

THE
BEST OF
WHAT'S
ONBOARD

MOVIES
WHEN CHEFS
CAN'T STAND
THE HEAT

TV
ARE YOU MORE
KENDALL OR
LOGAN ROY?

AUDIO
TRAVEL
DIARIES OF
THE STARS

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Travel in Technicolor



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Plaza's
dark days
are over
(sort of)

March 2022

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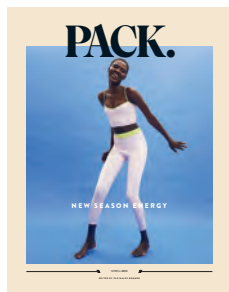
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Join the PACK.

Spring has sprung and this month, *PACK.* – our quarterly style section – is dedicated to helping you be your best new season self. We explore four exciting brands at the intersection of wellness and luxury (personal sauna, anyone?) and compile the finest springtime beauty and grooming buys – plus, the glamorous duo behind “it” bag brand Mansur Gavriel share their tips for living the high life in New York City.

See pages 53-59



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TAKE ME, I'M YOURS
Enjoy this magazine onboard and at home

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Red Hot

Discover how *Bridgerton* is busting out in the US, book the perfect sparkling break to pop the question, meet rising star Izuka Hoyle and check out our Oscar predictions.

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Features

Parks and Recreation's Aubrey Plaza tells us why she's dropping the deadpan, we meet the birdwatchers for whom the sky's no limit and drop off with our A-Zzzz of sleep.

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What's On

Get your groove on with musicals *West Side Story*, *Dear Evan Hansen* and *Encanto*, catch up on the family feuds in *Succession* and find out about celeb holidays on *The Travel Diaries*.

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Credits

Meet some of our wonderful staff, including Virgin Atlantic's oldest employee and the crew member collecting football strips to support clubs in Lagos. Plus, all the latest airline news.

COVER PHOTO & THIS PAGE: AUSTIN HARGRAVE. STYLING: JESSICA PASTER AT UNCOMMON ARTISTS. MAKE-UP: KATHY LEUNG AT FORWARD ARTISTS. HAIR: JAM JAMES AT THE WALL GROUP. MANICURE: JULIENE BRODEUR AT THE WALL GROUP. COVER CLOTHES: MOSCHINO. RINGS: ANITA KO. CLOTHES ABOVE: TERESA HELBIG. EARRINGS: ANITA KO.



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MILITARE CHRONO

THINGS TO GET OBSESSED
WITH RIGHT NOW

Red Hot



WIG OUT

BRIDGERTON IN THE FLESH

Craving a bit of saucy Regency-era drama in your life? The Queen's Ball: A Bridgerton Experience is a 90-minute immersive happening based on the hit Netflix period fantasy. Punters can lace up corsets at Madame Delacroix's Modiste boutique, pose for portraits in a painter's studio and twirl decorously to chart bangers played by an actual string quartet as the event debuts this month in Los Angeles and Washington, DC. Talk about a ton of fun.

✂ Fly to LA or Washington, DC

FIRST TAKE

SAVING THE WORLD (FOR REAL)

Climate change has moved from the front pages to the latest blockbusters, says **Al Horner**

In *Eternals*, the latest Marvel Cinematic Universe epic, a band of heroes steps up to save a world on the brink of environmental disaster. What's unique about that, you might ask? There's no shortage of examples of past blockbusters using eco-collapse as a backdrop for thrilling spectacles, after all. In *Mad Max: Fury Road* all that remains of the Earth are scorched sands and a grizzled Tom Hardy. *The Day After Tomorrow*, meanwhile, presages the coming of a second Ice Age. From *WALL-E* to *Waterworld* – aka That 90s Movie Where Kevin Costner Plays a Ponytailed Fish-Person – Hollywood has been imagining uninhabitable versions of our planet for decades now. So what makes *Eternals* stand apart?

Well, for a start, it's an eco-related blockbuster released in a time where environmental disaster feels less like fiction and more like our fate, if drastic action isn't taken soon. It's part of a new wave of climate change-themed blockbusters that seeks to grapple with the issue. At the end of last year, Adam McKay's star-studded *Don't Look Up* used a comet on a collision course with Earth as a metaphor for our own looming crisis. Two of the blockbusters set to compete for 2022's highest-grossing movie – *Jurassic World: Dominion* and James Cameron's long-awaited *Avatar 2* – meanwhile, are both expected to address climate concerns, having touched on humanity's fragile relationship with nature in previous instalments.





It's a trend spreading to the small screen, too: later this year, Meryl Streep will star in a climate change-themed Apple TV anthology series called *Extrapolations* that industry insiders are describing as “*Black Mirror* for a broken planet”. The big question, however, is: can these impending blockbusters help change mindsets? *Eternals*, *Jurassic World*, *Don't Look Up* and *Avatar* aren't perfect metaphors for the task ahead – there was very little discussion about the dangers of rampaging velociraptors at COP26, admittedly. What climate blockbusters do effectively highlight, however, is the danger of inaction, and the menace of politicians and corporations that penny-pinch instead of fighting the problem. Will their allegories for environmental overheating convince audiences to join the fight? The only thing we can say for certain is that the climate change-themed blockbuster, like climate change itself, isn't going away.

 Watch *Eternals*

In late 2021, *Don't Look Up* received the most viewing hours in one week for a Netflix movie.

ILLUSTRATION: GUY SHIELD PHOTOS: ALAMY

TOKENISM

Celebs are minting NFTs



Paris Hilton was early to last year's boom in non-fungible tokens, banking thousands for her pink Hummingbird in My Metaverse collection.

Blockchain rating: 



Hip-hop icon **Snoop Dogg** is starring in an NFT sitcom called *Da Dogg Gone Gym* with baller legends the Harlem Globetrotters. Could be a slam dunk.

Blockchain rating: 



John Cena's NFT merch drop flopped, however. “Myself and the folks at WWE thought \$1,000 was a fair price point,” he said. “We were wrong. We were absolutely wrong.”

Blockchain rating: 

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RISING STAR

Flavour of the moment Izuka Hoyle

THE EDINBURGH-BORN ACTOR STARTED HER CAREER ON THE WEST END STAGE, BUT CAUGHT THE EYE OF FILMMAKERS

GROWING UP, IZUKA HOYLE wanted to be a spy. If you can't do that, maybe the next best thing is acting. Her family weren't theatre fans and they couldn't afford drama school. But one thing was clear: the girl could sing. Aged 14, she belted out Whitney Houston at a school talent show and was spotted by someone in the know. She left mainstream education at 16 to take a scholarship for a London drama school, and made her West End debut in *Six the Musical* before landing her first film role in *Mary Queen of Scots* (2018), alongside Saoirse Ronan. She has appeared in fantasy TV series *The Outpost* and *The Wheel of* ▶



Time and, more recently, the 26-year-old stood out in director Philip Barantini's second feature *Boiling Point*, which was filmed in a single take in a busy east London kitchen.

How did filming *Boiling Point* in one take affect your experience on set?

It was like working in theatre. You have to roll with whatever happens – you can't stop and start again. You don't get much of a breather, which is a metaphor for what it's like to be in one of those high-stakes kitchens, and it's a stressful movie to watch for that reason. About 80% of the dialogue was completely improvised. We had a microscript, and we knew which beats we had to hit and approximately how much time we had. It was incredibly creative. It delves into the stresses of working in hospitality, mental health, substance abuse, addiction issues. It touches on racism, classism, technology. It's a slice of life.

You filmed during Covid. How did that impact things on set?

I was in Serbia at the beginning of Covid, filming *The Outpost*, and flew back to London for *Boiling Point*. We boshed it out in two days, doing two takes each day. The plan had been to do this for four or five days, but Covid shut us down after two. We were the last project still shooting in London by the time we found out that we only had just one take left. No pressure...

Below: Hoyle is magic in Amazon Prime's *The Wheel of Time*



How did you all look so convincing as chefs?

We had to learn how to chop. An amazing guy called Tom Brown, who owns a restaurant in east London called Cornerstone, came and taught us the basics. Not only was he teaching us to cook, but also how to hold yourself in the kitchen, the nuances that would help the realism of the piece. How do you hold a kitchen towel? Is it tucked into

“GROWING UP AS A LITTLE BROWN SCOTTISH GIRL, I DIDN'T SEE MYSELF IN PERIOD DRAMAS. IT WAS A SHOCK TO GET *MARY QUEEN OF SCOTS*”

your apron or hanging over your shoulder? How do you hold the knife?

What did you learn to cook?

Honestly, I just learnt to julienne. I was making a green juice yesterday, which is just celery, spinach and stuff you can chuck in the blender, but I'm there going to town cutting them julienne. Whenever someone's cooking, I'm like, do you want me to cut the onions? Trust me, you want me to cut the onions.

Your next upcoming film is *Persuasion*. What is it about period pieces?

It's something that just happened. Growing up as a little brown Scottish girl, I didn't see myself in period dramas. So, when I got *Mary Queen of Scots* it was a massive shock. It wasn't something I was told I couldn't do – but I was focusing on things I thought I had more of a chance of getting. I'll take an indie any day, like *Boiling Point*, when you get to tell stories in a naturalistic way. But when you do periods or sci-fi fantasies, that level of dress-up and imagination? I relish that environment. Just fanning around in a massive dress and a corset, giggling away.

There's been a cultural shift towards actors of colour being cast in period dramas recently...

It's really cool that I am getting to tell these stories. When Jane Austen wrote *Persuasion*, and in the productions of it since, the Musgrove family certainly weren't a family of colour. Now, little

brown girls and boys can watch this and think, this is how we would have lived then, this is what we would have done with our hair. It will do a lot for these kids and, hopefully, they won't even know it. So, if I get given a period gig, I'ma take it.

 Watch *Boiling Point*

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OSCAR NIGHT PRE

BEST PICTURE



THE FAVOURITE

With 12 nominations across the board, Jane Campion's **The Power of the Dog** bounds ahead of the pack. Starring Benedict Cumberbatch as a rancher with a secret, her moody neo-western crackles with erotic tension.

THE WORTHY WINNER

Denis Villeneuve's **Dune** takes a stripped-down approach to Frank Herbert's epic sci-fi saga without ever sacrificing its sense of scale. The film's retro look makes the desert planet of Arrakis feel timeless.

THE SNUB

The Last Duel, Ridley Scott's medieval #MeToo drama, is one of the thorniest, most interesting grown-up dramas of the season, boasting a riotous, bloody final battle scene to boot.

ACTOR IN A LEADING ROLE



THE FAVOURITE

Two-time Oscar winner **Denzel Washington** is a perfect fit as would-be king in *The Tragedy of Macbeth*, Joel Coen's ultrastylish take on the Shakespeare play.

THE WORTHY WINNER

In *tick, tick... BOOM!* **Andrew Garfield** gives everything he's got. He plays the late Jonathan Larson, an eccentric musical theatre writer struggling to realise his creativity, with full-throttle intensity.



THE SNUB

Don't be fooled by the grizzled exterior: action hero **Nicolas Cage** deserved a nod for some of the most restrained work of his career as a tender-hearted chef in Michael Sarnoski's under-the-radar gem, *Pig*.

ACTRESS IN A LEADING ROLE



THE FAVOURITE

Olivia Colman's Leda describes herself as an "unnatural mother" in *The Lost Daughter*. The actor's loveable spikiness makes her well placed to collect a second gong.

THE WORTHY WINNER

Kristen Stewart plays Princess Diana as though she's trapped in a horror film. She finds fresh insights into the royal in **Pablo Larrain's** *Spencer*.



THE SNUB

"Mamma Mia!" was the internet's response upon discovering that **Lady Gaga** hadn't been nominated for her portrayal of Patrizia Reggiani in the deliciously trashy *House of Gucci*.



ACTOR IN A SUPPORTING ROLE



THE FAVOURITE

Jesse Plemons is brilliant as the "good" brother in *The Power of the Dog*. It's not a showy role, which makes Plemons' performance all the more impressive.

THE WORTHY WINNER

At the beginning of *The Power of the Dog*, **Kodi Smit-McPhee's** soft voice and quivering lip suggest powerlessness. By its end, his eyes sparkle with threat. He's got the range.

THE SNUB

Child actor **Woody Norman** radiates emotional intelligence. He's a worthy match for his more experienced co-star Joaquin Phoenix, in Mike Mills's adorable indie drama, *C'mon C'mon*.

DICTIONS

The 94th Academy Awards will be held on 27 March. Film critic **Simran Hans** picks the likeliest and most deserving winners and recaps the most surprising snubs (sorry, Gaga)

ACTRESS IN A SUPPORTING ROLE



THE FAVOURITE

Former teen idol **Kirsten Dunst** may well collect her first Oscar for playing Rose – the timid innkeeper bullied by her new brother-in-law in *The Power of the Dog*.

ANIMATED FEATURE FILM



THE FAVOURITE

Encanto's irrepressible earworms were written by **Lin-Manuel Miranda**. No doubt they'll help lodge heroine **Mirabel Madrigal** and her magical family in voters' heads.

INTERNATIONAL FEATURE FILM



THE FAVOURITE

Mysterious Japanese film **Drive My Car** shows people bonding over their repressed emotions and has also landed nominations for Best Director and Best Film.

DIRECTING



THE FAVOURITE

Jane Campion has made history as the only female director to be nominated here twice. She lost out with *The Piano* in 1993 to Steven Spielberg (*Schindler's List*) but the bookies suspect she might beat him this time with *The Power of the Dog*.

THE WORTHY WINNER

Ariana Debose gives an electric performance as Anita in Steven Spielberg's revamped *West Side Story*, stomping and swishing around New York.



THE WORTHY WINNER

Jonas Poher Rasmussen's Flee is a buoyant animated documentary that ingeniously protects the identity of its loveable protagonist **Amin**, a queer refugee who reflects on his journey from Afghanistan to Denmark as a teenager.

THE WORTHY WINNER

The Worst Person in the World, Norwegian Joachim Trier's gorgeous, bittersweet romantic drama centred on a young woman, depicts the feeling of millennial existential dread more accurately than any of its English counterparts.

THE SNUB

Irish-Ethiopian rising star **Ruth Negga** is dangerously seductive as Clare, a white-passing Black woman in director Rebecca Hall's adaptation of Nella Larsen's Harlem Renaissance-set *Passing*.



THE SNUB

It's a shame not to see **Mamoru Hosoda's** stunning animé **Belle** here, a heartbreaker about a grieving teen and her virtual pop-star alter ego.



THE SNUB

Where's Asghar Farhadi's **A Hero**? The Iranian director already has two Oscars, so it seems odd that his latest, a wry moral drama, misses out.

THE WORTHY WINNER

Ryūsuke Hamaguchi takes Haruki Murakami's short story *Drive My Car* and allows it to unfold over a glorious three hours, creating space for his characters to gradually unravel their tightly coiled emotions.

THE SNUB

Janicza Bravo should've been celebrated for the visionary *Zola*, a wild, darkly funny road trip movie that expands a viral Twitter thread into an entire cinematic world.

SLEEPER HIT

St Lucia's vow factor

THE PROPOSAL PACKAGE
AT CAP MAISON IS
THOROUGHLY ENGAGING

POPPING THE QUESTION in the 21st century is a fraught business. It needs to be in a ravishing setting, come (pretty much) as a surprise and look fabulous on the 'gram. Step forward Cap Maison, a lavish clifftop boutique hotel on the northern tip of heavenly St Lucia. Apart from being quite the love nest anyway – swoon over its whitewashed Spanish facade, terracotta vases and hand-painted tiling – Cap Maison offers a “proposal concierge” service, which will hook you and the apple of your eye up with a suite upgrade, discreet photographer, helicopter transfer and – on the big night – sunset dinner on

Rock Maison, a unique private dining table on a rocky outcrop in the balmy Caribbean. So as not to disturb the intimate moment, champagne, red roses and – most importantly – the ring are winched over to the dining deck on a zip wire. In that situation, you just can't beat a nice big rock.



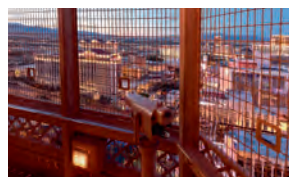
✈ Fly to St Lucia

3 MORE PLACES TO SAY “YES”



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This luxury wine-country retreat set in a historic 1884 mill building goes all out, coordinating a bespoke “flash mob” style proposal on your behalf as you and the one bob serenely down the Napa river.



EFFEL TOWER, LAS VEGAS

Who needs Paris when you can go down on one knee overlooking the Bellagio fountains, with a TV conjurer who'll perform a bespoke close-hand magic routine inspired by your relationship.



RITZ-CARLTON, HONG KONG

The “She Said Yes” package keeps it old school, festooning a plush Club Grand Seaview Room with 49 red roses, a heart-shaped cake, 30 balloons and “Marry me” emblazoned in neon letters.



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A taste of success

HOW WOODFORD RESERVE ROSE TO THE TOP AGAINST THE ODDS

WALK INTO ANY bar around the world today and you'll find shelves tightly packed with a near-endless selection of bourbons, ranging from household names to exorbitantly priced rare releases. If you thought American whiskey was always this popular, however, you'd be mistaken.

"Thirty years ago, American whiskey was in a rough state," says Chris Morris, master distiller at Woodford Reserve, America's number one super premium whiskey. "Distilleries in Kentucky were being mothballed. I think there were only nine in the state and two in Tennessee."

Woodford Reserve's journey to becoming the leading bourbon in the country was no foregone conclusion, either. It only came about because one man, Owsley Brown II of Brown-Forman, listened to his gut rather than his peers. "When Owsley Brown II said he wanted to open a new distillery



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INGREDIENTS

- 1tsp granulated sugar
- 2 dashes Angostura bitters
- 1 dash of water
- 50ml Woodford Reserve
- Orange peel
- Maraschino cherry (optional)

METHOD

Mix the sugar, Angostura bitters and a dash of water in a glass until the sugar dissolves. Fill the glass with ice, then stir in the Woodford Reserve for at least 30 seconds. Express the oil from the orange peel (twisting works) and use the peel and cherry to garnish. Drink and enjoy!



Clockwise from left: Woodford Reserve's strength is that of any great whiskey: its taste; 212 unique flavours are produced while the bourbon ages; the Woodford County distillery.

and have visitors come see it, a lot of people said it wasn't a good idea. And I was one of them!" Not only that, Brown wanted his distillery to produce a product that sold at practically double the price of most bourbons and Tennessee whiskeys. Inspired by the rise in popularity of cognacs and Scottish single malts, he saw an opportunity to create American whiskey's first premium brand.

The distillery opened in Woodford County, Kentucky, and in October 1996, Woodford Reserve was born. At first, it looked like the naysayers would be proven right.

"The reception was poor to say the least," says Morris. "People would say, 'Why do we need another bourbon?'. But it was newsworthy. We had these beautiful copper pot stills and we had a bottle that looked different. So when we took it to bartenders, not only did they say it looked cool, they said it tasted great, too!"

Woodford Reserve soon began building associations with other respected names, becoming the first official bourbon of the Kentucky Derby and partnering with airlines around the world. It now sells more than a million cases a year and is the fifth largest bourbon on the planet.

Sensing that perception around American whiskey was shifting, Morris had a bright idea of his own. He decided to create the first flavour wheel for bourbons, suggesting six food pairings to bring out Woodford Reserve's subtle flavours, including cheese, toasted hazelnut and chocolate.

"There are 300 flavours in American whiskey and Woodford Reserve has 212 of them," he says. "It's the most complex bourbon, but also the most balanced. It's just sweet enough, spicy enough and fruity enough, so people taste what they want to taste. If they like sweetness, they'll get sweetness. If they like spice, they'll get spice."

Indeed, it's a taste that's perfect on the rocks or in a cocktail (it's the whiskey of choice for Old Fashioned Week and Virgin Atlantic's Clubhouse signature Manhattans). "Bartenders can make it work for anyone." That's quite the claim. We suggest you test it out.

Drink responsibly woodfordreserve.com



Happy sipping

HOW TO SAVOUR WOODFORD RESERVE'S 212 FLAVOURS



Cheese

Because of its high fat content, a nibble of parmesan cues the woody and nutty notes that result from Woodford Reserve's unique maturation process. You may taste pecan, almond or a hint of oak.



Cranberry

The fruit's tartness triggers its floral aromas, which come from Woodford Reserve's yeast strain and extra-long six-day fermentation. You might get cherry, blackberry, and cooked peach.



Chocolate

Spice flavours, such as coffee, clove and tobacco leaf, which are present in the whiskey thanks to the mash bill, fermentation and Woodford Reserve's handcrafted barrels, are enlivened by dark chocolate.

GOT A SPOT?

PUT A STAR ON IT



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DRINKS



Londoners are throwing shade

Behold the Eclipse cocktail, a monochrome tipple served only at the swanky Connaught hotel in Mayfair. Inspired by the high-contrast street photography of Londoner Alan Schaller, Eclipse is served in a mind-bending crystal glass that's painted white on the outside and black inside. The base wine hails from the Hundred Hills vineyard, Oxfordshire, while the gin element comes from a micro distillery at The Connaught itself. Which, since you ask, came top of The World's 50 Best Bars for the second year running. It's all there, in black and white.

✂ Fly to London



SNACKS

TAYLOR-MADE TREATS IN MANHATTAN

The Confetti Cake at **Magnolia Bakery** enjoys sweet success after getting the nod from Taylor Swift



PLAYERS GONNA PLAY.

And bakers gonna bake, it turns out. After this Confetti Cake featured in the video for Taylor Swift's 10-minute version of break-up ballad *All Too Well*, it has been flying off the shelves at Magnolia Bakery in NYC.

Confetti – aka sprinkles or hundreds and thousands, depending on where you were brought up – is folded into its three scrumptious vanilla tiers. The six- or nine-inch diameter cake is then slathered with either vanilla

or chocolate buttercream, before receiving a generous confetti coating for good measure.

No strangers to celebrity, Magnolia Bakery has previously enjoyed cameos on *Sex and the City*, *Saturday Night Live* and *The Devil Wears Prada*. The original store is still at 401 Bleeker Street where, like Taylor Swift channelling another number one hit about a lousy ex-boyfriend, it's all about getting your just desserts.

✂ Fly to New York

LOCATION SCOUT

APPY DAYS IN TEL AVIV

The “Start-Up Nation” mentality has made its way into all facets of life in the city, reports local expert **Elianna Bar-El**

In Tel Aviv, and Israel at large, referring to a “unicorn” no longer conjures up a fantastical image of a legendary creature hailing from the Middle Ages but instead a legendary start-up valued at a billion dollars hailing from the Middle East. From traffic app Waze to freelance marketplace Fiverr, the tech world has seen monumental advances coming out of Israel. The pandemic has only encouraged that: tech has made its way into food and architecture, fashion, design, and interactive apps for locals and tourists alike. With the onset of coronavirus and in its continuing aftermath, Israelis are doing what they do best: innovating. And what is the typical Tel Avivian’s main priority in life? Fun.

The free **DigiTel app** keeps users up to date with everything that’s going on daily in the city, from outdoor bubble parties and vintage markets to protests, open parking lots (very important!), bicycle paths, available Tel-O-Fun bicycles, and an updated directory of the hottest restaurants, parties and happenings. Via the app, beachgoers can also rent umbrellas and loungers with just a couple of swipes. ▶





“The tech world has seen monumental advances coming out of Israel and the pandemic has only encouraged that”



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Tel Aviv is home to more Bauhaus and International Style buildings than anywhere else in the world, including more than 4,000 from the 1930s, and in 2003 the so-called “White City” was designated as a UNESCO World Heritage Site.

Tour the city’s fascinating architectural history at the **Liebling Haus**, which showcases a slew of technological advances in the cultural space, and boasts a research lab and a comprehensive archive library with workshops for adults and kids. Download the Liebling Haus Audio app and listen to architects, historians and craftmakers narrate stories of architecture and ideology, alongside anecdotes of historical buildings and their famous residents.

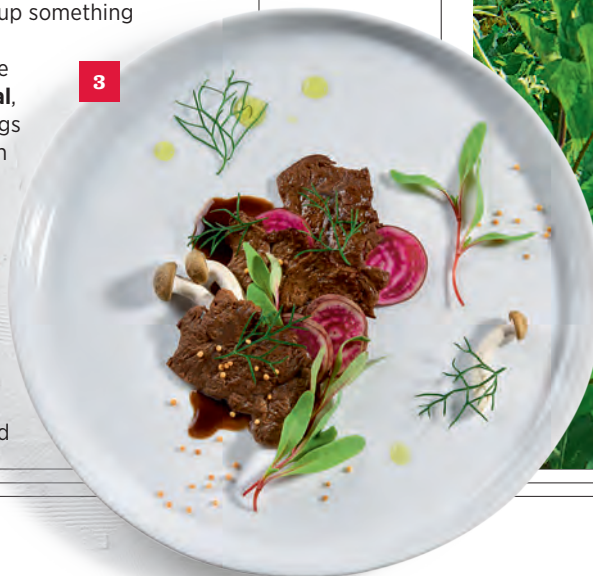
The Peres Center for Peace and Innovation (1) is a museum and experience dedicated to Israeli innovation – past, present and future. The impressive Hall of Inspiration offers an audiovisual presentation of Israeli inventions that have influenced the world in agriculture, medicine, cyber and tech. Touchscreens in English, Hebrew, Arabic and Chinese challenge visitors to contemplate our collective future donning VR glasses while journeying through developments in nano-robotics, autonomous transport and food technology.

Speaking of food, **Bitemojo** offers self-guided food tours with your phone leading the way, including the history of different Tel Aviv neighbourhoods and key points of interest. To dive deeper into the local culinary scene, head to **Asif: Culinary Institute of Israel (2)**, a new non-profit and resource championing Israel’s diverse food cultures. The library here holds some 1,500 culinary titles, while you can also tour the gallery and rooftop farm – stopping off for a bite to eat at the cafe, or even picking up something for home at the deli.

The institute shares space with **Start-Up Nation Central**, a pioneering hub for all things innovation from Israel. When it comes to disrupting industries, as one of the top vegan-friendly countries in the world, it comes as no surprise that Israelis have been busy cultivating alternative forms of food. Book a visit to **Aleph Farms (3)**, just a short jaunt from the city, and



Above: The Peres Center for Peace and Innovation was founded in 1996 by the late president of Israel, Shimon Peres





The roof at Asif: Culinary Institute of Israel is home to rare herbs and a vertical garden.

pick your jaw up off the floor in time to taste the future of meat. This Israeli company (backed by such stellar investors as Leonardo DiCaprio) is successfully cultivating 3D bio-printed steaks, meaning it's just a matter of time before the technology changes the face of kitchens and restaurants worldwide.

You can learn everything you need to know about the 3D-printing process at the **3D Factory**, where visitors can create whatever they want in real time or even buy their very own printer to experiment with. When it comes to fashion, 3D-printed garments are the latest foray into sustainable practices. Cutting-edge brand **threeASFOUR (4)** launched their spring-summer 2022 collection Kundalini, as a tech-fashion collaboration with **Kornit Digital**, one of the leading on-demand fashion production technological companies. The result is an explosion of unexpected colour and texture combinations using Kornit's revolutionary MAX technology, which offers never-before-seen digital decoration and design capabilities.

Tel Aviv's tech game is just getting started, and locals like to try anything and everything, so there's nowhere better to get a taste of the future.

✈ Fly to Tel Aviv



PHOTOS: STOCKSY, DAN PEREZ, NIKE, MOHAI, MR. KIRILL LUCENKO, @BRANDPROOKE, MATAN MATZAN, ALPHE FARM, @THREASFOUR, @KORNITDIGITAL, @ALITORBIN, NY MAKEUP ACADEMY, @JUNITE_HAIR, @GARIBAKERHAIR, @BARBARALEGRANT, @BARBARAPFISTER, @TRIPPENOFFICIAL

3 MORE TECH HUBS TO CONNECT WITH



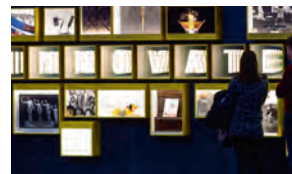
SAN FRANCISCO

Silicon Valley Innovation Center tours get to the heart of the tech industry with the chance to try out a Tesla Model X or an Oculus Rift VR headset at Facebook.



SHANGHAI

Shanghai 001, Nike's House of Innovation, offers everything from a studio space where you can customise your own gear to digitally led lectures on the industry.



SEATTLE

Explore the history of ideas through interactive installations and more in the Bezos Center for Innovation at Seattle's Museum of History and Industry (MOHAI).

SCREEN TEST

Could I have been a sporting champion?

FACED WITH THE FORMIDABLE SUCCESS OF THE WILLIAMS SISTERS, **RALPH JONES** WONDERS WHETHER TALENT, LUCK OR PRACTICE WOULD HAVE TAKEN HIM TO THE TOP

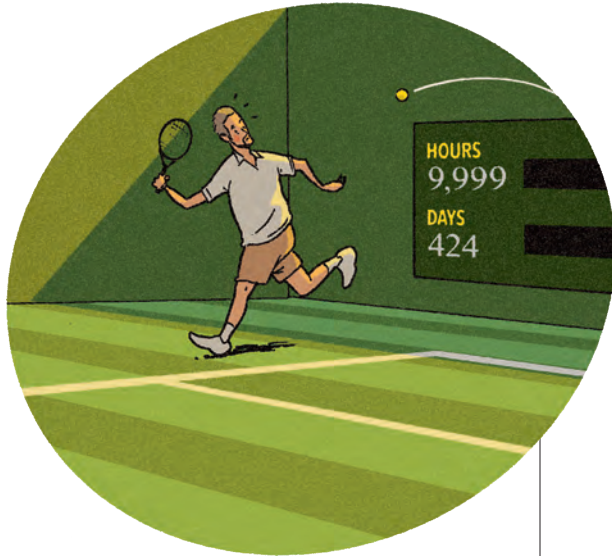
I'm not bad at playing soccer. In my more embarrassingly self-indulgent moments, when I fantasise about an alternative me, I tell people that if I had really tried, maybe I might have made it as a professional goal scorer. And, because we'll never know, I can't be wrong.

But just how much work actually goes into making an elite athlete? The Williams sisters, Venus and Serena, have dominated the tennis world for so long that it's easy to forget how phenomenal and, frankly, exhausting their story is: that if you apply the same relentless training to two children, they can both become the best in the world in a highly competitive sport.

That's the story of *King Richard*, in which Will Smith plays the girls' father, Richard Williams. Williams, who dreamed up a comprehensive plan for his daughters before they were even born, underlines the crucial role that parents play in moulding prodigies. "We were almost brainwashed to think we were going to be number one," Venus once said. But were the girls naturally destined to be great? Or could any parent raise world champions with a rigorous enough regime?

It's hard to discuss the making of a champion without addressing Malcolm Gladwell and the 10,000-hour rule. Often misunderstood, and synonymous with Gladwell rather than Herbert Simon and William Chase, the academics with whom it originates, the "rule" is that if you spend 10,000 hours practising a complex task and you already have an innate talent for it, you will become a master. "In cognitively demanding fields, there are no naturals," wrote Gladwell, famously.

It's not that simple, of course. It's an area with no definite answers. But the point is that 10,000 hours is a lot of work. It's



almost 14 months. And this isn't enough in and of itself. You also need luck. And the most important luck of all? Being born good at something.

In sport, a 2014 meta-analysis found that practice accounted for only 18% of the difference between good and elite athletes. The authors decided that "deliberate practice is important, but not as important as has been argued". There are countless questions here. Do people practise more because they are more naturally talented? How early can "talent" be defined and separated from practice? But relentless practice can clearly take you to great places.

It's important to remember, for your self-esteem, that Serena Williams isn't as good at your job as you are. The gap between me and a professional soccer player is only enormous because at some point the professional could afford to keep practising 24/7 to the exclusion of everything else. Or, in other words, you're only not a champion because you chose not to be. You're welcome.

 Watch *King Richard*

THE VERDICT

You're in luck: because both practice and genes play a significant role in becoming a champion, you can choose to blame whichever one suits you best.

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Clothes: Moschino
Shoes: CARAT
Rings: Anita Ko

THE BREAKOUT STAR OF *PARKS AND RECREATION*, AUBREY PLAZA IS KNOWN FOR HER SARDONIC ON-SCREEN PERSONAS AND WACKY RED CARPET APPEARANCES. BUT IT'S ALL AN ACT, SHE TELLS **AL HORNER**, AND NOW SHE'S READY TO GET REAL

PHOTOGRAPHS: AUSTIN HARGRAVE

FUNNY GIRL

AUBREY PLAZA ISN'T WHO YOU THINK SHE IS.

Case in point: the night before our interview about her new indie drama *Spin Me Round*, I conduct a quick survey. I open my phone, fire up WhatsApp and ask a few friends and colleagues how they imagine the sardonic star of shows like *Parks and Recreation* and *Legion* might have spent lockdown when the world ground to a halt in March 2020. "I can see her riding horses through abandoned shopping malls," came one reply. "Biweekly blood sacrifices," came another. "Seances! Definitely seances!" was another in a long list of wild suggestions. As it happens, there were indeed a few rituals attempting to commune with the dead in the Plaza household when Covid struck. "But, like, wearing sweatpants. I wasn't dressed in a big velvet robe or whatever," the 37-year-old clarifies between mouthfuls of salmon teriyaki take-out, sat cross-legged on the floor of her east Hollywood apartment. "I dabbled in witchcraft and got really into tarot cards, but I'm actually way more boring than people think. The horses thing sounds cool, though! I should look into that..."

There's good reason why people may struggle to picture Plaza spending quarantine baking banana bread and playing *Animal Crossing* like the rest of us. Plaza has an almost mythological status among fans as a cult agent of chaos, both onscreen and off — a glitch in the Hollywood matrix, bringing anarchy and awkwardness wherever she wanders. Over the last decade, the Delaware-born actor has inhabited some of the most memorably maniacal outsiders and weirdos that recent film and TV has had to offer. Since making her name as exasperated ▶





Clothes: Teresa Helbig
Earrings & rings:
Anita Ko

Aubrey Plaza



Clothes: Christopher
John Rogers
Earrings: Walters Faith
Rings: Dean Davidson

Gothy teen April Ludgate in the hit mockumentary *Parks and Recreation*, she's played a social media stalker in indie drama *Ingrid Goes West*, an unhinged barista in *Scott Pilgrim vs the World* and a person possessed by a psychotic mutant in Marvel series *Legion*, to name just a few of her gloriously deranged performances. In each one, she's showcased deadpan delivery, sarcasm-laced smiles and the wide, threatening eyes of someone perched perilously close to the brink.

There's also the small matter of her appearances on talk shows and at awards ceremonies. One YouTube video – composed of footage of her pledging allegiance to the Devil on red carpets, regaling reporters with stories of sending her *Parks and Rec* peers vials of her blood and fingernails, and cackling her way through promotional interviews for a children's book she wrote dressed in full witch regalia – is fast approaching 20 million views. No wonder the world has come to think of the actor as a one-woman cyclone of eccentricity: this is a figure who frequently volunteers information like “my mother keeps all my baby teeth in her underwear drawer”.

Recently, however, Plaza has realised that all that chaos was a protective barrier she placed around herself – a way of not letting her vulnerability show. “I'm way more sensitive than people realise. I'm a crab. Hard shell, but soft interior. It's all just me fronting when I'm really just a ball of mush deep down,” she explains. During the stillness of the pandemic, when she was forced to take a break from her “workaholic” ways, she had an epiphany. “I realised the persona that I've created over the years was almost a coping mechanism for being a public figure,” she sighs. “That persona came from my own insecurities and fears, and the impulse to give people what they want. People expect me to be weird, so it was easier to sort of disassociate and give them that.”

The insecurities Plaza mentions took root early on in life. Born and raised in Delaware to a Puerto Rican father and Irish mother, she was “the only diverse kid in my high school” and found herself clowning around as something of a defence strategy, humiliating herself before others could humiliate her. “It's that instinct where you think, before I get attacked, I'm gonna attack first,” she explains. Plaza soon found an outlet for her outsidership in comedy, involving herself in improv and stand-up before joining the Chicago group Upright Citizens Brigade, whose other graduates

“I'm not comfortable in my own skin so to just be myself on national television is scary”

Parts and rep

AUBREY PLAZA'S CV

Born

Aubrey Christina Plaza was born 26 June 1984 to Bernadette (an attorney) and David Plaza (a financial advisor) in Wilmington, Delaware.



Education

She attended the Ursuline Academy in Wilmington before going on to study film at New York University's Tisch School of the Arts, graduating in 2006.

Fun fact

Plaza was voted in 2018 the most famous person from Delaware – ahead of US president Joe Biden. “I think I should be [Biden's] Secretary of the Dark Arts,” she once boasted. “Some sort of liaison for him between the country and the galaxy.”

Key work

Parks and Recreation, (2009-15)

This mockumentary about a small town called Pawnee and the team tasked with maintaining its underwhelming public services saw Plaza become a national sensation for her role as intern April Ludgate. The first eight episodes of season three screen onboard.

Ingrid Goes West (2017)

Plaza acted in and produced this nail-biting tale of a lonely girl who

assimilates herself into an Instagram influencer's life using a mix of digital detective skills and desperation.

Black Bear (2020)

Nothing is what it seems in writer-director Lawrence Michael Levine's psychological mind-bender about the border between art and abuse. Plaza plays an actor-turned-filmmaker whose wilderness retreat in search of inspiration takes a head-spinning turn.

include *The Office*'s Ellie Kemper and Plaza's *Parks and Rec* co-star Amy Poehler.

After a lengthy period waiting tables at bowling alleys and restaurants like Joe's Crab Shack (as glamorous as it sounds), Plaza was in New York auditioning for *Saturday Night Live* when opportunities began to snowball. In the space of one life-altering week, she was offered parts in Adam Sandler comedy *Funny People*, *Parks and Rec* and *Scott Pilgrim*. Her role as April Ludgate, which *Parks and Rec* creator Mike Schur wrote

Clothes: Prabal Gurung
Necklace & rings:
Anita Ko



especially for her after a casting director described her as “the weirdest girl I’ve ever met”, catapulted Plaza to a type of fame that she wasn’t sure how to handle – particularly when requests for her to appear on the likes of David Letterman and Jimmy Fallon’s late night talk shows began to roll in.

“I was so shy as a child. I’m not comfortable in my own skin so being asked to just be myself on national television – that’s scary to me,” she says. “There’s a level of feeling exposed that’s terrifying. I’m a little better now, but I used to have this fear of people not liking me, so my instinct was always to divert this situation into something weird so people don’t know what’s happening and I can slink out the back door amid all the madness.”

After *Parks and Rec* finished in 2015, Plaza was left at something of a crossroads. As co-star Chris Pratt moved into blockbusters, Plaza struggled to shake off her association with April Ludgate. She fielded offers to audition for a number of big Hollywood franchises, in which she was to play similarly sarcastic, eye-rolling millennials, but “blew the auditions” as she puts it. Looking back, she wonders if a part of her blew them on purpose. “My instincts are pretty strong and there are different parts that I really could have gone for, but for whatever reason, it wasn’t to be. I think deep down if I know something is off, I’ll sabotage it,” she says.

Instead, Plaza has spent the past few years finding a niche in independent film that’s been thrilling to follow. From sci-fi rom-com *Safety Not Guaranteed* and the brilliant social media drama *Ingrid Goes West* to 2020’s deliciously twisty *Black Bear*, her filmography has had more room

“I definitely gravitate towards darker things because I love to sink my teeth into things that are more complicated”

for intimate, low-budget character studies of frayed, not-always-likeable women in the midst of maddening spirals. “I definitely gravitate towards darker things, which is not because I have an impulse to be dark,” she says. “It’s just that those roles tend to be more complicated and I love to sink my teeth into things that have many layers and complications.”

Every character Plaza plays, including the one that goes on talk shows, is “some aspect of myself put on blast,” she says. “But I don’t feel like people really know who I am.” That might be about to change in 2022. Having already made the transition from comedy co-star to enigmatic indie lead, Plaza’s about to embark on a new chapter ▶



in her career, taking on a succession of roles showcasing different, truer sides to her personality. In March, she'll appear in *Spin Me Round*, an intimate indie drama directed by her husband, Jeff Baena. Plaza plays a mysterious assistant to a restaurant chain CEO who invites a selection of employees to a remote retreat in Tuscany. From there, an *Eyes Wide Shut*-esque mystery begins to unfurl. "The energy of that shoot was insane, because everybody had been locked down. To go from that to being in Tuscany with so many hilarious, ridiculous people, it was a wild time. We all went to the beach together and were dunking each other in the ocean, thrashing around like children. It was next-level vibes," she recalls. "We worked hard and we played hard."

Also in the pipeline is *Emily the Criminal*, a dark thriller about a credit card scammer that won rave reviews at the Sundance Film Festival. Plaza calls it "the biggest departure from what people think they know about me. For a start, it's not funny. There are a couple of jokes, but it's really a drama at its core. It's really raw and Emily just feels like a

Clothes: Valentino
Shoes: Le Silla
Rings: Anita Ko
Earrings:
L'Atelier Nawbar
Necklace:
Melinda Maria

really different person to me." Elsewhere, there's a part opposite Jason Statham in new Guy Ritchie blockbuster *Operation Fortune: Ruse de guerre*, a turn with Michael Caine in book-tour buddy comedy-drama *Best Sellers* and a much-anticipated appearance in the second season of pitch-black TV comedy *The White Lotus*, which she's days away from jetting off to Italy to shoot when we talk. "It's scary to work on something where the first season was so fantastic and everybody loved it so much. There's a volcano in Sicily that erupts all the time. If that doesn't go off, and I don't f*** everything up, it should be alright."

Chaos doesn't actually follow her around the world. Despite the vials of blood and the amateur occultism, Aubrey Plaza does not descend on a feature film like a mystical curse. Rather, she raises up her characters with nuanced performances — mixing the light with the shade and the real with the ridiculous. No, Aubrey Plaza isn't who you think she is, she's someone even more interesting.

 Watch Parks and Recreation

STYLIST: JESSICA PASTER AT UNCOMMON ARTISTS MAKE-UP: KATHY JEUNG AT FORWARD ARTISTS HAIR: IAN JAMES AT THE WALL GROUP MANICURIST: JOLERE BRODER AT THE WALL GROUP



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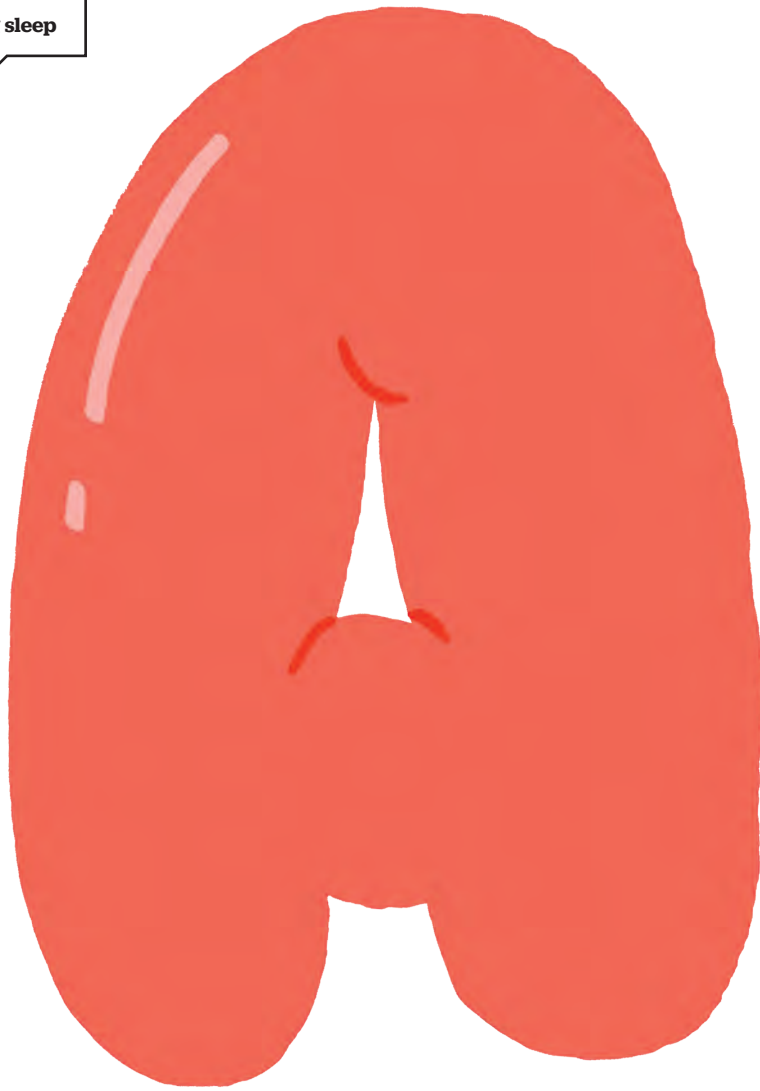
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A **IS FOR AWAKE** We're on the brink of a sleep crisis: a study in 2021 found that 36% of adults say they have trouble going to sleep at least once a week, with one in five having **trouble sleeping** daily. Long-term lack of sleep has detrimental effects for our mental and physical health. No wonder sleep is big business – the Global Wellness Institute predicts the “sleep economy” will top \$585 billion by 2024.



B IS FOR BETTER BLANKIE

Based on pressure therapy, **weighted blankets** are one of the most popular sleep aids, and are used for yoga nidra, or yogic sleep – the practice of lying totally still in the attempt to reach the “delta state” of profound relaxation. Visit London’s Triyoga studios to go deep under cover.



C IS FOR CUDDLING A ROBOT

Technology is advancing every day, but few of us are choosing to go to bed with machines. That might change as **Somnox** has launched a cute egg-shaped bot to cuddle while you sleep. This little guy initially mimics your natural breathing pattern then slows down, slowing down your breathing, too.

PHOTOS: HASTENS SLEEP SPA, SOMNOX.COM, ©JAKE EASTMAN, ADOBE STOCK

Sleep is more popular than ever but not always easy to find. Ahead of World Sleep Day on 18 March, **Lydia Winter** reveals where, and how, to get the best kip

ILLUSTRATIONS: MICHAEL PARKIN



D IS FOR DREAM TICKET

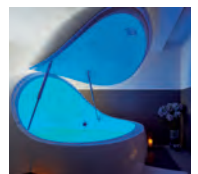
Sleeper trains are undergoing a renaissance, with loads of new routes opening up. And you don't have to take on a mammoth journey like the 9,259km Trans-Siberian Express from Moscow to Vladivostok, either: among our favourites is the 16-hour trundle from the South African city of Pretoria to Kruger National Park on the famed luxury Blue Train. Think lounge cars, old-school glamour, endless views over savannah grassland and, of course, comfy beds.



E IS FOR EXTRA TIME

It sounds counterintuitive, but one of the biggest enemies of good sleep is the “snooze” button.

This little friend in fact interrupts the natural rhythms of REM sleep, causing early morning grogginess. By contrast, popular app [Sleep Cycle](#) tracks your slumber and rouses you at just the right moment. No button-bashing allowed.



F IS FOR FLOATING OFF

Iso-flotation tanks offer complete sensory deprivation – you float in salty, body temperature water with no noise or light to interrupt the feeling of reverie. Tanks have been proven to help improve sleep and are popping up at hotels like the plush Dormy House in the Cotswolds. ▶

G IS FOR GLASSES

Good sleep hygiene – not looking at your phone, TV screen or bright lights for an hour before bed – is one of the best things you can do to help yourself get a good night’s sleep. But if you’re not going to give up doom scrolling through the internet any time soon, some **blue light glasses** could help. They block the lightwaves that stimulate our brains and can help you synchronise your circadian clock and get into a good sleep pattern.



H IS FOR HEMP

CBD, or cannabidiol, is the superhero ingredient that’s appearing in everything from face creams to cocktails. Unlike other products derived from hemp it doesn’t have psychoactive properties but does have snooze-friendly side effects, like calming the nervous system. You can take CBD as pills or drops, or book the Sleep Experience at Cliveden House, near London, which teams a massage using luxury CBD brand OTO with a yoga or sound healing session.



I IS FOR INNER PEACE Meditation is one of the most useful tools for sleep – helping you to activate the parasympathetic nervous system, slow your heart rate and encourage steadier breathing. And if you stay at **The EDITION Hotels** around the world, the gorgeous hotel group has partnered with meditation app Inscap to create four bespoke meditations for its guests to promote rest in their rooms.

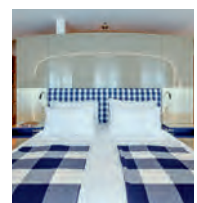
J



J IS FOR JEEVES When you’d do anything to get yourself off to sleep and you just want someone to make you hot milk and honey, why not call on your **Sleep Butler** instead? A clutch of hotels around the world have dedicated Sleep Concierges and services on hand to turn your room into a sleep-inducing haven, from The Benjamin in New York’s dedicated pillow menus to London’s Montcalm, where the concierge will bring you tea and a midnight snack.

K IS FOR KING

If you want quality shut-eye, you’ll need a mattress fit for a monarch. Historic Swedish brand **Hästens** – which has been making beds and linen for royalty since 1852 – is renowned for its handmade beds. They can cost well into the six figures, but if you can’t stretch to that check into the Lotte New York Palace hotel’s Ultimate Sleep Suite, kitted out with Hästens beds and iconic blue-and-white-checked linens, for a night instead.



PHOTOS: ADOBE STOCK, ALAMY, MANDARIN ORIENTAL, JUMEIRA, DUBAI

L IS FOR LULLABIES

Bedtime stories aren't just for children, and if you download the **Calm** meditation app, you can listen to the likes of Matthew McConaughey, Harry Styles and Stephen Fry whisper sweet nothings in your ear. Many of the stories are originally written by travel writers to be soothing and slower paced.



M



IS FOR MILKY WAY You'll thank your lucky stars after you've spent the night in a stargazer tent at **The Little Retreat** in Lawrenny, Pembrokeshire, one of the UK's designated Dark Sky Reserves and a prime spot for stargazing. The pods have 360° transparent panels around the roof canopy, giving you panoramic views of the sky - and you might even spot the Milky Way, which sure beats a big mug of Horlicks.



IS FOR NO CARBS BEFORE BED

While gobbling a giant bowl of spaghetti might put you into a temporary carb coma, research by the Sleep Foundation suggests that foods laden with carbohydrates decrease your sleep quality, making you stir in bed and limiting deep sleep. Pasta's delicious, but use your noodle.

O IS FOR OPTIMISATION

A good night's sleep comes down to the science, and new supplement **Remrise** is a natural vitamin supplement that's been formulated to supercharge your shut-eye. Cherry, jujube seed, reishi mushroom, magnolia bark, ashwagandha and passion flower work together to facilitate the natural sleep process and straighten out your circadian rhythm.



P IS FOR PRANAYAMA

Yogis will be familiar with **pranayama**, a breath-control practice that often opens and closes your session on the mat. But guided breathing has a place outside the studio, too: the technique lowers your heart rate and regulates your breathing, making it easier for you to drift off. At the Mandarin Oriental Jumeirah in Dubai, sleep experts have introduced it into a three-day programme to help you reset. ▶



IS FOR QUIET PLEASE At the **Zedwell** in London, you don't sleep in a room, you sleep in a cocoon: think pared-back aesthetics that lean heavily on natural materials; noise-reducing floors, walls and doors; no TVs or phones; Egyptian cotton sheets; and delectably squishy beds. They even pump fresh, purified air into the space while you sleep.



RIS FOR ROCK-A-BYE BABY

Expert sleep company Bryte has used some impressive tech in its new **Restorative mattress**. More than just a soft pad, it actually rocks you to sleep, for what the company claims is a faster, deeper and more natural slumber. The mattress is equipped with an embedded sensory network that detects biometrics such as body temperature, heart rate and breathing patterns, so it knows when you move between stages of sleep. You can find Bryte beds at a growing number of hotels, including the Amrit Ocean Resort & Residences, opening this year on Singer Island in Florida's Palm Beaches.



SIS FOR SIGMUND

Dreaming is a bit like being your own therapist (paging Dr Freud) helping you to analyse what's going on in your life, while also increasing your problem-solving abilities and creativity. But according to **Dr Matthew Walker**, author of 2017 hit *Why We Sleep*, we do most of our dreaming in the seventh and eighth hour of sleep, so not getting enough shut-eye means we don't get to dream – and we're missing out as a result.



T IS FOR TREEHOUSE

Or, in the case of the **Ngala experience** at andBeyond's outpost in South Africa's Kruger National Park, full-on tree palace. It's got four levels: the top is a sleep-out platform where you can drink in views of the night sky, then there's a covered sleeping area with a king-sized bed, and two other floors featuring a bar and fridge fully stocked with snacks. Bet it beats your garden shed hands down, doesn't it?



IS FOR UP WITH THE LARK Good sleep isn't just about how you drift off, it's about how you wake up, too. Rosewood Hotels know how it's done: their **Alchemy of Sleep** programme has different experiences at the group's hotels around the world, but head to Nassau for morning rituals based on Bahamian remedies, like gentle jogs along the beach and stretchy yoga in the rose garden.



V IS FOR VIDEO-POLYSOMNOGRAPHY

No, we didn't know what it meant either. In a nutshell, it involves monitoring what happens to your body while you sleep, hooking you up to various sensors, measuring the oxygen content of your blood and analysing the results to work out what's stopping you sleeping. It often takes place in a lab, but if you stay at the world-beating **Grand Resort Bad Ragaz** in Switzerland you can enjoy their diagnostic sleep clinic in glorious luxury.



W IS FOR WHITE NOISE

Sleep Foundation research has found that listening to white noise as you fall asleep can get you to the land of nod 40% faster. **SleepHub** is a brand-new device that uses noise to retrain the brain using scientifically designed soundwaves which restore natural sleep patterns and improve sleep quality – and it handily even has a setting for power naps.

X IS FOR XXX

Canoodling before bed is said to help you get off to sleep as it releases oxytocin, the hormone that increases feelings of contentment. Sex also reduces levels of cortisol, which is associated with stress, and promotes feelings of closeness and intimacy that are conducive to sleep. Plus it's a fun activity that perpetuates the human race. So, several benefits.



Y IS FOR YOU ARE GETTING VERY, VERY SLEEPY

Hypnosis is more than a lounge act at The Cadogan hotel in London, which has added a trained **"Sleep Concierge"** with a background in hypnotherapy to its in-house wellness team. Expert Malminder Gill has worked with the hotel to create a sleep-inducing meditative recording that will help point all your wayward brainwaves in the right direction.



Z IS FOR ZONING OUT And so we reach the end of our shared sleep journey. We had lots more to cover. The really important stuff, in fact. But, before that we're just going to rest our eyes for a second... and then (yawn)... we'll tell you... (yawn). **Maybe later.**



PECKS

Flock Together is the London birdwatching club for people of colour that's been a huge pandemic hit and is now spreading its wings around the world.

Marcus Barnes heads into nature with the organisers to see the idea take flight

PHOTOGRAPHS: DAVE IMMS

APPEAL

A man with dark, curly dreadlocks is the central figure, wearing a thick, patterned jacket in shades of blue, orange, and white. He is holding black binoculars to his eyes. The background is a bright, clear blue sky with some light clouds, and a blurred landscape of trees and grass. The word 'APPEAL' is overlaid in large, white, bold, sans-serif capital letters across the center of the image. In the bottom right corner, there is a small white star icon with a dashed line trailing from it.

IT'S A SURPRISINGLY MILD WINTER'S DAY

when I meet the founders of Flock Together. Ollie Olanipekun and Nadeem Perera have captivated bird lovers across the world with their inclusive, community-focused enterprise, the first organisation to have opened up the world of birdwatching to people of colour. I'm joining them for a walk at one of London's most resplendent green spaces near Cockfosters (honest), just 40 minutes from the centre of London. A short walk from the station is Trent Country Park, where I'll hopefully be getting acquainted with a menagerie of birds. Ollie and Nadeem are a perfectly matched duo: Ollie buzzes with creative energy, while Nadeem is more laid-back with an almost encyclopaedic knowledge of birds.

Flock Together started during the pandemic. Nadeem commented on one of Ollie's Instagram posts, naming the birds he'd shared. That sparked a movement that's rapidly evolving into a global community, with groups already formed in the US, Japan and several other countries. "Your power is with your community," Ollie says. "Before, it'd be the brand or the institution that would dictate that power. Once you have the community, then you are the power. You are the entity."

Their job today is to demonstrate to me, a first-timer who's never even considered going on a walk before, that birdwatching is a rewarding pursuit. Luckily, we see our first high-flyer almost as soon as we step foot into the sprawling park. I trace the line of Nadeem's arm upwards to a circling kestrel – a bird of prey familiar to these parts and easily distinguished by its light brown plumage and dark spots. Easily distinguished by my guides, that is, who are completely immersed in and instinctively attuned to their surroundings.

This connection to the natural world is at the core of the Flock Together experience. Ollie and Nadeem want to introduce nature to those who have lost their relationship to it and to inspire young people from major cities. "When you say stuff like 'connect with nature' to a young 16-year-old black kid on an estate, they're gonna be like, 'What are you talking about?'" Ollie says.

"So I'm trying to help them understand what we mean with floaty statements like that."



"It's about making them see value in it," Nadeem adds. "Everyone desires something positive. They just need to be shown it can be provided by this green space."

For both men, nature has been a healing source of escape. Leaving claustrophobic, traffic-choked streets behind to visit places where there is room to breathe, think and simply exist without an agenda has been life-changing for them and the growing number of Londoners who attend their monthly walks. As we stand next to a pond, where several mandarin ducks parade around in the water to catch our attention, Nadeem sums up the benefits: "When you're out in these expansive spaces with a community, your brothers and sisters – people who have similar stories to you – that feeling is one of a kind, there's nothing like it. What you've also got is a platform to discuss ideas and even just [some] therapy. Once you get to an environment that makes you happy, all of a sudden the whole world opens up and those buildings are no longer blocking your vision."

I can feel it too – only an hour ago I was in the dense centre of the UK capital. Now I'm surrounded ▶



Spotted! #1 COMMON KESTREL

Genus: *Falco*.

Seen: Hunting throughout most of the UK.

Distinguishing features: Colourful and fierce-looking – serving you bird of prey realness.

Rarity: Uncommon.





Opening pages:
Flock Together's
Ollie Olanipekun
(left) and Nadeem
Perera
These pages:
Writer Marcus
(opposite) and
checking in the
Bird Guide



by rolling hills and I can actually see the horizon. Being out in the open is liberating.

Since Flock Together took their first walk the world's media have shown great interest. Their slot on the BBC's primetime *The One Show* brought them to the attention of a wider audience and they've been signed up to write a book. They also collaborate with brands, including Fila – Nadeem sports a pair of their collab kicks on the walk (though they end up covered in mud). Ollie is unashamedly vocal about their desire to work with more corporations and brands to facilitate their big

“We want to bring marginalised people in the US together and make sure they feel safe”

ideas. It's a way to launch more Flock Together wings and affect more lives in a positive way.

They're also highlighting how many everyday pursuits are still considered “unusual” for people who aren't white. Ollie and Nadeem bring up the negative online comments levelled at a group of Muslim hikers who posted photos of their walk in the Peak District last December. It's clear there is still a lot of work to be done, which makes platforms like Flock Together vital.

It's not just in the UK where ignorance needs to be combatted or green space deserves to be explored, of course. Flock Together is equally





From left:
A bright jay;
Nadeem, Marcus
and Ollie check out
a woodpecker's
habitat



Spotted!

#2 JAY

Genus: *Garrulus*.

Seen: Most of the UK,
all year round.

Distinguishing features:

Colourful and distinctive
with a harsh call. Loves
an acorn or two.

Rarity: Common.

Nadeem scours the landscape; a mandarin duck (right)





important to New York City, where walks take place in Central Park, through woodlands re-established to encourage avian repopulation. Around 210 species can be spotted throughout the year – most commonly the brightly coloured northern cardinal and scarlet tanager, plus the American robin, blue jay, tufted titmouse and lots more. (Incidentally, it was in Central Park where black birdwatcher Christian Cooper was falsely accused of threatening a white dog walker, who called the police – on 25 May 2020, the same day George Floyd was murdered by police in Minneapolis.) On the West Coast, walks are being organised by the first chapters in Los Angeles.

“In segregated areas there’s more of a need for safe spaces for people of colour,” Ollie says. “That’s why we’re so keen

to move into the US, to bring marginalised people together and make sure that they feel safe.”

The sky’s the limit, and Nadeem and Ollie’s excitement is infectious. “This year, the focus is not only to provide this safe space with the walks but to also create initiatives,” Ollie tells me. “So it might be a film, it could be a supper club, it could be a camping trip. Platforms where we can share our ideas on a bigger scale.”

As we walk through some denser woodland, the sun bursts from behind the clouds, dousing the trees in bright light. A jay with stunning blue plumage makes an appearance on a nearby branch, while I stand more completely still than I have for months – grounded to the spot and in the moment. Towards the end of the walk we hear the distinctive rat-a-tat drumming sound of a woodpecker high

“When you’re out in these expansive spaces with your brothers and sisters, that feeling is one of a kind”

above us. Soon, Nadeem’s 20/20 vision has marked it out, and I too catch a split-second glimpse of the distinctive red flash under its polka dot tail as it zips over our heads. It’s a totally exhilarating, even life-affirming experience.

The great spotted woodpecker is the bird that sparked Nadeem’s curiosity as a teenager, and I’m also feeling the buzz. As I reach for my phone to grab a few photos I realise I’ve barely had it out the entire time we’ve been here. Talking, connecting, sharing moments of pure joy – that’s what today’s walk has been about. As we retrace our steps heading home, little tits dance around above us, the kestrel that welcomed us is hanging out at the same tree and birds jostle at a feeder outside the Trent Country Park cafe. All three of us feel invigorated and refreshed on the train back into the city. It’s akin to having been at a holistic retreat.

There’s another level to this deceptively simple idea, I realise. It’s about respect. Respect for the planet. Respect for life. Respect for your own wellbeing. “Birding saved my life,” Nadeem says emphatically. Now, with Ollie, he’s trying to do the same for others.

✂ Fly to London



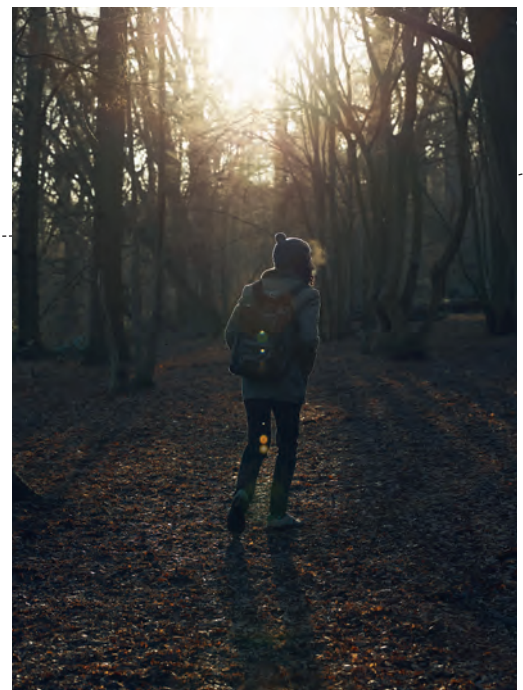
Spotted! #3 GREAT SPOTTED WOODPECKER

Genus: *Dryobates*.

Seen: Mainland Britain and the west of Ireland.

Distinguishing features: Listen out for a sound like your dad repeatedly trying to hang a picture frame.

Rarity: Great spot!



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BEAUTY LABS

PACK.



NEW SEASON ENERGY

//

SPRING 2022

//

EDITED BY FLO WALES BONNER

► Parisian brand Ernest Leoty – tagline “couture for leisure” – specialises in technical sportswear for yoga, studio and cardio workouts.

Ernest Leoty himself was a renowned corset-maker in 19th-century Paris, and today pieces are crafted in Europe and pay equally careful attention to the female form. Incorporating technical fabrics for breathability and stretch, Ernest Leoty uses the same specialised sportswear manufacturers that have created costumes

for the Paris Opera Ballet and the Team GB Olympic cyclists – so high performance comes as standard. The

brand’s tailored pieces are well made, incredibly chic and transitional enough to rock at dinner as well as Pilates. The SS22 collection elevates activewear with flattering contrast colour bodysuits and features the covetable Capucine top – boasting signature corsetry panels and an elegant square neck – and the sustainably made Salome leggings, destined to be a cult favourite thanks to their seamless, curve-hugging shape.

ernestleoty.com

Très chic athleisure: Ernest Leoty



WELL CONSIDER

Designer supplements and gym kits that look like couture are proving that wellness and luxury can go hand in hand. **EVA RAMIREZ** highlights four lifestyle brands providing superior self-care



RED

PARIS-BASED ERNEST
LEOTY'S ADELINE
BODYSUIT, £185



Supplements with style: LYMA

LYMA SUPPLEMENTS
CAN BE BOUGHT VIA
SUBSCRIPTION OR AS
A ONE-OFF PURCHASE,
WITH PRICES STARTING
AT £199 FOR 30 DAYS



► British brand LYMA's groundbreaking, painstakingly researched supplements for inner health and outer beauty combine science, nature and technology – and count A-listers and wellness experts alike among their sizeable fan club. Inspired by a life-threatening health battle, founder Lucy Goff launched LYMA in 2017 after years of effort to develop, perfect and source ingredients for the ultimate all-in-one daily supplement. The rose gold capsules use ingredients such as algae-derived vitamin D3, nootropics such as Cognizin and adaptogenic herbs like ashwagandha. They promise a vast range of benefits including optimised brain, immune and nervous functions, supported cardiovascular health, stronger bones, allergy relief, balanced blood sugar, and strengthened hair, skin and nails. What's more, they come in a beautiful hammered rose gold container. Your morning routine just got a lot more luxe.

lyma.life

► As the eco-beauty space continues to grow, there's still often a misconception that natural products don't garner results as effectively as lab-made brands, especially for those with specific skin concerns. Enter biotech beauty, proving that nature and science can work together. One name leading the charge is Codex, a clean skincare changemaker launched by scientist Dr Barbara Paldus. The California-based company scours locales ranging from the Patagonian forest to the peat bogs of Ireland for unique botanical ingredients with healing properties – including Andean fruit chirimoya and heartsease, a wild European pansy – and has won acclaim from dermatologists for its ability to work magic with conditions like dermatitis, psoriasis and inflamed skin. The hero Bia Collection harnesses its trademark ingredient BiaComplex for deep hydration.

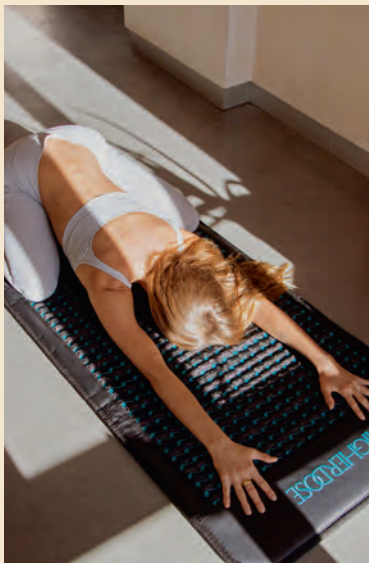
codexbeauty.com

Premium plant-powered skincare: Codex Beauty Labs



THE BIA EXFOLIATING WASH (£29) IS MADE WITH TONING ELDERFLOWER, CASTOR OIL, SOOTHING MILK THISTLE AND NATURAL JOJOBA GRAINS

COVER PHOTO: ERNEST LEOTY. PHOTOS: COURTESY ERNEST LEOTY, CODEX, LYMA, HIGHERDOSE



Hot self-care: HigherDOSE

► Thanks to HigherDOSE, a trip to the sauna needn't be a once-in-a-blue-moon luxury. The brand – which started out launching infrared sauna studios across New York and LA – now offers a range of products dedicated to making heat therapy an accessible, anytime self-care ritual. Their stand-out piece of kit, the Infrared PEMF Mat, uses Pulsed Electromagnetic Magnetic Frequency to produce a grounding frequency akin to that of the Earth. It's what astronauts use to recover from often debilitating space missions as it stimulates the body's natural recovery process – so just imagine what it can do after an exhausting week for the average city dweller. Paired with infrared's deeply penetrating heat, expect glowing skin, better energy and metabolic function, improved circulation, deeper sleep and a strengthened immune system.

higherdose.com



FROM FAR LEFT: HIGHERDOSE'S STAND-OUT INFRARED PEMF MAT (£979) AND THE INFRARED SAUNA BLANKET (£539)



MANSUR GAVRIEL'S LUXURY NEW YORK

FLORIANA GAVRIEL and **RACHEL MANSUR** of cult New York brand Mansur Gavriel – coveted for its impeccably crafted, artfully minimalist bags and shoes – know a thing or two about luxury. They give *PACK* the scoop on their favourite upscale New York haunts

WORDS: FLO WALES BONNER
PHOTOGRAPH: MANSUR GAVRIEL

→ THE DEPARTMENT STORE

You feel a great sense of discovery and energy when you visit **Dover Street Market**. The contrast between the old bank building and the modern glass elevator is striking, and the collections feel super luxurious. **Floriana Gavriel** newyork.doverstreetmarket.com

→ **THE ART DEALER** We love going to see the exhibitions our friend **Andrew Kreps** shows in his impressive space on Broadway, right across from the Mansur Gavriel office. He represents some of our favourite artists, like Annette Kelm, Marc Camille Chaimowicz and Roe Ethridge. **FG** andrewkreps.com

→ **THE BOUTIQUE** It has to be **Pleats Please by Issey Miyake**. I live in Issey Miyake – I love the comfort, the beautiful colours, the simple shapes and the easy garment care. The staff at the Soho store are attentive and

knowledgeable. It's a go-to for me. **Rachel Mansur** isseymiyake.com

→ THE FOODIE HUB

The longer I've been in NYC, where I moved from Los Angeles, the more I've appreciated the best of the best from the East Coast farmers at **Union Square Farmers Market**. Perfect apples, fragrant eucalyptus, fresh ginger, iced teas – the list goes on. **RM** unionsquaremain.org

→ THE SPA

You can feel the thoughtfulness and peaceful ceremony of Japan at the **Shibui Spa** within The Greenwich Hotel. The pool is beautiful, and the products

are very carefully selected. It's serene. **RM** thegreenwichhotel.com

→ **THE PERFUMERY** Julian Bedel is a friend, and his **Fueguia 1833** store in Soho is a gem. The lighting, displays and bottle design are inspiring – as are the fragrances of course, which are made from all natural ingredients. **FG** fueguia.com

→ **THE HOTEL BAR** The definition of old NY glamour is **The Palm Court** at The Plaza hotel. Having a Martini at the bar feels magical, like you've travelled through time. There's something so romantic about everything. **RM** theplazany.com

→ **THE RESTAURANT** We both love **ATLA**. It's homely, modern, refreshing and absolutely delicious. The guacamole is the best we've ever had, and the margaritas are perfect. The simply designed interior is casual yet luxurious – it's our favourite spot in downtown Manhattan. **FG** atlanyc.com

Explore the Mansur Gavriel Spring and Summer 2022 collections at mansurgavriel.com

SPRING FORWARD



Glow Recipe face mask

Wake up bright-eyed and bushy-tailed with this watermelon-powered overnight treat.
£20.50, cultbeauty.co.uk



Hermès nail polish

In the brand's signature shade, this polish is guaranteed to bring cheer to any get-up.
£42, harrods.com



Humanrace exfoliator

Slough off dead winter skin and feel renewed with Pharrell's award-winning skincare line.
£50, ssense.com



Dior lipstick

Give your spring ensemble a vibrant pop via the cherished French house's new look make-up line.
£39.50, harrods.com



Hayo'u comb

Brush away tension anywhere on the body with this handsome tool in Xiuyan jade.
£42, hayoumethod.com



Kate Somerville cleanser

The Hollywood skincare guru's clarifying face wash will give your complexion a spring clean.
£38, spacek.com



Jo Malone candle

Enjoy the scent of budding elderflower with the iconic perfumer's feelgood charity votive.
£50, jomalone.co.uk

Leap into the new season with our pick of the brightest and best beauty and grooming products to lift your mood and boost your glow

WORDS: MIRIAM BOUTEBA



Malin+Goetz deodorant

A blend of botanicals and soothing coconut oil will keep you smelling crisp all day.
£19, malinangoetz.co.uk



Philip B hair mask

Give your locks a new lease of life with this ultra luxurious rejuvenating treatment.
£243, feelunique.com



MAC blush

Add a sheer flush of colour for that fresh-air-induced glow wherever you are.
£24, maccosmetics.co.uk



Bottega Veneta washbag

Keep your essentials in this pouch by the heritage Italian label in the hue of freshly cut grass.
£87, matchesfashion.co.uk



Starface Big Yellow Hydro-Stars

These hydrocolloid pimple protectors accelerate skin healing to help you put your best face forward.
£11.99, starfaceworld.co.uk



Claus Porto moisturiser and body soap

The much-loved Portuguese label's Favorito fragrance is designed to evoke the optimism of spring.
£48, mrporter.com



Maison Margiela eau de toilette

The floral notes of Replica Springtime in a Park will transport you somewhere green and luscious.
£99, selfridges.com



MZ Skin face mist

Spritz your skin with a little extra protection with this lightweight anti-pollution hydrating mist.
£55, mskin.com



Byredo mascara

The idiosyncratic fragrance house's foray into make-up is as refreshing as you would expect.
£37, cultbeauty.co.uk

A WORLD OF ENTERTAINMENT
AT YOUR FINGERTIPS

What's On

GOING TOE TO TOE

One of the world's most beloved musicals meets one of the world's most beloved directors - Steven Spielberg's remake of *West Side Story* was everything we'd hope it would be and more. It updates the Jets versus Sharks story for a modern audience, it treats Leonard Bernstein's iconic songs with respect and it makes post-war Manhattan look utterly glorious.

 Watch *West Side Story*



THE BEST OF WHAT'S ONBOARD

63-69

Movies

Marvel's *Eternals*, *King Richard*, *Scream*, *Dune*... We've got the movies to make your flight fly by.

70-74

TV

Gasp at *Succession*, chuckle at *F is for Family*, get the feels with *Julia*: we've got it all.

75-77

Audio

Get the scoop on famous folks' holidays with podcast *The Travel Diaries*, plus loads more.

VERA LOVES



We're one of the few airlines that selects their own movies and TV, with lots of new content onboard each month. Look out for anything labelled with a heart - that means we think it's the best of the best. We champion big blockbusters, quirky shorts, binge-worthy box sets and ace docs. Read on for our top picks for March.

THE CHOICE IS YOURS

Tune into **Vera**, our award-winning world of entertainment

SCREEN TIME

Onboard this month we have

144

Movies

460+

Albums, podcasts & playlists

353

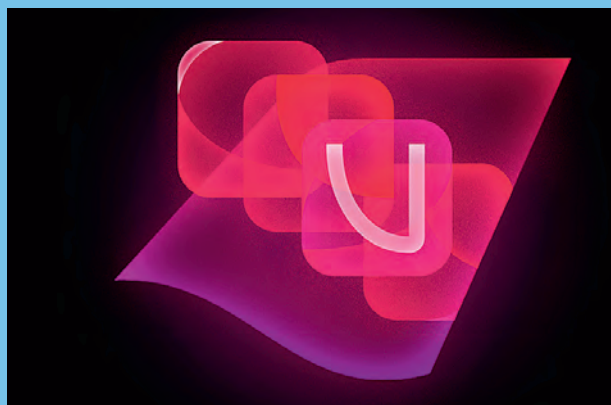
Hours of TV shows

28

Destination guides

65+

Hours of kids' content



ARE YOU A fan of grime, rock, pop or classical music? Do you like dark movie thrillers or light-hearted comedies? Whatever you're into, we have it onboard. But what if you've got eclectic taste and you like all these things – and more?

Well, on our aircraft you can create your own bespoke playlists for music and watchlists for TV and movies. Here's how:




- Select an album from Music, a TV show from TV or a movie from Movies.
- For Music, click on the star symbol next to your chosen track or album.
- For Movies and TV click Save Show/Movie for Later.
- Depending on which aircraft you are on, you'll see a tab or star at the top of your screen.
- Click on it and you'll see the items you've selected.
- Select Music, Movies or TV. Now you can work through your personally curated list of top entertainment at 30,000ft.

SEATBACK CHAT
If you receive a message from a seat or name you don't recognise, you have the option to accept or decline it

Parental blocking
If you want to block by rating or specific content, please talk to a member of the cabin crew.

Headphones
Using your headphones? Our PAs are recorded at levels that work with the headphones we provide onboard, so be prepared if you use your own.

Viewing guide

-  Not suitable for nervous flyers
-  Unsuitable for children
-  Vera Loves

Languages

Most movies have several language options available. To find them, pick a movie, select the dropdown language box, choose your language and enjoy! We also have a selection of Hindi and Chinese movies onboard.

Subtitled

Subtitles and audio descriptive titles (AD) are available on a selection of movies onboard.



Pair your device

The entertainment screens on our sleek new A350 aircraft are all touchscreen, but you

can also choose to navigate our awesome selection of movies, TV and music with your own device too. All you need to do is pair your phone or tablet and, hey presto, it turns into a remote control. Here's how:

- On your entertainment screen, select the pairing button (see left) to get your four-digit code.
- On your personal device, select the "Virgin-Atlantic" WiFi network.
- Your device will

automatically take you to our WiFi page.

- Select Control Your Screen.
- Select the pairing button and enter your four-digit code when it asks you.
- Ta-da! You can now use your device as a remote.

OUR FIVE-STAR CINEMATIC MENU

Movies

IN 1999, ANOTHER *Boiling Point* – a fly-on-the-wall series – chronicled life behind the pass at a prestigious London restaurant. Documenting expletive-fuelled ego trips and aggression behaviour, it could have been the head chef's undoing; instead, it made Gordon Ramsay a household name.

Fast forward 20-odd years and the toxic stereotypes that programme legitimised – chefs as bullying, egotistical men, restaurant kitchens as chaotic hellscape – have shown up again in this award-winning feature film from director Philip Barantini. It is deftly written, superbly acted – Stephen Graham and Vinette Robinson are particularly arresting – and beautifully shot, in one continuous take in a real restaurant in east London. But how representative is it of kitchens today?

That depends on who you're asking. For every real-life chef who says it's an honest portrayal, there's one arguing it doesn't go far enough, and two – this seems the most popular take – arguing it's dated. The arrival (and, crucially, promotion) of women and minorities in professional kitchens means many are no longer the hotbeds of toxic masculinity they once were. And – as the film implicitly references – the rise of "open" kitchens means throwing curses, pots and insults around is not as easy to get away with as it was. In my book *The Female Chef*, I spoke to women all over Britain who want to put that way of working firmly behind us.

What *Boiling Point* captures brilliantly is the intensity of service on a Friday in December. Crescendoing relentlessly toward a volley of climaxes, it offers a small but authentic taste of the cocktail of emotions – fear, pride, pressure, dread, exhaustion, elation, anger – kitchen and serving staff feel.

It is also a cautionary tale. This kind of conduct may be less common than it was, but the abuse of staff by some customers (racist, leery, self-important, they're all here) is as pertinent as it ever was. Either way, watch it and be grateful making food for a living is no longer the battle it once was. *Meet Rising Star Izuka Hoyle on p11*

 Watch *Boiling Point*

COOKING UP A STORM

Boiling Point captures the heat of the kitchen at a point when things are thankfully changing, says food writer **Clare Finney**

In the mix: Stephen Graham, Malachi Kirby, Ray Panthaki and Vinette Robinson in *Boiling Point* (from top)



The French Dispatch ♥

15

Bill Murray,
Anjelica Huston

107
mins

WES ANDERSON DEVOTEES will need no further prompting to watch this love letter to old-timey journalism. It's structured as a series of five stories, connected by the fact that they are to appear in the final edition of *The French Dispatch*, a US newspaper based in France. If you know Anderson's work you'll know to expect something oddball, leftfield and quirky, and that's all present and correct here, but you'll know also to anticipate a starry cast, and this time he really has outdone himself. Included are the likes of Edward Norton, Frances McDormand, Tilda Swinton... We could go on. Suffice to say that it's the kind of talent from which you'd expect greatness. And, thanks to Anderson's singular vision, you get it.



Last Night in Soho 18

Anya Taylor-Joy,
Matt Smith

116
mins

Baby Driver director Edgar once again proves that he's Mr Wright with this horror-cum-mystery set in the London enclave of the title. Atmospheric, evocative and featuring great work from Taylor-Joy, this is very much the Wright stuff.



The Last Duel 18

Matt Damon,
Jodie Comer

152
mins

From director Ridley Scott comes this historical epic based on the true story of France's last trial by combat in the Middle Ages. If you need a Jodie Comer fix – or even if you just like the sight of A-list actors sporting truly bizarre beards – this is the place to be.



House of Gucci 15

Lady Gaga,
Adam Driver

158
mins

Lady Gaga proves that her turn in *A Star is Born* was no one-off with a staggeringly immersive performance in Ridley Scott's tale of betrayal, revenge and murder set in the world of high fashion. Top stuff. *See right*



Boiling Point ♥

15

Stephen Graham,
Jason Flemying

92
mins

Set in the kitchen of a top restaurant – and shot as one continuous take – *Boiling Point* follows chef Andy as he negotiates a series of personal and professional hurdles. It's anchored by Graham's riveting performance.



Encanto U

Stephanie Beatriz,
Maria Cecilia Botero

102
mins

The latest soon-to-be-family-favourite from Disney tells of a young Colombian girl who must cope with having magical powers. No, wait – correction – she must cope with not having magical powers. Which is not easy considering the rest of her family all have them.

SONG AND DANCE

MOVIE BLUFF

WHO IS THE HOUSE OF GUCCI?



I know Gucci – I bought one of their handbags from a market once. Bargain.

Hmm. It is one of the world's most coveted – and counterfeited – brands, representing Italian glamour, luxury and craft. But you probably didn't know the incredible story behind the family battle for the ownership and soul of the company that went on for decades. It's all in this fabulously OTT movie.

A typical family movie, then. If you include *The Godfather* in that definition, then yes. There is double-crossing and murder, plus lots and lots of glorious fashion.

So it's full of wiseguys with names like Fat Pauly?

Oh no. The ensemble cast is starchy and exuberant. Lady Gaga was born to play Patrizia Reggiani, who begins a relationship with Adam Driver's Maurizio Gucci, grandson of the founder, and makes a grab for the grand old house itself.

Gucci is definitely still a thing, though, right?

Despite the drama, the house lives on. Ownership and leadership might have changed, but you'll never look at a handbag in the same way.

Watch House of Gucci



West Side Story

12

Ansel Elgort,
Rachel Zegler

120
mins

THERE ARE PEOPLE who wonder why anyone – even Steven Spielberg – should feel the need to remake a musical as classic as the 1961 version of *West Side Story*. And then they see it. The fact is that Spielberg has taken this stone-cold classic – itself a musical reworking of *Romeo and Juliet* – and made another stone-cold classic. A modern one. We wouldn't go so far as to say that it improves on the original (although some brave critics have), but with a production this vibrant and stylish, that takes the sensibility of the 1961 version and, rather than giving it a radical overhaul, refreshes it, well, let's just say that it runs a close race. Let's just say also that it's a joy from start to finish.



Dear Evan Hansen

12

Ben Platt,
Amy Adams

137
mins

This big-screen version of the acclaimed musical stars Platt as the anxiety suffering Evan who, when a schoolmate takes his own life, finds himself on a journey of self-discovery. It's not your usual musical, but it works a treat thanks to brilliant songs and performances.



In the Heights

PG

Anthony Ramos,
Corey Hawkins

143
mins

Did you groove on *Hamilton*? Did you dig *Crazy Rich Asians*? If you answered yes to the above, you're going to love this version of Lin-Manuel Miranda's Broadway smash set in a Manhattan neighbourhood and packed with exuberant dance numbers.

STIRRING DRAMA



C'mon C'mon ♥

15

Joaquin Phoenix,
Woody Norman

109
mins

JOHNNY IS GOODHEARTED but somewhat buttoned up. A radio journalist, he's currently involved in a project that involves interviewing kids about the uncertain future of the planet. Visiting his sister, he finds her struggling with her partner, who has mental-health issues, and when she asks Johnny to look after his nephew – the rather challenging Jesse – Johnny has no choice but to take the eight-year-old on a journey from Los Angeles to New York to New Orleans. He's repressed and Jesse's a nightmare, so it shouldn't work, but as the pair travel they begin to bond in unexpected ways. Boasting sublime performances from Phoenix as Johnny and young Norman as Jesse, *C'mon C'mon* is smart, funny and very affecting.



Charming the Hearts of Men !

Anna Friel,
Kelsey Grammer

140
mins

Set during the time of the Civil Rights Movement in 1964, and inspired by true events, this mix of history and romance stars Friel as Grace, who returns to her home town only to find it a hotbed of racial and sexual discrimination.



Joe Bell !

Mark Wahlberg,
Reid Miller

93
mins

Affecting true story featuring a great performance from Wahlberg as Bell, who struggles with the fact that his son is gay. In order to come to terms with his sexuality, Bell embarks on a transformative personal journey.



Farewell Amor !

Ntare Guma Mbaho
Mwine, Zainab Jah

87
mins

Reunited after 17 years apart – and living in a cramped one-bedroom flat – things don't go well for a refugee and his family. Until, that is, they discover a shared love of music and dancing. The result is a simple, intimate and beautifully told story.



Mogul Mowgli 15

Riz Ahmed,
Aiysha Hart

90
mins

Ahmed is at his very best in this raw, provocative and masterful tale. He plays Zed, a British-Pakistani rapper on the cusp of success. However, just as his international tour is about to kick off, Zed is diagnosed with a degenerative disease.



Stillwater 15

Matt Damon,
Abigail Breslin

140
mins

Not only is this a Matt Damon film, but it's a really good Matt Damon film, as he plays a fish-out-of-water oil worker who travels from Oklahoma to France to help his imprisoned (and rather ungrateful) daughter, played by Breslin. Yes, we know – we had you at Matt Damon.

SCARILY GOOD



Ghostbusters: Afterlife

12

McKenna Grace, Finn Wolfhard	137 mins
---------------------------------	-------------

If 2016's *Ghostbusters* didn't quite hit the G-spot (G for "ghost", that is), then this great reboot is sure to do the trick. It finds Paul Rudd leading an insanely star-studded cast as the original 'Busters swing back into business.



Conjuring: The Devil Made Me Do It

18

Vera Farmiga, Patrick Wilson	111 mins
---------------------------------	-------------

Wilson and Farmiga return as real-life ghosthunters Ed and Lorraine Warren in this eighth instalment of the very scary horror franchise. The jumps come thick and fast as they investigate a murder that may also be a demonic possession.



Scream

18

David Arquette, Courtney Cox	114 mins
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BACK IN THE mists of time, by which we mean the mid-to-late 1990s, the *Scream* franchise was the only game in town when it came to knowing, self-referential slasher movies. Now the series that launched a thousand Halloween masks is back, a mere 11 years later, with a fifth instalment just called *Scream*. It's set 25 years after the first one, and the ghostface killer appears to have struck again. One of many cast members returning, Neve Campbell plays Sidney Prescott, who in the wake of the new attack – and in the sure knowledge that ghostface is up to his old tricks – must return to Woodsboro in order to uncover the truth. The *Scream* movies have always mixed a large dollop of irony in with the scares and this is no different, making it one of the best horror reboots of recent times.

ANSWERS: 1. PROCKLYN; NINE; NINE. 2. THEY ARE JASON REITMAN AND HIS FATHER IVAN. 3. MUHAMMAD ALI. 4. SHE SHARED THE FIRST FEMALE SAME-SEX KISS TO SCREEN ON PRIME-TIME UK TV. 5. BILL MURRAY. (NINE TIMES) PHOTO: ALAMY



MOVIE QUIZ

TAKE ON OUR
FEATURED FILMS

1

Stephanie Beatriz is the voice of bubbly lead Mirabel in *Encanto*, but she plays a very different, much more dark, character in which long-running New York-set cop show?

2

Ghostbusters: Afterlife includes ties to the original 1984 movie, including appearances from actors

3

Bill Murray, Dan Aykroyd and Sigourney Weaver, but what links the two films' directors?

King Richard is not the first time Will Smith has headlined a true-life sports movie. What iconic sportsman did he play in a 2001 film directed by Michael Mann?

4

Anna Friel plays a woman battling prejudice in

5

America's Deep South in *Charming the Hearts of Men*, but what barrier did she knock down almost 30 years ago on British TV soap *Brookside*?

Wes Anderson's latest dazzling production, *The French Dispatch*, stars Benicio del Toro, among many others, but which actor has appeared most often in the director's 10 movies so far?

Answers on the left



Eternals

12

Gemma Chan,
Richard Madden

157
mins

ETERNALS IS THE latest from the MCU stable (that's Marvel Cinematic Universe, grandpa), the 26th film overall and part of "Phase Four", whatever that is. But don't sweat the details. The point is that it concerns 10 superpowered Eternals who in 5000 BC are sent to Earth to do battle with a race of near-immortal baddies called The Deviants. Cards on the table, the plot can be tough to follow at times, but director Chloé Zhao (of *Nomadland* fame) does a cracking job of untangling the wires and an even more cracking job of staging the truly stupendous action sequences. And as if that weren't enough (and it should be) just get a load of the cast, which includes Angelina Jolie, Kit Harington and Salma Hayek. *See right*



Black Widow

12

Scarlett Johansson,
Florence Pugh

133
mins

Has the wait for this MCU instalment been worth it? Answer: yes. Because not only do you get Johansson doing her well-drilled stuff brilliantly, but new-to-the-franchise Pugh acquits herself superbly, making this a funny, action-packed, popcorn-chomping treat.



Venom: Let There Be Carnage

15

Michelle Williams,
Tom Hardy

98
mins

The brilliant Andy Serkis takes the directorial reins for this second *Venom* outing, again starring Hardy as the titular symbiote. The result? A fast and funny sequel with a committed central turn and an unexpectedly strong emotional undercurrent.

TOP 5

Superpowers featured in Eternals

1 Inventing

The first openly gay Marvel Cinematic Universe superhero, Phastos (Brian Tyree Henry), is also a whiz-kid inventor.



2 Healing

Leader of the gang Ajak (Salma Hayek) can heal herself, or other Eternals, but prefers not to help humans. Rude.



3 Manifesting

Thena (Angelina Jolie) conjures weapons out of thin air, and is often mistaken for the goddess Athena.



4 Fakery

A 7,000 year old in a child's body, Sprite (Lia McHugh) creates bamboozling avatars of herself and others.



5 Transmogrification

Sersi (Gemma Chan) can transform objects at a glance, turning a London bus into rose petals. Sucks if you're running late.



Watch Eternals

BLOCKBUSTERS



F9: The Fast Saga ⚠️ 12

Vin Diesel, Michelle Rodriguez	143 mins
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This latest in the *Fast and the Furious* franchise is so star-studded it's not even funny. In fact, as the team go after a terrorist in their usual high-octane style, the only thing the movie has more of than A-list names is gobsmacking stunts.



Dune ⚠️ 12

Timothée Chalamet, Zendaya	149 mins
-------------------------------	-------------

It's not the first time someone's had a crack at filming Frank Herbert's classic tale of interstellar feuding and giant sandworms but the wonderful Denis Villeneuve, hot off sci-fi epics *Arrival* and *Blade Runner 2049*, nails it.



Free Guy 12

Ryan Reynolds, Jodie Comer	115 mins
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Reynolds is predictably excellent in this action-comedy about a bank teller who gradually comes to realise that he is a non-playable character (NPC) in a video game. Worse, it's a pretty brutal video game. On hand to help is Millie (Comer).

WINNERS



Dream Horse 🐾

Toni Collette, Damian Lewis	112 mins
--------------------------------	-------------

If you're in the mood for an uplifting true story then step right this way for the tale of a barmaid, Jan (Collette), who with no experience or money decides to breed and train a championship race horse, Dream Alliance.



King Richard ❤️ 12

Will Smith, Saniyya Sidney, Aunjanue Ellis	137 mins
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SOMEHOW THIS FEELS like the performance Will Smith was born to give. Playing Richard Williams, the father of tennis prodigies Venus and Serena, he's simply outstanding. As the movie opens, we join the family at their home in crime-ridden Compton, as Richard relentlessly coaches his two very talented daughters at the local tennis courts – while also trying to keep the local gang members at bay. Is he inspiring? At times he is, the sheer force of his belief seemingly propelling the family forward. Is he too pushy? And if so, is his determination justified? All of the performances are great here, but it's a Smith-show all the way. You may not end up liking Richard, but you certainly leave with a greater understanding of him.



12 Mighty Orphans 12

Martin Sheen, Robert Duvall	118 mins
--------------------------------	-------------

Based on a true story, this beautifully mounted sports film is set in the Great Depression and tells of high school football coach Rusty Russell (Wilson), who takes an unpromising side of orphans to the State Championship.

NO NEED TO FIGHT OVER THE BEST SHOWS

Television

WHICH SUCCESSION CHARACTER ARE YOU?

The HBO hit is famed for its family infighting. **Stuart Heritage** helps you identify with a cast of contemptibles

IN TRUTH, NOBODY watches *Succession* to see which character they most closely resemble. This is for the simple reason that everyone on *Succession* – about the dynastic intrigue sparked when media magnate Logan Roy decides to step down from his company – deserves to live on a list of the most unpleasant characters in TV history. But, hey, have you ever wondered which *Succession* character you are? It might tell you things about yourself that you really didn't want to know. Here's a quiz to help you before you dive into all three series onboard.

1. Where are you going on holiday this year?

- a. Somewhere sprawling and beautiful that I will pay absolutely no attention to whatsoever.
- b. I've rented a space in the city that I'm going to fill with installations that remind me of all my childhood traumas.
- c. Anywhere that provides a nice backdrop to my marital strife.

2. Your friend gives you an expensive birthday present. How do you react?

- a. I'll use it to pay off the first child who witnesses my family doing something awful.
- b. I'll burst into tears because it isn't the exact present I wanted.
- c. I check to see if my siblings got a bigger one.

Mostly As

You are **Logan Roy**. The patriarch of the family, and one of the world's most powerful men, but also a rotter of such galactic proportions that you have permanently emotionally poisoned your family. Great work.

3. What is your dream job?

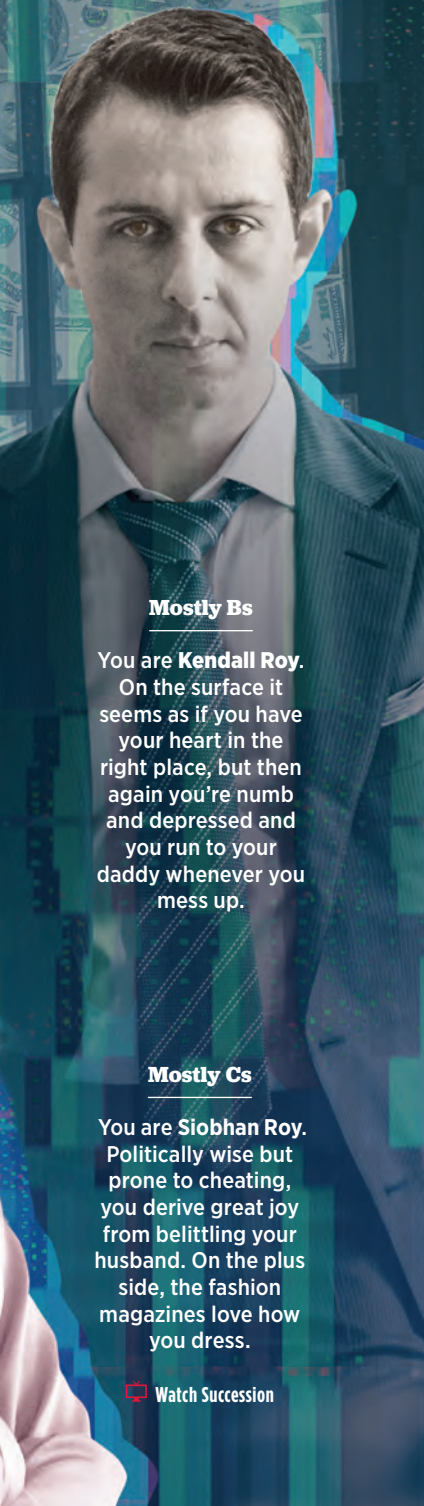
- a. The job I currently have, and refuse to quit.
- b. The job my father has, and refuses to quit.
- c. The job my father has, that my siblings are more qualified for.

4. What's the first thing you do when you wake up?

- a. I tell everyone I know to eff off.
- b. I try to remember what my children's names are.
- c. Fend off unwanted affection from my milquetoast husband.

5. What's the best thing about family?

- a. Having someone to bully.
- b. Inheritance money.
- c. Getting to write press releases about how horrible they are.



Mostly Bs

You are **Kendall Roy**. On the surface it seems as if you have your heart in the right place, but then again you're numb and depressed and you run to your daddy whenever you mess up.

Mostly Cs

You are **Siobhan Roy**. Politically wise but prone to cheating, you derive great joy from belittling your husband. On the plus side, the fashion magazines love how you dress.

 [Watch Succession](#)

ADDITIONAL PHOTOS: ADOBE STOCK



Succession 

15

Box set	58 mins
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The biggest TV phenomenon of recent years is, at heart, a family drama – just that this clan are billionaires squabbling over who gets to head the company when patriarch Logan steps aside. *See left*



Alma's Not Normal 

Box set	30 mins
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Acclaimed sitcom in which director-star Sophie Willan plays the eponymous Alma, who is trying to give her life meaning while also holding her dysfunctional family together. It's funny, it's raw, it's emotional – and it's all onboard.



Lady Boss: The Jackie Collins Story  

Documentary	97 mins
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This superb, multi-layered doc shows how writer Jackie Collins emerged from the shadow of her sister, Joan, to become a bestselling author. A woman who, with her championing of female sexuality, was emblematic of the times.



F is for Family  15

5 episodes	29 mins
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Animated series created by comedian Bill Burr in which we join the Murphy family in the 1970s – a time when kids roamed wild, tobacco was healthy and nothing came between a man and his TV. Very funny and, as a result, wildly popular.



Why Women Kill 

Box set	52 mins
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The second season of *Why Women Kill* embarks on a whole new story (so don't worry if you haven't seen season one) as we learn about Alma's plans to move up in her local garden club – plans that are hampered by her hubby, Bertram, and his terrible secrets...



Julia  

Documentary	94 mins
-------------	---------

US cookery legend Julia Child hosted TV shows and published cookbooks in the 1960s and 1970s. But, as this feature-length documentary goes to show, she was more than just a TV chef. In fact, she challenged and changed the attitudes of a generation of Americans.

PAST GLORIES



The Great ❤️

15

Box set	55 mins
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IF YOU'RE LOOKING for a historically accurate Catherine the Great biopic you should look somewhere other than this comedy-drama series, which takes Siberia-sized liberties with the truth. It revolves around Catherine (Elle Fanning), a young woman who arrives in Russia in order to marry the emperor, Peter (Nicholas Hoult). Any hopes Catherine has of a fairytale union are dashed, however, when it becomes apparent that her new hubby has the personality of a toddler. Divorcing him is out of the question, and so with the help of a trusted servant, Marial, she begins gathering supporters in order to overthrow him and rule Russia as Empress.



The North Water !

Box set	57 mins
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Based on the brilliant novel, *The North Water* tells of an ex-surgeon (Jack O'Connell) who signs up to an Arctic whaling expedition, only to find himself in conflict with a psychopathic harpooner (Colin Farrell).

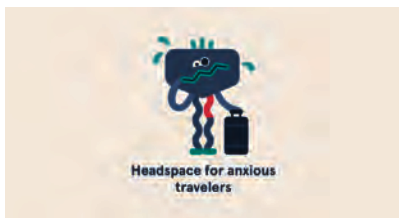


8 Days: To the Moon and Back !

Documentary	90 mins
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Apollo 11 was the first spaceflight to land man on the Moon. This feature-length documentary uses original footage as well as newly shot film and cinematic CGI, and is, quite frankly, breathtaking.

RELAXATION



Headspace

Various	Up to 45 mins
---------	---------------

Meditation, mindfulness and relaxation are the aims behind the Headspace videos you'll find onboard. Whatever your specific needs, be they relaxation or otherwise, you'll find them covered by the world of Headspace.



A World of Calm ❤️

Box set	Up to 30 mins
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Featuring narration from some of the world's best-known actors (Kate Winslet, Idris Elba, Keanu Reeves...) this "slow TV" experience foregrounds breathtaking visuals aimed at promoting rest and relaxation.



Artscapes

5 episodes	55 mins
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Ambient visualisations perfect for tuning in, turning off and drifting away. Ideal tools for mindfulness and relaxation, *Artscapes* includes the chance to "take a swim" in a lake and experience the American West.

TOTALLY
AWKS

The unstoppable ascent of Awkwafina

1988 Birth

Nora Lum was born on Long Island to a Chinese-American father and a Korean mother. Mum died when Lum was four.

Early 2000s School

Lum attended Fiorello H LaGuardia High School where her buddy Kim blessed her with the nickname Awkwafina.

2012 My Vag

She rose to fame with this viral rap song about her genitals – and was promptly fired from her publicist job.

2014 Yellow Ranger

The title of her first album references the only Asian-American Mighty Morphin Power Ranger.

2018 Ocean's 8

Our girl hit the big time starring alongside Rihanna and Sandra Bullock.

2019 The Farewell

Became the first woman of Asian descent to win a Golden Globe in a lead actress film category.

2021 Shang-Chi and the Legend of the Ten Rings

Entered the stratosphere – well, the Marvel Cinematic



Watch
Awkwafina is Nora from Queens



Curb Your Enthusiasm ♡

Box set

Up to 41 mins

FOR OVER TWO decades now, the co-creator of *Seinfeld* Larry David has played himself in this insanely brilliant comedy – all the more impressive when you consider that it's largely improvised. The formula has remained loosely the same: a sprinkling of celebrity guests stars tend to feature, but mainly we're with Larry, who whether at work, home or around town, never fails to take a buttock-clenchingly embarrassing situation and turn it into an even more buttock-clenchingly embarrassing situation. As we join Larry in this 11th season (the whole season is onboard) he's running his own Netflix show. At home, meanwhile, he discovers a dead body in his pool. Cringe-making? Yes. Funny? Oh, yes.



Awkwafina is Nora from Queens ♡

Box set

22 mins

The awesome Awkwafina does just what it says on tin here, helming this very funny sitcom as Nora, a twenty-something woman who lives in Queens where she plays video games and tries to work out what she wants from life. See left



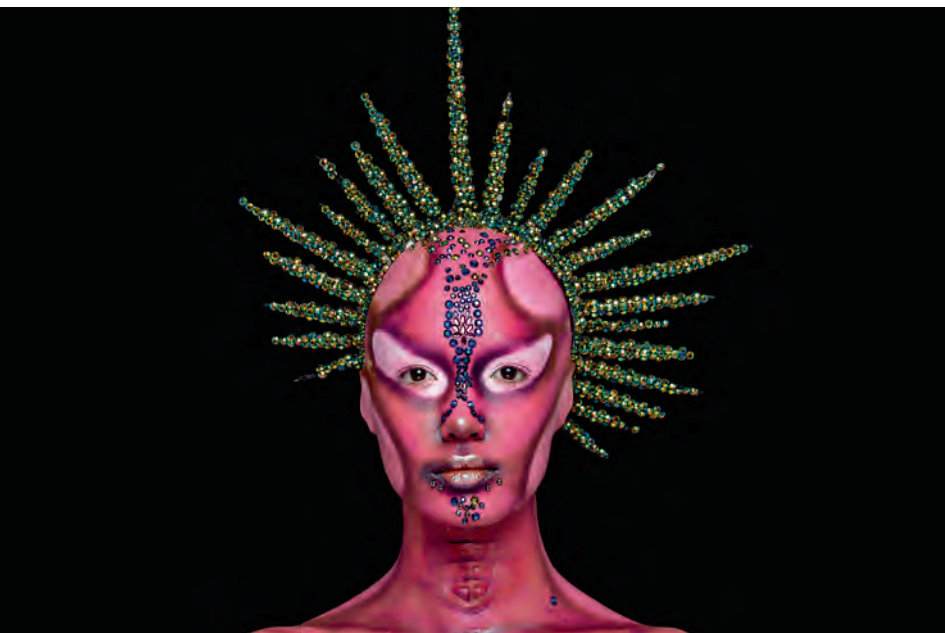
Black Monday

Box set

30 mins

Don Cheadle heads a great cast in this satire set just after the Black Monday stock market crash of the 1980s. How did the crash happen? According to this show, it was down to the employees of a Wall Street firm and their hapless efforts to take on the big boys...

BACK TO REALITY



Glow Up: Britain's Next Make-Up Star

12

Box set

59 mins

HAVING HELMED GLOW UP for two fantastic series, the irrepressible Stacey Dooley left and on hand to fill her shoes is Maya Jama. In this third season, Jama has proved a perfect fit for the show and a great foil for resident experts Dominic Skinner and Val Garland. Otherwise the show follows the “if it ain’t broke, don’t fix it” maxim, with little else changed and its manifold charm still very much present and correct. It sees 10 contestants taking part in weekly tasks aimed at testing their mettle when it comes to the dark arts of cosmetics, with one wannabe leaving each week until the winner is crowned Britain’s Next Make-up Star.



Rap Game

Box set

59 mins

Reality show in which would-be rappers hole up in a recording studio for a month, competing to prove which one of them is the next rap superstar. It’s a bit like *MasterChef*, except with beats and rhymes instead of, um, meat and rind.



Married at First Sight UK

Box set

47 mins

Is it a cheesy reality show or a bold and fascinating social experiment? Maybe it’s both. Either way, it certainly makes for compelling TV, as experts match couples who will meet for the first time on... wait for it... their wedding day.

MUSIC DOCS



Amy Winehouse: Back to Black

Documentary

60 mins

Excellent insight into the inspiration behind Winehouse’s bestselling *Back to Black* album. Archive footage and interviews feature, in which the troubled singer talks broken hearts, beehives and, of course, very bad behaviour.



Summer of Soul (...or When the Revolution Could Not Be Televised)

Documentary

118 mins

Documentary focusing on the 1969 Harlem Cultural Festival, which despite appearances from the likes of Stevie Wonder, Nina Simone and Gladys Knight remains a footnote in musical history.



Hip Hop: The Songs That Shook America

Box set

43 mins

Series in which classic hip-hop jams are assessed for their contribution not just to the genre but to wider US culture. Plenty of insight then – including from the artists involved – as well as some seriously good tuneage.

STAR SECRETS AND UNIVERSAL HITS

Audio

WISH YOU WERE HERE

Ever wondered where stars go on their hols? **Holly Rubenstein** gets the lowdown on *The Travel Diaries* podcast



Poppy Delevingne
Actress and supermodel

"I was completely overwhelmed by the whole experience of Japan. From Tokyo's Robot Restaurant to the world's best sushi place, taking a train to Kyoto and staying in a traditional ryokan next to a blossom tree park and bamboo forest, it was unforgettable."



Stanley Tucci
Oscar-nominated actor and food writer

"Up in the Swiss Alps in Zermatt. I stayed with a friend who owns beautiful chalets and there was a view outside of the Matterhorn. No cars, just little electric things that take you around. The food and wine was incredible."

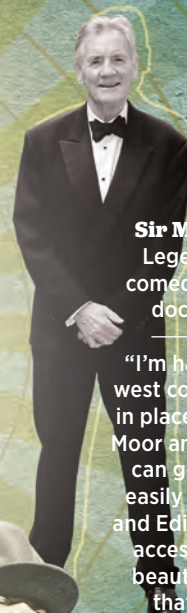


ON EACH EPISODE of *The Travel Diaries*, I interview a different high-profile traveller about the seven travel chapters of their life, uncovering the seminal experiences and

destinations that have shaped who they are today. From the place where they learned the most about themselves to their hidden gem and what's at the top of their bucket list, it's wanderlust guaranteed.

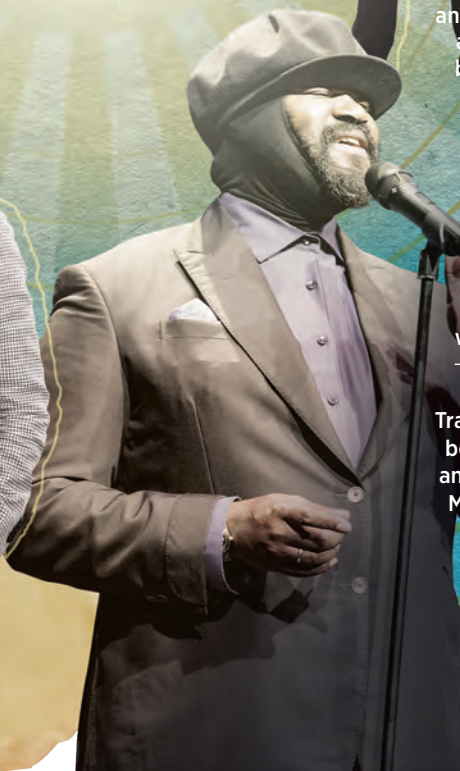
One of the chapters chosen by my guests – and often their hardest decision – is their all-time favourite holiday. Here's where some of them picked...

 Listen to *The Travel Diaries*



Sir Michael Palin
Legendary actor, comedian and travel documentary filmmaker

"I'm happiest on the west coast of Scotland in places like Rannoch Moor and Glencoe. You can get there quite easily from Glasgow and Edinburgh. It's the accessibility of the beauty of Scotland that I like very, very much."



Gregory Porter
Grammy Award-winning jazz singer

"A journey on the Trans-Siberian Railway, beginning in Moscow and down towards the Mongolian border, is filled with both exhilarating and disappointing experiences. It's unbelievable."



Abbey Road Meets Vera

Behind Number 3, Abbey Road

Abbey Road

PREVIOUSLY KNOWN AS the EMI Recording Studios, Abbey Road was renamed in honour of its most famous clients, The Beatles, and their iconic 11th album. These days you can visit the Abbey Road webcam and watch tourists trying to recreate the cover on the famous zebra crossing. You'll also see people coming and going into the studio themselves: literally thousands of bands have been through its hallowed doors over the years. Fela Kuti, Kate Bush, Radiohead, Oasis and Lady Gaga are just some of the hallowed acts to have recorded seminal albums here, while composers such as John Williams have taken advantage of its famed acoustics. Through six episodes, journalist Paul Sexton chats to the people who have worked behind the scenes at the studio to reveal 90 years of fascinating insider tales.



Lady Gaga

Born This Way

Abbey Road

In 2011, the world's most flamboyant pop star returned with her second proper album. With its signature recipe of dance beats and empowerment ballads, it courted controversy and critical plaudits.



George Harrison

All Things Must Pass

Abbey Road

Post-Beatles, John and Paul duked it out with their solo albums while George went on to release what many consider to be the best solo work. From the majestic *My Sweet Lord* onwards, this is a straight-up masterpiece.



Florence and the Machine

Ceremonials

Abbey Road

"Big" is a fair way to describe this storming second album from the irrepressible Ms Welch. Starting and ending with her soaring, transcendent vocals, everything is turned up to 11, making for an album chock full of bangers.



Oasis

Definitely, Definitely

Abbey Road

Oasis's third album in 1997 met with accusations of self-indulgence – 25 years later it's been reappraised. The younger Gallagher defended it all those years ago: "It's a top record, man." Turns out Liam was right.



...to transport you straight to Ibiza

Legendary DJ Pete Tong reimagines classic tunes with an orchestra and live instruments. Here's how to get yourself in the mood for the White Isle...

De'Lacy, *Hideaway*
"I need

a hi-hi-hi-hideaway..."
If you were alive in the 90s you won't need any encouragement to sing along.

Farley "Jackmaster" Funk, *Love Can't Turn Around*
Tong enlists the cutting-edge Heritage Orchestra to give this 1986 house anthem some lush

strings and jaunty brass.

The Source feat Candi Staton, *You've Got the Love*
Anyone who has ever felt like throwing their hands up in the air can relate.

Listen to Pete Tong
+ Friends: Ibiza Classics



BIG BEATS



Pete Tong + Friends ♥

Ibiza Classics	Dance
----------------	-------

Iconic house tracks are given a makeover overseen by DJ legend Pete Tong and his chums for this awesome compilation. In some cases the remakes are even better than the originals. *See below*



The Chemical Brothers

Surrender	Dance
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Slap-bang in the middle of their imperial period came this 1999 beauty. Supporting its claim to be their best album, *Surrender* features the likes of *Hey Boy Hey Girl*, and *Music: Response*.

Kaytranada

Bubba	Hip hop
-------	---------

BORN IN HAITI before relocating to Montreal, producer-DJ Kaytranada first served notice of his extravagant talent with a series of mixtapes and remixes. In 2016 came his debut album, which was not only critically acclaimed but hoovered up a couple of prestigious awards. How do you top that? You wait until 2019 to drop this monster, an album that not only snaffled a Grammy but had critics reaching for the superlatives to describe its potent and ever-so-funky mix of Afrobeat, house, funk, R&B, disco and hip hop.



GEN Z HEROES

Sam Fender

Seventeen Going Under	Rock
-----------------------	------

BORN IN NORTH Shields, UK, and enduring what he himself describes as a “tumultuous” childhood, Sam Fender’s sound is influenced by the likes of Bruce Springsteen and Jeff Buckley. Debut album *Hypersonic Missiles* (2019) was swiftly followed by a sell-out tour and a prestigious support slot with Liam Gallagher. This, his second LP, released in 2021, finds him expanding his sound and has been met by almost universal acclaim, with *The Guardian* calling it “urgent, incisive and brave”.



Billie Eilish

Don't Smile At Me	Pop
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The album that started it all for the hugely talented Ms Eilish, who lives on a cloud in the blissful borders of indie and chillout. It is, frankly, sublime.



Lily Moore !

More Moore Mixtape	Alternative
--------------------	-------------

Boasting the kind of smoky vocals that saw the world take Adele to its heart – with a little bit of Lizzo’s attitude – Moore looks poised for world domination.

NEW COUNTRY

Aubrie Sellers

Far From Home	Country
---------------	---------

The daughter of singer/songwriters Jason Sellers and Lee Ann Womack was never likely to pursue a career in anything but music. Luckily for all concerned, she’s jolly good at it.



Kacey Musgraves

Star-Crossed	Country
--------------	---------

Having appeared naked on *Saturday Night Live*, Musgraves bares her soul on this new album that details her heartache following her split from the US singer-songwriter Ruston Kelly.



Luke Combs

This One's For You Too	Country
------------------------	---------

Back in 2016, no less an authority than *Rolling Stone* was gushing about Luke Combs’ gravel-voiced vocals and calling him the year’s breakout country star. So it proved with this, his 2017 debut.



virgin atlantic 

Howdy Austin

Fly direct to Texas.

Visit virginatlantic.com to find out more



CREDITS.

Virgin Atlantic news and views

Clockwise from main: Ellie and son Reuben; Ellie's day job is as Virgin Atlantic cabin crew; Kobi is a Chelsea FC pre-academy player



GOOD GOAL

Cabin crew member Ellie Hosgood and her son are collecting football kits to support local sports clubs in Lagos

One of the most important characteristics of our cabin crew is caring about people, and crew member Ellie Hosgood embodies exactly that. Most recently, for example, she and her eight-year-old son Reuben – a Chelsea FC pre-academy player – have been collecting football shirts and kits for less privileged football lovers across Africa. They've used Reuben's large social media following, as well as those of fellow youth footballers Kobi and Cass

(both nine years old), to garner interest in the project and have since collected more than 100 kits.

"Originally, we were collecting kits that SPOT Project Africa would distribute on our behalf but, due to the overwhelming response we received, Kobi's father has set up a new charity called Kit Kids," explains Ellie. "Our aim with Kit Kids is to support local sports clubs in Lagos, Nigeria. Since it's a Virgin destination, I can get the kits there directly, with no extra cost." Score!



A CHUFFING GOOD DEAL

Make your train journeys more rewarding with Virgin Red

DID YOU KNOW you can earn Virgin Points every time you travel by train in Britain? Virgin Trains Ticketing is part of the Virgin Red rewards club, and offers members a quick and easy way to earn three Virgin Points for every £1 spent on any train travel throughout England, Scotland and Wales, with absolutely no booking fee on e-tickets. So, whether you're travelling to the airport or heading to the office, get rewarded with a points boost to spend with Virgin Red on flights, holidays, everyday treats, extraordinary experiences – or even a sausage roll.

Anyone can sign-up at virgin.com/virgin-red and, if you're an existing Virgin Atlantic Flying Club Member, you can link your account too.

■ Check out Virgin Red for a double points boost when you book train tickets this winter. For a limited time only, members can fast track their way to treats and rewards by receiving six points instead of three points for every pound spent.

Ask an engineer



WE ASK SENIOR DESIGN & DEVELOPMENT ENGINEER **SHAUN SANDERSON** ALL THE BURNING QUESTIONS ABOUT AVIATION

Q: Can you get sunburnt on a plane?

A: Good question! Sunburn is caused by over-exposure to UV radiation. The thinner atmosphere at high altitudes filters out less UV. – for every 3,300ft, UV levels increase about 10%. The good news is that the materials used in our cabin windows block

almost all UVA and UVB radiation. Unlike a typical glass window, they're made from multiple layers of high-tech structural plastic. They also have special coatings to harden them and further protect against UV. Plus, a microscopically thin metallic coating provides thermal and electro-magnetic protection. On top of that, our Boeing 787s have electronically dimmable window blinds that block up to 99.997% of visible light, while our other aircraft have adjustable blinds. In short, don't worry. You're well-protected on board and can save the factor 50 for the beach!



LOVE AT FIRST FLIGHT

Resealable cans are now available in all of our Upper Class cabins

Eco-conscious travellers can opt for CanO Water when flying in our Upper Class cabins. CanO Water was created by three friends as an alternative to plastic bottles of water. The idea was born after their own trip overseas, which opened their eyes to the lack of choice for on-the-go packaging. Recognising the benefits of aluminium, the founders created the world's first mass market can of water. ■ Follow their journey @canowater





JOIN THE CREW IN... CAPE TOWN

Cabin crew member **James Radford** gives us his top tips for where to go in South Africa's Mother City



Get your best dinner outfit on and head to **The Bungalow** restaurant in the heart of Clifton, which has views of the Atlantic Ocean and the 12 Apostles mountains.



Victoria Wharf is a great spot to pick up souvenirs. Then have lunch at one of the restaurants and watch huge yachts tie up.



Get yourself booked on a wine tour in nearby **Stellenbosch** and try South African wines paired with different cheeses and chocolates – what more could you want from a holiday?



One of the most incredible experiences I've had in Cape Town was hiking to the top of **Table Mountain**, then abseiling down. Book before your trip at capetownadrenaline.com

KEEP ON KEEPING ON

THERE'S NO STOPPING OUR OLDEST EMPLOYEE

IT'S NOT OFTEN you land your dream job in your sixties, but it was at 65 years old that Marie O'Connell joined our Heathrow Airport team – and she's got no plans of retiring any time soon.

Her career here at Virgin Atlantic actually started when her previous airline made her retire in 2007. Having worked in the airline industry most of her life, she wasn't ready to sit at home, so she applied for the check-in job. "I will always be

grateful to Virgin Atlantic for taking me on at 65," she says. "And for the support they have shown me ever since."

Marie enjoys her work so much that she even chose to spend her

landmark 80th birthday earlier in the year sitting behind check-in desk 18 at Heathrow, chatting to our customers, working with her friends and loving life. "Speak to me when I'm 90," she says. "I hope to still be working the check-in at Heathrow!"



Luke Corkill is proud to be part of the revival of the aviation industry

"My role is principal flight crew manager, which means I'm responsible for all things managerial concerning Virgin Atlantic's pilots. A big part of my role

is managing recruitment, so we have the right number of pilots ready for the increasing demand for air travel.

"At the moment, our team is very focused on rehiring pilots we had to say goodbye to during the pandemic. So far

we've supported over 150 pilots in returning and many more will come back this year. Each pilot goes through a comprehensive training and assessment programme, including many hours in flight simulators. It's

just fantastic to welcome so many experienced people back into the Virgin family – they were sorely missed.

"Previously, I worked in a similar role in the telecoms sector, but I joined Virgin in June 2021 because I wanted to be part of the

recovery of aviation after the pandemic. It feels great to play a part in rebuilding Virgin Atlantic, as well as to enable passengers to once again fulfil their dreams of going on holiday or visiting family and friends who live elsewhere."

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