



Living The Good Life

by **Gabriela Miloda**

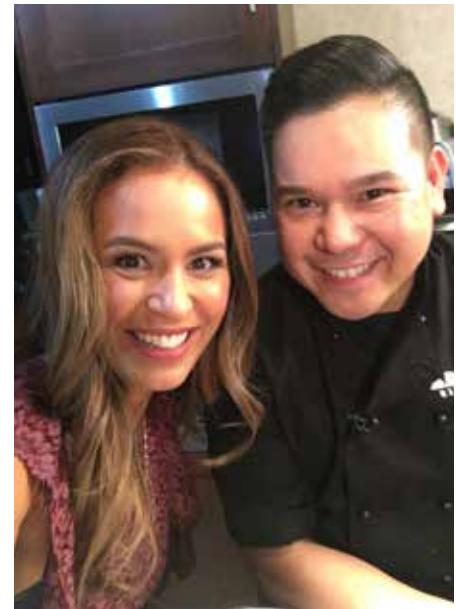
As a TV presenter in Dubai, I am very lucky to meet a lot of interesting personalities. My show is called “The Good Life” which is a Dubai-based luxury lifestyle show that covers well-being trends in food, fitness, and beauty. Every week I feature guests and talk to them about topics that they are knowledgeable in. This week was special because I interviewed two guests and both of them had something major in common with me - they both shared the same heritage as me. I am of mixed heritage. My mother is Filipina, and my father is Swiss.

The Good Life has been airing for three years now, and I've never had guests from both countries on the same day and for the same episode. It was so much fun chitchatting in Taglish (I do understand everything but struggle with speaking) and then switching over to Swiss German.

Dubai

My first guest was Filipino, John Carasig, the former Masterchef Australia contestant who was making a stopover in Dubai. This Filipino celebrity chef who moved to Australia from the Philippines when he was ten years old, agreed to appear on our show as a guest chef with whom I cooked an amazing Adobo with a twist. It was that dish that got him into Masterchef Australia in the first place! I love how on the show this chef was not scared to stand out and be different by presenting local Filipino dishes when everyone else was cooking Western food. He is so proud of his Filipino heritage that he founded an artisan chocolate brand called Adobo Kitchen. He's even expanded his business in that he literally makes his chocolate from cacao beans. His goal is to open up a patisserie that specializes in chocolate, ice cream, and pastries with a Pinoy influence. Queso de bola gelato anyone?

My second interviewee was Sandrine Steiner, a lovely girl from Switzerland whom I had a chat with about the very popular vacation trend of staying in luxury vacation rentals as



opposed to hotels. Before we started the official interview, we found out that she's from the same city as I am. We had such a good time chatting about our hometown, the amazing summers spent by the lake and all the fresh produce, which makes for great homemade dishes. But we both agreed that we love Dubai for its cosmopolitan vibe and open minded people! It was so enjoyable talking to her in Swiss German, my mother tongue! I think having a mixed heritage background is thrilling! When you meet your country people, you have so much in common and instantly connect. And that couldn't have been more evident than on this epic shoot day having both a “kababayan” as well as a Swiss Miss on my show.



Gabriela Miloda

Gabriela is a veritable citizen of the world having lived in six countries in less than three decades. Born in Seoul, South Korea, she has lived in Switzerland, Hong Kong, the Philippines, and New York before settling in Dubai. Gabriela gets her exotic looks from her Filipina mother and Swiss father. At just 29, Gabriela has worked as a broadcaster in Switzerland, Germany, Monaco, and South-East Asia as well as attaining an MBA with honors from St. Gallen Business School, specializing in marketing, services, and communication.



She has interviewed high-profile individuals from the world of film, music, business, and fashion. Highlights of her recent work include interviewing celebrities including John Travolta, Oliver Stone, Dani DeVito, Bob Geldof, Lionel Richie, Deep Purple and Adrian Grenier as well as personalities from more business-related fields like American economist and political thinker, Jeremy Rifkin, and the Swedish economist, writer and speaker, Kjell Anders Nordström. In those roles, due to her multilingual skills in German, French, and English, she also acted as the script-writer and producer. On a more corporate level, she's presented at international events on behalf of some major corporations - for example, Nissan at EVER in the Grimaldi Forum in Monaco, for Eurocopter's EC145 Mercedes-Benz Style helicopter launch at Ebace, Geneva, and for Maurice Lacroix, presenting and interviewing the brand ambassador Henrik Fisker at Baselworld.

Shortly after having settled in Dubai in 2012, she already started producing her own weekly show called City Pulse highlighting the best events happening in Dubai within a week, as well as "The Good Life," a healthy living show on Physique TV. As the official partner of the Dubai Jazz Festival, she produced and presented a series of videos including an exclusive interview with Deep Purple and 3 Doors Down. She's also hosted a variety of high profile and international corporate events for big names such as Schneider Electric's launch

of Acti9 in Dubai and Abu Dhabi, Taiwan External Trade Development Council (TAITRA) where she was a moderator at the TAITRA delegation summit to Dubai and Abu Dhabi and the Breast Cancer Awareness Campaign Award Night. To kick-off 2013, Gabriela has been chosen as one of Harper's Bazaars Best Dressed 2013. Another project she produced and presented in 2015 is "Local Success," highlighting successful entrepreneurs in the Middle East. She openly discusses the challenges, highlights, and lessons learned, with the founders of some of the most well known brands in the region.

For the last three years, she has been hosting her own lifestyle show that covers luxury lifestyle destinations and well-being trends in food, fitness, and beauty. She has had the privilege to interview fashion designer Angela Missoni, actress Eva Mendes, and many other international personalities. The show inspires its viewers by showing that leading a healthy lifestyle doesn't have to be hard or complicated but can be fun too.

Gabriela is married to a Persian/Englishman and has a 14-month-old daughter. She loves to cook, travel, dive, snowboard and most of all spend time with her family. Her key attribute is versatility, as she is equally comfortable and capable of presenting in "lighter" subjects, such as celebrity news or fashion, as she is for more intellectual subjects, like business or high arts.

SEE YOU AT HOME TONIGHT.

Gabriela Miloda for 'The Good Life' Thursdays at 9:00 PM KSA



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