

# MADRID METROPOLITAN

September - October, 2019

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*Madrid in English*

12

Hidden Madrid

TÍO PEPE  
RESUSCITATES



Leonor Watling... 14

**ALWAYS  
STEPHEN  
FRY.** When in doubt,  
Stephen Fry

19

Wine Report

**HARVEST  
FESTIVAL**

21

Home & Design

**Combating  
Closet Chaos  
with Style!**

16

Canine Madrid

FROM GUAU TO WOOF

**HOW TO TRULY  
ENJOY MADRID  
WITH YOUR  
DOG**

**FREE  
MAGAZINE**

EVENTS • FOOD • ART • CULTURE

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# Welcome to our autumn edition...

In this edition we catch up with Anglo-Spanish star Leonor Watling on what keeps her ticking. We also talk to Dire Straits co-founder John Illsley on his forthcoming Spanish tour that includes a stop in Madrid on October 12th. In addition we have a look at home and design ideas with Amy Thomas; some great autumn recipes with Catalina Brennan and our first ever insight into the canine delights of Madrid. That and our regular features of whats going on in Madrid and lots more. We hope you enjoy reading!

*Olaf Clayton*

Olaf Clayton  
PUBLISHER

The iconic Deco-style Capitol Building on Gran Vía.  
Photo by Alberto Restifo on Unsplash.com





# Learn Spanish with AIL Madrid!

Madrid's best rated Spanish language school offers you the key to stop being a "guiri"

## AIL Madrid Evening Course student



"I've learned a lot and I'm really enjoying my experience here."

**Jazmin**  
Hungary  
24 years old

**When and why did you decide to study Spanish?** I have always wanted to learn Spanish because it's spoken in more than 20 countries worldwide. Also, I think it's a very fun language to learn and speak. I began taking classes at AIL Madrid when I first moved to Madrid in May, to start a new job. I didn't actually need it for work, but I wanted to make the most of my time here, so I added "speaking Spanish" to my bucket list.

**Why did you choose AIL Madrid?** I googled "Spanish schools in Madrid", and found great reviews for AIL Madrid, so I decided to give it a shot. And it's been great! There are lots of different Spanish course options, which makes it easy for anyone to fit Spanish into their schedules (they offer classes in the morning, afternoon, evening and even on the weekends!).

**Why did you choose the Evening Course? What do you think of it?** I chose the Evening Course because I work during the day. My teacher is very friendly and engaging and the classes are relaxed and interesting. Also, my classmates are really nice (smile). We're quite a diverse group, so not only do we learn about the Spanish culture, but we are also exposed to cultures from all over the world.

**How has the experience been with your teacher?** Dani is great! He's fun and keeps the class lively and enjoyable. What I like most is that we do lots of speaking and conversational exercises, which really help consolidate what you learn in class.

**Would you recommend AIL Madrid?** Yes, absolutely! It's a great school, I've learned a lot so far (my colleagues at work think so too!), I've met new people, and I'm really enjoying my experience here.

## AIL Madrid's tip - STOP making these 8 common mistakes

Has no one ever told you that you've been making these same mistakes in Spanish over and over again? Take a minute to discover what've you been saying wrong and stop it once and for all!

Don't say **"Me recuerdo"**  
Say **"Me acuerdo"**

Don't say **"es bien"**  
Say **"está bien"**

Don't say **"un otro"**  
Say **"otro"**

You shouldn't say **"ok"**  
You should say **"vale"**

Don't say **"una idioma"**  
Say **"un idioma"**

Don't say **"La gente son"**  
Say **"La gente es"**

Don't say **"Me duele mi cabeza"**  
Say **"Me duele la cabeza"**

Don't say **"Soy un profesor"**  
Say **"Soy profesor"**

## Impress your workmates with these Spanish phrases

Want to make your workmates believe that instead of sunbathing in Benidorm all summer, you've actually been working hard on your Spanish? Try using one of AIL Madrid's work-related expressions on your first day back at the office and leave them speechless.

### Trabajar de sol a sol

Also known as: from dawn till dusk. What's tragic is that this expression is used by the Spanish to say that they are spending their entire day inside the office walls. You would use it like this: *"Voy a trabajar de sol a sol para cumplir con los plazos de este proyecto"*; "I'm going to work all day on this project to hand it in on time".

### Trabajar codo con codo

In a team, "de colequeo" or "haciendo piña". Us Spanish say that we work codo con codo (side by side, literally "elbow to elbow") when we work together with one or more workmate. The expression also suggests that you get on well with your teammates, because if you finish the day wanting to kill them, it wouldn't be considered a "codo con codo" job. A common use of this expression would be: *"Si trabajamos codo con codo duplicaremos nuestras ventas en menos"*

*de un año"*; "If we work side by side we will double our sales in less than a year".

### Trabajar a destajo

To work a lot, non-stop whilst in the zone. If someone says that they work 'a destajo', they mean that they work a lot, and without rest. Use it to earn points with your boss saying *"No me importa trabajar a destajo si la empresa lo necesita"*; "I don't mind working non-stop if the company needs it".

### Sudar tinta

When someone says they "suda tinta" (sweat ink) at work or studying, it means that they are working extremely hard. For example: *"Si hay que sudar tinta para sacar el proyecto hoy, se suda"*; "If we have to sweat ink in order to bring this project out today, we'll do it".

**Sign up for Evening Classes**  
this September and October  
- new groups for all levels -

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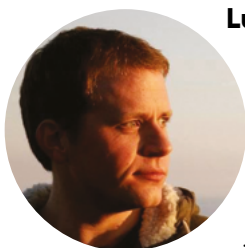


# Who's writing this month?



## Amy Thomas

She has been getting into people's closets since the 1990s. During that time, she has been using her skills as a custom-make furniture designer, having been challenged by a wide variety of spaces, from single loft dwellings to palaces. After having produced over ten-thousands of closets, wardrobes and other built-ins designed to help her clients keep their possessions under control, she is taking it one step further, and writing about how and why this is such a hot topic, and how to make our homes oursanctuaries.



## Luke Darracott

Originally from the UK, Luke is a qualified alcoholic who studied languages at University. Apart from a year out in Moscow he has lived in Madrid giving wine tastings and gastronomic food tours and writing about Spain since 2009. In 2018 he opened an independent wine shop called Madrid & Darracott with his friend and business partner Roque Madrid. His passion is food, travel and wine; in particular the communication of wine without the pretentiousness.



## 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

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# Contents

September – October, 2019



16



19



20



22

- 2 Welcome from the Publisher
- 5 Moving to Madrid
- 6 Whats On: Vogue and art
- 10 10 books to ease the transition from carefree holidays to school routines
- 12 Hidden madrid: Tío Pepe Resuscitates
- 13 How do I use my insurance?
- 14 Cover Story: "Leonor Watling... always Stephen Fry. When in doubt, Stephen Fry"
- 15 Food & Love?
- 16 Canine Madrid: From guau to woof How to truly enjoy Madrid with your dog
- 18 My Madrid
- 19 Wine Report: Harvest Festival
- 20 Interview: Sultan of swing
- 21 Home & Design: Combating Closet Chaos with Style!
- 22 Food: Gastro Experiences
- 23 Why Has the Spanish Economy Remained Strong This Year?
- 24 Health insurance for residency purposes in Spain
- 25 Come & Enjoy Livanda's Charm
- 26 Costa Women Launches in Madrid
- 26 Digital Tips
- 27 Book Review: After the Fall
- 28 Classified Directory

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# MOVING TO MADRID

Settling into a new job is one thing – moving country – language and culture – quite another. New Principal at Hastings School, Neil Tetley tells his story.

**I** relocated in August last year from the UK, where I was Head of a school in Suffolk, and like any international move, it was not without challenges. The main issues were that I was relocating on my own (my eldest son was in the middle of his GCSE courses so my family stayed in the UK for another year) and I was on crutches having just got out of plaster after rupturing my Achilles tendon. So everything, even getting some shopping, was a challenge!

Having said that, despite these initial teething problems, Madrid was a remarkably easy city to move to. In fact, I can honestly say it

was a joy. Having previously lived in Japan, where every day brought new faux pas and misunderstandings, the minor cultural differences in Spain (such as meetings always starting late and everyone talking over each other!) were really not an issue and I have found Spanish people delightful – really welcoming and generous. The city offers something for everyone: great food; world-class art museums; amazing football etc. Unlike other places I have lived, Madrid ‘works’ really well and, despite the occasional strike, transport is efficient and cheap and I have given up owning a car altogether so I can enjoy exploring on foot. And then there’s the climate of course – for a British person, used to rain, cloudy skies, more rain... my first winter here was a revelation, with blue skies from January to March. In my humble opinion, I think Madrid offers as good a quality of life as one will find anywhere in the world. I couldn’t be happier I made the move.

Now that my family has joined me, I hope to make far fewer Ryanair flights between Madrid and the UK. I am also hoping Real Madrid will have a slightly more successful season!



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

We take a look at the highlights of what to see and do in Madrid this autumn.



## ENTERTAINMENT

**What:** Puy Du Fou

**When:** Until 26th October

**Where:** Toledo

**Why:** By the light of the setting sun on the banks of the Tagus, the young washerwoman Maria encountered the old Water-Carrier from Toledo. The old man took her on a trip through time to relive Spain's glory days!

**Information:** <https://www.puydufouespana.com/en>



## CONCERT

**What:** Alice Cooper in concert

**When:** 7th September

**Where:** Palacio Vistalegre Arena

**Why:** The Godfather of Shock Rock comes to town!

**Information:**

[www.alicecooper.com](http://www.alicecooper.com)



## TRADE FAIR

**What:** World Jamón Fair

**When:** 17th – 19th September

**Where:** IFEMA - Feria de Madrid

**Why:** Jamón Jamón! The 10th world's fair celebrating a gastro sensation.

**Information:** <http://www.congresomundialdeljamon.es>



## SPORTS

**What:** Madrid Open

**When:** 3rd to 6th October

**Where:** Club de Campo Villa de Madrid

**Why:** One of the oldest golf tournaments in the world going back to 1912 and since 1972 part of the PGA European Tour

**Information:** <http://opendegolf.es>



## MUSIC

**What:** Herbie Hancock

**When:** 28th October

**Where:** Auditorio Nacional de Música

**Why:** Veteran American Jazz pianist and ensemble for one night only.

**Information:** <http://www.auditorionacional.mcu.es/es/programacion/cndm-herbie-hancock>







## SPORTS

**What:** La Vuelta Cyclista De España

**When:** 25th September

**Where:** Cibeles

**Why:** After 21 grueling days the finalists arrive for the last stage and the winning line.

### Information:

<https://www.lavuelta.es/es/etapa-21>



## SPORTS

**What:** Atletico vs Real

**When:** 29th September

**Where:** Estadio Wanda Metropolitano

**Why:** The Madrid Derby

### Why:

<http://www.atleticodemadrid.com>



## SPORTS

**What:** World Football Summit

**When:** 24th and 25th September

**Where:** Teatro Goya

**Why:** More football! As if Madrid didn't have enough of the beautiful game!

**Information:** <http://worldfootballsummit.com/es>



## SPORTS

**What:** Madrid Games Week

**When:** 3rd to 6th October

**Where:** IFEMA - Feria de Madrid

**Why:** One of the biggest gamers events in town – a must for players or professionals.

### Information:

<http://madridgamesweek.com>



## SPORTS

**What:** Forever – Perroton – Madrid Dog Marathon

**When:** TBC date in October

**Where:** Plaza de Colón

**Why:** A 4 Km dog run that raises much needed funds to combat cruelty to animals.

**Information:** <http://www.perroton.org>



**What:** The Pixies **When:** 24th October **Where:** La Riviera

**Why:** Introducing their new album Past is Prologue one of the biggest Indie names returns to Madrid after three years.

**Information:** <http://www.pixiesmusic.com>





#### MUSIC

**What:** GOT7

**When:** 16th October

**Where:** WiZink Center

**Why:** Madrid gets its first big taste of K-Pop with the arrival of the mega Korean boy band.

**Information:** <https://www.wizinkcenter.es/informacion?evento=got7-keep-spinning>



#### MUSIC

**What:** Ara Malikian

**When:** 6th October

**Where:** WiZink Center

**Why:** Award winning Lebanese violinist comes to town as part of his Royal Garage World Tour

**Information:** <https://aramalikian.com>

#### MUSIC

**What:** Michael Bublé

**When:** 28th September

**Where:** WiZink Center

**Why:** Award Winning – Best Selling King of Swing himself comes to Madrid

**Information :** <http://www.michaelbuble.com/?frontpage=true>



#### POEM

### Recuerdos del Oso de Madrid

*In Madrid I found a sunlit square  
In which there stands a mighty bear  
And candidly I must declare  
That she is a bear... without compare  
Drawn by the aroma*

*Of the fruit of the Madrona  
She thrusts her muzzle in the air  
Approach her, if you dare*

*But be aware  
She is not in any mood to share  
Crowds will congregate and stare  
I doubt that she would care  
For when focused on the aroma  
Of the fruit of the Madrona  
That is neither here nor there*

**Michael Duncan**

Be our guest.

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# VOGUE AND ART

## Skilfully balancing cristóbal balenciaga at the thyssen museum

BY KRIS SINCLAIR CHRISTIAN

"When my grandfather was working at a prestigious hotel in Paris he met Gary Grant. They struck up a close friendship and soon became very chummy. Just before the debonair actor left Paris he presented my grandad with a Balenciaga perfume for my grandmother. Today the bottle holds a pride of place on my dressing table." So explained Maria Angeles to me as we waited for the opening of the eagerly awaited Balenciaga exhibit at Museo Thyssen.

Days before the opening I had had the honour of being invited to private screening of the film *Phantom Thread* – inspired by the life and times of Cristóbal Balenciaga (1895–1972). Starring Daniel Day-Lewis, in his last role before retiring from acting, the film may appeal to a relatively few buffs as the movie is slow and contains very few dialogues but nevertheless, was highly acclaimed by the critics and won an Oscar and a Bafta.

Cristóbal Balenciaga hailed from Getaria, a coastal fishing town in the Basque Country, Northern Spain, where both his parents José Balenciaga, a fisherman and Martina Elzacquirre, a seamstress struggled day in and day out to make a living.

Balenciaga's passion to create can be traced to his childhood when he spent endless hours in his mother's room replete with bundles of colourful cloth. He observed her as she went through the painful process of measuring, creating patterns and finally sewing elaborate outfits for the aristocrats in town.

The highlight of every long summer was the arrival of the Marquis and Marchioness. Young Balenciaga pa-

The fresh odour of the fabrics from London and Paris lingered on for many a day stimulating his thoughts. imagination new no bounds. This was obvious in the umpteen pages of his notebooks packed with sketches of strikingly beautiful women garbed in stunning dresses.

Soon the marchioness became his customer and patron. She had a tremendous foresight and sent the talented lad to Madrid for training.

In 1917 he set up his own house in San Sebastian. Still in his early twenties Balenciaga opened his fashion house both in Barcelona and Madrid.

Soon he was working with the royalty and eventually the world of Haute Couture took on a new dimension. – chemise, high-waisted dresses, ski-jackets, outlandish coats, black taffeta, cocktail dresses, stunning black coats akin to kimonos emerged from the master's skilful hands. He also reshaped women's silhouettes adding beauty to the slim waist into the bargain.

Eventually he became famed for his exquisite craftsmanship and ground-breaking designs. Later on his creative talent extended to handbags and shoes.

When the civil war broke out Balenciaga moved to Paris where his unusual creations caught on and celebs in the likes of Grace Kelly, Ava Gardner, Jacqueline Kennedy and Mona Von Bismarck became his regular clients.

He had the honour of creating an extraordinary wedding dress for Fabiola de Mora y Aragón when she married King Bedouin of Belgium. He reached the zenith of his creations in the 1950s and 1960s.

This is the first exhibit almost in fifty years dedicated to Balenciaga in the capital. Curator Eloy Martínez de La Pera have skilfully assembled 90 of his designs combined with 56 paintings.

Balenciaga died in 1972.



ced back and forth in the vast and awesome Casa Torres. The huge villa owned by them fascinated the young observer especially the paintings on the walls by prominent artists. A treasure chest indeed for a promising lad who would take the trendy world by storm.

What's On





### Starting School Sticker Book by Felicity Brooks

This simple book with over 100 stickers is a fabulous way to familiarise your young child with school activities and daily routines. Also perfect for children learning English as a second language. Ages 3+

**Link for web:** [https://www.amazon.es/First-Sticker-Book-Starting-School/dp/1409534936/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=le273420ldO2d27a620475598ebe4c38&creativeASIN=1409534936](https://www.amazon.es/First-Sticker-Book-Starting-School/dp/1409534936/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=le273420ldO2d27a620475598ebe4c38&creativeASIN=1409534936)



### The Pigeon HAS to go to School by Mo Williams

The pigeon doesn't want to go to school, after all he already knows EVERYTHING! He worries about if he gets a teacher who doesn't like pigeons or "WHAT IF I LEARN TOO MUCH!?! My head might pop off." The illustrations are witty and the silly story is ideal for young readers aged 3+.

**Link for web:** [https://www.amazon.es/Pigeon-Has-Go-School/dp/1406389013/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=lc3dabOcbf4b91ca779a17e3bdlf7lfl&creativeASIN=1406389013](https://www.amazon.es/Pigeon-Has-Go-School/dp/1406389013/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=lc3dabOcbf4b91ca779a17e3bdlf7lfl&creativeASIN=1406389013)

### School's First Day of School by Adam Rex, illustrated by Christian Robinson

This beautifully illustrated and funny book tells the story of the school's feelings before the children return at the start of the new term. Although

# 10 BOOKS TO EASE THE TRANSITION from carefree holidays to school routines

"You're off to great places, today is your day, your mountain is waiting so get on your way!"

Oh the Places You'll Go, Dr Seuss

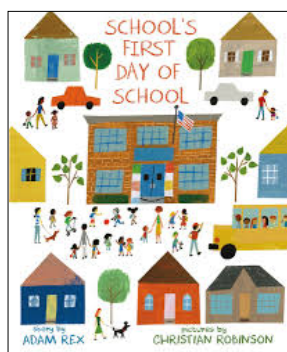
Summer is over and it's that time of year again, eagerly awaited or maybe dreaded... Yes, September is here - are you ready to go back to school?

Here in Spain, the summer holidays are so long that school classes are just a vague recollection for most by the end of August. Help refresh your child's memory and get them inspired for the new term with this fantastic selection of books, new and classic. Whether your child is starting school for the first time, beginning a new stage of education or simply facing the start of a new school year, we

have chosen titles to appeal to all ages.

For the very youngest children, sticker books and picture books can serve as a great introduction to the new experiences they will have at school. For ages 7+ there are many simple first reading books combined with elements of graphic novels which deal with common problems such as friendships, teachers and school life in general in a humorous way. Tweens and teens will enjoy books about growing up, emotions and fitting in - or not, as the case may be.

All titles mentioned in the article are available to buy at [www.lahoradelcuento.com](http://www.lahoradelcuento.com)

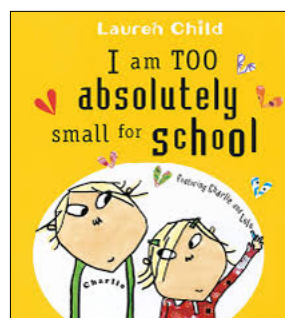


an inanimate building, the school has many of the same emotions and anxieties a child would have on their first day of school. A clever twist on the starting school theme. Recommended for ages 3+

**Link for web:** [https://www.amazon.es/Schools-First-Day-School-Adam/dp/1596439645/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=becad9d6fb2cf0b6bd682c37e80b89af&creativeASIN=1596439645](https://www.amazon.es/Schools-First-Day-School-Adam/dp/1596439645/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=becad9d6fb2cf0b6bd682c37e80b89af&creativeASIN=1596439645)

### I am too absolutely small for school by Lauren Child

Lola is not convinced she needs to go to school, but her big brother Charlie tries to persuade her by telling her about all the fun things she can do. A great book to



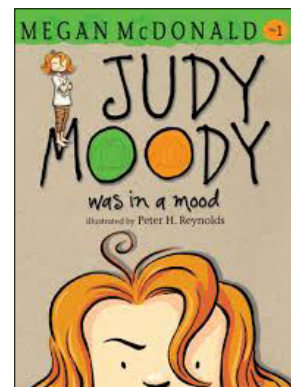
address any worries about starting school. Ages 3+

**Link for web:** [https://www.amazon.es/Absolutely-Small-School-Charlie-Lola/dp/0763628875/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=4416d3143bf9b46dc93064d9b2fff979&creativeASIN=0763628875](https://www.amazon.es/Absolutely-Small-School-Charlie-Lola/dp/0763628875/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=4416d3143bf9b46dc93064d9b2fff979&creativeASIN=0763628875)

### Judy Moody series by Megan McDonald

The star of these books is impulsive, funny, creative and a bit moody! Judy is the perfect heroine for readers aged 6+ and the comic style illustrations complement the entertaining stories of life in third grade.

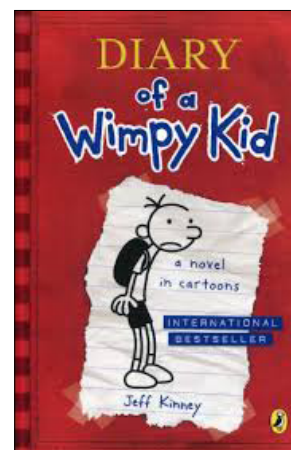
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**Link for web:** [https://www.amazon.es/Judy-Moody-Mood-Megan-McDonald/dp/1536200719/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=a83ec54e353ebf521e850be4718b2e14&creativeASIN=1536200719](https://www.amazon.es/Judy-Moody-Mood-Megan-McDonald/dp/1536200719/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=a83ec54e353ebf521e850be4718b2e14&creativeASIN=1536200719)

### Diary of a Wimpy Kid series by Jeff Kinney

The Wimpy Kid books form an incredibly popular and hilarious series, part comic style, part novel. They are guaranteed to hook the most reluctant reader with stories of the school adventures



and the family life of Greg, the protagonist. Perfect for readers aged 7+

**Link for web:** [https://www.amazon.es/Diary-Wimpy-Kid-Box-Books/dp/0141341416/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=000dbc5f5317c56c70dc7bca30454fd3&creativeASIN=0141341416](https://www.amazon.es/Diary-Wimpy-Kid-Box-Books/dp/0141341416/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=000dbc5f5317c56c70dc7bca30454fd3&creativeASIN=0141341416)

### Blubber by Judy Blume

Written in 1974, this novel remains a classic for its candid portrayal of bullying behaviour. A group of fifth grade girls, the narrator Jill included, tease and bully an overweight classmate. Recommended for readers aged 9+

**Link for web:** [https://www.amazon.es/Blubber-Judy-Blume/dp/148141013X/ref=as\\_sl\\_pc\\_qf\\_sp\\_asin\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=000dbc5f5317c56c70dc7bca30454fd3&creativeASIN=148141013X](https://www.amazon.es/Blubber-Judy-Blume/dp/148141013X/ref=as_sl_pc_qf_sp_asin_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=000dbc5f5317c56c70dc7bca30454fd3&creativeASIN=148141013X)





til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=b871919504013ee42be299c51beOcoI9&creativeASIN=148141013X

### Wonder by R J Palacio

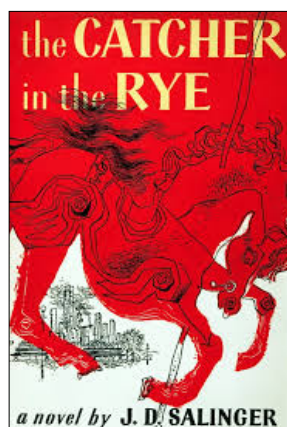
August Pullman has been homeschooled all his life and is now starting school for the first time at the age of ten. This moving story of how a boy with a severe facial difference is treated by his peers is now also a film starring Julia Roberts and Owen Wilson. For readers aged 10+



**Link for web:** [https://www.amazon.es/Wonder-R-J-Palacio/dp/O552565970/ref=as\\_sl\\_pc\\_as\\_ss\\_li\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=5cdbc246d05c079583160a7cbbf7a632&creativeASIN=O552565970](https://www.amazon.es/Wonder-R-J-Palacio/dp/O552565970/ref=as_sl_pc_as_ss_li_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=5cdbc246d05c079583160a7cbbf7a632&creativeASIN=O552565970)

### The Catcher in the Rye by J D Salinger

Some parts of this book may seem dated today, but it is still essential reading for any rebellious teen, and one of the best portrayals



of adolescence ever written. Originally published in 1969, this short novel explores the inner thoughts of Holden Caulfield, about to be kicked out of school again. Readers aged 13+

**Link for web:** [https://www.amazon.es/Catcher-Rye-Roman-Jerome-Salinger/dp/O316769487/ref=as\\_sl\\_pc\\_as\\_ss\\_li\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=a5412610cbe0452ee679eeb107c059e1&creativeASIN=O316769487](https://www.amazon.es/Catcher-Rye-Roman-Jerome-Salinger/dp/O316769487/ref=as_sl_pc_as_ss_li_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=a5412610cbe0452ee679eeb107c059e1&creativeASIN=O316769487)



### Oh the Places You'll Go by Dr Seuss

The last book Dr Seuss finished, and a wonderful rhyming story of perseverance to motivate anyone to carry on with life's adventures. The protagonist gets into many different situations, some frightening, others boring and others exhilarating. Each challenge is overcome whilst travelling through Dr Seuss's well known colourful landscapes and encountering crazy creatures. This classic book is a great gift for anyone, no matter what stage of life they are at.

**Link for web:** [https://www.amazon.es/Oh-Places-Youll-Go-Dr-Seuss/dp/O007413572/ref=as\\_sl\\_pc\\_as\\_ss\\_li\\_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=93f2599650546a29669af81ef8c6ledO&creativeASIN=O007413572](https://www.amazon.es/Oh-Places-Youll-Go-Dr-Seuss/dp/O007413572/ref=as_sl_pc_as_ss_li_til?tag=wwwlahoradeO9-2l&linkCode=wOO&linkId=93f2599650546a29669af81ef8c6ledO&creativeASIN=O007413572)

**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.

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# TÍO PEPE RESUSCITATES

Madrid has a rich and fascinating history stretching back to its founding. Author Peter Besas brings the streets of Madrid to life by telling the stories and legends that have shaped them, and the people who inhabited them, over the centuries.



## Discover more of the capital's secret gems

Hidden Madrid is on sale at all major bookshops in Madrid, including El Corte Inglés, FNAC and the Casa de Libro. These and hundreds of other books about Madrid are also available at the publisher's bookshop, Ediciones La Librería, located on the Calle Mayor 80.

**S**ince 1936, one of the most representative symbols on the Puerta del Sol was the gigantic illuminated advertising sign that until April 2001 was mounted on the roof of what in its day had been the most elegant and luxurious hotel in the city, the Hotel Paris.

The sign displayed the trademark of the well-known Jerez sherry (dry sack) Tío Pepe. Under the name of the wine you could read: "Sol de Andalucía embotellado" (Bottled Sun of Andalucía) and the name of its maker, González Byass. To the left was placed the company's cute logo: a bottle of Tío Pepe dressed up as an Andalusian gentleman, with his typical wide-brimmed hat and short red waistcoat holding, most appropriately, a guitar in his hand. The figure was a legacy from the days when the square had been filled with advertising signs and commercial billboards. However, these were subsequently banned by the

municipal authorities, but an exception was made for the Tío Pepe sign, which was allowed to remain atop the building.

Despite the efforts of succeeding mayors to have the structure torn down, the removal of the sign was repeatedly thwarted since for the citizens of Madrid the advertisement was, as much as the clock atop Government House or the Mariblanca statue, an intrinsic and familiar part of the Puerta del Sol. Although there was no legal protection for the sign not to be withdrawn, it had unofficially become a sort of national monument and was considered to be, to an extent, sacrosanct.

When the old Hotel Paris closed in May 2006, and after standing empty for several years, the building's new owners started a complete overhaul of the property and in April 2011 dismantled the Tío Pepe sign.

Then, in April 2012, the new came that the building was being converted into an Apple megastore and that the sign would not be re-mounted in its original place. The news triggered an indignant response from Madrileños, and the controversy about the Tío Pepe sign was taken up by the media. To add to the hullabaloo, City Hall made it clear that, legally speaking, the new owner was in his right to not replace the sign and that nothing more could be done about it.

However, our story has a happy ending. For in May 2014 the Tío Pepe sign, now repainted and repaired, returned to the Puerta del Sol, this time, to grace the roof of a building opposite Government House, from where the "Bottled Sun of Andalucía" once again shines over the square.



# HOW DO I USE MY INSURANCE?

## What should i do if i need a doctor or to go to an hospital in Spain?



Hospital Universitario hm Sanchinarro

**T**ravelling to foreign countries can often be a great adventure – one that explores language, culture and food. But the traveller should take a special care in ensuring before he sets out that the health problems that he might encounter abroad are covered by an adequate insurance.

Several companies provide helps about foreign healthcare systems for tourists, expat, Study Abroad Programs, but however, more and more hospitals like HM hospitals group and Spanish doctors have been able to understand and listen to what are the difficulties and needs of a traveller, expat or student who come to Spain for first time, but:

### “do you know how to use your insurance or how to access to a doctor who speak or not English?”

In HM hospitals group, not only provide quality healthcare to the international community through our specific and personalized international department like the one in the University Hospital of Madrid, where we incorporated it since 2012, with their emergency services or admissions departments. These “departments” offer highly qualified doctors as well as translators and with very high training about how to manage international insurances companies.

Travellers get surprise when they arrived to one of our Hospitals and specially they don't have to pay for the medical service or they just have to pay for a co-payments or any other payment according to the policy of the insurance, but our staff manage all that paper work for the patient.

Our staff are in direct contact with the insurance companies. Depending on the coverage of the insurance the international department will offer the patient a wide range of medical services.

In general the Spanish health care system is now ranking the 3th of the world in efficient according to Bloomberg 2018. ( <https://www.euroweeklynnews.com/2018/09/30/spanish-healthcare-system-is-the-most-efficient-in-europe/> )



**hm hospitales**

Mejor contigo, mejores para ti

[www.hmhospitales.com](http://www.hmhospitales.com)

### What types of medical insurances companies are or you could have?

- Travel insurances, normally with low coverage just for emergencies and no routine check ups.
- Private medical insurance from you own country, currently more and more insurances, like BUPA, CIGNA, GEOBLUE, BCBS, AETNA, UNITED Health Care international, CISI, etc became more international and they let you go to some Spanish Hospital free of cost.
- Credit cards, like AMEX, VISA, also includes travel insurances if you buy the flight ticket with it.
- Spanish Insurance Companies, more and more spanish insurances try to be part of the international insurance sector, but currently some time is difficult to receive a proper international service specially when there is a language barrier. Advantage? , you can get wider hospital network, disadvantage? the healthcare provider get less paid through spanish insurance than international insurance, affecting sometime in some cases the service you receive.



[com/2018/09/30/spanish-healthcare-system-is-the-most-efficient-in-europe/](https://www.euroweeklynnews.com/2018/09/30/spanish-healthcare-system-is-the-most-efficient-in-europe/) )

- Corporate medical insurance companies, more of the expat community working or studying in Spain get an international insurance by the company or institution with a great coverage. Any doubt about how to use it in Hm hospital we can help you with that,

- Social security card, or European health care, for European citizens, you need to apply for it before travelling and is not a private medical insurance works mostly as a travel medical insurance so for emergency and accidents. ( <https://ec.europa.eu/social/main.jsp?catId=559>)

Private hospitals in Spain are not so expensive like in US or even other European Countries however, HM hospitals and others are not only to give you an appointment or assist you in emergency also to show you how insurance operates.

Any of the private insurance companies what they need to prove to the Hospital is a GOP as they call it, Guarantee of Payment. and some Hospitals like in Hm hospital can get it for the patient.

Javier Casquero Lara, as Managing Director of the international department in HM group, suggests that is always good to have international medical insurance to allow you not only get medical service in Spain but also when you travel around Europe or out of Europe, , during their temporary residence in Spain, that is the key to the growing infrastructure of this particular healthcare programme. Always there is a mutually beneficial agreement with the third party. Such as international study programs, international companies, embassies, and other corporations, all will benefit from such an agreement between Hospitals like Hm hospitals and international insurances because its clients will be receiving high quality healthcare, which will then boost the corporation reputation.

Ultimately, therefore, the foreign patient in Spain, stands to receive quality healthcare at a private Spanish hospital at a reasonable price. With Spain is reaching a new peak not only in the foreign healthcare market but also in acquiring an admirable globalized mentality. Rather than taking advantage of the unwary traveller, Spanish hospitality seeks to welcome foreigners with the country's proverbial sunny weather and affordable healthy bodies.

*For any doubt or enquire please contact us: [international@hmhospitales.com](mailto:international@hmhospitales.com)*



The Madrid Metropolitan's very own Jenny Osborne catches up with actress and singer Leonor Watling, about music, life and living!



“Leonor Watling...  
**ALWAYS**  
**STEPHEN FRY.**  
When in doubt, Stephen Fry”

**What got you into music?**

I would say music got into me! I've always loved singing and writing. I sang in choirs and small bands. But when I met Alejandro Pelayo we started writing our own songs. Music is the best thing that can happen to someone.

**What is your favorite song? That's tough! Only one?**

Well today I'll say “creep” by Radiohead.

**What's your favorite place to eat in Madrid?**

I love Charrua, in c/Almirante.

**What do you like doing in your spare time?**

Reading, spending time with my friends and family,

watching all the wonderful fiction that is being done, in tv and cinemas, puzzles, and getting bored. I miss being bored...

**Who is your inspiration?**

So many great people... starting with my mother, my parter, my friends... And always Stephen Fry. When in doubt, Stephen Fry.

**Do you speak any other languages?**

No, I wish I did...

**Where would you like to visit?**

I would love to go to South Africa, or Kenya.

**If you weren't famous, what would you be up to right now?**

Probably much the same. Fame is a byproduct of this beautiful job- not the reason you choose it.

**Do you believe in 'luck'?**

Yes. Definitely, of course it's true what they say, that when luck comes your way you have to be prepared. But there is a huge luck factor, not only in this work, but in life!

**When are you happiest?**

At home, with my family. On stage, singing. In the studio, looking for songs. In a room, rehearsing with good actors and directors. On a terrace having a beer with friends - or alone. I'm no good at choosing, obviously! Thank you Leonor!



# Food & Love?

*Blind dates at Makkila, Madrid's most romantic restaurants*



**Andy**, 48. English teacher and Carpenter and **Lisa**, 48. Medical English teacher

BY AMY SHIA

**T**he adjective exclaimed by both participant prior to and post-date upon hearing the name of the restaurant. With two locations across the city, Makkila is establishing itself as one of the best restaurants to go for a meal that is worth your money.

## SHE SAYS

- 1. What were you hoping for on the date?** I was hoping for a fun night out, to meet someone interesting, and enjoy a meal together.
- 2. What was your first impression of Andy?** He was very friendly and I thought the conversation flowed smoothly. He was easy to talk to.
- 3. What did you talk about?** We talked about our lives in Madrid, our home countries (Canada and Australia), our families, music and teaching English.
- 4. Were there any surprising moments?** Perhaps that we had more in common than I would have expected.
- 5. Describe Andy in 3 words** Easygoing, friendly, amiable
- 6. How do you think he would have described you?** I would say quite similar to how I described him. We have those in common I think.
- 7. Would he get along with your friends?** I think so except I love salsa dancing (as do most of my friends) and he doesn't.
- 8. Would you meet again?** Sure, why not.
- 9. Recommend one dish from Makkila** The hamburger with truffle mayonnaise
- 10. Marks out of the 10 for the experience** 9 - it was a lot of food. But that is better than not enough.

## HE SAYS

- 1. What were you hoping for on the date?** Just a good time with somebody new and interesting.
  - 2. What was your first impression of Lisa?** Lisa was dressed very nicely in a smart dress. She was really friendly and showed genuine interest in our conversations.
  - 3. What did you talk about?** We spoke about our time here in Spain, what brought us here, work stuff and our mutual love for the Spanish culture.
  - 4. Were there any surprising moments?** Not really in terms of the actual date. But I was surprised by how generous the portions of food were - pleasantly surprised!
  - 5. Describe Lisa in 3 words** Friendly, curious and open-minded.
  - 6. How do you think she would have described you?** Hopefully she would say I was approachable, friendly and easy to talk to.
  - 7. Would she get along with your friends?** Yes, of course!
  - 8. Would you meet again?** We could meet up again but as friends.
  - 9. Marks out of 10 for the experience.** 10. Great food and I had a good time.
- Andy's top recommendation:** "The *Pizza del bosco*. Instead of tomato sauce, it has pumpkin cream and the truffles gave it a smooth and elegant twist."



**Lisa and Andy** had tortilla with caramelised onions and cachopo for starters, hamburger with truffle mayonnaise and fries for the main course and finally, New York cheesecake with raspberry sauce for the dessert.

If you want to participate in Food & Love? email [blinddateMetropolitan@gmail.com](mailto:blinddateMetropolitan@gmail.com).





FROM GUAU TO WOOF

# How to truly enjoy Madrid with your dog

Madrid becomes an even friendlier city with your pooch by your side. Your pup might sniff out the best parks but if you do not want to miss the best dog friendly spots in town then come with us as we guide you towards some quality tapas or a delicious wine tasting, help you discover a special art gallery or find the ideal café for a relaxed dinner or a happy brunch.

## A MORNING WALK

A perfect day with your dog might start with a slow leisurely walk around El Retiro, one of Madrid's most pleasant parks (until 10 am dogs can run freely, off their leads). Then, after some great coffee and breakfast at Plenti (Costanilla de los Desamparados 13) or maybe an exotic brunch at La Jefa Home Bar (Recoletos 14) you could both head to Chueca. This ever changing neighbourhood is the home turf for original art stores like Mad is Mad (Pelayo, 48) and also Madrid's best art gallery for dog lovers, Échale Guindas (Pelayo, 47): they showcase Spanish and international artists and their

walls are covered with lots of happy and wholly original dogs.

## BREAKFAST OR BRUNCH

### Federal

Federal Madrid, a bright and spacious café with an international vibe, does breakfasts and lunch like no one else, with brunch served daily. It is a great place to stop for a coffee, do some work or have a meal. Plaza de las Comendadoras, 9 (T. 915 32 84 24)

### BumpGreen

BumpGreen, close to El Retiro, is a calm and lovely restaurant that specialises



ises in healthy eating and 'slow food'. Great spot for a yummy breakfast or lunch, after a walk in the park. Velazquez 11 (T. 9119620189)

## TAPAS OR LUNCH

### La Gloria

La Gloria offers a taste of Andalusia in Madrid: they serve a wide variety of tapas, all home-made and absolutely delicious. We recommend their signature paella valenciana (on Sundays) or their salmorejo cordobés. Noviciado, 2 (T. 910831401)

### Café Pavón

Café Pavón is a unique establishment





located on the ground floor of an Art Deco theatre, of the same name. As well as a cool vibe, you'll find a great daily fixed menu, beers, wines, bocatas and tapas.

C/ Embajadores, 9  
T. 912 19 06 82

### WINE O 'CLOCK & DINNER

If you want to have a good time while you discover Spain through its wines, at Madrid & Darracott (Calle del Duque de Rivas, 8) they organize English-speaking wine tastings on a daily basis. Not far from there you will find a spectacular and original venue, an old x-rated movie theatre, now a cool pla-

ce for a snack and a drink: Sala Equis (Duque de Alba, 4).

### Bombardino Café

Bombardino Café is great if you are looking for a relaxed dinner: they have lots of salads and tapas, croquettes, veggie and meat burgers, cheese boards... And they love dogs.

Salitre 2 T. 915022403

### La Verónica

La Veronica is a modern and trendy and super dog friendly restaurant: your pooch will get a delicious meaty snack while you dine in style.

Moratin, 38 T. 914297827

### MORE FUN TIPS?

Then Madrid Dog Friendly is for you. In this bilingual guidebook written by the experts behind Spain's largest dog friendly directory ([www. SrPerro.com](http://www.SrPerro.com)), you will find the 100 best dog friendly addresses and many useful tips for a perfect dog-life in Madrid: public transport regulations, when and where to walk your dog off leash, ideas for great day trips... If you purchase your copy online (<https://www.tien-dasrperro.com>) you will also get a free update with their most recent discoveries.



# MY MADRID

Stories from people who love living here



## BRIAN, from USA

**1. What inspired you to make the move to Madrid?** I was drifting from being in Texas to Los Angeles for a while, and I had recently changed employment and felt unfulfilled. Fortunately I went for a career in teaching English and now I think it was divine timing.

**2. What makes Madrid 'Home' for you?** The friends I have made here. I like the relaxed and fun way of life here because I think that is so-

metimes is lost when we work so much and think that we are just living to work. It's the other way around.

**3. What could the city have more of?** I think it is a pretty perfect city (for me!). A beach would be a hard ask but I'm grateful for what we have. I think a real cyclist culture here would be great too, so more cycle lanes!

**4. What could the city have less of?** Less cars, less pollution and traffic.

**5. What piece of advice would you give a foreigner who was visiting or wanted to live in Madrid?** Definitely try to learn the language beforehand. Thankfully, I had spent some time teaching in Mexico so I had some prior knowledge.

**6. What bothers you the most?** People who are being inconsiderate and rude, especially to catering staff!

**7. What gives you joy?** My faith.

**8. If your life was a film, what would be the title?** New beginnings.

**9. And finally, who would play you?** I have no idea but I hope somebody handsome!



## ZAHRA, from USA

**1. What inspired you to make the move to Madrid?** I had lived in Boston, completed my education and then worked in both the Education and non-profit field and thought "What next?" I'm Swedish-American so my first move was to Sweden but it wasn't a good fit. I had studied Spanish since Elementary School so

I decided on Spain and Madrid back in 2017. Ever since then, I've worked here.

**2. What makes Madrid 'Home' for you?** It is the place where I most feel like a local. Apparently I'd make a great guide! I feel that it is important to get to know the history of the different neighbourhoods that you live in because each one has a distinct feeling. Plus, the arts, culture, food....

**3. What could the city have more of?** Diversity. I feel that you experience Spain or Madrid in general differently depending on your race or background sometimes. I know that Spain is further behind than the likes of the US or UK in terms of migration and integration, but I feel that there is less scope for social and economic ability for certain foreigners here because they are not given the means, access or respect needed to make an independent and successful living here.

**4. What could the city have less of?** Less multi-national chains. When I first arrived here about three years ago, I felt like I didn't see as many chains as I do now. I liked the family-run, traditional Spanish bars and I feel that a lot of local businesses and local people are priced out from most areas.

**5. What piece of advice would you give a foreigner who was visiting or wanted to live in Madrid?** Be open to the experience. Be flexible to how people do things here.

**6. What bothers you the most?** I can recall a time when me and a friend were in line waiting, and somebody had cut in. The concept of queuing here is a novelty! In general, people who are disrespectful.

**7. What gives you joy?** Experiences: with friends and family, travel and delicious food.

**8. If your life was a film, what would be the title?** "Her own way"

**9. And finally, who would play you?** I will play myself of course, or a friend of mine who is an actress!



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# Harvest Festival

It's that time of the year again. The little green and red orbs have gotten plump and fat, full of juice and sugar and are ready to be plucked, crushed, fermented and turned into that most wonderful of drinks: wine!

**Y**es, it's time for the cosecha, the harvest. And this means, in short, a new vintage with a new character. Was it a cool year or hot? Were there Spring hails that damaged the crop thus reducing the final amount of wine? Was it a wet or dry year? All these things have affected the grapes since winter ended and have been changing the course of life for our little fruit-balls.

The farmers have been monitoring the grapes and are now at the stage when they need to choose when to pick which ones. Am I going to hand pick or use machines...or donkeys? Have the grapes ripened enough to have attained the right levels of sugar that I need? How is the upcoming weather looking? Let me check the forecast and see how long I can leave my grapes on the vine before some rain comes and ruins everything.

The harvest and the timing thereof is as much a speculative lottery as it is ancient agricultural learning. Start off with the grapes for the sparkling wines, we want acidity and less of that pesky sugar. Then the white grapes, the reds and finally, if we are making it, the late harvest wine grapes. You



can monitor scientifically, using scales like the Brix scale that measures sugar levels. Or, like the veterans, eat the grape and see if it tastes right.

The picked grapes are then sorted on tables to remove any diseased or damaged fruit. After that the crusher-destemmers, mythical machines which, though I understand the function, I still don't really understand how they seem to work, remove the stems and seeds before the squished grapes go to the fermentation tanks to eventually start their journey to becoming wine.

The harvest is often a time of celebration in the wine world. Indeed, harvest festivals of many crops and many religions are a focal point of the year. In many wineries over the world

there are 'events' where members of the public or local villagers and families get into the vineyards to pick grapes or take part in a traditional foot stomp to get the process underway.

In Spain there are plenty of '*fiestas de la vendimia*'; grape harvest festivals, mostly in September. There are usually street food stands grilling chorizo and pancetta, bunting, and a whole lot of local wine flowing freely into plastic cups, live music, processions, traditional dance and dress.

Some notable fiestas include: Fiesta del Vino in Olite (1-3 September), Fiesta de la Vendimia de Montilla (1-4 September), Fiesta de la Vendimia del Vino de Jerez (1-17 September), Las Fiestas de la Vendimia Riojana (20-25 September in Logroño). A lot of the wine towns, like Requena, Valdepeñas, Cariñena, Rueda will have fiestas. Where do you want to drink? Put into Google with the words '*fiesta de vino*' or '*fiesta de la vendimia*' and there will most likely be something.

There's also the Rias Baixas '*bus do viño*' that takes you around various bodegas and eateries during harvest time; the Vendimia del Vino de Calidad in Cangas de Narcea in Asturias that takes place 12-15 October – yes there's wine in them hills; and, interestingly, the 3rd (only third somehow) Gran Fiesta de la Vendimia in Ribera del Duero (Aranda del Duero).

With a little planning and desire to ruin your liver just that little bit more it's easy enough to attend these fiestas. I would also suggest as a final thing following our local DO Vinos de Madrid on Facebook as some of our local pueblos like Alcala, Navalcarnero, San Martin, also host their own fiestas.





# SULTAN OF SWING

**Kimberley Bailey talks to Rock 'n' Roll Hall of Fame inductee and Dire Straits co-founder John Illsley about his forthcoming concert in Madrid at Joy Eslava on October 12th**

**Perhaps a cliché question, but what inspired you to put a tour together now?**

It's a long time [27 years] since Dire Straits played in Spain, so now seems a good time to revisit.

**How did you even begin choosing the incredible line-up for your band?**

I have been playing with these musicians for about 5 years now, it works well together.

**How long has it been since you've been on tour like this?**

We have been touring in Europe these last few years in Holland, Germany Switzerland and France, there are a lot of people who like to hear the Dire Straits music played by original members.

**How long have you been preparing for this? In terms of both the music and executing and organising the tour itself.**

All tours take a lot of time to organise, we decide quite early what songs we will play, mostly Dire Straits music but also music from my 6 solo albums.

**What are you most excited about? And what are you most apprehensive about?**

My memory of the Spanish audiences was very positive they loved the Dire Straits band and I am looking forward to bringing to life the Dire Straits sound for these concerts.

**How will compare to tours you did with Dire Straits?**

The Dire Straits tours were very big obviously, I am now singing so this is also big difference, I understand the feel of the music so it will be good to listen too.

**What are some of your favourite tour memories?**

So many to remember, but playing with some wonderful musicians over the years with Dire Straits, and playing in so many different countries it was an honour and a pleasure.

**How has the music industry changed since the days of the Dire Straits and now?**

In essence nothing has changed, musicians still want to make music, write songs and perform, the way music is delivered is different, musicians have less control than they did before, it is more about business than the music and also a lot of the music sounds the same because radio demands this.

**How much do you keep in touch with members of the Dire Straits?**

I keep in touch with Mark and Guy Fletcher often, less often with the other members.

In your own words, what can fans expect?

A very exciting concert of musical memories of Dire Straits plus some original songs played by very good musicians, who have worked with other great musicians.

**How would you sum-up this whole experience? And how has it differed from your previous tours?**

Well things change over time and you have to adjust to suit the situation, I am still loving playing in front of people and the audiences seem to love what we do.

Do you envisage doing another tour after this?

I will continue to do small tours depending what comes up.

**How's your pub, the East End Arms, going to cope without its landlord?**

The pub is doing very well thank you but I don't stand behind the bar serving drinks, they will manage quite well without me!

**Have you been to Madrid before? What do you anticipate from the crowd?**

I have visited Madrid many times over the years I love the food, the architecture and the Art Galleries I am sure that the people who come to the concert in Madrid will have a wonderful time, this is a great band!!



For more information on times or to buy tickets please click on the link <https://shops.ticketmasterpartners.com/john-illsley>





# Combating Closet Chaos with Style!

**H**ave you experienced “Closet Chaos”? Have you spent far too much time and frustration looking for something to wear, finding only half of an outfit, and then when you finally find the other half, it's too wrinkled to put on?

If so, you need a closet make-over. Metropolitan Closet Company has been in the business of creating systems for closets, wardrobes, and other areas of the home for over 25 years.

They have created storage systems from the one-room studio apartments, where storage space is a precious commodity, to very specialized dressing rooms, even in castles and palaces.

As Amy Thomas, Design Director, points out, “Our homes have become our sanctuaries, and when we walk in, we want to find what I like to define as, ‘Visual Peace’”

She goes on to explain that visual peace is when you walk into your home (or your closet, or your kitchen) and you are not bombarded with visual clutter, and when your things are organized in an eye-pleasing way, you create visual peace, instead of stressful chaos.

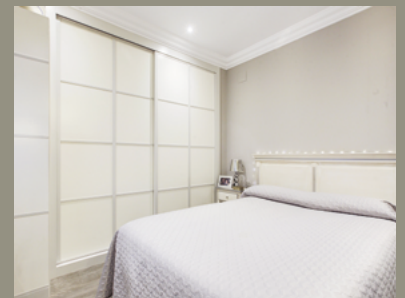
Metropolitan Closet Company creates the systems that store your clothing, in a way that it is easy to see, easy to reach, and optimizing the space available. They put their years of



experience into each design they do, so that their clients can dress quickly and easily.

The design process begins with needs assessment. They will ask who is going to use the closet and what type of clothing they have. Is it for a young person, or a professional? Do they travel often? How tall are they?

All of this goes into creating a design that works! Once the design is finished, then they move on to decide what finish will fit in with your home décor, creating something that is as beautiful, as well as functional.



As for the installation, they boast of a team that is professional and gets the job done efficiently and correctly.

Amy notes that a large portion of their customers come from repeat and referrals. Many clients comment that they really realized how good their closet system is when they use it. And once you've lived with a “Metropolitan Closet” you won't ever want to live without one!

Metropolitan Closet Company designs, builds, and installs all types of custom-made furniture, from closets and wardrobes, to bookcases, entertainment systems, desks and workspaces, bathroom furniture, laundry rooms, pantries, and more.

Visit the showroom at:  
Jorge Juan 66, 28009 Madrid,  
91 578 20 01, [Info@metrocloset.com](mailto:Info@metrocloset.com)



# Gastro Experiences

with Catalina Brennan



Hello all!! It's August and I'm writing from Mallorca, where I'm working as a #yachtchef for the summer, very exciting!!



I have a beautiful market here, in Palma, Mercat d'Oliver, where I buy very special produce. As always, I recommend you do your fresh shopping in many of the markets of Madrid (Maravillas, Chamartín, Las Ventas, La Paz, among others) You will be really amazed by the variety and quality!! Now in summer, you will find great melon, watermelon, juicy peaches, fullflavour tomatos and exquisite FIGS.

The first months of the summer, you will see black figs (not really black though, more like purplish) which are the ones that were not ripe last autumn and bloom at the beginning of the season. They're very tasty, but for me not as good as green figs, marvelously sweet and rich. You can buy these at the end of August, beginning of September.

Figs make a happy marriage with fatty and savoury ingredients, so I always mix them in salads, with jamón ibérico, gorgonzola, cecina, mojama, one or the other...not all together, and with tenderness, they are very fragile...!

I bring you a very simple recipe, which will make you rock:

## FIGS & Burrata

### INGREDIENTS FOR 4:

- 6 figs • 1 or 2 burratas • Rucola • Dried tomatos (not in oil) • Fresh tomatos (tomate rosa, raff or similar) • Olives (Kalamata style, black from Aragon...) • Pistacchios • Balsamic vinegar • Extra virgin olive oil
- Make a vinaigrette with chopped pistacchios, balsamic, coarse salt and oil, and voilà!!!
- Alternative to vinaigrette (or both so your guests can choose), dried tomato Pesto:
- 10 dried tomatos (not ones in oil, just dried)

- 100 grs of pinenuts • 50 grs of parmegiano regiano • ½ clove of garlic
- Salt and extra virgin olive oil...hand blender and you will definitely surprise all

\*\*\*\*\*

As a Chef and foodie, I like to discover new restaurants, talk to Chefs and try out new dishes and ingredients, which I will share gladly with you every month!

For this issue I bring a fun, great price quality and exciting streetfood place, PekoPeko Bao Street Kitchen. It's in Chueca, behind Gran Vía, so you can start with a vermouth in Angel Sierra, one of the oldest tabernas in Madrid, and end with a gin tonic in the Gin Club, in calle de la Reina, 16, very close to PekoPeko.

*PekoPeko Bao Street Kitchen*  
Calle Colmenares, 13 Madrid 28004  
Tel 912 77 58 03, [www.pekopkobao.es](http://www.pekopkobao.es)

Rocío Persson, owner and Chef with the « pet » of the restaurant, a beautiful many meter long, colourful dragon

Rocío has studied, worked and lived in Japan for many years, all the flavours she has found along the way are in PekoPeko (literally "roar of the stomach" that is, you are VERY hungry...!)

Her cooking is a mixture of Asian with her own touch, great homemade baos (unique in Madrid), try the Angry bird, the BAOcata de CalamaLes (her version of the typical Bocata de calamares from Madrid) and even a sweet bao for dessert.

My favourite is the Thai Curry Ramen, medium hot, fried noodles, Thai curry Khao



Soi, chicken and pickles...a MUST!

Also, dumplings, gyozas, fried and or traditional, spicy and hot versions of offal with funny names (Walkman: crunchy pig ears or Adidas: crispy chicken feet).

And, daily menu for 12€, from Tuesday to Friday, lunch. Promise, you'll be satisfied, plenty of food!!!

\*\*\*\*\*

Now, let me tell you about our traveling foodies club. We are a group of like-minded people, who try out new places, meet Chefs, in Madrid and abroad, cook with them, shop in their markets and indulge in great wines and food. Our last meeting was a wine, cheese & tapas tasting experience in Madrid

Our next trip, 4th to 6th October: Granada!! We will eat at a beautiful place with views of the Alhambra, a special menu created for us by Jaier Feixas, learn to cook "espetos" in Costa Tropical, evening Tapas in the old city and visit a very special winery, with wine tasting and a gastronomic surprise.

!5th to 17th November, Rías Baixas! Michelin star Chef Yayo Daporta, seafood cookery class in a beautiful winery and much more... For more info: <https://chefinhousecatalina.com/club-de-foodies-viajeros/>

For cookery workshops, corporate events, showcookings, or personal Chef experiences: [www.chefinhousecatalina.com](http://www.chefinhousecatalina.com)

[cbrennan@brasoc.com](mailto:cbrennan@brasoc.com) + 34 606 99 1073  
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# Why Has the Spanish Economy Remained Strong This Year?

The global economy has struggled in 2019

Quartz reports that 70% of the world's economy is on a downturn, forcing the International Monetary Fund (IMF) to downgrade for the fourth time in nine months its global economic growth forecast. This is the most extensive synchronised slowdown since 2011, and it is being caused by US-China trade tensions, a weakening automotive sector in Germany, economic turmoil in Turkey and Argentina, and credit tightening in China, among other factors. But one country that is bucking this trend is Spain.

The Spanish economy has been strong this year continuing on from previous years. Bloomberg notes that Spain has been one of Europe's best-performing economies, consistently outgrowing other countries since the start of 2018. That momentum has carried over to 2019, with Spain's economy growing by 0.7% in the first quarter. It is expected to grow by 2.2% this year — twice the pace of other economies in the region. That is in spite of expected turbulence for the Spanish economy in 2019. Expectations were dampened, but growth has continued nonetheless.

The fact that Spain's economy is performing well is testament to its resilience. After being hit hard by the financial crisis of 2008, . Ironically, that same crisis may have set the country up for long-term viability. With the economy in tatters and consumer spending at a low, firms in Spain began looking overseas to sell their products. "With a shrinking domestic market, both in the private and public sector, small and medium-sized companies in particular risked going to the wall because of a shrinking domestic market," explained William Chislett, Associate Researcher at the Real Instituto Elcano. "The only alternative they had was to go abroad and see if they could sell there, which they did successfully on the whole." This eventually led to an export surge that has helped Spain recover from 2008. Now, this export-driven economy is outperforming its European neighbours.

This robust economy has also had a positive impact on employment. A South EU Summit report on Spain's economic upturn states that the Bank of Spain is predicting the country's unemployment rate to fall from

14.4% in 2018 to 12% by 2021. Reducing unemployment rates is helping boost salaries and increase purchasing power. This is on top of the increase in consumer spending, which is indicative of people's trust in the economy. The Economic Calendar on FXCM shows how the Spanish Consumer Price Index has been experiencing very little volatility. This is a sign that the economic situation in the country is stable, and will likely remain that way. A number of factors point to such scenario. Firstly, companies are shrinking profit margins, thereby allowing consumer spending to stay steady. Secondly, Spain's economy is getting a huge boost

from tourism. In fact, it is now second only to France in terms of receiving the most number of international tourists. Finally, investors have faith in Spain's resurgent economy. This is evident through the €108 billion worth of Spanish bonds that Mitsubishi UFJ Kokusai Asset Management recently bought.

With a contentious election now over, the challenge for the socialist PSOE is to continue this economic momentum. Many in the country are still worried about employment levels and how Brexit might affect the economy. The remaining months of the year will be crucial in demonstrating whether the country can continue at its current economic level, or whether the predictions of a turbulent year were in fact correct.

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If you have been in Spain for more than three months, then you need to register as a resident. You need to first make an appointment with foreigner's department in your local Police Station, which you can do online. Once you have an appointment, you need to take along your passport, a photocopy of it and your census certificate (padrón) from the local town hall. You will also need two passport size photos, the EX18 form and have paid the fee of €10.60.

Under new residency laws you may need to show you have an income of over €800 a month to support yourself. If you do not have an income you may have to fill out form 790 which allows the state to check you have sufficient funds in your bank account to support yourself.

If you are working and have a job, you will pay national insurance contributions and have access to the public healthcare system. The same applies if you are a British pensioner, for the moment you can use your S1 card to access the public health system.

If on the other hand you are not working or are a student and under retirement age, then you will also need to show proof of a year's private health insurance with an authorised Spanish-registered underwriter, showing that you will not be a burden to the welfare state in Spain.

There are very specific requirements for the type of health insurance and the cover

## Health insurance for RESIDENCY PURPOSES IN SPAIN

that it includes. Not all health insurance policies meet these requirements and people have been refused residency for not having sufficient cover.

What are the minimum requirements medical insurance has to meet for residency purposes?

### 1. Integral Health Care Cover

The insurance must offer Complete Healthcare cover. This means that the insurance must cover the same benefits as social security in Spain.

Below is a summary of the services that health insurance for residency must include:

- Primary care
- Emergency Services
- Medical and surgical specialties
- Preventive medicine
- Diagnostic means
- Therapeutic treatments
- Hospitalization

- Medical expenses covering more than €100,000

### 2. No Copayments

In this type of insurance only the payment of the premium (or fee) is made, without the need for additional payments. The insured person can be seen by the insurer's medical staff as many times as they need without the need to make additional payments.

It is important to highlight the periodicity of the insurance premium, since it is often advisable that the contract and the premium be annual, in this way we ensure that our application will be approved.

### 3. Limit of medical expenses

The limits put on medical expenses by most insurers are usually € 30,000 or € 50,000 or € 100,000. In the case of foreign students in Spain, the authorities usually require that medical insurance has a minimum limit of € 100,000 in medical expenses.

But to be fully covered for any eventuality, we would recommend a policy without limit.

*If you are looking for an integral health insurance policy for residency purposes or even if you would like a non-comital quote contact the English-Speaking Healthcare Association at [cneill@eshaspain.org](mailto:cneill@eshaspain.org) or phone directly on 600636785*



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## Come & Enjoy Livanda's Charm

**L**ocated in the emblematic Salamanca neighborhood, Livanda is a bakery where you can find a wide variety of products. It has more than 30 100% natural fruit juice combinations that you can try, all made at the moment, as well as homemade cakes and cookies, gluten-free products, and traditional products, such as the potato omelette or the Iberian cured ham. At the same time, you can also find typical products from Ibiza, such as the

"ensaimadas" and from Galicia, such as their typical bread called "chusco gallego", both of the regions being essential places in the origins of Livanda.

We have to highlight that Livanda is a charming place, consisting in a dog-friendly flowered terrace and a cozy interior. Its – in sight – workshop will allow you to contemplate how they elaborate a large variety of their products.

Livanda is the perfect place to go with your family, pets or friends, or to have a romantic date, where all of you can enjoy their large variety of quality products, in a warm and cozy atmosphere.

*Enjoy a breakfast, meal or drink at Livanda: Hermosilla Street 84, 28011, Madrid (+911377657)*

*Instagram: livandabakery*



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# COSTA WOMEN Launches in Madrid

Costa Women connect Women over the whole of Spain; from Costa del Sol to Asturias, from Barcelona to Cadiz, from Madrid to Canary Islands and all the places in-between.



Costawomen.com is free to join and any Woman can become a member; no matter what your hobbies, values, beliefs, or views. Use the website as a springboard to find other likeminded Women and to create a network of friends. We also offer lots of space for Women in Business to build their network, learn new skills and share their products and services.

Costa Women continue to grow its community and last month were excited to welcome its 8000th member at costawomen.com. The community was created in 2010 by Ali Meehan as a way to connect, inspire, enable and support women in their journeys to and around Spain. The online platform inspired local events and members can now enjoy over 20 events per month at different locations in Spain.

Ali Meehan said, "Costa Women offer ways for women to connect whatever stage they are at of their life in Spain. We have women who are want to make friends and attend social events, others who want to share their businesses and network and of course many who want to do both! The website is a connection point for Women to make new friends as well as get real life, essential tips and advice about life in sunny Spain."

With over 68 different nationalities (including Spanish members), the community offers a rich culture, as well as Women sharing

an adventurous spirit as they have stepped outside of their normal environments and moved overseas. Costa Women provides a wonderful link whatever culture or country you have arrived from.

Costa Women connect Women over the whole of Spain - from Costa del Sol to Asturias, from Barcelona to Cadiz, from Madrid to Canary Islands and all the places in-between.

Some of the highlights include the International Women's Day Conference, the annual summer and Christmas parties, Costa Women Diary/Planner (just gone on sale!), the two free ebooks filled with stories about daily life in Spain (written by the members), (just launched) a pilot mentorship scheme and the online course with tips, advice and information about moving to Spain - spainexpo.org

The website is free to join and is sponsored by My Lawyer in Spain, Currencies Direct, Fountain Retreats and with Media Sponsor, Euro Weekly News.

*Come and say 'Hello' at The Costa Women stand at 'Fresh Madrid' Fair on Thursday 19th September, from 700pm - 11pm. Location: St George's Anglican Church, Calle de Nunez de Balboa, 43, 28001 Madrid.*

**SOCIAL EVENT:** Join us at Costa Women Coffee Morning on Saturday 21st Sept at 11am - MUR Cafe at Plaza Cristiano Martos 2, 28015 Madrid.

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— ANTHONY ROBBINS

## Digital Tips

This is the first in a brand-new series of hints, tips and tricks aimed at businesses who need Digital Marketing channels to reach their potential customers (so, every business); brought to you by the team at Perception Digital ([www.perceptiondigitalconsulting.com](http://www.perceptiondigitalconsulting.com)).

First up, we are going to take a look at the mighty Instagram. No longer a new kid on the block; but also, relatively speaking, not being used by all that many brands to develop their relationship with their customers and support the generation of leads and sales.

So, dear reader, we will start at the



start with an introduction to the platform— apologies to all the IG influencers out there who know all this - but please stick with us, we'll have you covered at some stage in the series.

Instagram is a social media platform that is most frequently used as an app on smartphones. The network is based around users sharing images or video publicly, or to pre-approved followers, who can like or comment on posts.

Filters can be applied to images, tags can be added (including of other users) and geographic/specific locations can be assigned to a post. You can follow user accounts or hashtags to fill up

your newsfeed with lots of interesting content, or not.

Unlike Facebook, LinkedIn or other Social Networks - you cannot really add hyperlinks to posts; making for a different user experience.

Instagram launched in 2010, was bought for a cool 1 Billion USD in 2012 and, at the beginning of 2019, was reporting just under 900 million active monthly users. To put that in perspective - that's 15% of the population of the world aged 13 or over - the minimum age to own an account. Instagram users tend to be younger; some 70% are aged 13-34 and the 35-44 bracket accounts for a further 15% of the global total.

So - that's all great, but how do we make Instagram work for your business? We'll be back with some information around that next month...if you can't wait that long, feel free to contact us on [info@perceptiondigitalconsulting.com](mailto:info@perceptiondigitalconsulting.com) and we can help you out.



# AFTER THE FALL

by Tobias Buck



**T**obias Buck arrived in Madrid in December 2012, in time to celebrate the bleakest Christmas the city had seen in a generation. Capital and country were reeling from a series of economic shocks that had brought Spain to the brink of ruin. The housing boom had dramatically turned to bust, a large chunk of the nation's banking system was in state hands, businesses were closing across the country, debt was spiraling out of control and unemployment levels had reached a record high.

AFTER THE FALL presents a rich and vivid portrait of contemporary Spain at a critical moment in the country's history. The book tells the story of Spain's long boom and

sudden bust, the brutal economic crisis that followed, and the political and social after-shocks that reverberate to this day. It explores the origins of the separatist movement in Catalonia, and its bitter clash with the Spanish government that culminated in a failed secession referendum and a divisive declaration of independence. It looks at the legacy of the Civil War and Franco dictatorship, and the continuing struggle over historical memory in Spain today.

Based on five years of reporting and hundreds of interviews, AFTER THE FALL takes the reader from the offices of power in Madrid and Barcelona to the villages of the Basque country, still haunted by the memory of political violence, and to the towns of Andalusia, where an entire generation has seen its economic hopes shattered. It describes how the country has been changed by the experience of migration, and why - after decades at the margins - the far-right eventually made a return to Spanish politics. For all the problems and challenges facing Spain today the book is optimistic in tone and thought for its future.

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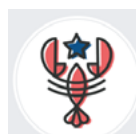
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EuroCitizens is a new association formed by a group of UK citizens living, working and studying in Spain. We are greatly concerned about our future here and that of Spanish citizens living in the UK. [eurocitizens2016@gmail.com](mailto:eurocitizens2016@gmail.com); [www.facebook.com/EuroCitizens](https://www.facebook.com/EuroCitizens); Twitter @EuroCitizens99



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### 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. [info@incmadrid.org](mailto:info@incmadrid.org); [www.incmadrid.org](http://www.incmadrid.org); FB: INC Madrid.

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**ST GEORGE'S GUILD** meetings 10:30-12h, every 1st Tuesday of the month, with a variety of guest speakers and also refreshments (October-June, except Spanish Bank Holidays). All nationalities and denominations are very welcome. Donation: 3€. St. George's Hall, c/ Núñez de Balboa, 43. Information: [jennyeffer@hotmail.com](mailto:jennyeffer@hotmail.com)

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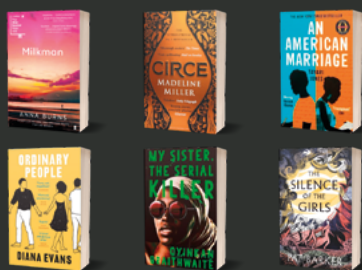
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SEPTEMBER	OCTOBER	NOVEMBER
10 <sup>th</sup> General Assembly and Happy Hour, Intercontinental Hotel	8 <sup>th</sup> Happy Hour - Venue TBA	12 <sup>th</sup> Happy Hour - Venue TBA
13 <sup>th</sup> Lunch Group (Members only)	10 <sup>th</sup> Lunch Group (Members only)	19 <sup>th</sup> Lunch Group (Members only)
17 <sup>th</sup> Business Lunch: US Team- New York and the ACA	21 <sup>st</sup> Business Lunch: Brazil - Impact on residents in Europe after November	21 <sup>st</sup> Designing a market-driven business model for entrepreneurs
17 <sup>th</sup> Seminar: How to Speak in Public	20 <sup>th</sup> Thanksgiving Dinner - Venue TBA	

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