

# THE MADRID METROPOLITAN

## ROMEO & JULIET

BARD'S TALE OF LOVE & LOSS ENCHANTS MADRID

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# A bit of Spanish

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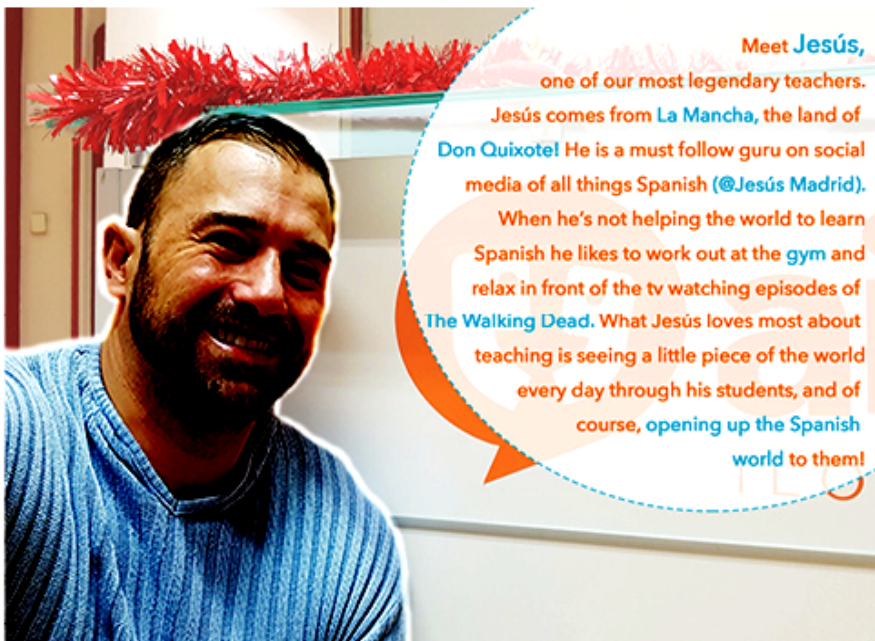


## REBAJAS: USEFUL PHRASES

Spain has a unique culture, but some things are universal and in January in Madrid people's thoughts turn inevitably to the sales. Look out for the sign "REBAJAS" To help you get the best bargains here are some key phrases:

- ¿Cuánto cuesta esto?  
How much is this?
- ¿Cuál es la rebaja de esta camiseta?  
What is the discount on this t-shirt?
- ¡Yo lo he visto primero!  
I saw it first!
- ¿Lo tienes en otro color?  
Do you have it in another color?
- Voy a pagar con tarjeta de crédito/en efectivo  
I am going to pay by with credit card/in cash.
- ¿Puedes envolverlo?  
Could you giftwrap it please?
- ¿Puedo devolverlo si es necesario?  
Can I return it later if necessary?

## FEATURED STAFF MEMBER



Meet Jesús, one of our most legendary teachers. Jesús comes from La Mancha, the land of Don Quixote! He is a must follow guru on social media of all things Spanish (@Jesús Madrid). When he's not helping the world to learn Spanish he likes to work out at the gym and relax in front of the tv watching episodes of The Walking Dead. What Jesús loves most about teaching is seeing a little piece of the world every day through his students, and of course, opening up the Spanish world to them!

## SOPA DE LETRAS

These 7 New Year's resolutions are in everybody's lists. Try to find them all!



1. Gimnasio 2. Idiomas 3. Empleo 4. Amor 5. Dieta 6. Viajar 7. Paciencia

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## 9 TIPS TO SUCCESS: YOUR NEW YEAR'S RESOLUTION TO LEARN SPANISH

Make 2017 the year that you take your Spanish to the next level!  
Here are a few tips to get you started:

1. A little every day goes a long way. Set yourself a realistic daily target for new vocabulary.
2. Make sentences in your head. On the bus, in the car, on the metro, at the supermarket.
3. Change all your social media settings to Spanish
4. Get into Spanish football. Once you get used to the diving and the posturing you'll love it!
5. Watch that Spanish football in a bar! Strike up a conversation with the natives. If you hate football...just strike up that conversation!
6. Start pursuing your interests in Spanish...books, films, yoga, sport...If you like it in English, you'll love it in Spanish.
7. Watch the news in Spanish. At least once a day!
8. Follow @AILMadrid on Twitter for the word of the day.
9. Sign up for a course at AIL Madrid now before the New Year's motivation wears off!

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## SPANISH COURSE OF THE MONTH: THE EVENING COURSE!

Are you lucky enough to be living, working, or studying in Madrid but have a busy schedule? Then the AIL Madrid Evening Course has been designed specifically for you. We will help you to optimize your time while giving you the momentum you need to really get to grips with Spanish. And the more you speak the language the more you're going to love this city. The course consists of two 1.5 hour sessions per week, on Monday and Wednesday, or Tuesday and Thursday evenings. You will get a systematic study of all the structures relevant to your level within a communicative approach that will soon have you speaking, listening, and dreaming in Spanish! Our team of dedicated teachers will make the whole process as dynamic as possible as you learn formal structures for the workplace and colloquial phrases for life! And it will be fun! Weekday nights will never be the same again! "4 weeks for just 105€". Sign up for 12 weeks and receive 2 weeks free + free enrolment\*.

\* Offer valid until 31st January.





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Welcome to our second edition of the Madrid Metropolitan. Madrid’s own and only printed English language newspaper. We have been touched by the many messages of support from throughout the community for our first edition.

As we start 2017, we look forward to a year in which we hope to deepen our reach as well as provide a platform for news and event coverage in the city and wider region. In this Janurary edition, we have some great reader offers, interesting tips (and insights!) for the New Year - not to mention our regular columns of what’s happening.

We hope you enjoy reading it.

**Olaf Clayton**  
Editor-in-Chief



Irish ambassador Cooney takes time out from international diplomacy to read the Madrid Metropolitan at the Spanish Irish Business Network meet at the James Joyce

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CIUDADANOS ESPAÑOLES EN EL REINO UNIDO

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**POR NUESTROS DERECHOS  
POR NUESTRO FUTURO**

SÁBADO 14 DE ENERO A LAS 12.00H. EN EL BAR LA INQUILINA  
C/ AVE MARÍA, 39 - MADRID (METRO LAVAPIÉS)

MORGAN FAGG

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# FOOD, FASHION & FUN

The Madrid Metropolitan's **Maja Jakic** offers a few suggestions on where to go and what to do this month:

## GASTROFESTIVAL 2017

After all the stuffing and overeating during the Christmas holidays it's time for new resolutions, detox and a healthy, delicious variety of food. A step in the right direction would be to enjoy the amazing offers at the 8th edition of the Madrid Gastrofestival, an event that promotes new cuisines and looks to combine food and art. Thanks to the participation of various bars, restaurants, food markets, museums, and bookstores, those supporting the festival will also be able to savour films, music, theatre and fashion. Award-winning chefs will be plying their trade, and all sorts of activities, such as workshops, concerts, food tastings and screenings have been organised to keep all interests satisfied. The full programme will be announced soon, so check the website for updates.

*Madrid Gastrofestival 2017, 21 Jan-5 Feb, various locations. See [www.gastrofestivalmadrid.com](http://www.gastrofestivalmadrid.com)*

## ROMEO AND JULIET BALLET

Just in time to set the mood for Valentine's Day, Les Ballets de Monte Carlo present the perfect opportunity to see the world's most influential love story at Teatros del Canal. The tale of the Montagues and the Capulets, and the tragedy of Romeo and Juliet, is choreographed by Jean-Christophe Maillot with music by the late great Sergei Prokofiev. We will spare you the embarrassment of explaining the plot, but needless to say that the grace and style of the production is likely to add a tear or two.

*Romeo and Juliet, Teatros Del Canal, Sala Roja, Calle Cea Bermúdez, 1. 10-12 Feb. Metro: Canal (L2, L7), Ríos Rosas (L1). Bus 3, 12, 37, 149. Ticket prices and performance times to be announced. See [www.teatroscanal.com/espectaculo/romeo-y-julieta-ballet](http://www.teatroscanal.com/espectaculo/romeo-y-julieta-ballet)*

## THE MADRID TOURISM FAIR

What better way to start 2017 than a visit to FITUR (photo below), Madrid's annual tourism fair, which bustles with new holiday ideas. The fair serves as a global meeting point for both professionals (especially those in the Ibero-American markets) and the general public, and can bring together thousands of travel companies, big and small. There are always a huge variety of options, even beyond the geographic, to respond to market trends such as FITUR Shopping and FITUR Health, and for the second year there will also be an area for FITUR LGBTQ, as well as perspectives in the field of technology and energy saving.

*FITUR, Feria de Madrid, Avenida Partenón, 5. 18-22 Jan. Metro: Campo de las Naciones (L8). Bus: 112, 122, and 828. Tickets from €7. Opening times: 18, 19 and 20 Jan (professionals only): 10am-7pm, 21 Jan (general public & professionals): 10am-8pm, 22 Jan (general public & professionals): 10am-6pm. See: [www.ifema.es/fitur\\_06](http://www.ifema.es/fitur_06)*

## MERCEDES-BENZ FASHION WEEK

Creative design is the buzzword as Madrid welcomes Mercedes-Benz Fashion Week, where Spanish designers have the opportunity to promote their work on an international level, with the support of major brands such as L'Oréal and Inditex.

*Mercedes-Benz Fashion Week, 17-21 Feb, Parque Ferial Juan Carlos I. Metro: Campo de las Naciones (L8). Bus: 112, 122, 828. By invitation only. See: [www.ifema.es/mercedesbenzfwm\\_01](http://www.ifema.es/mercedesbenzfwm_01)*

## INVERFEST 2017

The beginning of the New Year brings numerous concerts and music treats, from big names to debut artists promoting their work. January offers one of the most exciting music experiences, Inverfest 2017, a series of winter concerts that will bring a variety of music styles to please all tastes. For those of you burdened with the busy work schedules, the good news is that the series runs for three weeks, and provides everything from flamenco and cabaret to the latest rock'n'roll. Participating artists include La Habitación Roja, Fuel Fandango, Carlos Núñez, Miguel Campello, Elefantes, and Furious Monkey House. Expect a huge number of warm notes to counter Madrid's winter.

*Inverfest 2017, 12-29 Jan, 9pm, Teatro Circo Price, Ronda de Atocha, 35. Metro: Atocha (L1), Embajadores (L3, L5), Lavapiés (L3). [www.teatrocircoprice.es](http://www.teatrocircoprice.es)*





# MADRID RESIDENT AWARDED MBE IN NEW YEAR HONOURS

A British resident in Madrid has been awarded an honour by Her Majesty The Queen in the New Year Honours List 2017.

Roger Cooke, latterly President of the British Chamber of Commerce in Spain and resident in Madrid, has been appointed a Member of the Most Excellent Order of the British Empire (MBE) for his services to British business in Spain and British-Spanish trade and investment.

Honours lists are published twice a year, on the Queen’s official birthday in June and at New Year, and recognise extraordinary achievement and service to the UK. Following a nomination process, an honours committee reviews all the submitted nominations. The Queen then awards the honour. In the case of Mr Cooke, his outstanding achievements ensured he stood out amongst the many nominations received for this year’s New Year Honours list.

An active member of the British Chamber of Commerce (BCC) in Spain since 1992, Roger Cooke took on the non-remunerated post of President in April 2012, at the height of the economic crisis. During his Presidency, Roger not only ensured the stability of the operation but revitalised the institution, dedicating a significant amount of his personal time to build stronger relationships with external partners, such as the Spanish government and major British companies operating in Spain. Having stepped down as President of the BCC earlier this year, Roger remains committed to promoting relations between the UK and Spain. He is an active member of the British Hispanic Foundation, an organisation which promotes cultural links between the two countries, and a strong supporter of the British Benevolent Fund, a British charity which supports British nationals in need in Spain.



The British Ambassador to Spain, Simon Manley, said:

"I am delighted that the achievements of Roger Cooke have been recognised by Her Majesty The Queen in this way," "His leadership of the British Chamber, our principal partner in strengthened a €46 billion bilateral commercial relationship".

Reacting to the news of his award, Roger Cooke said:

"I am delighted to receive this award and that a contribution to Anglo-Spanish trade has been recognised at a time when this is so important to both countries' economic wealth and to their citizens. As always there is a team effort behind this success and it would not have been achieved without the great support of the team at the British Chamber of Commerce in Spain."

# CARMENA TO CONSULT PUBLIC ON GRAN VIA

The mayor of Madrid, Manuela Carmena, has suggested making "consultations" with citizens on plans to the pedestrianise Gran Vía and explained that starting a shuttle bus would be an alternative to closing streets to the private vehicles.

"We want to make inquiries, as has been done on Plaza de España, on how to carry out the process of reducing traffic to Gran Vía and its pedestrianization," explained the mayor in an interview on TVE. In a seperate interview, Carmena confirmed that Madrid’s central avenue will only allow access to bikes, buses, and taxis before her term ends in May 2019.

Carmena explained that there are "many" alternatives to be able to carry out

the process with one being "a type of shuttle bus that would run the whole of Gran Vía which would prevent the need for many bus lines which currently pass through the same road" and said that major businesses along the road had told her that their year-on-year turnover increased 15 percent in the time when the road was closed.

The idea would include a second central bus “hub” as is the case in Cibeles, but placed in Plaza de España.

"It could be something that would speed up a lot," she said.

Another idea would be to flat pave Gran Vía so that there are no curbs to give the avenue "agility." Carmena plans to cease Gran Vía being a way "to cross Madrid" because "it does not make sense".

Plans to re-route traffic away from Gran Vía should prove no less contested, not least because the likely (but still unconfirmed) solution may ultimately be to restrict cars as much as possible to a wider beltway-style ring around the city core, leaving the whole of central Madrid as a traffic-calmed quasi-pedestrian zone where only residents have parking rights.

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METROPOLIS

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JANUARY 2017

5



# METRO LINE 8 CLOSES FOR MAINTAINANCE WORK

Metro Madrid Line 8 will be closing its eight stations on January 26 in order to carry out renovation of the tracks between Nuevos Ministerios and Barajas stations. The works, budgeted at €20 million, will have a completion time of 83 days and will finish on April 18. The work will begin when one of the most important dates on the IFEMA calendar, the Madrid International Tourism Fair (FITUR), has finished so as not to interfere with access to the fair by public transport.

To reduce the possible inconvenience that may be caused to metro users by the interruption in the service, an alternative EMT bus service will be provided with an operating range agreed upon by the Madrid City Council, while the main Cercanias rail line that goes to airport terminal T4 will also be reinforced.

The Metro track renovation plan will involve replacement of the current track infrastructure with the latest technology installed, which will offer better safety, availability, comfort, reduction of vibrations, and an increase in the efficiency in maintenance tasks, besides restoring the commercial speed of the trains. Station platforms will also be reinforced.

The work will be carried out in three shifts, 24 hours a day, seven days a week, with a view to speeding up their conclusion as much as possible and minimising their impact on users.

Line 8 has a length of 16.5 kilometres, which is distributed over eight stations and runs from the centre of Madrid - Nuevos Ministerios station, to Madrid Barajas Adolfo Suarez Airport Terminal 4.

As of January 26, three alternative bus services will be provided by the EMT. The first of the alternative services, SE 2, will have 10 buses and will cover the route between Mar de Cristal and Aeropuerto T2—Barajas stations. Alternative service SE 3 will run between Colombia and Pinar del Rey stations. This service will be covered by 2 buses. SE 4, between Mar de Cristal and Aeropuerto T4 stations, will be provided with up to eight vehicles. The operating times of all special buses will be the same as the current Metro service, from 6 am in the morning until 1.30 am at night.

Additionally, Metro Madrid will be reinforcing the service on Line 4 to facilitate mobility, in addition to the alternative bus schedule. Madrid’s suburban rail (Cercanias) network will also be increasing their service on Line C1 so as to offer an alternative means of transport to metro users by endowing the service with greater flexibility.

Finally, an informative campaign will be conducted in the metro in order to make users aware of the discontinuation of service on the line as well as show the available transport alternatives. Likewise, AENA ground staff at the airport will give passengers specific information regarding alternative services which they can use depending on their final destination.



# BUSINESS

## 2017: WHAT’S IN STORE FOR BUSINESS AND THE ECONOMY?

The view inside the crystal ball looks a little murky for 2017. After the notorious and largely unexpected events of 2016, things happening in far-away lands may deal a blow to the best-laid plans at home, so predicting becomes a risky business.

In Spain, two circumstances will shape the year for business and finance. First, the minority Government needs opposition support to pass legislation, so radical changes are unlikely. Second, getting the budget deficit down will dominate economic policy. With no consensus likely on unpopular spending cuts, and for want of better ideas, that means tax rises.

No clairvoyant powers at work here: the Government has already shown its hand. Companies will bear the brunt and will in effect have to pay tax on estimated profits before they are even made. Consumers will be hit, some more than others, by hikes on alcohol and tobacco duty, as well as a new tax on sugary drinks. Beer and wine are excluded, but rum and coke drinkers will face a double whammy.

Even so, don’t expect the Government to hit the deficit targets. The tax changes may affect growth. The consensus is for GDP to grow at 2.5%, still better than the other big Euro economies but down on 2016. Unemployment will continue to fall over the year but at a slower rate. The Madrid stock exchange has rallied in recent weeks and is around the levels of last year’s close. The crystal ball looks especially fuzzy on what shares will do in 2017 and with so many imponderables, better just to toss a coin.

All that said, in Madrid there’s plenty going on. Two big construction projects could get the green light and give a welcome boost to employment. Developers have lined up €6bn to regenerate a huge slug of land to the north of Chamartin train station. The project was first conceived over 20 years ago but has been bogged down by legal and administrative problems. They will need to convince the Town Hall that creating tens of thousands of jobs and regenerating a shabby part of Madrid is not necessarily speculation.

US group Cordish has presented plans for a €2bn leisure project. Those who recall the Eurovegas saga may well be cynical, but whereas its promoters demanded tax concessions, changes in building regulations and scrapping the anti-smoking law, Cordish hasn’t asked for special favours.

2017 will also see the Madrid authorities intensify efforts to attract City companies looking for a continental home after Brexit. Although there’s little immediate danger of being overrun by pin-stripe suits, we expect some success here. Meanwhile, Madrid entrepreneurs will continue to increase presence in the burgeoning Fintech and start-up market, and anyone doubting Madrid’s creativity should take a walk round the Salon Mi Empresa fair in February, where you won’t find many young madrileños pursuing the traditional dream of being civil servants.

So with the optimism inherent for the start of a new year, and with a wary eye on what the outside world can throw at us, businesses in Madrid have reasons to be upbeat about 2017. And little to gain by fearing the worst.

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# A WORLD FULL OF STRANGERS

An Englishman, a Frenchman and an Irishman walked into a bar. You may be expecting a 1970s-style joke at this point, but in fact they were three of more than four hundred people who walked into the bar of the five-star Silken Puerta América hotel for a celebratory event of InterNations, the international meeting group. The group has now been active in Madrid for nine years, and those attending originated from almost seventy different countries.

The bar is located on the thirteenth floor of the Puerta América, offering spectacular views of Madrid, and the hotel's website states that it is "a meeting space which brings together different cultures and ways of understanding architecture and design". It was not just the views of the city, but also with a view of meeting other people that attracted the large number of guests, including newcomers to Madrid, visitors, existing InterNations members and first-timers.

The idea for InterNations goes back to 1997 when two German students, Malte Zeeck and Philipp von Plato, met while enrolled on an MBA programme in Switzerland. Ten years later, they reunited in Germany and discussed how their lives had developed. Both men had always been interested in meeting other expatriates and agreed that when living in other countries this could often be difficult. Every time someone arrives in a new city, they have to

start again with regards to making new friends and new business contacts.



Zeeck and von Plato decided a platform was needed to make expat life easier, and started InterNations in 2007. Nine years later, with almost two and half million members in 390 cities, Zeeck, who married a madrileña, travelled to Madrid to support the city celebration.

"Madrid is much more than just another city in which you can communicate with expatriates and go to events," he says, "it is a city full of expats, enjoying the sun and also the nightlife when the sun goes down."

While the Madrid city lights presented a sparkling display from the thirteenth-floor bar, those inside enjoyed the music and warm atmosphere. As Irish poet, W B Yeats once said, "There are no strangers here; only friends you haven't yet met". It was a philosophy that was exemplified by the event invitations, which reminded members not to be shy, to welcome newcomers and introduce them to others.

**Contact information: InterNations website is [www.internations.org](http://www.internations.org).**

MORGAN FAGG



# InterNations

*connecting global minds*

## THE ALT VOICE

# AND SO IT BEGINS...

January. A dry month for many. An annual uphill slog, following the pagan orgy that is the winter solstice, recently repackaged as Christmas for the modern homo-sapien who does understand that spring will come again, especially now that it never goes away, but would like a good gorge anyway. And here we are in the aftermath; fat and useless and bloated on food and drink and meaningless electronic devices. And most likely skint too. The cold hard truth of the mirror confirms how far we have drifted from the physical ideals presented to us by the soft porn clips that pass for perfume adverts. The very same marketers who urged us on to excess and indulgence now howl at us to take a good look at our tumescent bodies, to examine our feeble minds, and to search our turgid souls and do something about it. Or sink forever into the swollen ranks of the ugly and the unwell.

For we live in a world where our innermost insecurities are little more than niche marketing opportunities. And, of course, there is a whole industry of Wellness waiting to elevate us. There are even Wellness coaches, smug bastards perhaps, but they look undeniably well. And although "Wellness" is a clumsy trite little noun, we who have feasted on sugar and protein, and alcohol, nevertheless embrace it, desperate to look, and perhaps even one day to feel, well again.

Contemporary life has gifted us a dazzling range of Wellness options. Some of them promise us voyages of self-discovery, a tantalising prospect for the alternatively inclined, more than ever now that rampant individualism has infected arty left-wing culture as much as it has the world's major financial hubs. Spinning, pilates, assorted martial arts, and exotic dancing styles are all valid options unless you ascribe to ludicrous notions of cultural appropriation, or worry

that you might accidentally be worshipping Satan. And then there are the miracle foods, pulses, berries and grains, all especially tempting now that they have discovered that vitamins, like everything else, can give you cancer. None of them taste very nice but that's not the point, and there's always Christmas to look forward to.

Essentially, the Wellness industry offers us simple variants on the age-old wisdom of eating less, doing more exercise, and not worrying too much. Statistically, however, we should probably all be worrying more. Figures show that we are all going to die, and so is everything on the planet, and then so is the planet itself. The prognosis is not good. And the new ethos of personal responsibility dictates that in the not too distant future we may not even get health care, unless we can prove that we have treated our bodies as temples, or at least as potential high yield commodities that might have to be cashed in if they become unproductive.

Ultimately, it all comes down to quality of life as we goose-step our way, lean and tanned, into a bright new future where everyone looks and smells great. Some people spend most of their lives looking after themselves anyway, so January is pretty much like any other month, which is a horrifying thought. And for those of us who are too weak, or too decadent, to spend our fragile and fleeting existence looking and feeling great, then at least we can draw comfort in the fact that time flies, especially as you grow old, and that January will soon be over, and we can all go out and get pissed again. Not me though. I'm giving up the booze. And not for the first time.



# ROBERT CAPA



The name Robert Capa instantly brings to mind images. Images of desperation, images of death, images of comrades, images of the 20th century, images of war.

Robert Capa was born Endre Friedmann to a Jewish family in Budapest in 1913. At the age of eighteen he moved to Berlin, which would presently become a hellish city to be living in if you held Jewish identity. Observing the Nazi party and Hitler’s rise, he moved to Paris where he changed his name to Robert Capa, the name which has shot around photo journalism ever since.

His first published photograph was in 1932 of Leon Trotsky making a speech in Copenhagen. He went on to photograph the Spanish Civil War from 1936 to 1939, taking one of his most recognisable photographs now labelled, The Falling Solider. The authenticity of this photograph is disputed, however, the emotions the image conveys is irrefutable.

During World War II Capa was present in many European locations, including, most daringly, Omaha beach, photographing amongst the first wave of American troops. Unfortunately, the majority of the 106 photos he took while under fire on D-Day were destroyed while being processed. The ones that remained have been dubbed, The Magnificent Eleven, published in Life magazine in June 1944.

In 1947, he accompanied the author John Steinbeck to the Soviet Union. They went with the intention of documenting the attitudes and living conditions of the post World War II population. A Russian Journal was published by Steinbeck, which included Capa’s photos.

Capa travelled to Japan in 1954 to oversee an exhibition associated with Magnum Photos, a cooperative agency he co-founded. While there Life asked him to go on assignment to Indochina (South-East Asia) where the First Indochina War, fighting between French forces and Viet Minh, was in its seventh year. A few years previously he had stated

that he was finished with war, but he took on the assignment. He stepped on a land mine in Indochina and died before he reached a hospital.

Capa en Color, currently running in the Circulo de Bellas Artes until the 15/01/17, shows a different element to Capa’s renowned work. He used colour more in his postwar photography, yet a lot of the work was never published. He photographed known personalities of the day such as Ernest Hemingway, Martha Gellhorn, the Dutch Royal family, John Steinbeck and Humphrey Bogart, among others. These photos are part of the collection currently on display in Circulo de Bellas Artes. €4 entry, a must for photography students and enthusiasts, or for anyone who is interested in the history of 20th century war.

**Circulo de Bellas Artes, Calle de Alcalá, 42, 28014, Room: Picasso. Metro: Banco de España. Entry: €4.**

BRIAN COLLINS

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# PICK OF THE FLICKS FOR JANUARY



2016 was a year brimming with decent films. Arrival, Nocturnal Animals, High Rise, I Daniel Blake and Hacksaw Ridge were all weighty, award-worthy fare.

Florence Foster Jenkins gave us another chance to witness the full Meryl experience and was a surprise hit full of laughs. The Nice Guys paired Russell Crowe and Ryan Gosling to great effect as clumsy LA private detectives and Kate Beckinsale was hilarious in lesser-known Jane Austen material Love and Friendship.

Event movies, those so-called tent pole movies that shape the financial years of entire corporations, had a mixed year. DC's underwhelming Batman vs Superman was ear-splitting loud and close to a turkey. Similarly, DC's Suicide Squad was brash, colourful and swaggered onto our screens but ultimately fell short of its potential. Marvel's retaliation was the fresher energy of Doctor Strange. Topping the year was Star Wars: Rogue One, easily the best blockbuster of 2016. Rogue One avoided the cookie cutter rehashing of The Force Awakens and provided Christmas popcorn cinema with a pulse.

2017 looks great too and the run of movies up for Oscar consideration continues. Scorsese's Silence is in cinemas in Madrid from January 5th and the buzz is that he's still on top form. Following up the capitalist, purgatorial reverie of The Wolf of Wall Street, the veteran director revisits religion, a subject close to him. Silence is about the introduction of Christianity to Japan and the fallout of an unsuccessful mission which prompts the biggest questions about identity and the soul. Newly minted Jedi Adam Driver and Andrew Garfield play the young Portuguese Jesuits tasked with retrieving their missing mentor played by Liam Neeson. In our time when fears of proselytising and religious identity are common, the film seems timely. Expect anguish, torture, solemnity and madness from Scorsese's new epic.

Old fashioned Hollywood glitz is back with La La Land, (photo), opens in Madrid's cinema on the 13th. The film is seen as an award-winner and is converting non musical fans into believers. Audiences and critics are falling for the romantic and melodic charms of the movie. Ryan Gosling and Emma Stone lead a cast of young and beautiful people. Damien Chazelle who gave us the fantastic Whiplash two years ago is wearing the director's baseball hat.

If fantasy and a centuries-old feud between werewolves and vampires is more your thing, bad-ass "death dealer" Kate Beckinsale reprises her role in Underworld: Blood Wars. Opening on the 13th, the sixth in the series offers epic battles and CGI soaked action.

M. Night Shyamalan - director of The Sixth Sense, brings another slice of weird with his new film Split. Split, (Title changed to Multiple in Spain) opening on the 20th, tells the story of a man with multiple personalities and the internal conflicts they bring and the actions they produce, including the kidnapping of women. James McAvoy plays the lead handling the two dozen personalities that his character struggles with. Expect thrills, strangeness and twists from the quirky Shyamalan.

Denzel Washington returns to the director' chair for the third time with Fences. Fences stars Washington and the always fantastic Viola Davis as a couple who struggle with the racial tensions of 1950s' America. If family strife and compelling performances are your thing Fences might be for you. In cinemas in Madrid from the 24th.

On the 27th Billy Lynn's Long Halftime Walk comes to Madrid's screens. The film tells the story of a group of soldiers who prevail in a momentous firefight in Iraq and are given a heroes' welcome on their return. Examining the psychological effects of the war and the American public's support for the war, the film aims big questions at society and those that put soldiers in harm's way. Ang Lee follows up the gorgeous Life of Pi with something visually and emotionally affecting.

Also released on the 27th is Ben Affleck's new movie as director. Affleck returns to the novels of Denis Lehane for source material (Gone Baby Gone, Shutter Island) and plays the lead in this prohibition era mob flick. Live by Night (Vivir de Noche in Spanish) looks great with attention to period detail and roaring twenties tommy gun action. It should be a blast.

**Original language cinemas in Madrid:** [www.cinesa.es/Cines/ManoTeras](http://www.cinesa.es/Cines/ManoTeras) & [www.yelmocines.es/cartelera/madrid/yelmo-cines-ideal](http://www.yelmocines.es/cartelera/madrid/yelmo-cines-ideal)



# A FRESH START IN 2017

A new year means a clean slate. A fresh start.

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**The Madrid Metropolitan** talked to expert Jennifer Jones about how to live your best year yet.



Each day, Jennifer Jones — owner of Mad Fit and a meditation instructor, Reiki master and motivational speaker — teaches dozens of people how to fall in love with their lives. Foremost, Jones suggests they pay attention to their vibrations, or how a person's energy moves in the space around them. High vibrations are associated with positive feelings such as love, happiness and peace. Low vibrations mean darker qualities, such as anger, hatred, fear and resentment.

Shift away from negativity and other things, even other people, that lower your vibrations, Jones said. Doing something that makes you happy, even for a little bit each day, can boost your energy and spirit.

"What feels good? Do that," she said. "Every single day. No exceptions. Play more. Even two minutes will shift your vibration."

Jones also advises people to take life as it comes, one day at a time, and to visualize the outcome they want. Our minds get carried away with fears and worries about what's to come that day, she said. It helps to begin your day in the driver's seat.

"Start your day in control. Instead of a 'to-do' list, have a mental checklist," she said. "What are you grateful for? Pray. Meditate. Visualize the day before it begins and imagine it going exactly as you want."

Scheduling time to think is helpful in living your best life as well, Jones said. People schedule time to sleep, eat and exercise, so it makes sense to set aside time in the day to focus on what takes up space in their minds.

"When the allotted time is up, I move on," Jones said. "If it's unresolved, I schedule time for later."

Trusting your gut in situations can help and will never steer you wrong, she said. She also recommends that people stop measuring what they have against what others have.

"Stop comparison; it kills," Jones said. "There is only one you, and that's how it's supposed to be. The world needs you and your gifts, specifically."

Another tip?

"Love hard," Jones said. "Love is a boomerang. It will come back (to you)."



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# SPANISH STYLE SOM TAM SALAD

Welcome you to our New Year's page on amazing food, which Spanish traditions and international flavours

My love story with food started young, when my mother cooked Mediterranean cuisine while it was still unknown back in 60's England.

I'll never forget the *alioli* that we used to devour while travelling round eastern Spain where it is still served with bread and sometimes green olives as an *aperitivo* with a glass of cold beer or wine. Whilst young and travelling on a budget it was a fantastic way of filling up. The true *alioli* is literally just garlic (a whole head peeled) pounded whilst slowly letting a very thin stream of oil drizzle over it with a pestle to obtain a smooth rich consistency. I love it with cold lemony prawns, steamed fresh asparagus or a hot sizzling *chorizo* off the barbecue with crusty bread.

I have been lucky enough to have spent the beginning of this year in deep Andalucía enjoying the cuisine mostly unknown to the rest of the country. Something typical at this time of year is *Ensalada de Migas con Bacalao, Naranja, Aceitunas y Cebolla*. It is deliciously tasty, served with grilled fish or meat - we had it for *Reyes* lunch with a BBQ in the sun and I think it symbolizes the utter simplicity of the winter Spanish.

That said I think we are all now a little sated with seasonal meats and cheeses and looking for something a little lighter and crisper to (at least) start the new year with. So I have chosen a tasty salad – a Spanish version of *Som Tam*.

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RECIPE

A handful of thin green beans sliced lengthways in half if large if not just top and tail.

1 carrot peeled and in julienne

3 or 4 shallots sliced thinly

3 or Celery shoots sliced thinly and lots of young leaves chopped up

Handful of Cherry tomatoes cut in half

Handful of unsalted cashews

Handful of coriander - leaves taken off stalks and roughly chopped

1 small bird-eye chilli with or without the seeds and membrane depending on your heat capability or any other chilli you can get your hand on finely sliced or chopped with or without seeds.

FOR THE DRESSING

Juice of 1 lime

Tbbs of Nam Pla (fish sauce) available at many Asian grocery shops

1 tsp of sugar

Slice, chop and mix. Pour liberally over the salad. Enjoy!

(If you can get your hands on green mango or green papaya use it and you can always add griddled prawns or squid to make it a main dish).

JEMIMA BUTLER





# ANA LA SANTA

## Baby it’s cold outside

Being an expat in Madrid seems to equate to three things: you’re highly likely to favour drinking a caña over a coffee (it honestly works out cheaper), most of your wardrobe will consist of Zara purchases (although that *may* just be me) and I’m pretty sure that come Autumn time, you start to long for Sunday afternoons curled up in a pub with an open fire and a glass of red for company. Whilst Madrid can offer a visitor many things, often including wall-to-wall summer sunshine, it doesn’t really pack a punch on the pub front. However, Ana La Santa has become my default option for when I’m craving cosiness, and there’s good reason why.

Situated in Plaza Santa Ana, undoubtedly one of the most beautiful plazas in all of Madrid, Ana La Santa, the bar and restaurant that occupies the ground floor of the hard-to-miss Hotel ME, is without doubt the chicest and next best thing that’s akin to a Blighty Gastropub. Picture a roaring fire, squidgy sofas, easy-on-the-eye staff and the kind of simple style that is more often found in Scandi-land and you’d be on the right page.

This season’s buzzword for urbanites is hygge. Pronounced hoo-ga, this Danish word defies literal translation. In essence, it means enjoying life’s small but soothing moments – perhaps nibbling some *croquetas de jamon* with one hand, whilst sipping a perfectly mixed gin and tonic in the other; it’s about investing in emotional wellbeing through the simple and homespun, which is exactly what I managed to achieve in Ana La Santa on a biting cold Tuesday evening. I left with a slightly larger waistline and feeling that our host, the wonderful Alba, was a new friend – the service was that good. When Spain’s not sunny, and trust me it happens, I urge you to bunker down amid soft cushions, flickering candles and bask in the warmth of Ana La Santa. All that’s left on your part is to find yourself a Spaniard to snuggle with.

**Address: Ana La Santa, Plaza Santa Ana, 14, 28012, Madrid. Tel: 91 701 60 13.**



# ARTS CLUB

## Binge, don’t purge

I pride myself on revelling in all things indulgent. My mantra is generally something along the lines ‘Money – well you can’t take it with you’ – which come rent day can be a problem. However, if there are treats to be had/bought/sniffed out, then I’m the girl to find them. Upon recently discovering the Arts Club, I quickly realized that it was the kind of place where I’d happily blow my monthly food budget and then spend the remainder of the month wistfully eating beans on toast.

It is glam. We’re talking full on ‘feels like you’re on Sex and the City/ channelling your inner Carrie Bradshaw’ glam – which is a bit of a rare find in a city that prides itself on a lack of pretensions. In fact, walk into the Arts Club and it feels as though Carrie Bradshaw’s name is written all over it – not literally, but you know what I mean. It’s the kind of place that you need to pop your heels on for, unless you fancy looking like the proverbial fish out of water. The menu is a super tempting mix of Asian Fusion (a cliché sounding genre I know but the food was anything but lame).

The Arts Club is coincidentally how to do a date night. This luxurious spot boasts an impressive beer, wine, and cocktail list; the chicest interior design and should someone else be paying (and can therefore stretch to the most sumptuous experience they have to offer) you can bag yourself a table/area for when the dinner part stops and the dancing part kicks in. Being nestled in the heart of Barrio Salamanca helps it to retain its air of exclusivity but its laid-back luxury is coincidentally part of its charm. Whilst it may be swish and swanky it’s not intimidatingly so. I suggest, scarp that, I insist that you don your gladrags and spend an evening with the pretty peeps of Madrid.

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CATHERINE POWELL



SECOND CLUB  
WORLD CUP CAPS  
REAL MADRID’S  
2016



A Cristiano Ronaldo hat-trick led Real Madrid to their second FIFA Club World Cup. It was a hard-fought 4-2 victory for Real which only came after extra-time in Yokohama, Japan against Japanese champions Kashima Antlers. Karim Benzema had put Real in front after 9 minutes following a mistake from the Antlers’ goalkeeper. However, a shock seemed on the cards after a brace from Antlers’ captain, Gaku Shibasaki gave Antlers a 2-1 lead. The stage was set for Real Madrid talisman, Ronaldo and he duly delivered keeping his cool to put Real level on the hour mark from the penalty spot. Neither side could break the deadlock before full-time. Extra-time ensued allowing Ronaldo to get his second after 98 minutes. Ronaldo completed his hat-trick after 104 minutes with an emphatic finish. Real comfortably navigated the second period of extra-time, securing their third piece of silverware for 2016 along with their UEFA Champions League and UEFA Super Cup triumphs.

Victory capped a remarkable year for Ronaldo, who also won UEFA Euro 2016 with Portugal as well as a personal accolade with his fourth FIFA Golden Ball award, consequently putting him only one behind his arch-rival Lionel Messi. Ronaldo has also been the subject of transfer speculation this month after it was revealed by his agent, Pedro Mendes that an unnamed Chinese Super League club had made an incredible €300 million offer to Real Madrid for the

services of the Portuguese superstar. The potential deal included an alleged salary of €100 million euros a season which would easily have made him both the highest-paid as well as most expensive footballer of all-time. According to his agent, Ronaldo rejected the deal citing that he hoped Real Madrid would be his club for life. Love him or hate him, it seems Cristiano is here to stay for the foreseeable future.

Meanwhile the league campaign has so far not gone as planned for Atletico Madrid who already find themselves 9 points behind Real having played a game more. Particularly disturbing to Atletico fans in December will have been a 3-0 thrashing at the hands of Villarreal in which the normally resolute Atletico defence was torn apart repeatedly by an impressive Villarreal side. With the league seemingly already out of reach the focus for Atletico may well shift to the Champion League and they certainly have a winnable tie against Bayer Leverkusen to look forward to in February.



There was more positive news away from the pitch for Atletico Madrid this month as they confirmed the name of their new stadium, the Wanda Metropolitano Stadium. The name is a hark back to the stadium where Atletico started their La Liga life, the Metropolitano Stadium whilst also acknowledging sponsors and 20% shareholders, Chinese property group Wanda. The stadium is scheduled to open in time for the beginning of the 2017-2018 season.

Real Madrid end the year top of La Liga, 3 points clear of Barcelona and 4 points ahead of Sevilla having played a game less. They are ideally situated to end a league title drought which extends back to 2012. With Atletico offering little in the league so

far this year, Barca and Sevilla appear to be the biggest obstacles standing between Real and a 33<sup>rd</sup> La Liga title. Without doubt the game of the month this January will be Sevilla vs Real Madrid in Seville on Sunday 15<sup>th</sup> January at 19:45. The fixture will be the third of three encounters planned for this month, the other two coming by way of the Copa del Rey. A win for Real would see them solidify their position at the top of the league, whereas a defeat would see Sevilla as well as Barcelona closing the gap and perhaps set us up for a more compelling conclusion to the league campaign.

TOM HANKIN



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| Sun 15        | FC Britanico de Madrid         | VS    | AA. VV. La Nueva Elipa | League |
| Sun 22        | A.D. Escuder San Pascual A     | 11:00 | FC Britanico de Madrid | League |
| Sun 29        | FC Britanico de Madrid         | VS    | Conde Orgaz            | League |
| February 2017 |                                |       |                        |        |
|               | Home                           | VS    | Away                   | Type   |
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