



The Caring Issue

A magazine created for 25hours Hotels

Companion²² Issue 2



THE FUTURE OF FOOD

Will it be lab created burgers, LED grown micro greens and uber mushrooms on our plates? We chat to food expert Lauren Wildbolz and others to discover what's on the menus of tomorrow, p32

Clothes that care

If you love fashion but are worried about the effect on our environment, fashion stylist Michelle Duguid explores ways to dress well without costing the earth, p.26



ON THE RIGHT TRACK

Celebrating the green renaissance of train travel across Europe, p38



SOAP & GLORY

How to build a true soap empire. We talk to the founders of Soeder, p16



Free for guests of 25hours Hotels
5,50 EUR/ 4,50 GBP/ 5,40 CHF/ 40 DKR/ 20 AED

For more information and articles, visit 25hours-companion.com

CHE DELIZIA!



RIBELLI IS A CLEAR COMMITMENT TO TRADITIONAL ITALIAN CUISINE. THE TABLE IS SERVED WITH UNCOMPROMISINGLY GOOD PRODUCTS FROM CAREFULLY SELECTED PRODUCERS. NEAPOLITAN PIZZA AND CLASSIC OVEN DISHES TAKE CENTRE STAGE, BUT THOSE WHO CRAVE PASTA, PICCATA OR PESCE WILL ALSO GET THEIR MONEY'S WORTH.

LOCATIONS:
ZURICH & VIENNA

RIBELLI-RESTAURANT.COM
@RIBELLI_RESTAURANT

Editor's Note

At the very top of 25hours Hotel Bikini Berlin there's a declaration in yellow neon letters bigger than you or I saying, 'Life is beautiful'. It's an uplifting philosophy that Companion magazine champions too. And in the spirit of living life to the full, this issue takes a good look at those striving to take care of people and this incredible planet we inhabit. It's the only home we have after all.

The fashion industry is one of the worst offenders when it comes to carbon emissions and waste. For every 10 items of clothing we buy, our grandmothers bought just two, and most of our cast-offs end up in landfill. Top fashion stylist Michelle Duguid takes a long hard look at the fashion business and asks if it can ever be green, whilst highlighting those genuinely working towards planet-friendly clothes (p26). We also get on the right track and examine the renaissance of low-emission train travel across Europe (p38), and the future of food (p32). Cell-grown burger anyone? With a shocking third of all our food going to waste in the Western world, this is a crisis that needs urgent attention.

If you're interested in starting your own sustainable business or are in the midst of doing just that, take a look at our interview with true soap pioneers and founders of Soeder, Hanna and Johan Åkerström founded (p16). Partners in life and business, they say the secret to their success is putting principles before profit. And for all you rewinding fans out there, check out our feature (p20), which advises on how your holiday could contribute to replacing indigenous animals and landscapes, a subject close to 25hours Hotels' heart and its tree planting work with not-for-profit Aktion Baum.

Welcome to the 22nd issue of Companion, your paper friend wishing you a beautiful, life-enhancing day in the city.

Jane Anderson, Editor

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



Contributors



Maëva Marie-Sainte

Maëva is the perfect guide for our Gare du Nord by bike feature, p44. Since the age of 18 she has wanted to be an official tour guide and has achieved that aim with Local Circuit Tours offering an insider look at the French capital focusing on everything from street art to gastronomy. "My main goal is to make my guests feel Parisian by the end of a tour," says Maëva. Liking herself to a suricate, a hyper-active wild animal that thrives in a community, we can see why she's the perfect person to show you round her home city of Paris.

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



Emma Kirkham

Emma is a big lover of print and has been designing magazines since she was 14, when she started helping her dad paint spot the difference in childrens' comics. She has worked for many international publications including Cosmopolitan, Marie Claire, The Telegraph and Family Traveller. When she's not busy designing Companion for 25hours Hotels, she can be found on her new electric bike cycling round London or walking her rescue dog Derek. One day she plans to open up her own community print workshop, and is convinced that everyone has at least one zine in them and that we should all have a chance to have our stories in print.

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



Richard Hammond

Richard is an author and videographer who specialises in sustainable travel. After sailing in the South Pacific and working on conservation expeditions in Mauritius and Belize in the nineties, Richard returned to England to work in publishing before becoming the eco travel correspondent for The Guardian newspaper. He established his production agency Green Traveller, which has taken him on filming projects all over the world promoting low carbon travel and stories of positive impact adventures that contribute to nature conservation and local economic empowerment. He explores the future of train travel across Europe, p38.

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



Masha Foya

Masha is a young, talented illustrator from Kyiv, Ukraine. She studied at Kyiv Polytechnic University in the department of Fine Arts. In her illustrations she is searching for new ways to express her illustrator's voice. She tries to convey a certain emotion without representing it literally. Masha has already collaborated with high-profile Ukrainian and foreign media outlets including The New York Times, The Guardian Weekly, The Republik, Esprit Magazine, Cincinnati Magazine, Die Zeit and Sierra Magazine. You can see her beautiful work on our train feature, p38.

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



Stay green, and cycle round town on 25hours Hotels' Schindelhauser bikes. As we like to say, 'Ride it like you stole it!'

Photographs: Richard Lohs

Friends of Friends

Friends of Friends were the originators of this newspaper format magazine for 25hours Hotels. Its online magazine has been portraying inspiring personalities since 2009, forming a creative and international community along the way. Over the years it has also built a lively network of talented people in the 25hours Hotels cities of Berlin, Cologne, Düsseldorf, Frankfurt, Hamburg, Munich, Paris, Vienna and Zurich, and now Dubai, Florene and Copenhagen – and everywhere else to come.

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

Cover photographs: Walter Pfeiffer; Mother of Pearl; Masha Foya (illustration); Soeder

BITS & PIECES



**VIENNA
ART & ENTERTAINMENT**

VIENNESE WHIRL

This year marks the 150th anniversary of the Vienna World's Fair. The groundbreaking 1873 event underpinned the Austrian capital's transformation into a truly global city, a lasting legacy that saw Vienna claim the first spot in the Global Liveability Index last year.

Viennese institutions are taking the landmark anniversary as a golden opportunity to explore the topic of the World's Fair. A highpoint this spring is the Panorama Vienna (panoramavienna.com), an impressive new exhibition venue (see left, under construction) modelled on the original rotunda building, and opening in Prater park. Standing 34 m tall, inside it will display giant analog 360 paintings, only fully appreciated as a panorama, and providing a completely new way to see Vienna.

Other exhibitions include Women at Work at the Vienna Museum of Technology (technischesmuseum.at) which examines the importance and impact of the first women's pavilion at the Vienna World's Fair.

Whilst over at The MAK - Museum of Applied Arts Vienna (mak.at), a tribute to glassmaker J. and L. Lobmeyr explores one of Vienna's most venerated traditional manufacturers. The House of Strauss (houseofstrauss.at) is a new museum dedicated to the king of waltzes and alleged world's first rock star, Johan Strauss II who composed a number of special pieces to mark the 1873 World's Fair. Located in the historic Casino Zogernitz building, it will be a museum, concert hall and event space all in one, with its own brasserie. For more information, visit:

wien.info



**FRANCE
HEALTH & WELLBEING**

Vive La Vie Vert

In an effort to reduce air travel and encourage train travel, France has been given the green light by the EU to ban short-haul domestic flights between cities that are linked by a train journey of less than 2.5 hours. Initially this will only include three travel routes between Paris Orly and Nantes, Lyon and Bordeaux, but if rail services improve, more routes could consequently be added. Read our feature all about the resurgence of European rail travel p38.

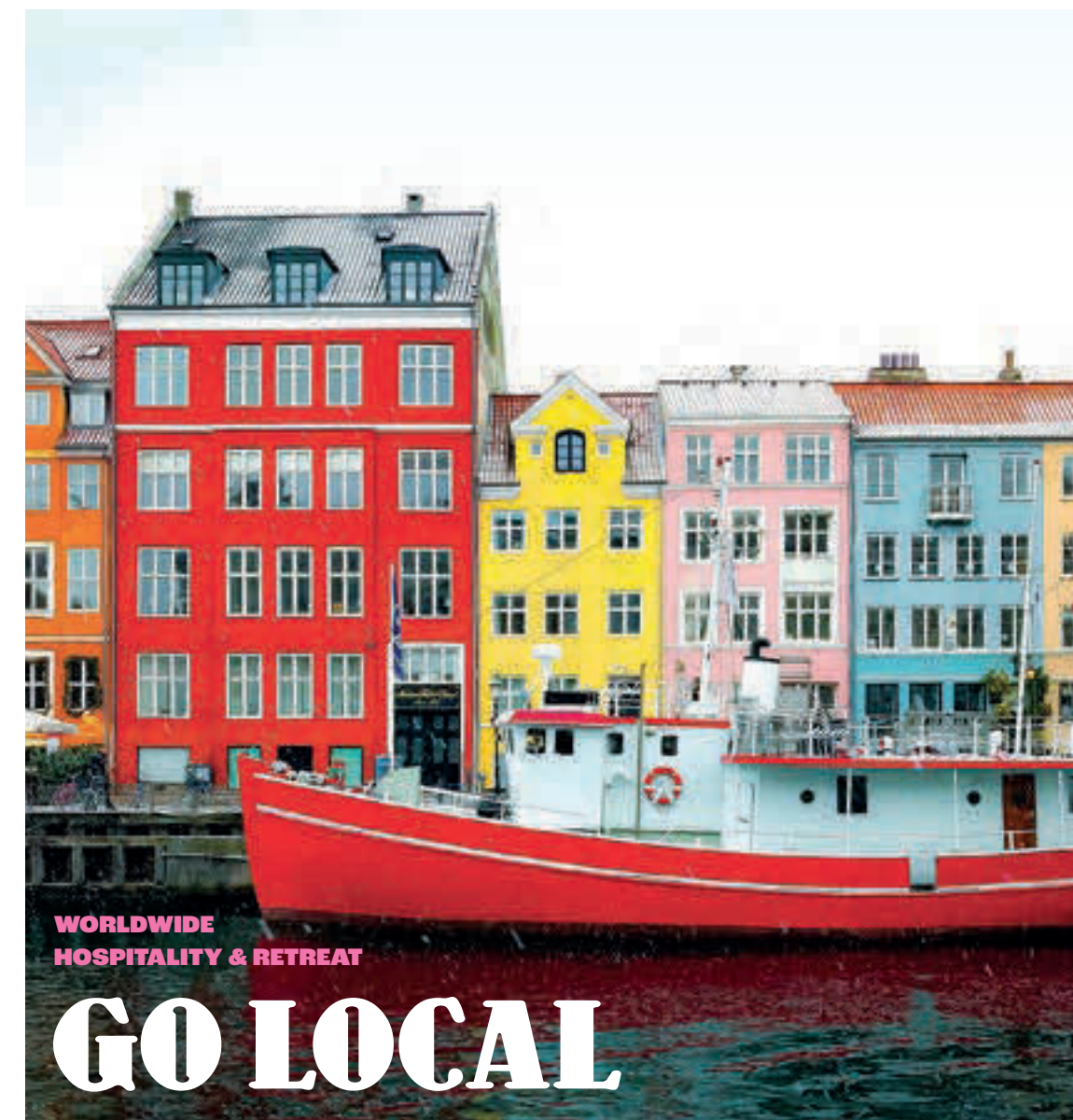
Moving towards a zero waste society, France has banned single use restaurant tableware in fast food restaurants including McDonalds, Burger King and Starbucks. Let's hope the rest of Europe follows suit.

Photographs: Panorama Vienna; potapenko at unsplash; Adobe Stock; Edward Quinn; Richards Lohs; Can Ovalioglu; Jane Anderson Illustrations; Adobe Stock

**NEW YORK
FASHION & STYLE**

BAG IT UP

Naghedi was started by Sara Naghedi as a response to the wastefulness of fashion. Her 'Waste Not' collection of neoprene bags utilizes materials left over from previous production runs. Customers can also return old bags to be rewoven. Portofino Mini Cosmetic bags, €62. naghedinyc.com



**WORLDWIDE
HOSPITALITY & RETREAT**

GO LOCAL

Getting to the heart of a destination is all about interacting with the people who live and work there. Tours by Locals does just this offering exploration for intrepid or curious travellers led by residents.

They range from a green tour of Copenhagen (shown above) to foodie explorations around the Italian city of Florence.

toursbylocals.com

**WORLDWIDE
OUTDOOR & ACTIVITY**

Paddle for the ocean

GreenKayak is an environmental NGO that engages volunteers in the fight against environmental pollution while kayaking. The formula is simple. You can use a green kayak for free, so long as you pick up trash from the water as you paddle and post on social media using the hashtag #greenkayak. So far kayakers have collected more than 60 tonnes of rubbish. The aim is to encourage local citizens to take action. Green Kayak is currently available in five European countries including Denmark, Norway, Sweden and Germany, along with Japan. The aim is to go global. →

greenkayak.org



**WORLDWIDE
HEALTH & WELLBEING**

The quiet route to happiness

Slow down the pace of life with these relaxing new ways to de-stress

Shhhhh...

The Quiet Parks Movement has been steadily growing since its launch in 2018. This non-profit organization encourages places to apply for Quiet status, regarding natural quiet as an 'endangered' species to be protected.

This could be a Wilderness Quiet Park, an Urban Quiet Park, a Quiet Trail and Quiet Conservation Area. Quiet Marine Parks are coming

soon too, highlighting the need for places to be off limit to motorboat and ship traffic so that marine life can communicate in peace. Check out the website for access to virtual quiet experiences such as a forest bathing walk from Sintra-Cascais Natural Park in Portugal to an EcoNidra relaxation through nature soundscapes.

quietparks.org



...and breath

In the foothills of the Italian Alps, Mandali Retreat Centre's Silent Retreats offer guided meditation, yoga and periods of silence. Guests can take themselves on beautiful mountain strolls, and book sessions with bodyworkers exploring the connection between body, mind and emotions.

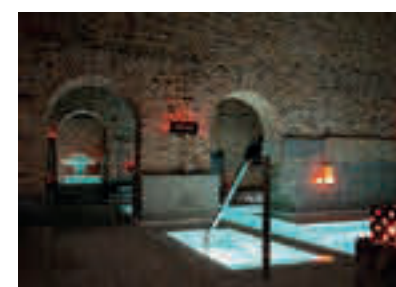
The next Silent Retreats run from the 17th to 23rd of June and the 9th to 15th of September, 2023.

mandali.org

lit by thousands of candles infused with the smell of orange blossom, and try a treatment such as the Ultimate Blossom Experience, a floral exfoliation on a warm marble bed with Himalayan salt and kukui flowers followed by a jasmine and lotus oil massage. A white clay body mask and cranial massage complete the treatment.

AIRE Ancient Baths are also in Seville, Barcelona, Vallromanes, Almeria, New York, Chicago and soon to be opened Toronto.

beaire.com



....Love yourself

Spas have been a form of self-love for millennia. AIRE Ancient Baths Copenhagen has opened in the vibrant Carlsberg Byen district. The former Carlsberg brewery dating back to 1881 has been given a new lease of life as a sanctuary to wellbeing. Bathe in warm waters



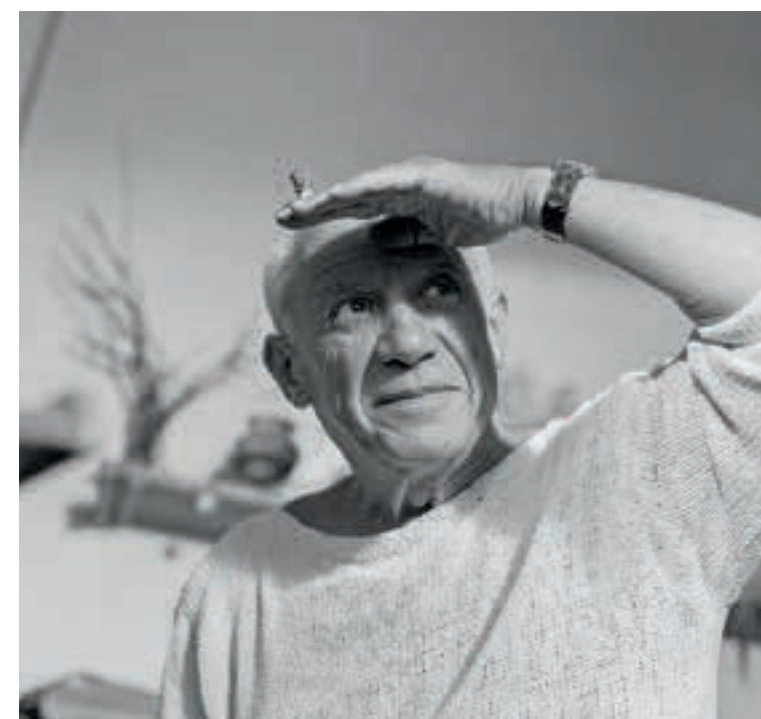
**SPAIN
ART & ENTERTAINMENT**

CELEBRATING PICASSO

It's 50 years since the death of Spanish artist, Pablo Picasso. To celebrate his creativity and the influence his works had on the artistic heritage of Spain, 16 exhibitions are planned across Madrid, Malaga, Barcelona and Bilbao.

One of the first to kick off the year of celebration is in the Galician city of A Coruna where Picasso spent four of his formative years, moving there when he was nine-years-old. It was here that he attended the Fine Arts school and gave his first exhibition. There were a number of pivotal moments that the artist experienced here such as the death of his sister, that are said to have influenced his style and artwork. Check out 'Picasso, white in the blue memory' exhibition at A Coruna Museum of Fine Arts (museobelasartescoruna.xunta.gal/gi) from 23 March to 23 June, 2023. For more information on other exhibitions celebrating the life and work of Picasso visit:

spain.info/en/discover-spain/picasso-sites-spain



**HAMBURG
OUTDOOR & ACTIVITY**

Green mapping

The EntdeckerRouten (Discovery Routes) take visitors to the most beautiful areas of the Hamburg metropolitan region. There are cycling tours, tours for hikers, city tours and family-friendly walks.

Just download the app and explore.

entdeckerrouuten.org



Chill

25hours Hotel Bikini Berlin is all set to welcome you afresh to its buzzy Aperitivo Bar with panoramic views of Berlin Zoological Garden on its north side, enjoyed from the comfort of an oversized hammock, and its chill-out area with secret terrace overlooking the city and the iconic Bikini Berlin shopping centre to the south, perfect for relaxing with a 'Companion' aperitivo as the sun sets. Watch out for monthly author readings, musical performances, and live DJs, accompanied by pizzas, paninis, coffee and cocktails. It's the perfect spot for late risers and daydreamers. See you there!

25hours-hotels.com

**NEW YORK & PARIS
FOOD & DRINK**

BAGELS

If you love the Big Apple AND you adore bagels, book yourselves on the recently launched New York Bagel Tour delving into the traditional methods of baking and the cultural influences that have shaped the Big Apple's legendary bagel scene.

Tours cost €64 per person.

nycbageltours.com



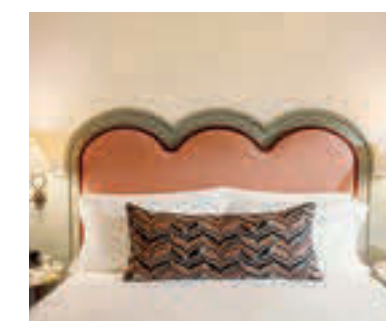
& BUNS

Joia Bun is chef Helene Darroze's latest concept which sees American diner meet French elegance at 16 Rue de la Michodiere in Paris. Following the success of her premium burger takeaway pop-up created during Covid, her new restaurant brings the burger back with a choice of Aubrac beef, wagyu beef, Landes yellow chicken, pescatarian and vegetarian options. Get your orders in now.

joiabunhelenedarroze.com

**BERLIN
HOSPITALITY & RETREAT**

WORD ON THE STREET



Learn

Berlin's high-tech Cold War Museum is now open in the heart of the former epicentre of the standoff between Brandenburger Tor and the Humboldt Forum. Visitors are given both sides of the story in an innovative virtual reality experience along with interactive touch screens. For anyone interested in this volatile period in history, it's a must, with memorabilia from the period right after World War II to the nuclear threat, the Cuban Missile Crisis, international espionage, the arms race and the space race. Go see! coldwarmuseum.de

Sleep

25hours Hotels sister group, The Hoxton makes its German debut this May with the opening of Hoxton Charlottenburg. Set alongside the distinctive stucco facades of West Berlin, the new hotel draws stylistic inspiration from the neighbourhood for the design of its 234 bedrooms and creative public spaces from the elegant Art Deco motifs of the Golden Twenties to the raw materialism of the Brutalist movement. Its Tandoor Chop House will be serving up spice-filled feasts and natural wines too. → thehoxton.com



Eat

The recently opened Kante is a great place to soak up the atmosphere of Berlin's Kreuzberg district. Sip a Cucumberita cocktail and dine in the oak panelled dining room on dishes such as regionally produced Burrata from the water buffalo of Prignitz.

kante.berlin

WORLDWIDE FASHION & STYLE/ HEALTH & WELLBEING

DIVE IN

She who dares swims
Designers and cold water swimming enthusiasts

Daniela Bohling and Millie Dornan have created an all-in-one waterproof boiler suit to make chilly transitions more stylish. Designed to be worn with underwear or swimwear underneath, each suit comes in three outer shell colours, lined in hot coral polar fleece.

From €199.95.

wvding.eu



Surf queen

Start spring as you mean to go on with some wild swimming or surfing. It's the perfect mood enhancer. Get noticed in this POPsurf range by Roxy as modelled by eight-times world surf champion Stephanie Gilmore. Combining recycled materials with a bright and bold floral print, there's no excuse not to take the plunge.

Long Jane Spring Suit, €150.

roxy.com

Knitwear against sewage

Every year luxury knitwear brand Aethel raises money for a cause close to their hearts.

This year they've chosen Surfers Against Sewage (sas.org.uk). This long hair cashmere hoodie knitted with luxury Loro Piana yarn was originally designed for founder and outdoor swimmer, Jenny. Its soft and simple design is perfect for adding an extra layer of style when you getting out of the icy water. Swim hoodie, €340.

aethel.com

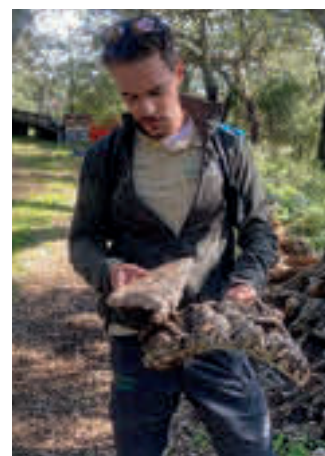


PORTUGAL OUTDOOR & ACTIVITY

A corker of an eco hike

Francisco Simoes, founder of Algarvian Roots, will take you off the beaten track in Portugal's Algarve. Head inland to the village of Monchique for a new circular guided hike called Percurso das Hortas (Vegetable Garden Path) to appreciate local fauna such as cork, a wonder product that's 100 per cent sustainable and is used for everything from sealing the humble wine bottle to insulating space shuttles. After a morning hike and local lunch, spend the afternoon tile painting or olive oil tasting.

algarvianroots.com



FLORENCE FOOD & DRINK

Garden in the sky

Revel in the return of spring at Angel Rooftop Bar & Dining in Florence. With Tel-Aviv-born Mor Micheli at the helm, this new urban oasis is the place to come to sample the finest Italian cuisine with tastes of the Middle East, Japan and Nordics too. Come to soak up those awesome city views along with live musical performances and weekend DJ sets. The green landscape elements were crafted in collaboration with Vieri Torrigiani, designed to be a happening garden in the sky.

hotelcalimala.com/angel-roofbar-dining

ZURICH FOOD & DRINK

JUICY AND PROUD

Saftlade is the oldest juice bar in the whole of Switzerland. This small corner restaurant on Zurich's Münstergasse is hard to miss thanks to its egg yolk yellow exterior. Here organic is a priority, whilst flavour enhancers and sugar are taboo. Juice is produced fresh from untreated ingredients from regional organic farms. And for hungry guests, seasonal salads, soups, sandwiches and cakes are all made on the upper floor. The lunchtime queues are well worth the wait for your Energy Elixir juice and green shakshuka with spinach and lentils.

saftlade.ch



COSBY

Meet Cosby, one of Munich's most exciting indie pop bands, currently back on the scene with their fourth album, entitled 'Here I Am'

Comprising lead singer and song writer Marie, along with Robin, Kilian and Dave, Cosby is the kind of indie music that puts you back on your feet to start another day. As Marie says, "We believe in a better world, a better tomorrow and better pop songs!"

Even before releasing their second album Milestone in 2018, their mixture of globally envisioned pop and local do-it-yourself spirit earned Cosby high praise whether in the recording studio or live on stage which they've already shared with international acts such as Tove Lo and Mø.

Cosby wanted to make an album that slowed the pace down. That you could listen to on vinyl in peace. 'Here I Am' is that album, written by Marie in songwriting sessions with bassist Robin in South Africa.

"I went into therapy and we started writing songs again – double therapy so to speak," says Marie, who has gone through extreme highs and lows in recent years. "The goal was to tell stories that have shaped, encouraged, frustrated, polished, changed, knocked down and then built up again, and transport them into melodies.

"Therapy is not a sign of weakness, it's a sign of strength. Everything eventually comes to a head until it is clear. I need help from a professional. Take a new beginning. Slow down. Endure. Let go. Find yourself again. Here I am!" says Marie, revealing the strength and self awareness that serves the band well.

The exciting news is that Cosby has teamed up with 25hours Hotels to bring you live gigs. Guests can look forward to a dynamic event with songs from the new album and special guest interviews, plus a free highball for everyone who shows up. Come and enjoy the Cosby-meets-25hours vibe!

Cosby plays 25hours Hotels
For dates and times of free Cosby performances across 25hours Hotels go to: 25hours-companion.com

Cosby's top 5 songs by other artists

- Sam Fender**
Seventeen Going Under
- Queen**
Don't Stop Me Now
- Coldplay**
Everglow
- Måneskin**
The Loneliest
- Miley Cyrus feat. Marc Ronson**
Nothing Breaks Like a Heart

Photograph: Jessy Romero Walter

Brooke Pyke photographing a leopard shark on Ningaloo Reef

DEPTH OF FIELD

Companion catches up with award-winning ocean photographer Brooke Pyke

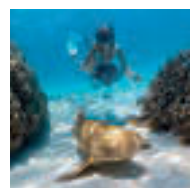
After diving on holiday in Thailand, Brooke Pyke gave up a career in Graphic Design to move abroad and train as a diver. Fascinated by the underwater world, she first began taking underwater photos in 2014. Fully self-taught, Brooke's passion for photography grew and she started to look for a place where she could build a career around her two passions. In 2021, she realised that dream and moved to Exmouth, Western Australia to work along the Ningaloo Reef. Nynggulu (Ningaloo) is an aboriginal word meaning 'deep water' as it is one of the closest points where the continental shelf meets the coast of Australia, making the reef unique and home to many pelagic marine animals – perfect for an underwater photographer. Brooke has followed her love for the ocean and has now been recognised for her work by Ocean Photography Awards – picking up the award for 'Female Fifty Fathoms' for her portfolio of underwater photography. →

Photographs: Brooke Pyke; Ollie Clarke

A bloom of bell jellyfish, and a whale shark



A playful sea lion looks at its reflection in Brooke's camera



OCEAN PHOTOGRAPHER **BROOKE PYKE'S** TOP TIPS FOR CAPTURING WILDLIFE UNDERWATER

1 BE PATIENT

One of the biggest factors that come into play with wildlife photography is time and patience. The more time you spend out in the field, the more chance encounters you will have with wildlife. Patience is key, as you may need to wait for an animal to come to you or move into a better location for a shot. I spend almost every day out on the water, sometimes all day searching for wildlife to photograph. Be prepared to be committed to the adventure that is wildlife photography.

2 FIND THE IDEAL LIGHTING AND LOCATION COMBINATION

Use ambient light to your advantage. Limited light and colour is one of the things that make underwater photography more challenging to land photography. The deeper you go, the more red light is filtered out through the water so photos tend to look washed out. With my photography I rarely shoot with strobes as I love the natural feeling that I can achieve without artificial lighting, so I use ambient light to create my photos. This means choosing shooting locations that preferably are shallow or have a sandy back drop as this makes the subjects stand out more, as well as some light from the sand bounces back illuminating the scene.

3 ALWAYS SHOOT YOUR PHOTOS IN RAW FORMAT NOT JPEG

RAW files are like digital negatives which hold all the uncompressed data from your camera. Which means when you edit them (I use Lightroom Classic) you have all the original unprocessed data that can bring out the full potential from your image. You will find that colour grading underwater photos becomes much easier, and things like tonal graduation can be retained.



A leafy sea dragon photographed in Lucky Bay, Esperance

4 GET PLENTY OF PRACTICE

Pick a good subject for practice (something slow and not fussed by your presence). Take lots of photos and explore different angles. Shoot against the light or with the light behind you. Photograph really low to the bottom or directly down from above. Forget about the classical ideals of a good composition and create something different. Try to tell a story or capture something that is unique about that animal's personality. These are the things that will connect your viewers - like looking into the underwater world through a window, making them feel as if they were with you behind the lens.

5 SHOOT YOUR IMAGES USING FULL MANUAL CONTROL ON YOUR CAMERA

Make sure you're familiar with every aspect of its settings. You want to be able to quickly know whether to adjust your shutter speed or aperture with ease to suit your scene. Sometimes things can show up unexpectedly and it can be so disappointing to photograph a rare moment, but you realise later your shutter speed was too slow and your beautiful encounter is now blurry. It's a good idea to read some tutorials about basic camera settings and practice with these on land to familiarise yourself with them before heading into the ocean.

See more of Brookes images on Instagram [@brookepykephotography](https://www.instagram.com/brookepykephotography)

Discover more about Western Australia at [westernaustralia.com](https://www.westernaustralia.com)

BAG IT UP

Ensure a stylish start to your weekend away with these new season overnight bags. Curated by Michelle Duguid



Metier Perriand Weekend €3,467, [metier.com](https://www.metier.com)



Paul Smith + Porter Boston holdall bag €767, [paulsmith.com](https://www.paulsmith.com)



DeMellier London Lisbon Tote €435, [demellierlondon.com](https://www.demellierlondon.com)



Briggs & Riley Baseline Weekender Duffel €250, [briggs-riley.co.uk](https://www.briggs-riley.co.uk)



DHL X BEEN London Weekender €455, [been.london](https://www.been.london)



Smythson Panama weekender bag €1,410, [smythson.com](https://www.smythson.com)



Mulberry Yellow City Weekender €1,620, [mulberry.com](https://www.mulberry.com)



Away F.A.R duffel bag €182, [awaytravel.com](https://www.awaytravel.com)



A sure way to access the artists, hipsters, alternative cultures and the underground creative pulse of any given city is to get yourself to an independent, arthouse cinema. Matt Charlton recommends top screens

BERLIN

Kino Babylon

Rosa-Luxemburg-Straße 30, 10178 Berlin

If you wish to be transported back to Berlin's golden age of jazz, Art Deco and Expressionism, shimmy along to this authentic 1920s cinema complete with original silent-era organ, just off the concrete jungle of Alexanderplatz, in the Mitte neighbourhood. There are marathons of modern franchises such as 'Harry Potter' and 'Lord of the Rings', but make sure to get yourself to one of their silent movie screenings, where the likes of Fritz Lang's 'Metropolis', or Chaplin's 'The Gold Rush' are accompanied by their in-house orchestra.

babylonberlin.eu

COLOGNE

Weisshaus Kino

Luxemburger Str. 253, 50939 Köln

The Weisshaus Kino shows everything from wherever we're up to with the Marvel Universe now ('Avengers: Dismantle?') to the latest arthouse offering where a man shouts at a brick for three hours... probably. There's a fantastic retro entrance hall which dates back to the 1950s-thankfully the snacks on offer don't. It also hosts the 'Movie Pearls on Friday' series, where they pluck a cinema classic from their vaults and give it another whirl on their projector. Past showings have included 'Breakfast at Tiffany's', 'La La Land', and 'Jane Eyre'.

weisshaus-kino.de

COPENHAGEN

Cinemateket

Gothersgade 55, 1123 Copenhagen

Danes are great at making shadowy and brooding Scandi Noir, so be sure to expect plenty of this in Cinemateket, located in the Danish Film Institute. On the first floor you will find one of the world's most extensive libraries of film and television literature, but the main event takes place in one of the three cinemas, using the first names of leading figures in Danish film history: Carl (Theodor Dreyer), Asta (Nielsen) and Benjamin (Christensen). In there, you'll find a fastidiously curated roster of classic and contemporary cinema.

dfi.dk/en/english/cinematheque-and-archives

DUBAI

Cinema Akil

Warehouse 68, Al Serkal Avenue, Dubai

The Gulf Tiger's first arthouse cinema is suitably located in Dubai's creative district-a former industrial zone that now hosts a variety of art galleries, studios and record shops. Cinema Akil has been designed with a reclaimed vintage feel to offer a sense of sanctuary in a very shiny metropolis. There are a variety of film festivals and pop-up events, showcasing cinema which would otherwise not be screened in Dubai, ranging from independent Palestinian short films, to lesser-known Latin American titles, and even the likes of 'Home Alone'.

cinemaakil.com

DUSSELDORF

Black Box

Schulstraße 4, 40213 Düsseldorf

Named after the 'Ride on Time' Italian hit-makers (not really, but imagine), not only does this subsidised cinema have a huge focus on film history and retrospectives, preceded by an introduction by employees, but it is part of a film museum. The interactive experience tells the fascinating history of the silver screen... let's not forget that the German movie industry was a main rival to Hollywood early on. Curated and presented with love, their programme ranges from 1927's 'Circus Beely' via 'The Greatest Show on Earth' and right up to 'Nope'.

duesseldorf.de/filmmuseum/black-box

FLORENCE

Cinema Paradiso

Piazza di S. Paolino, 1, 50123 Firenze

If you're reading the hallowed pages of this magazine in your room at the wonderful 25hours Piazza San Paolino, then you are sitting very close to one of the best boutique cinemas in Florence. Under vaulted brick ceilings, Cinema Paradiso shows films every Sunday... there's not even an entry fee. Plus, if you fancy a meat platter or a bottle of Tuscan wine whilst watching a stone-cold classic, then just ask, and kick back in the squishy comfort of your own armchair.

25hours-hotels.com/hotels/florenz/piazza-san-paolino

FRANKFURT

Mal Sehn

Adlerfluchtstraße 6, 60318 Frankfurt

You almost feel as if you've stumbled into someone's (very nice) house upon arriving at this friendly and much-loved cinema. Showing films from all over the world, mostly in the original, non-dubbed versions with German subtitles, the single screen, 80-seat theatre also shows documentaries, and provides a platform for local film makers. There is an adjoining cafe so you can discuss everything you've just seen over a cappuccino, or indeed a glass of wine if it's been a particularly upsetting film... like the opening ten minutes of 'Up!'.

malsehnkino.de/

HAMBURG

Astor Film Lounge

Am Sandtorkai 46a, 20457 Hamburg

A mere six-minute walk from our HafenCity hotel, in this blustery and buzzing harbour city, the Astor Film Lounge is a luxurious refuge. Its pure class all the way with popcorn, cold snacks and a generous cocktail menu. Once you're all loaded up from the considerate concession and cocktail stand, you can sink into a reclining armchair with plenty of leg room, and enjoy everything from the current blockbusters to classics which have been dusted off and bunged onto Dolby Atmos and 4K laser projectors.

hamburg.premiumkino.de

MUNICH

Museum Lichtspiele

Lilienstraße 2, 81669 München

Whether you're into Science Fiction or double features, it's time to do the Time Warp again when you visit this utterly idiosyncratic picture house. The cinema is the oldest in the city, and, as you may have guessed from the subtle hints, goes heavy on the 'Rocky Horror Picture Show' theme, with the movie itself being shown every Friday and Saturday night since 1977, giving the cinema an entry in the Guinness Book of Records. Asides from Rocky, it has a great program of cult classics and blockbusters in their original languages.

museum-lichtspiele.de

PARIS

Le Louxor

170 Bd de Magenta, 75010 Paris

Paris is the home of the moving image. The first ever public screening took place in 1895 at the Grande Café. Le Louxor is a grande dame of cinemas, built in the fashionable neo-Egyptian style in 1921, and now a historic landmark. Once threatened with demolition, it was saved and reopened to the public in 2013, and since that time it has been a hub for cinema lovers. With three screens, one of which is the original theatre on two levels with an orchestra pit, Le Louxor also has a bar serving cold cuts, cheeses, soups and salads. FIN.

cinemalouxor.fr

VIENNA

Burg Kino

Opernring 19, 1010 Wien

Vienna being the home of Freud, you could just argue this is all a matter of projection. Ahem. Sorry. One of the oldest cinemas in Europe, the Burg Kino has an innate charm and friendliness that the Vue Leicester Sq. would struggle to match. It has always specialised in screening foreign films in their original language, and this policy continues to this very day. Also, if cinemas had residencies, then 'The Third Man' would be Burg Kino's star turn. The cinema holds regular screenings of the Vienna-set film, as well as special events, such as a live screening of the Oscars.

burgkino.at

ZÜRICH

Riffraff

Neugasse 57-63, 8005 Zürich

This cinema has been around in one way or another for over a century. Existing in its present form since 1998, it is an important hub in the Zurich cultural scene, with four screens, a bar, and, since 2021, a popular dining spot in the shape of Bistro Riffraff, you come for the movies and stay for the ambience. The projection beam for one of the theatres even runs through the space of the Bistro... they like to inject a little bit of silver screen magic into every element of your experience.

riffraff.ch

SOAP & GLORY

'True soap' pioneers Hanna and Johan Olzon Åkerström chat to Jane Anderson about their 10-year journey from kitchen table to flourishing sustainable business

Right from the very beginning Soeder founders, Switzerland-based Swedish husband and wife team Hanna and Johan, had a goal to keep their business as transparent and sustainable as their beautifully clear liquid soap.

When looking to launch their own business 10 years ago, they wanted to create a product for everyday use. They analysed 240 items from furniture and t-shirts to lamps and shoes. Their main company goal was to keep the whole chain of production in their hands and produce something with a high sustainability factor.

"We wanted a commodity for daily use and so we decided to create soap," said Hanna. "There were a lot of people around us roasting coffee and baking bread," added Johan. "What we were interested in creating was true soap – a more or less extinct product. It was a little bit like a bringing back a dinosaur."

True soaps are made from natural plant oils like coconut, almond, rizunus and olives, which are combined with an alkali (lye) and in Soeder's case, glycerin, which increases the conditioning effect whilst retaining the antibacterial function of the soap itself. Hanna and Johan regard most modern soaps as detergents made from man-made derivatives, often produced with mineral oils and other fringe raw materials, causing more harm to the skin than good. →



Hanna & Johan have a hands-on approach to business

"WE HAVE A VALUE SENSE WHICH ALWAYS COMES BEFORE BUSINESS"

THE HISTORY OF SOAP

2800 BC

Earliest known evidence of possible soap-making in Babylon

1500 BC

Egyptians made soap-like material from oils and salts

600

Soap-making became an established craft

1100

Italy, Spain, and France became centres of soap-making

1900

German scientists invented non-soap products called detergents

1970

Introduction of liquid hand soaps and fabric softeners

2013

Soeder is founded

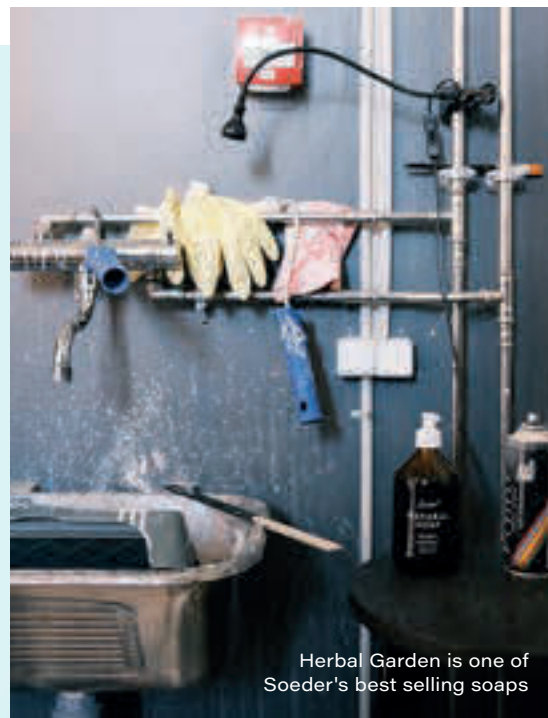
2015

First Soeder Liquid Soap

2023

Soeder move to Werkstadt Zurich, a new creative hub

Soeder liquid soaps only use natural ingredients



"We have a lot of customers who buy our soap because of the benefits to the skin," explains Johan. "We are not a floor! We are not dishes! We have a very sensitive body. When we clean ourselves, it's an opportunity to condition our skin with the right oils. We add products from nature such as honey which has been used for thousands of years on the skin. We also use wheat, which is very healing and a bit of sea salt along with almond oil which is very conditioning and hemp oil and jojoba oil which is also an amazing conditioner, and of course olive oil which has great viscosity."

Hanna and Johan launched Soeder in 2013 creating their first liquid soap two years later from a few small tanks in an old garage in Zurich in the borough of Kreis 6. When demand increased over the next three years, they left the city centre and moved to the nearby town of Schwerzenbach creating a factory in a condemned building. They started on the ground floor and as businesses moved out, gradually took over five floors as the business grew. Another big move is now afoot as they head back to Zurich to one expansive space.

"Our new factory will be in a beautiful old yellow brick building called SBB Werkstadt, right by the train tracks in Zurich," says Hanna. "It's where the SBB Swiss Federal Railways used to take care of trains and storage. This area is historically protected and earmarked for mixed business use, but specifically for producers."

Soeder will sit alongside a coffee roaster manufacturer (Zuriga), a coffee roaster (ViCafé), a beer brewery, a chocolate company and a bike courier. They will have an area that's open for the public to see how true soap is produced as well as a store to make purchases.

"It's going to be more like a visitor concept," explains Johan, "where people can see the process. Where you can read 'organic coconuts' on the crate. Where you can see someone pouring it in the tank and you have the final confirmation that it's happening for real. People will be able to see we're not a company that just wants to put a nice label on a product and sell it."

GROWING THE BUSINESS

A priority for Johan and Hanna was to understand the process from start to finish so that they could fix anything themselves – even their machinery. "This was extremely painful in the early stages, but now we're mastering it, and it's a great benefit," said Hanna. "We're not dependent on other people's knowledge and that makes us faster and more flexible."

In their first year of producing soap, Swiss International Air Lines came to Hanna and Johan as the only small producer of natural soap they could find, and asked if they could reformulate onboard products to be natural. They were given just six months to go from producing 200 products a day to one million a year.

"Swiss International Air Lines wanted these little tubes with face cream in for onboard but we didn't have a tube filling machine!" recalls Johan. "We had to find a machine second-hand as we couldn't afford to buy a new one, and when we did find one, we discovered the computer in the machine was dead. The company almost went bankrupt. We as Swedes in Switzerland are very direct and open. This helped us deal with these big companies because in the end they are also people and we got enormously good feedback. We have a very strong relationship with the airline today. We didn't look at them as this big god-like company. We were open with them about our challenges. And how we could fix them. And they put a lot of faith in us."

Hanna adds, "To a certain extent our company has been based on naivety, but we are always driven by what's the next logical and best step for us. Sometimes we discuss it with friends over dinner and say hey we know this bar and these cool people. Now it's turning into a more professional way of working, more based on research, data and what our sales team find, but it's still based on our values. And building our story."

CREATIVE COLLABORATIONS AND FUTURE GOALS

The Soeder team have collaborated with some big and small names including the mighty Bergdorf Goodman in New York City. "We worked very conceptually," said Johan, "and lifted the flora of Central Park which has a crazy amount of plants growing there to create a scent—a romanticization of Central Park if you like."

"We also did a fun local collaboration with Club Zukunft here in Zurich, and created 'The Soap of Good Music'. It was originally called Gin and smelled like gin and tonic. Our new cocktail soap is Negroni, based on the bittersweet aperitif. Packed with essential oils of wormwood, orange, bergamot and vetiver it smells fresh yet sensual and has now become a standard formula."

Ever innovating, the couple are also looking at upcycling using side streams from the perfume and juicing industries. "The whole juicing industry is throwing away their side streams," said Johan, "We would love to work directly with farmers using the waste from blueberry production for example—which has an active anti-aging quality (I don't like the term anti-aging). We are also working on fermenting orange peels before they go mouldy and testing whether we can use it."

"Oils also have waste product. It's important for us to play around with the process—both the scientific part and then the mechanical part. We set up a small research project, test it again and again, and see if it works before we scale it up. We're always experimenting. We would also love to grow our own produce to put in our soaps. That would be really cool!"

Hanna and Johan are opening their own Soeder stores with refill stations at train stations—where customers are passing by. They also have a lot of retailers that offer products and refill services. "We don't want it to be a hassle. And we have so many good concept stores in Switzerland that can sell our products, this makes more sense than opening new stores, and of course it's so much better for the environment."

"We're going to be 10 years old this December, and we're optimistic as we can see the difference in attitude in this time. In the first year we had to explain to all the customers why we were doing sustainable soap. Now people understand and are willing to spend a bit more money to be sustainable. It's a good, clear step in the right direction."

"WE'RE NOT A COMPANY THAT JUST WANTS TO PUT A NICE LABEL ON A PRODUCT"



"We started collecting people around us that we wanted to work with and we integrated them into the company. It's not all based on money. We employ around 60 people now!"
Johan

"We have learned a lot about our customers. We take the time to discuss the product and what's working or not working. We have control so we can change our product based on customer feedback. This has been a strong point for us."
Hanna

"You can't copy. You must innovate. If you make a great product and it's different to what's in the marketplace, you will sell one product and your customer will sell the next one for you!"
Johan

SOAP SPLASH Look out for Soeder products in all 25hours Hotel rooms. Most hotels will also sell products in the lobby with refill stations too.

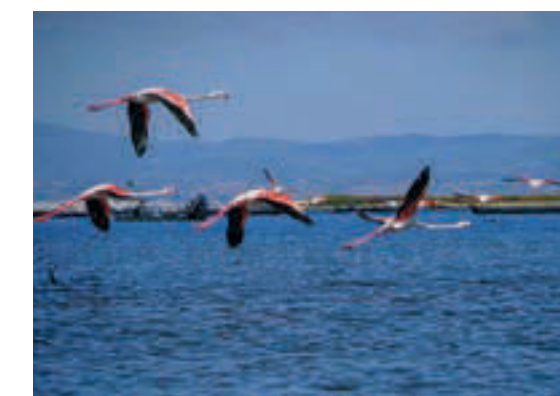


Rewilding hotspot
The Carpathians
Mountains, Romania

Take a walk on the wild side

Green Traveller, Richard Hammond,
takes a look at rewilding in action

Take flight
Flamingos fly across the Evros
Delta in Thrace, Greece



As our flat-bottomed boat glided effortlessly out of the winding channels of the Evros Delta to the open water, our guide, local photographer Nasos Nalbantis, told us to keep an eye on a pale patch on the blue-sky horizon. It looked like a sandbank, but as the boatman, Christos, expertly navigated us closer through the shallow water, we realised that it was a huge group of pale pink flamingos. Still some way off, we watched them for about 15 minutes, then one by one, they started to run flat-footed across the water, eventually taking off and rising to about 10m in the air. Dozens of them flew right past us, their deep pink and black wings beating majestically. (See video footage youtu.be/_Haib19GUOo)

No matter how many wildlife documentaries you've watched, nothing quite compares to seeing spectacular birds like this in their wild, natural habitat. Evros Delta is in the far east of Macedonia where the Evros River meets the Aegean Sea in a thriving mass of lagoons, reedbeds and lakes close to the border between Greece and Turkey. This unique habitat, declared a Ramsar-protected wetland in 1974 to protect it from the threat of drainage works, is home to hundreds of species of birds, and is one of several biodiversity hotspots in the area. Forty miles to the north is the Dadia-Lefkimi-Soufli Forest National Park where an incredible 36 of Europe's 38 species of diurnal birds of prey can be seen – from sparrowhawks and red-footed falcons to imperial and golden eagles. To the west lies the Nestos River, whose crystal-clear water meanders through a particularly dramatic stretch of the Rhodope Mountain range that extends through the north of Macedonia into Bulgaria; at the crossroads between Europe and the Asian continent, it is one of the most biodiverse areas in all of Europe.

It's large-scale ecosystems like the Rhodope Mountains that have become a focus for rewilding – restoring habitats back to how nature intended and introducing keystone species to encourage biodiversity to thrive. Although not a new concept, in recent years, rewilding has recently been identified as a →

Down to business
Forests without Frontiers
volunteers get to work

means to combat both climate change and the biodiversity emergency, on land and at sea, through the storing of carbon in soil, bogs, scrub and trees, and the restoration of seagrass meadows and forests.

Duncan Groassart, Founder and Managing Director of Journeys With Purpose (journeyswithpurpose.org), which arranges for visitors to see rewilding in action in some of the most beautiful places on the planet, says rewilding is a progressive approach to conservation. "We're moving away from traditional conservation, which is about protecting what is left, to rewilding, which is about restoring what we've lost."

Increasingly the income and profile of nature-based trips run by the likes of Journeys With Purpose is helping to fund and publicize rewilding projects. Rewilding Europe Travel (rewildingeuropetravel.com) launched in the summer of 2022 to organise small group tours to many of Europe's rewilding landscapes. Each Rewilding Europe Travel trip includes the cost of a Rewilding Credit that contributes towards the funding of community-based rewilding projects that help biodiversity restoration, supports livelihood development in nature-based economies, and supports climate change mitigation through woodland and peatland restoration projects. An 8-day trip to the Rhodope Mountains in Bulgaria with Rewilding Europe Travel includes three days of expert photography tuition by Bogdan Boev, a local professional photographer, along the riverine habitat of the Thracian Plain, and three days in forest bird hides in wetlands and woodlands along the migration routes by the Maritsa River.



Volunteering holidays
Replanting in Romania

"Rewilding is about restoring what we've lost"



The Carpathians in Romania is another European hotspot for rewilding. Forest without Frontiers (forestswithoutfrontiers.org) and the European Nature Trust (theeuropennaturetrust.com) are working with the Foundation Conservation Carpathia (carpathia.org), that is aiming to establish the largest forested national park in Europe—home to wolves, bears and lynx. Steppes Travel (steppestravel.com) runs a five-day trip to this extensive forest in the Carpathian Mountains that's just two and a half hours drive from Romania's capital. After a day visiting the city of Bucharest, guests are taken by professional guides on a private tour of the conservation area on horseback, including one night in a wildlife hide looking out for bears, boar and deer. The trip costs from £2,295 per person (excluding flights), which includes a £500 contribution to the work of the Foundation Conservation Carpathia.

Further afield, JWP's flagship rewilding destination is the Iberá Wetlands in Argentina where Fundación Rewilding Argentina (FRA) has created a national park that preserves over 700,000 hectares. This September, it is organising a trip to the area led by Sofia Heinonen, Executive Director of FRA who has helped reintroduce the jaguar to the region. The week-long trip involves staying in locally-owned lodges in the heart of the reserve from where visitors spend the days alongside biologists tracking and monitoring wildlife, including giant anteaters, deer, jaguar and macaws, exploring the vast plains by kayak, on foot and on horseback.

These kinds of trips are not merely wildlife watching holidays. As Duncan Grossart explains, "they're impact learning experiences" that provide visitors with privileged access to areas of great natural beauty that stimulate an emotional attachment to the work that is being done, while also providing much needed funds for the local partners to continue to rewild huge areas of natural habitat that's so desperately needed.



Albania

Tourism that makes a difference

Protected areas in Europe where your visit contributes to protecting nature and rural communities

Albania

Divjakë Karavasta National Park
Home to the curly pelican and over 260 bird species, the lagoons of the Divjakë Karavasta National Park are one of the best places to go birdwatching in Albania. Albanian Trip organises day trips as well as 6-day group tours donating 20% of the income to the park's forestation and other much-needed restoration projects.
albaniantrip.com

Croatia

Cres Lošinj Marine Protected Area
See bottlenose dolphins in their natural environment on a dolphin watching boat trip organised by Dolphin Watching Adriatic in cooperation with the Blue World Institute, which is working to protect the marine life of the Adriatic Sea. After the boat trip, visit the Institute's excellent Lošinj Marine Education Centre in Veli Lošinj with interactive multimedia presentations about the marine world.
dolphin-watching.com



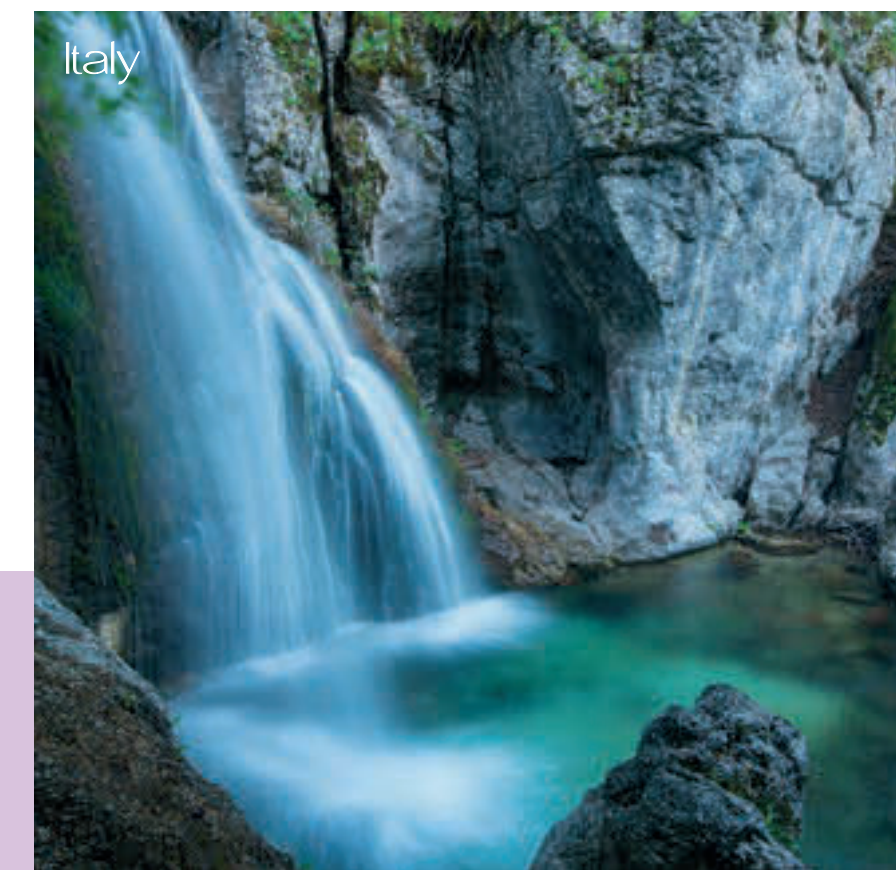
Croatia

Italy

Abruzzo National Park
Explore the wilds of the Apennines in central Italy with researchers from conservation organisation Salvamo L'Orso, which is working to protect the remaining population of Marsican brown bears. Set camera traps, follow bear (as well as wolf tracks) and learn about the organisation's efforts to protect the wildlife. The trip—a collaboration between the European Nature Trust and Steppes Travel—includes a donation to Salvamo l'Orso's conservation work, and features a memorable night in a spectacular wildlife cabin and wine-tasting in the world-renowned Montepulciano d'Abruzzo. Spectacular stuff.
steppestravel.com

Crete

Asterousia Mountain Range Biosphere Reserve
Walk up to the sacred summit of Mount Kofinas (the highest of the Asterousia Mountains at 1,232m) and swim in the crystal-clear waters of the Agiogarago beach on a week-long trip organised by local travel agency Cretan Adventures. You'll stay at the Thalori Ecotourism Retreat—20 traditional houses that are breathing new life into the mountainous village of Kapetaniana, where your stay will help bring much needed income to local producers who supply fresh locally grown produce for the retreat's restaurant.
cretanadventures.gr



Italy

Portugal

Great Côa Valley
Home to growing populations of wild boar, roe deer, red deer, wolf and Iberian Lynx, this biodiversity hotspot close to the Spanish border between the Douro River and Malcata mountain ranges is the location of a week-long trip arranged by Rewilding Europe Travel. They provide a credit for each trip that goes towards funding local community-based rewilding projects. → rewildingeuropetravel.com



Crete



Portugal

Photographs: Cornelia Dörr/Wild Wonders of Europe; Alamy; Forest without Frontiers; Umberto Esposito/Wildlife Adventures;

Plant a tree with 25hours Hotels

Discover how your city stay can help create a new forest, promoting bio-diversity across Europe

Guests who stay longer than one night at a 25hours Hotel have the option to forego having their room cleaned during their stay. By doing so, important resources such as water are preserved, plus the money saved on cleaning goes towards tree planting initiatives around the world.

Those who support the campaign receive small tree pins to populate the forest pinboard in their hotel reception. At the end of the month, all the trees are counted and the corresponding amount is transferred to a local tree planting initiative.

In Germany, Austria and Switzerland, all donations go to Aktion Baum (aktion-baum.org), a not-for-profit reforestation organisation. Trees are planted near the town of Fulda about one hour from Frankfurt am Main to promote biodiversity. Since the start of the collaboration in April 2021 more than 22,440 trees have been donated, revealing how eco-conscious guests are.

In early March, a delegation of 25hours Hotels employees made the journey to the area (seen here), meeting with local foresters, and planting around 250 donated maple trees. Foresters had already planted 15,000 trees.

Lisa Marie Schiefer of Aktion Baum says, "It's so important that when guests check into 25hours Hotels they have the discussion about tree planting. It's important we do something for the next generation."



Digging deep
Hands-on rewilding with Aktion Baum

Photograph: Richard Lohs

Meet me in Vienna

WHY VIENNA IS EUROPE'S GREEN DESTINATION CHOICE FOR MEETINGS AND EVENTS



"Have a creative meeting in a Viennese vineyard"

The Austrian capital of Vienna embodies all the characteristics necessary to be considered as a world leader in sustainable meetings, and not just thanks to its numerous parks and verdant spaces. In addition to excellent infrastructure, meeting facilities, convenient transport links, and an outstanding range of art and cultural offerings, it's also recognized as one of the green cities in the world.

Highest quality of life

Vienna is one of the most sought after places to live and work on the planet. Millions of enthusiastic visitors know what has been confirmed by the international consulting company, Mercer and British news magazine, The Economist. Both have repeatedly awarded Vienna the prime spot in their rankings of the world's most livable cities. Indeed, Vienna has been listed number one by Mercer for 10 years consecutively. The survey compares the

political, social and economic climate, medical care, education, and infrastructure conditions such as public transportation and utilities. The survey also evaluates entertainment and hospitality including restaurants, theatres, cinemas, sports facilities, the availability and high quality of consumer goods, as well as green spaces and environmental conditions.

Easy to get around

In Vienna, you can easily organise a 'walkable congress,' with the majority of hotels, venues and landmarks within easy strolling distance. The city is known for its excellent public transport, the Vienna Public Transport System (Wiener Linien) which currently covers 1,150 km with a reliable subway, streetcar and bus network. Plans for expansion include an additional subway line (U5). Bike sharing (WienMobil), car sharing, e-mopeds and e-scooters are all readily available. The City Airport Train (CAT) takes just 16 minutes from the airport to the city centre and meeting

participants have their own 'congress tickets'. **Oceans of green**

About 50% of Vienna's surface is green space, comprised of parkland, gardens, farmland, vineyards and meadows, a biosphere park and a national park. Vienna's topography is a superb example of a green city where environmental consideration is always high on the agenda. Popular local recreation areas, including Baroque Gardens, Prater Park, Vienna Woods (Wienerwald) and Lobau wetlands, are the perfect places for walks, excursions, hikes and bicycle tours. You can even have a creative meeting in a vineyard with panoramic views of the city before you.

Serious about social responsibility

In Vienna, diversity, inclusivity and social justice are not just buzzwords. Whether it's affordable housing, rainbow family centres, promoting women's rights, reintegration programmes or multilingual information



Plan your event The Vienna Convention Bureau team is your first point of call when it comes to planning a congress, conference, corporate meeting or incentives at Meeting Destination Vienna. Dedicated sustainable site visits give an insight into what the city has to offer including tours of certified venues and local restaurants. Bespoke programmes can be created that put social responsibility at the heart of your agenda.

vienna.convention.at

Photographs: WienTourismus/Mafalda Rakcs, WienTourismus/Christian Stemper



Clothing that cares

If you love fashion but are worried about the effect on our environment, you are probably equally daunted with the prospect of where to start to make enough of a difference. Stylist Michelle Duguid explores ways to dress beautifully without costing the earth

Buy less, love more

It's no secret that the fashion industry needs to improve when it comes to sustainability. When the business model is all about buying into new trends every spring/summer and autumn/winter, or even more often with frequent new clothes drops in high street stores, fast fashion causes huge waste. Without beating ourselves up, how can we reduce our fashion environmental impact? Changing your attitude to shopping is probably the number one solution. Simply buy less. According to sustainyourstyle.com we buy 10 garments while our grandmother bought two. As clothes are so cheap now, we sadly seem to care less for them. It's important to invest in the best quality you can afford and don't buy unless you really love it. If we stop buying the cheap stuff, then brands will improve the quality of everything so that it lasts longer.

We also have to stop throwing our clothes away without thought. Most garments consist of synthetic, non-biodegradable fabrics which end up in landfill or burned rather than being reused. According to earth.org, a rubbish truck full of clothes ends up on landfill sites every second. →



Buy secondhand, swap and rent

We all know how exciting shopping can be and the thrill that comes with wearing a new item. Achieving that fashion rush doesn't mean an item must be brand new. Instead, opt for vintage pieces or renting out one-off items for special occasions.

Over the last few years brilliant resale platforms have popped up. Rental Sites are also a simple way of trying out trends or brands for a special occasion. Some are owned by an existing fashion company like Matches or John Lewis and some are fashionable individuals renting out their favourite pieces such as Hurr Collective and By Rotation.

Don't forget about the humble charity shop. Most of them have a web-shop too. And eBay and Facebook Marketplace are always worth a look. After the success of eBay's partnership with the British reality TV show Love Island, research showed searches for 'pre-loved fashion' on the marketplace have increased by more than 1,400 per cent.

Whether you're a lover of collecting rare designer pieces that you missed first time around, or you want the buzz of finding an original 1970s band t-shirt, it's always worth searching specialist vintage shops in any major city. The brilliant preloved shop Chillie London in west London's Goldborne Road was conceived by thrifting stylists Natalie Hartley and Lydia McNeil during the pandemic and their moto is simple 'RE LOVE. RE WEAR. RE STYLE'. "Our company is not just about having the latest designer vintage but learning how to reuse cool, pre-loved clothing." Community is also at the heart of everything the stylists do, but kindness also plays a massive part in their company ethos. During the very cold start to the British winter, Chillie London offered a free rail of clothes hanging outside their shop for people who didn't have enough money to buy the warm clothes they needed.



Chillie London



Das Neueschwarz Vintage



Lenas Lovely Vintage

Top Resale Platforms

- Vestaire Collective:** vestiairecollective.com
- Vinted:** vinted.com
- The RealReal:** therealreal.com
- Still White:** stillwhite.com
- Thred Up:** thredup.com
- Re See:** resee.com
- Reluxe:** reluxefashion.com
- Net-a-Porter Reflaunt:** netaporter.reflaunt.com
- Lampoon:** lampoon.com

Top Vintage Shops

- LONDON**
- blackout2.com
- circavintage.com
- relliklondon.co.uk
- BERLIN**
- lenaslovelyvintage.com
- [instagram.com/sommerladen_vintage_berlin](https://www.instagram.com/sommerladen_vintage_berlin)
- [instagram.com/dasneueschwarz.vintage](https://www.instagram.com/dasneueschwarz.vintage)
- MILAN**
- shop.biviomilano.it/collections
- COPENHAGEN**
- wearephoenix.dk
- [instagram.com/studiotravel](https://www.instagram.com/studiotravel)
- timesupshop.com

Mother of Pearl



Buy clothes from sustainable brands

One of the most difficult things about trying to be more sustainable is knowing where to shop. Thankfully the luxury retailers are also beginning to take stock and understand that they need to operate with a sustainable focus. Net-a-Porter launched a green platform called Net Sustain in 2019 and since then the number of eco brands it offers has increased by over 450 per cent. The criteria for the Net Sustain is obviously sustainability but also looking at garments that are locally made (at least 50 per cent of a brand's products manufactured within their own community or country) or that they use craft that showcases exceptional, artisanal skills.

Matches also worked alongside environmental consultant Eco Age when launched their Responsible Edit and have their own range called Raey which they market as 'Less is More'. Project Earth and Reselfridges at Selfridges make a bold commitment that 45 per cent of their transactions will be circular (at least one resale, rental, refill, repair or recycled product) by 2030.

For every green shoot of hope though there is always a negative. One designer brand sadly destroyed 28 million pounds worth of old stock as opposed to letting it go on sale at massively reduced prices. This sadly has been very common practice for the luxury brands and this simply has to change.

So how do we know if the fashion names we like align with our green values? Greenwashing is a problem as most brands have jumped on the eco bandwagon and are desperate to talk about the environmental steps they are taking however small. The Norwegian Consumer Authority (CA) found that data used by H&M for example could 'easily be considered misleading', so be cynical at best and do your research.

Happily, there are brands that have the environment at the heart of everything including Mother of Pearl. Creative Director, Amy Powney grew up being taught strong green values. This mindset made her feel uneasy about the devastating effect of fashion on the planet. After winning a coveted Vogue award, she decided to make her collections organic, traceable, use minimum chemicals and produced in the smallest geographical region. 'Fashion Reimagined' is a documentary which follows Amy over her three-year mission to design this collection from field to finished garment. →



Raey at Matches



Raey at Matches



Patagonia at Selfridges



Vega at Selfridges

Upcycle your style

Recycling has always been a problem for the fashion industry as sadly less than one per cent of clothes are being turned into new clothes. A new wave of craft-focused designers, with their hand-stitched patchworks, vegetable-dyed silks and patchwork jersey, are designing to our greener desires and, at the same time, creating great fashion. They're addressing the realities of fashion's environmental impact by using existing materials or dead-stock: taking something old and forgotten and breathing new life into it.

Sustainability has always been at the core of British brand Ahluwalia. Whilst studying for an MA in menswear design at The University of Westminster, founder, Priya Ahluwalia, visited her family in Lagos, Nigeria where she began to see people wearing obscure British clothing. She found out about Aswani Market where second-hand clothes from Europe and the US are sold, and the seeds of recycling were sewn.

Ahluwalia garments are made at female-owned factories and created using surplus as well as recycled and organic materials. For her A/W collection she showed patchwork looks from secondhand garments and track pants made from recycled plastic bottles. She also uses a sustainable viscose fibre material called Ecovero which is derived from certified renewable wood sources. In 2012, Ahluwalia also launched Circulate in a partnership with Microsoft. It acts as a way of crowdsourcing her fabrics as customers can donate old garments that Ahluwalia designs around. QR codes on the brand's pieces allow customers to find out more about what the clothes are made from, where they're made, and how they inspired the designer.

Conner Ives was born and raised in New York. He moved to London in 2014 to attend Central Saint Martins, where he graduated from BA Fashion Womenswear in the summer of 2020 and counted Rhianna as a client even before graduation. From the very start Conner addressed how to make smarter, more responsible clothes, and most of the pieces in the collection are now made from dead-stock or vintage garments. American identity through streetwear and youth culture is always the start of his collections and his upcycled patchwork jersey t-shirt dresses were everywhere last summer. For A/W 2023 he stays close to his eco routes and transforms preloved silk scarves into fringed, bohemian camisoles which will no doubt be a hit too.

Founded by Thailand-born fashion consultant Katie Ruensumran, The Meaning Well is a slow fashion brand which champions a zero-waste philosophy by small-batch, seasonless collections from leftover materials. The London-based label sources dead-stock fabrics from British clothing and upholstery manufacturers, working with local artisans to up-cycle them into voluminous velvet midi dresses, oversized poplin shirts and ruffle-collar jacquard blouses that suit all body shapes and sizes. We love the Damask floral circle skirts and the velvet smock dresses.



Ahluwalia



Ahluwalia



Conner Ives



The Meaning Well

Mending and Maintaining

It sounds obvious, but it's so important. Why buy new if you can look after something you love already? From caring for your cashmere, darning your moth holes in your favourite jumper, washing your denim inside out or just getting a key piece tailored to fit you better, ensures that you will love your clothes for longer and consequently buy less.

Don't forget about the more traditional cobblers and tailors on your local high street. However now more specialised brands are offering this and more! CICON is a circular fashion concierge app, which allows you to digitise your wardrobe and connect you with specialists to extend the life of your clothes. It also calculates the environmental impact of your wardrobe with a smart algorithm, earning you rewards. Sojo is another brilliant app which Vogue calls the 'the Deliveroo for repairs'. Josephine Philips is the founder and her mission is to wean everyone off fast fashion. "We live in a world of make, use, waste," Josephine explains. "A world where we don't value the clothes we own... or the people who make them." You book your service and new life is breathed into your clothes. Sojo has just teamed up with GANNI to offer free tailoring and repairs on their clothes new and old. Go to ganni.com and select 'Ganni World'.



Sojo X Ganni

The Seam is a company offering a one-stop-shop approach to environmental make do and mend,

and have also just announced a partnership with Net-a-Porter. It offers up-cycling, trainer cleaning, handbag and shoe repairs as well as alterations.

As well as offering specialist repairs, top knitter Yakshi Malhotra who has over 10 years experience in the knitwear industry with Alexandra McQueen and DKNY, offers short knitting courses, YouTube tutorials and a monthly membership to learn specialised techniques and gain advice along the way. We also loved Toast's mending workshops both in-store and some online, and now they also have a free repair service including sashiko repair, darning, patching and appliqué.

Top companies for mending clothes

- The Restory:** the-restory.com
- Clothes Doctor:** clothes-doctor.com
- Levi:** levi.com/GB/en_GB/features/tailor-shop
- Tailor & Co:** tailor.es/nuestras-tiendas
- Le Bon Marche:** lebonmarche.com/fr/lbm_gazette-une-nouvelle-vie-pour-votre-jean-upcycling.html
- Patagonia:** patagonia.com/start-repair



Christian Dior

The Future

There are signs that many in the wider fashion industry are listening. Fashion councils are working to rethink the format of the traditional fashion show and minimise its environmental impact. Copenhagen Fashion Week (the Danish capital is now seen as the fifth fashion city) has set out a list of 18 targets for any designer that wants to be part of the event, including ensuring at least half of the collection is made from materials that are certified, up-cycled or recycled. Single-use plastic is banned, show sets should be minimal and all props have to be reused. The other fashion cities haven't followed suit as yet, maybe for fear of curbing creativity, although super brand Christian Dior showed a catwalk surrounded by a magical installation of archive textiles by the Portuguese artist Joana Vasconcelos at its latest show for A/W 2023. A sign that the big fashion houses are taking notice of the eco crisis.

THE FUTURE OF FOOD

Will it all be lab created burgers, LED grown micro greens and uber mushrooms on our plates? And how do we tackle food waste? Rick Jordan investigates

...IS GOING VEGAN

Unless you've been hiding out on an Argentinian cattle ranch, you can't fail to have noticed the plant-based revolution that's been rebalancing the way we eat. And while going vegan has multiple health benefits, it also has an impact on the planet's wellbeing too – as an Oxford University study reported, converting grass into meat is like converting coal to energy, and going vegan can shrink our carbon footprint by 73 per cent.

"I'm convinced that in the future we won't be eating animal products," says Zurich-based chef, food consultant and activist Lauren Wildbolz, who opened Switzerland's first plant-based restaurant in 2008, Vegan Kitchen & Bakery, founded a vegan pastry company, Kubo, after realising that desserts were a particular stumbling block for cafés, and now advises restaurants, hotels and institutions such as Museum Rietberg on how to create interesting, accessible menus, riffing on 'salty, naughty bar food'.

"If we want to know about the future of nutrition we need to look into the past," she explains. "On a recent research trip to Japan I had probably the best meal I'd ever eaten in my life—a temple meal, or shojin ryori, which was completely vegan. I always tell the story of the Buddhist monastery where tofu was invented 2,000 years ago, then leap forward to Silicon Valley and cell-based meat. It's important to know that faking meat with food such as spelt seitan and tempeh has a long tradition, and is vital to change our animal consumption. There's still much to do politically, but with influential chefs such as Daniel Humm going meat-free, more hobby chefs will follow suit." →



Vegan culinary art by Lauren Wildbolz



"I'M CONVINCED THAT IN THE FUTURE WE WON'T BE EATING ANIMAL PRODUCTS"
LAUREN WILDBOLZ,
CHEF & ACTIVIST

Photographs: Walter Pfeiffer; Fabian Häfeli; Shutterstock; Bluu GmbH; Wim Jansen; Elena Seitaridis;



Cooking up lab grown meat



Salmon without the slaughter

...IS CULTIVATED MEAT

Organic, natural food is good and artificial food bad, right? That certainty is being challenged in shiny laboratories around the world, where one sustainable future of food is forming cell by cell. Back in 2013, the first lab-grown beef burger—created by growing cow cells using a nutrient soup—was chomped down in London. It cost US\$330,000. A decade on, a family-run hawker stall in Singapore sold curry and rice made with 'no kill' chicken for around US\$4, and 3D-printed steaks are being championed by chef Marco Pierre White.

Cultivated meats, as they are now known, aren't mainstream yet but they soon will be, satisfying our appetite for meat and seafood without the need for agriculture or slaughterhouse. Singapore has emerged as a leading protein hub, but Berlin is another, with start-ups including Formo (cultivated cheese), Blu (fish) and Cultimate. The latter is working on a zero-cholesterol faux fat that will bring much-needed flavour to plant-based meat alternatives, replicating the intramuscular fat that gives high-quality meat its marbled appearance and releases taste. "We believe that the near future of meat is hybrid—a mix of plant proteins (such as fungi, soy, pea and wheat) with cultivated ingredients such as our fat," says Cultimate's George Zhelezny. "We're bringing the luxury of wagyu beef to everyday consumption."

...IS URBAN FARMING

What's your image of a traditional arable farm? Like a child's school painting, there will doubtless be neat rows of cabbages and peas, carrots and potatoes, and a tractor ploughing the fields. But in cities around the world, vertical farms hidden away underground and behind concrete walls are supplying locals with fresh lettuce, microgreens and herbs, grown using LED lights, AI sensors and robotic gardeners, and using just five per cent of the water required in conventional farming.

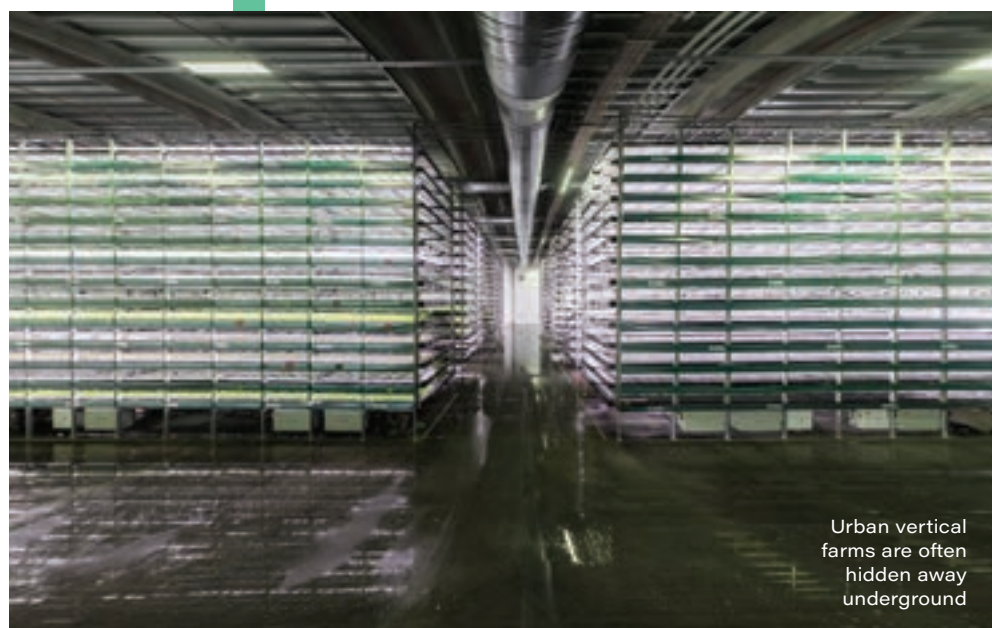
In Hong Kong, a city that imports the vast majority of its food supply, Jessica Fong founded Common Farms in a disused warehouse in an attempt to change the system and reduce food miles. "The pandemic showed what could happen when fresh produce sold out due to a fragile food system," she says—and Hong Kongese will testify as to how fresh her alpine wild strawberries, marigold flowers and ice plants are. Around the world,

Rooftop greens



abandoned factories, landfills and roofs are sprouting green shoots. In Copenhagen—a city which has reduced CO2 emissions by 80 per cent since 2009—the sci-fi Nordic Harvest rises up 14 storeys in the Copenhagen Markets complex, with berries and root vegetables set to be seeded alongside salads soon. And in Paris, the largest urban farm in the world has taken root on the Paris Expo centre near Marais, across 150,000 square feet, with 30 different crops nurtured by cutting-edge aquaponics.

The future of agriculture could be lying below, above and all around us.



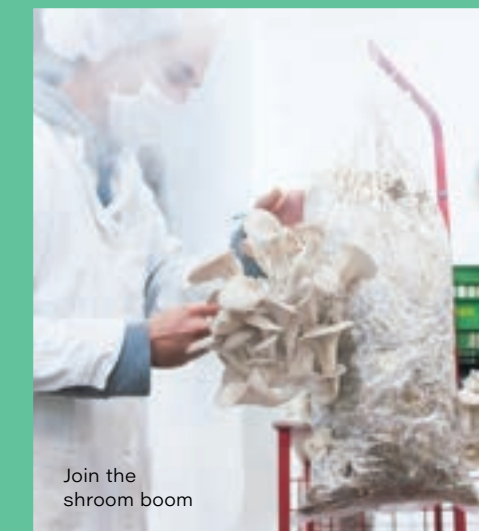
Urban vertical farms are often hidden away underground

...IS GROWING MUSHROOMS

Fungi may have been given a bad rep in recent HBO hit *The Last of Us*, but mushrooms are one of the most beneficial life forms on the planet. Gluten- and allergen-free, packed with nutrients and amino acids, their superpowers are only just fully revealing themselves and the current shroom boom is pollinating everything from interior design to CBD-style adaptogenic boosters. Compared to other proteins, fungi require a fraction of the land and water, and are attracting the attention of innovative start-ups, which see them as a cheap, hyperlocal way to feed urban populations.

In Paris, Cycloponics are shining a light on

the trend of cave gardening, with its La Caverne farm in an abandoned car park harvesting more than 100kg a day of shiitakes, oyster and other mushrooms. In Vienna, urban-agri collective Hut & Stiel are taking discarded coffee grounds from the many cafés and hipster coffee shops and mixing them with mycelium—the network of threads from which fungi grow—to produce oyster mushrooms, while in Hamburg, Mushlabs are upcycling byproducts from the Bitburger Brewery, fermenting them to produce mycelium that can then be turned into umami-heavy, nutrient-rich food. They may like to be kept in the dark, but the future for fungi is sunny.



Join the shroom boom

THEY MAY BE KEPT IN THE DARK, BUT THE FUTURE FOR FUNGI IS SUNNY

...IS REDUCING FOOD WASTE

The facts are unpalatable. Around a third of all food grown globally is binned or lost, and is therefore one of the biggest contributors to greenhouse gas emissions. But communities and individuals are rising to the challenge. The Too Good to Go app, created in Copenhagen, has seeded around the world, linking consumers to restaurants, cafés and shops so they can buy discounted food that would otherwise be thrown away. In Florence, the Senza Spreco collective is doing the same at a more local level, raising awareness in schools and organising events such as Disco Soupe, a cook-up street party with menus using up leftovers.

In Switzerland, protégés of the Lausanne's EHL Hospitality Business School, Naomi MacKenzie and Anastasia Hofmann, founded KITRO, based in Ecublens, with the aim of harnessing the power of data to save valuable resources. Using artificial intelligence, KITRO offers an automated food waste data collection and analysis solution setting food waste reduction targets and identifying possible adaptations in planning, work processes and preparation. Four Seasons Hotel des Bergues Geneva's executive chef identified overproduction on their breakfast budget and took action thanks to KITRO's data, saying, "Sausages, scrambled eggs, boiled eggs, cooked spinach, roasted tomatoes and bircher were all overproduced on a daily basis. By optimising production and changing dish size towards the end of service, reduction in the range of 10% to 50% per individual items were reached."

Meanwhile, in Dubai, restaurants are getting creative to source local produce and reduce food waste, with

BOCA in the DIFC quarter employing its own waste officer to ensure the maximum use of every ingredient—a seed to skin ethos—and Teible at the Jameel Arts Centre creating kombucha, oils and vinegars from off-cuts and stems, and bio-fuel from discarded oil. Both work collaboratively with The Waste Lab, a Dubai-based, female-run start-up turning food scraps into compost for growing ingredients. "We have understood that the only way to regenerate and sustain nature's resources for the future is by empowering individuals and businesses to make a positive impact by building its very foundation: soil," says co-founder Lara Hussein. →



Cheaper food at the end of the day via a food waste app



Disco Soupe food sale

Healthy and hearty goulash soup



Lauren Wildbolz's tasty recipe for goulash soup is a vegan classic that can be scaled and reheated and is ideal for meal prepping. You can also try the recipe with grape juice as an alcohol-free version (70% of the alcohol remains in the food during cooking). Enjoy!

GOULASH SOUP

INGREDIENTS

- 500g organic onion
- 4 tbsp butter-flavoured rapeseed oil
- 3 tsp salt
- 4 cloves garlic
- 3 tbsp tomato purée
- 3 tbsp paprika pulp
- 4 tbsp paprika powder
- 150g spelt seitan
- 300ml vegan white wine, sweet or mellow
- 350g organic potato
- 150g organic carrots
- 100g organic red pepper
- 3 tsp dark miso paste
- 1tsp caraway
- 1tsp marjoram
- ½ tsp thyme

METHOD

- 1 Finely chop the onions in a food processor or grate them finely with a vegetable slicer.
- 2 Put 3 tbsp oil in a hot saucepan. Saute grated onion in it over medium-high heat for 15-20 minutes until lightly browned. Stir occasionally. Once most of the onion water has evaporated, season with 1 tsp salt.
- 3 Finely chop the garlic, add the remaining oil, paprika and tomato paste to the pot, and stir-fry for 1 minute. Stir in the paprika powder and fry for a further 2 minutes.
- 4 Cut the spelt seitan into approx 0.5cm cubes and add, deglaze with wine and 1.75l water and bring to a boil.
- 5 Cut the potato, carrot and pepper into 2cm cubes and add them to the broth with the yeast extract.
- 6 Coarsely grind the caraway seeds and add them to the pot with the marjoram and thyme.
- 7 Cook the goulash soup over medium heat with the lid on for 40 minutes. Remove the cover and reduce the liquid by about ¼ for another 20 minutes.

BOOKS

Christopher Bone from Hay Festival shares highlights from this year's literary programme, all perfect holiday reads

HOLIDAY

↘ In Memoriam

Alice Winn

A gripping debut, In Memoriam tells the love story between two soldiers in the First World War. It's a heart-shattering tale of the tragedy of war and a forbidden romance with characters who stay with you.

Published by Penguin Books

↘ Small Worlds

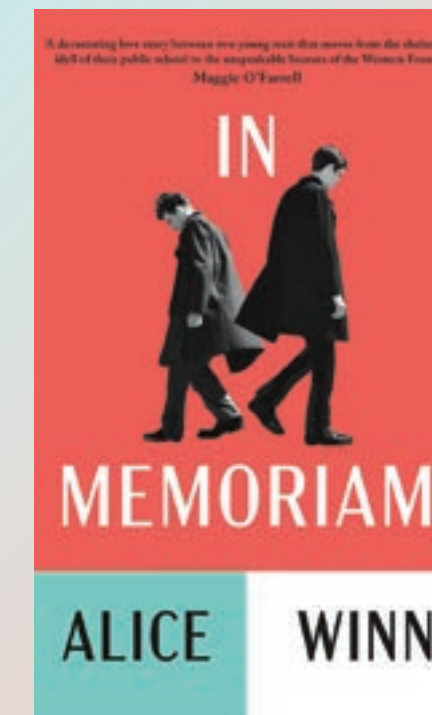
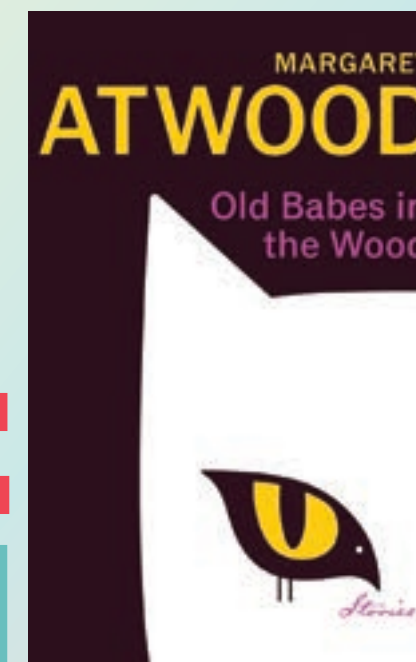
Caleb Azumah Nelson

Set over three summers in London and Ghana, Small Worlds is an exhilarating coming-of-age story of an extraordinary young man written by one of the UK's most exciting new voices.

Published by Penguin Books



TAKE ON



↗ Old Babes in the Wood

Margaret Atwood

A new collection of short stories from one of the most gifted writers in the world, Old Babes in the Wood showcases Atwood's glorious range in full. You will laugh, cry and linger over its treasures.

Published by Vintage

↗ Birnam Wood

Eleanor Catton

From the Booker Prize-winning author of The Luminaries, here is a gripping psychological thriller about a guerrilla gardening group. It's funny, full of big ideas and beautifully crafted.

Published by Granta



↗ One Small Voice

Santanu Bhattacharya

A page-turning novel set in India at the turn of the 21st century. Against the backdrop of violence and prejudice, a young man comes of age while wrestling with universal issues of love, ambition and shame.

Published by Penguin Books



HOLIDAY

Hay Festival 2023 takes place in the book town of Hay-on-Wye in Wales, 26 May-5 June, offering events to inspire and entertain all ages. Tickets are on sale now at hayfestival.org/wales.

On the right track

We celebrate the renaissance of train travel across Europe with a look at new routes and golden oldies. Richard Hammond reports

A new overnight sleeper train service is due to launch in May from Brussels to Berlin. It is scheduled to leave Brussels Midi at 7.22pm and will call at Antwerp, Rotterdam, Amsterdam and Hannover, arriving in to Berlin at 6.48am the following morning. The intention of the owners (a merger between the Belgian Moonlight Express and Dutch start-up European Sleeper) is that from next year, the train will continue south to Dresden and Praha in Slovakia. It's this kind of entrepreneurial innovation that has only come about because of the recent liberalisation of the European Railways, which has opened up the network to competition, particularly along high-speed, long-distance routes previously reserved for national operators. The good news for travellers is that it has paved the way for the renaissance of rail in Europe.

One of the highest-profile competitions that has sprung up since the deregulation has been along the route between Paris's Gare de Lyon and Milan Centrale between Italian operator Trenitalia's high-speed Frecciarossa 1000 trains and France's traditional TGV service. The competition has helped drive down the price. An advanced second-class ticket from Paris to Milan, which takes just over seven hours, now costs from €29 one-way, on both services. In Spain, Renfe's AVE Madrid-Barcelona high-speed route, which takes as little as two and a half hours and costs from €19 one-way, now has three competitors battling it out: Iryo (a consortium of Spanish airline Air Nostrum and Trenitalia), which charges from €14, and two budget operators who charge as little as €7 (Renfe Avlo) and €9 (Ouigo Espana – a subsidiary of France's SNCF). →

Illustrations: Masha Foya

The deregulation has also led to a revival in overnight trains, harking back to the romance of journeys through the night in the 19th and early 20th Century when luxurious locomotives transported travellers in comfort and style to all corners of the continent. The modern-day sleeper may not have the seclusion and opulence of the trains of yesteryear, but many have beds, en-suite showers and dining carriages, and you can either travel with other passengers or in your own compartment. The enduring appeal of an overnight teleport to a foreign destination remains, especially given that many of the fabulous railway terminals of the 19th Century remain in operation today. Many have been modernised, but retain their epic grandeur, such as the immense stone architecture at Antwerp, the huge domed arrival hall at Milan Centrale, and the vast pale sky-blue ironwork at London St Pancras. They are huge, beautifully crafted palaces of a time gone by, artfully restored to cater for the demands of high-speed inter-city transport in the 21st Century.

One of the most comprehensive network of sleeper services is the Austrian railways ÖBB's Nightjet service, which has recently increased its provision of sleeper services to 25 European cities, including Berlin, Dusseldorf, Frankfurt, Hamburg, Cologne, Munich, Vienna, Paris, Florence, Zurich, Zagreb and Split. ÖBB is also working in cooperation with other railway partners to provide 'EuroNight' trains further afield, to Czechoslovakia, Hungary, Poland, Slovaia and Sweden. Travelling overnight by train in this way is hugely popular for city breaks as most railway stations are conveniently in the city centre. Furthermore, railway stations have often been designed as transport hubs connected to bus stations, cycling lanes and other railway stations enabling a seamless transition for onward travel. When you arrive at the arrival station concourse, you pass by bistros, buskers and bike racks, as you emerge into the heart of city life. You already feel like you're travelling like a local.

One of the most exciting developments has been the establishment of rail services between Sweden and Germany with the private rail firm Snälltåget running a service between Stockholm and Berlin, and more recently SJ (Swedish railways) has launched a Euronight sleeper train linking Hamburg with Stockholm, all year round.

With generous baggage allowance, plenty of space to walk around, and dining carriages, it's no wonder there's an increasing demand for long distance rail travel, yet the joy of the journey isn't the only factor to consider when travelling long distance by train. It's also a far more sustainable way to travel compared with driving or flying. The carbon emissions of train journeys are likely to be up to 80% less than flying the same route. For instance, according to online carbon emissions calculator Eco Passenger, travelling by train between Hamburg and Stockholm emits 28.6kg (from Stockholm Central to Hamburg Hauptbahnhof) whereas driving emits 107.1kg and flying (from Bromma Airport to Hamburg Airport) emits 274.6kg.

The liberalising of rail combined with the desire for greener travel means that the future looks bright for train travel in Europe. France and Germany have already announced plans to bolster their rail links between the two countries, including a high-speed service direct between Berlin and Paris in 2024, and there are numerous other long-distance services in the pipeline elsewhere in Europe, including a high-speed rail link between Porto, Vigo and Lisbon. Next year, Midnight Trains intends to launch the first in a network of sleeper trains to more than 10 destinations across Europe, each between 800 and 1,500km from Paris, including Porto, Rome, and Copenhagen. No longer is the romance of rail confined to history, it's very much alive and thriving.

Companion's favourite European train journeys



SWITZERLAND & ITALY

Bernina Express

Marvel at the majestic Swiss Alps on this world-famous four-hour train journey from Chur to Tirano in Italy. Enjoy the sights along the UNESCO World Heritage Site known as the Rhaetian Railway, travelling over bridges and through tunnels as you pass Pontresina up to the breathtaking Bernina Pass, along alpine creeks in view of the Morteratsch Glacier and up through the Upper Engadine lake region. Solis and Landwasser viaducts are particularly spectacular, as are the three lakes, Lej Pitschen, Lej Nair and Lago Bianco. greatrail.com



FRANCE

Lalinde to Sarlat-la-Canéda

There are lots of minor routes on the French rail network that provide spectacular views. One of my favourites is the journey from Lalinde to Sarlat-la-Canéda in Nouvelle-Aquitaine, where the single-track line crosses the Dordogne River several times, including across the stunning seven-arched stone bridge at Mauzac, as the track winds itself through the beautiful countryside to the medieval town of Sarlat-la-Canéda, which reputedly has more listed buildings per square mile than anywhere else in the whole of Europe. snfc-connect.com



SPAIN

Santander to Ferrol

If you're looking for a long-distance scenic train ride, the Ferrocarriles de Vía Estrecha (FEVE) is a six-day journey along the north coast of Cantabria, Asturias and Galicia between the Picos de Europa mountain range and the Mediterranean through 'Green Spain' – so-called because of its beautiful lush landscape. There are over 100 stops providing access to scenic coastal walks and beaches, plus excellent restaurants offering exquisite seafood lunches. renfe.com



NORWAY

Flåm Railway

For those who have a head for heights, Flåm Railway is one of the steepest standard gauge railway lines in the world – ascending almost 886m over just 20km; 80% of the journey runs on a gradient of 5.5%. The trip is only an hour long, taking you from sea level at the head of Aurlandsfjord, one of Norway's most picturesque fjords, passing huge waterfalls and deep ravines up to the high mountains at Myrdal station, 867 metres above sea level, which connects with trains running between Bergen and Oslo. norwaysbest.com



AUSTRIA & ITALY

Vienna to Venice

Travel between these two iconic cities on the scenic Railjet train that includes a leg on the 169-year old Semmering Railway, considered one of the greatest feats of civil engineering from the mid 19th Century. Covering 41 km between Gloggnitz and Murzzuschlag, it passes over 16 viaducts and over 100 bridges. Once past Hochosterwitz Castle, the train wends its way through the mountains of southern Austria and over the Venetian plain. railjets.com



CORSICA

Calvi to Ajaccio

Make the most of Corsica's spectacular mountain-and-sea scenery on the rickety trinchellu (trembling) train. Locals ironically call it the TGV-Train à Grandes Vibrations. Conveniently, you can board a short walk from the ferry terminal at Calvi, where for the first half hour the train snakes round the shoreline to L'île Rousse and then travels alongside fast-flowing rivers and low hills via Ponte Leccia up to the historic fortress town of Corte. Continue south through the Vizzavona forest providing glimpses of valley streams below, before arriving at the port city of Ajaccio. train-corse.com

Photographs: Andrea Badrutt; B Chanet; Nicolas Peyrol/Unsplash; Adobe Stock; O Gomez

Top 10 European Eco Experiences

Choose your favourite positive-impact adventure, as suggested by sustainable travel expert Juliet Kinsman in her new book *The Bucket List: Eco Experiences*

1 Berlin, Germany

Be chaperoned by a refugee in Berlin

Explore top Berlin locations with Syrian refugee guides recently settled in the city on the Why We're Here tour. These tours offer a platform for refugees to share their stories while finding a connection between their new home and the one they left behind. Afterward, dine in a local family-run Syrian restaurant.

2 Brandenburg, Germany

Paddle along Brandenburg's lakes and canals

Leave hectic Berlin behind to paddle around Brandenburg, rich in rivers, lakes, and canals, with approximately 33,000km of waterways. Choose between a day trip or go all out with a 85km week-long kayak adventure around Spreewald, a spectacular UNESCO wetland biosphere.

3 Hamburg, Germany

Toast an urban garden on a brewery roof

Find out how the people of Hamburg strive to make the city a more sustainable place by creating rooftop gardens. Take a visit to the 'movable' St. Pauli gardens or head to the Green Pauli garden atop the ÜberQuell brewery—the vegetables harvested will be used to feed children in a local elementary school.



A different side of Germany
Mudflats of the Wadden Sea



Bird's eye view
The Way of the Dragon
treetop walk in Laax

4 North Sea Coast, Germany

Walk or cycle on mudflats in the Wadden Sea

The Wadden Sea is an ephemeral biodiversity paradise, a 499-km belt of mudflats, sandbanks, and barrier islands, disappearing each day under the high tide. It's one of the last- surviving large-scale intertidal ecosystems—and a rare glimpse of an environment that is normally only found underwater, though sadly, species once common, such as the sturgeon, have now disappeared.

5 Paris, France

Learn how to upcycle

Combine creativity and sustainability on an upcycling course at La Récyclerie, a cultural centre in the 18th Arrondissement. Workshops include bicycle repair, urban gardening, natural cosmetics, and more. There's also an urban farm with chickens and bees, as well as a programme of talks and debates related to climate.

6 Vienna, Austria

Hike Vienna's wine hills

The Wiener Weinwandertag (Vienna Wine Hiking Day) takes place in autumn, when locals and visitors hike around vineyards on the hills surrounding the city. Avoid the crowds and follow the same hiking itineraries, ranging between 5km and 10km, on any other weekend— not all the cellars may be open, but the views over Vienna will be even more enjoyable!

7 Laax, Switzerland

Walk on the world's longest treetop path

Soar over the pine trees in Laax on the world's longest treetop path, measuring 1.5km. The path is called Senda dil Dragun, meaning 'The Way of the Dragon' in the local Romansh language, and includes four platforms with information about the trees along the way. You can also get an adrenaline boost by taking the fast way down—one of the access towers has a spiral slide!

8 Copenhagen, Denmark

Feast in the foodie capital of Scandinavia

Two sights define Copenhagen: long-limbed locals dressed in black cycling sedately through the city, and hosts of restaurants serving everything from haute cuisine to hot dogs. Combine the two with Foods of Copenhagen's Culinary Bike Tour, which will take you from Vesterbro through colorful Christianshavn, hippie outpost Christiania, and the trendy industrial area of Refshaleøen.

9 Rome, Italy

Run down the Via Appia with an archaeologist

These days, walking tours are a dime a dozen—so how about spicing things up with a running tour? The Via Appia is the perfect location for it, as points of interest along this ancient Roman road are quite a distance from one another. ArcheoRunning organizes running tours of the Via Appia and other locations in Rome, like Villa Borghese and the Aqueduct Park, all led by an archaeologist. It's the perfect tour for those wanting to combine culture and sport while keeping emissions low.

10 Arabian Gulf, UAE

Visit a UAE safari paradise

Sir Bani Yas—in particular, the Arabian Wildlife Park—is the crown jewel of Sheik Zayed's desert greening project, which included the planting of millions of trees and the establishment of wildlife reserves.



The Bucket List: Eco Experiences published by Universe, an imprint of Rizzoli

Photographs: Philipp Ruggli, Shutterstock

MAËVA'S MARVELLOUS BIKE TOUR

Parisian Maëva Marie-Sainte shows us her top spots within cycling distance of 25hours Hotel

Welcome to the Gare du Nord neighbourhood! We are in the 10th arrondissement, a vibrant social and cultural melting pot thanks to wave after wave of immigration. This is one of my all-time favourite areas of Paris! Its diversity and multiculturalism is alive and kicking in its boutiques, clubs, concept stores, street art, coffee shops, casual restaurants, and comedy clubs. It offers good value for money, and is an area where every Parisian wants to settle down in their 20s, 30s and 40s. Everything is very accessible by Metro and bus, but more scenically by bike with a good network of cycle lanes.

Happily 25hours Hotel Terminus Nord is located right in front of the Gare du Nord between three different tribes: Canal Saint-Martin (hipster and street arts, urban bohemian and casual chic); Montmartre (touristy and cultural plus the redlight district); and the Place de la République (local boutiques, family-friendly and festive). Join me as I explore my favourite spots by high spec Schindelhauer bikes (pedal power or electric), available for guests of 25hours Hotels to rent. →





1

Marché Saint Quentin

Distance from 25hours Hotel:

Walk: 10 minutes

Cycle: 5 minutes

This cute covered market began in 1866 during Baron Haussmann's modernisation of Paris. It's a great place to feel like a local and connect with other human beings. It's also a place where different generations meet up. Here you see new lovers or friends who have partied hard having coffee and breakfast outside! The iron architecture is typical of this period and the water fountain in the centre is a Parisian landmark. My favourite stall is Au Coeur du Marché, a fromagerie that sells the most delicious goat cheese called Valençay.

paris.fr/lieux/marche-couvert-saint-quentin-5474



3

villemin Garden

Distance from 25hours Hotel:

Walk: 10 minutes

Cycle: 5 minutes

Built on the site of a former 19th century military hospital, this was one of the first public community gardens in the city of Paris. I love it because it's so open and crossing it leads to the canal and its bridges. It's a great idea to buy cheese and charcuterie at the Saint Quentin market, a baguette or two from a Parisian bakery, and enjoy a picnic on the grass.

paris.fr/lieux/jardin-villemin-1798

2

Le Comptoir Général

Distance from 25hours Hotel:

Walk: 30 minutes

Cycle: 15 minutes

Tucked on the banks of the Canal Saint Martin, Le Comptoir Général is one of my favourite places to hang out with my best friends. The atmosphere is exotic. Everyone feels like an explorer here. The decor is a mix between a museum and the Pirates of the Caribbean! The food is good quality, and in the evening the bar offers a smooth lounge area to dance, talk and have fun. I recommend the apple tarte tatin with salted caramel and of course the cocktails with good quality rum from my French Caribbean island of Martinique called Saint James, Clement, JM. Make sure you book in advance, especially if you want to eat. The clubbing dress code is casual chic. Sneakers are allowed but they need to be city sneakers. Now you're all set!

lecomptoirgeneral.com



4

Colors Festival

Distance from 25hours Hotel:

Walk: 30 minute walk

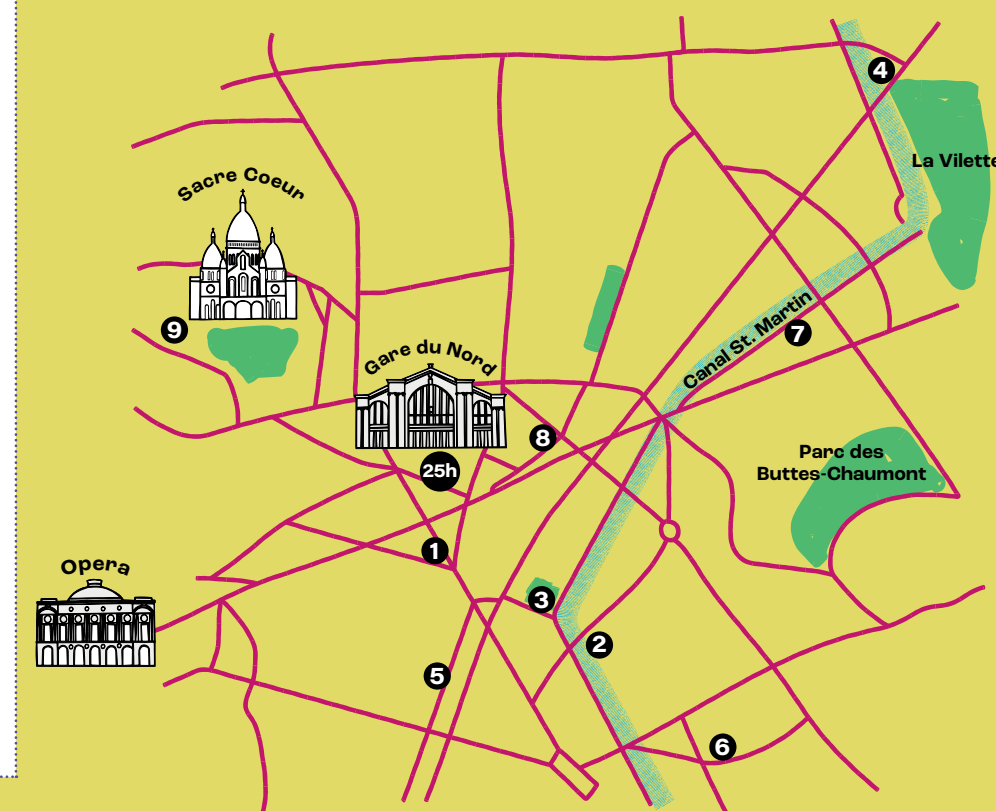
Cycle: 15 minutes

The Colors Festival art exhibition demonstrates how technical street art is, and how talented street artists are from all over the world. To get the most out of your visit, try to get an early ticket so you have enough time to see everything. There's a cafe at the top of the exhibition to reset and refuel. I used to work and guide this street art festival so I got to know the artists and understand their techniques. Special shout out to Sax and Codex Urbanus, and of course Combo (Combo Culture Kidnapper), the founder!

colorsfestivals.com/paris

"Gare du Nord is my all-time favourite"

- 1 *Marché Saint Quentin*
85 bis Boulevard de Magenta 75010
- 2 *Le Comptoir Général*
84 Quai de Jemmapes 75010
- 3 *villemin Garden*
14 Rue des Récollets, 75010
- 4 *Colors Festival*
105 Boulevard Macdonald 75019
- 5 *Le Passage Brady*
46 Rue du Faubourg Saint-Denis 75010
- 6 *La Patronnerie*
51 Rue de la Fontaine au Roi 75011
- 7 *Le Pavillon des Canaux*
39 Quai de la Loire 75019
- 8 *La Caserne*
12 Rue Philippe de Girard 75010
- 9 *Montmartre District*
- 25h *25hours Hotel Terminus Nord*
12 Boulevard de Denain 75010





5

Le Passage Brady

Distance from 25hours Hotel:
Walk: 10 minutes
Cycle: 5 minutes

I love this hidden covered passage as it expresses the local multiculturalism of Paris. Built in 1822, it's literally a little piece of India here in the French capital. Here you'll find authentic Indian produce and tasty, spicy food. My personal favourite purchases are Indian cosmetics and incense.

en.parisinfo.com/paris-museum-monument/100266/Passage-Brady



8

La Caserne

Distance from 25hours Hotel:
Walk: 10 minutes
Cycle: 5 minutes

This former fire station has been transformed into a sustainable clothing design incubator, an ethical restaurant called Ora, and a gateway courtyard. It's just opened so it is mainly used by the fashion students and locals. The beautiful space, and the consciousness about being an ethical consumer, whether that's clothes or food, make it feel very special. I imagine myself organising a 30th birthday party here for a friend of mine this summer.

lacaserneparis.com

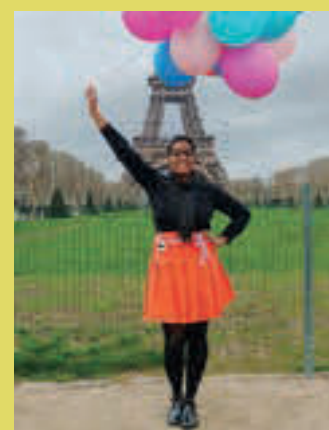
Maeva Marie-Sainte

Parisienne-born and raised, Maëva is a self-confessed shoe addict. "I pick and choose my shoes to wear depending on the weather, my mood, and the kind of tour guiding I'm doing that day!" Since the age of 18 she always wanted to be an official tour guide. She studied French heritage preservation, and now has a MBA degree in tourism and hospitality management, plus the art and French history accreditation that allows her to guide in any national museum including the Louvre. During her time as an exchange student in Germany, she learned to speak German, and also Spanish from her best friend. Maëva also worked in South Africa in an agency for

the WakaWaka World Cup 2010 and in London for the Olympics Games 2012, enhancing her English language skills. She was the first tour guide in Paris to develop electric scooter tours, and created niche guided tours including private street art tours, food and jazz tours. "I work in the sharing is caring, serendipity spirit," says Maëva. "My main goal is to make my guests feel Parisian."

"If I were an animal, I would be a suricate, a hyper-active wild animal that lives in a community, explores its territory (Paris), and loves to tunnel into its burrow - doing my research and reading in libraries or at home!"

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



Photographs: Edwige Estelle Photographie Illustration: Emma Kirkham

"Sit in the bathtub with coffee and cake"

6

La Patronnerie

Distance from 25hours Hotel:
Walk: 30 minutes
Cycle: 15 minutes

This progressive, feminist boutique sells products designed and created by ethical French entrepreneurs. It was founded by Alice and Marieke who use all their skills to help other women to express their power through business. It's all done through the spirit of sisterhood. I developed my tour guide brand, Local Circuit Tours and my electric scooters tours A Day A District in their co-working space. My favourite products are the gorgeous body suits by Superbe (superbeparis.com), the colourful upcycled rings by Kitx (kitx.fr).

lapatronnerie.co/la-patronnerie-shop



7

Le Pavillon des Canaux

Distance from 25hours Hotel:
Walk: 25 minutes
Cycle: 10 minutes

This place was a former lockkeeper's house. It's now a cosy, conceptual restaurant, and a great place to relax and reset after a nice walk along the canal. It's perfect for brunch with friends, a tea time treat, or a very late dinner and drinks in the summer. My tip is to get here early, head to the 'bathroom', and sit in the bathtub for a face-to-face conversation with coffee and cakes! Don't miss the gluten-free and chocolate buttered cookies which melt in your mouth.

pavillondescanaux.com/info



9

Montmartre District

Distance from 25hours Hotel:
Walk: 15 minutes
Cycle: 8 minutes

Montmartre became part of Paris in 1852, previously a place to grow grapefruit and cereal, famous for its windmills. Struggling artists could afford to live here such as Van Gogh, and Renoir. I enjoy the gardens of the Sacré Coeur and the streets near Abbesses metro station home to Le Bateau-Lavoir where Picasso created Les Femmes d'Alger (O.J.) in 1907. I love to walk and explore the boutiques of Rue des Martyrs.

parisinfo.com/discovering-paris/walks-in-paris/montmartre-village-in-paris



The Green Isle

Let peddle power take you around Formentera's green routes. Jane Anderson explores this Balearic isle fighting for a sustainable future

'Bike-friendly Rutas Verdes criss-cross the island'



Ibiza may be the White Isle, but her little sister Formentera is striving to be the Green Isle. Having resisted the temptation to build an airport, happily, the only way to get to this Balearic Island is by water. Gleaming fast ferries bounce over the sapphire blue Mediterranean from Ibiza to reach its mesmerising clear waters, home to precious posidonia (seagrass) - vital for the health of the water and its marine life.

Over recent years, there have been great efforts to protect the fragile posidonia, most effectively by banning private yachts from anchoring in seagrass and damaging this delicate eco system which harbours new marine life and gives the water its iridescence. The island also requests that all visitors pay a sustainable tourism tax which goes towards regeneration projects and asks those arriving with private vehicles in the summer to apply for special authorisation.

Formentera is one of a growing number of places which is deeply aware of the pros and cons of tourism on the environment. This once sleepy island, beloved of hippies and creative souls, is much sought after for its laid-back lifestyle and natural beauty. Talk to locals and they're still shocked by the boom in tourism since the 1960s and 1970s when the first big hotels were constructed, including the Insotel Club Formentera Playa and Riu la Mola. These days, Formentera prides itself on saying no to high-rises, chains and mass tourism with a focus on rural boutique hotels such as Hotel Casbah (hotelcasbahformentera.com) with its white-washed two-storey dwellings, calming and cleverly designed interiors with a hint of the bohemia, and romantic garden restaurant illuminated by fairy lights wound around tall palms.

Local government has also taken care to create 32 'Rutas Verdes' or 'green routes' that criss-cross the island. Running to over 100km, they give the impression of a much larger landmass when you slow down the pace. All are bike-friendly, passing lighthouses, beaches and mighty defensive towers by the coast, or swinging inland by dry-stone walls next to flamingo-dotted salt flats, windmills, vineyards and ancient archaeological sites, with insta-worthy views at every turn.

Choose an intermediate level such as the 9.7km Green Route 11 and you'll zigzag along country lanes through Es Mal Pas, a pretty area of junipers and pines where you'll pass stone villas, white-washed houses with small blue and green windows and mighty fig trees, often propped up to preserve and support their ancient branches. You'll cross the Tor-



Caring for Formentera

Fish

Artisan fishermen have come up with the idea of making Formentera's most traditional food 'peix sec' more accessible by selling it jarred in ecological olive oil with no preservatives. The only ingredients are the fish, olive oil, sea salt and the island sun. This family business enables them to work in the winter when tourism quietens down.

peixsec.com



rent de S'Alga, a flash flood gully that drains rainwater away to the sea. The old dry docks here have been declared an Asset of Cultural Interest. Fish are hung out to dry in the sun on the bare branches of junipers and then used to make a local dish known as 'peix sec'. Catch magnificent views over El Pilar de la Mola and the Migjorn coast, before the route heads southwards to meet the long straight of road towards Es Cap and its lighthouse - Far de Barbaria built in 1967 and star of the film Sex Y Lucia. It's a joy to freewheel the long tarmacked path down to the lighthouse with miles of low-rise vegetation either side and the mighty Mediterranean beyond, letting gravity take you to the most remote part of Formentera, and the most southerly part of the Balearics.

You can rely on old-fashioned peddle power or for more ease, hire an eBike from Rent ebikes with Moto Rent Pujols (00 34 971 322115). If you want an insight into local life and heritage, book an electric bike tour with Formentera EBike Tours (3 hour tour costs £60 per person, formenteraebiketours.com) run by local Bartolo Torres who will reminisce about the way things used to be and how island life has changed, despite the beauty that is still all around. He'll take you out to Cala en Baster with its stunning sea views and sandy caves, and up to 18th century watch towers used to spy for North African pirates. When spotted, a fire would be lit at the top as a warning signal. The old salt flats are also a must-see. Once harvested in the 1950s and 60s, they're now abandoned, but ethereal in their delicate pink shimmer.

One of the most beautiful cycles is to Playa de Illetes, where a 1 km boardwalk offers epic sunsets and views of Ibiza and its iconic Es Vedra rock, thought to have mystic healing powers. The rich and famous, from footballers to supermodels, come to dine at Es Ministre (restaurantesministre.com).

A Green Route tour shows you the diversity of this precious island. Bartolo brings along sustenance in the form of figs, dried and soaked in water and aniseed. All juicy and squashed together, they come from the 100-year-old plus fig trees on his farmland, owned by his family for over 70 years. Amongst the beauty of his island home he offers a stark climate warning, saying, "It's getting harder to grow crops such as cereals, tomatoes, peppers, potatoes and onions as there is less and less rainfall every year."

The message is clear. Come to Formentera, but respect nature.

Jewellery

Enric Majoral has been making jewellery inspired by Formentera's natural environment since the 1970s. Majoral is now a byword for sustainable jewellers crafting artisan jewellery inspired by the Mediterranean. The new Posidonia collection is inspired by the neptune



seagrass which gives the water its signature bright blue colour. majoral.com

Clothes

Coser I Cantar is a handmade sustainable fashion label where one-off garments are created from vintage linen, lace tablecloths, slips and soft, old towels. Many are stitched together and coloured using natural dyes such as marigold. Find the Coser I Cantar (Sewing and Singing) stall at Mola hippie market every Wednesday and Sunday from 4.40pm to 10.30pm in summer. [Instagram: coser_i_cantar](https://www.instagram.com/coser_i_cantar)





➤ **SUSTAINABLE SOUNDS**

Aarhus-based Kreatfunk is one of the greenest tech companies around. Its new Stone range is made from fibro-concrete that's kind to the planet. These aGO Stone speakers are small enough to fit in your pocket and available in soft sorbet colours, €49.95.

kreatfunk.com

➤ **BRIGHT IDEAS**

Tom Raffield has mastered the art of wood bending and his latest creation is the Enka dome pendant which honours the partnership between sustainably sourced, steam bent wood and tactile, earthenware pottery. €335.

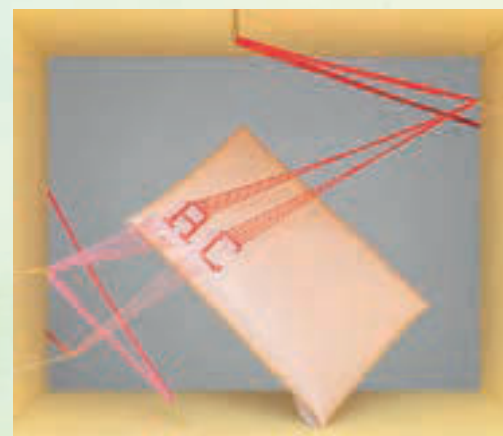
tomraffield.com



➤ **A STEP IN THE RIGHT DIRECTION**

Certified B Corp Vivobarefoot has launched a new hybrid hiking boot, the Tracker Decon FG2, designed for urban living and the great outdoors - connecting your feet to the earth. Wearers can use Vivobarefoot's Revivo platform to remake and rewear their shoes. €158.

vivobarefoot.com



➤ **SEW WHERE YOU GO**

All Chasing Threads stitchable travel accessories are inspired by a love of adventure and a life-long obsession with crafting and customisation. We love this Stitch Laptop Sleeve in dusty pink, €45.

chasingthreads.com

**WASTE
NOT
WANT
NOT**

Help reduce your carbon footprint whilst increasing your style with these mindful eco products



➤ **HELLO SUNSHINE**

Izipizi sunglasses are designed to make you smile, with their cool designs and colours, and their commitment to sustainability. We love the new Izipizi Daydream Sunglasses collection from €40.

global.izipizi.com



➤ **FIND YOUR WAY**

Italian design collective Palomar takes caring for the planet and travel seriously. Its Crumpled City™ Maps are the lightest maps in the world. Indestructible, soft and waterproof, they can be crumpled, and even crushed into a ball. Choose your city! €14.

palomarweb.com



➤ **WATER AID**

Turning river plastics from the heart of Zurich into upcycled clothing, we love Round Rivers colourful swimwear including this rainbow effect - made from 100% Swiss waste and produced entirely within 140km of the source. Swimsuits from around €125.

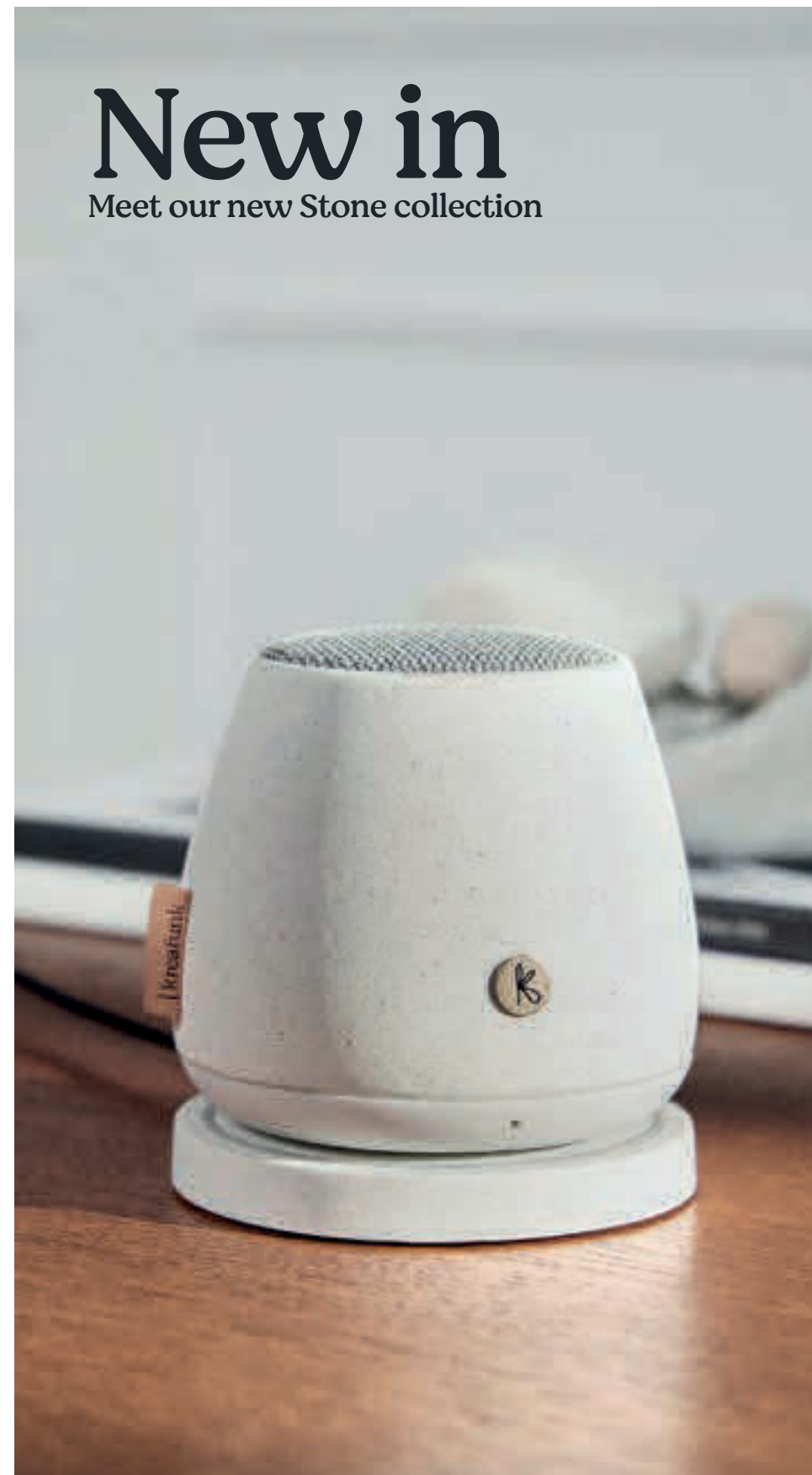
roundrivers.com



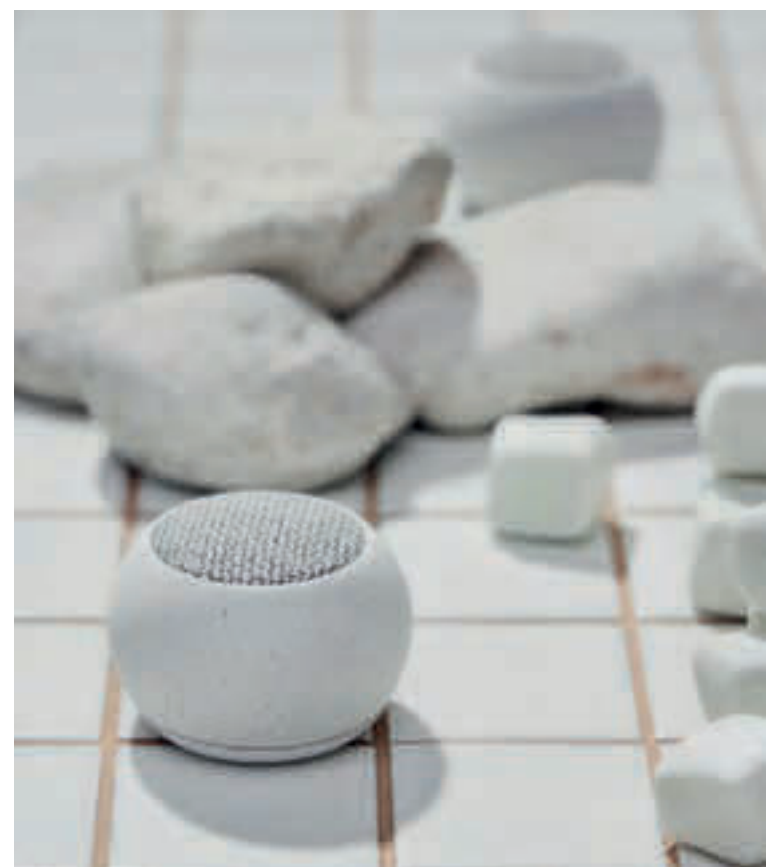
➤ **THE REAL RIP-OFF**

The guys at Zurich-based bag makers, Freitag, are embracing imperfection by turning their tarps inside out and putting the focus on the spots where the rip-off tarp straps used to be. Genius! F201-X Pete is hardy and versatile, €205.

freitag.ch



New in
Meet our new Stone collection

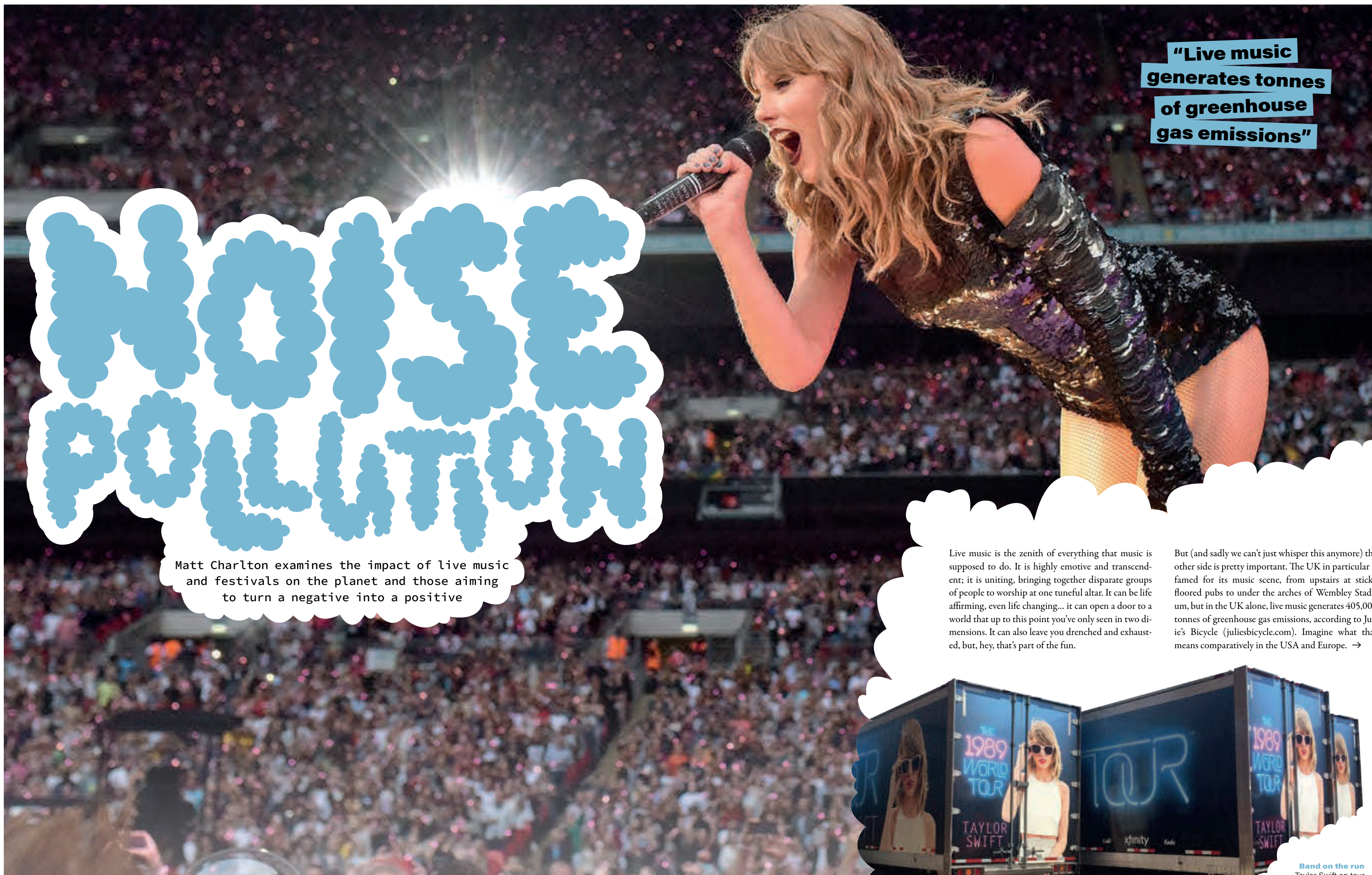


Kreatfunk aims to be the greenest tech around!

Kreatfunk stone series is made from fibro-concrete, it has a natural, authentic eco-friendly substance that is kind to the planet. Like nature, each product is unique and has its own expression. The surface is raw and will, in time, achieve a unique patina. It hasn't had any surface treatment or chemistry, so its use and surroundings will naturally affect the material.

In addition to the Stone series, Kreatfunk already produce all other products in 100% recycled plastic, boxes in 100% recycled paper, soy ink printing, and textiles made from 99% recycled plastic bottles. All import transport will be CO2-neutral as they use biodiesel. Finally, they will also continue to support environmental projects with donations based on sales.

kreatfunk
for every moment



"Live music generates tonnes of greenhouse gas emissions"

POISON

Matt Charlton examines the impact of live music and festivals on the planet and those aiming to turn a negative into a positive

Live music is the zenith of everything that music is supposed to do. It is highly emotive and transcendent; it is uniting, bringing together disparate groups of people to worship at one tuneful altar. It can be life affirming, even life changing... it can open a door to a world that up to this point you've only seen in two dimensions. It can also leave you drenched and exhausted, but, hey, that's part of the fun.

But (and sadly we can't just whisper this anymore) the other side is pretty important. The UK in particular is famed for its music scene, from upstairs at sticky floored pubs to under the arches of Wembley Stadium, but in the UK alone, live music generates 405,000 tonnes of greenhouse gas emissions, according to Julie's Bicycle (juliesbicycle.com). Imagine what that means comparatively in the USA and Europe. →



Band on the run
Taylor Swift on tour

Internationally, major tours can have up to 60 trucks moving equipment all over the world, with the biggest acts including, as we have recently learned, Taylor Swift, using private jets to keep up with their hectic schedules. This burns 40 times as much carbon per passenger as regular commercial flights. It is never quite as noticeable as at large scale events, the swarm of humanity, the queues, the dreaded toilets, the multiple food trucks with hungry music fans waiting...

With something apparently as socially conscious as the music industry being such a significant culprit in an issue so critical, it's clear something has to change. But how can this balance be struck whilst maintaining a healthy live music scene, something that isn't just the lifeblood of a healthy cultural life of any country, but fundamental to the economy too?

Øya Festival (oyafestivalen.no) in Oslo may be getting closer to the solution. It purports to be one of the most sustainable festivals in the world, and has been run on entirely renewable energy since 2009. "Live music is super important, and always will be," Tonje Kaada, the festival's CEO, tells me, "but we all have to try to minimise our footprint, but we also have to remember that we have a unique position that can be used for good stuff. Musicians and promoters have a voice that can be used to raise important world issues, and festivals and concerts are great arenas to showcase sustainable



solutions and inspire fans and partners. We can create a positive engagement that very few other businesses can, because of the unique experiences and connections that live music can give people."

Speaking of big platforms, Coldplay recently told BBC news that they have put their plans to tour on hold to work out how it can be "not only sustainable [but] how it can be actively beneficial". Lead singer Chris Martin is determined to have a 'positive impact', with dreams to have no single-use plastic on tour and largely solar-powered shows. Martin has expressed that he and his bandmates "would be disappointed if it's not carbon neutral".

"Billie Eilish is partnering with Reverb to reduce her environmental footprint"

Photograph: Getty Images/Gareth Cattermole; Getty Images/Kevin Mazur; Alamy; Nathanael Reboucas/Unsplash; Helge Brekke; Jane Anderson; Anthony Ghinassia; Alec Andreev

He's not alone in this. Billie Eilish is partnering with Reverb (reverb.org), an online platform spearheading what they call the 'Music Climate Revolution' working to reduce her tours' environmental footprint, engage fans in climate action, and support non-profit organisations and climate projects.

Massive Attack worked with the Tyndall Centre for Climate Change Research (tyndall.ac.uk), and earmarked six emission-reduction modules to trial on their 2022 tour. Artists with this level of profile are an integral factor in convincing people to change their habits and consider the environment.

Øya Festival's Kaada agrees, "I think it's super-cool to see an artist like Billie Eilish using her platform to speak up against the climate crisis, showcasing green solutions at her tour, and giving her voice to other young climate activists." He continues, "We have a unique opportunity to inspire not only the audience, but our partners and other businesses, festivals and the industry. I also believe doing things in a sustainable way improves the quality of the festival for our customers and everyone involved. It gives meaning, and it's an integrated part of what we want to be."

But herein lies the contradiction. When I, as a music journalist, travelled to Øya last year to be greeted with a gorgeous Scandinavian summer, sustainable cutlery,



"Massive Attack earmarked six emission-reduction modules"

pedestrianised infrastructure, and carbon offsetting, I took a plane (it is important to state that 98% of the audience arrive by walking, biking or using public transportation). Artists will still need to reach several festivals in good time, meaning more planes and private jets; crowds will gather in concentration, meaning carbon emissions. There is still a need to balance sustainability with musicians' need to tour, and the public hunger for live music.

It is, then, often awkward and sometimes plain difficult, like every other aspect of attempting to negate climate change whilst trying to lead a relatively normal life. Only, this attempt is more visible, often standing on the stage in front of thousands of people who just want to dance. But Coldplay have that covered too. They've installed kinetic dancefloors, so a jumping reveller can be an energy source... maybe not during 'Sparks', but try stopping them with 'Viva La Vida'. I wonder, then, what Øya has planned next? "We will keep focus on sustainable food, and keep on working to get our emissions from transport down", says Kaada. "But just as importantly, we will keep on sharing and gathering knowledge, creating and showcasing new solutions, and giving our voice to some causes important to us." But with Blur headlining this year, maybe they should order some kinetic dancefloors for when they play 'Song 2'. That's some serious pogoing energy right there. Woo, and indeed, hoo.

TOP FIVE FESTIVALS THAT CARE

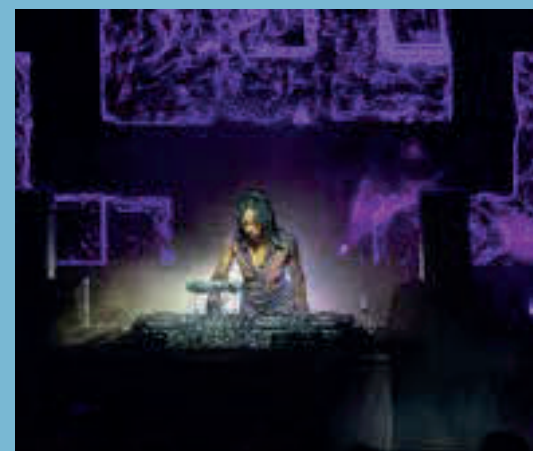
Our top five festivals that consider their impact on the environment along with fun times



Øya

Oslo, Norway
8th - 12 August

A very special time indeed, and set right in the middle of one of the coolest cities in Scandinavia. Oslo comes alive when Øya is in town, and the Moomin Valley-esque site provides a beautiful backdrop to a wholesome yet hedonistic time. Over 90% of all food served is organic, and almost 40% of the 100,000 portions of food sold is meat-free, the waste is minimal and the site is always spotless. Musically, 2023 is a doozy. Blur, Amyl and the Sniffers, FKA Twigs and Sigrid all play this year. It's a Nordic-based music extravaganza too good to miss. oyafestivalen.no



Terraforma

Milan, Italy
9th - 11th June

One of the few festivals that doesn't believe in 'growth at all costs', Terraforma has actually chosen to reduce capacity this year. Taking place in woods just outside of Milan, the stages are made out of wood, and designed to have as minimal impact on the environment as possible. There are recycling stations, green stewards, durable cups, and all dinnerware and cutlery is 100% biodegradable. They even have electric fleets for artists and their teams. This year's line-up features Paris-based Aho Ssan and New York free jazz artist, Dawuna amongst many other talented artists. terraformafestival.com



Latitude

Suffolk, UK
20th - 23rd July

In a picturesque corner of the Suffolk countryside, this genteel boutique offering features rolling hills, enchanted forests, and pink sheep. They have committed to the Vision 2025 pledge, working towards a 50 per cent reduction in event related greenhouse gas emissions by 2025 (from 2014 levels). They see it as their responsibility to preserve the live music experience for generations to come. None other than Pulp is headlining this year, along with Paolo Nutini, Metronomy, and the Proclaimers, who have already saved on transport emissions by walking 10,000 miles. latitudefestival.com



We Love Green

Paris, France
2nd - 4th June

In 2011, the WE LOVE GREEN festival dared to combine beats and beets, decibels and falafels, artists and activists, talk shows and light shows, think tanks and renewable energies. Taking place in the towering trees of Vincennes Woods, brushing up against the Paris orbital, this boundary-pushing independent festival is sure to provide some sustainable joy de vivre, with non-too-small headliners such as Little Simz, Honey Dijon, Bon Iver and Phoenix. And it's not just music. There's sport, art, talks, and comedy too. Hopefully the jokes aren't recycled. welovegreen.fr



NorthSide

Aarhus, Denmark
1st - 3rd June

You can always rely on a Danish summer to provide a good time, and the unique NorthSide really leans into the Danish mantra of squeezing every little bit of pleasure out of those special moments. Denmark's most sustainable festival, NorthSide is dedicated to raising the bar with new, green initiatives. All food is plant-based and 100% organic, and there is no bottled water. In 2022 NorthSide was the first major festival in the world to run on 100% green electricity. Headliners this year include First Aid Kit, Madrugada, Sam Fender, and a little band called The 1975. northside.dk



Jane Anderson caught up with Berliner Bahnhof founders Joerg Meyer and Rainer Wendt to hear about Hamburg's vibrant food 'n' drinks scene

Above: Jörg Maeyer, Thorsten Gillert, Klaus-Peter Popp und Rainer Wendt Below: Tasty spaghetti with anchovy and egg



Hungry

When asked about the restaurant and bar scene in Hamburg right now, Joerg Meyer and Rainer Wendt's immediate reactions are in unison, "WE LOVE IT!"

"Currently there is a boost in very cool urban hospitality in Hamburg," enthuses Joerg. "We love the local Thai food bar and restaurant Jing Jing, the cozy but super creative Bā Nomu, the stunning views from the rooftop Puzzle Bar, or the Nordic-style, five-star wine bistros like XO Seafoodbar. What we love most is the breaking up of that classic separation between bar and restaurant. Plates become smaller, and drinks more important."

Joerg and Rainer have recently put all their food and drink know-how into creating the Berliner Bahnhof restaurant and bar, located in the Deichtorhallen Hamburg, one of the leading modern art museums in Europe.

Rainer has his own very successful restaurant in Hamburg, the Café Paris. And right opposite Joerg has his bar, Le Lion. Together they put their creative and entrepreneurial skills into creating the concept behind 25hours Hotel Das Tour restaurant and bar concept The Paris Club in Düsseldorf.

"At Berliner Bahnhof we combine the enjoyment of modern art with the appreciation of good food and drinks. Besides that, we want to establish a modern gastronomy in one of the most upcoming districts of Hamburg."

The concept is based on the large coffee houses, bars and restaurants of southern Europe. The kind of gastronomy where you stop by for an espresso in the morning, come for lunch at noon and enjoy cocktails and wine in the evening with a bite to eat.

Joerg adds, "For us it is exactly the right time to create gastronomic places again. The pandemic has left its mark with lockdowns, working from home, and keeping your distance. People are hungry for encounters and a good time again."

"And we already have a lot of fans for our popular spaghetti bolognese served with pancetta and green pepper. Yet even if the consumption of meat is very tasty, we all have to find a way of reducing the production of meat," says Joerg.

"We currently have five vegetarian and seven vegan dishes on our menu. Our signature dish is the vegan tartare with seaweed caviar and small baked potatoes."

There's a wide range of international wines by the glass and a large selection of cocktails. A must try is the 'Berlini', a variation of the Bellini with pear purée, Chinotto Nero and Crémant. Book your spot at the bar now!



Berliner Bahnhof is based at the Deichtorhallen Hamburg



Photographs: Philipp Reithner

Hamburg

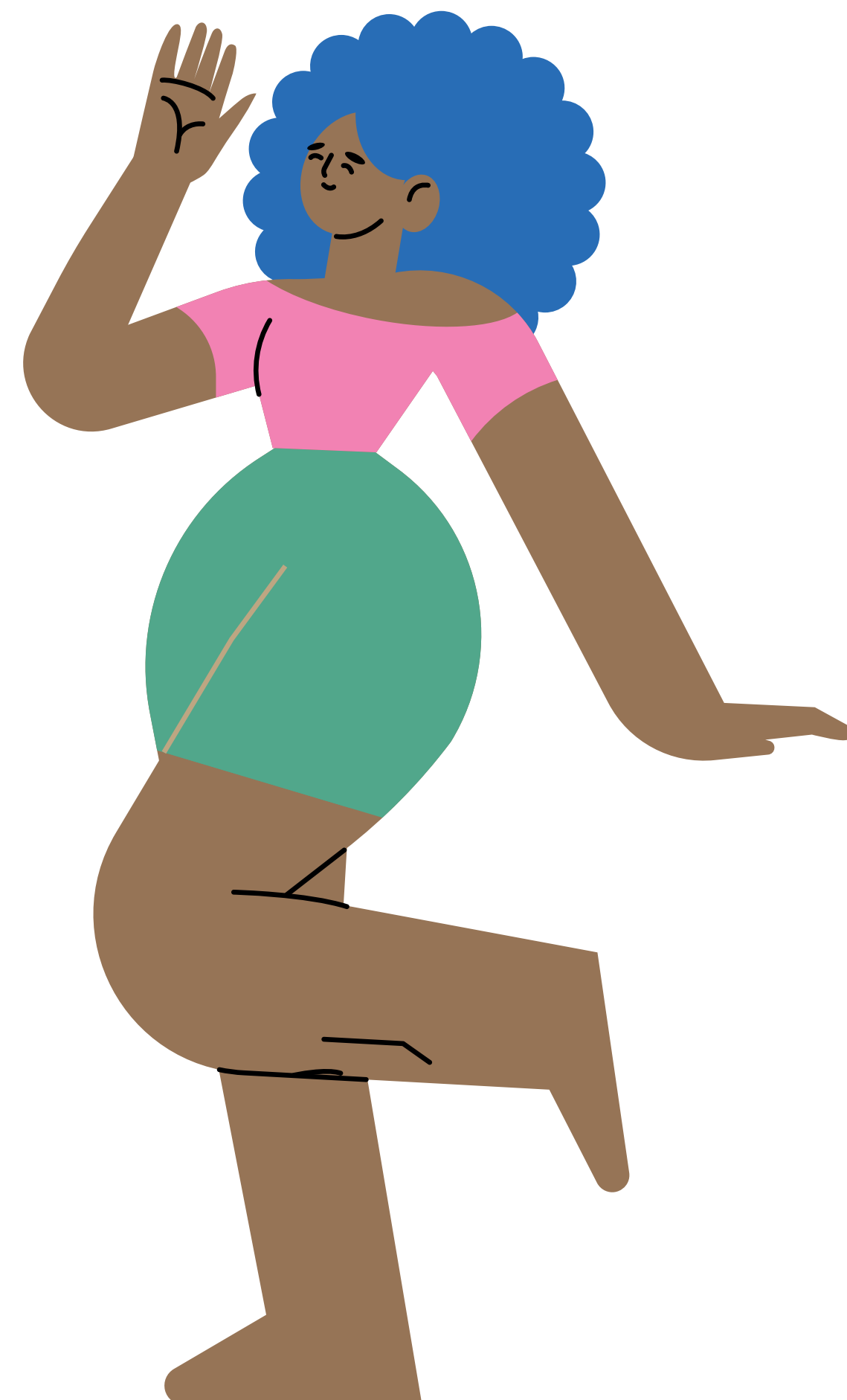
Caring for plate and planet

Berliner Bahnhof practices the sustainability standards that are common today: no disposable tableware, no superfluous packaging and energy efficiency. The restaurant also has a choice of vegetarian and vegan dishes.

for

INDEX

EX



AUSTRIA

Vienna

25hours Hotel at MuseumsQuartier Austria
Lerchenfelderstrabe 1-3

Burg Kino
Operring 19

Museum of Applied Arts (MAK)
Stubenring 5

Panorama Vienna
Freudplatz 4

Soeder
Stadelhoferstrasse 8

Vienna Museum of Technology
Mariahilfer Str. 212

DENMARK

Copenhagen

25hours Hotel Indre By Copenhagen
1112 Copenhagen K

AIRE Ancient Baths Copenhagen
Ny Carlsberg Vej 101

Cinematket
Gothersgade 55

DUBAI

Dubai city

25hours Hotel One Central Dubai
Trade Center Street

Cinema Akil
Warehouse 68, Al Serkal Avenue

FRANCE

Paris

25hours Hotel Terminus Nord Paris
12 Boulevard de Denain

La Caserne
12 Rue Philippe de Girard

Colors Festival
105 Boulevard Macdonald 75019 Paris

Le Comptoir Général
84 Quai de Jemmapes

Joia Bun
6 Rue de la Michodière

Le Louxor
170 Bd de Magenta

La Patronnerie
51 Rue de la Fontaine au Roi

Le Passage Brady
46 Rue du Faubourg Saint-Denis

Le Pavillon des Canaux
39 Quai de la Loire

Marché Saint Quentin
85 bis Boulevard de Magenta

Villemin Garden
14 Rue des Récollets

GERMANY

Berlin

25hours hotel Bikini Berlin Berlin
Budapesterstrabe 40

Cold War Museum
Unter den Linden 14

Hoxton Hotel Charlottenburg
Meinekestraße 18-19

Kante Restaurant & Bar
Skalitzer Str. 64

Kino Babylon
Rosa-Luxemburg-Straße 30

Cologne

25hours hotel The Circle Cologne
Im Klapperhof 7-23

Weisshaus Kino
Luxemburger Str. 253

Düsseldorf

25hours hotel Das Tour Düsseldorf
Louis-Pasteur-Platz 1

Black Box Cinema
Schulstraße 4

Frankfurt

25hours Hotel The Goldman Frankfurt
Hanauer Landstrabe 127-129

25hours Hotel The Trip Frankfurt
Niddastrabe 56-58

Mal Sehn Cinema
Adlerflychtstraße 6

Hamburg

25hours Hotel Altes Hafenam Hamburg
Osakaallee 12

25hours Hotel HafenCity Hamburg
Überseeallee 5

Berliner Bahnhof
Deichtorstraße, 1-2

Munich

25hours Hotel The Royal Bavarian Munich
Bahnhofplatz 1

Museum Lichtspiele
Lilienstraße 2

ITALY

Florence

25hours Hotel Piazza San Paolino Florence
Piazza di San Paolino, 1

Angel Rooftop Bar & Dining
Via Calimala, 2

Cinema Paradiso
Piazza di S. Paolino, 1

Todo Modo Bookshop & Café
Via dei Fossi, 15/R

Italian Alps

Mandali Retreat
Via Belvedere, 2, 28898 Quarna Sopra VB

SPAIN

A Coruna

A Coruna Museum of Fine Arts
R. Zalaeta, 2

Formentera

Hotel Casbah
Lugar Platja de Migjorn, s/n, 07860 Sant Francesc Xavier

SWITZERLAND

Zurich

25hours Hotel Langstrasse Zurich
Langstrasse 150

25hours Hotel Zurich West Zurich
Pfungstweidstrasse 102

Riffraff Cinema
Neugasse 57-63

Saftlade
Münstergasse 31

Soeder
Hohlstrasse 418

UNITED KINGDOM

London

Stanfords Bookshop
7 Mercer Walk
stanfords.co.uk

Chillie London
40 Goldborne Road

UNITED STATES OF AMERICA

Durham, North Carolina

21c Museum Hotel Durham
111 North Corcoran Street

Nashville, Tennessee

21c Museum Hotel Nashville
221 2nd Avenue North

MASTHEAD



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

↳ 25hours-companion.com

Executive VP Brand Marketing, 25hours Hotels
Bruno Marti

Director of Brand and Content, 25hours Hotels
Anna Oetjens

Editor
Jane Anderson

Art Director
Emma Kirkham
emmakirkham.com

Sub Editor
Rebecca Smith

Photographer
Edwige Estelle

Illustrators
Masha Foya, MrGlen

Writers
Jane Anderson, Matt Charlton, Michelle Duguid, Richard Hammond, Rick Jordan, Juliet Kinsman, Maëva Marie-Sainte

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

Photograph: Richard Lohs

BRUNCH

TIPSY BRUNCH AT NENI KØBENHAVN

Enjoy a rich buffet of hearty à la carte dishes, a sweet buffet and unlimited Sparkling Wine, Bloody Marys and NENI signature cocktails. Once a month, the Brunch is also accompanied by live music or DJ.

Every Saturday
DKK 395 per person
nenicopenhagen.dk
[@neni.copenhagen](https://t.me/neni.copenhagen)

NENI København
at the 25hours Hotel
Indre By
Pilestræde 65
DK-1112 Copenhagen



NENI Copenhagen

LIFE IS BEAUTIFUL.

Every Sunday, NENI Paris offers an all-you-can-eat buffet-style brunch with high-quality sweet and savoury products. The rich breakfast buffet is complemented with products from the Tel-Avivan cuisine of the Molcho family. Try the shakshuka, for example. For children, there is a dedicated area with games of all kinds.

Every Sunday
EUR 39 for adults
EUR 19 for children (under 12)
NENI Paris
at 25hours Hotel
Terminus Nord
12, Boulevard
de Denain
75010 Paris
neniparis.fr
[@neni.france](https://t.me/neni.france)

CHE DELIZIA! BUONISSIMO!

RIBELLI INVITES YOU TO AN EXTENDED BREAKFAST ON SATURDAYS AND SUNDAYS. IN ADDITION TO THE RICH BREAKFAST BUFFET, THERE'S BRIZZA (BREAKFAST PIZZA).

SATURDAYS & SUNDAYS 7 - 14H
EUR 36 PER PERSON

RIBELLI VIENNA*
AT THE 25HOURS HOTEL AT MUSEUMSQUARTIER
LERCHENFELDER STRASSE 1-3
1070 VIENNA

RIBELLI-RESTAURANT.COM
[@RIBELLI_RESTAURANT](https://t.me/RIBELLI_RESTAURANT)

*SOON ALSO AT THE RIBELLI ZURICH
FOR 45 CHF PER PERSON



RIBELLI, Vienna

mmmmmmhhh yummy.

Breakfast at NENI Zurich with Zurich cheese and oriental shakshuka. A fine selection of hot and cold dishes awaits you, as well as Swiss and oriental delicacies. And who could say no to cheese from the Zurich Oberland, eggs, bacon, shakshuka, humus, labané and many other oriental specialities on a Sunday morning? Unlimited prosecco is included in the brunch.

Saturday + Sunday
10 - 14h
CHF 55 per person

NENI Zurich
at the 25hours
Hotel Langstrasse
Langstrasse 150
8004 Zurich

neni.ch
[@neni.zurich](https://t.me/neni.zurich)



ERNST, Dubai

Geruus!

Treat yourself to a lavish buffet of authentic Bavarian cuisine and free-flowing beverages. Classic German dishes will be served as part of the buffet style brunch menu. For mains, guests are treated to stations with chicken, meat and sausages, alongside crispy pork knuckles and Weisswurst. A sweet ending follows – apple strudel with ice cream and Kaiserschmarrn apple sauce and berry compote.

Saturdays
noon to 4pm

ERNST Biergarten & Wirtshaus
at the 25hours Hotel One Central
Trade Center Street
Dubai, UAE

ernstbiergarten.com
[@ernstdubai](https://t.me/ernstdubai)

BROTHERS & SISTERS

Discover how 25hours Hotel's sister brand, 21c Museum Hotels shows its caring side through the medium of art



Jumping for joy at 21c Cincinnati

At 21c Museum Hotels art infuses everything this progressive hotel group turns its hand to. You'll find it around every corner—in guest rooms, bars and elevators; on the floors you walk upon and suspended from the ceilings. Incorporating thoughtful design details, the team at 21c create welcoming spaces that serve as a dynamic platform for exhibiting contemporary art. It's like staying in your very own contemporary art museum, accessible 24/7 with comfortable, residential-style guest rooms. Locally rooted, yet globally engaged.

Motivated by a desire to expand access to contemporary art and positively impact their community, 21c founders, Laura Lee Brown and Steve Wilson, first opened a hybrid contemporary art museum and hotel in their hometown of Louisville, Kentucky in 2006 helping to revitalize their downtown area. Since then, 21c has remained devoted to inspiring curiosity and encouraging discovery through contemporary art, bringing a new kind of travel experience to communities all around the United States in Bentonville, Chicago, Cincinnati, Durham, Kansas City, Lexington, Louisville, Nashville and Oklahoma City. And, coming soon to St. Louis.

Since Laura Lee and Steve discovered the Red Penguin at the 2005 Venice Biennale, each 21c property has its own unique flock in a colour that has come to be synonymous with the city. The penguins are fine art, yet you're free to hug them, dine with them and on occasion... room with them! Created by Italian artists' collaborative Cracking Art, the penguins are 21c's most recognizable symbols of both art and hospitality.

Restaurants at 21c are chef-driven, locally inspired, and independently branded. Each outlet is a notable, stand-alone restaurant that just happens to be in a hotel, attracting locals and guests alike. Their executive chefs and dedicated culinary and beverage teams are committed to partnering with local farmers and suppliers, celebrating the regional culinary traditions of each destination as well as the soul of the spaces and cities they call home. This results in some compelling local spots ranging from a 250+ bourbon bar in a historic banking hall, to a former Ford model-T assembly plant turned bar and lounge, and a bank-vault private dining room.

Forthcoming art exhibitions to watch out for include **'Truth or Dare: A Reality Show'** at 21c Durham, North Carolina beginning June 22. This is followed by **'Labor and Materials'** at 21c Nashville, Tennessee from July 21. All you need to do is check in and be inspired.



Together we do more

21c partners with like-minded organizations to extend collective reach and make an impact in their local communities

including Southern Foodways Alliance and No Kid Hungry. Every 21c property has joint programming with organizations supporting artists such as Creative Capital and the Artadia Award.

Join in the fun

21c hosts over 2,500+ free community events a year. The museum galleries are open 24 hours, 7 days a week, free of charge. Bring your dog or have a drink as you walk through. They host weekly docent tours and other cultural programming like yoga with art, artist lectures, and film screenings - and invite guests and locals alike.



Appreciating the local art at 21c Kansas City and (below) at 21c Cincinnati

