

PHOTOS: SUSMITA CHATTERJEE, PARNIKA CHATTERJEE AND NOYONICA CHATTERJEE



Five cities, three countries

A DELIGHTFUL EXPERIENCE

TRAVEL EUROPE

Europe has always been a perfect mix of history, culture and nature. Czech Republic, Hungary and Austria, these three quaint countries in Eastern Europe are no exceptions to this rule. A visit to these countries, along with my family and friends, has left such an indelible impression on my mind that I keep revisiting those memories again and again.

Prague, the beautiful and quaint capital of the Czech Republic is as beautiful as a fairy tale. A visit to the Prague Castle, St Vitus Cathedral, the old town, new town and of course a cruise on the Vltava river will transport you to a different world. Let's not forget the view of the famous Charles Bridge from the boat. Also, one cannot afford to miss the walk through the Jewish Town to the old Town Square where you get mesmerised by the ancient Prague Astronomical Clock and the Tyn Cathedral.

However, our trip to Prague would have been incomplete without a visit to the fairy tale town of Cesky Krumlov, located about 170 km from Prague in Southern Bohemia. Cesky Krumlov is recognised as an UNESCO cultural and heritage site since 1992. A walk down this town takes you through 300 old houses, taverns, the second largest castle in the Czech Republic and baroque gardens. The castle used to be a seat of important and famous noble families like the Rosenbergs, Eggenbergs and Schwarzenbergs.

A good six-and-a-half hour picturesque train journey from Prague took us to Hungary and we arrived in Budapest, the beautiful Hungarian capital. The Danube River separates the twin cities of Buda and Pest on its two sides. You cannot finish touring Budapest



without a visit to the Margaret Bridge, the Royal Castle, the fishermen's bastion and the Mathius Church. Our trip continued to the Gillert Hill before crossing the Elisabeth Bridge from where we drove towards the Heroes Square and passed the Opera and St Stephen's Basilica. A significant highlight is Budapest's baths influenced by the hot water springs across the city.

Our third stop was Salzburg. We took a Euro city train from Budapest. It is ideal to buy the 24 or 48-hour Salzburg card,

which gives you access to free public transport, free entrance to a lot of galleries and museums and discounts on operas and concerts. Highlights of your Salzburg city tour should be the birthplace and house of Mozart, the Hellbrunn Castle and Fortress Hohensalzburg. The Sound of Music Tour exhibiting the locations used in the legendary classic is definitely another highlight.

A day trip by train can be made to the hilly and quaint town of Innsbruck. On arriving there, you reach Hauptbahnhof

and take the famous Swarovski tour, which exhibits the largest representation of the crystalline world till date.

The last stop of our trip was one of the most beautiful and historic cities in the world, Vienna. This city, which draws a lot of architectural and cultural influence from Paris, is full of gothic buildings, boulevards, state operas, museums of fine arts and natural history. Special mention can be made of the Parliament House, the Burghtheater or the National Theatre, the City Hall and the university. The



highlight of our city tour was the visit to the renowned Schonbrunn Palace, where we saw some of the most magnificently decorated rooms. A perfect sign off to our trip was the Danube River Cruise, which sails through some of Vienna's most significant buildings like the Urania Observatory, the Kunsthaus Wien and the Gasometer. Building passing the modern hydro electric power plant,

Freudenau. Don't miss the view of some of Vienna's tallest buildings like the UNO City, the Danube Tower (252 M) and the Millenium Tower (202 M). A trip to these five cities, Prague, Budapest, Salzburg, Innsbruck and Vienna, across three countries, Czech Republic, Hungary and Austria, is sure to give memories which you will cherish for the rest of your life.

Sudip Chatterjee and Shloke Chatterjee

Love travelling? Share your travel experiences with high-resolution photographs at htkoltravel@gmail.com. Mention your name and contact details.

A FINE LIFE

IN THE NEWS

Buzz from around the globe



PHOTO: RAAJESH KASHYAP/HT PHOTO: JEFF J MITCHELL/GETTY IMAGES

Michelle Obama has joined Snapchat and used the platform to announce her upcoming appearance on James Corden's popular Carpool Karaoke segment.

Buzz has it that Italian designer Maria Grazia Chiuri is set to be named the first ever woman creative director of Dior.

Couturier Manish Malhotra will be the first designer to showcase his designs at the India Couture Week 2016 in New Delhi.

STYLE JUGAAD

Tips to remove gum from clothes

PHOTO: ISTOCK



If luck is not on your side and you are left with a gum stuck on your clothes or furniture, here's a jugaad for you. Take some ice cubes and rub it on the gum for 1-2 minutes and get rid of it instantly.

PHOTO: ISTOCK; FOR REPRESENTATIONAL PURPOSES ONLY

Positive attitude prevents memory problems: study

According to a study, positive feelings about the future can reduce deterioration in memory, problem solving and judgement. Optimism has previously been linked to positive health behaviours such as exercising and eating healthier diets and a lower risk of conditions such as stroke and heart attacks. However, the research by the University of Michigan, USA, is the first study to look at the relationship between optimism and cognitive health in adults who are 65 and above.

The researchers looked at 4,624 participants during a four-year period. During the study, 502 participants developed cognitive impairment, a condition that has symptoms such as decreased memory, difficulty-solving problems and making good decisions. The team found, after taking into account various health behaviours, biological factors, and psychological variables, that higher the level of optimism reported by participants, their chances of developing the condition was lower.

RELAXNEWS

I get bored easily: Ashwin Sanghi

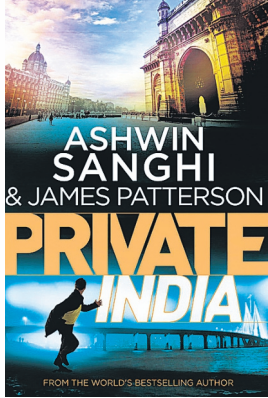
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What's next in the Bharat series?
I have got two-three ideas in mind and I am reading about them. Eventually at some point in time I will finally decide on one. My biggest problem about freezing an idea for a book is that whether I will be excited about the topic till I finally finish the book. On an average it takes me 24 months to complete a book, around six-eight months worth of research, four-five months worth of plotting and a year of writing. The topic I have chosen needs to keep my interest going, so I first need to convince myself. I get bored easily. My wife is irritated with the number of movies that I have not finished watching because I have either figured out the end or it didn't interest me half way through.



You are writing another book with James Patterson in the Private India series. What is the status of that book?
I am actually more or less done. I think it's better that James talks about

the book first. For this edition, too, we have followed the same format. The story again has a detective agency. The major characters from Private India are



repeated in this book, I add Indianess to the book once again.

Have you started working on your next book in the 13 steps series?
We have actually got on board three co-authors who will pen the next three books. After they submit their manuscript I will add to the content. One of these books must be out in October.

Shreya Mukherjee

Share household chores with wife for super sex life

Helping your dear wife in domestic chores will not only help you earn her respect, it also holds the key for better action between the sheets and a healthier sex life, says a recent study. The findings showed that egalitarian couples — where the male partner performs 35-65% of the housework, had sex an average of 6.8 times per month, which is 0.5 times more per month than conventional couples where men don't share household duties. "Feelings of fairness and satisfaction with the division of housework are central to couples' relationship satisfaction which is strongly related to sexual intimacy," said Daniel L Carlson, sociologist at Georgia State University in the US. The results suggest that gender equality doesn't destabilise relationships the way it used to, as the new generation enjoys "an eroticism of fairness" or, in



other words, an equitable arrangement leads to a happy sex life, said the paper to be published in the Journal of Marriage and Family. "Relationship quality and stability are generally highest when couples are happy with their divisions

of labour and find them equitable and fair," Carlson added. Conversely, inequality can have harmful impact on a couples' sex lives as more couples today expect that equality is something that must be practiced, not just

preached. The study analysed the sex lives of three types of couples: conventional — where the woman does 65% or more of the housework; counter-conventional — where the man performs 65% or more of the housework; and egalitarian.

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