

launch issue

# TEAL

Travel, Eating and Living

## Venice

The free, the cheap  
and the expensive

Great British  
chocolate

Nathan Aquilera:  
The Foodie  
Flashpacker

Up your  
Instagram game

Vietnamese food for beginners // Battle of the  
#foodporn // Lost in translation? Not anymore



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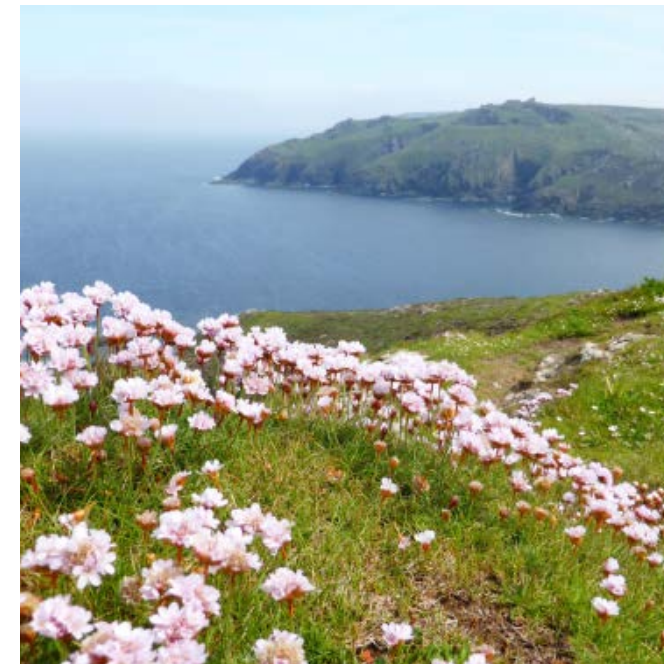


Photo taken by Vicki Evans

# TEAL

Travel, Eating and Living

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Cover photo taken in Venice of the Chiesa di San Giorgio Maggiore by Vicki Evans

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# teapigs.

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## Editor's letter

The fear of missing out is real.

We scan our friend's feeds and see the great time that they are having. We know in the back of our mind that the photos are edited or staged and are just a small section of a person's life.

But when you see a view of the mountains in South America, the cityscape of Tokyo, the crisp, clear, Mediterranean sea or just a chocolate fudge sundae we get that urge to try new things and the desire to see the world.

There is a lot of fear around about of what will happen with Brexit, the unknowing of having a good job that you have worked hard for and even how millennials are more likely to be depressed than the last generation.

Not to freak you out or anything but that is the cold hard truth for a lot of people. You as well, probably.

But our passions are still there even if we may not be able to do them right away. We need these passions to make our lives worthwhile and mean something. However, very little of us have the resources to do so. So in comes Teal with its launch issue.

Teal is made on the basis that people want to travel the world but have very little disposable income to do so. A desire to see the world but the budget to

only get to the airport and not to actually be able to get on a plane and go somewhere.

There are a lot of tips and tricks to be learnt along the way and there are places you can go that are wonderful but won't cost the earth. Take the beautiful island of Lopud that is featured on

at Teal is food and lots of it. We try to strike a balance between healthy and 1500 kcals per serving - see the freakshakes for that ridiculous treat.

Food is one of those life luxuries that you can afford just may have not to have so much alcohol to make up that

difference and after those years of pot noodles and university food you need a little change.

Cooking your own food has never been simpler now due to our expert chefs teaching you how to make the recipes on our YouTube channel so you can see the step-by-step guide.

The majority of the recipes in this issue are minimum effort with maximum impact. So these are the dishes you serve before Netflix and chill to impress someone.

So that is Teal. How to make the most of life with a limited budget and just because you have the fear

of what the world will do to you just remember that the world is also out there for the taking.

As Nathan, who you will meet on pages 20 to 22, said "If you want to go but fear is holding you back, just go."

Be brave and see the world.

Vicki x



page 44 where you can live at champagne lifestyle for a Coca-Cola budget.

Or take a trip to Cornwall and see the most beautiful coasts in England. That can be found on pages 14 to 15. Or just learn to skip the tourist season and crowded places and go off the beaten track in famous cities like Venice, page 24 to 27.

The second thing that we love

Find us online and social at  
teal.com and @tealmag  
also follow the editor @vickiemilyevans





# News and what's trending

## Ride around the airport on your Modobag

We all know about Trunki, the animal suitcases that children wheel around in airports as a way to carry their luggage but ride it. Now there is a Kickstarter on Indiegogo for Modobag which is the first motorised rideable suitcase.

It claims to go up to 8mph with an 8-mile range that can carry a maximum of 260 lbs. The cost is not given but donate \$998 US on their crowdfunding campaign and you will receive the bag before anyone else.

Their initial target was \$50,000 but have now overfunded by 345% making the total to \$172,332 with 180 backers. The project was founded by Kevin O'Donnell, who studied Industrial Design at University, and Boyd Bruner, who is a technical director and competitive motorcyclist.

The other features of the bag are a homing device that can be connected to an app so you can find your bag anywhere in the world. Plus an in-house power station to charge your devices.

The debate is still on if this is legal in an airport as being able to speed at 8mph is a recipe for drag races and security alerts.



## Flexitarian: Vegetarian with meat cheat days

"I am a vegetarian, but sometimes I eat meat..." It is a bit of a contradiction, but this is a new wave of eating that has the values of vegetarianism but understands the need to eat meat.

They keep an animal-friendly outlook, including buying cruelty free makeup, but when it is necessary, they eat organic and locally reared animals. It is a way not to be too strict about your diet, especially when eating out with friends as you have the possibility to eat anything at a restaurant rather than the two vegetarian options.

It has opened up the vegetarian and vegan world to a different way of eating that is not as strict but keep the same principles.

## How to get the best rates for travel money

After Brexit, we have all started to feel the pinch, especially when travelling abroad. It may be some time before new laws are in place regarding travel outside the UK but for now our main concern is with the exchange rates.

There are a few tips that you can do to make sure that your holiday isn't going to cost you any more than it has to. The wrong currency exchange even cost you £100 extra to your trip, and this is not something any of us want.

So what are the tips to make sure that you get the best rate? Firstly, don't buy at the airport. It may sound obvious but people still do this, and it can cost you so much more than if you were a little organised about your travel money.

Look into specialist credit cards that are designed to use on holiday that will give you a better rate. This is also good if you don't feel comfortable about wandering around with hundreds of euros or dollars in your pockets.

Then if you only want to change a small amount just do a little bit of research about the exchange rates where you are.

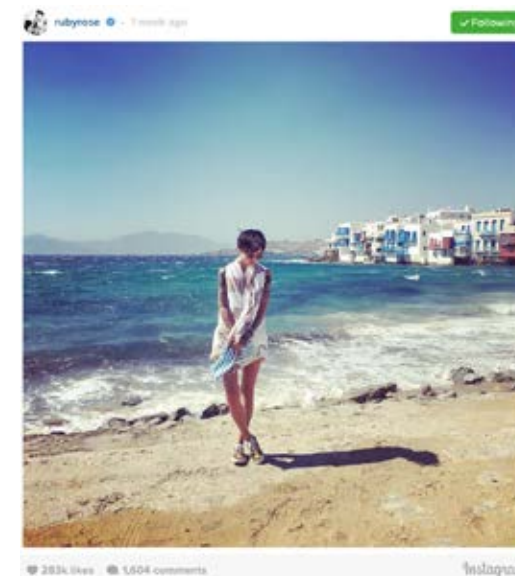
We did a little test using moneysupermarket's exchange calculator to see where could get the best and worst rates for changing £100 to euros:

Halifax Credit Card: €119.43 - 1.194

Thomas Cook: €116.68 - 1.167

Heathrow: €106.93 - 1.165

## Celebrity Instagram summer holiday snaps





# Up your Instagram game

Getting people to double tap our photos has become an obsession of ours and here are a few tips about how to make you photos stand out and gain likes

We are obsessed with food on Instagram with over 180,000 posts just with the #food. Snapping your food before eating has become as routine as adding salt and pepper. But how do you make your photos stand out from the pack and make people want to double tap.

Of course, the first thing is the food itself as a good mix of colours and flavours will get more likes than something that looks like it is bland and beige.

Keeping the food interesting is important, and lighting can have a lot to do with it. London Food Fatty takes the majority of their mouthwatering food in restaurants where control of light is limited, and a poorly lit photo can ruin a delicious dish.

They told us that "when we go to restaurants we ask for a table with natural light during the day and general good lighting for dinners and evenings." Positioning yourself near a window can be the best for a good shot.

Bad shots can be fixed with a few tricks from an app (see the

inside back page for our favourite editing apps) or a good filter. Retouching isn't cheating, The Food Fatty even with their 458 posts and 20.1k followers still uses editing apps.

"I feel like editing apps can often turn an average picture into a great one." When you are snapping from your phone the quality isn't always good but with a few bits of editing and they can look amazing.

However, there are a variety of different things that you can do to make the food stand out more that don't require adding a filter.

The top tips for the photo before it is taken can be seen over the page but touchups and tweaking, as well as the right #, can make or break a photo.

Consider where the photo was taken, if shot in your house say homemade or give a brief description of how you made it. A full recipe may not be required in the caption but adding what ingredients are is helpful, or a link to the recipe is good to have.

This gives your followers knowledge about how the food was made and also if you've done it personally. Make sure that you add the location or tag the restaurant. Also because of the map feature, it is always fun to track where you have eaten around the world.

Once the description is done we can work on #.

A # can make or break a photo one of the main things that big Instagrammers do is post a comment with a long list of # after the caption as this will not clog up the caption space and make it easier to read. Do add a few relevant # to the description and even just add a few # to the words for example.

Don't be afraid of adding too

many #. Keep in mind that Instagram has a limit and may stop you posting with too many. Also, we tend just to read over the # so sentences may look strange, but they will be read easily.

Below is an example of two identical photos: One with no # and not an interesting description saying: "lemon and poppy seed cookies!" only got three likes. The other has 19 # and a more descriptive caption, and you can see that it got 40 likes in an hour.

It may feel like you are working



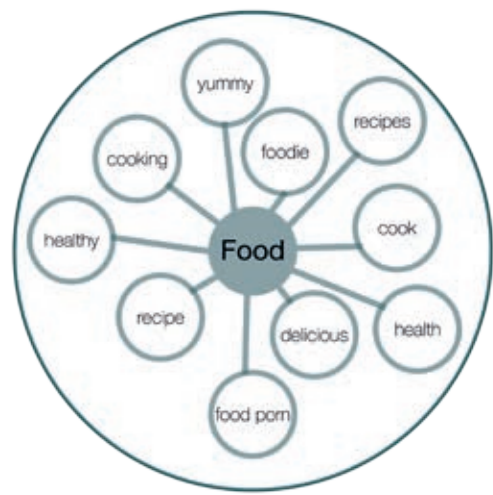
the system a bit and caring too much about numbers, which can be a big issue with millennials, as we value ourselves against the number of likes and followers we have got.

The likes, in a lot of ways, don't matter what people think of a photo but more how easy it was to find though searching.

If your account is private then a lot of these things don't really apply if all you do is take photos for your friends then give it a more personal touch or even slide in an inside joke.

Make your Instagram account be about what is important to you but if creating the most aesthetically pleasing photos are your thing then great.

As expert food stylist Jennifer Joyce said to BBC Good Food: "Keep things simple, and the food will shine."



The top # that relate to food so use a few of these. Search for other relevant # on hashtagify.me



Photo taken by Vicki Evans



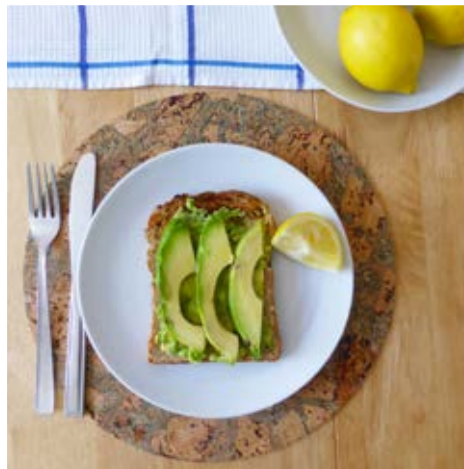
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## Top photography tips



### Positions and backgrounds

The food is not always the most important thing in a food photo the setting is vital for a good photo.

When shooting at home make a little set for your food with colour matching items. Even add in extra food to show the ingredients that went into making the dish.

In a restaurant try to get the atmosphere of where you are by taking and get a little of the room itself as well as the table and even what you are drinking.



### Layers and flavours

The more flavours that you can show with the food the better. Sometimes a simple soup can look bland even if it is packed with flavour but show them on top with sauces or seasoning.

The more layers of flavour you can show the tastier the food will look. Colour is also important as it adds an extra layer of dimension to the photo so add some extra when preparing your food.



### Camera angles and closeups

Top down works for a lot of different photos as it gives a great over view of what you are eating. Sometimes, however, this may not work for every food stuff.

Close up and macro shots work well if the item is juicy or has a lot of height, like a burger. These shots are hard to do because you have to angle it right to make sure the background is clear of anything you don't want to see.



### Imperfections and bite marks

Adding some crumbs can make the food look less staged. Yes, purposely and add crumbs to make it look less staged. But, this will make it look more inviting and make it seem you can take the food.

If eating a sandwich or a pie take a slice out or a bit out before taking the photo as it shows that you have tasted the food and then decided to share it rather than the other way around of sharing before tasting.

Photo taken by Vicki Evans

Re.Born

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Introducing the Canon EOS Canon EOS-1Ds Mark III

**Canon**  
EOS-1Ds Mark III

**EOS-1Ds Re.Born.** The Canon EOS-1Ds Mark III is an engineering tour de force which, true to the EOS-1 legacy, redefines the state of the art in no uncertain terms. An entirely new 21.1-megapixel full-frame Canon CMOS sensor delivers astounding image quality and creates new photographic possibilities. Cutting-edge features-such as a large 3.0-inch LCD monitor with Live View Function, and a fast, precise 45-point AF system-make the EOS-1Ds Mark III powerful and versatile. And, of course, the EOS-1Ds Mark III is part of the unparalleled EOS System which, with more than 50 EF lenses, 15 interchangeable focusing screens, and extensive wireless remote control and lighting accessories, is the most advanced and powerful digital photography system in the world.







Gurnard's Head near Zennor with some sea pinks along the cliffs

# UK short breaks: Cornwall

Take a big city detox at the furthest end of England and live a simpler lifestyle.

Relax and learn how to see the tourist hubs without any of the huge crowds

Get there early and bring a lot of loose change are two things I want you to take away from this article.

I was staying in the working fishing village of Newlyn, which is just down the bay from Penzance. I stayed at a friend's cottage up on the hill. It is a classic cottage which has a beautiful view of the harbour, which is always busy, and a perfect view of St Michael's Mount.

I arrived after the long nearly 12-hour journey down to the end of the country and started getting a taste of the different way of life I am used to.

It began in the cosy restaurant, Mackerel Sky Seafood bar, where the long tables meant you got close and comfortable to the

other patrons. The crab claws were so fresh and had so much flavour as it felt like they were caught that morning and most likely they were.

One the first full day I drove up to St Just, which is a little market town near the coast. I stopped off at an independent coffee shop for my morning coffee;. It was pleasant to be in a family-run café compared to the chain coffee I drink in the city.

After the coffee break, I headed out to Cape Cornwall. It used to be known as the most westerly point until the Ordnance Survey disproved it 200 years ago and said that Land's End was the furthest point in England. This brings me to something that is a recurring theme in my trip to

Cornwall: the tourist hubs and honeypots.

The postcard places are full of people, and it becomes unbearable as you feel like you are a chain of people being pushed along in a theme park.

Nothing made me think of that more than when I went over to St Michael's Mount the next day and found that there were queues to see everything, from the boat, to the toilets to just walking up to the castle.

Or my last day which I spent in Penzance instead of St Ives as everyone suggested because I couldn't even get into the car park for the train station because of the amount of people and tourists around.

I tried to go places which were

Fresh crab claws at Mackerel Sky Seafood bar, Newlyn



a little off the beaten track or I went places very early in the morning, and this helped matters but be prepared for other tourists and, what feels like hundreds of people everywhere.

After spending time at Cape Cornwall, I headed out to one of the many vineyards and orchards. I went to Polgoon Orchard, which is just north of Penzance for a tour of the orchard and some cider tasting.

A tour like this is perfect to do if the weather isn't ideal for sightseeing around the area and if you shop around the tours aren't too expensive. Polgoon's tour with tasting only cost £10, but I did spend £40 in the shop after so on second thought it is an expensive activity.

The next day I went to St Michael's Mount, I got to Marazion at around ten that morning to catch the boat over to the island. The island is free to explore however the National

The 'traditional' Cornish pasty with the signature two holes



Trust owns the castle.

In all honesty, it is beneficial to get a membership to National Trust before coming. So many places and especially car parks are free for members so that you can make the membership fee back just by this one trip.

The castle is elegant, and I spent half my time wondering how they built it all with the problem of the tides and moving the stone to make the buildings.

In the little tearoom, I had my first Cornish Pasty, they just call it a traditional, it was hot, fresh and full of flavour and has ruined Greggs for me for life.

I took a long drive back to Newlyn long the coast and stopped off at anywhere that took my fancy; which is the best way to experience the countryside.

The very end of Cornwall is so untouched by typical urbanisation that there is a different way of life that would have been so traditional for the English. I'm not

Smoked salmon pomegranate salad at Newlyn Filmhouse



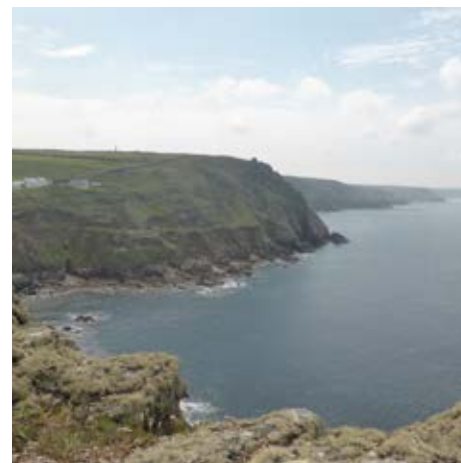
saying that they are stuck in their ways but there is a real sense of community that big companies have taken over.

For example, I am writing this on the last night of my long weekend in the Newlyn Filmhouse that used to be an old fisherman's warehouse.

The community pulled together to make this little, two-screen cinema and bar and reality for the people in the town. The bay is full of people fishing and selling their produce. Restaurants buy locally produced food and a simple thing of a supermarket is hard to find.

The main advice for being in Cornwall is to get out of a big city mindset and enjoy the tranquil lifestyle they have kept.

Check out our Instagram to see the photos from the trip



Cape Cornwall and the view to Land's End



The classic view: Cornish flag, boats and old fishing villages



The front of the castle on St Michael's Mount



# Eat your way there: Vietnam

A trip to Asia will set you back a few thousand pounds but while you save up for the flights you can travel through your food and experience something unique

The way Vietnamese food is different from other Asian countries is the use of herbs, sauces and how they can make rice appear in nearly every dish but not always in the way that you think.

First off the health benefits of trying out these foods. Although not marketed as such rice products, like the vermicelli noodles and rice paper, are gluten and wheat free. So this is perfect for adding variety to your food or if you have that allergy.

Secondly, they use a tiny amount of oil or fat when cooking. It would just be enough to sweat off vegetables or stop meat from sticking so it is virtually fat-free. Also, there is a huge emphasis on pickling veg or eating nearly raw, and this helps retain a lot of the nutrients that is

lost during cooking or steaming.

There is a balancing act that needs to be in place like with most South Asian cooking like in Thailand. So when adding something sour, there has to be sweet as well.

Herbs are also key for these dishes as they add a fresh flavour and another layer to the food you maybe familiar with. For example, the classic Phở soup which is similar to our chicken noodle is transformed using herbs.

One thing to note is that Vietnam is also known for its sweets and drinks. The coffee is served like a long Americano with ice and condensed milk. This was due to the people in the villages in the high mountains not being able to have fresh milk so they went to milk that can be preserved and carried up the hills.

Tradition is constant though the food with the use of fresh herbs and seasonal ingredients.

Techniques like pickling of the vegetables or the use of rice are made in the same way as it was hundreds of years ago.

Finding ingredients from the other side of the world has become very simple as now most large supermarkets will sell the necessary items. If you need something more complicated then visiting an Asian supermarket will be the best option. You may need a little help with the translation on the packaging but bring a shopping list to make the process easy.

To try the best authentic food go to Ku Soho, London, for the Banh Mi sandwich, Pho Cafe, located around the UK, for the classic soup.

## Phở Gà

The Asian version of the classic chicken noodle

Recipe for four

250g chicken  
1 white onion  
3 tbsp ginger  
150 ml chicken stock  
2 tbsp fish sauce  
1 tsp sesame oil  
4 nests of dried rice vermicelli noodles

To garnish  
Assorted herbs: coriander, mint, sage and parsley  
Fresh red chillis  
Lime  
Beansprouts  
Spring onions

Prep time: 30 minutes

Cook time: 30 minutes

Add the onion finely chopped into a large pot and sweated off with little of the sesame oil. Make sure that they are fully translucent then add the chicken stock.

Use either fresh stock or a good quality stock cube. This is the main part of the dish so don't skimp out on the cheapest as you need good flavour from it.

Add the fish sauce and the ginger to the broth and then the chicken pieces whole. Use a mix of breast and brown meat for this for extra flavour.

Cook the vermicelli noodles to the packet instructions most you need to soak in boiling water for a few minutes and then strain and rinse the noodles.

Once the chicken is cooked, around 20 minutes, take it out and shred with two forks.

After that ladle the broth into

the bowls on top. Once the broth is filled to the top of the bowls add in some of the spring onions chopped and coriander.

Serve to the table and have extra herbs to garnish, a lime wedge, chilli slices and fresh bean sprouts.

It is customizable from then on out and add whatever you like to make the soup to your taste. You could also add more fish sauce or even some hot sauce.

Go to our YouTube channel where you can learn how to make and roll professionally the prawn summer rolls with peanut dipping sauce

Summer rolls with prawn and a crunchy peanut sauce



Phở Gà: The classic chicken and rice noodle soup







Apple iPhone 3D





“My favourite countries for food are Vietnam, India, Spain, Thailand and Italy. Best beaches in the world are in the Philippines, Indonesia and Thailand. Best nature is found in Iceland and the Azores of Portugal. The most affordable countries I’ve visited are Nepal and India.”

# Nathan Aguilera: The Foodie Flashpacker

The phrase “well travelled” doesn’t begin to cover this man’s experience. Over 30 countries in two and a half years while blogging and sharing his adventures

There may be a lot of cliches that come to mind when talking about Nathan like “living the dream” or “citizen of the world” but to be honest you can’t help it.

You can scroll through his Instagram feed for hours with all the beautiful photos and mouthwatering food. His blog is funny and thoughtful and makes you want to travel the world.

He is everything that the Teal reader wants to be and he has been doing it for two and a half years. Homeless, free and travelling the world.

**V: Firstly have to talk about your photography as it is amazing. So what camera do you use and what tips can you give the average person on how to achieve professional photos for social media and your blog?**

N: Thank you very much; I appreciate you saying that. My photography skills are very much a work in progress. I cringe when I look back at some of the older photos I’ve posted.

Mostly I use my iPhone 6 and I edit with Snapseed, a free app. Snapseed can be a bit difficult to get used to initially but it’s totally worth taking the time to learn it.

I have a larger and more professional camera that I’m supposed to be learning to use as a transition to investing in a professional piece but I always go back to taking photos from my iPhone. The ability to shoot, edit and upload on the go is invaluable.

I would say to start taking photos from your phone and

using free editing software for practice before you run out and spend a bunch of money.

Make sure it’s something that really interests you enough to hold your attention before you make an investment.

**V: Your six-month round the world trip turned into a two and a half year grand tour. How did that come about and was it always a decision to document your travels through your blog or did this start when you hit the road?**

N: I’ve been obsessed with travel blogs since I began planning this trip about a year and a half before it started. I always had a small idea to start

“If you want to go but fear is holding you back, just go”

a blog of my own but I didn’t see the point, since I initially thought I would only be gone six months.

I felt it would take away from the trip if I were always looking for wifi, writing posts, editing and uploading photos, etc. When I was nearing the two-year mark with no plans to stop any time soon I decided to give it a try.

So far it’s been mostly great, although it does take away from the trip.

You have to learn to travel differently—looking at doing

things that would be worth writing about. For example, SEO apparently really likes lists.

Never before in my travelling have I visited a new city and been actively thinking how to come away with a “Top 7 Street Markets of Hong Kong” or something along those lines.

It’s a bit of transition, especially as that hasn’t been my travel style for the first two years of the trip.

**V: What tips and advice would you give any young travellers - about how to travel in general or the best way to travel on a budget?**

N: I’m fairly active as a Couchsurfing host and I really think it’s one of the best ways to connect with other like-minded people and keep your budget in check at the same time.

I’ve met some really great friends that I’m still in touch with today. So I would say make a really complete profile on Couchsurfing and attend some local meetups to get references. This should really increase your chances of finding a host.

There are also some great websites where you can find food and accommodation in exchange for working. Some of the work can include picking grapes for wine harvest, starting gardens and other manual labour type jobs.

I’ve also heard of people managing the social media accounts for farms and guesthouses or teaching English in rural orphanages. It’s a great way to meet locals and see a side of the country you may



have otherwise missed, all while keeping your budget in check.

Check [www.helpx.net](http://www.helpx.net) and [www.wwoof.net](http://www.wwoof.net) to see what opportunities are available in the countries you're interested in visiting.

**V: What was your greatest food experience on your travels and where has been the best place that you have travelled?**

N: Oh wow- that's such a difficult question for me. I have a serious love for food; you may have noticed. Overall I would say Vietnam is my favourite country for food.

I always loved Vietnamese food at home but to be sitting on a child's sized plastic chair slurping down a \$1 bowl of pho on the side of the road in some nameless Vietnamese village it's just different.

I spent a month in Vietnam, but I would go back just to eat.

Best place I've ever travelled? You're killing me! That's another hard one. How about I'll give you some categories?

My favourite countries for food are Vietnam, India, Spain, Thailand and Italy.

Best beaches in the world are in the Philippines, Indonesia and Thailand.

Best nature is found in Iceland and the Azores of Portugal.

The most affordable countries I've visited are Nepal and India.

**V: Is there anything you would like to say to people who want to travel but think that they can't do it?**

N: Special circumstances aside, as I realise for some travelling like this just isn't possible, I would say where there's a will there's a way. Sorry to plug my own article but I just did an interview with three friends of mine who are travelling the world on an average

budget of \$10 USD per day. You can check it out at: <http://foodieflashpacker.com/longest-way-to-alaska/>

If you're willing to go without some things you're maybe accustomed to and to instead do things like hitchhike, Couchsurf, and live off of street food you can make it happen.

And more importantly, if you want to go but fear is holding you back, just go. I used to be exactly where you are and going is one of the best decisions I've ever made. Yes, it's scary but change usually is.

The people you'll meet and the memories you'll make along the way are greater than any fear. And if you don't like it, at least you tried. You can always go home but at least you won't always wonder what if.

You can follow Nathan's journey at: [foodieflashpacker.com](http://foodieflashpacker.com) and @foodieflashpacker

"#pannacotta #dessert from our favourite restaurant in #odessa #ukraine"

183 likes  
Odesa, Ukraine  
July 22nd 2016

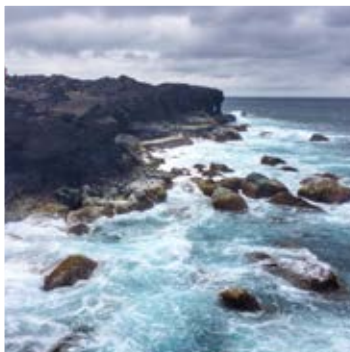


"#scuba #divers getting ready #dive Silfra-- known for having some of the clearest & coldest water for diving in the world"

181 likes  
Silfra, Iceland  
12th July 2016

"Pico Island is one of the #Azores-- the islands located off the coast of #portugal The island is famous for nature, whale watching and wine production."

201 likes  
Pico Island, Portugal  
June 14th 2016

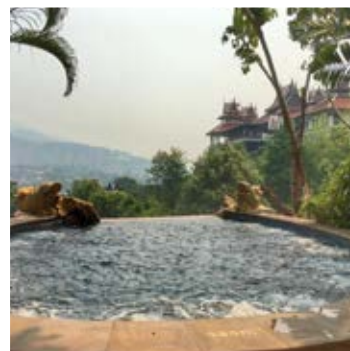


"Grilled tuna with mashed potatoes and vegetables."

181 likes  
Essaouira Morocco  
17th May 2016

"#cocktails at #sunset in #hongkong"

156 likes  
Hong Kong City, Hong Kong  
10th May 2016



"Current situation: poolside with an amazing view of the Panviman Hotel in the background."

162 likes  
Chiang Mai, Thailand  
20th April 2016

# Unlimited Peace...



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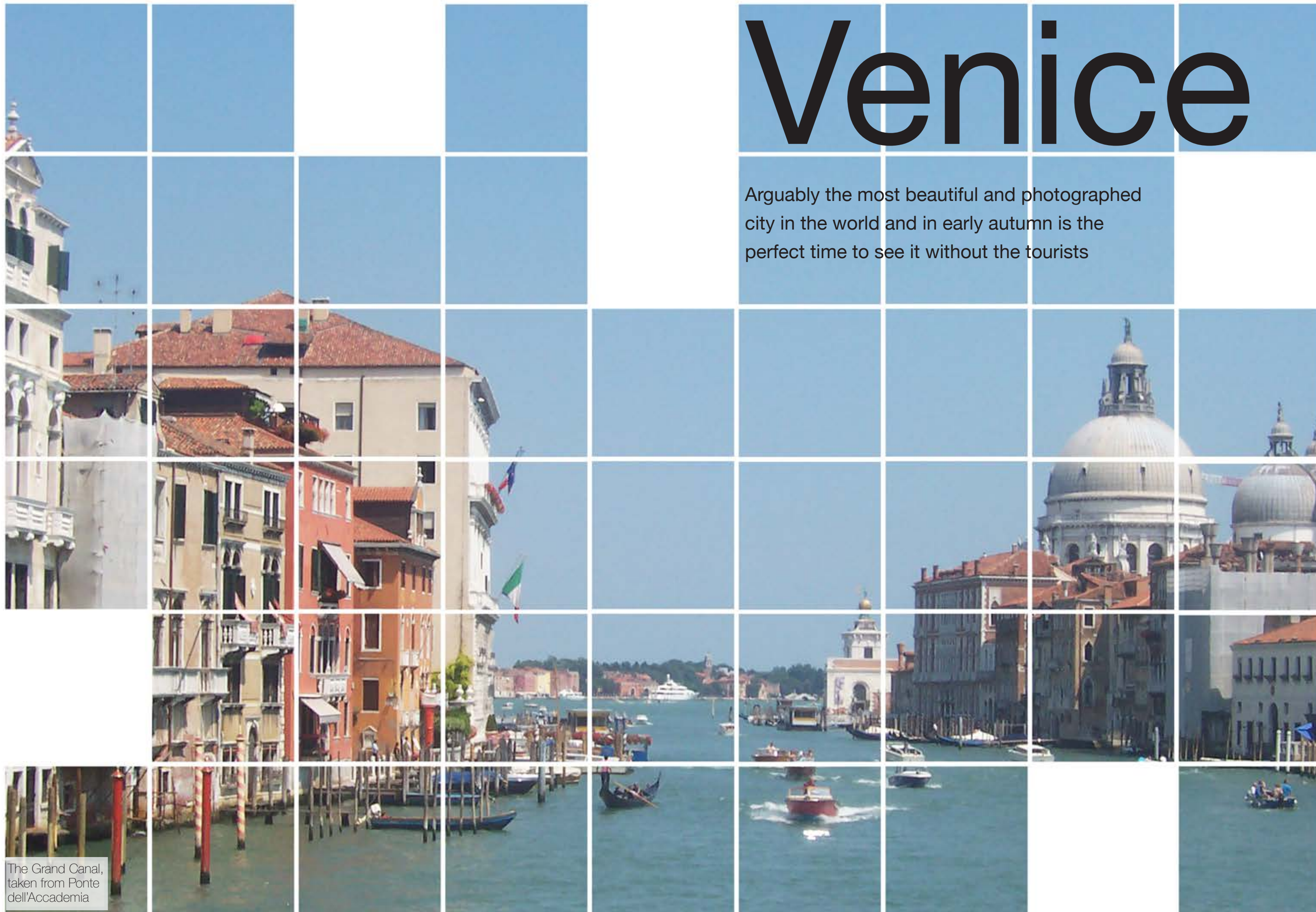
Enjoy the golden rays of sunshine... be one with the cool blue turquoise sea... let the beautiful nature of Turkey rejuvenate your body and soul with unlimited peace.





# Venice

Arguably the most beautiful and photographed city in the world and in early autumn is the perfect time to see it without the tourists



The Grand Canal,  
taken from Ponte  
dell'Accademia





The Saint Mark's  
Basilica Cathedral



The classic view  
of the canals



Tourists on Riva  
degli Schiavoni



Palazzo Cavalli-  
Franchetti

## During September

31st August to 10th September - The 73rd International Venice Film Festival. It is the oldest film festival in the world and is the perfect place to sightsee celebrities. However, this does make the city very busy so be prepared for crowds.

4th September - Historical Regatta and Campioni su Gondolini

The Grand Canal is turned into a stage so that the play about the most famous Venetian events can be performed the Historical Regatta

After that there is a gondola race down the Grand Canal. It is a historical tradition for Venetians and there are four races held during the day of different classes of boats.

## The free

One of the best things to do in Venice is completely free. Wake up very early in the morning, just before sunrise and take a walk around the city and during this time there are no huge crowds.

The sun will be in the perfect place to take hazy shots out down the grand canal, and you can take your time wandering around the city with no one else around.

Saint Mark's, the Churches and, most of the museums and art galleries are free as well.

Culture comes at no cost here.

## The cheap

If you are in Venice for a couple of days and you want to see something more unusual, then a 'Hidden Venice' would be a great option. The walk goes from St. Mark's Square to the Rialto Bridge and explores the back alleys and the historical side of the city with an expert guide. Tours start at £17.50 for an hour long tour in English.

The Murano Glass Factory does tours and hands-on workshop during the day and is perfect

for any wet days. For £26 each there is a tour of the main glass factory that has been running since the 13th Century. Then have a go at sculpting your own glass to take home with you.

## The expensive

First, you can take a private gondola ride but this will set you back around £30 per person for around 30 minutes in the gondola.

There are also a lot of full guided tours about the whole of Venice or a specific place, like Saint Mark's. These can become very expensive with full day tours at around £60. Check reviews online before booking so you get the most for you money.

## Top tips

Service charges are added to a bill automatically so check the menu before ordering if you don't want to pay this. However, be aware that service charges are the rule, not the exception.

Avoid eating in the main squares - Saint Marc's square is beautiful but paying double for the privilege is not worth it. When in doubt, get pizza by the slice and sit on the steps of old buildings.

The biggest crime in Venice is theft so keep your bags safe and try not to dress like a tourist.

Try to cover up while in Venice; the locals frown upon being too exposed and keep this in mind if wanting to go to any churches as you will at least have to have shoulders and knees covered.

Lastly, the number one rule: don't feed the pigeons.

## The basics

Flights - Easy Jet flight from Gatwick return is around £60

Hotel costs - 3\* hotel for two has an average price of £750 for five nights.

Weather - 20 degrees with an average of 20% chance of rain



Rialto Bridge across  
the Grand Canal



# Just like Nonna makes it

Italian food should be rustic, delicious and made at home with family. Fresh pasta and pizza from scratch is very impressive but so simple that anyone can do it



## Fresh pasta

Recipe for one  
(multiply depending  
on size of family)

1 medium egg  
100g of 00 flour  
pinch of salt  
Semolina  
Prep Time: around 40  
minutes

Cook Time: 2-5  
minutes

First you need 00 flour, in Italy you can buy 00 flour in the supermarkets and it is dirt cheap however in England it is more expensive than regular flour and harder to find.

Supermarkets have started to stock it because of the use in baking and pastry making. So look for pasta or pastry flour to get the 00 milled flour.

00 is ground fine to make the flour easier to work with and make it more elastic but if you really can't find it use plain flour. It will just make the pasta easier to roll and use the classic Italian ingredients.

Put the flour on the counter top and create a hole in the middle and crack the egg in to it and add the pinch of salt. Mix the dough and

knead it until it is smooth; it will feel like play dough not like a bread mix. Work it for around five to ten minutes until it is completely smooth and elastic. Use elbow grease instead of a mixer as you can feel when it is ready to be rolled out.

After it is smooth, wrap it in cling film and leave to rest for 20 minutes this makes the gluten in the flour rest so it can be worked with easier.

Then roll out the dough either through elbow grease or invest in a pasta machine, a good one is around £40. It should be around the thickness of a debit card.

After that you can make the shapes. Put semolina down on the tray to stop the pasta from sticking to each other.

You can also hang the pasta out on a coat hanger to dry. Leave it to dry for around 10 minutes.

Finally time to cook and get a large pot of salted boiling water. If making long noodles make sure you mix the pot to stop from sticking.

The pasta takes around 2-4 minutes to cook. It does depend on how thin your pasta is so check after 2 minutes.

## Fresh tomato and prosciutto pasta

Recipe for one

1 clove of garlic  
2 tbsp extra virgin olive oil  
1 tsp basil dried  
handful of cherry tomatoes  
three to five slices of prosciutto

Prep time: 5 minutes

Cook time: 5 minutes

First chop and squash the garlic till it is a fine paste. The best way to do this is by using the side of the knife.

Fry the garlic in extra virgin oil on low heat for around three minutes to cook it through. Extra virgin is not really used for cooking in Italy but mainly as a dressing or a dip because it is so expensive. The flavour is lost through cooking so it is seen as wasteful.

However with this dish the oil is the main player and forms the main base of the sauce so the better quality oil you get the better the sauce will taste.

Chop the tomatoes in to quarters and add everything in; the seeds will form the base of the sauce. Then tear up the prosciutto add that in to the mix.

You can use ham or even bacon instead but if using uncooked meat add them in and completely cook before adding the garlic or tomatoes.

Add in the dried basil, if using fresh add in around 1 tbsp instead also add in the pepper.

Don't use any salt because the prosciutto will be salty plus the pasta water and you don't want to over salt the sauce.

Once the pasta is around 1 minutes off being done add in to the sauce to mix and marry the sauce and pasta together. Having the last bit of cooking done in the sauce will help the sauce and pasta mix together.

Just before you are to serve add a bit of the pasta water. The starch that has come out of the pasta will make the sauce really creamy.

Dish up and serve with some more pepper and even some Parmesan.





First, make the dough by mixing some lukewarm water with the yeast and the sugar and let to sit for a few minutes to activate.

Put the flour and salt with the oil in a bowl and then mix in the yeast mixture then knead for around 15 minutes.

The dough will be wet but don't add any more flour or water and work it until the dough is very smooth and elastically. This is to develop the gluten in the flour.

Let the dough rise for around an hour and a half in a warm area or until it has doubled in size.

Preheat the oven to 240 degrees and add a tray into the oven. Then roll out the dough, flour the surface to make the dough not stick.

Sprinkle semolina onto the counter to make the dough roll out easier and hold its shape. Then add the toppings.

Mix tomato paste with water till it has a thinner consistency and then season.

Chop up some mozzarella and dry off the excess water. Do this with some kitchen towel; the more moisture, the greater risk of the dough being soggy underneath.

Chop some basil finely and add that to some olive oil to make a basil oil and then sprinkle that on the top of the tomato and mozzarella.

Add the pizza to the hot tray, and this will help the underneath cook fast and have a crisp bottom and then bake for 10 minutes or when the cheese is melted, is golden around the edges and can be removed from the tray easily.

Add some fresh basil on top and some freshly ground black pepper.

## Fresh pizza

### Recipe for one

150g strong flour  
100ml water  
1 tsp olive oil  
½ tsp dried yeast  
1 tsp sugar  
½ tsp salt

Tomato paste  
Mozzarella  
Basil

Prep time: 2 hours

Cook time: 10 minutes



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# Battle of the #foodporn

This month we are dealing with two trends that are taking Instagram by storm the freakshake and the smoothie bowl. Which one wins out?



You decide who wins  
on Twitter by using  
either:  
#teamshake  
or  
#teamsmoothie



The origins of the two are unknown, but the smoothie bowl came from a new wave of eating breakfast so it can be eaten with cereal and fresh fruit as well.

The freakshake was developed to make an average milkshake extreme. Whipped cream, chocolate ganache, marshmallows, brownies and even doughnuts.

So it is evident which is better for you, right? Well, as much as the smoothie bowl is made from fresh ingredients it is packed full of sugar. Natural sugar it may be but this may not be the best start to your day as slow release energy food are much healthier.

The freakshake is supposed to be consumed in moderation, and it is a great treat once in a while.

#freakshake on Instagram has nearly 18,000 photos. With a range of flavours from bubblegum to Nutella to mint chip with pretzels.

#smoothiebowl has over 475,000 photos on Instagram, and here you can see the range of flavours and ingredients that people experiment with. Strawberry, chia with cacao nibs anyone?

Recipes of the two shown are on our YouTube channel. Make sure you tag us when posting the recipes on social media @tealmag.

@tealmag // teal.com // July 2016

Photo taken by Vicki Evans





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# Great British chocolate

Ever since Mr Cadbury, the UK sweet market has been flooded with new tastes and creations. Here are the process and the secrets to homemade choco heaven

Big name brands dominate the chocolate industry and with the cost of artisan chocolate being nearly triple the cost of what you can buy in the supermarket fewer people are buying British chocolate as big names like Cadbury are now owned by American companies.

The industry has seen an increase of 8.9% in the whole confectionery industry according to researchers Key Note. This could be the growth of the number of chocolatiers in the UK as a whole.

There are two main types of chocolatiers: bean to bar, where they buy in the beans from elsewhere in the world, and the less common where the beans are grown in the UK.

The beans are the most important part of the chocolate process as they make the unique tastes of each bar. For example an Ecuador bean is mild with a fruity flavour whereas a Cote D'Ivoire bar has a richer nutty flavour.

There are a few health benefits of eating independent chocolates as they tend not to have as many additives, e-numbers or preservatives like mainstream chocolate.

One of the biggest selling points of one of our favourite bars from Chocolarder is that they state: "No shortcuts, preservatives, bulking agents, substitutions or artificial shenanigans. Just the real

deal, right from the bean to the bar." Yes, we are trying to justify our choco addiction.

Let's take you through a step by step process of the chocolate-making process:

First is roasting the bean and the longer the roast, the more intense the flavour like in coffee. The bean is also important for the different flavour but we'll get to that later. De-shell the beans and then mill them to make tem really fine.

After that it is heated up to make the cocoa butter be released and make the beans melt and start to become liquid. Sugar and other flavours are added like vanilla, mint or chilli.

After that, the chocolate is ground up to make the cocoa butter fully melt and become liquid. The grind length can be anywhere from two or three days to a month.

What is happening here is the particles are being made smaller not just the chocolate being churned. A chocolate particle should be half the size of a grain of powdered sugar. It is a long process, but it is worth it.

Then it is tempered and then set in to different forms; possibly with extra flavours on top or mould them into truffles.

That is the basics and now for the taste test of a selection of the best of British.

## Pump Street 58% cocoa, £6.25

This chocolate has a mix of rich bitterness from the amount of cocoa combined with a slightly acidic or zesty flavour as well. Best for the chocolate connoisseur

## Kernow 35% cocoa, £2.25

This is a bar which is not very sweet, but it has a very milky and creamy flavour. So instead of a lot of sugar they make the bar sweet by offsetting bitter cocoa with milk.

## Artisan du Chocolat 35% cocoa, £3.50

This has the smoothest taste out of them all with the cocoa flavour being set back with the taste of burnt caramel. At first, it tastes nutty, but there is this sweet aftertaste.

## Thorntons, 30% cocoa, £2.25

This is one of the smoothest chocolates in the collection with a very sweet taste. It also melts in the mouth very quickly, and this makes it very creamy.

## Green and Blacks, 37% cocoa, £2.19

This has a deep rich flavour with a very slight nutty after taste. It has a complex flavour but is not too dark. The nutty hit comes from the beans, not any extra nuts.

## Chocolarder 40% cocoa, £3.95

This is a very dark flavour of chocolate with the Javan cocoa beans but has a sweet after flavour. It is also quite grainy in texture compared to other bars.

## Rococo 40% cooa, £4.95

This is smooth and very light in flavour and texture. There is a slight caramel undertone from the beans which makes the bar quite sweet without an excess of sugar.

## Hotel Chocolat, 65% cocoa, £3.85

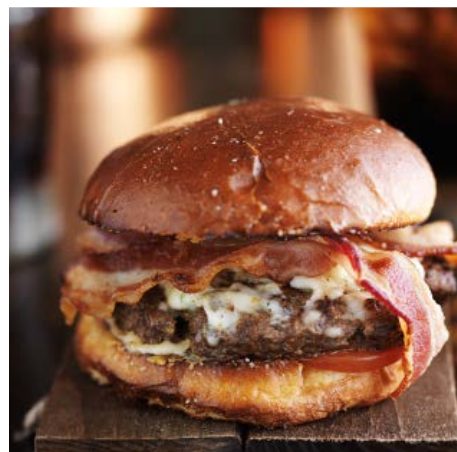
This is a very dark milk chocolate and could even be a dark chocolate due to the percentage of cocoa solids. Rich but not very creamy with a crumbly texture.



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Travel, Eating and Living

## Online and social



Chicago: the complete guide // Noodles around the world // Tenerife: the history and the geology // Ultimate burger taste test // York's best cafes and restaurants // How to get the best travel deals  
Plus behind the scenes of our trips, reviews and latest trends  
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# The Facebook video recipe revolution

The short form video has become so popular as it is a way to look at recipes on the go. Why is it so popular and who are the people you need to follow?

Learning how to do recipes is simply easier though video. Giving a direct view of what things should look like with the steps along the way and someone talking you through the whole process.

Now there has been a change from the long form, talkative videos of YouTube to the quick videos that are being posted to Facebook.

These short videos everyone has seen. Usually taken top-down with background music, no talking and very brief words just explaining quantities of ingredients.

This form has been popular as it is easy for

you to sit on the bus and learn how to make tonight's dinner without putting headphones in.

Vine and Instagram were familiar with the format but due to the time constraints companies moved to Facebook so more complicated recipes can be watched.

In March this year, Instagram extended its limits of video from 15 seconds possibly to keep up with the demand for longer videos. However, chefs had already moved to Facebook to make their videos more in-depth.

Vine on the other side has kept to their

7-second video format, but this makes it tough to produce full recipes for this time constraint. Creators use the site to produce sexy close-up and slow-mo shots to promote the food rather than say how to make it.

YouTube channels have now started to turn to Facebook. For the most part, they are original pieces, but some just use clips and cut-downs of longer videos, like from YouTube, and posting to Facebook.

But do we really want that? Do we want to have the same video re-formatted? Facebook video is still very new,

so there is a lot of times it is pushed to the side.

Advertising and copyright aren't as protected on Facebook like it is on YouTube so some stay away from the site with video. Facebook itself needs to sort that out so content creators feel safe and are paid for their work.

These simplistic videos are part of our Facebook experience and won't be going anywhere quickly.

The development of this type video is so easy anyone can do them, and it is a brilliant way into learning about producing video content. So give it a go.

**Tasty**  
+64,100,000

This is part of the BuzzFeed group and is most widely known on Facebook for their yummy food - perfect for those craving chocolate and burgers.



**Tastemade**  
+18,300,000

A page that started as a YouTube but takes their long form videos to be shorter. They focus on American and Asian food with a few vegan recipes as well.



**SortedFood**  
+250,000

One of the largest YouTube food channels in the UK broke out to do Facebook video and creates artsy, stop motion videos for their recipes and food.



**Food Envy**  
+1,300,000

A mix of both original content and other Facebook pages makes this a great stopping point to see a wide variety of food and dishes in your feed.





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# Lost in translation? Not anymore

The biggest fears when travelling is being in a different place miles from home and not being able to communicate but we may have found a solution to this

So we have all been there. Wanting the cheque in the restaurant, to check in at a hotel or locate the car park and finding these simple tasks impossible to do in a foreign country.

We fumble around with phrase books and gestures and try to communicate for simple needs. When travelling the world and wanting to see many different countries, it would be impossible to learn all the languages of countries you want to visit.

The basics of a language can see you through for some time, but eventually, you need more than that. Yes, no, hello and goodbye isn't all you need.

For example, if your motorbike broke down in the middle of rural Vietnam, and you need to ask a local to fix it for you and describe what is wrong with it. That is what happened to founders Florin Nast and Georg Horn that sparked the creation of Icon Speak.

"I was travelling with Georg; that was back in 2013, and we were in Vietnam, and our bike broke down. We bought motorbikes and drove through

the whole country. And then the bike broke down, and we needed to fix it then we had to explain this to a local guy who only spoke Vietnamese.

"Then we started to make drawings in the dirt that we wanted to fix the bike. Then, later on, we wanted to find a restaurant and a place to eat and the people just didn't understand us. That evening we went for some beers, and I don't want to say it was a drunken idea, but it somewhat was.

"We just started to talk about this idea and at the same point of time we also already made a list of what icons would be possible to do this and then roughly two years later I just called Georg and said, "Hey, come on Georg, let's just try it."

With that, the business was founded, and Florin called Steven Streit to get him on board and then worked out the details between the three of them on how to make this idea into a brand.

There was a very careful selection process that went on with the icons as to not offend different cultures. A lot of research and preparation went







into the different icons and to think about the universal nature of the symbols but also not to cause offence.

For example, the peace sign was originally going to be a two fingered peace sign with your hands but like in England and France that is not the symbol for peace but one to start a fight.

The Maslow's hierarchy of needs pyramid was one of the main influence for a few of the icons. This is a graph that shows the basic things that a human needs to have to survive with the first layer being physiological like food, sleep or water and the next level being safety with money and shelter right up to the self-actualising section at the top to do with creativity.

"We were really thinking about what people need, what would make people happy and what do the people need." Florin said, "Starting from that we just started to create the list of icons."

Florin did say that even with his best efforts due to the amount of different cultures in the world they can never guarantee that the symbols will

be universal. There are no religious or culture references on the design, and even the money does not have a currency on it. This was because they didn't want to exclude anyone from using the design and make it universal for anyone to wear it around the world.

When reading theory about cross-communication, there is always a theme that emerges: being misunderstood and misinterpreted. Dr Martin Cortazzi wrote for the Fountain Magazine that when people try to communicate their cultural idioms and local slang comes though making it hard to speak efficiently.

There are other issues such as body language as in the West and the Middle East you look into the eyes of the person you are speaking with however in some Asian and African countries this could be seen as disrespectful. Hand movements especially can be very confusing so flailing around trying to communicate may not be the best things to do.

Icon Speak removes a lot of these issue by having things that are clear and cannot

"I don't want to say it was a drunken idea, but it somewhat was"

be misinterpreted. The more concise you are when speaking, the easier it is to communicate. Speaking orally is highly valued when going abroad but why can't a universal way of communicating be just as important.

Let's go through some of the basics to show you how it may work. Want a cafe with wifi then point to the cup and the wifi signal. The how to get to the airport point to the plane and then ask how long it will take by car by using the clock and the car sign.

It may take a bit of practice to think of the right combination of symbols, but Flo said that it starts to be a conversation starter as people are intrigued by the shirt so want to know more about it.

The shop is based in Bern, Switzerland but the majority of the products are sold online. They have also branched out so they can have their stock sold by small independent retailers. The majority of their customers are Americans, French and Canadians however they have not managed to expand their makrket to the Uk high-street. s

The team have also branched out to do bags and other shirts that relate to the original design as you can see below. They took some of the symbols and made them tell a little story of an adventure.

The shirts start at \$33 and come in both men and women's fit and can be found online at [iconspeak.world](http://iconspeak.world) or on social media.





# Lafodia Sea Resort, Dubrovnik

Full spa experience at a fraction of the cost in the relaxing Mediterranean.

Seclusion is the main word when thinking of the island of Lopud. Being an hour from Dubrovnik and no cars creates a feeling of peace that is so hard to find anywhere else.

The island itself can be walked around in a day with plenty of little shrines and chapels to visit. Not forgetting the fresh, crisp waters of the Mediterranean.

Boat trips over to the mainland to see Dubrovnik is essential and to try the classic seafood which is hard to find on Lopud as there is only one other restaurant outside of the hotel in the old town.

Game of Thrones has increased the popularity of Dubrovnik however the old town has been kept traditional with small café and bars as well as

the pottery, glass and embroidery which can be bought from the back alley shops.

Lafodia Sea Resort maybe a large resort but alone time is easy to come by with sea view and balcony coming as standard with every room and a terrace for the suits.

The spa is at the top of the hotel giving a full view of the bay and sea while enjoying one of the over 40 different treatments available.

The décor and overall vibe are modern and typical of a spa location that, in some ways, does not fit with the red brick tiles and rustic living of Croatia.

However, the tranquil lifestyle of the Croats has made its way into the aesthetic of the hotel giving it a serene and modern atmosphere.

## Spa holiday staples



Esme lace insert kaftan, £49, Monsoon



Bahamas Enhance Triangle Bikini, £10, Boohoo.com



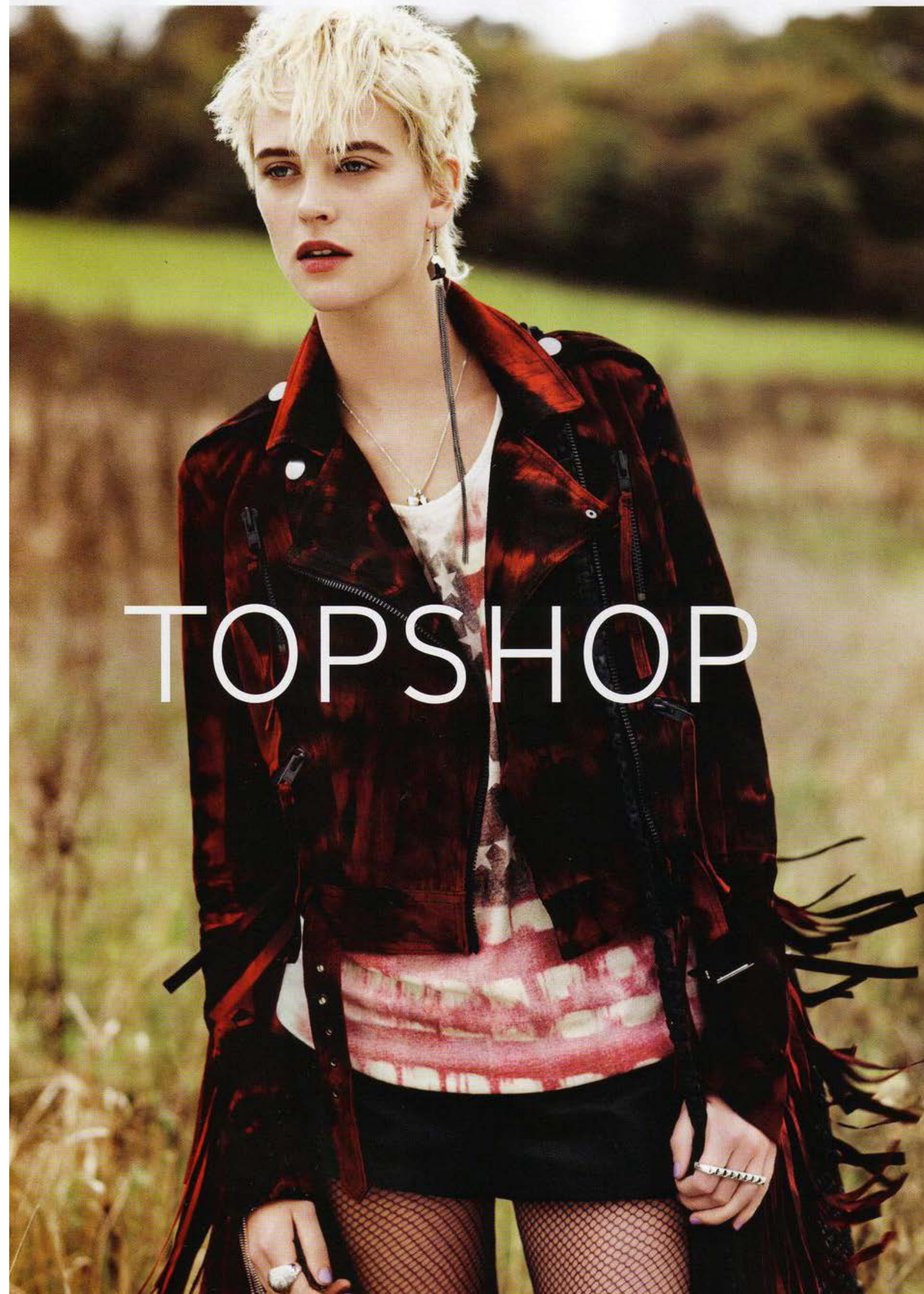
Riemann P20 Sunfilter 200ml SPF 50+, £24.99



Mink Contrast Trim Floppy Hat, £12.99, New Look



Rose Gold Tone Aviator Style Sunglasses, £12.50, Next





# Our top photo editing apps

These are the best apps for retouching, correcting and to add those all important filters. Also check out pages 11 and 12 for other ideas to up your photo game

## The best paid

### After light - 79p

With over 150 textures and filter and an easy interface, this is the best for an editing beginner. Also has extra camera setting so you can perfect the shot before it's taken.



### MaxCurve - £2.99

Use the professional curve tool to change the colour, levels and layers. There is also a feature to link your phone to Adobe Photoshop to continue editing on your desktop with ease.

## The best free

### PS Express- free

Possibly the simplest editor available and it is perfect for those who want quick, simple tools for minimal editing. Use the CreativeSync tool to edit the same image in multiple Adobe apps.



Nathan Aguilera's fave

### Snapseed - free

Possibly one of the easiest apps to use on the go with smart and intuitive features. Plus one of the very few apps with the ability to show and undo work on a single photo.

## The best creative

### LetterGlow - £2.29

Layer graphics, images, and words onto your photos. Create colour palettes to make all your images consistent and coordinated and also reuse designs on multiple photos.



### Pic Collage - free

Mix photos together in formatted grid designs and change the backgrounds. Or create a scrapbook-style set of images with cropping, layering and adding stickers to the pictures.

### Shift - 79p

Create your own custom filters to change your photos instantly to the way you want them to be. Overlay styles and change levels and colour correct then name and save the filter.



### Fragment - £1.49

Add geometric shapes and designs to your photos to make a unique picture. Images can be layered together and edited first then you can insert the shapes to make prism-like art pieces.

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