

# MADRID METROPOLITAN

May - June, 2019 | Vol. XIX  
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*Madrid in English*

*The new best  
place in town for*  
**CRAFT  
BEER** *p12*

**PLUS:**  
**See Yola**  
*play live!*

**Food &  
Love?**  
*a Blind Date at  
Malafemmina*

Top ten  
**KIDS'  
READS**  
*p17*

## One night in town! **JIM GAFFIGAN**

"My father was from Sweden &  
my mother was Elton John."

*Interview p14*

**FREE**

EVENTS • FOOD • ART • CULTURE

# Welcome to our newly styled latest edition ...

The darling buds of May heralds the new style of the *Madrid Metropolitan* – ably brought together by our new team member and designer Piers, whose work we hope you enjoy as much as we do. In this, our 19th printed edition we have an exclusive interview and ticketing offer for the Jim Gaffigan show coming to Madrid in July. We take a peek at Madrid's newest craft ale pub, take a tour of the Bernabéu and single out the best children's books at the *Retiro Book Fair*. That and a whole lot else. We do hope you enjoy it.

*Olaf Clayton*

*Olaf Clayton, Publisher*

Skyline of Madrid by Barcex on Flickr.com



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## Featured AIL Student

Hi! My name is Abhinav, but you can call me Roy. I'm from Calcutta, India, and I decided to come to AIL Madrid to take the Intensive and Evening Spanish Course.

I need Spanish because of my work here in Madrid and I chose to enrol at AIL Madrid because a friend who was already taking classes told me that it was the best option. He was totally right! The thing that I love the most about AIL it's the schedule flexibility and the fact that the Student Care members like Martin or Steven always have a solution for any problem that I could have. Right now, I'm only taking the Evening Course, but in the past I was in both Intensive and Evening classes.



I have already been in AIL for more than a year and I love all my teachers. We not only learn theory, we also practise a lot and that's great because it's exactly what I want. I have also had the opportunity to meet a many friends from all over the world which is fantastic. We always try to speak in Spanish between us inside and outside the classroom and that's great for practice.

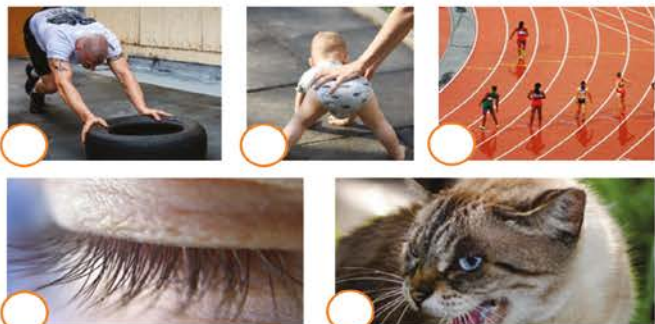
When I started to learn Spanish, I found the subjunctive difficult, but now... it's what I love the most! I know this it's hard to believe, but I promise it's the truth! What I'm recently struggling with is direct and indirect style, but that's ok, because I love a challenge.

For people who are considering taking up Spanish lessons, my advice would be to think out of the box and just don't be afraid to take the first step!

## Modismos españoles

En este número os traemos unos recursos bastante curiosos y muy españoles para expresar la manera en la que hacemos una cosa. Os retamos a responder a unas preguntas usando alguno de estos modismos. Pero primero relacionálos con su imagen correspondiente:

1. A empujones
2. A gatas
3. A tientas
4. A regañadientes
5. De carrerilla



Fotos de Pixabay

1. ¿Cómo recitas la tabla del 9?
2. ¿Cómo aceptas que tu jefe te pida trabajar un domingo por la mañana?
3. ¿Cómo entras y sales de los vagones del metro en las horas punta?
4. ¿Cómo buscas una vela si estás en casa y de repente se va la luz y tu móvil está sin batería?
5. ¿Cómo recuperas tus llaves si se te caen debajo de la mesa?

SOLUCIONES: Ej. 1: con orden: 1, 2, 5, 3, 4. Ej. 2: 1-5, 2-4, 3-1, 4-3, 5-5.

## Featured after-class activity Madrid's teleférico



How would you like to soar through the bright blue skies of Madrid without needing wings, feathers or even a boarding pass? With our featured activity this month, you can do just that! The Teleférico cable car system is an exciting way to discover hidden areas of Madrid from a unique bird's eye view.

Our students join us in catching the Metro to the Argüelles station, from which we only need to walk for two minutes to arrive at the base of the Rosales Teleférico station. We climb into the stylish glass pods of the Teleférico and quickly begin our ascent into the air!

The landscape unfurls below us, revealing trickling mini waterfalls of the Parque del Oeste and the pink blossoms of the Rosaleda. We hover over the Ermita de San Antonio de la Florida, home to a stunning fresco painted by Goya, before

gliding over the Manzanares river.

Our cable cars finally puncture the green lung of the city, the Casa de Campo, the biggest park of Madrid. If the day is nice and sun is shining, we often prepare a nice picnic basket and enjoy some treats at Casa de Campo, near to the lake while families paddle row boats lazily across it. Our students love this little green corner of the capital. We disembark from our pods, find a shaded spot and enjoy a picnic in the relaxing surroundings.

The striking beauty of the city of Madrid is often referred to with the saying 'De Madrid al cielo' (from Madrid to Heaven). We can't think of a better way to live out this phrase than by taking to the skies yourself! Why not come along for our next visit to the Madrid Teleférico?

## Come and see us!



Contact AIL Madrid:  
[info@ailmadrid.com](mailto:info@ailmadrid.com)

914 35 48 01  
[www.ailmadrid.com](http://www.ailmadrid.com)





## WIN A HAMPER!

– For your chance to bag a hamper of spanish delicacies **go to page 30.**

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May - June, 2019

## Who's writing this month?

### Catalina Brennan

Born in Madrid, a true acuarian and tireless traveler. I have trained in the kitchens of the world and in the Basque Culinary Center. My cooking is international and full of contrasts and flavours. I love the closeness of dealing with the client and the instant feedback offered by cookery workshops, showcooking and working as a personal Chef. My life philosophy is that of Japanese "Kaizen", (continuous improvement) which makes me unable to keep still



### Katharine Cannings

Katharine has spent the last 15 years developing teaching projects and programmes for encouraging reading in English in schools and libraries all over Spain. She is the founder of La Hora del Cuento, a storytelling and theatre company specialised in English activities in schools. She is also the director of Glow Learning, a book distributor which provides a consultancy service to the education sector for English language books and resources. She is passionate about children's literature, travel and tapas, and is the mum of two bilingual children.



### Amy Shia

An "Alice" in Wonderland in Madrid. Contributing to Madrid Metropolitan about the incredible sights and delights; have a cat, met some queens, still in search of my Madhatter.



**MADRID METROPOLITAN**  
*Madrid in English*

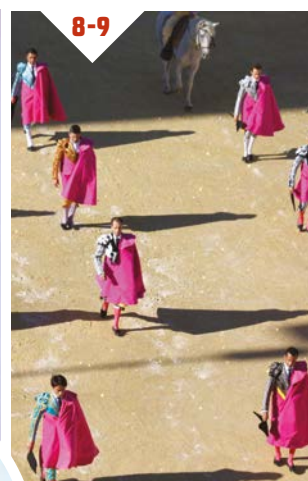
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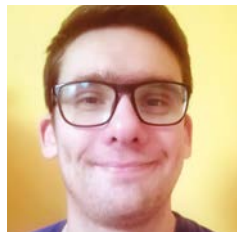
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# MY MADRID

Stories from people who love living here

## JACOB, from Poland



**1. What inspired you to make the move to Madrid?** It happened sort of organically and I'm not sure how much thinking went into it. To cut a long story short, I was enamoured with Spain from an early age, endeavoured to learn the language and I got proficient enough to enter University in Spain. Initially the South was my first chance, but I chose Madrid because it's the capital and the perfect place for an

18-year-old. I got my plane ticket and never looked back.

**2. What makes Madrid "Home" for you?** They say that home is where your heart is. For me though finding home is a bit like finding out whether a relationship works for you or not – whether it stands the test of time. I arrived in Spain at the onset of the crisis but I managed to keep my head above water. I've been here through thick and thin now for 11 years.

**3. What could the city have more of?** Employment

**4. What could the city have less of?** Pollution and mass tourism.

**5. What piece of advice would you give a foreigner whilst they are in Madrid?** Try some volunteering work to meet the locals.

**6. What gives you joy?** I love my first coffee in the morning with the Polish Sunday paper. A cruasán a la plancha also hits the spot.

**7. What bothers you the most?** It tears my heart out how insensitive people can be and how money-oriented our day-to-day lives are.

**8. If your life was a film, what'd be the title?** Rebel with a Cause

**9. And finally, who would play you?** James Dean – if he had a cause.

## ALEJANDRA, from The Netherlands



**1. What inspired you to make the move to Madrid?** As unoriginal as it may be ... the weather and the lifestyle were no doubt the final factors. But being half Spanish was the initial reason to try it out 3 years ago, just to get to know my roots a little better.

**2. What makes Madrid "Home" for you?**

Having a Spanish mother thus being familiar with customs has helped me feel right at home very quickly, but more so, after moving around a lot I have finally settled in a nice apartment with my boyfriend.

**3. What could the city have more of?** I would definitely like there to be more parks, or green areas in general. Also, my Dutch side can't help but ask for the city to be a bit more bicycle friendly.

**4. What could the city have less of?** Pollution no doubt!

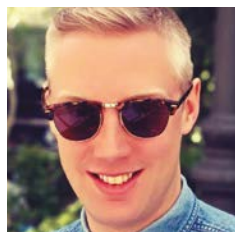
**5. What piece of advice would you give a foreigner whilst they are in Madrid?** If you're in Madrid to stay longer term, try your best to make friends with some locals to avoid the typical tourist traps. Learning the language as quickly as possible will certainly help, but don't be disappointed if it may result difficult as generally Madrid locals aren't as open to include new people as one may think and more so if they don't speak Spanish.

**6. What gives you joy?** The sun and no-sweater weather ... which brings me back to my decision to move from Amsterdam to Madrid. It was a great move!

**7. What bothers you the most?** Inconsiderate people. Being kind to one another will just make life a little nicer for us all



## ELLIOT, from the UK



**1. What inspired you to make the move to a Madrid?** I had been working around Europe for a couple of years and I wanted to live in one place for a bit. A friend of mine suggested I come to Madrid as it was the best place to find teaching work and that was 4 years ago!

**2. What makes Madrid "Home" for you?**

My local area Conde Duque makes Madrid home for me. When I tell people where I live a lot of people do not know about and for me it feels like I am living in a little village in the middle of a capital city. I like walking around and bumping into people I know in the area and it is also home to best bar in Madrid – Macanudo bar.

**3. What could the city have more of?** Having grown up by the sea the one thing I would love Madrid to have more of is beaches.

**4. What could the city have less of?** I think the city could have less

dog waste on the street as you shouldn't have to run a constant assault course especially at night.

**5. What piece of advice would you give a foreigner whilst they are in Madrid?** I would just say don't get worked up by the pace of

everything- one of the reasons I live in Madrid is that you have everything you need from a capital city but the pace is a lot slower- so don't get too stressed if certain things take longer than they would in another city.

**6. What gives you joy?** I have recently got my own bike so one of the things recently that gives me the most joy is riding around the city especially Retiro and Caso de Campo – although I have realised Spanish drivers aren't that concerned about cyclists!

**7. What bothers you the most?** The thing that bothers me the most are people who judge other people before they really get to know them and also jobsworths – use some common sense.

**8. If your life was a film, what would be the title?** I would just call the Film – "Live in the moment"

**9. And finally, who would play you?** Lawrence Fox



# The best of what's on in Madrid ...

## THEATRE

### Take in a Lloyd Webber classic

*Jesus Christ Super Star. 22nd May to 9rd June. Teatro EDP, Gran Vía. Info: [www.letscompany.com](http://www.letscompany.com)*

**What is it?** Legendary rock opera by Andrew Lloyd Webber and Tim Rice

**Why go?** This global phenomenon set against the backdrop of an extraordinary and universally-known series of events is unusually seen through the eyes of Judas Iscariot.

**Don't miss:** Ted Neeley's extremely wide vocal range.

## MULTIDISCIPLINARY ART

### Explore the inner workings of an artist's mind



*Corps Noir. 30th May to 1st June. Matadero. Information: [www.mataderomadrid.org](http://www.mataderomadrid.org)*

**What is it?** A mind-bending phantasmagoric, mixed-media self-portrait by Stéphane Gladyszewski.

**Why go?** "To invoke the subconscious. The artist uses a himself as a Rorschach test in which he projects the uncertain puzzle of his life." Well, obviously.



## ART

### See an art show by a unique and controversial painter

*Balthus Exhibition. Until 26th May. Thyssen-Bornemisza Museum, Info: [www.museothyssen.org](http://www.museothyssen.org)*

**Who was he?** Balthus was a Polish-French painter – a figurative master in an age of abstraction. And, oh, he also had an inordinate fixation on girls who'd just hit puberty. He is undoubtedly one of the most unique painters of his time and his diverse, ambiguous work, has been equally admired and reviled.

**Don't miss:** His painting of 1933, entitled *The Street*.

## LEGO

### I LOVE LEGO

*Until 26th May. Palacio Gaviria. Info: [www.arthemisia.it](http://www.arthemisia.it)*

**Lego?** Yes. a showcase of six amazing and enormous "Legoramas" depicting various scenes.

## THEATRE

### Laugh at the Crazy Crazy Tale of Ben-Hur

*La loca, loca historia de Ben-Hur, until 2nd June. Teatro La Latina. Info/book at [www.teatrolalatina.es](http://www.teatrolalatina.es)*

**What is it?** Spanish play with an anarchically funny take on the legendary character.

**Why go?** To experience *teatromascope*: the set up that blends cinematography and theatre, so none of the grandiose epicness is lost.

## LIVE MUSIC

### Get down to an amazing line-up

*Festival Tomavistas. 24th & 25th May. Enrique Tierno Galván Park. Info: [www.tomavistasfestival.com](http://www.tomavistasfestival.com)*

**What is it?** Innovative international and latino music festival.

  
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**21:30**  
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**19, 28007 Madrid**  
**Entrada 5 euros**

  
  
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## STREET PARTY

### Enjoy this annual Chueca-based LGBT celebration

Madrid Pride, 28th June to 7th July.  
Info: [www.madridorgullo.com](http://www.madridorgullo.com)

**What is it?** Festival with shows, concerts, workshops and parades that draws nearly two million visitors from across the globe.

**Who goes?** Enjoyed by people of all ages, genders, sexualities, races and faiths – living proof of Madrid's openness and diversity.

## VARIOUS EVENTS

### Celebrate a Patron Saint

At San Isidro Festival. 10th to 15th May.  
Info: [www.sanisidro.madrid.es](http://www.sanisidro.madrid.es)

## LIVE MUSIC

### See Brit country-soul rising star Yola perform at open-air gig

Black is Back Festival of Music, 21st & 22nd June, Cultural Center of Conde Duque. Info and bookings at [www.blackisback.es](http://www.blackisback.es).

**Who is she?** Bristol born singer-songwriter. With vocals like Dusty Springfield and the dreamy folky feel of Laurel Canyon her songs also give a nod to British Invasion pop and rock.

**Why go?** Because what could be better than chilling on the grass with a few friends, icy drink in hand and drifting away to some of the best music around?

**Don't miss:** Yola singing 'Walk Through Fire' – her powerful song about surviving a house fire that left scars on her body but left her feeling stronger.

## ELECTRO-ROCK MUSIC FESTIVAL

### Hear dj Carl Cox

A Summer Story, 21st & 22nd June.  
Rock in Arganda del Rey. Info: [www.asummerstory.com](http://www.asummerstory.com)

## INDOOR MARKET

### Buy artisan crafts

Mercadillo de Gato, 23rd May to 26th May / 7th to 9th June. Westin Palace Hotel. Info: [www.mercadillodelgato.es](http://www.mercadillodelgato.es)

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# A bluffer's guide

*The month of May sees Madrid celebrate the Feria de San Isidro which brings together some of the best bullfighters and most respected breeders to the great bullring of Las Ventas.*

BY OLAF CLAYTON

For those budding aficionados of the corrida we have put together a simple rough guide to help you understand and appreciate the fight. The rules on bullfighting are defined in exacting detail as to the structure and procedure so hopefully this will shed some light.

The bullfighting season in Spain is from March until October and the festivals of San Isidro (Madrid), San Fermin (Pamplona) and Abril (Sevilla) are some of the most important but there are countless more in towns and villages across the country. In fact by some estimates there are close to 17,000 bullfighting festivals each year.

In general bullfights are from 7pm to 9pm with a fightcard (*cartel*) that consists of 6 bulls and 3 matadors. Each fight last for approximately 20 minutes.

## Types of bullfight

- *Corrida de Toros* is a fully licensed and professional bullfight with seasoned matadors and full-size bulls of at least 4 years old and up to 700 kg. This is divided into three parts (*tercios*) for the Picadores, Banderillas and the Matador.
- *Corrida de Rejones* is bullfighting on horseback. Mounted bullfighters battling fully grown bulls. A wholly different fight with tremendous skill.
- *Novillada con Picadores* – A grade below the *Matador de Toros* and with younger and smaller bulls. Same fight structure of the *Corrida de Toros*. The fighters (Novilleros) make up lack of professional experience



The *Paseillo* – a parade of all the participants in the corrida including the Matadors and their teams.

with enthusiasm and desire to prove themselves to the ever critical Madrid crowd.

- *Novillada sin Picadores* – same but without the mounted Picadores.

## Structure of a bullfight

The bullfight is divided into three stages (*tercios* or thirds) each announced with a trumpet call. The start is the parade of the participants who salute the crowd and the President.

- *Tercio de varas*. This is the first stage of the bullfight and first contact of bull and matador and where the bull engages the *Picadores* (mounted on horseback with lances) whose job is to weaken the bull by lancing the animal in his neck muscles and draw first blood.
- *Tercio de banderillas*. The second stage sees the three *banderilleros* try to stab the bull in the neck with their *banderillas* (sharpened wooden skewers) – one in each hand.
- *Tercio de muerte*. The final act finishes with

the death of the bull. The matador, now alone engages the bull with passes leading to killing by his sword.

## What is the crowd looking for?

The audience are highly influential in the outcome of a bullfight as they are the ones who judge the matador's performance by waving their white handkerchiefs in approval and to persuade the 'President' or 'Judge' to award trophies being the award of ears (one or both) – ears and tail – and very occasionally carried on the shoulders of his *Cuadrilla* through the *Puerta Grande*. The bullfight is a spectacle testing strength, skill and courage. As the old saying goes it takes two to tango and it's no different in a bullfight.

The *Toro Bravo* bull (fighting bull) – is bred for aggression and the crowd expect (and are paying) to see the bull live up to his name and breed by charging and responding to the bullfighter as well as having the endurance for the fight. If the bull doesn't want to fight a herd of oxen (*buey*) are brought into the ring and the bull will generally follow them as they are herded out. It is a black mark against the breeder and expect catcalls and insults from the crowd.

The bullfighter will need to show great skill and courage and engage the bull with elegant and skillful passes. The crowd will be looking to see how he does this in relation to how he understands the character and movements of the bull. These passes build to the point of the kill where he should kill the bull cleanly, with one accurate thrust.





The mounted Picadores await their turn at the opening of the corrida

# to the bullfight

## Does the bull always die?

Overwhelmingly yes, however very occasionally a particularly brave and strong bull will be spared. For the this the President of the proceedings will take heed from the crowd. The bull then retires to a life of Riley and breeding.

## Are there ever injuries to the fighter?

Yes and bullfighting is a dangerous activity – the bulls are aggressive and feel under threat. They remain potent killers to the end. There are frequent injuries including to some of the leading fighters and occasionally deaths. Goring is a particular danger and can be fa-

tal. Recently Juan Jose Padilla (pictured) was gored through the eye – remarkably returning to the ring to continue out his years as as one-eyed matador – and more goring. Young Matador Victor Barrio was tragically killed in 2016 and Iván Fandiño the Basque-born torero slipped and fell to the ground during a bullfight in France in 2017 and subsequently suffered a fatal goring.

## What tickets should I buy?

*Sol y Sombra* – sun or shade. The cheaper being the former (think of that late afternoon sun in your eyes). *Sombra* is the side where the dignitaries and guests will be seated (*pal-*

*cos*). The closer to the ring the more expensive is the rule. *Barrera, Contrabarrera*, then numbered rows (*Filas*) from 1 to the gods up above. This reviewer spent his formative bullfighting watching years at the top – brandy and cigar in hand to get an appreciation and understanding from the old boys up there!

## Buying tickets

The best way of buying your bullfight tickets is simply to head to the Ticket Office – *Taquilla* – at the bullring itself. You can also buy them online [www.las-ventas.com](http://www.las-ventas.com) or for the most popular days there are plenty of *reventa* ticket sellers around the stadium on fight days.

## FERIA SAN ISIDRO 2019



LOS FESTEJOS COMENZARÁN 19:00 H.		Martes 14 de Mayo Corrida de toros La Quinta RUBÉN PINAR JAVIER CORTÉS THOMAS DUFAU	Miércoles 15 de Mayo Corrida de toros Fuente Ymbro FINITO DE CÓRDOBA DIEGO URDIALES MIGUEL ÁNGEL PERERA	Jueves 16 de Mayo Corrida de toros Valdefresno / Fraile Mazas DAVID GALVÁN JUAN ORTEGA ROMAN JOAQUIN GALDÓS	Viernes 17 de Mayo Corrida de toros El Tajo / La Reina JOSELITO ADAME LUIS DAVID ÁLVARO LORENZO	Sábado 18 de Mayo Corrida de toros Montalvo GINÉS MARIN LUIS DAVID PABLO AGUADO	Domingo 19 de Mayo Corrida de Rejones Fermín Bohórquez ANDY CARTAGENA SERGIO GALÁN ANDRÉS ROMERO
Lunes 20 de Mayo Novillada con picadores Conde de Mayalde RAFAEL GONZÁLEZ MARCOS FERNANDO PLAZA	Martes 21 de Mayo Corrida de toros El Pilar JUAN DEL ÁLAMO JOSÉ GARRIDO GONZALO CABALLERO	Miércoles 22 de Mayo Corrida de toros Parladé EL CID LÓPEZ SIMÓN ROCA REY	Jueves 23 de Mayo Corrida de toros Jandilla / Vegahermosa SEBASTIÁN CASTELLA EMILIO DE JUSTO ÁNGEL TELLEZ <small>(CONFIRMACIÓN)</small>	Viernes 24 de Mayo Corrida de toros Juan Pedro Domecq EL JULI PACO UREÑA DAVID DE MIRANDA <small>(CONFIRMACIÓN)</small>	Sábado 25 de Mayo Corrida de toros Pedraza de Yeltes OCTAVIO CHACÓN JAVIER CORTÉS JUAN LEAL	Domingo 26 de Mayo Corrida de Rejones Los Esportales MARTÍN BURGOS JUI FERNANDES JOAO MOURA JR JOAO TELLES ROBERTO ARMENDARIZ PÉREZ LANCHA <small>(CONFIRMACIÓN)</small>	
Lunes 27 de Mayo Novillada con picadores La Quinta ÁNGEL JIMÉNEZ EL GALO FRANCISCO DE MANUEL	Martes 28 de Mayo Corrida de toros José Escolar FERNANDO ROBLEÑO GÓMEZ DEL PILAR ÁNGEL SÁNCHEZ	Miércoles 29 de Mayo Corrida de toros Victorino Martín OCTAVIO CHACÓN DANIEL LUQUE EMILIO DE JUSTO	Jueves 30 de Mayo Corrida de toros Adolfo Martín MANUEL ESCRIBANO ROMÁN ROCA REY	Viernes 31 de Mayo Corrida de toros Aicurruccén / Lozano Hermanos DAVID MORA PACO UREÑA ÁLVARO LORENZO	Sábado 1 de Junio Corrida de toros Zaldondo ANTONIO FERRERA CURRO DÍAZ LUIS DAVID	Domingo 2 de Junio Corrida de Rejones Maria Guimar Cortes de Moura DIEGO VENTURA LEONARDO HERNÁNDEZ JUAN MANUEL MUNERA	
Lunes 3 de Junio Novillada con picadores Fuente Ymbro JUANITO ANTONIO GRANDE DIEGO SAN ROMÁN	Martes 4 de Junio Corrida de toros Las Ramblas MORENITO DE ARANDA JUAN DEL ALAMO TOMAS CAMPOS	Miércoles 5 de Junio Corrida de toros Garcigrande / Domingo Hernández SEBASTIÁN CASTELLA ÁLVARO LORENZO GINÉS MARÍN	Jueves 6 de Junio Corrida de toros El Puerto de San Lorenzo / La Ventana del Puerto ANTONIO FERRERA MIGUEL ÁNGEL PERERA LÓPEZ SIMÓN	Viernes 7 de Junio Corrida de toros Aicurruccén / Lozano Hermanos ANTONIO FERRERA DIEGO URDIALES GINÉS MARÍN	Sábado 8 de Junio Corrida de Rejones El Capón, Carmon Lorenzo, San Pelayo HERMOSO DE MENDOZA LEA VICENS	Domingo 9 de Junio Corrida de toros Baltasar Ibañ CURRO DÍAZ EMILIO DE JUSTO PEPE MORAL	
Lunes 10 de Junio Corrida de toros El Ventorrillo EUGENIO DE MORA RITTER FCO. JOSÉ ESPADA	Martes 11 de Junio Corrida de toros Vaidellán FERNANDO ROBLEÑO IVÁN VICENTE CRISTIAN ESCRIBANO	Miércoles 12 de Junio Corrida extraordinaria de la BENEFICENCIA Los Esportales y Nuñez del Cuviello DIEGO VENTURA EL JULI DIEGO URDIALES	Jueves 13 de Junio Corrida de toros Cuadri RAFAELILLO LÓPEZ CHAVES OCTAVIO CHACÓN	Viernes 14 de Junio Corrida de toros Fuente Ymbro MORENITO DE ARANDA PEPE MORAL JOSE GARRIDO	Sábado 15 de Junio Corrida de toros de la CULTURA Victoriano del Río / Toros de Cortés SEBASTIAN CASTELLA PACO UREÑA ROCA REY	Domingo 16 de Junio Corrida de toros de la PRENSA Santiago Domínguez EL FANDI LÓPEZ SIMÓN PABLO AGUADO	





Ana Rubio of el Despacho Clandestino



L to R photographer Olga Vallejo  
Mónica Ibáñez and Ana Guerrero



Jonatan Armengol the presenter  
of radio show Comer a Ciegas



Ana Belén González Pinos



Chef Catalina Brennon



Enologist Ignacio Soto

Gastro Experiences with El Club  
de Foodies Viajeros at el Despacho  
Clandestino. Photos by Olga  
Vallejo

## PARTY PICS

People on the town

MadridBabel's International  
Meeting at Larios Café, Calle de  
Silva, 4



L to R Paula Muñoz Stefano DAlessio Galo Chuquirima  
Patrick Brito Marge Simpson



L to R Fran Rodríguez Veiga Eva Ortiz Agustín Traba  
Guillermo Revilla Stefano DAlessio Patrick Brito



# Food & Love?

*Blind dates at Madrid's most romantic restaurants*

BY AMY SHIA

**I**n this first edition of our series, we have Daniel, aged 26, Web Marketer who meets Ava, aged 30, Language Assistant. Will they hit it off over a bowl of pasta at our star restaurant for this month: *Malafemmena*?



"The Polenta Tartufata was tasty and the texture perfect."



MALAFEMMENA  
RESTAURANTE



Daniel, 26.  
Web marketer

Ava, 30.  
Language Assistant

## HE SAYS:

- 1 What were you hoping for on the date?** I was wondering what it would be like to go on a blind date. I don't think it's that common in Spain. I guess just being willing to try it out is already a trait of a particular kind of person.
- 2 What was your first Impression?** It was interesting. I can see how we could have ran into each other just being out in town, but also how easy it could have been to walk past each other.
- 3 What did you talk about?** Classic topics: what do you do, what kind of food do you like etc. On top of that, a bit of politics from our home countries, learning languages and some family stories.
- 5 How was Malafemmena?** Wow! a great place. Quite smart and stylish but not overly. My polenta tartufata was tasty and the texture perfect. The tagliolini con trufa fresca was yummy!
- 4 Were there any awkward moments?** Her diplomatic selection of dishes and dessert. She was very polite about it, haha.
- 5 Describe Ava in 3 words.** Polite, friendly, driven.
- 6 Would she get along with your friends?** With some of them, probably not most though.
- 7 What is the best thing about Ava?** Easy to talk to.
- 8 How might she have described you?** Let's play safe with "taller"
- 9 Marks out of 10? And finally, would you meet again?** 7 & Yes.

## SHE SAYS:

- 1 What were you hoping for on the date?** I was hoping for a fun conversation, no awkward moments, just enjoying the night.
- 2 What was your first Impression?** That he was a shy guy.
- 3 What did you talk about?** We talked about the food, and our jobs and hobbies. I asked him about stuff on the internet that I got curious about. We also talked about culture and friends.
- 4 Were there any awkward moments?** Yes, especially when the waiter set the table. I'm the kind of person who doesn't like "dead air" so I always like to think of topics to make the conversation flow.
- 5 How did you find the restaurant and the food during the date?** The food was absolutely lovely. The waiters were friendly – they took the time to explain the food and recommend dishes. The tagliolini was excellent and the milhojas dessert exquisite – so soft and not overly sweet. Just how I like it!
- 6 Describe Daniel in 3 words.** adventurous, risk-taker, simple.
- 7 How might he have described you?** Shy, funny, adventurous.
- 8 Would he get along with your friends?** Yes, he's the kind of person who is opinionated and can engage with any topic.
- 9 The best thing about Daniel?** So patient with my Spanish!
- 10. Marks out of 10? And finally, would you meet again?** 7.5; Yes, I would but he just left to stay in Morocco for a few months!

Ava and Daniel ate at Malafemmena Restaurant, Calle del Dr. Esquerdo, 13, 28028 Madrid. Reserve: 913 36 94 20 or online [www.malafemmena.com](http://www.malafemmena.com). If you would like to participate on a blind date at a fancy restaurant, please email: [BlinddateMadrid@gmail.com](mailto:BlinddateMadrid@gmail.com).

# Our British beer for *madrileños*

*London craft ale brewers on opening a tap room in La Latina*

BY PATRICK TUCK  
PHOTOS BY MATTHEW CURTIS

It was almost a year ago that David and I left our jobs and lives in London and made the move to Madrid to set up Oso Brew Co. We came with a clear idea of the beers we wanted to make – light, refreshing and balanced – but we were interested in finding out more about the Spanish beer drinker too and that meant delving into history.

It turns out Spain has a fascinating brewing heritage. Traces of early brews were discovered around Barcelona from as far back as 5000BC. The arrival of the Romans, however, like with so many European countries brought vinification. Romans drank wine – Pliny the Elder wrote disparagingly of beer from Hispania – and that the locals drank *far* too much of it.

Then, half a millennia ago, Spain started to enjoy a beer revival. In 1517 Emperor Charles V – Carlos I of Spain – took the throne. A renowned gourmand, Charles could not live without his favourite beverage, the Flemish style beers he'd been drinking during his formative years in Ghent, Flanders. He brought two 'Master Brewers' from Flanders to the Spanish court in Valladolid, and historic tasting notes from the period note, 'a greater hop flavour and bitterness'. The nobles soon followed the lead of the king; and before long 'beer of quality (usually with ice) was common at most banquets of the upper classes'. When Carlos abdicated he retired to Yuste in Extremadura he brought a brewer with him to build a brewery in the monastery.

## SPAIN'S DIVERSE BEER SCENE

So where are we now? The current beer renaissance focuses more on 'craft beer' or *cerveza artesanal* – a loose term generally referring to brewing methods respecting the natural process and fermentation, without the use of enzymes and other adjuncts to speed up the process. Brewers of all nationalities can be found across Spain's rapidly growing craft beer landscape, creating one of the most interesting and diverse environments for drinkers. Influences



from the UK, US, Belgium, Scandinavia, Germany and France (to name a few) along with of course the excellent homegrown talent, are testing the Spanish palate and challenging the notion that a bar or restaurant need offer only one beer.

## OUR BEER MISSION

David and I have a similar story to many brewers – brewing at home, tweaking recipes, sharing bottles with friends before moving onto larger professional equipment. I spent five years at a London microbrewery learning everything I could about beer. Our focus is on balance and drinkability. We grew up drinking beer in pubs – we even met in a pub here in Madrid more than 10 years ago – and our mission is to make

house beers that you keep coming back to. Our two core beers: a table beer *Cerveza de Mesa* and a Citrus Cream Ale both fit the build. We think these light, smooth beers with gentle bitterness and hop character offer the perfect alternative to the standard *caña* or *clara*. The Citrus Cream Ale has an extra focus on smoothness (hence the word cream, referring to the mouthfeel – there's no dairy involved!) and is brewed with lemon and orange peel.

## THE MADRID BEER BOOM

Madrid is rapidly becoming one of the most exciting cities for beer. Spaniards, just like in Pliny's day, still drink a lot of beer and with such a sophisticated sense of taste coming from their legendary food and drink culture, it's not surprising that they are crazy about artisan beers and all the variety the scene here has to offer.

At *La Osita*, our Madrid tap room, we serve our own beers, as well as guest beers from Madrid, Spain and across the world. We are fascinated about beer and love talking about it so why not come down for a glass.

*Patrick is the co-founder of Oso Brew Co. Visit their tap room bar La Osita, at Cava Baja 10 – in the heart of La Latina.*





The Table Beer and the Citrus Cream Ale from Oso Brew co. served at La Osita



## Demystifying Beer: A guide by David Ross, Co-founder of Oso Brew Co.

### STYLES

- **India Pale Ale (IPA):** A Pale Ale, but with greater hop character and usually with higher alcohol. IPAs can vary considerably in flavour depending on the malt used, the brewing style and type of hops.
- **Porter:** A traditional dark beer style from London. Roasted, dark malts often provide coffee and chocolate flavours. These beers tend to be dry and full of flavour. Best to start with a classic London Porter like Fuller's or Anspach & Hobday.
- **Lager:** Mainly refers to pale, Pilsner style beers but there is great variation within the style. At La Osita we have Augustiner Helles as our house lager – its low bitterness, very pale colour, and full-bodied character make it a winning brew.

### BEER TRENDS

- **Back to tradition:** While I don't think we've seen the end of the 'pastry stout' ie. dark beers with marshmallows, peanut butter and the like or the New England IPA (a fruity, sweet, low bitterness but hoppy IPA) – I think that brewers are now looking back into history for inspiration. We'll see a return to traditional styles all about balance and drinkability, but still a more interesting alternative to industrial brewed beer.
- **Lower alcohol:** People now often prefer drinking more glasses at 3,5% instead of less at 5 or 6%. This then is a tough test for brewers to be able to provide the flavour and body but with a lower alcohol content or to even brew good beers with no alcohol at all.



Member or non-member, join us for our next event.

14 May	Happy Hour @ Cibeles Roof Top
21 May	Leads Group, C/Serrano, 110
23 May	Talk: Inheritances and Gift Tax in Spain
11 June	Happy Hour @ The Taste Gallery
18 June	Leads Group, C/Serrano, 110
20 June	Talk: How to set up "SL" in Spain. PYMES vs. "autónomos".

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# It's Jim Gaffigan time!

INTERVIEW WITH THE US FUNNYMAN AND HE SHARES HIS BEST ONE-LINERS

**What drew you to stand up comedy? -**

**The interview questions?** In all sincerity, I think in hindsight it was the opportunity to seek creative fulfilment in a manner that fits my personality. Stand-up comedy is immediate, flexible and portable which is why I can perform in Madrid and Barcelona.

**Do you have a preparation routine? -**

International shows are a different task than a domestic one. Cultural and language differences mean that there are references and cultural understandings that you have to figure out, but in those differences are incredible opportunities for humor.

**What are the pros and cons of touring for you? -**

The pros are a longer set which is far more creatively fulfilling and results in

more growth. The cons are travel but more specifically being away from my family which is why I often schedule international shows around school breaks so they can travel with me. After my Spanish shows I'll be meeting my family in Prague.

**How would you describe the feeling of being on stage? -**

I would say the first 10 years I did stand-up comedy it was a combination of exhilaration and downright horror but now that I have done it so long, in a strange way it is the most comfortable place to be. Coming up with a new joke or a new line to a new joke is the best high anyone can achieve. Then again I haven't tried heroin.

**Will you be checking out any of the Madrid Comedy scene? -**

I'll try, I usually arrive the day before but I might be so wiped out and my priority is to make sure that I am best prepared for my show.

**How is your Spanish? -** No bueno. I think really bad. The last time I was in Barcelona I think there were times that I thought I knew more than I did.

**Where do you stand on the debate about whether tortillas should have onion or not? -**

When I think of how many times a day I get asked this question. Obviously onions are amazing but they have no place in an omelette. Their texture is confusingly close to an egg. Growing up my brother would put onions in scrambled eggs and while I loved him in a way, I never forgave him.

**After Madrid where is next for your tour? -**

Barcelona, then Prague, then Budapest, then Donegal and Dublin in Ireland.



Stand-up comic Jim Gaffigan in Madrid ONE NIGHT ONLY Friday 12 July at 20:30pm Tickets from 23€ Teatro Figaro · C/ Doctor Cortezo, 5 - Buy tickets at <http://utm.io/ueNJ> SUITABLE FOR ALL AGES

**JIM'S BEST ONE-LINERS:**

1. The robe is a lazy man's tuxedo.
2. Have you ever worn a new deodorant and for the rest of the day you feel like there is a stranger standing next to you?
3. Actually, the reason I look like this is because my father was from Sweden and my mother was Elton John.



# How do you live?

*Do you spend a lot of time at home? Do you cook? Are you a family person? Formal or laid back? Do you usually entertain people? Light or dark? Sound or silence?*

These are crucial questions when one is about to design a space for living. That's how we start our residential projects, understanding our client's needs. It is extremely important in order to distribute the space according to the lifestyle of each person, select the appropriate fabrics and pieces, design the joinery and make the whole space chic and comfortable.

As Gio Ponti said, homes should be seen as the epicenter of family life, a place of comfort, serenity and happiness, and that's the main reason why we place our client's needs as the core of all our projects. Homes should speak about the people who live in, about how they behave, how they interact with space or how they feel-

Getting to know our clients is a process that can be compared to a Google interview job, the more information we get about their behavior, the better to plan a great proposal. This process help us to create a wide range of creative ideas according, focused on developing practical and imaginative solutions with careful detailing.

We believe spending time with our clients and understanding them create unique personal spaces for each of them, that's why we love being involved from the beginning till the end, from organizing space, till the last candle or accessory.

## *Proportion and Scale*

If clients come first in our designs, two other factors are also at the forefront, scale and proportion. We are obsessed about them so as to get a balanced space. You may have the perfect color scheme and style in mind for a space, but by choosing ill-fitting pieces of furniture or using the wrong scale, the design might fail.

We take both factors seriously and that's why we deeply think about, from early phases such as space distribution to furniture selection or window coverings.

Every home should ultimately reflect its occupants' taste and lifestyle, using scale, proportion and balance to help tie together a cohesive scheme.

Contact: CésaryMaría, Calle Lope de Rueda 40. 28009 Madrid. T: +34 696 499 952; [hola@cesarymaria.com](mailto:hola@cesarymaria.com); [www.cesarymaria.com](http://www.cesarymaria.com).



**CÉSAR & MARÍA**  
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# Gastro Experiences

with Catalina Brennan



*Hello all and welcome back to our meeting place for gastro experiences!*

**R**ecipes, places to go, where to buy ingredients, and a tribe of similar minded people who'll meet every so often to discover Madrid and it's gastronomy.

We are now in Spring! I love going to markets during this season, there's an infinite display of vegetables and fruits.

For this number, I visited a small market in my area, Canillejas, at the end of our very looong calle Alcalá (11 km starting in Puerta del Sol!) These markets are smaller than the usual Ventas, Maravillas, Chamberí etc and are usually called "Galerías de alimentación". Pretty sure you have one close to your house, great fresh produce.

This is Jesús (pictured, right), from Hnos. González Sanz, veggio stall number 51 in calle Boltaña market.

**So here's our spring recipe:** Spring vegetables with a mellow base, punched up with a poached egg and Ibérico ham.

**Fresh peas, white & green asparagus, celery root, butter, egg(s), Ibérico ham, extra virgin oil**

*My first tip for you is that all these veggies have different cooking times and techniques—all very easy—but it's important to bear this in mind, or you will get vegetable mash :-D*

**Celery root (celeriac):** Chop the root and boil until tender, blend with little boiling water, butter and salt (we need a puree, consistent, not liquid)

**Asparagus:** peel thoroughly white, and just the tip for green (as seen in photo) We'll steam both tips or cook in boiling water for aprox 7 minutes, then stick in ice bath so they will maintain all their colour and texture. Slice the rest of asparagus in 3cms thick pieces and sautee for another 7 mins.

**Boil fresh peas** aprox 9 mins (depending on size) and ice bath.

**Poach egg(s) tips:** Crack the egg into a bowl, add some vinegar to the water, make a whirlpool and poach the egg for aprox 4 mins.

*Let's plate!*

*Celery root puree (great earthy and nutty flavour), veggies on top, and crown with eggs and ibérico ham (the more volume, the prettier!) Finish with some maldon salt and beautiful olive oil. Eat with a spoon!*



*Clockwise from top: The Taberna el Clásico; Executive Chef Joaquín Felipe Peira; Spring vegetables with a mellow base, poached egg & Ibérico ham; Jesús from Hnos. González Sanz, stall number 51 in calle Boltaña market, Canillejas.*



AS A CHEF AND FOODIE, I like to discover new restaurants, talk to chefs and try out new dishes and ingredients.

My recommendation for this issue is a beautiful new place, which opened in March of this year and is located in the very centre of Madrid, in between Puerta del Sol and Plaza Mayor: *Taberna el Clásico* at calle Marqués Viudo de Pontejos, 9.

*El Clásico* is a traditional place, exquisitely decorated, with 3 different gastronomical atmospheres: There's the informal tapas area on the ground floor; the arrocería (rice dishes) and selected products area upstairs. All the gastronomic creations are from Executive Chef Joaquín Felipe Peira, an outstanding cook who really knows his way around Spanish cuisine and how to source great produce.

You will find traditional tapas and cooking techniques from Madrid, such as home-made pickled mussels, "salazones" (tuna, mullet roes, incredible anchovies, cured in salt), great cheese and ibérico assortments, but also heavenly rice dishes!

After dinner you can have an exclusive cocktail in the basement, check out this amazing space (see main photo).

## Take your taste buds on tour with the Travelling Foodies' Club

We are like-minded people that try out new places, meet Chefs both from Madrid and elsewhere, and cook with them, shopping in their markets and generally indulging in great wines and food. Our last meeting was a wine, cheese & tapas tasting (go to our social pages and you will see the amazing pics!)

### Join us on our next trip

... on 4th to 6th October: To Granada! For more information on this and cookery workshops, corporate events, showcookings, or personal Chef experiences, visit my website [www.chefinhousecatalina.com](http://www.chefinhousecatalina.com) or contact me at [cbrennan@brasoc.com](mailto:cbrennan@brasoc.com). Tel: + 34 606 99 1073



# Top 10 kids' books

## What to look out for at Retiro's Feria del Libro

BY KATHARINE CANNINGS

The Feria del Libro, held in the Retiro Park in Madrid from 31st May to 16th June, is an ideal place to browse and buy children's books in English. It has all the ingredients of a perfect family day out, with the beautiful surroundings of the park, many workshops, storytelling sessions and author signings as well as stands from hundreds of booksellers and publishers. We've made a selection of a few English language classic books and new titles to look out for, all of which deserve a place on your child's bookshelves!

### 1. Where's Spot by Eric Hill

This lift the flap picture book is perfect for 0-3 year olds. Toddlers love searching for Spot dog and will want to read it again (and again!)

### 2. The Very Hungry Caterpillar by Eric Carle

A classic! This simple story is one of the most famous picture books of all time but Eric Carle has many more titles to look out for such as The Mixed Up Chameleon, The Very Busy Spider and Slowly Slowly Said the Sloth.

### 3. Press Here by Herve Tullet

A clever interactive picture book which will be enjoyed by young and older children alike. Press here to start the story and find out what happens to the yellow dot...

### 4. How to Catch a Star by Oliver Jeffers

"Once there was a boy, and the boy loved stars very much". A picture book about waiting and following your dreams, with beautiful writing and illustrations, ideal for 3 - 6 year olds. Also highly recommended are other titles written or illustrated by Oliver Jeffers such as Lost and Found or The Day the Crayons Quit.



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Age 4-8

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### 5. The Unlikely Adventures of Mabel Jones by Will Mabbitt

The first book of the clever and comical Mabel Jones trilogy, suitable for readers aged eight upwards. Mabel is kidnapped by strange pirates in this fantasy adventure. Will Mabbitt has also just published a hilarious picture book entitled I can only draw worms.

### 6. I Want My Hat Back by Jon Klassen

A bear has lost his hat and asks various animals if they have seen it. A picture book to make both adults and children laugh out loud, with a very unexpected ending...Look out for the sequel too, called This is Not My Hat.

### 7. The Hate U Give by Angie Thomas

Winner of several Young Adult book of the year awards, this is an outstanding novel inspired by the Black Lives Matter movement. A powerful and moving story of being caught between two worlds, it has now also been made into a critically acclaimed film.

### 8. Matilda by Roald Dahl

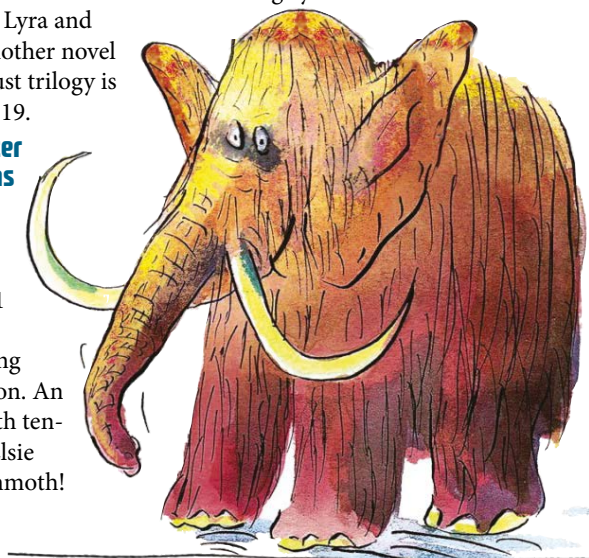
This classic has been made into a film and a musical, and is fantastic for reading out loud or perfect for children who are reading their first chapter books. Roald Dahl knows how to capture a child's imagination and the story of Matilda will delight all readers from six upwards.

### 9. La Belle Sauvage by Philip Pullman

Set in the years before the fantastic trilogy of His Dark Materials, this novel will enthrall older readers. Submerge yourself in the world of Malcom, Lyra and their dæmons. Another novel of The Book of Dust trilogy is due in October 2019.

### 10. The Ice Monster by David Walliams

David Walliams humorous books are always very popular with 7- 11 year olds and his latest funny offering will be no exception. An epic adventure with ten-year-old orphan Elsie and a woolly mammoth!



# Discover the native grapes making a comeback in León

BY LUKE DARRACOTT

This month we wanted to leave the big famous denominaciones of Rioja, Ribera and Rueda alone and focus on a smaller region with unique native grapes that is rather up and coming and which has recently undergone an important change: DO Tierra de León.

But before that, some breaking news! Last month we spoke about DO Vinos de Madrid and its three sub-zones Navacarnero, Arganda del Rey and San Martín de Valdeiglesias. We here at Madrid & Darracott are both happy and proud to announce that a fourth zone has been added to the family! The newest member is north of the city towards the Sierra; El Molar. Unsurprisingly it centres around the town of the same name; a place of great meat restaurants and underground bodega spaces. We have wine from this newest area if anyone is interested!

## TIERRA DE LEÓN GETS A REBRAND

Speaking of changing up zones and names, this month we also wanted to put a spotlight on DO Tierra de León, which has recently been rebranded, possibly because the name is a bit of a mouthful. You will now start to see DO León on the back of bottles. It's so new that most of the websites, including Wikipedia, have yet to change their information!

Winemaking was kicked off in the area south of the gorgeous city of León by the Romans, was taken over by the monasteries from the 10th century onwards and got a much needed boost from the Camino de Santiago. Sadly, as with many areas in Spain, and the rest of Europe, the area was struck by phylloxera in 1887, an aphid that came across from America on the back of American rootstock and proceeded to decimate European vineyards. There's nothing tastier than European vines!

It wasn't until the 1920s that winemaking started to bounce back and increase in scale. Two things then really helped the area. The first was the realisation that there were two native grapes in the area that hadn't really been promoted in Spain and also, thankfully, were really rather good in wine-form. Indeed many people to this day still haven't heard of them. For red wines the superstar is Prieto Picudo and for white wines the Albarín variety. The second bit of help came from the establishment of the DO in 1985. This automatically put in the same regulatory rankings as your Riberas and your Jumillas.

## INTENSE DARK PRIETO PICUDO

Prieto Picudo is a dark-skinned grape which produces deeply pigmented reds and some of Spain's best rosés. It is an aromatic little beast, with big hits of blackberry, redcurrant and liquorice. They also



*"Limes, lychee & mint jostle with fresh grassy & herby aromas."*



have a nice flourish of minerality. It can therefore blend quite nicely with its more famous neighbour Mencía.

## UP-AND-COMING ALBARÍN

Albarín is another very fragrant grape variety. If Albariño, Gewürztraminer and Sauvignon Blanc all hooked up and had a lovechild, you'd end up with something akin to Albarín. Limes, lychee and mint jostle with fresh grassy and herby aromas.

Both grapes really are quite brilliant but, like many native varieties, are planted on smaller-scale vineyards and are never going to be able to reach the fame of Verdejo, Garnacha and Tempranillo. But the more we drink them, the more the market will demand them and love them, and the more they will spread!

DO León wines aren't anywhere near as widespread as neighbouring DO Bierzo wines at the moment. There are only 40 wineries in the region. There are 50 in Madrid for example! But if you can find them they are usually very good value and rather yummy.

One of our favourite wineries that we work with, and arguably the bodega that helped put the DO on the map so to speak, was Pardevalles. They have reds, a truly mind-blowing strawberry bomb rosado, whites and semi-dulces. But we wanted to highlight one particular wine from their range. A white wine that is served in the Michelin-star restaurant Cocinandos in León and is an absolute steal. Carroleón Blanco 2017 (10.50€) is 100% Albarín and is fermented and aged in French oak barrels for 4 months. Nose is honey and melons and a gentle touch of oak. Palate is soft, smooth and, in a word, sexy.

## LIVELY RED FOR WARM WEATHER

The newest member to our DO León family is a winery whose friendliness was matched with their passion for mixing tradition with modernity: Bodegas Belote and their 'vinos de cueva'. They age their wines in 500 year-old underground caves where the barrels sleep in constant cool temperatures. The wine that piqued our interest was Calandria 2016 (9.80€). Light, bouncy, only 3 months in oak, we swear we got citric fruits and tropical notes on a red wine! Such a fun little number and great for the upcoming warm weather. So why wait, start hunting for León wines and, as always, if you need a place to start, look no further than Madrid & Darracott!

Luke is the owner of wine shop and tasting space Madrid & Darracott, Calle del Duque de Rivas, 8. Tel: 912191975. Metro: Tirso de Molina

They have daily tastings at 12:30 and 19:00 and arrange bespoke tastings and events.



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# A bad deal for the young

BY ROGER PIKE

In most western countries the idea is becoming widespread that the young entering the workforce now will be the first generation to be poorer than their parents. In Spain it's certainly looking that way.

### SALARIES DOWN 15 PERCENT

Salaries in Spain are lower than in the richer European economies. But the young are even worse off – while the 60-64 year old age group saw their wages rise a modest 11% between 2008 and 2016, the pay of 20-24 years olds actually went down 15%. Not surprising therefore that many choose to stay in education.

When I graduated in the UK in the late 80s, every university student I knew went into a job at the end of their degree. These day Spanish students feel that in such a competitive market place, they need a masters degree to stand out.

### PROPERTY PROBLEMS

A precarious labour market and low wages contribute to one of the biggest problems faced by the young: not being able to afford a place to live. In 2017 only 19.3% of Spanish under 30 had managed to move out of their parents' home, down from 26% in 2008. On average, Spanish under 35's who live in rented flats pay a whopping 64% of their salary in

rent (for women that rises to 73%). They have no chance of saving for the future.

### PENSION PROBLEMS

Spain has among the most generous pension payments in Europe. If between you and your employer you have paid in in the top rate for a minimum of 37 years, you can expect a monthly pension of around €2,500 (in UK you won't get more than €800). But that generosity comes at a cost: an employee who earns €40,000 gross will cost the company a further €11,500 in National Insurance, while the worker will have to cough up another €2,500 a year. As a result Spain one of the most expensive countries for hiring workers. Which is almost certainly part of the reason for its chronically high unemployment.

The number of over 65s here is likely to double by 2050, while now there are just 4.8 million 20-29 year olds, down from 6.7 million just 12 years ago. Spain's pension payments take up 41% of the budget, and will only grow. The UK pays out just 20.5% of its budget in pensions. To understand the magnitude of Spain's problem, the sum of UK pensions and the NHS still don't cost 40% of Government spending.

### SO WHAT CAN BE DONE?

Needless to say, there's no easy solution. The

first step should be for politicians of all colours to be honest about the challenges. Then they need to encourage a dynamic economy where companies actually have to attract talent and sell themselves to employees rather than rely on an endless supply of bright and cheap labour. Schools could do a little more to encourage skills which employers look for. Drop-out rates should be reduced drastically. Universities should partner up more with industry.

On wider economic measures, Governments need to make it easier for small companies to get bigger by not strangling them with regulations and taxes. Large companies have a bad press, but the reality is that they generally pay more, invest more in training and offer better opportunities for growth to their employees than smaller companies.

Ensuring that the retired can live comfortably should be the aim of any decent society, but it's up to us to ensure that in pursuing it, we are not condemning our children to a life on the breadline – they deserve as much a right to enjoy their old age as we do.

*Roger Pike is founder of WH Advisers which helps international businesses understand Spain.*







## A 5-minute meditation

BY EVELYN KLAMER

**A**re you feeling a bit stressed? A bit worn out? Or maybe you're not really feeling that much of anything? Try this easy 5-minute mindful meditation.

**Step 1: Connect with yourself** Notice yourself. How are you doing? Notice how nice it is to have a little 'me-time'. Feel your feet's connection to the floor and become aware of your whole body.

**Step 2: Breathe** Just breathe. Tune into your breath. Feel the natural flow of breath—in, out. You don't need to do anything to your breath. Not long, not short, just natural. When one breath ends, the next breath begins.

**Step 3: Clear your mind** Now as you do this, you might notice that your mind may start to wander. You may start thinking about other things. If this happens, it is not a problem. It's very natural. Just notice that your mind has wandered. You can say "thinking" or "wandering" in your head softly. And then gently redirect your attention right back to the breathing.

**Step 4: Gratitude and love** Stay here for five minutes. Notice your breath, in silence. From time to time, you'll get lost in thought, then return to your breath. Then offer yourself some love and appreciation for doing this practice today.

**Step 5: Connect back with the world** Check in before you check out. After a few minutes, once again notice your body, your whole body, seated here. Then take this relaxed loving feeling into the rest of your day!

*Evelyn runs retreats and workshops to nourish your soul. For info about her weekly AbunDance workshop, or her other residential beach retreats and adventures go to [www.facebook.com/evelyn.klamer](http://www.facebook.com/evelyn.klamer) or [evelynklamer.com](http://evelynklamer.com). Join the love tribe!*

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# Childbirth options

## The pros & cons of public, private & at home

**A**re you pregnant and living in Spain? Be reassured: not only is Spanish healthcare famous for being one of the best, but its doctors and nurses are also renowned worldwide for their training and expertise.

### NATIONAL HEALTHCARE SYSTEM

If you are a legal resident working in Spain, then you are entitled to public healthcare.

**Pros:** You will get three ultrasounds during the pregnancy. Public hospitals are usually better equipped, and the resources are better. They usually have an anaesthetist and a gynaecologist no matter what

**Cons:** Attention will not be as personal – you will mainly be with the midwife, and the doctor will come if there are complications or special methods are needed. The staff, although highly professional will probably not speak English. The protocols are stricter concerning procedures, visits, special requests, your own birth plan, etc. You will probably have to share a room.

### PRIVATE HEALTHCARE

If you have a private insurance or prefer to pay for a private hospital, there are also many factors to consider.

**Pros:** You can choose the hospital you want to go to. You will also get three ultrasounds, with the possibility of asking for a 3D one. Private hospitals have a wider range of professionals to choose from, and you can ask for an English-speaking doctor, and even change specialists if you are not comfortable or want a second opinion.

The doctor that takes care of your pregnancy will also be there to deliver your baby, typically with a team of four other people: a midwife, an assistant, an anaesthetist, and a neonatologist.

You can expect a shorter wait for results and appointments, and visits are usually allowed at any time. You will be able to have your own room, sometimes even a suite. Private hospitals usually offer other services like a photographer, religious services, and even hairdressers.

**Cons:** They may have the need to redirect you to a public hospital for special tests, since they can have better equipment.

You will have to bring with you a suitcase with anything the baby might need (diapers, clothes, toiletries, etc.)

### HOME BIRTH

**Top Tips:** Having your baby at home is quite rare in Spain, and it is not covered by the public system. Its approximate cost can be of around 2000€, but there are options of finding midwives that will help you through this if you really want to do it.

Even if your Spanish is very good, and even if you consider yourself bilingual, having a native by your side to help you communicate with the hospital staff is highly recommendable.

This is Spain so there will be paperwork. Get information on the paperwork you will need when your baby is born.

Talk to other mothers and listen to their recommendations for good doctors.

*"The main mission of ESHA Spain is to connect the Healthcare Industry with the English-speaking community in Spain and become a reference point regarding healthcare issues"*  
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Chairperson  
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Telephone: +34 600 636 785  
Email: [welcome@eshaspain.org](mailto:welcome@eshaspain.org)

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# New hospital HM Delfos is born

*HM Hospitales set in a different model of private healthcare in Barcelona, that promotes a welfare large project based on a state-of-the-art technology.*

Doctor Juan Abarca Cidón, President of HM Hospitales, confirms that "in Cataluña there is a great private health system with high tradition and excellent results, but we want to bring a new way of focusing the sanitary sector thanks to a translational investigation, teaching and a state-of-the-art technology, which are the axes of our model. Besides, we support a hierarchical structure in the organizing plan, which allows to cover all professional expectations of our team inside the hospital".

HM Hospitales will invest more than 30 million euros with the purpose of "offering a new way of practicing medicine inside of the Catalan health private system", according to Doctor Juan Abarca Cidón.

This equipment raises the hospital with capacity to respond to all necessities in terms of any therapeutic area. In fact, this new Surgical Block make possible the realization with the better guarantees of surgical process in Neurosurgery, Cardiac Surgery, Thoracic Surgery and Oncological Surgery.



It is also worth noting that Neurosciences has been equipped with an "integrated operational theatre" with a state-of-the-art equipment such as an intraoperative mobile CT-Scan with high versatility, unique in the Catalan healthcare and the first in Spain with these characteristics.

In this way, the technology incorporated in the "integrated operational theatre" will allow the specialists to develop the surgical procedures in 3D, and will bring



a major precision and absolute control to the surgeon to know what is happening in real time. This technology rebounds directly to the benefit of the patients because it allows an approach less invasive that make easier the recovery and minimize the risks derived from the post-operative period.

## The best specialists in Oncology, Cardiology and Neurosciences

The medical excellence in Hospital HM Delfos arrives with the reinforcement of three therapeutic areas with special interest for HM Hospitales: Oncology, Cardiology and Neurosciences. For that, the Group has brought the best local talent of each specialty: Doctor Joan Albanell for Oncology, Doctor Angel Cequier for Cardiology and Doctor Gerardo Conesa Bertrán for Neuroscience.

Doctor Conesa assures that it might probably be "the only private center with hierarchy and unified protocols". The prestigious neurosurgeon insists on the importance of an ambitious

project based on three pillars: the welfare part, the medical, the investigative and the teaching one.

## More technology than ever

HM Hospitales is an avant-garde hospital for the technological sanitary adoption and HM Delfos has converted Barcelona in a reference in the field of diagnosis imaging. One of this technological novelty is the X-ray EOS Vertical Diagnosis System which is capable of getting imaging of the entire body. It is very quick, doesn't cause claustrophobia and the radiation is reduced to 85% less than other modern systems.

The hospital also has an innovative 160 multislice CT-Scan that creates high quality imaging in a very reduced time and allows a reconstruction with 3D functions. HM Delfos also have a mammogram with 3D tomosynthesis that contributes to the early detection of breast cancer and in the next weeks a 3T MRI will be implemented.

*More information:*  
[international@hmhospitales.com](mailto:international@hmhospitales.com);  
[www.hmhospitales.com](http://www.hmhospitales.com)

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# Tai chi gets a makeover

*Is this easy office-friendly take on Tai chi the next big thing in 'employee wellness'?*

**W**e've all seen them. These posters and ads for Tai Chi or Chi Kung pinned to the notice board at your *polideportivo* or in the gym usually with a man in shiny silk pyjamas looking wise and buddhalike. There'll be the ying yang symbol and perhaps some Chinese characters or dragon. On the face of it, of course there's absolutely nothing wrong with this, but it's fairly obvious that these disciplines have a bit of an image problem: People tend to think that learning Tai chi is a bit weird and daunting – like you'd have to go up a mountain for years and practice meditatively in a cave – in a pair of pyjamas. It just doesn't seem relevant or appealing.

However, what is the actual deal with Tai chi? Millions, or actually more like billions, of people in China swear by this moving meditation. It's foundational to the concept of health over there. Surely, there must be something to it.

If only there was a way to translate this stuff into a form that was more acces-



sible to Westerners: Something as easy and simple as a ten minute routine, learned at work as part of a corporate wellness program. Something that had the essence of Tai chi but without all the complications of form, history and tradition that you could learn in weeks instead of years.

Well now there is. It's called TMW (Tai-chi Movements for Wellbeing). It was originally commissioned by the NHS in Britain from renowned Tai chi master Richard Farmer, and its sequence of 14 simple movements can be learned over 6 weekly hour-long sessions. After you

can practise yourself, or continue with a group at work.

Since its creation, TMW has rapidly become a popular part of corporate wellness programs in the UK. Employees find alleviation of chronic pain, have reduced stress, and take fewer sick days, and so companies are realizing that what is good for the employee is good for the bottom line as well.

Was it Albert Einstein who said imagination is more important than knowledge? Well, TMW helps people let go of physical, emotional, and mental tension, so it helps to expand their imagination 'muscle'. And letting go of old patterns, allows an opening up to new concepts that tense bodies and minds couldn't comprehend. In short, your employees will learn more easily and be more creative.

*Revolution Health* teaches TMW in a corporate setting. This simple 10-20 minute tool for an authentic and stress-free life really is a revolution in health. Learn more at: [www.revolutionhealth.es](http://www.revolutionhealth.es)

## Filipino Workers' Self-defence Club

Homesickness and extended work hours cannot stop OFWs from making better versions of themselves

BY GEMMA MINDA ISO

**E**very Saturday at around 5:00 in the afternoon, 25 Philippine nationals come together at Plaza Remonta Metro Valdeacedas. Donning simple T-shirts and jogging pants, they sweat it out until around 7pm at night, trying to master mind and body techniques, and at the same time, infusing in themselves the discipline and the strategies necessary for real life combat situations. The group is tentatively named The Madrid Overseas Filipino Worker (OFW) Self-Defense Club, awaiting official registration.

The club was initiated and is organized by Lyndon Moral Elemia, a licensed and certified instructor of TRACMA (Trovador Ramos Asian Consolidated Martial Arts), and is concurrently one of the chief instructors



of the TRACMA Chapter in Spain.

In 2015, Lyndon left his government post in the Philippines to join his wife who had been working in Spain for several years. Equipped with a Political Science diploma and a Master's degree in Public Management, the uncertainties of living in a foreign country somehow terrorized him. While he

knew that the probability of him landing in an office job in Spain was small, it didn't discourage him from trying his luck in and beginning his journey as an OFW in Spain.

After many ups and downs here, Lyndon organized the self-defense club. It wasn't just his passion for martial arts, or just because he needed company or the need to be with his fellow Filipinos. It was that he saw his compatriots had this vision to be "more" than who they had been when they left for Spain. They wanted to show to the world that despite the hardships, the loneliness, the frequent desperations, they had what it takes to survive.

The Madrid OFW Self-Defense Club is actually not just about learning how to defend one's self. It isn't just about knowing how to kick and deflect, how to dodge the enemy, or when to give the lethal blow. It is more about sharing one's expertise even when one's heart is hurting. It is about listening to another worker's frustration even when it may stir up personal pain to do so.

Everyone in the club is a novice to martial arts techniques. It is certain that most of them are struggling with the moves and the discipline, yet, everyone is determined to master the art, not just of defending one's self, but the art of confronting life with grace while they wait for their dreams to be fulfilled.





## Great alternative to the over-crowded Mercado San Miguel

**The Taste Gallery, Plaza de San Miguel, 8.** The Taste Gallery in Plaza de San Miguel is the perfect for a great tapas lunch or more intimate dinner on the town. Varied menu with a range of delicious Spanish and international dishes served by attentive English-Speaking staff. The wine list offers a wide selection of quality well priced wines to accompany.



Located just off the Mercado San Miguel the Taste Gallery is a lot more than a restaurant – it

is an experience to savour. In addition to the upstairs restaurant and bar is the exclusive “Cueva” downstairs should you be looking for a unique and originally decorated space for events or celebrations. Whether for a gathering of friends or romantic getaway the Taste Gallery the warmest of welcomes to readers of the Madrid Metropolitan. *Reservations: info@tastegalley.es / 917 589 339*



## Traditional dishes with a modern twist in a stunning art deco setting

**Cubiertos de Gloria, Calle de Toledo, 28.** Until now the Cubiertos de Gloria has been one of Madrid's best kept secrets. It has bucked the trend of traditional restaurants disappearing from the *Casco Antiguo* of Madrid by reestablishing the genre with a modern twist. Art deco styled, it offers home made *cocina castiza* dishes that are truly delightful as well as very reasonably priced. Here you can feast on an exquisite range of well prepared seasonal dishes that do a good job of transcending the traditional / modern divide. A good place to go for a gastronomic experience to remember! *Reservations: 913 653 837*



## Fun atmosphere for a night of craft beer in Plaza de España

**The Village Tap Room.** Calle Martin de Los Heros 28. If craft beers are your thing then this is where you need to be. Over 40 types of IPAs, lagers, ales, stouts, pilsners and porters are to be found amongst many others to make this the beer drinker's Mecca in Madrid. With their unique draft gas and compressed air system (they say it's the only one in Spain) you are guaranteed the perfectly poured pint. With a fun international crowd the Village Tap Room is a great place to meet friends or find new ones. In addition they have regular events like “Open Mic” nights on Tuesdays at 8.30pm and “Writer's Night” same time on Wednesday. *Reservations: reservasthevillagetaproom@gmail.com / Tel: 915 595 785 / Open 'till 2am on weekends*

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# Property sales

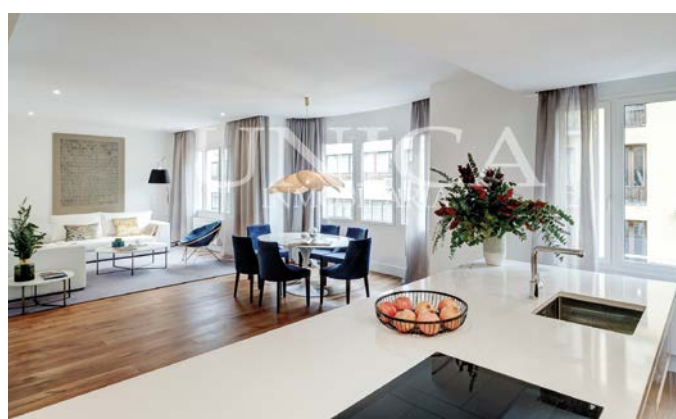
For viewing and more information contact [javier@unicainmobiliaria.com](mailto:javier@unicainmobiliaria.com)



Reference MM423171

4th floor newly refurbished 3 bedroom apartment of this elegant uptown building a short walk from the Plaza del Marqués de Salamanca. The property benefits from over 120 square metres of living space with large west facing living room with integrated diner/kitchen.

€ 1.150.000



Reference MM423005

Exclusive home in a classic building. Totally modernised, refurbished and ready to move into. The building is located in the Barrio de Salamanca- Castellana, a step away from Serrano. The 209 m2 Cadastral is distributed with entrance hall, spacious living-dining room and three bedrooms.

€ 1,750,000



Reference MM423021

A luxurious 274 m2 classical apartment benefiting with five East facing balconies and three bedrooms with en suite and a separate Wengue dressing room. In addition a large thirty square metre storage room

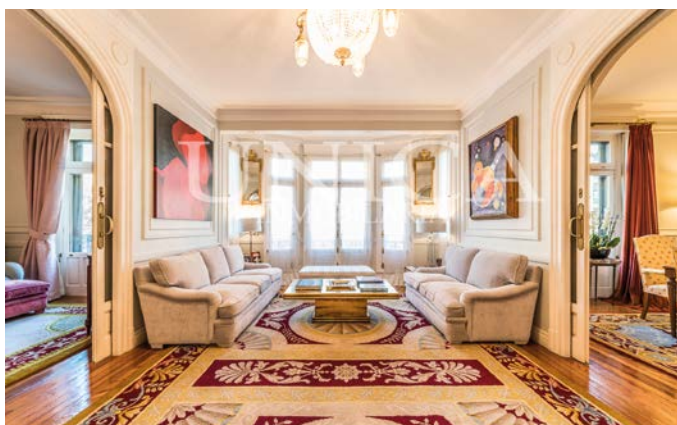
€ 1,595,000



Reference MM 422889

280 square metre 4 bedroom penthouse with two en-suite bathrooms. Fully equipped modern kitchen and the apartment benefits from a 20 square metre terrace with magnificent views overlooking the neighbourhood of Salamanca.

€ 2,150,000



Reference MM423150

Tastefully decorated classical period style apartment comprising of spacious reception area, large kitchen with service area, three bedrooms and three bathrooms, two of them en suite, as well as two balconies and a gazebo, along with a pool area. The apartment is situated in a well appointed nineteenth century building. € 3,620,000



Reference MM422748

Large 253 square metre apartment in excellent condition with two bedrooms including one with ensuite bathroom. Also benefiting from two intercommunicating west facing balconies affording plenty of light. Marble flooring and original avant-garde gas fireplace in the living room, which giving a warm and cozy atmosphere throughout. Optional Parking spaces available for rent. € 1,350,000



# Property lettings

## 1. P-3222 (Property Ref: MET AYALA)



Excellent apartment located in the neighborhood of Goya, 3rd floor, building with elevator and concierge. The apartment is fully furnished and has a living room with two balconies, fully fitted kitchen, 2 bedrooms, One bathroom and a guest toilet. Central heating. Wooden floors.

Near the College of Pilar and College of Loreto, 2 minutes from the supermarkets

(Carrefour, Día, Ahorramás, Mercadona, Corte Inglés). Walking distance to Retiro Park.

**€ 1,800 per month**

## 2. P-957 (Property Ref: MET HERMOSILLA)



Luxurious apartment located in Goya district, in the newly built estate, with concierge, paddle court and gym.

The flat is unfurnished and it has 2 double bedrooms, large living room with a bay window, fully equipped kitchen and two bathrooms. It has an underfloor heating, and automatic blinds.

A garage in the same building.

Excellent location with a traditional Torrijos Market, butchers, fishmonger, good restaurants and bars.

**€ 2,200 per month**

**For viewing and more information contact Polina  
Tel: 91 576 60 33; Email: correo@everystreet.es**

## 3. P-3581 (Property Ref: MET NUÑEZ MORGADO)



Spacious apartment unfurnished, situated in the fifth-floor in the neighborhood Chamartín, next to the Plaza Castilla.

The apartment has a living room with a terrace, 3 bedrooms, fully fitted kitchen and 2 bathrooms.

Air conditioning and central heating. West facing. Built-in wardrobes. Wooden floors.

A garage and a storage space included in the price.

**€ 1,750 per month**

## 4. P-3686 (Property Ref: MET MALDONADO)



Excellent fully furnished studio located in the best neighborhood of Salamanca.

10 minutes walk from IE. Central heating. Building with elevator and concierge.

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Sundays and bank holidays by arrangement.

# Mad for merengue

*Soak up the atmosphere on the historic Santiago Bernabéu tour*

BY ELLIOT PIGOTT

Having grown up as the son of a professional cricketer I have never really been easily impressed when it comes to sports stadiums or tours, having spent much of my childhood in dressing rooms and hospitality areas of various cricket grounds. There is, however, a big difference between cricket grounds and football stadiums. Then there is the difference between most football stadiums and the Bernabéu. From the moment you start walking up the stairs of the most prestigious and well-known stadiums in the footballing and sporting world you realise you are entering somewhere special.

Upon reaching the highest point of the 81,044 capacity stadium you are mesmerised by the vastness of one of the world's largest football stadiums where you can take selfies with the unique panoramic view in the background. It is testament to the pull of Real Madrid that the excitement of this moment is not reserved only for those wearing Bale or Ronaldo on their backs, with football fans from all over the world wanting to experience this magic moment.

## SEE REAL'S 13 EUROPEAN CUPS

And the magic is only just beginning. Once inside the start of the exhibition you enter a world of atmospheric lighting displaying the ever-growing trophy room and prize cabinet of the best club in the history of the game, from the record 33 La Liga titles to the astonishing 13 UEFA Champions League titles. The club's history is evoked through heritage kits and memorabilia dating back to the club's origin in 1902.

## INTERACTIVE EXHIBITS

There are areas with huge screens that replay the club's most famous moments and interactive touchscreens where you can find out every stat about current and legendary players from the club's history. Another section has a Willy Wonka-esque wall of gold tubes, each emitting a different fan chant when you put your ear closer. Towards the end of the tour you also get the opportunity to enter a simulator offering a virtual journey from Valdebebas to the Santiago Bernabéu in a replica team bus experiencing exactly what players go through in the lead up to a big game.

The changing room has with photos of



The stadium now (above), and the plans for the €400m renovation (below).



players on the lockers, and from there you follow in the footsteps of idols such as Zidane, Ronaldo and Beckham up onto the sidelines. Although you don't actually get the chance to walk on the pitch itself, being so close allows you to imagine what it's like to walk on the ha-

*The moment you start walking up the stairs you realise you are entering somewhere special ...*

llowed turf itself. You can almost hear the cheers inside your head as you sit down on the space age seats and experience first hand the view that Zidane and Ancelotti have had when leading Real to their many famous victories over the years. Many will imagine they have just scored the winning goal as they sit in the press room and pose for photos where many players and managers have given their after match analysis.

## A €400 MILLION RENOVATION

It is easy to see why over a million people a year visit Real Madrid's home sin-

ce 1947 making it Madrid's third most popular tourist attraction. As if the Santiago Bernabéu wasn't impressive enough already, fans also have the chance to see the plans for the €400 million renovation that club president Florentino Perez has promised will make it "The Best Stadium in the World".

If you had asked me before the tour which of Madrid's two biggest clubs I would lean more towards I would have chosen Athletic, as I have always steered away from glory supporting. However even I will admit to having been swept up a little by the magic of the Bernabéu and next time I'm asked I might well change my answer.

*The Santiago Bernabéu Tour. Tickets from €18. Information and bookings at [www.realmadrid.com/en](http://www.realmadrid.com/en). Tickets also available at the stadium at Box Office 10, beside Gate 7 (Paseo de la Castellana, entrance at Tower B).*



Tour  
Bernabéu



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**Spanish Irish Business Network** has over 1500 Spanish, Irish and international members from very diverse backgrounds. We are a dynamic group of people that promotes business & cultural links between Spain and Ireland and we host regular events in Madrid. [www.sibn.es](http://www.sibn.es) or [admin@sibn.es](mailto:admin@sibn.es) for more info.

**Australian Spain Business Association** (ASBA) en Madrid.  
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**American Club of Madrid**  
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**British Chamber of Commerce** *ma-*  
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EuroCitizens is a new association formed by a group of UK citizens living, working and studying in Spain. We are greatly concerned about our future here and that of Spanish citizens living in the UK. [eurocitizens2016@gmail.com](mailto:eurocitizens2016@gmail.com); [www.facebook.com/EuroCitizens/](https://www.facebook.com/EuroCitizens/); Twitter @EuroCitizens99



## SOCIAL & SPORTS GROUPS

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Open to English-speaking women of all nationalities. For more information, contact [awcclubhouse@gmail.com](mailto:awcclubhouse@gmail.com); [www.awcmadrid.com](http://www.awcmadrid.com); Facebook: American Women's Club of Madrid.

**International Newcomers Club of Madrid** is a dynamic, English-speaking, non-profit, non-religious and non-political, international organization that began in 1988. Our mission is to facilitate the transition for newcomers to Madrid whether they have just moved to the city from overseas or for Spanish nationals returning from abroad.

So if you would like to learn more about Madrid and Spanish culture, make new friends, practice English and meet locals and foreigners alike we invite you to join our vibrant community, get in touch.  
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**Conservatives Abroad Madrid** Launched in 2009. We meet at Gran Meliá Fénix bar, Plaza Margaret Thatcher, Calle de Hermosilla 2 at 8pm on the first Thursday of every month [www.conservatives-madrid.com](http://www.conservatives-madrid.com)

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**International** [www.icmadrid.com](http://www.icmadrid.com)

**Catholic** [www.ourladyofmercy.info](http://www.ourladyofmercy.info)

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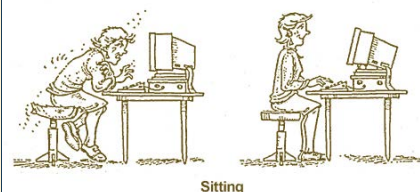
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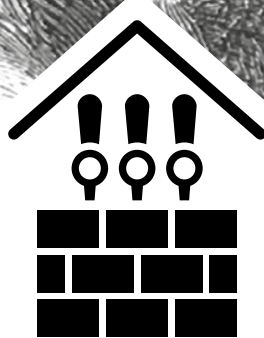


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