



THE MEDITERRANEAN ISSUES

EDITOR'S MESSAGE

Thanks to God for the project to make this magazine can be completed properly.

This is even more appreciated considering this special time of year; We're proud to see that the winter break in the middle didn't hold you back from producing our new Mag. While thanking you once again, I would like to emphasize the call to generate new ideas for our Family, which are not meant to be lengthy reports and / or articles, but brief facts about how you make your project concrete, your human face. help through your initiatives. Today visibility is more important than ever, and the way we communicate it: I want to share experiences for people to feel and how to dress in Mediterranean. And now I can say that you can!



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MEDITERRANEAN PHOTOSHOOT

Julia Hafstrom heads to the beach in Mango's spring-summer 2019 linen looks. The Spanish fashion brand focuses on lightweight fabrics and charming prints for the style guide. Soaking up the sun, the Swedish beauty poses in button-up tops, breezy dresses and lightweight knits. Julia accessorizes with sun hats, woven belts and minimal jewelry.



JULIA HAFSTROM CHARMS
IN MANGO'S SPRING LINEN STYLES



MANGO LINEN SPRING
SUMMER 2019 LOOKBOOK



FRUGAL
coupon living

SHOP THE LOOK...

Mediterranean feels



WHAT TO WEAR?

You can combine white dresses, sunglasses, strap sandals, wear accessories such as bracelets or necklaces, and bags made of knitting

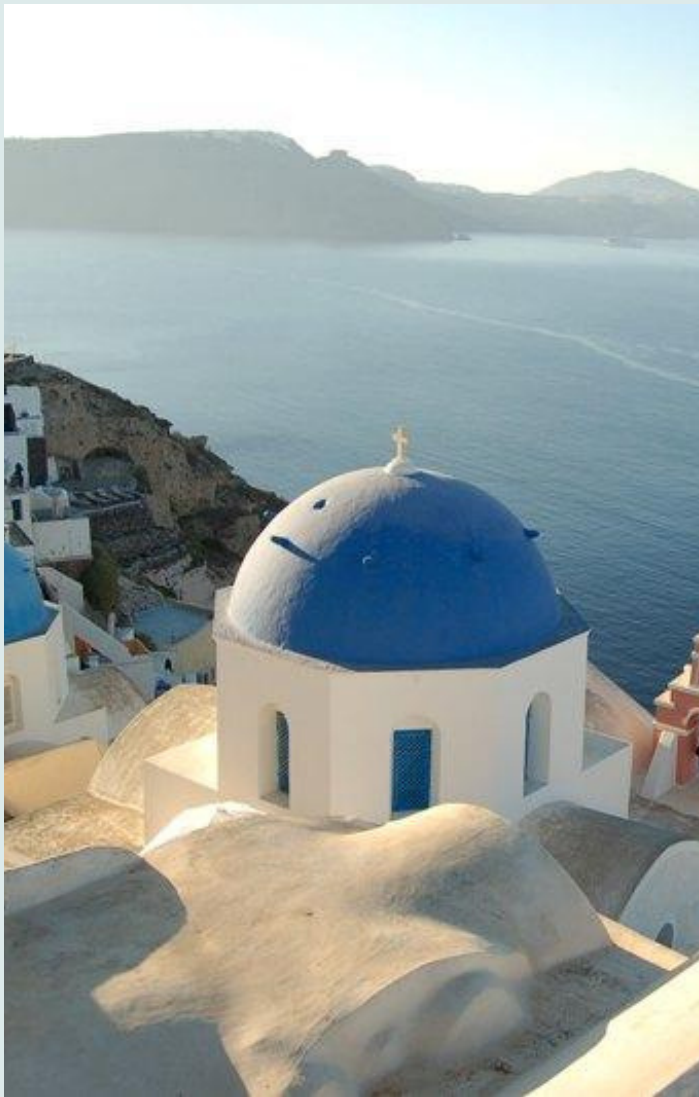
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Place in Mediterranean Europe You Must See at Least Once in Your Lifetime

Santorini, Greece

Famous for its white-washed houses that stand out against the brightly coloured volcanic cliffs that shape the island, Santorini is one of the most picture-perfect Greek islands.





ONE DAY IN SANTORINI



EAT HEALTHY

On a Mediterranean diet, fruits, vegetables and healthy fats like olive oil should be enjoyed several times per day. Legumes are a source of healthy fats, fiber, protein, nutrients, with unrefined whole grains recommended at least once a day. Fish is a once a week staple, containing omega-3 fatty acids which are good for the heart and brain. Snack on nuts and seeds as a delicious and healthy alternative, multiple times per week.

THE MEDITERRANEAN LIFESTYLE

SPEND TIME WITH FRIENDS & FAMILY

With their vibrant and talkative personality, Mediterranean people spend much of their social time outdoors. Going out with friends or family, enjoying a refreshing drink and sharing dishes together are all a daily occurrence. People get together for meals with others, to catch up on local news and to socialize. Social connections extend beyond the family to neighbors, people you interact with every day, so unplanned socializing is quite common.



WHAT TO WEAR ON A MEDITERRANEAN CRUISE?

Mediterranean cruises can last twice as long as the average seven-day tropical cruise, giving ample time to experience far-flung destinations from Athens to Cairo. Mediterranean cruise-goers should wear stylish clothes that are lightweight enough to face the region's humidity and average daytime temperatures ranging from the high 70s to high 90s Fahrenheit outside of winter



Items you will needs

- Formal casual attire
 - Rain-proof jacket
 - Formal Wear
- Flips-flops or sandals
- Walking and running shoes
- Swimsuit and cover-up
 - Sunglasses
 - Brimmed hat
 - Accessories



10 BEST
MEDITERRANEAN
CRUISES 2019

HOW TO CHOOSE A MEDITERRANEAN CRUISE

If the turquoise waters, ancient cities, quaint towns, legends, and idyllic climate of the Mediterranean are calling you, then we're here to make choosing your small ship cruise an easy process. From coastal France to Italy and the Dalmatian Coast, to the Greek Isles, any cruise to the Mediterranean is an active yet relaxing journey through history and paradise.

We're here to help navigate the many options available and help you:

Choose when you'd like to travel

Decide on the length of your trip

Narrow down which cities & sites you'd like to see

Decide whether you're looking for a themed experience

Select your boat

Choose where to travel

Probably the best first step in choosing your Mediterranean cruise is picking which part of the Mediterranean you'd like to visit. Scores of small ships and yachts travel these waters, but only several of our hand-selected list of boats visit each destination.

Some popular Mediterranean options are:

Adriatic Sea and the Dalmatian Coast
Italy (including Rome & Venice)
Greece (including the Aegean Islands or the Cyclades)
Corsica, Sicily, and the French Riviera
Spain, Portugal.



HEALTHY MEDITERRANEAN CUISINE




Healthy Mediterranean Cuisine includes the cuisines of all the countries that border the Mediterranean Sea. Spain, France, Italy, Greece, Turkey, Syria, Israel, Egypt, Algeria, Libya, Tunisia and Morocco. French and Italian foods are so well known in America, it's almost like we don't think of them as Mediterranean anymore, even though they are, especially Italy.

Thought French and Italian foods and to a lesser extent Greek foods have carved out distinct niches of Mediterranean cuisines, Tunisian, Turkish, Lebanese, Moroccan, Egyptian, Spanish cuisine is all Mediterranean cuisine. At one point the Turkish based Ottoman Empire ruled all the Mediterranean South and East of Greece, that left a common cultural influence.

MEDITERRANEAN



A photograph of two women standing at a market stall. The woman on the left is wearing a patterned dress and sunglasses, holding a large wicker basket filled with fresh vegetables like carrots and tomatoes. The woman on the right is wearing a light blue sweater with 'BROWNIE' written on it and plaid trousers. The background shows a market setting with various stalls and produce.

*“MY diet is the Mediterranean diet. Which is a good food. I eat well.”
- Penelope Cruz*