

TheLandmark*News*



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A NEW EMBASSY**



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SPANISH AMBASSADOR**

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Editor In Chief

Paola Casagrande

Editorial Staff

Sabina Rzayeva
Federica Zambelli

Art Director-Graphic Design

Agnessa Tariverdiyeva

Photo Credit

Giordano Sotiriou
Fariz Nadir Rzayev
Sabina Rzayeva

90A Nizami Street,
Baku AZ1010, Azerbaijan

www.thelandmarkbaku.az

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UNITED CULTURES

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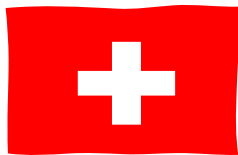
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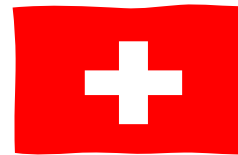


90A Nizami Street, Ground Floor,
The Landmark I

(+994 12) 465 20 00
(+994 55) 596 99 67



SWISS NATIONAL DAY



On June 27th, at the roof top (22nd floor) of The Landmark Hotel was celebrated Swiss National Day organized by The Embassy of Switzerland in Azerbaijan.

In a grand reception representatives of Swiss Embassy brought together the public figures and the heads of diplomatic missions accredited in Azerbaijan.

The creation of Switzerland dates back to the year 1291. This year, the Swiss celebrate 727th year of foundation and togetherness of the country.

The official date of Swiss National Day is on 1st August. The reason to bring forward the event is summer holiday, when many people are absent from Baku for summer vacation.

The annual official reception started with the play of the national anthem of Azerbaijan and Switzerland and continued with the welcome speech of Ambassador of Switzerland Mr. Phillip Stalder.

Speaking about the Azerbaijani-Swiss relations, Mr. Stalder emphasized that not only Switzerland has a reason for celebration, but also Azerbaijan is celebrating its 100th anniversary this year. Related to this Mr. Stalder congratulated the government of host country and Azerbaijani people for the tremendous achievements over the last century.

In turn, Deputy Foreign Minister Mr. Ramiz Hasanov on

behalf of the Azerbaijani government congratulated the Ambassador of Switzerland and all the people on the national holiday, wished prosperity to this country.

During the reception wide variety of Swiss gastronomy were also introduced to the guests of event.





Guests of event: Alla Savelieva, Sabina Shikhlinskaya, Onno Kervers, Vladimir Lozinski, Dan Lancu, Ulviyya Akhundova



OPEN AIR CINEMA BY TRAVELERS CLUB BAKU



On the 9th of June, at The Landmark Rotunda Roof Garden for the first time was held an open-air cinema within the frame work of Travelers Club Baku, organized by United Cultures.

The Landmark Rotunda Roof Garden, which is also known as Limonaia is a round shaped place surrounded with citrus fruit plants. It is an excellent spot for various celebrations such as open-air parties, events, banqueting and birthdays

What is The Travelers Club Baku?

It is a network of "travelers" who want to share experiences, memories, pictures, flavors of travels to neighbor and distant countries. It is one and only travelers club in Baku to come up with such an interesting concept of sharing travel experiences, pictures of unknown locations, documentary movies with open questions and answers. Last two years The Landmark complex has become a traditional spot for Travelers club Baku organized by United Cultures.





Open air Cinema-Discovering hidden Greece

At the open-air cinema several Greek short films based on undiscovered and unrivaled authentic life of Greek islands was showcased alongside an Italian Academy award winning movie "MEDITERRANEO" which was filmed in one of the most beautiful Greek islands-Kastellorizo.

Guests of the event alongside with Mediterranean delicacies, chilling drinks got an opportunity to travel to the most beautiful off-the beaten track islands of Greece with the guidance of Denis Daniilidis.

Besides being the first advisor to the head of the EU Delegation to Azerbaijan, Denis Daniilidis is professional traveler with wide experience.





THE EMBASSY OF VENEZUELA IN BAKU JOINS THE LANDMARK FAMILY AS A NEW TENANT



Relations between Azerbaijan and the countries of Latin America are on the rise

On 31st March, 2018 the Embassy of the Bolivarian Republic of Venezuela has opened in Azerbaijan.

Decision to open Venezuela's embassy in Azerbaijan was highly welcomed and it would contribute to the development of relations between the two countries. Venezuela's embassy in Baku is the only Venezuelan representation in Azerbaijan

The current charge d'affaires is Pedro Argenis Sanchez Flores.

From July 1st the Embassy of Venezuela begun to function at the Landmark Hotel and Business Center. After the Costa Rica, it is second Latina American embassy located at The Landmark.

About Venezuela:

Venezuela is a federal republic on the northern coast of South America, consisting of a continental land and a large number of small islands and islets in the Caribbean Sea.

Venezuela is among the most urbanized countries in Latin America the vast majority of Venezuelans live in the cities of the north, especially in the capital Caracas.

Although the country is mostly monolingual Spanish, many languages are spoken in Venezuela. English is the most widely used foreign language.

The Venezuelan cuisine, one of the most varied in the region, reflects the climatic contrasts and cultures coexisting in Venezuela.



Caspian Grill and Terrace provides the perfect balance of sophistication, style and elegance in the Landmark Complex.

A cozy restaurant with floor-to-ceiling glass windows offers you breathtaking views of Baku and Caspian Sea. Thanks to a wide terrace area, where you can enjoy your time and meal alongside the sunshine during the day and sunsets in the evenings.

The contemporary and sophisticated interior make it to one of the “hot spots” in town.

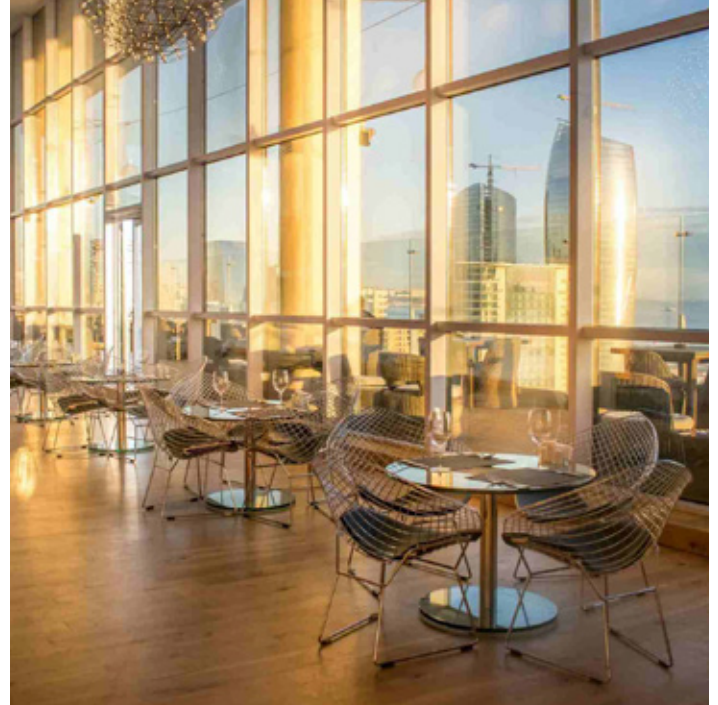
Caspian Grill & Terrace is an excellent place to gather along with family & friends after hard working days, as well as at the weekends.

A professional service is guaranteed: all day dining (7 days)

A healthy breakfast is a right way to start the day...

Caspian Grill and terrace offers to its guests a rich and balanced breakfast with a wide variety of international and local specialties.

You can also come for a Business Lunch or Dinner where you will find a wide selection of meal from a la' Carte menu. The restaurant serves, both traditional and international cuisine. All dishes are prepared with fresh and carefully selected products to satisfy even the most sophisticated expectations of its customers.



KÜKÜ – HERB OMELETTE

In Azerbaijan, kükü (read: kyukyu) is the general name given to dishes in which main ingredients—vegetables, herbs, meat or fish—are bound with eggs, then browned on both sides on a stovetop. It is not to be confused with omelet, as the featured ingredients in kükü are used in far greater amounts than eggs. By its appearance and texture, kükü can be likened to a Persian kookoo, Middle Eastern eggah, Spanish tortilla or Italian frittata.

Instructions:

1. In a large bowl, combine all the ingredients and beat well. Add salt and pepper.
2. In an 8-inch nonstick pan, melt the butter or oil over medium heat. Pour the mixture and cook on medium-low heat for about 8 minutes.
3. Using a knife, gently cut the kuku into 4 wedges. Carefully turn each piece to brown the other side. If necessary, add a little butter or oil in the pan.
4. Mix the yogurt and garlic and serve kuku accompanied by the sauce.

Ingredients

- 2 packed cups chopped fresh cilantro
- 1 packed cup chopped fresh dill
- ½ cup fresh green onions
- 5 eggs
- ½ teaspoon salt
- Ground black pepper to taste
- ¼ cup unsalted butter or clarified butter (can substitute olive oil)
- Garlicky yogurt sauce (mix 1 cup plain yogurt with crushed garlic to taste) or plain yogurt, to serve



INTERVIEW WITH ANNA ANDREOTTI PERSONAL TRAINER AT THE LANDMARK HEALTH CLUB



Q: In our first question we would like to ask you about your first visit to Baku. When did you move to Baku and what was the purpose?

A: I moved to Baku about five years ago for business.

Q: How did you discover the Landmark Hotel and Business Center?

A: I was introduced to the Landmark Hotel by one of my clients.

Q: How did you get involved in the business of fitness and why did you choose this profession?

A: I am a strong believer that living an active lifestyle it's crucial not only for our body but also for our mind and I wanted to share my passion.

Q: How do you keep your clients motivated?

A: I keep my clients motivated by being positive, change workout

routines so that they don't get bored.

Q: What is the difference between working-out with a trainer versus working-out alone?

A: A personal trainer is the subject matter expert therefore, not only we hold our clients accountable, but we also tailor the workouts to the client specific goals.

Q: How important is nutrition to create client's regimes and do you recommend dietary supplements to enhance clients performance?

A: Proper nutrition and exercise goes hand on hand. To have a proper workout, you must fuel the body with proper nutrition. I don't believe on dietary supplements.

Q: What are your top exercise routine and suggestions?

A: I don't have a specific routine. It is important to workout our body in all planes and motions to

achieve maximum results.

Q: What are your tips on how to live a healthy lifestyle?

A: Eating right and exercise.

Q: What is the most common fitness goal?

A: By far is weight loss. That is the biggest struggle people have and part is because we need to educate people better when it comes to eating right. There is too much information out there and it can be confusing and overwhelming.

Q: What are the most common mistakes people make when working out?

A: I can take a few things. One being form and there is also a notion that we can eat whatever we want if we workout but like I mentioned before we have to eat right to achieve optimal results.

THE 22ND FLOOR



Among the hottest-spot of the Landmark Hotel and Business Center, the 22nd floor with its gorgeous roof terrace cannot fail to be presented.

Located on the highest floor of Landmark Hotel, it is considered the best place for soaking up the atmosphere of Baku and enjoying the astonishing and panoramic views of the Caspian Sea.

The surrounding patchwork of colorful roofs and the combination of different styles of architecture provide a neat, photogenic backdrop to your private parties.

During the year, especially in summer, the 22nd floor becomes the perfect place where guests and tenants are used to organize birthday parties, events, concerts and exhibitions. The 22nd floor provides unforgettable experience and also huge terrace which can hold more than 300 people.

It is definitely one of the best spot where you can unwind and enjoy the inspiring sunset views over the heart of Azerbaijan.



"LANDMARK - MORE THAN AN OFFICE BUILDING"

Nargiz Nasrullayeva-Muduroglu

I first came to Landmark a little over 20 years ago, as a tenant. Back then, in the middle of 90s, the "Old Flower Mill" as some of the taxi drivers still call it, was one of the distinct centres of the business life of the city.

I changed companies, changed positions, changed myself to a certain extent, along with the changing Landmark - in 2003 Landmark II with the British Embassy and the Residence, in 2008 the 22 tower of Landmark III came to life. But one thing remained the same- Landmark has always been more than an office building, it has been and remains today a microclimate, an ecosystem that is created for the benefit and joy of its tenants.

Over the years a multitude of new facilities and services has been added- various restaurants, a health club, a cinema, different and unusual outdoor spaces including a garden on the Rotunda roof, a relaxation pool, several sea view terraces- all to add value to the people who come to Landmark to work every day, to make them feel like they are a part of something special, a part of Landmark Family.

Attention given to the common spaces of the building, be it masterpieces of Azerbaijani classical artists like Sattar Bahlulzade and Mikail Abdullayev or specially commissioned works of Sabina Shikhlinskaya, a wide variety of live musical performances ranging from Spanish Flamenco, Greek Rebetiko, Japanese folk music and Portuguese Fado, are some of the examples of the efforts that are taken to create the Landmark Spirit.

But Landmark's main virtue is its Team. Some of the team members have been in the complex since its first days, some have joined recently but have already absorbed the fundamental principle of the Landmark- to do their utmost best to look after the tenants so that they can focus on their businesses.

After two decades of being a tenant of the Landmark and almost as long of being a part of the Muduroglu family, I have recently joined this team of outstanding individuals. Although I am not able of dedicating all of my time to Landmark, I, alongside the rest of the Team, am absolutely committed to continuing to provide the highest level of service and care to the members of



Landmark Family. We may not always succeed, we may make mistakes, but we will always try harder and harder to improve. And I think our tenants know that - despite the economic turmoil, changing marketplace and arrival of new office complexes, we are proud to be the building with the longest standing companies as long as constant flow of new additions to the Landmark Family!



INTERVIEW WITH IGNACIO SÁNCHEZ TABOADA, CHARGÉ D'AFFAIRES OF EMBASSY OF SPAIN BY SABINA RZAYEVA

Q: How would you describe the relationship between Azerbaijan and Spain? Have you noticed an improvement in the collaboration of the two countries in the last few years?

A: The relations between Spain and Azerbaijan are friendly, with no elements of friction or conflict. Our political and diplomatic relations are far more developed than private and civil society relations. Trade, investment, scientific and technical cooperation, and also cultural relations are behind our diplomatic relations. It is there that we have to focus our mayor efforts.

This does not mean we do not have civil or private relations at all, it means that those relations could be much more intense than they are nowadays. Take, for instance, trade. Trade turnover for Spain and Azerbaijan was approximately 400 million Euros in 2017. It is a relevant figure but still much more could be done, especially if you take into consideration that 80% of that figure is just trade on crude oil. Another example, let's consider cultural relations. Azerbaijani literature, both modern and classic, practically does not exist in Spanish

Language. And this is the language of 500 million native speakers with a strong editorial industry which has already shown interest in printing some translations of mayor Azerbaijani literary works.

Q: Could you please share your main impression about Azerbaijan? What kind of development did you notice in the country during your stay here?

A: I have been living in Baku for one year, but I still consider myself in a first-impressions stage. Azerbaijan is enormously challenging for the foreigner. You have a great variety of climates, ecosystems, cultural and linguistic traditions, landscapes. The History of this Land of Fire stretches back into Prehistoric times. Azerbaijan has been in the center of World History forever. So, it is not easy at all to have a main impression about Azerbaijan. Unless this main impression resembles this: there is a huge world inside this small country, and you need time, patience, and an open mind free from prejudices, if you really want to look inside it.

Q: According to your personal opinion, would you say that Azerbaijan and Spain are similar from a cultural point of view?

A: Certainly there are many elements of our respective cultures which are clearly different. The most blatant is the language. Spanish and Azerbaijani Language are far away the one from the other. If, for instance, you compare Mugham and Flamenco, in technical terms, in their contents or meaning, they are clearly dissimilar folklore manifestations.

Having said this, I still have the impression that Azerbaijani and Spanish people have a natural tendency or cultural predisposition to understand each other in an easy

way.

It may just be an effect of Globalization (we tend to resemble each other more and more in this smaller World) or something deeper. We may share deep engrained codes of values or similar fundamental approaches to life.

Q: What was the main reason to locate the Spanish Embassy in the Landmark Complex?

A: The Spanish Embassy originally was embedded within the premises of the European Union Delegation; The Delegation provided shelter and invaluable assistance for us at our first stage. And the EU Delegation was already here, in Landmark. So this is how the Spanish Embassy came to Landmark on the first place.

Then, when Spain decided to open up its own premises, we realize we could not find a better place in town than this for our Embassy. So here we are, happily settled in the Landmark of Baku.

Q: Spanish Embassy has organized several events in Landmark Complex such as Flamenco concerts with piano, guitar, dances and singers, Spanish film festival, etc. Are you planning an additional event or festival in the near future?

A: Certainly, we plan to celebrate our National Day (October 12th) with a lyric gala and a reception in Landmark. The concert will be performed by a Spanish baritone (Master Luis Llaneza) and an Azerbaijani pianist (Mr. Fagan Hasanli) and it will be devoted to the world of Hispanic classical lyric music: de Falla, Lecuona, Obradors, Guastavino, Alfonso Esparza, Granados. This will be a rare opportunity to come to know another Hispanic music in Baku, with music from Cuba, Argentina, Mexico and Spain.



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info@thelandmarkhotel.az
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