

VOL. 00

*dive into a world of style,
flavors and much more!*

Isu 2025 Zine

G3J



BRITISH COLONIALISM AND ITS IMPACT TO MODERN FOOD DIVERSITY

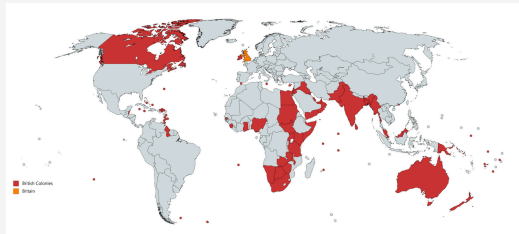
The British Empire

The British Empire is known to us all as one of the most involved.

In the height of its colonial time in the 19th and early 20th centuries 23% of the world population was part of it.

It was described as the empire where the sun never sets as it was widespread. Therefore, Great Britain had influence in all parts of the world and the impact on colonies can still be seen today. But the impact on the Britain itself was significant as well. In addition to gaining power and economic benefits, the colonial period changed nutrition and food production in Europe crucially.

IF YOU THINK ABOUT TRADITIONALLY BRITISH, YOU MOST LIKELY THINK ABOUT DRINKING TEA. BUT TEA ISN'T A NATIVE PLANT TO THE BRITISH ISLES. BUT MOST OF THE DIVERSITY IN BRITISH CUISINE IS DIRECTLY RELATED WITH THE COUNTRY'S GROWTH AS AN EMPIRE.



Colonialism, Food and Britain

When colonialism started, the food diversity in most countries was low and consisted only of a few local ingredients. The colonial period led to a mix of culinary traditions and an international spread of global cuisine. There was a high demand for so-called cash crops in colonizing countries. Those are plants such as coffee, tea, sugar or tobacco. That had the consequence of displacement of traditional crops. The further processing often required the use of harmful pesticides which have negative environmental and health effects. All that led to monoculture farming and export-oriented agriculture nowadays.

In this time spices got more and more important. For example, turmeric (Kurkuma) which has an anti-inflammatory effect has been shown to improve brain function, was commonly used in Indian cuisine. Cinnamon, which as well was already a popular spice, has been found to lower blood sugar levels and reduce the risk of heart disease. Reasons like these caused an incorporation of spices for their delicious flavors and their potential health benefits.

Dependence to Britain

British colonialism had a great impact on a lot of things in a negative and positive way. It led to the spread and mix of global cuisine all over the world. That was introduced as well through the introduction of new ingredients in local economies and the fusion of different flavors and cooking styles. Besides positive aspects there were negative ones as well. A direct consequence was the erasure of local food cultures and traditions, as many traditional dishes were replaced with Europea-style dishes. That had a great impact on local economies as well as the demand for imported ingredients increased drastically. Local farmers and producers were left behind and the replacement of traditional food with fast food and/or processed food was often not healthy which led to an increase in diet-related diseases such as obesity, Diabetes and heart disease and a loss of biodiversity.



Why India ?

All that was brought about by the British empire's search for new ingredients and expansion. It led to the introduction of new tastes, flavors and dishes in Britain. The biggest influence on British cuisine comes from the colonization of India which offered spices like cumin, cinnamon, pepper, turmeric and coriander which all are spices now commonly found within British kitchens

How tea took over Britan

Even though tea was known in Europe before, widespread consumption started in the late 1650's with the rise of colonialism.

Early on tea was a drink for the upper class, because of its cost, and seen as sort of medical drink, it later became more popular with the growing supply from the East Indian Company.

As drinking tea gained more popularity it went from a domestic ritual to a necessity in the British diet.

Today tea is still popular in the Great Britan. 50 billion cups of tea are consumed per year and 59% of the population consumes tea.



The first indian representative in England

In 1810, the first Indian restaurant opened for business in London (Hindoostane Coffee house).

Here is its story:

Sheikh Din Muhammad was born in 1759 in Bihar. He served in the army of the East India Company as a surgeon. After his resignation, he emigrated to Ireland, where he took English lessons and married an Irish girl. They then moved to London.

He knew that many former East India Company employees lived in his area. Therefore, he set up the Hindoostane Dinner and Hooka Smoking Club in 1810. It became known as the Hindoostane Coffee House.

He wanted to serve Indianized British food. Even home deliveries were an option, but they weren't in high demand.

Sake Dean Mahomed, manufacturer of the real curry powder, takes the earliest opportunity to inform the nobility and gentry, that he has, under the patronage of the first men of quality who have resided in India, established at his house, 34 George Street, Portman Square, the Hindoostane Dinner and Hooka Smoking Club.

Apartments are fitted up for their entertainment in the Eastern style, where dinners, composed of genuine Hindoostane dishes, are served up at the shortest notice... Such ladies and gentlemen as may be desirous of having India Dinners dressed and sent to their own houses will be punctually attended to by giving previous notice...

Sheikh Din Muhammad announced his restaurant with this advertisement in The Morning Post, 2 February 1810



Sheikh Din Muhammad

Sadly, he had to sell his coffee house a year later because it wasn't making enough money.

The reason was the lack of an eating-out culture at the time, and his target customers, the former employees, cooked for themselves or had a private chef.

After declaring bankruptcy, he became a shampooing surgeon for King George IV and William IV.

He eventually died in 1851.

Even though his restaurant was mentioned in The Epicure's Almanack, London's first restaurant guide. It stated that all the dishes were dressed with curry powder, rice, cayenne, and the best spices of Arabia. The restaurant itself was described as a relaxed place, decorated in a colonial style.

Over the 19th century Indian cuisine became more and more fashionable which led to the invention of Anglo-Indian cuisine. Examples of this cuisine would be chicken tikka masala or the mulligatawny soup. It's debatable now that the most popular dish in England is no longer fish and chips which you probably most likely think about when you think about English food.

... so what about?

Finally, the colonial period shaped our diet and traditional dishes. Most "traditional" dishes in Great Britain or Europe involve some sort of food that is originally from another continent and was brought to Europe through colonialism. In short terms the exploitation of the colonies led to economic benefits to the colonial powers which directly influenced the rise of more diverse food in the colonizing countries.

British Afternoon Tea

Nothing embodies the british culture better than the british tea. Since centuries the tea is not only a baverage, but also a former part of the british Lifestyle.

Initially tea was used as medicine and the main beverage was warm beer. Tea was first imported from China to Great Britain in the 17th century. This importation was carried out by Catherine Braganza, the wife of King Charles II. At first Tea was a luxury baverage that only the upper class could afford. Over time, however, tea became more important to the entire population. Queen Anne, who began to drink tea in the morning, and the opening of tea gardens made tea more and more popular. British tea also gave rise to afternoon tea, where family members and friends meet for tea and enjoy a few delicious delicacies. It was made famous by the Duchess of Bedford in the 19th century. She thought that the time between lunch and dinner was too long and invented the afternoon tea. You can enjoy various delicacies with your tea, such as scones or a blackberry crumble cake.



Scones originally come from Scotland. These small, bun-like pastries are the centerpiece of every traditional afternoon tea. Back then, they were made with oats in a pan. The original scone was round, but quite flat and much larger than today, prepared in a pan and cut into triangles before serving.

It was only when baking powder found its way into British kitchens that the flat scone became a high scone, which was no longer baked in a pan but in the oven. They can be spread with salty butter, jam, honey or clotted cream.

Bring me a cup of tea and
the 'Times'!

Queen Victoria



While scones are the king of every tea table, blackberry cake is also a must in British culture. This crumble is a simple dish in which fresh berries are covered with a layer of crumble. The blackberry crumble symbolizes the British love of using local fruit, such as fresh berries from gardens.

The emergence of these dishes also increased the motivation for travelers to visit the UK. Tourism increased over time and more and more people from faraway countries tried British specialties.

Classic Scones

Ingredients (makes 11 Scones)

- 500g white bread flour, plus extra to dust
- 25g baking powder
- 80g unsalted butter, cut into pieces
- 2 medium eggs
- 250ml milk
- 80g caster sugar
- 1 large egg, beaten with a pinch of salt
- Icing sugar, to dust
- Jam
- Clotted cream



Method

1. Line two baking trays with baking paper. In a large bowl, mix the flour and baking powder together. Add the butter and rub together with your fingers for a few minutes until you have a breadcrumb-like texture.
2. In another bowl, beat the eggs with the milk and sugar. Add to the rubbed-in mixture and stir together until the mixture comes together and forms a ball. Tip the dough onto a lightly floured surface and fold it over a few times to incorporate air, but do not knead it; you want to achieve a loose, soft dough. Using a rolling pin, gently roll out to a 3cm thickness, making sure there is plenty of flour underneath to prevent sticking.
3. Using a scone cutter, about 6.5cm in diameter, and pressing firmly (without twisting the cutter), cut out rounds and place on the lined baking trays, leaving space in between. Brush the tops of the scones with beaten egg then place in the fridge for 20 minutes to rest.
4. Meanwhile, heat your oven to 220°C/Fan 200°C/Gas 7.
5. Take the scones out of the fridge and brush them again with the egg glaze. Bake for 15 minutes until risen and golden brown.
6. Transfer the scones to a wire rack and leave to cool completely. Dust lightly with icing sugar and serve with a generous helping of jam and clotted cream.



Blackberry Crumble

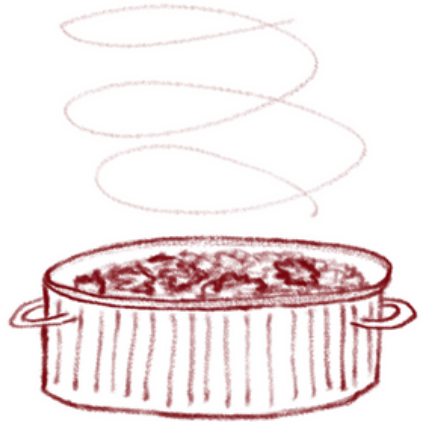
Ingredients (serves 4)

For the crumble topping

- 120 g plain flour
- 60g caster sugar
- 60g unsalted butter

For the fruit compote

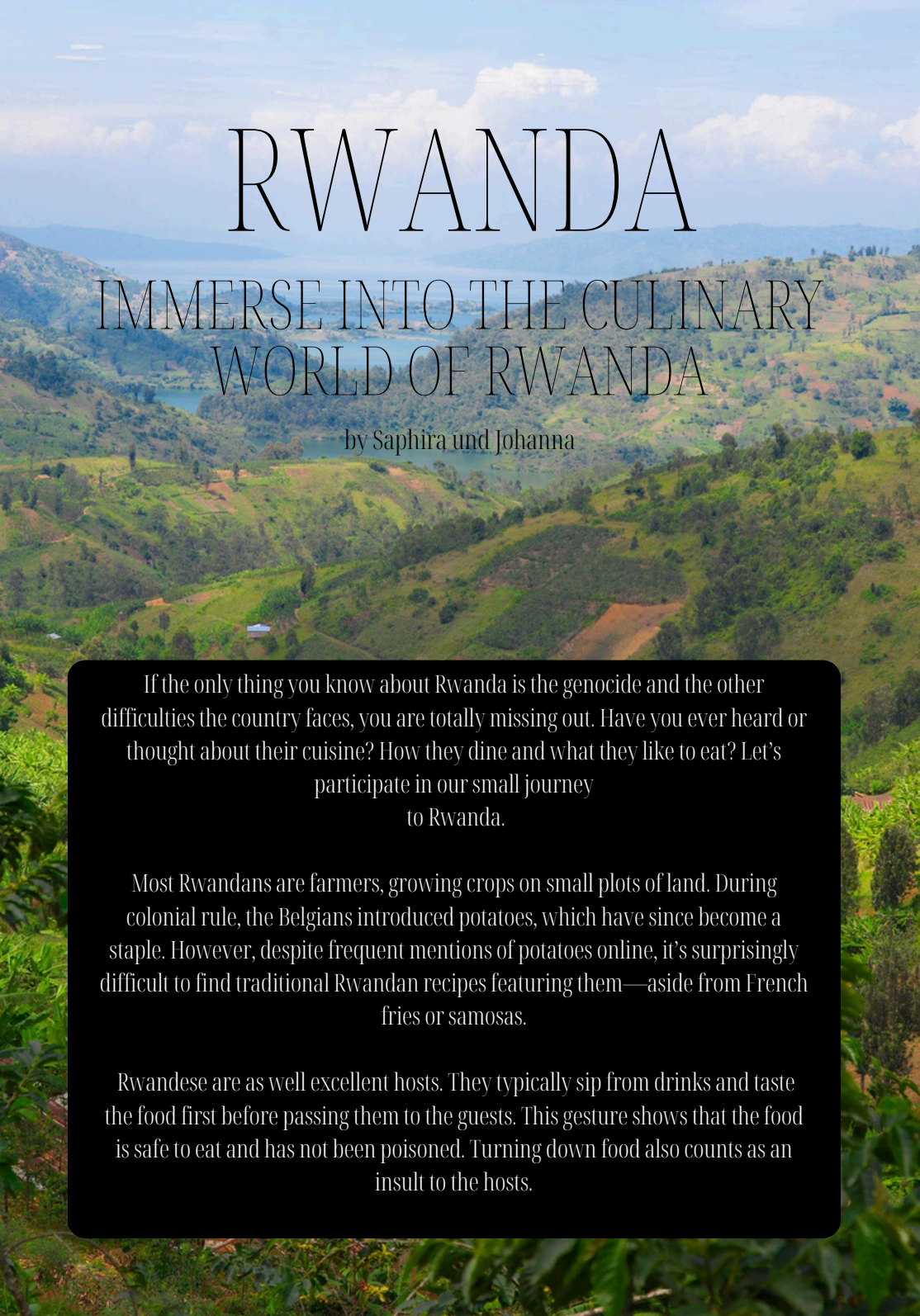
- 400g blackberries
- 30g unsalted butter
- 30g demerara sugar
- ¼ tsp ground cinnamon
- vanilla ice cream



Method

1. Heat oven to 190C/170C fan/gas 5. Tip 120g plain flour and 60g caster sugar into a large bowl.
2. Add 60g unsalted butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy.
3. Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
4. Meanwhile, for the compote, put 30g unsalted butter and 30g demerara sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel.
5. Stir in 400g blackberries and ¼ tsp ground cinnamon, and cook for 3 mins.
6. Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.
7. To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream.





RWANDA

IMMERSE INTO THE CULINARY WORLD OF RWANDA

by Saphira und Johanna

If the only thing you know about Rwanda is the genocide and the other difficulties the country faces, you are totally missing out. Have you ever heard or thought about their cuisine? How they dine and what they like to eat? Let's participate in our small journey to Rwanda.

Most Rwandans are farmers, growing crops on small plots of land. During colonial rule, the Belgians introduced potatoes, which have since become a staple. However, despite frequent mentions of potatoes online, it's surprisingly difficult to find traditional Rwandan recipes featuring them—aside from French fries or samosas.

Rwandese are as well excellent hosts. They typically sip from drinks and taste the food first before passing them to the guests. This gesture shows that the food is safe to eat and has not been poisoned. Turning down food also counts as an insult to the hosts.

Ugali



Ugali est un aliment de base dans de nombreux pays africains, dont le Rwanda. C'est une bouillie blanche à base de farine de maïs blanc cuite dans du lait ou de l'eau et servie chaude en avec de ragoûts, de légumes ou de plats de viande.

Brochettes



Brochettes ont été donnés au Rwanda par des colonialistes françaises et Aujourd'hui ils sont un Street Food populaire. Ils sont faire en bœuf mariné, chèvre, poisson ou porc grillé au charbon de bois avec des piments, des oignons et des poivrons. Rwandais, qui vivent dans les zones rurales, on mange rarement de la viande. On en mange davantage dans les zones urbaines.

Ibihaza



Ibihaza est un plat national à Rwanda. C'est un ragoût avec des haricots et du maïs ou citrouille.

Prépare cet plat prend beaucoup de temps, parce que il faut faire tremper les haricots dans l'eau pendant la nuit.

Il y a beaucoup des variations de cet plat. Parfois les chefs ajoutes des oignons, tomates ou des arachides.

Matoke



Matoke is eaten throughout several countries in Africa. To name one of the most popular locations where one can find the dish: Rwanda.

Matoke is made out of warm bananas. One can either steam, boil, stew, roast or fry them with a sauce, there are many ways to create this wonderful dish.

It often is served with meat or fish on the side. If one would like to have a vegetarian option, one can just skip the part, add a sauce and enjoy the food.

Isombe



Isombe has its origin in the Democratic Republic of Congo and is a stew made out of cassava leaves. These leaves originally came from Brazil and were introduced to African countries by the Portuguese around the 16th century. Over time it also became a traditional food in Rwanda.

The dish tastes meaty, as it is boiled in beef bones. It surprisingly contains a lot of protein, fiber and more, which makes the food really healthy.

Traditionally Isombe is served with beans or rice on the side.

Mandazi



Rwandan mandazi are little fried African donuts that are crispy on the outside and soft and chewy on the inside. They are typically made with less sugar than American style donuts, but they have a subtle flavor of coconut, cardamom and cinnamon.

Rezepte

*Bring the rwandese
cuisine to your home!*

Ugali

Ingrédients:

- 240-360g semoule de maïs blanche ou farine de maïs, finement moulue
- 1l eau/lait
- 1 cuillère à café de sel (optionnel)

Préparation:

1. Portez 3-4 tasses d'eau à ébullition dans une bouilloire ou une casserole séparée. Ajoutez du sel si vous le souhaitez.

(Si vous préparez avec du lait, mesurez une petite quantité de farine de maïs et ajoutez-la soigneusement au lait bouillonnant. Laissez le lait chauffer davantage jusqu'à ce qu'il mousse et déborde presque de la casserole.)

2. Dans la grande casserole, mélanger 1 tasse de semoule de maïs avec 1 tasse d'eau froide, en remuant pour créer un mélange lisse.

3. Ajoutez progressivement 1 tasse d'eau bouillante à la fois au mélange de semoule de maïs, en remuant vivement avec une cuillère en bois pour éviter la formation de grumeaux.

4. Réduisez le feu à moyen-doux et continuez à remuer régulièrement, en écrasant les grumeaux avec la cuillère.

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5. Saupoudrez progressivement plus de semoule de maïs, environ 1/4 tasse à la fois, en remuant constamment pour l'incorporer complètement. Le mélange commencera à épaissir.

6. Continuez à remuer et à ajouter de la semoule de maïs jusqu'à ce que l'ugali se détache des parois de la casserole et devienne très épais. Ce processus prend généralement environ 10 minutes.

7. La consistance finale doit être plus épaisse que celle de la purée de pommes de terre et assez ferme. Il peut devenir difficile de remuer, mais continuez à mélanger pour assurer une cuisson uniforme.

8. Une fois l'épaisseur souhaitée atteinte, retirez du feu et laissez refroidir légèrement.

9. Mouillez vos mains avec de l'eau et transférez l'ugali dans un grand bol de service, en le façonnant en boule.

Isombe

Ingredients:

- 1 small cabbage
- 4 medium tomatoes
- 4 bunches green onions
- 1 bunch cilantro
- 450 g cassava leaves
- 1 garlic
- 1 Maggi seasoning
- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 1 tablespoon salt to season
- 450 g soup bones
- 2 teaspoons peanut butter
- 450 ml palm oil

Preparation:

1. Chop cabbage, tomatoes and green onions.
2. Give 1.5 liters of water into a pot and boil it together with the soup bones and all the spices.
3. When the water starts boiling, add the cassava leaves, cabbage and onions.
4. When the water almost evaporated, add the palm oil into the pot and also cook the stew until the oil almost evaporated.
5. Add the tomatoes and boil everything until it is almost dry.
6. To finish the dish, add peanut butter to the stew.

BON APPÉTIT!

GETAWAY GÉNIAL

LET US GUIDE YOU!

Un guide de voyage à travers les villes francophones et anglophones les plus intéressantes d'Europe.
For everyone who is excited to explore and practice their languages - on a lower budget.

Marseilles

Nous commençons notre voyage dans le climat subtropical de la côte sud de la France.
Marseille, la première ville que nous visitons, est la deuxième plus grande ville de France et se trouve dans la région Provence-Alpes-Côte d'Azur.



👁 Le symbole de la ville de Marseille est la Notre-Dame de la Garde. Elle se trouve sur une colline dans la ville et l'entrée est gratuite. L'intérieur est richement décoré de mosaïques incroyables et de plafonds en coupole. Malgré le grand nombre de visiteurs, il ne faut pas manquer l'architecture intéressante et la vue magnifique.

🚲 Marseille est une ville portuaire avec de magnifiques rues portuaires et de petites plages pour la natation. Une randonnée de 2,5 heures ou environ 1 heure de vélo mène dans la Calanque de Sormiou avec sa plage adorable. Celle-ci se trouve à l'extérieur de Marseille et est considérée comme un conseil secret grâce à son eau claire et son charme.

🍽 Les fruits de mer sont souvent servis sur les côtes françaises. Les coquillages comme moules ou les huîtres en particulier. Une visite à la brasserie Chez Roger est un must lors d'un voyage à Marseille. C'est un bijou situé directement sur le vieux port très vivant et on y trouve une grande variété de fruits de mer.

🏠 The People est une auberge située proche du Vieux-Port et de la gare. C'est bon marché et une bonne opportunité de faire connaissance avec d'autres voyageurs.



Mont-Saint-Michel



Après un pittoresque voyage en train à travers la France, nous arrivons maintenant en Bretagne. Le Mont-Saint-Michel est sans doute le site le plus connu de Bretagne.



👁 L'île rocheuse du Mont-Saint-Michel peut également être découverte par soi-même lors d'une excursion d'une journée. La grande église abbatiale et la vieille ville, ainsi que la baie qui entoure l'île, offrent des décors imposants.

👤 Il existe des randonnées à gué guidées vers le Mont-Saint-Michel, ainsi que vers la petite île voisine de Tombelaine. Avec un guide, il est possible de se rendre à pied sur l'île à marée basse.

☀ La Sirène ist eine kleine und gemütliche Crêperie auf dem Mont-Saint-Michel. Sie bieten ein breites Sortiment zu erschwinglichen Preisen.

🚲 Etoile des Grèves est un Bed & Breakfast avec une vue magnifique sur le Mont-Saint-Michel. La distance de 2,5 km est faite en 10 minutes à vélo.

Paris

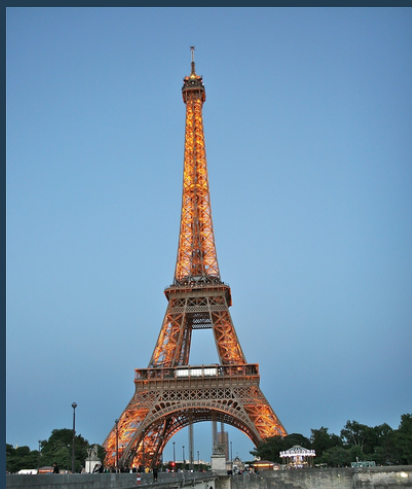
Après la Bretagne campagnarde, nous nous retrouvons à environ 300 km à l'est, dans la grande ville de Paris. La ville de l'amour a énormément à offrir, mais nous avons rassemblé les informations les plus importantes.

👁 Découvre la magie de Lafayette - Plongez dans un monde d'élégance et d'inspiration. Au Lafayette, le style, le plaisir et la joie de vivre se fondent en une expérience unique. Ressens la magie lorsque tu déambules à travers des collections somptueusement mises en scène, que les parfums éveillent tes sens et que chaque coin de rue te surprend par de nouvelles découvertes. Ici, ce n'est pas seulement du shopping - c'est un moment pour toi. Un lieu qui enchantera ton quotidien le temps d'un instant. Passe et laisse-toi inspirer - car à Lafayette, chaque visite devient une expérience inoubliable.

🎷 Découvre la magie de jazz au cœur de Paris. Dans le Jazz Club Etoile tu peux oublier ta vie quotidienne. Laisse-toi emporter par les mélodies incisives du saxophone et savoure le rythme de la musique. Laisse-toi emporter par cette atmosphère unique.

☺ Dans les petits cafés charmants de Paris comme terre de café, chaque bouchée est une déclaration d'amour au goût. L'odeur du café au lait fraîchement préparé se mêle au parfum sucré des œuvres d'art de la pâtisserie, alors que tu t'assois sous les toits ombragés de plantes et que tu laisses l'atmosphère parisienne t'imprégner.

🇫🇷 Après une journée bien remplie, installe-toi sur la terrasse de l'auberge Jo&Joe Paris Nation, sirote ton cocktail et admire le coucher de soleil avec tes amis.



Bruxelles

D'une capitale francophone à l'autre : Bruxelles n'est pas seulement connue pour son rôle de siège de l'UE et de l'OTAN, mais elle offre également des possibilités culturelles intéressantes.



👁 Découvre le grand Place avec le mélange extrêmement réussi de différents styles architecturaux. Pendant le mois d'août, une facette unique de la grande place peut être observée. Un tapis de fleurs multicolore et vivant décore la place à cette époque et invite à la rêverie.

🍷 Es-tu prêt pour la grande scène ? Profite de l'occasion unique qui t'est offerte. Chante tes tubes préférés sans retenue et profite de l'ambiance endiablée sous un éclairage brumeux. C'est parti!

☺ Dans le café maison dandoy tu peux goûter les meilleurs gaufres. Croustillantes, dorées et divinement aérées à l'intérieur, les gaufres belges sont une pure séduction dans l'assiette. Qu'elles soient saupoudrées de sucre glace, garnies de fraises fraîches ou agrémentées de chocolat fondu, chaque bouchée est un petit voyage au paradis sucré.

🍷 Cuisine un délicieux dîner avec tes amis en écoutant de la bonne musique. Plus tard dans la soirée, laisse-toi glisser dans les lits moelleux et profite d'un sommeil réparateur.



London



Thanks to the direct train connection through the Eurotunnel, you can travel from the capital of Belgium to the capital of England within two hours.

👁️ A visit to the British Museum is a highlight for anyone interested in art and history. With over eight million exhibits, the museum takes you back to past eras of human development.

🍷 Borough Market is London's oldest food market and a mecca for foodies, located under the railway tracks in Southwark, south London. Taste your way through the delicacies on offer at the market stalls.

😊 When in London, eating fish and chips is a must. A highly recommended restaurant for this is Golden Chippy, a restaurant just outside the centre of London. The price and service are very praiseworthy, and the fish and chips are also excellent.



🏠 The Walrus Bar and Hostel is a low-cost place to stay. What's more, this combination of hostel and bar is a great way to make new friends: you sleep in a clean dormitory with 25 fellow travellers.

Edinburgh

We stay on the island and travel further north. The Scottish capital is known for its history, literature and breathtaking landscapes.



👁️ The Edinburgh Castle sits enthroned on Castle Rock and is a must-see. The old big rooms of the castle contain important Scottish artifacts, such as the oldest crown jewels of Great Britain. The view is not to be missed either, you can see far over the admirable Scottish town of Edinburgh.



🎨 On a trip to the Scottish National Gallery of Modern Art, you will learn a lot about the incredible art and their artists from the 20th century to the present day. From Picasso to Emin, a wide variety of artworks, there's something for every taste. It is very worthwhile to also explore the gorgeous old town of Edinburgh.

🍞 One of the top Bakeries in Edinburgh is The Piemaker. They have a big variety of extremely delicious cakes and pies. You should absolutely try the outstanding Scotch Pie, a famous specialty of Scotland.

🏠 A great affordable place to stay is the St. Christopher's Edinburgh Old Town. It is a hostel located in the beautiful old town of Edinburgh and is very close to the Edinburgh Waverley train station. You share a room with other travelers and in the lobby you will find a cozy atmosphere for interaction.

Belfast



After the long train and ferry journey from Edinburgh to Belfast, you can enjoy the varied selection of adventures activities and historical stories that are hidden in the capital of Northern Ireland.



👁️ Did you know that the Titanic was built in Belfast? If you are interested in the story of the Titanic, than the Titanic Experience is the right place to visit. There you can discover the famous story through the eyes of those whose hard work and ambition built her. But don't forget to book your ticket in advance!

👉 The Cave Hill counts as one of the most iconic landmarks of Belfast. This Park is perfect for hiking. After climbing the Hill on one of the multiple routes, you will be rewarded with a beautiful view of Belfast from above.

🍷 In the old Victorian building of St. George's Market, you can find a wide range of fine and fresh food. Between the smells of colourful fruits and fresh fish, you also find handmade crafts and antiques, perfect to find a souvenir for your loved ones.

🇬🇧 A cosy and well located hostel is the Gr8 Hostel at The Mount. With its position near the city centre and the home-like furnishing, it is perfect for young people searching for low-budget accommodation.

Dublin

The Capital of Ireland charms people with its historical Buildings and musical Nightlife from all around the world. A perfect ending for a trip full of new memorable experiences.



👁️ If you love old and beautiful buildings like charming castle, then the Dublin Castle should be a part of your To-Do list. You can choose to discover the wonders of the castle on your own or if you like you can book a guided tour. But don't forget to book your ticket in advance, or you may not be able to enter in your favoured time.



🎸 When the sun sets, you can hear the life music echo through the streets of Temple Bar. This quarter is known for it's enchanting Nightlife with its traditional Irish pubs where you can enjoy a pint of Guinness while listening to life music.

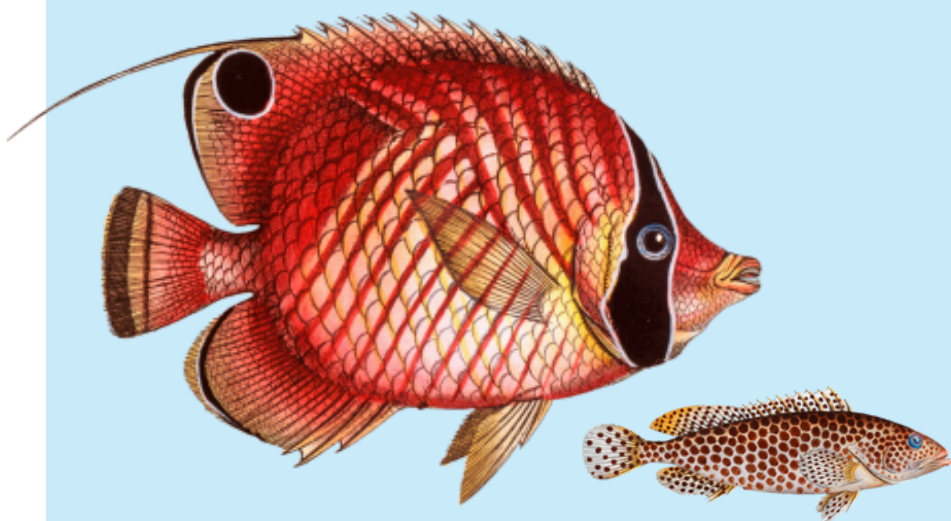
☀️ After a long Night out, the best breakfast option is the famous Irish Breakfast. With its sausages, eggs, beans and more it creates a perfect start into a day full of exploration and fun. One of the best places to enjoy such a hearty breakfast is the Murphy's Bistro Cafe next to the river Liffey.



🇮🇪 The Abbey Court Hostel in the heart of Dublin's City centre is an ideal place to stay in Dublin. It doesn't matter if you prefer a double bedroom or a group room in this hostel you are able to create your perfect stay in a good price performance ratio.



LA CELEBRATION D'EAU



La musique, les jeux et les divertissements sont des thèmes importants des fêtes. Mais l'eau est au centre de beaucoup d'entre elles. L'eau est la base de tous les organismes vivants et joue un rôle central. Sans eau, il n'y aurait ni agriculture ni industrie. Ainsi, l'eau n'est pas seulement une ressource essentielle à la survie. C'est pour cette raison, que l'eau joue un rôle central dans les mythes et les légendes et qu'elle est également un élément important des fêtes.

Championnat du monde de plongée en apnée dans les tourbières

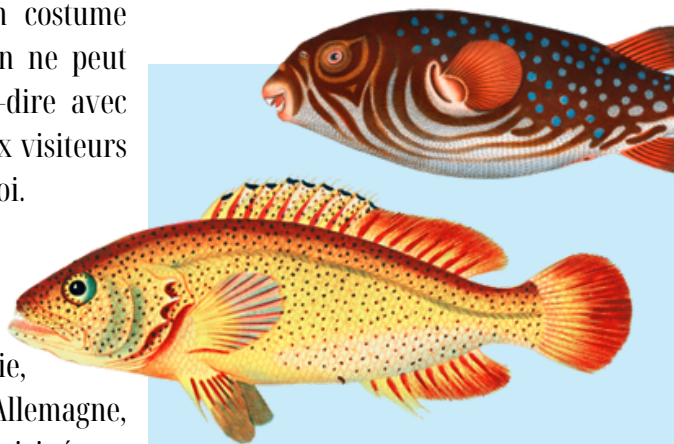
Chaque année, le championnat du monde de snorkeling dans les marais a lieu à Waen Rydd. Il s'agit d'être le nageur le plus rapide sur 120 yards dans le marais. Pour cela, il faut porter des lunettes de plongée, un tuba et des palmes. Comme il s'agit également d'un concours de costumes, il est recommandé de porter un costume aussi amusant que possible. On ne peut nager qu'en chien-assis, c'est-à-dire avec les bras sous l'eau. De nombreux visiteurs assistent chaque année au tournoi.

L'année dernière, des personnes venues de Suède, de Serbie, d'Irlande, du Danemark, de Belgique, des Pays-Bas, d'Australie, de Norvège, d'Afrique du Sud, d'Allemagne, d'Italie et des États-Unis y ont participé.

les Fêtes de la Mer

Elles ont généralement lieu autour du 15 août dans les villes côtières de France. Elles ont pour but de rendre hommage aux défunts en mer. En général, une fête de la mer commence par une messe en plein air avec vue sur la mer. Les pêcheurs, les surfeurs et les familles des marins décédés sont présents pour partager ce moment de recueillement. Des couronnes sont déposées en mer au son de la musique. La cérémonie est souvent suivie d'un feu d'artifice.

« C'est, comme c'est prévu, un environnement complètement fou et stupide. Ce n'est pas fait pour que quelqu'un comme moi le prenne au sérieux. Et le fait que je le fasse fait de moi l'idiot de la situation »,
Neil Rutter après sa victoire en 2023.



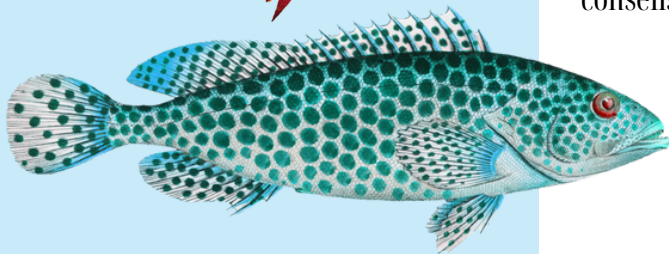
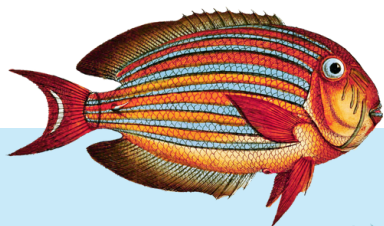
Up Helly Aa: le spectaculaire festival de feu viking des Shetland.

Chaque année, le dernier mardi de janvier, les îles Shetland, au nord de l'Écosse, célèbrent la spectaculaire Up Helly Aa, qui symbolise l'héritage des Vikings. Les Vikings étaient des marins dont la vie était fortement liée à l'eau, que ce soit pour le commerce, les conquêtes ou les voyages. Cette tradition existe depuis les années 1880 en réaction à des pratiques de feu incontrôlées de la part de jeunes hommes. Aujourd'hui, il est considéré comme un symbole de cohésion et d'identité culturelle des Shetland. L'attraction principale est un défilé aux flambeaux suivi d'un long bateau qui s'enflamme sur l'eau.



Le jour des pêcheurs

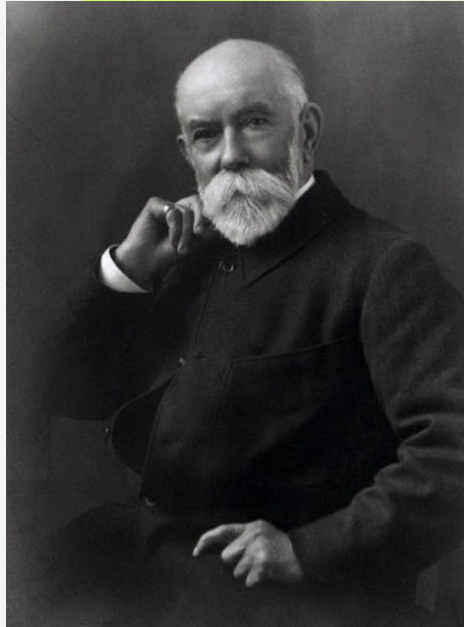
Le jour des pêcheurs est une fête traditionnelle du Lavandou durant laquelle les pêcheurs et les pêcheuses célèbrent la mer. Ils demandent au saint patron, Saint-Pierre, de les aider à ramasser beaucoup de poissons tout au long de l'année. Les pêcheurs de la région sont appelés 'pescatous' et racontent des histoires et donnent des conseils de cuisine ce jour-là.



THE RISE OF BURBERRY

INNOVATION MEETS FASHION

The story of Burberry begins with the birth of Thomas Burberry on August 27, 1837, in Surrey, England. His father was a farmer and grocery seller, and young Thomas attended Brockham Green Village School. After finishing school, he spent seven years as an apprentice at a local cloth dealer before starting his own business in the small town of Basingstoke at just 21 years old. Thomas's goal was to provide customers with high-quality outerwear that could withstand all seasons and weather conditions.



In 1856, he opened his first store in Basingstoke, Hampshire, selling men's outerwear made from innovative fabrics he developed himself. It wasn't long before Burberry became well-known across England. As demand grew, Thomas expanded into ready-made outerwear such as jackets and coats. He also began searching for a fabric suitable for fishermen, hunters, and rider. Something lightweight but durable enough to endure all weather. In 1880, Thomas invented the revolutionary fabric gabardine, a water-resistant yet breathable material.

As his business grew, so did Burberry's reputation for quality. Thomas introduced the iconic tartan check pattern, which quickly became a symbol of the brand. Burberry's popularity continued to rise. This led to the opening of a factory in Southwick, Sussex, and a store in Haymarket, London, in 1903. Around the same time, Burberry expanded internationally by opening a branch in Paris. Thomas's son, Arthur Burberry, joined the business to help carry on the legacy. In 1912, Arthur created the famous trench coat.



The trench coats featured practical designs, including a D-ring belt, epaulets, and pockets for carrying essential items like maps, cigarettes, and binoculars. They were so well-made that soldiers sometimes even slept in them during harsh conditions. Arthur Burberry personally visited military camps across Europe to ensure the quality of the coats, earning the admiration of the troops. Soldiers began referring to their trench coats as "Burberrys."

World War I had a major impact on the Burberry brand. In 1914, the British War Office approached Burberry to design outerwear for their officers. The coats needed to protect soldiers from harsh weather while maintaining a sense of style. Gabardine was the perfect fabric for this purpose, and Burberry was commissioned to produce trench coats for the soldiers.



In addition to the trench coat, Burberry supplied water-resistant caps, gloves, and scarves. After the war, returning soldiers brought the Burberry name into everyday life, further boosting the brand's popularity. The trench coat became a timeless symbol of the Burberry brand, and it remains one of its most iconic pieces to this day.

Haute-couture

La mode prend souvent des idées de différentes cultures, mais est-ce toujours respectueux ? Une question importante se pose : quand l'inspiration devient-elle de l'exploitation ?

La Haute Couture, née à Paris au XIX^e siècle avec Charles Frederick Worth, est devenue un symbole mondial du luxe et de l'artisanat. Des figures comme Coco Chanel et Christian Dior ont transformé Paris en capitale mondiale de la mode, célébrant la créativité et l'élégance. Cependant, ce secteur, connu pour s'inspirer de diverses cultures, est aujourd'hui confronté à une critique importante : l'appropriation culturelle.

DIOR

Ce terme décrit l'adoption d'éléments culturels d'une minorité par une culture dominante, souvent sans respect ni reconnaissance. Dans la mode, cette pratique a suscité des polémiques majeures. Par exemple, le défilé de Marc Jacobs en 2017, où des mannequins blancs portaient des dreadlocks, ou encore la campagne de parfum Sauvage de Dior en 2019, inspirée des symboles amérindiens, ont tous deux provoqué de vives réactions. Ces cas soulèvent une question clé : où s'arrête l'inspiration et où commence l'exploitation ?

Historiquement, la mode s'est souvent appuyée sur des références culturelles exotiques pour innover. Mais à l'ère des réseaux sociaux, ces choix sont rapidement exposés et critiqués. Les accusations pointent le manque de respect pour les origines des éléments utilisés, vidant ces traditions de leur signification culturelle pour les transformer en simples tendances. Face à ces critiques, certaines maisons cherchent des solutions. Dior, par exemple, a collaboré avec des artisans locaux pour sa collection 2020 à Marrakech, tout en mettant en avant leurs contributions. Cette approche met l'accent sur la transparence et le dialogue interculturel, montrant que la mode peut respecter et célébrer les cultures au lieu de les exploiter.



La Haute Couture doit désormais équilibrer créativité et responsabilité. Elle peut continuer d'inspirer, mais seulement si elle s'engage à valoriser, respecter et collaborer avec les cultures qui alimentent ses créations. C'est un défi essentiel pour préserver son prestige dans un monde de plus en plus attentif à l'éthique.

**HAUTE
COUTURE**

by H&C Paris



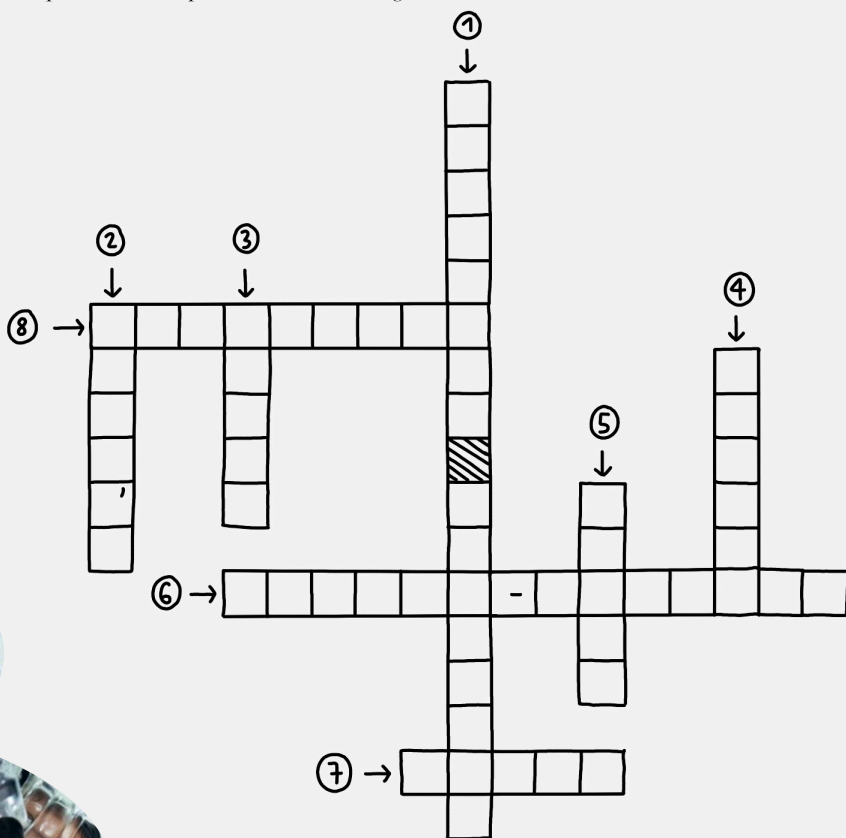
"Éclat, glamour - mais le goût amer de l'appropriation culturelle"

VOGUE

FASHION

LES MOTS CROISÉS

1. Quelle syltiste britannique est connue pour la robe "Union Jack" portée par Victoria Beckham?
2. Quelle marque américaine est connue pour ses jeans haute de gamme et ses produits en denim?
3. Comment appelle-t-on le couvre-chef typiquement parisien?
4. Quelle est la couleur de la marque Hermès?
5. Capitale italienne de la mode?
6. Quelle rue parisienne est connue pour ses marques de luxe?
7. Quel est le magasin de mode le plus connu?
8. Quelle marque est connue pour ses semelles rouges?



solution :

A	B	C	D	E	F	G
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DOES FASHION NEED TO BE PRACTICAL?

Runway fashion is often extravagant and appears impractical for everyday life. An article from WELT explains that these creations primarily serve to showcase creativity and craftsmanship rather than being designed for daily wear. They aim to attract attention and keep the brand in the conversation.

An Instagram account called “siduations” humorously illustrates how haute couture might look in everyday life by inserting runway outfits into ordinary scenarios. This highlights the contrast between runway fashion and wearable clothing in an entertaining way.

The NZZ points out that some runway trends don't work in real life because they are often impractical or exaggerated. However, they still influence the fashion world and can inspire more wearable adaptations. In summary, runway fashion doesn't have to be practical. It serves as a creative playground for designers and shapes the development of everyday fashion, even if the pieces themselves are rarely worn in daily life.



A person is seen from behind, wearing a white hooded garment that covers their head and face, leaving only their eyes visible through a narrow slit. They are wearing a mustard yellow coat with a wide collar and a matching skirt. The person is standing in a metal structure, possibly a staircase or a walkway, with a concrete floor. The background is a blurred metal structure.

Rick Owens

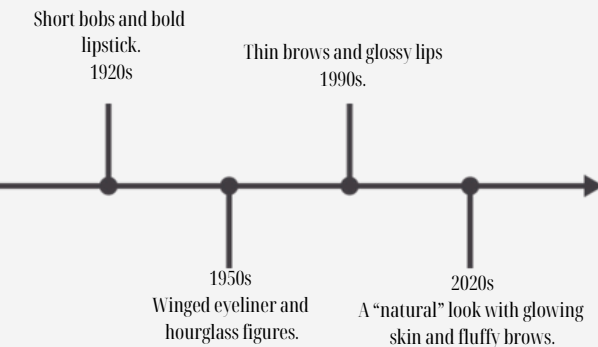
"Every day is a fashion show and the psych ward is your runway."



REDEFINING BEAUTY: EMBRACE YOU

Imagine living in the 1950s. Beauty back then was all about red lipstick, soft curls, and a healthy, curvy body like Marilyn Monroe's. Fast forward to today beauty is all about glowing skin, natural makeup, and full brows. But here's the twist: even the "natural look" we see online isn't always real! Thanks to filters, photo editing, and even surgeries, social media shows us a version of beauty that's hard to achieve. Even influencers posting "no-makeup" selfies might still use a bit of concealer, blush, or editing. Back then, beauty was natural and simple. Today, it feels like a competition, but it doesn't have to be. Beauty is about being YOU real, unique, and confident. Next time you scroll through social media, remind yourself that you're already amazing, just as you are!

Let's take a quick look at how beauty has evolved:



2025 Beauty Trends

What's IN:

- ✓ Dewy, glowing skin
- ✓ Bright blush
- ✓ Skincare-first routines
- ✓ Shaggy hairstyles and curtain bangs
- ✓ Statement nails

What's OUT:

- ✗ Heavy contour
- ✗ Matte lips
- ✗ Over-plucked brows
- ✗ Super long stiletto nails



LOVE THE GAME, RESPECT
THE COMPETITION.
PLAY HARD, PLAY FAIR,
AND ENJOY EVERY
MOMENT.



NBA



Paris Games 2025

Basketball in Paris: A Global Game That Unites the World

In January 2025, Paris became the heart of the basketball universe. The NBA Paris Games took center stage at the iconic Accor Arena, bringing fans from all over the world together in celebration of a sport that transcends borders. This year's games were historic—not only because they marked the first time the NBA hosted two regular-season games in the French capital in one season, but because of the cultural resonance and global connection that basketball represents.

The two matchups featured the San Antonio Spurs and the Indiana Pacers, drawing fans from across Europe and beyond. The atmosphere was electric, with the sold-out arena buzzing with anticipation and excitement. Fans came not just to witness elite basketball but to be part of an event that reflects how basketball serves as a bridge between cultures, languages, and lifestyles.

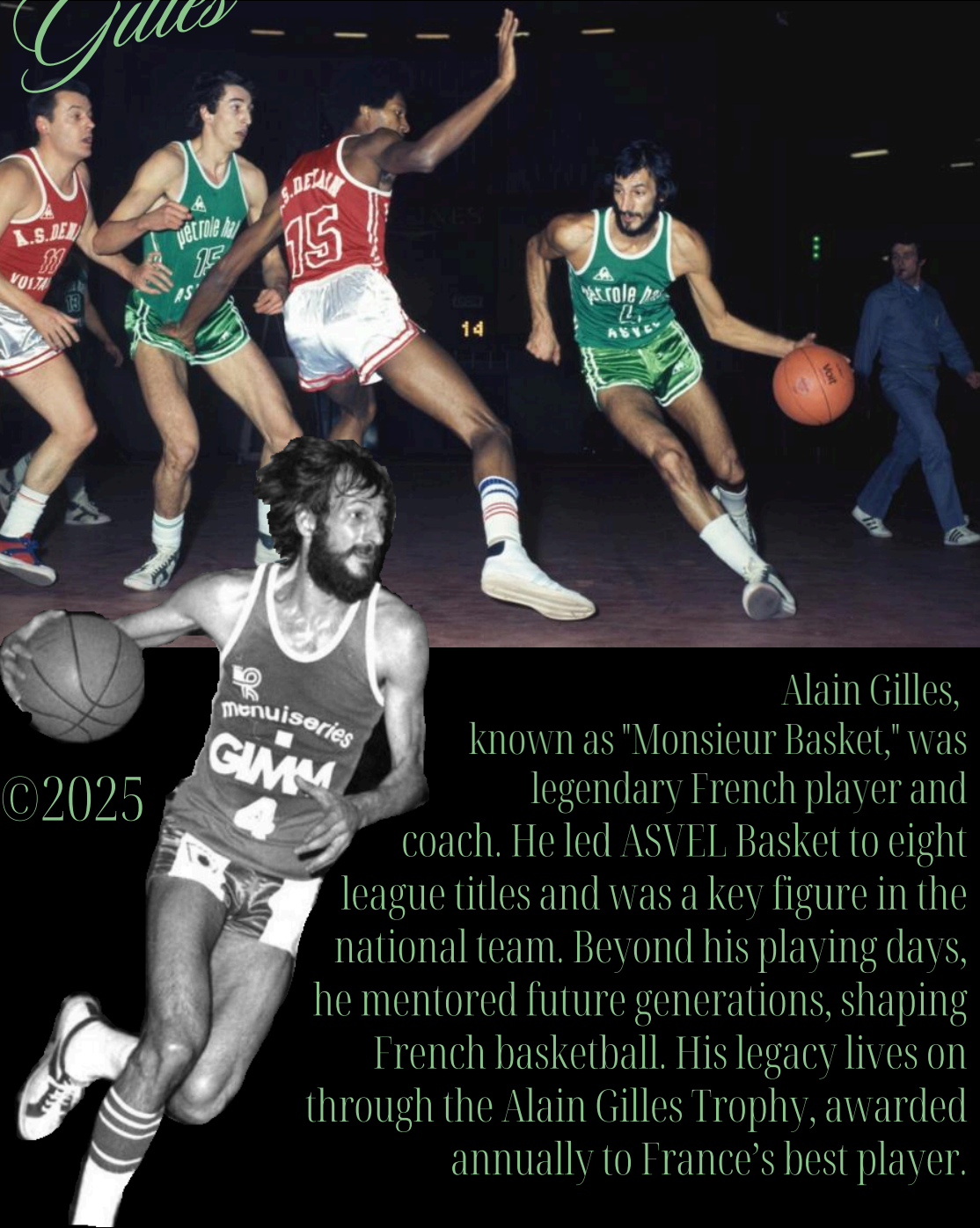


Victor Wembanyama's return to France was a major highlight, marking a personal and professional milestone. The 21-year-old Spurs star, who began his journey with Nanterre 92, revisited his roots and reconnected with those who shaped his early career. Beyond the court, he gave back to his community by unveiling two outdoor basketball courts in his hometown, Le Chesnay, inspiring future generations. "Basketball has given me everything," he said. "I want to create a space for kids to fall in love with the game, just like I did."

Basketball: A Game That Unites and Inspires

The NBA Paris Games were more than a showcase of elite talent—they were a celebration of basketball's power to unite. Like music and art, the game speaks a universal language, breaking down barriers and bringing people together. In Paris, fans didn't just watch; they connected. Locals cheered alongside tourists, rival supporters bonded over their shared passion, and young dreamers saw their idols up close. For many kids in the crowd, witnessing stars like Victor Wembanyama play on home soil was more than entertainment—it was inspiration. The message was clear: no matter where you come from, the game belongs to everyone.

Alain Gilles



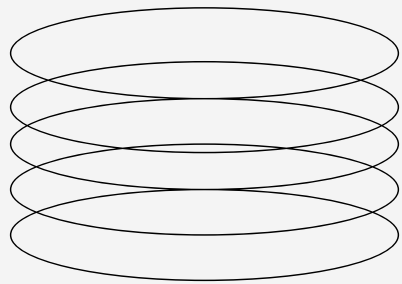
Alain Gilles, known as "Monsieur Basket," was legendary French player and coach. He led ASVEL Basket to eight league titles and was a key figure in the national team. Beyond his playing days, he mentored future generations, shaping French basketball. His legacy lives on through the Alain Gilles Trophy, awarded annually to France's best player.

GROWING UNDERGROUND: A FARMING REVOLUTION BENEATH LONDON'S STREETS

Urban farming is taking a dramatic turn in the United Kingdom, and it's happening in one of the most unexpected places - deep beneath the bustling streets of London. Meet Growing Underground, a groundbreaking vertical farm that's transforming disused tunnels into a thriving oasis of fresh, sustainable produce.

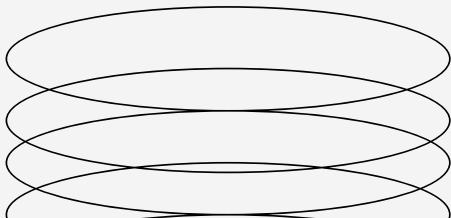
From War Shelters to Green Havens

What was once a series of World War II air-raid shelters has been repurposed into a modern agricultural marvel. Located beneath Clapham, these tunnels now house rows of vibrant salads, herbs, and microgreens. The idea behind this venture is simple but revolutionary: utilize underused urban spaces to grow food where it's needed most. By harnessing the unique environment underground, Growing Underground cultivates crops close to consumers, cutting down on transportation and ensuring fresher produce.



How Does It Work?

Growing Underground relies on hydroponics, a method that uses nutrient-rich water solutions instead of traditional soil-based farming. Special LED lights replace natural sunlight, providing the wavelengths necessary for plant growth. This controlled environment allows for year-round cultivation, unaffected by the fickle British weather. As a result, the farm consistently produces high-quality greens without relying on pesticides or chemicals

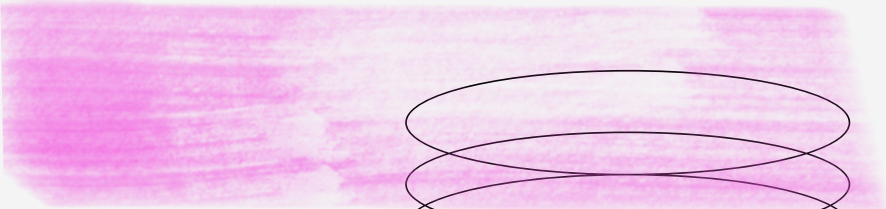


Sustainability at Its Core

One of the main advantages of this subterranean farm is its reduced ecological footprint. By locating production in the heart of the city, Growing Underground slashes the carbon emissions normally associated with transporting produce over long distances. Additionally, hydroponics use significantly less water compared to traditional open-field farming—sometimes up to 70% less—making it an environmentally conscious alternative. The project also takes advantage of renewable energy sources wherever possible, further minimizing its impact on the planet.



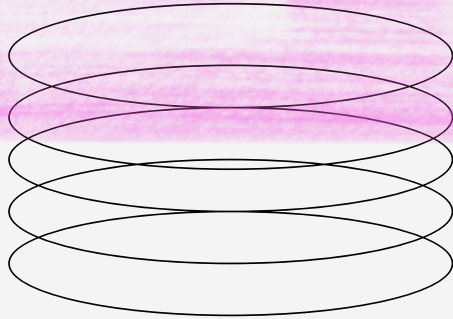
Tom Webster, co-founder of Growing Underground, with farm manager Oscar Davidson



Fresh and Local for Londoners

Fresh and Local for Londoners

The produce grown underground isn't just an engineering feat; it's also a culinary treat for London residents. Restaurants across the city can serve microgreens and herbs that were harvested only hours earlier, giving chefs the freshest possible ingredients. Even local grocery stores and online delivery services stock these tunnel-grown goodies, allowing customers to enjoy "farm-to-table" in the truest sense - just a few miles away from where the plants were grown.



Model for Urban Agriculture

Growing Underground shines a light on how cities can become more self-sufficient by utilizing neglected spaces in innovative ways. By combining modern farming techniques, a commitment to sustainability, and a passion for fresh produce, this unique venture exemplifies the future of urban agriculture.



Le Tsunami de Glace au Québec : Un Événement Surprenant



Au Québec, l'hiver est souvent très long et très froid. Les lacs et les rivières gèlent sur une grande épaisseur. Parfois, un phénomène étrange se produit : on l'appelle le tsunami de glace.

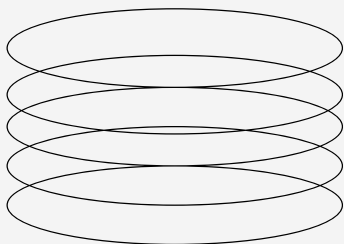


Qu'est-ce qu'un tsunami de glace ?

Un tsunami de glace n'est pas une vraie vague comme un tsunami dans l'océan. C'est une grande quantité de glace poussée par le vent et par des courants d'eau. Quand le vent est très fort, la glace se brise et avance sur la terre ferme, créant un mur de blocs glacés.

Pourquoi cela arrive-t-il ?

Ce phénomène se produit quand le vent souffle très fort et pousse la glace vers les rives. Des changements rapides de température, comme un redoux suivi d'un coup de froid, rendent la glace plus fragile. Dans les zones sans obstacles, comme des arbres ou des barrières, la glace peut avancer plus facilement et s'entasser.



Les conséquences

Le tsunami de glace peut endommager des maisons et des terrains. Parfois, il monte jusqu'aux portes des habitations. Cela peut aussi bloquer des routes ou briser des clôtures. Même si c'est impressionnant, il n'y a généralement pas de danger pour la vie des gens si on reste prudent et qu'on évite de s'approcher trop près.



Que fait-on pour gérer ce phénomène ?

Les tsunamis de glace ne sont pas fréquents, mais ils sont bien connus dans les régions près des lacs et du fleuve Saint-Laurent. Les autorités locales surveillent les conditions météo et émettent des alertes en cas de vents violents. Pourtant, il n'existe pas vraiment de solution définitive pour empêcher ce phénomène, car il est lié aux forces naturelles comme le vent et les températures. Dans certaines zones, on a installé des barrières ou renforcé les infrastructures pour limiter les dégâts, mais cela ne suffit pas toujours. La population, elle, a surtout appris à vivre avec. Les habitants savent qu'en hiver, il faut rester vigilant et protéger leurs propriétés autant que possible. Plutôt que d'éliminer le problème, la gestion repose sur l'adaptation et la prévention.



Un phénomène impressionnant mais incontrôlable

Les tsunamis de glace rappellent à quel point la nature peut être imprévisible, surtout dans une région où l'hiver est si extrême. Malgré les efforts pour limiter les dégâts, il est presque impossible d'arrêter ces murs de glace une fois qu'ils avancent. Finalement, au Québec, on ne cherche pas tant à combattre le phénomène qu'à s'y adapter – en espérant que, cette année encore, la glace ne causera pas trop de dégâts.

Pour beaucoup c'est un
des choses plus influent
dans la vie:

Musique se change;
Mais l'idée est la
même: Donner des
personnes un beau
temps.

MUSIQUE

Bilingue



Notre projet

La mélange de langues dans chansons; C'est un rare cause dans moderne musique. Pour le rythme et la mélodie, il n'est pas un obstacle mais un chance d'avoir différent caractéristiques en termes de son.



Un chanson très connu qui est les deux en français et en anglais est "For me, formidable" de Charles Aznavour. Mais aussi là il n'a pas beaucoup de passages de texte en anglais.

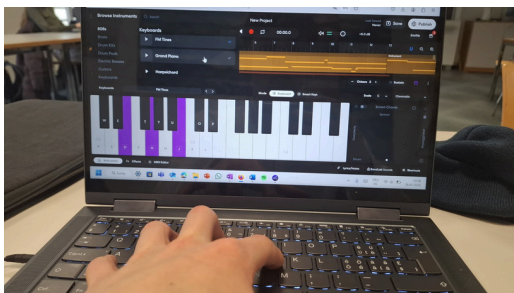
Pour le fait du chanson nous avons décidé pour une programme gratuite: Bandlab. C'est très bon pour faire des mélodies, parcequ'on a beaucoup de possibilités avec beaucoup des instruments disponibles.



Notre procès

En premier, nous nous devons de dire quelle direction de musique nous voulions faire.

Mais c'était clair pour nous deux de faire quelque chose en style d'hiphop, trap avec des éléments de R&B. Avec ces idées nous avons fait différentes mélodies et motifs, que nous avons fait nous-mêmes.



Après, la difficulté était de faire un texte sensible mais humoristique aussi. Le thème était à un sens un peu sur être en situations ennuyeuses dans les vacances et sinon dans la vie.

Notre chanson:



Nous avons fait deux versions de notre chanson: La version définitive et la version étendue.

Impréssions

