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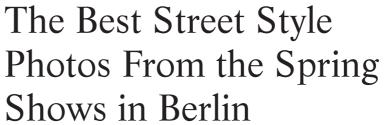














JUS Vall over, a new season is starting in Berlin. The short week includes the Inaugural Fashion Council Germany/Vogue Fashion Fund and shows from Anonymous Club and GmbH. Attendees, as Vogue's Mark Holgate put it, are rocking short-shorts and raver jeans from brands like No Faith Studios, SF10G, Lueder, and more. Scroll through for the best-dressed guests from the spring shows in Berlin below.







Tours & Travels



TOURS & TRAVELS











Nusa Penida Island In

Travel Guide & How To Visi-

The beautiful, exotic Nusa Penida island lies just 25 kilometers from Bali, the most famous tourist destination in Indonesia. Nusa Penida is a much smaller island than Bali, but it has some of the most amazing scenery in the entire Bali province (which it's part of). We've visited Penida more than a dozen times over the years, but it never gets old. This island is definitely one of the most beautiful places to visit in Indonesia. The island can be visited on a day trip from Bali (same day return), but I think it's better to stay and spend at least a few days sightseeing. There are so many good photo spots, hikes, and other things to do in Nusa Penida! This travel blog will explain what to do in Nusa Penida, how to get there, where to stay, best transport options and tour packages, and some of the top sights to see. I've also included a handy Nusa Penida island map for trip planning!

First of all, if you're on a tight schedule or want to skip the extra steps involved in arranging your own trip to Nusa Penida, GetYourGuide has prearranged day trips to Penida, complete with hotel transfer, fast boat tickets, island tour, and same day return to Bali. These tours visit some of the top sights in Nusa Penida island, including Kelingking Beach, Broken Bay, and more. We've used GetYourGuide for lots of day tours and activities around the world, and they're great! Highly recommended.

Where Is Nusa Penida?

Nusa Penida is a small island located southeast of Bali, Indonesia. The distance from Bali is about 25 kilometers (15 miles). Penida has two small neighboring islands sitting right next to it called Nusa Lembongan and Nusa Ceningan, and together these are known as the Nusa islands, but Nusa Penida has become the most famous of the three because of its scenic cliff views and stunning beaches.

How To Get To Nusa Penida

From Bali, the only way to reach Nusa Penida is by speedboat or ferry, with the speedboat journey taking about 45 minutes or so. There's no airport in Nusa Penida, so the closest place to fly is the international airport in Bali (DPS). You can shop for flights to Bali at Skyscanner. There are a bunch of speedboat

companies in Bali making the trip to Penida daily, and they all depart from Sanur Beach at various times. If you're staying in Ubud, Canggu, Seminyak, Kuta, or elsewhere in south Bali, you can also drive over to Sanur and catch a boat. Some boat companies include a shuttle service from these areas in their total price. I wrote a complete guide on how to get to Nusa Penida with one of these speedboat companies if you want to go there independently and arrange everything yourself. It's more economical than booking a tour package, but also a bit more complicated. The other option is booking a day tour to Nusa Penida with a Bali-based tour company. This can be a good option if you're on a tight schedule or want to skip the hassle.

Visiting Nusa Penida Island - Tourist Fee

Since 2023, there's now an entrance fee for tourists arriving by boat at Nusa Penida, and it's intended to pay for better infrastructure on the island. You'll pay this in cash when you first get off the boat in Penida, and the fee is 25k Rupiah for adults and 15k for children. It gives you entry to all three of the Nusa islands: Penida, Lembongan, and Ceningan. This ticket also gives you entrance to all of the main attractions and beaches on Nusa Penida, so you don't have to pay a second fee at Kelingking Beach anymore, for example. Overall, it's a positive change, because in the past you had to whip out your wallet and pay a small entrance fee at every tourist spot in Nusa Penida. That was a bit tiresome. Nowadays, you pay once at the harbor and you're done.

Transport: How To Get Around On Nusa Penida

Even though Nusa Penida is a much smaller island than Bali (with about 4 percent of Bali's land mass), it's still not exactly tiny. You can expect to spend hours driving around if you want to see the best sights on each corner of the island. Just like in Bali, you have two main transport options for exploring Nusa Penida: motorbike rental (self drive), or hire a car and private driver. Many of the roads in Nusa Penida are still very rough and narrow, so I don't think motorbikes are a good idea here, although lots of people seem to do it with no issues. Remember to wear a helmet, honk your horn before hills and blind turns, and

be prepared to pull over to the side to let cars pass. There's not a lot of room on the road. When I visit Nusa Penida I've always rented a car with driver (you can book here) because it's safer and more comfortable, and the prices are only a bit higher than what you'd pay in Bali for a full day of driving. Scooters are also easy to rent from your accommodation (or other places) in Penida, and you can expect to pay about 75k Rupiah (~\$5 USD) per day with a full tank of gas. For short taxi trips (like hotel transfers to/from the dock) you can usually arrange those on the spot or with your hotel, although they're not very cost effective. Unfortunately the Grab and Go-Jek ride hailing apps are not yet available in Nusa Penida (only Bali), but maybe that will change eventually.

What To Do In Nusa Penida

Kelingking Beach

The Kelingking Cliff is the most famous view in Nusa Penida, and probably one of the most iconic views anywhere in Bali. This is an incredible 'T-Rex' shaped rock sticking out over the ocean, with perfect turquoise water splashing around it. The first time you look over the edge of the cliff and see this view, it really is breathtaking!

After you're done admiring the scenery at the Kelingking Cliff, there's also a path to go down to the beach at the bottom. The hike down to the beach is a major workout, a bit scary, and takes at least two hours roundtrip, but you're rewarded with one of the best white sand beaches in Nusa Penida Bali.

• Paluang Cliff Viewpoint

Everyone goes to Kelingking Cliff, but there's another spot located very close to it with its own amazing scenery, called Paluang Cliff. It's just a 5 minute drive from Kelingking. Paluang may not be as well known as Kelingking, but that's part of the appeal. It's a great alternative spot that gives you views of the Kelingking T-rex from the other side, without the crowds. There are swings and photo platforms at the Paluang Cliff, plus a Balinese temple with a quirky car shrine, called the 'car temple' of Nusa Penida.

To be continued on next issue
- Internet



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White Desert

National Park



pon first glimpse of the 300-sq-km national park of the White Desert, you'll feel like Alice through the looking-glass. About 20km northeast of Farafra, on the east side of the road, blinding-white chalk rock spires sprout almost supernaturally from the ground, each frost-coloured lollipop licked into a surreal landscape of familiar and unfamiliar shapes by the dry desert winds

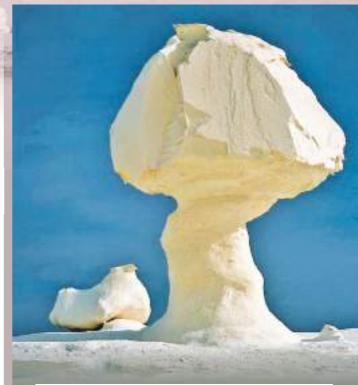
These sculptural formations are best viewed at sunrise or sunset, when the sun lights them with orangey-pink hues, or under a full moon, which gives the landscape a ghostly Arctic appearance. The sand around the outcroppings is littered with quartz and different varieties of deep-black iron pyrites, as well as small fossils. On the west side of the Farafra–Bahariya highway, away from the wind-hewn sculptures, chalk towers called inselbergs burst from the desert floor into a spectacular white canyon. Between them run grand boulevards of sand, like geologic Champs-Élysées. No less beautiful than the east side of the road, the shade and privacy here makes it a great area to camp.

About 50km north are two flat-topped mountains known as the Twin Peaks, a key navigation point for travellers. A favourite destination of local tour operators, the view from the top of the surrounding symmetrical hills, all shaped like giant ant-hills, is spectacular. Just beyond here, the road climbs a steep escarpment known as Nagb As Sillim (Pass of the Stairs): this is the main pass that leads into and out of the Farafra depression and marks the end of the White Desert.

A few kilometres further along, the desert floor changes again and becomes littered with quartz crystals. If you look at the rock formations in this area you'll see that they are also largely made of crystal. The most famous of the formations is the Crystal Mountain, actually a large rock made entirely of quartz. It sits right beside the main road some 24km north of Naqb As Sillim, and is easily recognisable by the large hole through its middle.

At the time of writing, foreigners were officially no longer allowed to camp overnight in the desert, but in reality many people do. The tourist police turn a blind eye, but it pays to do the trip with an experienced safari outfit. As well as the national park entry fee, you pay a LE20 fee for each night you sleep here. If you come as part of a group, the fees are included in your tour. You can usually buy tickets at the entrance to the park, but don't worry about going in without one; you can just pay the rangers when they find you. Sleeping anywhere in the park, surrounded by the white formations and visited by friendly fennecs, is an unforgettable experience.

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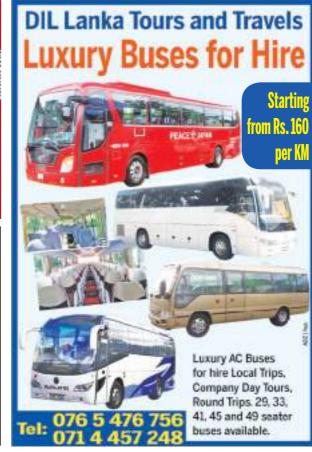




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But have to mean compromising on quality of living. Thanks to clever small space living solutions and the rise of the sharing economy, you really can have the best of everything. Here are some easy ways to get more out of apartment living.

7 WAYS
TO GET MORE
OUT OF

here are lots of perks to apartment living it's relatively low-maintenance, convenient and secure so it's not surprising that this compact habitat is becoming a popular choice for more and more Australians. But with less space comes new challenges like how to fit everything in or where to park your car if you're apartment doesn't come with a car space. And, space isn't the only thing you have to sacrifice. Chances of owning a pet in an apartment are low and you'll also have to live without a backyard (for some, this can be a blessing!).

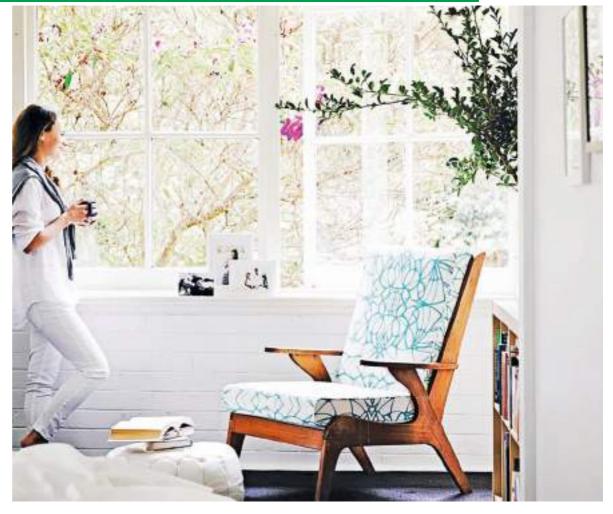
But less space doesn't have to mean compromising on quality of living. Thanks to clever small space living solutions and the rise of the sharing economy, you really can have the best of everything. Here are some easy ways to get more out of apartment living.

1. Rent extra storage space

Just because your place has limited storage, doesn't mean you have to throw away the things that don't fit in your cupboards. Jump onto Spacer.com.au and find someone with a spare attic, garage or cupboard and store it there instead. If that's not practical for you, check out these creative storage solutions for small spaces....

2. No car space? No worries!

If you've managed to score a pad in a sweet location, chances are you won't actually need a car too often. For those times you do need wheels however, they're only a tap away. For cheaper ride sharing, try Taxify; to share your neighbours' car, try Car Next Door; and to deliver something, get onto Zoom2u. If you have a car space you don't need to can make some extra cash by



APARTMENT LIVING



renting it out with Parkhound.

3. Rent a pet

Who said pets are for life? If you're not allowed pets in your apartment, but you crave animal affection, check out Mad Paws, Australia's largest online pet sitting community. Become a registered sitter and get paid to take a neighbour's dog for a walk, or stay at someone's home while they are travelling and satisfy your craving for puppy/cat/bunny love.



4. Find your own backyard

Who needs a quarter acre patch of grass when the whole of Australia can be your backyard? For the times you're craving wide open spaces, hop onto Camplify, rent one of the many caravans or RVs on offer and hit the road with your accommodation already sorted. It's likely the people you rent it from will have a bunch of tips for your trip too!

If it's gardening you're into, track down your local community garden via Facebook or a quick Google search. Community gardens utilise either individual or shared plots on private or public land to provide a communal patch where members of the community can come to grow produce and share gardening knowledge.

5. Invest in up-to-date tech

Not only is the latest tech sleeker and more compact than its yester-year counterparts, it can help enhance your quality of living too. If you shop smart, it doesn't need to break the bank with sites such as Catch.com.au offering discounts on apartment living musthaves, such as Google Home and Dyson's V6 Slim Handstick Vacuum, year round.

6. Minimise your wardrobe

Gone are the days of dozens of dresses you only wore once cluttering your wardrobe. Now you can rent an outfit for that special occasion, saving you money and saving on storage as well! For a trusted rental source, check out The Volte, WA's top Sharing Economy Business of The Year, as awarded by The Sharing Hub.

7. Get organised!

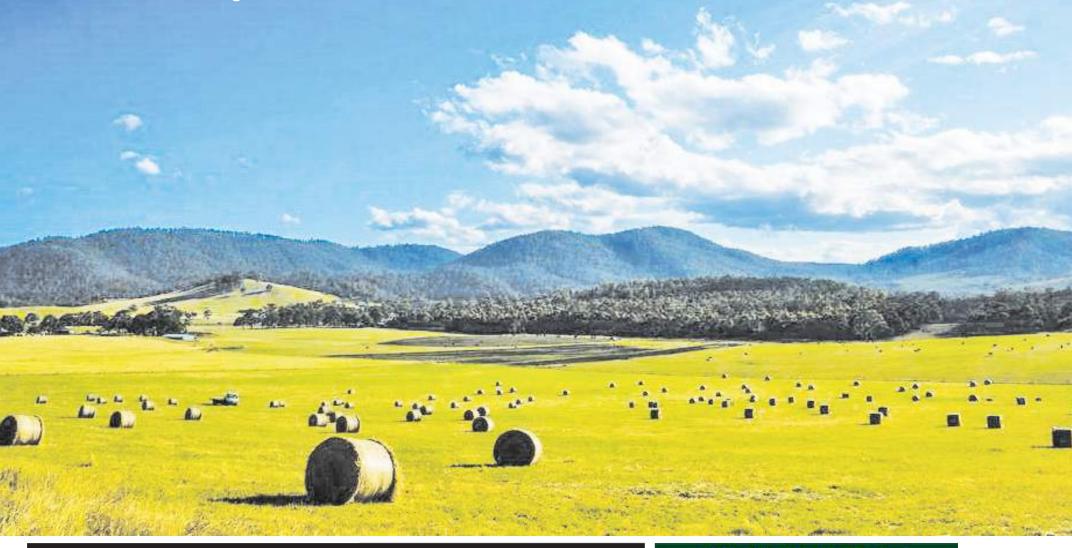
Whether it's finding smart storage solutions, chucking out unneeded stuff, or forcing yourself to get better at being tidy, having a clean and organised home is so important when space is limited. If you're someone who just can't seem to keep on top of their belongings, grab a Bluetooth tracker, like Tile, so you can find them quickly and easily.

a Internet



Land For Sale

21 July 2024



මීගමුව - කුරණ

පර්චස් 44ක අගනා නිස් ඉඩමක් විකිණීමට

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ව්මසීම් : 071-3218955

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> T'Phone: No. 0773 779 345

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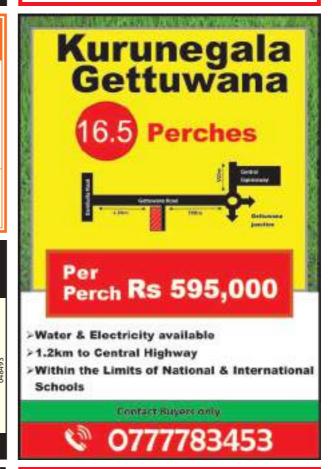
Suhada Mawatha exclusive blocks available close to SLIIT. Horizon Campus & Nevil Fernando Hospital with up to 20% discount. Call on

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071-1 772 072



TIPS FOR HASSLE-FREE HOME CONSTRUCTION

Carefully Select the Builder:

Before hiring a builder, drive past their previous jobs and speak to the homeowners. Ask if the builder had good follow-through, whether the job was completed on schedule and on budget and if they were pleased with the quality of work. Also, check the builder's relationships with subcontractors and supply houses essentially find out if they pay their bills. A builder who is behind in payments will most likely encounter delays in receiving materials and have a hard time keeping a quality crew.

Hire a Lawyer:

Have a lawyer review the contract with your builder. Building a home is a

major investment and it's important to make sure all of your bases are covered. A small lawyer fee up-front could save you thousands of dollars should something go wrong during construction.

Investigate the Area:

Before purchasing land, research the school district and crime rate. Drive around the surrounding area, checking for convenience to interstates, schools, shopping and restaurants.

Don't Overbuild:

Before finalizing home plans and beginning construction, compare the home you're planning with others on the same street. You never want to be the most expensive house on the block; you won't get your money back when you sell.

Don't Select a Builder Based Solely on Bid:
When choosing a builder, don't select the one
with either the highest or lowest bid. A high bid
doesn't guarantee a superior product and the
lowest bid could mean that you'll be hit
with extra costs as construction
progresses. Often, the low
number is to reel
you in and the

will be tacked on later

Hire Locally:

Word-of-mouth references are a good gauge of a builder's reputation. So ask around, then hire the best builder in the community. A well-established local builder will have plenty of nearby subcontractors and suppliers to rely on, meaning no costly travel delays while waiting for out-of-town crews and materials.

Build for Your Future:

When planning your home's layout, think not only about your current lifestyle but also plan for a few years down the road. For older adults, a master bedroom on the ground floor is a smart bet. Also, including a shaft that could one day be an elevator is a good idea. The space could be used as closets now and easily converted to an elevator should the need arise.

Don't Go With the Latest and Greatest:

Fill your home with technology that will stand the test of time. State-of-the-art features are great but quickly become outdated. Buy products that have been on the market for a year or two. They're less expensive, readily available and any initial kinks and design flaws have been worked out



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Toyota Corolla CE110, registered owner. 1999 brand new, 65-6xxx, Diesel, good condition manual, full option Airbag rear headrest adjustable steering, alloy wheel, new tyres Crystal Light, Pearl Gold, Rs. 36,50,000/ = Rambukkana. 0777-250826.



Nissan Cars

For sale

Nissan Pulsar CJI FN15. YOM 1998. registered in 2001 GF-4xxx, registered owner, good condition, Petrol Auto full option, dual Airbags ABS Reverse Camera, Crystal Light, brand new alloys with new tyres new battery, White. Rs. 29,50000/ = Rambukkana. 0777-250826.



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jeeps, cabs are required immediately without the driver on rent basis to be deployed in state and private sector institutions, number of concessionary packages and upfront payments, Govt registration No. WC-18880 - Pannipitiya, Kandy, Matara. 011-2846026. 046689





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Established overseas education consultancy available for acquisition Great potential growth. Contact WhatsApp: 11S 011 0775595566. 049197

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Colombo 10 - A 3 floor property with 435 sq.ft. 50 metres inside from Panchikawatta Road. Suitable for spare parts store. Contact: 0773186615. 047321



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Executive Managers needed for a leading company Negombo / Kottawa, male/female (including retired). 077-0658786, 075-3735745. 048795

Female Accounts Clerk / Female General Clerk is required for the Accounts Section of our institution. English / Sinhala typing ability required. High salary / allowances. VJS Lanka (Pvt) Company, No. 660/B, Medamandiya, Panagoda, Homagama.

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Dematagoda - 075 7 222 878 1044 - No. 166/17, Kolonnawa Road, Dematagoda.

Colombo 02 - 078 5 200 648

1046 - R. P. C. Jayawardana - Chiththampalam A Gardiner Mawatha, Colombo 02.

Kirulapane - 071 5 439 396

1051 - Ramani Book Shop - 27/A, High Level Road, Kirulapane.

Mattakuliya - 011 2 521 160 1060 - M. N. E. Ratnayake - No. 89, Church Road, Mattakuliya.

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1071 - A. L. F. D. Managama - No. 331, Leyards Broadway, Colombo 14.

Wellawatta - 071 7 182 900

1107 - No. 288, Vijaya Enterprise, Wellawatta.

Colombo 15 - 077 7 510 139 1226 - No. 45. Eli House Road, Colombo 15.

Borella - 077 7 649 801 1292 - No. 151/22, Cotta Road, Borella.

Thimbirigasyaya - 0714414285 2818 - Jayasinghe - No. P-06, Thimbirigasyaya Market, Thimbirigasyaya.

Colombo 8 - 071 2 005 787 2822 - Punchi Borella, Colombo 8.

Galle District

Galle - 091 3 021 001

3117 - C. S. Munasingha - New Aradana Traders, No. 83, Main Street, Galle.

Galle - 075 9 699 402

3222 - J. A. S. Jayakodi - 28, P&J City, Gamini Mawatha.

Ambalangoda - 091 22 557 44 3132 - H. D. Mendis - 264, Cooperative Building, Main Street, Ambalangoda.

ADZ HOTLINE - 011 2 429 369

CALL - 011 2 429 342/ 343

Secretary in and around Mulleriyawa with the Computer knowledge and English - Sinhala correspondence capability is required. Inquire - 0112578520 / 0112578090.

Wanted for a private company in Kurana, Negombo - experienced Chartered Accountant with high IT knowledge, age below 45 years, for full-time work - male or female to work at our Accounts Section. High salaries. Forward CV via the undermentioned WhatsApp number. Further, wanted two girls with Marketing experience to work within our company. (Please refrain from calling by Telephone Driver vacancies, heavy to obtain details). 076-7355263, 075-7649113. 048798



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Part-Time job Kandy -Wanted a female English Teacher age 30-50, for lower Grades. (Montessori, Gr. 01, 02 Classes) for a reputed Educational Institute in Kandy Town. Applications to The Director, 52/1, George E. De Silva Mawatha, Kandy.

Wanted Teachers Cookery ideally, a retired Food & Pastry Chef from star class hotels sewing an experienced multi applications skilled sewing teacher looking for dedicated retired teachers for a girls institute in Colombo 6 with knowledge to set up the classes with required equipment. Classes will function 2 days a week. Pls. apply with credentials Compensation negotiable. The Sr. Administrator Ain Institute, 60, Mayura Place, Colombo 6. Email: aininst.sl@gma il.com 049194

are required immediately. Inquire: 0112578520. 0112578090.



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in sewing ladies & gents, kids bags is required in and around Athurugiriya. Can work from home also, (name of the institution is OPAL). Contact 0773731559 for further details.



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2814144.

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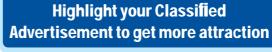
Live-in qualified Nurse qualified Caregiver (female) / Housemaid wanted around Colombo 08. Age below 45.

Call 0717969373. 049144 Vacancy - We need an energetic person for our company who should be able to correspond letters independently with good command of English and Computer knowledge and should be able to coordinate

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Colombo 02.





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409

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ing Rajapilla Road, Kurunegala 10 metres from Colombo Road. With renovated building. 0776762571. 048786



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4.5 acre paddy with large lake & 1/2 acre coconut in Rangama Wellawa Kurunegala 0776762571. 6 acre coconut land with 1/4 Homagama acre Cashew in Rangama, Wellawa Kurunegala excellent vield. 0776762571. 048787

House & Property COLOMBO District

sale - 06 perch land at 2nd Lane, Perakum Mawatha for sale. Price Rs. 18 lakhs / perch. Call: 0702799494. 048835

For sale

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1522 - K. Dharmadasa - Dasa Brothers, Supermarket Building, Hendala Junction, Wattala.

Nilpanagoda - 077 8 627 321 1570 - K. L. Somasiri - 233/5, Diyulapitiya Road, Nilpanagoda.

Wattala - 011 2 932 511

1589 - J. A. Ranil Virendra Anthony Rodrigo - 660/12, Mabola Wattala.

Kochchikade - 031 22 78 359

1606 - M. S. A. Chaminda Fernando - Vinoda Advertising, No. 119/A, Chilaw Road, Kochchikade.

Batuwatta - 071 8 921 271

1626 - H. D. George - Renuka Grocery, No. 118/1, Station Road, Batuwatta.

Dunagaha - 077 3 517 752

1637 - H. Guththila Sarathchandra - Nelligaha Niwasa, Dunagaha.

Ja-Ela - 011 2 947 379

1659 - K. Dharmadasa - Dasa Brothers, No. 73, Main Street, Ja-Ela.

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1684 - J. A. Kulasinghe Perera - No. 152/C, Greens Road, Udara Newspaper Agent, Negombo.

Katunayake - 077 4 115 998

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1938 - W. N. D. Agosthinu Appuhami - No. 124/D, Kaluwarippuwa West, Katana.

Ja-Ela - 071 8 571 713

1943 - Gamini Arambawatta - No. 28, Old Negombo Road, Kanuwana, Ja-Ela.

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TEL: 047 22 35 291

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Matara - No. 29, Bus Stand Shopping Complex, Matara. TEL: 041 22 35 412 FAX: 041 22 29 728

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TEL: 011 2 828 114 FAX: 011 2 828 114

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House & Property

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Nugegoda Raymond Road two roomed upstair flat covered parking working couple preferred. Rs. 80,000/=. 0777793830. 048889

Wellawatte, Dr E.A. Cooray Mawatha, 1st Floor annexe for rent. 2 bedrooms, 1 bathroom, living area, kitchen, fully tiled, with parking option. Rs. 100, 000/= per month. For Rent - Katunayake Strictly no brokers. Contact 0714028555, 0773597794.

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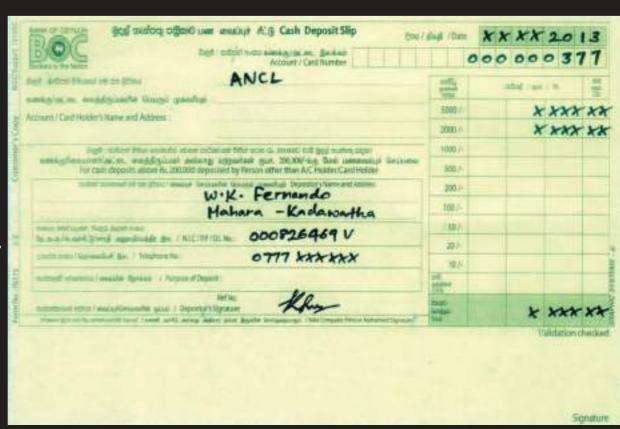
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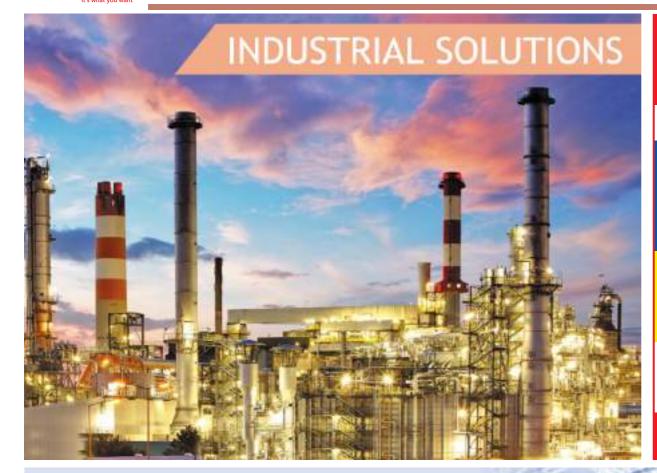
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ere are different types of industrial machinery machining. But before we go deeper into the subject let's talk about what is industrial machinery. Industrial machinery is defined as machines and equipment used by a manufacturer in a manufacturing plant. To make it clear here are some examples of industrial machinery:

Milling Machines Horizontal milling machine Vertical milling machine 5-Axis milling machine

CNC Lathes

In this post we explain everything you need to know about the different types of industrial

Different Types of industrial machinery To better understand the classification of the different types of industrial machines, you

should know that there are different types

of machining according to the way they

machines and the differences between Keep reading!

consists of turning the cutting tool so that the edges of the cutting edge or blade rest on the workpiece. Machine used: Milling machine. Turning: Consists of turning the workpiece

operate on the workpiece. There are exactly

We are going to focus on machining by

shaving removal. This is a process in which

the material is removed or cut with a tool

generating a shaving, using several perfectly

There are different types of machining by

shaving removal depending on the type of

machine used in the process. We explain

Milling: It is the machining operation that

Machining without shaving removal.

Machining by shaving removal.

defined cutting edges or blades.

as the main form of movement of the metal against the cutting tool. Machine used:

Drilling: This is the machining operation

in which holes are produced by bringing a rotating cutter with cutting edges at the lower end of the machine into contact with the workpiece to be machined. Machine used: Usually a drilling machine but also a

So, what are the different types of industrial equipment? As there are many industries and there is specific machinery for each of them. We will focus on those that are mainly used in the metalworking industry. Which needs specific tools that facilitate and improve the process providing accurate and quality results. The most commonly used machines in the metalworking industry are:

Vertical Machining Centers

This type of industrial machine is characterized by having a rotating head that approaches the workpiece from the top to the bottom. In addition, you can choose between 3, 4 or 5 axes, which means that the machine can execute a multitude of processes and work with parts of various formats. To sum up, vertical machining offers great possibilities in the industry thanks to its flexibility and ease of operation.

Horizontal Machining Centers

It stands out for being able to perform multiple operations automatically thanks to the use of the CNC (Computer Numerical Control) system. It is usually used with large and high parts, which require to be machined in several parts. It also requires highly qualified staff for the programming of these machines, although once it is in operation it hardly requires the intervention of operators.

CNC Lathe

It is a lathe that has been designed to manufacture parts automatically and has implemented CNC software that serves to control these automated processes. This software uses alphanumeric data following the Z, X, Y axes. Besides, this type of machinery is highly valued in the automotive, medical and aerospace industries because it facilitates the process of obtaining parts, since large quantities are obtained and the precision remains excellent.

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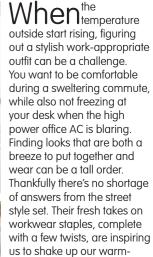












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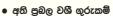
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President,

Eravur North West Multipurpose Co-operative Society
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HOTLINE: 0112 429 369

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Do teens really need protein supplements?











Teens engaging in competitive sport want that 'extra edge', but is it safe for them to be taking supplements like protein shakes?

Unregulated and chaotic

Obtaining the "extra edge" and the pressure to win may make teenagers vulnerable to the enticing claims of sports nutrition supplements. The use of protein supplements among teenagers is unregulated and often chaotic.

The Athletic Assistance Programme (AAP) condemns the use of supplements by children and adolescents, and the American College of Sports Medicine (ACSM) condemns the use of creatine in particular (a derivative produced by the body from amino acids) by children younger than

18 years.

What about additional protein?

There's a misconception about protein supplements among many consumers. Ingesting more protein doesn't contribute to more muscle mass; excess protein is not used in your body to build muscle, but is stored as body fat.

A competitive teenager's nutritional needs include an adequate intake of energy and high-quality nutrients like protein, and micronutrients like calcium. Staying hydrated is also very important. The intake of sufficient protein together with enough fluid has been identified as ideal for increased muscle mass and muscle recovery after exercise.

A sufficient energy intake relies on a variety of foods. The macronutrient group consists of carbohydrate, protein and fat. High-quality protein food sources include unprocessed meat, fish, poultry, eggs and dairy. Dairy products like milk and yoghurt also contribute to fluid intake.

The recommended dietary allowance (RDA) for protein for non-active adolescents is 0.8–1.0g/kg/day, but active teenagers may need more. Protein needs may vary depending on the teenager's growth, maturity and level of activity.

According to the Institute of Medicine (IOM) the daily protein requirement for teens is 34g for 13-year-olds, 46g for

girls aged 14 to 18 and 52g for boys 14 to 18. An average protein shake provides approximately 21g of protein per standard portion.

It is important to note that although protein shakes can help teens meet their protein requirement, dietary supplements are generally not recommended for children and teenagers – their protein requirements should be covered by their diet. For



Sport activities form a significant part of the lives of many teenage school children.

example, a 100g grilled chicken breast provides the same amount of protein as a standard serving of protein shake. Protein from food sources also provides additional important nutrients.

Are protein shakes safe to use?

Dietary supplements are not tightly regulated by the American Food and Drug Administration (FDA), and the US

Anti-Doping Agency reports that protein supplements may be contaminated with prohibited substances and may contain unlisted and unsafe ingredients. In addition, drinking too many high-protein shakes can lead to protein toxicity, metabolic imbalance, or unwanted weight gain. Other side effects associated with excess protein are calcium loss, dehydration and kidney problems. Consuming a healthy, balanced diet is unlikely to lead to an overconsumption of protein.

Benefits of supplementary shakes

Underweight teens who have not managed to gain weight by eating a healthy, balanced diet may benefit from consuming energy- and proteinrich nutrition shakes (not high protein shakes). These shakes are loaded with regulated amounts of essential nutrients, including vitamins and minerals. (We are all individuals with individual needs, and it is therefore recommended that you consult your GP or dietitian before using these products.)

Creating your own shakes and snacks

Teens can rather opt for making protein-rich shakes at home as a way to boost their protein consumption. Blend together milk, yoghurt, fruit and nut butters, such as peanut, almond or cashew butter. Use Greek yoghurt or add powdered milk for an extra boost of protein. You can also use frozen yoghurt instead of regular yoghurt.





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- 4. Polythene Glove 5. Scrub kit

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Adam's Bridge National Park

Adam's Bridge Marine National Park, also known as Rama Sethu Bridge National Park, is situated in Talaimannar village south in Mannar district.

Distance from Mannar –

32.2 km (59 minutes)



Adam's Bridge Marine National Park, also known as Rama Sethu Bridge National Park, is situated in Talaimannar village south in Mannar district. It surrounds the Sri Lankan section of the Adam's Bridge which is approximately 30 km northwest of Mannar. It was designated as a national park in year 2015. A diversified range of birds and aquatic animals can be seen at this location. It lies on the route of migratory birds that visit the country. A variety of fish, turtles and dolphins can be spotted in the sea surrounding the Adam's Bridge Marine National Park.

History of Adam's Bridge

Adam's Bride is a chain of limestone shoals between the island of Pambalm in India and the island of Mannar in Sri Lanka. This 30 km long bridge separates the Palk Straight from the Gulf of Mannar. Adam's Bridge is evidence of a land connection which existed between Sri Lanka and India in the 15th century. The history of the bridge dates back to the Ramayana which gives it the name "Rama Sethu" or "Rama's Bridge". The bridge is believed to have been built by Rama's 'vanara' army to rescue Seetha from Rayana

Getting to Adam's Bridge Marine National Park

From Mannar travel approximately 30 km along the Medawachchiya-Talaimannar Highway up to Talaimannar and turn to Beach Road to reach the Adam's Bridge Marine National Park which is situated in Talaimannar village south in Mannar district.

@ Internet

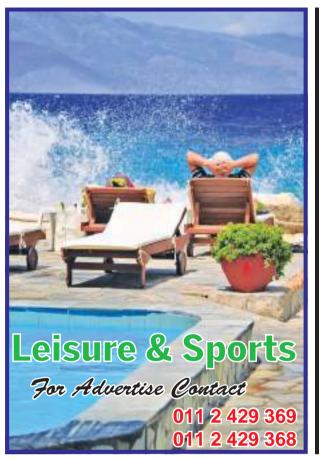














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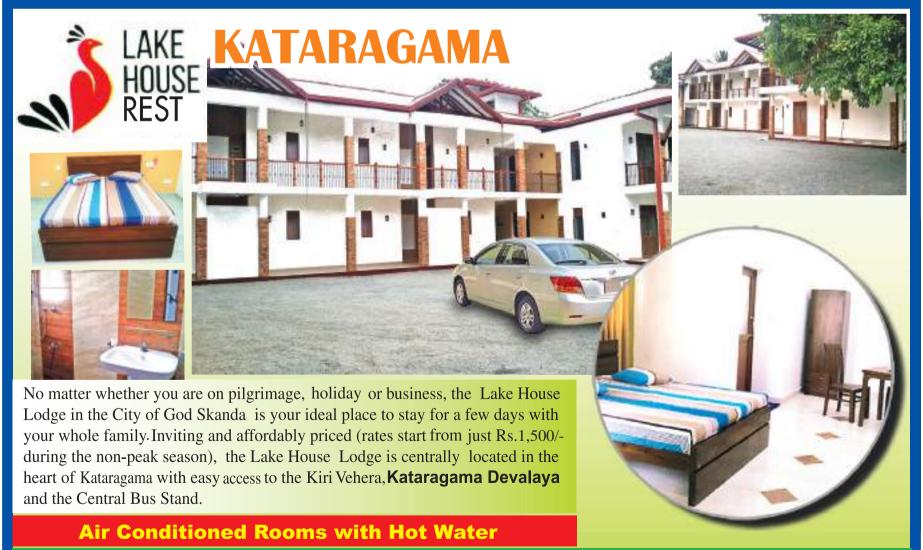




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