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that college essay.
Lifestyle experts give
their advice for the
year ahead.

2012 ADVICE
LIFESTYLE

Illustration by Rich Lillash



⑤ TRAVEL RESPONSIBLY



④ Dine Without Pretense

④ **James Gersten, president of Culinary Concepts Hospitality Group, which manages several of Jean-Georges Vongerichten's restaurants,** hopes that 2012 will signal the end of "supersized portions, sweet martinis and service staff introducing themselves by name" and the beginning of "more accessible luxury."

- For Gersten, accessible luxury means restaurants that are "elegant but soulful rather than slick, moving away from the Las Vegas-ification of dining." Customers will demand, and restaurants provide, more responsible sourcing of food.
- "We're also going to see smaller plates and portions as the United States catches up with what's happening in the rest of the world," Gersten says. "It's more social and more healthful."
- Among Gersten's picks for the new year: Tertulia in New York and the Atlanta gastropub Holeman & Finch Public House. "You don't normally talk about great food in Atlanta, but it's just delicious."

⑤ **For Dominique Callimanopulos, founder and president of Elevate Destinations,** a high-end agency specializing in bespoke philanthropic and eco-minded vacations, 2012 will be the year of meaningful family trips. "Traveling with your family and volunteering for part of your vacation strengthens family values and creates a legacy for your children and grandchildren," says Callimanopulos.

- But virtue needn't preclude comfort. "Some of the most effective and community-oriented eco-lodges are high-end properties," she says. Callimanopulos recommends carbon offsetting your flights "through reputable organizations such as Sustainable Travel International."
- Another way to make a trip memorable and to provide a positive impact is to donate to a respected and relevant NGO, including organizations such as the Global Fund for Women, Landesa, The Ocean Foundation, Plan International and Water for People.
- "Consider contributing to a project before you visit. Many organizations can build a school or a well with your donation that you can visit once you're in the country," Callimanopulos advises.



⑥ Bring the Kids to Work (Trips)

⑥ **Paul James, global brand leader for the Starwood Hotels Luxury Collection and the St. Regis Hotels and Resorts,** says

luxury travelers in 2012 should book early and be open-minded. "The great vacation resorts enjoyed very high occupancies last summer, with a lot of customers ending up in second-choice destinations. I can't see this pattern changing in the new year," James explains.

- Another suggestion: Combine work with pleasure. "We're noticing an increase in family travel, but much of this travel is for work. Family travel destinations are expanding. You're no longer limited to the Caribbean."
- As for underrated destinations, James predicts that "Wales is about to have a moment. I think it taps into the macro trend for indigenous experiences. It offers good food. And it's about the power of being the first—nobody has been to Wales."
- Wherever they go, travelers should make more frequent use of hotel butlers and concierges, James says. "From having snacks prepared for your children to having the concierge plan an itinerary for you, they can really make a difference."