200 degrees. Fill up a shallow baking dish with water place in oven (bain marie). Using a food processor, mix chopped swordfish and salt together for 1 min. Then add and mix for 1-2mins all the powdered ingredients in the processor e.g. pepper, maizena, turmeric. Add all liquid ingredients and mix for another 1 min. Add remaining ingredients and swordfish cubes and mix for 1-2mins. Place mixture halfway in a small rectangular baking pan. Place baking pan in the bainmare in the oven at 150 degrees and let cook for 10-15 mins or until a toothpick comes out clean.

**Preparation:** 30-45 mins  
**Cooking time:** 15-20 mins  
**Serves:** 10
This works beautifully as a starter or as part of a cocktail styled menu

Ingredients
- 44g steamed mackerel
- 14g Fresh Cheese
- 14g Mayonnaise
- 21g Fresh Cream
- Pinch of Salt
- Pinch of Persil
- 1g Lime juice
- 4g Finely chopped onion
- Pinch of Pepper and Garlic

Preparation
- Fillet the mackerel and removing the middle bone.
- Steam for 15 mins. In the meantime prepare other ingredients. Allow steamed mackerel to cool down then mash in a separate dish. Add all ingredients in the dish and mix properly. Can be served as a spread, used on biscuit or accompanied in a salad.

Verinne de Margureaux

Preparation: 30-40 mins

Serves 10
Within the heart of Victoria lies a precious treasure guarded by a fearsome Caiman crocodile and a lovable dugong. Local lore tells that while the dugong lulls you into a false sense security, the Caiman sneaks up behind you - only the strong, cunning and worthy may pass through the doors of the Natural History Museum!

**ATTRACTIONS OF THE NATURAL HISTORY MUSEUM**

The Natural History Museum (NHM) is housed in the Carnegie Building and grew out of a personal collection of specimens from Captain Archibal Tindall Webb, a retired officer of the Indian Army, who was the first curator from 1964 to 1968. Mr. Henry McGaw was first Seychellois curator in the 1970s and its current curator is Mrs Beryl Ondiek. The NHM aims to promote awareness, appreciation and respect for our biodiversity and enjoyment of the natural heritage of the Seychelles through quality exhibition and education. Let us tempt you with a sample of these amazing exhibits. Guided tours are available upon request for a small fee. In addition to its permanent displays, the NHM also hold annual exhibitions on a myriad of themes, which allow visitors to learn more about the natural, cultural and historical heritage of Seychelles.

**GIANT LAND TORTOISES**

As you walk into the NHM museum three giant land tortoises greet you. These primitive reptiles appeared almost 180 million years ago - during the time of the dinosaurs – yet continue to survive relatively unchanged to this day. Before the arrival of the early settlers, tortoises roamed free across the Seychelles islands. Harvested for their meat, numbers dropped dramatically leaving a remnant population on the inaccessible Aldabra Atoll. Today this is a UNESCO World Heritage site and home to the largest population of Aldabra Giant Tortoises in the world.

**WORLD RECORD COCO-DER-MER**

The coco-de-mer is one of 6 endemic palms in Seychelles. It is considered by some to be the most interesting palm, because not only is it dioecious – it has male and female flowers on separate trees, but it is also the palm with the largest leaves in the world and the largest nut, weighting in at over 18kg. The name coco-de-mer means “nut of the sea” because for many centuries the gigantic nuts were found washed ashore in India, Sri Lanka and Maldives. It was assumed that the plants grew from the seabed until the French explorers discovered its native habitat on Praslin in the 17th Century. The nut, also known as “coco fes” in French, has the form of a female pelvis while the male inflorescence resembles the male sex organ. The nut is predominantly bi-lobed, but variations do occur and these can be viewed at the NHM.

**GEOLOGICAL HISTORY OF SEYCHELLES**

The NHM has on permanent display of mineral specimens found in the Seychelles, depicting the geological history and uniqueness of our islands. The oldest rock specimen is about 180 million years old.

Reproduction of Marianne North Paintings

Marianne North is a famous British biologist and botanical artist who travelled the world in the 19th century capturing nature on canvas. She produced 833 paintings, depicting landscapes and natural habitats with more than 900 species of plants from across the world. Her original works are on display at the North Gallery in the Royal Botanic Gardens of Kew in UK. The Seychelles collection consists of a total of 44 paintings produced in 1883, 4 of which were done during her 3 week stay at Venn’s Town Missionary School for freed slave children. She managed to capture the luxuriant surroundings of Sans Souci including a large number of Capucin trees, an endemic tree which was later named in her honour (Northia hornei) by Sir Joseph Hooker, the renowned Botanist and curator of Kew.

**THE SHARK EXHIBIT**

This new addition to the NHM exhibit was launched in August 2015 by the Minister of Environment, Climate Change and Energy, Mr Didier Dogley and is a joint collaboration between the Green Islands Foundation (www.greenislandsfoundation.blogspot.com) and the NHM with funding under the Global Environment Facility Small Grants Programme (GEF-SGP) shark project. The shark collection contains of 17 species of sharks commonly caught by Seychellois artisanal fishermen, and is the largest exhibit of preserved sharks in the Indian Ocean open for public viewing. The exhibit includes a series of educational posters, developed in collaboration with the Save Our Seas...
Foundation (SOSF), Wildlife Clubs of Seychelles (WCS) and the Ministry of Education, which aims to raise awareness about the ecology and importance of sharks in the marine ecosystem of Seychelles.

Other attractions of the NHM include the shell collection, insect collection, plant seed collection to name but a few. There are dioramas of a mist forest, a mangrove swamp, and of ocean life with fibreglass replicas of a Trevally (karang), Red Snapper (bourzwa) and other marine species. The Bird Call Simulator gives you, at the push of a button, the authentic warble of a Magpie Robin (Pi Sanchez) or the chirp of a Seychelles Paradise Flycatcher (Vev) and the sound of 6 other endemic birds of Seychelles. There is also a kid's corner upstairs where families can take a load off from visiting Victoria. The NHM also boasts the cleanest toilet in Victoria if you need more incentive to brave the jowls of the Caiman crocodile!

THE NATIONAL HERBARIUM
An important component of the NHM is its collection of preserved plants of Seychelles, which is housed within the National Herbarium. There are roughly 6,000 plant specimens including hundreds of dicotyledons, monocotyledons, ferns and mosses. The herbarium forms a reference collection of both native and introduced plants. It is a useful tool for botanist and plant taxonomist in identifying new or unknown species, and can even provide historical information on species distribution as well as trends in abundance. The staff of the National Herbarium works closely with national, regional and international partners, including the Paris Natural History Museum who provide technical support.

Visit the online plant gallery (www.seychellesplantgallery.com) to learn more about the plants of Seychelles or if you are passionate about plants you can drop by the museum to speak to Charles Morel, the Herbarium curator.

OPENING HOURS
Monday to Thursday 08:30 to 16:30
Fridays 08:30 to 12:00
Saturday 09:00 to 13:00
Closed on Sundays and public holidays.

ENTRANCE FEES
Scr 5 for Residents
Scr 15 for Non-residents / tourists
Scr 2 for students with student cards
Free for children and the elderly
The Creole Festival is a much-anticipated event on the islands of Seychelles; for years it has been an event that glorifies the uniqueness of the country’s culture. The Seychellois, however, are not alone and as such all Creole countries are invited to the event. These countries serve to show that even though all are Creole, none are the same.

**Creole?**
According to the Collins English dictionary (2015):

Cre·ole (‘krē-ōl) noun: Creole; plural noun: Creoles; noun: creole; plural noun: creoles

1. a person of mixed European and black descent.
2. a mother tongue formed from the contact of two languages through an earlier pidgin stage.

adjective: Creole; adjective: creole

1. of or relating to a Creole or Creoles.

So the first thing to understand is that the word Creole encompasses the whole culture. It is the adjective for a person that hails from a Creole country, it is the noun for culture of a Creole country and it is the name of the language spoken there. The highest level of acceptance is achieved when a local describes a foreigner as having, “en bann manni kreol”, which translates roughly into, the person has a lot of Creole habits.

**Careful! Creole not pidgin**
According to Arends (1995), Creoles differ from Pidgins in that Creole is a language that was originally a Pidgin but has become native. The country’s community of speakers claim it as their first language, as has happened with people of Caribbean and African descent in colonial and ex-colonial countries, like Seychelles.

However, Pidgin is nobody’s native language. It arises from necessity when two speakers of different languages, with no common language, try to have a makeshift conversation – the lexicon of one language, and the structure often from the other, fuse. Many Pidgins are ‘contact vernaculars’, and may only exist for one speech event.
Creole countries
Seychelles is not the only Creole speaking country, and according to (Muysken & Smith), she shares that honour with Dominica, Grenada, Guadeloupe, Martinique, St.Lucia, St.Thomas, St. Martin, Saint-Barthélemy, Belize, and Trinidad and Tobago that speak Antillean Creole; French Guiana and Haiti that speak Haitian Creole; Louisiana that speaks, Louisiana Creole; Mauritius that speak Mauritian Creole and Reunion that speaks Reunion Creole.

Kreol Seselwa
Bollee (1993) tells us that the first settlers were 15 white colonists, seven slaves and five Indians and they obviously spoke different languages. But there they were, on an isolated island that they were expected to develop to sustain them so communication became essential. When the French were the majority, all the nationalities had to learn to speak French and thus was born the Seychellois version of Creole; the slaves would speak it their way. Choppy (1990) explains that the Creole version of Seychelles is therefore a French based Creole, since there are also Creoles that are based on Spanish, English, and Portuguese. (Lenstiti Kreol, 2000), however explains that the language is still in the process of evolving and certain words of other languages are making their way into the Creole spoken in Seychelles. While the backbone of the kreol Seselwa is French, it is accommodating the other national language.

Nou koz kreol
According to Choppy (1990), the Creole language was only recognised officially as the first language in Seychelles in 1891, and in 1982 there was an educational reform that introduced the Creole in schools as another language of instruction. D’Offay De Rieux (1980) states that it was decided that the use of Creole has its importance in facilitating learning but the stigma that Creole was an inferior language still remained. It was formalised that the Seychelles would recognise all three languages spoken when the country established Creole, English and French as the national languages. The language however is still evolving according to the Creole Institute; the committee explains that certain words of English have driven their way into the Creole spoken in Seychelles. They have compiled these words to be included in the new Creole dictionary.

Proudly Creole
The Seychelles has set up a system whereby the Creole language is valued and the culture is protected. Aside from the Creole Festival, which is celebrated annually, in the form of the Creole Institute there is a watchdog in place to defend the language. The islanders are proud of being Creole and protecting that is a priority. It is shown in their desire to share this culture wherever they are. In Seychellois the Creole never leaves… which is why all foreigners who have met a Seychellois know at least a few words and phrases of Seychelles Creole.

“Konman sa va?” (How are you?)
“Zanmi.” (Friend)

13 Festival Kreol 1985 - 2015
5 - 31 Oktob
Victoria, Kapital Lemonn Kreol

LAKADANS - MOMAN KREATIVITE - VOYAZ
FORONM - KWIZ - KONKOUR DISKOUR - LASERENAD
LEGZIBISYON - KANMTOLE - FON LANMAL - BAL ASOSYE

www.seychellesfestivalkreol.com
If you're on holiday in Seychelles and you want to impress the locals, especially if it's Festival Kreol (in October), here are a couple of translations that might come in handy. Enjoy your holiday!!

**English to Kreol translation**

**Hello** - Alo
**Goodbye** - Orevwar
**You're welcome** - Pahekwa

**Hello** - Alo
**Goodbye** - Orevwar
**You're welcome** - Pahekwa

**How are you?** - Konman ou sava?
**I'm fine, thank you** - Mon byen mersi

**I'm thirsty** - Mon swaf
**I'm hungry** - Mon lafen

**Are you from Mahe?** - Ou sorti Mahe?
**Do you live here?** - Ou reste is?

**This is our favorite beach** - Sa in mon lans prefere
**Seychelles is very beautiful** - Sesel i zoli

**The Seybrew (beer) is good** - Sa Seybrew i bon!

**What time does the bus come?** - Ki ler bis i arrive?
**What is the food good here?** - Manze i bon is?

**Are you from Mahe?** - Ou sorti Mahe?
**Do you live here?** - Ou reste is?

**How much is it?** - Konbyen i koute?
**What are your plans for today?** - Li is for di ki yon?
Profile of a recycling innovator

KAJU Seychelles
Juliette Zelime (not pictured) is a young female entrepreneur who has come up with an innovative idea to get creative with waste in Seychelles. This young designer is the owner of KAJU Seychelles and recently launched the ‘Eko-Ver’ recycled line. Juliette has been experimenting with used inner tubes from bicycles and car tyres and gunny bags to make hand-stitched bags, purses and other items. With her training in entrepreneurship sponsored by the Small Enterprise Promotion Agency (SEnPA), Juliette hopes to expand her business and eventually open a shop in Victoria – her vision is to refurbish an old container in which to sell her recycled products. Visit www.facebook.com/KAJUSeychelles to view the ‘Eco-Ver’ product line.

The story behind KAJU Seychelles
Since completing a Bachelor degree in Visual Communication at the Central Academy of Fine Arts in Beijing China in 2010, Juliette Zelime, a young artist from Takamaka recognised the gap in the market and had a vision to produce a local brand that embraced the Seychelles culture and tradition, as well as its natural environment. With hard work, lots of research and tenacity, KAJU Seychelles was finally established in 2011 and launched in March 2012 with support from the Small Enterprise Promotion Agency (SEnPA). The company designs t-shirts and beach clothing for all ages, jewellery and canvas beach bags printed with designs such as Creole proverbs and ‘zedmo’. Juliette also has a collection targeting young children.
branded ‘Jodiac’ – a Seychelles version of zodiac, where the western zodiac signs have been replaced with endemic plants and animals of the Seychelles, based on when the flowering plants are blooming and the breeding period of the endemic animals and birds. KAJU Seychelles’ motto is “living it the island way” and Juliette hopes to attract tourists as well as locals to not only purchase her products, but to learn something from them about Seychelles’ culture, traditions and natural heritage.

For more information, please email kajustudio@gmail.com
The Domaine de Val des Près which is located at St Roch Au Cap, 16 km from Victoria is an experiment in re-creating the Traditional Creole Village as a mean of promoting the Seychellois Cultural Heritage, depicting the various activities that may be found in a traditional estate. Centered around the Maison de Planteur, or the house of the plantation owner with its outside peripherals such as traditional kitchen, servant’s quarter and other amenities pertinent to the colonial era of the 18th - 19th century, this showcase of traditional Seychellois life in the early days of the history of Seychelles, is an example of the ways in which the culture of Seychelles may be seen today. In addition, Domaine De Val Des Près houses a famous traditional restaurant, the Pomme Cannelle, and (12) twelve artisanal kiosks, designed and built using architectural elements that blend well with the main plantation house. Domaine de Val des Près has the mandate to provide a showcase of inherited cultural aspects of the Seychellois life style of the days gone by and to preserve such nostalgia for the ageing generation and for the benefit of the upcoming generations, in order to grasp and appreciate the value of our Seychellois Cultural Heritage.

Domaine de Val des Près estate Plantation house was built around 1870. The gigantic timber house which once belonged to the Bailey family was sold to the government in 1972. In 1926, Dr John Thomas Bradley (1872-1942) who was then chief medical officer of health in Seychelles gave the house to his daughter Dolly in 1920 who had married Douglas Bailey (1899-1974) a wealthy Anglican and fervent
supporter of the Anglican Church in Seychelles. He was employed by the Eastern Telegraph Company. He was also a nominated member of the Legislative Council for 28 years. In the 1950’s Douglas Bailey bought the other nearby plantation house used today as the Creole Institute at Au Cap. The couple made generous donations towards the construction of many Anglican churches in Seychelles.

Plans to create a craft village as a tourist educational and cultural centre dates back to 1977, but construction work started in 1985, after the government of the United States of America agreed to finance the project. After a construction time of almost four (4) years, the craft village was completed, consisting of a totally refurbished traditional plantation house, 12 new craft kiosks to host the most important local craft and a restaurant that serves traditional dishes. The
new buildings were designed in a style that matches well with the architecture of the Plantation House. Although it has been extensively renovated and refurbished in the course of which modifications were necessary, the Plantation house has retained all the traditional aspects of the colonial plantation houses: the pitched roof, the dormer windows and garrets, the wide verandah that encompasses the entire quadrilateral structure of the building, and of course the obligatory masonry plinths on which it rests. A covered walkway at the back of the house leads to the traditional kitchen where, besides the wood stove, many items evoked the culinary memories of yesteryear. There is the kokosye (the half of coco de mer nut in which rice was washed before being put in the cooking pot) the lavann (a flat basket of woven pandanus in which rice was winnowed) the kapatia (a basket of woven coconut fronds in which fruits and vegetables were kept) and of course the indispensable marmit (cooking pot made of cast iron). Anything and everything was cooked in the marmit.

There is a replica of the servant’s dwelling house. Built of timber on squat stone pillars, it is a modest structure in which the servant slept. The wooden walls are entirely covered with pages of newspapers and magazines. The dwelling has three compartments: the small living room, the bedroom and the kitchen. Over 10% of visitors, visiting our shores do pay a visit to this estate, thus getting the chance to experience this unique journey into a traditional Seychellois cultural setting. This place offers Seychellois and visitors alike a nostalgic glimpse of traditional life of yesteryear. Once in the village, standing under the breadfruit tree, one can visualize workers husking coconut, women laying out cinnamon bark in the hot sun to dry and one hears the distant lowing and mooing of cows and almost savour salted fish curry cooked with coconut milk and smoked pork. A place worth visiting for everyone.

Source: [www.seyheritage.sc/heritage-sites/domaine-val-de-pres](http://www.seyheritage.sc/heritage-sites/domaine-val-de-pres)
Underwater Guide to Seychelles
This new book is the perfect travel companion for anyone planning to spend time snorkelling or diving within Seychelles

The warm, azure waters that surround the tropical islands of Seychelles are home to over 400 species of reef fish and 300 species of coral. A plethora of vibrant coral reefs and sponge encrusted granite boulders host a fascinating diversity of marine creatures, including green and hawksbill turtles, white-tip reef sharks and spotted eagle rays.

There are dozens of dive sites found within the inner islands and plenty more snorkel spots that are easily accessible from the shore. With coral bays, offshore banks, granite reefs and wrecks there is a variety of dive sites to cater for all levels of expertise and there really is something for everyone. For first time snorkelers or even for the more experienced, the inviting waters of Seychelles offers excellent snorkelling opportunities all year round. No holiday to Seychelles is complete without an adventure into this aquatic world, where a host of fantastical and amazing marine creatures wait to welcome you.

The recently published Underwater Guide to Seychelles is the perfect travel companion for anyone planning to spend time snorkelling or diving within Seychelles. Whether booking a live-aboard or land-based diving holiday or simply planning to do a little snorkelling off the beach in front of your hotel or guesthouse, this book will be invaluable on your trip.

The book is divided into three parts and begins with a general introduction to Seychelles, the practicalities of visiting and what
to expect when you are here. This is followed by a detailed guide to a selection of the best dive sites and snorkel spots within the inner islands. Finally, a comprehensive photographic identification guide to some of the most commonly encountered fish, coral and invertebrate species will make it easy to identify all the many animals you encounter underwater.

Underwater Guide to Seychelles is available to purchase from all good bookshops, including the Antigone bookshops at the Seychelles International Airport on Mahé and in the capital city of Victoria, as well as Chanterelle bookshop in Victoria. It is also available to purchase on www.amazon.co.uk for £12.99.

[It also includes] a comprehensive photographic identification guide to some of the most commonly encountered fish, coral and invertebrate species will make it easy to identify all the many animals you encounter underwater.
Climate change is a global issue with devastating consequences. Across the world, countries are increasingly growing concerned about the issue, especially the Small Island States that are most at risk from the impact of climate change. Seychelles is no exception, with disruptions in its climate and weather systems already being observed.

The Seychelles' climate is always warm and does not reach extremes of heat or cold. The temperature rarely drops below 24°C or rises above 32°C. All but the remotest southern islands lie outside the cyclone zone, making Seychelles a year-round destination for sun worshippers and beach lovers. Although a consistent rainy season and sunny season are said to exist, Seychellois call these seasons the muddy and windy days, and the dry and waterless days, respectively.

However, over the past few years, Seychelles has been experiencing variations in its climate. The climate change projections for the Seychelles show that rainfall will become irregular with much of the precipitation falling in sharp bursts, creating heavy flooding in the wet season, while imposing extended period of drought during the dry season. Notably, the normal cycles of wet and dry season have become irregular. The norm would be to expect greater amounts of the annual rainfalls between the months of December and February compared to other months. It is usually fairly cloudy during those months with less sunshine. The weather is hotter from December to April, and the humidity is high – often at 80% or higher. The months of May to October bring drier, cooler weather, and livelier seas – particularly on southeastern coasts – and winds of 19-17 kilometers per hour are common.

This seasonality is no longer predictable due to climate variability and change. Most recently, evidence of the effects of climate change is provided by the El Nino weather phenomenon, which has disrupted Seychelles' normal weather pattern leading to unusually heavy rainfall during these last few months, including higher than usual temperatures early this year.

Occurring every three to seven years, its last occurrence was in 2009. The most severe El Nino event to date happened between 1997 and 1998, when widespread flooding occurred in Seychelles, as well as a major episode of coral bleaching.

The effects of climate change and its associated impacts are projected to escalate in the future. Two of Seychelles' biggest climate change vulnerabilities are water scarcity and coastal flooding. As a response, the Government of Seychelles, in partnership with the United Nations Development Programme and the Adaptation Fund, is implementing the project 'Ecosystem-based Adaptation to Climate Change in Seychelles' (EbA Project).

A six-year project with a total budget of US$ 6.5 million, the EbA project is primarily focused on watershed and coastal rehabilitation including coral reef rehabilitation, as well as the development of policies and strategies to support these actions.
Five catchment areas have been earmarked for these activities: Baie Lazare River, Caiman River, Mare aux Cochons, Praslin Nouvelle Decouvert / Fond B’offay and Mont Plaisir. The interventions will also include coastal rehabilitation at two priority sites, namely Anse Royale and Northeast Point, where coastal development, erosion and climate change have weakened the natural coastal defenses. The opportunity now exists to strengthen the coastal ecosystem attributes and processes.

“The project has various targets, such as building community resilience to climate change, all of which my team and I are prepared to accomplish,” says Betty Seraphine, the Project Manager, who is implementing the project, leading a team of five. “We aim to enforce what the Government of Seychelles and NGOs have been pushing for in the field of conservation and rehabilitation, namely the sustainable use of our water resources and the building of the country’s resilience to coastal flooding”.

Contributed by the GOS-UNDP-GEF Programme Coordinating Unit

Over the past few years, Seychelles has been experiencing variations in its climate.
SEYCHELLES INTERNATIONAL VIDEO COMPETITION

29th July 2015 - 29th January 2016

Submit your video to win a once in a lifetime, all inclusive, luxury VIP holiday to Seychelles.

For more information visit www.my-seychelles-experience.com
On 29th June 2015, the Seychelles Tourism Board launched a major international "My Seychelles Experience" video competition which will run until January 29th 2016. The video competition involves participants registering their personal details via the dedicated www.my-seychelles-experience.com website and uploading a personal video of their holiday experience in Seychelles of maximum two minutes duration. The competition, which is part of the ‘I Love Seychelles’ national theme for 2015, boasts one of the richest prizes ever offered by the Seychelles Tourism Board: a once-in-a-lifetime, all inclusive, VIP holiday to Seychelles including business class air tickets; VIP transfers upon arrival in and departure from Seychelles; a 3-night stay on fabulous North Island; a four night stay at Four Seasons Resort’s luxurious Ocean Villa; optional two-day sea cruise among the islands plus a special, surprise holiday gift package courtesy of the Seychelles Tourism Board. "This is an amazing opportunity for the lucky winners to return to the islands as VIP’s, travelling in luxury, staying at 5-star hotels and experiencing the very best that Seychelles has to offer,” stated Sherin Naiken, CEO of the Seychelles Tourism Board, “because competitions like this do not come along very often.” The Seychelles Tourism Board is working closely with Maven, a local creative agency specialising in design, print, web & TV (www.maven.sc) who are attending to all the technical details associated with the competition. Maven is also behind the creation of the competition’s brand as well as many of the collateral materials connected with its promotion internationally. The most popular submissions will be shortlisted during February 2016 and then presented to a panel of judges to determine the eventual winner whose name will be announced during the ITB Travel show in Berlin in March 2016. Go to www.my-seychelles-experience.com for more details.
‘Saved by Santa,’ was the first Seychelles’ Christmas book published and was launched in 2013, with its sequel, ‘Christmas with the Dolphins’ published in 2014. Follows true to the spirit of Seychelles, the series follow the story of a coconut-de-mer couple and their family and friends. The authors named all the characters after the streets and roads in Seychelles further adding to the local authenticity of the books. The images take inspiration from our local beaches and famous locations around the islands.

The first book, ‘Saved by Santa’ tells the story of Victoria and Olivier, the coconut-de-mer children of papa and mummy coconut-de-mer, Albert and Quincy. We see the children on their naughty adventures just before Christmas and how when they think all hope is lost, Santa Claus comes to the rescue.

In ‘Christmas with the Dolphins,’ we encounter the coconut-de-mer family again, along with the Potao family (a traditional and local plant in Seychelles). Here we see the story of how a helping hand can lead to something even bigger. In this story two families helped a trapped dolphin. Months on and Christmas is around the corner and once more the children are in trouble. But because of their good deed, their friend the dolphin and good old Santa Claus comes to save them once more.

The books are the creations of Denise and Terry Ho-Tive, who respectively wrote and designed the books. Their inspiration for the books came from the birth of their son Huan. Both books are on sale at the Kiosk 2000 (next to the Pirate Arms restaurant) for R250. Also available is merchandise from characters in the books, which can be bought directly from the creators. For more information please contact Denise and Terry by email on terryhotive@gmail.com and telephone number +248 2770084.
Anse Intendance in the south of Mahé is one of the island’s prettiest beaches with long stretches of pristine fine white sand. It is also said to be one of the wildest beaches, and while exposed to regular strong waves, it is still enjoyable all year round.

While there are often calm periods, caution must be observed at all times since the waves can reach fearsome heights with significant undercurrents. The Banyan Tree Resort and Spa, which is situated on the shore on the beach on the right-hand side, makes it easier to take caution, by offering a flag service – green means it’s safe to swim, yellow means it’s only safe for good swimmers, and red means it’s best to avoid the water due to strong currents. While the waves are very strong, this is also part of the beach’s charm – making for a fun day out, splashing in and riding the waves.

There isn’t much shade on the beach, with only a few trees providing a couple of cool spots, good to bear in mind when considering your trip. Location wise, the beach is easy enough to find if you look for Banyan Tree Resort signs. Banyan Tree is a resort development tucked into the right side of the beach and does not in any way affect the isolated feel the beach has. It is a delightful set-up with good restaurant options if you get hungry.

Because of the distance away from the capital city, the beach generally only has a handful people there at any one time, so you truly do feel that you’re alone and have the beach to yourself. If you are staying in the Northern part of Mahé, it’s well worth the drive south, but if coming by bus be warned that it is a bit of a walk down a hill, but one with beautiful rewards.

A plus point is that Anse Intendance is one of the few places on Mahé where turtles still nest.

For more information on this, you might like to contact The Banyan Tree Resort on +248 438 3500; they monitor the beach as part of their National Beach Monitoring Program. Perhaps if you do, you will get to experience this wonderful sighting.
On the 19th December 2015, 130 girls will join together in China to compete for the title of Miss World... Beauty with Purpose 2015. Our own Miss Seychelles... Another World 2015 winner, will be amongst the competing beauties. We learn more about this talented beauty... Prior to competing in Miss Seychelles, there was no project such as "Children Restoration", but as a project is an essential component of entering the competition, Miss Linne Freminot quickly started investigating what her project could be. She wanted a project that could make a difference and of course, stand out a little, so through the guidance of a larger body, "Children Restoration" was born. Essentially, the aim of the project is to help break the ugly cycle that plagues some of our youth and their families in Seychelles, particularly in relation to crimes and jail time. Parents and their children are often caught in the cycle and it's not easy to get out of it unless there is outside help and guidance. Linne's focus is the children, as there is already an ongoing project for the inmates, which is running seemingly well. She tells us "my goal is to try and prevent the children of offenders from one day getting involved in criminal activities due to the fact that their parents are absent". Often when a family member, particularly mothers and fathers are convicted and sentenced to jail, the children and the impact that this act has on them is not considered. Linne's project therefore aims to bring a ray of sunshine into the lives of these children. She starts this with the building of a play area within the prison campus so that when a child visits their inmate parent, they can do so in a pleasant environment, which helps create positive memories and influences. This initial stage of the project, while waiting to be finalised, has been kindly sponsored by Mr. Patel of Vijay Construction and Linne cannot contain her excitement and pride at making this dream a reality. As the project grows, Linne would like to extend its influences to the schools.
and districts so that there is a network watching out for the children of offenders, guiding them on their path and stepping in when needed. This could be in the form of a teacher encouraging the child to take their lessons more seriously so that they have the option to make better choices, stepping in with some food when the child has none and offering a guiding hand, when the child reaches out. It takes a village to raise a child but when a child’s parent is absent or unable to care for a child (physically, emotionally or financially) it’s the village’s responsibility to do the necessary as the child will eventually grow up and when they make bad choices, this potentially affects us all. Here in Seychelles, this is typically cared for by the Seychelles Social Services but Linne hopes to have a dedicated body focusing solely on these children. It is hoped too, that private businesses will continue to lend a helping hand in building a better tomorrow.

Miss Seychelles...Another “My goal is to try and prevent the children of offenders from one day getting involved in criminal activities due to the fact that their parents are absent”.

World 2015, started her reign in May 2015, however even in this short time frame Linne has received much support from the Prison Authorities and their partners. The project and its potential influences have touched Miss Freminot deeply. Having seen and understood the plight of some of the children in our society, she recognises their needs and vulnerabilities and she feels we can do more to help them. She is naturally excited about going to Miss World... Beauty with a Purpose. She is looking forward to learning about different cultures and meeting different people and learning more about the
beautiful country that is China. She as excitable as any young girl could be expected to be on the eve of such a wonderful event but through that there is also something very touching because while she is already committed to continuing her project, beyond her return from China. She also hopes to reach the Finals of the Miss World…Beauty with a Purpose. This for all its glory is for a deeper significance. If Miss Seychelles…Another World 2015 were to get the finals, she could speak more about her project and perhaps get more support. A noble thought.

To help her, please go to www.missworld.com when the voting starts and vote for Miss Seychelles…Another World 2015, Miss Linne Freminot. From our side, we wish her the very best!

FACTS ABOUT MISS SEYCHELLES…ANOTHER WORLD 2015

Name:
Linne Kerry Natasha Freminot
Age:
22 years old
Originally from:
Anse Boileau district
Now lives:
Beau Vallon
Work:
Seychelles National Metrological Service at Pointe Laure Airport, where she works as a technician taking weather samples and coding them for aviation industry.
Interesting facts:
Blue belt in Taekwando
Seychelles is sun, sea and sand and so much more. Check what’s happening and join in the fun. For those who love the life on the sea we have fishing tournaments in both October and November.

**OCT**

**22-27th**

**FESTIVAL KREOL**
On this, the biggest and most important cultural event on the Seychelles Cultural Calendar we celebrate our culture where we promote the Seychelles islands culture by remembering our influences; being the African, Asian and European heritage. Merged together over the years coupled with island-living influences, the Seychelles culture was born, thus creating a unique people. The festival looks at all aspects of our diverse culture and showcases the food festivals, musical and theatrical shows as well as numerous other activities.

**FISHING TOURNAMENTS**

**La Digue offshore tournament**
The competition is held on La Digue Island and includes different categories for bottom fishing and trolling.

**NOV**

**21st**

**SEYCHELLES BIG GAME CLASSIC – SEYCHELLES GREAT MARLIN RACE IGMR**
This is a one day trolling completion with cash prizes. Contact the Marine Charter for more information.

For more details, please refer to the Seychelles Tourism Board website
www.seychelles.travel/
The Seychelles’ Bucket List

1. Take half-day or day sailing cruise around the islands to fully appreciate their unchanged beauty.

2. Visit any one of Seychelles world-beating beaches, often voted best on the planet.

3. Snorkel the turquoise shallows of the islands and marvel at the beauty beneath the waves.

4. Take a guided tour into the mountains to discover some of the rarest flora and fauna on earth.

5. Visit Praslin’s legendary Vallée de Mai, UNESCO World Heritage Site and home to the amazing Coco-de-Mer.

6. Visit one of Seychelles’ coral islands for the experience of pristine nature at its best.

7. Savour the sheer variety of Creole cuisine – one of the planet’s most delicious – in a number of restaurants dotted throughout the islands.

8. Make a visit to the traditional island of La Digue where the bicycle and the ox-card are still chief modes of transport and where Time itself seems to stand still.

9. Take a fishing expedition into Seychelles’ fish rich waters and savour the thrill of landing – then releasing – a bill fish.

10. Sip a delicious cocktail as you watch the sun set over the isles in the unforgettable romantic ambiance of a sunset cruise.
Do you think you know Seychelles?

Where was this taken? Send your answer to email ineke@seychellespublications.com along with why you love Seychelles in 200 words and you could win a Seychelles memorabilia from the Seychelles Tourism Board. Good Luck!

Where Am I?

Response from a reader

Where am I?

So as you can see, it’s a churchyard; it’s in Anse Severe - La Digue island.

Sun on my skin, blue of the sky and the green of the forest in my eyes, deep of the ocean into my mind.

I don’t need any signs to remind me of the beauty and unique feel of these islands near the equator.

Islands out of this world, where we had our honeymoon. Here the ocean is as blue as it’s been in my dreams!

Little kids’ smiles, the dignity of its women and the honesty of its men.

The hospitality, warmth and kindness of this people is second to none.

It is impossible to come here and not make at least one Seychellois friend.

Seychelles are all this and more.

Yes I love Seychelles and I shall return.

By Nicola Paglione, Italy
Do you think you know Seychelles?
This image is taken by the talented Suzanne Verlaque, somewhere but where? Send your answer to email ineke@seychellespublications.com along with why you love Seychelles in 200 words and you could win a Seychelles memorabilia from the Seychelles Tourism Board. Good Luck.

Photo credit: Suzanne Verlaque

Go to www.seychelles.travel and download your own digital copy
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| HONORARY CONSUL OF THE KINGDOM OF NETHERLANDS AND DEAN OF THE CONSULAR CORPS | Sunset Beach Hotel, Glacis, P.O. Box 372, Victoria, Mahé  
Tel №: (+248) 426 12 00 / (248) 426 11 11  
Fax №: (+248) 426 12 21                                                                 |
| HONORARY CONSUL OF THE KINGDOM OF DENMARK    | BODCO Building, New Port, P.O. Box 270, Victoria, Mahé  
Tel №: (+248) 428 57 00                                                                 |
| HONORARY CONSUL OF THE KINGDOM OF SWEDEN      | BODCO Building, New Port, P.O. Box 270, Victoria, Mahé  
Tel №: (+248) 428 57 00  
Fax №: (+248) 422 40 65                                                                 |
| HONORARY CONSUL OF THE KINGDOM OF SPAIN       | c/o Hunt Deltel, Trinity House, P.O. Box 14, Victoria, Mahé  
Tel №: (+248) 438 03 00  
Fax №: (+248) 422 53 67                                                                 |
| HONORARY CONSUL OF THE FEDERAL REPUBLIC OF GERMANY | The Centre for Environment and Education, Nature Seychelles, Roche Caiman, P.O. Box 1310, Victoria, Mahé  
Tel №: (+248) 460 11 00  
Fax №: (+248) 460 11 02                                                                 |
| HONORARY CONSUL OF THE ITALIAN REPUBLIC       | c/o Kreolor, Le Rocher, P.O. Box 499, Victoria, Mahé  
Tel №: (+248) 434 45 51  
Fax №: (+248) 434 47 54                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF INDONESIA  | c/o Tirant Associates, Room 104, 1st Floor, Ocean Gate House, P.O. Box 31, Victoria, Mahé  
Tel №: (+248) 422 48 35 / 422 50 77  
Fax №: (+248) 422 51 56                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF MAURITIUS  | Conservation Centre, Roche Caiman, P.O. Box 1310, Victoria, Mahé  
Tel №: (+248) 460 11 00 / (248) 460 11 01  
Fax №: (+248) 278 01 42                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF HUNGARY    | c/o 7th South, Kingsgate House, Independence Avenue, P.O. Box 475, Victoria, Mahé  
Tel №: (+248) 429 28 00  
Fax №: (+248) 429 28 99                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF MOROCCO    | c/o Allied Builders (Seychelles) Limited, Les Mamelles, P.O. Box 215, Victoria, Mahé  
Tel №: (+248) 438 07 00  
Fax №: (+248) 434 45 60                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF MEXICO     | c/o BMI Offshore Bank, P.O. Box 672, Victoria, Mahé  
Tel №: (+248) 432 56 60  
Fax №: (+248) 432 54 90                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF MALAYSIA   | The Centre for Environment and Education, Nature Seychelles, Roche Caiman, P.O. Box 1310, Victoria, Mahé  
Tel №: (+248) 460 11 00  
Fax №: (+248) 460 11 02                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF INDIA      | c/o Tirant Associates, Room 104, 1st Floor, Ocean Gate House, P.O. Box 31, Victoria, Mahé  
Tel №: (+248) 422 48 35 / 422 50 77  
Fax №: (+248) 422 51 56                                                                 |
| HONORARY CONSUL OF THE REPUBLIC OF MOROCCO    | c/o Allied Builders (Seychelles) Limited, Les Mamelles, P.O. Box 215, Victoria, Mahé  
Tel №: (+248) 438 07 00  
Fax №: (+248) 434 45 60                                                                 |
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<td>Switzerland</td>
<td>MG Building, Providence Industrial Estate, P. O. Box 935, Victoria, Mahé</td>
<td>(+248) 437 42 78, (+248) 437 43 04</td>
</tr>
<tr>
<td>Serbia</td>
<td>Glacis, P. O. Box 1001, Victoria, Mahé</td>
<td>(+248) 426 11 75, (+248) 441 06 00</td>
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<tr>
<td>Finland</td>
<td>Fisherman’s Cove Estate, House No.69, Bel Ombre, P. O. Box 1191, Victoria, Mahé</td>
<td>(+248) 271 98 30</td>
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<tr>
<td>Thailand</td>
<td>BODCO Building, New Port, P. O. Box 933, Victoria, Mahé</td>
<td>(+248) 422 45 47, (+248) 432 38 88</td>
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<tr>
<td>Slovak Republic</td>
<td>c/o Creole Travel Services, Orion Mall Building, P. O. Box 611, Victoria, Mahé</td>
<td>(+248) 429 70 00, (+248) 422 58 17</td>
</tr>
<tr>
<td>Cyprus and Dean of the Consular Corps</td>
<td>SkyChef, Seychelles Airport, P. O. Box 450, Victoria, Mahé</td>
<td>(+248) 437 30 50 / 437 31 55 / 438 17 50, (+248) 437 34 56</td>
</tr>
<tr>
<td>Belgium</td>
<td>1st Floor, Eden Marina House, Eden Island, Roche Caiman, P. O. Box 232, Victoria, Mahé</td>
<td>(+248) 434 61 61 / (+248) 251 11 05, (+248) 434 61 00</td>
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<tr>
<td>Nigeria</td>
<td>Quincy Street, P. O. Box 88, Victoria, Mahé</td>
<td>(+248) 432 26 39, (+248) 432 61 00</td>
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<tr>
<td>Hungary</td>
<td>Docklands Building, New Port, P. O. Box 743, Victoria, Mahé</td>
<td>(+248) 271 51 96</td>
</tr>
<tr>
<td>Maldives</td>
<td>P. O. Box 63, Victoria, Mahé</td>
<td>(+248) 424 71 77, (+248) 424 76 76</td>
</tr>
<tr>
<td>Norway</td>
<td>Office C3, Trainon Apts, Serret Road, St. Louis, P. O. Box 723, Victoria, Mahé</td>
<td>(+248) 251 22 20</td>
</tr>
<tr>
<td>South Korea</td>
<td>New Port, P. O. Box 222, Victoria, Mahé</td>
<td>(+248) 429 06 00, (+248) 422 44 56</td>
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### RESIDENT FOREIGN AMBASSADOR HIGH COMMISSIONERS IN SEYCHELLES

<table>
<thead>
<tr>
<th>Foreign Mission</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
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<tbody>
<tr>
<td><strong>HIGH COMMISSION OF INDIA</strong></td>
<td>Francis Rachel Street, P. O. Box 488, Victoria, Mahé</td>
<td>Tel: (+248) 461 03 01, Fax: (+248) 461 03 08</td>
</tr>
<tr>
<td><strong>EMBASSY OF THE PEOPLE’S REPUBLIC OF CHINA</strong></td>
<td>St. Louis, P. O. Box 680, Victoria, Mahé</td>
<td>Tel: (+248) 467 17 00, Fax: (+248) 467 17 30</td>
</tr>
<tr>
<td><strong>BRITISH HIGH COMMISSION</strong></td>
<td>3rd Floor, Oliagi Trade Centre, P. O. Box 161w, Victoria, Mahé</td>
<td>Tel: (+248) 428 36 66, Fax: (+248) 428 36 57</td>
</tr>
<tr>
<td><strong>AMBASSADE DE FRANCE</strong></td>
<td>1er Etage, La Ciotat, Mont Fleuri, P. O. Box 478, Victoria, Mahé</td>
<td>Tel: (+248) 438 25 00, Fax: (+248) 438 25 10</td>
</tr>
<tr>
<td><strong>EMBASSY OF THE REPUBLIC OF CUBA</strong></td>
<td>Bel Eau, P. O. Box 730, Victoria, Mahé</td>
<td>Tel: (+248) 422 40 94</td>
</tr>
<tr>
<td><strong>EMBASSY OF THE RUSSIAN FEDERATION</strong></td>
<td>Le Niole, St. Louis, P. O. Box 632, Victoria, Mahé</td>
<td>Tel: (+248) 426 65 90, Fax: (+248) 426 66 53</td>
</tr>
<tr>
<td><strong>AMBASSADE DE L’ORDRE SOUVERAIN MILITAIRE DE MALTE</strong></td>
<td>Clarence House, Vista Bay Estate, Glangis, P. O. Box 642, Victoria, Mahé</td>
<td>Tel: (+248) 426 11 37, Fax: (+248) 426 11 37</td>
</tr>
<tr>
<td><strong>EMBASSY OF LIBYA</strong></td>
<td>Transvaal House, Beau Vallon, P. O. Box 1177, Victoria, Mahé</td>
<td>Tel: (+248) 462 06 67, Fax: (+248) 462 04 44</td>
</tr>
<tr>
<td>Country</td>
<td>Diplomatic Mission Details</td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
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</table>
| BELGIUM                 | Embassy of the Republic of Seychelles  
1st Floor, 28 Boulevard Saint Michel  
Box 23, 1040 Brussels, Belgium  
Telephone №: (322) 733 60 55  
Telefax №: (322) 732 60 22  
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| FRANCE                  | Ambassade de la République des Seychelles  
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| INDIA                   | High Commission of the Republic of Seychelles  
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**SOUTH AMERICA**
**BRAZIL**
Global Vision Access
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Paraiso, Sao Paolo
SP 04001-080 Brazil
Tel: (55) 11 2367.3170
Fax: (55) 11 99627.3160
Email: gisele@globalvisionaccess.com
## Contacts

### Airlines

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emirates Airline</td>
<td>Caravelle House</td>
<td>(+248) 4284000</td>
<td>(+248) 4322777</td>
<td><a href="mailto:ekseychelles@emirates.com">ekseychelles@emirates.com</a></td>
<td><a href="http://www.emirates.com">www.emirates.com</a></td>
</tr>
<tr>
<td>Kenya Airways</td>
<td>Kingsgate Travel Centre</td>
<td>(+248) 4323903</td>
<td>(+248) 4324162</td>
<td><a href="mailto:gez.sales@kenya-airways.com">gez.sales@kenya-airways.com</a></td>
<td><a href="http://www.kenya-airways.com">www.kenya-airways.com</a></td>
</tr>
<tr>
<td>Ethiopian Airline</td>
<td>Mason’s Travel Building</td>
<td>(+248) 4288907</td>
<td></td>
<td><a href="mailto:marenau@masonstravel.com">marenau@masonstravel.com</a></td>
<td><a href="http://www.ethiopianairlines.com">www.ethiopianairlines.com</a></td>
</tr>
<tr>
<td>ZIL Air</td>
<td>Zil Air (Pty) Ltd.</td>
<td>(+248) 4375100</td>
<td>(+248) 4375101</td>
<td><a href="mailto:info@zilair.com">info@zilair.com</a></td>
<td><a href="http://www.zilair.com">www.zilair.com</a></td>
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### Emergency

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Police Station</td>
<td>Victoria</td>
<td>(+248) 428000</td>
<td>(+248) 4224412</td>
<td><a href="mailto:office@police.gov.sc">email</a></td>
<td><a href="http://www.police.gov.sc">www.police.gov.sc</a></td>
</tr>
<tr>
<td>Baie St. Anne Police Station</td>
<td>Baie St. Anne</td>
<td>(+248) 4232332</td>
<td>(+248) 4232075</td>
<td><a href="mailto:baiestanne-stn@seypolice.sc">email</a></td>
<td><a href="http://www.police.gov.sc">www.police.gov.sc</a></td>
</tr>
<tr>
<td>Grand Anse Police Station</td>
<td>Grand Anse</td>
<td>(+248) 4233251</td>
<td>(+248) 4233933</td>
<td><a href="mailto:grandanse-stn@seypolice.sc">email</a></td>
<td><a href="http://www.police.gov.sc">www.police.gov.sc</a></td>
</tr>
<tr>
<td>La Digue Police Station</td>
<td>La Passe, La Digue</td>
<td>(+248) 4234251</td>
<td>(+248) 4234031</td>
<td><a href="mailto:ladigue-stn@seypolice.sc">email</a></td>
<td><a href="http://www.police.gov.sc">www.police.gov.sc</a></td>
</tr>
<tr>
<td>Seychelles Hospital</td>
<td>Mt. Fleuri</td>
<td>(+248) 4388000</td>
<td>(+248) 4388000</td>
<td><a href="mailto:office@moh.gov.sc">email</a></td>
<td><a href="http://www.health.gov.sc">www.health.gov.sc</a></td>
</tr>
<tr>
<td>Immigration Office (Airport)</td>
<td>Seychelles International Airport</td>
<td>(+248) 4233414</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Praslin Airport</td>
<td>Amitié</td>
<td>(+248) 4284666</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seychelles Hospital</td>
<td>Mt. Fleuri</td>
<td>(+248) 4388000</td>
<td>(+248) 4388000</td>
<td><a href="mailto:office@moh.gov.sc">email</a></td>
<td><a href="http://www.health.gov.sc">www.health.gov.sc</a></td>
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<tr>
<td>Ambulance</td>
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### Phone Operators

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<th>Phone</th>
<th>Fax</th>
<th>Email</th>
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</tr>
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<tbody>
<tr>
<td>Cable &amp; Wireless (Seychelles) Ltd.</td>
<td>Francis Rachel Street</td>
<td>(+248) 4284000</td>
<td>(+248) 4322777</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Airtel Telecom (Seychelles)</td>
<td>Emerald Building</td>
<td>(+248) 4600600</td>
<td>(+248) 4601602</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Praslin Airport</td>
<td>Amitié</td>
<td>(+248) 4284666</td>
<td></td>
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</tr>
<tr>
<td>Seychelles Hospital</td>
<td>Mt. Fleuri</td>
<td>(+248) 4388000</td>
<td>(+248) 4388000</td>
<td><a href="mailto:office@moh.gov.sc">email</a></td>
<td><a href="http://www.health.gov.sc">www.health.gov.sc</a></td>
</tr>
<tr>
<td>Immigration Office (Airport)</td>
<td>Seychelles International Airport</td>
<td>(+248) 4233414</td>
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### Ferry

<table>
<thead>
<tr>
<th>Name</th>
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<th>Fax</th>
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<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Cat Cocos Ferry - Inter Island</td>
<td>Boats Ltd</td>
<td>(+248) 4297164</td>
<td>(+248) 4324845</td>
<td><a href="mailto:reservation@catcocos.com">reservation@catcocos.com</a></td>
<td></td>
</tr>
<tr>
<td>Kingsgate House, Victoria, Mahé, Seychelles</td>
<td></td>
<td>(+248) 4297164</td>
<td>(+248) 4324845</td>
<td><a href="mailto:reservation@catcocos.com">reservation@catcocos.com</a></td>
<td><a href="http://www.catcocos.com">www.catcocos.com</a></td>
</tr>
<tr>
<td>Praslin to La Digue Ferry</td>
<td>Inter Island Ferry Ltd</td>
<td>(+248) 4322329</td>
<td></td>
<td></td>
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</table>

### ZIL Air

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zil Air (Pty) Ltd.</td>
<td>Pointe Larue</td>
<td>(+248) 4375100</td>
<td>(+248) 4375101</td>
<td><a href="mailto:info@zilair.com">email</a></td>
<td><a href="http://book@zilair.com">book@zilair.com</a></td>
</tr>
<tr>
<td></td>
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### Seychelles Hospital

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Baie Ste Anne Praslin</td>
<td>Hospital</td>
<td>4233414</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Logan La Digue</td>
<td>Hospital</td>
<td>4234255</td>
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</tr>
</tbody>
</table>

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