

Luštica Bay

MAGAZINE

Life

KOTOR CARNIVAL

STEP BACK IN TIME

MEET OUR HOMEOWNERS

CATCHING GOOD WINDS

WITH YACHT CLUB DELFIN

MONTENEGRO GUIDE | WEEKENDERS | BEHIND THE SCENES
FLAVOURS | DECOR & STYLE | RELAX & RENEW



A Place To Belong



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Credits:

Editorial Contributors:

Charlotte Sherwin
Jack Parker
Marija Mitić

Columnists:

Miodrag Spahić

Cover photo:

Jelena Milutin

Image Contributors:

Rea Vasić Jelena Milutin
Ranko Maras Mihael Đuričić
Nebojša Nišić Zoran Radonjić
Dejan Kalezić Dado Ljajević
Nikola Pejović Duško Miljanić
Miloš Mitkić

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Welcome note

Dear Reader,

It is with great pleasure that I present our latest edition of Luštica Bay magazine. This engaging destination magazine invites residents and visitors to discover more about our stunning coastal community and to learn about the fascinating culture and heritage of Montenegro.

The Luštica project is about creating a sense of community among all who make their way here. No matter whether you are a resident or a tourist, a business-owner or simply a visitor to this serene part of the world, you all have a part to play in the vision of Luštica Bay.

In this issue among other topics, we share insights into sailing the Adriatic with Club Delfin, creating eco-fashion with one of Montenegro's leading fashion designers, and the lifestyle of our homeowners. You'll also get the chance to meet our great marina team.

At Luštica Bay, we are proud to be part of a wonderful community that continues to go from strength to strength. There is so much to experience and enjoy in this impressive destination. Be sure to check out the 'Save the Date' section of this magazine, as the events planned in the season ahead are excellent. Please join us, and for those considering a home in this beautiful location, we hope that this magazine will offer valuable insights that encourage you to open the doors to opportunity.

We're also proud of our team of dedicated professionals who go the extra mile to ensure that this is community stands out. Together with our residents they play an important role as brand ambassadors to this remarkable destination.

Finally, Luštica Bay magazine is published especially for you. As you turn the pages, I hope that you will be excited by the diverse collection of articles which offer an authentic window into our world.

Luštica Bay truly is 'a place to belong', and we look forward to welcoming you into our community through the pages of this magazine.

With the warmest wishes,

Maher Maksoud

Regional CEO



LUŠTICA BAY
MONTENEGRO

General Enquiries

E: info@lusicabay.com
T: +382 77 200 100

Sales

E: sales@lusicabay.com
T: +382 67 050 550

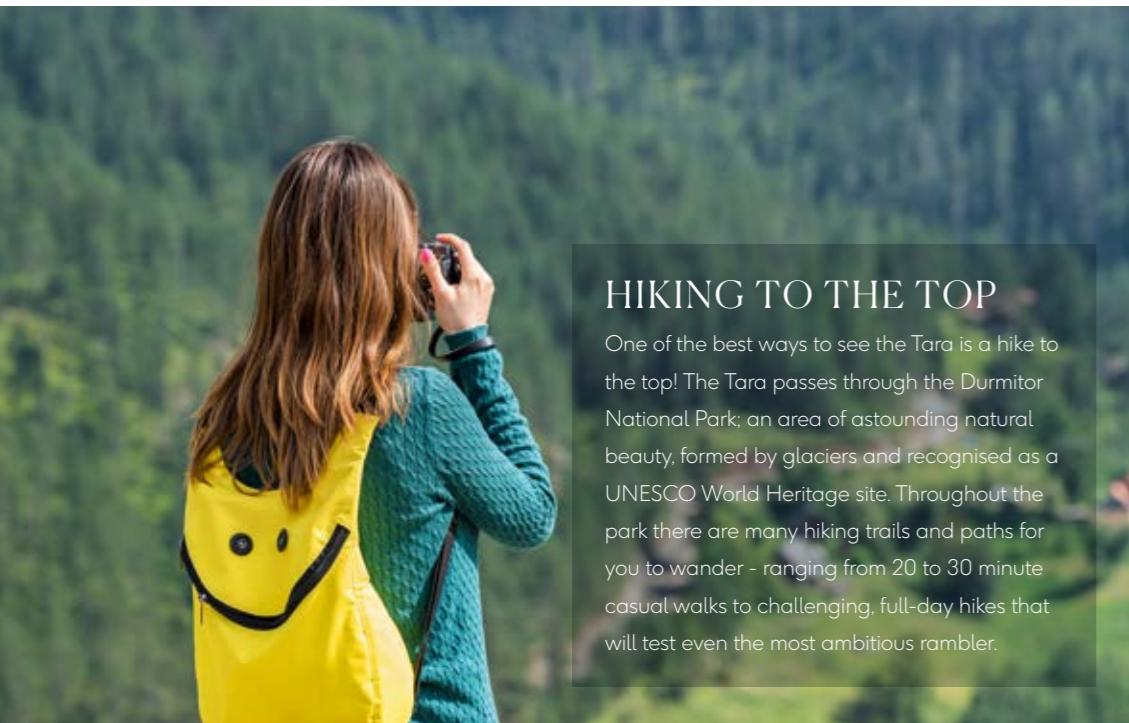
Customer Service

E: customerservice@lusicadevelopment.com
T: +382 67 070 101

The Tear of Europe

Winding fiercely from her source, high in the snowcapped Komovi Mountains, the Tara River cuts an impressive figure. At 146km long, she is certainly not the longest of Europe's rivers. However, you would be hard-pressed to find anyone to argue against her status as one of, if not THE, most beautiful of the river canyons Europe has to offer. A mesmerizing turquoise serpent, winding her way through Alpine forest and deep-cut river valleys, The Tara has more than earned her title of 'The Tear of Europe'. At her deepest, the imposing canyon walls stand an impressive 1300m tall, making the Tara River Canyon the second deepest canyon in the world - only 200m separate Tara from the Grand Canyon in Arizona, USA - and the deepest in Europe. A proud holder of UNESCO World Heritage status, The Tara River Canyon must be seen to be believed!

THE TARA RIVER WAS NAMED AFTER THE AUTARIATE; AN ILLYRIAN TRIBE WHO LIVED IN THE VALLEY OVER 2000 YEARS AGO!



HIKING TO THE TOP

One of the best ways to see the Tara is a hike to the top! The Tara passes through the Durmitor National Park; an area of astounding natural beauty, formed by glaciers and recognised as a UNESCO World Heritage site. Throughout the park there are many hiking trails and paths for you to wander - ranging from 20 to 30 minute casual walks to challenging, full-day hikes that will test even the most ambitious Rambler.

A QUICK ZIP ACROSS

For the ultimate thrill seekers, looking for an adrenaline rush like no other, clip yourself into the Tara Canyon zipline; a 1km cable that will send you flying between the valley walls at speeds of up to 120 KMH! One of the longest ziplines in the world, you're sure to get a great view of the astonishing valley floor below - if you're brave enough to look down!



RAFTING AROUND

For the adventurous traveller, looking for a more daring way to experience the Tara River Canyon, why not book a trip with one of the several rafting tour companies in the area and get a more 'paddles on' look at the Jewel of Montenegro! With 69 rapids on the way down the canyon, your heart is sure to be pumping all the way!



5 TIPS FOR TRAVELLING THE TARA

1. PICK YOUR TIME TO VISIT!

While the Tara Canyon is undoubtedly beautiful year - round, the best time to visit is between the months of May and October.

2. BRING A JUMPER!

Regardless of the time of the year, the canyon tends to be much cooler than the coastal areas, and while it may be warm on one side, a quick trip to the other could leave you a little chilly.

3. BE PREPARED!

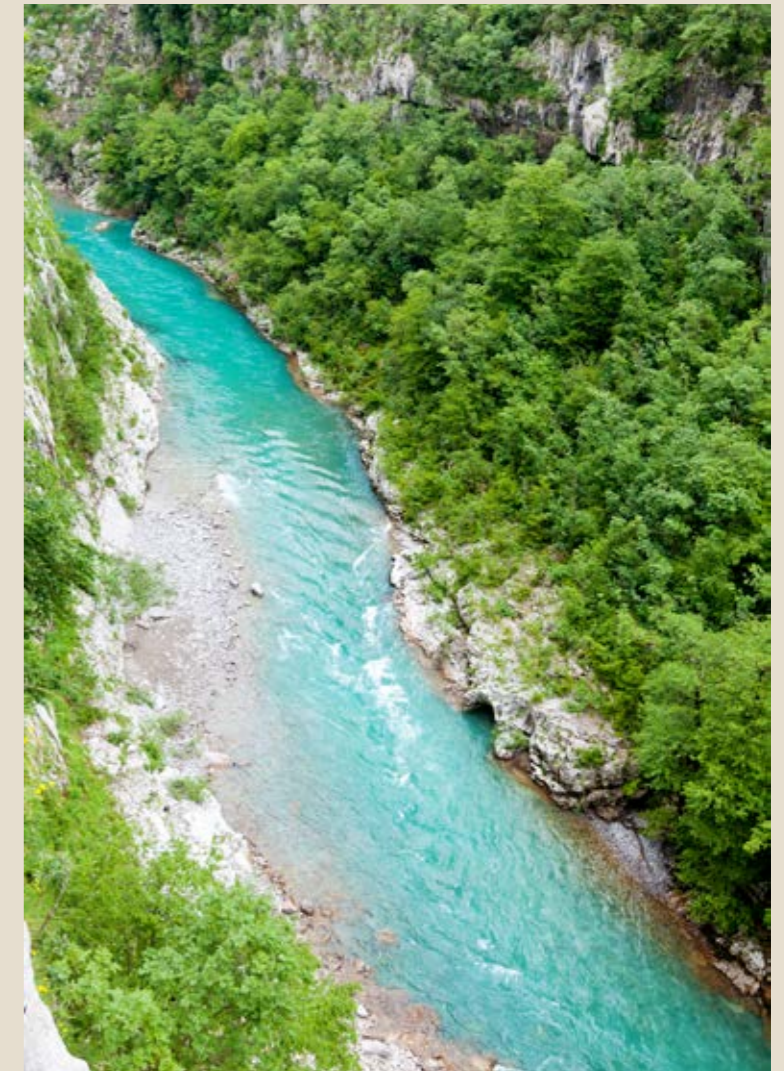
Hiking during the winter can be both a cold and dangerous experience! Make sure to be well prepared with sturdy boots, crampons and lots of warm layers. Low of seven mean a hat and gloves are necessary.

4. TAKE YOUR TIME!

There is so much to see and do that rushing will leave you feeling disappointed! Take the time to plan your activities and get the most of your trip.

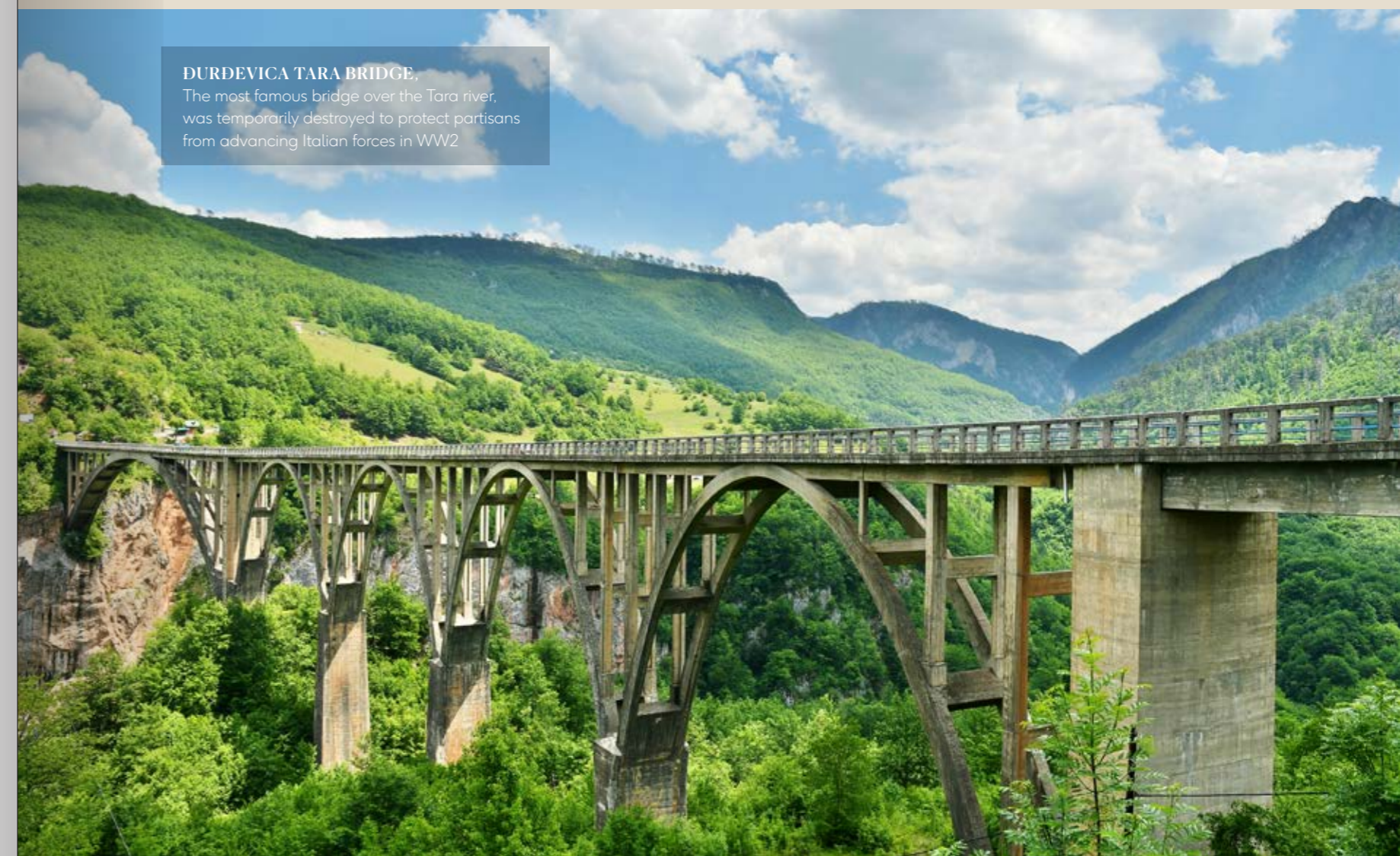
5. BRING YOUR CAMERA!

There are a few places in the world that lend themselves to photography quite like the Tara Canyon. Even the most amateur photographer will produce some stunning pictures. So, bring your camera along and make some memories last a lifetime!



DURDEVICA TARA BRIDGE,

The most famous bridge over the Tara river, was temporarily destroyed to protect partisans from advancing Italian forces in WW2





The Future is Green!

SOLILA'S JOURNEY FROM SALT PLAINS TO SEA-HAWKS

In 2020 Tivat won a first award in the Nature and Eco-Tourism category of the Green Destinations Sustainable Story Award with its good practice example Restoration of Natural Values through management of Special Nature Reserve Solila. Much of this success can be attributed to efforts that have led to the development of the Solila Nature Reserve - a protected area of wetland between Tivat and the Luštica Peninsula - and home to many of the area's protected species of bird.

A historically significant area - During the Middle Ages the Tivat Salt plains were the home of salt production and were of great importance to the production and sale economy of neighbouring Kotor. Production of salt continued until the latter half of the 20th Century, when salt from North Africa hit the European market - leading to a decline in European production, and resulting in the closure of many European operations.

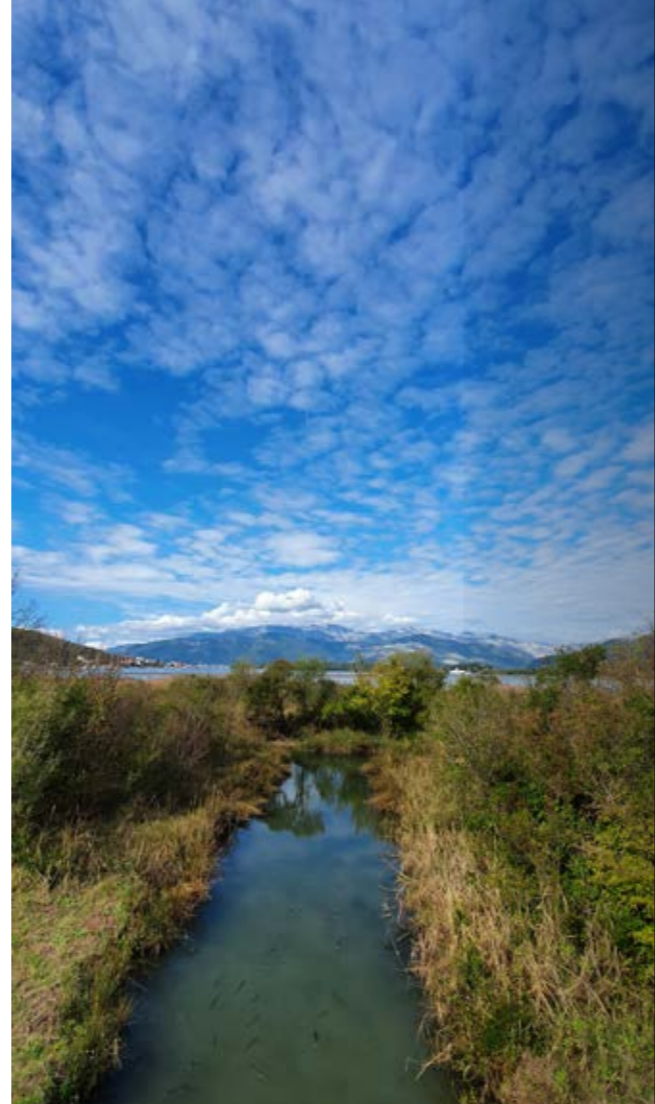
Since 2007, the area around Solila has been protected in order to preserve the abundance of animal and plant species and huge efforts have been made to develop and re-brand as an area of unique natural interest. This protection has focused primarily on the protection of Solila's wide variety of avian

species from poachers and the devastating effects of indiscriminate dumping of waste.

Thanks to concerted efforts to manage the area effectively and sustainably, over 114 different species of birds have been recorded to now reside in the area, with many more coming each year - the most exciting return being that of Solila's flamingos, who hadn't been seen on the peninsula for over a decade. A spokesperson for the project was quoted as saying "The presence of flamingos is a symbol and confirmation of the commitment to protect endangered and rare wetlands, and we hope that they will be regular guests". At present 109 bird species benefit from some form of protection, with steep fines and even prison sentences being handed out to those

who choose to ignore the rules and poach on the protected land. Also benefiting from protected status are Solila's rare amphibians and reptiles - three of which are currently at risk of extinction.

The Solila reserve has seen much development in the form of infrastructure investment - bridges have been renovated, information points are scattered around the park and a visitors centre has been built to accommodate the influx of tourists and bird-watchers. Thanks to this investment, Solila is recognised as one of the premier bird watching and eco-tourism destinations in Europe.



Last Chance Peninsula!

THE FINAL PIT STOP FOR MIGRATORY BIRDS

A huge aspect of the Solila Reserves importance comes from its position in the Adriatic Migration Corridor. The Luštica Peninsula holds an important position in this natural process, as it is the final stop for many species of birds as they migrate to the warmer climates of the Southern hemisphere in order to escape the cold, European winters - it is the final chance for birds to stop, rest and feed before crossing the Mediterranean sea into North Africa. For many other species it is their wintering ground - a place to seek shelter and wait out the winter months.

This makes the Solila Reserve a fantastic place to spot a great variety of bird species - many of them very rare! Read on to meet some of the area's most exciting residents!



The Future is Green!

Going Green!

- 'SAFE, SMART, SUSTAINABLE TOURISM'

AN INTERVIEW WITH TIVAT'S TOURISM DEPARTMENT

We sat down with Danica Banjević - Director of Tourism Organisation of Tivat - to speak about recent efforts to improve sustainability in Tivat's tourism sector, as well as their recognition in the list of 'Top 100 Green Destinations' 2020 and 2021 - awards that are sure to bring a new generation of environmentally conscious tourists and work as a catalyst for Tivat's up and coming 'Eco-tourism' sector. The awards confirms the success of the local authorities' hard work to match their pledge of 'Safe, smart, sustainable tourism' - something that continues to be the focus of Tivat's tourism department.

1. How have you started to work to raise local community involvement and what is your plan to measure the improvement of citizen satisfaction?

Well, we feel that local community involvement is integral to the planning and development of our city as a tourist destination. In the last years we organized five workshops with the public, private and civil sectors where we discussed future sustainability projects. We have also recently published an inhabitant satisfaction survey in an attempt to find out how the locals feel about progress so far and how they would like to see us move forward into the future.

One good example of community involvement is the 'Transforma Tivat' initiative, where local artists painted the electrical boxes on the city's

main promenade. This focuses on the local community aspect and helps to make the city a more attractive place to live and work. For this good practice story example Tivat was listed among Top 100 Destination Sustainability Stories 2021.

2. What health and safety measures have been taken?

Obviously the most important thing during this pandemic is the health and safety of our visitors, and on this point we have received a good response from public surveys. All business are required to act in accordance with the recommendations of the Public Health Institute of Montenegro and the World Health Organization. We have implemented high standards of food handling, frequency of cleaning and disinfecting of all public spaces.

3. Have any successful, sustainable programs been launched and has there been an increase in attempts by companies to increase sustainability?

Yes! In May 2020 Tivat joined 'Green Destinations'. Membership has provided opportunities to learn, in detail, how to develop sustainable tourism and ensure a great experience for locals and tourists alike!

There has been a real focus on educating staff and SME's with regards to their involvement and we have started a 'Good Travel Seal' program for businesses that demonstrate a shift towards sustainable and eco-friendly tourism.

Development in this direction can only bring an improvement in the level of service and the quality of the guest's experience.

4. Has there been a greater focus on sustainability amongst the local community?

Of course, however there is still a lot of work to be done! Right now we are focusing on more educational workshops to help raise awareness in the community. Through the project with UNDP "Towards Carbon Neutral



Tourism", among numerous other activities, the certification for hotels was promoted together. So far two hotels in Tivat have finished the certification: Hotel Palma work with Travelife and Carruba with Green Key. We have introduced a 'Good Travel Seal' certification for SME's and so far two private accommodation owners "D&D Apartments" and "Mio Monte" and two travel agencies "Montenegro Destinations" and "Boka Waves" have this certification. We hope that it will inspire other companies to follow the same path as sustainability is key for the future of tourism

5. Have GD / QC destination Awards or Top 100 played a role in marketing materials and has the location received an increase in domestic and foreign tourism as a result of the GD program?

Certainly! Receiving the Top 100 Awards 2020 and 2021 has had a great impact in terms of marketing, since Tivat is the only destination in Montenegro that has won the prestigious award.

We joined the program in the first months of the pandemic so understandably there has been an overall reduction in tourism. However, we are certain that a sustainable focus and the knock-on effects of the award will bring in greater numbers of tourists in the coming years! In fact, Tivat Solila, has already seen an increase in tourists in the last two years!



MONTENEGRO'S *Maritime Marvel!*

A TRUE EXAMPLE OF THE POWER OF
TRADITION AND A LEGACY THAT SPANS A
MILLENNIA



Founded over 1000 years ago, making it the oldest maritime organisation in existence, The Navy, has survived a millennia of tumultuous, unpredictable and often-times violent world history that saw empires rise and fall, two world wars, the first flight of man, humanity's first steps into space and the birth of the internet. The Boka Navy, today, stands as testament to the importance of shared ideals, cultural identity and spiritual value. In the present day, the Navy serves a ceremonial purpose - a living reminder of the rich maritime history of the Nation in which it was founded, and strives to keep alive the traditions and history of the seafarers, merchants and sailors who lived and sailed the coast of the Adriatic Sea.



TO BEGIN AT THE BEGINNING

At its conception in 809, the Navy was a collaboration of seafarers, merchants and ship owners, and served a multitude of purposes that ranged from military to economic and even humanitarian. Founded on the tenets of human rights and a respect for religious, cultural and national diversity, the navy looked after the interests of its members - offering education, assistance to poor families, care for the widows and orphans of those members who passed away and even went as far as paying the ransoms of members who fell foul of piracy.

During times of war the Boka navy took responsibility for the defence of the bay and the Southern Adriatic coast - often times sailing alongside the Venetian Navy against the Ottoman Empire and local pirates. One particularly inspiring account of the navy's courage and dedication came during the naval battle of Lepanto in 1571, when the Kotor Galley of St Tryphon fought single-handedly against four Turkish galleys. While the captain and all crew were eventually killed, they inflicted heavy losses on the Turkish sailors that eventually led to the defeat of the Turkish fleet. It is stories such as these that helped to cement the Boka Navy's reputation as not only skilled seamen and renowned traders, but ferocious and gallant warriors.



THE NAVY OF TODAY

Now recognised on the UNESCO 'List of the Intangible Cultural Heritage of Humanity' the Boka Navy operates in a purely ceremonial role - performing in various celebrations throughout the year and standing as a reminder of the rich tapestry of maritime history in the Boka region - a history that has shaped and developed a unique culture and identity among those who live along the shores of Boka Bay.

KEEPING TRADITIONS ALIVE

Maritime affairs have historically been of decisive importance to the city of Kotor and Boka Bay itself - a fact that can be seen in the traditional Kolo Circle Dance - a dance that demonstrates 12 complex figures, each representing a different spiritual and maritime symbol. It is believed this dance was first performed by Kotor sailors on January 13th, 1809, after they received the relics of the martyr St. Tryphon - who became the Patron Saint of Kotor and later built a Romanesque cathedral in Kotor's main square. The Kolo Circle is performed only by male members of the active component of the Boka Navy. The men are adorned in the traditional Navy uniforms - black jackets trimmed with fantastic gold and red patterns - and is danced to traditional Kotor music.

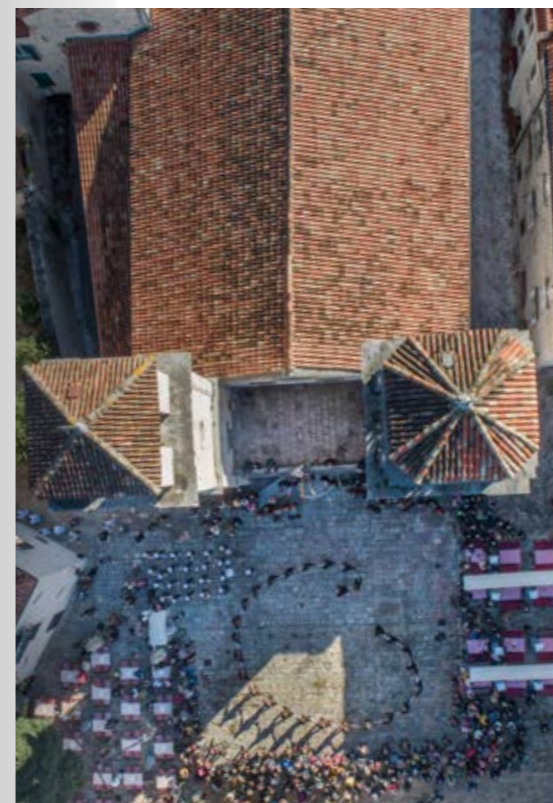
The dance itself can be seen during the Festival of St. Tryphon, that occurs in early February and includes a procession through the streets - carrying the relics of St Tryphon - through the main squares of Kotor's old town, followed by religious rituals at Katedrala Svetog Tripuna - The Cathedral of St. Tryphon.



ALL EYE'S TO THE FUTURE

Due to its rich, complex heritage and significance to the local people and culture, the Boka Navy is undoubtedly one of the most important pieces of world, European and especially Montenegrin history. A demonstration of the strength and importance of shared ideals, camaraderie and dedication to the betterment of oneself and others. Its representation in the UNESCO 'List of the Intangible Cultural Heritage of Humanity' is proof of its cultural and historical importance and as the Admiral of the Navy himself, Antun Sbutega says, "I am convinced

that this will also enrich the world because they will get to know one of the most ancient and unique institutions, witness the protagonist of 12 centuries of Adriatic and Mediterranean history, which has managed to accumulate, preserve and valorize a host of important cultural values." It is the hope of all involved that the story of the Boka Navy will be heard by the world and the values for which it stands will continue to enrich the lives of those who share in them.



Kotor Carnival

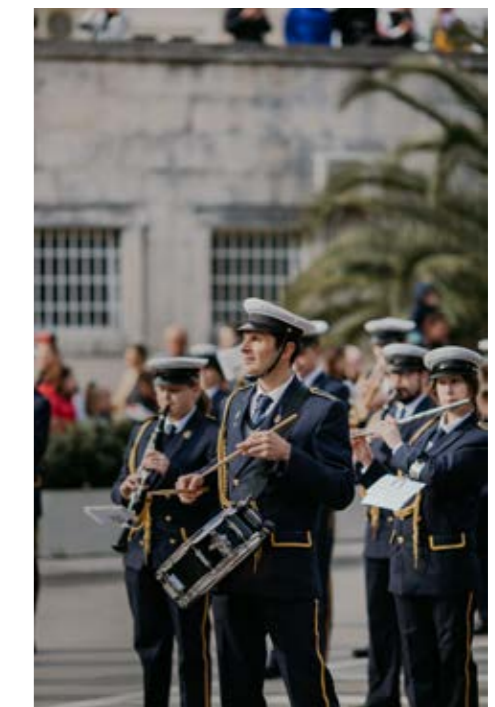
STEP BACK IN TIME
AND VISIT A FANTASTICAL
WORLD OF SIGHTS, SOUNDS
AND COSTUMED SENSATIONS!





Every year - two weeks before the festival of Lent - up to 30,000 people flock to the ancestral cobbled streets of the ancient Boka city of Kotor, to attend a festival of costumes, music, dancing, gastronomy and satirical wonder to rival the carnivals of New Orleans, Rio De Janeiro and Venice!

A sensory extravaganza of sounds, sights, tastes and culture that is sure to rouse the spirit of all who witness the festivities - Kotor Carnival is not to be missed! Known as Festanje in the local tongue, the tradition of Carnival in Kotor can be dated back as far as the 16th Century - with the oldest known document to reference the festivities dated February 11th 1508. A display of spirit and skill, the festival plays host to musical and theatrical talent from Kotor, the wider region and other countries around the world - with concerts, theatre plays and street performances occurring over the course of the celebrations. Festivities begin with a parade around the striking ancient walls before the mass of shimmering, costume clad attendees make their way through the majestic city gate and into the beating heart of the historic city itself. Throughout the festival, the narrow streets of the ancient city are overflowing with boisterous revellers - adorned in magnificent masquerade costumes - trimmed in shimmering golds and reds - generating a sense of primal revelry that simply cannot be found outside of the ancient corners of the world. One can't help but feel connected to the thousands of feet that must have danced before them on the very same stones!



Joining the Party

In the spirit of its rich tradition and in accordance with a desire to grow as a tourist destination, the NGO 'Festival' was founded in Kotor in 1999. It was through this NGO that, in 2001, Kotor became a full member of The Federation of European Carnival Cities (FECC), bringing the Kotor carnival into a family of world-renowned European carnivals. While Kotor is organized with far more modest funding than some of its sister festivities around the world, it has earned recognition as one of the top Carnival events in Europe and has become a symbol by which Kotor is recognised around the world.

The commencement of festivities is generally announced by the raising of the Carnival flag, along with the official greeting from 'Kapa' - the captain of the Kotor Festival - who then leads several events over the next few days, including exhibitions, concerts and theatre performances. The celebrations typically last three to four days and include an incredible variety of performances from groups from all over the world! Make your way through the ancient city and enjoy in the festivities and celebrations!

The fete is brought to an end by the main event - a large carnival procession, led by 'Kapa' where musicians and costumed participants march through the city to a place where the 'Krnja' - an enormous, grotesque puppet and representation of all the bad things that have befallen the people over the last year - is 'tried' before being burned - representing a new, fresh and prosperous start for the people of Kotor and Boka Bay!

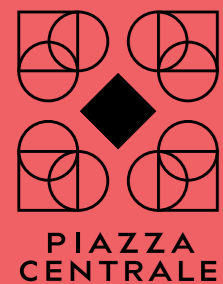
A New Beginning for the People of Boka!

The preparations for Kotor Carnival begin months before the day itself, with the design of the coloured masks being kept a close secret by the makers to ensure the greatest effect once revealed on Carnival day! The making of the masks is almost as important an event as the Carnival itself! Imaginative creations are made at home, and the process is often accompanied by songs, jokes and merriment of all kinds. These masks will then be worn on the faces of professional groups, families, and children as well as spontaneously formed groups who meet up and gather on the day!





OPENING SUMMER 2022



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LUŠTICA BAY
MONTENEGRO

CENTRALE

The Beating Heart

OF LUŠTICA BAY

Following the success of the Marina Village, the next phase of the Luštica project is well under way - Centrale. Already a thriving community with many of the amenities and facilities constructed, the heart of the Luštica Bay project will soon add to its already growing catalogue, with the construction of the Centrale Piazza. Headed for completion this summer, the square will serve as a meeting place for residents - much like the classical Mediterranean piazzas which its design was based on. It will grow to be an area full of vibrant restaurants and cafes, where residents and visitors alike can come and share in the vision of Luštica Bay.



We spoke to Milica Starčević - the Business Development and Project Manager for the Luštica Bay about the current developments.

1. Centrale Piazza, the town square in the new Centrale neighborhood in the Luštica Bay project, will be open by the summer. This new urban address will be a completely new LB experience - how is this materialized?

Each area of Luštica Bay brings something unique and distinct to the project and the community. This is a result of the meticulous master planning process undertaken. What makes Centrale special is the fusion of regional architecture, lifestyle and amenities that create an extraordinary place for both residents and visitors. The opening of the Piazza will mark the single biggest milestone of development in Centrale. The charming Italian inspired square provides a unique experience while offering a wide range of retail options including F&B, lifestyle, fashion, and essential products and services.

2. What are the primary benefits of being part of the Centrale Piazza investment opportunities?

Partners that elect to become part of our story at this embryonic stage will benefit from extremely attractive commercial terms to ensure the success of their business. In addition, they will

be integrated as part of the Luštica Bay family to help us grow our vision of a vibrant authentic local town, which will be a desirable place to live, work and relax.

The success of such collaborative partnerships has been demonstrated in the case of our Marina village. The early occupants are the ones that helped build a solid foundation initially for the subsequent growth. They have become signature business owners that are now associated with this thriving village development and its iconic status.

3. The planned retail offering is perfectly integrated into a sophisticated concept - from gastronomy and shopping experiences to all the other facilities. What can you reveal to us at this point?

The Centrale Piazza will replicate the charm associated with famous Italian piazzas, with a special touch of Montenegrin lifestyle and culture. Just as in the original medieval cities, our piazza will serve as the city centre and hub of the entire Luštica Bay development. Visitors and residents will be able to enjoy a special gastronomic experience within a premium urban PUB concept. Distinctive traditional meals will be prepared in a national restaurant. Ladies will be particularly satisfied with the wide range of beauty services in our Beauty Bar, as well as the

wide range of designer fashion shops. A healthy lifestyle will be promoted through a modern gym and medical center with all associated amenities. The Piazza will also offer essentials services needed for the residents. Finally, there will also be some surprises to accompany our big opening announcement for summer 2022.

4. With the Marina Village and Centrale neighbourhoods, Luštica Bay is developing the outlines of its city. What other facilities await us at this location?

Centrale will offer all the key facilities required in a major development, specifically: medical (hospital, medical center), educational (school, kindergarten), sport (facilities for tennis, volleyball, basketball, waterpools), emergency services (police and fire station), lifestyle (shopping streets, boutique hotel).

4. Undoubtedly, Centrale Piazza will also bring significant benefits to the local community - what are the main ones, and what is the feedback from the locals?

As someone who originates from Radovići and therefore in tune with the local community, I have had the pleasure and pride of seeing the local people start to embrace and recognise the benefits of Luštica Bay to the area. There are the obvious benefits of local employment, tourism

growth and social infrastructure development. However, Centrale as the neighbourhood located closest to Radovići will be the point of connection between the new and the old, modern and traditional, local and international. The beauty of such integration will build a fantastic future.

“What makes Centrale special is the fusion of regional architecture, lifestyle and amenities that create an extraordinary place for both residents and visitors.”

CONSTRUCTION COLLAB: MEET *Darko Pavićević*



Quick-fire questions with Darko Pavićević, Sales & Marketing Director at Ideas & Solutions, a Montenegro-based construction company. Their portfolio consists of high end developments alongside Luštica Bay's Marina villas and townhouses, and works on The Chedi Hotel, to include also works on the five-star Mamula project. The company is the protagonist in the construction hotel process in Luštica's Centrale neighbourhood – let's hear more about what Darko had to say on their involvement with Centrale and other elements of the business.

1. Ideas & Solutions sets a great example for local companies working on international developments like Luštica Bay. What are your thoughts on the Luštica Bay project?

We are immensely proud to be a part of such an amazing development. Here, they take construction very seriously, with rigorous controls and close scrutiny. This is the kind of professionalism that pushes us to be even better at what we do, and undoubtedly gives tangible results.

2. Your company has been growing in parallel with Luštica Bay for many years now. Which projects have you worked on together so far?

From the get-go, we were integral to the development of the Luštica Bay project. Since 2015, we have been the lead contractors for the village villas, encompassing over 10,000 m2, as well as landscaping and many other infrastructural projects. We can safely say that we have, indeed, grown together with the Luštica Bay project, having been involved

right from the start. It's a pleasure to be on this journey and to see the location flourish with each passing development stage.

3. Luštica Centrale was eagerly awaited as the village's new urban enclave. How important is this to the development of Luštica Bay and the local community?

With Centrale, we aimed to create a new, vibrant living community by inspiring not only residents, but also the local population and tourists to spend more leisure time in the Centrale area. As the new village core, there are many amenities on offer – from piazzas to shopping outlets, bars and restaurants, a children's playground, and tennis, basketball and beach volley courts. I would say that Centrale certainly adds value to the Luštica Bay project as a whole, with a unique lifestyle promise for its aspiring new community. It's important to have a hub, a heart and soul of the community, and that's exactly the intention with Centrale.



"With Centrale, we aimed to create a new, vibrant living community by inspiring not only residents, but also the local population and tourists to spend more leisure time in the Centrale area."

4. What are the benefits of working on such a large-scale international project?

Alongside many benefits, namely the fantastic location and exposure to professionals from all walks of life, working on a project like this is a huge incentive for our employees, especially our young engineers. At Luštica, they have the opportunity to grow both professionally and as valuable members of the community and can develop skills which can only really be obtained by working for a global development. We undoubtedly benefit from Luštica Bay's international reputation as a long-term partner and this only serves to buttress our own credibility. It is a pleasure to work with Luštica Bay and we are sure that we will nurture this successful and fruitful partnership for many years to come.



Marina Lifestyle

AT ITS FINEST

MEET THE TEAM

Luštica Bay Marina is every boat owner's dream base and offers international sailors and yacht owners superb facilities from an Adriatic vantage point in the Bay of Trašte. Orascom Development, who masterminded Luštica Bay are globally renowned for their integrated projects and almost every project features a world-class marina which elevates the lifestyle of the communities.

This sustainable state-of-the-art marina currently offers a total of 115 berths for boats of up to 45 metres and is planned to eventually offer 176 moorings. In this issue we meet some of the Marina's multilingual and multi-talented team.



Philip Jones

**DIRECTOR,
ORASCOM MARINE MANAGEMENT**

1. You've been involved in Luštica Bay from the very start, what exciting developments can we expect in terms of the Marina's offerings?

From the Marina point of view, I see it as being a hub for yachts and yachting attracting both sailing and motor boats together with serving our ever-expanding client base who make up the thriving and colourful community that is Luštica Bay. We are looking forward to more development and further berths so that we can continue to welcome the world to our stunning coastal town.

2. As the parent company and a huge developer, Orascom has marinas and yacht services in almost all its projects. Do you think this influences the decision-making process when buying a property?

Well, the sea has always been a key attraction in most of our destinations and the ease of access to it comes hand-in-hand with deciding to buy a property. Luštica Bay is set in a magnificent location with direct access to the wonderful waters of the Adriatic and this is very special indeed.

3. Is Luštica Bay Marina aligned with global trends in the marina industry and to what extent is it highly positioned as a charter destination?

Absolutely. In fact, we have several charter companies that use Luštica Bay as an integral part of their weekly sailing itineraries and this will only grow each season, as it has since we first opened.

4. You've worked in so many international destinations. Can you single out the one that remains closest to your heart?

That is a very tough question. Honestly it is so hard to pick one as they all have a unique place in my heart, and I have the privilege to say that my family was able to call both El Gouna in Egypt and Jebel Sifah in Oman our home. But Luštica Bay, Montenegro and its people are certainly very special. So



much so that, I am moving with my family to Montenegro this summer and can't wait to call to call it home!

5. For established global sailors, what would you say are the main reasons for choosing Luštica Bay as the perfect charter base or homeport?

Having owned and skippered charter boats myself in the past, I would have to say once again that it is a really unique location with such easy access to gorgeous natural coves, harbours and fishing villages such as Bigova. Then when you add to this its proximity to Boka Bay, then it's very hard to beat Luštica Bay as the perfect sailing destination.

“Luštica Bay is set in a magnificent location with direct access to the wonderful waters of the Adriatic and this is very special indeed.”

Marina Lifestyle At Its Finest



Irena Petrović

ADMINISTRATION OFFICER,
LUŠTICA BAY MARINA



“Most of our clients are long-term clients. This means that they’ve already made Luštica Bay Marina their homeport.”

1. We opened the first of our two planned marinas in 2018 and this already features 115 berths accommodating boats up to 45m LOA. What would you say makes Luštica Bay Marina the best option for short and long term berthing lease?

The Marina has been sustainably developed and continually puts the needs and demands of our clients first. We started with 50 berths, and this has increased over 130% during the past four years. It’s a great location, because of its unique characteristics – for example its position on the open sea, its spectacular design and of course the wonderful community spirit and amenities that make our clients feel truly relaxed.

2. What makes Luštica Bay Marina outstanding in terms of its amenities and services?

This is a world-class marina, and we go the extra mile to meet the needs of our clients and make them feel at home. Beyond the standard services such as water & power supply, internet, grey & black water disposal, general & oily waste disposal, toilets & showers, we also have some exceptional amenities. We have the adjacent private beach, heliport, fine dining at the restaurants inside the marina and of course our exceptional entertainment and events programme.

3. You are in daily communication with yacht captains and crew members. What’s their general feedback and what sways their decision when choosing Luštica Bay Marina as their key docking destination?

Most of our clients are long-term clients. This means that they’ve already made Luštica Bay Marina their homeport. We’re continuing to develop the marina further and we’re constantly bringing more and more exceptional facilities so that stand out as the docking destination of choice.

4. What’s your typical workday at the Marina, especially during the high season?

Very busy! I pack my day with numerous emails and phone calls. These can involve communication with our clients, our marina team, and other departments. I also help walk-in visitors who want to know more about the marina, and I prepare and issue berthing agreements, offers, invoices, payment collection and much more. The low season is a bit different; this is the period where we do all the background preparation for the next season such as creating budgets and forecasts.



Džorđe Lubarda

ADMINISTRATION OFFICER,
LUŠTICA BAY MARINA

1. What are your daily activities and how do you interact with crew members?

As a docker, our day-to-day communication with boat crew are firstly based on acquiring the necessary information from the boat to satisfy procedures and accommodate the boat on a proper berth. Once that’s done it’s important that we share our knowledge and help them by giving any information about the destination and general area. At the end of the day, it all depends on their specific needs and we’re always there to help!

2. What’s your motivation for working on the Luštica Bay Marina project?

This is such a landmark project and I’m proud to be a part of it. In my job I consider myself as ‘an ambassador’ for Luštica Bay Marina and this gives me the special role of ensuring that customers’ first impressions are excellent each and every time. Apart from that, I’m really motivated by the wonderful rapport we have as a team. We support each other and together we enjoy a great working environment that offers me something new and different every day.

LIVING
the Mantra
 OF LUŠTICA BAY

Luštica, a place to belong.' It is these five words that symbolize the vision of Luštica Bay. Not simply a place to be, but to belong - and nowhere is the manifestation of these words more apparent than in the home of the Đokic family. Described by the family as an 'oasis.' "A magical escape from the capital, filled with positive energy!" - Luštica has become the family's home. A base from which they now own and operate three businesses - 21 Restaurant, 21 Beach Club and Ciao Bella Gelateria.

We met up with **Filip** and **Ana Đokić**, along with their two girls **Arijana** and **Lucija**, at their family home in Luštica Bay's Marina Village. We spoke to them about the journey that brought them from the capital city - Podgorica - and the array of benefits that they have experienced since they made the move!



THE CALL OF *the Coast*

Making the move from the hustle and bustle of city life to the vibrant beauty of Luštica Bay, Filip had been eying a move to Luštica for some time before the decision was finally made. We asked him to tell us about what it was that led him to move his family from the capital to Luštica Bay, and why he felt it was such a good place to not only live, but do business.

I have known about the Luštica bay project almost from the time when it was just an idea. I will tell you an interesting anecdote - the negotiations between the representatives of Orascom and the Government of Montenegro came to the point that they had to either come to an agreement or terminate the negotiations. In one of my restaurants, I met with the then Minister of Tourism, Mr. Nenezić, and Mr. Sawiris, and they told me that it was "D-day". Later that day, they asked me to send food to their teams in the offices so they don't interrupt the negotiations and just continue with them. That evening I received a picture of Mr. Samih with his hands raised, and below it was written "We have agreed." Unfortunately, I don't have that picture, but if I had, it would stand in a place of honor in my restaurant because it marks the beginning of this beautiful visionary project.

Years after that, more precisely in 2018, I opened the 21 Restaurant, which was also the first facility opened in Luštica bay. Luštica is a magical place and from the first day it became my oasis and escape from the capital, where I was filled with positive energy. I think that what makes Luštica Bay the way it is are first of all the people - the commune that was created here. My plan was to make Luštica my home in later years, but thanks to my daughter - who received a scholarship in an international school in Tivat - I got the opportunity to realize my plan much earlier, and enjoy the benefits of Luštica all year round.

After that, as a family, we made the decision to completely link our destiny to the Luštica bay project. We bought a house within the project,



which is not only our new home, but also an investment whose value is growing day by day.

*After more than two decades in hospitality industry, where they have developed some of the most famous brands, such as 'Dali' - Montenegro's first fine-dining restaurant, 'Gossip' - the very first lounge bar in Montenegro, Imanje Knjaz, 21 MNE Urban Bistro... which were the meeting point of political, business, cultural...and every other elite - Filip decided he needed a new challenge. It was in the Luštica project that he found this challenge - leading to the opening of 21 Restaurant, 21 Beach Club and Ciao Bella Gelateria - and the family embarked on a new era of development for their company. We asked Filip about the differences between working in the capital city and Luštica Bay: *The main difference between working in Podgorica and on the coast is that the work on**

the coast is mostly seasonal and I must admit I still am not used to that rhythm - in the period from November to April I miss, a little, the dynamic that existed while I was in Podgorica. But on the other hand it gives me space to deal with things I didn't have time to deal with before. We opened two of the existing three businesses on Luštica during the pandemic. As a result of the support and trust of the people leading the project, regardless of the whole situation, I was able to make such decisions, which proved to be correct and justified. Enormous mutual respect and admiration has led to the fact that I do not feel that we are in a relationship between lessor and tenant, but that it is more of a friendly-partnership relationship with the same goal... and that is to make Luštica Bay what it needs to be - the number one destination on the Adriatic, as the slogan A place to belong says!

LIFE AS IT SHOULD BE PEACE, POSITIVE ENERGY AND AN OFFICE WITH A VIEW!

*It was Filip's wish to bring his family from the fast paced rhythm of the capital, to the serene beauty and homely comfort of the bay. His enthusiasm was not initially shared by his wife who was concerned about leaving the security and comfort of the life they had built in Podgorica - where they had established themselves as the leaders in the hospitality industry. However, when we asked Ana - Filip's wife and partner in their business operations - how she felt now she had this to say: *Moving from the capital city was the hardest for me. I have to admit that after a year of living here, I have got completely used to living in Luštica Bay. The benefits of living in Luštica are many - for me as a mother it is a great relief when I know that my children can move around the village without worries, stay in the fresh air and hang out with children from different countries. And the disadvantages are hard to find, they don't exist for us. We love Luštica Bay so much - its peace and energy as well as the diversity of cultures that we can meet here, all gives precious value to this place. It's a privilege to all of us.**

While talking to Ana, we could really see the commitment that the family had to the Luštica project. They were truly at peace in their new home and settled into their new life! We were keen to find out more about the day to day life of the family and asked Ana to tell us more about the family's routine.

*She said, *Everyday life during the school year comes down to taking the children to school, shopping, housework, while I am less dedicated to the work around the restaurant. During the summer, everyday life is a job and just a job, even for children. I must point out that they help us a lot, from physical work to making important decisions. Arijana is engaged in marketing on social networks - she keeps profiles of both restaurants and the beach club. She also likes to sell ice cream, because it is her favorite treat. Lucija is in charge of public relations, she likes to talk to guests and she is quite free, she is likeable in conversations, she is a real ambassador for both us and Luštica Bay.**

*She continued to talk about running the businesses as a family, and the benefits of operating their family businesses in a smaller location. Luštica Bay exudes incredible positive energy. *In the morning, when I wake up and look at the most beautiful blue colours of the sea, from the terrace and the village itself, I realize again and again that it is really a privilege to live here. In a few minutes I am in the marina, at work and I can tell you that I have an office with the most beautiful view :) When you are in Luštica Bay, not even bad weather can spoil your mood. Can a person want something more than that? I think that the biggest advantage of life on Luštica, for us as parents, is that children grow up "slower" here. Namely, children from cities live at an faster tempo, they have a variety of things at their disposal and then you have to be very careful. Life in a small town delays that period, here we are mostly focused on each other and for now relieved of parental worries that the big city would impose on us. I am sure that most people dream of living at sea, and we live life in a place we have been in love with since the first time we came here and connected with it both emotionally and business-wise, so Luštica Bay is a Place to belong and provides all residents the chance to live a life as should it be.**





FAMILY FIRST A PLACE TO ENJOY EVERY DAY, HOUR, MINUTE AND SECOND AS A FAMILY!

After hearing from Ana about the girls involvement in the family business we sat down with Arijana and Lucija to get their take on life in the bay and how they felt about making the move from the hustle and bustle of Podgorica to the calm serenity of Luštica Bay. When we moved to Luštica in February 2021, it was unusual for all of us and we thought that it would take us a bit to get used to the new environment, school and society. However, Lucija and I both got used to it very quickly and we really enjoy every moment spent at Luštica. As for my involvement in the business, social networking, graphic design and marketing have interested me since I was about 11, when I started learning some basics. With daily training, I came to run 3 accounts of my parents' business (restaurant, gelateria and beach) alone, without anyone's help. Of course, I always present all the ideas to my parents first, we agree on everything together, but I am the one who always goes through the restaurant, gelateria and the beach. I take

pictures and videos, and publish them and the like. Since I chose to do this myself, I don't see marketing as an obligation, because I do what I really enjoy. However, yes, the responsibility is great, because I always have to be there to communicate with guests through social

media, create and publish content. However, as I have already said, I enjoy all this a lot and running these three accounts gives me the opportunity to improve my daily skills in digital marketing, said Arijana.



We were keen to hear more about the girl's everyday life in the bay and asked Lucija to tell us a bit about the activities that they are involved in. Lucija: *Our everyday life really depends on many factors - first, whether it is working days, weekends or holidays, but it is indisputable that we enjoy this town equally every day. I've made a lot of friends from all over the world. I have a lot of friends from Germany, Serbia, Egypt, Russia, Great Britain... Luštica Bay is a place that really gives us the opportunity to meet different people, cultures and traditions and socializing and sharing experiences with friends from all meridians makes my everyday life more interesting and fun.*

In the summer I am active in various activities appropriate for my age. For example, activities such as fashion shows, karaoke and creative workshops are often organized, where I am a frequent guest and I really enjoy them. In addition, I like to spend time with Arijana in the Playroom, where we can have fun playing table tennis, table football and various video games. After speaking with the girls for some time, all that was left to do was to get their thoughts on what the slogan 'A place to Belong' really means. Arijana: For me, the slogan 'A place to belong' means a place where I fully enjoy every day, hour, minute and second, and that's what all four of us found on Luštica bay. The view of the sea, fresh air, beautiful landscapes and so much more let us proudly call Luštica our home and really live the slogan A place to belong.

LOOKING TO THE FUTURE

Now that they are settled into their comfortable life in the bay, the family are looking to the future! With two of their three businesses having been opened during the global pandemic, their first concern is getting them ready for next seasons predicted influx of tourists and the family are working to ensure that they can provide the absolute best possible service, *Above and beyond the expectations of our guests! It does not come as a shock to hear that they spent very little time outside of Luštica in the period behind us to firstly prepare properly for the coming season, but also to give all the visitors an active outlet where to live their most treasured moments - this is when and how the destination comes alive and breathes 24/7!*



A peaceful haven AT LUŠTICA BAY

We continue our series of interviews with happy owners. The Divac family have enjoyed their Marina home at Luštica Bay for several years. We join Ana Divac for some special insights.

Ana and Vlade have enjoyed a very cosmopolitan lifestyle but Montenegro and Luštica Bay hold a very special place in their hearts. Although their busy life encompasses the likes of Belgrade and Los Angeles, they have made Luštica Bay a much-loved home. Comparing life in such diverse places, Ana tells us

“All these cities are so different. Each is exceptional in its own way, and I love that they are different.” Then turning her thoughts to Montenegro, she adds “Also my children travel extensively, but we all love Luštica Bay. It’s one of our favourite places to return to.”

A GREAT TEAM

The successful duo is well-travelled, and Vlade enjoys worldwide fame as a prominent figure on the global basketball scene. Vlade is a professional Serbian Basketball Executive and former player who was a sporting pioneer as he was amongst the first group of European basketball players to transfer to the NBA in the late 1980s and was named one of the 50 Greatest EuroLeague Contributors. He has enjoyed a prominent career in the NBA basketball and prides himself on his humanitarian work focusing on aiding children worldwide and refugees in his home country.

His wife Ana was herself an actress and now also plays a key work in humanitarian work through the ‘Ana and Vlade Divac Foundation’ (divac.com). Vlade and Ana are also loving parents to Luka, Matija and Petra who are now grown up.

A SENSE OF BELONGING

It’s immediately obvious that Ana loves her coastal lifestyle at her second home in Luštica Bay. The family have been owners of a home in Luštica Bay Marina for a couple of years and visit as much as possible. “What I love is the sense of community that Luštica Bay brings. Also, it’s a very secure place to come to, we feel very comfortable here” she says. “And in these uncertain times, this wonderful ease of living is really precious” she adds.

BRINGING GOOD TO THE COMMUNITY

Both Ana and Vlade are both well-known residents at Luštica Bay and can often be found enjoying a friendly coffee with other homeowners at the promenade of cafes in Marina Village. Their commitment to the community really comes across in their involvement in Luštica Bay activities. “Our philosophy of life is that wherever we go, we should strive to bring good and do good” says Ana. This was certainly true at Luštica Bay. As an aspirational global basketball player, Vlade recently worked closely with Luštica Bay to create a wonderful summer basketball camp and he has now become the ultimate sports ambassador for this coastal community.



The celebrated former centre and ‘Goodwill Ambassador to the United Nations’, gave his valuable time to the project ‘Train Like a Champion’, a free basketball camp for local kids. “It’s a wonderful initiative” says Ana. “Last summer we brought together a group of children together from Radovići and Tivat, including kids from the ‘Mladost’ Children’s home in Bijela” she added. “Vlade was so pleased with what was accomplished and how sport could be promoted” she says. “We are both thrilled that Luštica Bay has proven such a great partner in putting social responsibility to the forefront. The great thing is that the sporting facilities here are so impressive and they continue to grow.”

THE PERFECT CHOICE OF HOME

So, what drew this impressive couple to Luštica Bay? “Well, firstly the natural beauty of Luštica is inimitable” says Ana “and of course, being so close to the sea is always so wonderful” she adds. Ana particularly loves how each day is different with so much to do and see “I love that I never know which direction each day will take me”, she says enthusiastically.

Another benefit of Luštica Bay for Ana is its proximity to the airport. “One of the great things about Luštica is that the airport is so close, and this means that I can jump on a plane and be here very quickly. This place is so relaxing” she

says, “It’s the perfect spot to press the reset button”.

Ana is always happy inviting family and friends to her stunning home, although she concedes that it is often difficult to schedule things so that everybody is in one place at one time. Her international friends are always impressed by Luštica Bay and the way in which Montenegro is flourishing into a world-class destination. “Luštica Bay is an example of the direction which sees the whole of Montenegro developing. Friends from abroad are excited, which doesn’t surprise me because Luštica is a place that’s world-class with something for people of all ages.”

Finally, summing up life at Luštica Bay, Ana says “Life here gives us a real sense of belonging and great feeling of contentment. There is so much to enjoy - from recreation, to dining, to friendships. Everybody I know here is so happy with their decision of having invested in this community and it truly is a peaceful haven. The great thing is that it keeps going from strength to strength. It’s growing and there is so much more to come. What more could anyone ask for?”

“We are both thrilled that Luštica Bay has proven such a great partner in putting social responsibility to the forefront.”

CATCHING *Good Winds* WITH YACHT CLUB DELFIN



The Bay of Kotor has a long and revered history of sailing. From the seafaring days of its Venetian past to the present day, these spectacular waters have provided perfect sailing conditions. Today Yacht Club Delfin Tivat upholds these traditions by developing sailing, preserving cultural heritage, nurturing skilled sailors, and putting Montenegro's sailing scene firmly on the international map. For Montenegrins sailing is not just a sport. Instead, for centuries it has been a passion and a way of life. This is no surprise given that the nation is home to the most spectacular sailing locations in Europe. The waters of the Adriatic are a great sailing stage and the Bay of Boka with its dramatic mountain backdrop, fjord-like bays and delightful historic towns are a sailor's paradise. Yacht Club Delfin, which recently enjoyed its 70th anniversary, is undoubtedly a key player in this spectacular sailing scene.

A FASCINATING STORY

The humble beginnings of YC Delfin tell a story of community spirit fuelled by a deep passion for sailing. Naval officers Isidor Papo and Ljubo Borera and Tivat citizens, Vazmo Sorić, Đuro Bakoč and Nikica Pavlović first founded the club in 1948 in association with the Fishermen's Association. Soon, students at the Naval Technical School and the young people of Tivat were drawn to this new and exciting initiative and in 1951 it became an independent operation. Starting with just one boat, a military gang, the club were soon gifted their first sailboats, affectionately called "Ding" and "Jola".

By volunteering and offering up their free time, skilled shipbuilders from Tivat set about building sailboats in the boat workshop based at "Arsenal". As early as 1951, they independently constructed two sailing boats of the "Zvijezda" class and one "L5". Then came two more sailboats, called "Stela" and "Snipe", and another sailboat "L5". The construction of the XIII cruiser class sailboat, "Twilight", became a special and much-loved addition to the club. Launched in 1952, she became a repeated champion taking the winner's title of the Adriatic Regatta seven times.

In the years ahead the Club went from strength to strength and in 1985 it moved from the Arsenal barracks to its present location. Today, YC Delfin has a fleet of 15 Optimist Class sailboats and 8 Laser ILCA Olympic Class sailing boats. With more than 150 members, it is the winner of more trophies than any other sport sailing club in Montenegro. Generations of children attend sailing schools and compete regularly in major international competitions and the Club is an organizer of key international sailing events.

NURTURING CHAMPIONS

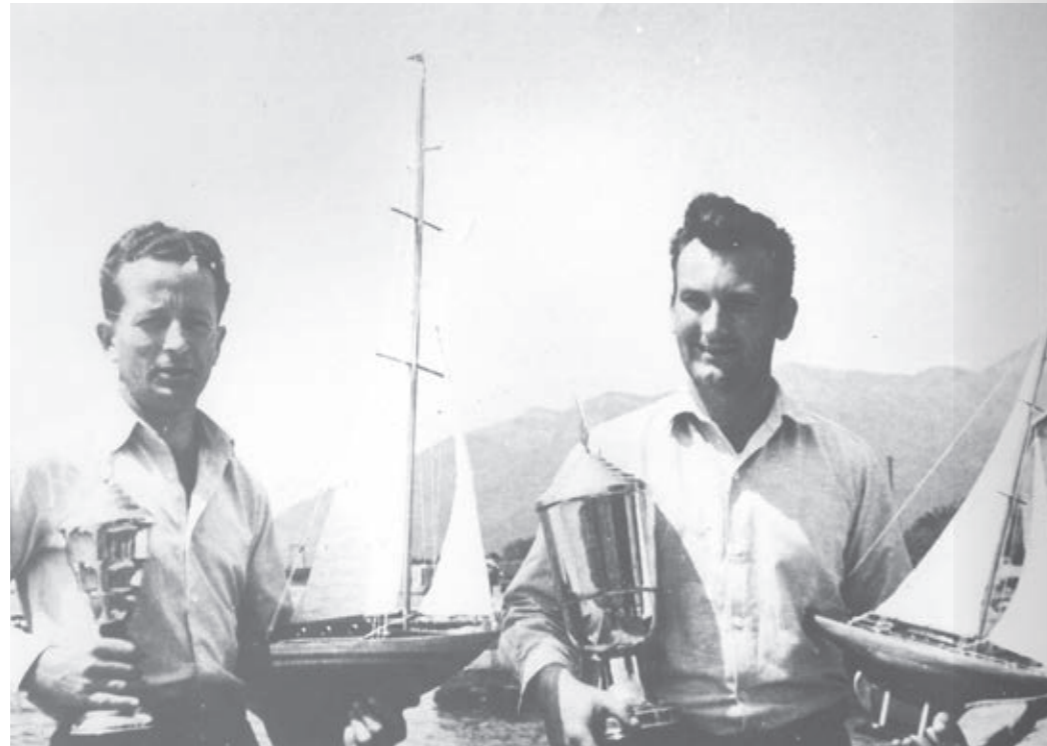
A wonderful aspect of the club is the dedication given to nurturing young sailors and raising champions. The Sailing School attracts more and more every year and the team of youngsters who sail the Optimist class are the fastest-growing fleet.

From year to year the Club increases its international presence with a clutch of impressive wins. Milivoj Dukić proudly represented Montenegro at the Tokyo Olympics and a cohort of young sailors promise a very bright future. Commenting on these successes Club Coach and Montenegro Sailing team selector Ilko Klakor underscored this immense potential on the international circuit:

"We have a new Olympic cycle ahead of us. Ilija Marković, a sailor in the ILCA7 Olympic class, is our prospect for Paris 2024. Marković

won a place in the Top 10 at the 2021 World Youth Championships and in the Top 20 at the European Championships in the same competition. Also, Nikola Golubović has done well to reach the Top 10 at the European Championships."

Adding to this he also highlighted another bright young hopeful, *"The new trump card is Pavle Music, the undisputed champion of Montenegro in the Optimist Class for three years in a row. All in all, the future looks extremely exciting with such superb talent."*



LUŠTICA BAY, HOME TO INTERNATIONAL SAILING

The world stage has now come to Luštica Bay. In June, 2021 Sailing Club Delfin Tivat in partnership with Luštica Bay and the Eur ILCA (European Region of the International ILCA Class Association), hosted the European Championships for the first time in Montenegro. Luštica Bay became the amazing location for a new meeting point of international competition.

Luštica Bay has long been a natural destination for sailing, its stunning coastal town and development has always been actively involved in promoting sailing in Montenegro with regattas being regularly staged at this natural sailing spot. The European Championships were an exciting step forward as they brought together some of the finest young sailors to put Montenegro firmly on the sailing world stage.

Whether on land or water, Luštica Bay was a great location for competitors, guests and visitors who were able to enjoy spectacular amenities just steps away from the Marina. The great atmosphere was perfectly complemented by a wonderful choice of bars and restaurants by the sea and the chance to take a stroll through Marina Village visiting different boutiques and shops. For international sailors, Luštica Bay was the perfect starting point to explore Trašte Bay with its rugged coastline, calm seas and water breaks offering 180-degree views out across the bay.

ON COURSE FOR A GREAT FUTURE

The future looks very bright for Yacht Club Delfin as it continues to nurture world-class sailors. Luštica Bay continues to offer this legendary club its full support as it champions the sailing scene in Montenegro. Already, YC Delfin is busy organizing its next international event, The Europa Cup Series which is scheduled to take place from May 5-8, 2022.

"The Sailing School attracts more and more every year and the team of youngsters who sail the Optimist class are the fastest-growing fleet."



LUŠTICA BAY:

Home to water polo

KIDS' CAMP

Water polo – a sport in which stamina, pace and strength meet ultimate focus and team-play. A game of incredible speed and precision, there is no room for time-wasting as every second counts. This most beloved sport is Montenegro's bread and butter, with most children (anecdotally) first learning to swim and then walk! Said to be every young boy's dream to play professional water polo, Luštica Bay proudly played host to two of the country's international water polo champions, who led as mentors at the village's debut water polo camp in summer 2018.

Taking the water polo scene by storm, Damijan Danilović and Vjekoslav Pasković put over 25 years of experience to altruistic use, coaching the local community in a sport so intrinsic to the nation and to coastal life. We see the dynamic duo leverage on their passion for the sport and unreservedly pass this on to younger generations, in a bid to further raise the international profile of Montenegrin water polo – the sporting heritage of the nation.



DINAMIC DUO

Born and raised in Kotor, Danilović began playing at the ripe age of just nine years, progressing his career from the local Primorac squad to the likes of established European teams, such as Marseille, Budvanska rivijera and Nuoto Catania.



Meanwhile, Pasković, raised by his junior league water polo coach and father, was named Montenegro's athlete of the year in 2009 and went on to represent the country at three Olympic Games.

Both players were awarded the Order of the Montenegrin Flag of First Degree, as an ode to their special achievements and promotion of their nation through sporting excellence.

THE CAMP THAT BREEDS CHAMPIONS

As part of their "Train like a Champion" initiative, Luštica Bay hosted an interactive summer school and water polo swimming camp in 2021 – marking the starting point for the development of the water polo spirit in Luštica.

Participants attended a series of training sessions and workshops, designed to teach the basics of water polo, whilst learning about teamwork and healthy lifestyles, with lectures in the fields of nutrition, psychology and sports medicine.

"It is always a pleasure to join forces to navigate children towards sport and healthy lifestyles. Our experience shows that perseverance, nurturing talent and dedication brings gold medals and results – not to mention filling a whole nation with pride. We believe that some new "sharks" of the Montenegrin national team will emerge in this camp," comment Pasković and Danilović.

Luštica Bay is committed to the promotion of wellness initiatives in Montenegro, by way

of encouraging younger generations to play sports that are intrinsic to the tradition of the region. The water polo camp formed part of a bigger vision dedicated to the entire community, on the premise that investing in children returns back to the community ten-fold, setting an example for maintaining healthy lifestyles and understanding the importance of fair play and team spirit – something which is fundamental to the culture and lifestyle of Montenegro.





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The Sauce

OF SUCCESS

Engaging in conversation while tucking in to a steaming hot plate of gnocci at the Villa Cesare is no easy feat. There doesn't seem time to speak between mouthfuls of this rustic Italian staple. This is Italian cuisine as you have never had it before. The sauce so wholesome and simple that you can almost taste the earth the produce is grown in. It was this dish that inspired me to discover more about the latest addition to Lustica Bay's growing promenade.

Today, Tony and the Haddad family own 16 restaurants in Europe and North Africa, along with 2 cheese factories, producing over 50 different types of cheese!

In order to fully understand the journey that led to this success, we must travel back to

the source, which, in this case, happens to be the sauce! It was in the copper pots of Tony's 'Nonna Gigi' that the foundation was laid for what would become a successful, family-owned Italian franchise.

Villa Cesare



In Turin, the provincial capital of Piedmont, North Western Italy; an area drenched in a history of rich, sophisticated cuisine and famed for its wines and cheeses, Tony and his family would sit down every Friday and share a traditional Italian meal at his Nonna's home. It was at one of these dinners, 15 years ago, that their restaurant's chef - after eating the handmade gnocci - was entrusted the recipe by the creator herself, Nonna Gigi. Although over a decade has passed since the recipe changed hands, Nonna's Gnocci has remained a signature dish on the menu of all 16 of the family restaurants, and has been enjoyed by customers all over the world; highlighting the dedication to authenticity, family and tradition that sets Villa Cesare and her sister restaurants apart from the crowd.

Villa Cesare was officially opened following a visit to Luštica, during which Tony fell in love with the bay and the possibilities that the stunning location offered. Before making a final decision, Tony walked the local area and shared dinner with a group of local residents. Of this meeting he says: *"I felt that I had found my home; a melting pot of nationalities living in a beautiful town."* In order for him to settle it was necessary to open a business, to which Tony asked *"What do we do best? We share true Italian cuisine with our customers."* and Villa Cesare was born.

When asked about the origin of the name, Tony's eyes creased into a smile as he told us of his late uncle. *"He had always wanted to use the name Cesare. It's a special family thing; and Villa made it sound cosier. I wanted to*



honour my uncles wish and choose a name that he would have chosen."

We are sure that Tony's uncle would have been proud to see the restaurant he named. Villa Cesare is tastefully decorated with a mix of furniture and accessories, handmade in Egypt, as well as a selection of furniture made locally, bringing some of Montenegro's rustic charm inside. Like all the best restaurants, the kitchen is open to the dining room floor, allowing guests to share in the creation of their food, and adding a layer of intimacy to the dining experience. Tony describes his kitchen as *"Typically Roman"*- his kitchen staffed with Italian descendants who have worked and lived in Rome and are of real Italian origin; another example of Tony's desire to bring Italy to the wider world.

Villa Cesare is the definition of charm and holds a deep character that is apparent the moment you step inside. The impeccable marina views, the warm welcome at the door



and the plates of mouth-watering food are only a selection of the reasons to stop by! Make a reservation and share in a journey from Nonna Gigi's kitchen to the shores of the Adriatic. I recommend the gnocci!

Light, Warmth & Wine

PEEK THROUGH THE WINDOW INTO LUŠTICA BAY'S BOUTIQUE WINERY



On the Luštica Peninsula, windows have long been a symbol of light and warmth; a beacon to weary fisherman, guiding them home to the safety and comfort of their partners, waiting anxiously by the open windows for the safe return of their loved ones.

Upon their arrival they would be welcomed home with a glass of wine; a welcome relief after days, and even weeks at sea.

It is this tradition that was the inspiration behind Luštica's very own winery; Finestra - Italian for window and a nod to the golden glow that lead weary seafarers home.

This boutique wine bar & shop - located on Luštica Bay's growing promenade - is home to more than 120 carefully selected wines ranging from deep, fragrant reds to crisp, golden whites, and a little of everything in between!

This expertly curated selection is every wine lovers fantasy! A delight to the senses that is sure to leave you wanting more!

Turn the page and we will guide your palate through some of our favourite bottles and introduce you to the family that sow the seeds of the vines that make it all possible! Giljača is the first registered winery in this area of Boka. In Grblja - Boka Bay's viticultural subregion - in the Village of Ljesevići, the Giljača Family has been growing vines and making wine for themselves and their friends for over 16 years.

In 2010 they launched and registered their first wines - Vranac & Reserva - following construction of a new cellar and an upgrade to modern production processing equipment with a capacity of 25,000l. They hired top experts in the cellar and specialists in the vineyard to ensure the quality of each bottle.



WINERY GILJAČA

FINESTRA

Wine bar & shop

Loza 2010 - Grape Brandy

We start with Loza 2010 - Finestra's very own Lozavača. Made with grapes grown at the local Giljača vineyard - Finestra's own vineyard - and distilled using traditional methods, in copper cauldrons. The result is an aromatic blend of traditional flavours, staying true to its Mediterranean roots. The light, subtle texture makes this the perfect aperitif!

Trio Rose 2015

Next, this signature Rose is concentrated using the Saignée technique, in which the skin of the grape is 'bled' in order to give the wine its lush colouring and a far fuller aroma. Made using Cabernet Sauvignon grapes, the summer fruit aroma is gently laced with a hint of camellia - from the Bay of Kotor - and complimented with the velvet textures of the Cabernet. Serve this Rose chilled and pair with pasta, poultry and seafood.

Trio Chardonnay 2017

Our next stop. A classic dry white - medium bodied - a simple, elegant and confident choice. This fragrant white is a fresh, clean wine with hints of citrus running through its golden profile. The Trio Chardonnay is an ideal summer choice and pairs beautifully with shellfish and flaky white fish.

Trio Reserve 2010

Our final stop is the Trio Reserve 2010. A carefully crafted blend of Merlot, Cabernet Sauvignon and Vranac grapes. This velvety red offers up flavours of red berries and a ripe plum texture. The bold, full flavour make this a truly timeless choice that pairs effortlessly with red meats and even lends itself to seafood; making it a true showstopper at any dinner event. Serve this wine at room temperature to appreciate the fruit flavours fully.

In addition to their homegrown list - Vranac, Kratošića, Liscina, Kadaruna and Plavka- the orchards of Giljača are home to international varieties such as Marselan, Cabernet Franc, Malbec, Cabernet Sauvignon and Merlot. This extensive variety allows a great number of unique blends and the opportunity to experiment with flavours and aromas.

The Giljača Family are especially proud of their homemade trio of four red wines, three white and a grape brandy.

As of now, they are working passionately to bring new additions to their already impressive catalogue!

Finestra can be found on the growing promenade of Luštica Bay's marina. The elegant, modern interior is decorated in a minimalist style, ensuring that their extensive collection of wine is at the forefront, while outdoor seating and views of the marina make this the perfect summer spot!

No booking is required, so let the light from the window guide you inside to the areas most extensive list of award winning domestic and foreign wines, and like the generations of seafarers before you, put up your feet, pour out a glass and relax!



BOKELIAN CUISINE: Shared with Friends

A MOUTHWATERING MEETING OF LAND AND SEA!



"Bokelian cuisine has not developed over centuries for one person only ... it is intended for a klapa, for company, for friends gathered around a dining table." The words of Professor Nikola Malović accurately describe, not only the result of centuries of the Bay's gastronomic evolution, but references the manner in which the cuisine of Boka

Bay came to be. The rich, diverse culinary collection comes as a result of the regions equally rich and diverse history; a history that spans millennia, from the Ancient Greeks and Illyrian tribes, Byzantine and Ottoman Empires, through Venetian, French, Russian and Austro-Hungarian rule to the present day. It is this history that has given Boka Bay one of the most diverse and delicious cuisines anywhere in Europe! Over the centuries, the Bay has taken elements of food from many different cultures and adapted them to local tastes and flavours; creating a selection of dishes unique to the region, yet containing the essence of the original dish.

When Malović refers to friends gathered around a dining table, he not only speaks of how the food should be enjoyed but tells us how it was created. For the last several hundred years, Boka bay has been a meeting place - a hub of Mediterranean trade and resting place of seafarers - where travellers from West and East brought new and exciting flavours to the tables of locals and fellow journeymen alike. It was around these tables that recipes were shared, and merged creating the abundance of mouthwatering dishes we see today!

Read on to hear from one of Boka's most recognised local chefs!

VLASTA MANDIĆ Boka's Queen of Gastronomy!

When it comes to food in Boka Bay, you would be hard pressed to find anyone more knowledgeable and passionate than Kotor resident - Vlasta Mandić. A veteran chef, architect, creator of 'Bokelian Cuisine' on Radio Skala, author of a bestselling cookbook: *Bokeška kužina* and all round hostess - Vlasta has made a name for herself as the authority on all things Boka!

We sat down with her to find out a little more about her and her love of Bokelian Cuisine.

What led you to cooking?

To learn something properly you always have to have a good teacher and I was no exception! I learned how to cook from my grandmother Mare from Makarska and also from her daughter - my mother! As well as my mother's side, my father's mother was also a great food lover and cook - they had their own restaurant that became well known thanks to their fantastic goulash! I think I inherited my talent for cooking from them and it was this inheritance that pushed me and gave me no peace! I always believed in the importance of food and have always said you can choose to talk or not but you can't choose not to eat! If you don't have good food there is no good mood!

What makes Boka Cuisine so special?

There are many things that make it special! Food is an integral part of Boka culture and our cuisine has developed and grown over the centuries. It contains aspects of many different cuisines, adapted to suit local tastes. One of the most important things that has shaped Boka cuisine and sets it apart from other Mediterranean cuisines is the proximity to the mountains and sea. The influence of 'mountain food' is very present in our country's food. It enriches our menu and adds a variety not found in other cuisines.

What makes your book *Bokeška kužina* so special?

It is special as it has never been done before! There are no documents on gastronomy from the archives of our past, and as a Kotor woman and gastronomy enthusiast, I felt the need to



write it down! I drew on the experience of my mother and grandmother as well as two cooks from Split. I then added my own experience and added some of my own dishes. I wanted the book to smell like Boka! I want people who pick it up to really feel and understand Boka - so I filled the book with 100 recipes, texts about Boka and many pictures of the Bay itself. It is more than just a cookbook - people have referred to it as a monograph of Boka gastro culture and in 2009 it was declared the best book in Montenegro in the competition of literary works.

What dishes would you cook for guests who have never tried Boka cuisine before?

That's a great question! I was actually lucky enough to host an American family who wrote an article about me in a New York newspaper.

They stayed with me and I offered them the choice of meat or fish. They chose seafood, so I cooked them mussels, a mussel risotto and baked squid with potatoes! They were overjoyed with the meal! A classic Boka supper that really showcases the quality of seafood in Boka Bay!

"I always believed in the importance of food and have always said you can choose to talk or not but you can't choose not to eat! If you don't have good food there is no good mood!"

COOK LIKE A TRUE Bokeljka!

When asked what advice she would give to those attempting to recreate her dishes she answered, *"I warmly advise everyone who tries the recipes from the book to stick to the recipe and make no mistake!"* - so be warned and deviate at your peril!

Dobrota Cake

Made using maraschino and rumoured to be a favourite of Casanova himself - this layered pastry cake was originally known as Venetian cake, before the women of Perast named it Perast cake and finally the women of Dobrota claimed it for their own - naming it Dobrota cake. A delicious and indulgent dessert, perfect to finish off any meal or enjoyed alone as a guilty treat!

INGREDIENTS:

PASTRY:

- 6 egg yolks
- 6 tbsp sugar
- 200g butter
- 1 tbsp milk
- flour

FILLING:

- 6 egg whites
- 400g almonds
- 400g sugar
- 1 1/2 dl maraschino
- lemon zest

PREPARATION:

PASTRY:

1. Whisk the yolks with sugar
2. Then add melted butter and mix together
3. Once blended add milk and gradually add the flour to make a pastry (the pastry shouldn't be too firm or too soft)
4. Lay the pastry over the bottom and sides of a cake pan
5. Cut thin strips of pastry and a 'swallows tail' shape for decoration

FILLING:

1. Place the almonds in hot water until soft, then skin and finely chop
2. Whisk the egg whites with sugar until firm
3. Add the almonds
4. Stir in the maraschino and lemon zest
5. Top the pastry with the filling
6. Lay the pastry strips over the top in 'criss-cross' pattern & place the 'swallow tail' on top
7. Bake at 160°C for 40 minutes



Provveditore's Bonito

A seafood dish using classic Mediterranean flavours, enjoyed by the Provveditore of Kotor himself, Jeronim Pisani!

INGREDIENTS:

- 1 Atlantic Bonito Whole (approx. 1kg)
- a dozen olives
- 5-6 garlic cloves (minced)
- parsley (chopped)
- 2 tbsp breadcrumbs
- pepper
- olive oil
- 2 tomatoes
- red wine
- salt

PREPARATION:

1. Remove the fins and gills with a sharp knife
2. Gently slide the knife in at the top of the stomach until it reaches the backbone
3. Carefully slice horizontally for several centimetres, keeping the fish in one piece
4. Gently gut the fish, removing the stomach and organs
5. Lightly salt the fish and spread the fish open like a fan
6. Mix together the garlic, chopped parsley, several finely chopped olives, salt, breadcrumbs and pepper - adding olive oil to create a paste
7. Lightly spread the paste on each side of the fish
8. Place a couple of olives, a twig of parsley and a 2 slices of tomato inside the fish
9. Mix a drop of red wine and oil to sprinkle over the fish
10. Place the fish in a preheated oven (180°C) for 1 1/2 hours or until fish flakes easily with a fork



Love Mussels

(2 servings)

A delicious, light seafood dish. Perfect for an outdoor lunch with friends and a bottle of chilled white wine.

INGREDIENTS:

- mussels
- 5-6 tbsp of breadcrumbs
- 4-5 garlic cloves (minced)
- parsley
- Capers
- pepper
- olive oil
- 50g grated parmesan
- 1 whisked egg white

PREPARATION:

1. Mix all ingredients (except mussels) into a paste
2. Clean the mussels thoroughly. Take a sharp knife and insert at one end of the mussel, prying open the shell
3. Put 1 teaspoonful of the mixture (step 1) into each mussel before closing the shells

4. Place the mussels side by side in an oven dish and place in a pre-heated oven (200°C)
5. Cook until the shells open
6. Remove top shells and brown off the mussels
7. Remove and serve immediately





MONTENEGRO'S *Eco-Fashion* HITS THE GLOBAL FASHION SCENE

Eco-Fashion is on the rise in the global fashion scene and the words 'sustainable', 'eco' and 'environmentally friendly' are on everyone's lips. But what does it really mean? Luštica Bay magazine was fortunate to hook up with

fashion brand AKKA'S Aleksandra Džaković who is the Montenegrin ambassador of eco-fashion. We got an insight into what eco fashion involves and how she is making her mark on the international fashion scene.

WHAT'S ECO FASHION?

It's a startling fact, but 'fast fashion', cheap clothes that are easily thrown as trends change, is responsible for a shocking 4-10% of greenhouse emissions a year. To put this into perspective that is more emissions than the whole of the aviation and shipping industry put together. What is more, 85% of all textiles go to the dump and many garments deposit harmful microplastics into the ocean.

Just buying clothes that are conveniently labelled with the word 'sustainable' just won't cut it. It needs more than this and this is where designers like Aleksandra are really making the difference as fashion brand AKKA takes strident steps as Montenegro's first eco-brand on the global fashion stage.

With a background in architecture from the Bauhaus in Germany, Aleksandra was keen to transfer some architectural sustainability concepts to the world of fashion and she sees eco fashion as a movement that is moving away from the perils of exploitative, unethical, and unsustainable practices. She is acutely aware that many try to play on this as they try to add it to the conventional fast fashion concept. *"I see this as a clear case of*

"greenwashing" or "woke washing" she says candidly. "Fortunately, the number of true sustainable brands are slowly increasing, so at some point it will become a norm and I am keen to champion this," she adds enthusiastically.

Eco, or sustainable fashion focuses on carefully sourced fabrics, production on demand and eventual reuse of wasted material. Aleksandra explains how the choice of fabric is of great importance – *"This means I always use biodegradable materials which are either biosynthesized or natural"* she says. There is good reason for this, when we look at research, an average cotton t-shirt might release 2 kg of carbon dioxide into the atmosphere whilst a polyester dress would release the equivalent of 17kg of carbon dioxide. Also, when sourcing fabrics, producers in close geographical proximity are chosen in order to reduce the environmental costs of transport and to support good working conditions further down the supply chain. By choosing quality materials, garments are designed to last for more than one season. Describing her process, Aleksandra says *"My first prototypes are made from pinatex, which is a biodegradable material made of pineapple leaves and is a by-product of the food industry. Then local inspiration*

plays its part in the aesthetics and expression."

Aleksandra sees the practice of sewing as an outdated method and instead uses advanced machines which reduce exhausting manual labor and produce garments on demand. This way, the risk of piling up the stocks and having to waste them at the end of season is eliminated.

Explaining the method, she says *"Patterns are made in software designed for laser cutting or 3D printing. As no sewing is needed, seams are made as joints, so the elements are later manually assembled into a garment. These joints allow for modularity of design. The great thing is that modular garments can be assembled and reassembled, which ensures we won't discard them as soon as one part is damaged."*

A key advantage of this process is that the fashion brand can replace parts and re-make them locally, thus reassembling garments over and over again, making them last much longer. In addition, digital patterns can be easily downloaded anywhere and printed out or laser cut at the nearest MakerSpace or FabLab. *"Ultimately, this means no transportation, no CO2 emission and no packaging,"* concludes Aleksandra.



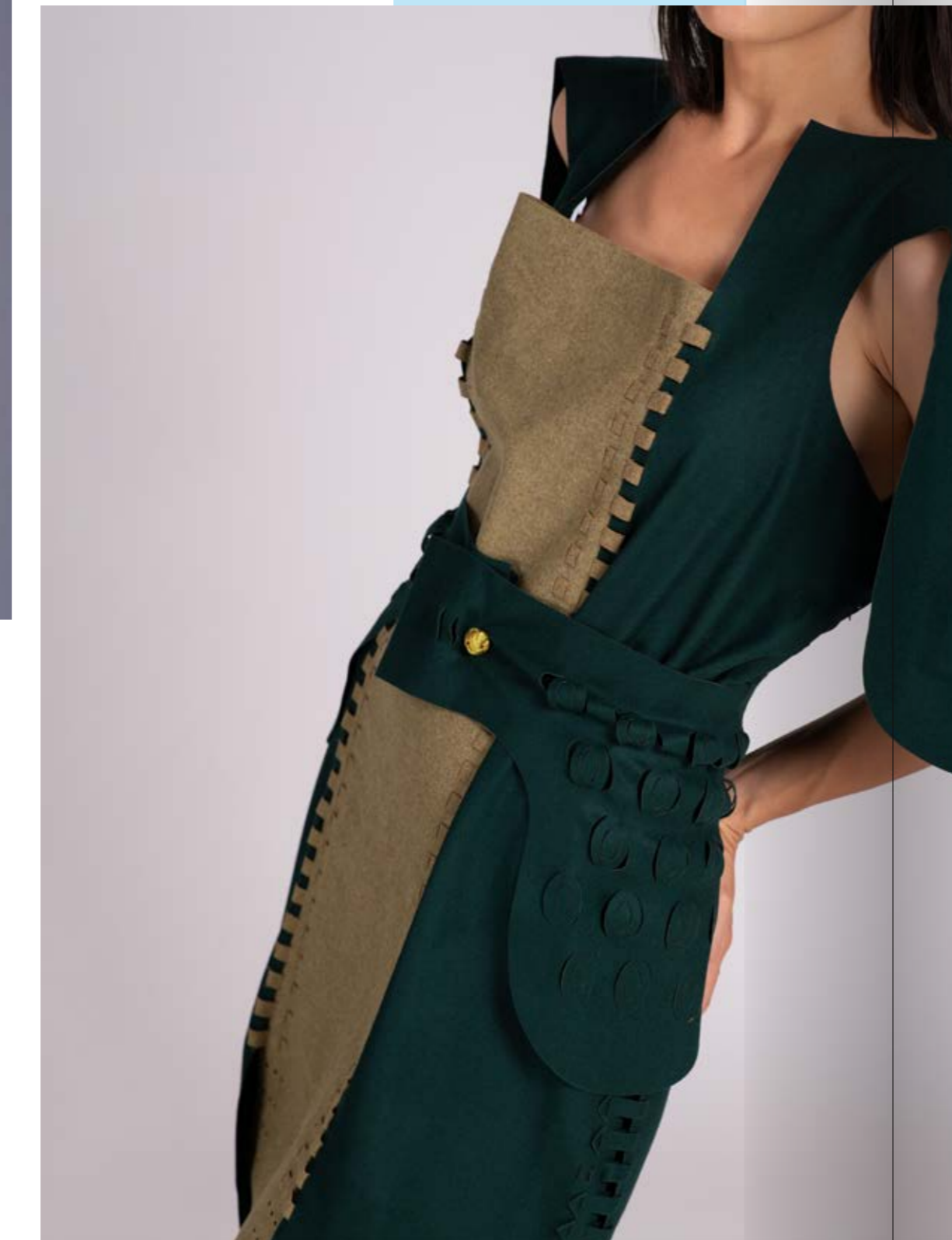
SHARING MONTENEGRIN CULTURE WITH THE WORLD

Aleksandra was delighted to take AKKA's eco designs to London Fashion Week. Talking about the value of international shows she says, *"International shows are exciting because they are an amazing melting pot of concepts, stories and perspectives."*

When she went to London Fashion Week, Aleksandra wanted to focus on a coherent theme, so she concentrated on a futuristic interpretation of Montenegro's folk costume. Entitled **'Archaic Future'** this was a bold locally inspired fashion statement which became winner of BigSEE Fashion Design Award 2021.

Talking about the big idea behind her concept, Aleksandra explains her rationale,

"Montenegrin costume is, above all, an advocate of freedom, a symbol of defiance, homogeneity and dignity. Despite our need for individual expression, we still witness a great impact of conformist consumerism. I wanted to transpose the elements of our costume and give them a modern expression. In some cases, it was a pattern, in others an ornament or colour."



Using modified block patterns, costumes were made from one single material which was laser cut without sewing and manually assembled. The result was a strident, modern and architectural take on Montenegrin costume that turned heads.

"My first prototypes are made from pinatex, which is a biodegradable material made of pineapple leaves and is a by-product of the food industry."

Montenegro's Eco-Fashion hits the global fashion scene



LEADING THE WAY TO THE FUTURE OF FASHION

AKKA is already building up a loyal following. Individuals from the world of art and architecture are drawn to its unique aesthetic which effortlessly brings together sustainability and modern shapes.

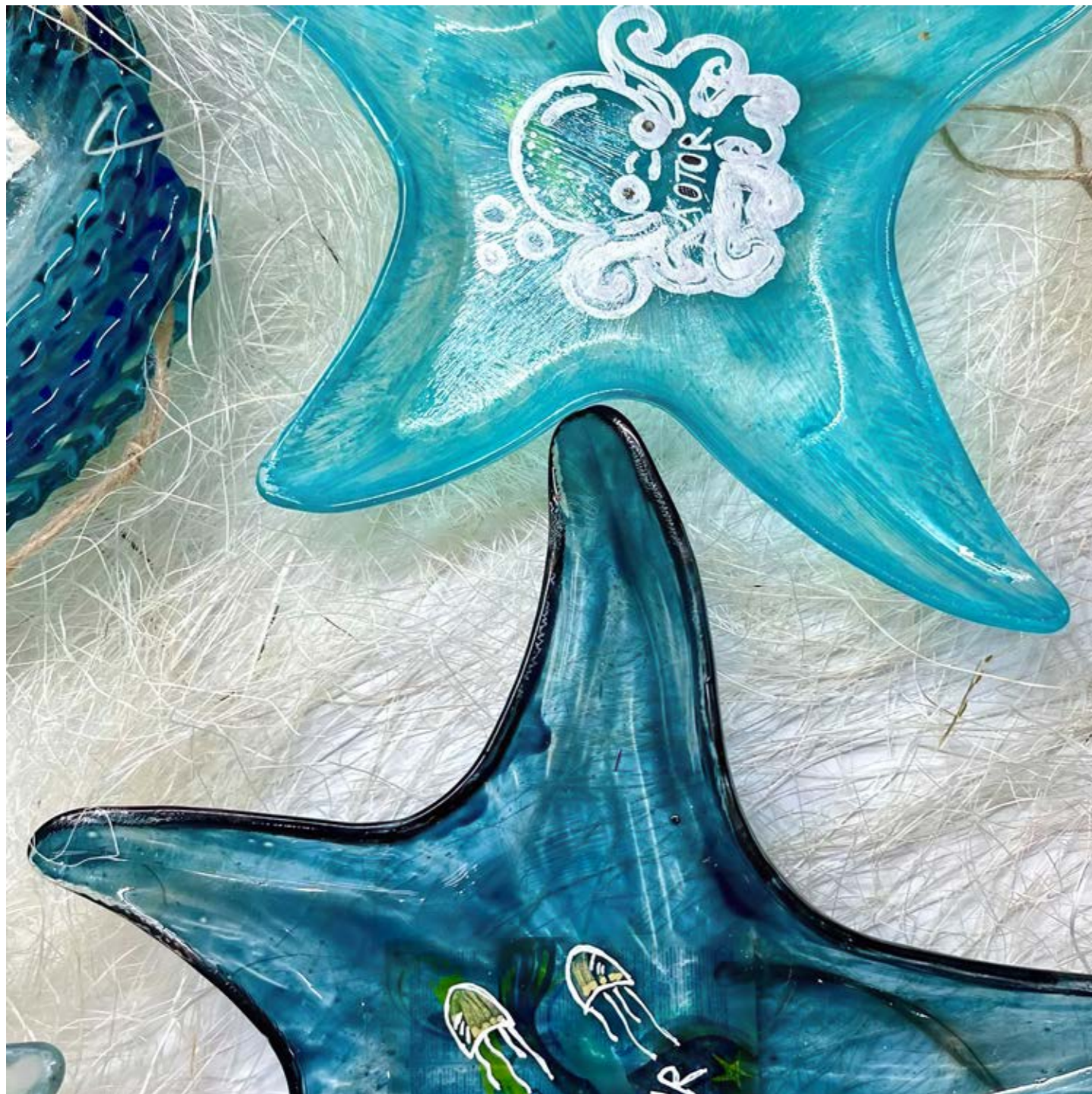
The brand is innovative as it approaches fashion as a product design. Using architectural logic, it employs construction methods which embrace technology using biosynthetic, biodegradable materials.

Montenegrins also recognise and applaud the details in the work and appreciate how the traditional can be interpreted in a futuristic and exciting way. Aleksandra is excited and passionate about the future as she continues to develop her designs and build up an international network *"There's a huge and positive opportunity for the fashion industry to stimulate the way to a sustainable and fair world"* she asserts *"and I want to be a part of it."*



A HANDMADE *Revival*

INTERIOR TIPS BY **MARIJA PANTOVIĆ & NATALI KAMPE,**
INTERIOR DESIGN COLLEAGUES AT LUŠTICA BAY.



Introducing you to Montenegro's unique pool of craftsmanship and artistic talent – traditionally, the country's local artisans are influenced by rich cultural heritage, reflecting all regions – from the mountains to the sea. This in turn gives rise to authentic creations native to Montenegro, ideal for those looking to enrich their homes with local spirit and tradition.

Recent years have seen an increase in demand for handmade articles and antiques for interiors; in response to urbanisation and industrialisation, many are now opting for objects imbued with personality and culture. The skills associated with traditional artisnary are passed on to future generations, breeding decades of creativity, and giving lovers of antique interiors an opportunity to relay their passion for years to come.

What better way to shake up your interior than to accessorise with antique amphora, a traditional Bay of Kotor dresser, or adding a splash of colour with handmade decorations? Incorporating vintage furnishings can often be challenging, as it requires pairing objects from aesthetic movements that are decades, or even centuries, apart. Some pieces belong to the same period, but can make a space appear stale or even 'too much', if not well paired to fit the surroundings.





EMBRACING WOODWORK

Wooden antiques are a great way to accent your interior. Fine-carving, attention to detail and warm, strong woods are all characteristic features of traditional style – the most authentic interior design will step away from bland and popular design trends.

When creating a room that reflects all things traditional, it is important to opt for wooden furniture. From stools and coffee tables to bedframes and chests of drawers – select a wood that reminds you of the very best of traditional carpentry. Darker woods are also fantastic if you're looking to create a traditional look mixed with modern luxe – try walnut and mahogany to add a touch of luxury to the traditional style.

One of the best places to pick up handcrafted furniture is a local antique shop. Even a simple set of dining chairs can be a lot of fun, adding a quirky twist to mealtimes – the perfect conversation starter for your next dinner party.

ADVICE FROM THE PROFESSIONALS

Don't try to recreate a room from the past. Create a room that forms a dialogue with today by combining both contemporary and vintage pieces – in fact, statement pieces actually work really well in contemporary interiors. This allows you to breathe new life into a piece of antique furniture or décor, presenting it as novel and avantgarde. Or if nothing else, antiques can simply add an extra layer of personality and character to an otherwise complete interior.



Amphoras:
Školjke Boke
skoljkeboke.com

Dishware:
Shimmpo
www.facebook.com/shimmpo.me

Décor:
Aspida -Dijana Saveljic;
Hrima mirrors;
Olivewood Montenegro Bar

Antiques:
Antique shop Prčanj;
Antique art Kotor;
Antique shop Stanković Kotor

Antique furniture:
Pingvin shop Kotor

Restoration:
Ratko Čipović Danilovgrad;
Antikstvari.mne Herceg Novi;
Retro namjestaj Ana Podgorica





A Place To Belong

WHERE YOGA BECOMES Magic

Alongside many a pastime, people-watching, morning coffee in the sun and limitless opportunities for leisure and recreation, Luštica Bay provides the ideal conditions for an outdoor yoga setting – with a difference.

The town's resident instructor, Katya, brings outdoor yoga to various locations within the resort, to highlight just how the environment can contribute to a truly fulfilling yoga experience.

Originally from Russia, Katya has spent the last 8 years living in Montenegro, nearby Luštica Bay, and the last 6 years working in the fields of sport and holistic medicine. Qualified in personal fitness, yoga and yoga therapy, Katya organises private classes as well as tips on DIY outdoor yoga – be it at home, in a personal garden, or anywhere her clients may see fit.

Her go-to is Hatha Yoga, but her coaching also covers practices such as Power Yoga, yoga for joint plasticity, mindful breathing and OM chanting. Taking things into the realm of holism, Katya makes use of essential oils during practice to augment the benefits of yoga, stretching and mindfulness.



WHY OUTDOOR YOGA?

“As we observe the natural order of our surroundings via our senses, we are in a way ‘reprogrammed’”, says Katya – “Every encounter with nature affects us positively and in combination with yoga practice, serves to ‘reset’ our bodies, improving our nervous system function and circulation”.

For Katya, Luštica Bay is an outstanding yoga destination with powerful energy, charged by the surrounding natural environment. She takes advantage of three primary yoga hotspots within the Luštica Bay village, to help her clients get the most out of yoga.

Lungo Mare, the resort's own private beach with a clear view of open sea and a backdrop of luscious greenery and aromatic olive trees, provides the perfect yoga base, balancing both intimacy and openness. Here, clients can broaden their minds with the coastal panorama backdrop, hear the waves gently brush against the shore, and take their relaxation to the next level with a dose of iodine-soaked, salty sea air with every inhale.

Option two is the Small Breakwater – a lovely promenade location, though central, sufficiently intimate for dedicated yoga practice, and with a fantastic view of the lighthouse and the open sea. On-lookers have commented on how serene they feel even watching people practice yoga in this location, affirming its relaxing effects either as a bystander and a true yogi.

Finally, the Swimming Pool Deck at The Chedi Hotel provides the most intimacy from inside the hotel grounds. Here, urban-meets-intimate, with a lovely view of the lighthouse, promenade and open sea, and sufficient privacy to relax in the practice of yoga, with the subtle buzz of the village life in the distance.



Katya's Top 6 Yoga Poses

Sukhasana or Easy Pose

A great pose for beginners, the Easy Pose offers both comfort and spiritual bliss. Practiced by sitting with the legs crossed and hands on the knees, this pose is best used to reduce anxiety, stress and brain fog. It also serves to correct posture and stretch the chest and spine.

Adho Mukha Svanasana or Downward Facing Dog

This well-known pose has benefits for the whole body, helping to strengthen the hands and wrists and relieve lower back pain. It also helps to ease symptoms of menstruation and menopause, as well as helping to prevent osteoporosis. For general health, this pose is a great way to reduce tension and fatigue.

Virabhadrasana 2 or Warrior 2 Pose

Named so for a fierce warrior and an incarnation of Shiva, this pose helps to increase stamina while strengthening and stretching the legs and ankles. It also stimulates the abdominal organs and relieves backache.

Vriksasana or Tree pose

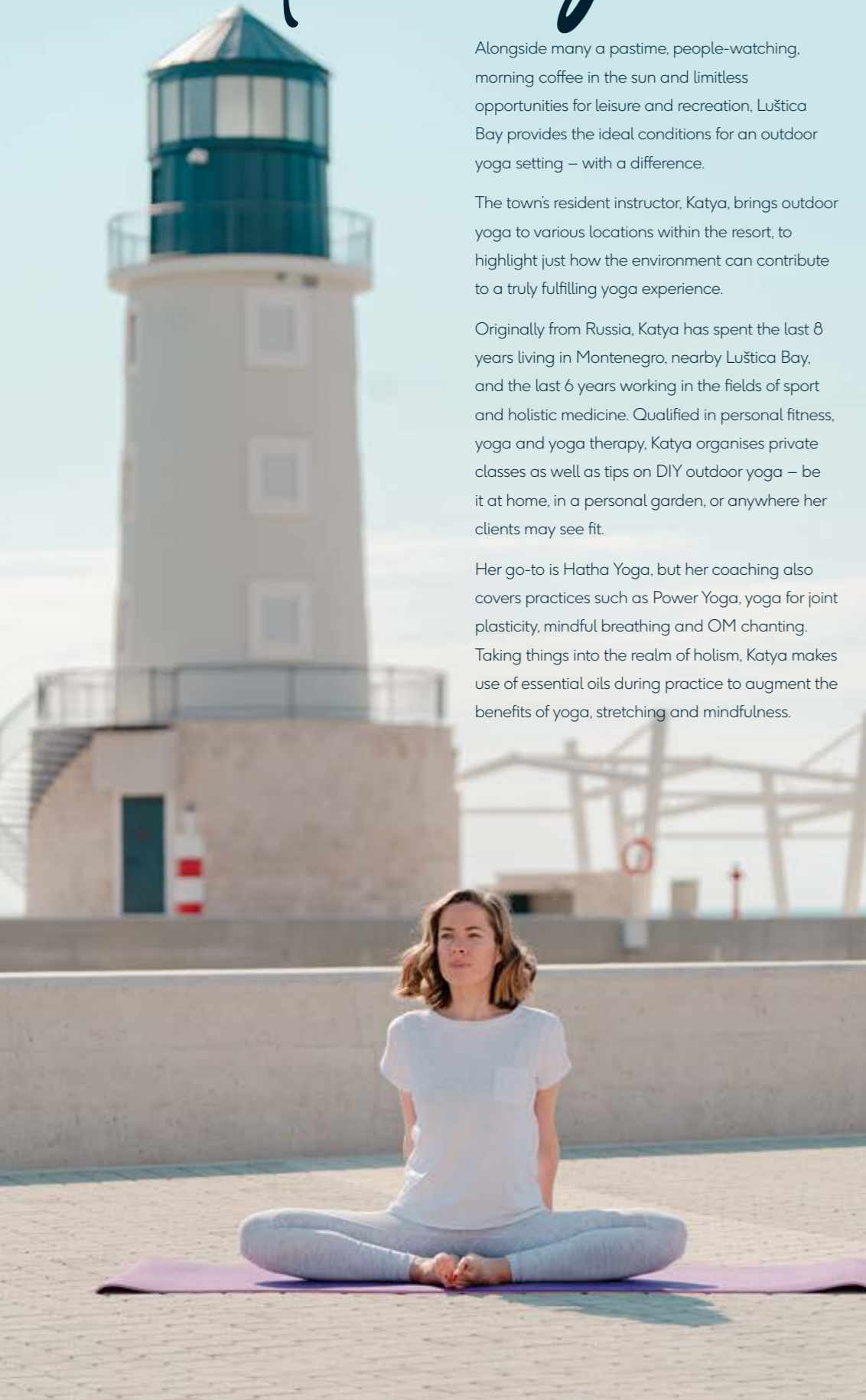
Yoga is all about balance – as much external as inner balance. Sometimes, it's about finding a work-life balance. Other times, it involves literally balancing on one foot. The Tree Pose helps build stability and improve posture, develop your core, lats and shoulders, and find balance and perspective you may seek in other aspects of life.

Baddha Konasana or Butterfly Pose

Sometimes called the Cobbler's Pose, this simple stretch assumes sitting with legs spread like the wings of the butterfly. Its benefits include stimulating blood circulation and relieving the symptoms of menstruation and menopause.

Shavasana or Corpse Pose

After an hour-long yoga class, this pose can feel like a huge relief. Don't be deceived – this is more than just nap time - Shavasana provides the ideal grounds to clear the mind and meditate, helping to rebalance the nervous system. While much of Asana practice is designed to up-regulate the body, stimulate and even provide healthy stress, Savasana is the down-regulator. It shifts from the sympathetic nervous system to the parasympathetic, where we experience a calming and sweet release.



THE HOME OF Beach Volleyball

Luštica Bay Beach Volleyball League this Summer will bring together the most famous recreationists in the destination, the Montenegrin community and professionals and former Olympians, who will be the brand ambassadors of this project.

The town resort's Centrale Beach Volleyball court is open year-round for guests and homeowners and is one of the best-equipped beach volley courts in the country.

Situated away from the city crowds, overlooking the open sea and surrounded by pristine nature, Luštica Bay boasts one of the most stunning waterfront settings in Montenegro, with true potential to grow as a first-line destination for sports and active lifestyles. The beauty of beach volleyball? It has something to offer for both players and spectators. This fun, outdoor, social sport is characteristic of coastal settings, making it an ideal fit for Luštica's sun-kissed shores.

In the summer of 2021, the village hosted its first ever Beach Volleyball Tournament, welcoming 30 players across nine teams, making this a fantastic turnout for the resort's volleyball debut. Brand ambassador of the tournament was Igor Vušurović, Olympic Gold medalist, the face of the opening and closing award ceremony.

Last season, the village also hosted players from across the region and beyond, with the International Men's Beach Volleyball Tournament choosing Beach Volley Court as their base for this annual tournament. Organised in cooperation with Head Coach, Milan Marković of OK Akademija, and Tivat's Tourism Board, the tournament gathered 16 players across eight teams, coming not only from Montenegro, but also Serbia, Bosnia & Herzegovina and Russia.

One member of the Luštica team whose previous volleyball experience and love for the sport serves as an asset to the village is **Sonja Banićević**, Events & Activation Executive at Luštica Bay.

"I immediately fell in love with volleyball the moment I first stepped on the court. I was 11 at the time, and since then volleyball has been my big passion", shares Sonja, whose volleyball career has taken her from a sports scholarship at US Delaware State University, to closer to home in Montenegro, where she has spent the last few years coaching young talent in the sport. Namely, her involvement with Kotor-based club, OK Gimnazijalac, her role as Assistant Coach for the Montenegrin Volleyball League first team and Assistant Coach for the Women's Junior Montenegrin National Team are among her greatest sporting achievements.



Sonja proudly represents the sport at Luštica Bay, likening her professional sports career to her current role at the resort village; *"My volleyball career has helped me greatly in the job I do today. Being an athlete is fun, but sport also teaches you discipline and responsibility from a young age, and that is something that stays for life. Passion, excitement, creativity and meeting new people, is a parallel I can draw between my sporting career and the events job I do today. Volleyball is dynamic, fun and based on teamwork, as is the events industry,"* says Sonja.

"I absolutely love planning and executing not only volleyball tournaments, but also all other sporting events in our village, from our already well-known Aquathlon and Sailing Championships, to our newly introduced Up Hill Race, amongst many others."

Aside from catering to the sporting pros, tournament season at Luštica Bay is not without its child-friendly elements – as an inclusive and family-friendly village, the team makes extra efforts to incorporate fun and eventful kids' elements to encourage a love for the sport amongst even the youngest of visitors. Last year's Beach Volleyball Tournament was supplemented by children's activities galore and even volleyball practice for the young ones, making for a fun-filled family day out in the mid-summer sun.



MAKING THE MOVE TO A *Coastal Paradise*

Moving to a new country is never an easy experience! It can be stressful - especially when you don't understand the local language! There are all sorts of things that you can do to reduce the stress of the move and make sure that your new life starts off as smoothly as possible!





MATTHEW & CECILIA:

We spoke to an international couple **Matthew (New Zealand)** and his wife **Cecilia (Philippines)** to get the low-down on moving to Montenegro. They made the move in 2021 to escape the strict Covid regulations of Matthew's native New Zealand and currently live in Budva - a popular destination city in the South of Montenegro - where they own and operate **'The Liquor Shop'**, Budva and **'Mantra Wellness Studio'**. Like many others who decided to uproot and settle in a new location they faced some challenges while on the journey of setting up their new home. For them, the lifestyle and culture of Montenegro was very different from what they were used to back home - in contrast to the hustle and bustle of their everyday lives at home, Montenegro offers a far slower or 'polako' lifestyle! People in Montenegro do not like to be rushed - there is a culture of taking your time and savouring every minute! While this can be a little frustrating at first if you are used to living life at 100mph, they found acclimatising to the local way of life to be very rewarding and satisfying!

Their advice for anyone wishing to follow in their



footsteps would be to research, research and research some more! Ensuring that you do the research in the beginning will save time and energy further down the line and avoid any nasty surprises like missing documents or hidden

fees! They recommend getting in touch with a local lawyer and consultant who can help to prepare all the necessary paperwork and ensure that your move is stress and hassle free!

Making the Move to a Coastal Paradise



JONATHAN HOWE & DASHA EVSTEGNEVA:

Jonathan decided on a move to Montenegro in early 2019, two years after falling in love with the country during his first trip here in 2017. He had previously been on the road for 6 years, travelling and writing before settling into life on a sail-boat in Puerto Rico. After selling his yacht he decided it was time to get his feet back on dry land and made his way back to Europe, where he settled in Montenegro and set up **'Montenegro Digital Nomad Agency'** - assisting with residency applications and property purchase for those who want to move to Montenegro. Jon currently lives in a small village above Bijela - just outside of Herceg Novi. He shares this house with his girlfriend **Dasha** who recently moved from her hometown of Tomsk in October, 2021. While she hadn't planned to

make it a permanent move, won over by the natural beauty of Boka bay, she decided to extend her stay and after meeting Jon made the decision to settle here indefinitely!

The couple's advice to people planning a move is to, first and foremost, make sure that your paperwork is in order! The papers you need will depend on what you plan to do here so ensure that you are fully prepared legally. One challenge you may face is the outdated and incomplete information available online, so make sure to find someone reliable to help guide you through the process!

Also, for those who rely on the latest gadgets, they recommend buying before you arrive. Getting hold of the latest in technology is not always easy once here!

"People in Montenegro do not like to be rushed - there is a culture of taking your time and savouring every minute!"

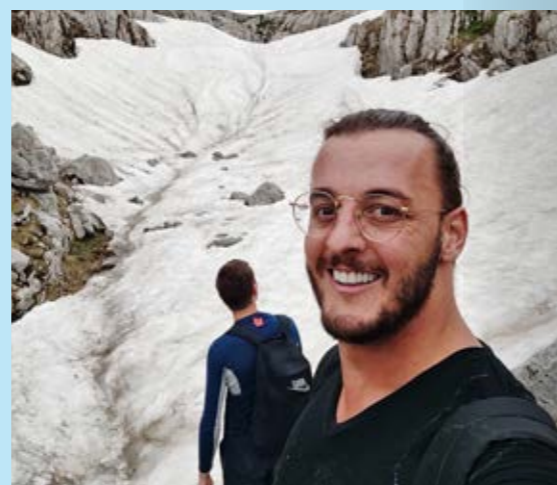


DENNIS IRSCHARA:

Dennis moved to Montenegro from his home country of Italy in April of 2021. Wanting to realise a lifelong dream of living in a coastal town he began looking for the perfect place, and Montenegro ticked a lot of boxes - clean environment, proximity to Western Europe, low cost of living and a favourable tax system. Armed with a basic understanding of the local language he now - like Matthew and Cecilia - lives in the city of Budva. Dennis is currently in

the process of setting up his own life and travel podcast - *'Tales and Stories.'*

His advice to any newcomers is to stay informed and don't rush! Make sure that you are aware of everything you need to do before you come and that you have properly researched what is required of you to stay! Once you are here, spend a few weeks working things out and getting to grips with the local way of doing things. It will save you time and money in the long run!



RAYAN ELENA VERGARA MEERSOHN:

23-year-old Italian entrepreneur, Rayan had already spent many of her summers in Montenegro before finally deciding at the age of 18 to drop out of high school and join her family's Montenegrin business ventures - working as an editor for her family's magazine, 'Wall Street International'. Initially she struggled to adapt to her new life - her boyfriend and family were still in Italy and she felt isolated living alone, not understanding the local language and adapting to a new culture. Nowadays she will tell you that her move to

Montenegro was the most difficult and most rewarding decision she every made! After five years she feels that, despite its small size, there is still more to see of the beautiful country she, today, calls home!

Her advice to anyone making the move and looking to settle permanently would be to learn the language! Try to grasp the basics before you arrive and give yourself a head start! It's worth it! She also recommends exploring the country as much as possible when you arrive. Get to know the main cities and their surroundings so that you can make an informed decision when the time comes to settle in!

Learn the Lingo!

It should go without saying that, when you move to a new country, one of the first things that you should do is familiarize yourself with the local language. In Montenegro, while many people do speak a little English, it is not uncommon for restaurant staff and shop owners to speak little to no English. Knowing a few basic phrases

will get you a long way and even a basic understanding will make life much easier for you! While many people will wait until they have moved to start the learning process, if you really want to be ahead of the game then practice these must-know phrases before you arrive!

1. Dobar Dan / Zdravo Good Day / Hello

Greetings are useful in every language and Montenegrin is no different. Technically there are different greetings for morning (jutro) and evening (veče), but nobody is going to hold not knowing this nuance against you. Zdravo is a formal 'hello' but it can absolutely be used in informal settings.

2. Hvala / Molim Thank you / Please

If you only learn two things in Montenegrin ahead of your move, make it the phrases of rudimentary manners. They don't cost a thing after all. If you are struggling with the pronunciation of 'hvala', aim for something that rhymes somewhat with 'koala'.

3. Zovem se... / Drago mi je — My name is... / Pleased to meet you

If you want to add a little bit of sugar on top of your basic greetings, use the phrases above to introduce yourself to your new Montenegrin friends! This is a formal 'hello' but it can absolutely be used in informal settings.

4. Dovidjenja / Goodbye Ciao / Good night

You can always improve on a first impression but doing so after a failed goodbye is a much harder task. The best way to avoid such a situation is to learn the proper way to say goodbye, or dovidjenja in this case. (pronounced do-vee-JEN-ya)

5. Jutro / popodne / večer Morning / Afternoon / Evening

Want to meet someone in the morning or in the evening? It can be the difference between a social experience or a lonely night of solo drinking, so remember these words!

6. Dobro / Da / Ne Good / Yes / No

Does it get any simpler than 'yes' and 'no'? To put into perspective just how simple but important those two words are, you can't answer that initial question without them.

7. Izvini / Izvinite Excuse me / Sorry

Montenegrins might be a little on the brusque side from time to time, but that doesn't mean you have to be. Apologetic words will be of particular importance if you are British, but pay careful attention to the slight difference between izvini and izvinite.

8. Kako ste? How are you?

It might be little more than just another way of greeting someone in English, but 'how are you?' still elicits impassioned responses and genuine feelings in this part of the world. An important phrase to know, but don't expect it to be ignored.

Intelligent INVESTMENTS

BY MIODRAG SPAHIĆ

Commonly referred to as Europe's undiscovered gem, Montenegro certainly packs a punch for a country of its size. Thanks to its central Mediterranean location and temperate climate, this boutique little nation off the coast of the Adriatic has developed a solid reputation for its pristine surroundings, sustainable tourism and unequivocal natural beauty.

Since adopting the Euro currency in 2002, Montenegro has paved its way to becoming one of the world's top five luxury destinations – and firmly on the agenda of the luxury tourism industry. In recent years, Montenegro has become an advocate of sustainable growth and environmental preservation, forming the basis of the country's tourism initiatives and serving as a tribute to the outstanding natural environment and UNESCO-protected landscape of Europe's best kept secret.

Firmly on the map

In 2019, the World Tourism Organisation ranked Montenegro as the fifth fastest-growing tourism destination in the world – since then, investments in infrastructure have resulted in significant economic growth, with the tourism sector generating 25% of the country's GDP. Match this with a liberal visa regime and you have a destination that not only encourages tourism, but facilitates foreign direct investment.

Such flexibility brings increased demand and a favourable business environment, resulting in the renovation and restoration of existing hospitality venues, the introduction of new business, particularly in the coastal region, and a rise in mountain tourism in the north. Over the past 15 years, Montenegro has welcomed some of the world's most established luxury hospitality brands including The Chedi, Aman Resorts, Regent and One&Only, with others joining the eminent line-up in the not-too-distant future.

Connectivity

As well as housing two international airports, Podgorica and Tivat, connecting Montenegro to most major European capitals within 3 hours,



a recent capital state investment welcomed the construction of Montenegro's first motorway – something once deemed impossible due to the country's imposing mountain terrain has now become a monument to infrastructure. The Bar-Boljare highway will connect Podgorica Airport to the northern ski resorts in less than one hour, making this one of the best-connected ski resorts in the region.

“Montenegro has become an advocate of sustainable growth and environmental preservation.”

“Over the past 15 years, Montenegro has welcomed some of the world's most established luxury hospitality brands including The Chedi, Aman Resorts and One&Only, with others joining the eminent line-up in the not-too-distant future.”

Real Estate

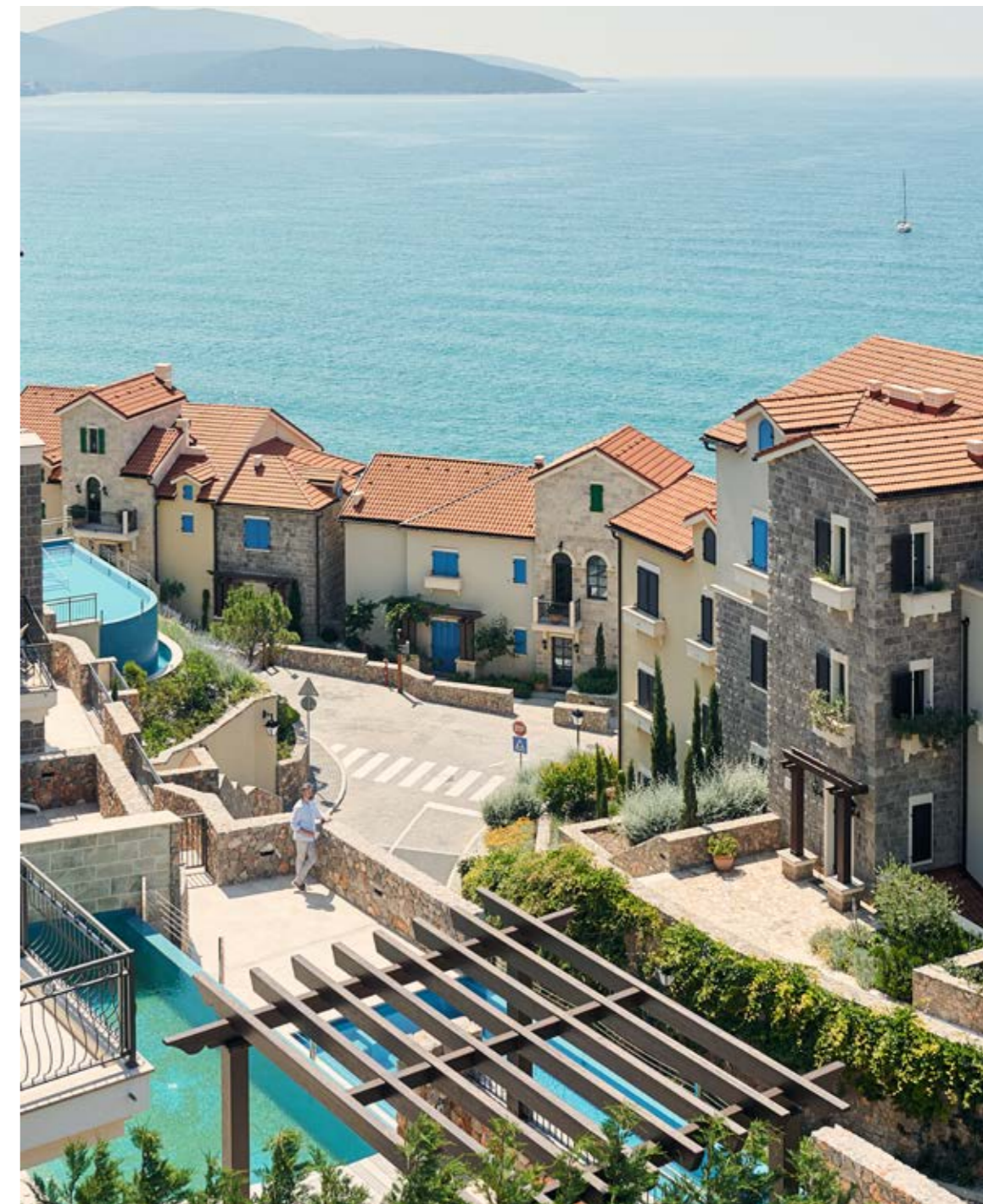
In recent years, the nation has become known for its booming real estate market, with the catalyst of all development beginning in the Bay of Kotor – where investment activity is at its peak. The Bay is one of Montenegro's prized UNESCO-protected destinations with a focus on attracting HNWI investors seeking primary and second homes.

As the world's second fastest-growing tourism economy, Montenegro's property boom ensures buyers excellent returns on their investments, with a wide portfolio of extravagant resorts and picturesque homes to choose from.

What is more, a safe, child-friendly environment and inclusive community, with a positive approach towards sustainability and healthy lifestyles is another unique selling point for this mini paradise in the Med. Meanwhile, the country's extensive expat community encourages a forward-thinking culture among locals to produce a well-balanced blend of tradition-meets-growth throughout Montenegrin society.

Jet, set – Montene-GO!

With global media outlets coining Montenegro as the Mediterranean's new jet-set destination, there has never been a more poignant time to grab a taste of the action and enjoy, devour and invest in this refined and endeavoured coastal gem with a favourable economic climate, laying the groundwork for solid investments.



NEXT-LEVEL

Gastronomy

AT THE CHEDI LUŠTICA BAY HOTEL



To honour all lovers of gastronomy and culinary hedonism, The Chedi Luštica Bay Hotel will host the village's first Kitchen Party on Sunday June 5th, presenting the culinary offering of restaurants within The Chedi and other top restaurants and wineries throughout Montenegro. The event will mark the beginning of the summer season on the Montenegrin coast, giving guests an opportunity to relax, indulge and socialise whilst savouring a variety of culinary delights. Top chefs, winemakers, producers, celebrity guests and popular names from the world of show business gather together for a sumptuous foodie-fashion show – an exhibition of the most refined dishes and wines in the region.

ON SUNDAY JUNE 5TH, THE CHEDI LUŠTICA BAY WILL HOST AN EXCEPTIONAL EVENING OF GASTRONOMY AND WINE TASTING.

"The Kitchen Party is an event that celebrates the mastery and creativity of renowned chefs, winemakers and food producers and, in parallel, showcases the value of working in concert with traditional partners of The Chedi Luštica Bay. With this event, we primarily want to celebrate the hospitality and sense of community that we nurture and offer to all our guests and visitors in Luštica Bay throughout the year. We are excited to share with our guests all the novelties we have prepared for the upcoming season," said **Maša Radulović**, Corporate Communications Manager at Luštica Bay.

The concept creator is **Željko Knezović**, acclaimed Head Chef at The Chedi Luštica Bay Hotel, and in his words *"The Kitchen Party will offer guests a unique opportunity to personally meet our culinary team and guest chefs, discover the mastery of the world cuisine, gain first-hand experience and have some secret tips on how to prepare fine delicacies at home. Guests will also have the opportunity to perfectly pair food and wine from a rich and varied selection, and even meet producers of some of the best domestic and international wines"*



Guests can look forward to the Champagne reception in the hotel lobby, before embarking on a unique gourmet journey, meandering through the various kitchens, all making

for a cheerful atmosphere and something completely different.

The Chedi chefs and guest chefs will create their delicacies together in an open plan kitchen, serving guests in real time with friendly chit-chat to accompany this most prestigious interactive dinner party. Guests can draw on the moment to gain practical experience from the chefs, preparing certain dishes on the spot. Regional winemakers will open their cellars to the Kitchen Party visitors, who will have an opportunity to try some of the finest local and international wines.

Complementing this innovative event, there will be a live music set with DJ, two bands and an exceptional playlist. The event is expected to be attended by celebrities, influencers, and prominent figures from the world of hospitality.



Arts and Crafts

AT LUŠTICA KIDS' CLUB

What sets Luštica Bay apart from other resorts of its kind is its focus on family-friendly activities. The village has a dedicated Animation Team whose involvement is pivotal to the creation of bespoke children's programmes, where the youngest of audiences can socialise, make friends and hone key skills that may be carried forward into their youth years.

From sports classes in Marina Centrale, to pirate-themed evenings, kids' fashion shows, morning gymnastics, children's picnics in the park, beach games and other interactive workshops, the village has a comprehensive Kids' Club offering, with a particular focus on skill development as well as recreation. Activity tends to be seasonal, kicking off in the spring with the Hello Spring Festival and throughout the Catholic and Orthodox Easter holidays, following suit right through the year.

"During our sessions, the children develop a genuine connection with our Animation Team and more importantly, with each other. On some occasions, residents have actually extended their stay in order to allow children to participate in more workshops and activities, which is really quite the compliment", remarks **Tomo Asanović** from the Animation Team.

One significant individual on the Luštica Bay Arts and Crafts scene is art teacher, **Dubravka Milivojević**, who began holding children's interactive workshops back in 2019 following a personal invitation from The Chedi Hotel.

In her words *"Luštica Bay recognises the importance of investing in children, through interactive and fun activities. Parents bring their children not only from within the village, but also from the surrounding towns of Tivat, Kotor and Budva".*

Catering to the village's youngest population, each workshop brings something new and different, from clay to cardboard, experimenting with painting techniques and using recycled materials to create art.

"The goal of Arts and Crafts at Luštica is to awaken hidden creativity, helping children develop skills in spatial orientation, communication, and preparing them for their futures by teaching discipline and working habits. Through my workshops, children get the opportunity to do something creative and different, something outside the boundaries of the usual curriculum and expose themselves



to new methods and techniques of creativity", continues Dubravka.

During the workshops, younger children are

normally accompanied by adults while older children are granted more independence, allowing parents to have a coffee or lunch break at the nearby The Spot restaurant!

HOW TO: CREATE A REPLICA OF THE LUŠTICA BAY LIGHTHOUSE

As part of one of the Arts and Crafts workshops, children and parents coupled together to create their own replicas of the Luštica Bay lighthouse – to recreate this at home, see our How To below.

WHAT YOU'LL NEED:

- 3 pieces of hammer finish paper
- Scissors
- PVA sticky glue
- Crayons

METHOD:

Step 1: Take a piece of paper and colour this in red and white stripes using the crayons. Curl this into a tube, lengthways. Staple together at both ends to secure.

Step 2: Take a second piece of paper and cut it in half lengthways. Use the scalpel/scissors to cut out little squares – these will be the lighthouse windows. Glue to the lighthouse.

Step 3: Glue the lighthouse tube upright onto the third piece of paper.

Step 4: Glue the pile we got in step 3 to the existing roller.

Step 5: Let the children free their imagination, let them play with crayons/felt-tip pens to arrange the body of the lighthouse as they wish.



SAVE THE DATE Calendar

events@lusicabay.com

MAY 14 JUDO TOURNAMENT

A superb judo tournament organized by The Judo Club of Kotor at Centrale Sports Court Luštica Bay. 70+ judo cadets from Montenegro and the region will demonstrate their martial art skills.

JUNE 19 LUŠTICA BAY AQUATHLON

Building on its previous success, Luštica Bay Aquathlon will feature two spectacular races - 250m swimming + 2.5km running and 1km swimming + 5km running. Organized with the Multisport Academy, returning this summer, Aquathlon became popular among all family members, professional athletes and sports enthusiasts.

JULY 16-23 THE LIGHTWAVE 2.0

Experience the ultimate light show set against the spectacular backdrop of Luštica Bay. This is an extraordinary audio-visual extravaganza packed with cool light effects and Insta-friendly activations.

JUNE 03-05 MONTENEGRIN SAILING CHAMPIONSHIP

Get set for the Open Montenegro Sailing Championship (ILCA class) and Luštica Bay Optimist Cup in partnership with Club Delfin. Around 60 young sailors will battle it out in Trašte Bay.

JUNE 25 COLOR BAY FESTIVAL

Festival of Color is an awesome open-air event that celebrates all things summer. Bright, colours, wonderful scents, and lots of fun, all held beside the turquoise waters of Luštica Bay.

JULY 30 WINE SELECT

A stylish event for wine lovers that brings together wineries from across the world, endowed with a growing selection of Montenegrin wineries that you'll love

AUGUST 07 INTERNATIONAL CARNEVAL @LUŠTICA BAY

Embrace an exuberant carnival spirit with local and international carnival groups taking you on a journey full of character and excitement.

AUGUST 9 AN EVENING WITH ACCLAIMED OPERA SOPRANO ERIKA MIKLÓSA

This cultural collaboration with Kotor Art brings world-renowned Erika Miklósa to the stage at Luštica Bay. Accompanied by a leading Eastern-European and Hungarian jazz band, this is a spectacular musical event not to be missed!

AUGUST 13 LUŠTICA ARTS & CULTURE FESTIVAL

Embrace global arts and culture at this sophisticated summer event. From art to fashion through to theatre and music with some gastronomic delights. This multicultural event, staged over several locations at Luštica, is a cultural delight not to be missed.

AUGUST 06 & 20 / SEPTEMBER 03 FINAL TOURNAMENT 17TH SEPTEMBER BEACH VOLLEYBALL LEAGUE

A great event open to all volleyball lovers looking for some fun. Organized in cooperation with "Futuristic Sports Management" this is the start of some hot competition held at Centrale Beach Volleyball Court.

SEPTEMBER 10 LUŠTICA BAY SUP RACE

Calling all stand up paddlers! The stunning waters of Trašte Bay continue to attract more and more international competitors. This second edition at Marina Beach is a 3 star event with 2,500€ prize money.

SEPTEMBER 18 LUŠTICA BAY UPHILL RACE

Jump on a bike or run challenging 2 km long race packed with gruelling altitudes and ascents. Starting from Marina Village and triumphantly finishing at the Driving Range, the competitor with the best combined time in cycling and running will become the King or Queen of the Hill.



LUŠTICA BAY
MONTENEGRO

BOOK YOUR DREAM VACATION RENTAL

Come and experience effortless seaside living

Our residences offer you the superior standards of accommodation that you would expect of a hotel whilst offering all the benefits that come with renting private accommodation.

Enjoy the perfect balance of serviced amenities complemented by a vacation-like atmosphere. Our studios to three-bedroom residences, have been meticulously designed to reflect the essence of living by the sea.

Convenience at it's best

Book your home for a short or long-term stay, and enjoy unlimited sea views and the opportunity to explore Montenegro and Luštica Bay. Enjoy the luxurious comfort and spectacular sea views admits the unspoilt beauty of the Luštica Peninsula while being only a short drive away from the town centres of Tivat and Kotor or the attractions of Boka Bay.

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