

AGENDA *Knowledge is power*

ICON KOBE BRYANT

With the new NBA season about to kick off in the United States, LA Lakers basketball legend Kobe Bryant is not sure whether he'll be ready to hit the court. Recovering from an Achilles tendon injury which has put him off the court since April, Bryant will be keeping his fingers crossed that he's given the all clear to play in the opening clash against local rivals the LA Clippers on 29 October. This didn't stop him from jetting to Abu Dhabi recently to host a youth basketball clinic as part of the Kobe Bryant Health & Fitness Weekend.

Ranked as the fourth-highest scoring player in NBA history, the Black Mamba, as Bryant is known, has played for the Lakers his entire career, winning five NBA championships. Since his second year in the league, Bryant has been selected to start every All-Star Game, winning the All-Star Most Valued Player Award four times. A prolific scorer, averaging 25.5 points per game across his career, Bryant is also a stand-out defender – just part of the reason he was selected to join the gold-medal winning American Olympic basketball team in 2012.

Not only a legendary sportsman, Bryant established the Kobe & Vanessa Bryant Family Foundation, dedicated to improving the lives of youth and families in need, aiming to strengthen communities through educational and cultural enrichment opportunities. Bryant actively volunteers his time to the Make-A-Wish Foundation and NBA Cares, and serves as the National Ambassador for After-School All-Stars, an enrichment program for at-risk youth.



SCHEDULE

ABU DHABI MEDIA SUMMIT 2013 22 – 24 OCTOBER, YAS VICEROY HOTEL

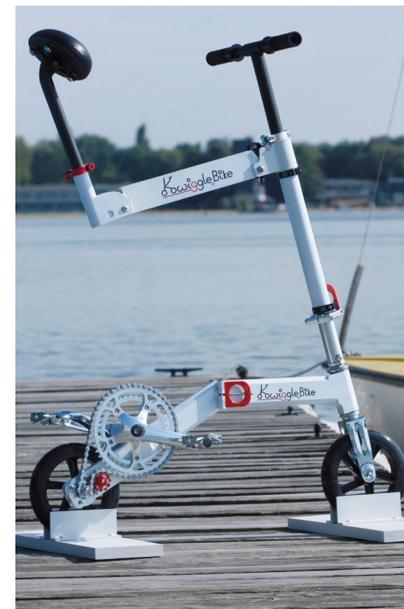
The Abu Dhabi Media Summit is the world's most important gathering of the leaders and companies driving the transition to a digital future and a fully-networked new world. The three-day event features a combination of high-profile public sessions and closed-door discussions, bringing together top-tier global media players and emerging-market counterparts. Sectors include mobile, broadband, traditional television, print, entertainment, news, music, advertising and marketing, venture capital and equity finance, with special emphasis on the Middle East, the Indian subcontinent, East Asia and China. Past speakers include Bill Gates, Eric Schmidt of Google and James Cameron, director of *Titanic* and *Avatar*.

www.admediasummit.com

ABU DHABI INTERNATIONAL FILM FESTIVAL 24 OCTOBER – 2 NOVEMBER, ABU DHABI

The Abu Dhabi Film Festival has been thrilling movie buffs since 2007, with the aim of helping to create a vibrant film culture throughout the region. The event is committed to curating exceptional programmes to engage and educate the local community, inspire filmmakers and nurture the growth of the regional film industry. With its commitment to presenting works by Arab filmmakers, alongside the major talents of world cinema, the festival offers Abu Dhabi's diverse audiences a means of engaging with a mix of cultures through the art of cinema. A strong focus on the new voices of Arab cinema allows exposure for the new generation of local and regional filmmakers.

www.abudhabifilmfestival.ae



CONCEPT: COMPACT CYCLING

Folding bikes are nothing new, but the Kwiggle Bike has just upped the stakes – folding down to a size small enough to be carried onto a plane as hand luggage. The creation of Karstin Bettin, the Kwiggle is being touted as the most compact folding bike in the world, collapsing down to just 21.6 x 15.7 x 9.8 inches, weighing between six to eight kilogrammes. Despite its lightweight construction, the bike can function with a rider up to 220 pounds and height is not an issue due to an adjustable seat device. The key aspects include the placement of the cog on the outside of the frame, which allows it to compress more compactly by keeping the chain out of the way, and an upright riding style supported by the adjustable seat which combines the benefits of both biking and fitness-walking. The current prototype is single speed, but a new model with two to six gears and 14-inch wheels is on its way.

www.kwiggle-bike.de



WHAT I NEVER TRAVEL WITHOUT
Restaurateur, artist, designer, actor and tastemaker, **Michael Chow**

"I never travel without my Hermes 2" square by 1/2" leather measuring tape."



ROAD LESS TRAVELLED: ANTARA DESTINATION SPA & RESORT

Antara Destination Spa & Resort on the southwest shores of Cyprus prides itself as being one of the most exclusive spa resorts in the world, settling for six opulent Royal Suites and a Presidential Suite. Hellenistic interiors combine with results-driven retreat programmes for the spirit, body and soul, focusing on the key areas of cardiac health, digestive health, stress management, women's health, fertility balance and emotional wellbeing. The carefully formulated programmes, merging luxury with wellness, include helicopter or limousine airport transfers, a personal butler, two daily spa treatments, naturopathic consultations, unlimited use of the spa and fitness facilities, classes, workshops and sporting activities, and a private chef to prepare three a la carte meals a day tailor-made to suit guests' wellbeing goals. Antara is an ancient Sanskrit name meaning "beauty from within". There seems little doubt that time here would also lead to beauty without.

www.antara-spa.com

"I have three messages: One is we should never, ever give up. Two is you are never too old to chase your dream. And three is it looks like a solitary sport but it takes a team."
American endurance swimmer **Diana Nyad** after swimming from Havana to Key West.

"I just think everybody needs to lighten up and leave her alone. It's pop music. Everybody's entitled to their own artistic expression, and if you have a problem with it, just change the channel."

Lady Gaga speaking out against media criticism of **Miley Cyrus**.

"Once you realise you're not going to die or get covered in toxic sludge, it's pretty relaxing."

Leif Percifield, about rowing in **Newtown Creek**, New York City, a waterway once fouled by sewage and industrial waste which is now largely rehabilitated.

NUMBERS

3

Tony Abbott's lucky number when he became Prime Minister earlier this month – the third Australian prime minister in three months.

4.375

The number of three-pound apple pies Joey Chestnutt devoured in eight minutes, setting a new world record.

53

The number of hours it took US swimmer Diana Nyad to swim from Cuba to Florida – the first swimmer to do so without a shark cage.

1,150

The number of Californian hens sent to a happy retirement after an anonymous donor provided US\$50,000 for a charter flight. 🐔