

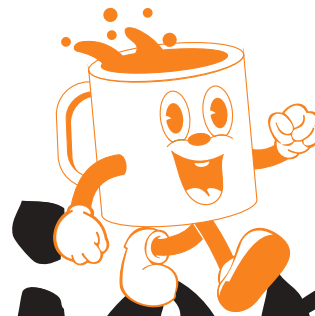
A magazine created  
for 25hours Hotels

## THE WALL CAME TUMBLING DOWN

Reflecting on 35  
years since the fall  
of the Berlin Wall



The  
Collaboration  
Issue



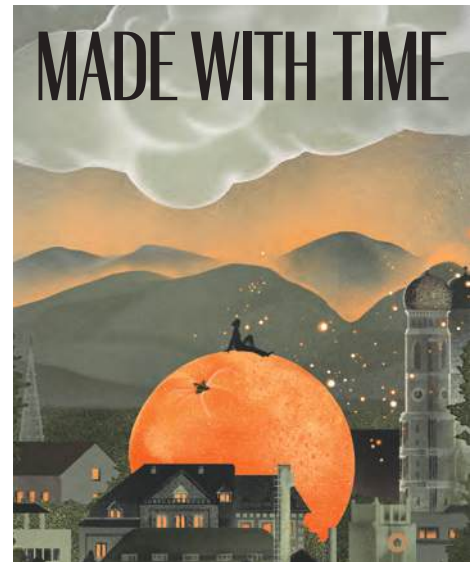
find your  
coffee  
tribe

# Companion<sup>Issue</sup> 26



## STIMULUS PACKAGE

Artist, DJ, event curator and creative, DJ Stimulus  
chats collaborative energy and community spirit



Read 25hours Hotels' Story Slam winner, Diana  
Radovan's tale of identity and belonging



## THE BEAUTY OF CO-CREATION

Fashion insider Michelle Duguid explains why two  
heads are better than one when it comes to style

## CARNE DIEM

Meet trailblazing  
butcher Dario  
Cecchini and discover  
all about his new  
venture at 25hours  
Hotel Piazza San  
Paolino Florence



## PLAYING THE LONG GAME

Unlock the  
secrets to  
the art of  
longevity



## ON THE EDGE

Embrace the extraordinary with an extreme sport



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# Small SUV Big Impact

MAKING A SUSTAINABLE STATEMENT: THE VOLVO EX30

The Volvo EX30 is an exciting and sustainable electric vehicle that impresses right from the start with its dynamic performance and extensive range. Through efficient material usage, it boasts the smallest carbon footprint in Volvo's history. A significant first step.

The Volvo EX30 embodies the technical implementation of Volvo strategic realignment: it is compact, sustainable, and fully electric. This makes it a key part of Volvo long-term strategy towards more environmentally friendly mobility. Volvo aims to take a leading role in this space. By 2025, for example, Volvo intends to reduce overall CO<sub>2</sub> emissions per vehicle by 40% compared to 2018 levels. By 2040, the company aims to become climate-neutral, encompassing the entire production chain—from design and development to manufacturing and transportation—all steps evaluated to reduce greenhouse gas emissions.

## A Climate for Innovation

The Volvo EX30 is produced with sustainability in mind, using climate-neutral electricity during manufacturing. As a result, it has a smaller carbon footprint than any previous Volvo vehicle, reducing it by 25% compared to other current Volvo electric models. The emissions of this new fully electric SUV have been optimized throughout its production and life cycle, reducing the vehicle's CO<sub>2</sub> footprint over 200,000 km of driving to under 30 tons\*.

## Less Metal. More Experience

A smaller vehicle means less material usage, which positively impacts the environment, as aluminum and steel are among the biggest contributors to production-related CO<sub>2</sub> emissions. Not only was less aluminum and steel used for the EX30, but the percentage of recycled materials was also increased. For example, about a quarter of the aluminum used in the vehicle's construction is recycled, and the steel has a recycling content of approximately 17%.



## Clever Materials. New Look

Sustainability continues inside the Volvo EX30 with four expressive interior designs inspired by Scandinavian nature. The designers combined multiple functions into single components, reducing the number of parts needed. This focus on essentials created a new, minimalist look.

The seats, dashboard, and door panels feature a wide range of recycled and renewable materials. Volvo utilizes fibers that would otherwise be waste products from jeans recycling. Additionally, flax and a wool blend made of about 70% recycled polyester are used. A particularly innovative design idea is called 'Particle', which uses plastic waste from discarded PVC window

frames and shutters. About 17% of all plastics in the Volvo EX30, from interior components to bumpers, are recycled—the highest percentage achieved in any Volvo vehicle to date.

## Thoughtfully Designed

Finally, the Volvo EX30 is designed to be 95% recyclable at the end of its life cycle. The materials are recycled, and energy is recovered from what cannot be reused. This design allows Volvo EX30 owners to reduce their carbon footprint without sacrificing safety, driving comfort, or convenience.

\*The CO<sub>2</sub> footprint calculation is based on the use of electricity from the EU27 electricity mix.



**Would you like to experience the all-electric EX30?**

Volvo Cars have teamed up with 25hours Hotels to offer guests the opportunity to book one of two Volvo EX30s, absolutely free of charge for one day. Now available at 25hours The Circle in Cologne, watch out for Volvo Cars' new electric vehicles coming to more 25hours Hotels soon.



# Soeder\*

# TRUE SOAP

**NOW AT ALL 25HOURS HOTELS**

## SOEDER X 25HOURS HOTEL

Hello from Soeder! We're the creators of the natural care products in your 25hours Hotel room. Based in Zurich, Switzerland, we're all about crafting the highest-quality products using only the best natural ingredients like plant oils, honey, wheat proteins, and sea salt. We ditch artificial fragrances, letting nature's pure scents shine through.

We're committed to sustainability. Our refill concept at 25hours Hotels reduces plastic waste, giving your brown glass bottles a longer life. Plus, our production processes are energy positive, meaning we reuse the energy from soap making to power our operations. We're on a mission to become fully energy positive soon.

Join us in making mindful choices for our planet. Visit the 25hours things shop to take Soeder home with you, and don't forget to refill your bottles on your next stay at any 25hours Hotel.

**VISIT @SOEDER.NATURALCARE**

## Editor's note

One of the reasons I love my role as Editor of Companion magazine is the collaborative nature of working with 25hours Hotels. It's a beautiful thing to behold when you invite others in rather than exclude and compete. Suddenly worlds open up, partnerships form and the magic happens. As we head into autumn and winter, we celebrate the nourishing spirit of collaboration. To quote basketball legend, Michael Jordan, "Talent wins games, but teamwork and intelligence wins championships." And as that giant of American literature, novelist Louisa May Alcott expressed so succinctly, "It takes two flints to make a fire."



In this issue we kick off a new series of Trailblazer profiles, interviewing the Florentine 'King of Beef', Dario Cecchini who has just opened 'Cecchini in Citta' in 25hours Hotel Piazza San Paolina. Elsewhere we look at the changing nature of the high street and the growing power of pops-ups, plus everything from the 35th anniversary of the fall of the Berlin Wall to extreme sports and the art of longevity. Also in this issue, I'm delighted to share with you 25hours' Story Slam winner, Diana Radovan's short story about belonging, beautifully illustrated by Ukrainian artist Masha Foya. We've also teamed up with Berlin-based DJ Stimulus and the talented team behind Nook Society in Bad Saarow, to curate playlists especially for you.

I hope you're warmed by the features in this issue that explore a fusion of ideas to make more than the sum of their parts. And remember, even if you're a loner by nature, give collaboration a go. Two (three, four or more) heads are always better than one.

**Jane Anderson, Editor**

Instagram.com/janeandersontravel

Here at Companion, we love your feedback. Email me at [janeandersontravel@me.com](mailto:janeandersontravel@me.com) with your comments, and anything you'd like to see in forthcoming issues.



Tuscan butcher, Dario Cecchini celebrates the launch of Cecchini in Citta

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Companion Trailblazer Series

friends of friends Berlin-based Friends of Friends were the originators of this newspaper format magazine for 25hours Hotels. Since 2009 it's been building a online creative community of inspiring individuals. [friendsoffriends.com](http://friendsoffriends.com)





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# CONTRIBUTORS

We take a look at some of the talented people who brought this issue of Companion to life, and ask what is their favourite collaboration

## » MASHA FOYA

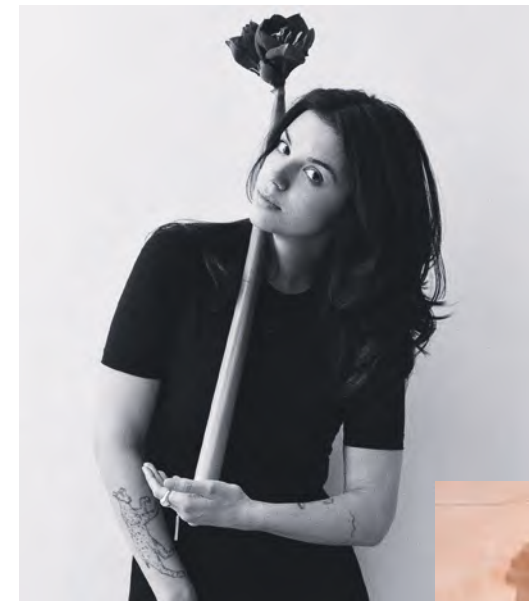
*Check out her illustration, p21*

### Who am I?

I'm an illustrator from Kyiv, Ukraine who studied Fine Arts at Kyiv Polytechnic University. I'm a big fan of magic realism, surrealism and like to pay a special attention to texture and colour palette in my illustrations. My clients include Adobe, Schientific American, The Guardian Weekly, The New York Times, Moleskine Foundation, The Republik, Esprit Magazine, Die Zeit, Sierra Magazine and others.

### Top collaboration

During the last 10 years of my professional life, I've have had the best projects collaborations with clients who give me a clearly formulated brief but also trust in my vision.



**"The best  
collaboration  
is with clients  
who trust in  
my vision"**



## » SUSAN WARD DAVIES

*Susan examines the legacy of iconic hotels, p48 and the art of longevity, p56*

### Who am I?

I have been a travel editor and writer for more than 35 years, most of them as Travel & Lifestyle Director at ELLE and elleuk.com, and now as Travel & Lifestyle Editor of The Calendar Magazine (Instagram.com/thecalendarmagazine), a sustainability platform focussing on fashion, beauty and lifestyle, where I write about sustainable travel. I also freelance for a number of publications including The Times, The Telegraph and Good Housekeeping. My globetrotting has always been prompted by a mix of wanderlust, FOMO, and a kind of travel ADHD, which makes me want to experience everything, and can be a nightmare for trip companions.

### Top collaboration

Glossy magazines like ELLE may look glamorous but budgets are tight, so we rely on collaboration. Decades before influencers were a thing, luxury brands recognised the value of association with such a cool publication. I helped organise many of the events. My finest moment was arranging, by text, 1000 bottles of free Moët & Chandon for the ELLE Style Awards, with just seven days' notice.

## » YANAR ALKAYAT

*Read her deep dive into extreme sports, p36*

### Who am I?

For the past two decades, I've been writing health and fitness content for magazines, driven by a lifelong passion for physical and mental wellness. I still remember borrowing my first health book from the library aged 11. After 15 years practising classical yoga, I became a certified yoga therapist, working with conditions such as movement disorders. Today, I divide my time between writing for the press and working therapeutically with clients through Yanar Mind & Movement (mindandmovement.uk).

### Top collaboration

Recently, I collaborated with a wonderful charity called Tools for Inner Peace (tools4innerpeace.org), which brings yoga to refugees and asylum seekers in the UK, Lebanon, and Sierra Leone. Along with two other teachers and therapists, we co-facilitated a Yoga for Trauma weekend in the Peak District for displaced people and refugee support workers.



## » MEGAN MURRAY

*Megan recommends coffee shops with a purpose, p13, and talks rebirth of the high street, p41*

### Who am I?

Hamburg-based Megan Murray is a travel journalist who specialises in adventures of the aesthetic. Megan writes mostly about hotel design and quirky things to do when travelling.

### Top collaboration

I'm a big fan of independent wine brand Amie (drinkamie.com). Founded by Abbie Roden and Will Sandbach, I respect their mission to de-snob the industry.



## » DIANA RADOVAN

*Read her award-winning short story, p20*

### Who am I?

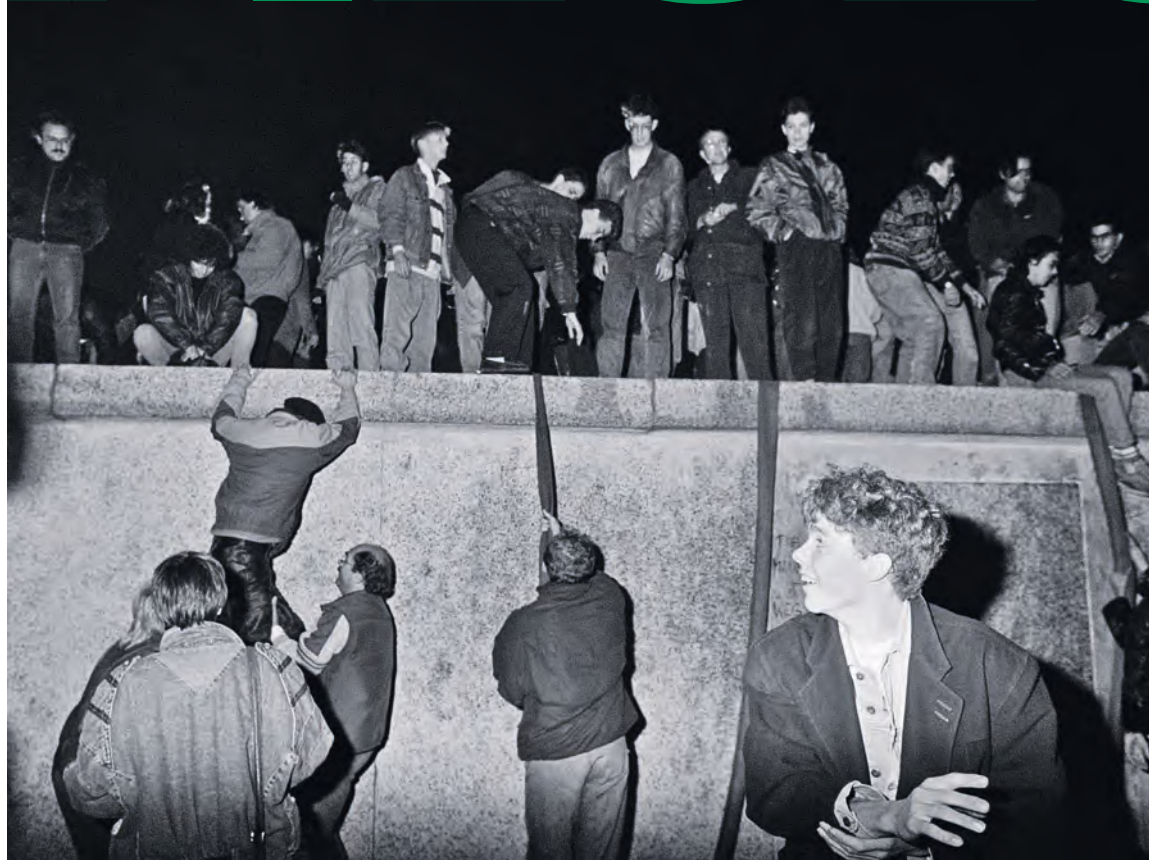
I am a multilingual writer, nature lover, traveller, explorer, humanist, scientist, sustainability policy director, creative writing workshop leader, life coach, enabler, and forest bathing guide.

### Top collaboration

I love being part of Happy Writing, an international community of writers (meetup.com/happy-writing.)



# BITS & PIECES



## BERLIN HISTORY & CULTURE

### Remembering the fall of the Berlin Wall

On the night of 9 November 1989 the Berlin Wall fell, and shortly after Germany became a unified nation, bringing an end to the so-called 'Iron Curtain'. Thirty-five years later, its anniversary has prompted many organisations to curate exhibitions that seek to remind and educate us.

#### **Dream On - Berlin, the 90s**

**Where:** CO/Berlin  
**When:** Til 22 January 2025  
This temporary exhibition features photographs of East Berlin taken during the 1990s by members of the East German photo agency OSTKREUZ, displaying the societal transformations and the challenges of reunification in a



#### **The wall. Before, after, East and West**

**Where:** Stiftung Brandenburger Tor, Max Liebermann House  
**When:** 8 November 2024-2 March 2025  
This collection explores contrasting artistic viewpoints of East and West Berliners from the mid 1980s to the early 1990s.  
[stiftungbrandenburgertor.de](http://stiftungbrandenburgertor.de)

For more on the 35th anniversary of the fall of the Berlin Wall, head to page p45...



## DENMARK/JAPAN FASHION & STYLE

### ELEVATING THE EVERYDAY

Danish homeware brand HAY has teamed up with world-famous Japanese sportswear brand, ASICS. Together they have re-envisioned an iconic pair of trainer from the ASICS archives—the Skyhand OG, which dates back to 1994—through the lens of HAY's eye for aesthetics and colour. The collab also includes matching branded Everyday Socks and an ASICS x HAY bag. Both brands have a mutual commitment to creating functional, contemporary products, whilst elevating them from the everyday. The first drop featured pink, blue and green colourways. The autumn drop offers lilac and brown. Covetable, comfortable and creative!  
[asics.com](http://asics.com), [hay.dk](http://hay.dk)



Photo: Nicolò Parsenziani, Werner Mahler, Marco Anelli, Alamy, Alexa Bendek



## MILAN/LONDON FASHION & STYLE

### ON THE BALL

Football meets fashion in these pitch perfect collaborations

● **Off-White celebrates its ongoing partnership with AC Milan** by unveiling a new uniform and a capsule collection honouring the Italian football team's 125th anniversary. Respective codes and cultures are entwined in its devil

mascot and classic red and black, with vintage football and '125' graphics. Varsity jackets, hoodies and t-shirts, baseball caps, football scarves and luggage are available for adults and kids. The collection was shot (above) by Milan-based photographer Nicolò Parsenziani.  
[off---white.com](http://off---white.com), [FarFetch.com](http://FarFetch.com), [store.acmilan.com](http://store.acmilan.com)

● **Arsenal and adidas made history by holding a first-of-its-kind runway show** pitch-side at Arsenal Emirates Stadium. The Spring Summer 2025 show built on the collaboration between LABRUM, Arsenal and adidas to launch Arsenal's 2024/25 away kit.  
[adidas.co.uk](http://adidas.co.uk), [labrum.com](http://labrum.com), [arsenaldirect.arsenal.com](http://arsenaldirect.arsenal.com) →







SWITZERLAND  
ART & ENTERTAINMENT

# RISK-TAKING ART

Serbian artist, **Marina Abramovic**, one of the most influential contemporary artists in the world today, brings her impactful works to Kunsthaus Zurich from 25 October 2024 to 16 February 2025. Her first major retrospective in Switzerland, the show includes pieces from across all her creative periods, along with live re-stagings of some of her most memorable performances, pushing the limits of body and mind. Abramovic is also creating a new work specially for the show involving the public. [kunsthaus.ch](https://kunsthaus.ch)



SALZBURG  
ART & ENTERTAINMENT

# Do-Re-Mi

The most famous film ever shot in Austria celebrates its 60th birthday in 2025. Highlights to mark the occasion include a revamped 'The Sound of Music Trail' in Werfen ([salzburgerland.com](https://salzburgerland.com)) and 'The Sound of Music' will be back at the Salzburg Marionette Theatre ([marionetten.at](https://marionetten.at)) from spring 2025. Follow in the footsteps of the Trapp family by visiting the original film locations, book The Original Sound of Music Tour with Panorama Tours [panoramatours.com](https://panoramatours.com)

DUBAI  
FOOD & DRINK

# Naughty but nice

For a Dubai taste sensation, head to **Orfali Bros.**, a neighbourhood bistro owned and run by three Syrian brothers, Mohammad, Wassim and Omar, who infuse this lively downstairs savoury kitchen and upstairs pastry kitchen with charisma. And what to order? Without a doubt, we recommend the Umami Éclair. Porcini emulsion and homemade marmite with fermented quince glaze, cacao nibs and beef prosciutto makes this a contrasting taste sensation. To be eaten in just two bites! [orfalibros.com](https://orfalibros.com)



ZURICH  
PEOPLE & BUSINESS

# In full bloom

The slow flower movement is blooming at Floral Lokal's two Zurich outlets in the Lochergut and Wiedikon districts. Seraina Serrat and her team bring local flowers fresh from the field, loosely tied or directly into the vase. Everything is responsibly sourced from gardens, farms and cutting fields in Switzerland, and also from Northern Italy and France in the cold season. Potted plant, planters and vases are also available. [floral-lokal.ch](https://floral-lokal.ch)



INTERNATIONAL  
FASHION & STYLE

# GREEN WITH ENVY

Up your city break style game with Rimowa's new Emerald range. Pair the Rimowa Original suitcase with a made-to-match Aluminium Personal Cross-Body Bag also in the vibrant new hue. [rimowa.com](https://rimowa.com)



WORLDWIDE  
ART & ENTERTAINMENT

# LISTEN UP

In a world of sensory overload, it's an attractive prospect to indulge just one sense at a time... well, maybe two... well, three if you really think about it. Listening Bars have been a fixture in Japan for decades now—places where patrons can ensconce themselves in premium sound from top-range equipment, pumping out the lovely warm sound of vinyl, whilst ingesting fayre specifically curated to match the soundtrack. Now spreading around the globe, here are the best places to wrap yourself in soundwaves...

**Dantes HiFi, Miami, Florida**

Of course they changed the name in the US, so look for 'Hi-Fi' as opposed to 'listening bars'. This gaff, to be found in the party (and other things) capital of the world, is 'an intimate and soulful place for the discerning music enthusiast', adding an air of sophistication. [danteshifi.com](https://danteshifi.com)

**bird.oph, Frederiksberg, Denmark**

Since no-one knows how to throw a comfort blanket on you like the Danes, expect this to be an immersive, curated, and high-end experience, fuelled by Jazz-influenced genres. The modern cocktail menu is flavourful, fun, and they call it 'the best in town'. [birdcph.dk](https://birdcph.dk)

**Matiz, São Paulo, Brazil**

Opened in 2023, this venue fills a gaping hole in the buzzy edgy night life of São Paulo. Located on an amazing rooftop, with top-grade drinks and food, this wood-clad hangout offers a high-fidelity listening experience to fans of vinyl and high quality audio. [@matizbarsp](https://@matizbarsp)

**Jazz Inn Uncle Tom, Tokyo, Japan**

We couldn't not mention the OG. You may have bumped into Murakami here once upon a time, but this legend of the Tokyo scene, opened in 1977, is still going strong. They also take their coffee as seriously as their audio, with beans hand sorted. [jazzinnuncletom.wixsite.com](https://jazzinnuncletom.wixsite.com)



ZURICH  
PEOPLE & BUSINESS

# Winter warmer

Sustainable chocolate maker, **Laflor**, has launched the **Hot Chocolate Spicy**. This perfect winter drink with a kick is characterised by the power of the original Brazil Fazenda Vera Cruz and a touch of Peruvian Aji Panca. Co-production manager Sarah spent five months tinkering and testing different chillies, and finally found the twist with a fine pinch of cardamon from Guatemala. [laflor.ch](https://laflor.ch)



# A MONKEY WALKS INTO A BAR...

Matt Charlton discovers a story of hope out of despair in the heritage of Monkey 47

There was not—as you can imagine—much joy to be found in post-war Berlin. A city utterly disseminated, defeated, and occupied, it was divided up by the Allied Forces into four sectors: British, French, American, and Russian. Most of us know what happened as a result of that (if you don't, then either read any textbook about 20th century history, or turn to page 45), but this isn't a story of oppression, struggle, and division, but one about the tiny rays of hope which can be found, even in the bleakest of circumstances. In this case it involves an English wing commander, an adopted monkey, and a bottle of gin. No—that's not the start of a joke.

If you happen to be reading this in 25hours Hotel Bikini Berlin, then you may well be overlooking Berlin Zoo. In 1943, the zoo—now with one of the most comprehensive and sustainability-driven collections of species in the world—was one year away from its centenary. On the nights of the 22 and 23 November, it was heavily bombarded by the British Royal Air Force, and a count in 1945 showed that just 91 of the 3,715 animals survived. One of the reasons it had been singled out by the bombers was due to the nearby Zoo Tower—one of the colossal anti-aircraft look-outs, housing anti-aircraft guns.

There were even rumours that some dangerous animals had escaped the zoo, alive, and were stalking Berlin's streets—stampeding elephants, spooked tigers, alligators on the prowl. The stories, however, were greatly exaggerated—most were caught or killed within what was left of the zoo's confines... I know, I know—so far, so bleak.

But with the defeat and occupation of Berlin, came those wanting to rebuild it. If you are swinging in your hammock in 25h Bikini Berlin, or sipping on gin n juice at the Monkey Bar, you find yourself in Charlottenburg, which was located in the British sector of occupied Berlin. It was here that Wing Commander Montgomery 'Monty' Collins was posted after the war... yes, I realise that sounds like a made-up name from a cheesy war movie—you can even imagine his big moustache—but it's real—I read it on the internet.



“47 BOTANICALS DEDICATED TO MAX THE MONKEY”

A true child of the British Empire (with a name to match), Monty was born in Madras to a British diplomat (the diplomat's wife probably had something to do with it too). A worldly gentlemen, he knew five languages, including German... and not just 'Wo ist das Berghain von hier aus?' This probably went some way to the decision of placing him in an administrative role in Berlin's British sector. Taken aback by the extent of the devastation in the city, he resolved to contribute all his free time and quite a lot of money to help rebuild the capital piece by piece. He was particularly moved by the annihilation of the zoo—so, as well as helping to fund its rebuilding, he also adopted a monkey, Max.

Monty left the army and moved to the Black Forest, but the memory of Max stayed with him, to such an extent that he opened the Wild Monkey Guesthouse. Here, he became acquainted with the great Black Forest tradition of distilling fruit and—out of a longing for a little bit of Britishness on foreign soil—developed a special gin. Gin? From Germany? “It's huge!” Axel Klubescheidt, brand home manager for Monkey 47's distillery tells me. “We have over 1,200 different gin brands here. Monty Collins opened the guesthouse 'Zum wilden Affen' and twisted his English London dry gin recipe into a Schwarzwald Dry Gin.”

Years later, Alexander Stein, a German gentleman who had the left the conventional corporate world to follow in the family tradition of working with spirits, heard this story. Then, during a recent renovation of the inn, a wooden box decorated with the effigy of a monkey was found, inside which was the recipe of the 47 botanicals of the gin dedicated to none other than Max the Monkey. “When Alexander renovated a house nearby he found out about Monty Collins and his gin. He then figured to use the idea of the recipe and his amazing history to tell his personal story about his brand,” continues Axel. “It's not the same recipe as Collins. Alexander worked over two years to define his own recipe.”

And so Monkey 47 Schwarzwald Dry Gin was born, and is now to be found in high end bars and hotels around the world, including a certain hotel in Charlottenburg next to a zoo, which bears the fingerprints of a British colonel turned distiller. Life has a strange way of coming full-circle. If you ever find yourself in Berlin, sipping on a Monkey 47, soda, and tonic—“in a perfect ratio of half and half. With a grapefruit zest,” suggests Axel—then maybe knowing the story—both of your view and the drink—may make it taste even better, and remind you that inspiration, and hope, can come from the strangest of places.



Photography: Monkey47



**Monkey business**  
Clockwise from top: Schwarzwald Dry Gin; Monkey 47's Black Forest Distillery; juniper berry crushing



Megan Murray explores the social act of coffee drinking, and the cafes that reach out to community

Has coffee ever really been just coffee? The very act of drinking it inspires community and togetherness, while in today's world, those who really know their stuff seek out sustainable, transparent suppliers, getting to know the farms and people behind the beans they love. In Europe's buzziest cities,

these specialty coffee bars have become the altars at which to worship the newest brew, but also places that host guest residencies, workshops, poetry readings and charity events. When you're next in town, pay them a visit and you'll get more than a cup of Joe, but perhaps meet some new friends, too.



## DUBAI

### LULU AND THE BEANSTALK

Icd Brookfield Place, Al Mustaqbal St, Trade Centre, DIFC, Dubai

When a cafe's bio reads 'a social club for the new world', you know you're in for a good time. Lulu and the Beanstalk is an on-trend indie cafe, bar and bookstore, serving up aesthetically on-point interiors and a jam-packed schedule of poetry readings, foodie experiences, DJ nights and author signings, with new events every month. You're just as likely to walk into a literary review as you are a bottomless brunch, and meet a kindred soul at both. 'Lulu' refers to the sister-duo founder's beloved grandmother who always taught them to dream big and look to fairytales for inspiration on what's possible.

25hours Hotel Dubai One Central

★ 27 mins 🚶 7 mins

[lulusbean.com](http://lulusbean.com)



## FLORENCE

### FLUID - SPECIALITY COFFEE AND SHARING

Borgo la Croce, 59/R, 50121 Firenze

FLUID does what it says on the tin; quality coffee, created for sharing. Passersby are playfully taunted by the cafe's sign, which reads: 'Curious? Have a look inside!' Those who do are welcomed by colourful decor, a seven-metre bar designed to encourage conversation between baristas and customers, and the chance to play barista themselves. You see, FLUID is all about bringing you into the action with Modbar coffee machines that open up the space, and pour over equipment that customers can operate, to create a community feel. There's even a 'chat' option, so the team knows you're up for a natter!

25hours Hotel Florence Piazza San Paolino:

★ 22 mins 🚶 6 mins →

[fluidspecialty.com](http://fluidspecialty.com)





**HAMBURG**  
**4 WALLS**  
**Deichstraße 47, 20459, Hamburg**  
Founders Marleen and Chris first dreamed of 4 WALLS back in 2021, imagining a space ‘for creative moments and beautiful encounters’ for everyone, with a focus on inclusivity. In 2023, they set up shop in a centuries-old canal house in the city’s warehouse district, developing a co-working space, concept store with local artists’ products and a beautiful cafe, with soaring ceilings and views out to the water. Designed to bring people together, this is the place to attend kitschy bingo nights or pop-ups such as the much-loved maker’s market.  
**25hours Hotel Hamburg HafenCity**  
🚶 17 mins 🚲 5 mins  
**25hours Hotel Hamburg Altes Hafenamt:**  
🚶 16 mins 🚲 5 mins  
[4walls-hamburg.de](http://4walls-hamburg.de)



**VIENNA**  
**GOLDENER PAPAGEI**  
**Praterstraße 17, 1020 Vienna**  
Goldener Papagei’s roots go back to 1978 when the original founders opened the first Italian coffee bar in the city, welcoming in a new era. Generations later, this still family-run business has opened its doors once again to revive this cult cafe. The new concept revolves around collaborating with other gastro or small businesses in the area, offering guest residencies which have so far looked like wine tastings with local wine store Gassner, or plant installations with florist Thomas Tergowitsch.  
**25hours Hotel Vienna at MuseumsQuartier**  
🚶 42 mins 🚲 13 mins  
[goldenerpapagei.at](http://goldenerpapagei.at)



IN EUROPE’S BUZZIEST CITIES, THESE SPECIALTY COFFEE BARS HAVE BECOME THE ALTARS AT WHICH TO WORSHIP



**COPENHAGEN**  
**LILLE BAKERY**  
**Refshalevej 213B, 1432 København**  
It doesn’t get more community centred than a crowd-funded eatery. And, that’s Lille Bakery, a hipster favourite in Refshaleøen established in 2018 as a place to bring people together over delicious bakes and coffee. The space is bright and airy, with double-height ceilings and towering windows, just as the Danes like it. Come here often and you’ll start to blend in with the rhythm of regulars. There’s budding artists studying nearby and sailors fresh from the waterways hungry for lunch.  
**25hours Hotel Copenhagen Paper Island**  
🚶 32 mins 🚲 7 mins  
**25hours Hotel Indre By**  
🚶 53 mins 🚲 13 mins  
[lillegrocery.com](http://lillegrocery.com)



**COLOGNE**  
**MERAMANIS**  
**Krefelder Str. 7, 50670 Köln**  
To understand the ethos behind Meramanis, you need only to look at the brand’s motto: ‘every sip of our coffee tells a story’. These guys are interested in more than making a great cup of Joe, but working with small, Fairtrade farmers in Indonesia and sharing their journeys online. As both founders have Indonesian heritage, you’ll also find regular events that encourage community, often sharing Indonesian traditions and cuisines with customers. Think jam sessions with Indomie (Indonesian ramen), collaborations with other Indonesian businesses in the city, and cultural celebrations with live music and DJs, too.  
**25hours Hotel Köln The Circle**  
🚶 19 mins 🚲 6 mins  
[meramanis.de](http://meramanis.de)



**PARIS**  
**LA RÉGULIÈRE**  
**43 Rue Myrha, 75018 Paris**  
La Régulière is a dreamy cafe, library and gallery set up by friends, Julia and Alice, who are passionate about creating cultural spaces around the written word. Here, you’ll find stacks of pastel hued books, plants dangling from shelves and a daily menu of coffee, tea and pastries; for bookworms with a penchant for the aesthetically pleasing, it’s heaven. The founders are committed to opening this world up to those with limited access. Every weekend, in collaboration with local authorities, La Régulière works with school children on book-making workshops including graphic art, printing and binding. All are welcome to join, so get in touch to find out more.  
**25hours Hotel Paris Terminus Nord**  
🚶 15 mins 🚲 6 mins  
[lareguliere.fr](http://lareguliere.fr)



**FRANKFURT**  
**HOPPENWORTH & PLOCH**  
**ALTSTADT CAFE**  
**Markt 22, 60311 Frankfurt am Main**  
Hoppenworth & Ploch is a contemporary, independent coffee roasting company, now with three cafes, a bakery and roastery. The team say their mission is to work only with ecologically, economically and socially sustainable importers and have even published a transparency report to better help customers be part of their journey. For those who want more of an active role, you could buy a monthly coffee subscription, don some merch or sign up for one of the seminars - we like the sound of latte art!  
**25hours Hotel Frankfurt The Trip**  
🚶 24 mins 🚲 9 mins  
**25hours Hotel Frankfurt The Goldman**  
🚶 32 mins 🚲 15 mins  
[hoppenworth-ploch.de](http://hoppenworth-ploch.de)



**DUSSELDORF**  
**WEIRD SPACE**  
**Weird Space Café Friedrichstadt, Hüttenstraße 76, 40215 Dusseldorf**  
Caffeine heads, we found your tribe in Dusseldorf. The Weird Space cafes (there are three in total) aren’t just a place to get great coffee, but somewhere you can truly geek out over it, too. Not only do these guys know their stuff on single origin, sustainability sourced, specialty coffee, but they’re happy to share their knowledge with you. Sign up for barista workshops individually or with a group - you can even book a private lesson at home. Weird Space also offers co-working, their own merch and regularly teams up with businesses, so check out their page for happenings such as concept store openings.  
**25hours Hotel Dusseldorf Das Tour**  
🚶 31 mins 🚲 11 mins  
[weirdspace.bigcartel.com](http://weirdspace.bigcartel.com)



**BERLIN**  
**PRINZESSINNENGÄRTEN**  
**CAFÉ & RESTAURANT**  
**New St. Jacobi Cemetery, Hermannstraße 99-105, 12051 Berlin**  
Imagine a place where thousands of volunteers show up every year to weed, prune, plant and seed a community garden in the heart of the city? Well, that’s Prinzessinnengärten; a small Eden in the midst of busy Berlin offering workshops, guided tours and just somewhere to hang out. Some volunteers are interested to learn about organic farming while others just want to make new friends. Don’t fancy getting your hands dirty? Head straight to the garden cafe instead where you can enjoy quality coffee and teas made from herbs you pick yourself.  
**25hours Hotel Bikini Berlin**  
🚶 32 mins 🚲 37 mins  
[prinzessinnengarten-kollektiv.net/](http://prinzessinnengarten-kollektiv.net/)



**ZÜRICH**  
**COLLECTIVE BAKERY**  
**Forrlibuckstrasse 160, 8005 Zurich**  
There’s just one thing that smells better than freshly brewed coffee, and that’s freshly baked pastries, especially from Collective Bakery in Zurich. Their espresso tonic over ice is somewhat legendary, as are their experimental concoctions like the chocolate financier-based Danish finished with blood orange, cacao nibs, orange glaze, and vanilla diplomat. Collective is all about its people, so across the company’s Instagram page you’ll find shout outs and bios on its baristas, who share their experiences while travelling for coffee festivals.  
**25hours Hotel Zürich West**  
🚶 6 mins 🚲 1 min  
**25hours Hotel Zürich Langstrasse**  
🚶 32 mins 🚲 8 mins  
[collectivebakery.ch](http://collectivebakery.ch)



**MUNICH**  
**SOIS BLESSED**  
**Prannerstraße 10, 80333 München**  
Design fans will love SOIS BLESSED, a luxury concept store in Munich with a deeper meaning. At first glance, this stylish space boasts racks of designer labels, avant garde interiors and a swish in-house cafe serving up sustainable, specialty coffee. But, its beating heart is a long-term collaboration with The Hope School in the Eastern Cape Province of South Africa whose work supports infants and children affected or infected by HIV/AIDS. As well as regular contributions, the store has created its own non-profit line especially for this partnership, often using drawings and ideas offered by the children to adorn wallpapers or lampshades.  
**25hours Hotel Munich The Royal Bavarian**  
🚶 14 mins 🚲 7 mins  
[soisblessed.com](http://soisblessed.com)



# Stimulus

Companion’s Matt Charlton chat to DJ Stimulus about his creative and collaborative energy

Berlin has always been where the eternally wandering finally choose to put down their gnarly roots,

where the misfits of the world finally find their place and their people. From the decadent days of the Weimar Republic, where, away from prejudiced eyes, queer and racially diverse artists would flock to ply their trade, via the years of the Cold War. West Berlin—a capitalist island in a sea of communism—was a place to escape conscription, and to cut yourself off from the western world; East Berlin was a clandestine cauldron of punk, dissidence, and protest.

And then the wall came down (see page 45), and techno-heads arrived. Drawn by empty warehouses, bargain flights, cheap accommodation, and mechanical beats which echoed the old industries, they came to define the night-time identity of the modern city through illegal raves, the Love Parade, and ultimately, some club called Berghain... never heard of it.

So where does DJ STIMULUS, Stimmy, or quite simply Ian Lawrence fit into this? Is he a misfit, a raver, a counter-culturist, or all of the above? “Honestly, I needed to leave America for health reasons. Buenos Aires and Berlin were at the top of the list. The final decision was made for love. Berlin was a better fit for my partner.” Carried to Berlin on a kind of love parade then. An artist, DJ, event curator, and creative from New York, Brooklyn-born Stimmy was discovered by Mark Ronson, who recorded and produced his first demo. Before signing his first record deal with Universal Music, he worked as a product developer and marketer for Gap Inc., Ralph Lauren, and Puma. In short, he’s been quite busy.

But then came his move to Berlin, where he co-founded Swim Good, a night and a movement, whose motto ‘Community Over Clout’, really sums up the mantra... which I guess is what mottos are supposed to do. “We curate talents with a story. Talents that share their story through music: talents that have a specific musical style and, perhaps as importantly, talents that are complementary, →



In his element  
STIMMY on the decks  
doing what he does best



‘I use different genres to evoke different emotions on the dance floor’



but different from the other talents in the line-up". All about the talent then, as it should be. And what of his own DJing style? "I always think of my DJ sets within the context of the entire event I am playing. I am usually hired to get or keep a dance floor going. To do this, I use different genres to tell different stories and evoke different emotions. I always try to play what I think is needed, but missing." Maybe that's why he's slotted into Berlin so well—it's a place where the gaps in the market, or the demands of the ignored minorities, have been fulfilled.

Talking of minorities in the Berlin scene, I mention to him that, unlike a lot of northern European cities, I've noticed Berlin's black community and black scene doesn't seem as visible as, say, London or Barcelona. "I'm interested in knowing how and why it doesn't seem visible to you", he replies, with a genuine interest. "The answers to those questions can probably help the community overall. I can't speak for the community as a whole, but from my vantage point, it has become more connected and visible than it was when I moved here. I do my best to contribute to the black community through my social impact project Black Future Week." In what feels like a huge leap forward for the city, Black Future Week has been established, maybe not consciously because of the perceived lack of diversity, but certainly to promote and turn a spotlight on the underrepresented, a 'mission to unite ecosystems of people of colour and allies, fostering connection and growth for Black excellence', as the website says. Watch out for similar events all around Europe in 2025 and more to come in Berlin.

Going on to elaborate on my observation of racial diversity in Berlin, I explain that I always notice how predominantly white its crowds are, but come to think of it, maybe it just has some catching up to do—it's only 35 years since the wall came down, and every country behind the Iron Curtain was predominantly Caucasian? "[That's] right in line with the call out from lots of attendees at Black Future Week events requesting to be connected to communities outside of the city they live in", he replies. "Maybe they feel that need for more international awareness?"

With all this community work, it's surprising that he finds time for his day (or more specifically late night/ early morning) job, but find it he does, playing Prince Charles, Kater Blau and Berghain Kantine amongst others. Did he slot right in when he first moved here? "I underestimated my need to develop new social relationships. I used to think that having music and my partner was enough to face any challenge. Living an ocean away from my family and oldest friends makes them harder to access as a resource. Music usually saves the day, but good friends can make

## Companion Playlist

Good (feat. Casey Benjamin)  
The Real Live Show, Stimulus,  
Malik Work, Casey Benjamin

Intimidated (feat. H.E.R.)  
KAYTRANADA, H.E.R

Sexy Black Timberlake  
Channel Tres

Switch  
Greg Paulus, Taylor Bense,  
Stimulus, Malik Work

Orange Peel  
SOSA, Stimulus

Sambassim – DJ Patife Remix  
DJ Patife

Sunday (feat. Stimulus)  
The Beautiful Now, Stimulus

True Need (Radio Edit)  
[feat. Stimulus]  
Emanuel Harrold, Stimulus

UMI Says  
Mos Def

Don't Don't Do It!  
N.E.R.D, Kendrick Lamar,  
Pharrell Williams



**Reflections**  
From Brooklyn to Berlin,  
it's been quite a ride,  
and there's still a long way to go

heroes unnecessary"—don't tell that to David Bowie fans, but it seems community and collaboration saved the day in a city built on ties that bind.

However, events beyond our control can rock even the strongest of foundations. Has he noticed a change in the city since Covid? "It feels smaller and less diverse in terms of music offerings. Lots of venues closed, and many have become more expensive to work with. I worry that there are not enough new event concepts developing and that established event series are struggling to sustain or grow. That said, it's still fun, interesting and unique." Even though it's not grammatically possible, it seems as if Stimmy's mission is to make the city even more unique, but for that, you have to infiltrate the club scene... just how exactly does one go about getting into Berghain? "For Berghain or any other club - go to participate. If you go to be a spectator or voyeur, that energy will be all over you and you might not be invited in. If you truly intend to experience who and what you are curious to see, listen to, and be a part of, your energy will get you past most doors."

Energy—noted. And just in case he has any energy left over after all those Black Future Weeks, a full-time DJ career, and a popular night to curate, what is he planning next? "I am releasing a dark comedy, sci-fi film." Of course—it's the logical next step in a town like this.

[blkfutureweek.com](http://blkfutureweek.com)  
<https://bit.ly/m/STIMULUS>

Photography: Tribunalova

# STRONGER



**COLLECTED POEMS**  
BY WENDY COPE

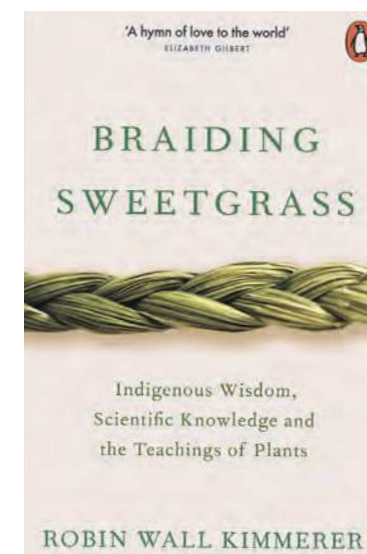
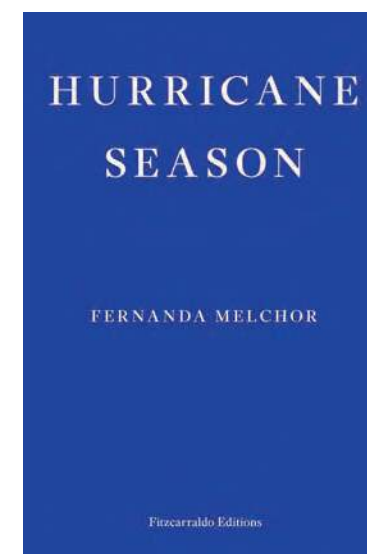
After her poem, The Orange, went viral on TikTok, a new generation of readers discovered Cope's witty and insightful work. Cope is that rare thing: a celebrated poet who is also a bestseller. This collection gathers her significant body of work in one single volume, encapsulating the breadth of human emotion in a way that both provokes and comforts.

FABER - OUT NOW

**HURRICANE SEASON**  
BY FERNANDA MELCHOR,  
TRANSLATED BY SOPHIE HUGHES

Through its very form, fiction in translation leaps borders and linguistic divides to place us deep in the mind of another. Hurricane Season, Melchor's first novel to appear in the English language, is a case in point: a portrait of Mexico in all its complexities, superbly translated by Sophie Hughes, that lingers long in the mind after you close the final page.

FITZCARRALDO EDITIONS - OUT NOW



**BRAIDING SWEETGRASS**  
BY ROBIN WALL KIMMERER

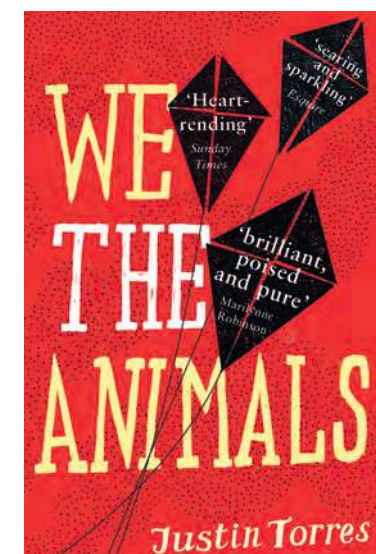
Drawing on her life as an indigenous scientist and a mother, Kimmerer brings ancient and modern wisdom together in this, her first book. Her driving argument—that other living beings can offer us gifts and lessons, even if we've forgotten how to hear their voices—point towards a new world of respect.

PENGUIN - OUT NOW

**WE THE ANIMALS**  
BY JUSTIN TORRES

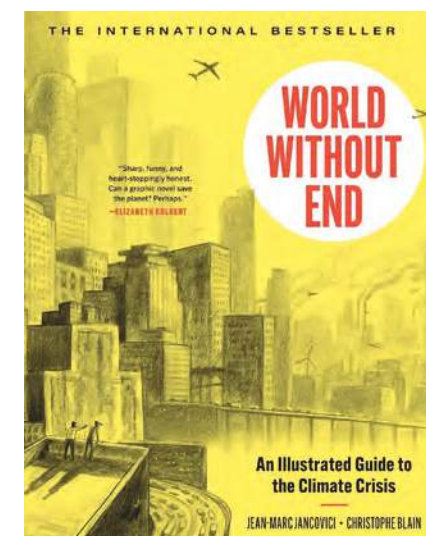
Recently named one of the New York Times' best books of the 21st century, this novella traces the lives of three mixed-race brothers in an upstate New York town. Over just 130 pages, Torres movingly maps the impacts of social inequality and broken family bonds. It's prose with a heavy punch.

GRANTA BOOKS - OUT NOW



# TOGETHER

Christopher Bone of Hay Festival\* recommends five new books celebrating togetherness



**WORLD WITHOUT END**  
BY JEAN-MARC JANCOVICI  
& CHRISTOPHER BLAIN

Artist Christopher Blain and climate science Jean-Marc Jancovici join forces to understand the profound changes that our planet is undergoing. This graphic novel offers a vision of the future in which food, education, housing, transport and communities work together and, with a few technological fixes, succeed in creating a world without end.

PARTICULAR BOOKS - OUT  
24 OCTOBER

\* HAY FESTIVAL GLOBAL EVENTS COMING UP THIS AUTUMN AND WINTER INCLUDE HAY FESTIVAL FORUM MOQUEGUA, PERU (6 NOVEMBER 2024); HAY FESTIVAL AREQUIPA, PERU (7-10 NOVEMBER 2024) AND HAY FESTIVAL HAY-ON-WYE WINTER WEEKEND, UK (28 NOVEMBER-1 DECEMBER 2024). FOR MORE INFORMATION AND DATES, GO TO [HAYFESTIVAL.COM](http://HAYFESTIVAL.COM)



# Made with time

by Diana Radovan, winner of 'Story Slam' held in  
at the 25hours Hotel The Royal Bavarian in Munich

City of my childhood,  
you're like a forgotten body  
I can no longer own.  
I remain a passenger  
through you,  
who can never return.

from the hybrid memoir *Our Voices*, by Diana Radovan

Once, there was a shy little girl who loved oranges. Oranges, to her, were a reminder of love, but also of the scarcity in the city of her childhood, a city that she knew as *Timișoara* but that had no name for many people who lived in other cities, in other countries. Oranges reminded her of hot summer holidays by the lake with her parents, of taking long forest walks with her father in the dark, of watching fireflies with him, and of lining up for the one and only annual delivery of December oranges at the street corner.

Where did my birthday go? she'd ask her parents every year. But she couldn't trap or escape time. The little girl unavoidably grew up. The teenager she became also unavoidably grew up and turned into a young woman, one who quickly discovered sex, death, and the need to have a paycheck in order to keep paying her rent each month. She moved from city to city and country to country. Always feeling like she was on holiday, always waiting, longing to find that elusive feeling of home again.

After twelve years that seemed to have passed like one, she settled in a city called Munich, in a country called Germany, at least temporarily. People would use words to describe her and her origins, words she had not heard before and could not identify with. They would call her a *Foreigner*, an *Aimless Wanderer*, an *Eastern European*, an *Immigrant*, but never an *Expat*, while she would keep trying to call the city of her choice *Home*. She gradually learnt a few words that made more sense to her: *Borderless*, *Global*, *Hybridity*, *Theatre*, *Art*, *Community*, *Happy*, *Writing*.

At *Haus der Kunst*, at *Lost Weekend*, at the *Neue Pinakothek*, at *The Munich Readery*, at *Hugendubel*, in *Werksviertel Mitte*, she was *Home*. She was also *Home* in Language. One day, she discovered a pop-up hotel in the heart of the city, which hosted poetry nights. The front door read, in capital letters: *NO ONE BELONGS HERE MORE THAN YOU. ALL PLACES ARE TEMPORARY PLACES*. The hotel was gone one year later, but the words she saw that one night that saved her stayed with her for a long time. They made her stay in Munich. At least temporarily. The years passed.

Her favourite jacket, a *Made with Time* brand, came from her life from long ago, and could be used on both sides. It was made from upcycled materials from all over the world. *Aren't we all made with time?* she wondered. Weren't life and memory matters of subjective time, of remembering past versions of one's self, of constantly becoming? *Wear me backwards if you wish. One side green, another side orange*. Old kimono silk and wool, blended together in one thread, in one story. Like the nature of the city, her inner time carried change, the frailty of life, but also a lot of possibility. Years passed and the girl-woman was temporarily still in and around Munich. The buildings were mostly the same year after year, but the flowers would bloom differently. She'd bloom differently. In some years, she wouldn't bloom at all.

They say all stories have two plots, they're either about somebody going on an adventure or a stranger coming to town. Which, at the end of the day, is the same, the only universal human story. For aren't we all wanderers? Aren't we all travellers? Who among us doesn't carry a thread from our shared ancestral tapestry? Aren't we, collectively, a human blanket

spreading our embracing arms all over the city of Munich tonight, or any other city that we gradually inhabit? How was embodied time measured anyway? In moments, in smiles, in walks around the city, in seconds like this, when the woman would get up on a stage, still feeling like a tall, but shy little girl? Her voice trembles while speaking her truth in front of people she does not know, hoping her words would reach another soul, one living outside of herself.

She leaves all her questions open, she doesn't answer them. She leaves the *25 Hours Hotel* and walks on the path she now knows is hers to the *Hofgarten*, to her heart's comfortable nest, *Diana's Temple*. She takes out an orange from her bag, peels off the skin, licks her fingers, and takes a deep bite of Life. It's flood season, yet she knows that Midsummer time is near. Back in her old country, Romania, where she is now only a tourist, Midsummer is called *Sânziene*. The name *Sânziana* comes from *Sancta Diana*, the ancient Roman Goddess of Nature, Fertility, and Young Maidens. In her chosen home federal state, *Bavaria*, *Sommerwende* fires would soon be ignited in and near Munich, on the peaks of the Alps, the Alps that are at times visible even from the city hills of the *Olympia Park*, when the skies are clear.

Fireflies would soon return, even in Munich, even in her friend's garden. The city of Munich is now embroidered forever in her own personal time, it is the burning, drumming heart of her multi-textured world, the warm, juicy, orange centre of her inner universe.

@dianaradovanwriter



Illustration: Masha Foya



# HOLIDAY SPIRIT IN ZURICH

THE CITY OF ZURICH COMES ALIVE IN AUTUMN AND WINTER, AS IT'S ALL ABOUT CULTURE, WINE, ACTIVITIES IN NATURE AND SOME OF THE MOST BEAUTIFUL CHRISTMAS MARKETS IN THE WORLD

The vibrant Swiss city of Zurich is packed with wonderful things to do year-round. Autumn and winter are especially good seasons to come visit when the wine harvest is in full flow, the walking and hiking trails are looking resplendent, the museums and art galleries are full of interesting exhibits, and there's a buzz in the air in the lead up to Christmas.

## WINE

Wine culture in Zurich is experiencing something of a renaissance with around 600 wine growers along with thriving wine bars, wine shops and wine fares. Engravings date back to the 1700s showing many green spaces in the city and along the lake planted with vines. Today visitors will encounter young and innovative producers in the heart of the city, on the shores of Lake Zurich and in the wine region north of the Canton. Delicious varieties include Riesling-Silvaner, Rauschling and Kerner, along with Gewurztraminer, Pinot Noir, Merlot and Zweigelt.

## HIKING & CYCLING

Not far from the city, nature lovers will discover scenic trails and hikes with inspiring views of Lake Zurich, plus gorge hikes in mystical, ancient forests. A classic three-hour hike of 10.6km is the Pfannenstiel Way which leads from Northern Zurich over the Pfannenstiel down to Meilen on Lake Zurich, where inns and cafes welcome you by the water. If you have young scientists with you, take the Planet Trail from Zurich's local mountain, Uetliberg, to Felsenegg. For cyclists of all abilities there's a scenic route for you. A favourite autumn ride takes you along the northern shores of

Lake Zurich from Rapperswil, past beautiful country estates, fine villas and vineyards, and beside the Limmat River through forest and meadows to Baden, where tired legs can rejuvenate in the thermal baths.

## ART & CULTURE

Art fans will be in heaven in Zurich with its vast range of modern paintings, photography and design. The main attraction at the Kunsthaus Zurich this year is by contemporary art superstar, Marina Abramovic from 25 October to 16 February. Abramovic's work tests the boundaries of her own physical and mental endurance including the famous 'Imponderabilia', first performed in 1977.

Another must is the Museum of Design. Collection highlights include design icons such as the Swiss Army knife from Victorinox, and Helvetica fonts. Meanwhile, Le Corbusier fans should not miss The Pavillon Le Corbusier on Lake Zurich, the last completed work of the great architect with his signature block colours.

'DA Z - Digital Art Zurich' is a festival that takes place in key venues across the city from 31 October to 10 November, with events dedicated to digital culture be it virtual reality, AI-Art or avant-garde video art. And if film is your passion, the International Short Film Festival, Winterthur from 5 to 10 November, will captivate you.

## CHRISTMAS

Zurich in December is enough to make even the biggest Scrooges fall in love with Christmas. In the crisp, cold weather, the city takes on a new warmth with the smells of mulled wine and cinnamon. Christmas carols ring out from department stores as

Santa rides the fairytale tram. The State Museum is transformed into a winter-wonderland of illumination and culinary delights. All across the city you'll find raclette stands, wooden chalets with fondue corners and 'maroni' sellers with hot chestnuts. There's also a quirky element with fun pop-up bars and an ice-skating disco in the middle of the forest near the Dolder Grand. The Christmas lights are turned on from 21 November, when the city's world-renowned Christmas markets open, from the picturesque Old Town to the urban Christmas Village at Bellevue on Sechseläutenplatz.

Candle-making at Hechtplatz has been one of Zurich's most enchanting Christmas traditions, along with daily concerts around the Singing Christmas Tree and the Conelli Christmas Circus. The question is, are you brave enough for the Santa Claus swim in the ice-cold Limmat on 8 December? Or will you opt instead to heat up one of the many spas such as Saunaboot, a fun hybrid of boat and sauna available for private hire on Lake Zurich? Whatever your idea of autumnal and wintery fun, it's waiting for you in Zurich.



FOR MORE INFORMATION  
ON AUTUMN AND WINTER  
HAPPINESS IN ZURICH,  
SCAN THE QR CODE  
ZUERICH.COM



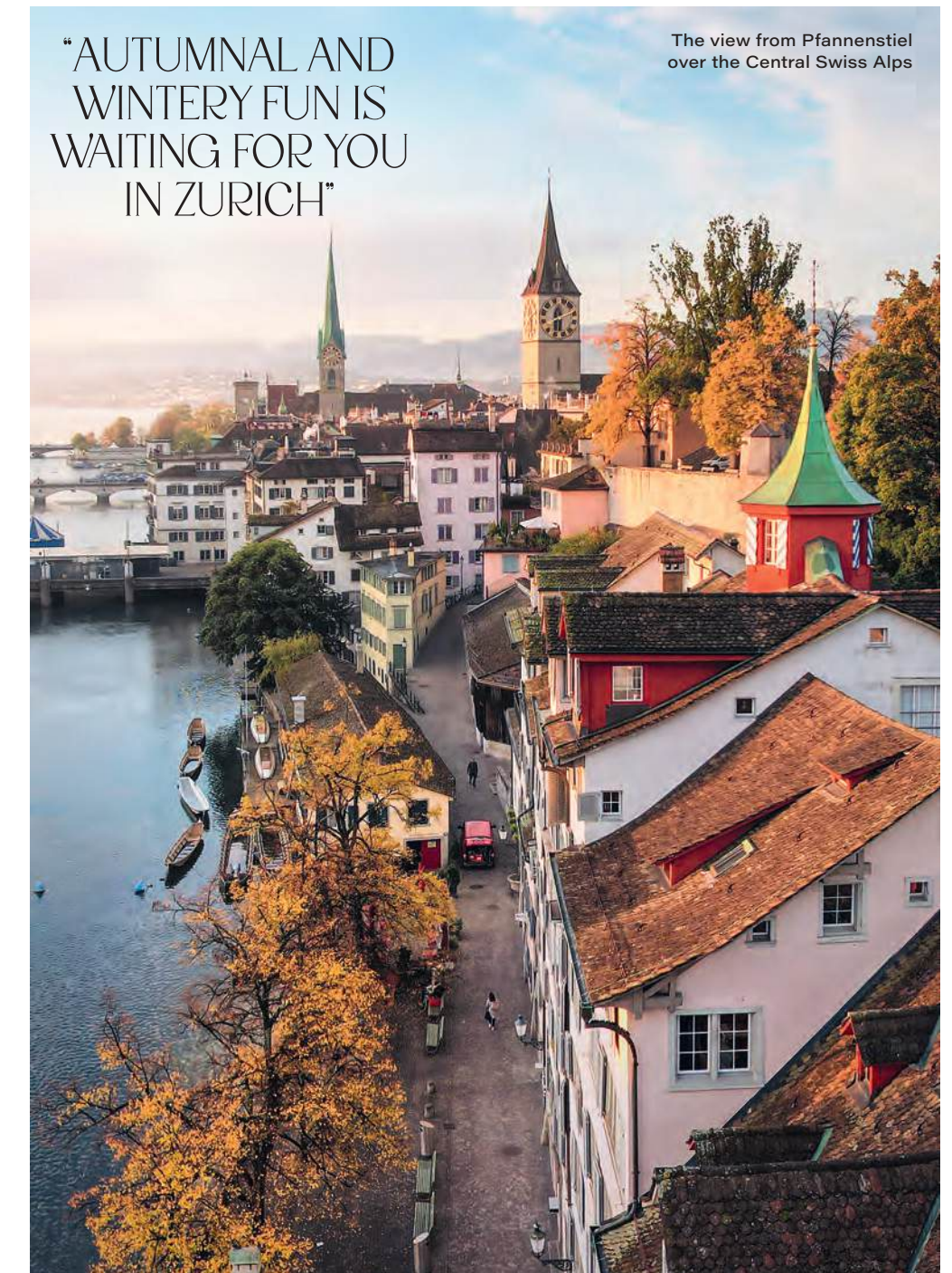
Christmas village on Sechseläutenplatz



Cycle along the northern shores of Lake Zurich



Pavillon Le Corbusier



"AUTUMNAL AND WINTERY FUN IS WAITING FOR YOU IN ZURICH"

The view from Pfannenstiel over the Central Swiss Alps



# Power

Beauty journalist Sophie Qureshi explores the latest limited edition beauty collaborations. Just don't hang about – they won't be around long...

## Merit X Tove

Tove is the fashion brand style insiders covet, while Merit is the brand in every beauty editor's make-up bag, so their collaboration for Merit X Tove The Evening Set, €144.95, makes for something of a dream team. Curated for the make-up minimalist, the set comes in a champagne silk tie-knot bag that's elevated enough to double as an evening clutch, and houses everything you need for an enviable glow – Merit's Great Skin Instant Glow Serum, Day Glow Highlighting Balm, Flush Balm Cheek Colour and Signature Lip Lipstick.

[tove-studio.com](http://tove-studio.com)

Acne Studios



Frédéric Malle

## Acne Studios X Frédéric Malle

Acne Studios par Frédéric Malle, from €230, bottles the feeling of wrapping yourself in one of the Scandi fashion brand's cozy mo-hair scarves or comforting sweaters on a crisp winter's day. The clean, powdery unisex scent pairs aldehydes with soft florals of rose, violet, and orange blossom, along with gourmand hints of vanilla and peach, and grounding notes of sandalwood, white musk, and frankincense.

[fredericmalle.eu](http://fredericmalle.eu)

Merit



Augustinus Bader

## Augustinus Bader X Sofia Coppola

When iconic film director Sofia Coppola approached cult skin-care brand Augustinus Bader to create a collection of tinted lip balms, €40 each, she knew exactly the shades she wanted. 'Shade 1 is based on a favourite

sheer deep pink lipstick I hoarded after it was discontinued,' says Sofia. 'Shade 2 is a red coral I like for summer or at the beach, and Shade 3 is a burnt, earthy plum.' All leave lips plump and healthy-looking.

[augustinusbader.com](http://augustinusbader.com)



Sofia Coppola

Neal's Yard Remedies X Morris & Co. If your downstairs loo could do with sprucing up, Neal's Yard Remedies' new collaboration with Morris & Co. is just the ticket (and infinitely cheaper than re-wallpapering). The iconic blue bottles of the English Lavender & Calendula Hand Wash, €21, Hand Lotion, €24, and Hand Cream, €18, are wrapped in William Morris' classic Blackthorn print, echoing the ethos of the aromatherapeutic formulations, which are delicately scented with natural botanicals.

[nealsyardremedies.com](http://nealsyardremedies.com)

Morris & Co.



Neal's Yard Remedies

Paris Hilton



## Tan-Luxe X Paris Hilton

The Noughties icon, Paris Hilton famously used to travel with her own spray-tan machine, so committed was she to maintaining a golden California glow without the sun damage. Her new collab with Tan-Luxe, THE FUTURE Airbrush 360 Self-Tan Mist, €45, promises a professional-grade spray tan at home, with a clear, moisturising formula that develops in four hours and doesn't ruin your bedsheets.

[tan-luxe.com](http://tan-luxe.com)



Tan-Luxe

## Estée Lauder X Sabyasachi

Estée Lauder's opulent lipstick collection with Indian fashion house Sabyasachi is inspired by the rich colours of India, with 10 shades including Calcutta Red, Rouge Bengal and Udaipur Coral, €55. The designer's references spanned from the vibrant colours of Indian silks, to the jewel-like tones of Indian gemstones, and the limestone-washed walls of Rajasthan. Each lipstick is packaged in an exquisite gilded case, topped with the Sabyasachi tiger insignia plated in 24 carat gold.

[esteelauder.com](http://esteelauder.com)



Sabyasachi

Estée Lauder

# Couples



# MEGAN'S INDIE GUIDE TO HAMBURG

Walk Hamburg's creative quarter with local resident Megan Murray

**MOIN MOIN!** Let's start your trip to Hamburg with this fond greeting, unique to this region of Germany, and you'll be sounding like a local in no time. So, what do you need to know about Hamburg? This city has everything from the historic old town in the centre, the luxe area of Eppendorf filled with designer boutiques and chi-chi coffee shops, and down by the harbour, you'll find the Schanze and St Pauli, with vegan restaurants, design stores and quirky bars. While those who know Hamburg love its many personalities, tourists tend to associate it with the Reeperbahn's red light district, likening it to

a lesser-visited Amsterdam. Through my indie-focused guide, I hope you'll experience the real Hamburg which is bursting with small businesses, specifically around the creative quarter of Karoviertel. In classic German style, the streets are tagged with graffiti, but beneath you'll find artsy concept stores, galleries and exhibitions and a huge vintage offering, much-loved by locals. While the 25hours Hotel in Hafencity is near must-see attractions like the Elbphilharmonie and canal district, there's plenty more to discover below the Alster Lake, so let this guide scooch you over a little and lift the lid on some eclectic neighbourhoods.

2

*Flohschanze*

**Neuer Kamp 30, 20357**  
**Every Saturday, 8am - 4pm**

Hamburg is known for its markets, so make sure you visit one while in town. Some of my favourites include the early morning Sunday fish market near the harbour and the farmer's Isemarkt in the leafy Eppendorf district, but the most regular, come rain or shine, is the Flohschanze. It's in a great spot, connecting the artsy Karoviertel and buzzy Schanze, attracting a large crowd every Saturday from 8am until 4pm. It's loosely thought of as a flea market, but alongside big oil paintings, antique furniture and silverware, you can also find second-hand clothes, refurbished bikes and small makers, selling homemade ornaments. The market is set around the old slaughterhouse, now converted into shops and a music venue, with small cafes to grab a drink as you wander. In an old school way, it's always a good idea to have cash in Hamburg as there's still many shops that don't yet have card machines, but at the market it's essential. →

[hamburg-travel.com/shopping-enjoying/shopping-in-hamburg/flohschanze](http://hamburg-travel.com/shopping-enjoying/shopping-in-hamburg/flohschanze)

1

*XO Seafoodbar*

**Paul-Roosen-Straße 22, 22767**  
**Weds - Thurs, 6pm - 11pm, Friday, 6pm - 1am, Saturday, 4pm - 1am, Sunday 4pm - 11pm**

There's plenty of reasons to recommend this contemporary seafood joint in edgy St Pauli. First up, Hamburg is known for its waterways so seafood is the way to go. XO Seafoodbar offers an experimental menu (try the signature pasta crab), paired with fantastic service and cool interiors. Second, the location: you'll find the restaurant in a small nook, where diners sit outside and give the whole

street a buzz. So, once you've finished dinner you could head to a nearby cocktail bar or even a club for dancing. Third; XO is part of the Haebel group which is known for having some of the best venues in town, including the eponymous haebel which boasts a Michelin Star just across the street, and the nearby hipster Kiosque bakery and wine bar. [thisisxo.de](http://thisisxo.de)



Photographs: Jonathan Nussey



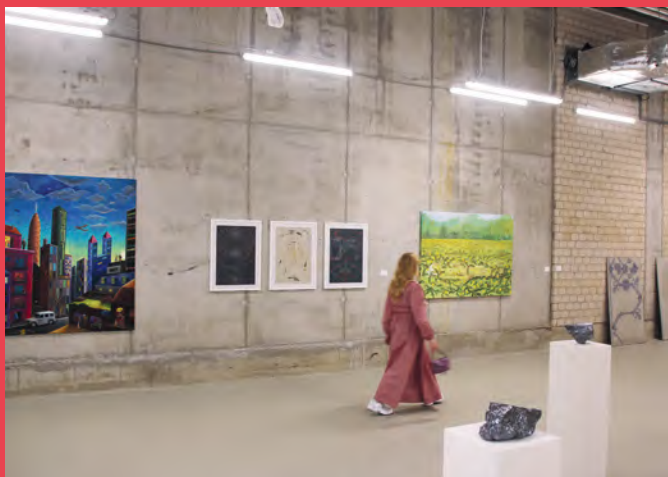


3

### The Space / /

**Springer Quartier, Fuhrentwiete 3, 20355**  
**Tuesday - Sunday, 12 noon - 6.30pm**

Take a short walk out of the centre and you'll find THE SPACE / /, an exhibition complex spanning two huge rooms with soaring ceilings, boasting an effortlessly cool, industrial vibe. Artists Sarice Brudet and Temorscha Zoltani founded the project together, which launched in 2022. They imagined a place where creators could share their works, as well as form discussions and partake in events around a common theme of self reflection. Through the ever-changing displays, the curators hope to explore how we as individuals are shaped by society, the influence of technology and the importance of returning to nature in our now digitally-infused lives. If you have a chance to plan ahead, do check out what THE SPACE / / has going on while you're in Hamburg, via their website or Instagram, as buzzy opening nights and events happen regularly. [thespace.city](https://thespace.city)



4

### Karoviertel

**Marktstraße, 20357**

Walk through Planten un Blomen and you'll find yourself in Karoviertel, the creative quarter. These streets are filled with pokey vintage stores, book shops and indie eateries, so it's my favourite place to get lost. From a colourful candle to a new skateboard, handmade jewellery or vinyl records, it's the place for unique gifts (which can also be to yourself!). My biggest tip is to visit the concept store HUMAN NEST which brings together vintage curation, homeware, ceramics and wellness products from an environmentally conscious perspective, favouring natural products in earthy tones and materials. It's absolutely Instagram worthy and features a mix of German designers and pieces sourced from around the world, which locals love. On this street, you should also check out Rotkäppchen with its retro-style hat designs, and Café by Dokuwa, a Japanese coffee bar which does a mean matcha latte to go.

[hamburg-travel.com/shopping-enjoying/shopping-in-hamburg/karolinen-district](https://hamburg-travel.com/shopping-enjoying/shopping-in-hamburg/karolinen-district)



5

### Planten un Blomen

**Marseiller Promenade, 20355**

**Daily, 7am onwards, closure depending on the season, between 8 - 11pm**

Planten un Blomen is the horticultural pride of Hamburg, an impressive park close to the city's shopping district with its own Japanese garden (the largest in Europe), tropical greenhouse, 300 rose varieties, multiple water features and even a herb trail. Come rain or shine, winter or summer, there's always something to do here thanks to the sweet cafes dotted throughout, all-year perennial gardens and seasonal events. Planten un Blomen has roots as far back as the 1820s but over the decades has been continuously developed. In the warmer months, come by in the evening with a picnic blanket and a bottle of wine to watch the 10pm light show which happens daily at the central water fountain, while in the winter, there's nothing quite as magical as the open-air ice rink which always draws a crowd.

[hamburg-travel.com/see-explore/green-hamburg/parks-green-spaces/planten-un-blomen](https://hamburg-travel.com/see-explore/green-hamburg/parks-green-spaces/planten-un-blomen)

6

### COLLAB Bar

**Hein-Hoyer-Straße 63, 20359**

**Tuesday - Thursday, 6pm - 12am,  
 Friday - Saturday, 5pm - 1am**

Finish a perfect day in Hamburg with an expertly mixed cocktail from COLLAB Bar. As the name suggests, COLLAB brings together innovative food and drink concepts through partnerships with other small businesses, creating limited-edition menus and offering short-run residencies in their kitchen space. So, you can always count on something different to snack on. The space is atmospheric and intimate, with a Scandinavian aesthetic and design-led menus that offer an alcohol rating for those who would rather stay off the strong stuff. Co-founder Chloé Merz (who, by the way, is a big deal in the industry having won multiple awards) calls this approach 'equal drinking' and with considered, ingredient-focused recipes, makes ordering a non-alcoholic cocktail just as thrilling. For example, the Peaches & Dreams brings together fermented peaches with verjus, soda and non-alcoholic vermouth, for a bright and acidic twist. Sit outside and soak up the energy of St Pauli - it's the kind of cool, little bar that everyone wishes they knew about in a new city.

[collab-bar.de](https://collab-bar.de) →





7

*faible & failure*

**Glashuettenstrasse 5 20357**  
**Tuesday - Friday, 11am - 7pm, Saturday**  
**12pm - 6pm**

My favourite store in Hamburg is *faible & failure*, a sustainable knitwear brand owned by independent designer Isabelle Mann. Founded in 2019, *faible & failure* has become a staple of the community, with Isabelle's work featured in independent magazines, on German TV and often partaking in pop-ups with other business owners in the city. The store itself is beautiful, featuring classically Hamburgian flooring covered in floral motifs, while the walls display colourful canvas' from local artists like Laura Ginnis and dried flowers dangle from the ceiling. Here, Isabelle sells her hand-made pieces with knitted silk hair bows from €35 and camisoles and shirts made from upcycled, vintage tablecloths from €55, so it's the perfect place to pick up something special from your trip. From Isabelle's Thursday-night knit clubs (anyone is welcome to come along) to the other designers she shares the space with, *faible & failure* offers an instant connection to Hamburg's creative community.  
[faibleandfailure.com](http://faibleandfailure.com)



8

*Photoautomat*

**Neuer Kamp 30, 20357**  
**24/7**

Just seconds from the Flohschanze is an attraction with a cult following, an analogue photobooth from the 1960s. Renovated by a small group of vintage photography enthusiasts based in Berlin, the photobooth project started 20 years ago and has kept going to this day - much to the delight of locals and tourists alike. Now, the project exists in Cologne, Dresden, Vienna and Florence and has continued to expand thanks to the machine's authentic, mechanical workings which produce gorgeously rich, black and white photos, which take up to six minutes to develop on the spot. You can pay with card, and each time you'll get four, passport-style photos in a horizontal strip - with a better finish than any app on your phone can manage. If you're just visiting, I think this is a wonderful way to capture a moment in time and feels really personal to Hamburg.  
[yelp.com/biz/photoautomat-hamburg](https://www.yelp.com/biz/photoautomat-hamburg)



9

*Teikei Cafe*

**Marktstraße 25, 20357**  
**Monday - Thursday, 9am - 6pm, Friday -**  
**Saturday, 10am - 8pm, Sunday, 10am - 6pm**

A trendy little spot, locals know *Teikei* for its al fresco tables which takeover the street in both directions, dressed up in white tablecloths laden with stylish silverware and sculptural floral arrangements. Inside is gorgeous, too, with displays of fresh produce, cakes and specialty coffee. Oh, and one more thing that'll catch your attention - the staff are always immaculately dressed, so you'll probably get some fashion tips alongside your lunch. On the menu, expect contemporary choices that also nod to German staples like sauerkraut and 'abendbrot' which literally translates to bread dinner, and sums up the feeling when you don't want a heavy meal, and would prefer to pick at freshly baked bread, slices of cheese and perhaps a pickle or two. It's a very German thing to do! The team at *Teikei* are also passionate about delivering quality, fairly traded coffee to your cup, working with farmers in Mexico to ensure they are paid a proper wage, the coffee is created in a sustainable way, and transported to Europe using environmentally friendly ships just once a year. If coffee is your thing, you'll love trying the different blends and techniques here.

[instagram.com/teikeicafe](https://www.instagram.com/teikeicafe)



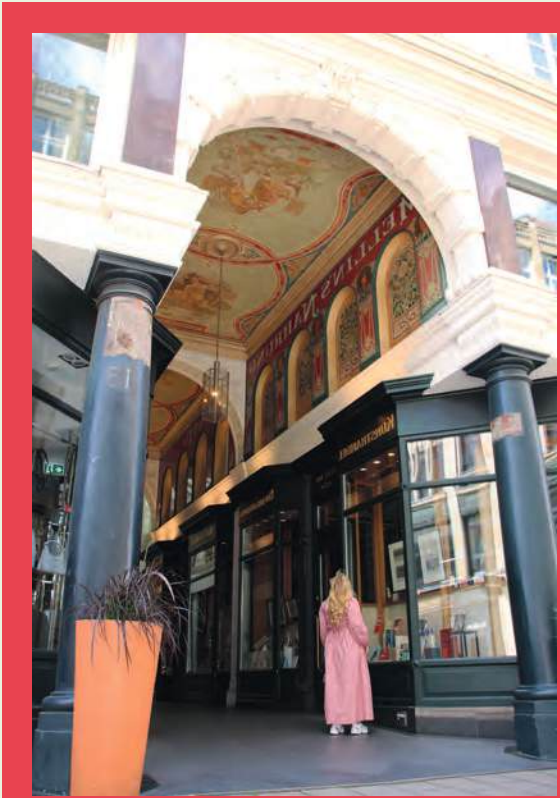
10

*Mellin Passage*

**Neuer Wall 11, 20354**  
**Monday - Saturday, 10am - 7.30pm**

After a hearty 25hours breakfast at the hotel, head into Hamburg's city centre to get the lay of the land. Like many old European cities, Hamburg is full of unmissable, historic features and while most of my 'perfect day' focuses on the creative quarter, to really appreciate Hamburg you need to start here. Personally, my favourite relic is the Mellin Passage, which is the oldest shopping arcade in the city, built in 1864. This tiny walkway features a hand-painted, Art Nouveau fresco, as well as views out to the canal-side Alsterarkaden, said to be inspired by Venetian architecture. The Mellin Passage offers quality over quantity, occupied only by heritage brands and luxury goods. Felix Judd, for example, is a must-visit; a specialist, antiques bookshop selling cult art books and rare first editions since 1923.

[hamburg-travel.com/shopping-enjoying/shopping-in-hamburg/mellinpassage](http://hamburg-travel.com/shopping-enjoying/shopping-in-hamburg/mellinpassage)



## Megan Murray

Megan has spent the last decade working as a journalist, using her digital quill as a passport to far-flung countries and experiences. While working across a spread of magazine titles, she learnt how to do yoga on the beach in Mauritius, caught fresh fish with villagers in Vietnam and visited the Atlas Mountains in Morocco, always with a passion for the people and stories that bring these locations to life. While Megan is keen to see as much of the world as possible, her heart truly lies in city breaks, where she loves to sit outside cafes, people watch and pretend that she lives there, even if just for the weekend. Last year, she took her fantasy to the next level, moving to Hamburg, Germany, and officially go-

ing freelance. Over the last 18 months, she's combed the city for creative networks, small businesses and interesting food concepts, often getting to know her surroundings through the cafe and boutique owners and recurring friendly faces. She's so happy to be able to share some of her favourite spots - and the wonderful people that create them - as well as snippets of Hamburg's impressive history and architecture. She hopes that you'll recognise what Germany's Hanseatic city has to offer, a place sometimes overlooked for luxurious Munich or edgy Berlin, but actually brimming with its own personality and charm.  
[Instagram.com/meganrosemurray](https://www.instagram.com/meganrosemurray)





Versace  
Greca Logo Diver  
€1,677 versace.com



Ferragamo  
Tonneau Skeleton  
€2,349 ferragamo.com



Alpina  
Startimer Pilot Quartz Chronograph  
€1,183 alpinawatches.com



AVI-8  
Spitfire Smith Automatic  
€464 avi-8.com

# WATCH THIS SPACE

This season's watches are all about clean modernity with a sporty feel.  
Fashion stylist Michelle Duguid rounds up her favourites



Timex World  
Time Reissue  
€196 timex.co.uk



Bulova  
Super Seville  
€570 bulova.com



BOSS  
Allure Gold Ion Plated Chronograph Watch  
€451 beaverbrooks.co.uk



DIOR  
Chiffre Rouge Black Ultramatte Chronograph  
€13,852 dior.com



Tissot  
PR516 Chronograph  
€612 tissotwatches.com



Tag Heuer  
Monaco Split Seconds Chronograph  
P0A tagheuer.com



Swatch  
Crimson Mystique  
€251 swatch.com



Citizen  
Zenshin Chrono  
€593 citizenwatch.co.uk

# CARNE DIEM

Jane Anderson talks to butcher,  
Dario Cecchini about his respect  
for nature, and his new restaurant  
at 25hours Hotel in Florence

Renowned Tuscan butcher Dario Cecchini has chosen 25hours Hotel Piazza San Paolino for his first restaurant in Florence. Despite being asked many times before by various organisations, Cecchini in Città meaning 'Cecchini in Town' opened its doors on 19 September to hotel guests and the public with Dario looking natter than ever with his signature moustache and white apron.

The seed for this collaboration was born when 25hours Hotel founder Christoph Hoffman met Dario in the hills around his hometown of Panzano in the Chianti region of Italy. He was bowled over by this charismatic butcher's generosity and charm. Dario cooked him a meal and refused to take any payment. A friendship was forged.

Dario is no ordinary butcher. The star of Netflix series Chef's Table originally wanted to be a veterinarian, hence his deep respect for animals which goes back to his childhood. He explains, "My father had a Vespa and took me around on it from the time I was three-years-old, to the farmers' homes and courtyards, to buy the animals: cows, pigs and sheep. I remember the smell and the warmth of the stables, and the faces of the farmers that literally seemed carved in stone. I was left alone with my sister after our parents passed away early, left with the smallest butcher shop not only in Tuscany, but in the world. I remain proudly tied to my village of Panzano, and to the fact that many visit here for my butcher shop and restaurants."

Dario has been working every day for 49 years, 14 hours a day, without breaks, without holidays, without Sundays, closing only on Christmas Day. He now operates three dining rooms from his Panzano Kitchen, along with a butcher's shop and precisely 435m away, the Cecchini Panini Truck serving a mean beef belly sandwich for just €8. "We have been butchers for 250 years. I proudly represent my family name and hope to be a good butcher, and try to improve myself in my art. I believe I can give thanks for my energy and artisanal ability to my Tuscan blood," he says.

If you want to dine at a Cecchini restaurant, you do it the Cecchini way—with just one sitting for lunch and one for dinner. Traditionally guests in the queue for the one o'clock sitting were served crostini topped with lardo as a large bottle of red wine was passed round. The same ethos applies at Cecchini in Città where there's the option of a Cecchini Griglia—a long lunch or dinner that begins with a special tartare and includes his famous nose and knees broth. As Dario says, "I try to do my job as a butcher well, and to take it further and fur-



**'We have  
been  
butchers  
for 250  
years'**

ther, to be able to explain a path of sustainability, of respect; a good life for animals, a dignified death and using every part well from nose to tail.

"I am not a professor, I am not a scientist, I am not an expert. I believe that I try every day to do my job correctly and in the meantime by using everything well, fewer lives are sacrificed, and the animal is honored. This is my form of gratitude."

As Sara Orselli of 25hours Hotel Piazza San Paolino says, "People want local food now in Florence. There is a demand for the dishes of traditional kitchens and Dario has so many family recipes. He is a god in Panzano and collaborates with his neighbours including local wine producers whose wine he sells in his shop with no markup." And of his new collaboration he says, "25hours is a magical place, with magical people inside and a magical architect, Paola Navone, who designed for my friends Christoph Hoffman and Stefan Gerhard, Dante's paradise and inferno—my bible and my religion, The Divine Comedy. I couldn't find a better place for a collaboration in the beautiful city of Florence. I'm enormously happy. You'll see the rest when you see me at work."

[25hours-hotels.com/it/restaurants-bars/firenze/cecchini-in-citta](https://25hours-hotels.com/it/restaurants-bars/firenze/cecchini-in-citta)





# BAGS OF STYLE

Canvasco founder, Jan Marc Stührmann, talks conscientious fashion to Jane Anderson

Long before sustainable fashion began in earnest, Jan Marc Stührmann created one of Germany's most successful recycled bag businesses—almost by accident. Starting an early 2000s company designing websites, before too long, a sailing enthusiasts magazine called Trans Ocean approached him. “It was a really old-fashioned magazine and they asked us if we could give it a fresh new design. Taking on the job, I wondered how people could protect the magazine from getting wet on their sailing boats!”



In true entrepreneurial style, Jan Marc went to a sailmaker in his hometown of Bremen in search of cheap material to create a type of envelope to protect the magazine. “After two or three seasons the sun and the salt water makes sails soft, and the boat won't run fast, which means there is always a lot of old sail material available,” said Jan Marc. For the price of a donation to the coffee fund, the sailmaker gave him a lot of old material. He also spotted a big roll of strap with six stripes on it, normally used to unload coffee from boats—each stripe represents one tonne of weight bearing ability. “I talked to the producer of the strap and asked for a sample.”

Jan Marc went away and created a strong, comfortable bag out of the repurposed materials. “When I carried it around, many people asked me, ‘hey, where did you get that cool bag from?’ So I quit my job at the startup to produce these bags. Canvasco was born!”

But how to produce the bags on a bigger scale? Jan Marc heard about Vechta Women's Correctional Facility about 55km from Bremen—with its large sewing workshop making bedsheets for the German military. “I made an appointment there, showed them my bag, and they said yes we can do that. How many do you need?”

Every German newspaper came and told the story. “Creating a lifestyle product that was so popular made these women prisoners really, really proud,” says Jan Marc. Canvasco still works with the same



prison 20 years later and Jan Marc hopes that the work they do helps to reintegrate them into society, “because they had the feeling they were doing something important.”

Another secret weapon in the Canvasco success story is collaboration, creating bags with many others—including 25hours Hotels, where the ethos of a different designer for each hotel lent itself to the individuality of Canvasco bags. “Each 25hours Hotel designer creates a bag with Canvasco,” he explains. “For example, in Florence, Italian architect and designer Paola Navone was in charge, and she designed a bag which is in every room. During your stay you can use it or buy it from the shop.”

Japanese artist, Yoshi Sislay who decorates the walls of 25hours Hotel Bikini Berlin also created artwork to go on a very cool ‘backpack’. Anyone can visit canvasco.de and customise their own sustainable, washable bag with your initials, your colours, and your design.

“The only problem with our bags is that they last a long, long time!” says Jan Marc. “People who bought the bags 20 years ago still have them. Our target group when we launched were 19-year-olds. Now they are 40 with children!”

Always moving forward, he says, “We just made a big hip bag which you can wear as a cross-over. We always have several things in the pipeline. Right now we are creating a take on the palm leaf shopping bags which people favour on the Mediterranean islands. We buy baskets from Madagascar and put our signature sail material inside and our special striped straps on them. But my favourite remains the urban bag. If you want to go swimming, it's the perfect size for your towel and bathing suit. If you want to go to work, it fits your laptop and books. You can wear it for everything.”



**Perfect prototype**  
Clockwise from above: Jan Marc's prototype urban bag; Yoshi Sislay's backpack; founder, Jan Marc; the latest urban bag design

# THE GOOD LIFE

Nook Society's Inès Bach Terzi tells Jane Anderson why her hotel is more than just a place to stay

An hour or so outside of Berlin by Scharmutzel Lake, there's an oasis of art, music, food and nature which comes together as more than the sum of its parts. It's the kind of place where you find yourself breathing easier, appreciating all five senses, and the like-minded souls around you. Nook Society is a connected, nature-driven hotel and lifestyle community that aims to meet the demands on modern life head-on.

As co-founder Inès Bach Terzi says, “Nook is not a brand she's a character. We don't know her age, but we know that she grew up in a nomadic family finding magic everywhere she went. Now she's settled just outside Berlin to open her doors to others. She activates your comfort zone and inspires lasting connections between guests and the space in nature.” It's true that when you book a night at Nook, you feel like you're staying with loved ones. Guests fill in a digital form and receive a ‘A Day in the Nook Garden’ playlist pre-arrival. “Our playlists are curated by DJs and friends, not famous people. We feel the imperfection of things gives value. It's not about the size of the TV in your room, it's about connection.”

Having worked for Soho House, Inès founded the Friends of Nook GmbH in 2023 together with Friedrich W. Niemann (ex. general manager Waldorf Astoria), and Magnus Busch (ex. Selina Hotels). With a wealth of experience in the international luxury hotel industry, real estate investment and project development, these creative souls came together to establish a hotel which celebrates the art of human-centric hospitality. As Magnus says, “We believe it's not important what you offer, but very important why you offer it. Everything we do is guided by our personal values.”

With just 11 keys and a maximum of 22 guests, all rooms have calm yet uplifting interiors and expansive lake views. Breakfast comes fresh from the Farm Marienhöhe and there's plenty to occupy you if you wish, including a motorboat, SUPs, cycling, Wim Hof coaching (a Wim Hof method retreat hosted by Sukkhads begins on 15th January, 2025), mindfulness, yoga,



**And breath**  
Lakeside yoga; co-founder Inès Bach Terzi; welcome to Nook Society

and breathwork. A Coolrunnings club is curated by Tithey Schulz for guests in preparation for the Berlin Half Marathon. You can get your dopamine hit with Simon Schmidt's Dopamine Studios or Run 'n' Rave's Retreats in Motion. And take part in acting workshops with RE:ACT. Guests also enjoy the free use of Schindelhauer bikes, and discounted tickets for the Thermal Spring Bad Saarow right by the lake.

The spirit of collaboration is strong here. “We worked with Innersun to create a series of six ‘Masterminds’ to become a magnetic person including life hacks and

executive tools,” explains Magnus. “We prioritise transformative growth and sustainable impact, redefining seminars and workshops for today's needs. Through creative modules and mindful interaction in a natural setting, we inspire success and self-discovery guided by a spirited ethos.”

And what does the future hold for Nook Society?

“Going forward, we'd like a hotel in the woods, one in the mountains, another in the desert and at the beach, and maybe one day, a sail boat!” muses Inès. “Community spaces, club houses and co-works in interesting European cities and up and coming leisure destinations are all on our wish list, too.” With such style and verve, we wish them well!

## COZY COMPANION

For My Grandmothers  
Mathias Eick

All I Remember  
Brian Eno

Mmoment  
King Henry, Rhye

In Dulce Jubilo  
Bugge Wesseltoft

Poesia  
Sofiane Pamart

By The Sun  
Kimberose, Sofia

Questions in a World of Blue  
Michael Wollny, Eric Schaefer, Christian Weber

Time of Water  
Daniel Herskedal

Oceans  
RY X, Olafur Arnalds

Leaving  
Hania Rani



A playlist for rainy days and snowy nights





ICE CLIMBING  
Nicolas Hojac

Photographs: W. L. Smith Imagery

Health and fitness journalist Yanar Alkayat reflects on the popularity of extreme sports and how you too can embrace the extraordinary

The allure of extreme sports has undoubtedly captivated me. Over the years I've tried my hand at downhill mountain biking, coastering and scrambling to name a few, but I've come to realise the heights, complexities and inherent risks that come with more daring activities are not for me. From freezing with fright at the top of a beginner's canyon jump to shedding tears at the end of just a grade one scramble, my alter ego has sadly had to settle for more grounded pursuits.

So how athletes have the gall to push fears aside and take unfiltered leaps feels mind-blowing. These seemingly superhumans thrive on pushing boundaries and they're no longer a niche group. Over the last few decades the world of extreme sports has surged in popularity.

Here, we look at the most thrilling of risk-taking sports and share how they deliver an adrenaline rush, who their pioneering athletes are, and how you too can embrace the extraordinary. However, if you are not cut out for the high or fast life, then sit back and enjoy reading about them from the comfort of your room.

**ICE CLIMBING**  
When mountaineering meets vertical ice formations—think ice-covered rock faces, frozen waterfalls and icy slopes—it becomes an uber technical sport of its own. Specialised gear such as ice axes and crampons (traction device attached to the base of your boot) has advanced in line with the sport's popularity and international competitions since the 1980s.

Ice climbing evolved from mountaineering post World War II. While Switzerland, France, Norway and Italy are home to many of the best ice-climbing routes in Europe, Ouray in Colorado, USA is dubbed the 'Switzerland of America' and hosts the sport's largest annual festival. For more extreme cold and altitude challenges, there are jaw-dropping peaks in Alaska and the Himalayas.

Today, pro alpinists and record-breakers such as Ines Papert from Germany or Italy's Angelika Rainer excel in ice and mixed (rock and ice) climbing as the skills, such as finger strength and precision footwork, from one discipline often complement and enhance abilities in the other. →



**Get a grip**  
Italian ice climber  
Angelika Rainer



## WHITE WATER KAYAKING

Dane Jackson



“A ROBUST  
WORKOUT  
FOR SURE”

### WHITE WATER KAYAKING

What was once a mode of transportation, became a gutsy leisure pursuit in the early 20th century. When fibreglass and plastics took over wooden structures, it revolutionised kayaking making descents down turbulent waters lighter, safer and more popular.

Facing powerful rapids requires physical and mental strength and endurance—a robust workout for sure. The skills needed are varied: from reading the river in milliseconds, to manoeuvring and stabilising the kayak in extreme waters. The world's top and fearless kayakers such as Noura Newman from France, Dane Jackson from the USA and Aniol Serrasolses from Spain, seek out unexplored rivers and 'first descents' down stretches of river or waterfalls that have never been kayaked before.

Rivers like the Soca in Slovenia and the Inn in Switzerland offer some of the best white water kayaking in Europe. While the Ottawa River in Canada is famous for its big waves and freestyle kayaking, Norway's Sjøa and Rauma rivers are hotspots for extreme kayaking, with even riskier rapids but stunning scenery.

### SKYDIVING

In 2012, the legendary Austrian skydiver Felix Baumgartner set a record for the highest altitude skydive, jumping from the stratosphere, 128,000 feet (24 miles/39 km) from earth, and landing in New Mexico. For context, most skydives go from an aeroplane or helicopter at around 10,000 to 15,000 feet (3,000 to 4,500 metres).

This daredevil sport requires a strong body to maintain stable positions during freefall and mental fortitude and focus to monitor air altitude and make decisions around when to deploy the parachute. There's technical knowledge too, around equipment, emergency procedures and weather conditions.

Beginners typically start with tandem jumps and progress to accelerated freefall solo skydiving. Landscapes such as Interlaken and Lauterbrunnen in the Alps offer unparalleled mountain scenes and Empuriabrava and Seville in Spain are home to some of the highest skydiving spots in Europe. Dubai is popular for its jumps over Palm Jumeirah.

## SKYDIVING

Felix Baumgartner



## BASE JUMPING

Cedric Dumont



### BASE JUMPING

Meet the most extreme of extreme sports: BASE jumping, an acronym for Buildings, Antennas, Spans (bridges) and Earth (cliffs). Only after accumulating hundreds of skydives can you advance to jump from fixed objects at lower altitudes with just a single parachute and no reserve.

In the 1990s, a few pros elevated this further by developing wingsuit flying. These aerodynamically designed suits allowed athletes to glide away from their jump point, increasing time in the air moving horizontally. Innovations aim to increase the 'glide ratio'. A 3:1 glide ratio means for every 3feet/3metres you move forward, you'll descend 1foot/1metre. The suit is also the tool for turning, diving, and climbing through the air, paving the way for proximity flying, where jumpers fly close to terrain for extra thrill.

Athletes to watch out for almost-incredible, breath-taking BASE and wingsuit jumping include Italy's Roberta Mancino, Norway's Espen Fadnes and Jokke Sommer and Belgium's Cedric Dumont. The pros will head to dramatic Norwegian fjord views and high cliffs, Spain, Italy and Switzerland, as well as South Africa's Table Mountain.

## RALLY RAID

Dania Akeel



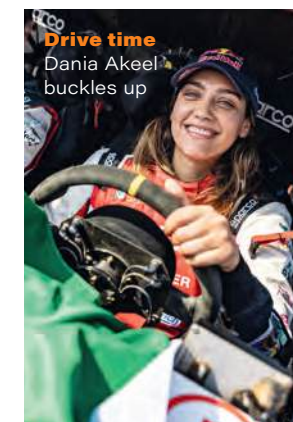
### RALLY RAID

Imagine a long-distance race in motorcycles, cars, trucks, and buggies across deserts and mountains, covering hundreds of kilometres daily over multiple stages. The vehicles are designed for durability and speed and competitors train for physical fitness, navigation skills, vehicle handling and mechanical knowledge.

The Dakar Rally is one of the most famous races, testing competitors' resilience, strategy and teamwork in some of the harshest terrains and conditions on land. Born in 1978, this race originally went from Paris, France to Dakar, Senegal but since 2020 it's been held in Saudi Arabia, and open to amateur and pro athletes.

French rally driver Stephane Peterhansel and Qatar's Nasser Al-Attiyah have multiple Dakar wins under their belts. Not just a man's sport, Spain's Laia Sanz is the one of the world's top female competitors and Saudi Arabia's Dania Akeel is one to watch.

If you want to try your hand at this fast and furious game, Baja Aragón in Spain is a popular location for rally training, while Sonora desert in Mexico offers varied desert terrain and challenging conditions.



Drive time  
Dania Akeel  
buckles up

## MOUNTAINEERING

Nirmal Purja



### CANYONING

Canyoning is a versatile and multidisciplinary sport. Traversing through rivers, rocky canyons and gorges, descending cliffs, sliding down waterfalls, hiking, climbing and scrambling, swimming through deep pools and rappelling/abseiling (descending using ropes and harnesses) are some of its varied experiences.

Beginners can start with a training course to learn the basics with low-risk easy routes even suitable for families. More experienced canyons can enjoy exploration of higher rappels—like 100m high waterfalls—deeper canyons and stronger water flows. Mastery of rope work, hydrodynamics for safe water navigation and jumaring (ascending a fixed rope) are crucial at advanced levels. Some adventurers like Laurent Pouban are involved in ice-canyoning in below-freezing temperatures and snowy conditions, while others like Warren Verboom are known for freestyle canyoning, which is even more extreme.

Spain, renowned for its deep gorges and challenging descents, is a mecca for advanced canyons. The Blue Mountains in Australia offer some of the toughest and scenic canyons. →



## CANYONING

Bonifatius Shilima

“CANYONING IS A  
VERSATILE SPORT”



# HIGH LIFE

Yanar Alkayat chats to Swiss alpinist Nicolas Hojac about the zen of mountain climbing

I had never planned to become a professional alpinist. I grew up near Bern in Switzerland, two hours from the mountains and I didn't come from a mountain family. After 10 years of ice hockey, I discovered mountaineering in my mid-teens. A fire started burning in me so I joined a Swiss alpine club and my passion was born. After studying mechanical engineering, I set myself a goal of going full-time pro by 30, transitioning from climbing existing routes to designing 'projects' and 'stories' so I could make a living.

Since I started competitive mountaineering aged 22, I have climbed Eiger maybe five times. However breaking the speed record in 2017 crossing Eiger, Mönch, and Jungfrau and descending each peak with the paraglider stands out as something special. In 2015, with mountaineer Ueli Steck, we claimed a team ascent speed record of the Eiger North Face in three hours, 46 minutes.

I plan for three expeditions a year—one in places like the Himalayas or Patagonia—seeking new routes and unclimbed peaks. It's exciting to be the first to climb a face; sometimes I just have a photo of the mountain and a possible line where I want to climb. You don't know how hard it is or what's coming next, like reading a good book. This autumn, I will go to Nepal to the Langtang Valley, climb new routes and fly down from the summit with a paraglider. The other two projects will be in the Alps. Here, every peak, ridge and face has been climbed, so my focus is on speed mountaineering. I like moving fast and being creative by combining peaks and traverses.

As a pro, I'm a one-man show but for a project, there'll be two, three or four of us. When we are on the mountain, which could be for up to eight weeks, teamwork is crucial. With the right partner, you motivate each other and push together, though you still need to have the same level of risk tolerance. There is no stronger metaphor than the rope team. We are always connected to the rope, helping each other—a good symbol for teamwork and collaboration.

In 2021, on the Mount Shivling expedition, one team member got altitude sickness, and we had to descend. I experienced altitude sickness in China in 2016, so I understand. The first rule is always to come down safely.

Heights don't frighten me, but the potential of a fall does. Each step on a mountain takes you further from safety. That's why I usually stay in my technical comfort zone. If I'm afraid, then something has gone wrong. The mountains are stronger than me, so if conditions aren't good, there is no reason to push too hard. Focus on what you can change instead. There is no sense in risking your life for a peak. Fear is a normal security mechanism, so the more you expose yourself, the more you learn to control it without it limiting you.

The best thing about my work is the beauty, adventure, and aesthetic of the mountains. The downside is losing friends. I climbed a lot with Ueli Steck, one of the most famous alpinists who died in 2017 on an easy mountain. It brings up questions like, how can it happen to the best? Is this the right path I'm following? It's not every day that someone dies but over the years, you see how dangerous this sport can be. Being a pro alpinist is a kind of type II fun; in the moment I might be suffering, thinking, what the hell am I doing here? Then, back at base camp or home, I think, oh, that was a good day. The process pushes you to become a better person.

My training has three pillars: endurance, climbing, and strength training. Endurance involves trail running, steep hill hiking with a heavy backpack and paragliding—so I can fly down peaks and have some fun. Climbing, inside or on rock, trains my physics. Strength training includes core workouts and leg strength. My training prepares me for any eventuality. I train myself but also have access to the Red Bull performance centre near Salzburg. There are physiotherapists, doctors and sports therapists. Once a year I go there for a full mind and body checkup.

Passion is really important in what I do. The mountains teach you a lot about that.

"PASSION IS REALLY IMPORTANT IN WHAT I DO"

Photographs: Red Bull Content Pool, Angelika Rainer

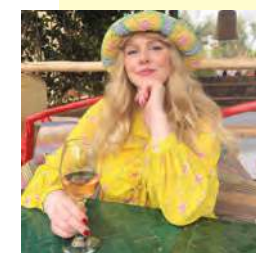


Sanni Copenhagen



Sweaty Betty London

# Retail therapy



Megan Murray investigates how community and collaboration rather than competition are now at the heart of our hippest high streets

We don't need stats and forecasts to tell you what you already know. Take a walk into your local town and you'll see that high streets are changing. While the scene varies depending on where in the world you are—we know that ecommerce platforms hold huge sway and nowadays, you're more likely to click next day delivery for a last-minute festive gift, than embark on a hectic dash the week of Christmas.

But change doesn't have to be a bad thing. Once, the high street was ruled by sprawling chains and if soulless shopping experiences are out, what's in? Retail therapy led by connection and community, that's what. Just as the Internet has transformed how we shop, social media has also encouraged us to engage with both big brands and small businesses →



in a more community-focused way, something that's leaking into towns and cities everywhere. For example, household names of the fashion world like Sweaty Betty and Ganni have adapted quickly to this change of tone. Sweaty Betty started in London back in 1998, and now boasts over 150 stores across Europe, the US, Canada and Asia. Despite having a 25-year legacy, the brand's community-focused strategy is on-the-pulse, utilising both in-person and digital connections with customers. Take this summer, when Sweaty Betty's social team jumped on the hashtag #wearthedamnshorts, encouraging customers to be body confident by sharing images of themselves enjoying summer, and even enlisting the help of poet Sophia Thakur who created a spoken word piece on eschewing beauty standards. While, at your local Sweaty Betty store you can be part of campaigns like this in person with regular run clubs which bring people together and hammer home the brand's motto of empowering women through sport. Widely shared on social media, these run clubs give the stores a deeper purpose, making them a centrepiece for friendships, charity events and sporting competitions.

Ganni is the brand of the moment, run by Danish couple Ditte and Nicolaj Refstrup in Copenhagen, and serves as another example of how big businesses are using real connections with their customers to power sales, reputation and image. The brand's Insta-

gram bio reads 'Confidence, Community, Responsibility' making it clear from the offset how important its #GanniGirls network is, which is brought to life with regular in-store events. Friends of the brand are often invited to host their own shopping events which act as a networking opportunity for local creatives, while on a casual Saturday in stores across Hamburg, Copenhagen, Berlin, Amsterdam and further afield, you'll find glasses of fizz and nibbles laid out for customers, to bring a relaxed, welcoming vibe. New stores are also designed to reflect the city's creatives, for example, in the Hamburg store, cushions from local homeware brand Studio Paul & Toni adorn the sofa, while in Paris, artist Desire Moheb-Zandi created wall tapestries for the opening of the Marais branch, and in Saint-Honoré, Parisian artist Enfant Précoce painted a mural. Working with the city's creative landscape instead of pushing against, is a marker of the attitude transforming our retail spaces and the kind of experience you can not only expect, but that customers actively seek.

While this is encouraging, for multi-million-dollar-strong brands, a strategy based around community is just that—a strategy. If you really want to see a changing attitude to how retail spaces are being realised, it's the small makers, indie designers and specialty businesses that show the strength of how personal relationships and shared in-

terests can change our high streets for good. Where huge chains used to rule supreme, online tools like social media have also empowered small makers to start their own businesses easily and connect to their customer bases through the likes of Instagram and TikTok. So, where does that leave the high street? With more small brands than ever before, business owners are keen to connect with other entrepreneurs, customers and local communities, but in a fresh, modern way, rooted in experience.

Take Softcover in Vienna; this standalone magazine store was founded by Sebastian Gansrigler in December 2023, and instead of adapting a strategy to fit a community-minded customer, the store was borne from the burgeoning network he'd spent years building. Selling specialty photography and art books, it would be easy to imagine that niche art-focused concepts could find it hard to survive, but Sebastian says that events and in-person interactions are the backbone of his business.

"The idea for Softcover grew organically. In 2018 I founded a photography magazine called Auslöser (meaning shutter release) and in 2019, I co-produced a photography festival called OFF GRID. Through these ventures interest grew and it became clear I needed a physical space," he explains. Sebastian began with pop-ups in Vienna, Graz and Munich, and after receiving encouraging feedback, launched his own store which he always intended to be a hub for like-minded people. "From the beginning, hosting events was an important part of the concept to not only build community and connect people, but support Vienna's publishing scene. I didn't like the idea of having 'just' a store. It had to be more than that. I see Softcover as a place to find new inspiration, new ideas, to connect and to support each other. I think because a book or a magazine is such a physical object, people want to have a physical connection and see them in real life."

Less than a year in, and Sebastian says the reality is just as good as he'd imagined. "So far, on average I've hosted an event a week since we opened—from bookbinding workshops to magazine release parties and signings," he smiles. Giving context, he continues, "A more intimate gathering like a reading will usually attract 20 to 40 people, while the magazine parties are more like 100 to 150. I continue to get so many requests from customers about upcoming events, as well as other entrepreneurs about working together, planning collaborations and pop-ups in other retail spaces around the city. The whole ex-

Photograph: Marcel Frommer, Ditte Nicolaj, Sebastian Gansrigler



Softcover  
Vienna

perience has helped me get in touch with a breadth of small businesses in Vienna and share ideas as well as physical spaces, challenging a traditional view of what being a shop keeper looks like."

Similarly, Hamburg's artsy quarter of Karviertel has gained its reputation from the continuous influx of small businesses, many of whom want you to do more than just shop with them. Take Glashuettenstrasse, one of the main veins running through the area, packed with stores offering a chance to be part of their curated worlds. There's concept store, Human Nest, which is not only filled with consciously-minded brands but founder Emilia Schattaniik also recently trained as a life coach and is inspired to use her space as a way to bring women together over intimate round tables in the store, anchored on topics around life, motherhood and career. Across the road, independent knitwear brand faible & failure is owned by Isabelle Mann, and after five years has become a stalwart of the neighbourhood's creative scene hosting regular pop-ups, collaborations and workshops in her store. "I think the first thing I learned is that a healthy business needs a network that feels genuine and is built on real connections. So, I always wanted to create a little world that people could come and be part of - both B2B and customers," Isabelle says. "When I moved to Hamburg and opened my store, I actually hadn't made many friends yet myself, so starting my Thursday night knit club was a way to meet new people, but also keep the craft alive and give something back to the knitting community. Knit club will always be free - it's a place people can come and help each other, share their projects and often the expertise levels vary widely, so everyone pitches in and shows a new-cowner how to get the hang of things."

But, while it's amazing that small businesses are making the most of retail spaces as places for connection, there's also a crowning trend for changing

## 'A book is such a physical object, people want to have a physical connection'

Sebastian Gansrigler, Softcover, Vienna

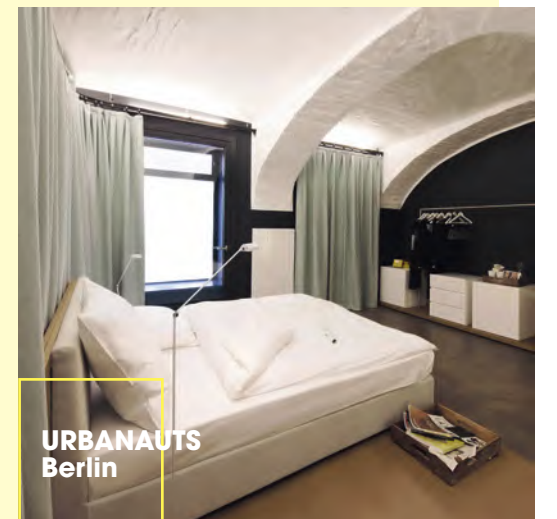
the purpose of old stores and forgotten shops, altogether. Meet URBANAUTS, a travel company based across France, Austria and Germany that specialises in bringing new life to former business premises, turning them into modern, flexible hotels and studios. The idea started in Vienna where the founders identified that

ground floor retail spaces were being left vacant for longer and longer, but could only be used for commercial purposes, which extends to hotels. By creating a network of self-check in pods, URBANAUTS organises its stays by neighbourhood, simultaneously taking over former shops all over the city. "Each room or suite has its own story," says Fabian Feldtmann, Head of Marketing. "At Grätzlhotel in Vienna, you might be staying in a former cobblers, milliners or lamp makers. We believe there are enough existing small, beautiful spaces, so why should we always build new hotels, if you can create a unique experience and a sense of authenticity?"

Not only does this business model make the most of left over space, but it focuses on that word again: community. As boutiques can be found in the heart of neighbourhoods, on winding streets surrounded by other stores, but also cafes, restaurants and bars, URBANAUTS chooses not to provide a lobby and instead connects with these existing local businesses, advising guests on where to go for their morning coffee and calling this partnership 'Fellows'. This idea actually drives the local economy, instead of taking away from it. And, if URBANAUTS is determined to fill old retail spaces with people enjoying the city, The Gate in Berlin aims to do the same, but with new businesses that can rebuild it. This co-working concept has slowly taken over Torstrasse, a busy street in central Berlin, to create a 'village in the metropolis' for their entrepreneurs. Kristin Rieve, CEO of The Gate explains, "We secured a few leases on Torstrasse before the pandemic and afterwards so many of the stores had to close that we were able to keep the street alive by opening offices, meeting spaces and even a small hotel. We've found that there's so much to be done with traditional retail space because we have the means to be flexible.



Human Nest  
Hamburg



URBANAUTS  
Berlin



FAIBLE & FAILURE  
Hamburg



Ganni Paris's in-house artist  
Desire Moheb-Zandi



# The Power of Pop-Up

When speaking about new businesses and creative concepts, there's a word that keeps coming up again and again. Or, should we say, popping up? Just 10 years ago, the notion of a pop-up was relatively unheard of, but today it's one of the driving forces helping small businesses get on the map. Of course, pop-ups are popular with big brands too, but while the likes of Highsnobiety installing temporary rails of Balenciaga and Bottega Veneta in Zurich airport is more about sales, for young brands a pop-up is about connection—to their community, to other makers and to customers. But, what's all the buzz about? If you don't know much about this world, it can sound like a lot of work to erect and decorate a space, fill it with products and organise events, sometimes just for a weekend. But, the benefits of pop-ups are ten-fold. First, less commitment empowers innovation, meaning business owners can try new concepts and test out products with less pressure, while lower barriers on time and price also attract those locally and help build that sense of community. We know now that modern consumers are focused on experiences, so these fluid spaces also allow for a shopping experience that might include events, food and drinks, networking, music, games or all of it together!

Joachim Anton Klintfält recently launched the art studio, Klintfält Studio, with his brother Mathias, producing large-scale paintings with bold, expressive designs. Still very much in its fledgling stages, Joachim says pop-ups are the way to go for their business for now. "I believe people buy from people," he explains. "That's why I think galleries, for example, aren't suitable for us. We would rather show who we are and explain why we paint what we paint. One of the first big pop-up events we attended was the Finders Keepers market in Copenhagen which brings small businesses together a few times a year. This way, we can meet a wider audience with a more open-mind, and even find other brands to collaborate with or create future opportunities. Our long-term strategy is to get into places where people talk, connect, and spend time, like restaurants, wine bars and cafes for a more experience-led approach instead of a typical sales tactic."

For small business owner Yvonne Lindhorst, who founded vintage styling company Morgens, in Hamburg last September, pop-ups have been essen-



Finders Keepers  
Copenhagen



Klintfält Studio  
Copenhagen



Herrlich Studio  
Berlin

tial to making her first year mark. "I love love love doing pop-ups! I believe we are stronger together and this first year feels defined by collaborations." At first, while newly freelance and adjusting to leaving a traditional office environment, Yvonne tapped into other creatives as a way of benefitting her mental health. "It looks exciting on social media, but freelancing or running your own small business can be lonely. Creative people need each other, it's our nature to share ideas: it doesn't matter if they are a so-called competitor." And, once the ideas are in motion, engaging with industry peers also means shared costs, contacts and reach—all of which help get those inaugural sales off the ground. "It's impossible to finance bringing these ideas to life alone. My network has been everything and not only does it mobilise the in-person parts of my business, it's brought me personal joy."

What makes Yvonne such a great voice on this topic is that in just a year, she's racked up an impressive amount of physical pop-ups, across an interesting spectrum of events. For a whole month, she took over a clothing boutique in the creative quarter, while in the city centre, she held a three-day table at the entrance of & Other Stories. "Working with bigger brands is different, but why not enjoy the benefits of their budget and reach? For me, it's interesting to put vintage pieces in this space, as it pushes the brand and their consumers to think about second-hand instead of always buying new." Her favourite collaboration so far, though, has been working with Hannah Kleeberg of Berlin catering concept, Herrlich Studio, on workshops for artists at rural agriculture project, Gärtnerei Sannmann. "Hannah asked me to style the space, while she covered the food, and local businesses and cafes also contributed. The concept was to connect young artists and conceive new opportunities to the farm, culminating in a magical glasshouse dinner. It was insanely beautiful and fostered new connections for us all."

# WALL CAME TUMBLING DOWN

Matt Charlton reflects on the fall of the Berlin Wall 35 years ago, why the city is a magnet for misfits, and the role of the music scene and dancefloor in reunification



Three and a half decades ago, a fault line in the world—which had existed in one form or another since 1945—started to heal, very suddenly, and then, very slowly. On the night of 9 November, 1989, the Berlin Wall checkpoints were unexpectedly opened in both directions, allowing—for the first time since 1961—the free flow of East Germans through the Iron Curtain. Citizens from both sides climbed and pounded at the hated partition, chiselling at the graffitied concrete, standing atop of it letting off flares and singing with joy. It was a red letter day in history, and the start of the end of the Cold War.

The German capital of Berlin is a city which bears the physical scars of European history like no other, and there are a million stories to tell about lives behind, around, before, and after the Wall, but maybe the question to ask, a third of a century after its collapse, is whether it still defines Berlin.

From the air, in the night sky, the voltages of the old East and West are still different; a line of bricks embedded in the ground still runs through the city, the East Side Gallery is one of the city's biggest tourist attractions, and a Disneyfied Checkpoint Charlie, once the definitive gateway into the communist Eastern Bloc, is now next to a McDonald's.

The united country has definitely had growing pains, too. There is still a financial—and more recently a re-emerging political—disparity between East and West, all Germany's financial centres are still based in the cities of the old Federal Republic (FRG). But then, maybe this is why Berlin is Berlin. After all, City Bros always ruin the party.

Paul Hanford is a writer and DJ—originally from the UK and now living in Neukölln—and the author of 'Coming To Berlin'. The book reflects, through the lives and music of migrants, settlers and newcomers, how a constantly in flux city with a tumultuous history has evolved into the de facto cultural capital of Europe. "Berlin has in various times in history been a magnet for people that just don't fit into mainstream society. In the West Berlin of the 60s, 70s, and 80s, where it was very cheap and easy to live there, there was no industry, and if you were a German man, it got you out of conscription. The universities were also very Marxist leaning, and it was cheap. The continuum of where we are now was set by the people who just didn't fit in, but I do think it runs deeper than that."



**Changing times**  
The Brandenburg Gate in 1989

## "THE SCENE WENT EAST WHEN THE WALL FELL"

A person who seems to encapsulate this is Mark Reeder. Reeder is originally from Manchester—another city not unfamiliar with electronic music rising up amongst the ruins—and first came to West Berlin on a whim in the late 1970s. Forty-five years later, he is still here. Paul has just made a BBC documentary about him. "I think the reason his story needs to be told is that he's one of the real music insiders of all time. He's such an uncynical person, and an enthusiast, and I think that enthusiasm—at various points—has really driven him to do things like put on a secret punk concert in East Berlin—the first time a western punk band played in the GDR—something that was totally illegal at the time. He proves that being passionate about music in a non-gatekeeper way can be a catalyst for change."

But what of the wall? When I met Mark a few years ago, he told me, "Without the fall of The Wall, it would have just been about 50 people in Metropol [one of the first big clubs, modelled on New York's Studio 54] dancing to a genre no one else listened to. Radio DJ's such as Monika Dietl on Radio Free Berlin made the East Germans—who were listening illegally—believe that there was some huge scene going on with hundreds, or even thousands of people... but it was a just a few tiny places with the same group of faces every night," he recalled. "It was a lucky coincidence that The Wall came down, because it was getting boring," says Reeder. "The scene went East when The Wall fell; the opening up of the GDR reinvigorated everything. It was on the dancefloor that reunification started."

This must mean then that the city we know and love now could only exist because of the Wall, but it isn't that simple. Berlin has always been a place

for misfits. 'You are crazy my child, you must go to Berlin,' was, after all, coined by composer Franz Von Suppe in the 1800s, and there was of course the literally decadent Weimar Republic in the roaring 20s, as the city danced into the darkness of the 1930s. "There are questions that still remain about why Berlin does have this unusualness about it," agrees Paul. "The Weimar era was wilder and more hedonistic than anything happening now. [Berlin] almost feels like a strange mystical realm sometimes, and I feel it goes a lot deeper and is a lot more inexplicable than simply what happened in the 20th century. I feel as if it was just down to that, it could have all been eroded by now, but it's still an unusual place to live."

It can't be denied that the presence and then fall of the Wall was the catalyst for most of what the city has become—the removal of a membrane which caused a cultural reaction. But it has always been a draw for the weirdos, misfits, kooks, and opt-outs, and that was nothing to do with 'die Mauer'. Should the city use this anniversary to attempt to redefine itself? "[The fall of the wall] was a period of such huge optimism, and now everything feels so dark, with the threat of the far-right across Europe in Germany with the AfD gaining more power", Paul continues. "I feel like the fall of the Wall is something really important to reflect on. It wouldn't have been there if it wasn't initially for the rise of fascism in 20th century Germany, so it's good to mark that, and mark things that we simply can't allow to happen again."

It deserves to remain commemorated—as a cause for celebration, a pivotal moment in history, a memento mori, and a warning. There is no doubt that Berliners—whether native or immigrant—should be looking away from that line of bricks that mark the once dreaded partition. However, as they're standing there, looking up, and imagining the future, they should feel those bricks beneath their feet, and realise that, somehow, it's probably why they're standing there in the first place.

"I feel like through writing my book, everyone who moves here because they love the culture and energy of the city finds their own [way into] that", says Paul. "There's always something that makes us go 'I'm glad I'm here.'"

'Coming to Berlin' by Paul Hanford is available now, published by Velocity Press

Photographs: Pixels/Cottonbro, Gerhard Buchholz, Mischla Heuer Visit Berlin

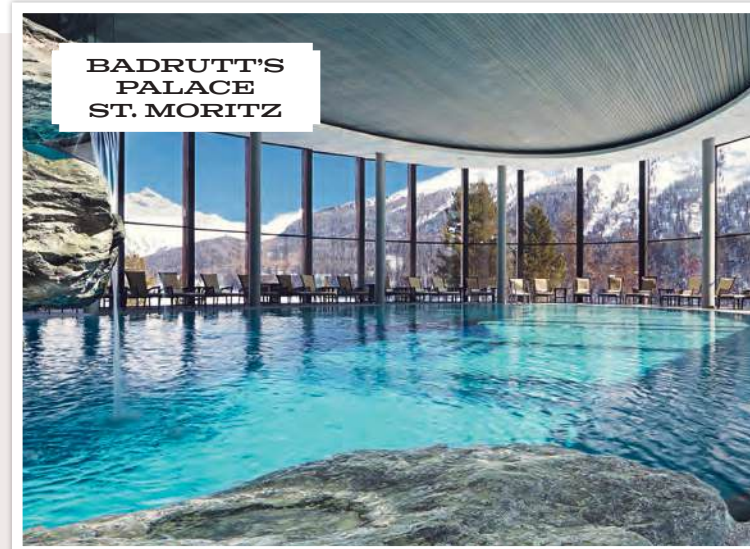


**Remembering division**  
The Berlin Wall Memorial





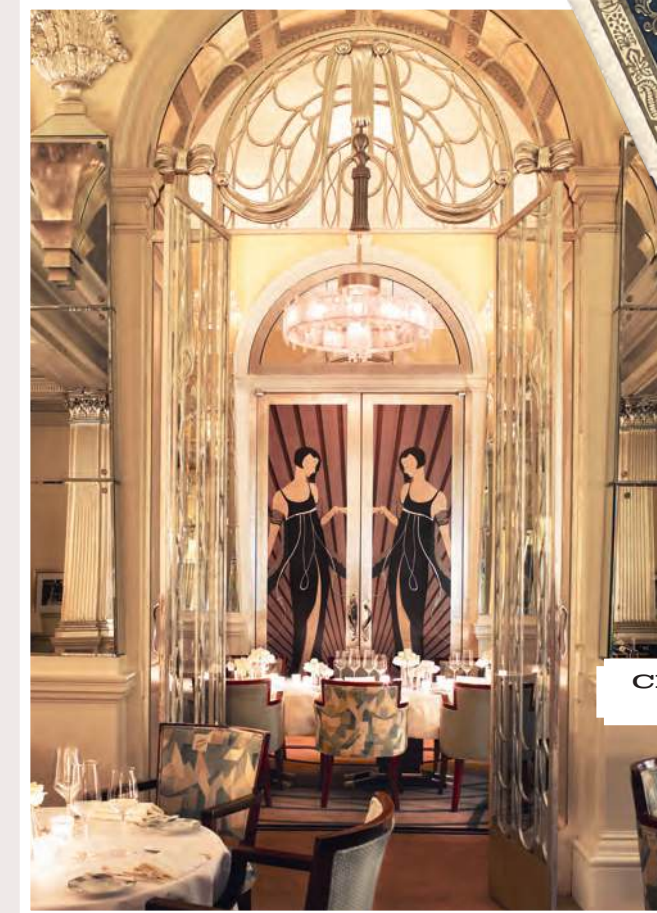
**SPLENDIDO  
PORTOFINO  
ITALY**



**BADRUTTS  
PALACE  
ST. MORITZ**



**RAFFLES HOTEL  
SINGAPORE**



**CLARIDGE'S  
LONDON**



# If these walls could talk



“Some hotels  
have made a  
huge cultural  
contribution by  
nurturing talent”



**CARLYLE HOTEL  
NEW YORK CITY**

Iconic hotels are the grande dames of hospitality, and continue to inspire a new generation of contemporary hotels. Travel writer Susan Ward Davies reports

**The best hotels** are so much more than just a place to sleep. Some have shaped history, such as the Beau-Rivage Palace in Lausanne, where the armistice ending the war between Italy and Turkey was signed in 1912. Some have made a huge cultural contribution by nurturing talent, as in the case of the hotbed of creativity that was New York's Hotel Chelsea. Built in the 1880s as a housing cooperative, the 12-storey, red-brick building became a kind of commune, where artists such as Mark Rothko could pay rent with paintings, where Bob Dylan, Patti Smith, Allen Ginsberg and the Beat Poets hung out, Jack Kerouac and Gore Vidal, as well as Janis Joplin and Leonard Cohen (I remember you well in the Chelsea Hotel), famously had one-night stands, and whose residents were immortalised in Andy Warhol's 1966 film *Chelsea Girls*. The Chelsea closed in 2011, reopening as a way more luxurious →



**LE SIRENUSE  
POSITANO**



“The older hotels are, the more layers, rituals, traditions and stories they accumulate”



THE BEVERLY HILLS HOTEL  
LOS ANGELES



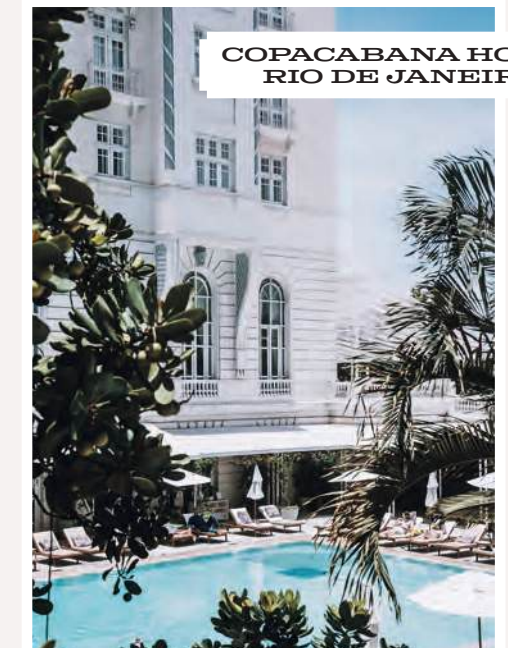
GSTAAD PALACE  
SWITZERLAND



HOTEL DU CAP  
ANITBES



CHELSEA HOTEL  
NEW YORK CITY



COPACABANA HOTEL  
RIO DE JANEIRO



establishment 11 years later, with the final touches of its lengthy renovation completed with a rooftop pool and gym just last year. As an indication of the strength of feeling for the hotel's heritage, the door to Kerouac's old room sold for \$30,000 at auction in 2018. But long-term fans of the old-style Chelsea needn't have worried: the new owners, Sean MacPherson, Ira Drukier and Richard Born, of NYC's the Maritime, The Ludlow and The Bowery, were well aware of the heritage. 'Ultimately we were seduced by the romance of the building,' said MacPherson. 'We wanted to restore it, not destroy it.'

There is more than one way hotels can make a cultural contribution. In 1915, when drinking alcohol in public was a real no-no for women, Ngiam Tong Boon, the talented barman of Raffles Singapore, invented the colourful Singapore Sling, so female guests could get discreetly tipsy on what looked like fruit juice. The hotel may have been praised for its literary associations, with Joseph Conrad, Rudyard Kipling and Somerset Maugham all some-time residents, and the fact that it has housed the finest ballroom in the East, a billiard room, post office and a theatre, and that it was declared a National Monument in 1987—but the world-famous cocktail will be its enduring legacy.

Other hotels were born of loftier ambitions: Rio de Janeiro's charismatic Copacabana Palace, now part of Belmond, was commissioned in 1922 by the then President Epitacio Pessoa to celebrate the centennial of the country's independence from Portugal. But what really cemented its place in the city's heart was hosting the first of its exuberant carnival Copa Balls. The very first Taj hotel, Mumbai's Taj Mahal Palace, which opened in 1903, predating the city's most famous landmark, the Gateway of India, by 20 years, was the dream of visionary entrepreneur Jamsetji Tata. Tata believed a grand, high-luxury hotel would elevate the status of the city, and his project included a series of firsts: the first hotel in India to employ women, the first to have electricity, and the first in Asia to have air conditioning. The older hotels are, the more layers, traditions, rituals and stories they accumulate, and what makes a property iconic are its memories and associations, its storytelling and character, all of which can inspire a new generation of hoteliers.

As Bruno Marti, executive VP of brand marketing for 25hours, says, 'There is no specific 25hours hotel that is inspired by an iconic grand hotel, but when we make public spaces, we often refer to historic hotels that had an important place in society. Such hotels have real history that we try to build in storytelling. They are role models.' Many elements conspire to make a good hotel great: location,

service, design, a touch of *je ne sais quoi*... but the right clientele can considerably add to a hotel's aura. New York City's Algonquin Hotel is still known mostly for its 1920s dining club, The Round Table, particularly the sharp-witted Dorothy Parker's contribution to it, rather than the fact it was the first US hotel to offer rooms to solo female travellers. Badrutt's Palace, in St Moritz, could have just been another lakeside grande dame without the likes of Coco Chanel, Audrey Hepburn and Marlene Dietrich among its patrons, with added frisson from regular resident Alfred Hitchcock, who wrote his chilling *The Birds* in what is now named The Hitchcock Suite. The New York Upper East Side greats, The Carlyle, now a Rosewood Hotel, and The Mark, have hosted many presidents and royals, but these days are more famous for being the sleepover of choice for generations of Met Gala guests.

And no matter how high its standing, no hotel can afford to rest on its laurels. London's Claridge's, one of the city's grandest dames, has long played host to royalty of aristocracy, Hollywood and fashion, but still ensures it keeps upping its game with innovations such as its illustrator-in-residence, David Downton, its ArtSpace, and recent 'iceberg' mega-basement housing a spa, a pool and a cinema.

The endlessly fashionable Italian Riviera and Amalfi coasts, and the charming island of Capri have attracted more than their fair share of paparazzi fodder, with Capri's exquisite Grand Hotel Quisisana a hit with royals and literary reprobates since its 1861 opening. Oscar Wilde, Ernest Hemingway, Jean-Paul Sartre, Michael Douglas and Tom Cruise have all fallen for its old-school glamour and Liberty style (Italian art nouveau), while Portofino's superb Hotel Splendido dazzled the likes of Elizabeth Taylor and Richard Burton (who made his first proposal to Liz here), Humphrey Bogart and Lauren Bacall, Grace Kelly and Maria Callas. More recently Megan Fox, Dua Lipa and Machine Gun Kelly have been won over by its pretty rooms, saltwater pool, and heritage vibe.

The Splendido was recently refurbished by Martin Brudnizki (responsible for London's Annabel's and Sexy Fish, Soho Beach House Miami and The Beekman New York, along with 25Hours Hotel Indre By in Copenhagen), who described his work there as 'just reviving it for a new era', which is exactly how these iconic grandes dames stay relevant. Some of the new hotels of today might just be the iconic hotels of the future, but creating a legend takes the right ingredients, the right karma, the right designer and more than a sprinkling of X factor to ensure they are never just a place to sleep.



# The beauty of co-creation

Fashion stylist and writer Michelle Duguid discusses why two heads are better than one when it comes to grace and style

*Many philosophers,* notably Plato, have debated that humans are hardwired to be selfish. Despite the legacy of these beliefs in modern times, the idea of our innate selfishness is being increasingly challenged. There is a counter argument that suggests the reason we are so successful as a species is our ability to collaborate. The Nordic term that dates back centuries 'dugnadsand' is now being banded about by happiness experts as a key to a better life. It literally translates to mean help, communal work or support in Norwegian. So how could this apply to the creative industries where that community spirit has been alien due to politics of secrecy, competitiveness, and design being a highly valuable asset, not to be shared?

The heart and soul of any great collaboration, two ideas come together to create something that neither could create on their own. It's an alliance, a partnership, an association, and ends up being bigger than the sum of its parts. The beauty of co-creating is that it can take both fashion brands into unknown territory where everything can be possible. Look at Swedish giant H&M, they have established an unseen dynamic between a retailer chain and a high fashion brand. It all started with Karl Lagerfeld's one-off collection back in 2004, and since then designer-led clothing at affordable prices was here to stay as customers went crazy for it and demanded more. According to Statista, 60 per cent of Gen Z and Millennial consumers have purchased special editions created by brands in collaboration with different artists/brands.

One of the most groundbreaking unions between art and fashion—Spanish artist Salvador Dalí and Italian fashion designer Elsa Schiaparelli is also one of the first ever. These two powerhouses of the Surrealist movement came together in the early 1930s to create original art, fashion and haute couture. Although somewhat tumultuous, the partnership gave us the infamous 'Dinner Dress with Painted Lobster'. Worn by Wallis Simpson for a Vogue spread in 1937, the dress is considered to be one of the most iconic garments of the era. Crafted from off-white, silk-organza, it features a crimson waistband, illustrated sprigs of parsley and, most importantly, a giant painted lobster. Allegedly, Dalí wanted to add mayonnaise to the dress but Schiaparelli vetoed the idea, much to his annoyance.



*Salvatore Dalí and Elsa Schiaparelli's Lobster Dress, 1937*

There was a trickle of luxury fashion collaborations after this, notably Karl Lagerfeld's relationship with Chanel which began as a collaboration in the 1980s with his friend and designer Hervé Léger. It had such an impact that Lagerfeld took charge of the firm the following year. The 1990s was then the start of the modern era featuring a steady growth in the number of luxury collaborations that continues to this day. Nike collaborated first with Japanese fashion label Comme des Garçons to add a high fashion sensibility to its sneakers and sportswear, a partnership that continues to bear fruit for both parties.

In 2001 Marc Jacobs as creative director at Louis Vuitton merged the global contemporary art scene with fashion and produced some stunning collections. The luxury luggage brand embraced Stephen Sprouse's graffiti and then for the Spring/Summer 2008 collection, Marc Jacobs collaborated with artist Richard Prince. They decided to bring the artist's Nurse paintings to life when the models walked down the runway dressed in see-through nurse dresses. Other references to Prince's art were worked into the LV bags. More recently Louis Vuitton under the creative director Kim Jones also launched one of the most recognisable collaborations with skate brand Supreme. They came together to create a collection that included denim jackets, red and

white waist bags, backpacks, handbags and pouches featuring powerful co-branding.

Under the watch of creative director Maria Grazia Chiuri at Dior it has now become customary for the French brand to celebrate and collaborate with craftspeople. This year Maria Grazia Chiuri and the Dior Cruise show journeyed to Drummond Castle in Perthshire, where she teamed up with local fashion brands and designers, and celebrated the historic connection between Scotland and France. The designer worked with knitwear specialists Johnston of Elgin and Esk Cashmere, as well as Harris Tweed, who she's been working with for some time. Milliner Robert Mackie was enlisted to create headpieces, and a new partnership came in the form of an alliance with Le Kilt, the cult London Fashion Week label bringing the iconic kilt style to a new generation. Founder Sam McCoach joins Grace Wales Bonner as part of a cohort of rising female designers Chiuri has used her platform to uplift and shine a spotlight on.

The biggest question is why would a big fashion brand help smaller brands? I guess in this case it keeps Dior very current and gains access to a younger audience while being like a supportive godfather of fashion. It also enhances a brand's credibility within the fashion industry, and maybe we should remember the spirit of dugnadsand and how we are happier when we support people and work together. →

## Companion's top fashion collaboration this Autumn/Winter

### → Barbour X Alexa Chung

Alexa Chung has taken on the role of Creative Director and Designer for Barbour's new collection, 'The Edit, by Alexa Chung'. Collaborating closely with Barbour's in-house team, Chung drew inspiration from vintage styles to create a fresh take on classic outerwear, clothing, and, for the first time, wellington boots. Named after her close friends and family, this collaboration is Alexa's most personal style collab to date.

[barbour.com](http://barbour.com)



### ← Lacoste X Clot

This season Lacoste has invited the Hong Kong streetwear label Clot for a new collab. The collection features 16 pieces and accessories, merging tennis heritage with martial arts tradition. Available September in stores and online.

[lacoste.com](http://lacoste.com)  
[clot.com](http://clot.com)

*"We are happier when we support people and work together"*



*Dior Cruise's Scottish collaboration*



**HERD x BAY GARNETT**

This joint collection, drawing inspiration from early 70s silhouettes, blends traditional knitwear designs from Herd with the beatnik edge that stylist Bay Garnett is known for. Featuring five distinct knitwear pieces, this beautiful collaboration also sees the introduction of leather and suede pieces, a first for HERD.

[herdwear.co](http://herdwear.co)

**Cutler and Gross x The Great Frog**

Luxury eyewear brand Cutler and Gross and rock'n'roll jewellers The Great Frog joined forces on an exclusive collaboration. They combined over 100 years of craftsmanship to create collectible eyewear. Each glossy frame is adorned with The Great Frog's legendary gothic metal-work cast in sterling silver and plated in 24K gold. Daggers stab the frontals and vipers snake up the temples.

[cutlerandgross.com](http://cutlerandgross.com)

**Palace x Berghaus**

Palace have collaborated with British outdoor legends Berghaus on a capsule range of key outerwear styles and casual pieces. Taking cues from styles popular in the 90's, the collection includes their iconic Tempest technical jacket updated in a cobalt blue, an acid yellow and classic black all with logo flip branding details on zips and body. A fleece two-tone zip-up jacket comes in a petrol/purple, grey/purple and plain black with Palace across the back, whilst a classic T appears with Palace on the back in the recognisable Berghaus graphic, also in three colour options- white, navy and black.

[palaceskateboards.com](http://palaceskateboards.com)



**“Mulberry x Rejina Pyo is the latest chapter in Mulberry Editions”**

**Fable England x Natural History Museum**

British heritage brand, Fable England, have launched a capsule collection with London's iconic Natural History Museum for AW24. The 38-piece collection features hand-painted enamel jewellery, illustrative print silk scarves, luxury sleepwear as well as signature Fable England bag shapes, dominated by an exclusive print.

[fableengland.com](http://fableengland.com)

**Philosophy di Lorenzo Serafini x My Style Bags**

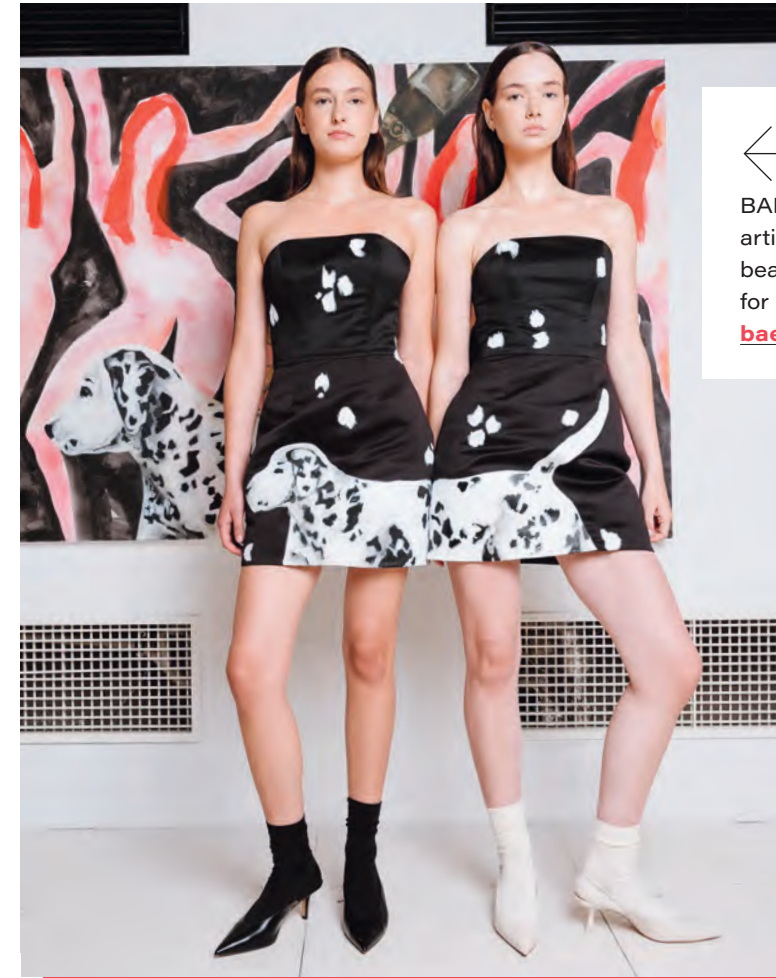
This is a capsule collection from two Italian brands perfectly designed to meet the needs of a traveller. Combining the design elegance of fashion designer brand Philosophy with the travel bag expertise of Milan based My Style bags this small collection offers a roomy duffle bag perfect for a long weekend and one small wash bag. The bags come in a choice of two fabrics, a classic canvas or a fresh stripe and they can be personalised which has always been one of the distinctive design offerings of My Style Bags.

[philosophyofficial.com](http://philosophyofficial.com)  
[mystylebags.com/en-uk](http://mystylebags.com/en-uk)

**BAE x Elina Sanda**

Evening wear design house BAE have collaborated with Latvian artist Elina Sanda to produced seven beautiful dresses serving as a canvas for Elina's artistic vision.

[baemoments.com](http://baemoments.com)

**Omega x Swatch**

Aptly named after the planetary bodies in the solar system, Swatch and Omega have collaborated on a range of 11 watches featuring all the hallmarks of the legendary Omega Speedster Watch. The hours, minutes, chronograph seconds hands, and hour markers sport Super-LumiNova® for a perfect glow in the dark.

[swatch.com](http://swatch.com)

**Tyler Ellis x Slim Aarons**

Handbag designer Tyler Ellis has collaborated with the estate of the renowned American photographer Slim Aarons. Celebrating the photographer's iconic legacy, Tyler Ellis has reworked three of Aarons' most prolific images 'Sunbathing by the sea in Florida' (circa 1955), 'Beach at St. Tropez' (1977) and 'Hotel du Cap Eden Roc' (1976) for the 'Snapshot Satchels' meticulously fashioning them onto their signature Marilyn and Stella handbag designs. The limited-edition capsule is comprised of 25 pieces per style.

Exclusive to [tylerellis.com](http://tylerellis.com)





# THE LONG GAME

Longevity is the wellness buzzword of the moment. Susan Ward Davies explores how to live your best life—for longer

If you were fed certain TikTok algorithms, you could be forgiven for thinking that #ageing is the worst thing that could happen to a person. Gen Z's anxious 'How old do I look?' meme started trending in early 2024, and countless hours/days/weeks have been wasted obsessing about early wrinkles and other potential signs of prematurely fading youth. But they are going to have to get over this phobia and face facts, because we all (bar accidents and illness) spend much more of our lives old than young, and the ratio is changing even more as lifespan increases.

According to the World Health Organisation, one in six people across the world will be over 60 years old by 2030, and the number reaching 80 is expected to more than double in 40 years' time. So, although we may be experiencing a worrying world-wide drop in birth rate, longevity is on the up: in the UK, it has grown 25 years in a century (despite a Covid-linked dip), to 78.6 for men and 83 for women, and globally, according to the Institute for Health Metrics and Evaluation, life expectancy is forecasted to jump from 73.6 years old to 78.1 by 2050. And that is just the average, in reality our chances of reaching 100 is higher than ever before, judging by the current glut of centenarians, and in September 2024, Maria Branyas Morera, the world's oldest person, finally died at the ripe old age of 117.

This trend should be good news (who wants to die young?) but it will only seem like a positive if we radically change our attitudes towards getting old, and also learn not just how to live longer—but how to live longer well. There is no point in reaching your centenary, just to be confined to a wheelchair and deprived of independence. It also makes sense for all of us to pave the way for a more positive ageing experience by

**'MOST OF US  
SPEND MUCH  
MORE OF OUR  
LIVES OLD  
RATHER THAN  
YOUNG'**

challenging negative attitudes to old age, so it doesn't seem like such a terrible fate anymore. We should also stop denigrating the elderly, and ourselves when we are no longer young, and particularly avoid the common trap of 'self-directed ageism', where anyone over 40 starts making self-deprecating comments about their supposed failing capabilities. No, you are not having a 'senior moment', you just forgot something! To slightly misquote Dr Lucy Pollock, author of the just-published *The Golden Rule: Lessons in Living from a Doctor of Ageing*, you shouldn't create a prejudice against your future self.

Once we have embraced a more positive attitude to getting older, the first step is to future-proof our health, and it is never too early to start. Recent discoveries show that the effects of ageing may kick in sooner than previously thought. The natural assumption has always been that it happens gradually, as we get older. But new research by Michael Snyder, Professor of Genetics at Stanford University of Medicine, shows that there are two big ageing 'spikes', one in our mid 40s and the other at 60, when major molecular shifts happen in our bodies. By 44, you might notice, for example, that your liver doesn't process alcohol or caffeine as well as before (although I can say from personal experience, this does not happen to everyone), →



or that you have way less stamina than usual. We should all know the keys to longevity by now: keeping mind and body active, avoiding weight gain, eating plenty of fresh vegetables, fruits, pulses, whole grains and protein—but also maintaining friendships and developing a positive mental attitude. Many people are already ahead of the game, with mid-lifers boosting mood and well-being with cold-water swimming clubs, sixty-somethings signing up for Reformer Pilates, octogenarians cheerfully running marathons or lifting weights, and everyone—it seems—now tending obsessively to their gut microbiome.

At the extreme end, for those who really, really want to not just live longer better, but age almost backwards, you have the rise of extreme biohackers such as 46-year-old American tech guru Bryan Johnson, who pops more than 100 pills a day, uses follistatin gene-therapy to decrease inflammation and increase muscle mass, and has even had transfusions of his 18-year-old son's blood plasma in an attempt to return his own biological age to 18. And if you thought the anti-ageing industry was lucrative, Johnson's regime comes at an annual cost of \$2 million, so no wonder longevity drugs are predicted to be the next biotech boom.

Clearly we can't all go to these lengths, and frankly, who would want to? And although biohacking may sound futuristic and high tech (and downright weird sometimes), it actually just means making incremental changes to your lifestyle to improve well-being. Biohacking covers anything from gene editing to just eating more oily fish or taking a Wim Hof-style ice bath. Keeping it simple—and consistent—is often the answer, with 'exercise snacks,' as the late, great Dr Michael Mosley called the short bursts of activity he advocated.

With a little willpower, the exercise and diet side of a longevity plan are easy to manage on your own. A more complex issue to conquer is loneliness, which, according to the Campaign to End Loneliness, can increase your risk of early death by 26%. This sense of isolation is now a huge problem in Japan, and even has a name—hikikomori, usually occurring in older people (but it is rising in the young), who stay at home and shun society for months on end. One study has shown that the phenomenon is spreading, a worrying trend when the Japanese are ageing faster than any other society in the world. Where once the elderly were revered in Japan, now they are considered a burden on society, a dangerous mind-shift which formed the premise of Japanese filmmaker Chie Hayakawa's sinister 2022 project, *Plan 75*. This is a fictional (but maybe prophetic) tale of a future Japanese government deciding to

KAMPUNG ADMIRALTY VERTICAL VILLAGE, SINGAPORE



solve its social care burden by offering a financial incentive to any over-75s who sign up for their euthanasia programme. You can't help feeling many governments around the world may be watching it with an unhealthy interest.

Singapore has come up with a much more positive way of dealing with potential longevity problems by creating a 'prevention rather than cure' plan, as the longer people are kept healthy and productive, the better it is for the economy.

Singapore is the 'next frontier of ageing,' according to Dan Buettner, the founder of Blue Zones PLC, and he has dubbed the country a Blue Zone 2.0/ 'engineered Blue Zone,' as opposed to the 'natural' Blue Zones of Loma Linda, California, Ikaria, Greece, Okinawa, Japan, Ogliastra, Sardinia, and the Nicoya Peninsula, Costa Rica, where people live much longer and have lower rates of chronic disease. Their longevity secret is thought to be Buettner's Power 9 principles, which include good sleep and social connections as well as healthy diet, fasting and regular exercise.

Singapore is more of a man-made Blue Zone, with the government subsidising longevity-boosting healthy food, reducing sugar in sweetened beverages, and offering rewards in their National Steps Challenge, where participants get points to redeem if they walk more than 10,000 steps daily. And because of the government policy of intergenerational integration, something that has been proven to make for better ageing and reduce social isolation, they offer tax breaks to young people who move to live near their parents. They have also built an award-winning, greenery-covered, vertical village, called the Kampung Admiralty, a mixed-use complex to house the elderly, with an integrated community living room, tropical garden and health centre, a Community Plaza, open to the public to promote intergenerational bonding, and buddy benches at shared entrances to encourage residents to chat.

Some countries don't even have to try to create optimum conditions: the Institute for Health Metrics and Evaluation at the University of Washington recently issued projections for longevity by country in 2050. Spain is set to have the highest life expectancy in Europe, because—it is thought—of its walkable cities, strong family units, (so the elderly can spend a lot of time with their families), and a slow pace of life with leisurely lunches, siestas and sunny weather. Even practising religion is said to help, and the 58.2% of Spaniards who are Catholics tend to be staunch ones.

So Gen Z take note: if we change attitudes and lifestyle and do ageing well—it won't be anything like as grim as you fear.

Photographs: Adobe Stock, Alamy



'A MORE COMPLEX ISSUE TO CONQUER IS LONELINESS'

COMPANION PUZZLES

RIDDLE ME THIS

1

Can you move two matches so

2

If two painters can paint two rooms in two hours. How many painters do you need to paint 18 rooms

3

It's 9 o'clock and both hands are at a 90 degree angle. How many times a day do the hands stand at 90 degrees?

IT'S A DOG'S DINNER

Two dog dads and two dog sons sit down at Neni for dinner. They eat exactly three Wagyu kebabs. How can this be true?

GEN Z WORDSEARCH

★ THE ICK ★ SITUATIONSHIP ★ WHAT THE SIGMA  
★ I'M DEAD ★ SHEESH ★ DELULU ★ SKIBIDI TOILET  
★ NO CAP ★ VIBE CHECK ★ DRIP ★ DANK  
★ TAKE THE L ★ SALTY ★ FLEXING ★ YOLOSWAG  
★ YAPPING ★ OK BOOMER ★ RIZZLER ★ BRUH

D	S	A	T	A	K	E	T	H	E	L	J	B	T
A	K	M	R	G	V	H	S	X	F	P	G	H	S
E	I	G	T	Q	U	E	W	Q	O	C	E	M	K
D	B	I	W	R	E	F	L	E	X	I	N	G	C
M	I	S	B	H	E	J	Y	O	C	V	G	I	E
I	D	E	S	L	S	E	F	K	H	Y	K	B	H
P	I	H	S	N	O	I	T	A	U	T	I	S	C
D	T	T	Y	T	L	A	S	X	Y	R	A	I	E
E	O	T	O	K	B	O	O	M	E	R	U	D	B
L	I	A	G	A	W	S	O	L	O	Y	R	N	I
U	L	H	O	P	Y	H	Z	I	A	I	O	U	V
L	E	W	E	I	H	Z	X	M	P	C	C	F	O
U	T	Y	Z	O	I	R	K	N	A	D	G	R	Y
E	J	U	X	R	G	N	I	P	P	A	Y	X	R

SWEET DREAMS MATCH THE DESSERT TO THE COUNTRY

Aebleskage

CZECH REPUBLIC

Trifle

SWITZERLAND

Galaktoboureko

IRELAND

Brunsi

DENMARK

Apple Cake

ENGLAND

Kolache

GREECE

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Puzzles compiled by Emma Kirkham, Adobe Stock

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BRAIN TEASERS



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### Sydney

**25hours Hotel The Olympia**  
Paddington  
[25hours-hotels.com](https://25hours-hotels.com)

## AUSTRIA

### Vienna

**25hours Hotel at MuseumsQuartier**  
Lerchenfelderstrasse 1-3  
[25hours-hotels.com/en/hotels/wien/museumsquartier](https://25hours-hotels.com/en/hotels/wien/museumsquartier)

**Goldener Papagei**  
Praterstraße 17, 1020  
[goldenerpapagei.at](https://goldenerpapagei.at)

**Urbanauts**  
Various locations  
[urbanauts-stay.com](https://urbanauts-stay.com)

## BRAZIL

### Rio de Janeiro

**Copacabana Palace**  
Av. Atlântica, 1702 - Copacabana, RJ, 22021-001  
[belmond.com](https://belmond.com)

### São Paulo

**Matiz**  
Rua Martins Fontes 91, 01050905  
[@matizbarsp](https://@matizbarsp)

## DENMARK

### Copenhagen

**25hours Hotel Copenhagen Paper Island**  
Papiroen 25, 1436  
[25hours-hotels.com/en/hotels/copenhagen/paper-island](https://25hours-hotels.com/en/hotels/copenhagen/paper-island)

**25hours Hotel Indre By**  
Pilestræde 65  
[25hours-hotels.com/hotels/kopenhagen/indre-by](https://25hours-hotels.com/hotels/kopenhagen/indre-by)

**Ganni**  
Bremerholm 4, 1069  
[ganni.com](https://ganni.com)

**HAY**  
Various locations  
[hay.dk](https://hay.dk)

**Lille Bakery**  
Refshalevej 213B, 1432  
[lillegrocery.com](https://lillegrocery.com)

### Frederiksberg

**bird.cph**  
Gl. Kongevej 102, 1850  
[birdcph.dk](https://birdcph.dk)

## DUBAI

### Dubai city

**25hours Hotel One Central**  
Dubai  
Trade Center Street  
[25hours-hotels.com/hotels/dubai/one-central](https://25hours-hotels.com/hotels/dubai/one-central)

**Lulu And The Beanstalk**  
Icd Brookfield Place, Al Mustaqbal St,  
Trade Centre, DIFC  
[lulusbean.com](https://lulusbean.com)

**Orfali Bros. Restaurant**  
D92 - Jumeirah - Jumeirah 1  
[orfalibros.com](https://orfalibros.com)

## FRANCE

### Paris

**25hours Hotel Terminus Nord Paris**  
12 Boulevard de Denain  
[25hours-hotels.com/hotels/paris/terminus-nord](https://25hours-hotels.com/hotels/paris/terminus-nord)

**La Régulière**  
43 Rue Myrha, 75018  
[lareguliere.fr](https://lareguliere.fr)

## GERMANY

### Bad Saarow

**Nook Society**  
Karl-Marx-Damm 23, 15526  
Bad Saarow  
[nooksociety.com](https://nooksociety.com)

### Berlin

**25hours Hotel Bikini Berlin**  
Budapesterstrasse 40  
[25hours-hotels.com/hotels/berlin/bikini-berlin](https://25hours-hotels.com/hotels/berlin/bikini-berlin)

**CO/Berlin**  
Amerika Haus, Hardenbergstraße  
22-24, 10623  
[co-berlin.org](https://co-berlin.org)

**East Side Gallery**  
Mühlenstraße, 10243 Berlin  
[eastsidegallery-berlin.com](https://eastsidegallery-berlin.com)

**Prinzessinnengärten Café**  
New St. Jacobi Cemetery,  
Hermannstraße 99-105, 12051 Berlin  
[prinzessinnengarten-kollektiv.net/gartencafe](https://prinzessinnengarten-kollektiv.net/gartencafe)

**Stiftung Brandenburger Tor, Max**  
Liebermann House  
Pariser Platz 7, 10117  
[stiftungbrandenburgertor.de/](https://stiftungbrandenburgertor.de/)

**unkompress**  
Fichtestraße 23, 10967  
[@unkompress](https://@unkompress)

### Cologne

**25hours Hotel The Circle**  
Im Klapperhof 7-23  
[25hours-hotels.com/hotels/koeln/the-circle](https://25hours-hotels.com/hotels/koeln/the-circle)

**Meramanis**  
Krefelder Str. 7, 50670  
[meramanis.de](https://meramanis.de)

### Düsseldorf

**25hours Hotel Das Tour**  
Louis-Pasteur-Platz 1  
[25hours-hotels.com/hotels/duesseldorf/das-tour](https://25hours-hotels.com/hotels/duesseldorf/das-tour)

**Weird Space Café**  
Friedrichstadt, Hüttenstraße 76, 40215  
[weirdspace.bigcartel.com](https://weirdspace.bigcartel.com)

### Frankfurt

**25hours Hotel The Goldman**  
Hanauer Landstrabe 127-129  
[25hours-hotels.com/hotels/frankfurt/the-goldman](https://25hours-hotels.com/hotels/frankfurt/the-goldman)

**25hours Hotel The Trip**  
Niddastrabe 56-58  
[25hours-hotels.com/hotels/frankfurt/the-trip](https://25hours-hotels.com/hotels/frankfurt/the-trip)

**Hoppenworth & Ploch Altstadt Café**  
Markt 22, 60311 Frankfurt am Main  
[hoppenworth-ploch.de](https://hoppenworth-ploch.de)

### Hamburg

**25hours Hotel Altes Hafenamt**  
Osakaallee 12  
[25hours-hotels.com/hotels/hamburg/altes-hafenamt](https://25hours-hotels.com/hotels/hamburg/altes-hafenamt)

**25hours Hotel HafenCity**  
Überseeallee 5  
[25hours-hotels.com/hotels/hamburg/hafencity](https://25hours-hotels.com/hotels/hamburg/hafencity)

**4 Walls**  
Deichstraße 47, 20459  
[4walls-hamburg.de](https://4walls-hamburg.de)

**Collab Bar**  
Hein-Hoyer-Straße 63, 20359  
Hamburg  
[collab-bar.de/](https://collab-bar.de/)

**Faible & failure**  
Glashuetttenstrasse 5 20357  
[faibleandfailure.com](https://faibleandfailure.com)

**Photoautomat**  
Neuer Kamp 30, 20357  
[yelp.com/biz/photoautomat-hamburg](https://yelp.com/biz/photoautomat-hamburg)

**Planten un Blomen**  
Marseiller Promenade, 20355  
[hamburg-travel.com](https://hamburg-travel.com)

**Teikei Cafe**  
Marktstraße 25, 20357  
[teikeicoffee.org](https://teikeicoffee.org)

**THE SPACE / /**  
Springer Quartier, Fuhrentwiete 3, 20355  
[thespace.city](https://thespace.city)

**XO Seafoodbar**  
Paul-Roosen-Straße 22, 22767  
[thisisxo.de](https://thisisxo.de)

### Munich

**25hours Hotel The Royal Bavarian**  
Bahnhofplatz 1  
[25hours-hotels.com/hotels/muenchen/the-royal-bavarian](https://25hours-hotels.com/hotels/muenchen/the-royal-bavarian)

**Sois Blessed**  
Prannerstraße 10, 80333 München  
[soisblessed.com](https://soisblessed.com)

## INDIA

### Mumbai

**The Taj Mahal Palace**  
Apollo Bandar, Colaba, Maharashtra 400001  
[tajhotels.com](https://tajhotels.com)

## INDONESIA

### Jakarta

**25hours Hotel The Oddbird**  
District 8, SCBD Lot 28, Jl. Jend, Sudirman Kav 52-53, Daerah Khusus Ibukota 12190  
[25hours-hotels.com/en/hotels/jakarta/the-oddbird](https://25hours-hotels.com/en/hotels/jakarta/the-oddbird)

## ITALY

### Capri

**Grand Hotel Quisisana**  
Via Camerelle, 2, 80073 NA  
[quisisana.com](https://quisisana.com)

### Florence

**25hours Hotel Piazza San Paolino**  
Piazza di San Paolino, 1  
[25hours-hotels.com/hotels/florenz/piazza-san-paolino](https://25hours-hotels.com/hotels/florenz/piazza-san-paolino)

**Cecchini in Citta**  
25hours Hotel Piazza San Paolino  
Piazza di San Paolino, 1  
[25hours-hotels.com/hotels/florenz/piazza-san-paolino](https://25hours-hotels.com/hotels/florenz/piazza-san-paolino)

**Fluid – specialty coffee & sharing**  
Borgo la Croce, 59/R, 50121  
[fluidspecialty.com](https://fluidspecialty.com)

### Panzano

**Kitchen – Dario Cecchini**  
Via XX Luglio, 11  
Panzano in Chianti  
[darioceccchini.com](https://darioceccchini.com)

### Portofino

**Hotel Splendido**  
Salita Baratta 16, 16034 Portofino  
[belmond.com](https://belmond.com)

## JAPAN

### Tokyo

**Jazz Inn Uncle Tom**  
1 Chome-15-15 Taishido, Setagaya City 154-0004  
[jazzinnuncletom.wixsite.com](https://jazzinnuncletom.wixsite.com)



## SINGAPORE

**Raffles Singapore**  
1 Beach Rd 189673  
[raffles.com](https://raffles.com)

## SWITZERLAND

### Lausanne

**Beau-Rivage Palace**  
Chem. de Beau-Rivage 21, 1006  
[brp.ch](https://brp.ch)

### St. Moritz

**Badrutt's Palace**  
Via Serlas 27, 7500  
[badruttspalace.com](https://badruttspalace.com)

### Zurich

**25hours Hotel Langstrasse**  
Langstrasse 150  
[25hours-hotels.com/hotels/zuerich](https://25hours-hotels.com/hotels/zuerich)

**25hours Hotel Zurich West**  
Pfingstweidstrasse 102, 8005  
[25hours-hotels.com/hotels/zuerich](https://25hours-hotels.com/hotels/zuerich)

**Collective Bakery**  
Förlibuckstrasse 160, 8005 Zürich  
[collectivebakery.ch](https://collectivebakery.ch)

**Floral Lokal**  
Sihlfeldstrasse 93, 8004 & Birmensdorferstrasse 107, 8003  
[floral-lokal.ch](https://floral-lokal.ch)

**Kunsthaus Zurich**  
Heimpl. 1/5, 8001  
[kunsthaus.ch](https://kunsthaus.ch)

**Soeder**  
Stadelhoferstrasse 8  
[soeder.ch](https://soeder.ch)

## UK

### London

**Annabel's**  
46 Berkeley Square W1J 5AT  
[annabels.co.uk](https://annabels.co.uk)

**Claridge's**  
Brook Street W1K 4HR  
[claridges.co.uk](https://claridges.co.uk)

## USA

### Miami

**Dante's HiFi+**  
519 NW 26th St, 33127  
[danteshifi.com](https://danteshifi.com)

### New York City

**The Algonquin Hotel Times Square Autograph Collection**  
59 W 44th St, NY 10036  
[marriott.com](https://marriott.com)

**The Carlyle, A Rosewood Hotel**  
35 E 76th St, NY 10021  
[rosewoodhotels.com](https://rosewoodhotels.com)

**The Hotel Chelsea**  
222 West Twenty-Third Street NY, 10011  
[hotelchelsea.com](https://hotelchelsea.com)

**The Mark**  
25 E 77th St, NY 10075  
[themarkhotel.com](https://themarkhotel.com)



COMPANION PUZZLES ANSWERS:  
IT'S A DOG'S DINNER  
One of the dads is also a grandfather. Therefore the other dad is both a son and a dad to the grandson. In other words, the one dad is both a son and a dad.  
RIDDLE ME THIS  
1. Move the two matches in the bottom right hand corner, one is running horizontal and one is running vertical, place these two matches to create a cross in one of the three remaining squares.  
2. If it takes two painters two hours to do two rooms, then they take four hours to do four rooms, and six hours to do six rooms. If you want 18 rooms painted in six hours, you will need three times as many painters, so six painters.  
3. We take the example of the clock: 9 o'clock. That is one. But also half past eight (well, actually a few minutes before half past eight, because the small hand is not exactly on the 8 at half past eight). That is also one. At 10 o'clock the same happens, also 2x, and twice at every hour of the day. (Any day, there is a 90-degree angle. As there are 24 hours in a day, the 90-degree angle occurs 48 times.  
SWEET DREAMS  
Abeekage is from Denmark. Trifle is from England. Galaktojourneio is from Greece. Brunsl is from Switzerland. Apple Cake is from Ireland. Kolsche is from the Czech Republic.



# MASTHEAD

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

25hours-companion.com

**Editor**  
Jane Anderson  
[Instagram.com/janeandersontravel](https://www.instagram.com/janeandersontravel)

**Art Director**  
Emma Kirkham  
[emmakirkham.com](https://www.emmakirkham.com)

**Sub Editor**  
Rebecca Smith

**Photographer**  
Richard Lohs

**Illustrator**  
Masha Foya

**Writers**  
Yahar Alkayat, Jane Anderson, Matt Charlton, Michelle Duguid, Megan Murray, Sophie Qureshi, Diana Radovan, Susan Ward Davies

**Advertising inquiries**  
Jane Anderson, Enough Media  
+44 7720 888512  
[janeandersontravel@me.com](mailto:janeandersontravel@me.com)

**The 25hours Hotels content team**

**Executive VP Brand Marketing**  
Bruno Marti

**Director of Brand & Communication**  
Nadja Krawetz

**Director of Brand & Content**  
Anna Oetjens

**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

**JO&JOE redefines the hostel experience for today's global travellers**

When you check into a JO&JOE property, be prepared for an elevated hostel experience. A 'poshtel' (posh hostel) experience even! This inventive, value-for-money brand, combines all the fun of a hostel with the comfort of a hotel, offering a new hybrid destination at affordable prices. JO&JOE stands for togetherness, and good times, where locals and travellers come together.

Checking into JO&JOE, you'll discover cool urban design with a street feel, using simple, raw materials, enhanced by the creativity of local and international street artists. You'll also find happening outdoor spaces and rooftops. Each hostel has a stage for live performances and DJs, and there's often a spontaneous party atmosphere. With everything from shared dorms to designer rooms, simple and generous food, creative cocktails, co-working spaces and casual meeting spaces, you set the agenda on your stay.

"JO&JOE breaks with traditional hotel standards and offers inclusive hospitality, combining practicality, comfort, and accessibility, responding to the needs of new travelers, local communities, and digital nomads," comments François Leclerc, Deputy Brand COO of JO&JOE. "At JO&JOE, everyone is free to choose the formula they prefer, depending on their tastes and budget, and to experience a space that is above all experiential, made up of encounters and socializing."

JO&JOE take an active part in both the boardsports and street art communities where self-expression is at the core of what they do, allowing individuals to be themselves and use their skills to inspire others. The hostels also aim to do their bit for environment and community, building relationships with local businesses and championing sustainable practises such as farmers markets and beach clean ups, engaging guests in meaningful experiences.

So where can you find these oases of community spirit? The first JO&JOE opened in 2017 in Hossegor, South-west France near the Spanish border, and remains the flagship property with its friendly surf camp vibe. Just five minutes from the sea on the Cote d'Argent, where the pine forests meet the golden beaches of the Atlantic, this is a surfer's paradise.

This was followed by Paris Gentilly just around the corner from Cite Universitaire, Montparnasse and the Left Bank, in a carbon positive building made entirely from wood, and Rio de Janeiro in a colourful listed building on the banks of the river that gave this awesome Brazilian city its name.

Next came Paris Nation just a stone's throw from Canal Saint Martin, with one of the most attractive views in the French capital from its urban rooftop, and Vienna



**JO&JOE  
HOSSEGOR  
SOUTH WEST  
FRANCE**



360, also with fabulous vistas from one of the biggest rooftops in the Austrian capital.

Italy's first JO&JOE opened its doors in Rome, a stone's throw from Villa Borghese. Housed in a former 16th century monastery, this hostel strikes a balance between authentic Roman architecture and modern design. Rooms integrates ancient elements such as frescoed ceilings with contemporary street-art by local and international artists. Later this year, all eyes turn to Hungary where JO&JOE opens its first Budapest hostel in the heart of the Szimpla district and close to the famous ruins bars. There are five locations planned for China and 2025 sees the openings on both sides of the globe in Auckland and Rotterdam.

All in all, JO&JOE is the free-spirited travelling companion you've been waiting for!



**JO&JOE ROME**