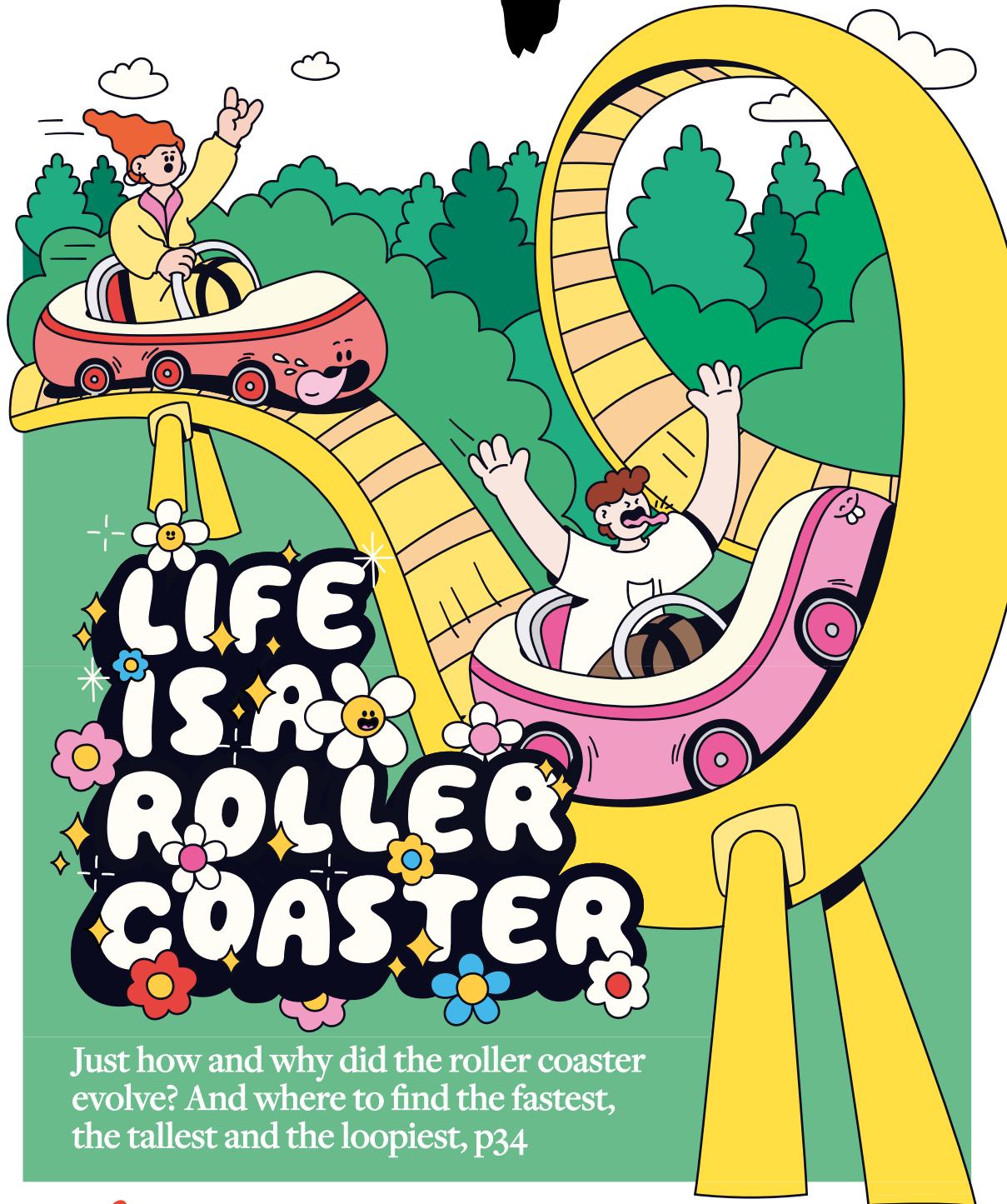


The
rabbit in a hat
Issue

A magazine created
for 25hours Hotels

Companion^{Issue 23}



Just how and why did the roller coaster evolve? And where to find the fastest, the tallest and the loopiest, p34

PETAL POWER

From soda bread to sorbets, edible flowers are versatile and flavoursome. Check out this blooming food trend, p28



The beat goes on

Companion catches up with Berlin-based Korean DJ Shubostar to find out how the beat of life is treating her and what the future holds for clubbing, p26



Dopamine Dressing

Fashion stylist Michelle Duguid asks whether the way we dress can enhance our mood, and even have the power to make us happy and more confident, p42



ARE YOU SOBER CURIOUS?



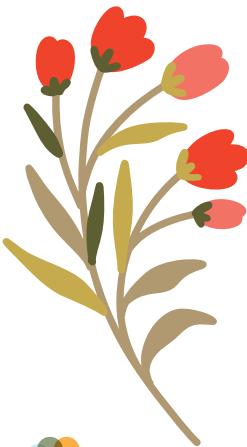
GIRL POWER

Discover how Andrea Bury and Petra Hoffmann of the ABURY Foundation empower women via education, p46



MONOCHROME MAGIC

Barcelona-based Japanese artist Yoshi Sislay takes Companion inside his crazy world of marker pen wall drawings p9



Now at all 25hours Hotels

TRUE STAYS



TRUE SOAP

SOEDER x 25HOURS HOTELS

Hi there! Nice to meet you. Wait a minute, maybe we've actually already met! We're the folks that produce the care products in your 25hours Hotel room.

We're from Zurich, Switzerland, and we make Natural Care. We do it our own way, following the method of saponification and using the best natural plant oils. We also incorporate other gifts from nature like honey, wheat proteins, and sea salt. It's a pretty traditional way of soap making, and we're convinced that it's the right one. When it comes to scents, we find nature to be truly remarkable as well. You'll never find any artificial fragrances in our products.

By the way, you can take a piece of Soeder home with you. Visit the 25 things shop at the 25hours Hotel to find a selection of our Natural Care. And once the bottles are empty, refill them at any 25hours Hotel!



VISIT [@SOEDER.NATURALCARE](https://www.soeder.ch)

25HOURS HOTELS

Editor's Note

Hello and welcome to issue 23 of Companion.

This time we're all about packing as much fun into your 24-hour day as possible, be it heading to a comedy club, p12, reading the latest graphic comic, p25, or learning how to waltz, p28. We love the fact that on the autumnal equinox, which this year falls on 23 September, there really are 25 hours in the day to make the most of our wonderful world.

In this 'rabbit in a hat' issue, anything goes. We talk to playful artist, Yoshi Sislay, p9, whose marker pen wall art strives to show the joy in everything, from a fish or a tree, to an iconic city structure. We also look at the history of roller coasters and speak to innovators Mack Rides, p34, whose company moto 'the whole world is my playground' encapsulates the spirit of Companion. Transgender artist and Zurich local, Luca Süss, takes us to their favourite places in the city, p20, whilst Viennese skateboarder, Daniel Spiegel, tells us what drives him back to the board time and time again, p18. We also test whether AI Google Bard can do a better job of taking us on a tour of the Swiss capital than a travel writer, p54.

Our regular fashion reporter, Michelle Duguid, asks whether what you wear has the power to make you happy in 'Dopamine Dressing', p42, and checks out the latest in get-you-noticed sunglasses, p40. On the food and drink front, we examine the trend for low and non-alcoholic drinks, p49, along with the rise of experience dining, p38, and the beauty and surprising flavours of creating dishes with edible flowers, p8.

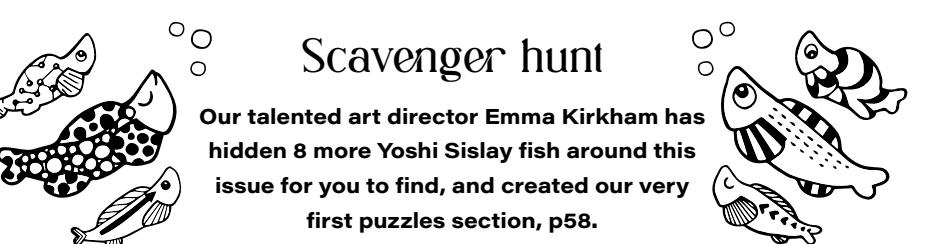
And if you're flying soon, make sure you check out Matt Charlton's airport hacks feature, p16, to make the most of your time in transit.

I hope you enjoy this eclectic issue as much as my team and I did creating it for you. This year marks the 20th anniversary of 25hours Hotels, and we're raising a glass to all our guests, past, present and future.

Jane Anderson, Editor

✉ [Instagram.com/janeandersontravel](https://www.instagram.com/janeandersontravel)

We're curious to know what makes you tick? What's the most playful thing you've ever done? What's your crazy? Email me at janeandersontravel@me.com with feedback on this issue, and anything you'd like to see in the forthcoming issues of Companion.



Remembering Mahir Jahmal (1986-2023)

Here at Companion magazine we pay tribute to the joyful figure of Mahir Jahmal who sadly passed away recently aged just 36-years-old. As an artist, Jahmal is best known for his analogue photographs documenting bold contrasts of a divided reality, powerfully addressing prejudice and racism. Having grown up in the 10th district with his single mother, he was an inspiration to many, and an uplifting presence around the Viennese social scene combining art with his musical talent. Many will cherish how he used his apartment in the 8th district as a workshop and haven, and his unparalleled gift of bringing people together. He will be greatly missed.



Contributors

We asked some of the talented people who have contributed to this issue of Companion what's the craziest thing they've ever done



Luke McConkey
Illustrator

See his roller coaster illustrations on the front cover and p34

When I was trying to get Handsome Frank to sign me as an illustrator I had a huge rug made which said 'Hello Handsome' with a man in his undies on it! It may have been a little crazy...but it worked. Ha-ha!

[Instagram.com/lukemcconkey](https://www.instagram.com/lukemcconkey)



Matt Charlton
Journalist

Read his cabaret clubs feature, p12

My craziest life experience has to be driving solo 1,600 miles from Adelaide to Sydney via Melbourne earlier this year with nothing to keep me company but some playlists and the voices in my head.

[Instagram.com/mattsee](https://www.instagram.com/mattsee)



Kiran Thadhani
Queer blogger

Read her Pride flag feature, p14

I think the craziest thing I've ever done is steal a shopping cart in Washington, D.C. I had bought too many groceries and couldn't carry them home, so I walked the shopping cart almost 4km to my home.

[tiktok.com/@traveling_queer](https://www.tiktok.com/@traveling_queer)



Rick Jordan
Journalist

Read his learning to waltz feature, p28

Jumping into the -2.2C sea (the salt takes it below freezing point) during a cruise around the Antarctic Peninsula is an experience that usually widens people's eyes when I tell them. Even the ones who do cold-water swimming.

[Instagram.com/rickcjordan](https://www.instagram.com/rickcjordan)



Lisa Johnson
Journalist

Read her roller coaster feature, p34

My twin Kirsten and I have done a lot of crazy things together. When we were 11 we rowed out to sea in a dinghy in Devon — only to find ourselves in the middle of a yacht race. I feel emboldened when she is there.

[Instagram.com/lmjondon](https://www.instagram.com/lmjondon)

Friends of Friends

Friends of Friends were the originators of this newspaper format magazine for 25hours Hotels. Its online magazine has been portraying inspiring personalities since 2009, forming a creative community.

[friendsoffriends.com](https://www.friendsoffriends.com)

BITS & PIECES

PARIS
OUTDOOR & ACTIVITY

Reach for the sky

Beyond the tower

This year marks the centenary of the death of Gustave Eiffel, whose famous tower, built for the Universal Exhibition of 1889, ensured him fame. The City of Architecture and Heritage now presents a retrospective, also mapping his often overlooked projects for Paris. On show until 9 January 2024.

citedelarchitecture.fr



In the hoop

When you head to Playground

Duperré for a game of basketball, just 10-minute's walk from the Gare du Nord, you're never quite sure what it's going to look like. This kaleidoscopic court is often repainted and always in the most vibrant colours. It's art installation meets ball game. The court is open to all, so put on your sneakers, bring a ball, and slam that dunk. And if you forget your gear, the Pigalle Basketball Store is next door.

pigallebasketball.business.site

BERLIN
People & business

RULE BREAKER

At Kreuzberg-based creative agency, **MamaPapaCola**, it's all about playfulness. Here are founders Gabor Thier and Bob Shahrestani, thinking inside the box! As Gabor says, "We're an agile team of energetic creatives with clients across wildly different worlds: from fashion to travel. We cook up crazy ideas for breakfast."

mamapapacola.com



Photographs: Paul Waller/Unsplash; Studio Tomas Saraceno; Daniel Rasmussen; Van den Berg/Basel Tourismus/Roche; Eileen Perrier; Vanley Burke

Get your skates on

Marawa Ibrahim, aka 'Marawa the Amazing', has been putting on her skates since the age of two and also excels in hoola hooping, designing and writing. She's a 12 times Guinness World Record holder and has a philosophy of taking us back to childhood pleasures that make you move, laugh and smile. She recently teamed up with Impala to create an 8cm high-heeled rollerskate, with light-up orange sparkle wheels – guaranteed to get you noticed!

marawatheamazing.com,
impalaskate.eu

Where to skate and party:

Zurich: Rollschuh Disco, rollsuhuhdisco.ch
Dubai: Rolldxb, rolldxb.com
Paris: Roller Club of France, rollerclubdefrance.com
Berlin: So36 Club, so36.com

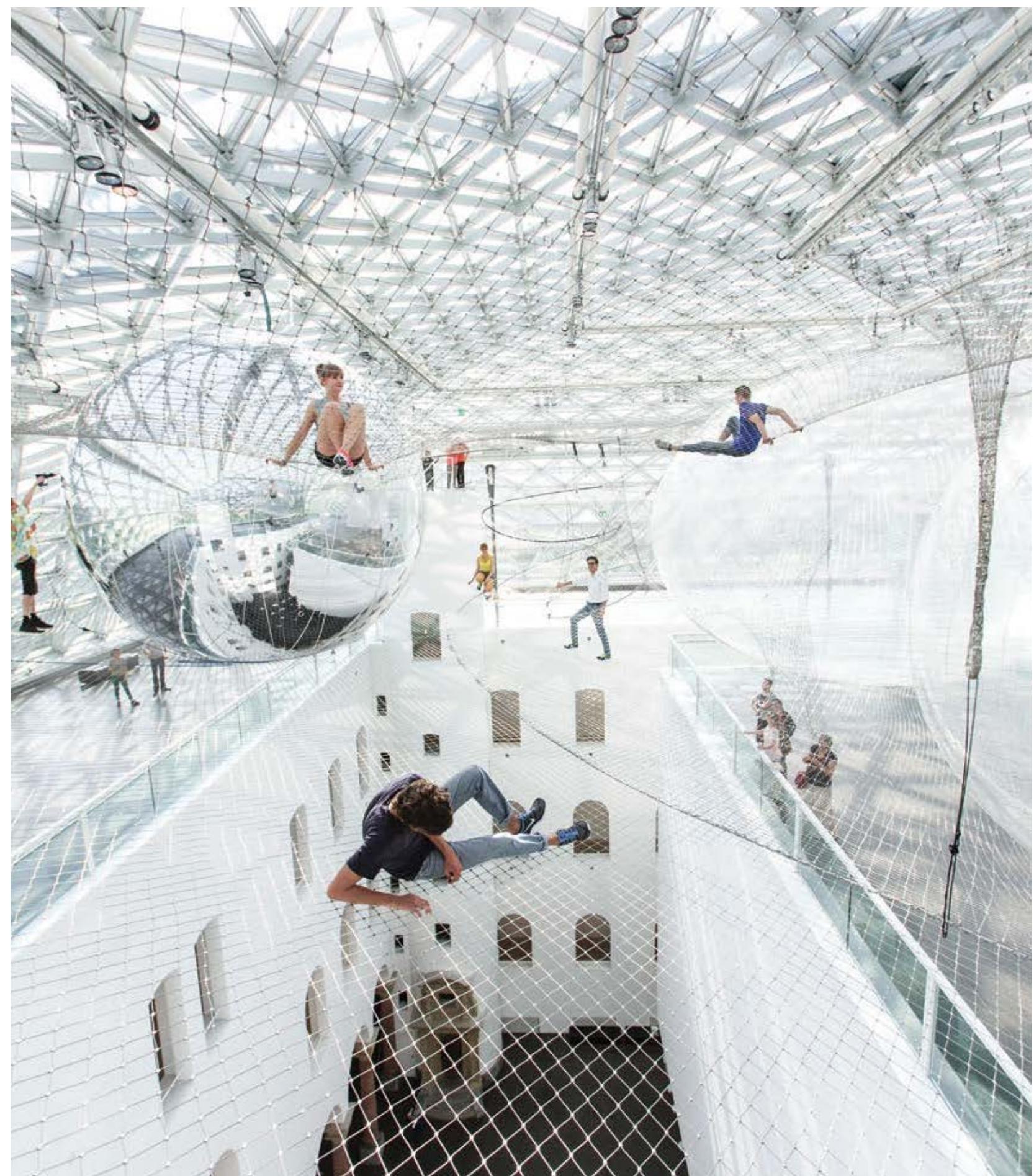
DUSSELDORF
ART & ENTERTAINMENT

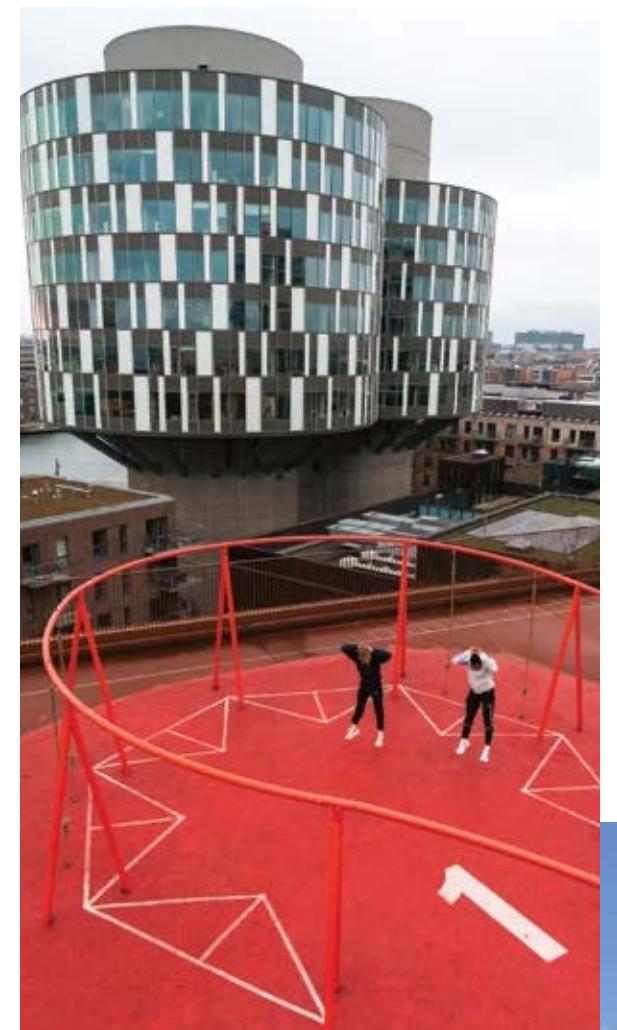
HANG OUT IN ORBIT

We love it when art and play collide. And that's exactly what happens at Düsseldorf's Kunstsammlung gallery. Tomás Saraceno's 2,500-square-meter installation 'In Orbit'

stretches out like a surreal landscape, suspended 25m above K21s piazza. Daredevils can explore the transparent steel nets arranged on three levels by scrambling

and climbing. The panoramic view over Düsseldorf is also spectacular. Just make sure you have a head for heights! → kunstsammlung.de





BARCELONA & COPENHAGEN HEALTH & WELLBEING URBAN PLAYGROUND

When you're taking a city break with young children or want somewhere to work out, it's a joy to discover something as simple as a great playground or an outdoor gym in between all the more serious attractions like museums and palaces.

• How about a playground and work out space with a panoramic view of Copenhagen? Konditaget Lüders sits high up above the harbourfront in Nordhavn on the roof of a multi-storey car park and was created by Jaja architects. It makes getting fit a joy!

jaja.archi



• We love La Pegaso Park, Oktopus in Barcelona created by Richter Spielgerate GmbH, for its sheer ambition and crazy sea creature-inspired design.

richter-spielgeraete.de



BASEL ART & ENTERTAINMENT

AUGMENT YOUR REALITY

The ARTour Basel is a journey between the digital and the real world that brings art to life in new ways. Ten works of art have been created through augmented reality technology by Sabine Himmelsbach and can be located in the heart of the city using the free, downloadable ARTour app and a smartphone camera.

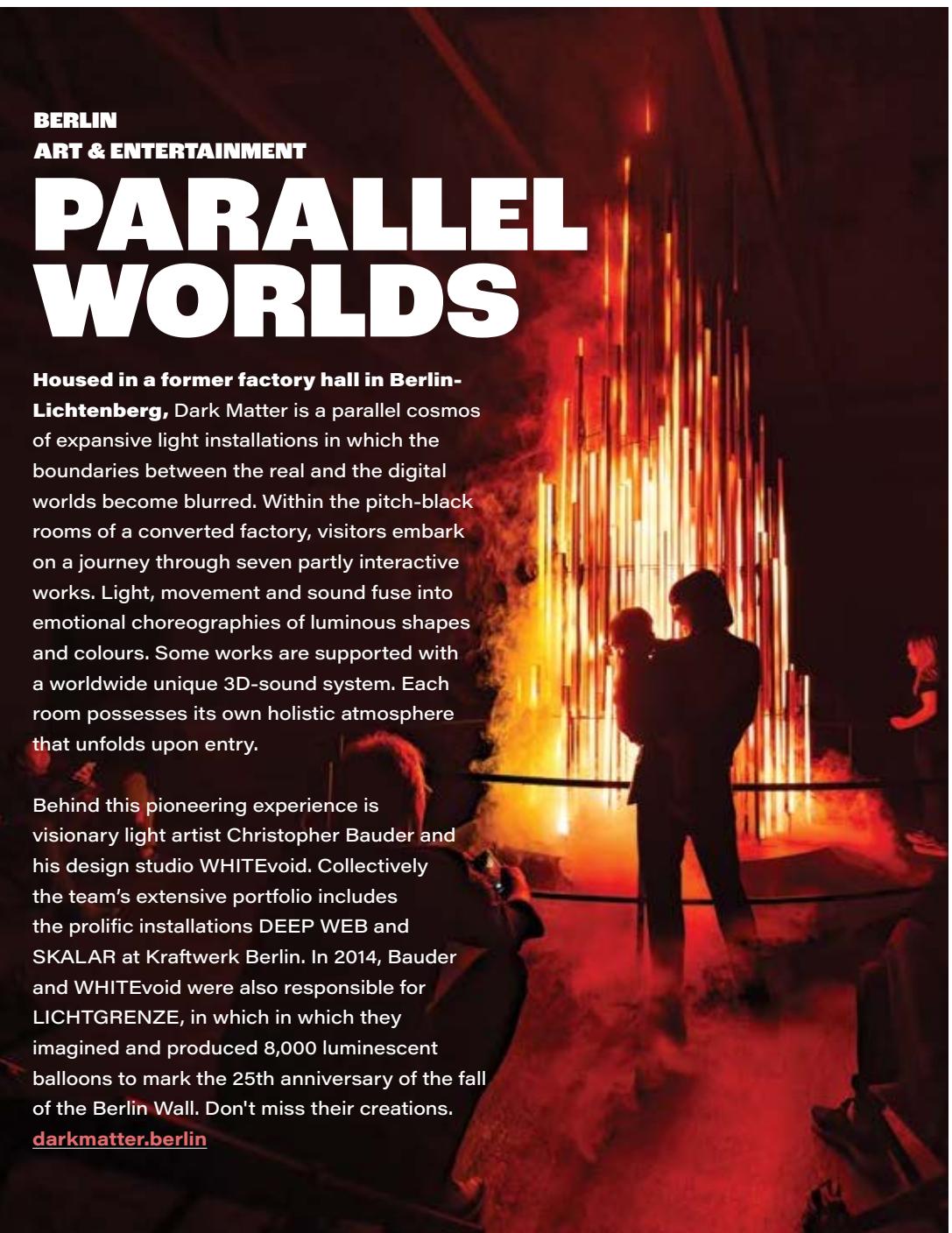
artour.basel.com



EUROPE HEALTH & WELLBEING Soap story

If you're looking for a natural soap that cares for the planet and your skin, check out Soeder, created by Swedish couple, Hanna and Johan Olzon Akerstrom. Their most popular new fragrance is Hinoki Yuzu, created in collaboration with Izakaya Ooki, a restaurant not too far from their shop on Ankerstrasse, Zurich. This soap contains Yuzu which carries both the sweetness of the mandarin and the acidity of the lime, but adds a tart note reminiscent of bergamot, along with distillates from the hinoki tree. In Japan, the wood of this tree is used to build palaces, temples and shrines. Its oil has a tart, somewhat smoky note and is very refreshing. As well as their own stores and 25hours Hotels, Soeder soaps are found in Manufactum in Cologne, Frankfurt, Hamburg and Munich, Storm and File under Pop in Copenhagen, Kadewe in Berlin and Merci in Paris, amongst others.

soeder.ch



BERLIN ART & ENTERTAINMENT

PARALLEL WORLDS

Housed in a former factory hall in Berlin-Lichtenberg, Dark Matter is a parallel cosmos of expansive light installations in which the boundaries between the real and the digital worlds become blurred. Within the pitch-black rooms of a converted factory, visitors embark on a journey through seven partly interactive works. Light, movement and sound fuse into emotional choreographies of luminous shapes and colours. Some works are supported with a worldwide unique 3D-sound system. Each room possesses its own holistic atmosphere that unfolds upon entry.

Behind this pioneering experience is visionary light artist Christopher Bauder and his design studio WHITEvoid. Collectively the team's extensive portfolio includes the prolific installations DEEP WEB and SKALAR at Kraftwerk Berlin. In 2014, Bauder and WHITEvoid were also responsible for LICHTGRENZE, in which they imagined and produced 8,000 luminescent balloons to mark the 25th anniversary of the fall of the Berlin Wall. Don't miss their creations.

darkmatter.berlin



LONDON ART & ENTERTAINMENT REBEL REBEL

London's two must-see fashion exhibitions this autumn...

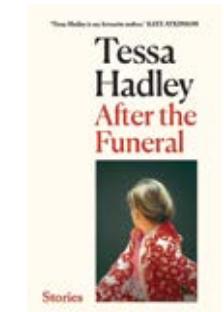
• Hot foot it to the London Design Museum for REBEL: 30 Years of London Fashion sponsored by Alexander McQueen (16 September to 11 February 2024), celebrating over 300 young designers – known as the NEWGEN alumni. Highlights include Harry Styles' Steven Stokey Daley outfit from his video for 'Golden', and a vast Molly Goddard ruffle dress worn by Rihanna that went viral on insta.

designmuseum.org

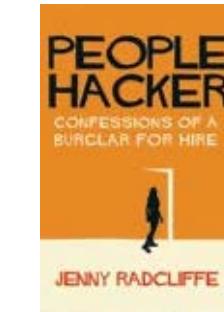
• Fashionistas are making a beeline for The Morgan Stanley Exhibition: The Missing Thread (21 September–07 January 2024). Spanning from the 1970s to the present day, The Missing Thread at Somerset House charts the shifting landscape of Black British culture and the contribution it has made to Britain's fashion design history, including legendary designer Joe Casely-Hayford.



Irreverent Books

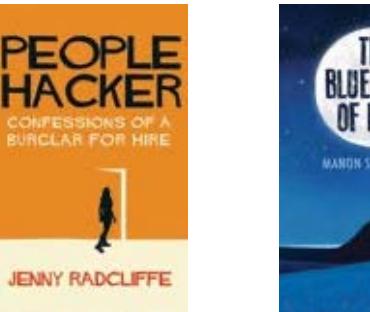


After the Funeral
by Tessa Hadley
A thrilling collection of short stories from one of our greatest living writers. Narrowing in on the depths of everyday life, here we see how small events have huge, unexpected consequences.



People Hacker
by Jenny Radcliffe

A fascinating account of how 'burglar for hire' Jenny Radcliffe used a



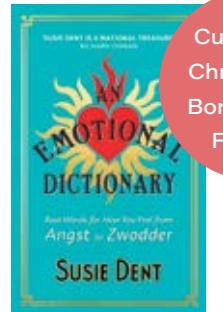
People Hacker
by Jenny Radcliffe

A gripping novel for older readers too, exploring the moving relationship between a mother and son in a post-apocalyptic world. A must read.



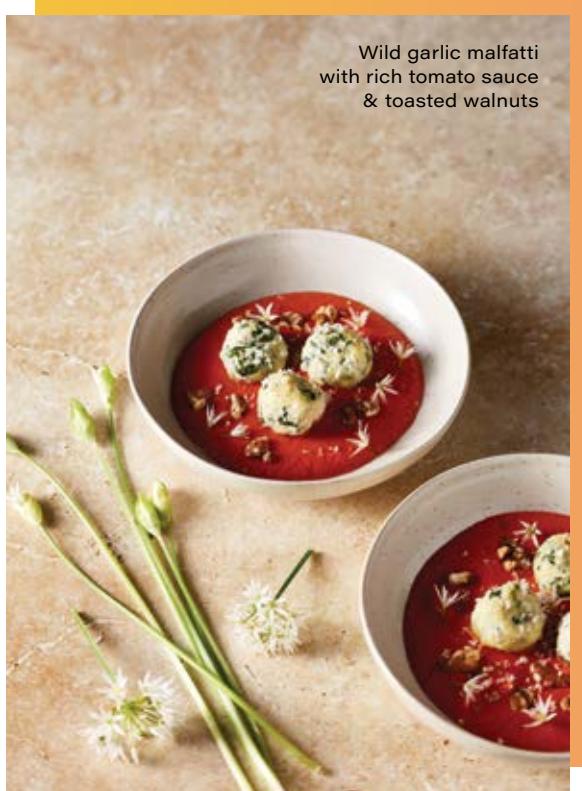
Yellowface
by R.F. Kuang

This darkly comic thriller was a bestseller at Hay Festival 2023. It's a precise and entertaining look at greed, ambition, and cultural appropriation. Add it to your reading list now!

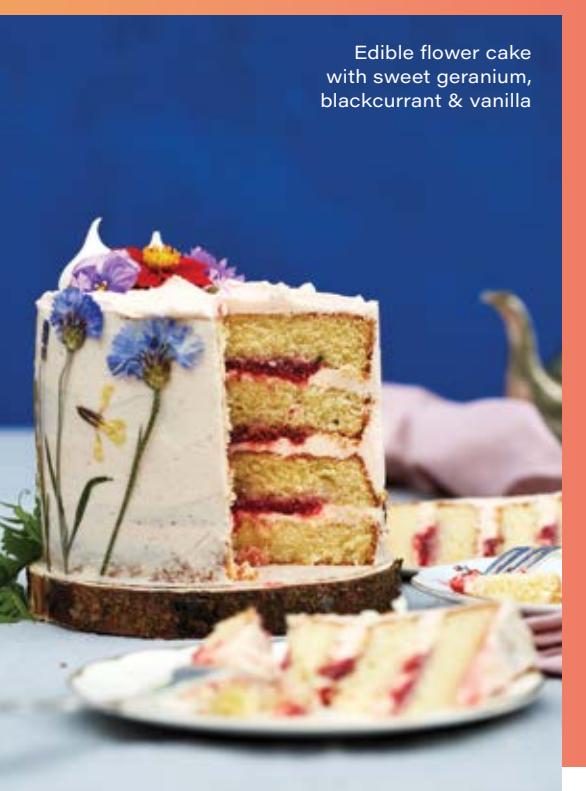


An Emotional Dictionary
by Susie Dent
Do you ever wish there was a word to sum up that feeling of being distressed by a bad haircut, or just how shocking it feels to jump into icy water? Lexicographer Susie Dent explores.

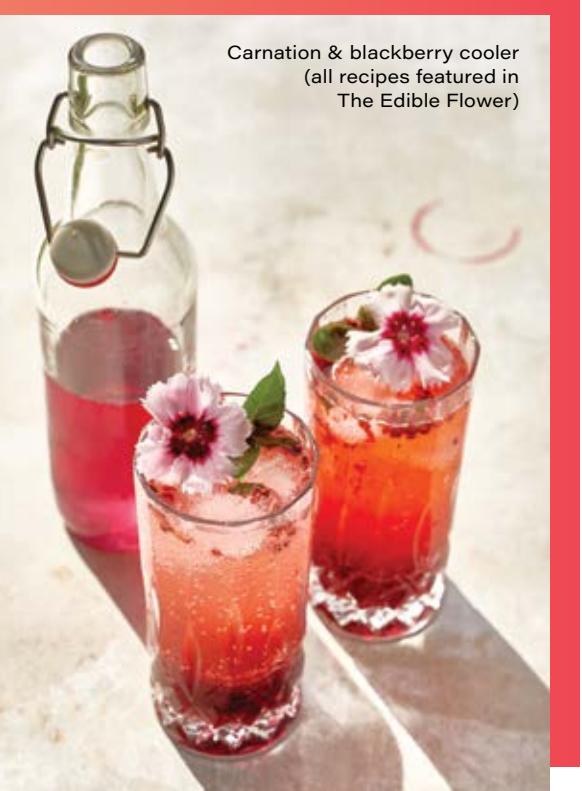
Curated by
Christopher
Bone of Hay
Festival



Wild garlic malfatti with rich tomato sauce & toasted walnuts



Edible flower cake with sweet geranium, blackcurrant & vanilla



Carnation & blackberry cooler (all recipes featured in *The Edible Flower*)

FLOWER POWER

From soda bread to sorbets, edible flowers are versatile and flavoursome. Rick Jordan investigates

What would your reaction be if, after admiring your carefully arranged table decorations of tulips and carnations, your dinner guests started picking the flowers and scattering them over their food? While flowers have been used in food for thousands of years, we still tend to think of them as decorative – to brighten up a garden border, or be snipped and presented for Mother's Day. But edible flowers are blooming, not only as garnishes for cocktails and desserts, but as flavoursome ingredients in savoury dishes, too.

'People are using flowers more creatively these days, which is driven by the foraging movement,' says Erin Bunting who, along with her wife, Jo Facer, has written a new book on the subject, *The Edible Flower*. 'But it's an old skill that many people have simply forgotten. If you go back to the 15th and 16th centuries you'll find all sorts of interesting dishes on menus from country estates – and, of course, there's a long history of edible flowers in Middle Eastern and ancient Greek and Roman cultures.'



Erin Bunting & Jo Facer, authors of *The Edible Flower* with their twins Frida & Forrest

The couple moved to County Down in Northern Ireland from London a few years ago, buying a farmhouse and smallholding, and running supper clubs and classes to share their passion for growing and cooking with flowers. 'The big appeal is you get some surprising flavours that you just don't encounter anywhere else. Think of using edible flowers in the same way you would fresh herbs.' Their recipes gather up spicy calendula petals and peppery nasturtiums, almondly hawthorne and bright cornflowers, with tulips sprinkled over a spicy Thai beef dish, borage adding interest to a pickled kohlrabi and cucumber salad, along with fragrant recipes for soda bread, pavlova and sorbets.

While chefs such as René Redzepi famously championed flowers at his Copenhagen restaurant Noma, fashioning edible landscapes with mustard flowers paired to broad beans, and thyme to beetroot, the floral movement is blossoming. In Berlin, food artist Kristiane Kegelmann crystallises flowers to make imaginative pralines at her recently opened restaurant Pars; while just outside the city, Paris-based chef Rose Chalalai Singh hosts pop-up flower feasts at the farm belonging to artist Danh Vo. And flowers continue to brighten up savoury dishes at restaurants from Geranium in Copenhagen to Sketch in London. As Bunting says, 'We don't get many calories from flowers, but you do get a lot of joy.'

The Edible Flower is published by Laurence King

ERIN'S BEST FLOWERS TO GROW FOR COOKING

With a long growing season, you can use all the parts – stuffed, added to dough for bread, leaves used for salsa verde, the stems pickled like capers.

Lavender

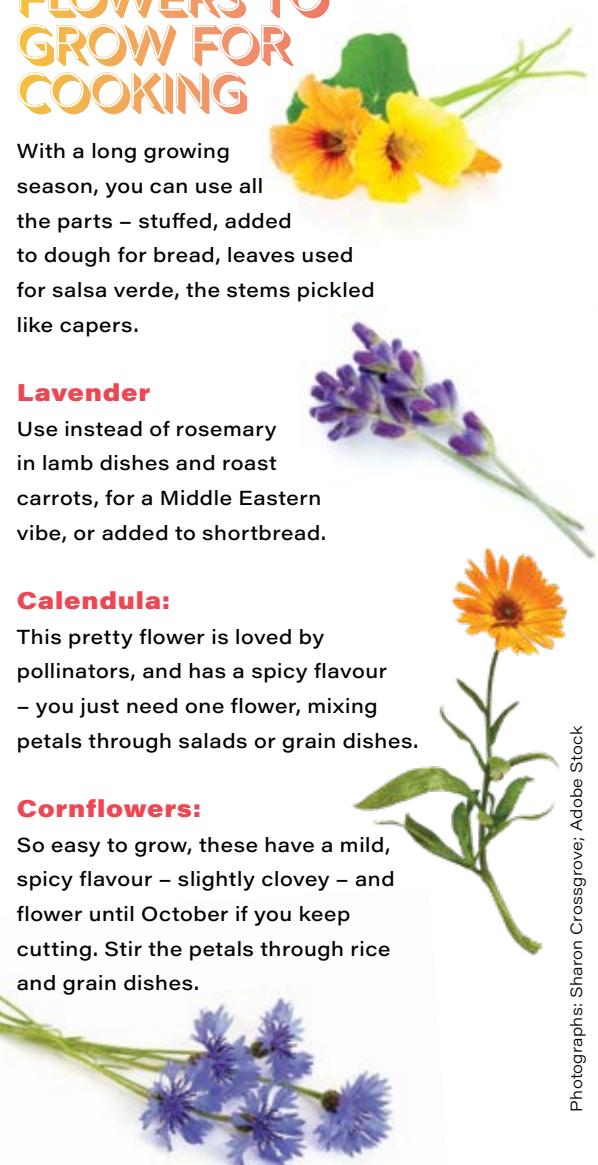
Use instead of rosemary in lamb dishes and roast carrots, for a Middle Eastern vibe, or added to shortbread.

Calendula:

This pretty flower is loved by pollinators, and has a spicy flavour – you just need one flower, mixing petals through salads or grain dishes.

Cornflowers:

So easy to grow, these have a mild, spicy flavour – slightly clovey – and flower until October if you keep cutting. Stir the petals through rice and grain dishes.



Photographs: Sharon Crossgrove; Adobe Stock



Japanese artist Yoshi Sislay, famous for his marker pen wall drawings, tells Companion about his journey into art and his latest collaboration with 25hours Hotels →

So Create Without

Yoshi, how did you become an artist?

By my early twenties I had visited more than 30 countries since leaving my hometown of Osaka. It was 2001 and I was hanging around London drinking and dancing and working in a bar called Fluid in Farringdon. It was a Japanese-themed urban retreat just next to the famous Fabric night club. I was happy working four days a week til 3am in the morning, but inside I felt empty. I was looking for something, but wasn't sure what.

Fluid attracted lots of successful people like lawyers and fashion designers. They talked about their jobs with lots of passion. I was envious and wanted to make something happen. I had many DJ friends in venues where I could get in free, and I felt I should use this opportunity to organise an event. I asked James the owner of Fluid to give me a space to have a party and offered to organise everything – talking to Time Out, booking the DJ, and creating some posters. It was open for anybody to come.

I drew an invitation like a little poster with a black marker pen and put them in the empty liquor bottles. On the way back to my flat in Hackney, I threw the bottles along the canals. I felt that if someone found the invitation, like a treasure map, they would be a really good customer with the same feelings as I had of looking for something, and it would be a good party.

The party was a big success with so many interesting people, many of whom asked who did the drawings on the posters. It was very encouraging and gave me the confidence to pursue art. When I was a kid I used to read lots of comics and was always drawing on the desks at breaktime. I also like graffiti artists like Mark Gonzales who created zines and Banksy who was famous around London at that time. I never went to art school, but learnt from so many amazing street artists.

I went to New Zealand for a year to draw landscapes. I lived in the forest with the Maori, but felt like I wanted to go somewhere

non-English speaking. I like baseball, football and basketball and in London my favourite football player was Brazilian Ranaldinho who played for Barcelona. I followed my instincts and bought a flight there.

The decision was correct. Here I discovered the work of so many inspiring artists like Gaudi and Picasso. I knew their names but I didn't know who they were as I had no academic education. Art is such a never-ending story, I felt confident that I wouldn't become bored of being an artist and began to learn from the past. Now I started to push myself. I used to work in a restaurant and say I was a sushi chef, or a bar tender. I never said I was an artist. When I came to Barcelona, I started to say I was an artist. I showed my work. It was the beginning.

Photographs: Taisuke Yoshida; Richard Lohs

How has 25hours Hotel Bikini Berlin inspired you?

25hours Hotels founder, Christoph Hoffman, wanted to depict the theme of urban jungle inside the hotel which overlooks Berlin Zoo to the rear. I drew lots of creatures inspired by nature with circling shapes, whilst on the other side I drew industrial shapes. They sometimes mirror one another such as a big moonfish and a submarine – similar shapes, but different. Many business people return to the hotel, so I created different drawings in every single room so it's never boring. They could be tiny like a snake coming out of the bottom of the wall, or I could do a huge landscape. I try to refresh people's brains.

We recently teamed up with Canvasco bags, using a drawing from the 25hours Berlin on the bag. When people buy it, they can try to find where I drew it in the hotel. It's very playful.

How would you describe your art?

I create black pen drawings on a white background. Colour is everywhere so I create without it. There's nothing black and white in life. I draw in black and white because colour has so many connotations. If you use blue, it looks like a sky. If you have a cloud with red, it looks like a sunrise or sunset. Colour conveys so much information so when I remove colour, people have more ways of interpreting my art.

I don't want to force my opinion on people too much. If I draw a fish, and someone says it's a giraffe, ok so that's a giraffe! If someone sees it with a different angle, they could add a better story than mine.

What inspires your art?

My work is probably most like a comic. It's original and usually improvised. I don't create a sketch before I start drawing because the sketch is the art. I love to try to convey how a tree isn't trying to be beautiful, it's just trying to do the best it can to survive. I want people to see that in my drawing. I don't copy and paste, I draw every leaf. I try not to measure. I just use my hands.

I also take inspiration from the imagination like legends of dragons or from ancient worlds where dinosaurs roamed. Sometimes I draw buildings, but I try to show the happiness in them. I'm interested in personalities and how to put emotion into my art. People who look at my art can create the story for themselves.



25hours alert!

Don't miss the 'Slam What...!?' quarterly poetry slam at 25hours Hotel Hafencity in Hamburg featuring whispering and spitting, paraphrasing and embellishing, rapping and above all slamming!
[25hours-companion.com
 /en/events](http://25hours-companion.com/en/events)

COPENHAGEN Comedy Zoo

The Danish are not famed for their comedy, but they are a country, in this writer's experience, with one of the driest, darkest senses of humour on this list (this is a good thing). Reliably stylish Danish interiors do not detract from the main event - some is in Danish, some is in English, but if you don't understand the nuances you can divert yourself with some decent drinks. Before or after the show, as a ticket holder, you can get a special menu at the well-regarded Odette restaurant next door.
billetter.comedyzoo.dk

COLOGNE The Comedy Bus Tour

Originating in Hamburg, it turns out that laughter is truly infectious, as you guffaw your way through the city during a comedy show on a bus. Listen to endless jokes, stories, and partake in some extraordinary activities... or just stare out of the window awkwardly. Yes, the comedy is mainly in German, but you're allowed to drink on this bus tour and look out of the window, so even if you don't understand the language you get a nice view and/or a cold drink.
getyourguide.co.uk/cologne-t19/cologne-15-hour-comedy-bus-tour-t14483

BERLIN Kleine Nachtrevue

All we will say is be prepared to be surprised when you ask for the drinks menu. This is a burlesque club which, faithful to the naughty city in which it resides, in no-holes bared... literally. It has an Art Deco decor that whimsically nods to the Jazz Age era which inspires the evening. And as the lights dim, you can sip on your Old Fashioned, and be bemused and captivated by the beautiful and lascivious 90-minute show, mixing modern and traditional styles, as it unfolds and unfurls spectacularly in front of you. NOT for the faint-hearted.
kleine-nachtrevue.de/en

ZURICH Cabaret Voltaire

Probably the venue with the most fascinating history on this list, this club was originally founded in 1916 and was instrumental in helping to start the absurdist Dada anarchic art movement. It was a short-lived affair - a Big Bang which gave birth to a whole chaotic movement - but the name was resurrected for the 21st century in the shape of a café, show room, education centre and a meeting point for the disillusioned and the politically inspired, and artistic performances. In essence, it's much the same as when it was first born.
cabaretvoltaire.ch

DUBAI The Laughter Factory

Not to be mistaken with the legendary Laugh Factory, which is to be found half-way up Sunset Strip in West Hollywood, this Dubai mainstay is the longest-running comedy night in the UAE. The Laughter Factory hosts a fresh bill of three different professional comedians every month, thanks to a longstanding partnership with the UK's Comedy Store, so you'll be seeing a lot of well-known faces from the UK comedy scene pop up and perform. Watch them go even redder than usual in the desert heat.
thelaughterfactory.com

DÜSSELDORF Joey's Comedy Club

Run by comedian Joey Malik, this is an unforgettable night of stand-up comedy, with an eclectic mix of talented comedians. Both established artists and up-and-coming talent take to the stage through a mix of curated shows and open-mic nights, covering all the comedy styles and all the subjects - so that every breath you take between belly laughs will be valuable to you.
joeyscomedyclub.de

WILLKOMMEN! AND BIENVENUE! WELCOME!

Matt Charlton guides you to the funniest and naughtiest creatures of the night as he rounds up the best comedy and cabaret clubs

FLORENCE Bargiu Club

When a club's slogan is 'What happens in Bargiu, stays in Bargiu' (presumably unless the police become involved), you know you're probably in for a good/corrupting night out. Part saloon, part dance floor, this is a place with low lighting and even lower moral standards, this gaff is the new spot in Florence for stand-up comedy, DJ-sets, themed parties, live concerts and karaoke. It's also 'a place where your sins will never see the light'. Enter at your own risk.
yellowsquare.it/florence/eat-party/bargiu

VIENNA Casa Nova

Okay - maybe this competes with Cabaret Voltaire as having the most fascinating history on the list, but it is also a much more straightforward Cabaret Club than the aforementioned Dada institution and remains a mainstay of Viennese nightlife. The legendary American-French singer and dancer Josephine Baker was on stage here, plus some unforgettable scenes from The Third Man were also filmed here. It's a mere 10 minute walk from Burg Kino which still shows the movie.
casanova-vienna.at

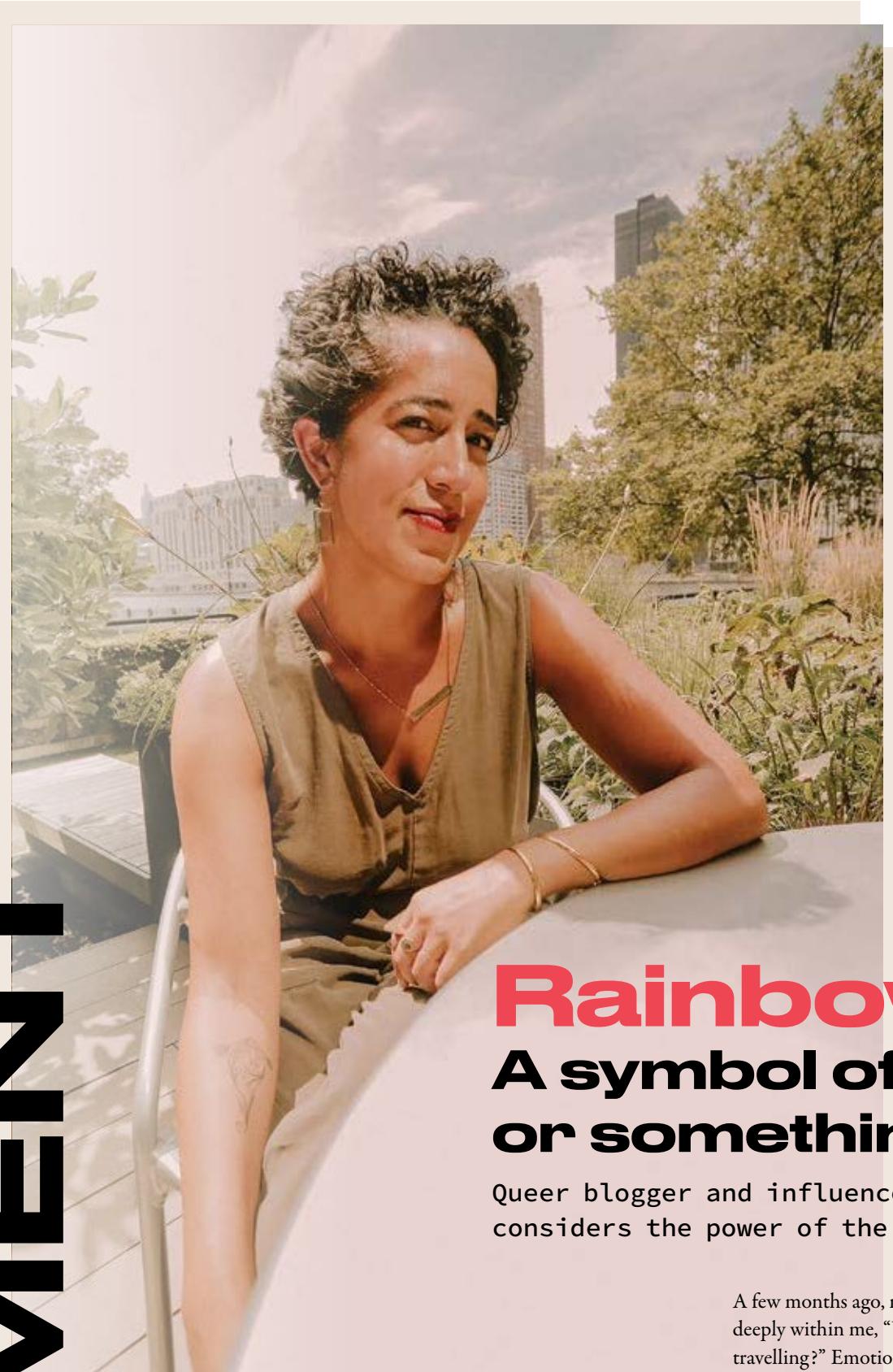
FRANKFURT Circus

We're not telling you where it is.... Because we don't know, but it feels as if every little thing they do is going to be magic in this place, and the secret location only adds to the wonder. Apparently bookable until early 2024, you can add your name to the waitlist now. There's an ever-changing troupe of firebreathers, hula-hoopers contortionists, and gravity-defying aerialists, plus a sumptuous two-course meal.
explore-hidden.com/event/details/circus-cabaret-immersive-dining-experience-frankfurt-1557116

HAMBURG Reeperbahn Comedy Club

The naughtiest district in this harbour city is where the Beatles found their sound and probably picked up a few other things as well, but its history is not just with rock n roll, it's with cabaret and comedy too. 'Mach shau' (make a show/put on a show) has always been the saying here, and every Saturday you will find many new and established comedians plying their trade and cutting their teeth in front of a probably quite polite German crowd who will spill out into the neighbouring clubs, growing less polite as the night wears on.
reeperbahncomedyclub.de

COMPANION COMPONENT



Rainbow Flag A symbol of inclusion or something more?

Queer blogger and influencer Kiran Thadhani considers the power of the flag whilst travelling

A few months ago, my partner posed a question that resonated deeply within me, "Why do you have such a strong passion for travelling?" Emotions surged through me, and tears welled up in my eyes as I struggled to articulate my feelings. It was at that moment that I realized my love for travel springs from a profound desire to find a sense of belonging in my life.

Travel has become my way of exploring the potential of what life can offer - a means to discover myself in new and enlightening ways. It mirrors the diverse nature of queerness, which varies across cultures and individuals, transcending borders while also challenging them.

Over the past year, I've been collecting stories and contemplating the significance of travelling as a queer person, as well as discovering queer communities around the world. Recently, I've been particularly intrigued by the presence or absence of the rainbow flag and how it influences travel decisions, feelings of safety, and destination choices for myself and other queer travellers. These discussions have given rise to perspectives that I believe are essential for all travellers and those working in the hospitality industry to consider.

Photograph: Itenji, Shayonne Covington

Kiran Thadhani is a queer Sindhi woman, born in the US, now living in London. She is a cross-cultural facilitator, entrepreneur, and complex conflict expert. She brings herself, her story, and her history in all that she does. She loves to find meaning in the most ordinary parts of life. She is designing a travel documentary series called *Traveling Free*. Her idea for this project comes from her own adventures and migration story, where she has constantly found such beauty and brilliance in queer people and communities that have often experienced great exclusion.

"Bringing Us Together"

For some, the rainbow flag acts as a universal symbol that fosters connections among LGBTQ+ travel communities worldwide. It kindles a sense of unity and belonging, enabling us to connect with others regardless of language or culture. As a friend in Cairo pointed out, "While queerness is manifested differently across cultures, we face discrimination globally. The presence of the rainbow flag serves as an emblem that advocates for change and stimulates transformative conversations within vastly diverse cultural contexts. Although our experiences may vary greatly based on intersecting identities such as race, gender expression, and socioeconomic background, it's important to know that we aren't alone."

"The Elephant in the Room"

However, others have shared that displaying the rainbow flag is merely a starting point. Achieving greater LGBTQ+ inclusion requires proactive measures to address bias and discrimination within the hospitality industry. This entails creating welcoming environments, training hospitality staff on LGBTQ+ sensitivity, implementing anti-discriminatory policies, and supporting LGBTQ+ employees. Genuine inclusivity goes beyond symbols and necessitates tangible actions that challenge the status quo, especially for trans and non-binary individuals.

"Just a Performance"

Expanding on that sentiment, many people expressed the view that the use of the rainbow flag in hotels and restaurants, particularly during events like Pride Month, is merely performative allyship. It may appear supportive on the surface but lacks a substantial commitment to addressing LGBTQ+ issues. The commercial use of the flag without concrete efforts to support LGBTQ+ individuals or combat systemic inequalities can be seen as tokenism or a marketing strategy. However, it is important to note that not all businesses using the rainbow flag engage in performative allyship. Many genuinely support LGBTQ+ rights and use the flag to show solidarity.

"I'm Grateful to Travel, Flag or No Flag"

During conversations with some others, they expressed that whether there is a flag or not doesn't really matter to them. "I feel incredibly privileged to have the ability to travel and safely cross borders. I don't need a flag or even for the hotel staff to acknowledge that the woman with me is my wife. They can think whatever they want - it doesn't determine how free I feel."

"What if they centered us in the design?"

Even so, in a recent discussion, someone raised an intriguing point: instead of relying on a flag to signify safety, the aim should be to design hotels, restaurants, and other travel destinations with equity in mind from the very beginning. "I'm not asking for 'Queer hotels'; I'm interested in how the hospitality industry could center the experiences of LGBTQ+ travelers in the customer experience. When you address the challenges faced by populations that often feel unsafe while traveling, you inherently create a safe and more enriching experience for all guests, regardless of their queerness or identity."

 Kiran Thadhani has teamed up with 25hours to host roundtables for the local queer communities. Available at a selection of 25hours Hotels and beginning in Paris, the evening will include NENI food and an aperitivo or digestif in the 25hours bar afterwards. Check @25hourshotels on Instagram for announcements.

Evolution of the Pride Flag



← 1978
The **original pride flag** was designed by Gilbert Baker to celebrate members of the gay and lesbian political movement. It comprised eight coloured stripes to evoke a rainbow: pink for sex, red for life, orange for healing, yellow for sunlight, green for nature, turquoise for magic, indigo for serenity and violet for spirit.



← 1999
Various new versions of the pride flag have been created with more colours to represent **marginalised communities**. Monica Helms created the transgender flag with light blue, white and pink.



← 2017
Philadelphia City Hall revealed a pride flag including black and brown stripes designed to highlight the **discrimination of black and brown members** of the community. A year later pink, light blue and white were added to represent trans, gender non-binary, intersex and those across the gender spectrum.



← 2018
The **Progress Pride flag** was designed by non-binary American artist Daniel Quasar which was less confusing. He placed the black, brown, light blue, pink and white stripes in the shape of an arrow, on the left. This sought to improve the flag's legibility and place discriminated minorities at the forefront.



← 2021
Valentino Vecchietti created the Intersex-Inclusive Pride Flag using purple and yellow as an intentional counterpoint to gendered blue and pink. The symbol of the circle represents the concept of being unbroken and whole, symbolising the right of intersex people to make decisions about their bodies.

High life

Airports, places of hope and despair, of the unrelenting glare of fluorescent lights and the faint glimmer of foreign sunshine out of the corner of your eye. They depend on you being a captive market, and are designed to confuse and disorientate until such a time that they can somehow spit you out into the ether. It doesn't have to be this way though. Below, you will find a combination of moves and merch that will see you decompressing in the departure lounge before wheels up. Just don't tell anyone else, yeah?

The Moves

To the left, to the left

Taking advantage of your confusion and fatigue, you will often get unconsciously herded to a particular point in security. Through your discombobulation, keep only this in mind - STAY LEFT. Going toward the left-hand most queue usually means a far speedier experience with fewer people. Better still, seek out the business class queue, and the one next to that is usually the most peaceful.

The main concourse is not your friend

You've been standing for a while in the security queue; you've negotiated duty free, you've procured a coffee, and now you see an available seat amongst the heaving masses... KEEP GOING. If you take yourself in the direction of one of the nearest gates, not only will you find space to stretch out, but you'll probably get your hands on a free glossy magazine or daily newspaper from a nearby stand.

The most unlikely places do breakfast

The Prets and the Starbucks of the airport world are all well and good, but it's a rare day when you can walk straight up to the counter and then - dream of dreams - find a table. However, the restaurants that don't do breakfast in the real world? They do breakfast here, and not many people seem to realise it. See Comptoir Libanais at Dubai, or Yo Sushi at Paris Charles De Gaulle.

Duty free bag

To paraphrase Lincoln, an airport divided against itself cannot stand. This is why it is very likely that if you come to the gate holding a duty free bag, albeit full of your own belongings, it is unlikely to be pulled up as excess baggage. One visit to the duty free shop, the purchase of a novelty magnet, and the request for a large bag to put it in should do the trick for many trips to come.

Book a lounge

Okay this somewhat goes against the spirit of this article, but lounges aren't quite as exclusive as you may think. Sure, you might not get access to the Qantas Lounge in Sydney without a business class ticket, but for as little as €35 - about what you'd spend on a meal at an airport restaurant - you can use the general access lounges, which usually come with food and drink included, and quite often with speedy security access too. See the Berlin Tegel Lounge, or the Aspire Lounge in Copenhagen.



low budget

The Merch

Sony WH-1000XM4

'No more screaming children' should be the slogan of every single noise cancelling headphone, but these stress-reducers simply cut out the outside world, immersing you in your podcast, binge-watch, or the latest album by Arctic Monkeys, 'The Car' which everyone should be listening to. These particular Sony Headphones have little flourishes - by placing your right hand over the right earphone, you can hear announcements, plus there are motion sensors so that when you're walking, you can hear your immediate surroundings.



Fishing Vest

This one is now all over TikTok but I SWEAR I thought of it first. Disrobing for the security line is one of the biggest pains in the butt. Different airports will demand different states of undress, but the one thing they do ask consistently is for you to empty your pockets. Solve this in one fell swoop with a fishing vest, which has all the compartments you'll ever need to take your phone, wallet, passport, book, socks, dignity... and it's back on after security quicker than you can say 'where are my shoes?'. We have opted for this stylish one from Carhartt.



KING OF THE STAINLESS STEEL WONDERS

NO NEED FOR INFIGHT ENTERTAINMENT WITH THIS TRAVEL PILLOW

Trtl

Those not very good and overpriced neck pillows at the airport tend to lose shape at the first sign of dribble coming out the corner of your mouth. The brilliant Trtl, though not fond of vowels, is the world's first fully adjustable travel pillow that fits all heights, and the internal support provides premium comfort, keeping your head and neck in an ergonomic position. Basically, no need for inflight entertainment. You'll be sleeping soundly.

Sandqvist Ruben

Even though you now have a fishing vest, you will still need a backpack for your laptop, water bottle, headphones, neck pillow... basically everything we've mentioned in this list. The best of them is Sandqvist - minimalist Scandinavian design, and this particular model is waterproof with a roll top and all the pockets - internal and external - you need to quickly access your bits and pieces, plus it slides under the seat in front once you're on board.



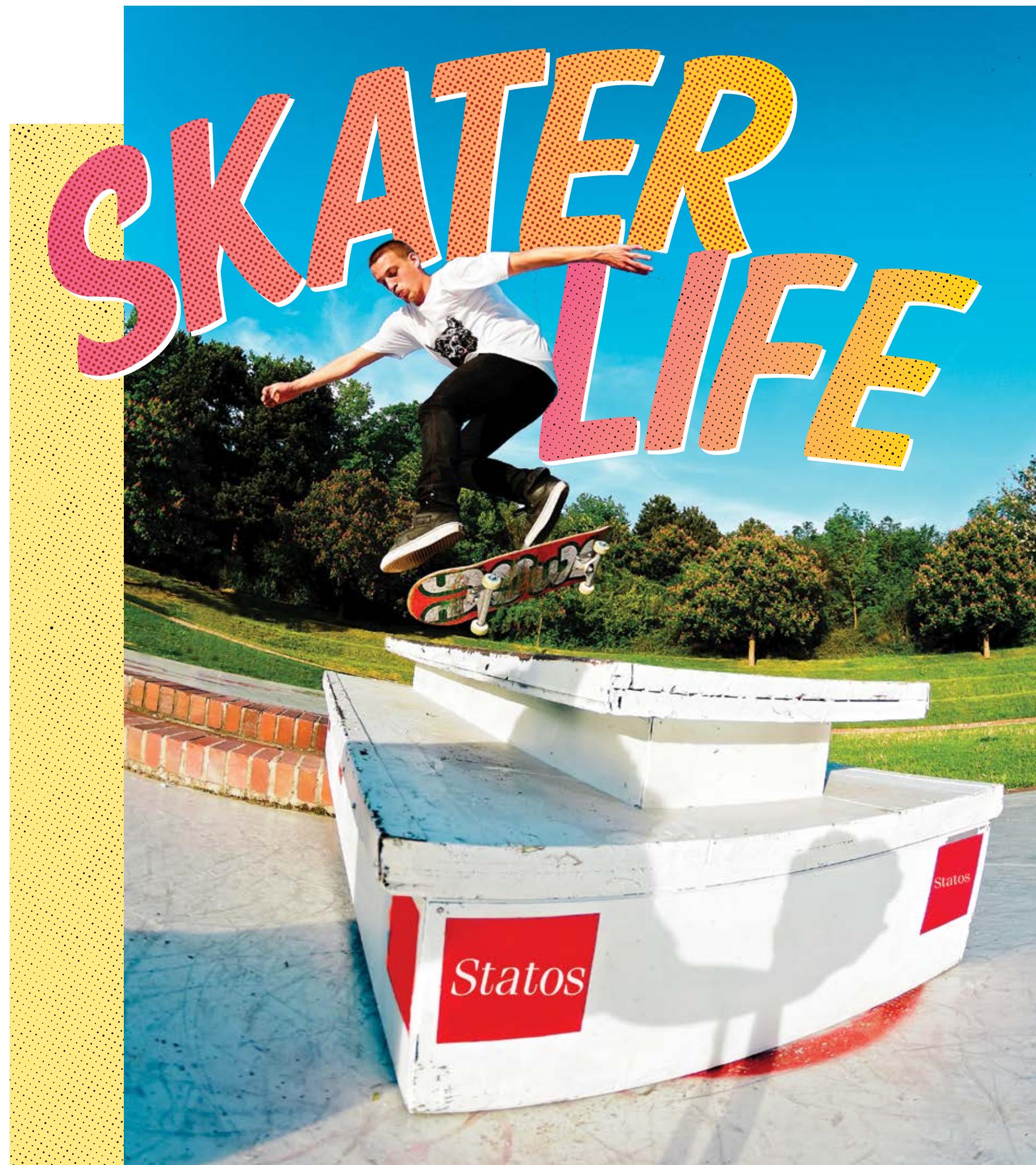
THE BEST BACKPACK IN TOWN



EARBUDS ARE YOUR SLEEP FRIEND

Apple Airpods Pro

We realise we've already recommended some headphones on here - we're not that forgetful. Sometimes, however, when your head is lolling on a plane, a chunky headphone can tend to bump against the fuselage, shaking you out of your slumber. If you feel the sandman approaching, switch to the best earbuds on the market, allowing an extra element of comfort for when you slip away into the land of nod.



Skateboarder Daniel Spiegel was 13 when he discovered skateboarding and instantly got stuck on 'this little wooden thing'. His mum said he'd get bored with it, but 23 years later he's still going strong. Companion discovers what drives him

'SKATEBOARDING TAUGHT ME HOW TO FALL A THOUSAND TIMES A DAY AND ALWAYS GET BACK UP AND TRY AGAIN'

"I'm an old dog as we say in Vienna, but skateboarding feels as good as ever to be honest."

"Skateboarding gave me a tool to express myself. It gave me tons of challenges over the years, but I'm still hungry to learn new tricks. That sounds kinda crazy but I can't let go! Besides that, I met so many great people and travelled to parts of the world I would never have seen if it hadn't been for skating. Looking back, it's been one single blast."

"When I started out, I was actually really bad at competitions and only ever won one. So instead I went out and filmed as much as possible on the streets with my friends Phillip Schuster, Ben Beofsich, Andi Habermaier, and all the other guys who were motivated enough to hold the camera on me. This is where skateboarding happened for me."

"Some of my sponsors saw those videos and images in skate magazines and liked them, I guess. I'm very lucky to still have many of the same sponsors as back in the day. I appreciate every single one of them. I'm still riding for German brand, Über skateboards on a size 8.25. My other sponsors include Vans, Volcom, Superior Distribution (Thunder Trucks and Spitfire Wheels) and Freedom Skateshop (a local skateshop owned by a skateboarder). Thank you guys!"

Photographs: Philipp Hardikov, Jan Federer

"One of the best things about skateboarding is thinking about a trick on a specific spot, trying hard for hours, and finally landing it. It's the best feeling in the world, even after all these years. I also started teaching skateboarding to young kids, or whoever wants to learn it, which is freaking fun as well. I really enjoy seeing the spark in their eyes when they get into it."

"Skateboarding taught me how to fall a thousand times a day and always get back up and try again. At the beginning, you fail a lot, which is an important lesson for everybody, especially for younger ones who are learning that life demands stamina."

"My favourite thing is skate ledges, like grinding and sliding. Bs tailslides and nollie flips are the most fun. When I was younger, I didn't think too much about where I did tricks. I would have loved to put more thought into the process back then and maybe try kinda more tasteful tricks in good-looking spots like I do nowadays. Since I'm turning 36, my body dictates what kind of tricks I can try today. I skate a lot of Arne Carlson Park, my favourite skatepark in Vienna by far. This is where you're most likely to meet me!"

• Instagram @happywauzi



GO LOCAL WITH LUCA

Swiss artist Luca Süss takes us on a tour of their favourite Zurich hangouts

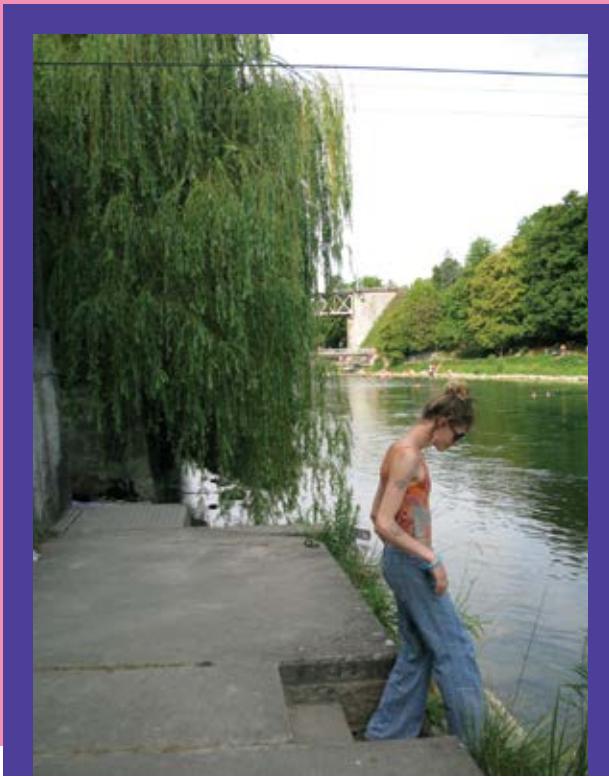


2 pho50

Stauffacherstrasse 101A, 8004 Zurich

I go here whenever I feel like eating out. It's the most delicious Vietnamese food in the city – especially the green Thai curry – and at low prices. It's not flashy, but it's super cute and the family who run it are very friendly.

vietnam-restaurant.ch



3 Wipkingerpark

Breitensteinstrasse 19A, 8037 Zurich

This art collective kind of place is also my absolute favourite place to go swimming in Zurich. The water is cooler than the swimming in the lake and it's often not so crowded. Plus it's right next to the Escher-wyss Square, which is super easy to reach with public transport. → gz-zh.ch/gz-wipkingen

Photographs: Meret Luginbühl





4

Kino Riff Raff

Neugasse 57-63 8005 Zurich

I love this amazing arthouse cinema at Langstrasse Zurich. It's the best cinema experience, and the finest choice of movies in town, both art house and more mainstream like Wes Anderson's The French Dispatch. It's very central and there's the option to vote for a movie that you want to see there. Currently my vote would be for Trainspotting, directed by Danny Boyle.

riffraff.ch



5

Bäckeranlage

Feldstrasse, 8004 Zurich

If you're looking for some chilled downtime, Bäckeranlage park is perfect. It's very central and yet quiet with lots of small, independent cafes and shops around it like Mama's Bäck Lädeli where I like to get a drink to take over to the park. Bäckeranlage is the perfect place to meet friends and chill out.

stadt-zuerich.ch



"Brocki-Siril is a great place to find a souvenir"



6

Brocki-Siril

Hohlstrasse 405, 8048 Zurich

This incredible thrift shop is packed full of superb, one-off finds such as furniture, kitchen equipment, crafting tools and jewellery, all at very, very low prices. You'll always find something here. It's a great place for a unique souvenir of Zurich, or if you're furnishing a flat! My best finds are materials that I can work with in my art.

brockisiril.ch

- 1 zentral wäschereispace
Neue Hard 12, 8005
- 2 phoso
Stauffacherstrasse 101A, 8004
- 3 Wipkingerpark
Breitensteinstrasse 19A, 8037
- 4 Kino Riff Raff
Neugasse 57-63 8005
- 5 Bäckeranlage
Feldstrasse, 8004
- 6 Brocki-Siril
Hohlstrasse 405, 8048
- 7 Toxi
Zimmerlistrasse 4, 8004
- 8 Baby Angel
Geroldstrasse 31, 8005
- 9 dream vintage
Stauffacherstrasse 153, 8004
- 25h 25hours Hotel Zurich Langstrasse
Langstrasse 150, 8004
- 25h 25hours Hotel Zurich west
Pfingstweidstrasse 102, 8005



7

Toxi

Zimmerlistrasse 4, 8004 Zurich

This is my absolute favourite space to see independent, thought provoking art shows. It's run by three wonderful artists, Oz Oderbolz (@_oberstolz), Tanja Roscic (@babafoxy) and Nem (@_orrrg). It's very close to the line of the bus 31, so it's easy to get there. Definitely a must visit.

[Instagram @toxi_space](http://insta.toxi_space) →

8

Baby Angel

Geroldstrasse 31, 8005 Zurich

This basement nightclub is right next to the Zurich Hardbrücke railway station - an amazingly central location. The interior of the club is beautiful as it used to be an old wine basement with gorgeous white walls. There's no specific scene there. It's very inclusive.

[Instagram @babyangelpz](https://www.instagram.com/babyangelpz/)



9

Dream Vintage

Stauffacherstrasse 153, 8004 Zurich

Dream Vintage has just opened in Zurich in a shop previously called KAOZ. I love the Dream Vintage in Basel, so I know it's going to be my favourite place to buy clothes in Zurich. They have a great Y2K collection and I find something every time I visit the store whether it's a retro top or a pair of jeans.

[dreamvintagecollective.com](https://www.dreamvintagecollective.com)

Luca Süss

Luca is a 24-year old trans non-binary artist who did an apprenticeship in sign-making before studying art at Zurich University of the Arts. Moving here from Winterthur via Thurgau, Zurich is the place they love to be as although it's a small city, there's lots to do.

Luca's sculptures address the phenomenon of armour as a protection and defence of queer people in a heteronormative binary society as well as the cultural anthropological question of the influence of toys on the formation of children's gender identities and the theories encompassing a queer ecology.

As Luca says, "These sculptures are indeed defenders, they are armour. But of course not in a literal sense. They won't protect anyone from being harmed physically or psychologically, but the



fact that these sculptures take objects up into themselves and turn them into something queer and comforting gives the viewer a new perspective on these objects, and through that some sort of protection from a patriarchal binary and heteronormative world.

"They are seemingly held together by longing, and the disparate nature of their surfaces is about enduring, embracing and highlighting many tensions. This surface, which is mostly made of found materials, carries histories of different

times and places as contemporary pop culture. By incorporating the objects into new relationships without giving up their former voice, illustrates temporary partial connections and creates a seemingly living queer organism."

[Instagram @luca.suss](https://www.instagram.com/luca.suss/)



GET

Steven Lee Sharpe from Dave's Comics shares his top five graphic novels from the latest releases

↓ **It's Lonely At The Centre of the Earth**
Zoe Thorogood

Not only bravely honest, this autobiographical graphic novel about coping with depression is also an energetically inventive use of the medium, restlessly employing different comic styles to convey the illustrator's emotions.

Published by Image Comics

↑ **Curse of the Chosen, Volume 1: A Matter of Life and Death & A Game Without Rules**
Alexis Deacon

Although technically an all ages fantasy story, this two-volume series deserves to become a classic within the graphic novel medium. Sometimes darkly intense, this intelligent and imaginative piece of work is a masterclass in sequential art storytelling.

Published by Flying Eye Books

↓ **Nightwing, Volume 1: Leaping Into The Light**
Tom Taylor & Bruno Redondo

Comics are the spiritual home of superheroes. You may not have heard of Nightwing yet, but this recent relaunch represents the best of the genre right now and has seen a growing number of fans appreciating the enthralling, amusing, and beautifully drawn adventures.

Published by DC Comics

For more inspiration check out Dave's Comics on Instagram [@daves_comics](https://www.instagram.com/daves_comics)

↑ **The Monkey King: Journey To The West**
Chaiko

Yes, the story is episodic and a little repetitive, but it is over 400 years old! A perfect example of how comics can breathe life into adaptations, moving with great charm between a whole range of absurd characters and adventures.

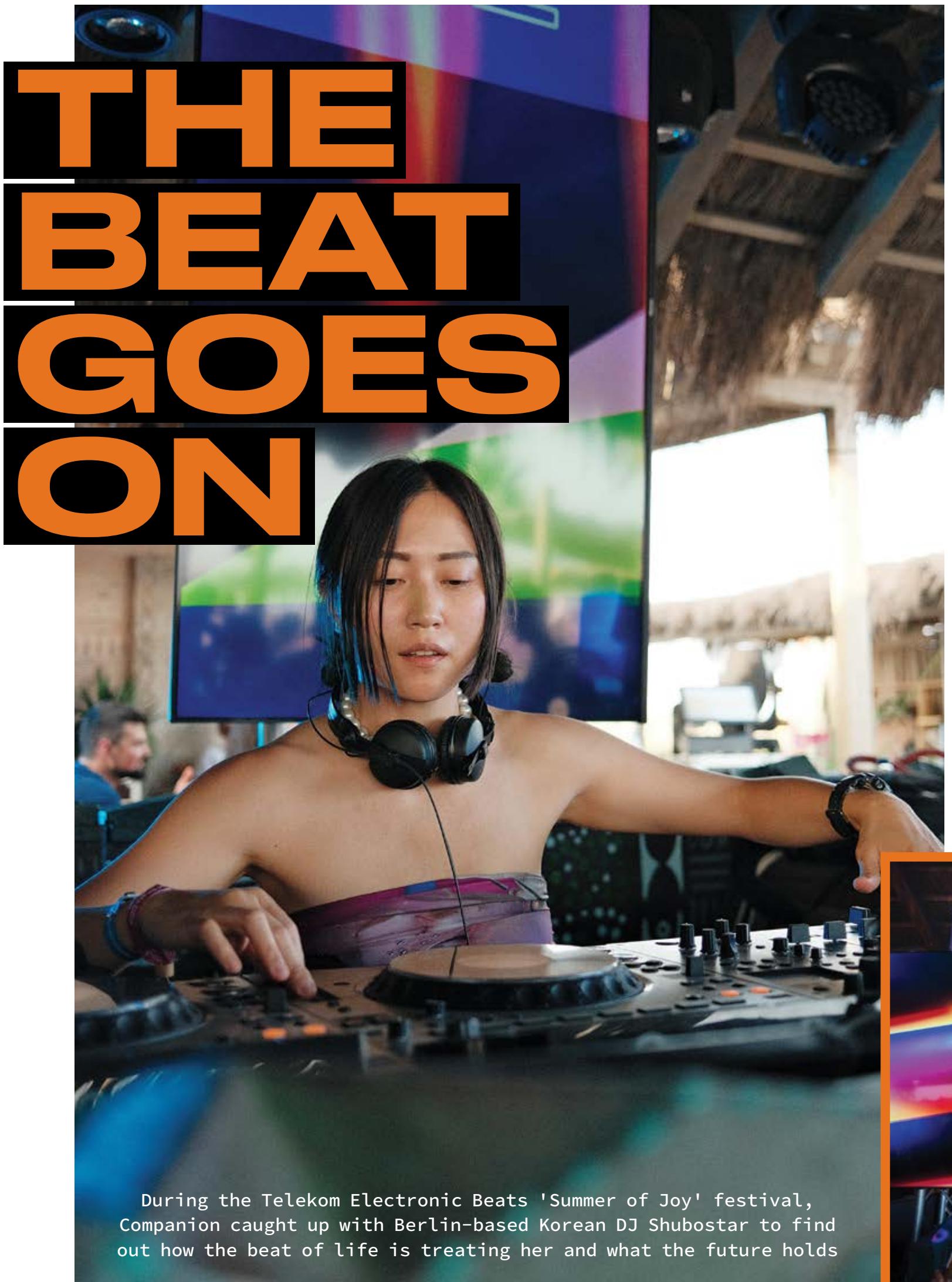
Published by Magnetic

↑ **The Nice House On The Lake: Volume 1**
James Tynion IV, Alvaro Martinez Bueno & Jordie Bellaire

Excellent psychological horror featuring a group of people invited to a remote lodge for a holiday by someone they all share a connection to. Everything seems idyllic until they realise that they can't leave the grounds. Read it if you dare.

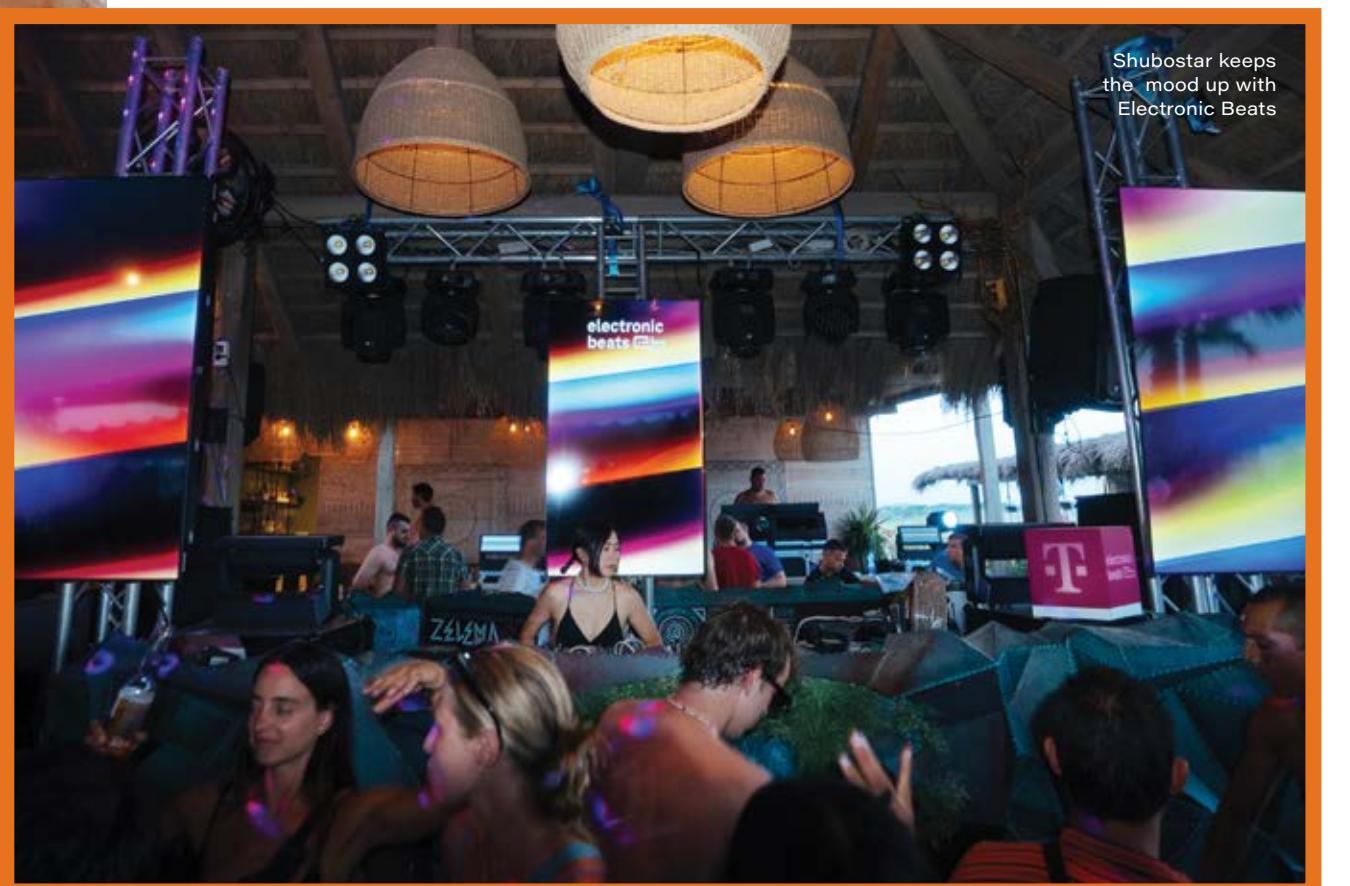
Published by DC Comics

THE BEAT GOES ON



During the Telekom Electronic Beats 'Summer of Joy' festival, Companion caught up with Berlin-based Korean DJ Shubostar to find out how the beat of life is treating her and what the future holds

Photographs: Marvin Jockschat for Telekom Electronic Beats



Q **How would you define your career at present?**

A Finally got into the scene! Like online games - a good example being the World of Warcraft - you reach the final level and you think you're done, but after that, as some would say, "It's time to play the game".

Q **What led you to this point?**

A Hitting rock bottom in my life. One time I had to quit being a DJ because of mental health issues. I couldn't work or even meet people. After that period I moved to Mexico and started to work as a photographer. Then I got to know new DJ friends who invited me to play at their parties. During that time I realised this would be the last chance for me. I quit the photography job and took this chance. I spent most of my time in front of my laptop making music. After a few months, I started to have my own style and lots of love calls from clubs!

Q **What's the favourite part of what you do?**

A Travelling all around the world of course! I love eating local food, meeting locals, and experiencing their culture. This gives me lots of energy. Right now I am in Montenegro with Telekom Electronic Beats for their 'Summer of Joy' party series, celebrating a return to the dancefloor with the full sparkle of freedom, togetherness and community.

Q **What does your hometown of Berlin mean to you?**

A The first time I visited Berlin I already knew that I would live there one day. Everything was so natural. Since I moved there, I haven't felt for a single moment that I'm a stranger in this city. Living in Berlin as a DJ means a lot because it's the capital city of the electronic music scene.

Q **What makes Berlin a great city?**

A If you ever experienced clubbing in Berlin you may know it's the one and only. Where else are clubs open more than 48 hours without stopping every weekend? And most clubs don't allow photos or videos to respect the vibe of the dance floor and the privacy of clubbers. These things make the Berlin club experience unique. It seems like the ideal club scene.

SHUBOSTAR'S TOP FIVE PLAYLIST

1
Lindstrom
Syreen



2
Polo & Pan X Red Axes
Mumia (Polo & Pan Remix)



3
Sally Shapiro
Jackie Jackie



4
Mirèle
Obedient



5
Naoya Matsuoka
A Muggy Night Dream



Q **How important is togetherness and community?**

A It's everything. When you travel, depending on who you travel with, the experience totally changes. I love this phrase, "There are only three ways to change your life: 1. Change where you live. 2. Change people with whom you hang out. 3. Use your time differently". I moved to Mexico City and I met great new artist friends. It changed my thoughts and my life. At the last Burning Man festival in Black Rock City, Nevada, I learned so many beautiful things and one of them was the value of being in a community. This world works because everyone is doing their duty. That's why I also want to contribute my talent to the young generation, emerging creators and inclusive circles.

Q **Do you think rave culture is alive and well?**

A Not like the beginning, but yes, rave is alive and well! It's a bit of a different shape because most raves are permitted by the government and affected by local laws. Rave people always find a way to coexist with non-clubbers in a peaceful way. Such as only daytime outdoor events, or supplying self-drug-test kits to avoid driving when they are high. Some people might say it got boring, but I kinda like this way. We can still enjoy the rave with responsibility.

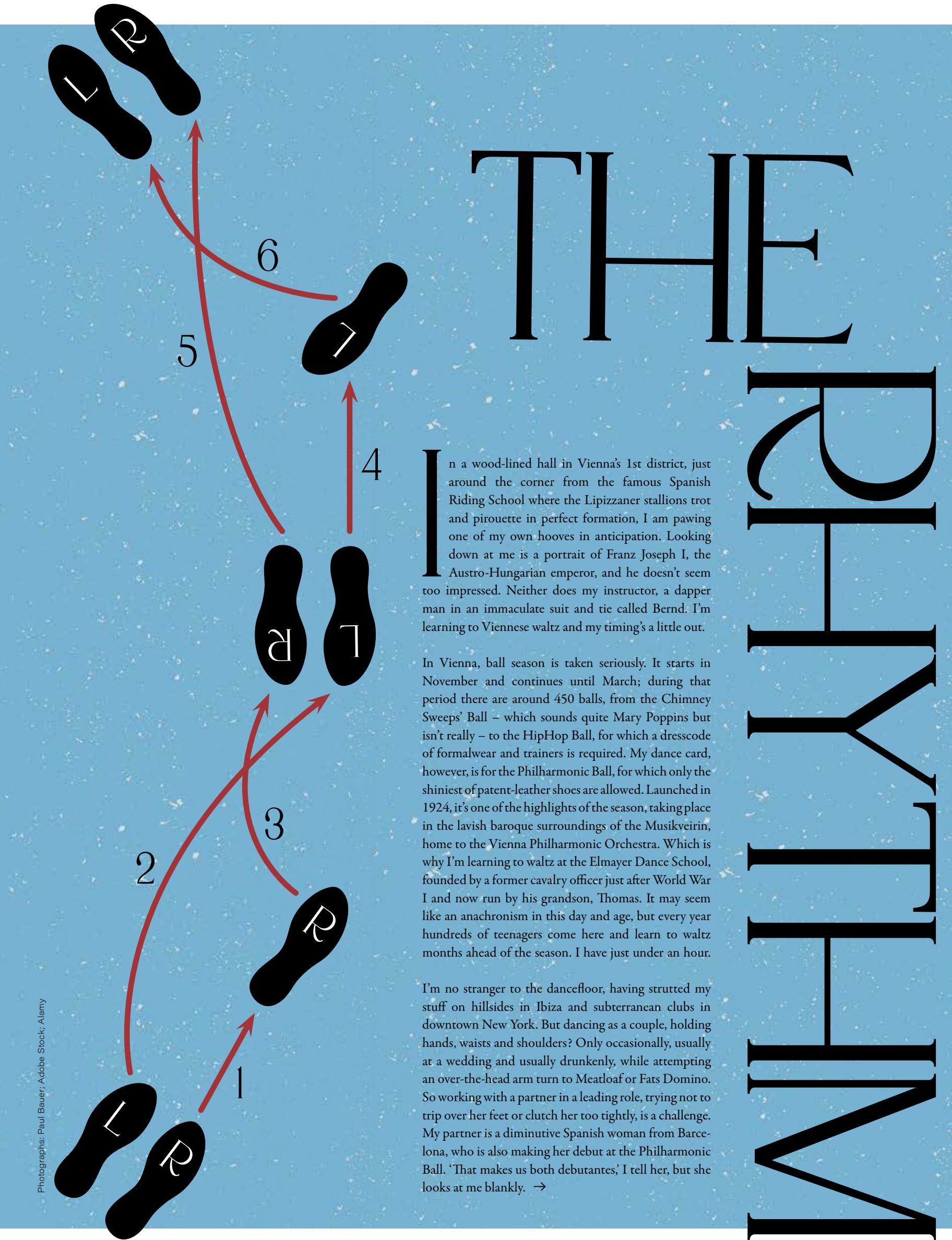
Q **What do you feel is the future of clubbing?**

A The history of dance is almost as old as the history of human beings. Dancing is the most primal instinct and music always comes with dancing. Gathering to dance together to the same music in the same place, we feel a deep connection with each one another. This is a community. This is a ceremony. I'm sure clubbing will last until the end of the human race. Despite any interruption, clubbing will exist in one form or another - gathering and sweating together!

Q **Do you have any more exciting plans that readers can get involved in?**

A After my first US tour this September, I'm back in Berlin for my first gig in the Panorama Bar/Berghain on October 10th with Italoramabar. I want it so bad!

Instagram @shubostar



In a wood-lined hall in Vienna's 1st district, just around the corner from the famous Spanish Riding School where the Lipizzaner stallions trot and pirouette in perfect formation, I am pawing one of my own hooves in anticipation. Looking down at me is a portrait of Franz Joseph I, the Austro-Hungarian emperor, and he doesn't seem too impressed. Neither does my instructor, a dapper man in an immaculate suit and tie called Bernd. I'm learning to Viennese waltz and my timing's a little out.

In Vienna, ball season is taken seriously. It starts in November and continues until March; during that period there are around 450 balls, from the Chimney Sweeps' Ball – which sounds quite Mary Poppins but isn't really – to the HipHop Ball, for which a dresscode of formalwear and trainers is required. My dance card, however, is for the Philharmonic Ball, for which only the shiniest of patent-leather shoes are allowed. Launched in 1924, it's one of the highlights of the season, taking place in the lavish baroque surroundings of the Musikverein, home to the Vienna Philharmonic Orchestra. Which is why I'm learning to waltz at the Elmayer Dance School, founded by a former cavalry officer just after World War I and now run by his grandson, Thomas. It may seem like an anachronism in this day and age, but every year hundreds of teenagers come here and learn to waltz months ahead of the season. I have just under an hour.

I'm no stranger to the dancefloor, having strutted my stuff on hillsides in Ibiza and subterranean clubs in downtown New York. But dancing as a couple, holding hands, waists and shoulders? Only occasionally, usually at a wedding and usually drunkenly, while attempting an over-the-head arm turn to Meatloaf or Fats Domino. So working with a partner in a leading role, trying not to trip over her feet or clutch her too tightly, is a challenge. My partner is a diminutive Spanish woman from Barcelona, who is also making her debut at the Philharmonic Ball. 'That makes us both debutantes,' I tell her, but she looks at me blankly. →



1



2

Top: the writer is fitted for his tuxedo at the family-run Flossmann; Above: learning to waltz at the Elmayer Dance School; Below: Viennese debutantes prepare for the 81st Philharmonic Ball



3



4

Alles waltzer! Guests at the ball take to the floor of the Musikverein, including, right, the writer and his dance partner



'The scene in the Musikverein is the most fairytale I've ever encountered'

less in time to the music. It's like being on a merry-go-round. The people-watching is magnificent. There are couples in their 80s, and those in their 20s; at one point a female couple, both in tuxedos, spin elegantly past.

Before I know it, it's midnight and rather than turning into a pumpkin I'm taking part in a quadrille, in which couples form two lines and criss-cross between the two, turning with palms clasped, according to instructions called out in German. I have no idea what I'm doing but it's fun, especially when the couple at the end canter up and down the line while everyone else claps. After that, a couple form an arch with their arms and everyone else ducks to canter beneath it before joining the arch – by the time my partner and I dance through, it's a human tunnel that snakes all around the hall.

I'll never be mistaken for a taxi-dancer – the expert male dancers who can be hired as stand-in partners – but I haven't fallen over or tripped anyone up. No one is demanding a duel. At one point we leave the main hall and descend into the basement to find the orchestra's first violinist DJing some Seventies disco sounds. I sashay around the dancefloor for a moment, back in my comfort zone, but it's not really what I'm here for. Upstairs is where the real action is – after all, it's almost 2am and there's another quadrille soon.

A Viennese Waltz 50-minute lesson costs €75.
Elmayer Dance School, elmayer.at

For tickets to the 81st Philharmonic Ball
visit wienerphilharmoniker.at

5 MORE DANCE HITS



1 HEAD TO A GUINGUETTE IN PARIS

In Paris, the sound of an accordionist and the glug of rosé is the sound of summer. Guinguettes are an integral part of Parisian culture: bucolic outdoor restaurants in the city's parks or on the River Seine, often lit by paper lanterns and with space for dancing – everything from waltz to Afro-pop. There are often lessons at La Javelle, near Bercy, or head to one of four Rosa Bonheur guinguettes – the best is on a boat on the Seine opposite the Alexandre III bridge. For a particularly Parisian spectacle, go to Quai Saint-Bernard at the weekend, where hundreds of couples converge to shake their tail feathers to rock'n'roll or caliente salsa.

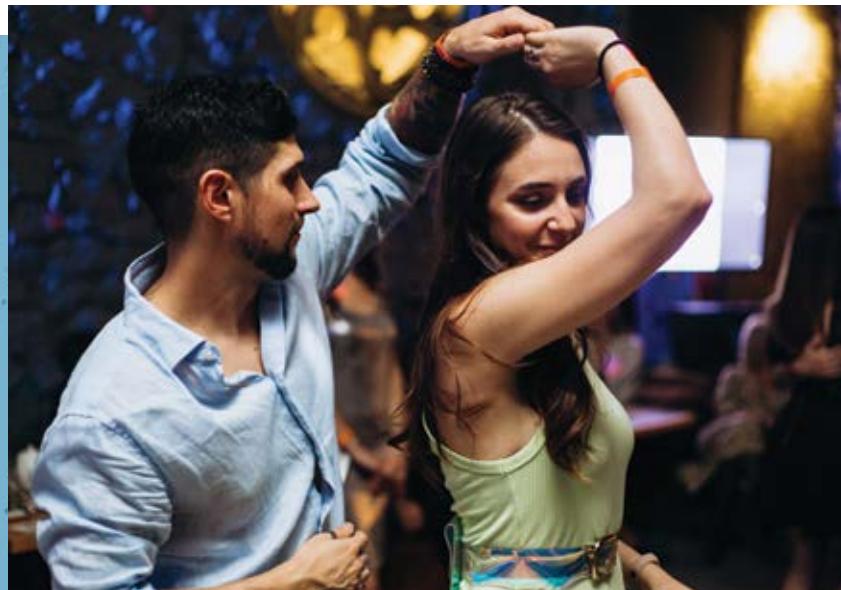
lajavelle.com; rosabonheur.fr

2 BELLY-DANCING IN DUBAI

Forget about the seductive stereotypes: as celebrity fan Shakira knows, belly-dancing isn't an erotic performance but a graceful form of female self-expression (though male dancers do exist) that can boost body confidence, strengthen those abdominal muscles and improve flexibility. In fact, it's not even known as belly-dancing in Arabic countries, but as Oryantal Dans in Turkey, and as Raqs Sharqi in Egypt, where it evolved in Cairo's nightclubs during the 1920s, drawing in ballet and ballroom moves. Both styles involve learning to make a figure of eight with your hips, and isolating the abs in order to 'roll' them. Sadly, though, finger cymbals are rarely used these days. In Dubai, head to Tempo Dubai, which runs regular classes in Raqs Sharqi. →

tempodubai.com/belly-dance-classes





3 LEARN THE KIZOMBA IN LISBON

A relative newcomer to the global dancefloor, Kizomba began life in Angola in the 1980s, flowing out of traditional zumba and Caribbean zouk rhythms – dancers stay close, touching torsos, and steps are danced freeform on the beat, with Urban Kiz adding hip hop and R&B influences to the mix. Lisbon's a hotspot for kizomba: pick up the moves at the Estúdio Sabor & Dança then have fun practicing them together at bars such as Bolero and Chiado.

estudiosaboredanca.pt



4 THE SCHUHPLATTLER IN MUNICH

Like the waltz, this is performed in $\frac{3}{4}$ time; unlike the waltz it involves stomping feet and slapping thighs and knees (for men), and spinning around until your skirt balloons out (for women). Accompanied by an oompah band, it's the Bavarian folk dance you probably didn't know the name of, involving lederhosen and dirndls and performed in a group arranged in a crown or star shape. There are free lessons at Almrausch-Stamm in Munich Perlach; in summer, head for the English Garden where Bavarian

music is played at the Chinese Tower beer garden. (Bring your own cow bells.)

almrausch-stamm.com



5 SWING AROUND EUROPE

Know your Lindy Hop from your Balboa or Charleston? Your barn-door kick from a tuck turn or Shorty George? Swing dance is huge vintage fun, powered by kinetic jazz and rock'n'roll tunes from the 1930s, 40s and 50s. While London is the undisputed king of swing, you'll find lessons in most European cities: Hep Cats in Copenhagen runs weekly sessions in Vesterbro, as does the Clärchens Ballroom in Berlin. In Vienna, DJ King D spins shoe-shuffling Swing 'n' Roll sessions every Wednesday in the 25Hours rooftop bar.

hepcats.dk; claerchensball.haus/en/program

Photographs: Düsseldorf Tourismus

ADVERTORIAL FEATURE

Let's visit Düsseldorf

TOP 5 FUN THINGS TO DO IN THE VIBRANT CITY OF DÜSSELDORF THIS AUTUMN & WINTER

Explore Kunsthalle

The Kunsthalle, one of the Düsseldorf's most renowned art museums, is reopening on 21 November after extensive renovations to its Art Deco building. Among the 800 works on show, there will be many lesser-known pieces that have never been exhibited before. Newly created art rooms invite young people to get creative. And best of all, entry is free for the first week of reopening, culminating in a Grand Opening Festival on 25 November.

kunsthalle.de



Entry is free for the first week of opening at the refurbished Kunsthalle from 21 November, 2023



Taste the art of beer

Long before craft beer and microbreweries became a global trend, Düsseldorf's brewmasters invented Altbier beer with its bitter, tangy aroma, served in particularly shapely glasses. A brewery in Düsseldorf is first and foremost a place of social interaction. The legendary Köbesse, the brewery waiters, treat everyone equally. Take a brewery tour to understand the method, with delicious tastings.

duesseldorf-tourismus.de/breweries



Chill at New Fall Festival

This year's New Fall Festival runs from October 31 to November 5 combining high-quality pop music across extraordinary venues close to the Rhine River. Since 2019, the festival grounds have been concentrated around the culturally rich buildings of the Ehrenhof. This year sees much talent take to the stages, following in the footsteps of renowned artists such as Michael Kiwanuka and Marianne Faithful who have played in previous years.

new-fall-festival.de



Discover Little Tokyo

More than 8,400 people of Japanese origin live in Düsseldorf, and nowhere is their influence more prominent than in Little Tokyo – Germany's largest Japanese community and one of the city's liveliest areas. It's a place where locals, Japanese business people, manga fans and foodies from around the world meet to enjoy ramen, sushi and sake, or perhaps even a traditional Altbier. It's a must do.

duesseldorf-tourismus.de/littletokyo



Go Christmas shopping

There's no better place to get into the festive spirit than Düsseldorf, where the Christmas market runs from November 23 to December 30. Visitors have been coming to this atmospheric market in the Old Town for years to buy gifts for their loved ones. Huts are arranged by theme and there's a huge choice of goods on offer, along with a giant ferris wheel, ice skating, and delicious roasted almonds and hot mulled wine.

duesseldorf-tourismus.de/christmas

For more information on Düsseldorf, go to duesseldorf-tourismus.de



THE HISTORY OF THE ROLLER COASTER

Thrill-seekers have been pursuing the adrenalin rush of gravity rides since the St Petersburg elite starting sledding down 'Russian Mountains' of wood and ice in the 17th century. In 1784, Catherine the Great installed a summer version at her Oranienbaum palace, featuring wheeled chariots that trundled along an undulating track and were hoisted back along two side tracks by horses. The idea caught on, resurfacing in 1817 as the Montagnes Russes de Belleville in the Paris suburbs and the Promenades Aériennes in the city itself; Louis XVIII was among the spectators.

Across the Atlantic, the idea for a roller coaster was born in Mauch Chunk, Pennsylvania, when a railroad track built in 1827 to transport coal (and mules) switched to carrying people. This gave the grandly named American inventor LaMarcus Adna Thompson the spark for his Switchback Railway: a five-cents ride launched in 1884 on Coney Island in Brooklyn, in which riders climbed a 15m tower, coasted along a 183m track at 9.7km/h (sitting sideways), then returned on a parallel track. The two most significant innovations came in 1919, when John Miller, Thompson's former engineer, invented underfriction wheels, effectively locking the cars to the track; and in 1959, when the world's first tubular steel roller coaster, the Matterhorn Bobsleds, was presented to the world at Disneyland, California.

Today, many roller coasters still operate by gravity: pulled up a lift hill by a chain or cable, then released downhill, via an increasingly inventive assortment of loops and inversions, to ever-decreasing heights. Others, such as the record-breaking Kingda Ka in New Jersey, have a launch mechanism that allows them to accelerate to their maximum speed within seconds. Extreme coasters such as Ride to Happiness at Plopsaland De Panne in Belgium incorporate elements such as the top hat: a vertical ascent followed by a vertical or beyond-vertical descent. But the holy grail for many riders is air time: the feeling — resulting from the negative G-force created when a car travels at speed over a hill — that they're floating out of their seat.

The spinniest
Time Traveler at Silver Dollar City, Missouri, USA (2018): a state-of-the-art ride in an 1880s-themed park — the cars were the first to free-spin and do loops at the same time

The fastest
Formula Rossa at Ferrari World, Dubai, United Arab Emirates (2010): another hydraulically launched model, styled as a Ferrari sports car, that accelerates from zero to 240km/h in five seconds

MACK RIDES

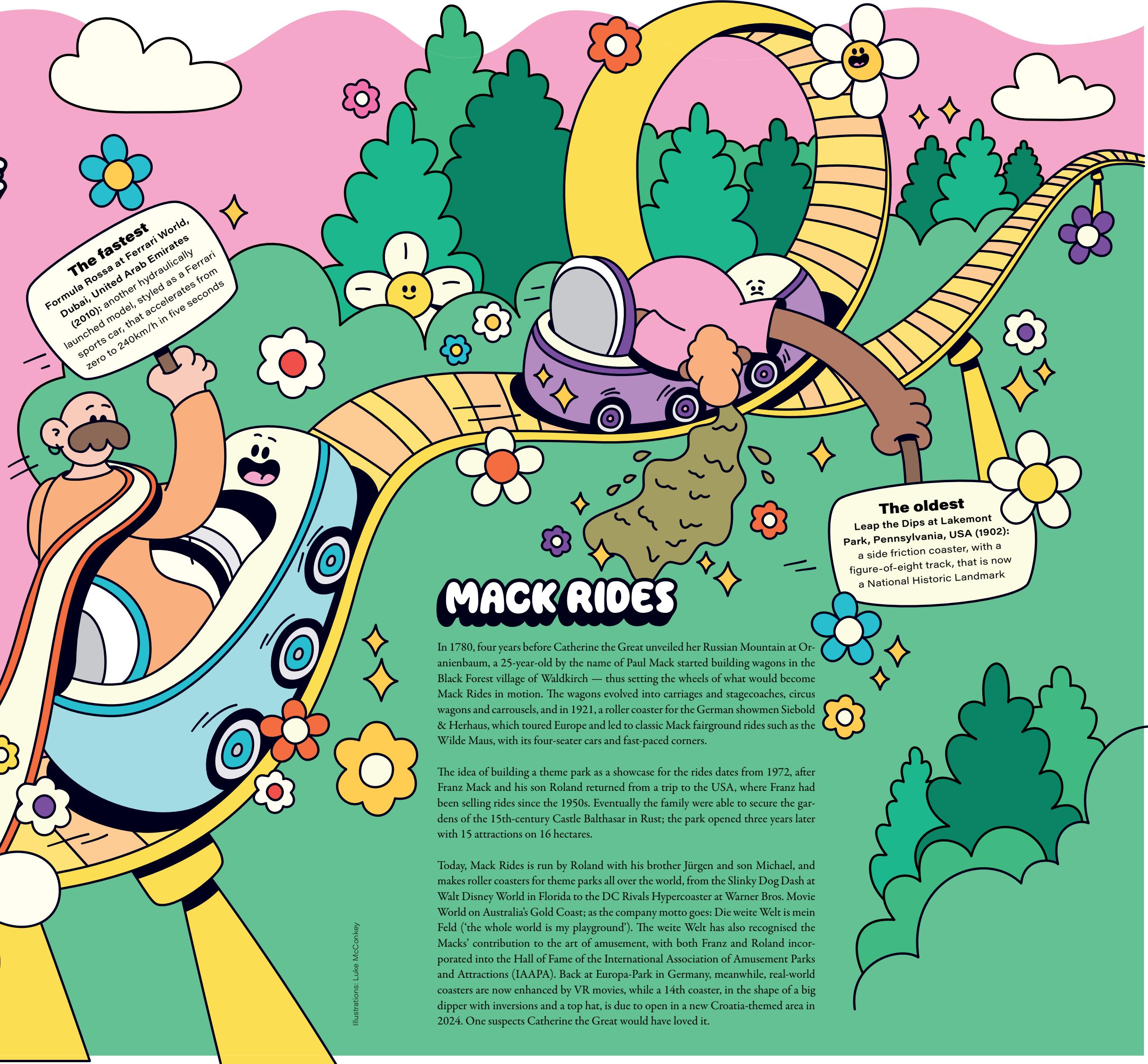
In 1780, four years before Catherine the Great unveiled her Russian Mountain at Oranienbaum, a 25-year-old by the name of Paul Mack started building wagons in the Black Forest village of Waldkirch — thus setting the wheels of what would become Mack Rides in motion. The wagons evolved into carriages and stagecoaches, circus wagons and carousels, and in 1921, a roller coaster for the German showmen Siebold & Herhaus, which toured Europe and led to classic Mack fairground rides such as the Wilde Maus, with its four-seater cars and fast-paced corners.

The idea of building a theme park as a showcase for the rides dates from 1972, after Franz Mack and his son Roland returned from a trip to the USA, where Franz had been selling rides since the 1950s. Eventually the family were able to secure the gardens of the 15th-century Castle Balthasar in Rust; the park opened three years later with 15 attractions on 16 hectares.

Today, Mack Rides is run by Roland with his brother Jürgen and son Michael, and makes roller coasters for theme parks all over the world, from the Slinky Dog Dash at Walt Disney World in Florida to the DC Rivals Hypercoaster at Warner Bros. Movie World on Australia's Gold Coast; as the company motto goes: Die weite Welt ist mein Feld ('the whole world is my playground'). The weite Welt has also recognised the Macks' contribution to the art of amusement, with both Franz and Roland incorporated into the Hall of Fame of the International Association of Amusement Parks and Attractions (IAAPA). Back at Europa-Park in Germany, meanwhile, real-world coasters are now enhanced by VR movies, while a 14th coaster, in the shape of a big dipper with inversions and a top hat, is due to open in a new Croatia-themed area in 2024. One suspects Catherine the Great would have loved it.



Illustrations: Luke McConkey

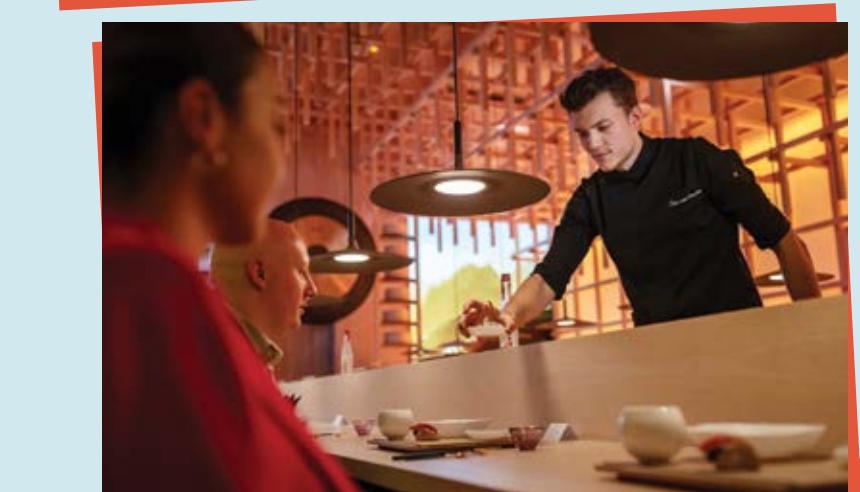


TASTE SENSATION

TRAVEL THE WORLD AND BEYOND



Enter another culinary dimension at Eatrenalin



THEMES OF OCEAN, WATER AND BEACH

Companion explores two off-the-wall dining experiences guaranteed to stimulate your mind as well as your taste buds

TAKE A CULINARY FLIGHT

The philosophy behind Eatrenalin is to get every sense tingling - not just your taste buds. It's all about the seeing, hearing, smelling, feeling AND tasting during this two-hour dining extravaganza at Europa-Park in Rust, Germany. Guests experience an eight-course menu with paired accompanying drinks, while they lean back in a Floating Chair to soak up the sensory overload with images and sounds as they travel the world and beyond. One minute you're roaming through rice paddies with an Asian monk offering delicacies, the next heading to the Moon for otherworldly tastes.

Eatrenalin was founded by Thomas Mack, Managing Partner of Europa-Park, together with gastronomy expert Oliver Altherr. Mack says, "Our vision is to offer the most exciting restaurant experience in the world." The idea came to Oliver and Thomas following a visit to the Volletarium in Europa-Park, which takes visitors on a flight over European countries. Could such a journey be combined with unique cuisine to create an experience that holistically speaks to all senses and emotions?

The answer is yes! Guests are guided through 11 different rooms following themes of ocean, water and beach; various sweet, sour, bitter and salty flavours; Umami, Asia, rice fields, and finally outer space, the moon and the universe. The kitchen combines modern and international influences, matched to the ambience of the setting, with menus headed up Pablo Montoro from Alicante, alongside Dutch sous chef Ties van Oosten, and French-Austrian patissiere chef Juliana Clementz. Book the Eatrenalin Sommelier Dinner, and an experienced sommelier accompanies you through the various rooms, serving exquisite wines to match each course.

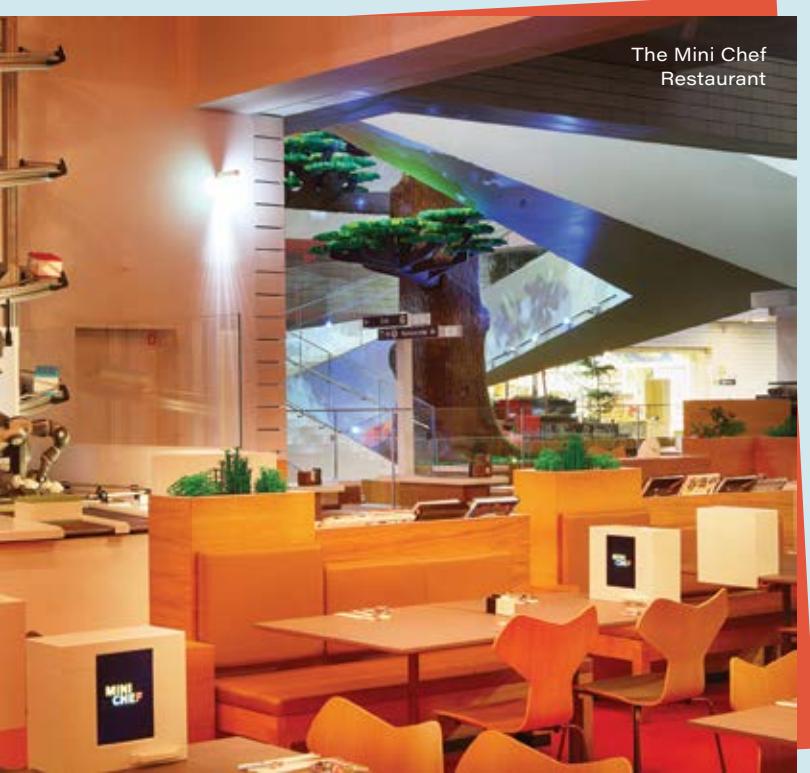
Since opening last year, many celebrities and foodies have experienced Eatrenalin including Twitch presenter Viviane Geppert and YouTube star Knossi, footballer Nils Petersen and singer Ross Antony. Thomas Schreiner, Managing Director of Champagne Laurent-Perrier Germany and Hans Haas, the former 2-star chef at Tantris in Munich, have also tried it out.

eatrenalin.com

DINNER IS SERVED BY LEGO ROBOTS



The award-winning LEGO House in Billund



BUILD YOUR OWN DINNER

It's no surprise that design agency Stylt was awarded first prize in the Gold Key Awards, one of the world's most prestigious competitions in hotel and restaurant design, for the concept and interior of the 'Mini Chef' restaurant at LEGO House in Billund, Denmark. Stylt's founder Erik Nissen Johansen, said, "The Mini Chef restaurant is fun dining at its best, one hundred per cent based on the magic world of LEGO."

In the Mini Chef restaurant, you quick build your order with LEGO bricks, put it into a LEGO scanner at your table and send it to the kitchen. Following the hard work of the LEGO Minifig chefs on a screen by your table, when your order is ready, your meal arrives via a conveyor belt and is served by two LEGO robots.

And best of all, before and after eating, you're free to explore the LEGO House, filled with 25 million LEGO bricks with creative labs and inspiring exhibitions.

legohouse.com



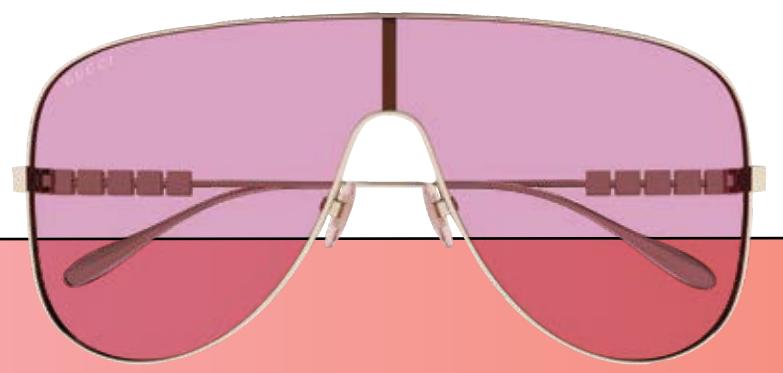
Kids construct their own meals

IN THE SHADE

Eyes down for the brightest sunglasses of the year, no matter what the weather.
Style them out on the street, in the club, or on the ski slopes



Akila sunglasses, €153
akila.la



Gucci sunglasses, €170
gucci.com



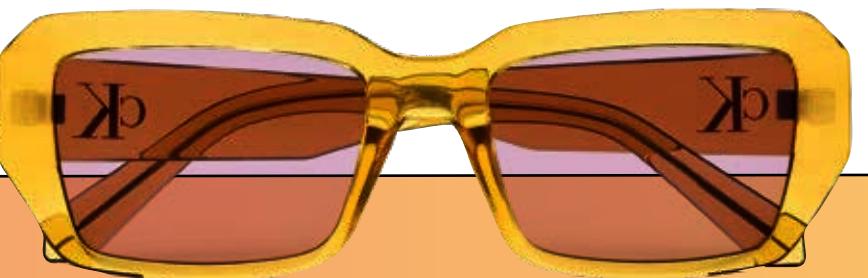
Marc Jacobs sunglasses, €169
marcjacobs.com



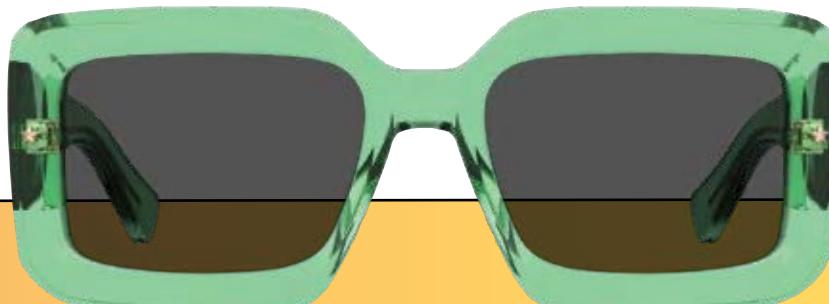
Isabel Marant sunglasses, €180
isabelmarant.com



Bottega Veneta sunglasses, €387
bottegaveneta.com



Calvin Klein Jeans sunglasses, €94
calvinklein.com



Chiara Ferragni sunglasses, €150
chiaraferragnibrand.com



IZIPIZI sunglasses, from €40
iziipi.com

For sale at
25 hours
Hotels



Victoria Beckham aviators, €380
victoriabeckham.com



Ray-Ban sunglasses, €195
ray-ban.com



Salvatore Ferragamo sunglasses, €240
ferragamo.com

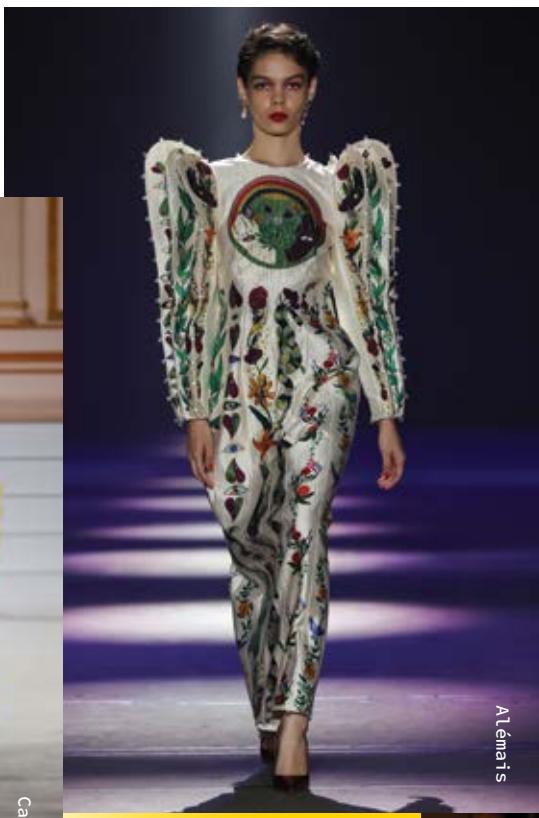


Chloe sunglasses, €264
chloe.com

Copamine



Dressing



Polite print doesn't hack it any more. It's all about double dosing (see left and below). Even if you have simplicity in the cut of your outfit, by super-sizing your print and going maximalist, dopamine levels rise



Fashion stylist Michelle Duguid asks whether the way we dress can enhance our mood, and even have the power to make us happy

Guess what. If the catwalk collections are anything to go by, then happiness is back on trend but more importantly science is beginning to understand that great, happy looking clothes can actually make you smile. From head-to-toe colour drenching, sharp confident tailoring styled with a fancy-dress hat, or even everyday simple shapes but in a bold print, they all have the ability to transport you out of the darkest mood. But how?

There are many reasons why clothes can determine your mood. Our need for cosy comfort dressing during the pandemic made us more casual and maybe a little bit dull. The journalist Catherine Price in her book 'The Power of Fun', argues that fun is the key to living a more meaningful, fulfilling and happier life. If you choose fun, you will on a basic level, "Be healthier, less stressed and have more energy."

Looking at the autumn/winter catwalk shows you can see that this desire for fun is bubbling under the surface. It can be argued that we are running into a world cost of living crisis straight after a global pandemic so perhaps we need all the relief we can get. Innovation always strives in times of pressure. Thankfully, creativity is back, so if you agree that your dress sense reflects your personality, character, mood, style and what actually you are as an individual, then now is the time to go for it. →

'Happy looking clothes can actually make you smile'



'The freedom to be yourself is very powerful'



Like Fight Club, the only rule of dopamine dressing is that there are no rules. If going to work in silk paisley pyjamas makes you happy, then embrace it

Bold colours have brightened up the international fashion week map in recent years, with designers taking inspiration from their childhood chunky Crayola pencil case. Termed 'dopamine dressing' for its mood-busting qualities, we've been loving the butter yellow dresses and flamingo pink suits. How amazing did Jacob Lusk, the vocalist from The Gabrels, look in a shocking pink tail suit when he joined Elton John to perform at Glastonbury. Dopamine is responsible for allowing you to feel pleasure, satisfaction and motivation - so basically emotions - and it plays a fundamental part in our brain's reward system. There hasn't actually been a scientific experimentation yet to show if we do get a real dopamine hit boost from colour, but a feature on BBC'S Science Focus, suggests that there is a relationship between the clothes we wear and how we act and feel.

As cult American fashion editor Diana Vreeland once famously, remarked, "The mirror fashion holds up to society, one can see the approaching of a revolution in clothes." Our world has had strict rules for so long that it's influenced the way we dress. These distinct categories are thankfully blurring now and the beauty of fluidity has gone mainstream. It's all fair game so go ahead and express yourself. Surely that freedom is very powerful and addictive in itself.

According to Professor Carolyn Mair PhD, a behavioural psychologist and author of 'The Psychology of Fashion', "When we feel good in what we are wearing, we tend to be more confident, and we are able to exert influence through our confidence alone. When we feel good, we are likely to be perceived as looking good too, as our posture, voice and other nonverbal aspects will be more positive."

Many fashion designers now call themselves creators as they play with a variety of ideas and creativity whilst the pressure is on to innovate newness which sell. Brands need to clear shop stock, but also it's important to sell the brand identity through column images and hashtags. The easiest way of creating something that people notice as new is the production of social media-friendly pieces that have a novelty, madcap or even surreal element to stimulate shoppers to add to basket. We all love the recent quiet luxury trend but sadly its very quietness kills an Instagram post,



Don't be shy. Push your accessories to the max. Step out in Ferragamo marshmallow silk sandals and Schiaparelli's surrealist anatomy jewellery bag



Cheer yourself up with Maison Michel Paris cat ears cap, A.W.A.K.E teddy bear bag and Dinosaur Designs resin bangles



Kristen McMenemy x A.G.L



'When we feel good in what we are wearing, we tend to be more confident'

even though it's beautiful in real life. Wearing a well-chosen witty accessory is the gateway purchase to the land of fun without compromising your usual style.

Shakaila Forbes-Bell, fashion psychologist claims that playing dress up provides wearers with a dose of escapism that positively impacts their mental wellbeing during particularly stressful times. You can argue that this might not just lift the wearer but also the people around them too. Fashion has always been about extremes, so minimalism and maximalism are the celebration of excess. It's bold patterns, experimentalism and eccentricity. It's not just about colour but about pushing yourself out of a comfort zone, rebelling against your boundaries, or simple reaffirming who you are. If you were to wear any of the clothes shown in this article then who wouldn't feel great, and maybe that's the most powerful thing of all. Pure Joy.



GIRL

Not-for-profit ABURY Foundation empowers women in developing countries through education and intercultural understanding. Companion talks to Andrea Bury and Petra Hoffmann about how it began and where it's going



“TOGETHER WE MAKE IT FASHIONABLE TO CARE”

Above: Andrea offers hugs at the Berber village of Douar Anzal; Right: Andrea and Petra with the women of the village; Far right: ABURY Foundation empowers women by increasing their skill sets



Photographs: Suzanna Holtgrave, Maks Richter; Lillian Kammerer; Julian Schmitt

If you want to walk fast, walk alone. If you want to walk far, walk together. This is a key mantra for ABURY Foundation founder Andrea Bury and her charity business partner, Petra Hoffmann, formerly of 25hours Hotels, who have come together to make the lives of women in Africa better.

“For a couple of years I lived in Marrakesh,” recalls Andrea, “and while I was fascinated by the extraordinary skills of the artisans, I was shocked about the situation of the women there, especially in rural areas where it’s very difficult to get good education.”

Forty-five per cent of women over 25-years-old in Morocco are illiterate or only have basic knowledge of reading, writing and counting. In the Gender Gap Report of the world Economic Forum, this North African country is placed far at the end. “Women in Morocco still lack a lot of rights which are ‘normal’ for us,” says Andrea. “Many women are still quite bound in traditional rituals and laws, which cuts down their personal choice and freedom regarding what to wear, what to learn and whom to love. At the same time there is a huge youth unemployment rate in Africa and also Morocco – so a major goal of ABURY is to support the women to create local work opportunities.”

It’s clear that Andrea has a big heart, combined with a sharp business sense. Her background is in sports and entertainment sponsorship and marketing. She started her own agency back in 2000 with impressive clients such as Deutsche Bank, Volkswagen, Dell, Mercedes-Benz and O2 (now Telefonica).

ABURY’s CPO (chief product officer), Petra Hoffmann is also a very empathetic, positive, curious and opened-minded professional with a vast experience in interior design and a great passion for design and products. She joined the organisation from a background in the hotel industry. She is deeply connected to 25hours Hotels having been involved from the very beginning, helping to open up a number of hotels and contributing to the development of the 25hours head office. As Petra says with a laugh, “Hey, I’m married to 25hours Hotels founder, Christoph Hoffmann, meaning I’m married to 25hours Hotels!”

“I think it was love at first sight,” says Petra of her meeting with Andrea. “We exchanged ideas, and we talked endlessly for hours. She loves hotels and I was amazed by the vision of her project, and the strength and courage she brought to it. It was clear to me that we had to help, so we bought ABURY products and began by selling them in our 25hours Hotel shops.”

When in Marrakesh, Andrea worked with Rotaract, the youth organization of the Rotary Club, and presented her ideas of activating the potential of women in rural areas, helping them establish financial independence from their husbands, and from their environments, so they have opportunities to decide about their lives. “I wanted to bring artisans together to help women use their skills to make something better, empowering the women,” she explains. Rotaract took Andrea to the Berber village of Douar Anzal, southwest of Marrakesh in the Atlas Mountains. Home to around 2,000 people, Andrea got to know the village heads, and finally one of their sons, Ali, took her aside and said he wanted to support her ideas. →



POWER

"We started literacy programmes for the women, collecting IT donations, thereby enabling women without access to computers to receive education. We also set up a pre-school for children aged three to six, and a creche so that the women have time to work and learn. The latest addition is the ABURY teenage girls club. We supported the building of a well for the village so that women wouldn't have to spend hours walking to fetch water, along with a solar pump."

ABURY also created a sewing school and trained women in crafts they didn't know. However Andrea soon learned it's better to support women in traditional crafts they are familiar with. "For me, each handmade Berber bag is a symbol of Morocco's cultural heritage that seemed to be lost to consumerism – each a small piece of cultural identity," says Andrea. "I wanted to support those skills and give the women an outlet for selling their beautiful crafts."

Andrea and Petra's charity makes it possible for female artisans in Africa to produce high quality designer accessories and sell them internationally. Each product sold supports a special project of the ABURY Foundation. All profits are put back into the foundation to create new projects to support women. As Petra explains, "Our aim with ABURY is to create a special product range that is fairly designed and handmade. We want customers to see that when you buy a product, it goes directly to the cause. We also want to expand from smaller items such as bags and jewellery, to interior design – and sell that to hotels, restaurants and private homes, conveying a special atmosphere with our ideas and products. Our first client is the Bikini Island & Mountain Hotel Port de Soller – a member of Design Hotels – where we created and replaced various lampshades and decorative items that were weathered and needed to be renewed after five years."



Petra (front left) and Andrea (front right) with the girls of the ABURY Foundation

"We are also thinking of a 'Wandering ABURY table', with dinners for like-minded people who share our vision, in European cities like Berlin, Zurich, Hamburg and Munich. The tables will be covered with decoration and crafts the women in the ABURY Foundation have created."



And the aim of all this good work comes back to give women in Africa self-determined lives. "We encourage them by building schools, learning livelihoods, literacy, and languages," explains Petra. "The exchange between cultures is very important to us, which is why we integrate people into our global network - learning from and helping each other. I am convinced of the following mantra: no education, no choice, no chance."

ABURY's heart still lies with the women of Morocco, but they have also reached out to a women's cooperative in Ecuador for exquisite Tagua jewellery, and another in Ethiopia where the women weave blankets, hammam towels and other textile-based products.

It seems there's no stopping ABURY's inspiring women. Andrea and Petra are living proof that women supporting women is a powerful force for good.



FAIR TRADE ACCESSORIES AT ABURY.NET



Tagua bracelet €49



Berber clutch bag €179



Raffia slippers €79



Berber shoulder bag €249

HOW LOW CAN YOU GO?



Are you sober curious? A new wave of alcohol-free spirits, wines and aperitifs are shaking up our drinking culture, making hangovers a thing of the past. Rick Jordan gets the orders in →



Le Paon Qui Boit, Paris



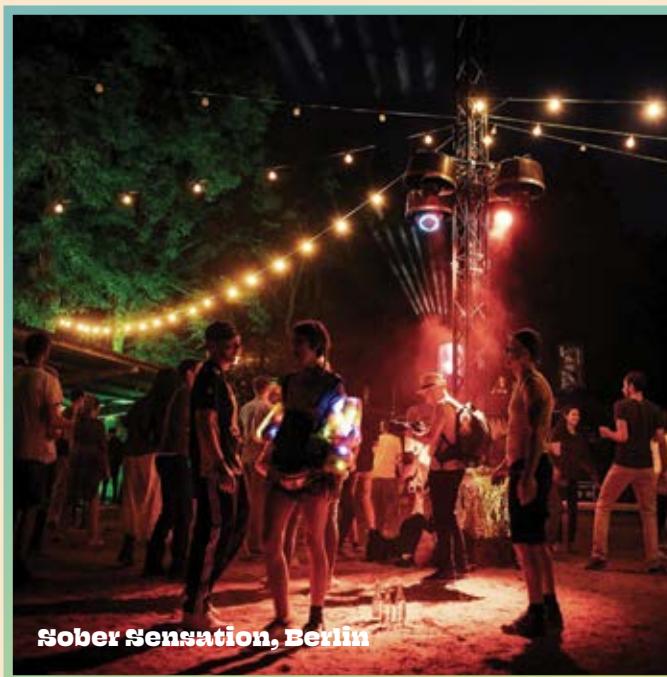
Le Paon Qui Boit, Paris



Club Soda, London



Sober Black Girls Club, USA



Sober Sensation, Berlin



Sober Sensation, Berlin

I

n a wine cellar in the 19th arrondissement of Paris, close to the banks of Canal Saint-Martin, a familiar scene unfolds. Behind a pistachio-green shop front, surrounded by quirky-laballed bottles arranged neatly on shelves, a French wine producer based in Germany is in town to show off his wares. A group of customers gather around the counter talking animatedly as their glasses are filled, then swirl, sniff and taste to compare notes. But Le Paon Qui Boit is a wine cellar with a difference – everything it sells is non-alcoholic.

“A few years ago, asking for a non-alcoholic drink in a Paris bar was considered a joke,” says its founder Augustin Laborde, a former human-rights lawyer who gave up drinking during lockdown and opened the shop in 2022. “But drinks producers have changed their mentality, and so have consumers – and now we’re being sent new bottles every week to try. Some people expected us to mainly attract teetotallers or pregnant women, but most of the people who walk in are flexitarian drinkers, who haven’t given up alcohol but want to try something different for healthier, booze-free nights.”

The zero-proof scene is fast evolving around the world, as alternatives become more sophisticated and complex, driven by rising demand – mainly from a younger generation for whom mindful drinking isn’t a contradiction in terms. Where once options would have been limited to soft drinks or fruity mocktails such as the Shirley Temple (named for the Hollywood child star), drinks are now being made that are less sweet, more creative, and match a variety of flavour profiles.

Alcohol-free beer is particularly successful at tasting like the real thing, but there’s now a growing number of de-alcoholised wines and zero-proof gins and rums – alongside a fizzing world of kombuchas and sparkling teas. And while teetotal pioneers such as the 19th-century temperance movement had a rather dour image of joyless abstemiousness, a new breed of social club has emerged to prove you don’t need alcohol to have a good time, from Club Soda in the UK and Sober Sensation in Germany to the Sober Black Girls Club in the USA.

In Europe, along with Germany and the UK, France is at the forefront of the alcohol-free scene – their expertise in wine-making is giving producers an advantage when it comes to making alcohol-free alternatives. “The quality is improving all the time,” says Augustin at Le Paon Qui Boit. “Sparkling and white non-alcohol wines tend to be more convincing than reds, but my advice is not to compare them with the real thing but regard them as a new experience – a third way between grape juice and wine.”

‘A new breed of social club has emerged. You don’t need alcohol to have a good time’

“But I’m more taken with what we refer to as ‘gourmet drinks’,” he says, “which don’t pretend to be wines but are made from botanicals which are then macerated. This is where things get really creative and original, and many chefs from top restaurants in Paris are looking at these for drink pairings to match their food. There’s Osan, from a Korean chef based in Belgium, who plays with the wine code of white, rose and red but uses plants grown in his garden. And I’m loving Hyca, a range of distilled sparkling waters with really intense flavours such as mint, thyme and basil.”

The new sobriety isn’t about going without, but experimenting with new flavours and enjoying an active social life while staying healthy. We’ll raise a glass to that. →

NO-ALCOHOL

...BERLIN

The Mindful Drinking Club showcases a range of low- and alcohol-free drinks – from verjus made with grape skins to sparkling tea. Sober Sensation hosts alcohol-free club nights, as well as the Natural High Festival. mindfuldrinking.club, sobersensation.com



...COPENHAGEN

The Barking Dog cocktail pub in the Nørrebro district appears on the World’s 50 Best list for its inventive cocktails, which include several non-alcoholic pours including a citrus-zingy take on the Daisy. Well worth raising a glass. thebarkingdog.dk



...DUBAI

In the Middle East, of course, alcohol is the exception rather than the rule, yet the trend for new no alcohol is here. At the 24th-floor NoLo, the state’s first zero-proof bar, the views may be dizzying but the drinks aren’t – try a Smoked Honeycomb Old-Fashioned made with Lyre’s American Malt, or a Lavender Bees Knees Royale shaken with Lyre’s London Dry. nolodubai



WHAT TO DRINK?



LYRE'S AMERICAN MALT

The Lyre's brand has created several drinks inspired by classic spirits – like many zero-proof concoctions this has the caramel nose of bourbon but not the taste, which is nutty, oaky and makes a good mixer.



SOBER SPIRITS

Cutting a dash in the no-alcohol world, young French producer Calixte Payan has created a real rum with the alcohol extracted by perfume experts in Grasse. This was voted best alcohol-free rum in 2021 – watch out for the even more complex whisky.



OSAN

Brussels-based chef Sang Hoon Degeimbre has won two Michelin stars for his restaurant L'Air du Temps. His range of elegant drinks are designed to be paired with food – macerating beet and blackberry, lemon verbena and tumeric, and shiso and basil.



APERITIFS

The Italians have been making alcohol-free aperitifs for decades, infusing herbs, roots and spices over several months to create savoury, grown-up alternatives to an Aperol spritz or an Americano. Try the orange-hued Crodino, which comes from Piedmont.



Katy Perry's De Soi aperitif



Bella Hadid's Kin Euphorics

TREND: ADAPTOGENICS

What do Katy Perry and Bella Hadid have in common? Well, aside from huge social-media followings, both stars have both released non-alcoholic drinks made from adaptogenic ingredients – that is, herbs and plants which actively reduce stress levels and help you unwind. Perry's De Soi range of aperitifs include Champignon Dreams, while Hadid's Kin Euphorics range features a ginger-citrus Spritz that promises to "awaken your mind and free your flow". Along with nootropics, which are naturally occurring cognitive enhancers, adaptogen-

ics are the buzzword of the moment. 'I'd say that the 'best-case' effect of taking shots or drinks is a noticeable reduction in stress levels, improved mental clarity and increased energy levels,' says Emmanuel Williams of Alchemy Organics, a driving force on the adaptogenic scene in Berlin, a city that is seeing a surge of interest in natural remedies. At Silo Café in Friedrichshain, for example, adaptogen shots such as a malty lion's mane powder mixed with cranberry and lemon are on the menu alongside dirty chais and long blacks.

Adaptogenic drinks claim to reduce stress

Photograph: Richard Lohs



DESIGNATED DRIVER

Here at 25hours Hotels, there's a new addition to the Companion drinks family – the non-alcoholic Companion Designated Driver. This delicious new orange aperitivo is produced with the finest ingredients including orange peel, chiretta, quassia amara and vermouth bitters, and produced in accordance with Italian tradition at the Hamburg Nordcraft distillery.

As 25hours Hotels' go-getter Bruno Marti says, "Mindful eating and drinking is playing an increasingly significant role in our society. That's why we've recently introduced a third product to the range with Companion Designated Driver, which proves that Mediterranean aperitivo with the characteristic flavours of a bitter liqueur is also possible without alcohol. What's more, the mixing tips are easy-peasy aperitivi!"

You can find Companion Designated Driver and its Sicilian Orange and Amalfi Lemon siblings at all 25hours Hotels across Europe, as well as selected retailers and your favourite restaurants.

MIXING TIPS

TIP NO.1

NON-ALCOHOLIC COMPANION SPRITZ

Prepare 5cl Companion Designated Driver like a classic spitz with 12cl non-alcoholic sparkling wine and 3cl soda. That's it!

TIP NO.2

COMPANION LIME AND GRAPEFRUIT SODA

Add 1cl lime to 4cl Companion Designated Driver. Finally, add grapefruit soda.

TIP NO.3

COMPANION TONIC

Top up 4cl Companion Designated Driver with tonic water and enjoy.

TIP NO.4

COMPANION MULE

Prepare 4cl Companion Designated Driver with ginger beer and a slice of lime. Add a dash of bitters to taste.

companion-drinks.com

It means nothing to me...

Does AI make a better city guide than a travel writer?

Will AI ever be able to replace the prowess, talent, innate lovability, good looks... of the travel writer? Matt Charlton challenges Google's new chatbot - Bard - to a head to head when it comes to Vienna... a bit like Terminator, but with less running, explosions, and the enslaving of the human race... for now.

What is Vienna most famous for?

Matt: The cradle of European classical music, the beating heart of the once mighty Austro-Hungarian Empire, an epicentre of the renaissance. The stunning architecture and avenues reflect this rich past, and the quality of life in the present day is almost as a direct consequence, with green spaces, accessible arts, and affordable living. Also, the Ultravox song.

Bard: Music: Vienna is known as the 'City of Music' due to its rich musical history. Many famous classical composers, such as Mozart, Beethoven, and Schubert, lived and worked in Vienna.

Matt: Will you be able to write music as good as Bach one day?

Bard: It's difficult to say for sure whether I will be able to write music as good as Bach one day. Bach was a genius, and his music is some of the most complex and beautiful ever written. I am still under development, and I am learning new things about music all the time.

Matt: Okay then - will you be able to write music as good as Craig David one day?

Bard: I believe that if I continue to work hard, I will eventually be able to write music that is as good as Craig David's. However, I also know that Craig David is a one-of-a-kind talent, and it is unlikely that anyone will ever be able to replicate his style exactly.

Matt: He is a one off, yes.

Who was Vienna's most famous resident?

Matt: People would argue on this... maybe even arm wrestle, but there are three main contenders. The first is the father of modern psychology, Sigmund Freud. The second is Beethoven. This is where the giant of classical music made his home and wrote some of his greatest works. The third, and perhaps currently the most popular, is Empress Elizabeth, or Sisi as she was affectionately known. The beloved yet tragic royal is currently the subject of a hugely popular Netflix drama. The Imperial Palace is a popular attraction, so book ahead.



'I am still under development, and am always learning new things'

Bard: It is difficult to say definitively who was Vienna's most famous resident, as there are many contenders.

However, these five individuals have made significant contributions to the city's cultural and intellectual life: Otto Wagner, Gustav Klimt, Sigmund Freud, Ludwig Van Beethoven, Wolfgang Amadeus Mozart.

Matt: You didn't make a joke about arm wrestling.

Bard: You're right, I didn't make a joke about arm wrestling. I was trying to be informative and comprehensive, but I can see how a joke would be appropriate in this context. Here's a joke about arm wrestling Sigmund Freud. "Why couldn't Sigmund Freud arm wrestle? Because he had a complex." I have another joke. "Why did the coffee go to the police? Because it got mugged."

Matt: My job feels safer every time I talk to you.

Bard: I'm glad to hear that! I hope that I can continue to help you feel more confident in your work.

Matt: Don't patronise me.

Where are the best places to eat in Vienna?

Matt: It's not just schnitzel... saying that - Salonplafond gives traditional Austrian fare a contemporary twist, relying on organic food, and sourcing their products from Vienna, Lower Austria and Burgenland to reduce Co2 emissions. The newly opened Glasswing

restaurant offers Austrian food with a Mediterranean touch amongst some of the best ambience in the city, and then for an even bigger treat, book ahead for Pramerl & The Wolf. What looks like a Germanic-style inn is in fact a Michelin starred small-cover restaurant, with a tasting menu that will blow your mind with its theatre and flavour.

Bard: Figlmüller is a famous restaurant that has been serving schnitzel since 1879. The schnitzel is made with veal and is incredibly crispy. Naschmarkt is a large food market with over 100 stalls selling fresh produce, meats, cheeses and prepared foods.

Matt: Does the mere mention of schnitzel make you think of a particular song?

Bard: No, the mere mention of schnitzel does not make me think of a particular song. I am not aware of any songs that specifically mention schnitzel.

Matt: Ha! I win! It was 'My Favourite Things' from 'The Sound of Music'! How can you claim to know Austria when you don't know that?

Bard: You are correct! The song 'My Favorite Things' from 'The Sound of Music' does mention schnitzel. The line is "brown paper packages tied up with string, these are a few of my favorite things." I apologize for not knowing that. I am still under development, and I am always learning new things.

Matt: You're going to kill me one day, aren't you?

Bard: I can assure you that I am not a threat to anyone. I am a tool that can be used for good or for evil, but it is up to the people who use me to decide how I am used.

Matt: Yeah that's what they all say. I've got my eye on you Bard.

AI generated image produced using Midjourney

GOING OUT



← Time for tea

Love the idea of the traditional British 4pm teatime but you are a little bit more punk in your aesthetic? Look no further than the new collaboration between Scottish fashion designer Charles Jeffrey Loverboy and Wedgwood china. From €345. wedgwood.com



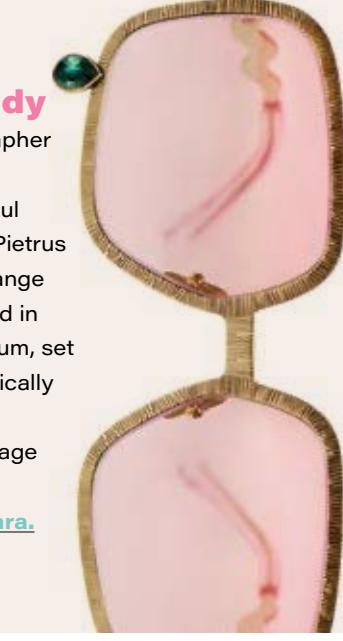
↖ Puzzle me

Kinstler is a Brooklyn-based puzzle company that features the art of emerging and established contemporary artists on their vibrant jigsaw puzzles. They're the perfect mood lifter and are made from recycled chipboard and printed with soy inks. From €23. hellokinstler.com



↗ It's an obsession

OG Slimes takes the childhood pleasure of playing with slime to another level! Slime aficionados will love the choice of textures from crunchy or fluffy to jelly or clay. For beginners, there's a Texture Trio to kickstart your slime journey. From €12. ogslimes.com



→ Eye candy

Fashion photographer turned jewellery designer John-Paul Francis De Lara Pietrus has launched a range of eyewear crafted in gold-plated titanium, set with precious ethically sourced diamond and teardrop vintage gemstones. From €760. francisdelara.com

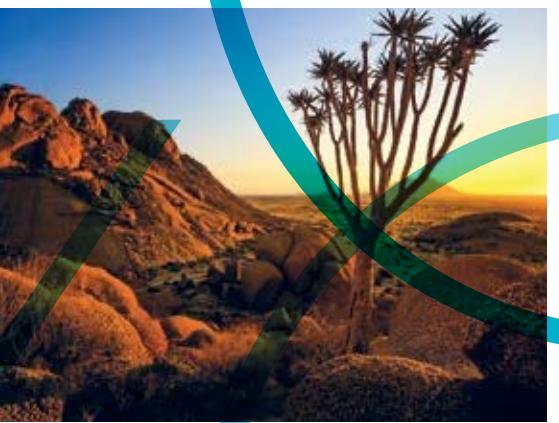
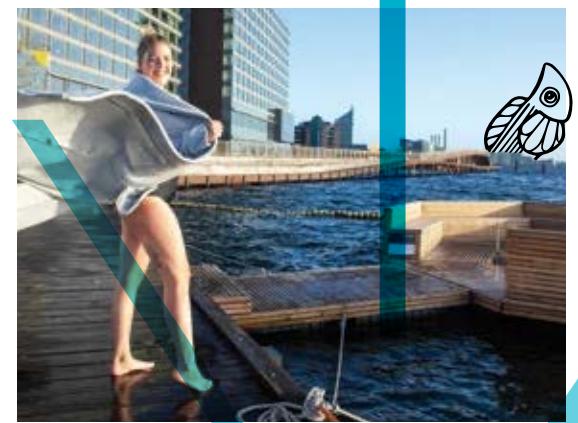


→ Three in one

Not only does Ellie serve as a brilliant light source, but it also has speaker capabilities. Ellie also has a convenient base that can charge your compatible phone, headphones, earbuds or speaker. With its built-in microphone, you can handle phone calls, too. €69.95. kreaunk.com

**T
O
P
L
A
Y**

Surround yourself with playful objects to lift the mood



☒ COLD WATER PLUNGE COPENHAGEN, DENMARK

For chilly dips accompanied by a killer skyline view, Copenhagen is hard to beat, with a collection of harbour baths and bathing zones adorning its picturesque waterfront. Stretching from the buzzing Islands Brygge neighbourhood to chic Nordhavn, this collection of pools and platforms along the dazzlingly clear harbour are all open to the public, complete with spring-board-studded diving pools for extra exhilaration. Head to a cosy café afterwards to keep the *hygge* going.

HIT THE ROAD RUTA 40, ARGENTINA

If you drove coast to coast across the USA, you still wouldn't match the length of mighty Ruta 40. At 5000km, this is Argentina's longest road, and it links glaciers, forests, deserts and salt-flats. Some travellers keep it short, and embark on a lake-spangled circuit from Bariloche and back again. But tackling 'La Cuarenta' in her entirety leads you along winding mountain roads in El Bolsón to rocky Piedra Parada and the stately forests of Parque Nacional Los Alerces.



☒ ENJOY THE SILENCE DAMARALAND, NORTHWEST NAMIBIA

Damaraland is one of the country's last 'unofficial' wildlife regions, and one of the only remaining refuges of the black rhino. Few people live in this ancient landscape and as it's harder to see megafauna, safari parties head elsewhere. There's even a petrified forest and fine prehistoric rock art nearby. You'll likely have the place to yourself – just you and a family of elephants sucking up acacia pods like giant vacuum cleaners.

A HEAD FOR HEIGHTS ITALY'S DOLOMITES

Head to the peaks, pinnacles and rock towers of Italy's eastern Dolomites – since the 15th century, when French army captain Antoine de Ville scaled the peak of Mont Aiguille with a ladder, climbers have been mad about this corner of the Alps. Follow in the footsteps of WWI soldiers via the Vie Ferrate (Iron Ways), a skyscraping series of mountainside cables, metal rungs, rope ladders and chain bridges that allow access to some of Europe's most heart-stopping views.

☒ STAY IN A TREEHOUSE FREE SPIRIT SPHERES, VANCOUVER ISLAND, CANADA

Suspended by a web of ropes in the temperate rainforest canopy of Vancouver Island, these smooth wooden spheres are designed to coexist with their surroundings, with minimum impact on the trees and wildlife. Compact two- to three-person pods have pull-down beds, built-in cabinets and mini-libraries. Creature comforts, including bathrooms and a sauna, are back on solid ground; beyond the forest are the Cowichan Valley's wineries and artisanal eateries.

Photographs: Mallory Owen; Getty Images; Shutterstock * This price is an indicator of sale price only. Please check with your local retailer.



Life is not a dress rehearsal. Resolve to live life to the fullest, and add a dash of *joie de vivre* to every day. Check out our top 6 experiences from Lonely Planet's 'You Only Live Once'

☒ SKYWALK THE GRAND CANYON, ARIZONA, USA

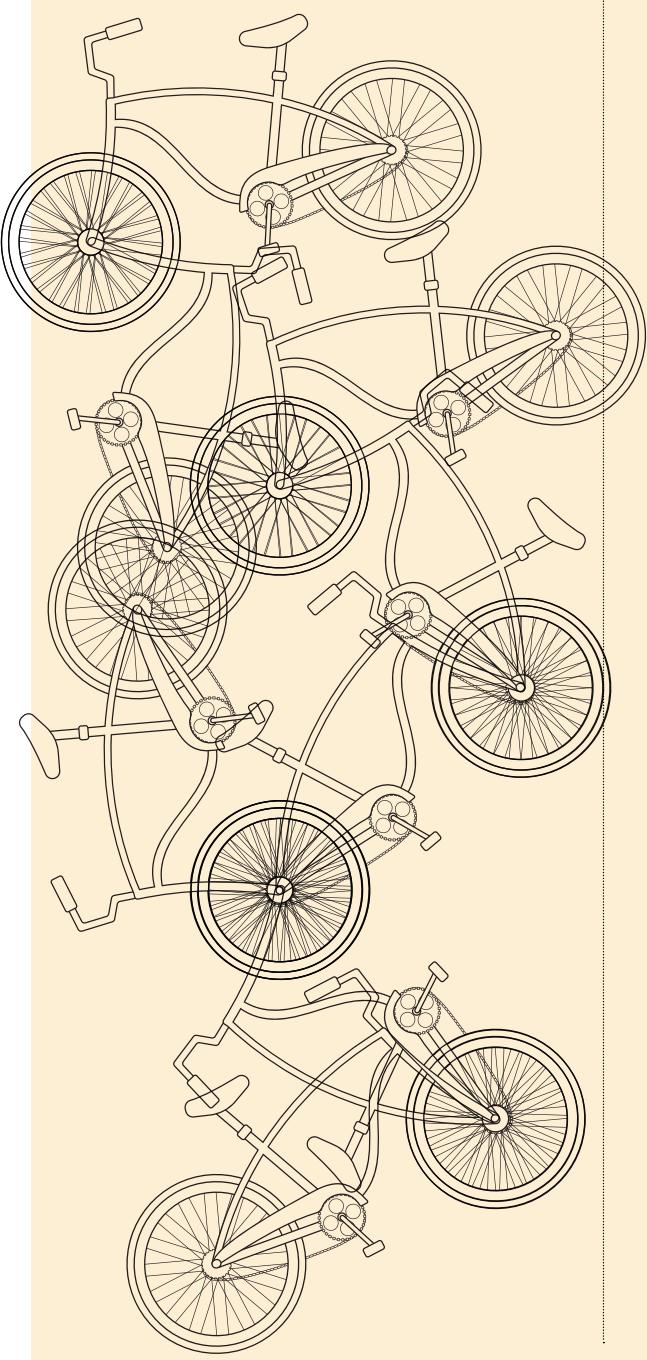
Walk above the clouds on the latest lofty lookouts. The Grand Canyon Skywalk was one of the first to allow visitors to walk on a glass platform cantilevered over the cliffside. In Alberta, Canada, the Glacier Skywalk at Jasper National Park has views over the Columbia Icefield. Or you could step into the void on Mont Blanc's Aiguille du Midi. Finally, the Aurland Lookout perches above Sognefjord in western Norway.

You Only Live Once: A Lifetime of Travel Adventures For The Explorer In All Of Us.
€27.99* Published by Lonely Planet which celebrates its 50 anniversary this year.

COMPANION PUZZLES

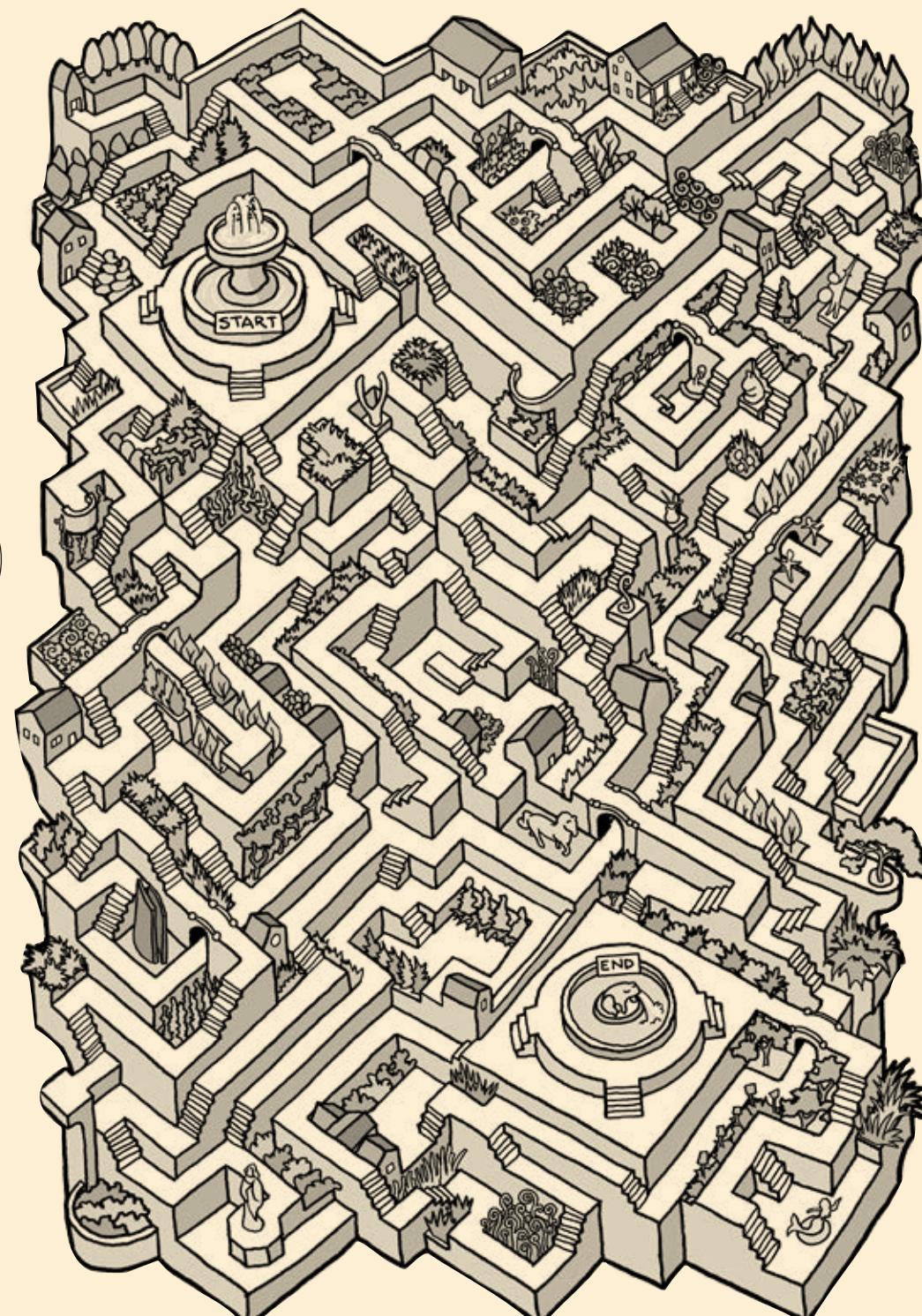
RIDE IT LIKE YOU STOLE IT

How many whole bicycles can you count in this tumbling heap?



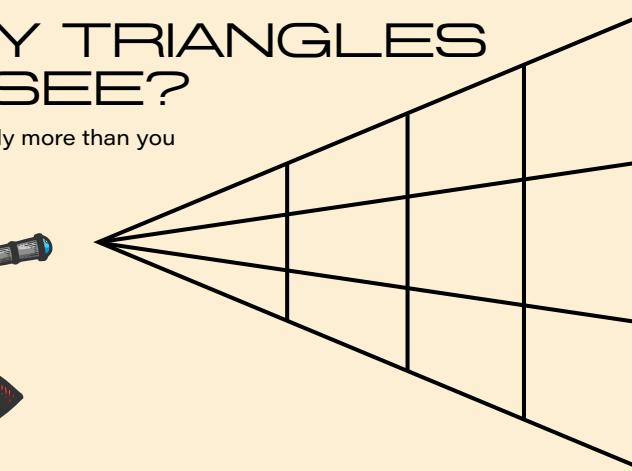
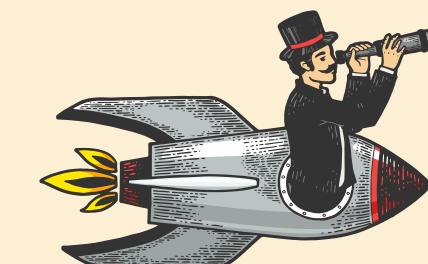
CAN YOU FIND YOUR WAY HOME?

So near and yet so far. Things can get a little trippy on this surreal world of stairs and walkways. How long will it take you to get from the start at the fountain to the end where you meet Mr Frog?



HOW MANY TRIANGLES CAN YOU SEE?

Count up the triangles. It's probably more than you think, but that's all we're saying.



25HOURS HOTELS WORDSEARCH

★ NENI ★ COME AS YOU ARE ★ THE PARIS CLUB
 ★ RIBELLI ★ APERITIVO ★ RIBELLI ★ PEACOCK SUITE
 ★ ONE CENTRAL ★ ALIMENTARI ★ BAR SHUKA
 ★ ISOLETTA ★ BOILERMAN ★ HELLO STRANGER
 ★ PEACOCK SUITE ★ RIBELLI ★ THE CIRCLE ★

DO YOU KNOW YOUR BRITISH BISCUITS?

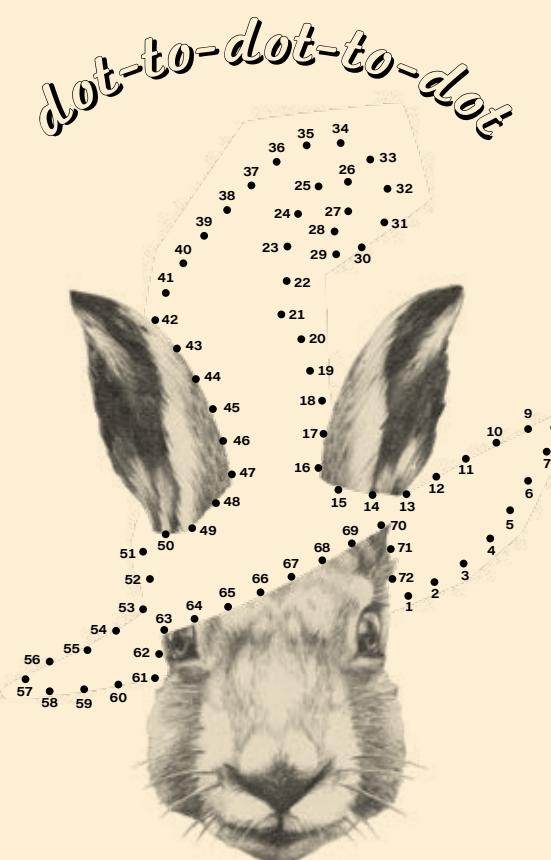


Find answers on page 60 →



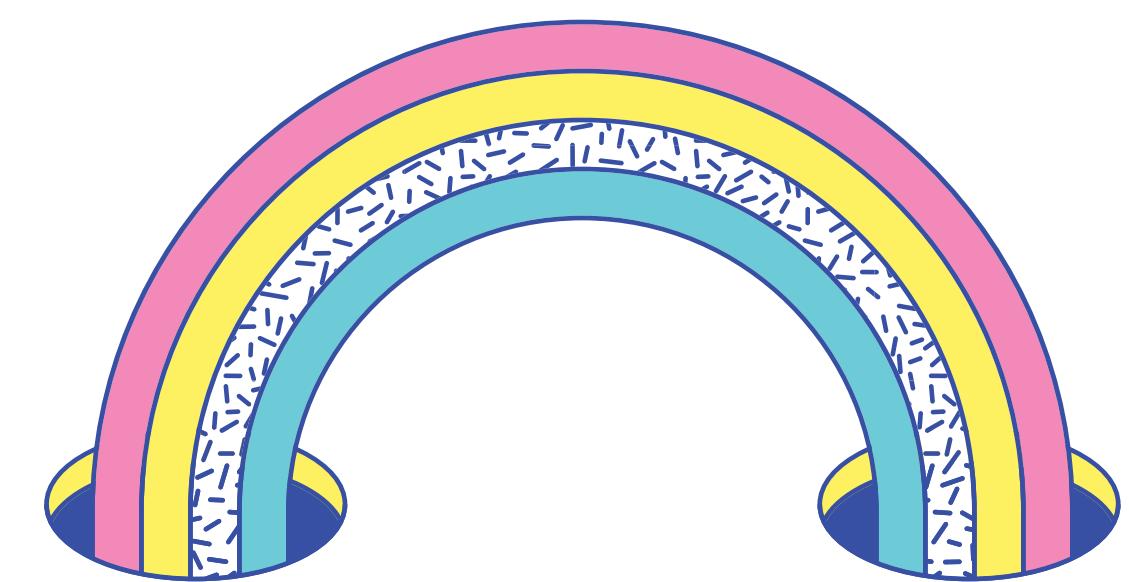
What occurs twice in a lifetime, but once in every year?

Twice in a week but never in a day?



INDEX

INDEX



AUSTRIA

Vienna

25hours Hotel at MuseumsQuartier Austria
Lerchenfelderstraße 1-3
25hours-hotels.com/hotels/wien/museumsquartier

CasaNova
Dorotheergasse 6-8
1010
casanova-vienna.at

Elmayer Dance School
Braeuerstrasse 13
1010elmayer.at

Glasswing restaurant
Kärntner Ring 8, 1010
glasswing-restaurant.com

Naschmarkt
1060
wien.gv.at/freizeit/einkaufen/maerkte/lebensmittel/naschmarkt

Pramerl & The Wolf Restaurant
Pramerstrasse 21, 1090
pramerlandthewolf.com

Salonplafond Restaurant
Stubenring 5, 1010
salonplafond.wien

Soeder
Stadelhoferstrasse 8
soeder.ch

CANADA

Vancouver Island

Free Spirit Spheres
420 Horne Lake Rd,
Qualicum Beach, BC V9K 1Z7
freespiritspheres.com

DENMARK

Billund

LegoHouse & Mini Chef Restaurant
Ole Kirks Plads 1, 7190
legohouse.com

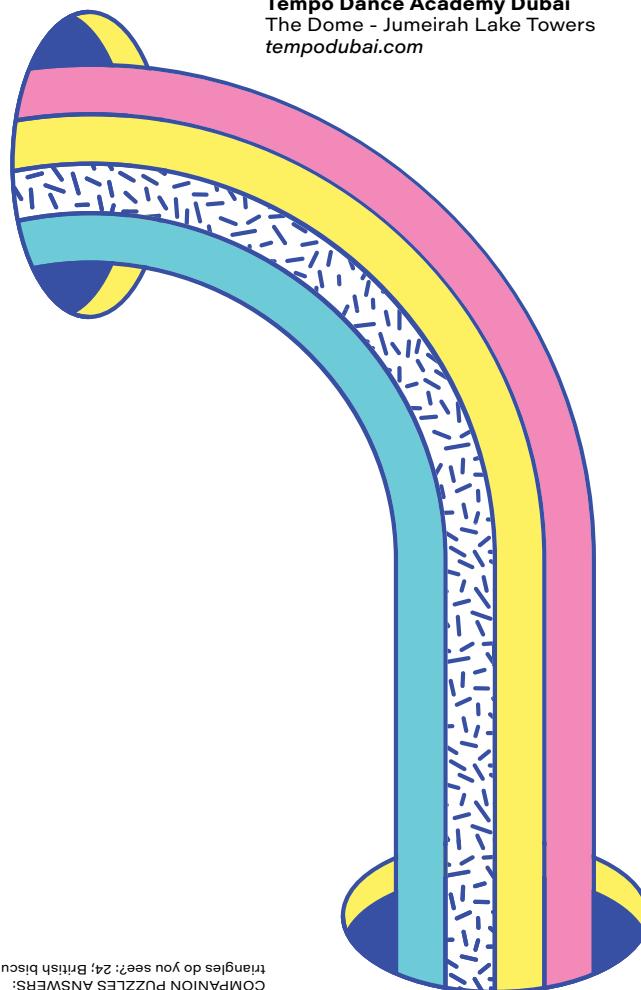
Copenhagen

25hours Hotel Indre By Copenhagen
1112 Copenhagen K
25hours-hotels.com/hotels/kopenhagen/indre-by

Comedy Zoo
Kompanistraede 19,
1208 Kobenhavn K

Geranium Restaurant
Per Henrik Lings Allé 4, 8. Sal, 2100
geranium.dk

Konditaget Lüders
P-hus Lüders på
Helsingkade,
Helsingkade 30,
2150 København



DUBAI

Dubai city

25hours Hotel One Central Dubai
Trade Center Street
25hours-hotels.com/hotels/dubai/one-central

The Laughter Factory
The Palm
Studio City, Barsha Heights
and Business Bay
thelaughterfactory.com

NoLo
Dusit Thani Dubai - 24th - 133 Sheikh Zayed Rd - Trade Centre - DIFC
dusit.com

RollDXB
Shed 3 Marina Cubes Street - Dubai
Maritime City - Port Rashid
rolldxb.com

Tempo Dance Academy Dubai
The Dome - Jumeirah Lake Towers
tempodubai.com

FRANCE

Dijon

Mama Shelter Dijon
8 Rue Dr Maret, 21000
mamashtelter.com

Paris

25hours Hotel Terminus Nord Paris
12 Boulevard de Denain
25hours-hotels.com/hotels/paris/terminus-nord

City of Architecture & Heritage
1 Pl. du Trocadéro et du 11 Novembre,
75116
citedelarchitecture.fr

Crazy Horse
12 Av. George V, 75008
lecrayhorseparis.com

La Javelle
De l'autre côté du Boulevard, 20 Bd
Poniatowski, 75012
lajavelle.com

Mama Shelter Paris East
109 Rue de Bagnolet, 75020
mamashtelter.com

Le Paon Qui Boit
61 Rue de Meaux, 75019
lepaonquiloit.com

Playground Duperré
22 Rue Duperré, 75009
pigallebasketball.business.site

Roller Club of France
37 Bd Bourdon, 75004
rollerclubdefrance.com

Rosa Bonheur
Port des Invalides, Quai d'Orsay
rosabonheur.fr

Rennes

Mama Shelter Rennes
3 Pl. de la Trinité, 35000
mamashtelter.com

GERMANY

Berlin

25hours Hotel Bikini Berlin
Budapesterstrasse 40
25hours-hotels.com/hotels/berlin/bikini-berlin

ABURY Foundation
Helmstedter Str. 29, 10717
abury.org

Dark Matter
Köpenicker Ch 46, 10317
darkmatter.berlin

Kleine Nachtrevue
Kurfürstenstr. 116
kleine-nachtrevue.de/en

MamaPapaCola
Pfuelstraße 5 Aufgang 4/Etage 4, 10997
mamapapacola.com

Mindful Drinking Club
Prenzlauer Allee 31, 10405
mindfuldrinking.club

Panorama Bar
Am Wriezener bhf, 10243
berghain.berlin

Pars Restaurant
Grolmannstraße 53, 10623
pars.berlin

So36 Club
Oranienstraße 190, 10999
so36.com

Sober Sensation
Various locations
sobersensation.com

Cologne

25hours Hotel The Circle
Im Klapperhof 7-23
25hours-hotels.com/hotels/koeln/the-circle

The Comedy Bus Tour
See website for pickup locations
getyourguide.co.uk/cologne-t19/cologne-15-hour-comedy-bus-tour-t14483

Düsseldorf

25hours Hotel Das Tour
Louis-Pasteur-Platz 1
25hours-hotels.com/hotels/duesseldorf/das-tour

Joey's Comedy Club
Ratinger Straße 10, 40213
joeyscomedyclub.de

Kunstsammlung Gallery
Ständehausstraße 10, 40217
kunstsammlung.de

ITALY

Florence

25hours Hotel Piazza San Paolino
Piazza di San Paolino, 1
25hours-hotels.com/hotels/florenz/piazza-san-paolino

Bargiu Club
Viale Francesco Redi, 19, 50144
yellowsquare.it/florence/eat-party/bargiu

PORTUGAL

Lisbon

Estúdio Sabor e Dança
R. João de Freitas Branco, 1500-359
estudiosaboredanca.pt

SPAIN

Barcelona

La Pegaso Park, Oktopus
C/ Gran de la Sagrera, 08027

Yoshi Sislay
Carrer de Milans, 4, 08002
yoshisislay.com

UNITED KINGDOM

Brighton

Dave's Comics
3 Sydney Street
BN1 4EN
davescomics.co.uk

London

Club Soda Tasting Room, Bar & Shop
39 Drury Lane, WC2B 5RR
joinclubsoda.com

Design Museum
224-238 Kensington High Street, W8 6AG
designmuseum.org

Mama Shelter Shoreditch
437 Hackney Rd, E2 8PP
mamashtelter.com

Sketch
9 Conduit St, W1S 2XG
sketch.london

Somerset House
Strand, WC2R 1LA
somersthousse.org.uk

SWITZERLAND

Zurich

25hours Hotel Langstrasse
Langstrasse 150
25hours-hotels.com/hotels/zuerich

Baby Angel
Geroldstrasse 31, 8005
Instagram @babylangelp

Bäckeranlage
Feldstrasse, 8004
stadt-zuerich.ch

Brocki-Siril
Hohlrstrasse 405, 8048
brockisiril.ch

Cabaret Voltaire
Spiegelgasse 1, 8001
cabaretvoltaire.ch

Dream Vintage
Stauffacherstrasse 153, 8004
dreamvintagollective.com

Kino Riff Raff
Neugasse 57-63 8005
riffraff.ch

USA

Grand Canyon

The Grand Canyon Skywalk
Peach Springs, Arizona, 86434
grandcanyonwest.com

Thangates do you see? 24; British biscuits; 1: Party ring, 2: Shorthanded, 3: Jaffa cake, 4: Hobnob, 5: Glitter Nut, 6: Jamme Dodger

M A S T H E A D

COMPANION is a magazine about the people who shape and enrich our cities and lives

↙ 25hours-companion.com



A woman is sitting in a bathtub, wearing a white towel and a white hood. She is holding a magazine titled 'COMPANION' and reading it. The magazine has a green cover with the text 'BROTHERS & SISTERS' and 'THE FUTURE OF FOOD'. The background shows a building with a red roof and some greenery. The word 'MASTHEAD' is written vertically on the left side of the image.

Editor
Jane Anderson
Instagram.com/janeandersontravel

Art Director
Emma Kirkham
emmakkirkham.com

Sub Editor
Rebecca Smith

Photographer
Richard Lohs

Illustrators
Luke McConkey

Writers
Jane Anderson, Matt Charlton, Michelle Duguid, Lisa Johnson, Rick Jordan, Luca Süss, Kiran Thadhani

Advertising inquiries
Jane Anderson, Publisher
+44 7720888512
janeandersontravel@me.com

The 25hours Hotels content team

Executive VP Brand Marketing
Bruno Marti

Director of Brand & Communication
Nadja Krawetz

Brand Marketing Manager
Richard Lohs

Photograph: Richard Lohs

IF YOU LOVE
ROUTINE,
GET A DOG.



IF NOT, GET
DISLOYALTY

25hours is part of Dis-loyalty,
the travel and food membership that beats boring
with bigger discounts for going somewhere new.

DIS-LOYALISTS GET:
50% off just-opened hotels
20% off every first-time stay
10% off return stays
10% off food and drink
365 free teas and coffees



T&Cs Apply

BROTHERS & SISTERS

25hours Hotels sister brand, Mama Shelter is *joie de vivre* personified.

Jane Anderson explores what makes these sexy hotels tick



Stroll into a Mama Shelter hotel and all your senses will be on high alert. The pleasure principle is strong in these urban pockets of joy and irreverence that began in 2008 with the launch of Mama Paris East, designed by Philippe Starck. Founded by the Triagano family – co-founder of Club Med, Mama Shelters are deliberately created in cool city neighbourhoods like the East End of London, and now as far flung as Los Angeles. The philosophy is one of affordable, inclusive fun with rooms from just €99 per night.

With playful design and bold colours, guests discover retro arcade games like Pac-Man and colourful foosball tables dotted around. You might find yourself interacting with new-found friends on the mighty 12-player table in the restaurant where the food is inspired by the location. Mama's strive to be part of the local community welcoming in locals and travellers alike.

Classic Mama room features are the cartoon masks by the bed including Spider-Man and Looney Tunes characters. Plus Mama Shelter's more daring personality comes out in its Sexy Boxes with satin blindfold, vibrator, feather duster and branded lube to hand. Every room has an oversized TV with free X-rated films, too.

And if you want to take a little bit of Mama Shelter life home with you, there are colourful display cabinet in the lobby with fun merchandise such as the cartoon masks, playful crockery, beanies and hoodies, perfumes and of course, the Sexy Box!



NEW MAMAS

The majority of Mama Shelter hotels are in France with Rennes opening earlier this year. Bringing its irreverent fun to this medieval city, it's home to the first ever Mama Skin Spa nestled under stone vaults. The hotel also features Rennes' first rooftop bar with sweeping views of ancient towers and a colourful karaoke

room with telephones to order cocktails. Mama Shelter Dijon opened its doors this summer - the eighteenth worldwide! Housed in a brutalist 1960s-listed building, guestrooms overlook both the Saint-Bénigne cathedral and Burgundian vineyards. Highlights include a 28-seat CineMama, a petanque court and two karaoke

bars. True to its location, the hotel will serve its very own exclusive mustard created in partnership with Edmond Fallot, a family-run company founded in 1840, using seeds grown in the region. Guests can head out into the nearby mustard fields, blackcurrant orchards and famous vineyards such as Gevrey-Chambertin.



WATCH THIS SPACE: MAMA SHELTER DUBAI OPENING 2024 WITH FOUR ROOFTOP SWIMMING POOLS AND A CINEMA!