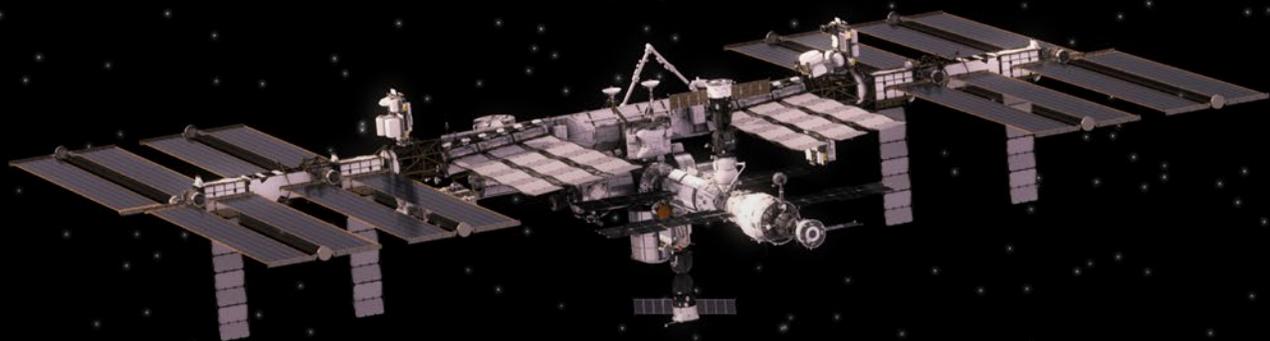


PECB Insights



Issue 16 | October 2018

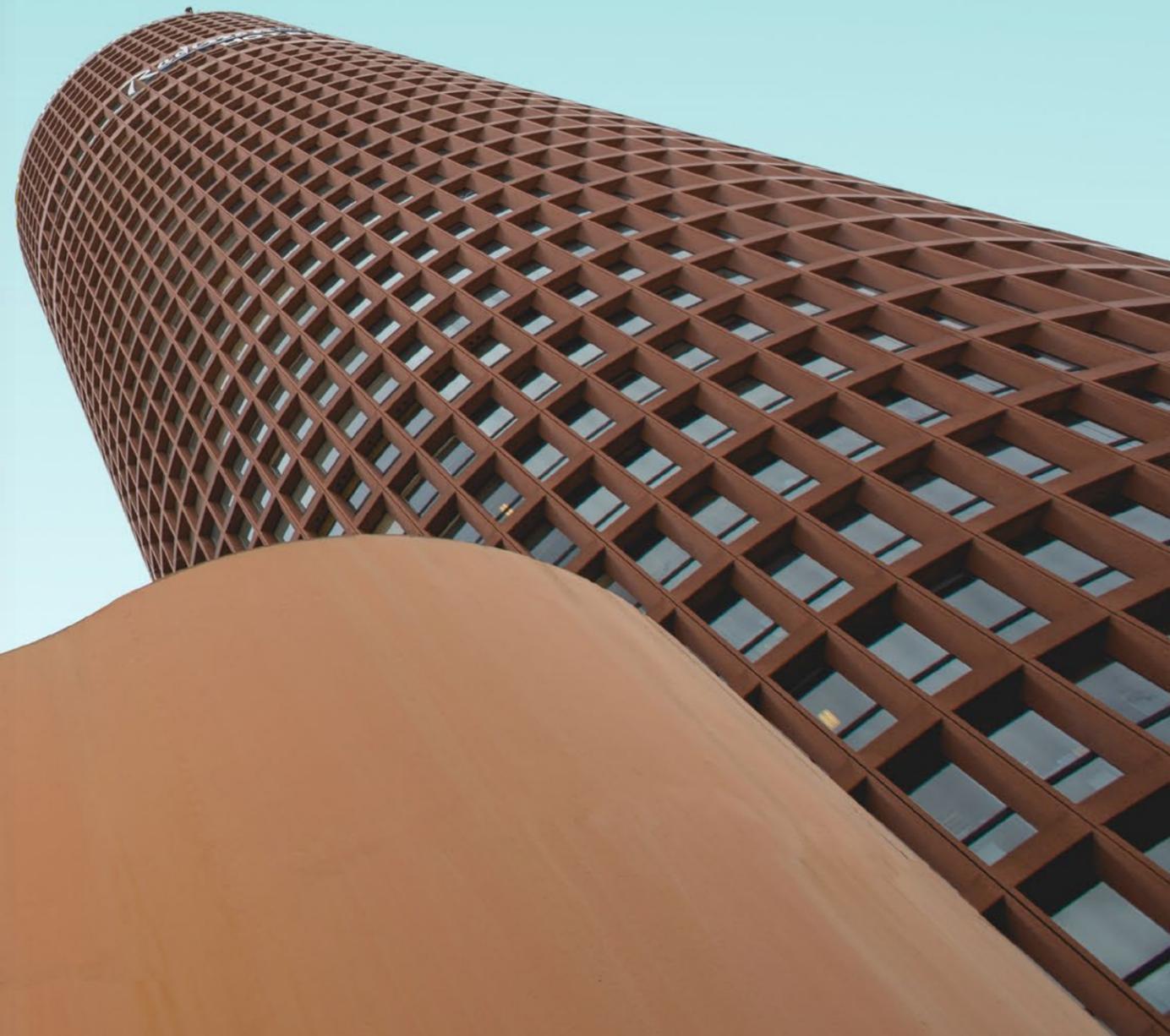
When Standards Matter

ARTIFICIAL INTELLIGENCE

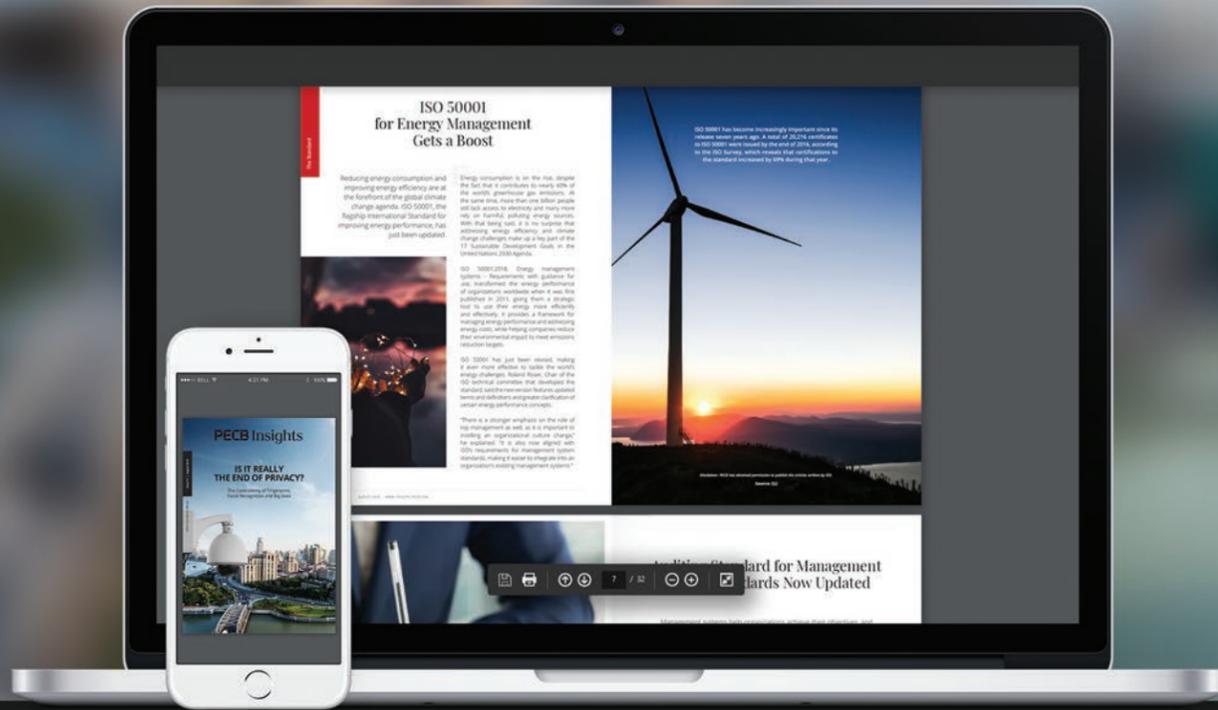
How Could It Help Predict
Natural Disasters?

“Highly engaged employees make the customer experience. Disengaged employees break it.”

TIMOTHY R. CLARK
Founder and CEO of LeaderFactor



CATCH UP WITH THE PREVIOUS PECB INSIGHTS MAGAZINE ISSUE



- Why Should Leaders Get Better Every Day?
- Will Ethical Hacking Become The Profession of the Future?
- Does the Facial Recognition and Fingerprint Technology Mean the End of Privacy?
- How Are Smart Home Devices Redefining the Way We Live?
- Discover the Unique Experiences in the 'San Francisco of Switzerland'
- How to Enjoy a Pleasant, Immersive and an Authentic French Experience in Bordeaux

...and more

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HAPPY WORLD STANDARDS DAY!

SMALL ACTIONS. BIG DIFFERENCE

Standards play a key role in the transition into a new era. Today, apart from their positive impact in multiple areas, they can also help efficiently pave the way to Industry 4.0.

Seize your full potential with ISO standards! They are fueling transformation, enabling innovators across every industry to evolve and use cutting-edge developments with efficiency, safety, and reliability in mind!



- Transparency & strong institutions
- Efficient use of resources
- Optimization of product life-cycle
- Sustainable events
- Promotes human rights, business integrity & environmental responsibility
- Qualitative education
- Better medical appliances and associated activities
- Increased energy efficiency & decreased emissions
- Enhanced workplace health & safety
- Safer Food

Top Tips for Infusing Hope into Your Corporate Culture

When your team is faced with changes, challenges, or chaos, inspire them with a future-focused vision of shared success!



You may never encounter such traits in a job description for an executive position, but there are four key characteristics that followers want their leaders to have:

compassion, stability,
trust, and hope

In a Gallup poll of more than 10,000 employees, the aforementioned traits were amongst the most cited ones. Nonetheless, when leaders are focused on reorganization and/or change, they do not necessarily practice these people-centric leadership qualities. As a result, employees are not fully engaged and become less productive. 69% of those who answered "yes" to the question whether managers and leaders made employees feel hopeful about the future, also scored high on the scale of engagement in their work. Only 1% of those who declared that their managers did not instill a sense of hopefulness about the future scored high on the scale of engagement in their work. What kind of employee would you prefer to have: disengaged and unproductive or engaged and hopeful?

During my ongoing research on hope in the workplace with client companies around the world, I see a clear pattern emerging, highlighted by the following:

- Most professionals see hope as an essential element of leadership
- Some professionals feel that they intentionally feed hope in their workplace
- Few professionals believe that their organizations inspire hopefulness among their employees

Certainly, leaders need to feed hope as they guide their teams toward a vivid picture of the future, understand precisely where they fit into it, and navigate change as seamlessly as possible. Here are some ideas to help you infuse hopefulness into your organizational culture:

Share your purpose. The why behind your team, division, or organization may be obvious to you, but do not assume everyone else gets it. Look at companies like Toms Shoes with its "One for One" program, whereby for every shoe purchase, a pair of shoes is donated to a child in need. Putting shoes on kids is a purpose anyone can get behind.

Paint a vivid picture of the future. Feeding hope is about looking toward a better future. Your employees need to understand where the organization is heading and what that means to them individually. Communicate the vision fully and frequently - through town hall meetings, internal newsletters, and one-on-one conversations - so that everyone is crystal clear on where you are headed.

Offer information appropriately. Information is the organizational life-blood on which decisions are made in every company. Honor people with your trust and willingness to provide them with facts. Except for confidential information that cannot be shared under any circumstance, pass information readily up and down the pipeline so as to help others make accurate and timely decisions.

Find the formal and informal change agents. Do not succumb to the notion that only the senior leadership team or HR can manage change. Find influential people at all levels of the organization who are respected and followed by others. Instill in them the hope about the future - as well as the realities of the business - and enlist their help in easing others through change.

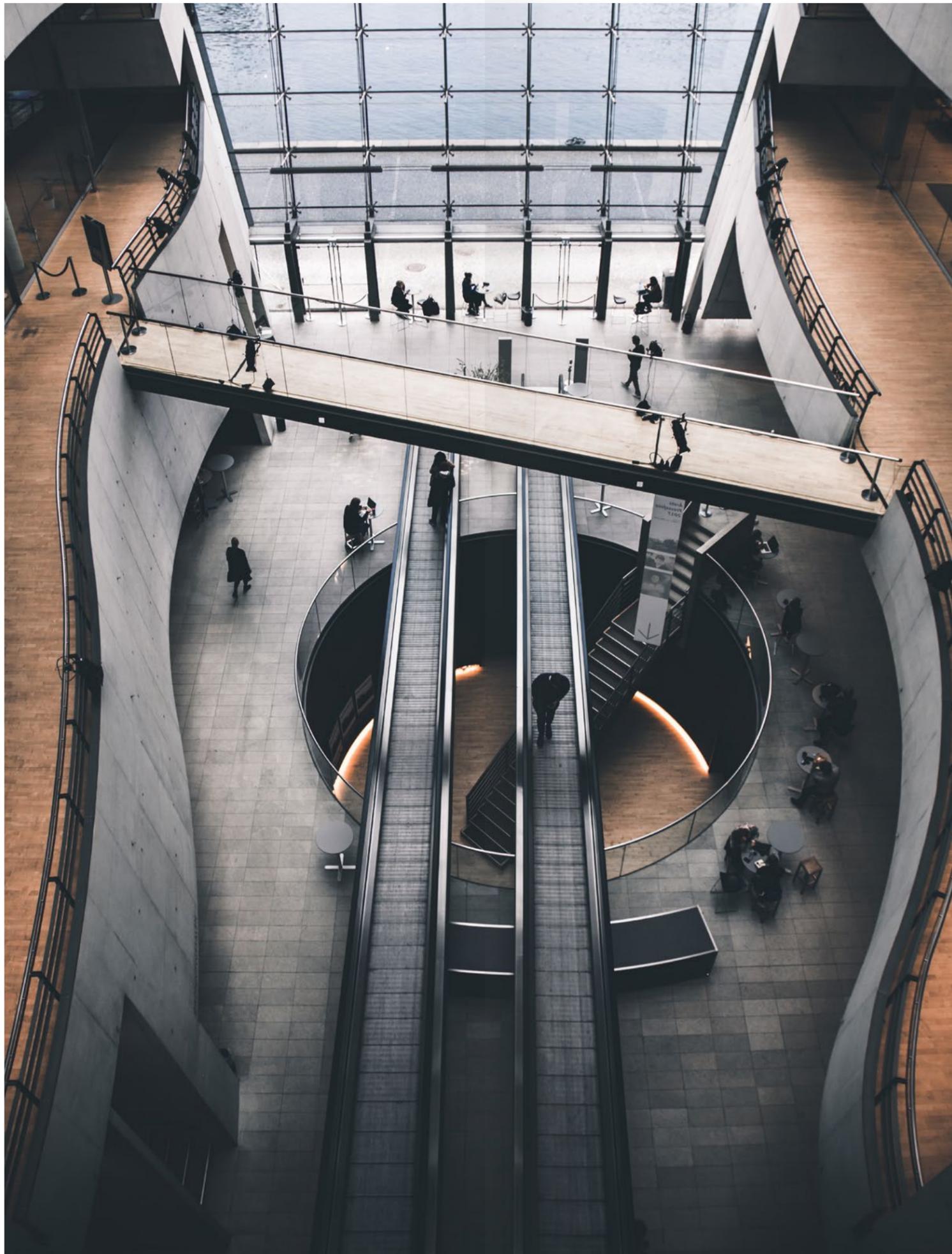
Be open and transparent. Have a common language around your shared values and pre-determined standards. Do not fall into corporate-speak or platitudes that would be better posted in the employee cafeteria or embroidered on a pillow. Instead, share real, honest, down-to-earth talk about what the company stands for and what is expected of employees.

Avoid micro-managing. Nothing makes employees lose hope and heart like being over-managed. Hire the right people, and then give them both challenges and choices. People who are charged with mastering new skills and taking ownership of projects get - and stay - engaged.

Warm up your emails. It is not so hard to say “magic words” such as please, thank you, and well done. Do not leave employees guessing, or worse, wondering about what they did wrong, when they get overly curt emails or texts from you.

Embrace your frontline. Do not forget about the heavy-duty people who are out front dealing with customers, clients, products and more. When you flip the conventional wisdom and think about leaders as working for their followers, and not the other way around, you are feeding hope. Recognize them with celebrations for big and small wins.

Know your people. This seems obvious but, believe me it is not intuitive to everyone. Get to know your team, not just as workers (although that is as important), but most importantly, as human beings. You spend a lot of time with your co-workers, so take the time to discover their passions, their kids’ names, and their hopes and dreams for the future.



“As a senior leader at Sony, Universal, and Turner Broadcasting, I have realized that it was not only working together, but also sharing personal triumphs and tragedies including illnesses, marriages, divorces, births and more that we came to truly trust and respect one another. Feed hope and people will follow you anywhere!”



About the Author

Libby Gill
Executive Coach, Leadership Expert,
Speaker & Bestselling Author

Libby Gill is an executive coach leadership expert, and international speaker. She is the former head of communications and PR for Sony, Universal, and Turner Broadcasting. The author of five books, including the award-winning *You Unstuck*, published her new book, *The Hope-Driven Leader: Harness the Power of Positivity at Work* on April 10, 2018.

Embracing Sustainability, Making Environmental- Friendly Events

Today more than ever, we are increasingly looking for ways to minimize our environmental footprint. The trend of organizing environmentally-sustainable events is on the rise, and having an ecologically responsible approach is considered ever-more fundamental to being a responsible event-planner. ISO 20121 is a standard designed to help organize events and achieve the desired outcomes with a minimal negative impact on the environment, community, and economy.

Considering the relevance of ISO 20121, the Global Climate Action Summit (GCAS) decided to get certified against ISO 20121 because the organizers of the event consider the summit as the perfect opportunity to showcase the best practices in implementing event-sustainability measures. In this light, GCAS engaged PECB in auditing the ISO 20121 compliance, which they have completed successfully, making GCAS the first organization to receive an ISO 20121 certification.

“Being capable to offer full certification under accreditation, aligns with our global strategy in striving to become the global reference in the sustainability-oriented standards certification market. It is a complete fit for our values of being a sustainability-conscious corporate citizen and participate actively in building a better world.”

Faton Aliu,
President and COO at PECB

To learn more about ISO 20121 Management System, please [visit the PECB website](#)



The activities and decisions we make every day
will impact the world for decades,
so it's time to Go Green!

FDA Plans to Use ISO 13485 for Medical Devices Regulation

The US Food and Drug Administration (FDA), the government agency that regulates the medical devices sector, announced its intention to use ISO 13485 as the basis for its quality system legislation.

ISO 13485, Medical devices — Quality management systems — Requirements for regulatory purposes, is the International Standard for quality management systems for the medical devices sector. Published in 2016, it is designed to work with other management systems in a way that is efficient and transparent. The standard, which is now in its third edition, received strong support from the FDA, in line with its drive for global convergence of medical device regulatory processes.

The announcement by the FDA that it will use ISO 13485 in replacing its current quality system regulation, is an important next step in the recognition this standard has already gained globally.

ISO/TC 210 warmly welcomes the FDA's planned adoption. This ISO technical committee, responsible for the quality management and corresponding general aspects for medical devices, is run by ANSI, ISO's member in the United States.

Wil Vargas of the Association for the Advancement of Medical Instrumentation (AAMI), and Secretary of ISO/TC 210, said "this announcement will take global harmonization of regulatory requirements in the medical devices sector to a next level". The committee Chair, Peter Linders, added that "this bold step by the FDA seems logical, considering the role of ISO 13485 as the foundation for the Medical Devices Single Audit Program (MDSAP), currently operated by Australia, Brazil, Canada, Japan and the USA".

Disclaimer: PECB has obtained permission to publish the articles written by ISO.

Source: ISO

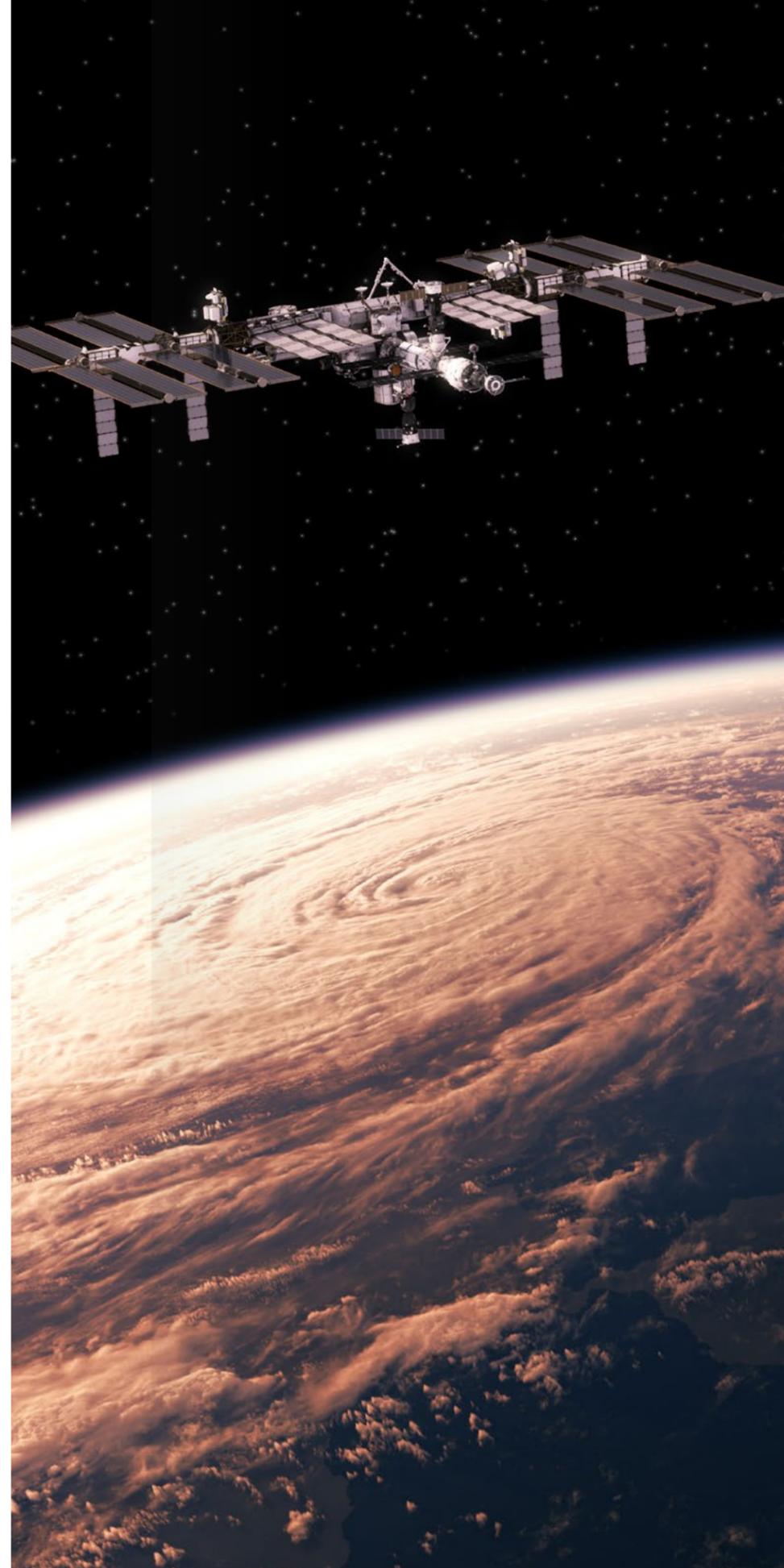


Artificial Intelligence: How Could it Help Predict Natural Disasters?

There is no doubt that nowadays Artificial Intelligence is helping to predict natural disasters, but the challenging question we are dealing with is to what extent does it help?

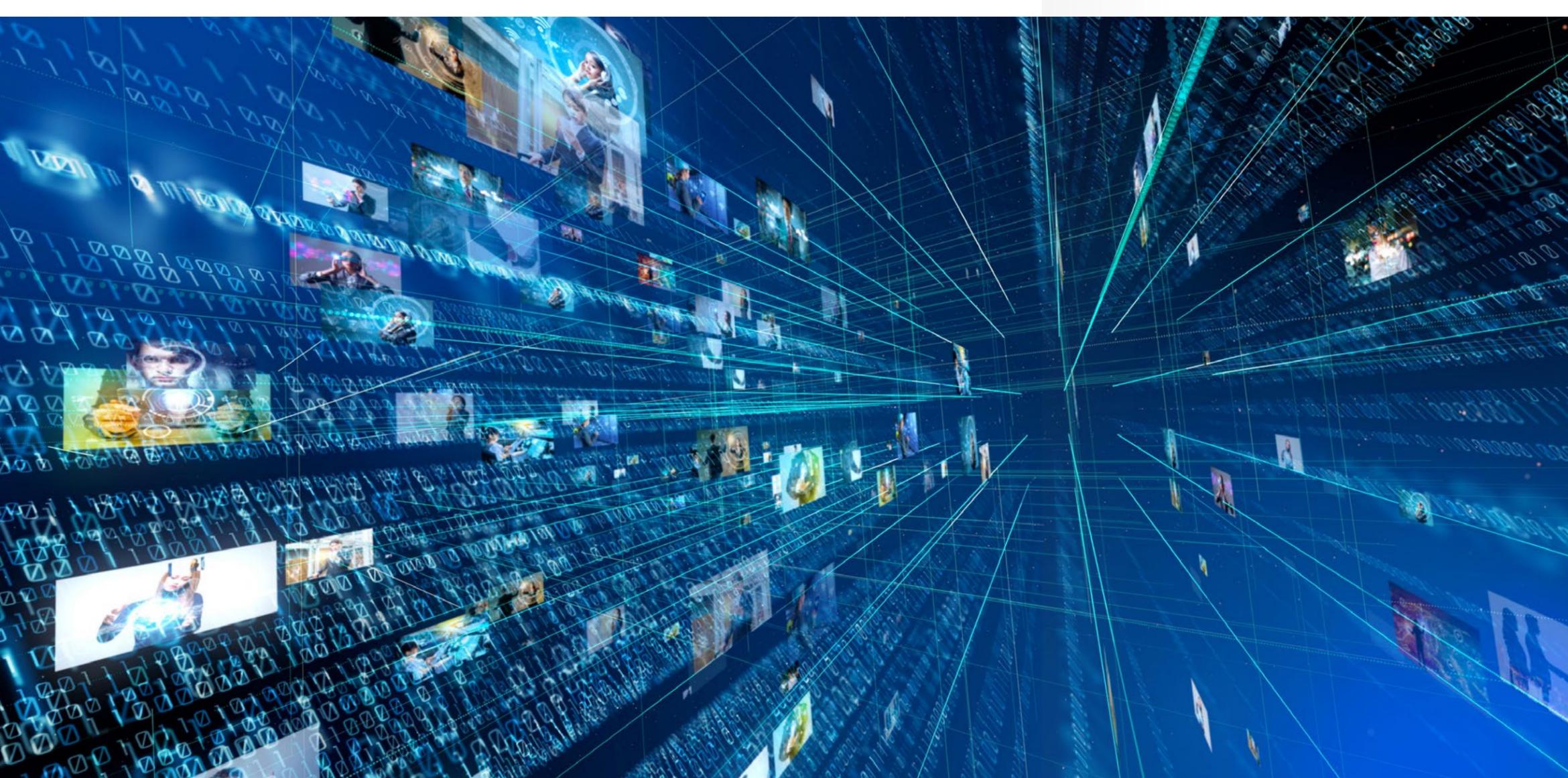
Following the aftermath of Hurricane Florence that has recently hit the US East Coast, people are still suffering from damages and floods as a consequence of the devastating and record-breaking storm, which resulted in the tragic death of many people. In the meantime, Hong Kong and the Philippines have been struck by the ferocious Typhon Mangkhut, reported to be the strongest storm this year, which has inflicted serious damage, affecting more than 1.7 million people and causing the evacuation of 713,000 others. 2017 has proved to be a year of intensive and deadly natural disasters. According to a study from the Swiss Re Institute, the recorded loss in insurance from these dramatic events amounted around \$144 billion, the highest-ever recorded in a single year. The highest losses came from three hurricanes – Harvey, Irma, and Maria (HIM) – that hit the US and the Caribbean in rapid succession.

As the development of Artificial Intelligence is becoming the hallmark of this millennium, by being able to produce film trailers, compose music, book restaurants, diagnose diseases - it is about time we ask ourselves if AI can help us predict and manage the damages of these natural disasters. The predictions that responders have with regard to intensity, timing, and range of the storm could make a difference in saving the lives of people before such disasters happen. Based on some preliminary research on "Hyper-resolution monitoring of urban flooding with social media and crowdsourcing data", we can assume that in the near future AI can help in monitoring and issuing early warnings of such events. Floods' predictions and disease-diagnosis are currently conducted by humans and AI is more efficient regarding the speed and capacity of these processes, but perhaps not in the quality.



However, should humans be concerned about the potential 'superior ability' of Artificial Intelligence?

An article published by The Wall Street Journal provides an outline of how AI is used to predict and respond to natural disasters in cities across North America, and how these systems support the emergency response team in helping the affected people from these disasters. Moreover, The World Bank, in cooperation with OpenAerialMap and WeRobotics, has challenged developers to explore how deep-learning algorithms can be used for natural disasters. This challenge is especially important to countries that are more exposed to natural disasters. This collaboration demonstrates the great potential of deep-learning in humanitarian aid efforts. In addition, a weather company owned by IBM has been using Machine Learning to predict forecasts and based on the outputs, they state that the intensity of hurricane prediction is better by 30% compared to the traditional models.



When such events happen, devising an emergency plan is important. However, it is more important to analyze and assess the extent of the damage and make sure that the resources are allocated appropriately. Some of the AI techniques, classification and image recognition, can be useful while assessing damages because they can observe images from satellites, identify flooding, damaged buildings, etc.

Machine Learning and AI tools can aggregate data from several resources and then Machine Learning combines this data together in order to remove unreliable data and detect only useful sources to generate heat maps. On account of these processes, these heat maps can recognize areas which are in need of urgent assistance.

Machine Learning can also assist in other ways such as the dispatch technology. This tool has the ability to receive different types of data other than calls such as: pictures, audios, videos, and texts. An example is the 911 emergency center which relies only on traditional calls. However, the dispatch technology tool can improve their operations by making quick assessments in order to communicate them to the response teams.

The usage of social media, which is gaining attention since these channels are the main source of news, can also be useful. During such disasters, social media platforms such as Facebook, Twitter etc. are used to upload real-time videos and images that can help the rescue teams in finding the victims.

Furthermore, AI can analyze the digital content from these social channels and assist rescue teams in not only finding victims but also prioritizing response efforts.

Finding new ways to predict and mitigate their impact is therefore vital. When these critical situations occur, the ability to have timely information is crucial in order to understand the situation as it unfolds. Nonetheless, the lack of information, especially in the early hours after the disaster occurs, hampers this task and eventually delays response operations. We can safely claim that AI technologies can be useful for disaster response and as such governments and humanitarian organizations should start utilizing the Machine Learning to deal with such disasters. Given the success achieved at smaller scales, it could simply be a matter of time before governments and organizations decide that investments in AI are worth the costs with regard to disaster prediction.

Considering the importance of AI, global companies, such as IBM and Panasonic, are using this technology to improve the weather forecasting and prediction of natural disasters. This technology is not only used by private sectors but also by governments, i.e., the US. Citizenship and Immigration Services are implementing it.

With the evolution and advancement of AI, it is safe to assume that such disastrous events can be better predicted. AI can also provide more accurate information to the disaster response leaders and a clearer picture of the disaster sites, which eventually will result in better response, thus minimizing the disaster impact and maximizing the number of saved lives.

Make it a Habit! 10 Ways to Keep You Safe Online

“It takes 20 years to build a reputation
and few minutes of cyber-incident to ruin it.”

Stéphane Nappo

Global CISO at Société Générale International Banking

2017 has reminded us once again that security threats are getting more sophisticated, unexpected, and attackers are working harder to discover new vulnerabilities. From the shocking impact of WannaCry and Petya, to Facebook-Cambridge Analytica data scandal, Equifax data breach and the burst in crypto-jacking, cybersecurity is being increasingly prioritized from organizations of all sizes, across all industries.

During this month of Cybersecurity Awareness, we present the most relevant tips that can help you stay safe online and avoid being a victim of data breaches.

1. Be cautious when browsing the internet or clicking links.
2. Don't open attachments or click links on emails that seem to be suspicious.
3. Always lock your laptop/computer/mobile phone when leaving your desk and office.
4. Create complex passwords and change them often, especially when you suspect that it has been compromised.
5. Don't create the same passwords for different applications.
6. Be careful when entering passwords in front of others.
7. Do not provide personal information via unencrypted email.
8. Apart from the office, take security precautions (anti-viruses) at home too.
9. Don't download programs that are not authorized.
10. In case of suspicious activities, immediately report them to the IT team.



in 2017

the number of data records compromised
in publicly disclosed data breaches exceeded

2.5 billion

...meaning that around

more than 7 million data



were compromised every day.



Every
39 seconds

a computer is hacked

Data breaches remain undetected
for more than

200 days



on average

in 2018



worldwide cybersecurity spending will reach

\$96 billion

\$2.1 trillion

is the estimated cyber-attack
global cost in 2019



52%

of data breaches are due to
human error or system failure

TECHNOLOGY

3D Printing: The State of the Art Technology

by Endrita Muhaxheri, PECB

One of the most revolutionary technologies of this century is 3D printing, and this technology is already a reality. Will 3D printing remove the need to go to the store to get the things we need? Will we really be able to download things that we need and print them in our homes?

What is 3D Printing? A 3D printer is simply a machine that can turn digital 3D models into physical 3D objects. Even though 3D printers are not present in every home yet, there are a lot of ready-to-print objects on the internet already.

From a customer to a creator!

This new technology provides the possibility for customers to become 'creators'. As the products will be more unique, customized and readily available on demand, there will be no need to wait for that favorite item to come 'Back in stock', and then to wait for the shipment, because we will be able to print it at home.

Applications of 3D printing

3D printing is becoming present in almost every sector, especially in the manufacturing industry, which has started to adopt this technique in its processes. Integrating a desktop 3D printer into your workflow can produce remarkable results. This new technology is used in:

Product development: Examples of 3D printing usage in this sector are the shoe companies like 3D Shoes and Feetz which manufacture 3D-printed shoes on demand, with a lot of customization options. Bigger brands are getting into the business too. For example, Adidas has opened its highly automated first 3D-printing plant for sports shoes in Germany.

Architecture: 3D printing is revolutionizing the means of how architects explore designs, by helping them create accurate and tangible scale models and visualize ideas realistically and vibrantly. Moreover, 3d printing gives the chance to take better decisions, since the designs can be assessed and modified at an early stage. An example that offers us a glimpse into the future of construction is Apis Cor, a manufacturer, which can 3D print and paint an affordable house in just 24 hours.

Medical: 3D printing systems are also used in the healthcare industry, especially in the prosthetics production, where it is used to create customized prosthetics for individuals as well as 3D models from scan-data when planning surgery.

How will 3D printers impact the economy?

With the introduction of any technology, it's essential to anticipate its potential economic consequences. For creative and ambitious inventors this is an exciting idea, but how could that impact the economy?

Three-dimensional printing is changing the individuals' lives worldwide as well as altering how businesses operate. This technology is already being used widely in different industries for a variety of purposes and there are countless opportunities for further advancements and innovations in the upcoming years. These developments will also have an impact on the economy, for both, good and bad.

Customer spending reduction: Considering that printing items will be cheaper, customers will choose to print their items instead of purchasing them. Once millions of customers start using this technology, the overall consumption of goods, but not raw material could drop, consequently affecting the economy.

Job losses: One of the biggest negative consequences, which is almost inevitable is the loss of jobs, especially in the manufacturing industry, considering that this new technology will make manufacturing less expensive and more automated.

Increased demand for plastics: Due to their cost-effectiveness compared to other materials, the demand for plastic will grow, being that it is the most commonly used material for 3D printing.

What are some of the best printers of 2018?

Slowly but daily, 3D printers are becoming cheaper and more easily accessible. Even though, in the beginning, the number of 3D printing models was limited, this is not the case nowadays. However, considering the large number of 3D printers on the market, we want to make the task of choosing the right printer easier with some suggestions:

01

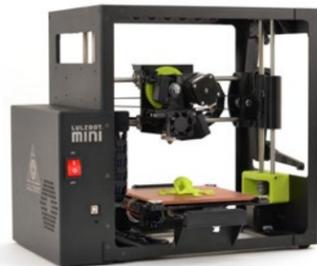


image: www.lulzbot.com

LULZBOT MINI

This is one of the best 3D printers for beginners and for everyone who is looking for an easy-to-use desktop 3D printer, due to its user-friendliness and reliability.

03



image: www.formlabs.com

FORMLABS FORM 2

Apart from the fact that it is expensive, this printer is a user-friendly model, dimensionally fitting, and provides a highly qualitative print.

02



image: ww.zmorph3d.com

ZMORPH VX

This model is suitable for users that want versatility and a broader range of material options. It is not only a 3D printer, but also a laser-cutter and CNC router.

04



image: www.monoprice.com

MONOPRICE MINI DELTA

Monoprice Mini Delta is one of the lowest priced professional quality 3D Printers and has a great value for its price.



“We're going to see desktop manufacturing in the same way that we saw desktop publishing and information transfer and so we can actually transfer physical products to other people who can print it at the other end just like we would send an email or send a video.”

Printers are now available in different space and cost-saving models, bringing a new level of accessibility to enterprises, large and small, as well as individuals who want to print items at home.

The further developments of 3D printing depend on the customers' interest, and if the sales increase, greater investments will be focused on the development of 3D printers. Despite the fact that a big amount of funding is already allocated into 3D printing, it is expected that by 2021 the global 3D printing market will increase to \$20 billion compared to 2018, when it accounts for \$12 billion. So far, the progress that has been made in bringing 3D printers into homes is huge, even though for some it is considered a hobby and for others it is unknown. 3D printers require some effort in order to operate; however, they are continuously getting more user-friendly.

Australian technology specialist Steve Sammartino says 3D printing will be an extraordinary technological shift, which will have an even bigger impact on economies and the society than the internet. He explains: "The first time I saw it, it blew my mind as well because to see actually something physically get[ing] made layer upon layer in front of you is quite astounding. I think that 3D printing will be even greater than the information revolution because it democratizes manufacturing for the first time."

3D printing requires future advancement, in order to fully conquer the customers' homes. This technology should offer the possibility to not only print but also duplicate an object with ease and simplicity. When that day comes, 3D printers will be devices just as smartphones today, and we will wonder how we ever managed to live without them.

BUSINESS & LEISURE

A “Train-cation” to the Valley of the Sun

EXPLORE ARIZONA

From road trips and outdoor thrills to captivating resorts and unique local cuisine, Arizona is home to exhilarating scenery, lovely cities, and world-class spas. Arizona is a kind-of-place that it is easy to fall for as it includes many world-famous attractions, such as the majestic beauty of the Grand Canyon National Park and the Sonoran Desert, an organic allurements for outdoor enthusiasts.



Also known as The Valley of the Sun, Phoenix is home to a lot of natural wonders, which include mountains, canyons, and deserts. The unique climate offers the perfect opportunity to enjoy the outdoors all year round.

Ranking as one of the fastest growing cities, Phoenix has become the fifth largest city in the U.S. With scenic views that give a sense of appreciation for the work of nature, Phoenix is a destination that suits everyone.

One of the major reasons people come here in February, March, and April is the Major League Baseball (professional baseball) Spring Training which is held in Phoenix and Florida. Additionally, we also have the largest classic car auction in the world called Barrett Jackson.

Considering that Arizona in average offers more than 300 days of sunshine a year, you can always plan on perfect weather and therefore, I suggest you put Arizona in your vacation bucket lists and especially Phoenix. Come, and let Phoenix surprise you.

A taste of Phoenix

Experience a taste of Phoenix with some of the favorite spots to eat and drink. Heritage Square is a must see - it is a great combo of fantastic food and a trip through history. Discover what Phoenix was like during the 19th century and enjoy a great meal at award-winning restaurants. There are three different types of cuisines to choose from Nobuo at Teeter House, Pizzeria Bianco & Bar Bianco, and The Rose and Crown.



For a more local taste don't miss Rancho Pinot. It's worth it! The restaurant is smaller and quieter. Ambiance, service, and food are all over the top good. The tables are spread out, which is always nice for conversation. Between the delicious food and amazing service, it's a place for everyone looking for a memorable evening! I should also mention that their desserts are fabulous.

For the best steakhouse dining, visit Durant's Steak House - a restaurant which has been operating for 65 years in the valley and offers a truly enchanting atmosphere and makes for a perfect setting for a business dinner. The food and drinks along with the ambiance and impeccable service make a great experience.

Another great dining place is the FnB, known for its use of the best Arizona's farming and agricultural products. The food is fresh, locally grown and truly flavorful. Don't miss the Arizona wine selection and desserts (try butterscotch pudding and stout chocolate cake).

Exploring the "Valley of the Sun"

Phoenix is Arizona's serene metropolis, offering impressive cultural attractions, the best golf courses, all combined with a perfect weather and great Southwestern and Mexican food, which makes Phoenix a not-to-miss destination. There is also a cultural dimension to visiting Phoenix – the city offers an array of museums such as the Phoenix Art Museum, Heard Museum, Musical Instrument Museum (MIM) and many more. In addition to museums, while you're visiting Phoenix, make sure to experience a live performance, whether it's an opera, symphony or ballet. Moreover, outdoor attractions such as desert tours, rock climbing, hot-air, and great recreational activities are also a must-do! The list of activities goes on in this urban Heart of Arizona:

Grand Canyon National Park

Being one of the Seven Natural Wonders of the World, The Grand Canyon is definitely a place of "wonder". No matter how many times I visit the Grand Canyon it never ceases to amaze me with its unique combinations of geologic color and erosional forms that decorate the canyon. This place is nothing like what you see on TV or pictures because they cannot capture the true beauty and grandeur of it. Activities include sightseeing, rafting, hiking, and camping with a permit from the Backcountry office. With over five million visitors a year, the canyon is definitely worth the visit.





Saguaro National Park

Saguaro National Park is a must-see attraction for anyone visiting Arizona. Home to the majestic Saguaro Cactus, this place offers beautiful scenery of desert and mountain landscapes. This is really a wonderful park even for those who are not into hiking. There are hiking trails, but there is also an 8-mile loop that takes you through the main part of the park and provides great overlooks. This is a great location as it's also close to the film studio where many famous cowboy movies were filmed.

Arizona – Sonora Desert Museum

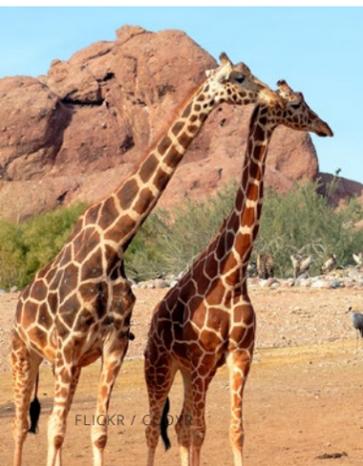
The wonder of this place lies in its variety of plants and animals, walking trails, caves, historical exhibits and the sprawling view of the Sonoran Desert, which makes for a wonderful half-day trip with great lunch options. The museum is divided into 3 parts: a zoo, botanical garden and museum. All of the exhibits are brilliantly presented and they offer plenty of interesting educational information. The common belief that the desert is home to nothingness is debunked when you experience the lavishness of colors that can be found there. Usually, between October and the end of March, the museum has live raptor shows.

Monument Valley Navajo Tribal Park

Monument Valley is one of the truly iconic places of the United States. The setting for hundreds of Western movies, its unique sandstone formations make the views beyond your imagination everywhere you turn, and the colors are so spectacular. If you ever visit the Monument Valley, just start looking for the reservation at this incredible hotel inside the Monument Valley. This is the only hotel located in the valley which gives unobstructed views and has the entrance to the trail which leads to all other monuments inside the valley.

Sedona

Sedona is a true oasis, a traveler's paradise and one of the most popular destinations of Arizona. Its breathtaking scenery leaves visitors speechless. Due to its exquisite and relaxing natural beauties, this place has attracted many artists to visit the area. Apart from numerous



art galleries, Sedona provides an excellent nightlife, including fine dining and various kinds of entertainment options. As for dining, I highly suggest Mariposa Latin Grill - it's a great place, both for its food and spectacular views. Try to be there just before sunset.

Desert Botanical Garden

One of the wonders of Phoenix is the Desert Botanical Garden which is home to over 50,000 arid plants - which gives you a unique chance to explore the different flora that the desert has to offer. Situated between the red rocks of the Papago Buttes, the gardens provide you with many event options, ranging from specialized tours, seasonal exhibits, concerts, family activities, etc.

Golf courses

Phoenix is becoming one of the leading locations for golfers, as it offers hundreds of courses and different levels of difficulties. One of the hot spots for golfing is the Arizona Biltmore Golf Club, which is also frequently visited by celebrities. Head over in February and experience the Phoenix Open, which is visited by more than half a million golf lovers. Enjoy a golfing experience with views of the desert and the magnificent backdrop of red rocks.

Phoenix Zoo

Another fantastic experience is the Phoenix Zoo, which is one of the largest non-profit zoos in the U.S. Focused on promoting the conservation of nature and its beauties, the zoo has over 3000 animals - 30 species of which are listed as endangered species. With many activities to offer the zoo is a great opportunity for a day of fun and exploration.

Scottsdale

The residents of Scottsdale and Phoenix are known for their active lifestyle. With the unmatched trails for hiking and biking, such as the South Mountain National Park which is one of the largest municipally-ran parks in the nation, it is easy to get motivated and go out for a run, bike or hike. These amazing trails stretch for over 51 miles and the highest geographical point reaches 2,230 feet.





Camelback Mountain

Another famous hiking location in the valley is the Camelback Mountain, on the top of which there are mesmerizing views of Phoenix, Scottsdale, and Paradise Valley. Hiking on Camelback Mountain is listed on top 10 things to do when visiting the valley.

Frank Lloyd Wright Historic Sites

Phoenix was the hometown of Frank Lloyd Wright, one of the greatest and most celebrated architects and interior designers in the country. You can visit and tour many of the buildings and homes that he designed in the valley including Taliesin West, which was his winter home and is now a National Historic Landmark, and the center of the Frank Lloyd Wright Foundation as well as the School of Architecture at Taliesin.

Accommodation

Depending on your preferences, there are a lot of types of accommodations in Phoenix. For those looking to relax and unwind, a stay in one of the many luxury resorts is a must. These resorts are tailored to fulfill you every need, with activities and services suitable for all ages. So whether it's a family trip with the kids or a "solo" relaxing getaway trip, you will certainly find a resort that meets your needs. Both Scottsdale and Phoenix are home to many wonderful resorts with incredible views and amazing food. Each resort offers its own unique experience. Some of them include:

Fairmont Scottsdale Princess: 5 top-rated restaurants, two 18-hole championship golf courses, and some of the most spectacular Desert Oasis views. This place has something to offer for everyone with its genuine hospitality, six sparkling pools, top-rated cuisines for all tastes and a spa worthy of being the highlight of the stay.

Hyatt Regency Scottsdale Spa & Resort at Gainey Ranch: Known for its beautiful setting with unobstructed views of McDowell Mountains. It has Gondola rides on a 7-acre lake to tour the resort. It offers an excellent experience from the food, entertainment, scenery and provides an atmosphere which will make you want to stay just one more day.



FLICKR / DANIELHEDRICK

Beyond business: Enhancing business travel

Even though it is said that balancing work and leisure travel can be complicated, considering that most of my traveling is for business purposes, I enjoy that these trips can also take a touristy character sometimes.

As a PECB Platinum Reseller, we offer training courses which cover all of the over 65 ISO and GDPR Accredited Courses. Phoenix is a major Train-cation destination enabling you to have training + vacation, all-in-one in the Fall, Winter, and Spring months. You will find an available course in the Valley of the Sun all year long with our season of beautiful weather starting in October and running through May.

Our Master trainers provide a depth of knowledge in the standard ranging from implementation and certification audits. The 4 days of training are taught by a range of master trainers in a comfortable setting, great breakout lunches which often allow for outdoor seating during the months of beautiful weather. Following the 4-days of training, trainees will complete a certification exam and be provided with a certificate following the course. Visit our [updated calendar](#) for our many events in the valley and across the country.

Traveling for business is better when you also have the time to explore and discover what the destination has to offer. When I go somewhere new, I always try to make the best of my free time and add some fun to the trip, and Phoenix is the perfect destination to blend business and relaxation because of its inimitable climate and nature.



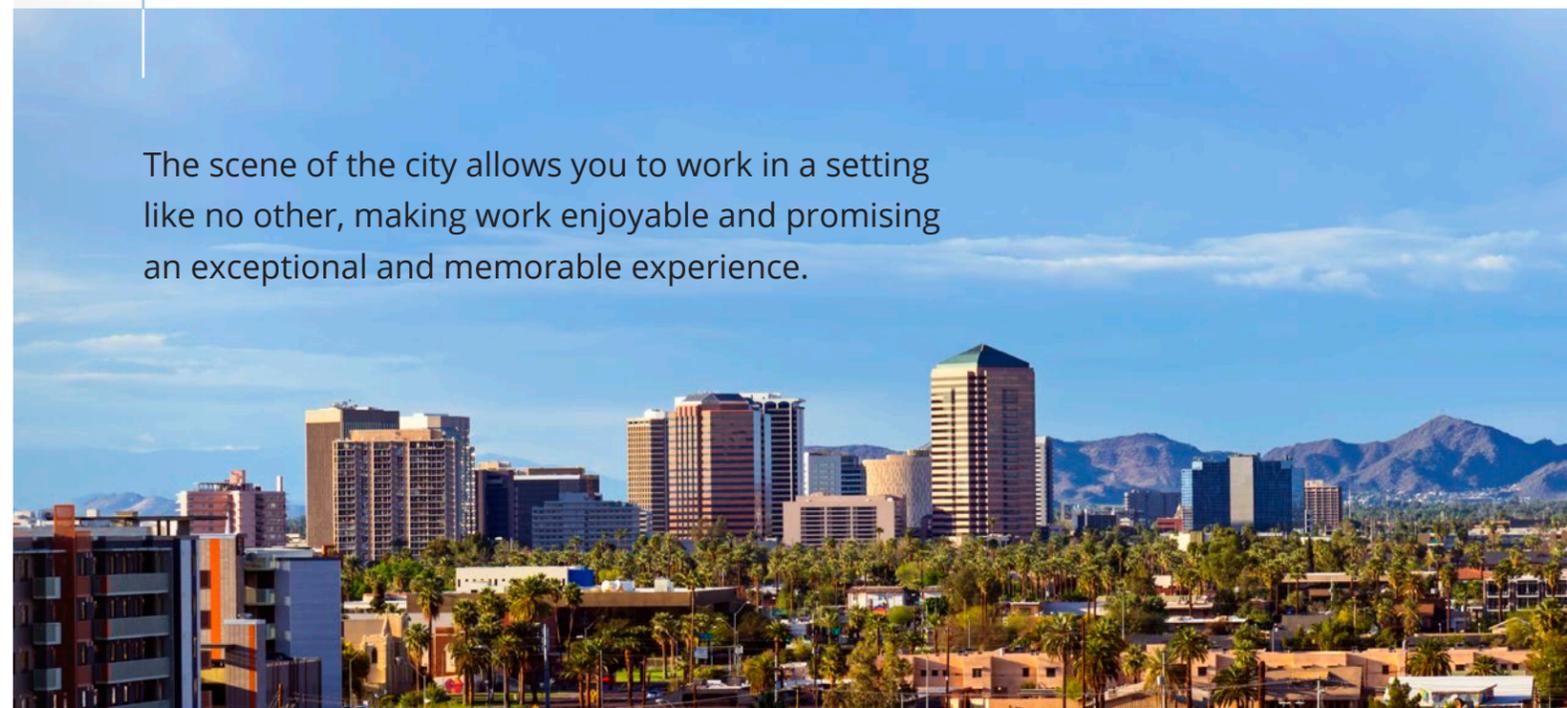
About the Author

David Anders

CEO and President at iCertWorks & ISO Manager, and Managing Partner at SecuraStar

David is the CEO / President of iCertWorks - an international Training & Certification organization (a PECB Platinum Partner & Reseller of the Year 2017), and ISO Manager - a Software as a Service (SaaS) company and Managing Partner of SecuraStar - a niche ISO 27001 consulting firm. He has worked for more than 20 years in the management of a broad spectrum of risk management products and services for some of the largest organizations in the world.

The scene of the city allows you to work in a setting like no other, making work enjoyable and promising an exceptional and memorable experience.



THE PERFECT 4-DAY ITINERARY

Costa Brava

Adapted from Savored Journeys

The Costa Brava in the Catalonia region of Spain is one of the most beautiful and rugged coastlines you'll ever see. Located in the Girona Province of the Catalan region, it's a place you may not have heard about, but if you've seen pictures of beaches in Spain, you've definitely seen it before. It is one of the most photogenic areas you'll ever come across. Believe me, we have thousands of pictures as proof.

Come along with us as we show you how to spend four days in Costa Brava. You can fill your days with all of our suggestions, or just pick a few that fit you best.

We've always loved Spain for its incredible food and wine, and that is what brought us to Costa Brava – the chance to immerse ourselves in the food culture, to eat incredibly flavorful food, and to do it all with the best backdrop you can imagine. If you like traveling for food, you absolutely must add Costa Brava to your bucket list. We have spent three breathtaking weeks traveling around the province and we are full to the brim with ideas and recommendations to make your Costa Brava itinerary as successful and rewarding as ours was.

how to get to Costa Brava

If you're coming from inside Europe, the easiest way to get to Costa Brava is by flying directly into the Girona airport or taking a train. From outside Europe, you'll have to fly into a larger airport, like Barcelona, and then take a bus or train from there. The AVE train from Barcelona takes just 37-minutes on a high-speed train and leaves from Barcelona Sants Station, which is easily accessible via the metro from anywhere in Barcelona.

No matter where you fly into, you really need a car to get around Costa Brava easily. While there is some public transportation, it will eat up a lot of your time trying to figure out how to get around. Of course, if you just stay in one location, like Lloret de Mar or Girona, you probably won't need a car. For our Costa Brava itinerary, it's best to rent a car in Barcelona, or in Girona (there's a Hertz office directly across the street from the train station).

when to go to Costa Brava

The summer months are obviously the most enticing months to go to the Costa Brava. The weather is perfect, the beach is crowded with people, all of the shops and services are open. It sounds perfect! But, if you don't want to vie with everyone else for space on the beach or a table at a restaurant, the best time to visit is spring and fall, when less people are in the area. If you really want peace and quiet, the best time to go is March or October-December. Just be aware that many of the shops are closed late in the year (some close for all of November), so it can get VERY quiet.

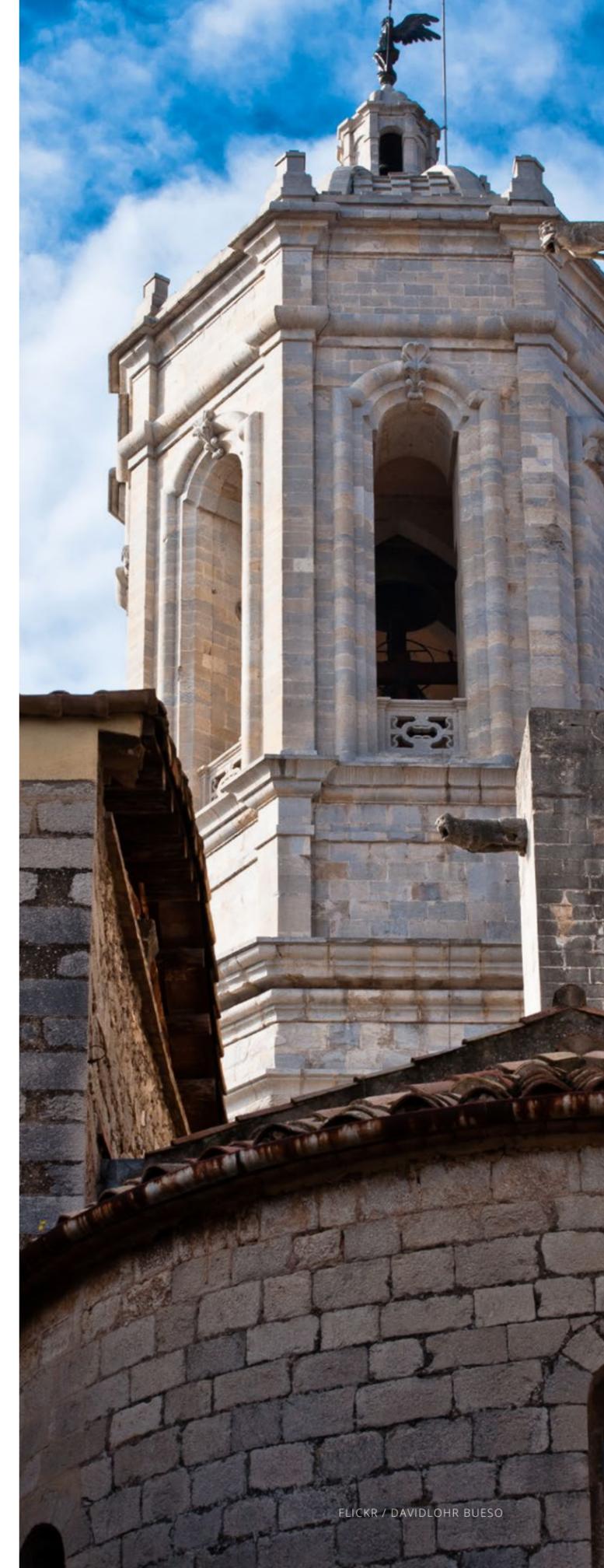
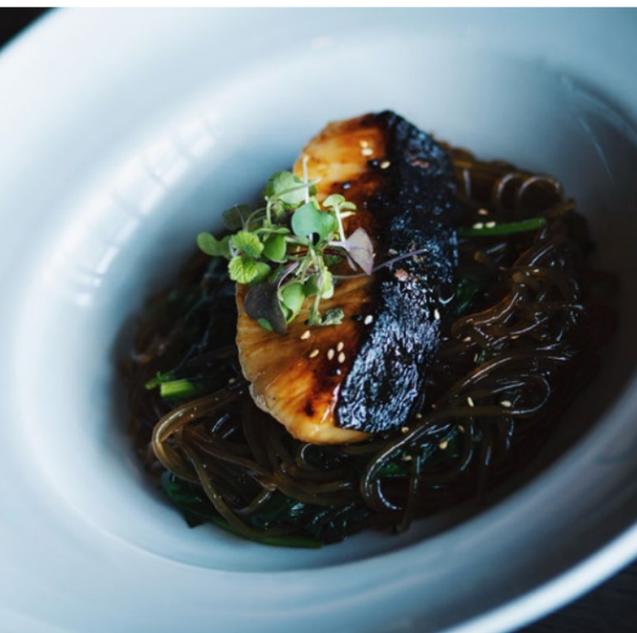
where to stay in Costa Brava

The region is quite large, with many possibilities for where to stay. If you're willing to move hotels a few times, you'll save a lot of driving time by hopping around. But if you'd rather pick a central point from which to venture each day, then Girona is the best option. For the purposes of this itinerary, we will recommend two great options in Girona now, and recommendations for where to stay along the route, if you choose to move around, will be given in each day's description.

Stay in a hotel: The old part of town: Hotel Nord 1901 – Great location in the old town, walking distance to everywhere you want to go. Beautiful rooms and a nice outdoor area with a pool. Very good prices.

The new part of town: Hotel Carlemany – Located right in the center of the new part of town, near lots of shopping and cafes, just a block from the bus station.

Rent an apartment: If you're going to make Girona your home base for 4 days, it might be more comfortable to rent an apartment. We stayed in an apartment booked through StayinGirona and it was a great choice. There are a few apartments to choose from, so you can find your perfect location.





Day 1:
Blanes & Lloret de Mar

Blanes is at the southernmost end of the Costa Brava, so it's a great place to start exploring. The city is the second largest in Costa Brava and has an active commercial center. Tourism in Blanes is alive year-round, unlike some of the smaller towns along the coast, which mostly shut down from the end of October to April.

Do & Eat in Blanes

The coastline seems to go on forever, so spending time on the beach is a necessity. At Platja de Blanes beach, right outside the center city, you'll find dozens of hotels to choose from, plus the walking promenade, lots of restaurants and cafes and the Sa Palomera rock outcropping that you can walk to the top of. Once you've had your fill of the beach (if that's possible), head into the center of town to see the street market, visit the shops and buy some delicious treats from the 100-year-old Patisserie Orench. They've been making treats like carboneres for many years. Definitely worth a stop! Then continue up to the St. Blanes Church around the corner for a peek.

Blanes has a couple of Costa Brava's only craft breweries and you can visit both of them with a little pre-planning. (Read more about the wineries and breweries you must visit in Costa Brava). Cerveses Marina and Popaire. Located just a little ways outside of town is the Jardí Botànic Marimurtra (Botanical Gardens). In nice weather, this is a must-visit garden, full of more than 4,000 species. Tickets cost just 6,50€.

Speaking of beautiful vistas and viewpoints, you'll find one of the best in Blanes at Castell de Sant Joan, at the top of the mountain, not far from the Botanical Gardens.

Vineo Gastrobar: In order to find the really good food of Blanes, you have to get a little off the tourist track. Believe me, it's worth it for the food. Vineo serves both lunch and dinner in a modern, well-designed space. They offer a menu of the day as well as a la carte options and you really can't go wrong with any of them. The fish is local and very fresh. The meat is tender and cooked perfectly.

Next: Drive to Lloret de Mar

Just 15-minutes away by car is another fantastic beachfront town, Lloret de Mar. While it is more touristy than some of the other beaches, it is a beautiful part of the Costa Brava that shouldn't be missed. During the height of summer, you might want to avoid it if you don't cherish large resorts and partying on the beach, but during the spring and fall, it quiets down.

Day 2:
Tossa de Mar

Wake up in Lloret de Mar. Take a lovely stroll on the beach and have a wonderful breakfast at Alva Park. Lloret Beach is perfect for a lazy morning.

The town of Tossa has one of the most well-preserved old cities in the area, with a fully-intact city wall that you can walk all the way around. With the gorgeous sandy beach, dozens of restaurants and bars all throughout the narrow cobble-stone streets, and the towering view of the old city on the hillside overlooking the beach, Tossa is also one of the most charming towns on the Costa Brava. It's a bit of a windy road to reach it from the other towns, due to the surrounding hills, but once you're there, you'll surely fall in love with it.

Tossa is a more upscale beach town, with plenty of beachfront space to lay on and relax in the summer, lots of bars and restaurants, and a few historical sights you must check out.

While in Lloret de Mar, if you want to go, high class, all the way, choose Alva Park Resort. Not only do they have beautiful rooms that will make you feel like royalty, they have a lovely beachfront property with the most amazing views.





Tossa even has a Hollywood connection, as the movie Pandora and the Flying Dutchman, starring Ava Gardner and James Mason, was filmed there in 1951, bringing with it an influx of tourists.

Do, Stay & Eat in Tossa De Mar

Spend a few hours walking around the old city's charming streets before stopping for lunch at the Michelin star La Cuina de Can Simon. The restaurant is run by two brothers and is located right outside the old medieval wall. The menu features modernized traditional favorites, with plenty of seafood choices — locally sourced, seasonal and fantastic wines. This is where we fell in love with the local dish called Cim i Tomba.

After lunch, work off some of the delicious lunch by climbing up to the Castle tower. It's an incredible view from up there.

Spend the afternoon and evening walking through the newer part of town. You'll find a gastronomic museum, Museu de la Cuina de la Costa Catalana, a small church, and a little further into town along the hillside is the ruins of an ancient Roman household.

Hotel Diana: We highly recommend booking early so you can stay at Hotel Diana. It is located right on the beach with an incredible view of the castle and the ocean. There is a very nice terrace with a view from which to have a drink or a meal, and the rooms are very nice.

Day 3:
Cadaques & Cap de Creus

It's about a 1.5-hour drive to Cadaques from Tossa de Mar, so you'll want to get an early start. The shorter route doesn't drive along the coastline, but if you don't mind a slightly longer drive, you will go through the cute beach town of Palamos on the way.

Do, Stay & Eat in Cadaques

Cadaques is the hometown of Salvador Dali. If you're a fan, be sure to stop by the Portlligat Museum-House, Dali's home for 50 years, where you'll encounter some of the eccentricities of this fascinating man.

Surrounding Cadaques are many natural wonders that are well worth a day or two of exploration. There are many beaches and coves to explore, which you can find by driving along the coastline. Keep in mind that some of them are nudist beaches.

The Cap de Creus peninsula has coastal walks and trails for longer hikes through the natural park and you really won't be able to believe the pure beauty of this area. You can find lots of information here in Catalan. You can also hire a guide for a one-day or multi-day tour through the Cap de Creus. After you finish a hike, be sure to check out the nearby Cap de Creus Lighthouse.



If you can make it work with your busy hiking schedule, be sure to have lunch at Restaurant Cap de Creus, or even just grab a drink.

It's an incredible view from up there and well worth the wait in high season (you will need a reservation in high season, but probably not in low season).

For dinner, we recommend Compartir. It's located right in town, along one of the small side streets. There is a parking lot nearby, or if you stay in town, it's an easy walk. It is (currently) the highest rated restaurant in Cadaques on Trip Advisor, and for good reason. The food and service are top notch. It's a standout meal you won't soon forget. Book well in advance!

Located up on the hillside above the main part of town is a lovely set of apartments that can be rented by the night, called Carpe Diem Cadaques. We highly recommend staying there in one of the apartments with a view at the top of the complex. I don't think you can find a better view in town, and the apartment is very nice, with everything you'd need, even for a longer stay. Yes, it's up a hill on the way back, but it's only a 6-minute walk from the beach.





Day 4: *Girona*

If you're a Game of Thrones fan, you probably already know that many locations in the old part of Girona were used as filming locations for the show. It's the perfect place for it, as many of the streets and alleyways are incredibly awesome, for lack of a better word. You'll truly feel like you've stepped back to another period of time when you enter the city. But the old part of town is not all that Girona is about. There is also a vibrant modern part of town that has an amazing array of shopping and dining options. We stayed in Girona for 14 days and never grew tired of it. It's fun to walk around, sit on a terrace with a coffee, or just people watch.

Do, Eat & Drink in Girona

Another great option is to take a walking tour with Girona Food Tours and take a cooking class with Tots a Taula.

Girona also has a market, where the locals can be found on the weekends doing their weekly shopping. I warn you not to go in there at around 10:00-11:00 am on a Saturday. You may not come out with all of your toes, as the locals pull their carts around after them and they know how to navigate that place. On a week day, you

The first thing we did in Girona was take a Game of Thrones walking tour to see all the filming locations. This helped us better appreciate the old city and learn a lot of history, plus combine it with our love of GOT. If you're a fan, it's an absolutely must.

can walk through and admire all of the fish, meats, and products. It's really interesting to see all of the Catalan products in one spot.

If you have some extra time to fill, you could take the quick 25-minute drive out to Hostalric, a small town on the outskirts of Girona, where you'll find the Domus Sent Soví, Centre Gastronòmic d'Hostalric, a gourmet-focused center that highlights many of the products

from the area, and hosts classes and workshops as well. We saw a wonderful cooking demonstration by the Cuina a la Sils organization at the center that was wonderful. Be sure to check out their calendar of events.

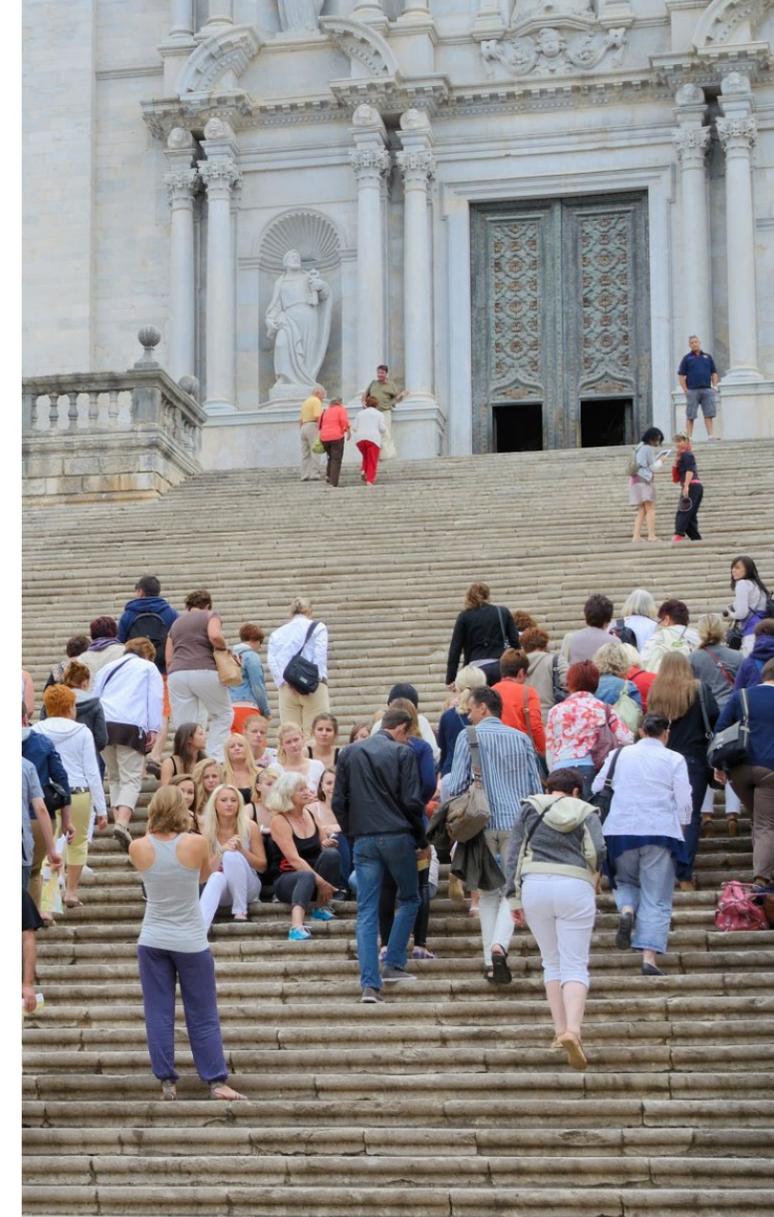
We struggled our first few days to come up with somewhere to eat in Girona. We stopped by the local favorite bar Konig a few times for tapas (the patatas bravas are delish!), but we wanted something more. The longer we stayed, the more places we uncovered. Our favorite place for cocktails is hands down Nykteri's Cocktail Bar, where you'll find a local bartender mixing up amazing drinks. We had some with the local's favorite ratafia (a very spiced up liquor).

One of our favorites for lunch was Restaurant Sentits. It's in the new part of town, and the menu seemed to mirror that modernity. We had olives that weren't really olives, little cones of deliciousness and even some interesting dish that included foie with Coca-Cola. The menu of the day is definitely the way to go there!

If you book far enough in advance (I'm talking months!), you'll be lucky enough to dine at the (current) #1 restaurant in the world, El Celler de can Roca. It will set you back a few hundred euros each, but I've heard it's very much worth it. If you're like me and didn't get a reservation, you can still dine well at Girona restaurants like Nu and Llevataps, both of which have tasting menus to enjoy. Looking for something more casual? Try La Fabrica. And for dessert, don't miss Rocambolesc ice cream shop.

With so many things to do, it can be quite overwhelming to make a perfect itinerary for Costa Brava, but our 4-day Costa Brava itinerary should help you narrow down the choices and see many of the best things the Catalunya region has to offer. Even if you're only in Costa Brava for a few days, you can still get a good idea of what you'd like to do from this Costa Brava itinerary.

For 7-day Costa Brava Itinerary visit [Savored Journeys Website](#)



3-Day Itinerary for First Timers

by Savored Journeys

Most first-time visitors to Paris will want to spend their time seeing the top sights like the Eiffel Tower, Montmartre, the Louvre... Those are the visions we all have of Paris, and it would be a huge shame not to see them while you're visiting.

We've been to Paris many times and I still think the best way to truly discover the city is to get all the top tourist attractions out of the way in a 3-day itinerary, then if you have more days, you can spend another 3 or more digging deeper into the different arrondissements of the city to find the hidden gems.

To that end, we have put together what we think is the perfect 3-day Paris itinerary for first-timers, so you can see it all in a short time. Whether you only have 2 days in Paris, or you'd like to take things slow and stretch this to a 7-day trip, you are free to shrink and expand the schedule to fit your needs.

This itinerary is focused on the best of Paris sights, the well-known Paris landmarks and attractions like the Louvre Museum, the Orsay Museum, the Eiffel Tower, the Notre Dame, and many other must-see sights, and of course, we always include food stops in our itineraries!

PARIS



THINGS TO KNOW BEFORE YOU GO

Paris is a huge city with many different neighborhoods (called arrondissements). If you want to make it easy on yourself, stay near the center of the action in either 1, 2, 5 or 6. We highly recommend the Grand Hotel du Palais Royal.

You can expedite your schedule by taking the hop-on-hop-off bus to get to the major attractions. If you mark the sights you want to see on the map, you can get around the city fairly efficiently on the bus.

We recommend purchasing skip-the-line tickets when available. Standing in long lines can really wreck your schedule. If you buy skip-the-line tickets, you can walk past the crowd and get right in.

It's always best to make reservations for any restaurants you are set on going to. Paris is busy all the time and you don't want to be disappointed by being turned away.

DAY 1

Notre Dame

Notre Dame is a great first stop on your itinerary because it's so majestic and it instantly makes you feel like you've arrived in Paris. It's best to arrive here as early as you can (by 9:00 a.m., if possible) because the line to get in can get fairly long by mid-morning (depending on the time of year).

It's free to get into the cathedral to look around. The stained-glass windows are incredible to view during a sunny day when the light hits just right. The architecture is simply incredible.

Cost: If you want to climb the tower, it's 8,50€ and 6€ for the crypt. If you have a Paris Museum Pass, it will cover your entrance to both.

Hours: Monday to Friday from 8:00 a.m. to 6:45 p.m. Saturday and Sunday from 8:00 a.m. to 7:45 p.m.

Seine River Cruise

Flowing right through the center of Paris is the River Seine. Going on a river cruise will be a fantastic way to see the sites and be introduced to the interesting architecture along the banks of the river. The cruise takes about 1 hour and passes by top sights like The Louvre, the Eiffel Tower, Notre Dame, and many more.

The cruise is round trip, returning to the departure point. There are two cruise lines you can go on: the Vedettes de Pont Neuf and Bateaux Parisiens. The Bateaux Parisiens Seine River Cruise is included in the Paris Pass. You can also do a 2-hour Champagne cruise if you have a little extra time.

Book in Advance: Bateaux Parisiens Cruise Quick Entry Ticket (from the Eiffel Tower stop)

Cost: 10€-20€ – depending on the cruise

Hours: Typically 10:30 a.m. to 10:30 p.m.

Rue Mouffetard Market

You've worked up a big appetite while walking around Paris, seeing the sights. Now it's time to feast your eyes and feed your stomach. Rue Mouffetard is a narrow street filled with food. There are fruit and veg stands, but also tons of street food options, tourist shops, restaurants, bars, crepe stands. You definitely should only go there on an empty stomach!

I highly recommend picking up a crepe from one of the street stands. Nutella and banana is my favorite.



Pantheon

The Paris Pantheon is an iconic monument located in the Latin Quarter that you can't miss as you walk by. It was originally built as a church dedicated to St. Genevieve but it's now a mausoleum housing the remains of some prestigious French citizens, like Victor Hugo and Marie Curie. You can take a self-guided tour inside the building and up into the tower. There are also guided tours that you can pre-arrange.

Book in advance: Panthéon Admission Ticket and Self-Guided Tour

Cost: 9€ (under 18 is free)

Hours: 10:00 a.m. – 6:00 p.m.

Luxembourg Gardens

Jardin du Luxembourg, it's called in French. The gardens are located in the middle of the 6th arrondissement. It's a great place to stop for a break or to admire the French and English gardens, fruit trees, pond and other features of the 25 hectares of gardens.

One of the main reasons people fall in love with Paris before ever even visiting is the Eiffel Tower. There's something captivating and romantic about it.

DAY 2

Eiffel Tower

It's probably the first thing you want to do when you arrive in Paris. I certainly couldn't wait to see it. If you have time, be sure to pick up a baguette, cheese, and wine to enjoy a little picnic on the lawn while you're there.

Since this is one of the most popular things to see in Paris, you sometimes need to be strategic in your timing and planning. I've been there when there were absolutely no lines to get in, and when there was a line that snaked so far into the distance that I couldn't even find the end. Typically, all peak travel times will have a line to get in – that's all summer. At other times are less likely to have lines.

If you want to take the elevator up, that section will have the longest lines. You can also take the stairs up and that line is often much shorter, or even inexistent. It's only 1,710 stairs up to the first platform, after all! You can then purchase a ticket to take the elevator to the 2nd floor.

Book in Advance: Second Floor Priority Access with a Guide

Cost: Tickets vary in price from 10€ (stairs to 1st floor) to 25€ (lift to the top).

Hours: 9:00 a.m. to 12:45 a.m.

The Avenue des Champs-Élysées

The famous shopping street of Paris, where you'll find all the high-end fashion shops, is called the Avenue des Champs-Élysées.

If you're a shopper, or just like to be immersed in the world of glamour and fashion, you must take a stroll down the avenue. It's actually rather long, so you might want to look up particular shops you're interested in before deciding where to go.

Arc de Triomphe

One of the most recognizable monuments in Paris, the Arc de Triomphe stands proudly at the center of the Place de l'Étoile, at the western end of the Champs-Élysées. You can walk around the monument and see the intricate detail that was carved into its exterior, but you can actually climb up inside the Arc too. There are 40 stairs leading to the top that you can climb to get the view.

To get to the monument, you may think you have to cross all that busy traffic on the circle, but you don't (read: can't/shouldn't). There is an underground tunnel on the Avenue de la Grande Armée side of the circle.

Book in Advance: Skip-the-Line Arc de Triomphe Rooftop Tickets

Cost: 8€ for adults, children under 17 free.

Hours: (From April 1 to September 30): 10:00 a.m.-11:00 p.m. (From October 1 to March 31): 10:00 a.m.-10:30 p.m.



Wine Tasting at Ô Chateau

Located in the 1st Arrondissement, Ô Chateau is one of those places you never want to leave. The wine list is extensive, the bartenders are helpful and welcoming, and the space just feels so cozy and nice. When you've finished your sightseeing for the day, it's the perfect spot to pop into for a wine tasting, a snack and glass of your favorite French wine, or even for a full 4-course dinner.

Location: 68 Jean-Jaques Rousseau

Hours: 4:00 p.m. - midnight. Closed on Sundays



DAY 3

Louvre Museum

There are many reasons the Louvre is one of the most visited museums in the world. It's also the largest art museum. If you want to see the Mona Lisa, plus many other unmissable and iconic pieces such like the Venus de Milo and masterpieces of the Renaissance, you'll have to save time for a stroll through the Louvre.

Be forewarned, the museum is incredibly large, with many different exhibits and sections to see. You may need to grab a map and plan out your course, in order to see the things you want. I'm fairly certain it would take you a week or more to see everything. The best plan of action is to arrive right when it opens and spend up to 3 or 4 hours looking around. Then leave for lunch.

Book in Advance: Louvre Museum Timed Entrance Ticket
Cost: 17€ quick entry (purchased online), 15€ at the door.

Hours: Open daily from 9:00 a.m. to 6:00 p.m. except for Tuesdays, open till later on Wed and Fri.



Tuileries Garden

Located between the Louvre and the Place de la Concorde in the 1st arrondissement, is the Tuileries Garden which is packed full of sculpture, trees, pathways and plenty of grass to relax on once you've spent the morning walking through the Louvre. The garden was built in 1564 by Catherine de' Medici. It was originally the gardens of the Tuileries Palace, but in the 1900s, it became a public park for everyone to enjoy. It's also a great place for a picnic!

Location: Place de la Concorde, in the 1st Arrondissement

Hours: Open from 7:00 a.m. Closes at 7:30 p.m. in winter, 9:00 p.m. in spring and fall, 11:00 p.m. in summer.

Fromagerie Danard

When in France, you must stop for a cheese and wine tasting. We love this little shop, Fromagerie Danard, located just a couple blocks east of the Tuileries Garden. The shop has a very friendly staff who are happy to help you pick your favorite cheeses for a tasting board, and to pair it with some great French wines. The shop is quite small, so if you're not going within a few hours of opening, you may need to make a reservation. This makes for a great mid-afternoon stop to refuel.

Location: 5 Rue du Colonel Driant. 1st Arrondissement, 2 blocks east of Tuileries Garden

Hours: Open from 12:00 p.m. – 2:00 p.m. and 6:00 p.m. to 9:00 p.m. every day, except Sunday.

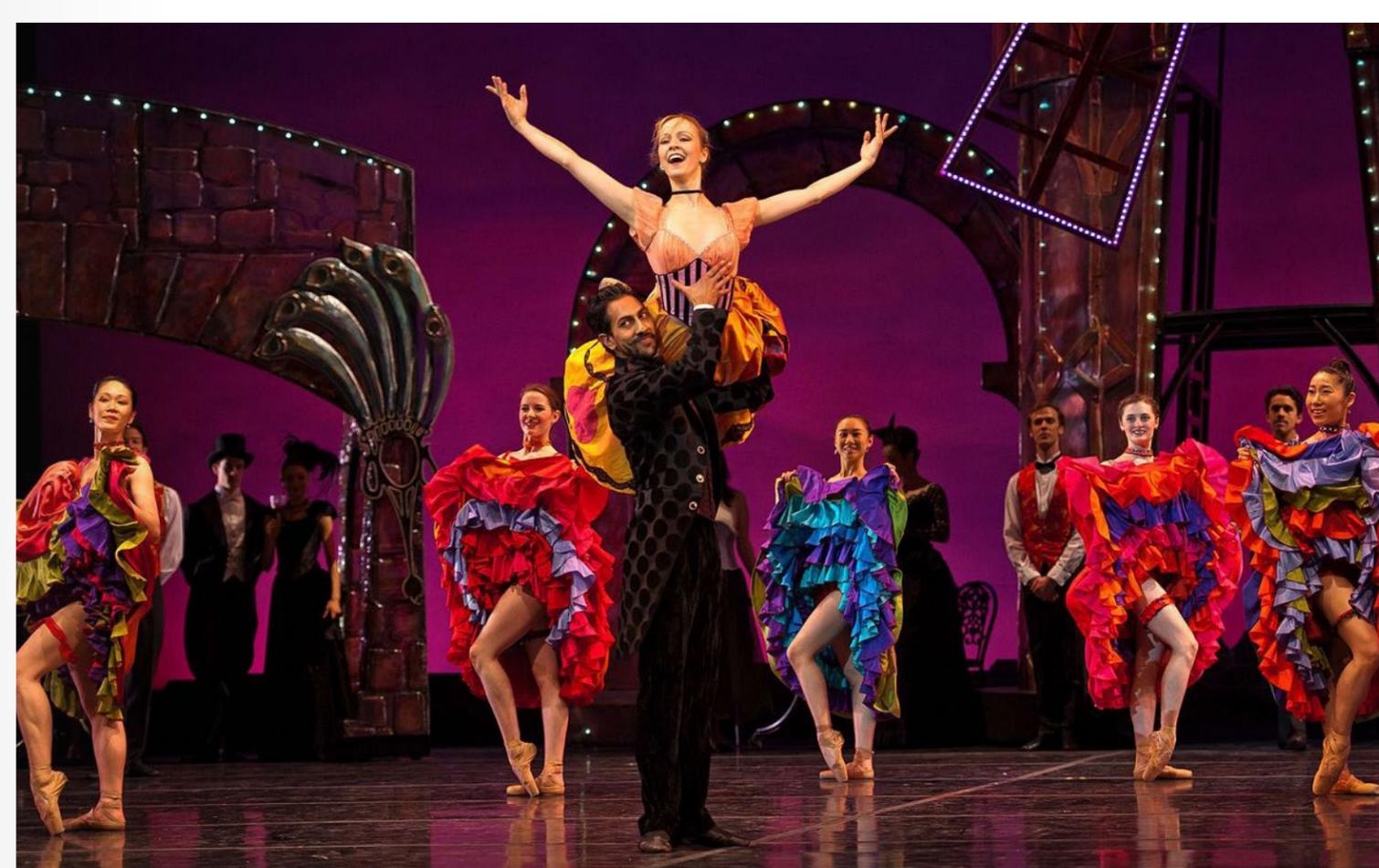
Sacré-Cœur Basilica and Montmartre

One of my favorite sights in Paris is the Sacré Cœur Basilica. It looms in all its glory atop the tallest point in Paris, at Montmartre. The basilica was built in the 1800s and consecrated in the early 1900s after WWI. You will have a great view of the city from the area surrounding Sacré Cœur. For an even better view, head inside and go up inside the dome for a 360-degree view of the city. There is also a crypt inside you can visit.

Once you're done looking around the basilica, make sure you save time to wander around Montmartre. It's one of the oldest and most interesting neighborhoods of Paris and has many little streets to get lost along. Of course, there are also a lot of tourist shops and scam artists to avoid, but if you can manage to look past all that you may see just why this area is so beloved.

Cost: Admission to the Basilica is free and there's a free audio guide you can download to augment your visit. Tickets to dome and crypt are 8€ for adults

Hours: Open from 6:00 a.m. - 10:30 p.m. every day. The dome is accessible from 9:00 a.m. – 7:00 p.m. in the summer and to 6:00 p.m. in the winter



Moulin Rouge

If you have time in the evening and are interested in a little entertainment, put aside your antipathy for touristy things and go to see the Moulin Rouge. It was created in 1889 and has become the most popular cabaret show in the world. The scene is set in belle époque style, with elaborate design, costumes, and music. You can enjoy a gourmet French meal while you watch the show, complete with Champagne! It's a great way to spend an evening in Paris.

Hours: There are 3 shows each evening, at 7:00, 9:00 and 11:00 p.m. The dinner show is at 7:00 p.m. only.

Location: 82 boulevard de Clichy, Montmartre – La Chapelle – 18e Arrondissement

Cost: Tickets vary from 80€ to 220€, depending on which day and show you want. Dinner tickets are more expensive. Note that proper dress is required. Suit and tie is recommended. No shorts, sportswear, flip flops are allowed.

We know you're going to love this 3-day Paris itinerary. It's a great way to start enjoying the city. As we've found from multiple trips over the years to Paris, there are many layers you need to peel back to fully appreciate this wonderful city.

If you can make it through all of these top sights to see in Paris, you'll be ready to tackle the next layer of an interesting thing to do in Paris.



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ISO 21001 Foundation	English	NEW!	>
ISO 45001 Lead Implementer	French	NEW!	>
ISO 37001 Foundation	German	NEW!	>
ISO 37001 Lead Auditor	German	NEW!	>
ISO 55001 Introduction	English	NEW!	>
ISO 45001 Lead Auditor	English	Updated	>
ISO 9001 Lead Auditor	English	Updated	>
ISO/IEC 27002 Lead Manager	English	Updated	>
ISO/IEC 27001 Lead Implementer	German	Updated	>
ISO/IEC 27005 Risk Manager	French	Updated	>
ISO 55001 Foundation	English	Updated	>
ISO 31000 Risk Manager	Russian	Updated	>
ISO/IEC 27001 Lead Auditor	English	Updated	>
ISO 19600 Foundation	English	Updated	>
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