INSPIRED BY ICELAND

Fire and ice, darkness and light: Iceland is a country of extremes. And it seems that it is exactly the erratic nature that inspires its locals to innovations, whether it is food, music, architecture or design. COMPANION went hunting for the island’s creativity.

Travel and Leisure
Upgrade your journeys or your everyday life at home with our selections from the best of the material world—and this time even beyond.
Products p.15

Paris Sound Heroes
The French capital isn’t all just postcard-perfection. Multicultural neighbourhoods like the area around Gare du Nord are filled with verve. And music.
Music Page p. 8

Future Hospitality
COMPANION speaks to Elisabeth Johansen and Vanessa Borkmann, two hospitality innovators in the fields of research and design, about the future of the sector.
Talking Business p.12

A Culinary Journey
For gourmets and gourmands: We explored the Austrian region of Burgenland which is worth visiting for its excellent wines and superb regional cuisine.
Food & Drink p.20

A Reader’s Digest
There are lots of ways to explore the world. By flying somewhere, for example. Or by reading. Literature has always attempted to broaden horizons and take readers on journeys to the farthest corners of the earth. Even our cities can be brought to life in books, as our literary tour reveals.
Activity Map p.24

Frankfurt is, without question, a misunderstood city. Whenever I travel the world, I tell people how beautiful it is here.

Tomatoes on Tour
There is one element of touring that Alisa Tsybinas, singer of Shi Offline, finds challenging: food. For us, the vegan shares her recipe for a vegan stage sandwich.

The Atlantic Row
We met with RowHome, four brave women from Hamburg who are the first German team to take part in the world’s toughest ocean-rowing race.

Poetry in Motion
With COMPANION, Berlin-based Syrian dancer and choreographer Medhat Aldaabal shares the story of departing and arriving through the art of movement.

Zurich by Chance
Forget social media’s inflated and conventional city guides—and let chance become the heart of your trip. At least that’s how we explored the Swiss city.

A magazine by friendsoffriends.com for 25hours Hotels
Featuring from
Fashion & Style, Food & Drink, Art & Entertainment, Outdoor & Activity, Hospitality & Retreat, People & Business
Berlin, Cologne, Düsseldorf, Frankfurt, Hamburg, Munich, Paris, Vienna, Zurich & Beyond

Fire and ice, darkness and light: Iceland is a country of extremes. And it seems that it is exactly the erratic nature that inspires its locals to innovations, whether it is food, music, architecture or design. COMPANION went hunting for the island’s creativity.
At COMPANION, travel is our profession. Yet strangely enough, we’ve never dedicated an entire issue to the subject. Until now, that is: #18 has become a real print journey—to encounter different people, cities, countries, always seeking to go further. Because for this issue, we interpreted ‘travelling’ in a more abstract sense. For us, the question behind the stories that make up this issue was: how can you actually get access to the world?

One way is through travelogues. Our cheerfully illustrated Activity Map shows what by choosing the right reading material, we can explore cities in more ways than just physical presence—and that sometimes, that push takes us on an even greater adventure. The exact opposite, too, can be exciting: to plunge into a city you have never visited before and let yourself be guided by chance—which we did on our District Tour through Zurich.

Another perspective on places for #18 was their sounds. What does the area around the Gare du Nord in Paris, one of the most transit places in Europe, sound like? And what does that reveal about the neighborhood? Rookeana Hossmann took on these questions for our Music section. Meanwhile, Eva Biringer embarked on a culinary exploration tour of Burgenland to discover what the tastes of the Austrian region not far from Vienna reveal about its cultural diversity.

Meanwhile, our Cosmos section revolves around a ‘trip’ in an altogether different sense—the New Health Club, a new lifestyle platform dedicated to the new darling of certain scientific schools of thought: psychedelics. The most extreme trip in our issue, however, was undertaken by the four Hamburg-based friends behind Team RowHome, who COMPANION met shortly before they took on the Talisker Whisky Atlantic Challenge: 3,000 miles in a rowing boat across the Atlantic—which is known as the ‘world’s toughest row’. Things also got a little extreme for our editor-in-chief Celina Plag, who was planning on exploring Iceland’s north for this issue, but got stuck around Reykjavik due to stormy gusts. Code Red!

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Meanwhile, our columnist Florian Siebeck probably had the shortest and easiest journey for #18: The Frankfurt-based journalist put together his thoughts on the experience of sleeping in a hotel in his own city—and, in doing so, found that the whole wide world awaits right on your doorstep.

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HEALTHY TRIP

Sharing is Caring

How is it that everyone still does the majority of the cooking at home, just a few blocks away from where they work? Thankfully, that’s slowly starting to change. More and more young and dynamic: Berlin’s innovation scene is causing a stir. The city is the home of the construction of a new kind of health club, which focuses on the prevention of burnout and stress. The health club is called Wellenwerk, located in the center of Berlin, just a few blocks away from the city’s famous Kreuzberg neighborhood.

Wellenwerk is not your typical health club. It’s a space designed to promote well-being in a holistic way. The club offers a range of services, including yoga, meditation, and nutrition counseling, among others. It’s also equipped with state-of-the-art fitness equipment, as well as a restaurant that serves healthy, organic food. The club is open to everyone, regardless of age or fitness level.

Wellenwerk’s unusual approach to health and wellness has caught the attention of the media and the general public alike. The club has already seen a steady increase in membership since its opening last year, and it’s expected to continue growing as more and more people discover its unique offerings.

With its focus on preventing burnout and stress, Wellenwerk is more than just a fitness club. It’s a lifestyle change that aims to improve the overall well-being of its members. Whether you’re a fitness enthusiast or just looking for a new way to stay healthy, Wellenwerk is definitely值得 a visit.

Companion 18

Hiking and Biking

Light at the End of the Tunnel

The Perfect Wave

I’m Packing My Case

Bits & Pieces

5 Bits & Pieces Miscellaneous

Meditation is becoming more and more popular—especially in the digital age. It’s a way to connect with our inner selves, to clear our minds, and to find peace in the midst of chaos. With the rise of technology, meditation has become even more accessible than ever before. With apps like Headspace and Calm, anyone can practice meditation on their phone, at any time of day.

But meditation isn’t just about sitting quietly with your eyes closed. It’s also about being present in the moment, and that’s where the practice of mindfulness comes in. Mindfulness can help you stay focused on the present, rather than worrying about the past or future. It can also help you develop greater empathy and understanding for others.

The key to successful meditation is consistency. Try to practice for at least 10 minutes a day, and you’ll start to see the benefits. You might find that you feel more relaxed, less stressed, and more focused. And as you continue to meditate, you’ll likely notice that your ability to concentrate improves, as well as your overall well-being.

So why not give meditation a try? It’s a simple practice that can have a profound impact on your life. Whether you’re new to meditation or an experienced practitioner, there’s no better time to start than right now.
Ragazzi & Ragazze

Caffè Bomba is an inviting spot to enjoy exquisite coffee on the streets of Munich with a cool, hip, and elegant atmosphere. The traditional Italian culture can still be experienced today, as the café offers a genuine experience. ‘The traditional formulas haven’t changed much in recent years, and the decorations and the ambiance are what make this place so special,’ says Laura Grassi, who manages the café. People come here not only for the coffee, but also to enjoy the lively atmosphere and the authentic Italian atmosphere. You can enjoy the coffee in the heart of Munich, enjoying the sun and the city’s charm.

A Short Trip to South Korea

Even if you’re only 856,78 kilometres away from the nearest shoreline, the atmosphere between South Korea and Munich is unique. The exhibition aims to show the various layers of South Korean art and culture, featuring works of various artists such as Minjung Kim and Park Seo-Bo. While the exhibits in the Langen Foundation have it covered, the programme, which its website previews, is something that its name would suggest. In fact, the Zurich bar is close to the German word ‘Schweiz’ (Switzerland)—at least, that’s what its name suggests. In fact, the Zurich bar is the perfect place to drink and enjoy a comfortable atmosphere. You can find the Langen Foundation in Munich, which has been producing its own different kind of firewood.

Discussion

You can’t find a café in Munich that doesn’t serve coffee in the morning, but Caffè Bomba is different. The coffee is not only good, but also comes in a variety of different types. The café is located in the most beautiful street of Munich, where the atmosphere is always lively and engaging. You can easily reach the Langen Foundation in Munich. The exhibition at the Langen Foundation has it covered, showing the various layers of South Korean art and culture, featuring works of various artists such as Minjung Kim and Park Seo-Bo. While the exhibits in the Langen Foundation have it covered, the programme, which its website previews, is something that its name would suggest. In fact, the Zurich bar is close to the German word ‘Schweiz’ (Switzerland)—at least, that’s what its name would suggest. In fact, the Zurich bar is the perfect place to drink and enjoy a comfortable atmosphere. You can find the Langen Foundation in Munich, which has been producing its own different kind of firewood.

Better Safe than Sorry

A sniffer dog sniffs at a suitcase and strikes—at Frankfurt’s airport this doesn’t necessarily mean that its owner is hiding illegal items in their luggage. Nevertheless, they will likely be happy to help a sniffer dog in their role as an example of the crucial work that sniffer dogs do.

A Drink a Day...

You won’t find headache pills here. But if you’re looking for an elegant souvenir or a charming little bric-a-brac, you’ve come to the right place. Santa Maria Novella is one of the most popular beauty boutiques in Berlin, and has now opened a store in Munich. The products actually are exceptional,’ says Melanie dal Canton, who, as the manager of MDC Cosmetics, runs one of the most significant flagship stores in Berlin. ‘The traditional formulas haven’t changed much in recent years, and the decorations and the ambiance are what make this place so special,’ says Laura Grassi, who manages the café. People come here not only for the coffee, but also to enjoy the lively atmosphere and the authentic Italian atmosphere. You can enjoy the coffee in the heart of Munich, enjoying the sun and the city’s charm.

Explore

Hamburg in All Directions

This past of the evening trip the chance of being on the streets of Hamburg, in a completely different city. The café is known for its speciality coffee, but also for its variety of drinks and snacks. The café offers a unique experience, as the atmosphere is always lively and engaging. You can easily reach the Langen Foundation in Munich. The exhibition at the Langen Foundation has it covered, showing the various layers of South Korean art and culture, featuring works of various artists such as Minjung Kim and Park Seo-Bo. While the exhibits in the Langen Foundation have it covered, the programme, which its website previews, is something that its name would suggest. In fact, the Zurich bar is close to the German word ‘Schweiz’ (Switzerland)—at least, that’s what its name would suggest. In fact, the Zurich bar is the perfect place to drink and enjoy a comfortable atmosphere. You can find the Langen Foundation in Munich, which has been producing its own different kind of firewood.

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The Sounds of Gare du Nord

With its palatial stone buildings that catch the light of the sun and its unriviled savour-faire when it comes to eating, dressing, and loving well, Paris has plenty of reasons to be proud. Look a little closer, however, and you’ll find that the French capital isn’t all just postcard-perfection. Multicultural neighbourhoods like the area around Gare du Nord are filled with nesse, giving Paris an edge that only travellers who veer off the tourist trail can truly discover.

“Madame—mademoiselle—messieurs, there is no choice,” the doorman said, offering us a sweeping gesture, a carte blanche to live our Parisian dreams. But Gare du Nord was different. Its darkness and shadows, its tangle of铜heads, and the echoes of a hundred other lives all yanked on the strings of lingering visitor personages. The French national railway’s main entry point to the north, a sprawling, complex, gray and from all directions (in French: accrochage), was both an oasis and a portal. It contained a mosaic of life, filling its entire expanse with the familiar and the foreign, old and new, familiar and evolving.

The station was a gateway to the surrounding areas, which boasted a rich mixture of cultures and communities. It was a meeting place, a place to pause and reflect, and to absorb the sounds of the city. With its palatial stone buildings, Gare du Nord has been a symbol of Parisian life for many years. It is more than just a train station; it is a cultural hub that connects people from all over the world.

For Julie David, who in 2014 opened Walrus, a record-store-offering a unique experience for music lovers, the station is where she found herself often when she began touring the world. Walrus, with its collection of vinyl records, is where Julie found inspiration for her music and where she met many of her fans. The station’s sounds are woven into the fabric of the store, creating a unique atmosphere that is hard to find anywhere else.

The area around Gare du Nord is filled with a variety of shops, restaurants, and bars. It is a place where you can find the most diverse of cultures, all co-existing in harmony. The station’s sounds are a reflection of this diversity, with music from all over the world filling the air. Whether it’s the classical music of the French national railway or the modern sounds of contemporary artists, the station’s sounds are a testament to the city’s rich cultural heritage.

However, with the rise of globalization, the search for “authenticity” has become a difficult task. The selfies of a million Instagram users; the hand-carved artwork, which, when unpacked at home, reveals itself to be a piece of modern art; the beach bar on the small island that looked so great online but unfortunately not in real life; the closure of small independent creation alive, Le 360 is a one-stop shop for independent fashion labels and art associations fighting to keep independent creation, charting a course for the future of the city. For the local, Le 360 is a place to discover new and exciting talents, including the fashion label of Khajou Karim—who draws inspiration from the city’s rich cultural heritage.

However, what makes her feel most at home is the area’s cultural diversity, giving Paris an edge that only travellers who veer off the tourist trail can truly discover. For the Teheran-born music producer of the record label of Material, the station’s sounds are a reflection of the city’s rich cultural heritage, with music from all over the world filling the air. Whether it’s the classical music of the French national railway or the modern sounds of contemporary artists, the station’s sounds are a testament to the city’s rich cultural heritage.

Paris Heroes’ Playlists

Saïd

1. Said en ar et son étranger
2. Nour
3. Asma
4. Bouba
5. Bilal

Clotilde

1. Minibottoni
2. Aurore
3. Céline
4. Kundalini
5. Cloé

Julie

1. Janet Jackson
2. Lenny Kravitz
3. The Killers
4. The Strokes
5. The White Stripes

The list above is just a starting point. There are so many other artists and songs that could be added to this playlist. The sound of the Parisian capital is a reflection of its rich cultural heritage, with music from all over the world filling the air. Whether it’s the classical music of the French national railway or the modern sounds of contemporary artists, the station’s sounds are a testament to the city’s rich cultural heritage.

The station has seen its share of history and has been a symbol of Parisian life for many years. It is more than just a train station; it is a cultural hub that connects people from all over the world. The station’s sounds are a reflection of this diversity, with music from all over the world filling the air. Whether it’s the classical music of the French national railway or the modern sounds of contemporary artists, the station’s sounds are a testament to the city’s rich cultural heritage.
In Zurich, nothing is for free.

Street Art by Harald Naegeli

Do the way back, you have no reason to panic if you are thrown into a tizzy and feel that you need a little distraction. Zurich’s street art scene is vibrant and diverse, with a mix of local and international artists contributing to the city’s unique atmosphere. You can find pieces in alleys, on walls, and sometimes even on fences. The best way to experience it is to follow the guide’s instructions, which encourage you to explore the city on foot and discover what makes it special. The guide suggests that you keep an eye out for the work of Harald Naegeli, a well-known artist who has created many of the city’s most iconic pieces. He uses a variety of techniques, including spray paint and stencils, to create his works, which are often political in nature and reflect the changing landscape of the city. To get started, you can look for his signature work, a mural on a building near the train station. Once you find it, the guide will explain the context and meaning behind the piece. You can then move on to other locations, such as the street art area near the university, where you will find a collection of works by local artists. The guide will give you a chance to explore and engage with the art, as well as learn about the history and culture of the city. Overall, exploring Zurich’s street art scene is a great way to experience the city and get a sense of its modern and creative spirit.
Tourism is booming, the world is changing. Naturally, the demands of hospitality are adapting accordingly. As innovators in the sector, Elisabeth Johansen and Prof. Dr.-Ing. Vanessa Borkmann know this well: Elisabeth as a partner of the Scandinavian design agency Style Trampolii, which has been creating hotel interiors with a strong focus on storytelling for the past 25 years, and Vanessa as initiator of FutureHotel, an innovation network led by the German institute Fraunhofer IAO that aims to bring research into everyday life.

In conversation with COMPANION, they share their approaches to smart technologies, community thinking, and ideas for better mental health hotels.

Stylist Trampolii: Originally, I trained as an interior architect, but I switched to research when I joined the Fraunhofer IAO, which is the German research organization for applied research. My role here is to translate research into innovation and to improve the guest experience. I believe that technology should be used to create an engaging environment and to make the guest experience more positive.

Future Hotel: We define hospitality as not only selling beds in the future anymore. Smart lighting is also a topic here, not only when it comes to the development of public spaces. Many hotels today are in the lucky position not to have to struggle with the financial crisis anymore. The hospitality sector is so much more diverse and complex today. Staying conscious of their visitors’ state of mind. It is partially based on how you greet and interact with your guests. Of course, the entrance should stand for the idea or concept of the hotel can be communicated. So even before you reach the lobby, it is crucial to create surprising moments and memories that will make your guest feel comfortable. A hotelier who is conscious of their visitors’ state of mind will not only increase the guest experience but also generate more revenue.

COMPANION: Elisabeth, you’re all about storytelling. When it comes to hotels, what does it actually mean?

Elisabeth Johansen: We always say you can’t write the story before you do the show. It’s about a show that tells an engaging story about what the hotel stands for. It’s about creating a welcoming environment where the guest can feel safe and comfortable. We believe that technology should be used to create an engaging environment and to make the guest experience more positive.

COMPANION: Vanessa, you’re the hospitality entrepreneur. So you find it all about selling beds in the future anymore. Smart lighting is also a topic here, not only when it comes to the development of public spaces. Many hotels today are in the lucky position not to have to struggle with the financial crisis anymore. The hospitality sector is so much more diverse and complex today. Staying conscious of their visitors’ state of mind. It is partially based on how you greet and interact with your guests. Of course, the entrance should stand for the idea or concept of the hotel can be communicated. So even before you reach the lobby, it is crucial to create surprising moments and memories that will make your guest feel comfortable. A hotelier who is conscious of their visitors’ state of mind will not only increase the guest experience but also generate more revenue.

COMPANION: You created the FutureHotel project that started as a think tank. Can you explain the idea behind it?

Vanessa Borkmann: The idea behind FutureHotel is to create hotel concepts that are more than just bedrooms. It’s about creating a welcoming environment where the guest can feel safe and comfortable. We believe that technology should be used to create an engaging environment and to make the guest experience more positive.

COMPANION: And as the hotel is located in Düsseldorf, the city plays a big part. How do you see the future of Düsseldorf and its hotel industry?

Elisabeth Johansen: Düsseldorf is a lively city, with a lot of culture and history. The city has a lot of potential to become a destination for tourists. It’s about creating a welcoming environment where the guest can feel safe and comfortable. We believe that technology should be used to create an engaging environment and to make the guest experience more positive.

COMPANION: And what about the German institute Fraunhofer IAO? What role does it play in this project?

Vanessa Borkmann: Fraunhofer IAO is one of our partners in this project. They help us to bring research into everyday life. It’s about creating a welcoming environment where the guest can feel safe and comfortable. We believe that technology should be used to create an engaging environment and to make the guest experience more positive.

COMPANION: What role does technology play in the future hotel? How do you see it all about selling beds in the future anymore? Smart lighting is also a topic here, not only when it comes to the development of public spaces. Many hotels today are in the lucky position not to have to struggle with the financial crisis anymore. The hospitality sector is so much more diverse and complex today. Staying conscious of their visitors’ state of mind. It is partially based on how you greet and interact with your guests. Of course, the entrance should stand for the idea or concept of the hotel can be communicated. So even before you reach the lobby, it is crucial to create surprising moments and memories that will make your guest feel comfortable. A hotelier who is conscious of their visitors’ state of mind will not only increase the guest experience but also generate more revenue.

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On the list of the most popular tourist cities in Europe, Berlin stands at number three: 13.5 million tourists visited the German capital in 2018, almost half of whom traveled from abroad. Berlin is in demand—that much is certain. On the one hand, tourism means a financial boost and a flourishing array of recreational activities for the city. On the other hand, local residents may be concerned about the tourists in their city: rents go up, popular places become overcrowded, and the city no longer appears to belong to its people. Balance and responsibility could offer some relief, says Burkhard Kieker.

In an interview with COMPANION, the Managing Director of Visit Berlin—the capital’s official marketing agency—speaks about the present and future of tourism in Berlin.

### Berlin Needs No Slogan

**Til Schramm**

*25hours Hotels*

COMPANION: Local residents are often critical of the tourism industry turning Berlin into a superficial city—yes, such a thing is already apparent in places like London and Prague. Is there any truth to that?

On the one hand, you can only consider Berlin as a tourist destination if you take into account the fact that the city is open to everyone. On the other hand, a city like Berlin, the showroom of Germany, should also be shared. There tend to be various aspects to a major city: Berlin is in one moment. You have to keep up with it. On the other hand, you can’t have too many people around. The Admiralspalast is far from becoming Disneyland, but Berlin is far from becoming that.

Definitely. For example, we have made the Going Local app, which is intended to inspire tourists to travel with the locals. Showcases that it can often be Berliners who make the trip. The Former should be happy to live here, and the latter should be happy to visit. The important thing is to maintain a certain level of authenticity. Of course, we don’t want something to become a bubble and something that we cannot touch anymore. But Berlin is more than Germany, and we want to make sure that Berlin is always an interesting place to be. In short, you can’t live without tourists.

Women for Women

*Sonja Bruns*—for Moderno: Travel. From 130.00 €

*Hold That Thought*

**Heaven Scout**

Manuel and his husband Christian own and run the picturesque rooms and garden restaurant that they run together in the heart of Urban Berlin. They’re also involved in the conversation. For them, the idea of sharing working with locals is an important part of maintaining the soul of Berlin: stay three high above the weeks.

*Sound: Clock*

WHAT: German and international brands. WHEN: CSD and the Red Dot Design Award. WHERE: The sound of Berlin will resonate with this new sound-equipped speaker by Urban Scents. The label is a series of circular shapes with a modern touch. The design can be handled via app or voice control. The result is a series of limited edition speakers in a modern color palette.

*From Travel to Leisure*

**In Search of Lost Things**

In times of cheap flights and mass tourism, exploring the world with a zero-waste mindset is more important than ever. The founders of Manufactum have an invitation to start a conversation with people you meet along your trips. They see a pattern here: every season, the designs behind German wallpaper and fabrics are always represented in the world—and beyond.

*Auto Woodie Redux by Candylab via Smallable, 47.00 €

**On the Road**

Could you describe the initiative ‘Hold That Thought’? The Pink Pillow is a platform for our city—leisure and tourism, exploring the world with a zero-waste mindset is more important than ever. The founders of Manufactum have an invitation to start a conversation with people you meet along your trips. They see a pattern here: every season, the designs behind German wallpaper and fabrics are always represented in the world—and beyond.

*Zipper Bag by Odeeh, 119.00 €

**Cosy Icebreaker**

WHAT: Needs, wants, and the digital revolution when digital design and high-tech meet. WHERE: The sound of Berlin will resonate with this new sound-equipped speaker by Urban Scents. The label is a series of circular shapes with a modern touch. The design can be handled via app or voice control. The result is a series of limited edition speakers in a modern color palette.

*Heaven Scout*

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**THE STAGE SANDWICH**

**INGREDIENTS**

**Tomato Spread**
- 7.5 g roasted garlic paste
- 7% dried tomatoes
- Fine grated garlic
- Ground sunflower seeds
- Ground sunflower oil
- Salt and pepper

**Tomato Sandwich**
- 2 thin slices of bread with a rustic crust
- Cherry tomatoes
- Fine basil leaves
- Exact amount basil leaves

**METHOD**

Slice the tomatoes and basil leaves, cut the bread in half, and place tomato slices on one slice of bread. Mix the paste with a food processor and season with salt and pepper. Pour the spread into a clean, sealable glass. The paste will keep for about a week in the refrigerator.

Drain the artichokes and tomatoes in a sieve. Pluck the basil leaves and thyme from their stalks. Purée all ingredients in a blender and season with salt and pepper. If you want the spread to contain even more liquid, add a little more olive oil. Pour the spread into a clean, sealable glass. The paste will keep for about a week in the refrigerator.

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**INSPIRED BY ICELAND**

Welcome to Iceland—a world where fire meets ice, where long summer days stretch into endless winter nights. A land of extremes, home to temperamental volcanoes, capricious glaciers, with a natural world so breathtaking as to have, through time, influenced the creative works of a fleet of visionaries. In this edition of COMPANION, we journey to Reykjavík and the Reykjanes Peninsula to investigate how the capricious island has provided artists, designers, musicians, gastronomers and architects with boundless inspiration.

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**THE STAGE SANDWICH**

**INGREDIENTS**

**Tomato Spread**
- 7.5 g roasted garlic paste
- 7% dried tomatoes
- Fine grated garlic
- Ground sunflower seeds
- Ground sunflower oil
- Salt and pepper

**Tomato Sandwich**
- 2 thin slices of bread with a rustic crust
- Cherry tomatoes
- Fine basil leaves
- Exact amount basil leaves

**METHOD**

Slice the tomatoes and basil leaves, cut the bread in half, and place tomato slices on one slice of bread. Mix the paste with a food processor and season with salt and pepper. Pour the spread into a clean, sealable glass. The paste will keep for about a week in the refrigerator.

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To live and survive in Iceland, people have traditionally had to work hand in hand. This has led to family-oriented society with a strong social network.

The original plan had been to visit Eastern and the region around Reykjavík in the north of the country, in order to experience first hand how nature offers diversity. Yet as a strong wind prevented us from getting to the island, everyone was gathered in Reykjavík and had to change plans. It is not everyone that Iceland’s north is the place to be during the Christmas period, but it has developed over time into one of the country’s most popular destinations in terms of interior tourism. For those who arrive by plane, there are several options to choose from. Instead of flying into the north, the journey can be taken and experienced in many different ways. In Iceland, the distance between places is not a barrier to travel. It has to be done, you just need to figure out how to do it.

In the darkness, the natural pool takes on a mystical glow. Steam rises from the water and in the distance, the mountain and the cliffs are visible. The sound of the waves crashing against the cliffs can be heard, but it is the sound of the wind that draws you in. The wind is strong, and it is not uncommon for the temperature to drop significantly during the night. The sky is often filled with lights, and you can see the Northern Lights dancing above the mountains. It is a magical experience, and one that should not be missed.

In the center of the city, you can find a small restaurant that serves traditional Icelandic food. The dishes are simple, but they are full of flavor. The fish is caught fresh from the sea, and the meat is cooked over an open fire. The restaurant is small, but it is always full of people. It is a place where you can meet locals and travelers alike. The food is simple, but it is delicious. It is a place where you can experience traditional Icelandic cuisine in all its glory.

Sarah is a food writer and food critic for a popular Icelandic food blog. She has been writing about Icelandic food for the past ten years, and she loves sharing her knowledge with others. She has been invited to speak at several events, and her work has been featured in several magazines and newspapers.

The food in Iceland is simple, but it is delicious. It is a place where you can experience traditional Icelandic cuisine in all its glory. It is a place where you can meet locals and travelers alike. It is a place where you can experience the alluring Northern Lights in all their glory.
Burgundy has no reputation or traditions to speak of and a dozens lack of标题s and above ground architecture. The majority of the landscape is farmland or vineyards. The wine region is also known for its cuisine, which is a blend of French and German influences. The region is most famous for its red wines, particularly those from the Côte d'Or such as Bourgogne and Mâcon. Over the past few decades, Burgundy has become known for its white wines, particularly Chablis and Puligny-Montrachet.

In the foreground, the vineyards span vast expanses of rolling hills, their greenery contrasting with the blue sky above. The rows of vines are meticulously tended, with workers tending to the vines by hand. In the background, the town of Beaune is visible, with its medieval architecture and ancient towers. The town is also known for its wine cellars, where many of the region's finest wines are aged.

As the camera pans out, the vineyards stretch for miles, with small villages and churches scattered throughout. The region is known for its picturesque landscapes and charming villages, with many of the towns and cities having a rich history and cultural heritage.

Regionality and family are two terms which you will hear on your trip through Burgundy.
25hours Hotels

\textbf{25hours Hotels} La Gomera with her boyfriend. Struck by the electric atmosphere, her. At first, Meike was reluctant, until she coincidentally happened try and achieve something that at first may have seemed unreach-

competition? 'I saw the documentary Four Mums In A Boat—a film of La Gomera in the Canary Islands across the Atlantic to English sees teams of varying sizes row 5,550 kilometers from the shores producing the world's oldest Single Malt Scotch Whisky—the race Sponsored by Talisker Whisky—a distillery based on the Isle of Skye Now, they've shifted their sights from the land to the sea with their

events together, including climbing Mount Kilimanjaro last year. Their friend-

reit, considering the nautical nature of their upcoming challenge. Hamburg’s famed harbor, the 25hours Hotel HafenCity is a fitting

Decorated in a maritime theme, and located in close proximity to

Ocean-ready in the space of a year.

COMPANION met founding team members Meike Ramuschkat and Catharina Streit to find out how they've gone from rowing novices to Atlantic Ocean-ready in the space of a year.

Embellished or not, these tales, and loaded in stories passed by Hamburg-based 25hours Hotel HafenCity’s hotel director Lucie Grabel, the team

Meike, whose day job as a cardiologist has earned her the position

appointments and doing our own media and marketing,' adds

in all the organisational elements and logistics. She certainly playfully or what could happen on the ocean,' admits Catharina, whose

fact that the team is rowing to raise money for two children’s

charities: Hamburg-based organisation Zeit für Zukunft, which

ed me in the beginning,' she explains, 'but hopefully we can be

at the challenge of a new adventure. 'We want to lead motivated

For American swimmer Sarah Thomas, open water swimming as a meditative path to self acceptance, to

water to aid mental health and overcome personal turmoil has

been a recurring motivation for many sportswomen. Various swim-

bers of people climbing Mount Everest, with 802 people success-

fully登顶, but nothing that will compare to the Atlantic,' adds Meike. 'We

obviously haven't been at sea yet, and ante-up amount if that something will go and want to HM varies depending that lead after the new guidelines. Title 'from Steer, anything, the team is in is to have emotional storms on their sail to help those

with applicable standards of value. The will not sail until

Meike playfully. 'Hopefully we can be role models, and try to motivate girls to do everything they want to

even if everybody says they can't.'

\textbf{25hours Hotels}
A Reader’s Digest

There are lots of ways to explore the world. By flying somewhere, for example. Or by reading. Literature has always attempted to broaden horizons and take readers on journeys to the farthest corners of the earth. Even our cities can be brought to life in broad horizons and take readers on journeys to the farthest corners of the earth. Even our cities can be brought to life in

Berliner Kompanien, he composed an international literary tour.

The Club, where the Berlin literary scene is at a feverish pace, is a meeting point for the avant-garde. From the 1990s to the early 2000s, it was the epicenter of the Berlin literary scene. Today, it remains a vibrant hub for young writers and artists. The Club is located in the former headquarters of the East German secret police, the Stasi. It’s rumored that the building is haunted by the ghost of a former Stasi agent who was killed by a bomb during a shootout with the police in 1989.

The Club, which was established in 1992, is a popular meeting place for Berlin’s literary and artistic elite. It’s a place where writers, artists, and musicians come together to share ideas and experiences. The Club is not just a bar, but a cultural center that also hosts readings, performance art, and other events. It’s a place where the past and present collide in a creative and inspiring way.

Berlin is the capital of German authors. Robert Musil, Heinrich Böll, and Thomas Mann all lived and worked in Berlin. The city is home to the famous literary magazine Die Zeit, which has been publishing since 1946. Die Zeit is a respected voice on the German literary scene and is known for its coverage of current events and cultural issues.

Vienna is home to the dark lord of German-language literature: Thomas Glavinic. He’s a Vienna native, born in 1985, who has been regarded as one of the most promising young authors in German literature. His novel Luft nach unten (ever downward) was published in 2015 and was awarded the German Book Prize. Glavinic’s writing is characterized by its dark humor and its ability to capture the contemporary cultural landscape of Austria. He’s a master of the grotesque and the absurd, and his work often deals with themes of guilt and redemption.

Frankfurt is the home of protest literature. Janik Söllner, a Frankfurt native, was awarded the 2017 Literature Prize for his novel Der Koi. The book is a detective story set in the 1920s, and it tells the story of a young man who is trying to solve a murder mystery. Söllner’s writing is characterized by its sharp social commentary and its ability to capture the spirit of the times.

Düsseldorf is a city that celebrates its literary heritage. It’s home to the famous literary magazine Der Spiegel, which has been publishing since 1946. The magazine has a long tradition of publishing works by established and emerging writers, and it’s considered a leading voice on the German literary scene.

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There’s one great novel set in Zurich—one that’s a must-read for any fan of detective stories. This year, they published a small but powerful book: Der Koi. The book is a detective story set in the 1920s, and it tells the story of a young man who is trying to solve a murder mystery. Söllner’s writing is characterized by its sharp social commentary and its ability to capture the spirit of the times.

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Holidays on Wheels

Car sharing is set to change the way we experience new cities. Olivier Reppert, CEO of SHARE NOW, is at the head of a huge mobility company. He took the time for a new episode of ‘The Sooner Now’ podcast—to chat about holidays.

Olivier Reppert’s schedule is currently packed—even if he has been at the head of this huge company. To ask him to talk about holidays, of all things, is courageous—to say the least.

‘The Sooner Now’ podcast, go ahead and ask him any way. He likes to explore foreign countries. ‘What do you do for a view of the horizon,’ says the Frenchman with a buttery-soft accent. What MINI founded in 2016 together with the online magazine Friends of Friends. On The Sooner Now’s online platform, at talks and conferences, answers are sought to many questions surrounding the concept of urban futures. The new online platform, thesoonernow.com, deepens these questions by publishing articles and interviews with innovative change makers about the future of city life.

Car sharing was originally intended as a short-term rental service for a view of the horizon. ‘You get a complete tour instead of a car ride above ground,’ says Olivier. ‘You can also learn more about a city than the pretty facades of houses that fly by,’ he adds.

The Sooner Now is a joint initiative between MINI Germany and Friends of Friends. The two companies have worked together since 2016, producing a series of events exploring questions surrounding the concept of urban futures. The new online platform, thesoonernow.com, deepens these questions by publishing articles and interviews with innovative change makers about the future of city life.
Poetry

You just need to find the right opportunity, time, and place to present your art.

Movement is one of the rare languages that links the particular and the universal. What is most amazing about it is a basic way of living. In the course of history, different local ways of living, communities, and different cultural forms of expression, in a hidden sense in human spirit and super human powers are applied to universal and generalised transformational movement until today. When Syria dancer Medhat Aldaabal came to Berlin in 2015, it was movement that brought him to the city. Medhat described, initially, his environment as a complete contrast to his home country. He encountered a society where there is an intensive frame of reference and exchange through social interaction and a desire for connection to moving landscapes with common bonds.

Since collaborating with Sasha Waltz & Guests, Medhat says, as he finds his position back on the deck’s edge. He learned that he must give his movement its own life. His work is always visible, yet never on the mannequin. Whereas in Syria, ‘destroying my body.’ Medhat graduated and started his career in Damascus in 2014, ‘while I’m saying and I can say it in my mind such misperceptions, though. If I worked with her every day for just one year, I would learn harmony and peace among different cultural conflicts, that Medhat began to understand in a spirited performance to a soaring medley of music, from Cottbus, Brandenburg, a series of dance workshops bringing together Syrian and German dancers and artists. Amr Karkout worked together with New York studio Battery Dance and he learned in his home country—instead, he incorporates the Arabic term ‘amal’ translates to training, gaining experience, and developing ideas. Medhat understands his fight for attention as one that involves training, gaining experience, and developing ideas. He has found his platform not only as a dancer, but also as a choreographer, and composer. Giving a platform to a diversity of voices who have more trust in you as a dancer. I never had that before, ‘he says. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you. As with anything, if you want a piece to be special, you need to understand what is in you.
Companion is a magazine about the people who shape and enrich our cities.

Masthead

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Companion 18


courtesy of friends for 25hours hotels

The Trip Column

A night in Frankfurt’s 25hours Hotel

The Trip is also a journey through forgotten countries, according to our columnist Florian Siebeck.

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**My Dubai**

TEXT MANUEL ALMEIDA VESGARA

A Bed, a chair, a table: Furniture alone does not make a hotel room. That’s where Melita Skammaki and Wilhelm Finger come in. Their London company Double Deckers selects artworks for hotels all over the world. Including for the new 25hours Hotel One Central in Dubai, which opens in 2020.

COMPANION: Small boutique hotels, big chains, a cruise ship—you’ve bought art for many different clients. What makes working for 25hours Hotels in Dubai so special?

Melissa Forti doesn’t hide behind her big mixing bowls. The young baker from Florence has long been a shooting star. Her book The Italian Baker has become a bestseller in Italy. Next, she is developing her own café for the new 25hours Hotel Round Tower in Copenhagen, which opens in 2021.

Wilhelm: For us, it’s about being open-minded and to not limit ourselves, so I’m sure we’ll surprise our guests.

My Copenhagen

TEXT MANUEL ALMEIDA VERSGARA

COMPANION: Your book title is imbued with a healthy dose of pride—what makes Italian baking so special?

Certainly, but less in a political sense. I’m not politically engaged, but I am involved in justice, equality and beauty. I admire women who stand up for themselves and follow their dreams.

Melissa: Well, with everything you do, your personal taste has a role to play. For example, Travelling often inspires me to create new recipes.

Wilhelm: That is indeed a trap that we keep falling into. But that’s okay. We love to travel, discover new things, and relax—and we love our job just as much.

Melissa: My book is first and foremost called The Italian Baker because I’m an Italian baker. It’s not about being arrogant. Nor do we claim to know a bit about good food. But we appreciate the baking traditions of other countries just as much. For example, I have often devoted myself to the art of German baking. The whole world is full of good food!

COMPANION: How do you feel about being considered an Italian baker?

Wilhelm: Certainly. But friendly staff are also very important to me, as is a certain feeling of coziness, and that the house is cultivated. I like to immerse myself in dialogue with my surroundings.

What makes working for 25hours Hotels so special?

Wilhelm: To establish a connection between the guests and the hotel. 25hours Hotels get our approach. And that is something that makes the project in Dubai so special.

Making that connection between guests and hotel doesn’t sound easy. For that to work, the art has to appeal to countless guests with very different tastes.

COMPANION: We want to capture the vibe of the respective city, show the mood of the people who live in each special place, and how they express themselves creatively. We want to work together with locals to get to know their rituals, preferences, and ideas. And we want to have an honest conversation about the area and create an inviting atmosphere. This is how we can evoke an emotional reaction in the guests, because it is precisely those elements that create a homely feeling.

What role does your own taste play in this?

Melissa: Well, everything you do, your personal taste has a role to play. For me, it’s about getting the authentic atmosphere that makes 25hours Hotels so special.

COMPANION: Small boutique hotels, big chains, a cruise ship—you’ve bought art for many different clients. What makes working for 25hours Hotels in Dubai so special?

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Wilhelm: To establish a connection between the guests and the hotel. 25hours Hotels get our approach. And that is something that makes the project in Dubai so special.

Melissa: I’ll surprise our guests.

Wilhelm: That is indeed a trap that we keep falling into. But that’s okay. We love to travel, discover new things, and relax—and we love our job just as much.

COMPANION: Small boutique hotels, big chains, a cruise ship—you’ve bought art for many different clients. What makes working for 25hours Hotels in Dubai so special?