

OCTOBER 30 - NOVEMBER 5, 2026



Life

NEW LOOK

**SAME
NOURISHING
TASTE**

Feeling Hot?

Fabrics to keep you cool



Your **WEEKLY GUIDE**
to the best of Nigeria

Scan the QR Code to give
the new look your word



50 YEARS, STILL ICONIC.

Maltina, Nigeria's No. 1 Malt Drink

ENDORSED BY:
NUTRITION SOCIETY OF NIGERIA



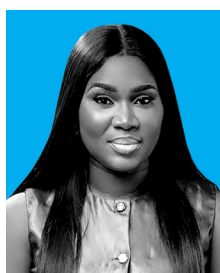
ENDORSED BY:
SOCIETY OF NIGERIA



EDITORIAL TEAM



Editor, Guardian Woman
Ijeoma Thomas-Odia
ijeoma.thomas-odia@guardian.ng
(0703 342 2652)



Acting Editor, Guardian Life
Musa Adekunle
musa.adekunle@guardian.ng



Anita Athena Ibru,
Chief Strategy Officer (Global)
anita.ibru@guardian.ng

Contributors
Oluwagbemisola Sadare
gbemisola.sadare@guardian.ng

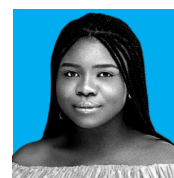
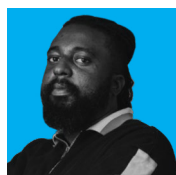
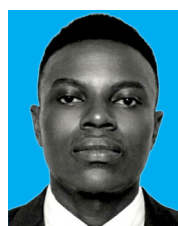
Chidinma Enweani
Chidinma.enweani@guardian.ng

Geraldine Akutu

Ajuluchukwu Brown
mailto:ajuluchukwu.brown@guardian.ng

Ese Oghenetega

Chinonso Ihekire



Design/Graphics
Mayowa Iyiola
Adedeji S Samuel



Marketing/Adverts/Partnerships

Andrew Ifeanyi Ibeh
(0808 597 3490)
andrew.ifeanyi@guardian.ng

Cyril Anyika Jr
(0803 056 7059)
cyril.anyika@guardian.ng

CONNECT. LEARN. EXPLORE.

Guardian talks

The week in 5 MINUTES

THE NUTMEG

INSIGHT

THE PROCESS

153

INSIDE STUFF

TECH TALKS

THE DICE

GuardianTV

SUBSCRIBE Guardian Nigeria

Guardian Nigeria

GUARDIAN.NG
TV.GUARDIAN.NG

FEATURES



4

BEST OF 5

5 enchanting Nigerian landscapes



7

COVER

50 years, still iconic
Maltina, Nigeria's No. 1 Malt Drink



13

GUARDIAN MUSIC

Mavo: Making music on his own terms
+
Playlist of the week

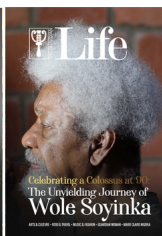
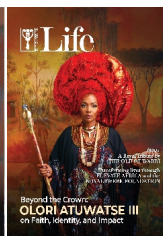


16

GUARDIAN WOMAN

Kiki Okewale: Women must create room for one another to grow

THIS ISSUE



CITY LIFE

Wisdom from our archive of cover stars 12
+
Tanke, Ilorin : Where my life as a DJ began

GUARDIAN WOMAN

Women Creating Wealth...with Omoyeni Disu 18

GUARDIAN ANGELS

Owolabi Williams: The world needs the boys we build 20

MARIE CLAIRE

Tried & Tested: As a Beauty Editor, this is my easy skin glow routine for surviving a rigorous Fashion Week schedule + Shows I watched recently that deserve a spot on your watchlist 22

GUARDIAN WOMAN FESTIVAL

From FESTAC '77 to GWF 2027: Celebrating 50 years of women shaping Africa's creative industry 24

FASHION

Your wardrobe statement 26

TRAVEL

See, taste, explore Imo 28

LOVE AND RELATIONSHIPS

What forgiveness really means in a relationship 32

FASHION

Elegance on a budget 34

COLUMN

What if the football dream never comes true? 36

FASHION

Modern streetwear for men 39

FEATURE

Made in Lagos, sold as foreign 41

GUARDIAN GUIDES

48

LISTINGS

Places for a night out in Lagos 56





Mambilla Plateau, Taraba State

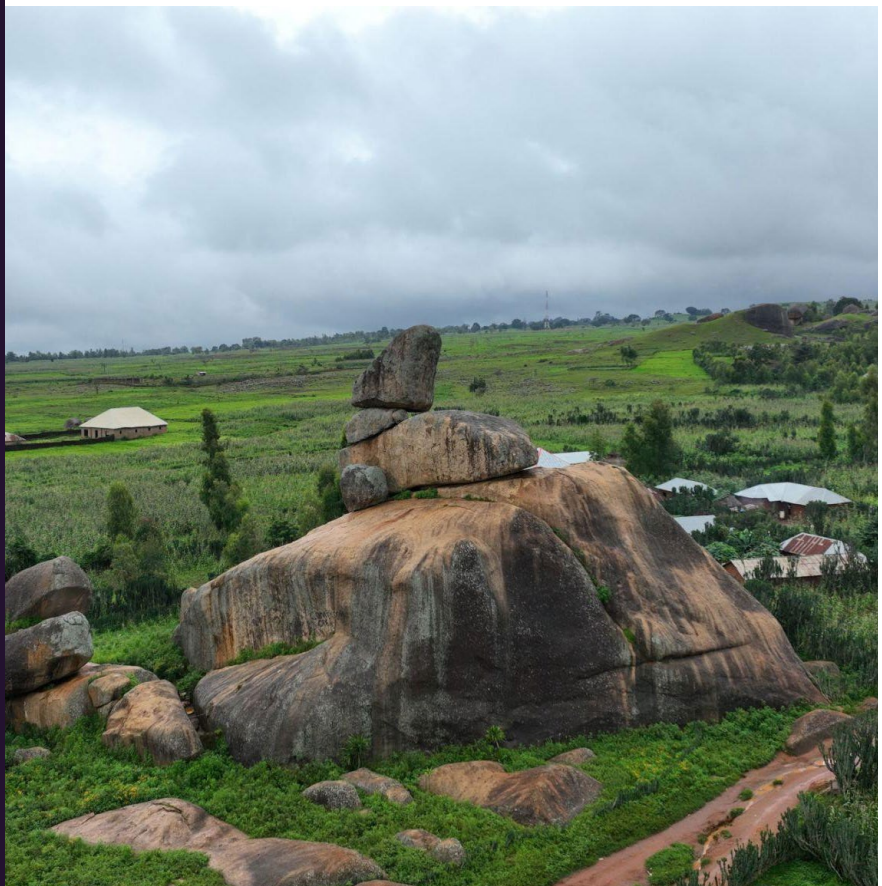
In southeastern Taraba State, the Mambilla Plateau stretches across rolling hills, open grasslands and steep slopes. At an average elevation of about 1,600 metres, it is considerably higher than much of Nigeria, giving it a cooler climate that supports farming and cattle rearing.

Around Gembu, one of the plateau's principal towns, farms and settlements sit between the hills. Tea is also grown around Kakara, adding to the area's agricultural character. The scenery changes from gently undulating grassland to ridges and escarpments that overlook the surrounding countryside.

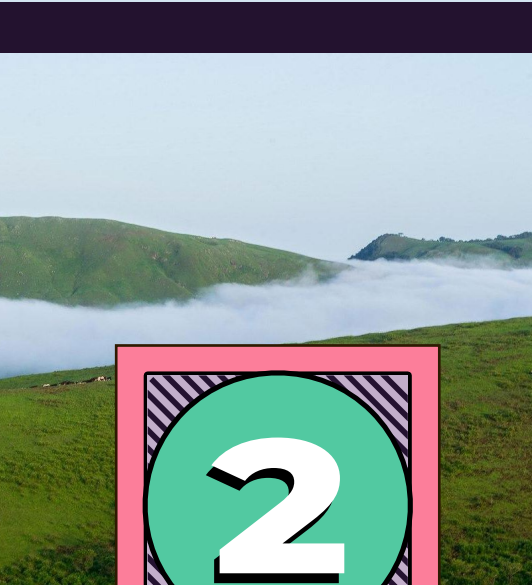
Waterfalls are another feature of the plateau. Barup, Manchewa, Rufi, Tiba and Bambika are among those listed by Nigeria's Federal Ministry of Information and National Orientation. Together, the highlands, waterways and farming communities give Mambilla a landscape distinct from Nigeria's lowland regions.



5 enchanting Nigerian landscapes



Landscapes are the natural scenery of a place, shaped by its landforms, vegetation, and climate. In Nigeria, this ranges from the open grasslands of the highlands to rocky outcrops and mountain ridges. From Taraba's Mambilla Plateau to the granite peaks of Shere Hills in Plateau State, these five landscapes reveal the country's beautiful terrains.



Obudu Plateau, Cross River State

In northeastern Cross River State, the Obudu Plateau lies within the Sankwala Mountain region, close to the Cameroon border. Its elevation creates a cooler environment than the state's lowlands, while its hills and valleys support a mix of grassland and wooded vegetation.

Obudu Mountain Resort is one of the area's best-known landmarks, sitting high above the surrounding countryside. Beyond the resort, streams, wooded slopes and patches of montane vegetation add variety to the scenery. The contrast is striking in a state widely associated with tropical rainforest.

The mountains can look different from one day to the next. Cloud cover sometimes hides the ridges, while clearer conditions reveal the contours of the hills and the vegetation covering their slopes. Obudu's landscape is shaped by elevation, rainfall, and vegetation. Its combination of open highlands, green valleys and mountain scenery gives Cross River State a geographical character beyond its familiar forests.

3. Jos Plateau, Plateau State

The Jos Plateau stands out for its rocky outcrops, rolling hills and unusual geological formations. Its landscape reflects a long history of geological activity, including the formation of granite and other igneous rocks, as well as volcanic activity.

Large rocks rise above grassland and farmland in some areas, while settlements and cultivated fields occupy the valleys and more accessible ground. This creates a landscape where natural formations and everyday rural life sit side by side.

The plateau contains older basement rocks alongside younger granite formations and volcanic rocks associated with Jurassic geological activity. Over time, weathering and erosion have helped shape the hills, valleys and exposed rock surfaces seen today.



Shere Hills, Plateau State

Near Jos, Shere Hills rises above the surrounding countryside in a series of rugged slopes and prominent rocky peaks. The hills form part of the wider Jos Plateau, a region known for its distinctive rock formations and elevated terrain.

Large exposed rocks give the hills much of their character, standing out against the surrounding grassland and valleys. From higher points, the landscape opens up across parts of Plateau State, revealing the uneven terrain that distinguishes the plateau from the lower ground around it.

However, Shere Hills has also faced pressure from mining and quarrying. In August 2026, Punch reported that mining activity had damaged parts of the hills, prompting concern about the condition of the natural landscape.

The issue highlights a difficult balance between mineral extraction and environmental preservation.

4. Sukur Cultural Landscape, Adamawa State

Set in the Mandara Mountains near Nigeria's border with Cameroon, the Sukur Cultural Landscape shows how closely a community's history can be tied to its surroundings.

Located in Madagali Local Government Area of Adamawa State, Sukur became a UNESCO World Heritage Site in 1999. Its defining features include the palace of the Hidi, the traditional ruler, terraced fields, stone-paved pathways and remains of an ironworking industry.

The terraces follow the slopes of the hills, reflecting generations of farming knowledge adapted to the mountainous terrain. Stone pathways link different parts of the settlement, while traditional buildings and dry-stone structures form part of the wider landscape.

Sukur is significant not only for its scenery but also for what it reveals about traditional governance, agriculture, ironworking and cultural life. Its palace, shrines, terraces and village structures show how people have shaped the land while adapting to its natural features.



FEDERAL
PALACE
HOTEL & CASINO
***** VICTORIA ISLAND • LAGOS

STAY. UNWIND. EXPERIENCE.

From exquisite dining to beautifully curated spaces, experience the comfort, elegance and service that defines the Palace.



TACO THURSDAY

📍 Every Thursday | ⌚ 7:00pm

Taco station | Sangria & Margarita station | Exotic cocktails
Happy Hour (buy one, get one free on selected drinks)
Latino music & vibe | **10% off Tacos for ladies** | Free shots



SATURDAY ATLANTIC GRILL

📍 Every Saturday | ⌚ 4:00PM - 9:00PM

N45,000 Per person

BBQ | GREAT FOOD | MUSIC | WEEKEND VIBES



SUNDAY BRUNCH ROYALE

📍 Every Sunday | ⌚ 12:00PM - 4:00PM

N50,000 Per person

Welcome Drink | Food | Wine | Cocktails | Live Entertainment



STAY: N220,500

Enjoy 1 Night Luxury stay

- ➔ Welcome Mocktail/cocktail
- ➔ Complimentary Breakfast
- ➔ Complimentary Early Check-In / Late Check-Out

Offer Valid till Oct 31st

@Federal Palace Hotel & Casino, 6-8 Ahmadu Bello Way, Victoria Island, Lagos

ENQUIRIES | RESERVATIONS:

☎ +234 (201) 277 9000 ☎ +234 706 497 4458

✉ info@federalpalace.com 📷 federalpalace



50 YEARS, STILL ICONIC.

Maltina, Nigeria's No. 1 Malt Drink

by Musa Adekunle



NEED TO KNOW

- Maltina, Nigeria's first locally produced malt, was launched in 1976.
- Maltina Classic is calcium-fortified, Vitamin A-rich and delivers the equivalent of half a glass of milk in every 33cl bottle.
- Maltina Teacher of the Year has recognised and rewarded outstanding secondary school teachers since 2015.
- Maltina Nourishment Tour reached over 300,000 students through practical science activities and nutrition education in 2026.
- In October 2026, Maltina unveiled a new look, bringing its iconic colours, nourishment credentials and "Since 1976" heritage confidently to the fore.
- Maltina renews partnerships with Tomike Adeoye and KieKie to champion its nourishment and happiness story.



Nigeria's No. 1 malt drink, Maltina, is marking 50 years of nourishment and shared happiness with a refreshed visual identity and renewed partnerships with Tomike Adeoye and Bukunmi Adeagbolori, popularly known as KieKie.

Since its launch in 1976, Maltina has grown alongside generations of Nigerians, becoming a familiar presence in homes, celebrations and everyday gatherings. The anniversary builds on that connection, giving the brand a contemporary expression while strengthening the relationships that help bring its values to life.

Actress and media personality Tomike, alongside actress, influencer and content creator KieKie, will continue that journey as brand ambassadors. Both bring distinctive personalities and strong connections with their audiences, helping Maltina express its longstanding commitment to nourishment, happiness and togetherness as it enters its next chapter.

Familiar faces for a new chapter

The renewed partnerships build on Tomike's six-year relationship with Maltina and KieKie's first year as an ambassador. As the brand marks its 50th anniversary, both women will continue bringing their creativity and personal connections with consumers to experiences centred on nourishment, happiness and togetherness.

Speaking on the renewed partnerships, Daniella Ogunsanya, Senior Brand Manager, Maltina, said, "We are delighted to continue our journey with Tomike and KieKie. They have each brought something distinctive to Maltina, helping us express the warmth and happiness at the heart of the brand in ways their audiences connect with. As we unveil this new look on this milestone journey of 50 years, continuing these partnerships feels like a natural extension of the strong connection we have built together, and we look forward to building more meaningful experiences."

For Tomike, continuing the partnership is an opportunity to build on a relationship that has grown over the years. "Being part of the Maltina story for the past six years has given me so many opportunities to connect with people and share in their happy moments," she said. "Maltina was the first brand to sign me on as a brand ambassador, and six years later, it remains one of the most beautiful and meaningful

partnerships of my journey, which makes this anniversary especially meaningful to me. I'm excited to continue the journey as Maltina celebrates 50 years and introduces a new look, and I look forward to the experiences we will create together."

KieKie echoed that enthusiasm, reflecting on her first year with the brand. "Representing Maltina has been such an honour. My journey with Maltina has been one of shared happiness, creativity



"Maltina was the first brand to sign me on as a brand ambassador, and six years later, it remains one of the most beautiful and meaningful partnerships of my journey."

— TOMIKE

COVER

and growth. It's a partnership that has allowed me to bring my personality to a brand that has been part of Nigerians' lives for generations," she said. "Continuing this partnership at such a significant moment makes it even more exciting. There's so much to look forward to, and I'm ready to bring that energy to the next chapter."

A new identity for a 50-year milestone

That next chapter takes visual form in refreshed packaging across Maltina's glass bottles, cans and PET bottles. The design gives familiar features greater prominence, pairing a more contemporary expression with clear reminders of the brand's heritage.

A Gold Crown Cork on the glass bottle, refreshed sunrays and a more prominent Golden Barley Icon bring new definition to the pack. The barley sheaf draws attention to the malt ingredient, while a bolder Calcium Coin highlights nourishment. Above the logo, "Since 1976" anchors the refreshed identity in five decades of Maltina's history.

Inside the new packs, consumers will find the same rich, nourishing taste they know and love, enriched with Vitamins A, B and C, and fortified with Calcium. Inviting consumers to have their say Rather than telling consumers what to say or how to react to the new identity, the brand lets everyone freely express their thoughts for the new look. Through the "What's Your Word?" campaign, Maltina invites Nigerians to experience the design and describe it for themselves.

Consumers can find the new packs in stores nationwide and submit one word capturing their impression at maltina.nbplc.com. As the brand celebrates 50 years, those responses give the people who have shared in its story a voice in how its next chapter is expressed.

Nourishment beyond the bottle

Over the years, Maltina's commitment to nourishment has extended to education. The ongoing Maltina Nourishment Tour, developed with STEM Africa Fest, combines nutrition education with practical science



"My journey with Maltina has been one of shared happiness, creativity, and growth. It's a partnership that has allowed me to bring my personality to a brand that has been part of Nigerians' lives for generations."

— KIEKIE

activities, giving students opportunities to ask questions, experiment and learn through participation. Designed to reach one million young minds over four years, the programme had reached more than 300,000 students across over 125 schools by July 2026, surpassing its initial first-year. School visits have covered Lagos, Oyo, Rivers, Kano and the Federal Capital Territory. Tomike and KieKie have helped bring these experiences to life. For KieKie, the tour offered a personal connection as

she returned to her alma mater, United Missionary Comprehensive College in Molete, Ibadan. Tomike also joined the initiative, visiting Maverick College in Samonda, Ibadan. Their involvement gives the ambassador partnerships an expression beyond campaigns and appearances, connecting with everyone, especially students through activities that encourage curiosity and discovery. For Maltina, the tour reflects another dimension of Maltina's nourishment philosophy: supporting young people

as they learn and grow.

Recognising the teachers shaping the future

For 12 years, the Maltina Teacher of the Year initiative has celebrated the educators shaping Nigeria's future, recognising hundreds of outstanding teachers and channelling millions of naira into their professional development and school infrastructure. Established in 2015 through the Nigerian Breweries-Felix Ohiwerei Education Trust Fund, the initiative reflects Maltina's commitment to supporting not just students, but also the teachers and learning environments that help them thrive.

The 2025 edition recognised Serah Yusuf of Wisdom International School of Excellence, Abuja, as the national winner, awarding her ₦10 million, overseas professional development training, and a ₦30 million infrastructure project for her school.

Building on this legacy, the 2026 edition will introduce two significant milestones to celebrate Maltina's 50th anniversary. The overall winner will receive a brand-new car, while, for the

first time, the competition will recognise Nigeria's best STEM teacher, highlighting the educators inspiring scientific curiosity, innovation and problem-solving among young Nigerians.

Through the Maltina Teacher of the Year initiative, Maltina continues to champion the people behind educational progress, recognising their contributions, strengthening school communities and helping create opportunities for the next generation.

Creating more reasons to come together

Maltina's commitment to nourishment and shared happiness extends beyond the classroom to festive occasions. In 2025, Tomike and KieKie hosted family activities in Lagos, Abuja, and Ibadan. The celebrations included light installations and Christmas villages designed to give families and friends places to gather and enjoy the season.

These experiences reflect the different ways Maltina has connected with Nigerians over the years, from family occasions to school visits and recognition for teachers. Together, they bring the

“For 50 years, Maltina has remained a symbol of nourishment, happiness and togetherness, continually evolving to connect with new generations while staying true to the values that have made it a beloved Nigerian brand.”

— DANIELLA OGUNSANYA

brand's emphasis on nourishment and happiness into everyday life. As it celebrates 50 years, the brand is bringing together its heritage, refreshed identity and renewed ambassador partnerships while continuing its focus on nourishment, education and shared experiences. For Maltina, the milestone is not only a celebration of how far it has come, but also an opportunity to build on its relationship with Nigerians in the years ahead.



Wisdom from our archive of cover stars



Tunga, Minna

Where my life as a DJ began

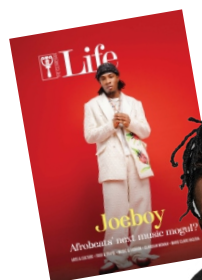
DJ Silver on discovering his sound in Tunga, Minna, and building his career in Abuja
TUNGA has been central to my journey as a DJ, particularly during my early years as a student in Minna. I discovered the craft there around 2011-2012 while studying Mathematics and Statistics at the Federal University of Technology, Minna. A visit to a club with friends sparked my interest as I watched the DJ use music to create happiness and excitement.

I began practising with Virtual DJ on my laptop before buying two handmade speakers, which I rented out while DJing for free at events. Those humble beginnings helped me find my feet and laid the foundation for my entertainment business.

Abuja later became an important part of my career. After meeting DJ Eyebee at my sister's wedding, I began following him to gigs, learning about professionalism and customer experience. This opened my eyes to new opportunities and helped me expand into sound reinforcement, lighting, LED screens, and other event-production services.

Interviewed by
Ajuluchukwu Brown.

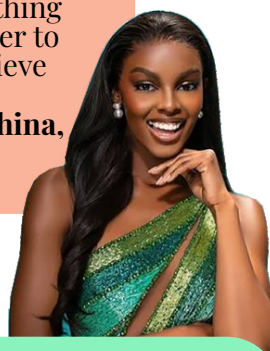
Keep up with our Street That Changed My Life Series at epaper.guardian.ng/publications



"Focus on consistency. It not only helps you improve but also makes you fall in love with the entire process."
Joeboy, 2024

"Don't give up on your dreams. Set goals for yourself. It might seem too scary, but set them anyway. Always do everything within your power to ensure you achieve them."

Chidinma Adetshina, 2024



"The passion is already there, but what truly matters is perseverance. That is where people get tired and give up."
Femi Adebayo, 2026



"When you combine authentic storytelling with uncompromising excellence, you don't just build a brand; you build a movement that inspires others to dream bigger."
Yinka Ash, 2025



"History and ancestral movements may have scattered us across different regions, but our shared African roots unite us."
Oxlade, 2024



Guardian Music



Maro: Making music on his own terms

by Chinonso Ihekire



Mavo is studying optometry, running his own record label, and making music with some of Afrobeats' biggest names. He talks to Chinonso Ihekire about creating his own slang, staying independent, and why his ambitions leave little room for a life outside work

His voice crackled with energy as he joined the call. It was a breezy weekday afternoon, and Osaretin Marvin was busy finalising some school errands at the medical campus of Afe Babalola University in Ekiti, hundreds of kilometres away from Lagos, where his growing portfolio of businesses, including his record label, is based. He was also thousands of kilometres away from South Africa, where he would be spending the next few days performing the same music that introduced him to the world as the superstar pop act we now know as Mavo.

For Mavo, being an optometry student, running an independent record label, and commanding a rapidly growing catalogue of hit records at just 22 seems like quite an uncommon experience. Yet, this complexity is perhaps best suited to the personality that defines him.

For the young singer, being sought-after as a music superstar comes with its own dividends, but it also feeds into his core philosophy, which revolves around being exceptional in every facet of his career. It's a conviction he has carried since secondary school in Edo State, where he spent much of his time writing songs, freestyling and imagining a future in music, even when his peers struggled to take his ambitions seriously. "I always knew I was on the right path," he recalls. "I was just not ready to convince anybody."

It is also the same mindset that has shaped much of his catalogue since his early SoundCloud days, when he recorded over free YouTube beats and gradually built a musical identity around his own experiences. With cult classics like Ukanigbe, which introduced many Nigerians to earlier favourites like "Tumo Weto" and "No," among other popular choices, as well as his 2025 breakout jam "Escaladizzy," Mavo has steadily expanded his fan base and cultural relevance. His euphoric flows, vulnerable storytelling, catchy street

lingo, including an entire dictionary of self-coined phrases documented in his bizzypedia, and an increasingly charismatic soundscape have drawn listeners deeper into his unique world. Over the years, he has also worked with major heavyweights, including Davido, Wizkid, Tiwa Savage and Wande Coal, among others, marking one of the biggest breakouts from Nigeria's underground music circuit in recent years.

Beyond the music, his entrepreneurial ambitions are also audacious and a strong part of his journey. Having built his career around an independent record label, Mavo is already navigating the complexities of managing it, while pursuing his university education and maintaining a demanding recording schedule. He admits to having little time for hobbies or leisure, with much of his attention divided between studying, recording music, and expanding his business interests. His ultimate ambition is to build a multimillion-dollar company, while his medical education forms part of a longer-term plan to establish a foundation that can employ doctors and provide healthcare services to underserved communities. For someone whose creative philosophy revolves around building his own world, the ambition seems quite... Mavo.

Shortly after the release of his latest studio project, Business, the talented pop crooner catches up with Guardian Music, piecing together details of the grand masterpiece that is his ascent, his muses, the complexities of being a young CEO, student and celebrity

artist, as well as his mission to constantly reinvent himself for success among the next generation of African superstars.

Before you started experimenting with music, had you ever imagined yourself becoming a musician?

Yeah, I always imagined myself being a musician, right from secondary school.

What was it about music that attracted you at the time?

Creating, basically. I love creating my own thing, and that was the premise for most of the things I was doing at that young age. I was obsessed with creating my own thing.

What were you creating at the time?

Were you freestyling, writing songs, or performing with bands in school?

Yeah, I was writing and freestyling. It was just vibes at that time. Nothing too serious.

How did your friends react to your music?

I don't have friends from school right now. I don't talk to them anymore.

When I left secondary school, I didn't have any friends anymore. When I went to university, I just had one friend, and that friend is on my record label right now.

Would you say you were more sociable in secondary school, or was there a particular reason you became more withdrawn at university?

When I went to university, I decided to be more focused on music. And focusing on music means you cannot take in bad energy.

Most of the people from my secondary school, their energy wasn't really good. They didn't really encourage me to be a better artist, or tell me that I was good at what I was doing. They would just laugh it away. At what point did you become convinced that music was something you could pursue professionally? Was there a particular moment of validation?

I was always convinced. I always knew I was on the right path. I was just not ready to convince anybody.

That's quite interesting, especially considering that you're also studying optometry. Did school ever feel like a distraction from your musical ambitions?

No. My lecturers know. I tell my lecturers all the time. If you ask them, they would tell you that



"I knew I was on the right path."

— MAVO



Marvin Owey said he's going to be a great artist. Marvin Owey told me that he's going to be a great artist.

You spent your secondary school years in Edo State. How did that environment shape your musical interests? What were you listening to at the time?

Musically, I was listening to everybody. That's what was inspiring me. I was just a music lover, especially African music. You could see me listening to Tiwa Savage, Naira Marley, Wizkid, Davido, all those great artistes making great music. I loved all the Davido songs, "Aye," "FIA," all those great songs. Then there was Burna Boy as well, "On the Low," all those great songs that were popping at that time. I was all about great music.

Were you making covers of these songs or experimenting with similar sounds at the time?

I wasn't making covers. I was just putting it in my mind that one day, I would create music as substantial as this. But I hadn't had enough experiences to do that.

Your career started on SoundCloud before expanding to mainstream streaming platforms. Who were the producers you worked with during that period, and why were you releasing your music exclusively on SoundCloud?

On SoundCloud, I wasn't working with producers. I was working with YouTube beats.

“Musically, I listen to everybody that inspires me.”

— MAVO

I was on SoundCloud because they were YouTube beats. I hadn't paid for these beats, and I didn't have any channels. I didn't know anybody in the music industry who could help me pay for the beats.

But eventually, I met my manager, Bev. She knew a couple of people, so we could talk to people, finally pay for my stuff and put it out on major platforms.

Your relationship with Bev is quite interesting. She's spoken about how she was instantly convinced by your sound. What convinced you that she was the right person to work with?

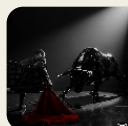
I met Bev six years ago, in 2020, at a club. My friend Mona introduced her to me. At that time, I had a fashion brand called Pink. She used to be around, putting me through things generally, especially branding. She would tell me things like, "Oh, this picture is fresh."

We weren't speaking like that at the time, but when I went to school, I met my former manager, Dara.

Continue reading on guardian.ng/category/life/

PLAYLIST OF THE WEEK

by Mayowa Iyiola



GOODNESS

Fireboy ft Lojay



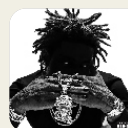
BURUKUTU

Olamide



2AM in toronto

FOLA ft Davido



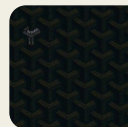
.com

Shallipopi



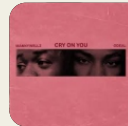
PRAY

R.City ft Ayra Starr



GOYARD

Mavo



CRY ON YOU

Mammycellz ft Odeal



Guardian Woman

EMPOWERMENT • ENTREPRENEURSHIP • LEADERSHIP • MENTORSHIP



KIKI OKEWALE:

Women must create room for
one another to grow

by Ijeoma Thomas-Odia

Kiki Okewale is building more than a fashion business; she is creating opportunities for women, championing African craftsmanship, and redefining how the world sees Nigerian textiles. As a pioneering fabric manufacturer and creative director, she has turned bespoke fabric printing into a platform to celebrate African identity, heritage, and luxury. Her influence extends beyond the textile industry. Through Women High Achievers Trybe (WHATRYBE), she has built a community of more than 10,000 women, fostering mentorship, collaboration, and shared success. As co-founder of Women Radio 91.7FM, she has helped amplify women's voices, while her Stitches of Hope Foundation has equipped more than 5,000 women and girls with skills to build sustainable livelihoods. Her work includes representing Nigeria at the Thai Silk Festival and supporting women's economic independence. In this interview, she speaks on her passion for cultural pride and her commitment to ensuring that more women have the skills, platforms, and opportunities to thrive.

What inspired you to become an entrepreneur in the fabric printing industry?

My journey into fabric printing began with a need I had encountered repeatedly through Hope Fashion Group. We would introduce a fabric that our customers loved, and when they wanted to purchase it again, or when new customers wanted the same design, we could no longer find it in the market. For a fashion business that values distinctiveness, this presented an important question: how do you maintain the uniqueness of your offerings when you do not have control over the availability of the fabrics you work with? That experience got me thinking beyond sourcing fabrics to creating them. Rather than continue to depend entirely on what was available in the market, I saw an opportunity to develop the capacity to print our own designs and, in doing so, have greater control over

exclusivity, consistency, and availability.

That thinking eventually led to Fabric Printing Global. What interests me about the business is that it addresses a need within our own fashion operations while also providing a service to other designers, fashion businesses, and customers who want to bring their creative ideas to life. More broadly, it reflects how I approach entrepreneurship. I am interested in understanding the entire value chain of an industry, identifying where the gaps are and finding ways to build businesses that address those gaps. That thinking has informed the wider ecosystem we are developing across fabric printing, fashion production, and related offerings.

What has been your biggest challenge as a woman in business?

One of the biggest challenges is having to navigate expectations that have very little to do with your actual competence. In business, a woman can find herself having to establish her credibility repeatedly, even when her experience and results should speak for themselves. There is also the practical reality of building a business in Nigeria. Access to affordable capital, infrastructure, reliable power, foreign exchange, and the general cost of doing business are challenges for entrepreneurs. But women can face additional difficulties, particularly where access to

collateral, business networks and investment opportunities is concerned.

I have learnt that being good at what you do is important, but it is not always enough. You must understand your numbers, build the right relationships, negotiate well and be willing to make difficult decisions. You also have to develop the confidence to occupy your space without feeling that you need to constantly justify your



presence. I do not believe every difficulty a woman encounters is necessarily because she is a woman. That would be too simplistic. But where gender creates an additional barrier, we should be honest about it. The goal is not to make business easier for women by lowering expectations. It is to ensure that women have a fair opportunity to compete, lead, and succeed.

How has your work helped promote African culture through fashion?

Fashion is one of the ways we

communicate who we are. Our textiles, patterns, colours, and creative traditions carry stories about our history, our communities, and how we see ourselves. When African fashion is developed and presented with intention, it does more than create beautiful clothing; it gives our culture visibility and commercial value. My work across fashion and fabric printing has given me an appreciation for the relationship between creativity and production. We have talented designers and creatives who understand how to translate African influences into contemporary fashion. What matters is building the capacity to produce quality products consistently, so that our creativity can compete in wider markets.

What inspired you to establish Women High Achievers Trybe?

WHATrybe came from a very personal place for me: my belief in sisterhood and the difference women can make in one another's lives. I have always felt that there is something powerful about women having a community where they can show up as themselves, share their experiences, and know that the people around them genuinely want to see them do well. We all have moments when we need encouragement, perspective, a listening ear, or an opportunity that we may not have been able to access on our own. But sisterhood, to me, is much more than friendship or being present for one another during difficult times. It is also about recognising the value we each carry and being intentional about creating room for one another to grow.

A woman's experience, knowledge, or connection may be exactly what another woman needs to take her next step. And sometimes, the most valuable thing we can do is share what we have learnt rather than allow another woman to struggle through something we have already figured out.

“Women should be able to celebrate one another without feeling that another person's success takes anything away from them.”

— KIKI OKEWALE

“Sustainable wealth is building something that goes beyond immediate income.”

— OMOYENI DISU

Women Creating Wealth ...with Omoyeni Disu

building businesses, creating jobs, owning assets, developing intellectual property, and creating opportunities that can benefit other people as well. I also think we need to expand our understanding of wealth. Wealth can be financial, but it can also be knowledge, relationships, reputation, access, and the ability to build something that continues to create value over time.

One experience that has made this particularly meaningful for me is the story of the Mwanga Africa Girls Bootcamp. In 2019, Mwanga partnered with AGS Tribe, now Herconomy, on an initiative where we gave \$1,000 to women who shared their “light out of darkness” stories. One of the women we supported was Excellence Anurika Joshua, who used part of that support to begin her technology journey.

A few years later, she had built Techy Train and, in 2023, created the Mwanga Africa Girls Bootcamp in my honour and in honour of Mwanga. More than 700 girls from different African countries were selected for the programme, and I had the opportunity to speak to them during one of the sessions. I shared my story, my journey building Mwanga, and some of the lessons I have learnt along the way.

For me, that is a beautiful example of what wealth creation can become when it extends beyond the individual. What we did for one woman eventually impacted hundreds of other women. That is the kind of value and legacy I believe wealth can create.

How are you creating sustainable wealth as a woman?

For me, sustainable wealth is about building something that goes beyond immediate income.

With Mwanga Africa, I am very intentional about building a company with structure, strong products, multiple revenue streams, and long-term relevance. What began with candles has expanded into a wider fragrance and lifestyle offering, including diffusers, room fragrances, car fragrances, and scenting solutions for homes, businesses, offices, hospitality spaces, and events, plus fresh flower arrangements and much more.

Guardian Woman Festival has brought together women leaders, policymakers, business executives, entrepreneurs, creatives, development practitioners, media professionals, and other stakeholders committed to advancing opportunities for women and girls.

As we prepare for the 2027 edition hosted by Federal Palace Resort, with the theme, ‘Women as wealth creators’, we spotlight the Chief Executive Officer of Glitter Girl Innovations Limited, Omoyeni Disu. She speaks on her years of experience across industries and on impacting girls while creating wealth legacies.

Take us through your career path.

I started working very early, around age 14. My parents were very intentional about that. Whenever I came home for the holidays, they insisted that I take on vacation jobs. As I grew older, my professional journey took me through several industries. I worked across government, event management, and consulting. I also spent time in Canada,

where I worked in marketing, and later worked as an Events Manager at the Marriott before the property became Radisson.

Eventually, many of those experiences came together when I founded Mwanga Africa in 2018.

Mwanga started from a deeply personal place, but over the years it has evolved into a fragrance and lifestyle business built around creating experiences through scent. My work has also expanded into film production and other creative interests, and I think that reflects something I have come to understand about myself: I have never been someone who fits neatly into one box. I have also ventured into entertainment through OSD Entertainment, an event management and production company that produced the GOAT (Greatest of All Time) concert.

What does women creating wealth mean to you?

For me, women creating wealth means creating value, building ownership, and making choices from a position of greater independence. It is bigger than simply earning an income. It is about women

Interested organisations can explore sponsorship, partnership and programme-hosting opportunities by contacting Guardianwomanfestival@guardian.ng, Ricketts: +234 802 301 5115 or Olayinka: +234 808 695 1129.

IWD 2027 THEME:

BALANCING THE SCALES

(WOMEN AS WEALTH CREATORS)



FEDERAL
PALACE
HOTEL & CASINO
***** VICTORIA ISLAND • LAGOS



Guardian Woman Festival



Call for sponsors, partnerships and collaboration at the 2027 Edition of The Guardian Woman Festival.
Bookings for spaces now available.

	1 Monday Opening Ceremony	2 Tuesday Book Your Women's Month Event Here	3 Wednesday Book Your Women's Month Event Here	
4 Thursday Book Your Women's Month Event Here	5 Friday Book Your Women's Month Event Here	6 Saturday Book Your Women's Month Event Here	7 Sunday Mothering Sunday	8 Monday IWD 2027 
9 Tuesday Book Your Women's Month Event Here	10 Wednesday Book Your Women's Month Event Here	11 Thursday Book Your Women's Month Event Here	12 Friday Book Your Women's Month Event Here	13 Saturday Book Your Women's Month Event Here
14 Sunday Book Your Women's Month Event Here	15 Monday Book Your Women's Month Event Here	16 Tuesday Book Your Women's Month Event Here	17 Wednesday Book Your Women's Month Event Here	18 Thursday Book Your Women's Month Event Here
19 Friday Book Your Women's Month Event Here	20 Saturday Book Your Women's Month Event Here	21 Sunday Book Your Women's Month Event Here	22 Monday Book Your Women's Month Event Here	23 Tuesday Book Your Women's Month Event Here
24 Wednesday Book Your Women's Month Event Here	25 Thursday Book Your Women's Month Event Here	26 Friday Book Your Women's Month Event Here	27 Saturday Book Your Women's Month Event Here	28 Sunday Easter Sunday - Brunch Royale Special Celebrating Women
	29 Monday Easter Monday	30 Tuesday Book Your Women's Month Event Here	31 Wednesday March Closing Ceremony	

 TheGuardian

Guardian Woman

marie claire

 GuardianTV

 Life

GuardianAngels

INVESTING
IN WOMEN

 WW

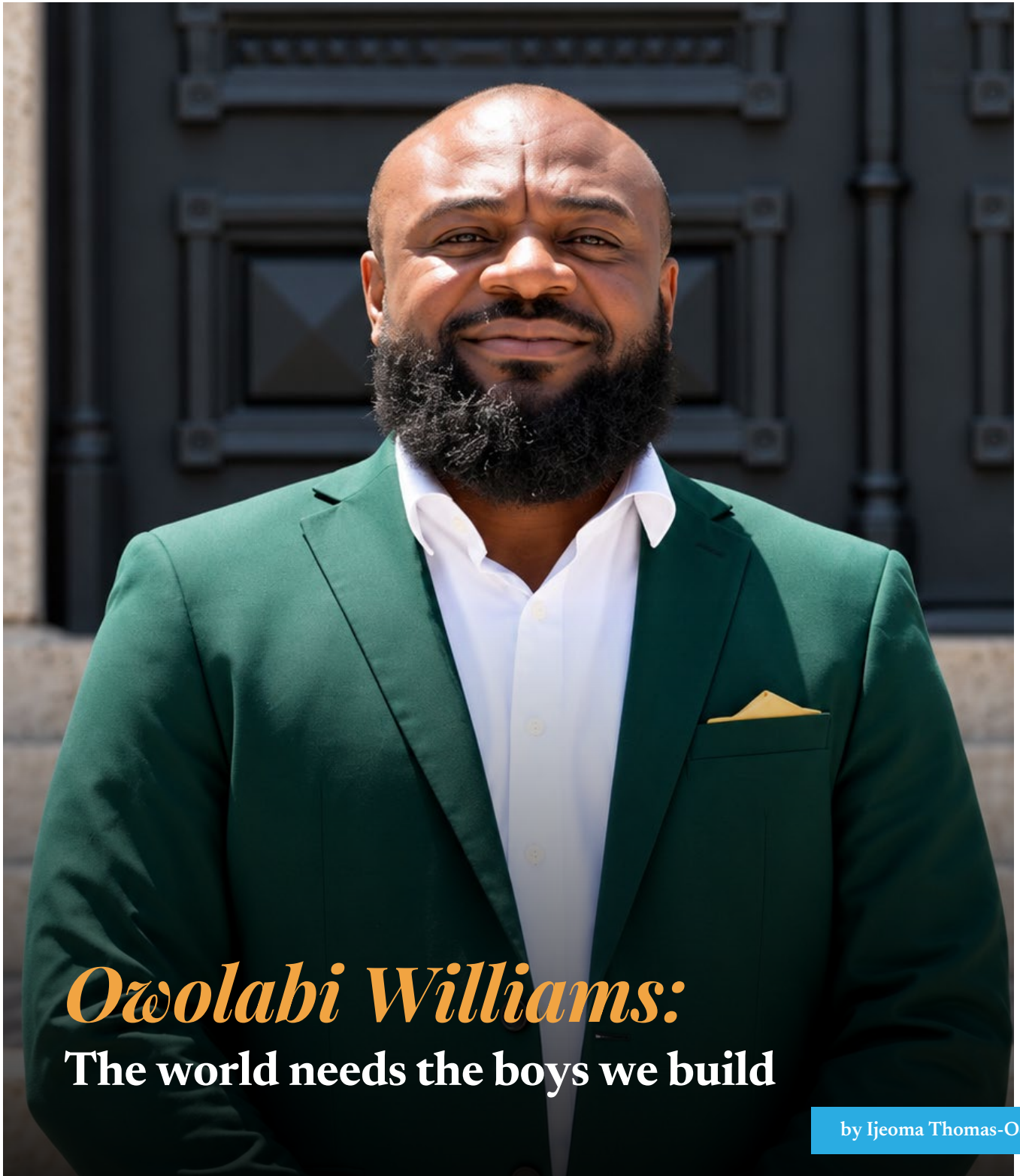
LIFESTYLE & CULTURE | HEALTH & WELLNESS | SOCIAL IMPACT | CAREERS & BUSINESS

ENQUIRIES | RESERVATIONS: ☎ +234 802 301 5115 ☎ +234 808 695 1129

✉ info@federalpalace.com | gwtf@federalpalace.com 📷 @federalpalace

Guardian Angels

▪ ADVOCACY ▪ PHILANTHROPY ▪ SOCIAL IMPACT ▪ CORPORATE SOCIAL RESPONSIBILITY ▪ SOCIAL ENTREPRENEURSHIP



Owolabi Williams:
The world needs the boys we build

by Ijeoma Thomas-Odia

Owolabi Williams is championing a global movement to raise responsible, confident and purpose-driven young men. A social entrepreneur, author, educator and pastor, he is the founder of Boys Lead Foundation, established in 2017 to empower boys through mentorship, education, leadership and character development. Through the foundation, Williams has impacted over 20,000 boys and young men across Nigeria, the United States, Canada, the United Kingdom and beyond. He also convenes the Global Boys Summit and developed the 5E Method of Boys Development, a framework for nurturing boys into responsible adults. A recipient of the U.S. President's Lifetime Achievement Award and author of several books on fatherhood, mentoring, and masculinity, Williams speaks about his mission to transform boyhood development, strengthen families and raise a generation of men equipped to positively impact society.

Take us back to Owolabi the boy. What experiences shaped the man you became?

To understand my work, you have to understand the boy I was. I was born and raised largely in Lagos, around Ebute Metta, and many of my earliest lessons came from places that did not look like classrooms at the time. Football was one of those classrooms. Playing on the streets taught me that you had to earn your place, negotiate with people, work with a team and prove yourself. Later, training more seriously under a coach taught me discipline and resilience. Running on the sand at Bar Beach was hard, but

it taught me to keep going when something was difficult.

My mother was probably the greatest influence on my formation. She was firm with me, corrected me often and had very high expectations of who I could become. She prayed over me, taught me about people and responsibility, and even wrote ten-year and twenty-year plans for our family. Looking back, I realise she was planting seeds I did not yet understand. School also shaped me, particularly my years at Igbobi College. My teachers taught discipline, consistency and hard work. The church became another classroom where I learned leadership, service and responsibility.

When I look back now, I can see that the boy I became was formed by my family, coaches, teachers and faith communities. None of them necessarily called it formation at the time, but that is what they were doing. They were forming the boy who became the man.

When did you realise that working with boys and young men was more than an interest for you?

It was not one dramatic moment. Looking back, I think I had been prepared for this work for a long time through sports,

an all-boys school, church leadership and service. When I moved to the United States, those experiences took on a new urgency. I began working with young people and older men, encountered young offenders and boys on probation, and served as a Big Brother with Big Brothers Big Sisters of Houston. I saw the difference that one committed adult could make in a boy's life.

By late 2016, I knew I could not remain on the sidelines. I stepped away from my job, and in 2017 Boys Lead Foundation was established in Houston. I am a man of faith, so I see this differently from simply saying I found an area of interest. I believe God did not just give me an interest in boys. He gave me a responsibility and a heart for boys and men.

What did you see in boys and society that convinced you this was work worth building your life around?

I saw boys drifting. While working with young offenders, I encountered teenagers facing serious consequences at remarkably young ages. Across different communities, from Lagos to Houston and now other parts of the world, I have seen boys become disconnected from life, responsibility, and purpose.

One of the things that stayed with me was how quickly a boy could change. A boy who was bright and curious at nine could become quiet by fourteen. Sometimes a boy who was labelled disrespectful was simply struggling to express something underneath the behaviour.

The bigger issue is that intentional formation is often nobody's clearly assigned responsibility. A boy can be present in his family, school and community and still be unseen by all of them. Families may be exhausted. Teachers may be managing behaviour. Institutions may be responding to crises. We spend a lot of energy dealing with consequences after

they appear, but not enough creating the conditions that help boys develop before those consequences emerge. We have to ask who is forming the boy before we start blaming the man. Boys are not the problem. Someone is always forming them. If the father or mentor is not present, it may be the screen, the street corner or an algorithm. That is where we are right now.

You often use the word "formation." What does intentionally forming a boy actually mean?

Formation is what happens when a boy is given truth, structure, guidance, correction, responsibility, and opportunity over time by people who are genuinely invested in him. It is deeper than motivation or affirmation. When we reduce boys to grades and behaviour, we miss important parts of who they are. We miss identity, emotional language, responsibility and initiation. A boy needs to know who he is. He needs language for what he feels because sometimes male behaviour is simply untranslated emotion wearing armour. He needs responsibility because boys grow when they have something real to carry. And he needs those moments when a community tells him, "We see you, we expect something from you, and we will help you become it." Correction without formation can create resentment rather than maturity. A boy does not become a man simply because he gets older. He becomes a man through intentional formation, practical responsibility, and discipline.

You developed the 5E Method. What is the thinking behind it?

The 5E Method came out of years of sitting with boys. I worked with young offenders, school mentoring programmes, and boys in different communities, and I noticed that the mentoring relationships that worked tended to follow the same order.

"Across different communities, from Lagos to Houston and now other parts of the world, I have seen boys become disconnected from life, responsibility, and purpose."

— OWOLABI WILLIAMS

marie claire NIGERIA

BEAUTY



Tried & Tested: As a Beauty Editor, this is my easy skin glow routine for surviving a rigorous Fashion Week schedule

by Chinazam Ikechi-Uko

Fashion Week may look glamorous from the outside — the clothes, the venues, the models and the endless stream of photographs — but anyone who has worked behind the scenes knows how demanding it can be. Months of planning can come down to a few intense days of shows, meetings, deadlines and last-minute changes. And while the pressure may be temporary, your body often registers it long before you admit you are overwhelmed.

In this week's edit of Tried & Tested, I'm sharing the skincare products and everyday habits that have helped me keep my skin together through demanding schedules, late nights, and the inevitable stress of peak season.

For me, one of the first places that stress shows up is my skin. Breakouts, tired eyes and a general lack of brightness are

difficult to hide when you are running on little sleep and moving from one commitment to another. I have learnt that while you cannot eliminate the chaos of peak season, you can prepare for it — and sometimes, taking care of your skin is a good place to begin.

My routine starts with the basics: water, fruits and vegetables and, whenever possible, proper meals. On particularly stressful days, I reach for apples, tangerines, carrots and cucumbers. I have also grown to appreciate Nigerian soups such as Oha and Efo Riro, which are among my favourites. And then there is one slightly unexpected addition: sardines. Inspired by supermodel Anok Yai, who has spoken about eating sardines for glowing skin, I started incorporating them into my routine and have been pleasantly surprised by the results.

For the visible signs of exhaustion, Blue Poppy's Forget-Me-Not eye masks have become a favourite. Inspired by adire patterns, the masks are infused with ingredients including niacinamide, glycerin and Palmitoyl Tripeptide-5. After about 30 minutes, I noticed that my under-eye area looked noticeably less tired, which is particularly useful after a late night.

I have also been reaching for Blue Poppy's B2B Barrier Repair Cleanser when my skin feels dry or irritated. Its gel texture feels cooling on application, while ingredients such as beta-glucan, hyaluronic acid, niacinamide and panthenol make it feel particularly comforting when my skin is stressed. The cleanser lathers easily, and a small amount goes a long way. My only complaint is that the metallic finish around the bottle's mouth began to peel after repeated exposure to bathroom steam.

For a little extra radiance, there is Zaron's 7% Glycolic Acid Toner. I apply it to my face, neck and chest with a cotton pad, and it absorbs quickly. The glycolic acid helps exfoliate and improve the appearance of skin texture, leaving my complexion looking brighter. However, it can be drying, so moisturiser and sunscreen are non-negotiable afterwards.

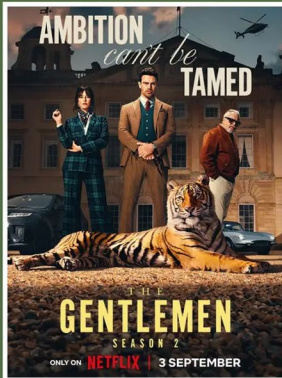
The bigger lesson is that surviving demanding seasons is not about pretending the pressure does not exist. It is about recognising how that pressure affects you and finding small, practical ways to care for yourself through it. When everything around you feels urgent, a few quiet minutes with your skincare routine can be a reminder to slow down, breathe and care for the person doing all the work.

Visit www.marieclaire.ng to read more

marie claire

NIGERIA

ENTERTAINMENT



Shows I watched recently that deserve a spot on your watchlist

by Oyindamola Adebisi

I take my TV time seriously — and these are the 5 shows I watched recently that deserve a spot on your watchlist

We're officially in the last quarter of the year, and if you work in media, you already know what that means. For us, things are getting busier. Fashion season is here; the art season has its own calendar of events, and Dettys December is slowly creeping up on us. Everybody has somewhere to be, something to do, or someone to meet. And somehow, there's still work to finish in between everything else.

Personally, one of my favourite ways to escape all the noise is to settle down and watch a good show. Give me an interesting storyline, characters I can get invested in, and enough drama to piss me off a few times, and then I'll be happy with life.

So, in the spirit of sharing the little things that make life enjoyable, here are five shows I've watched in October that you should give a chance, too.

"Ordinary People"

Watch on Netflix

Mirage Estate is an eight-episode Nigerian

thriller centred on Dare Laguda, a fintech worker who moves into a seemingly perfect Lagos estate but is secretly a hacker monitoring its residents. Beneath the polished facades are dark secrets, including an abusive marriage, a troubled Nollywood actress, a Ghanaian couple hiding a corpse and an estate chairman with secrets of his own. The series explores the contrast between appearances and what happens behind closed doors, making it a compelling watch for fans of Nigerian thrillers.

I find the range of storylines interesting because the show touches on several issues while exploring the difference between how people present themselves and what goes on behind closed doors. With so many secrets in one estate, there's always something to uncover. If Nigerian thrillers are your thing, you'll want to check this out. Just remember that the next time your neighbours look suspiciously perfect, you don't actually know what's going on in their house.

"Cynthia Is a F**king B*tch"

Watch on YouTube

I stumbled on this by chance, and got hooked from the first episode! "Cynthia Is a F**king B*tch" follows Cynthia, who

cyberstalks and bullies Toni for dating her ex-boyfriend, Razak. What starts as an online battle for a man's attention eventually spills into real life, and let's just say that everybody has some growing up to do.

Toni initially comes across as the calm one, but watch what happens when she starts thinking she's winning Razak. Suddenly, that calm disposition begins to disappear. Her best friend, Jemmy, tries to remind her that men are not the prize, but Toni has to learn that lesson the hard way.

Set in Lagos, the series brings plenty of social media drama, female friendships, messy relationships and characters you will probably have strong opinions about.

"The Gentlemen"

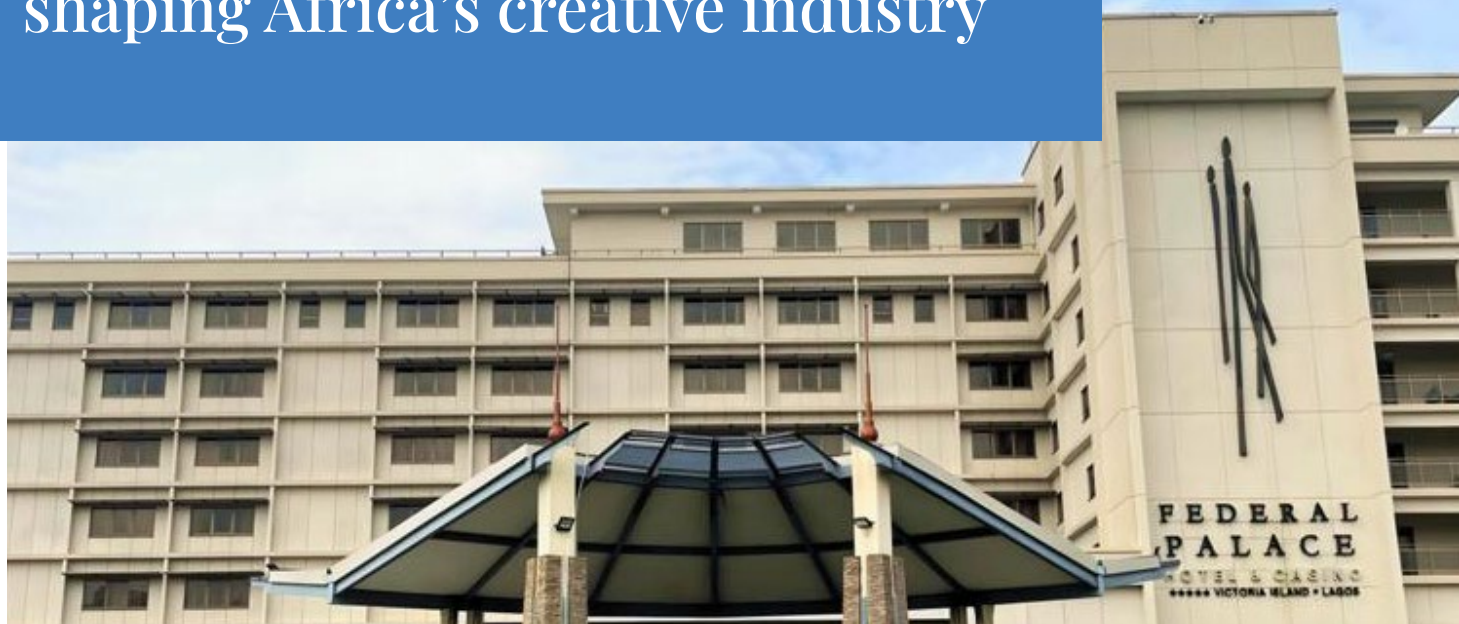
Watch on Netflix

Okay, this one blew my mind. "The Gentlemen" follows Eddie Horniman, a British Army officer who inherits his family's estate after his father's death, only to discover that it comes with a massive cannabis empire. Imagine going from being an upright, respectable military man to running a criminal enterprise you never asked for. Life really does come at you fast! And his older brother, Freddy Horniman? That man tested my patience. He's impulsive, chaotic, and seems to have a talent for making an already complicated situation ten times worse. Even though I strongly doubt the probability, Freddy, please have some sense next season.

But my favourite character has to be Susie Glass, the front woman of the cannabis empire. She's sharp, powerful and absolutely no-nonsense. She knows her business, knows what she wants, and isn't about to let anybody underestimate her. I particularly enjoyed watching her navigate the criminal underworld while dealing with Eddie and his family's endless complications.

Visit www.marieclaire.ng to read more

From FESTAC '77 to GWF 2027: Celebrating 50 years of women shaping Africa's creative industry



The meeting of the Niger and Benue rivers near Lokoja is one of Kogi State's best-known sights, but the state offers more than the confluence. Its landscape stretches from hills overlooking the capital to historic towns, royal palaces and communities where traditions have been passed down through generations.

Fifty years ago, Lagos became the heartbeat of African culture and creativity when Nigeria hosted the Second World Black and African Festival of Arts and Culture, popularly known as FESTAC '77. The historic gathering brought together thousands of artists, musicians, writers, dancers and cultural enthusiasts from Africa and the diaspora in a celebration of Black identity, heritage and artistic expression.

Held between January 15 and February 12, 1977, FESTAC '77 was more than a cultural festival. It represented Africa's confidence in its identity, creativity and capacity to influence global culture. With participants drawn from 59 countries

and communities, the festival established Nigeria as a major destination for cultural exchange and artistic expression. At the heart of this legacy were women whose contributions to music, literature, visual arts, fashion, performance and cultural preservation helped shape the festival and the creative movements that followed.

As Nigeria prepares to commemorate 50 years of FESTAC '77 in 2027, the milestone presents an opportunity to recognise the women who have preserved, transformed and commercialised African creativity over five decades.

It is against this background that the **Guardian Woman Festival 2027**, now in its fourth year, will dedicate a special

celebration to women in the creative industry during International Women's Month in March.

Under the theme "Women as Wealth Creators," the festival will recognise women's contributions to cultural preservation, entrepreneurship, employment generation and economic development, while advancing conversations on policies and investments needed to sustain their achievements.

Fifty years of women shaping African creativity

Women played important roles in FESTAC '77 as performers, artists, writers, intellectuals and cultural advocates. Notable figures associated with the festival included South African singer Miriam Makeba, American writers Alice Walker and Audre Lorde, and visual artists Faith Ringgold and Betye Saar. Photographer Marilyn Nance also documented the historic gathering, preserving an important visual record of African and Black cultural expression.



Their contributions reflected women's influence in shaping cultural narratives, preserving identity and challenging stereotypes. Beyond FESTAC '77, generations of Nigerian women have continued to redefine Africa's creative landscape, transforming traditional artistic skills into businesses and globally recognised brands.

Pioneers such as Ladi Kwali elevated Nigerian pottery to international recognition, while artists including Afi Ekong, Clara Etso Ugbodaga-Ngu and Princess Elizabeth Olowu expanded women's presence in visual arts and sculpture. Chief Nike Davies-Okundaye has demonstrated how indigenous textile traditions, particularly Adire, can become powerful tools for cultural preservation, entrepreneurship and

women's economic empowerment. In literature, writers such as Flora Nwapa, Buchi Emecheta and Chimamanda Ngozi Adichie have projected African women's experiences onto the global stage, while contributing to the growth of publishing and intellectual property.

The film industry has witnessed remarkable contributions from women, including the pioneering Amaka Igwe and contemporary filmmakers and producers such as Mo Abudu, Funke Akindele, Bolanle Austen-Peters, Kemi Adetiba and Jade Osiberu, who have helped expand Nigerian storytelling into international markets.

In music, generations of women, from Onyeka Onwenu and Christy Essien-Igbokwe to Tiwa Savage, Yemi Alade and Tems, have strengthened Nigeria's cultural influence globally. Across fashion, photography, beauty, crafts, theatre, design and digital content, women have continued to build enterprises, create employment and contribute to Nigeria's growing creative economy.

Yet, despite these achievements, many women still face limited access to finance, infrastructure, international markets and institutional support. Their contributions to cultural development have not always translated into equal economic opportunities.

The golden jubilee of FESTAC '77 therefore presents an opportunity to move beyond celebrating women's creativity towards recognising their role as business owners, employers, investors and wealth creators.

Federal Palace Resort: Where history meets the future

The choice of Federal Palace Resort as the venue for the Guardian Woman Festival carries historical significance. Established around Nigeria's independence in 1960, the historic hotel has hosted important national and cultural events, including activities associated with FESTAC '77. Its legacy as a centre for hospitality, diplomacy and cultural engagement makes it a fitting setting for commemorating this milestone.

Five decades after FESTAC '77, Federal Palace will again provide a platform for celebrating African creativity, this time with a deliberate focus on women's contributions to economic growth and cultural development. The partnership also reinforces the importance of preserving historical spaces while using them to inspire new conversations on enterprise, leadership and national development.

Guardian Woman Festival: Four years of advancing women

Since its inception in 2024, the Guardian Woman Festival has grown into a platform for celebrating women's achievements and advancing conversations on inclusion, leadership and economic empowerment. The inaugural edition, themed **"Inspiring Inclusion,"** focused on women's participation across sectors. In 2025, **"Women Mean Business"** highlighted women's entrepreneurship and leadership, while the 2026 edition, **"Reciprocity,"** promoted collaboration and shared responsibility for women's advancement. Now in its fourth year, the festival will run from March 1 to 31, 2027, under the theme **"Women as Wealth Creators."**

The theme recognises women not merely as beneficiaries of economic opportunities but as active contributors

to wealth creation, business development, employment and national prosperity. As part of the month-long activities, a special event will commemorate 50 years of FESTAC '77, celebrating women who have contributed to Nigeria's creative industry over the past five decades.

The gathering will bring together creative pioneers, entrepreneurs, emerging talents, investors, policymakers and cultural institutions to honour achievements, encourage collaboration and explore opportunities for sustainable growth. It will also provide a platform for intergenerational engagement, allowing younger women to learn from industry pioneers while creating opportunities for mentorship, partnerships and market access.

A call for participation, sponsorship and partnership

As preparations gather momentum, The Guardian Nigeria, through the Guardian Woman Festival, invites women in the creative industry, corporate organisations, government agencies, cultural institutions, development partners and philanthropists to support this landmark celebration.

Women in fashion, film, music, textiles, visual arts, literature, photography, crafts, beauty, digital media and other creative fields are encouraged to participate, showcase their achievements and contribute to conversations shaping the industry's future.

Corporate organisations and financial institutions are invited to sponsor exhibitions, industry dialogues, mentorship programmes, business development initiatives and opportunities for emerging creative entrepreneurs.

Government agencies and development partners are equally encouraged to support policy conversations and programmes that will strengthen women's economic participation and expand opportunities within the creative sector.

The festival welcomes strategic partnerships, programme sponsorships, exhibitions, masterclasses and collaborative initiatives throughout March 2027.



Your wardrobe statement

by Saodat Esin

Fashion is personal, and the way we dress often reflects where we are in life. Our style can be influenced by several factors, including age, lifestyle, body changes, finances, confidence, personal taste, and self-discovery. As these aspects of our lives evolve, so can our relationship with clothing.

Some people begin experimenting with fashion because they have outgrown the style they once loved. Others find themselves reaching for different pieces after starting a new job, experiencing changes in their bodies, or simply discovering what makes them feel more confident. The clothes we love today may not necessarily be the ones we reach for a few years from now.

This is why personal style does not always have to be fixed. Exploring different silhouettes, colours and ways of dressing can help us understand what works for us at different stages of life. Sometimes, it means letting go of pieces that no longer feel right and making room for ones that better reflect who we are becoming.

There

is no single way to dress well. Whether you gravitate towards simple outfits, enjoy experimenting with trends, or prefer a signature look, what matters is finding a style that feels comfortable, suits your lifestyle, and allows you to express yourself.

So, what fashion phase are you currently in? Here are five possibilities that might help you figure it out.

The experimental phase
phase open

This is the where curiosity takes the lead. You are to trying new colours, patterns, textures, and silhouettes as you discover what appeals. You might find yourself wearing a colour you have avoided, trying a different trouser cut or pairing would not ordinarily consider wearing together.

For instance, someone who has always dressed in neutral colours might begin incorporating brighter shades into their wardrobe.

Another person might experiment with oversized jackets, wide-leg trousers or statement accessories to see how these pieces fit into

their personal style.

The experimental phase allows room for mistakes, surprises and unexpected discoveries. The goal is not to settle on a particular aesthetic immediately. It is to explore your options and discover what makes you feel most like yourself.

The comfort-first phase
In this phase, comfort takes priority. You want to look good, but you also want to feel at ease in what you wear. Rather than choosing

about finding pieces that combine comfort, functionality, and a polished

appearance.

The comfort-first phase is particularly useful when your lifestyle demands

an outfit simply because it looks appealing, you consider how practical it is for your everyday activities.

This does not mean sacrificing style. It is

practicality. You learn to build outfits around what you do, while still paying attention to fit, colour, and finishing touches.

The minimalist phase
The minimalist phase is about gravitating towards simple, versatile pieces that can be combined effortlessly. You may prefer a wardrobe built around neutral colours, clean lines, understated accessories and clothing that works across different occasions.

Minimalism, however, does not have to mean boring or predictable.

The trend-conscious phase
If you enjoy discovering new trends and finding ways to incorporate them into your wardrobe, you may be in your trend-conscious phase. You pay attention to what is happening in fashion, whether it is a particular silhouette, a popular colour, a new way of styling an accessory, or a look gaining attention on social media. Rather than following every trend without consideration, you enjoy deciding which ones appeal to you and how to make them your own.

Social media can be a major source of inspiration during this phase. However, being trend-conscious does not mean buying everything that becomes popular. The key is knowing which trends genuinely interest you, suit your lifestyle, and work with pieces you already own.

The signature-style phase
At some point, you may begin to recognise the styles, colours or details you naturally gravitate towards. Rather



than constantly searching for something new, you become more confident in what works for you.

This is the signature-style phase. It is not necessarily about wearing the same outfit every day, but about developing recognisable elements that make your style feel distinctly yours.

For one person, it might be a love for vintage scarves, styled around the neck, tied onto a bag or worn as a headscarf. For another, it could be bold earrings, monochromatic outfits, tailored jackets or a preference for mixing traditional fabrics with contemporary pieces. These details become part of how you express yourself. Even when you experiment with new trends, you tend to incorporate them in ways that remain

consistent with your personal taste.

Your style can evolve with you
Your fashion phase does not have to be permanent. The style that feels right for you today may change as your interests, lifestyle, and priorities evolve. That does not mean your previous choices were wrong; they simply served you at a different point in your life.



You do not have to settle on one aesthetic and remain loyal to it forever. You can experiment, embrace comfort, follow trends selectively, enjoy minimalism, or develop a signature look. The goal is not to find one style and never change it. It is to build a relationship with fashion that allows you to express yourself while feeling comfortable and confident.



Photos via Pinterest



See, taste, explore Imo

by Oluwagbemisola Sadare

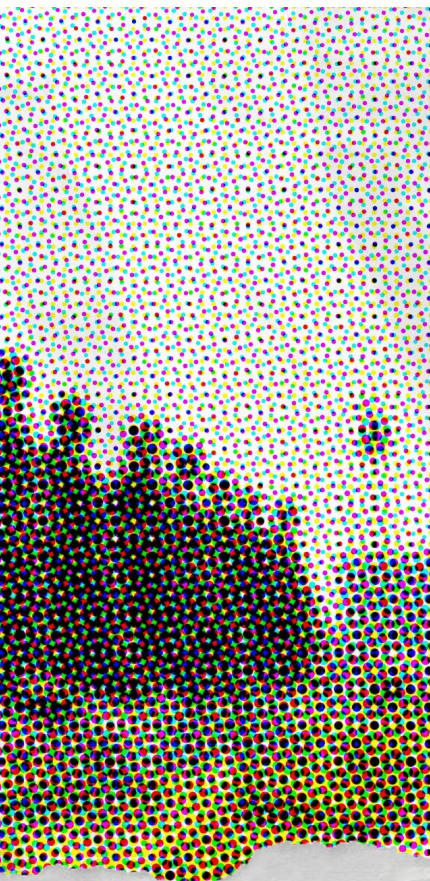
A visit to Imo State is not complete without trying Ofe Owerri, a soup known for its generous mix of vegetables, meat and fish, or stopping at a local food spot for a plate of abacha.

Beyond the meals, there is Oguta Lake, the Mbari Cultural Centre in Owerri and the Ikeji Festival in Arondizuogu, where masquerades and traditional performances draw people together.

From the kitchen to the community square, Imo has plenty to introduce visitors to Igbo culture. Located in south-eastern Nigeria, Imo is predominantly Igbo-speaking. Yam, cassava, cocoyam, oil bean and leafy vegetables



feature in many local meal. Some dishes are everyday food, while others take more time to prepare and are often served to guests or at celebrations. If you are planning a visit, here are some meals to try, places to see and festivals to learn about.



Meals to try in Imo

Food in Imo shares many ingredients with other parts of the South-East, but the way a dish is prepared can

differ from one household to another. Ofe Owerri, for instance, is known for its assortment of vegetables, meat and fish. Abacha is often served as a snack or light meal, while ukwa can be filling enough to eat on its own. Here are six dishes to look out for.

1. Ofe Owerri

Ofe Owerri is one of the soups associated with the state capital. It is known for the variety of vegetables used in the pot,

alongside assorted meat and fish. Depending on the cook, the vegetables may include ugu, uziza and other local leaves, while cocoyam is used to thicken the soup.

To prepare it, the meat and stockfish are cooked with seasoning until tender. Then fish and other ingredients are added before stirring in the cocoyam paste to give the soup body. The vegetables go in towards the end so they do not cook for too long. The result is a rich soup with different textures and flavours in each spoonful.

Ofe Owerri is commonly served with fufu, garri or another swallow. It is also a soup people may prepare when receiving guests, although the ingredients and quantities depend on the household.

2. Ukwa

Ukwa is made from African breadfruit seeds. The seeds are washed and cooked until soft, a process that can take some time depending on how they have been prepared beforehand. Some cooks soak them before cooking to help soften them.

Once tender, the seeds can be cooked with palm oil, salt, pepper and other seasonings. Some versions are fairly simple, allowing the flavour of the breadfruit to come through, while others include additional ingredients. Ukwa is often eaten on its own because it is filling, although serving styles differ between households.

It is eaten in several parts of south-eastern Nigeria, including Imo. If you find it on a menu, ask how it is prepared, as the texture and seasoning can vary.

3. Ote Ugba

Ote Ugba is listed among the traditional foods associated with Imo State.

Ugba itself is made from African oil bean seeds, which are sliced and fermented



before being used in different Igbo dishes.

Preparing ugba involves more than simply cooking the seeds. After processing and fermentation, the slices are washed and combined with ingredients according to the recipe. In dishes that use ugba, palm oil, pepper and seasonings may be added, along with other ingredients depending on the preparation.

The exact recipe for Ote Ugba needs to be confirmed with a local cook before publication. Visitors who encounter it in Imo can ask about its ingredients and how it is traditionally served rather than assume that every dish containing ugba is prepared in the same way.

4. Abacha

Abacha, commonly called African salad, is made from cassava that has been processed into thin shreds. The dried abacha is soaked in warm water

until it softens, then drained before the other ingredients are added.

In a typical preparation, palm oil is mixed with potash water to create a smooth sauce. Ground crayfish, pepper, seasoning and sliced onions are added, followed by the abacha and, often, ugba. Some cooks add garden eggs and their leaves, while others serve the dish with fish or stockfish. The ingredients are mixed until the cassava absorbs the sauce.

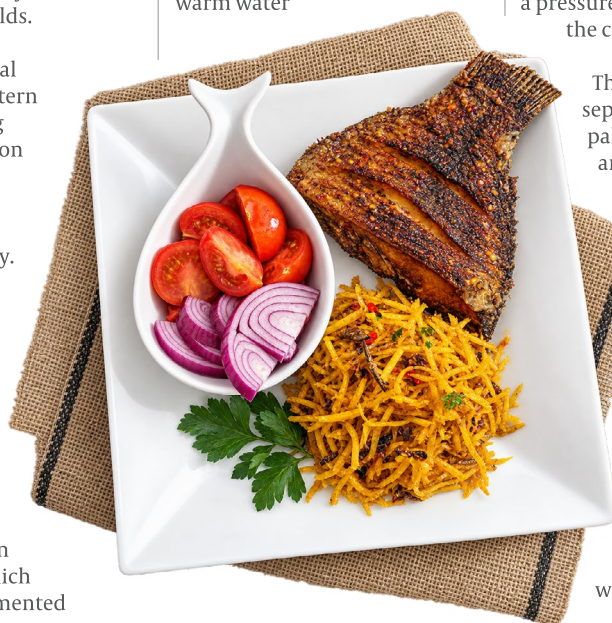
Abacha is popular across the South-East and is often eaten as a snack or light meal. It is commonly sold at local food spots and can be served at room temperature, depending on the cook's preference.

5. Nkwobi

Nkwobi is made from cow foot, which is cooked until the meat becomes soft enough to chew easily. This can take several hours in a regular pot, although a pressure cooker can reduce the cooking time.

The sauce is prepared separately by mixing palm oil with a small amount of potash water until it thickens.

Ground crayfish, pepper, seasoning and other ingredients are then added. The cooked cow foot is stirred into the sauce until the pieces are well coated. It is often served in a small bowl and garnished with sliced onions and



utazi leaves.

Nkwobi is popular in eastern Nigerian restaurants and beer parlours, where it is usually eaten as a standalone dish rather than



with rice or swallow. Its rich sauce and peppery flavour make it a favourite for people who enjoy well-seasoned meat.

6. Isi ewu

Isi ewu is another Igbo dish made from meat, in this case goat head. Preparing it begins with cleaning and cutting the meat into manageable pieces before cooking it with seasoning, onions and other ingredients until tender.

The sauce is made with palm oil, potash water and seasonings. Ground crayfish and pepper may be added, depending on the recipe. The cooked goat head is then mixed into the sauce so that the meat is coated evenly. Utazi leaves and sliced onions are often used as garnishes.

Isi ewu is commonly served in restaurants and at social gatherings. Like nkwobi, it is usually eaten on its own, and the amount of pepper and the richness of the sauce vary from one cook to another.

Ten Igbo greetings and phrases to know

Igbo is the main indigenous language spoken in Imo State. Learning a few expressions can help visitors when greeting people, asking for help or thanking someone. The phrases below are commonly understood, although pronunciation and usage can vary across Igbo-speaking communities.

1. Ndeewo

Meaning: Hello; greetings.

Use Ndeewo when greeting someone or acknowledging their presence. It is a common greeting in the Owerri area and a useful

expression to learn before visiting the state.

2. Kedu?

Meaning: How are you?

Kedu? is a familiar way to ask someone how they are doing. A common response is Q di mma, meaning “It is fine” or “I am fine”.

3. Nnọọ

Meaning: Welcome.

Say Nnọọ when welcoming someone who has arrived at your home or another place. It is useful when visiting residents or being welcomed by a host.

4. Daalụ

Meaning: Thank you.

Use Daalụ to express gratitude when someone helps you, gives you something or does you a favour. It is a useful expression to remember when interacting with people during your trip.

5. Biko

Meaning: Please.

Use Biko when making a polite request or asking someone for assistance. For example, you can say it when asking for directions or requesting help.

6. Ndo

Meaning: Sorry; an expression of sympathy.

Ndo is used to express sympathy when someone is hurt, unwell, upset or going through a difficult time. It acknowledges the person's discomfort and can be an appropriate way to offer comfort.

7. I meela

Meaning: You have done well; thank you.

This expression can be used to appreciate someone's effort or acknowledge something they have done. It is useful when thanking someone for assistance or recognising a kind gesture.

8. Jisie ike

Meaning: Keep going; stay strong.

Use Jisie ike to encourage someone who is working hard or facing a challenge. It expresses support and appreciation for the person's effort.

9. Ka ọ di

Meaning: Goodbye; see you.

Ka ọ di can be used when parting from someone. It is useful in everyday situations, whether you are leaving a shop, ending a conversation or saying goodbye to a host.

10. Ka chi bọọ

Meaning: May the day break; a night-time farewell.

Ka chi bọọ is associated with taking leave at night and wishing for the next day to arrive safely. It expresses goodwill as people part for the evening.

These phrases can be useful when speaking with traders, asking for directions or visiting someone's home. Even if you are not fluent in Igbo, learning a few words and listening to how residents pronounce them can make everyday interactions easier.

Places to visit in Imo

1. Oguta Lake

Oguta Lake is one of Imo State's best-known natural attractions. Located in



Oguta, the lake draws visitors interested in its waters and surrounding landscape. It has long been part of the state's tourism offerings.



Visitors can spend time by the water and explore the area around the lake. Before setting out, confirm whether boat trips and other facilities are operating, as services may change.

2. Mbari Cultural Centre, Owerri

The Mbari Cultural Centre in Ikenegbu, Owerri, is associated with Igbo art and cultural heritage. Its artworks reflect traditional beliefs, figures and stories, offering visitors a chance to learn about cultural expression through sculpture and other forms of art.

The centre provides an alternative to the restaurants and entertainment venues for which Owerri is also known. Check opening arrangements and access before visiting.

3. Abadaba Lake

Abadaba Lake, in the Obowo area, is another lake identified in Imo State's tourism and investment information. It may interest visitors looking to explore the state's natural landscape beyond Oguta.

Information about visitor facilities and organised activities is limited, so contact local authorities or residents before setting out. Do not assume that boat rides, accommodation or other tourist services are available.

4. Nworie River, Owerri

The Nworie River runs through Owerri and forms part of the city's landscape. It has also featured in state government plans for tourism development.

Visitors should check the condition and accessibility of any riverside area they plan to visit. The presence of a river does not necessarily mean there are visitor facilities or organised activities, so seek local information before making a stop.

5. Nekede Zoo

Nekede Zoo, near Owerri, has been associated with the state's leisure and tourism offerings. It may interest families and visitors looking for an outing outside the city centre.



Its current condition, animal collection and opening arrangements should be confirmed before visiting. Check with the relevant authorities rather than relying on older descriptions of the facility.

Festivals to experience in Imo

Festivals in Imo reflect the agricultural calendar, community history and cultural traditions of the Igbo people. Dates and programmes can vary, so contact local organisers before arranging a trip around a particular celebration.

1. Ikeji Festival, Arondizuogu

The Ikeji Festival is a major cultural celebration among the people of Arondizuogu. Associated with the yam harvest, it features masquerades, music, dance and gatherings that bring community members together. Activities follow the traditional Igbo market-day calendar and take place over several days.

The celebration attracts people from Arondizuogu and beyond, including those returning to reconnect with their community. Visitors should confirm the dates and programme for the year they intend to attend. Masquerade displays and traditional ceremonies may have specific customs, so follow the guidance of local organisers.

2. Iri Ji, the New Yam Festival

Iri Ji, or the New Yam Festival, is celebrated in communities across Igbo-speaking parts of Nigeria, including Imo State. Yam holds an important place in the region's food and agricultural traditions, and the festival marks the arrival of a new harvest.

Celebrations differ between communities. They may include traditional rites, the presentation and eating

of new yam, music, dance and communal meals. Ask residents about the celebration in the town you plan to visit, as there is no single date or programme for every community.



Planning your trip

Owerri is a useful base for exploring Imo, with accommodation, restaurants and transport connections to other parts of the state. Oguta Lake can be planned as a separate outing, while visits to cultural sites and communities require attention to distance, road conditions and access.

Before travelling to a lake, plantation, zoo or cultural centre, check whether it is open and what facilities are available. For festivals, contact community organisers or local tourism officials for dates, schedules and guidance on appropriate conduct.



LOVE & RELATIONSHIPS



What forgiveness really means in a relationship

by Dolly Ohanyere

We have talked about identity, values, love languages, communication, and conflict. This month we arrive at the conversation that holds all of those together and that most people in relationships avoid for as long as they possibly can.

Forgiveness.

I have sat with enough couples to know that forgiveness is one of the most misunderstood concepts in relationships. People think they know what it is. Many of them are carrying a definition that is quietly destroying them.

Let me tell you what forgiveness is not. Forgiveness is not saying what happened was acceptable. It is not pretending you were not hurt. It is not reconciliation — you can forgive someone and still choose not to remain in a relationship with them. It is not forgetting — the memory of what happened may stay with you for a long time, and it is not something you do once. For significant wounds, it is often something you choose again and again until the choosing becomes lighter.

What forgiveness actually is: a decision to release the other person from the debt you feel they owe you. Not because they deserve it, not because what they did was acceptable, but because carrying the debt is costing you more than releasing it.

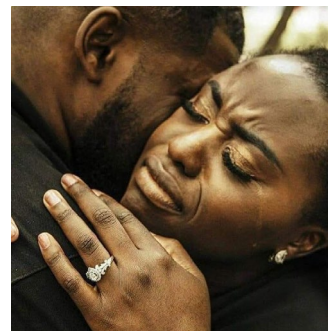
Unforgiveness does not punish the person who hurt you; it holds you in a relationship with the wound. It keeps the injury alive and gives it ongoing power over your present and your future. The person who hurt you may have moved on entirely, while you are still living in the moment they caused you pain.



5 things people get wrong about forgiveness

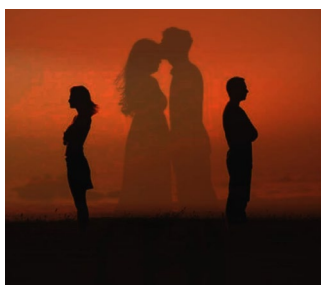
Forgiveness is not condoning what happened

Choosing to forgive does not mean what the other person did was acceptable. It means you are choosing not to let their actions continue to govern your emotional life. You can hold both truths simultaneously: what they did was wrong, and you are choosing to forgive.



Forgiveness is not the same as reconciliation

You can forgive someone and still choose not to maintain a relationship with them. Forgiveness is an internal act. Reconciliation is a relational one and it requires trust to be rebuilt. They are not the same thing and should not be confused.



Forgiveness is not a feeling

You will not always feel like forgiving. Forgiveness is a decision made before the feeling arrives. Often the feeling of release follows the decision, sometimes long after. Do not wait to feel ready. Choose first.



Forgiveness is not forgetting

You may remember what happened for a long time. Forgiveness does not erase the memory; it changes your relationship to it. The memory that once produced immediate pain begins to produce something else — often wisdom, and eventually, peace.



Forgiveness is an act of self-liberation

Every day you carry unforgiveness, you are giving the person who hurt you continued power over your emotional life. Forgiveness is the act of reclaiming that power. It is not weakness; it is one of the strongest things a human being can do.





Elegance on a budget

by Dorcas Ayoola



Dress with intention

Dressing well does not automatically make a person elegant. Clothes may create a strong first impression, but how they are worn matters just as much. Well-maintained outfits that fit properly, suit the occasion and reflect personal style can appear far more refined than an expensive outfit worn without thought.

As the saying attributed to Giorgio Armani goes, "Elegance is not standing out, but being remembered." The goal is not to wear the most expensive clothes in the room but to make intentional choices that express confidence, self-awareness, and authenticity.



Pay attention to personal grooming

Good grooming is one of the simplest ways to elevate your appearance. Neat hair, clean nails, fresh breath, and proper personal hygiene can make a significant difference in how polished you look. These details may seem small, but they often contribute more to a refined appearance than costly beauty products or elaborate routines.

Elegance is often found in consistency. Taking care of yourself regularly can leave a stronger impression than occasional expensive treatments.



Mind the way you speak

The way you communicate can be just as important as the way you dress. Speaking clearly, listening attentively and choosing your words thoughtfully can influence how people perceive you. A calm and respectful tone often leaves a more positive impression than trying to sound overly sophisticated.

You do not need an extensive vocabulary to communicate with elegance. Courtesy, confidence and genuine respect for others can speak volumes.

“Clothing plays a role in personal presentation, but true elegance extends far beyond what we wear. Elegance is often associated with designer wardrobes, luxury accessories and lavish lifestyles. Yet true elegance has little to do with the size of your bank account and everything to do with how you present yourself. While clothing can enhance your appearance, it is only one part of the equation. The habits you practise daily, the way you communicate and how you interact with others often reveal far more about you than the outfit you have on. Here are simple ways to cultivate elegance without spending a fortune.



Carry yourself with confidence

Body language communicates long before words are spoken. Standing upright, maintaining comfortable eye contact and moving with composure can project confidence and self-assurance.

However, elegance should never be confused with superiority. True confidence does not demand attention or seek validation. Instead, it reflects a sense of comfort in one's own skin while allowing others to feel equally valued and respected.



Practise good manners

Good manners remain one of the most timeless expressions of elegance. Greeting people warmly, expressing gratitude, respecting personal boundaries and treating others with consideration are simple habits that leave a lasting impact.

The way someone treats a waiter, a colleague, a cleaner or a stranger often says more about their character than their clothing ever could. Kindness and courtesy are qualities that never go out of style.



Photos by The style glow, TheEllyWorld, Zeal, Kudzai, Ju, beingkourt via Pinterest

Let your character speak

As another saying attributed to Coco Chanel puts it, “Elegance is when the inside is as beautiful as the outside.” This highlights an important truth: elegance is not solely about appearance. It is also reflected in character, attitude and behaviour.

Being considerate, honest, respectful, and genuine creates a form of elegance that no amount of money can buy. While fashion trends come and go, strong values and good character remain timeless.

Ultimately, elegance is not determined by how much you spend but by the thoughtfulness you bring to your appearance, communication and conduct. Clothes may help create a first impression, but your character, confidence and behaviour are what people are most likely to remember long after the outfit is forgotten.

What if the football dream never comes true?

by Stella Okemuo



Stella Okemuo is a lawyer and public relations specialist with a deep interest in law, governance, and contemporary social issues. She is passionate about informed public discourse, and using her voice to contribute meaningfully to conversations on issues that matter.



There is nothing wrong with dreaming of becoming a professional footballer. The beautiful game has transformed the lives of young men worldwide. For Nigerians, names such as Jay-Jay Okocha, Nwankwo Kanu, Taribo West and John Mikel Obi prove that a boy kicking a ball somewhere in Nigeria can eventually play on Europe's biggest stages.

But there is a difference between pursuing a dream and gambling your entire future on it. For every Mikel Obi, how many equally talented young men never make it beyond their local clubs?

The numbers are sobering. England's Football Association has cited figures showing that only about 0.5% of players signed by professional clubs at under-nine level eventually make it into that club's first team.

Read that again! These are not random boys playing on dusty fields, waiting for a Manchester United scout to miraculously pass by. They are already in professional academies, with coaches, facilities, and structured development, yet most never reach that club's first team.



football a relatively short career. Ronaldo and Messi are exceptional precisely because their longevity is not the norm.

And after football, nko?

Some players assume they will become coaches, while others imagine themselves as television pundits. Gary Neville, Roy Keane, Ian Wright, Alan Shearer and Micah Richards have successfully transitioned into broadcasting, but these jobs are competitive too. Not every retired player has the skills, profile or connections to secure such opportunities.

Then there is David Beckham. He retired in 2013, yet his commercial career continued through brand partnerships, including Adidas, business ventures and his co-ownership of Inter Miami. His name and image became valuable assets in their own right.

That is extraordinary. But it is also David Beckham.

If your retirement strategy is "I will just collect endorsement deals like Beckham," abeg, wake up. Most professional footballers will never achieve that level of global fame, let alone someone who has not yet secured a professional contract.

Another dangerous assumption is: "As long as I am good enough, somebody will eventually discover

me." Unfortunately, it is not as easy as that. A coach may not rate you, a new manager may prefer another player, or an injury may derail your progress. You could spend an entire season warming the bench despite your talent.

Football, like other competitive industries, involves preferences, relationships, and internal politics. You may be talented and still not be selected. Life is no balance. There are also limited squad spaces, meaning that even reaching Europe does not guarantee regular playing time or a lasting career.

Imagine finally signing for a third-tier European club. Everybody back home changes their WhatsApp status: "God did it!" Your aunts are announcing in church that their son is now a professional footballer abroad. Fantastic! But what happens when your one-year contract expires and the club refuses to renew it? Another club may sign you. Or nobody may.

Before you know it, you are 29 and wondering what comes next innit?

Watching the 2026 FIFA World Cup made me reflect on how many professional footballers remain

relatively unknown to the average fan until they appear on a global stage. With 48 countries participating, the tournament brought together players from hundreds of clubs across

dozens of countries. Some were established stars; others represented nations making their World Cup debuts. For some viewers, these players were unfamiliar faces, even though they had already spent years developing their careers in domestic leagues and international competitions. The lesson is that becoming a professional footballer does not automatically make you famous, financially secure or a household name. You can spend years playing professionally without attracting the attention or earning the rewards you imagined when you first started chasing the dream.

Names such as Erling Haaland, Lamine Yamal, Jude Bellingham, Kylian Mbappé and Ousmane Dembélé are familiar to many football fans, but the 2026 World Cup also brought plenty of unfamiliar faces into the spotlight. It was a reminder that, beyond the handful of global superstars everyone knows, countless professional footballers spend years building their careers without becoming household names.

Consider modelling. Imagine a slim, 5'7" woman refusing university, vocational training or employment because she

believes somebody will discover her and turn her into the next Irina Shayk.

At 23: "My breakthrough is coming."

At 26: "I just need the right connection."

At 29: "God's time is the best."

At 32: "Na one international scout remain."

At some point, she needs to ask herself, wetin dey happen?

Could she still become a model? Of course. But should she spend ten years building



Yet somewhere in Nigeria, a 27-year-old is confidently saying, "I never blow yet. My time is coming."

My brother, amen. But wetin be Plan B?

At the highest level, football brings enormous salaries, sponsorships, fame, and opportunities to transform an entire family's circumstances. But the mistake is looking at Cristiano Ronaldo and Lionel Messi and assuming their careers represent the norm. Injuries, ageing and fierce competition make professional



nothing else because she expects to become an international supermodel? Football should not be treated differently simply because the dream is more familiar.

Having a Plan B means building an actual alternative that can pay your bills if football does not work out. Get an education or acquire a marketable qualification. If university is financially unrealistic, consider vocational training or skills in IT, accounting, digital marketing, electrical work, plumbing or logistics. Learn to earn independently through a trade, business or service you can provide while training.

If football remains your primary ambition, establish measurable milestones. Are you getting competitive playing time? Are reputable clubs inviting you for trials? Are you progressing into stronger leagues? Is your performance attracting serious interest? Don't just tell everybody, "My time is coming." Show yourself evidence that you are progressing. If you have spent years at the same level without tangible progress, reassess your strategy.

Even professional players must save, budget and prepare for injuries, unemployment and retirement. A two-year contract is not a lifetime salary. No go use signing bonus buy Range Rover when you never know who go renew your contract. Coaching, scouting, sports administration, physiotherapy and sports journalism are possible alternative careers, but they require relevant skills, qualifications or experience. Start preparing before retirement rather than assuming somebody will employ you because you once wore a club jersey.

Your Plan B should not be a prayer you start praying at 30. It should be a plan you are already executing at 18, 20 or 22.

Mikel, Okocha, Kanu and Taribo West are Nigerian success stories worth celebrating. Beckham turned sporting fame into a commercial brand,

while others successfully moved into broadcasting or different careers. But these are the names we know precisely because their stories stand out. For every name we know, how many never made the headlines?

The goal is not to discourage ambition. It is to ensure that if the football dream comes true, you can maximise it, and if it doesn't, you still have a future to build.

So, at what age does reality enter the conversation? At 25? At 28? At 30? At what point should someone still playing for a local team stop expecting a European scout to suddenly appear and change everything? If even children admitted into professional academies face extraordinarily slim odds of reaching the first team, how realistic is it to reach

never come.

And after all the "my time will come," "I go soon blow," "one day, one day," and "na connection remain," if you



30 without an education, trade, profession, or stable career because you are still waiting to be discovered?

wake up at 30 and Real Madrid still hasn't called...

My brother, wetin be Plan B?

Because God forbid, the scout may

Modern streetwear for men

by Dorcas Ayoola

Streetwear has evolved from simple urban casualwear into a powerful form of self-expression. Defined by oversized silhouettes, relaxed denim, statement jerseys, and loose tailoring, it continues to shape modern men's fashion.

More than just following trends, mastering streetwear is about understanding proportions, styling pieces with intention, and striking the right balance between comfort, confidence, and individuality. Here are some streetwear outfit ideas to elevate your everyday style:



The court classic

Denim overalls worn over a fitted white tank top create a relaxed, sporty look. Add a bandana, a silver chain with a cross pendant, and white-and-red sneakers to complete the outfit.

The fitted top balances the volume of the loose denim, while the accessories add character and personality. It is a great option for anyone who enjoys vintage-inspired streetwear with a modern edge and works well for weekend hangouts, basketball games, music festivals, and casual outings with friends.

Monochrome

A yellow mesh jersey paired with black shorts that fall below the knee creates a bold streetwear statement. A matching yellow beanie and yellow-and-white sneakers tie the look together, while white crew socks and accessories add extra detail.

The trick is to repeat a standout colour across multiple pieces. This creates a coordinated appearance without making the outfit feel overwhelming. It is the perfect look for concerts, fashion events, creative



gatherings, campus activities, and any occasion where you want to make a statement.

Prep meets skate

A zip pullover paired with wide denim shorts creates a relaxed foundation for this outfit. Burgundy loafers, white socks, a baseball cap, and glasses introduce a blend of preppy and skater influences.



This look proves that baggy fashion is not limited to sneakers and sportswear. Mixing style references can create an outfit that feels unique, intentional, and effortlessly cool. It is a stylish choice for casual dates, coffee runs, shopping trips, creative meetups, and relaxed weekend outings.

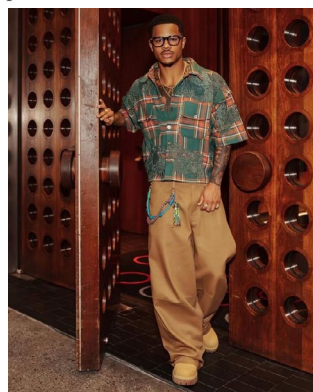
Washed-out greens

A lime-green gingham shirt



paired with faded denim shorts offers a softer, vintage-inspired approach to streetwear. A green-brimmed cap, printed scarf, and clean white sneakers complete the look.

The combination of subtle patterns and faded denim creates visual interest without overwhelming the outfit. It is perfect for casual outings, daytime events, brunches, picnics, and relaxed weekends.



Tailored workwear, loosened up

Wide-leg khaki trousers paired with a short-sleeved teal-and-orange plaid shirt create a relaxed yet polished look. Tan boots keep the outfit grounded, while accessories such as beaded keychains and black-framed glasses add personality.

This outfit is ideal for men who want to explore baggy fashion

beyond casual streetwear. The earthy tones and structured details create a more mature appearance while maintaining the comfort of loose-fitting clothing. It works especially well for creative workplaces, networking events, dinner dates, gallery openings, and smart-casual gatherings.

Making baggy fashion your own

Baggy fashion works best when comfort and good styling go hand in hand. Pay attention to proportions, experiment with colour combinations, and choose accessories that complement your outfit. You can balance oversized pieces with fitted garments or embrace a loose silhouette throughout, as long as the overall look feels deliberate.

Ultimately, baggy fashion gives men the freedom to express themselves without feeling restricted by traditional fits.

Whether your style leans toward sporty denim, bold colours, or relaxed tailoring, the goal is to wear what makes you feel comfortable and confident.

Made in Lagos, sold as foreign

by Ese Oghenetega



Clothes sewn in Lagos are reaching buyers with foreign labels, as some traders at different markets across Nigeria said customers preferred outfits presented as imports. ESE OGHENETEGA reports on the practice, the concerns it raises about misleading buyers, and the struggle to sell Nigerian-made clothes to customers who place greater value on foreign products.

Some clothes sewn at Tejuosho Market in Yaba, Lagos, are sold with foreign labels that disguise where they were made.

Boutique owners, suppliers and online vendors link the practice to a preference among some customers for imported

clothing. They say a foreign label helps sell garments that buyers might otherwise dismiss as local.

Yet the clothes pass through the hands of local workers who cut, sew, iron and prepare them for sale. Their accounts raise



questions about who attaches the labels and whether buyers know where their clothes were made.

Why traders use foreign labels

A boutique owner at the market, Kelechi Ezikiel, said some customers associated Nigerian-made clothes with poor quality. He linked the use of foreign labels to sellers' efforts to meet buyers' expectations and make sales.

"If you sell a product as Nigerian-made, some people will think it is not of good quality. I own a boutique, and they are perceived as foreign because every boutique owner wants to make sales. What we sell are good quality, and it is just like the foreign ones. So, the most important thing is to satisfy customers' wants."

For Ezikiel, the quality of the clothes was not the problem. He said the outfits compared favourably with imported alternatives, but customers' perceptions influenced how sellers presented them.

An online vendor and Chief Executive Officer of Ije Fine Collections, Ijeoma Omejeh, also linked the practice to buyers' preferences.

"We don't build Nigerian-made brands because some people don't value them. They prefer it when you tell them the cloth is from Vietnam, China, or anywhere else. If you tell them it is from Nigeria, they tend to call it locally made. All of this boils down to the fact that we don't have an enabling community, government, or society that is working. If we have a community that is working, we will not be importing clothes.

"If we have a steady power supply, we can import machines that will give us the same finished work as the ones we are importing, hence, making Nigerian-made more visible. When this is achievable, nobody will be selecting which one they prefer because the Nigerian-made will now be perfect."

Omejeh argued that reliable electricity and better equipment would help local producers improve their finishing and compete more effectively with imported clothing.

Buyers question foreign tags

Customer Stephanie Jukpo said she recognised the skill of local tailors but objected to selling their work under a false description.

"As a customer, I have mixed feelings. It is a known fact that our local tailors have great skills' but branding them as foreign-made is misleading."

Another customer, Julie Godwin, pointed to the clothes' quality, affordability, and the social appeal of appearing to wear imported outfits.

"The clothes can be gotten easily, and they are of good quality. People are trying to survive in this harsh economy, and if the materials are good and people want to also "feel among", it is only normal to purchase these

clothes and give the impression that they were bought abroad." While Jukpo questioned the honesty of the labels, Godwin described why some buyers accepted the practice. Their accounts showed that satisfaction with the garment did not always settle the question of how it should be labelled.

Consumer protection concerns

A staff member of the Lagos State Consumer Protection Agency, LASCOPA, who requested anonymity, criticised the practice.

"That is against the policy of made-in-Nigeria products. That is against the right to promote our own product. The government expects them to tag it as made-in-Nigeria."

Responding to the suggestion that Nigerians did not value locally made products, the staff member said:

"That is not correct. They are not doing the country any good."

Separately, an earlier report cited in the supplied material quoted LASCOPA's General Manager and Chief Executive Officer, Afolabi Solebo, directing manufacturers, importers, distributors and other businesses to disclose material changes to products before putting them on the market.



According to that report, businesses that failed to comply faced regulatory sanctions.

Solebo was quoted as saying, the right of every consumer to accurate, clear, and sufficient product information is non-negotiable. Manufacturers and businesses must understand that any unannounced alterations capable of misleading or confusing consumers will not be tolerated.”

“This is a binding regulatory directive, and LASCOPA will apply the full force of the law against any defaulting organization. All labels, packaging, advertisements, and consumer-facing descriptions must truthfully represent the products offered for sale,” he added.

Foreign brands influence buying decisions

The Creative Director of Demi Glamcuts, Abidemi Bakare, said customers’ preference for foreign brands influenced how some businesses marketed their clothes.

“From my experience in business, a business owner will want to tend to the needs of her target audience. In Nigeria, people value foreign-made products more than locally-made ones. When people hear that products are made in Europe or China, they are valued more, except for aso-ebi categories. Some people will prefer to send their fabrics to China to have them made at a cheaper rate.

“Pricing also sends customers out of Nigeria. If a customer asks me where a design is from, if they know it is from Zara, it will be easier to buy it. That is just an example.”

Bakare also expressed concern about cheaper copies competing with original designs. Using Shein as an example, she argued that customers’ attraction to foreign brands sometimes displaced recognition for local designers.

“You know how a fashion designer will make a style from scratch; Shein will then post a replicated version of one’s design that took so much time and energy to create.

And because people want to be associated with what is outside Nigeria, they will look for the cheaper Shein, as long as it is similar to the original. It devalues the work, time, and energy fashion designers put into their work.

“I feel this can be corrected if consumers can be educated on how important it is to value locally-made pieces. Based on my knowledge and experience, it is restricted to Nigeria. Nigerians need to be educated on placing value on fashion pieces that are locally made.”

The workers behind the clothes

At Tejuosho, producing the clothes involves workers who handle different stages, including cutting, sewing and ironing.

A tailor interviewed at the market said workers’ earnings depended on the style and quantity of clothes they produced.

“Some tailors earn according to the quantity and style they can produce. A



tailor can produce 100 to 200 pieces of clothes daily (while adopting the chains of production). It depends on your strength. So, a worker can earn N20k to N40k daily. After the materials are cut and we sew them, the clothes will go to those who will iron them and give it a beautiful look.”

The figures were the tailor’s estimates, based on the production arrangement she described.

The market also has areas associated with different

activities. Production takes place in the section known as Kitchen, where tailors work with manual and industrial sewing machines. At Koro, suppliers and vendors negotiate purchases and complete transactions.

How clothes are priced

A supplier at Tejuosho, identified as Anyi, said producers relied on bulk sales, adding a margin to each garment before passing it to vendors.

“You can get a top for N3,000 at Tejuosho here; however, an online vendor will pay N2,000 or N2,100 to get it. It depends. Because they are producing and selling in bulk, they simply add N1000 or more to one cloth they make. For the N3,000 top that is displayed, it will cost the producer N1800 or N1900 to make it. If a cloth is produced for N3,000, the vendor will pay N4,000 for it and add his/her own profit which can take the price of that outfit to N6,000.”

His examples showed how a garment’s price increased as it moved between the producer and the final seller.

Vendors also placed orders according to demand, while some maintained regular relationships with particular suppliers.

Omejeh, who sold joggers, explained how fabric quality and garment size affected her prices.

“One jogger can be made with two yards of fabric. A yard can be gotten for N3,000 or N3,500, depending on the quality. They are sold for 6,500 or N7,000, depending on how big the size is. You can also use it to produce knickers, which are sold for N3,500 or N4,000,” she said.

Pointing to gowns she sold, she said the amount of fabric



Made in Nigeria should never mean less in value. Behind every locally made piece is the skill, creativity, and hard work of people who deserve to be recognised. The problem isn't where it was made, but why we need a foreign label to make us believe it's worth buying.



required depended on the design.

“The materials used to produce these gowns depend on the complexity of the design. If the gown has a complex style that will consume about two yards, they will be sold for N6,000 or N7,000. In essence, the design of the gown contributes to how much it will be sold.”

Where the fabrics come from

Anyi said the fabrics supplied to the producers he worked with were imported from China. Traders sourced them through importers in Lagos and Aba, Abia State.

“The fabrics are imported from China. Some of the importers are in Aba, Abia State. So, they go to Aba to buy them and bring to us in Lagos. There are also importers in Lagos who have these fabrics stocked in their shops. However, if they don’t have it, we go to Aba to buy them.”

Who attaches the foreign labels?

A supplier to boutiques at Tejuosho, identified as Don, said some vendors and wholesalers attached foreign labels to the clothes. He stressed that the practice did not involve every seller.

“It is customers/vendors that come to the market that do that. Sometimes the wholesalers do too. Some vendors that buy from the wholesalers attach it too.”

Don said a garment’s resemblance to an imported outfit sometimes influenced the decision to sell it as foreign-made.

“Why some vendors sell it as foreign-made is because it is a duplicate or resemblance of the foreign-made ones.

Secondly, some vendors sell it as foreign-made because it is well produced, it appears nice, and the quality of the material is okay. If the quality of the material is like a luxury outfit, they can sell it as foreign-made.”

He also linked the practice to customers who regarded Nigerian-made products as inferior.

Electricity adds to production costs

Anyi identified unreliable electricity as a major challenge for producers. He said machines needed for better finishing required power, while running generators increased costs.

“Our major challenge here is electricity. There are a lot of machines we need to produce clothes to look luxurious or foreign. Consequently, because we don’t have constant electricity, if we consider the price of the listers that will be used to power the machines, it will be very expensive.”

He argued that reliable electricity would help producers increase output and compete with imported clothing.

“If there is constant electricity, we will be producing more clothes and will not need to import from China. Right now, if we add the cost of production and fueling listers, the price of the products made in Nigeria will now be more than the one imported. This has made the

Nigerian-made brand to be stunted and we are not growing at our capacity.”

Omejeh’s call for better equipment and Anyi’s concerns about power pointed to production problems alongside the question of consumer preference.

The wider role of small businesses

The activities at Tejuosho support fabric merchants, tailors, suppliers, retailers and workers who prepare finished clothes for sale.

The supplied material cited figures attributed to the Small and Medium Enterprises Development Agency of Nigeria, SMEDAN, putting the number of small and medium enterprises at approximately 40 million. It also attributed about 50 per cent of national gross domestic product and approximately 80 per cent of employment to these businesses.

A separate statement attributed to the Minister of Industry, Trade and Investment, Jumoke Oduwole, put the share of businesses classified as micro, small and medium enterprises at approximately 96 per cent, employing more than 84 per cent of the workforce.

For the traders and producers interviewed, stronger local production depended on practical changes: reliable electricity, access to suitable machines and customers willing to recognise Nigerian workmanship.

However, Jukpo’s objection remained a question of truthful labelling, regardless of the quality of the garment.

“As a customer, I have mixed feelings. It is a known fact that our local tailors have great skills but branding them as foreign-made is misleading.”



LUXTRA HAIR

FIND THE HAIR
THAT BECOMES
YOURS.

A MODERN HAIR MAISON

INSTAGRAM

@LUXTRAHAIR

WEBSITE

LUXTRAHAIR.COM

WHATSAPP

0906 311 1037

Guardian Guides



30 OCTOBER - 10 NOVEMBER 2026



Give your *weekend* an art date

Goethe-Institute Nigeria reopening

The cultural institute marks its reopening with a Wednesday afternoon programme. Admission is free with registration. Goethe-Institut Nigeria, Victoria Island. November 4, 2pm. @goetheinstitut_nigeria.

ART X Lagos

ART X Lagos, West Africa's leading international art fair, will return from 5–8 November 2026 at the Federal Palace Resort, Lagos. Held under the theme "A New Chapter, A New Decade," the 11th edition will feature landmark exhibitions, special commissions, and cross-disciplinary signature platforms — ART X Live!, its innovative fusion of music and visual art; ART X Cinema, spotlighting bold independent African filmmaking; and ART X Talks, a forum for

leading African and diasporic voices in contemporary art and culture.





Ominira '26

Food, fashion, art and runway presentations share the programme at this gathering for creatives.

The Hall, 16 Musa Yar'Adua Street, Victoria Island.

November 6, 9am to 2pm.

Free. @moriahchapel.ng.

Home and Away

AMAH Studio hosts the Home and Away Gala on Saturday, followed by The Experience on Sunday.

AMAH Studio, Eleganza House, Lagos Island.

November 7 and 8, from 6pm.

From ₦15,000. @homeandaway.art.

Lagos Street Art Festival

Live art battles, music and food give you reasons to spend the afternoon at Muri Okunola Park.

Muri Okunola Park, Victoria Island. November 7, noon to 7pm.

From ₦5,000. @lagosstreetartfestival.

Ikorodu-Oga Fanti Carnival

Take your Saturday plans to Ikorodu for an afternoon carnival at the town hall. Entry is free.

Ikorodu Town Hall, 16 Agunbiade Street, Ikorodu.

November 14, noon to 5pm. @ikoroduogafanticarnival.

Art and Rave: Colourful Settings Edition

This Ojo event starts at noon and continues into the following morning, leaving room for an afternoon visit or a late night.

Zanzibar Hotel, Peace Estate, First Gate, Ojo.

November 28, noon to 2am. From ₦3,500. @artandrave.





Make a night of *live music*



A Pilgrim Night with Sunmisola

Sunmisola's evening at Nature's Nook offers a three-hour programme for your Saturday diary.

Nature's Nook, Lekki.
November 7, 6pm to 9pm. From ₦20,000. @
iconicstuffonly.

Therapeutic Music and Arts

A choral concert meets a sip-and-paint session at this Sunday afternoon event. Sacred Heart Catholic Church Hall, Ogudu Road. November 1, 2pm to 4pm. ₦10,000. @
vocibellachorale.



Culturians Concert 3.0

NUT Pavilion hosts the third edition of Culturians Concert, with tickets starting at ₦4,000.

NUT Pavilion, Ikeja.
November 7, 7 pm. @
ibile4dculture.

Afrovival Live in Lagos

Make an afternoon start at this free Sunday music event in Lekki.

Wole Olateju Crescent, Lekki. November 8, 4pm to 11pm. @afro_vival.



Trace in the City: Shoday and Friends

Shoday and friends head to Yaba for this edition of Trace in the City. Entry is free with registration.
Yabatech Basketball Court, Yaba.
November 13, 3pm to 11pm. @tracewestafrica.

Seme Live in Lagos

Catch Seme at Xplug Studio without adding a ticket fee to your weekend budget.
Xplug Studio, Lekki. November 14, 4pm to 8pm. Free. @sememusic.

Anendlessoccean: Liam Tour

Anendlessoccean brings his Liam Tour to The Dome for a Sunday evening show.
The Dome, Lekki. November 29, 5pm. From ₦20,000. @anendlessoccean.

Malik Abdul Live

The Vault Social House hosts Malik Abdul for an evening performance.
The Vault Social House, Victoria Island. November 21, 6pm. ₦5,000. @malikabdulmusic.

Becalization 2026: The Call

Set aside Sunday evening for this concert at Balmoral Convention Centre.
Federal Palace Hotel, Victoria Island. November 22, 6pm to 11pm. From ₦10,000. @beriola_.

Shaggy Experience 2.0

This Onipanu event belongs in the late-night column, with a 10pm start and a 5am finish.
Church Street, off Onipanu. November 28. From ₦10,000. @celebritydjshaggy_.

Louder 2026: Louder from the Rooftop

Face Event Centre hosts this Sunday programme. Register ahead for free admission.
Face Event Centre, Ikeja.
November 8, 4pm to 8pm. @gharvestchurch.

11:11VN: Music Is Color

Give Wednesday evening to a three-hour show at Terra Kulture.
Terra Kulture, Victoria Island.
November 11, 7pm to 10pm. From ₦20,000. @terrakulture.



Johnny's Room Live 8

Johnny Drille's concert takes over Muri Okunola Park. Gather your concert company for an evening that runs until 11pm.
Muri Okunola Park, Victoria Island. November 29, 5pm to 11pm. From ₦30,000. @johnnydrille.



Book a seat for *film or theatre*

Africa International Film Festival

AFRIFF brings a week of film screenings to Lagos. Choose your films and venues from the festival programme. November 1 to 7. @afriff.

Lagos International Theatre Festival

Swap the screen for a stage production during the two-day festival at MUSON Centre. MUSON Centre, Onikan. November 14 and 15. From ₦10,000. @officiallitfest_.

DK Movie Night: November Edition

An overnight cinema outing takes the usual movie date well past midnight. Magnificent Cinemas, 180/184 Ikorodu Road, Onipanu. November 14, 10pm to 6am. From ₦15,000. @magnificentcinemas.

ImolFF Creatives International Film Festival

Head to Owerri for the film festival, whose selections include JAM BOY, a drama about migration, work and the meaning of home. Imo State University, Owerri. November 26 to 28.





Unwind IRL: Daycation at Ziba Beach Resort

Give Sunday to a resort outing that runs from late morning to early evening. Ziba Beach Resort, Lekki. November 1, 11am to 6pm. ₦60,000. @unwindirl.

Strangers in Sand Places

Take your Friday plans to Tarkwa Bay for this beach event. Tarkwa Bay Beach. November 6. From ₦75,000. @reenahxoxo_xx.

Silent Disco Run of the Year

A running event meets a silent disco for an evening in Ikotun. Regal Castle Event Centre, 127 to 137 Ikotun-Idimu Road. November 7, 6pm to 11pm. From ₦7,000. @ikotunrunnersclub.

Run & Rev

Add this Ikoyi gathering to your Saturday plans. Ikoyi Plaza, Awolowo Road. November 14. ₦5,000. @outside_together.ng.

The Creators Hangout

Meet fellow creatives at LUFASI Nature Park. The gathering is free, with a separate park entrance fee of ₦2,500. LUFASI Nature Park, Lekki. November 21, 10am to 4pm. @gardenaconsult.

H&S Tennis Championship

Spend part of the weekend watching tennis at Lagos Lawn Tennis Club. 12 Tafawa Balewa Road, Lagos Island. November 21 and 22, 9am to 8pm. From ₦15,000. @hstennischampionship.



Spend the day outside

Student Beach Festival 4.0

Palis Beach hosts the fourth edition of the student beach festival. Palis Beach, Lekki. November 28, 2pm. From ₦6,000. @partyanimal.buzz.



Stay out a little longer

Modulivin Da Experience

An afternoon start leaves plenty of hours before the 3am finish.
AMAH Studio, Lagos Island.
November 1, 1pm to 3am.
₦10,000. @modu.xyz.

Sunday Uncage

Tiger Bar hosts this Sunday gathering, with admission at ₦3,000.
Tiger Bar, Ikoyi. November 1, 4pm to 2am. @cloud9studioent.

Gravity Service

Casa 45 hosts the opening November edition.
35 Adeola Odeku Street, Victoria Island. November 1, from 4pm.
From ₦10,000. @sunservice.ig.

Halloween Sunset Vibes

Keep the Halloween plans going with an afternoon start in Lekki.
4B Wole Olateju Crescent, Lekki Phase 1. November 1, 4pm. Free. @oluwabruce.

DNT

This Thursday gathering has four November dates. Entry is free with registration.
The Lighthouse Bar & Grill, 12E Admiralty Way, Lekki.
November 5, 12, 19 and 26, 6pm to 3am. @dnt.thursday.

Bandana Bash

The LASU Road party starts at 10pm.
3 Odeluwa Avenue, Ewedogbon Bus Stop, LASU Road.
November 5. From ₦4,000. @odiz_experience.



Stay Groovy with Hypeman Tripsy

Choose one of four Friday dates in Ikorodu.
Kaylad Bar & Hotel, Ikorodu.
November 6, 13, 20 and 27, 7pm. Free with registration. @ceotripsy_ent.



Tales and Terror: Costume Party

Zuma Lagos hosts a costume party for anyone with another outfit idea to try. Victoria Island. November 14, 8pm. From ₦15,000. @lagoscocktail.

GPS Playhaus 2.0

The Friday party at A and B Lounge and Restaurant runs until 3am. November 6, 8pm to 3am. From ₦5,000. @playhaus_bygp.

Halloween Costume Party Season 2

Give your costume another outing at CaveHouse. CaveHouse, Lagos. November 7, 9pm to 5.30am. ₦10,000. @viiigs_lifestyle.

Rave CTRL 2.0: Jersey Edition

Choose your jersey for this late-night party at Don J Hotel. Don J Hotel, Ojo. November 20, 11pm. From ₦4,000. @that_tola17 on TikTok.

Phantom Dance

Casa 45 hosts an overnight party, with tickets from ₦10,000. Victoria Island. November 7, 8pm to 5am. @casa45club.

Bruce Never Lies

Bam Boa hosts this late-night event. 82 Adetokunbo Ademola Street, Victoria Island. November 7, 9.30pm to 5am. From ₦25,000. @oluwabruce.

Ripple: The Pool Party

The Yaba pool party begins at 5pm and continues overnight. Unilag Guest House, Yaba. November 13, 5pm to 5am. From ₦5,000. @lagoscocktail.

Vybe District Summer Vibes Pool Party 2.0

Blue Moon Beach Hotel and Resort hosts this overnight pool party. Victoria Island. November 14, 9pm to 5am. From ₦5,000. @vybe_district101.

Rave Fest

This Ikeja party runs overnight, with tickets starting at ₦5,000. Ikeja Club Space, Ikeja. November 6, 9pm to 6am. 09024175070.

Jiggy's Room

Johnny Rockets hosts this edition, which continues until 5am. Victoria Island. November 7, 9pm to 5am. From ₦10,000. @jiggysroom.

Wet Rave Pool Party

Imperial Royale Lounge hosts this Saturday pool party with free entry. November 7, 7pm to 4am. @vickwayne01 on TikTok.

Ikorodu Silent Disco Party

Start in the afternoon or join later for this silent disco. 9 Adeyiga Street, off Benson Bus Stop, Ikorodu. November 7, 4pm to 4am. From ₦7,000. @lagossilentdiscoparty.

Emi's Crib: All White Party

Choose your white outfit for the party at Villa D'Grove. Villa D'Grove, Lekki. November 8, 8pm to 5am. From ₦5,000. @heis__emi.

Village People Lagos

African dance music is the theme for this late start at AMAH Studio. AMAH Studio, Lagos Island. November 13, 11pm to 5am. From ₦5,000. @lagoscocktail.

Where to go



Places for a night out in Lagos

Lagos truly owns the night, and the energy of the city completely changes once the sun goes down. From dodging chaotic traffic to spotting your favorite Afrobeats stars popping bottles in Victoria Island, the adrenaline here never stops.

NOK by Alára

Address: Victoria Island, Lagos

Opening Hours: Tuesday to Sunday: 12:00 PM – 4:00 PM, 6:00 PM – 10:00 PM (Friday & Saturday until 10:30 PM); Closed Mondays

Overview: NOK by Alára offers a relaxed, unhurried dining experience filled with striking African art and a colourful outdoor garden. Featuring a menu that draws from different parts of the continent, it provides a calm and sophisticated environment for friends looking to catch up over great food.

The House Lagos

Address: Victoria Island, Lagos

Opening Hours: Daily: 10:00 AM – 2:00 AM

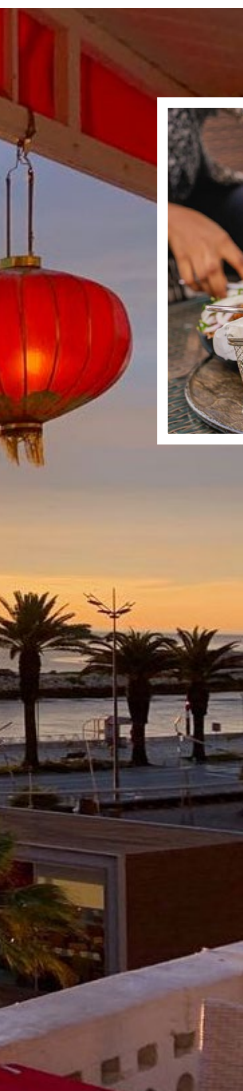
Overview: Designed to feel like visiting a stylish home rather than a traditional restaurant, The House Lagos features distinct indoor rooms and cozy outdoor corners. The comfortable seating, food, and ambient music create an energetic yet intimate atmosphere for an effortless night out.

Cactus Restaurant

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday: 7:30 AM – 10:00 PM; Friday & Saturday: 7:30 AM – 10:30 PM; Sunday: 7:30 AM – 10:00 PM

Overview: Providing a welcome escape from city noise, Cactus Restaurant is best known for its breezy waterfront terrace. Guests can enjoy meals by the water as the weather cools down, complemented by live band performances on selected nights for a familiar and easygoing vibe.



New Afrika Shrine

Address: 1 NERDC Road, Agidingbi, Ikeja

Opening Hours: Open 24 hours daily (Best vibrant energy after 7:00 PM)

Overview: The legendary spiritual home of Afrobeat, run by the iconic Kuti family. Far from a polished VIP lounge, this massive open-air cultural hub offers a raw, completely authentic Lagos experience filled with sweat, palm wine, heavy political consciousness, and hypnotic live music.

Dynasty Lagos

Address: 24 Idejo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Dynasty Lagos offers a sleek, high-energy environment designed for guests looking to experience the vibrant nightlife of Victoria Island. With stylish interiors and a lively crowd, it stands out as a prime spot for late-night socializing and upscale partying.

Buzz Barr

Address: 30 Adetokunbo Ademola Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Buzz Barr is a popular staple on a bustling Victoria Island strip, known for its electric atmosphere, vibrant music policy, and social crowd. It is a go-to destination for anyone wanting to kick off an energetic night out with

Shiro Lagos

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday & Sunday: 12:30 PM – 12:00 AM; Friday & Saturday: 12:30 PM – 1:00 AM

Overview: Shiro Lagos delivers a polished Pan-Asian dining experience defined by high ceilings, dramatic interiors, and curated music. The atmosphere transitions smoothly from a calm dinner setting into a livelier nighttime lounge as the evening progresses.

Terra Kulture

Address: Victoria Island, Lagos

Opening Hours: Daily: 9:00 AM – 10:00 PM

Overview: A vibrant cultural hub where an evening can seamlessly transition from authentic Nigerian cuisine to a play, concert, or live performance. It is a premier destination for visitors looking to combine dining with rich local arts and entertainment.

Piano Bistro

Address: Delborough Lagos, Victoria Island, Lagos

Opening Hours: Daily (Operating during hotel dining hours)

Overview: Located within The Delborough Lagos, Piano Bistro maintains a refined, tranquil mood with elegant interiors and gentle live piano music. The soft background sound ensures guests can dine and chat comfortably, making it well-suited for quiet dinners or small celebrations.

RSVP Poolside

Address: Victoria Island, Lagos

Opening Hours: Daily (Evenings and late night)

Overview: Tucked behind RSVP's main dining room, The Poolside offers open-air seating, music, and an informal vibe. It strikes the right balance for friends looking to unwind, eat, and enjoy the night without diving into a crowded club.

Circa Non Pareil (Penthouse/Lounge)

Address: 12 Mandilas Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: Perched with striking views in Lekki Phase 1, Circa Non Pareil combines sophisticated penthouse lounging with a vibrant nightlife pulse. The space is ideal for guests seeking a mix of fine dining, signature cocktails, and a chic party atmosphere after dark.

W Bar Lounge

Address: LASWA Yard, Under Falomo Bridge, Ikoyi, Lagos

Opening Hours: Daily

Overview: Set against a unique waterfront backdrop under the Falomo Bridge, W Bar Lounge offers an open-air vibe complete with cool breezes, good music, and an energetic crowd looking to unwind by the water.

Escape Nightclub

Address: 234B Adeola Odeku Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Located on one of Victoria Island's most famous avenues, Escape Nightclub delivers a high-octane clubbing experience. Known for its celebrity sightings and vibrant party energy, it is a staple of Lagos nightlife.

355 Restaurant and Lounge

Address: 9A Oko Awo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: 355 blends a classic Mexican-inspired dining experience with a lively lounge setting. As the evening progresses, the atmosphere shifts smoothly from a relaxed dinner spot into an energetic hub for late-night drinks and socializing.

Nitro Nightclub

Address: 14 Adeola Hopewell Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Nitro Nightclub is built for serious nightlife enthusiasts, featuring heavy basslines, dynamic lighting, and a packed dance floor. It is a premier destination in Victoria Island for dancing late into the morning hours.

Island Breeze

Address: Landmark Beach, Water Corporation Road, Victoria Island, Lagos

Opening Hours: Daily

Overview: Island Breeze brings a coastal, festive atmosphere to the shoreline of Landmark Beach. Guests can enjoy music, drinks, and ocean views in an open-air setting that feels like a permanent beach party.

Bay Lounge

Address: Plot 10, Admiralty Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: A long-standing favorite in Lekki, Bay Lounge offers a relaxed waterfront terrace overlooking the water. It seamlessly transitions from a breezy spot for evening drinks and grilled platters into a lively weekend hangout.



The Vibe Lagos

Address: 16b Akin Olugbade Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: True to its name, The Vibe Lagos delivers an energetic blend of great music, social networking, and nightlife culture. It draws a stylish crowd looking for an electric atmosphere right in the middle of Victoria Island.



Cage Lagos

Address: No. 2 Shalom Street, Ago Palace Way, Lagos.

Opening Hours: Daily (with club setups running Friday – Sunday)

Overview: Cage Lagos brings a premium, upscale Island-style nightlife experience to the Mainland. Combining a beach-like poolside aesthetic with a high energy nightclub, it is a highly popular, visually striking spot for groups looking to enjoy Afrobeats, elite DJ sets, an energetic crowd without crossing the bridge.

Club Quilox

Address: 873 Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Wednesday to Sunday, 10:00 PM – 8:00 AM (Closed Mondays and Tuesdays)

Overview: This is West Africa's most iconic luxury megacub. Drenched in rich gold and red lighting, it is a high-octane paradise for big spenders, corporate moguls, and A-list celebrities looking to pop bottles and dance to world-class Afrobeats DJs until the sun comes up.

Sky Bar Rooftop

Address: Lagoon Compound, 1c Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Monday to Sunday, 6:00 PM – 2:00 AM

Overview: Perched comfortably above the city's chaos, this high-end rooftop lounge serves up panoramic waterfront views and premium cocktails. It provides a sophisticated, breezy atmosphere that is perfect for a relaxed early-evening social hour or a romantic date night.



Zaza Lagos

Address: 19 Agoro Odiyan Street, Victoria Island

Opening Hours: Wednesday to Sunday, 7:00 PM – 2:00 AM (Closed Mondays and Tuesdays)

Overview: A stylish restaurant and high-energy playground that flawlessly transitions from fine dining to interactive theater shows and late-night dancing. It attracts an exclusive, fashion-forward crowd looking for great food, upscale design, and high-energy music in a more intimate setting.

Kaly Restaurant and Bar

Address: Victoria Island, Lagos

Opening Hours: Daily: 12:00 PM – 12:00 AM

Overview: Kaly combines high-end rooftop dining with sweeping panoramic views of Victoria Island and Eko Atlantic. After sunset, the open-air setting sparkles with city lights, offering selected live entertainment alongside a relaxed space to eat and talk.

Hard Rock Cafe Lagos

Address: Oniru, Lagos

Opening Hours: Monday to Thursday: 12:30 PM – 10:00 PM; Friday to Sunday: 12:30 PM – 12:00 AM

Overview: Set against a stunning beachfront backdrop, Hard Rock Cafe Lagos offers spacious seating and regular live music. Whether catching a high-energy performance or enjoying a relaxed ocean view during a quieter program, it delivers a classic social experience.

Cinemas and theatres across Nigeria

Find cinemas, private screening rooms and theatre venues across Nigeria.



MUSON Centre

Location: Onikan, Lagos Island, Lagos

What it is: The grand, elegant high-society hub for classical music, opera, and premium stage plays in Nigeria.

Why go: If you want to swap popcorn for a glass of wine and experience some world-class orchestral strings or breathtaking musical theatre, this is your spot. Dress up smart; the crowd here takes arts culture beautifully seriously.

National Theatre

Location: Iganmu, Surulere, Lagos

What it is: Nigeria's ultimate cultural monument. Shaped like a military cap, it is an architectural icon from the 1970s that recently got a massive, modern facelift.

Why go: It is pure history. Going here is a rite of passage for any culture lover. It is the birthplace of Nigeria's performing arts scene, and the massive halls are built for grand, unforgettable spectacles.

Terra Kulture

Location: Victoria Island, Lagos

What it is: A buzzing, lively cultural hub that combines an art gallery, an authentic Nigerian restaurant, and a top-tier theatre hall.

Why go: This is the beating heart of modern Nigerian theatre. If you want to see high-energy, Broadway-style Nigerian musicals with incredible dancing and costumes, Terra Kulture does it better than anyone else. Plus, you can grab amazing pounded yam right after the curtain falls.

Glover Memorial Hall

Location: Marina, Lagos Island, Lagos

What it is: One of the oldest and most historic performance spaces in Nigeria, beautifully restored to host cutting-edge modern stage plays and cultural festivals.

Why go: It perfectly blends old-school Lagos heritage with fresh, contemporary stage productions. The acoustics are fantastic, and it is a brilliant place to catch rising stars in the local acting scene.



Deja Vu Private Cinema Abuja

Location: Wuse, Abuja

What it is: An ultra-exclusive, private screening lounge where you rent out the entire room for just you and your favourite people.

Why go: Total privacy. You get massive screens, cosy plush couches, and custom food service without having to share the room with strangers. It is absolutely perfect for an intimate birthday bash, a romantic proposal, or a VIP gaming night.

Cinema Club Private Cinema Port Harcourt

Location: Elimgbu, Port Harcourt

What it is: A hidden, high-end private cinema lounge designed for exclusive, small-group entertainment.

Why go: It completely redefines “movie night.” Instead of standard theatre seats, you get a luxury private space with premium sound and absolute comfort. It is the ultimate way to celebrate a special occasion with a close circle of friends.

Grenhauz Cinema Port Harcourt

Location: Port Harcourt

What it is: A beautiful, highly-rated boutique entertainment spot that offers intimate screenings and excellent customer care.

Why go: It feels much more personal and cosy than a giant commercial multiplex. The staff treat you like a VIP, the seating is incredibly comfortable, and it is a fantastic escape if you want to avoid the usual crazy weekend mall crowds.

EbonyLife Cinema

Location: Victoria Island, Lagos

What it is: A super-chic, boutique luxury cinema designed for film lovers who want a five-star, glamorous movie-going experience.

Why go: It is the ultimate date-night spot. Think plush reclining chairs, trendy neon lights, a beautiful rooftop bar, and artisanal snacks. It is where you go to watch the latest Nollywood blockbuster while feeling like royalty.

Filmhouse Cinema

Location: Ado Bayero Mall, Kano

What it is: The go-to modern multiplex in northern Nigeria for catching both massive Hollywood blockbusters and popular Kannywood films.

Why go: It brings high-tech cinema culture right to the heart of Kano. The screens are huge, the sound shakes your seat, and it is the perfect lively weekend escape inside a bustling mall.

Genesis Deluxe Cinemas

Location: Kano

What it is: A sleek, reliable, and comfortable commercial cinema franchise offering a crisp digital viewing experience.

Why go: It delivers a flawlessly smooth movie night. If you want great projection, perfectly salted popcorn, comfy seats, and a completely stress-free environment to watch the latest trending movies, Genesis always hits the mark.

Ozone Cinema Kano

Location: Kano

What it is: A trendy, youthful, and high-energy cinema spot that focuses on bringing the biggest entertainment hits to movie lovers.

Why go: The vibe here is always electric and full of life. It is the best place to watch big action films or hilarious comedies because the crowd is super expressive; expect plenty of laughing, gasping, and shared fun.

Your next adventure spot

A canopy walk, a museum visit, or an afternoon at a park offers a different way to spend your day. These six Lagos destinations cater to visitors interested in nature, history, culture, and outdoor recreation.



Badagry Heritage Museum

Location: Lander Road, Marina, Badagry, Lagos.

Opening hours: Confirm with the museum before visiting.

Housed in a former colonial district officer's office, Badagry Heritage Museum documents the history of the transatlantic slave trade. Its collections provide context for understanding Badagry's place in that history. Allow time to read the displays rather than rush through the building.

Omu Resort

Location: Bogije town, off the Lekki-Epe Expressway, Ibeju-Lekki, Lagos.

Opening hours: Monday to Saturday, 9am to 6pm; Sunday, noon to 6pm.

Omu Resort brings several attractions together, making it an option for families and groups planning a full day out. Check the available ticket packages before booking, as access to individual attractions depends on the package selected.

Lekki Conservation Centre

Location: Km 19, Lekki-Epe Expressway, Lekki, Lagos.

Opening hours: Confirm current visiting and canopy walk hours with the Nigerian Conservation Foundation.

The 78-hectare reserve offers a chance to spend time among trees and wetland habitats within Lagos. Its canopy walkway is a draw for visitors seeking a view above the trees, while the reserve's paths offer another way to explore the grounds. Check access arrangements before setting out.



Freedom Park

Location: 1 Hospital Road, Lagos Island, Lagos.

Opening hours: Daily, 9am to 9pm. Food court and bar hours extend on event nights.

Built on the site of the former Broad Street Prison, Freedom Park combines colonial history with an active arts programme. Visit to see the grounds and memorial features, or plan your outing around a concert, exhibition or festival. Check the programme before visiting, as some events require separate tickets.

Ndubuisi Kanu Park

Location: Mobolaji Johnson Avenue, Alausa, Ikeja, Lagos.

Opening hours: Confirm current park hours before visiting.

Ndubuisi Kanu Park offers space for outdoor recreation on the mainland. Following renovation work, the Lagos State Parks and Gardens Agency announced preparations for its reopening in October 2025. Check which facilities are currently available before planning your outing. The Rec Room, a children's play venue within the park, operates its own visiting schedule.

John Randle Centre for Yoruba Culture and History

Location: Onikan Roundabout, Lagos Island, Lagos.

Opening hours: Wednesday to Monday, 10am to 6pm. Closed on Tuesdays.

The John Randle Centre focuses on Yoruba culture and history through its museum displays and public programmes. It suits visitors interested in cultural exhibitions, with workshops and family activities also forming part of its programme. Check the centre's calendar for activities scheduled on your chosen date.

Coffee shops across Nigeria

by Chidinma Enweani

Whether you need a quiet spot to work on your laptop, a sunny place for weekend breakfast, or a really good cup of coffee, Nigeria's coffee space is growing fast.

These great coffee shops double as stylish spaces, creative hubs, and top food spots.

Ziya Federal Palace

The Lobby Café x Ziya brings Ziya Delicacy Boutique's cult-favourite bakes, pastries, and signature drinks straight into the iconic Federal Palace Hotel lobby.

Why you should visit: It is the ultimate spot for a chic, low-key catch-up or a solo treat when you want incredible pastries and specialty coffee without the stiff, formal hotel vibe.



Café Flour

This intimate neighbourhood favorite smells entirely of comfort the second you cross the threshold. The ambiance is warm, unpretentious, and deeply welcoming, featuring rustic wooden accents and gentle lighting that encourages you to linger. They excel in artisanal baking, serving fresh-out-of-the-oven loaves, buttery croissants, and robust, expertly pulled espresso shots.

Why you should visit: Good for a quiet breakfast date or when you need a comforting slice of homemade cake paired with a hot cup of coffee to reset your day.



Coffee Bar, Abuja

Sleek, minimalist, and intensely functional, this venue is built for focus and flavour. The atmosphere is sharp and modern, designed with clean lines, comfortable seating arrangements, and a serious dedication to productivity. They serve meticulously roasted coffee beans brewed into potent americanos, smooth flat whites, and refreshing iced beverages.

Why you should visit: You should visit if you are a remote worker, digital nomad, or creative professional looking for high-speed Wi-Fi paired with a serious caffeine kick to power through your deadlines.



Pink Bear, Abuja

Tucked away in the capital, this pastel-drenched dreamscape is a whimsical escape from the city's formal pace. The interior is bathed in soft pink hues and plush, cozy seating, making it feel less like a traditional eatery and more like a curated film set. They specialize in velvety lattes, Instagram-worthy sweet treats, and delicate pastries that taste just as good as they look.

Why you should visit: Perfect for a relaxed afternoon catch-up with close friends or whenever your social media feed is screaming for a vibrant, cheerful backdrop.



Wood House Cafe, PH

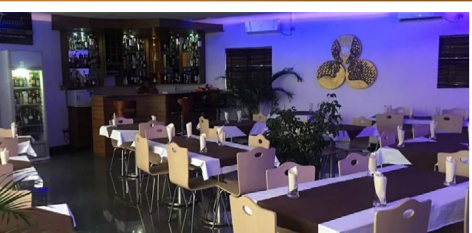
True to its name, this Port Harcourt gem wraps every visitor in rich, earthy wooden interiors. The ambience is rustic, warm, and remarkably intimate, making it the ultimate indoor hideout when you want to escape the outdoor heat. They specialize in comfort food, decadent snacks, and rich, aromatic coffee brews.

Why you should visit: To enjoy a quiet afternoon with a good novel or when you are craving a grounded, unpretentious space to slow down your pace.

Nikkybell cafe, PH

A warm, community-driven neighborhood fixture that prioritizes comfort above all else. The atmosphere is friendly, unpretentious, and instantly puts you at ease the moment you walk through the door. They serve dependable, classic espresso drinks alongside comforting local and continental snacks.

Why you should visit: Pay a visit when you want to bypass the scene-y pretension and simply enjoy a genuinely good cup of coffee served with a smile in a relaxed environment.



Farah Coffee Lounge, PH

A versatile hotspot that knows how to transition smoothly from a peaceful daytime retreat to a stylish evening lounge. The environment is upscale and plush, designed with mood lighting and comfortable lounge seating that invites you to stay a while. They craft exceptional coffees alongside a sophisticated menu of small plates and specialty drinks.

Why you should visit: You should visit when your day calls for a seamless shift from catching up on emails over morning espresso to winding down with upscale relaxation in the evening.

Cafe One Yaba

Nestled right in the pulsating heart of the mainland tech district, this space acts as an incubator for ideas and caffeine alike. The vibe is innovative, young, and dynamic, functioning seamlessly as both a collaborative workspace and a relaxed social lounge. They supply high-speed internet, steady workspace power, and reliable, energizing coffee options.

Why you should visit: You should visit if you want to plug into the local tech and startup ecosystem, collaborate with bright minds, or simply need a buzzing, productive atmosphere to get things done.

ART CAFE, Lagos

A legendary bohemian sanctuary steeped in the creative history of the city. The atmosphere is eclectic, artistic, and bursting with soul, featuring vintage furniture, walls plastered with local art, and an effortlessly cool crowd. They serve a diverse menu of comforting meals, fresh juices, and dependable coffee classics.

Why you should visit: Visit if you would love to soak up the inspiring creative energy, sketch in your notebook, or lose track of hours conversing with fellow artists, writers, and thinkers.



Dulce Cafe & Bakery, Lagos

As a long-standing fixture on the island's luxury dining scene, this spot delivers refined elegance on every level. The ambience is upscale, polished, and sophisticated, featuring chic contemporary furnishings and an expansive display of confections. They are masters of luxury baking, offering gourmet desserts, heavy-duty breakfast spreads, and premium coffee pairings.

Why you should visit: Beautiful spot to celebrate a milestone, impress a business date, or treat yourself to high-end pastries in an environment that feels effortlessly exclusive.



TOP BEANS. Coffee, Lagos

This is where casual coffee drinkers transform into purists. The atmosphere is sleek and dedicated, stripped of unnecessary fluff to put the absolute focus on the craft of brewing. They source exceptional beans and employ precise, scientific extraction methods to create everything from delicate pour-overs to rich, concentrated espresso shots.

Why you should visit: Visit if you view coffee as an art form and want to experience what a truly well-roasted, masterfully brewed cup of coffee tastes like.



Marley and Blue, PH

A design-forward, trendy addition to Port Harcourt's expanding culinary map. The aesthetic is vibrant, youthful, and contemporary, filled with clever design details and a buzzing social atmosphere. They offer inspired brews, creative drink formulations, and delicious pastries that cater to modern palates.

Why you should visit: You should visit if you want to be seen at the newest cool spot in town, catch up with your social circle, or simply enjoy a wonderfully crafted latte in a genuinely inspiring space.

Tahilla Café, PH

Sleek, modern, and effortlessly chic, this venue brings a touch of metropolitan sophistication to the Garden City. The decor features contemporary lighting, clean seating layouts, and a stylish crowd that matches the interior. They serve a diverse lineup of artisanal coffees, specialty teas, and delightful dessert selections.

Why you should visit: You should visit to kickstart your weekend with style or to enjoy a trendy midday hangout that feels fresh, upbeat, and visually appealing.



Best spots for games and adventure

Looking for somewhere to play games or try something new? Here are gaming and adventure spots in Lagos.



1. Crusifix Games and Lounge

Location: Space 103, The Palms Shopping Mall, Oniru, Victoria Island.

Opening Hours: Daily 9:00 AM – 11:00 PM.

Why Go: It is the ultimate spot to blow off steam after a long week.

What to Expect: A beautifully designed modern lounge buzzing with neon accents and cosy seating. Expect top-tier virtual reality simulators, cutting-edge PC and console setups, and an intense multiplayer arena.

2. VR Place Nigeria

Location: 14b Karimu Kotun Street, Victoria Island, Lagos.

Opening Hours: Daily 11:00 AM – 9:00 PM.

Why Go: It is one of the most comprehensive and dedicated virtual reality playgrounds in the city, making it a fantastic destination for tech-forward date nights or friendly group battles.

What to Expect: Complete sensory immersion. Step inside to find massive active VR bays hosting fan favourites like Beat Saber and heart-pounding horror shooters like The Walking Dead.

3. Rufus & Bee

Location: Twinwaters, Okunde Blue Water Scheme, Off Remi Olowude Street, Lekki Phase 1, Lagos.

Opening Hours: Daily 12:00 PM – 10:30 PM.

Why Go: It is a massive, multi-level wonderland that channels classic American boardwalk energy with a vibrant Lagos twist.

What to Expect: An overwhelming, beautiful sensory overload of flashing lights and nostalgic sounds. You will find over 100 arcade games, including classic basketball hoops, racing simulators, dance pads, and coin-pushers.

4. Enzo Reality

Location: Lekki Town Square Mall, 8 Providence Street, Lekki Phase 1, Lagos.

Opening Hours: Mon–Sun 10:00 AM – 10:00 PM.

Why go: This highly-rated tech hub focuses heavily on providing premium, mind-bending VR adventures backed by exceptional, attentive customer service.

What to expect: A stunning, futuristic space packed with the latest augmented reality (AR) and virtual reality (VR) tech. Expect to buckle into intense 360-degree rotating simulator chairs that make virtual rollercoasters and flight fights feel shockingly real.



5. Upbeat Centre

Location: 11 Admiralty Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 9:00 AM – 9:00 PM.

Why go: If your idea of gaming involves getting airborne and breaking a real sweat, this massive indoor trampoline sports park is the holy grail.

What to expect: High-flying physical action. Expect an enormous grid of interconnected trampolines, foam pits, dodgeball courts, and a challenging ninja warrior obstacle course. It is an electric, high-cardio environment perfect for unleashing your inner child or challenging your mates to a slam-dunk contest.

8. Funzia World

Location: 3B Anthony Etukudo Close, Lekki Phase 1, Lagos.

Opening hours: Daily 10:00 AM – 7:00 PM.

Why Go: A highly interactive entertainment centre engineered perfectly for young families and kids' birthday celebrations.

What to expect: A clean, brightly coloured paradise of safe indoor play. Expect multi-level soft play structures, obstacle courses, ball pits, and a gentle selection of beginner-friendly arcade machines designed to keep toddlers and pre-teens thoroughly entertained for hours.

6. Escape Room 33

Location: 33 Fola Osibo Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 12:00 PM – 9:00 PM.

Why go: To put your intellect, teamwork, and nerves to the test. It is the perfect destination for live-action puzzle solving in the city.

What to expect: Atmospheric, highly detailed themed rooms where you and your team are locked inside with exactly 60 minutes to escape. Expect to hunt for hidden keys, crack cryptic codes, and unravel mysteries under the ticking clock. It is high-stakes, thrilling, and a brilliant ice-breaker for groups.

9. Providha Fun City

Location: 79 Mobolaji Bank Anthony Way, Ikeja, Lagos.

Opening hours: Daily 9:00 AM – 8:00 PM.

Why go: A fantastic indoor entertainment hub that brings premium island-style gaming luxury straight to the Mainland.

What to expect: A sprawling, high-energy layout that has a little bit of everything. Expect sleek, modern bowling lanes, a massive array of prize-winning arcade cabinets, virtual reality simulators, and a swimming pool area. You buy a gaming access card at entry to tap your way through the various activities seamlessly.

7. Illusions Zone

Location: Garnet Plaza, Igbo-Efon, Lekki-Epe Expressway (with a Mainland branch at Ile Oja Mall, Opebi).

Opening hours: Mon–Sat 10:00 AM – 5:00 PM (Lekki).

Why go: It is a brilliantly quirky, interactive exhibition designed to completely warp your perception of reality and upgrade your social media feed.

What to expect: A maze of mind-bending optical illusions, Ames rooms that distort your height, mirrored infinity chambers, and perspective tricks. Friendly on-site guides are on hand to show you exactly where to stand to capture the perfect, gravity-defying photo.

10. Funsation NG

Location: Penthouse Floor, Centro Lekki Mall, Admiralty Way, Lekki Phase 1, Lagos.

Opening Hours: Daily 10:00 AM – 8:00 PM.

Why go: A versatile indoor amusement park that perfectly balances casual family hangouts with vibrant children's event spaces.

What to expect: A joyful mix of physical play areas and digital entertainment. Expect bumper cars, a small indoor train ride, virtual reality setups, and an array of classic carnival-style arcade games that dole out prize tickets.

Where to eat Thai in Nigeria

Here is our guide to Thai and Asian-fusion restaurants in Nigeria.

TT Lagos

Location: 5 Olosa Street, Victoria Island, Lagos

Opening hours: Tuesday to Sunday, noon to 10.30pm. Closed on Mondays.

The vibe: A hidden retreat away from the bustle of Victoria Island. Formerly known as Thai Thai, this intimate, family-run boutique restaurant limits its seating capacity to keep the dining experience personal. Its decor features minimalist furnishings and green accents.

Why visit: The menu includes chor muang, flower-shaped purple dumplings, and classic pad Thai, which combines sweet tamarind with smoky wok flavours. The restaurant offers an intimate setting for diners who value privacy and careful presentation.

Kunakorn Thai Restaurant

Location: Ahmadu Bello Way, Wuse, Abuja

Opening hours: Daily, 11am to 10pm.

The vibe: Understated and traditional, with a focus on food. Located in Wuse, Kunakorn has a warm, welcoming interior reminiscent of a Bangkok eatery.

Why visit: Its dishes include green papaya salad, known as som tum, and coconut curries. Consider it for a relaxed lunch or a midweek dinner.

Siam City Thai Restaurant

Location: Plot 2044, 54 Aguiyi Ironsi Street, Maitama, Abuja

Opening hours: Daily, noon to 11 pm.

The vibe: An upscale setting in Maitama, with woodwork and modern fittings.

Why visit: The menu includes massaman curry with tender meat and layered spices, alongside crisp, seasoned fish dishes. The setting suits celebratory dinners and business meals.

Orchid House Thai Restaurant

Location: 14 Konoko Crescent, Wuse, Abuja
Opening hours: Tuesday to Sunday, 11am to 10pm. Closed on Mondays.

The vibe: Bright and airy, with a garden-like setting suitable for families and groups.

Why visit: Its tom yum soup combines lemongrass, galangal and lime leaves. The menu also includes vegetarian and vegan options.



Asia Town Restaurant

Location: 38 Forces Avenue, Old GRA, Port Harcourt

Opening hours: Daily, 11am to 11pm.
The vibe: A spacious setting with high ceilings, dramatic lighting, and an open-plan layout.

Why visit: The menu offers Asian-fusion dishes, including Thai-inspired seafood. Options include pineapple fried rice served in a carved-out pineapple shell, spring rolls, and sweet-and-sour stir-fries. The venue accommodates birthday dinners, anniversaries, and group outings.

Miso Japanese and Thai Restaurant

Location: Summerset Continental Hotel rooftop, 34 Usuma Street, Maitama, Abuja

Opening hours: Daily, noon to 11 pm.

The vibe: Rooftop dining with views of the city's skyline and a pan-Asian menu.

Why visit: The menu combines Japanese and Thai dishes, making it an option for groups with different preferences. Choices include sashimi and Thai basil stir-fry, known as pad kra prow. Drinks and weekend music also form part of the offering.

Asia Town Restaurant: Alternative entry

Location: 38 Forces Avenue, Old GRA, Port Harcourt, Rivers State

Opening hours: Daily, noon to 10.30pm.

The vibe: An upscale restaurant with Mediterranean-influenced decor and a lounge area, suitable for birthdays, dates and group dining.

Why visit: Its Asian menu includes spicy Thai prawns and chicken in massaman curry sauce, alongside spring rolls and cocktails.

Gusto Restaurant

Location: 17 Lodge Road, Nassarawa, Kano

Opening hours: Daily, 10am to 11pm.

The vibe: A contemporary dining space with plush seating and ambient lighting.

Why visit: Gusto specialises in global fusion, with Asian and Thai-inspired dishes among its offerings. These include Thai chicken curries and noodle dishes.

Siam City Thai Restaurant: Alternative entry

Location: Plot 2044, 54 Aguiyi Ironsi Street, Maitama, Abuja

Opening hours: Monday to Thursday, 11am to 11pm; Friday, 11am to 12.15am; weekends, 2pm to 11pm.

The vibe: An outdoor garden lounge with bamboo huts, open lawns and warm lighting.

Why visit: The menu combines Thai dishes, such as pad Thai, with Nigerian options, including spicy grilled catfish. The supplied information also lists a Friday salsa dance party.

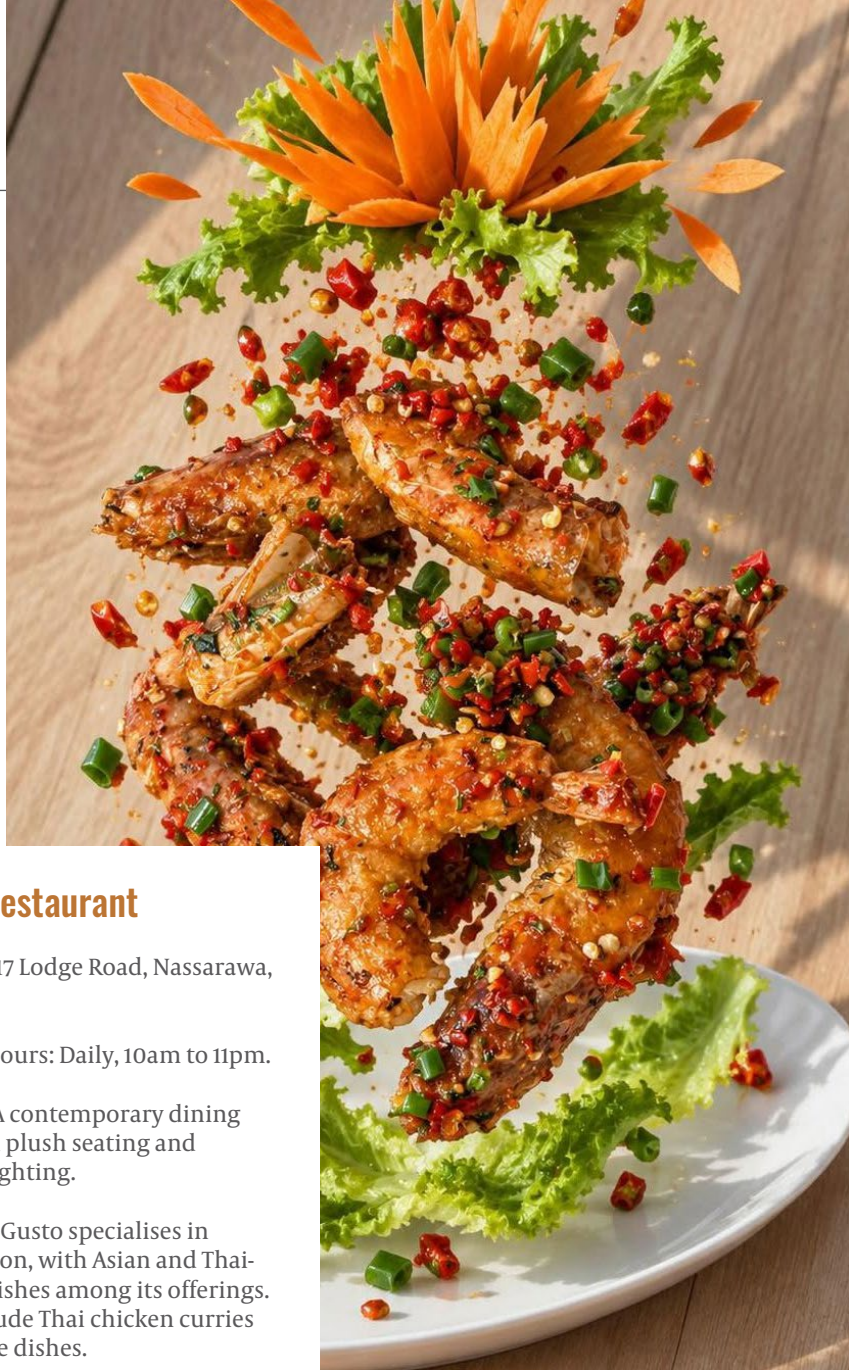
Chi Thai Revolution Restaurant

Location: 15 Rhine Street, Maitama, Abuja

Opening hours: Daily, noon to 10 pm.

The vibe: A relaxed space with an indoor dining room, an outdoor garden with gazebos, a koi pond, and a rooftop area.

Why visit: The pan-Asian menu includes pad Thai, sushi, spicy Korean chicken wings, and dumplings. The supplied information lists karaoke nights on Wednesdays and Saturdays from 6 pm.



FILMS



by Musa Adekunle

to watch in cinemas this November

A campus romance, a cybercrime drama, and a ghost scam gone wrong feature on November's watchlist. Here are eight films to watch this month. Check our cinema listings for showtimes near you.

01 *Street Fighter*



Ryu and Ken reunite when Chun-Li recruits them for the World Warrior Tournament. A hidden conspiracy raises the stakes, forcing the fighters to confront their past and face each other. Kitao Sakurai directs the action film, with a cast that includes Andrew Koji, Noah Centineo, Jason Momoa, Callina Liang, and Curtis "50 Cent" Jackson.

02 *Wire Transfer*



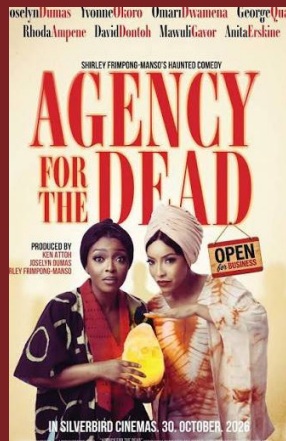
Tega enters a world of cybercrime and fast money, where betrayal makes every decision dangerous. As the authorities close in, he must navigate divided loyalties and decide how far he will go to protect himself and those around him. Directed by Lawrence Uchechukwu, the action drama stars Charles Okocha, Deyemi Okanlawon, Gideon Okeke, Hanks Anuku, Nkechi Blessing, and Segun Arinze.

03 *Tele x Zikora*



Zikora leaves her comfortable but lonely life in Houston for a semester at Lagos Metropolitan University. A demanding group project pairs her with Tele, a brilliant but guarded engineering student, and their frequent clashes gradually give way to romance. Adenike Adebayo-Esho directs the drama, whose cast includes Mike Afolarin, Daniel Etim Effiong, Ibrahim Chatta, Mercy Aigbe, and Olumide Oworu.

04 *Agency for the Dead*



Sisters Phebe and Sophia fake supernatural encounters to escape eviction, only to awaken real spirits. With ghostly visitors multiplying and suspicious detectives watching, they must find a way to contain the chaos their scam has unleashed. Shirley Frimpong-Manso directs the Ghanaian comic thriller, starring Joselyn Dumas, Yvonne Okoro, Mawuli Gavor, David Dontoh and Anita Erskine.



05 *A Land Apart*



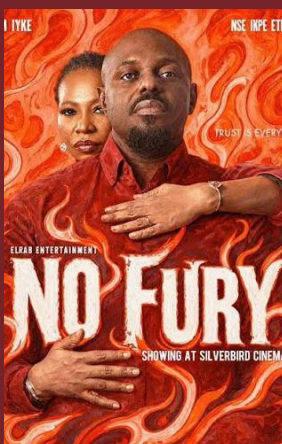
In an alternate Nigeria where agriculture drives national wealth, the illegitimate daughter of Africa's richest agripreneur inherits his empire. Her inheritance comes with a decision that extends beyond the family: which world power should receive her father's life-saving crop formula? Directed by Pever Bem, the drama features Richard Mofe-Damijo, Onyeka Onwenu, Sam Dede, Daniel Etim Effiong and Jide Bolarinwa.

06 *Clayface*



Rising Hollywood star Matt Hagen undergoes a horrifying transformation when scientific ambition strips him of his identity and humanity. His descent into a revenge-driven monster forms the centre of this horror thriller. James Watkins directs, with Tom Rhys Harries, Naomi Ackie, Max Minghella, Eddie Marsan and Nancy Carroll among the cast.

07 *No Fury*



A couple's seemingly perfect life falls apart when a hidden betrayal comes to light. The wife's pursuit of revenge sparks a conflict that threatens the bonds between their families, leaving her to confront whether their love can survive the deceit. Akay Mason directs the drama, starring Nse Ikpe-Etim, Jim Iyke, Nosa Rex, and Kameel Audu.

08 *Arnie & Barney*



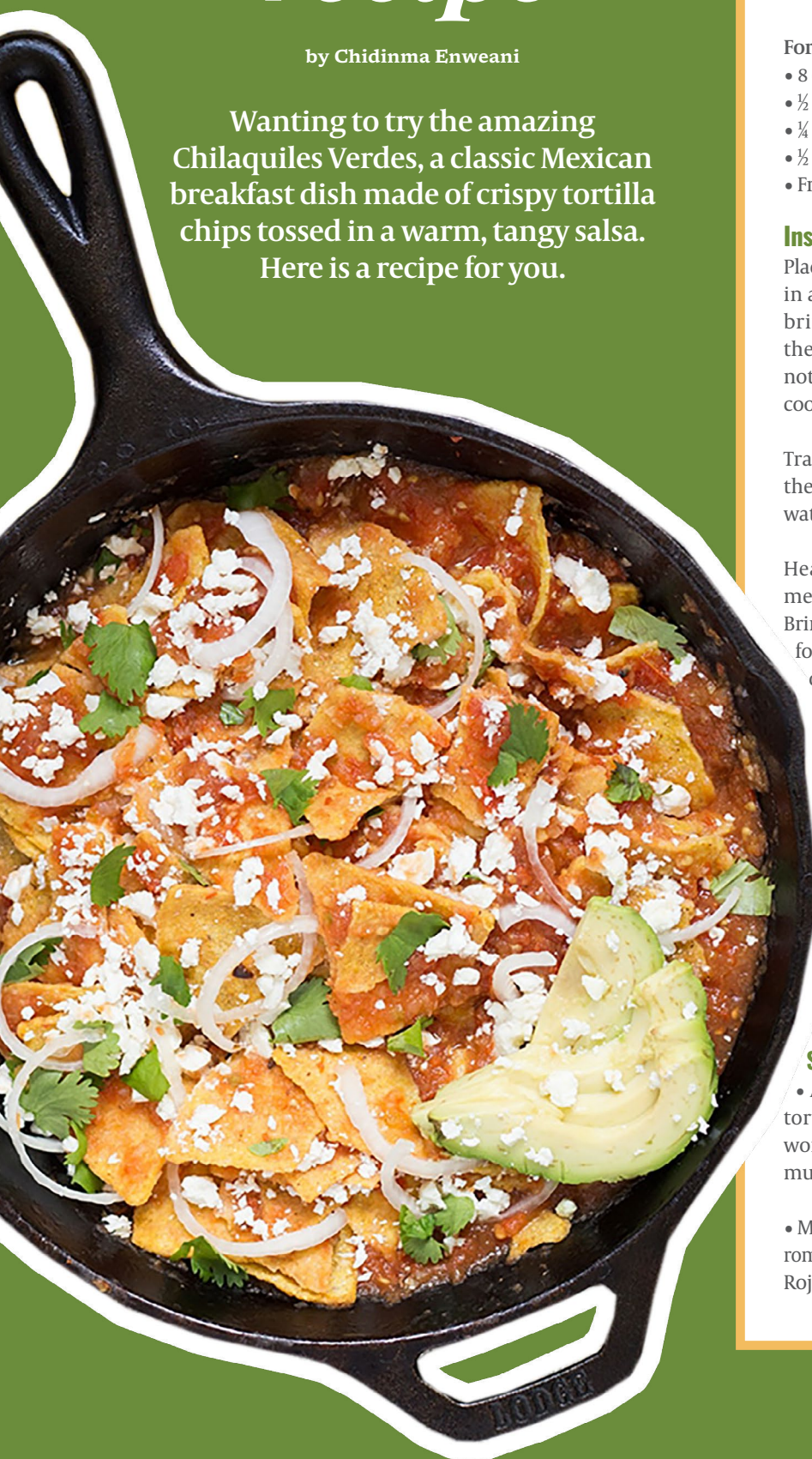
Two clumsy ants with big ambitions stumble through life in the meadow, causing trouble wherever they go. Their misadventures turn everyday setbacks into a story of friendship, failure and small victories. Directed by Sean Heuston, the animated comedy features the voices of David Cameron, David Collins, Juliette Crosbie and Shane Dundas.



Chilaquiles recipe

by Chidinma Enweani

Wanting to try the amazing Chilaquiles Verdes, a classic Mexican breakfast dish made of crispy tortilla chips tossed in a warm, tangy salsa. Here is a recipe for you.



Ingredients

- 1 lb (450g) tomatillos, husks removed and rinsed
- 1-2 jalapeño or serrano peppers (stems removed)
- ¼ white onion
- 2 cloves garlic
- ½ cup fresh cilantro
- 1 tsp salt
- 1 tbsp vegetable oil

For the toppings

- 8 oz (225g) thick, sturdy tortilla chips (totopos)
- ½ cup crumbled cotija cheese or queso fresco
- ¼ cup Mexican crema or sour cream
- ½ red onion, finely diced
- Fried eggs, shredded chicken, or sliced avocado.

Instructions

Place the tomatillos, jalapeños, onion, and garlic in a medium saucepan. Cover with water and bring to a boil. Cook for 8 to 10 minutes until the tomatillos turn pale green and are soft (do not let them burst). Drain, reserving ½ cup of the cooking water.

Transfer the boiled vegetables to a blender. Add the coriander, salt, and a splash of the reserved water. Blend until completely smooth.

Heat 1 tablespoon of oil in a deep skillet over medium-high heat. Pour in the blended salsa. Bring to a simmer, lower the heat, and let it cook for 5 to 7 minutes until it thickens slightly and darkens in colour.

Turn off the heat. Add the tortilla chips to the skillet and gently fold them into the warm salsa until every chip is coated. Let them sit in the pan for 1 to 2 minutes so they absorb the salsa but still retain a bit of crunch.

Divide the chilaquiles onto plates. Immediately drizzle with Mexican crema, and top with crumbled cheese and diced red onion. Add a fried egg or shredded chicken if desired.

Side Tips

- **Avoid Soggy Chips:** Thick, restaurant-style tortilla chips or homemade fried corn tortillas work best. Thin, supermarket chips will turn to mush instantly when hit with hot salsa.
- **Make it Roja:** Swap the tomatillos for 4 medium roma tomatoes to instantly turn this into Chilaquiles Rojos.

Mezcal royale punch recipe

Ingredients

- 8 limes
- $\frac{3}{4}$ cup granulated sugar
- $1\frac{1}{2}$ cups (12 oz) blanc vermouth
- $\frac{3}{4}$ cup (6 oz) mezcal
- $\frac{3}{4}$ cup (6 oz) Cognac or brandy
- 3 cups (24 oz) club soda
- 1 (750 ml) bottle cold, dry sparkling red wine (such as Lambrusco or a sparkling rosé)

Instructions

Peel 4 of the limes and place the peels into a medium bowl or jar. (Reserve the naked limes for juicing). Add the sugar and work it into the peels using a muddler or the end of a rolling pin until the sugar starts to look wet and the peels turn slightly translucent (about 2 minutes). Set aside at room temperature for at least 2 hours, or overnight, to draw out the citrus oils. Juice the reserved limes, plus any additional limes needed to yield exactly $\frac{3}{4}$ cup of fresh juice. Pour the juice into the lime-peel sugar mixture. Stir or shake well until all the sugar dissolves completely. Strain through a fine-mesh strainer into a large container, pressing on the solids to extract all flavour.

Add the blanc vermouth, mezcal, Cognac, and 2 cups of cold water to the strained lime syrup; stir well. Pour the mixture into resealable jars or bottles, cover, and refrigerate for at least 1 hour (or up to 24 hours). Right before serving, pour the chilled mixture into a large punch bowl. Gently stir in the club soda. Fill small punch glasses with ice, ladle in the punch, and top each glass with a splash of the sparkling red wine and a fresh lime slice.

Tips

- Punch goes warm quickly in massive tumblers. Serve this in small punch glasses, tea cups, or small ceramics so your guests finish it while it's still perfectly cold and effervescent.

- Dry Lambrusco adds a stunning ruby hue. If you can't find it, a crisp sparkling rosé or dry Cava/Champagne works beautifully, though white sparkling wine will change the final colour.



by Chidinma Enweani



10 new Lagos

dining spots



by Musa Adekunle

Lagos has welcomed new dining spots serving French pastries, Moroccan dishes, matcha drinks and Nigerian favourites, with some offering waterfront views. Here are ten places to try.



1. Panu

Panu brings a taste of New York and Italy to Lekki through panuzzo, an Italian sandwich made with pizza-style bread. Located at 9 Otunba Adedoyin Ogungbe Crescent, the café also serves breakfast, pasta, pastries and drinks in a calm setting that suits coffee dates, casual meals and small gatherings.

2. BYD Café

Coffee inside a car showroom may sound unusual, but that is part of BYD Café's appeal. Located inside the BYD Nigeria showroom on Akin Adesola Street, the café serves coffee, sandwiches, salads and pastries to visitors seeking a quick meal or a quiet place to sit.

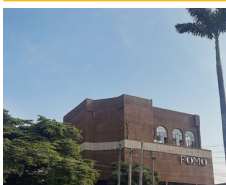


3. Mila Lagos

Mila Lagos keeps things warm and simple with its modern interior, soft lighting and comfortable seating. It is a relaxed spot for coffee, casual meals, quiet dates or conversations that need more time than one drink.

4. Shore by Sailors

Shore by Sailors combines food, drinks and waterfront views at Plot 1, Block 12, Admiralty Road. Guests can settle indoors or enjoy the open-air section while eating, sipping cocktails and watching life move across the water.



5. Cusp Patisserie

Cusp Patisserie serves pastries, bread, desserts and drinks at 3A Danmole Street. Its French-inspired offerings carry touches of West African flavour, making it a lovely stop for breakfast, a coffee date or an afternoon treat.

6. Brunch Bar Lagos

Brunch does not have to end before noon at this all-day restaurant on 33 Grace Anjous Drive. Brunch Bar Lagos serves breakfast favourites and comforting meals in a bright setting suited to weekend dates, friendly catch-ups and slow afternoons.

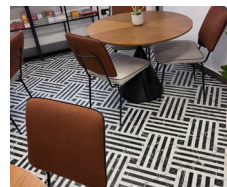


7. Saffron by Alexis Galleries

Saffron brings Moroccan-inspired dining to 282 Akin Olugbade Street. Its warm colours, patterned lamps and intimate seating create a cosy atmosphere for diners who want rich flavours and a quiet meal away from the usual Lagos rush.

8. Gogi Lagos

Gogi Lagos is a 24-hour food house at 69 Admiralty Way, serving burgers, rice bowls and other filling meals. Its easygoing setting makes it useful for quick lunches, casual hangouts and those late-night moments when hunger refuses to respect the time.



9. The Pepper Soup Shop

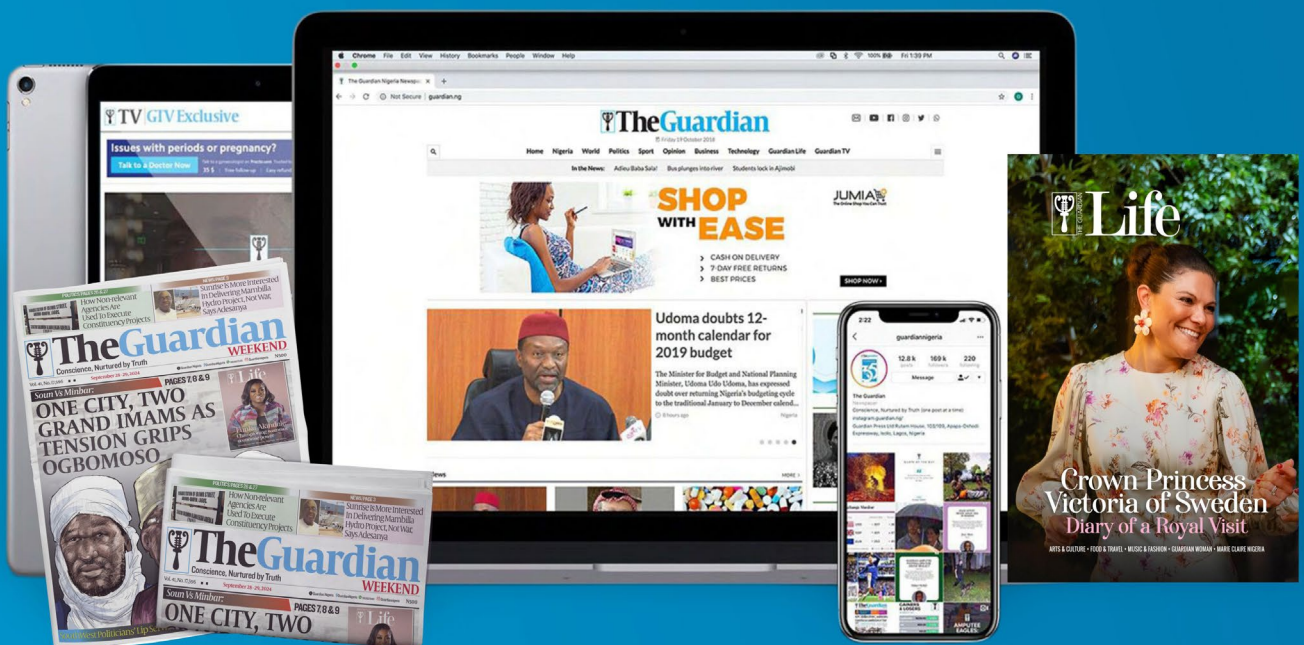
The Pepper Soup Shop builds its menu around one of Nigeria's most comforting meals. It serves rich pepper soup with local sides in a cosy setting, making it a fitting stop on rainy evenings or whenever you want something hot and familiar.

10. Mamatcha Café

Mamatcha Café gives matcha lovers plenty to enjoy at 30 Fola Osibo Road. Alongside its matcha drinks, the café serves coffee, pastries, breakfast dishes and light meals in a clean, modern space made for casual dates and afternoon catch-ups.



The Guardian is Nigeria's most credible and trusted newspaper.



Visit: www.guardian.ng

Available in print, online, e-paper and digital TV formats,
appealing to a global audience.

 **TheGuardian**
Conscience, Nurtured by Truth

 **Life**
Everything you need to live well

Guardian Woman

Guardian Angels

 **GuardianTV**

marie claire

Guardian Woman Festival