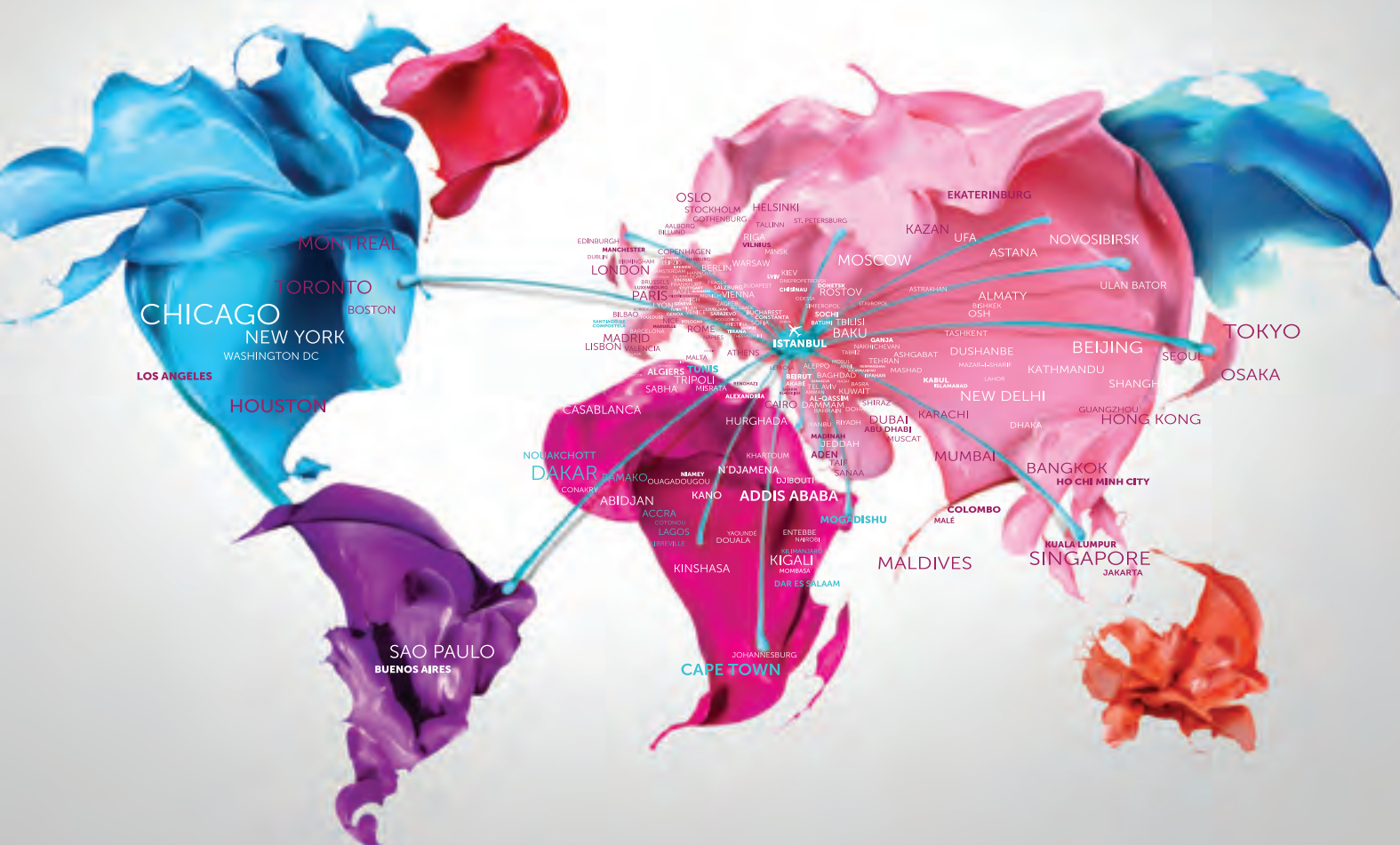




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RED SEA RIVIERA

Where you should be



Issue 1, September 2015, free copy



*"My soul is full of longing
for the secret of the sea,
and the heart of the great ocean
sends a thrilling pulse through me."*

Henry Wadsworth Longfellow

Letter from the Red Sea Governor



Dear Guests,

It gives me a great pleasure to welcome you to our Red Sea Riviera. We are sure there are plenty things for you to enjoy on land and sea, not to forget the everlasting sunshine of the Red Sea Riviera. We are proud of our capital Hurghada which received the award of 'Best Beach City' and of the southern city Marsa Alam, which received the award of 'Best Touristic City' on the Holidaycheck survey 2013.

Our cities have a lot to offer to you and your family, so please use this magazine to learn more about the wide variety of attractions, facilities, landscapes and specialties of our area.

Wish you a pleasant and memorable stay.

G. Ahmed Abdulla
Red Sea Governor



Content

Highlights



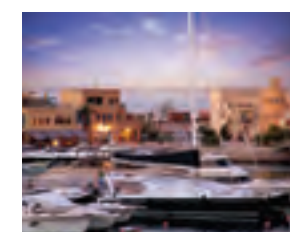
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SUNRISE

Resorts & Cruises

EGYPT

Nothing truly defines the concepts of SUNRISE Resorts & Cruises more than our slogan "Welcome Home"!

Our guests get to experience the breathtaking Red Sea weather, indigenous Egyptian culture and history from each hotel's unique location. However, we know that even the best locations and offerings would be meaningless without outstanding guest service. For that we are very keen at providing you with a team of dedicated and highly professional employees, committed to providing you with a truly memorable holiday experience.

In total SUNRISE Resorts & Cruises are at the moment offering in 13 Resorts and 7 Nile Cruisers very high quality and comfort, culinary specialties, various sport activities and a relaxing atmosphere for our guests.

All our SUNRISE hotels and cruises are designed with care and reflect the local culture and heritage.

Each property comes with its own charming flair and tailor made concepts to full fill all our guests' priorities.

For guests, who strive for a luxurious experience we have developed our Grand Select concept, which are offering exclusive service in order to provide them with a holiday beyond their dreams.

Our Select Resorts are upscale properties which are offering exclusive service standards for guests, who wish something special and a high quality during their holiday.

Our rooms meet our guest's sophisticated expectations, with the highest standards of quality in every amenity we provide. Feel the welcoming spirit in each of our room types and rest assured that your holiday will be an outstanding one.

Savor the finest dishes and enjoy an outstanding choice of culinary delights in our restaurants. At our different bars you will find cocktails, wine and cool drinks, snacks, cakes and ice cream. Be impressed by the exquisite array of a la carte restaurants our resorts have to offer.

During the day, enjoy snacks in various outlets. And when night falls, our bars with their charming flair will provide for a pleasant evening.

Beach and the spectacular pool areas make sure that everybody will find a place to relax.

For those who seek more adventure there is the possibility to explore the wealth of the Red Sea whilst snorkeling or diving. The modern gym will turn the regular exercise routine into an indispensable life style. An oasis of relaxation can be found in the SPA. Re-discover yourself and choose from a variety of relaxing massages, facials and body treatments and personalized wellness programs.

Times will change but our dedication to perfecting the Red Sea Travel experience never will. Our priorities are straightforward; simply, giving you a home away from home, and creating unforgettable holiday experiences of supreme comfort and enjoyment set against a backdrop of exquisite Egyptian craftsmanship.

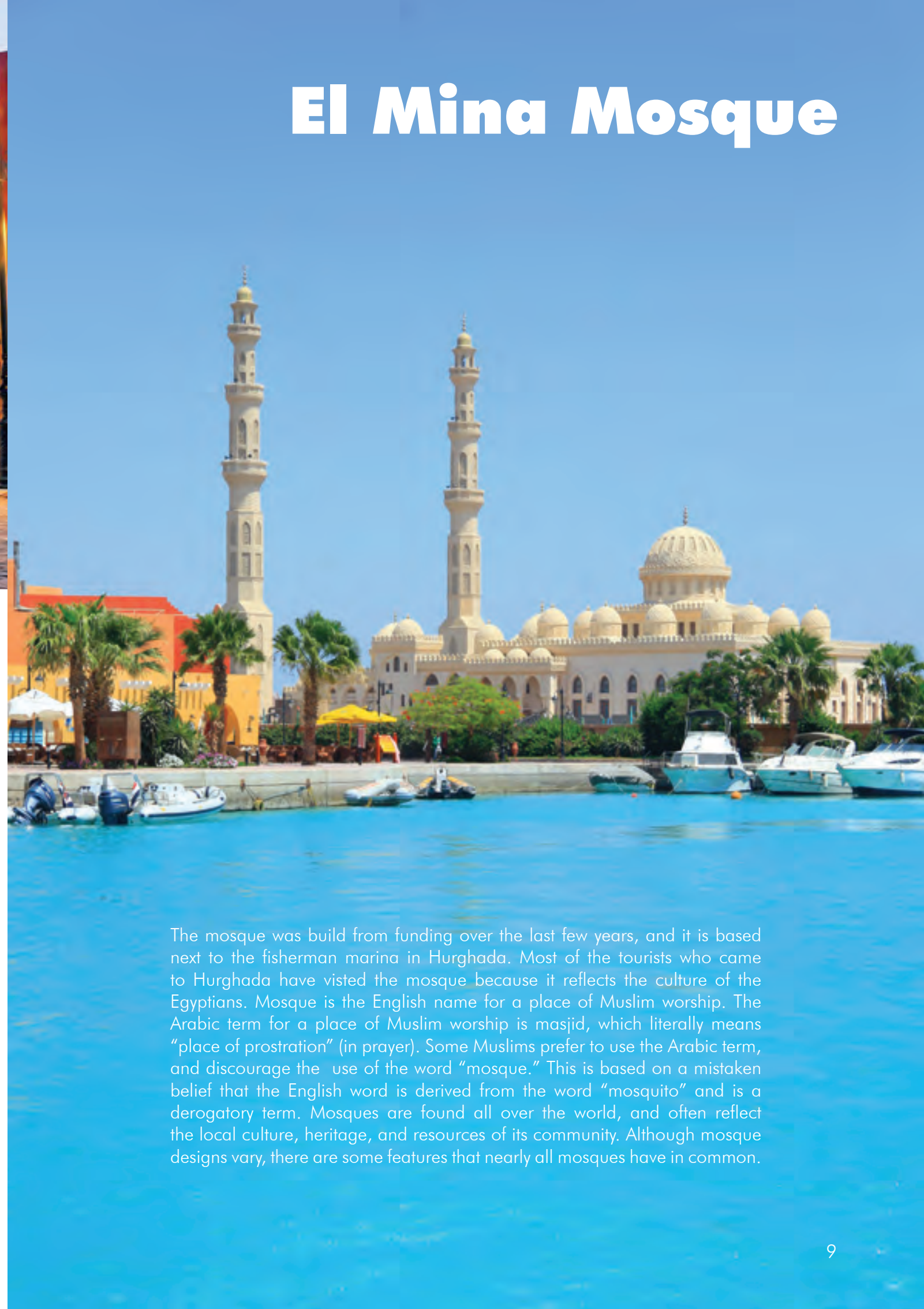
SUNRISE

Resorts & Cruises

EGYPT



www.sunrise-resorts.com



El Mina Mosque

Hurghada

The city was founded in the early 20th century, and since the 1980s has been continually enlarged by Egyptian and foreign investors to become the leading seashore resort on the Red Sea.

Holiday villages and hotels provide aquatic sport facilities for sailboarders, yachtsmen, scuba divers and snorkelers. Hurghada stretches for about 36 kilometres (22 mi) along the seashore, and it does not reach far into the surrounding desert. The resort is a destination for Egyptian tourists from Cairo, the Delta and Upper Egypt, as well as package holiday tourists from Europe, notably Italians, Britains and Germans.

Until a few years ago it was a small fishing village. Today Hurghada counts 248.000 inhabitants and is divided into three parts: Downtown (El Dahar) is the old part; Sekalla is the city center, and El Memsha (Village road)

is the modern part. Sakalla is the relatively modest hotel quarter. Dahar is where the town's largest bazar, the post office and the long-distance bus station are situated. The city is served by the Hurghada International Airport with scheduled passenger traffic to and from Cairo and direct connections with several cities in Europe. The airport has undergone massive renovations to accommodate rising traffic.

Hurghada is known for its watersports activities, nightlife and warm weather. Daily temperature hovers round 30 degrees celsius most of the year. Numerous Europeans spend their Christmas and New Year holidays in the city, primarily Germans, Russians and Italians.



The mosque was build from funding over the last few years, and it is based next to the fisherman marina in Hurghada. Most of the tourists who came to Hurghada have visted the mosque because it reflects the culture of the Egyptians. Mosque is the English name for a place of Muslim worship. The Arabic term for a place of Muslim worship is masjid, which literally means "place of prostration" (in prayer). Some Muslims prefer to use the Arabic term, and discourage the use of the word "mosque." This is based on a mistaken belief that the English word is derived from the word "mosquito" and is a derogatory term. Mosques are found all over the world, and often reflect the local culture, heritage, and resources of its community. Although mosque designs vary, there are some features that nearly all mosques have in common.



MARSA ALAM

20 years ago Marsa Alam was little more than a fishing village, but the region's beautiful beaches and its' virgin coral reefs are set to make it a prime holiday spot.

GEOGRAPHY

It is located on the western shore of the Red Sea near the Tropic of Cancer where the Arabian Desert meets the Red Sea. It is about 280 km to the south of Hurghada. The city contains two villages Shaikh Shazly and Baranees.

POPULATION

The native inhabitants of Marsa Alam mainly belong to two tribes, ababda and Besharya, who inhabit all around the southern area of the Red Sea Governorate. After starting the new economic activities, many people came to live and work in the city from around Egypt, specially young people.

ECONOMY

The main economic activities in marsa Alam are tourism and mining. Recently, Marsa Alam has become a fast growing tourist city due to its fantastic beaches, tranquility and wonderful climate and nature. Now Marsa Alam diving sites are among the most attractive diving sites in the Red Sea for experienced divers. Healthy coral reefs and the wide range of underwater wildlife such as dugongs and dolphins are the principal draw factors of the city.

Samadai reef in Marsa Alam (also known as the home of dolphins) is one of the most popular diving sites around the world where you can watch a large group of harmless spinner dolphins. As a result of these characteristics, many high-standard hotels were built in Marsa Alam, so the city is ready for receiving more and more visitors. Gold mining is a new economic activity in Marsa Alam as El-Sukary Gold Mine, west of Marsa Alam, started working few years ago. The mine is a promising project which is expected to produce a big quantity of gold during the few next years.

Safaga

The town is located on the western coast of the Red Sea, about 60 km south of Hurghada, 80km north of Al Quseir and 160km east of Qena.

Safaga is one of the oldest ports on the Red Sea, as it started its activity at the time of the ancient Egyptians. In modern times, 1911, it became very important for exporting phosphate.

During World War 2 Safaga port was used by the allies. A relic of this time is a well known wreck near the port. The ship belonged to the British army and was used to serve

the British troops. It was as a complete workshop for repairing and maintaining war equipment and vessels. This ship was sunk by the German air force in 1944

The port is also considered to be a principal fortified position for the Egyptian navy to guard the South East of Egypt. Furthermore, it is used to serve the pilgrims going to and from Saudi-Arabia, to export aluminum and phosphate and to import wheat.

The area consists of many bays and Safaga is located on the largest one of them, opposite Safaga Island which acts as a natural barrier against large waves.



RAS GHAREB CITY

Ras Ghareb is the second largest city in Red Sea Governorate and the most important Egyptian city in oil production.

Geography

It is located 150 Km to the north of Hurghada on the Red Sea coast. It is bordered on the north by Suez Governorate, to the south by Gabal El-Zait region, to the east by Suez Gulf and to the west by the Governorates of Al-Menia and Beni Suef. Two villages follow the city, Zaafarana to the north and Wadi Dara to the south.

History

In 1871, the French designer Gostave Eiffel, who designed Eiffel Tower in Paris, designed a lighthouse in Ras Ghareb, it was the only thing in the region then. Ras Ghareb is named after the mountain of Ghareb, 1750 m high, which is near to this region.

The city was founded in 1932 with the start of the first oil production field.

Economy

Oil production is the main economic activity in the city, many national, foreign, joint and private oil production companies.

Population

About 60.000 people inhabit the city, most of which work in the oil production sector.



Sahl Hasheesh



A jewel on the Red Sea coast, Sahl Hasheesh is the fastest-rising luxury resort development in Egypt. Located only 18 kilometers south of the Hurgada International Airport and 20 kilometers south of the city of Hurgada, the resort city is readily accessible within 25 minutes of arrival.

Its prime and highly accessible location on the Red Sea Coast is just a short flight from Cairo (under 1 hour), the Middle East, United Kingdom and other major European cities (2-4 hours).

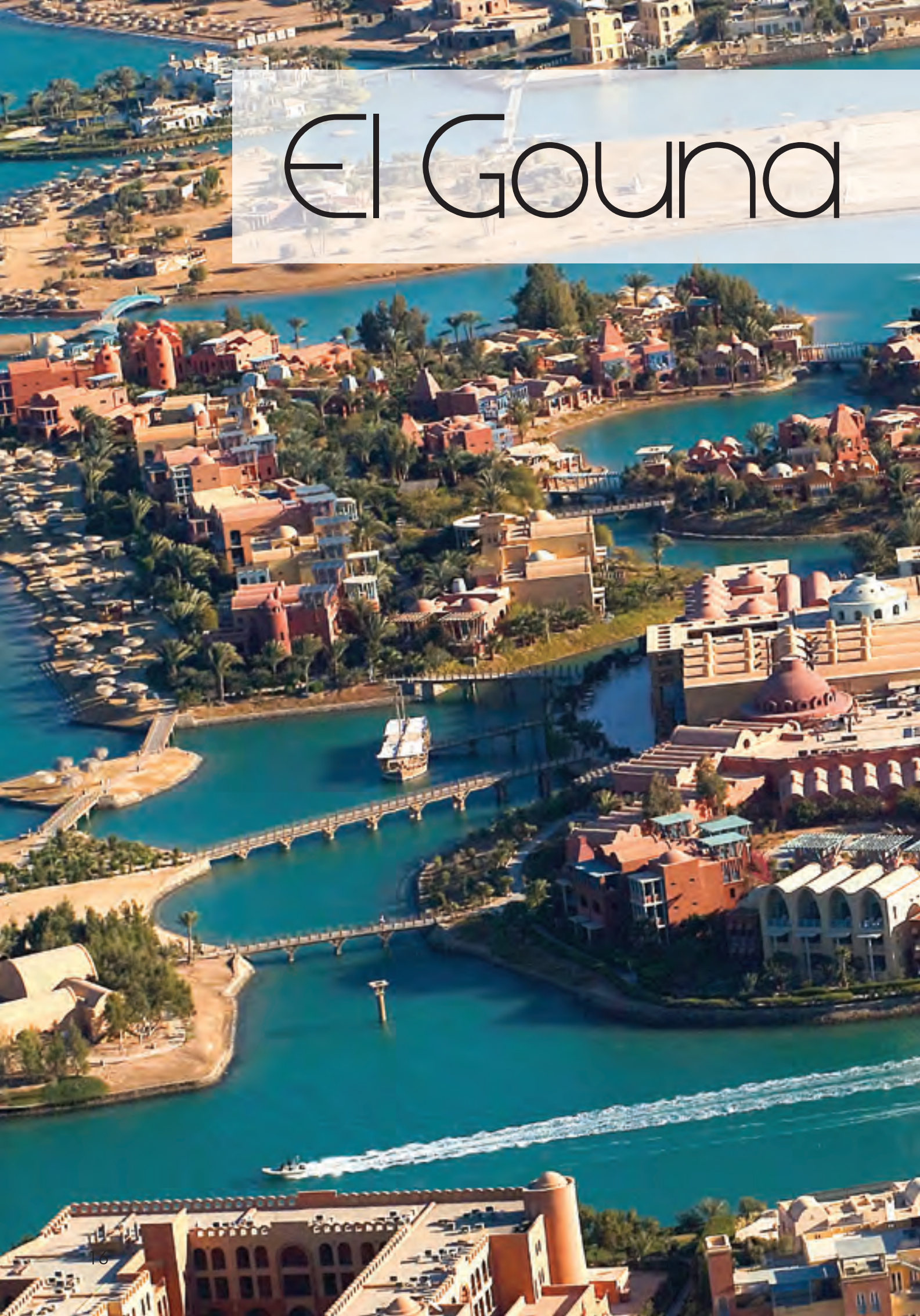
This premier destination offers a host of exciting activities and opulent resorts nestled in a pristine and protected environment along the Sahl Hasheesh Bay.

As a pioneering development for Egypt, the cornerstone of Sahl Hasheesh's evolution has been sustainability.

At full build out, Sahl Hasheesh, with a land area approximately two-thirds the size of the island of Manhattan - will stand as one of the most dynamic seaside communities in Egypt.

We hope to see you walking along the shores of this enchanting community soon.





El Gouna

A privately owned luxury hotel town, about 25 km north of Hurghada.

Quiet and clean, the town consists of several islands separated by channels and connected by bridges.

Besides 17 hotels and 3 marinas, there are also 2.200 private villas and apartments, while many more are under construction. It is promoted by some as Egypt's Venice. It is built on 10 km of beachfront and has unique and diverse architecture.

El Gouna provides diving and watersports centers, horse stables, go-karting, shopping arcades, bazaars, a wide selection of restaurants and bars, night clubs, an internet cafe, four bank branches, many automated teller machines (ATMs), two pharmacies, the El Gouna international school, El Gouna national school, a nursery, a private hospital, three marinas, a library, an airport, one of several casinos on the Red Sea coast, a private radio station, a post office, a museum, real estate offices and an 18-hole golf course designed by Gene Bates with a unique aqua driving range.



climate

Hurghada has a subtropical-desert climate.

Köppen climate classification, with mild-warm winters and hot to very hot summers. Temperatures in the period December–January–February are warm, while November, March and April are comfortably warm. May and October is hot and the period from June to September is very hot.

Sunshine hours are around 3,800 per year one of the highest results in the world from average 9 hours of sunshine / day in December to average 13 hours in July. The average annual temperature of sea is 24 °C (75 °F), ranging from 21 °C (70 °F) in winter up to 30°C (86°F) in summer.



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Diving



Each of the Red Sea's numerous resorts offers something different, meaning diving on your holiday to Egypt can be a different experience every time. The allure of this place is in the explosive colours and stunning marine life, beautiful coral formations, reefs and sunken wrecks. New dive sites are scouted all of the time, many of these being accessible from multiple resorts by boat.

Egypt's Red Sea diving and snorkeling opportunities are divided across three main resorts or areas.

- Mainland resorts to the north, including El Gouna and Hurghada
- Mainland resorts to the south including Marsa Alam and El Quseir
- On the Sinai Peninsula, Sharm El Sheikh and Dahab are two of the country's best known dive sites

Hurghada, El Gouna and Marsa Alam offer a proximity to ancient sites at Cairo and Luxor, which are more difficult to reach from the likes of Sharm El Sheikh and Dahab.

At present, there are 17 major wreck dives to explore in the Red Sea and a staggering 1.200 different species of fish are found there – almost 20% of marine life being native to the Red Sea alone.

Throughout the year, the water temperature drops to 20°C, and peaks at 30°C.

The Red Sea coast of mainland Egypt and Southern Sinai is flanked by literally hundreds of dive sites (and an even greater number of dive centers). Dive operators in competitive areas such as Sharm El Sheikh sometimes offer free trial sessions in your hotel's pool and tailored diving courses so that children as young as eight are able to try diving.



Marine Life

For both the water quality and the sheer amount of marine life there is to see on a dive here, the Red Sea is unrivalled. Even on Christmas Day you could find yourself diving with dolphins, turtles, giant groupers, or swimming amidst a breath-taking shoal of butterfly fish.

Marine life in the Red Sea varies from region to region, with large mammals such as dugong and dolphins most likely to be spotted in quieter areas. Turtles, stingrays, eels and octopi are more common sights in many of the resorts.

The Red Sea is home to a number of endangered species, the dugong (seen most commonly in Marsa Alam) and both green and Hawksbill sea turtles are protected species sighted more often here than anywhere else in the world.

Safety

SCUBA is an acronym for the equipment used by divers – short for: Self Contained Underwater Breathing Apparatus. More technical than snorkeling, be sure to check that your travel insurance covers this activity before you book and always book with a reputable company.

To find out what safety measures your company have in place or the instructor's qualifications, ask your booking contact or instructor.

Egypt's government is more active than ever in enforcing safety measures for divers of all ages.

Questions to ask yourself before planning a dive trip

Do you suffer from epilepsy, heart problems or any other ailment which cause loss of consciousness or fitting?

Consult your doctor and instructors, though if you have been fit free for a number of years diving can be considered.

Are you pregnant?

Most, if not all doctors, recommend postponing a diving trip until after pregnancy as the potential risk is considered too high.

Have you been drinking or using drugs?

Diving under the influence of any substance that affects your judgement or motor function should be avoided.

Do you have a perforated eardrum, or regularly suffer from ear infections?

Severe ear infection can result from diving with a perforated eardrum, and in some cases meningitis has been known to follow.

Safety always comes first!

Every dive operator with at least an ounce of self respect will offer you a chamber insurance when you're checking in. You should be aware of that even if you have a health insurance that covers sport activities it might not extend to scuba diving. Even if yours does, it might not work in Egypt. If you have a DAN insurance it's all green light but if the chamber staff does not recognize your insurance company you might have to pay cash here and then reclaim the money when you come back home.

In Hurghada area there are at the moment three chamber-operators that offer insurance. Two of those are private chambers, HyperMed next to the airport and Deco Support in El Gouna. The third is the Naval Hyperbaric Hospital located opposite of Grand Azur Hotel. There is also one chamber in Marsa Alam and one in Sharm el Sheikh. When you book your dive holiday, first make sure that the dive operator you are choosing is affiliated with one of those chambers. This for two reasons: You want to be insured in case something goes wrong and you want the dive operator you're diving with to support the local chamber.

Your insurance will cover you for treatment providing that you follow the rules. The law says maximum 40m depth for recreational diving in Egypt. The same is the maximum allowed depth the private chambers insure to. However, you are also limited to the maximum depth of your dive qualification; Open Water 18m, Advanced Open Water 30m and Deep Specialty Diver 40m. If you break the rules and get bent you can be in for a costly procedure.

EL GOUNA

D.E.C.O. International
Operating since 2000
Read more on www.deco-international.com
El Gouna Diving & Hyperbaric Medicine
Located at El Gouna Hospital

HURGHADA

HyperMed
The newest DECO Chamber facility in Hurghada located right opposite of the airport
Read more www.hypermed.org
email: info@hypermed.org

Naval Hyperbaric Hospital
Hurghada Navy Hyperbaric and Trauma Center
Located at Tourist Harbor
24hr Emergency

SAFAGA

D.E.C.O. International
Located in Safaga General Hospital

MARSA ALAM

BaroMedical
The first Diving Emergency company in the Red Sea operating a chamber in Marsa Shagra around 20km north of central Marsa Alam
Marsa Alam Hyperbaric Chamber
Located at Ecolodge, Marsa Shagra
24hr Emergency

HAMATA

D.E.C.O. International
Hyperbaric Medical Centre
Located in Marina of Hamata, 135km south of M.A.
Contact: Dr Fadel El Fayoumi



Introduction to dolphins

Dolphins are very intelligent and they seem to be well loved by humans. This aquatic mammal has been able to fascinate us in a variety of ways. They are curious, form strong bonds within their pod, and they have been known to help humans in a variety of circumstances including rescues and with fishing.

There are 43 different species of dolphins that have been recognized. 38 of them are marine dolphins which are those that we are the most aware of and 5 of them are river dolphins. It can be very interesting to look at each of these species uniquely versus dolphins as a whole.

They are very entertaining due to the leaps that they make out of the water. Some of them leap up to 30

feet in the air as they do so. They have to come to the surface to for water at different intervals to get air. This can be from 20 seconds to 30 minutes between when they get air. The body of the dolphin is grayish blue and the skin is very sensitive to human touch and to other elements that could be in the water.

The future is at risk for the various species of dolphins though due to habitat destruction, problems finding food, pollutants in the water, and even injuries or death due to getting tangled up in fishing nets or hitting boats in the water. There are conservation efforts in place out there to help protect them so that they can have a very good future. The average lifespan for a dolphin in the wild is 17 years. However, some have been documented to live to the age of 50.



Dolphins have been interacting with humans for as long as we have known of their existence. During this time, their more dangerous predator and the only one that have dramatically reduced dolphin population is the human. Even though we all agree that Dolphins are wonderful creatures that seem to be extremely intelligent and friendly, we still are a huge threat for dolphins. This site is a tribute for dolphins, those great animals which everybody likes, but most know so little about them.

A deeper knowledge and further information about dolphins is definitively the first step towards better conservation and understanding of these wonderful mammals. Besides, the information is the weapon and our little contribution to fight dolphin killing and habitat damage.

Even though dolphins have 100 teeth, they don't use them for eating. They do use them to get the fish though and then they swallow them. They can consume up to 30 pounds fish per day. They usually work as a team in their pod to get the school of fish surrounded and balled up. From there, they can plow through the middle and eat plenty as they do so. They take turns doing this so that all that participated get to dine on the fish. This is just one of the many different types of feeding strategies that they may take part in. They do what is necessary to get the food for the pod members. It can include jumps, zig zag patterns, circles, and a combination of efforts to get the job done.

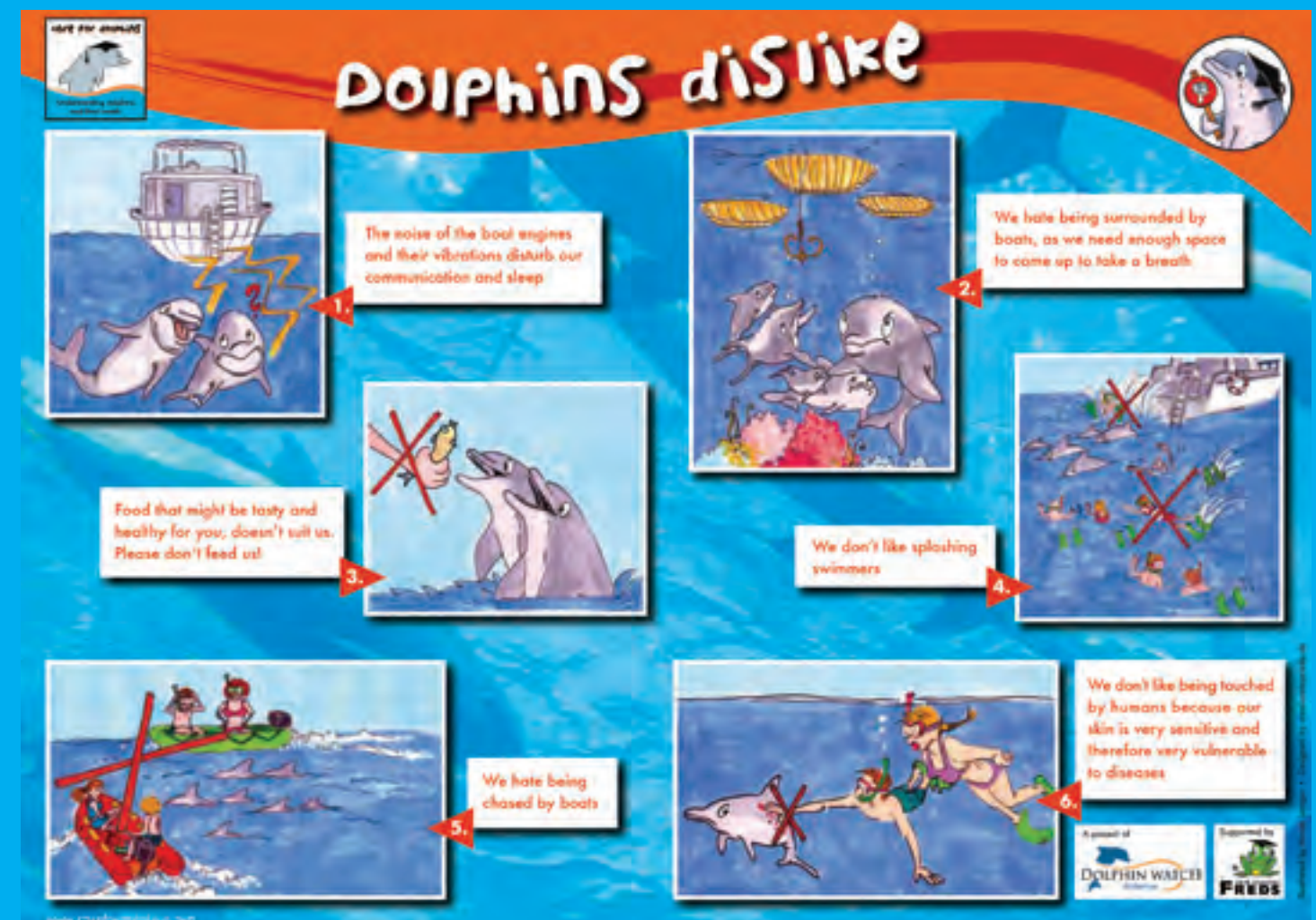
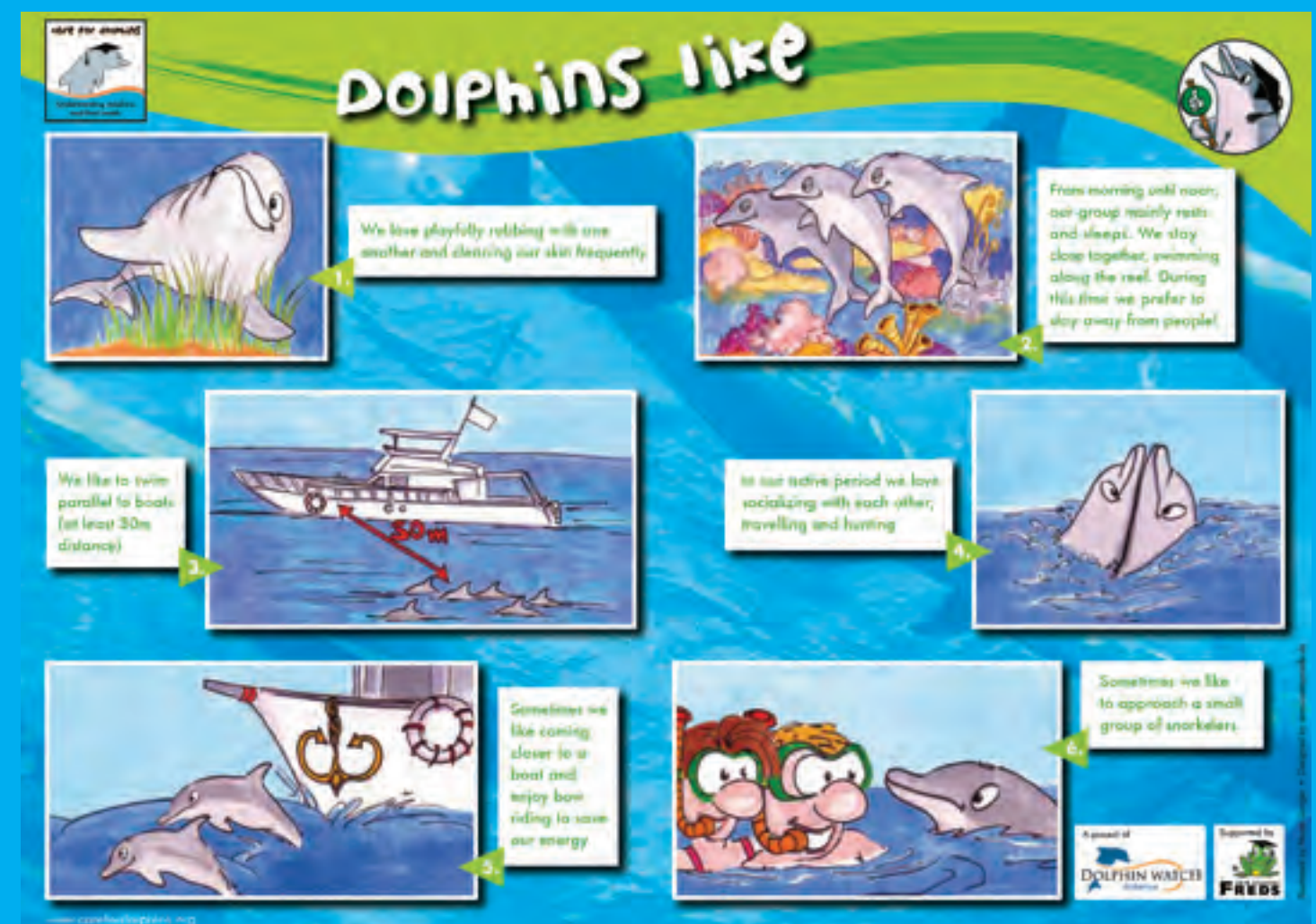
Most of the species of dolphins live in saltwater but there are some that are able to do well in the freshwater locations. They are mainly found in the freshwater of the Amazon River. They are easily seen by humans as they tend to stick to the shallow locations of the water.

The difference in size of the various species of dolphins is amazing. The larger ones can weigh about 11 tons and be close to 30 feet long. The smaller ones are about 90 pounds and 4 feet long. Between those two spectrums you will find all weights and lengths. The species as well as their location play a huge role in their overall size. The body of a dolphin is designed to help them move through the water quickly and without exerting huge amounts of energy.

They rely on their pectoral fins and the fluke (tail) to help them navigate through the water. Through extensive research, echolocation has been identified as a key element of dolphin life. It allows them to communicate in the water by identifying sound waves. It is a complex ability that stems from the melon that is located in the head of a dolphin.

All dolphin species have a blowhole. Dolphins have very good vision, and they are able to see what is around them both in the water and when they are above the surface of it. They have excellent hearing too, with the ability to hear about 10 times better than humans. The sense of smell isn't well developed for them though. The sense of touch is very sensitive for dolphins and they use it for bonding within their pods. They rely on a combination of their senses to avoid danger, to find food, and to socialize.

Even though we have plenty of information about dolphins today, there are plenty of questions that remain about their past. There are theories of evolution and even some fossil remains that have surfaced to give clues. It is believed that millions of years ago the dolphins were much smaller than they are today. Many experts also believe that echolocation is a result of the evolution process. Only time and advances in technology though will help us to get definite answers about the evolution of dolphins.





Adventure parcs are already well known in European countries. Now there finally will also be one in Egypt. Just 30 km from Hurghada, in the desert, near by the mountains.



Adventure Park Egypt offers different kinds of attractions for both adults and children with comfortable rest place, fresh water toilets, simple buffet with tea, coffee, soft drinks and snacks. All safety certificated equipment is from Europe and serviced by polish licenced instructors.

Many kind of trips - 1, 2 and even 3 days trips with overnight in the desert - are offered.

You can follow Adventure Park Egypt news and be up-to-date on their fun page and website www.adventureparkegypt.pl.



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Windsurfing

Can offer you several activities such as windsurfing, wakeboarding, catamaran, kite surfing, and zego in its centers located in the best hotels of Hurghada coastline: Arabia Azur Resort, Arabella Azur Resort, Bel Air Azur Hotel, Giftun Azur Hotel, Grand Hotel, Grand Resort and Intercontinental Hurghada Resort

All the centers are located directly on the beach, few meters from the sea. The areas for the activities are in front of the beach with private lagoons and are the best for both beginners and advanced surfers and catamaran sailors. Professionals can go to the open sea to get the constant winds always blowing and enjoy an unforgettable adventure! ...and if the wind is down, don't worry! You can have fun trying new and amazing adventures such as wakeboarding and zego.

Desert Safari



Egypt is famous for its deserts and mountains that offer an adventurous experience to most interested locals and a large number of tourists. Tourists are usually escorted by a tour guide who sets up a tent, a bonfire and arranges a couple of Bedouin activities that the tourists participate in, such as dancing, riding a camel or a beach buggy , watching stars at night. Tourists are also offered traditional Bedouin meals.

There are several safari destinations and camps all around the desert in Red Sea Governorate near to the cities of Hurghada, Safaga and Marsa Alam that provide fantastic safari trips for the tourists interested in wild life.



Open daily from 9am till midnight



Mohamed Said street
beside Metro market
El Kawthar, Hurghada
Phone: 0120 888 11 55
info@greenterrace.co

*A cup of coffee
with Viola*



Viola Boushra is co-founder of Green Terrace and acts as Executive Manager. The bistro & bakery has been inaugurated on August 22, 2015.

From where the idea to open a bistro which serves healthy and fresh food & drinks?

My husband Karim Boushra wanted to take more care of his nutrition and he was not a fan of salad or green vegetables at all, like most of Egyptians. I had to come up with creative salads and dressing to change his perception of healthy food and then few months later he was already in love with the taste, light food and healthy ingredients. Our friends also missed a place where they can enjoy healthy & light food after exercising at the gym or enjoy fresh cold juice.

Why did you name it Green Terrace?

Because we have specious terrace and the world green stands for the fresh and healthy ingredients we use.

What is awaiting your customers when visiting your place?

A relaxed and cozy atmosphere with indoor and outdoor seating area, where you can enjoy fresh juices, smoothies, frozen yogurt and food for breakfast, lunch and dinner or just smoke a shisha, drink a cup of coffee and have a nice time with your family or friends.

What is your own favorite dish from your menu?

Honestly it is a very difficult question to answer as all our dishes are home-made created including the presentation, dressing and all taste great. However, the best selling item is our Norwegian Smoked Salmon Salad and Sandwich with home-made ingredients created by my father as he had his own restaurant for 30 years in Sweden and we used to have lots of fun in the kitchen cooking together and competing with each other.

THERAPEUTIC TOURISM

Red Sea is one of the richest environments of therapeutic value due to the dry warm weather and the sands spread all along its coast especially the miraculously healing ability of the black sand found in the city of Safaga.

Safaga

Safaga has gained a valuable position on the tourist map; not only due to the recreational tourism it presents, but also because of the black sands along its beaches. The dry, moderate climate and the sun shining all year around make Safaga the best place in the world for the complete therapy of some incurable diseases. Patients with history of heart, kidney and liver diseases are advised never to go places which are under the sea level for harmful effects on their health. Safaga climate is suitable for those patients and causing no harm to their health.

Safaga is also the best place in the world for the treatment and therapy of psoriasis. It is surrounded by high mountains working as a natural fence against wind and sand storms. The climate is moderate and the concentration of the sun rays and the ultraviolet rays help in the treatment and therapy of psoriasis.

The sea water is 35% saline, anyone swimming in the area will find himself floating easily on water surface.

The gravity is low which helps in treating some diseases such as the vesicular deficiency and a high flow of the blood to the limbs.

Black Sand

Scientific research results proved that 40% of the sand in Safaga contains three radioactive minerals: Uranium, Thorium and Potassium which aid in the treatment of psoriasis, joint pains, and skin inflammation. The humidity is low and the ultraviolet rays help in curing different diseases.

Hurghada

Hurghada is situated 295 kilometers to the south of Suez. It has a moderate climate in winter and summer. The sea water is clear, the coral reefs and its marine life make it a center of attraction to fans of diving and marine sport. Hurghada combines using the sea water and the mud extracted from the coral reefs treatment. The sun is always shining and the sand is full of useful minerals besides the mud from the mines.

Historic tourism

El Quseir fortress



This Ottoman fortress in the town center of Quseir is certainly worth a visit. It was built in the 16 century during the reign of Sultan Selim to protect trade links with India. Napoleon's troops occupied the fortress in 1799, fortifying it with cannons mounted high on the walls. They also added a new viewing platform. A few years later, British forces ejected the French after a fierce battle and added a new gate to the fortress. The opening of the Suez Canal in 1869 led to the decline of Quseir and its fortress.

Recently, restoration work on the fortress has been completed. Cannons are once again pointing seawards from their original gun ports. The viewing platform was also restored with the help of illustrations from the *Déscription de l'Égypte* that had been commissioned by Napoleon. The fortress now houses the new Visitor Center containing displays on local history, archaeology and culture of the surrounding region.

Religious tourism



St. Paul's monastery

St. Paul's Monastery

The Monastery of St. Paul probably dates to the fifth century and was founded in memory of one of Egypt's greatest saints and anchorites, who is said to have lived in a cave over which it was built for a period of some eighty years. St. Paul was apparently born to rich parents in the year 228. However, by the age of sixteen, he had lost his parents. This would have corresponded with the terrible period of Christian persecution perpetuated by Decius and Valerian between 249 and 260 AD. After the death of his parents, Paul renounced his inheritance and consecrated his life to God, eventually seeking refuge in the wilderness of Egypt's Eastern Desert.

St. Antony's Monastery

St. Antony's Monastery, which lies at the foot of Al-Qalzam Mountain near Al Zaafarana, was founded in 356 AD just after the saint's death and is the oldest active monastery in the world.

We do know that St. Antony founded several monasteries during his life (though they would not have been recognizable in the modern use of the term), but alas they are no more. We know little of the monastery's very early period. However, during the sixth and seventh centuries many monks from Wadi Natroun who were under frequent attacks by Bedouins migrated to St. Antony's. But this monastery was plundered on many occasions also, being partly destroyed in the 11th century. Between the 12th and 15th centuries, the monastery flourished but was plundered again in 1454 by Bedouin servants. Due to such attacks, this is a fortress style monastery.

Though Coptic today, over its many years the monastery was often multi-faith, housing monks of several different Christian religions. Today it is a self-contained village with gardens, a mill, a bakery and five churches, the best of which is St. Antony's Church. It is accessible by special tours from Cairo, Suez or Hurghada and a stay in either monastery can be arranged in advance.



St. Antony's monastery



A Flagship for the German-Egyptian Scientific Relations

January 2015, El Gouna - "A dream came true", Eng. Samih Sawiris stated after the Graduation Ceremony of the class of 2014 that finalized their Master's degrees at TUB Campus El Gouna. The 27 alumni from five different nationalities received their Master's certificates at the Campus in the attendance of H. E. Dr Khaled Fahmy, Egypt's Minister for the Environment, Mr Hansjörg Haber, German Ambassador in Egypt, Major General Ahmed Abdallah, Red Sea Governor, Prof. Dr. Christian Thomsen, President of Technische Universität Berlin, and proud families and friends.

"TUB Campus El Gouna is the first place in Egypt that gives proper European standard engineering education and Master's degrees that are as good as what equal universities in Europe offer", Sawiris said to the first Master's graduates who received their degrees in various topics related to solving the challenges and opportunities facing the MENA region and especially Egypt in the fields of energy conservation, water and waste water treatment and raising the bar to examining a barrier-free tourism sector (for differently-abled travellers). These are some examples of the diversity and interdisciplinary Master's Thesis approaches introduced by TU Berlin with the goal of fostering international academic exchange and educating engineers for Egypt.

Most of the graduates are Egyptians. "TUB Campus El Gouna will provide us with highly capacitated young dynamic energetic engineers to work in fields that are posing a challenge for the economic development of Egypt. We are really looking forward to investigating how to strengthen the cooperation with TU Berlin", Dr. Khaled Fahmy acknowledged after witnessing the Master's graduates presentations during the Graduation Ceremony. Furthermore, Fahmy highlighted Egypt's energy problems and said that TUB Campus El Gouna can help Egypt address these problems by strengthening the development of experts in the fields of renewable energy and energy efficiency for the country.

The representatives of TU Berlin and the German Embassy in Cairo expressed their respect for the efforts and achievements of TU Berlin and its Campus in Egypt. "Our scientists who come to El Gouna have experiences with water, energy and urban development. I am convinced that we can contribute scientifically to show and to suggest how to solve many of the problems related to these issues in Egypt", Prof. Dr. Thomsen confirmed while Germany's ambassador in Egypt Haber said: "The three Master's programs are bang in the centre of what Egypt needs. They will foster exchange."

Moreover, Laura Oexle, Head of Science Department at the German Embassy in Cairo, described the Campus as a flagship for the German-Egyptian scientific relations. "This university offers ideal research conditions for scientists in their respective fields. The Campus with its three programs is exactly focusing on the main challenges Egypt is facing", she said.

KING TUT



Tutankhamun was only eight or nine when he became ruler of Egypt. As King at such a young age, most of the decision-making was made by two senior figures, likely to have been Ay (father of Nefertiti) and Horemheb, an army commander.

Tutankhamun was only King for about ten years before dying in his late teens. It was estimated that he ruled from 1333 BC to 1324 BC.

Over the years, scientists have used available technology to determine the cause of Tutankhamun's death. The two most popular theories about his death are that he suffered a blow to the back of the head, either accidentally or deliberately (in other words, murder), or that he broke or fractured his leg which became infected - an infection that led to his death possibly only days later.

Tutankhamun may have married one of his half-sisters. It is thought that Tutankhamun's father was Akhenaten. Akhenaten was married to Nefertiti, who bore him six daughters. Akhenaten also had a lesser wife, Kira, who is believed to have given birth to Tutankhamun. It is thought that Tutankhamun married Ankhesenpaaten, one of the daughters of Akhenaten and Nefertiti.

Tutankhamun was born Tutankhaten. Akhenaten, Tutankhamun's father, wanted Egyptians to worship one god, the Sun God Aten, instead of the multitude of gods they already worshipped and the main deity Amun. The "Aten" at the end of Tutankhaten and Akhenaten's names refers to this (Akhenaten means "servant of the Aten" and Tutankhaten means "Living image of Aten"). Akhenaten's changes weren't too popular, so when Tutankhaten was in charge, he changed things back to how they were, reopening the various closed temples around the country, and changing his name to Tutankhamun. Incidentally, Akhenaten's original name before he started making changes was Amenhotep IV.

Despite being one of the most well-known of the Egyptian pharaohs to modern people, evidence of Tutankhamun's reign was obliterated shortly after his death. The ruler of Egypt after the death of Tutankhamun's successor was Horemheb, who replaced Tutankhamun's name with his own on many monuments bearing Tutankhamun's name.

Tutankhamun's tomb was discovered on 4th November 1922 by Egyptologist Howard Carter. It was so well-preserved that we are able to get a more complete insight of Tutankhamun's life due. Tutankhamun's remains are still contained in his tomb in the Valley of the Kings at Luxor, Egypt. His famous burial mask is on public display in the Egyptian Museum in Cairo.

CAT scans on Tutankhamun's body in 2005 revealed that the King was about 5 foot, 8 inches tall (180 cm). He was of slight build but was well nourished.

RED SEA PROTECTORATES

The Governorate contains some national parks that form fantastic place for environmental tourism lovers specially those who are interested in wildlife.



Wadi El Gemal - Hamata Protected Area

Date of Announcement :	2003
Area :	7,450 km ²
Type :	Desert Protected Area
Distance from Cairo :	850 km

The Protected Area encompasses the segment of the Red Sea coastal plain and mountains extending roughly between 24°51'N in the north and 24°06'N in the south; and between the Red Sea shoreline in the east to about 34°28'E in the west (the Sheikh Shazli road). The protected area also encompasses a section of the marine environment including the islands of Hamata and Wadi El Gemal Island. The protected area includes marine and terrestrial components. The terrestrial component encompasses roughly a 50 X 50 km segment of the Red Sea hills and coastal desert.

Wadi El Gemal and its delta are the central theme of the protected area and the area encompasses the entire watershed of the wadi. However, the protected area takes in other adjacent desert and marine habitats, which complement the wadi, both ecologically and functionally (i.e. in terms of representing a meaningful management unit).

Wadi El Gemal is the third largest wadi in the Eastern Desert draining into the Red Sea, and one of the best vegetated, with an estimated watershed area

of some 1,840 km² (GEF 1998). The wadi watershed includes the northern flanks of Gebel Hamata in the south, as well as the southern flanks of Gebel Nugrus in the north. Several other important wadis are encompassed in the protected area such as Wadi Abu Ghosoun, Wadi El Ringa and Wadi El Rada.

Several important peaks are included such as Gebel Hamata Gebel Nugrus, Gebel Hafafit, Gebel Hamamid, Gebel Sartut and Gebel Sikeit. The shores of the region are heterogeneous in nature encompassing rocky, sandy and muddy beaches. The coastline has several important landmarks such as the headlands of Ras Baghdadi and Ras Hankorab, and Sarm El Luli bay.

The marine component of the protected area encompasses a strip of marine waters of an average width of 15 km. This component includes all the important coral reefs in the region, as well as four marine islands (the Hamata archipelago and Wadi El Gemal Island).

Elba Natural Protected Area

Date of Announcement :	1986
Area :	35,600 km ²
Type :	National Park Protected Area
Distance from Cairo:	1,300 Km

Elba natural protected area is located in the southern eastern part of the eastern desert. Its mountains are located on the joint borders of Egypt and the Sudan on the Red Sea. Elba Area has the following distinguished Ecosystem models:

1. Alshura and Qandeel Mangrove woods on the Coastal zones
2. Limited areas of Coastal sand dunes covered with grass
3. With grass sphere of coastal saline land "Coastal Marshes"
4. Desert Coastal plains
5. Coastal mountains and their surrounding hills where there are mist oasis

In such environments there are the most types of Egyptian endangered animals, birds, reptiles, medical and wild plants.

Elba natural protected Area consists of the following :

- Red Sea Islands and coastal mangrove woods
- Elabraq area
- El Da'eeb area
- Elba Mountain





Ancient Egyptians were highly skilled with herbs. The Papyrus Ebers, an ancient text written in 1500BC, contains references to more than 700 herbal remedies, including herbs such as aloe, caraway seeds, marjoram leaves, spearmint leaves, basil leaves, hibiscus, calendula, anise seeds, parsley leaves, cumin, licorice roots, chamomile seeds, dill, garlic and many others. Herbs are the plants that provide the highest quality food to man, containing vitamins, minerals and trace elements in natural balance and harmony. They have been used in ancient Egypt in many different ways and forms like in food, as a medicine, in cosmetics and in fragrances. These herbs were used as a whole, leaves, stems, roots or seeds or in special preparations.

Anise

Aniseed was cultivated by the Ancient Egyptians and Romans. It is native to Egypt and other Mediterranean countries and western Asia. There is evidence that anise was used in Egypt as early as 1500 B.C. to aid digestion. It is one of the oldest known spice plants used both for culinary and medicinal purposes and as a flavor for medicine since prehistoric times. Its common name is aniseed or sometimes called sweet cumin. Its latin name is Pimpinella anisum. Its early Arabic name was anysum from which was derived the Greek anison and the Latin anisum. Its Arabic name at present is yansoon.

Uses

Medical uses

The volatile oil gives the plant a delightful flavour and has been combined with other less pleasant tasting medicinal herbs to offset their taste. The oil is also antispasmodic, helping to relieve intestinal wind and spasmodic coughs. Anise has been combined with cathartic laxatives to help reduce the spasmodic cramping they can cause. It may also have modest antiparasitic and antihelminthic actions and has been recommended by some practitioners to treat mild intestinal parasite infections

Culinary uses

Anise is primarily associated with cakes, biscuits and confectionery, as well as rye breads. The oil distilled from the seed is preferred over the seed for flavouring, because the seed has an undesirable appearance in some edible products. It is used in much the same way as fennel to flavour fish, poultry, soups and root vegetable dishes. It is the characteristic ingredient of a German bread called Anisbrot. In the Mediterranean region and in Asia, anise is commonly used in meat and vegetable dishes It makes an excellent soothing herbal tea. It can be used as a breath sweetener, where we can roast the seeds lightly before chewing.



Basaran

This plant is found in the hot desert of Sinai. Its botanical name is Artemisia Judaica. It is well known in the bible as the bitter herb found in the desert during the wandering of the ancient Israelite. Its common name is judean wormwood or the wormwood of the bible.

Holy wormwood (Artemisia judaica) grows in the Levant, the lands east of the Mediterranean. Its Arabic name is baathran, boaitheran, or shih, shih baladi. It is a well known plant as a snake repellent by burning its branches. It also has medicinal uses.

Uses

Medicinal uses

Mostly it is used for stomach aches, as it is used as stomachic, antihelminthic, expectorant, analgesic, diaphoretic and antispasmodic in intestinal colics. Inhaled leaves relieve cold congestion.

Other uses

The volatile oil prepared from flowering plants is used as an insecticide, antihelminthic, analgesic, anti-inflammatory and antipyretic agent. It has antimicrobial effect against staphylococcus aureus and candidia albicans.It is mostly used as a snake repellent by burning the branches. Also as a bug and flea repellent.

Egyptian food contains a lot of fresh herbs and spices. Follow our next issues to learn more about their uses.

Basil

Its common name is sweet basil or garden basil or Basilie Botanical or Latin name is Ocimum Basilicum. Its arabic name is Rihaan or Habaq. This plant was used as an embalming herb in Ancient Egypt as it was mixed with essences of Myrrh and incense. It was also used as an offering to their Gods due to its aromatic fragrance. In Egypt basil is planted in gardens where in the spring and early summer breeze it gives a most lavishing aroma as the wind passes its scent in the air.

Uses

Medicinal uses

This highly aromatic sweet herb has several medicinal uses. It is also very famous in Italian cuisines. Administered as a flavouring in food and sauces, dried leaves or an infusion Medicinal uses It is aromatic with carminative and cooling properties. The part of the plant that is above the ground is used medicinally It is used to treat mild nervous disorders, to lift fatigue, anxiety and depression. It strengthens concentration and clears the mind. An infusion of basil is said to be good for obstructions of internal organs and in stopping vomiting and nausea. It helps in chest infections, bronchitis, colds and fever. It is used also in delayed menses as a tea, used for digestion and used for headaches and migraines and a good insect repellent.

Basil has also been used for various topical applications - as a poultice or salve for insect bites, acne and ringworm; as a gargle or mouthwash for thrush; as a bath herb for increased energy; and as an eyewash for tired eyes. The essential oil of Basil is added to massage oils for sore muscles. And the dried herb was burned as an antiseptic incense.

Culinary uses

Mediterranean Basil is one of the most pleasant spices, fresh basil leaves have a strong and characteristic aroma, which is quite sweet with a hint of clove. Since the delicate aroma of basil is quickly destroyed by cooking, chopped basil leaves are frequently sprinkled over cold or warm dishes before serving. The herb complements meat, vegetables, cheese, and egg dishes it is also gives a sweetscented, minty aroma when crumbled over baked chicken, lamb, or fish. It blends well with garlic, thyme, and oregano.



Egyptian pyramids

Built during a time when Egypt was one of the richest and most powerful civilizations in the world, the pyramids - especially the Great Pyramids of Giza - are some of the most magnificent man-made structures in history.

Their massive scale reflects the unique role that the pharaoh, or king, played in ancient Egyptian society. Though pyramids were built from the beginning of the Old Kingdom to the close of the Ptolemaic period in the fourth century A.D., the peak of pyramid building began with the late third dynasty and continued until roughly the sixth (c. 2325 B.C.). More than 4,000 years later, the Egyptian pyramids still retain much of their majesty, providing a glimpse into the country's rich and glorious past.

The Pharaoh in Egyptian Society

During the third and fourth dynasties of the Old Kingdom, Egypt enjoyed tremendous economic prosperity and stability. Kings held a unique position in Egyptian society. Somewhere in

between human and divine, they were believed to have been chosen by the gods to serve as mediators between them and the people on earth. Because of this, it was in everyone's interest to keep the king's majesty intact even after his death, when he was believed to become Osiris, god of the dead. The new pharaoh, in turn, became Horus, the falcon-god who served as protector of the sun-god, Ra. The pyramid's smooth, angled sides symbolized the rays of the sun and were designed to help the king's soul ascend to heaven and join the gods particularly the sun god Ra.

Ancient Egyptians believed that when the king died, part of his spirit (known as "ka") remained with his body. To properly care for his spirit, the corpse was mummified, and everything the king would need in the afterlife was buried with him, including gold vessels, food, furniture and other offerings.

The pyramids became the focus of a cult of the dead king that was supposed to continue well after his death. Their riches would provide not only for him, but also for the relatives, officials and priests who were buried near him.

The Early Pyramids

From the beginning of the Dynastic Era (2950 B.C.), royal tombs were carved into rock and covered with flat-roofed rectangular structures known as "mastabas," which were precursors to the pyramids. The oldest known pyramid in Egypt was built around 2630 B.C. at Saqqara, for the third dynasty's King Djoser. Known as the Step Pyramid, it began as a traditional mastaba but grew into something much more ambitious. As the story goes, the pyramid's architect was Imhotep, a priest and healer who some 1,400 years later would be deified as the patron saint of scribes and physicians. Over the course of Djoser's nearly 20-year reign, pyramid builders assembled six stepped layers of stone (as opposed to mud-brick, like most earlier tombs) that eventually reached a height of 204 feet (62 meters); it was the tallest building of its time. The Step Pyramid was surrounded by a complex of courtyards, temples and shrines, where Djoser would enjoy his afterlife.

After Djoser, the stepped pyramid became the norm for royal burials, although none of those planned by his dynastic successors were completed (probably due to their relatively short reigns). The earliest tomb constructed as a "true" (smooth-sided, not stepped) pyramid was the Red Pyramid at Dahshur, one of three burial structures built for the first king of the fourth dynasty, Sneferu (2613-2589 B.C.). It was named for the color of the limestone blocks used to construct the pyramid's core.

The Great Pyramids of Giza

No pyramids are more celebrated than the Great Pyramids of Giza, located on a plateau on the west bank of the Nile River, on the outskirts of modern-day Cairo. The oldest and largest of the three pyramids at Giza, known as the Great Pyramid, is the only surviving structure out of the famed seven wonders of the ancient world. It was built for Khufu (Cheops, in Greek), Sneferu's successor and the second of the eight kings of the fourth dynasty. Though Khufu reigned for 23 years (2589-2566 B.C.), relatively little is known of his reign beyond the grandeur of his pyramid. The sides of the pyramid's base average 755.75 feet (230 meters), and its original height was 481.4 feet (147 meters), making it the largest pyramid in the world. Three small pyramids built for Khufu's queens are lined up next to the Great Pyramid, and a tomb was found nearby containing the empty sarcophagus of his mother, Queen Hetepheres.

Like other pyramids, Khufu's is surrounded by rows of mastabas, where relatives or officials of the king were buried to accompany and support him in the afterlife. The middle pyramid at Giza was built for Khufu's son Khafre (2558-2532 B.C.). A unique feature built inside Khafre's pyramid complex was the Great Sphinx, a guardian statue carved in limestone with the head of a man and the body of a lion. It was the largest statue in the ancient world, measuring 240 feet long and 66 feet high. In the 18th dynasty (c. 1500 B.C.) the Great Sphinx would come to be worshiped itself, as the image of a local form of the god Horus. The southernmost pyramid at Giza was built for Khafre's son Menkaure (2532-2503 B.C.). It is the shortest of the three pyramids (218 feet) and is a precursor of the smaller pyramids that would be constructed during the fifth and sixth dynasties.

Approximately 2.3 million blocks of stone (averaging about 2.5 tons each) had to be cut, transported and assembled to build Khufu's Great Pyramid. The ancient Greek historian Herodotus wrote that it took 20 years to build and required the labor of 100,000 men, but later archaeological evidence suggests that the workforce might actually have been around 20,000. Though some popular versions of history held that the pyramids were built by slaves or foreigners forced into labor, skeletons excavated from the area show that the workers were probably native Egyptian agricultural laborers who worked on the pyramids during the time of year when the Nile River flooded much of the land nearby.





10 facts about ancient Egypt

Most Ancient Egyptian pyramids were built as tombs for pharaohs (rulers of Ancient Egypt) and their families.

To date, over 130 pyramids have been discovered in Egypt.

The afterlife was incredibly important to the Egyptians. They believed that by preserving a dead person's body - which they did through the process of mummification - their soul would live on in the after-life forever.

The Pyramid of Khufu at Giza is the largest Egyptian pyramid. This incredible structure weighs as much as 16 Empire State buildings.

Both Egyptian men and women wore makeup. The eye-paint was usually green (made from copper) or black (made from lead). As well as offering protection from the sun, the Egyptians believed makeup had magical healing powers, too.

Unwrapped, the bandages of an Ancient Egyptian mummy could stretch for 1.6km. Yikes

The Egyptian alphabet contained more than 700 hieroglyphs!

Ancient Egyptians believed in more than 2,000 deities! They had gods for everything from, dangers to chores! Each had different responsibilities and needed to be worshipped so that life could be kept in balance.

Cats were considered to be a sacred animal by the Ancient Egyptians. It's thought that most families kept a cat as a pet, which they believed would bring the household good luck.

Love playing boardgames with your pals? Well, gang - so did the Ancient Egyptians! One popular game was 'Senet', which was played for over 2000 years! The game involved throwing sticks (in the same way we throw dice) to see how many squares to move your piece forward on the board.

The Ancient Egyptians invented lots of things we still use today, such as paper, pens, locks and keys and - believe it or not - toothpaste.

Screening Out the Sun

Is there a difference in the type of sun block protection that men and women need?

There are important common factors to bear in mind for all family members. It is important to use a protective sunscreen that suits your own skin type oily or dry and sensitive level. There is no essential difference for products that are suited to men or women if you follow those guidelines. Anyone with dry skin needs to choose a sunscreen with a high level of moisturizer whether lotion or cream in addition to an SPF of 30+.

Your sunscreen should include some combination of the following: UVA- blocking ingredients: zinc oxide titanium dioxide avobenzone ecamsule and oxybenzone sunscreen with both UVA and UVB protection may be labeled multi spectrum, broad spectrum or UVA UVB protection for best protection. We recommend using a minimum SPF sunscreen of 15. Applying the proper amount (2mg/cm²) of skin or about one ounce for full body coverage at least 20 minutes before direct sun exposure and reapply every 2 hours.

What is the best remedy for sunburns when you have suffered from over exposure?

Go for a good moisturizer with high levels of anti oxidants many of these contain aloe vera, which is known for its soothing properties apart from topical products.

What are the top tips you can give on avoiding excess exposure to the sun?

Wear loose light colored clothing in natural fabric like cotton and linen wear a hat and remember that even on a cloudy day you are catching UV rays.

Which role does natural skin tone play in the ability to deal with UV rays?

Here in Egypt - like many of our Mediterranean neighbours - we are fortunate generally to have a higher level of melanin in our skin giving most of us a naturally olive complexion. This helps us cope with the constant sunshine and high temperatures making us less likely to burn when exposed. This does not mean we can lie around in the sun with impunity but we are less likely to burn than fairer skinned visitors.

A lot of people are expressing concern about ingredients in commercial sun protection products. What are chemicals to avoid?

There can be severe allergic reactions to products containing para aminobenzoic acid, so it may be best to check the label carefully before applying. Effects can include coma, diarrhea, dizziness, eye irritation if it touches the eye, fever, liver failure, nausea, rash, allergic shortness of breath, slowed breathing, stupor, altered thinking and decreased level of consciousness and vomiting. Many of the chemicals in sunscreens may create allergies so again please carry out a small skin test first.

What are the best times of day to be out in direct sunlight?

It is important to avoid the hours between 11 am and 4 pm. The sun is at its strongest between those hours and you can burn very quickly. Try to enjoy the beach earlier in the morning when it's often less crowded or in the late afternoon.

What do we need to know about the harmful effects of over exposure to direct sunlight?

UV radiation reaches the earth in the form of UVB and UVA rays. UVB radiation plays a key role in skin cancer and is the chief culprit behind sunburn while UVA rays, which penetrate the skin deeper, are associated with wrinkling, leathery, sagging and other light induced effects of aging.

They also exacerbate the carcinogenic effects of UVB rays and increasingly are being seen as a cause of skin cancer on their own. Sunscreens vary in their ability to protect against UVA and UVB. SPF refers mainly to the amount of UVB protection. A sunscreen offers thus higher SPF can help. An SPF 15 sunscreen blocks 93 percent of UVB radiation while an SPF 30 sunscreen blocks nearly 97 percent. Above SPF 50 which blocks an estimated 98 percent of UVB rays the increase in UVB protection is minimal furthermore higher.

SPF values offer some safety margin since consumers generally do not apply enough sunscreen. To evaluate SPF testers apply two milligrams of sunscreen per square cm of skin but in everyday life most people apply from only 0.5 to one milligram per square cm of skin. Consequently the actual SPF they achieve is approximately 1/3 of the labeled value.

Sunscreens with a higher SPF should offer more protection from the sun's harmful ultraviolet (UV) radiation which is linked to the vast majority of skin cancers as well as premature skin aging and eye damage.

What are specific protection guidelines for very young children?

Children of course have delicate skins that are in need of a sun block with a factor of SPF30+ up to SPF 50+ while containing minimal amount of chemicals and are put on in a layer that physically coats the skin and deflects the sun's rays. Look for broad spectrum protection from UVA and UVB rays using the safe mineral zinc oxide avoiding oxybenzone octinoxate or other chemical active sun screening agents. Very young children should ideally be kept in the shade and covered with loose protective clothing.

Are there any nutritional items that can assist our skin in keeping healthy in summer?

Load up on fresh seasonal fruits and vegetables. They will keep you hydrated and give you the antioxidants you need to help your skin repair itself. In recent tests, certain nutrients such as the antioxidant vitamins C and E have been found to help prevent and repair cellular damage caused by ultraviolet radiation. Eating foods that are high in these vitamins on a day that you'll be out in the sun might actually prevent or lessen the severity of a sun burn. You get the best protection if you have both of these vitamins in your system at the same time but they are hardly ever found in the same food. You get vitamin C from tomatoes red and green peppers, melons, citrus fruits and broccoli. Vitamin E on the other hand is found in avocados, almonds and sunflower seeds.





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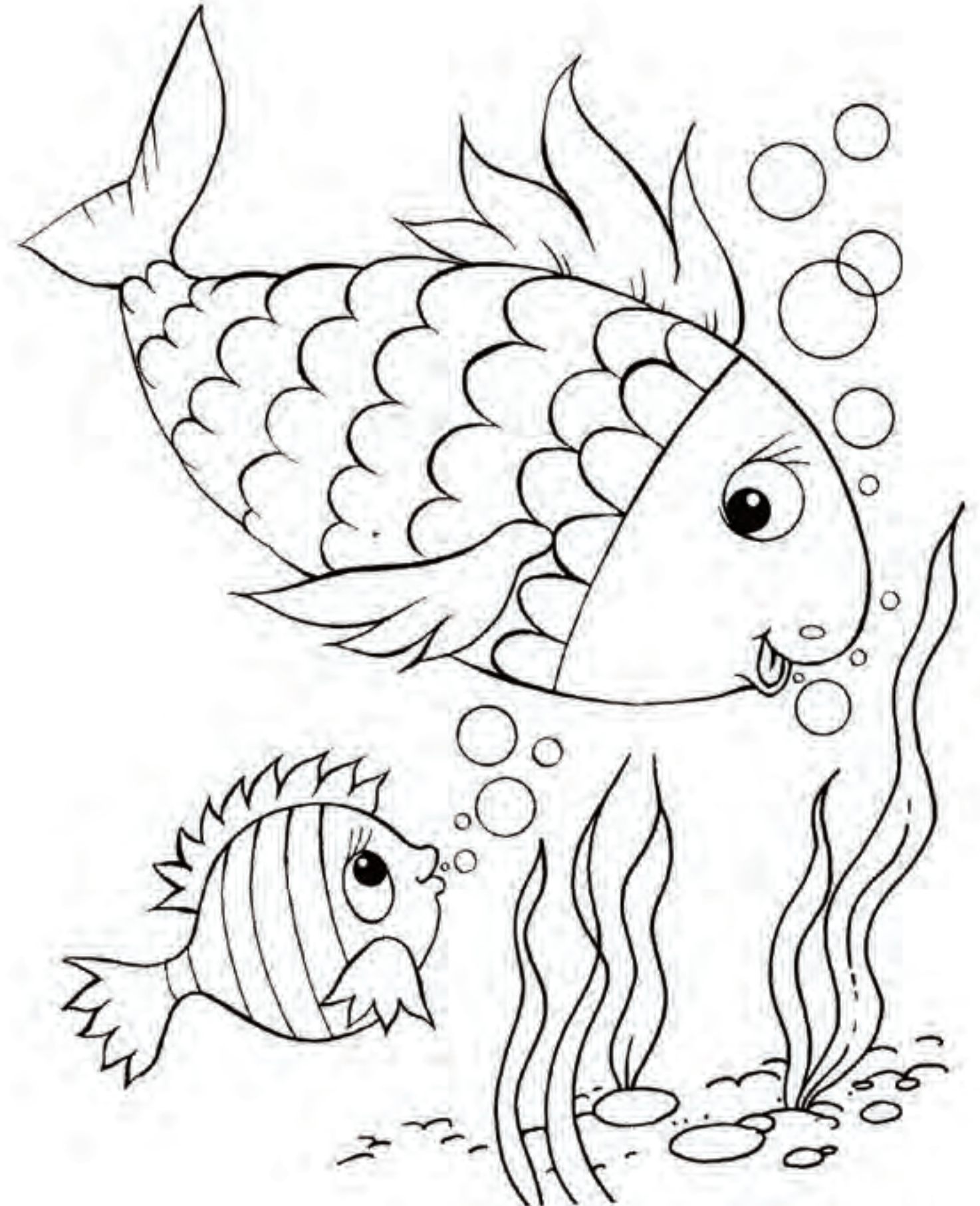
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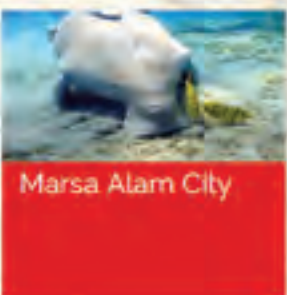
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