**Survive: an Attack by Bees**

The African Bee is not as aggressive as most people believe, and won’t simply attack without reason. However, a hive will defend its territory, and can get pretty riled up at loud noise, vibrations and intrusive people. So keep those lawn-mowers and quad-bikes away from bee hives, and make sure your screaming kids play elsewhere. If you have no escape route, check out our solutions.

- **Cover your head and face with your T-shirt.**
- **Running through tall grass, reeds or bushes might help keep them off as long as it doesn’t slow you down.**
- **Once you have escaped, remove the stings immediately.**
- **Do not squeeze or pinch the stings — scrape them off sideways using a knife or a credit card.**
- **Watch for allergic reactions — swelling throat or dizziness.**
- **Loss of consciousness may occur in severe reactions — companions must then apply CPR and seek medical help.**
- **Run — as fast as you can in a straight line, and for at least 300m.**
- **Don’t sweat at them — it only wastes time, and any that you kill release pheromones, which attract countless more of the little demons.**
- **Find shelter in a nearby car, tent, house, whatever.**
- **Don’t jump into water — the bees will wait for you to come up, and there will be more around to sting you.**
**MALEGRAMS | Escapes**

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**24 HOURS IN SYDNEY**

**EAT** Walk into the grand entrance of The Victoria Room and have dinner with some colonial glamour. Have high tea and feel like a Raj. Go to www.thevictoriroom.com.

**VISIT** The famous Hugo’s Lounge is a must. Have a Mick Jaggard cocktail. The bar was just voted one of the best in the world. Call (02) 612 9357 4411.

**TRIP** Climb 134m to the top of the Sydney Harbour Bridge for the best view of the city. Not for the faint-hearted. For more information, visit www.bridgeclimb.com.

**REST** Stay at The Wharf of Woolloomooloo for a view of Port Jackson and the world-renowned botanical gardens. Double room for $1650. Call (02) 933 19000.

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**WORST CASE SCENARIOS AND THE EASY WAY OUT**

**Survive a Panic-stricken Crowd**

Every year thousands of people die as a result of stampeding, panic-stricken crowds. Mob behaviour can be frightening, and mindless. Sports games, rock concerts, busy department stores, discos; all claim victims when things go awry, or someone yells “Fire”, or “Bomb.” Don’t be one of the casualties.

**AVOIDING THE TROUBLE IN THE FIRST PLACE**

1. Be alert, and always watchful in potential trouble spots.
2. Suss out the venue before you go; see your exit – where are alternative exits? If the crowd gets bad, they are likely to go for the main entrance.
3. If the crowd starts to “feel” frantic, and you sense trouble coming, follow your instincts and get out immediately.

**SО, WHAT IF YOU ARE CAUGHT IN THE CRUSH?**

1. Try to move to the side of the main flow, if you can, to a side wall or railing as this will help you keep footing and direction when the crowd surges.
2. Don’t panic, don’t shout or scream – keeping calm will increase your chances of survival.

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**The Escape Artist**

BY SEAN DISNEY

**What are the items that will be outlawed with all the new airport regulations?**

Airport security is very sticky nowadays. Any sharp image will be confiscated from your hand luggage. Airport security is worldwide have been full of confiscated leatherknives and pensknife on display. Once you have checked in, they go in the bin. I have in the past gone back to the airport post office and posted my penknife home. Other outlawed items are nail files, nail clippers, and syringes. Put sharp items in your checked luggage that goes into the plane hold. New regulations prevent you carrying bottles of liquid that could potentially be a liquid explosive. In extreme cases security will make you take a sip of the fluid in front of them. Last year in the UK, hand luggage was banned, and all you could take onboard was your wallet and travel documents in a clear plastic bag. Hopefully we won’t get to that stage.

Sean Disney is MD of Adventure Dynamics International, He is a mountaineer, scuba diving pro, open water diver and triathlete. Visit www.adventuredynamics.co.za.
24 HOURS IN VALENCIA

EAT Enjoy some seafood at La Pepica on Playa Malvarrosa, where the guest list has included Hemingway and King Alfonso XIII. (+34) 96 371 03 66

WALK Visit Mercado Central, the largest fresh produce market in Europe. The steel and glass construction is 8,000m², with over a thousand stalls.

TRIP Join the world’s largest vegetable fight with the Tomatina fiesta on 30 August. Taxi to nearby Bunol in old clothes, and get covered in tomatoes.

REST Stay at Petit Palace Bristol, located in the city centre. Visit Catedral de las Artes y las Ciencias, the futuristic arts and science centre. (+34) 96 394 51 00

WORST CASE SCENARIOS AND THE EASY WAY OUT

Survive Getting Ripped

Forget great whites and stornfish. Rip currents account for 80% of all beach rescues, and 95% of all sea drownings. Remember this: serious rip currents are capable of flowing faster than an Olympic swimmer, and are often all-but-invisible until they get you in their grip. So, ignore the advice below at your own risk.

IF I AM CAUGHT, WHAT DO I DO?

1. Remain calm and try not to panic.
2. Signal to someone on the beach that you need help.
3. Don’t fight it – it’s a giant “water treadmill”. Float, conserve energy and let it carry you until you have worked it out.
4. Swim parallel to the beach until you are out of the rip current, then swim towards the shore.
5. Never try and swim directly towards the shore against the rip current.
6. If it is too wide and powerful to swim out of, let it carry you offshore; then swim back with the waves.

MYTH Rip currents do not pull people under the water – they are horizontal flows that pull people away from shore. Drowning occurs when people are unable to keep themselves afloat, most often caused by exhaustion from panicking. Watch your kids and granny – rip currents can occur in waist-deep water.

HOW TO IDENTIFY RIP CURRENTS

1. A channel of churning, choppy water with a notable difference in water colour.
2. A line of foam, seaweed or debris moving steadily seaward or a break in the incoming wave pattern.

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WHERE WOULD YOU RECOMMEND AS A CHEAP PLACE FOR QUALITY SNOWBOARDING OR SKIING?

My overseas choice is Romania. It has great powder and is highly affordable. Poiana Brasov, a resort in Romania, is set amid the beautiful pine forests of the Carpathian Mountains ([www.poiana-brasov.com](http://www.poiana-brasov.com), for a standard double room, it is 55 Euros a night). The purpose-built resort has a compact lift system and offers an excellent range of skiing especially suited to beginners. Nursery slopes are situated in the village and on the plateau at the top of the mountain. The ski area offers easy progression to the main pistes with the added advantage of skiing back to the village on a long blue run. For non-skiers there’s a range of activities available, one of which is a trip to Dracula’s castle. Or a local option, try Tifffindell. It has a good variety of slopes, catering from beginners to advanced.
24 HOURS IN COPENHAGEN

VISIT Book a CPHCARD (travel card) 10 days before arrival for free public transport, discounts on tourist attractions and free entry into museums.

DRINK Skip the tiny mermaid tourist trap and go to the Carlsberg Breweries, 160 years old, and rich in history. Tastings included. Skål! www.visitcarlsberg.dk

SEE Christiania, an artistic, independent, hippie commune. No photos allowed. Also visit Malmö in Sweden via the famous Øresund Fixed Link bridge.

SLEEP Stay in the cultural centre of the city at the Opera Hotel, opposite the Royal Theatre. A double room costs R600 per person. www.hotelopera.dk

How can I get the cheapest airfare — by booking way in advance or by waiting till the last minute?

You can get a good deal by doing both. But for piece of mind, be a good planner and book in advance to get a great deal. By booking at the last minute you are running the risk of not getting a flight. Your only salvation is that if there are a lot of cancellations, you will be able to nail a last-minute bargain. Companies like itine, Kulula and Mango are discount airlines and there are always great bookings available. Beware though, as most bargain tickets cannot be changed, refunded or adjusted. International air tickets are also dependent on foreign exchange rates and oil prices at the time of purchase, so when these fluctuate, so does your ticket price. Generally flying out of “peak-season” and during times of low demand is best for deals and bargains as the airlines need the seats to fill.

WORST-CASE SCENARIOS AND THE EASY WAY OUT

Survive: Eating Six-Legged Food

Perhaps not your first choice — but when the chips are down insects make an easily-accessible meal. Insect biomass is greater than all the other animal species combined, and they are found everywhere. They are rich in protein, carbohydrates and even fats. Most can be eaten raw, but frying, boiling or roasting them on a hot stone makes them more palatable.

THE BEST ONES
Mopani worms, termites, locusts and cut-worms.

THE INEDIBLE
Either these sting you while catching them, or taste disgusting.

- Brightly-coloured caterpillars and insects (they often carry poison).
- Wasps and hornets.
- Insects that are eating carrion — they taste bad, and can carry infection.

- Squeeze the insides out of hairy caterpillars — you don’t want those irritating hairs in your throat.
- Small insects can be ground to a paste, wings, legs and all; and cooked. They make a useful addition to add bulk (and taste) to other foods.
- Remove legs, wings, heavy armour and nasty mouth parts from large insects; also the stings from bees.
- Look under tree bark, and moist, shady spots to find grubs or caterpillars. These are the easiest to collect.
**MALEGRAMS | Escapes**

**24 HOURS IN AUCKLAND**

**VISIT** Walk from Queen Street past the ferry building, and enjoy the harbour filled with America's Cup yachts, restaurants and bars. www.viaduct.co.nz

**EAT** Travel on a 10-minute ferry to the seaside village of Devonport on the shores of Auckland city for some fresh fish and chips. www.devonport.co.nz

**TRIP** Climb Mt Eden for some breathtaking views over the Hauraki Gulf and the city. Walk through Eden Gardens, which are fertilised with rich volcanic earth.

**SLEEP** The Copthorne on Anzac Avenue has fantastic views, including Waitemata Harbour and the Hauraki Gulf. R800 for a double room. www.nz-holiday.co.nz

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**WORST-CASE SCENARIOS AND THE EASY WAY OUT**

**Controlling a Car In Brake Failure**

It's your worst nightmare: as you reach the first turn on the steep downhill section, you put your foot down -- and there is no response from the brakes. Read below to learn how to react quickly and safely.

- Keep calm. Keep on steering the vehicle.
- Assess the road ahead for stopping or slowing places.
- Turn on your hazard lights and headlights.
- Look under the brake pedal -- is there an obstruction?
- Pump your brakes (ABS cars, apply slow, steady pressure). This might help.
- Gear down progressively to lower gears (automatic, force it to Low).
- Try your handbrake -- but pull it gently at first, then firmly.
- If your speed is not too high, and the road is clear, start making slow S-turns, increase the intensity of these to slow you down.
- If still out of control, try to carefully steer onto thick sand or gravel, or nudge into a crash barrier.
- Look for an escape place, with trees and shrubs, as it will help to slow you down.
- As a last-ditch resort, drive square-on into the back of a truck or car, which is travelling in front. Warn the driver by hooting and flashing lights.

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**BY SEAN DISNEY**

The Escape Artist

YOUR ARMCHAIR ADVENTURE

I have climbed Kilimanjaro. Can you recommend some equally serious climbing in Africa on a limited budget?

There are some great alternatives to Kilimanjaro that are relatively cheap. Firstly, Mt Kenya provides an excellent technical climbing challenge, as well as $1000 worth of trekking. If you are leaving from South Africa, the trip costs roughly R10 000 for 10 days. Next to Kilimanjaro is a great peak called Mt Meru, which is lower than Kilimanjaro, but has great views of Kilimanjaro and costs R8 000 for a week. The Ruwenzoris are lesser-known peaks, and they provide good challenges and beautiful scenery on a tight budget. And there is also Mt Elgon, a 4 300m peak on the Uganda/Kenya border. And lastly, there is the Atlas mountain range in Morocco, which offers great peak climbing that is affordable, and is not too technically demanding.

Sean Disney is MD of Adventure Dynamics International. He is a mountaineer, paragliding pilot, open water diver and truthlister. Visit www.adventuredynamics.co.za

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