

TRAVELS ROGERS ALIST OF THE YEAR



The main locals from ding for St ave to use Other ideas n floated iting the cruise ships o dock. other tactic e to incor- a favourite of mine: g the Tour- with mation. where you most mis- vice possi- or to your cials could San Marco ular after- Priests will cards,' or, for you to sleep when e day.' y leaders ould adopt

ake hands lin bus as e beat in ditionally Museum me to the amation of of solidar-

- ity. You may need a felt tip pen.
- 4. It is customary when entering a public toilet in Dublin to smile at everyone and utter the traditional Irish greeting: 'Hello, naughty!'
- 5. Dublin taxi drivers are always happy to give change of a €50 note, and regard a tip as totally unnecessary. . . .
- 6. . . . on the other hand, at border checks at British airports it is customary to tip HM officials and customs officers. Try to do this as surreptitiously as possible.
- 7. At a Christy Moore concert, the singer is always delighted when people come up onstage and perform an interpretive dance beside him as he's singing.



LIFE-AFFIRMING ADVICE

I'VE discovered an excellent coaching service, and no I'm not talking about the Dundalk to Carlingford bus route that I use regularly.

No, here I'm discussing Destinazione Umana (destinazioneumana.it), an innovative Italian travel agency which is launching a coaching service specifically for travellers.

Before your trip you can book a session with life coach Michael Lamberti who'll help you plan your restorative trip (again, prob-

ably not talking about the Dundalk-Carlingford route).

Michael Lamberti is a certified Integral Master Coach based in Toronto, Canada. Destinazione Umana chose to work with Michael because of his expansive knowledge and his warmth, care, and humour. Michael is no stranger to inspirational travels himself and believes travel opens people to new experiences.

Italy is the perfect opportunity, he believes, to try out and choose a new lifestyle. A session with Michael can help you focus on what changes you would like to make, and the kind of trip that would best inspire you.

In effect Destinazione Umana is offering an inner journey as well as a literal journey.

Whether travelling or not, for what it's worth, here's my advice and essential info to help you:

- 1. There appears to be no Gate No. 1 at any airport. Or if there is, my flight has never been assigned to it.
- 2. One good thing about repeating your mistakes is that you know when to cringe.
- 3. If somebody tells you they'll phone and let you know, you already know.
- 4. Don't ever try to eat where they don't want to feed you.
- 5. If you lend someone €50 and never see that person again, it was probably worth it.
- 6. If you have to take it or leave it - leave it.
- 7. Laughter is the best medicine. (Unless you happen to have high blood pressure, in which case pack your beta-blockers.)
- 8. Now I'm sticking my neck out on this one because sometimes it's the worst advice you can give someone, but here goes anyway: by and large it's best to be yourself.

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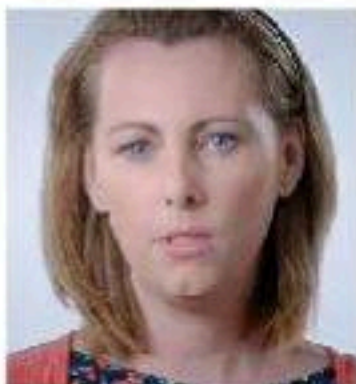
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GARDAI PROBE 'COVER-UP' OF TRAGIC EMMA'S CANCER TEST



Anger: Emma Mhic Mhathúna

Dying mother includes former HSE boss O'Brien in complaint

GARDAÍ are investigating claims of a CervicalCheck cover-up following a criminal complaint by cancer victim Emma Mhic Mhathúna.

The terminally ill mother, one of

By Jenny Friel, Nell Michael and Ali Bracken

209 women affected by the scandal, went to local gardaí to lodge the complaint, in which former HSE boss Tony O'Brien is named.

It came as Leo Varadkar admitted: 'I no longer fully trust everything I've
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Our guide for Meghan on how to be a princess

ROYAL WEDDING SPECIAL

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PLUS OUR SPECIAL EUROVISION SCORECARD FULL STORY PAGES 28 & 53