

# newSpecial

## The Third Way Forward

FROM POLARIZATION TO POSSIBILITY  
IN GLOBAL GOVERNANCE

PRINTED & DIGITAL EDITION  
NEWSPECIAL.ORG

NOVEMBER 2025 - N°845

SERVING THE PEOPLE OF INTERNATIONAL ORGANIZATIONS IN GENEVA SINCE 1949

# PREGNY-PARC RESIDENCE

WHERE LUXURY MEETS CONVENIENCE



## LIVE IN PREGNY-PARC, GENEVA

AN UPSCALE REAL ESTATE COMPLEX FOR AN EXCLUSIVE CLIENTELE,  
NEAR THE CENTER OF GENEVA,  
THE INTERNATIONAL ORGANIZATIONS,  
THE MAJOR DIPLOMATIC MISSIONS AND EMBASSIES,  
BETWEEN THE LAKE AND THE FOREST,

IN TOTAL HARMONY WITH THE ENVIRONMENT.



PREGNY-PARC.CH





## THE THIRD WAY FORWARD

**We bring you another issue full of articles that I am sure you will enjoy. As I was reading some of the articles in advance of having them polished and ready for you, I realize that the path forward demands more than choosing sides it calls for reimagining the very frameworks that shape our collective future. The reflections in the “*The Third Option*” article reminds us that survival and dignity often lie not in allegiance to extremes, but in the quiet courage to resist false binaries and remain true to our shared humanity.**

This spirit resonates in the gardens of La Granja, where the International Peace Doctors’ diplomatic retreat transformed the notion of peacebuilding. Here, harmony was not a passive ideal but an active practice – youth, artists, and diplomats walked, spoke, and created together, forging a new blueprint for diplomacy rooted in empathy, creativity, and belonging.

Yet, as the United Nations faces historic budget cuts and existential questions about its relevance, which may not always be fair or well understood, the stakes of this moment are clear. Reform is urgent, but so is the need to preserve the ideals of justice, cooperation, and hope. The future will not be won by division or austerity, but by those bold enough to build bridges – between peoples, between ideas, and between the world as it is and the world as it could be.

There is of course a lot more, please do read them all, and most importantly enjoy! //

## LA TROISIÈME VOIE À SUIVRE

**Nous vous proposons un nouveau numéro riche en articles que, j’en suis sûr, vous allez apprécier. En lisant certains d’entre eux avant leur publication, il m’est apparu que l’avenir exige bien plus que de simples prises de position: il nous invite à repenser les cadres mêmes qui façonnent notre destin collectif. Les réflexions de l’article «*La Troisième Option*» nous rappellent que la survie et la dignité résident souvent non pas dans l’adhésion aux extrêmes, mais dans le courage discret de résister aux faux choix binaires et de rester fidèles à notre humanité commune.**

Cet esprit résonne dans les jardins de La Granja, où la retraite diplomatique des International Peace Doctors a transformé la notion de consolidation de la paix. Ici, l’harmonie n’était pas un idéal passif, mais une pratique vivante: jeunes, artistes et diplomates ont marché, dialogué et créé ensemble, dessinant une nouvelle voie pour une diplomatie fondée sur l’empathie, la créativité et le sentiment d’appartenance.

Pourtant, alors que les Nations Unies font face à des coupes budgétaires historiques et à des questions existentielles sur leur rôle – parfois mal comprises ou injustes –, l’enjeu de ce moment est clair. La réforme est urgente, mais il est tout aussi essentiel de préserver les idéaux de justice, de coopération et d’espoir. L’avenir ne se gagnera ni par la division ni par l’austérité, mais par ceux qui auront l’audace de bâtir des ponts – entre les peuples, entre les idées, entre le monde tel qu’il est et celui que nous pouvons imaginer.

Et ce n’est qu’un aperçu: je vous invite à lire l’ensemble des articles, et surtout, à savourer chaque page! //

Mercedes-Benz

# THE GLC.

Benefit from unmatched conditions  
**GLC for CHF 585.-/month\***

Unique conditions available for legitimation cards  
holders B, C, D, E, G, I, L, P & S.

Contact your Diplomatic Center



\*GLC 200, 150 kW + 17 kW (204 hp + 23 hp), 6.9 l/100 km, energy efficiency category: F. Cash price: CHF 66,000.- (vehicle value CHF 89,180.-, including a 27% diplomatic discount). Example leasing: duration 48 months, mileage 15,000 km/year, effective annual interest rate 1.9%. Initial payment: CHF 15,000.-, monthly payment from 2nd month: CHF 585.08. Offer by Mercedes-Benz Financial Services Schweiz AG. Comprehensive insurance required. Granting of credit is prohibited if it may lead to over-indebtedness of the lessee. Non-binding recommended price. Subject to change and while stocks last. See dealer for details. Offer valid until 31.12.2025. See applicable conditions at your Mercedes-Benz - Groupe Chevalley dealer. Pictures may differ from actual products. Condition not applicable to legitimation card holders F, H, R, K (purple/black stripes).

**YOUR DIPLOMATIC CENTER IN GENEVA – ÉTOILE GENÈVE**  
6 rue de Vermont, 1202 Genève – +41 (0) 22 733 37 07

**GROUPE CHEVALLEY** VOTRE PARTENAIRE AUTOMOBILE

**ATHÉNÉE COINTRIN ÉTOILE GENÈVE MARBRERIE CAROUGE A&S CHEVALLEY NYON**

# November 2025

## N°845

### FEATURED

- 06** Reshaping the Future
- 10** The Third Option
- 12** La Granja's Diplomatic Retreat

### WHO

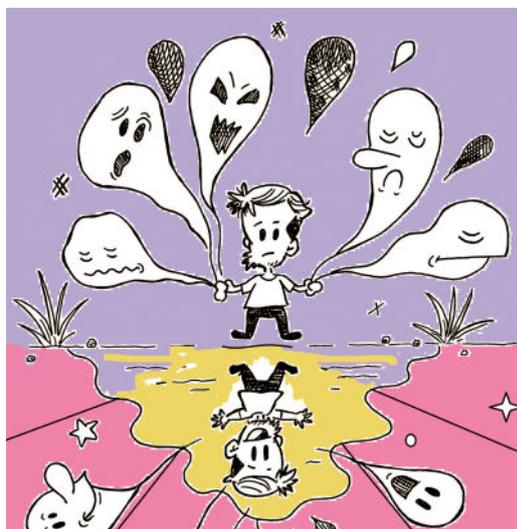
- 14** The WHO Approach to Protecting Healthcare Workers in Conflict Zones

### INTERNATIONAL GENEVA

- 18** The Life of the Other Ones
- 20** The Old Man and the Sea
- 22** UEFA's Development Goals
- 24** Why Empires Fail
- 27** Podcasts
- 28** Second world summit for Social Development

### ART & CULTURE

- 32** Call for Applications  
Appel à candidatures
- 34** Le col de la Givrine
- 36** Cambodge
- 39** From Emotional Scars to Emotional Intelligence
- 41** Gothic Gardens
- 42** Monaco
- 45** Rénover!
- 47** Protecting the sources of life
- 49** Poems from WHO Poetry Garden

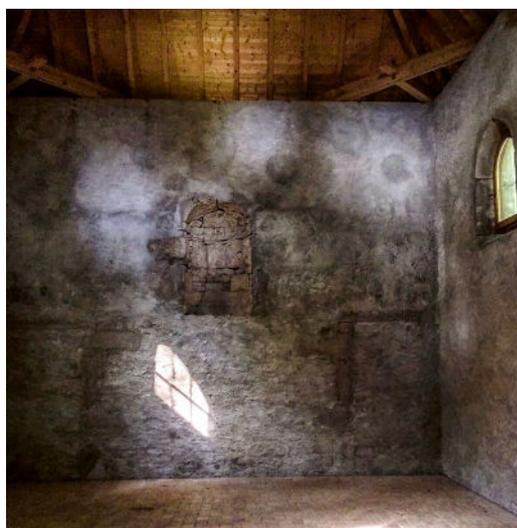


39

PHOTO COVER  
ISTOCK - SATOSHI-K



22



45

# Reshaping the Future

## UN BUDGET CUTS, REFORM, AND THE ROAD AHEAD



TEXT GUILHERME SANCHES LIRA, NEWSPECIAL  
PHOTO ISTOCK

**As the United Nations commemorates its 80<sup>th</sup> anniversary, the organization stands at a defining moment in its history. The recent General Assembly debates and the launch of the UN80 Initiative have ignited a global conversation about the future of multilateral governance, the resilience of international cooperation, and the financial viability of the world's most prominent diplomatic institution. With sweeping budget cuts, ambitious reform proposals, and shifting geopolitical currents, the UN is undergoing a metamorphosis that could reshape its identity and influence for generations to come.**

### A SHRINKING BUDGET IN A GROWING CRISIS

The UN's regular budget is facing a proposed 15% reduction for 2026, part of a broader campaign to streamline operations and enhance efficiency. This austerity drive arrives amid a deepening liquidity crisis, compounded by delayed or partial contributions from key member states. The financial shortfall is not merely a bureaucratic inconvenience – it is a structural challenge that threatens the UN's ability to fulfill its core mandates. The peacekeeping budget, long considered a pillar of the UN's global stability efforts, has also been trimmed. Though the reduction may appear incremental, it carries outsized consequences for missions already stretched thin by escalating violence, fragile political transitions, and humanitarian emergencies. In conflict zones such as South Sudan and the Democratic Republic of the Congo, staffing reductions and logistical delays are already undermining efforts to protect civilians and support peacebuilding.

These budgetary constraints reverberate far beyond the UN's headquarters. They affect the lives of displaced families, the stability of post-conflict societies, and the credibility of international norms. When the UN cannot deploy rapidly or sustain its presence, the vacuum is often filled by instability, extremism, or unilateral interventions.

### THE UN80 INITIATIVE: REFORM WITH PURPOSE

Launched in early 2025, the UN80 Initiative represents a bold attempt to reimagine the United Nations for a new era. It proposes consolidating agencies, reducing bureaucratic overhead, and aligning the organization more closely with the Sustainable Development Goals, climate action, and emerging global challenges such as digital transformation, inequality, and demographic shifts.

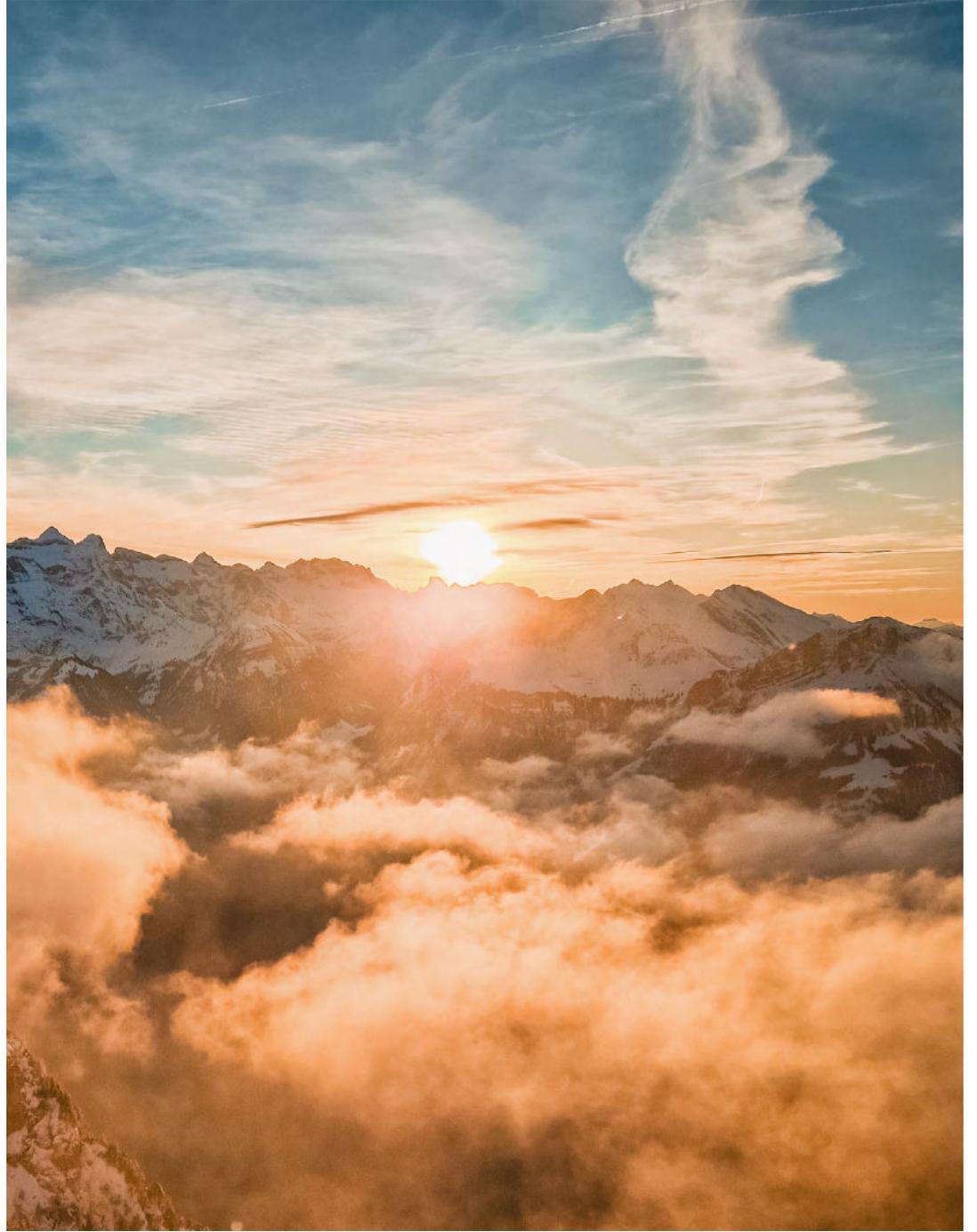
At its core, the initiative seeks to modernize the UN's internal architecture. It calls for greater accountability, responsiveness, and transparency. The vision is of a UN that is not only leaner but also more agile – capable of anticipating crises, adapting to change, and delivering results. Yet, the path to reform is fraught with resistance. Internal surveys have revealed deep skepticism among staff, with concerns about the rationale behind job cuts and the uneven distribution of sacrifices.

One of the most controversial elements of the reform package is its disproportionate impact on lower-ranking staff. While junior positions face steep reductions, senior posts remain largely untouched. This imbalance risks entrenching a top-heavy structure that may be less representative, less dynamic, and less connected to the realities on the ground.

### PEACEKEEPING UNDER PRESSURE

Peacekeeping operations are among the most visible and vital expressions of the UN's global mandate. They embody the organization's commitment to conflict prevention, civilian protection, and post-war recovery. Yet, they are also among the most vulnerable to financial retrenchment.

With major contributors proposing significant rescissions from their peacekeeping budgets, missions are being asked to deliver more with less. The demands are immense: defending civilians, supporting transitional governments, promoting human rights, advancing gender equality, and facilitating disarmament – all under conditions of reduced funding and personnel.



A moment of reflection and connection during a time of change and renewal.

The logistical hubs in Entebbe and Brindisi, which serve as lifelines for rapid deployment and field support, are also under strain. These facilities are essential for maintaining operational readiness, yet their future is uncertain amid broader budgetary pressures.

The erosion of peacekeeping capacity threatens not only immediate mission outcomes but also the UN's long-term credibility. In regions where the UN serves as a stabilizing force, its withdrawal or weakening could lead to renewed violence, political fragmentation, and humanitarian collapse.

### A CRISIS OF CONFIDENCE AND COMMITMENT

Beyond the spreadsheets and staffing charts, the UN faces a deeper crisis: a crisis of confidence. Member states are increasingly questioning the organization's relevance, efficiency, and fairness. Internal stakeholders are grappling with disillusionment and fatigue. The very idea of multilateralism – once seen as a cornerstone of global order – is under siege.

Major donors are reevaluating their commitments, often through the lens of domestic politics and strategic interests. Geopolitical rivalries are complicating consensus-building, with emerging powers demanding greater representation and influence. Traditional hierarchies are being challenged, and the UN's decision-making processes are being scrutinized for transparency and inclusivity. This erosion of trust poses a fundamental threat to the UN's mission. Without shared commitment, the organization cannot marshal the resources, legitimacy, or unity required to address global challenges. The paralysis of multilateralism risks leaving the world more fragmented, more volatile, and less prepared for the crises ahead.

### SEEDS OF HOPE: A VISION FOR RENEWAL

Despite the turbulence, there are glimmers of hope. The UN80 Initiative, though imperfect, signals a willingness to evolve. It acknowledges the need for change and offers a framework for renewal. By consolidating agencies, eliminating redundancies, and focusing resources on high-impact areas, the UN can become more effective and more relevant. The emphasis on aligning with the Sustainable Development Goals and climate objectives ensures that the organization remains attuned to the most urgent priorities of our time. These goals are not abstract – they represent the aspirations of billions of people for dignity, opportunity, and sustainability.

Moreover, the financial crisis may serve as a catalyst for innovation. Scarcity often breeds creativity. The UN is already exploring digital platforms, data-driven decision-making, and new models of partnership. These tools can enhance agility, improve accountability, and expand reach.

### A CALL TO ACTION

The future of the United Nations hinges on the choices made today. Member states must rise above narrow interests and reaffirm their commitment to collective action. Investing in the UN is not a luxury – it is a necessity for global stability, prosperity, and justice.

Civil society, academia, and the private sector also have a vital role to play. Their engagement can bring fresh ideas, technical expertise, and moral pressure. By participating in UN processes and holding the organization accountable, they can help shape a more transparent and effective institution.

Above all, the UN must reconnect with its founding ideals. Born out of the ashes of war, it was envisioned as a beacon of peace, cooperation, and human dignity. Eighty years later, that vision remains as urgent and inspiring as ever.

### CONCLUSION: BUILDING THE UN WE NEED

The road ahead is steep. Budget cuts, structural reforms, and geopolitical tensions present formidable obstacles. But they also offer a rare opportunity – a chance to build a United Nations that is leaner, smarter, and more attuned to the needs of a rapidly changing world.

As we look to the future, let us remember that the UN is more than an institution. It is a reflection of our shared humanity. Its strength lies not in its buildings or budgets, but in the collective will of nations and peoples to work together for a better tomorrow.

The mission endures. And with courage, cooperation, and vision, the UN can rise to meet it – again and anew. //

# Awakening your children's curiosity for more than 120 years.

International French/English bilingual school  
from 3 to 19 years old



[iil.ch](http://iil.ch)

Work and succeed together



Institut  
International  
Lancy

# The Third Option

THE FIRST RULE OF RESISTANCE IS SURVIVAL.  
SOMETIMES, IT'S THE ONLY THING WE CAN DO.

**In this time of polarized politics, we're often forced (or we feel like we're being forced) to go "all in" for one extreme position or another. Name a country, any country, and I bet one group of people is saying, "It's my candidate or the apocalypse!", and another group is saying, "It's my party or the end of civilization!" But there's a third option.**

Like shipwreck survivors on a raging sea, we're buffeted back and forth by the waves of politics; in a desperate effort to stay afloat, we're tempted to swim for one extreme position or another. Once we climb on board these "lifeboats" of hatred and division, we're forced to accept an entire litany of positions and ideas and ideals (whether we agree with all of them or not) - on immigration, and the economy, and law and order, and culture, and education, and the environment. Then we devote all our energies, channel all our frustrations, all our hopes and fears, into sinking the other boat.

This takes me back to the summer when I interned with a human rights organization in Peru in the mid-1990s. At the time, the people were caught in the middle of a decades-long war between terrorists and the Peruvian security forces that eventually killed an estimated upwards of 70,000 persons.

Groups like the Shining Path (a Maoist revolutionary group) planted bombs, carried out assassinations and kidnapped victims they believed were "enemies of the people". That very summer, another Peruvian human rights organization I'd thought of interning with never replied to the application I sent them by fax - because terrorists blew up the front of the building, along with the fax machine.

The Peruvian security forces responded to terrorism by carrying out their own terror campaign of torture, rapes and massacres. As the *Abbreviated Version of the Final Report of the Peruvian Truth and Reconciliation Commission* notes:

In the rural areas where the Shining Path operated, the security forces pursued a strategy of widespread and indiscriminate repression to eliminate presumed Shining Path militants. This in part derived from racism against the local indigenous people who were caught in the crossfire between the military and the subversive groups.<sup>1</sup>

Some people supported the military or the terrorists because they were true believers - they actually thought they were on the side of the angels, and the others were on the side of the devils.

But many Peruvians were forced to choose one side over the other, as a survival strategy - and the crucial question was this, "Which group is less likely to kill me and my family?" So, once committed, some went "all in" (like many people caught up in the extremist tide today), defending their side and excusing the atrocities committed by them against their neighbours.

But there was a third option.

A Peruvian professor of mine told me of a village in the highlands of Peru that kept the Shining Path banners and the Peruvian national flags buried in a box with all the official stamps of the municipality. When the terrorists came to town, the people would fly their banners and welcome them. When the security forces came to town, they would fly the national flag and welcome them. All to avoid their village being put to the torch.

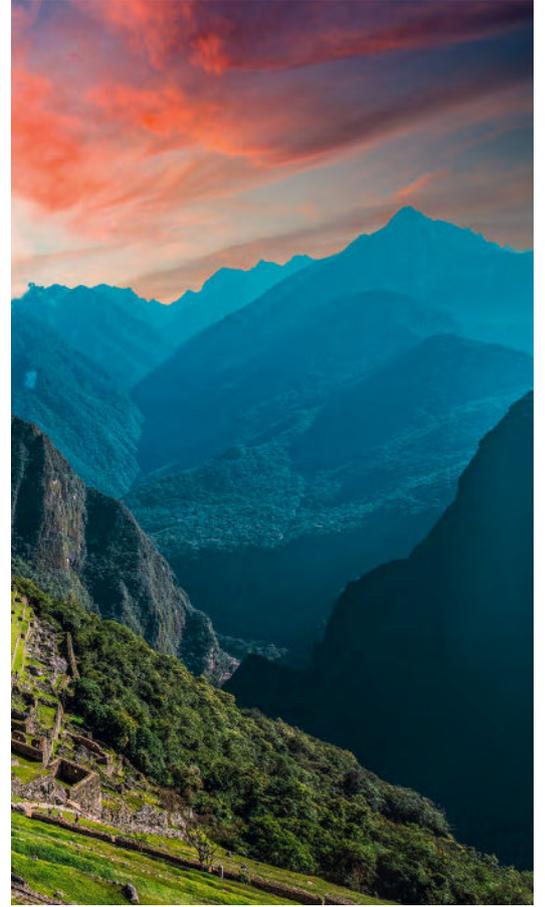
Now, to some people, this third option may seem like magical realism, or perhaps even cowardice. After all, they didn't choose a side.

However, I think it's a brilliant act of self-preservation. Unarmed, and unable to resist in any other way, they did the one thing that most people don't do when faced with extremist politics: they recognized it was all a farce, a pure invention of political theatre. The villagers knew the terrorists really didn't want to "liberate" the peasants - they just wanted to take power. And they knew the security forces didn't really want to "save" the peasants - they just wanted to maintain their grip on power.

The villagers just wanted to farm, and to raise their children in peace. They certainly didn't want to kill their neighbours, and they didn't want to be killed by them. So, they feigned allegiance to one side and then the other, and, by doing so, they actually did take a side - the people's side.

You see, the third option doesn't mean finding a "middle ground" between right and left or up and down, or whatever polar opposites extreme groups

TEXT ERIC STENER CARLSON,  
UN SOCIETY OF WRITERS  
PHOTO ISTOCK



are selling these days. It means removing yourself (even if you can only do so in the space inside your head) from the lie that any group is right all the time, on all issues, and that every other group is always wrong. Most importantly, it means recognizing that extreme politics demand such rigid compliance that it's tantamount to mind control, and this is deeply at odds with that basic human desire - to live in a society free from outside interference.

This drills down to the very notion of freedom, for it is the will of the people that is the basis for politics, not the other way around. By their actions, the villagers also recognized what Thomas Paine wrote in *Common Sense* way back in 1776, that “*Society in every state is a blessing, but Government, even in its best state, is but a necessary evil.*”<sup>2</sup>

What's more, armed groups could occupy their village, but they couldn't force the villagers to believe their propaganda. This is basically what the writer, Miguel de Unamuno, supposedly said when confronted by a fascist general at the University of Salamanca during the Spanish Civil War: “*vencer no es convencer*”. That is, to conquer is not the same thing as to convince.

I've thought about this story for many years, and it's taught me that the first rule of resistance is survival. Sometimes, in the face of men with guns, that's the only thing we can do.

But by surviving, I don't mean just living and breathing until tomorrow. I also mean preserving those places (however minimal) of free thinking, in our houses, in our schools, in our workplaces, and not being fooled that one extreme position or another is going to save us. It's not about climbing on board any of those supposed lifeboats piloted by demagogues and populists, but, rather, choosing to cling to the person floating next to us, and to tread water together; so, when the winds die down, and we finally wash up on shore, we can say with full conviction, “*Throughout the storm, I remained true, not to any government, but to my neighbour.*”

I don't know what finally happened to that village. I don't know if they managed to fool both sides long enough, for their children to survive and for their grandchildren to survive. But I'd like to think so. I truly hope that, right now, they've just finished farming their fields, and they're sitting down to dinner and breaking bread with their families and their neighbours, and that all the banners and all the flags have long since been buried and forgotten. //

1 As appears on the website of the International Center for Transitional Justice: <https://www.ictj.org/sites/default/files/subsites/peru-hatun-willakuy-en/>

2 [https://www.ushistory.org/paine/commonsense/sense2.htm?srsId=AfmBOopqJY5PiNIKVFgK8ydJMUcOgCuQd-chr6TcvId\\_t8ZiTEvAHIAv1](https://www.ushistory.org/paine/commonsense/sense2.htm?srsId=AfmBOopqJY5PiNIKVFgK8ydJMUcOgCuQd-chr6TcvId_t8ZiTEvAHIAv1)

The villagers chose “*The Third Option*”, and everyone facing extremist politics can do the same.

# La Granja's Diplomatic Retreat

PEACE, PROGRESS, AND ROYAL SPLENDOUR



TEXT CRISTINA CABREJAS ARTOLA, PEACE RESEARCHER,  
INTERNATIONAL PEACE DOCTORS  
PHOTO ISTOCK

**Outside the ornate ceilings and storied halls of the Royal Palace of La Granja, in the heart of Spain, a new kind of diplomacy unfolded - not in whispered negotiations behind closed doors, but in open-hearted dialogue, poetic expression, and collective visioning.**

This innovative approach to diplomacy came to life through the grand Harmony Walk, where masses of participants moved amidst the stunning water features of the royal gardens; the transformative Peacebuilding Skills workshop; and the collaborative Diplomacy Forum. Amidst the serenity of the landscape, young leaders, artists, and peace-builders collectively immersed themselves in an experience that redefined their path from conflict to cooperation.

At the heart of the weekend stood a single guiding principle: Harmony.

## HARMONY WALK: FROM FOOTSTEPS TO FRAMEWORK

The event opened with the Harmony Walk, a symbolic journey through the palace grounds, inspired by both the natural tranquility of the gardens and the pressing need for global reconciliation. Participants - diverse in nationality, background, and belief - walked side by side, engaging in reflective conversations designed to build trust and empathy. With each step, the divide between roles and ranks dissolved. Young and senior, activists and students became simply humans, walking in harmony.

*"The Harmony Walk reminded us that diplomacy begins with listening and presence,"* said one youth delegate. *"It's not always about policy - it is about the strengths and virtues of humanity walking together."*

Just as the open circle invites movement without collision, the walk invited diverse identities to orbit one another with respect and curiosity. There was no center, no single authority - just shared motion. Harmony was not passive; it was dynamic, alive, like the interplay of sun and moon across La Granja's beautiful summer sky.

## DIPLOMACY FORUM: HARMONY BUILDING

From that shared silence emerged shared language. The Harmony Poem, collaboratively written during the Diplomacy Forum, became a living tapestry of multilingual verses, hopes, and vulnerabilities. Each stanza carried the imprint of its author's lived experience, yet when recited in unison, the poem transcended individual narratives. One verse read:

*"She does not judge, nor cast blame  
Unmoved by pride  
Untouched by fame  
Her nobility shines  
An eternal flame"*

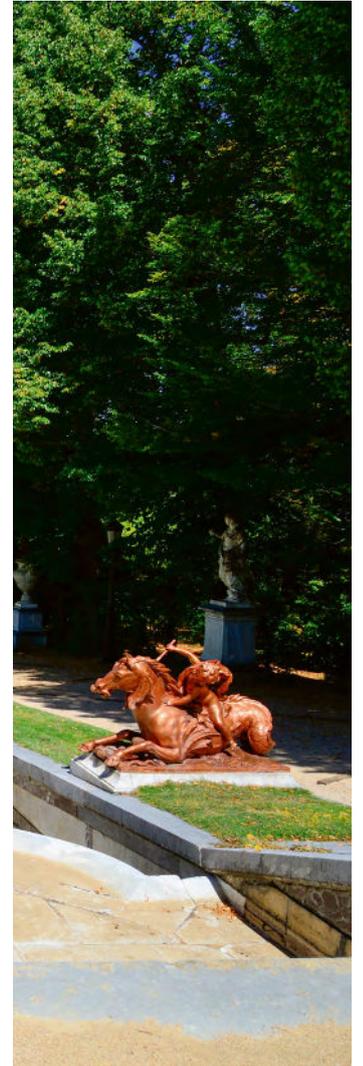
This poem didn't just articulate aspirations—it enacted them. As one young participant noted, *"It wasn't about writing a beautiful poem. It was about discovering the words that could hold our pain and our potential."*

## PEACE-BUILDING SKILLS: A YOUTH LED-REFRAMING OF JUSTICE

Perhaps the most transformative moment came during the Peace-building Skills Workshop, where young participants grappled with the nuanced relationship between justice and harmony. Inspired by the Greek mythology encountered during the Harmony Walk, they created two images: one entitled Justice, marked by power, swords and blind punishments; and the other, Harmony, depicted with open circles; the sun as Apollo, the Moon as his sister Diana.

*"We walked under Apollo's warmth and Diana's calm. It felt like harmony wasn't something we invented - it was something ancient we remembered."*

*"Justice is when we fix what's broken. Harmony is when we make sure it doesn't break again,"* explained a 17-year-old from Colombia. Another added, *"Justice can end a conflict. But harmony prevents its return."*



This reimagining didn't reject justice - it deepened it. It acknowledged that while justice might address wrongdoing, harmony heals the relational fractures that persist long after courtrooms fall silent.

### A BLUEPRINT FOR DIPLOMACY

What emerged from La Granja was more than a poetic weekend. It was a prototype for a new kind of diplomacy - one that doesn't just negotiate interests, but cultivates belonging. The integration of art, movement, dialogue, and youth-led visioning offered a comprehensive approach to international relations grounded in empathy and imagination.

Participants left with questions. How might harmony be measured, practiced, and protected? Can global institutions make space for poetry alongside policy? If this weekend proved anything, it's that they must.

As the sun set on the royal gardens, a single line lingered in the air: *"Let us be diplomats of light, who not divide, but illuminate."* And as they walked away from La Granja, the echoes of harmony in diplomacy - both pursued and practiced - moved with them, quietly lighting their path ahead.

### A NEW DIPLOMACY LED BY HARMONY

None of this would have been possible without the vision and tireless efforts of the International Peace Doctors, the organisation behind the Diplomacy Weekend in La Granja. From conceptualising the Harmony Walk to guiding poetic and diplomatic breakthroughs, they did more than organise - they orchestrated a new paradigm of peace-building. Their approach - based in the strengths and creativity of humanity - transformed the town into a living classroom for what diplomacy can become: not just agreements, but relationships nurtured through warm hospitality.

It was no surprise, then, that their work did not go unnoticed. In a deeply symbolic and heartfelt gesture, the Town Hall of La Granja formally recognised International Peace Doctors for their outstanding contributions to harmony and peace. This recognition wasn't just honorary - it affirmed the growing belief that harmony is no longer the domain of distant institutions alone, but of those willing to walk, speak, and build it with bold imagination and care. //

# The WHO Approach to Protecting Healthcare Workers in Conflict Zones

## DOCUMENTATION, RESEARCH AND ADVOCACY



**The year 2024 saw over 3,600 recorded attacks on healthcare workers worldwide, representing a 15% increase from the previous year. Occupation and looting of hospitals, alongside airstrikes, missile bombardments, and drone attacks have made it more dangerous than ever for those providing essential medical care in conflict zones.**<sup>1</sup>

We are living through a time of unprecedented violence against healthcare workers and medical infrastructure. Leonard Rubenstein, chair of the Safeguarding Health in Conflict Coalition, has noted, *“Attacks on healthcare undermine the ability to care for people when it is needed most, in war.”*<sup>2</sup>

In the face of this global rise in violence, we urgently need to redouble our efforts to document and prevent violence against health workers. The World Health Organization (WHO) and other global health and humanitarian partners, including Médecins Sans Frontières (MSF) and the International Committee for the Red Cross (ICRC), are leading a response grounded in three key pillars: documentation, advocacy, and prevention.<sup>3</sup> In particular, following the adoption of resolution 65.20 during the 2012 World Health Assembly, the WHO implemented two important efforts: the Surveillance System for Attacks on Healthcare (SSA), and the Attacks on Health Care (AHC) initiative.<sup>4</sup>

The SSA acts as a monitoring mechanism to document primary sources of attacks against healthcare workers globally.<sup>5</sup> It provides a definition of what constitutes an attack and offers a systematic methodology for health actors to collect both qualitative and quantitative data. Health actors can then use the data to identify and report on trends, patterns, and repercussions, to help prevent future violence and raise public awareness.

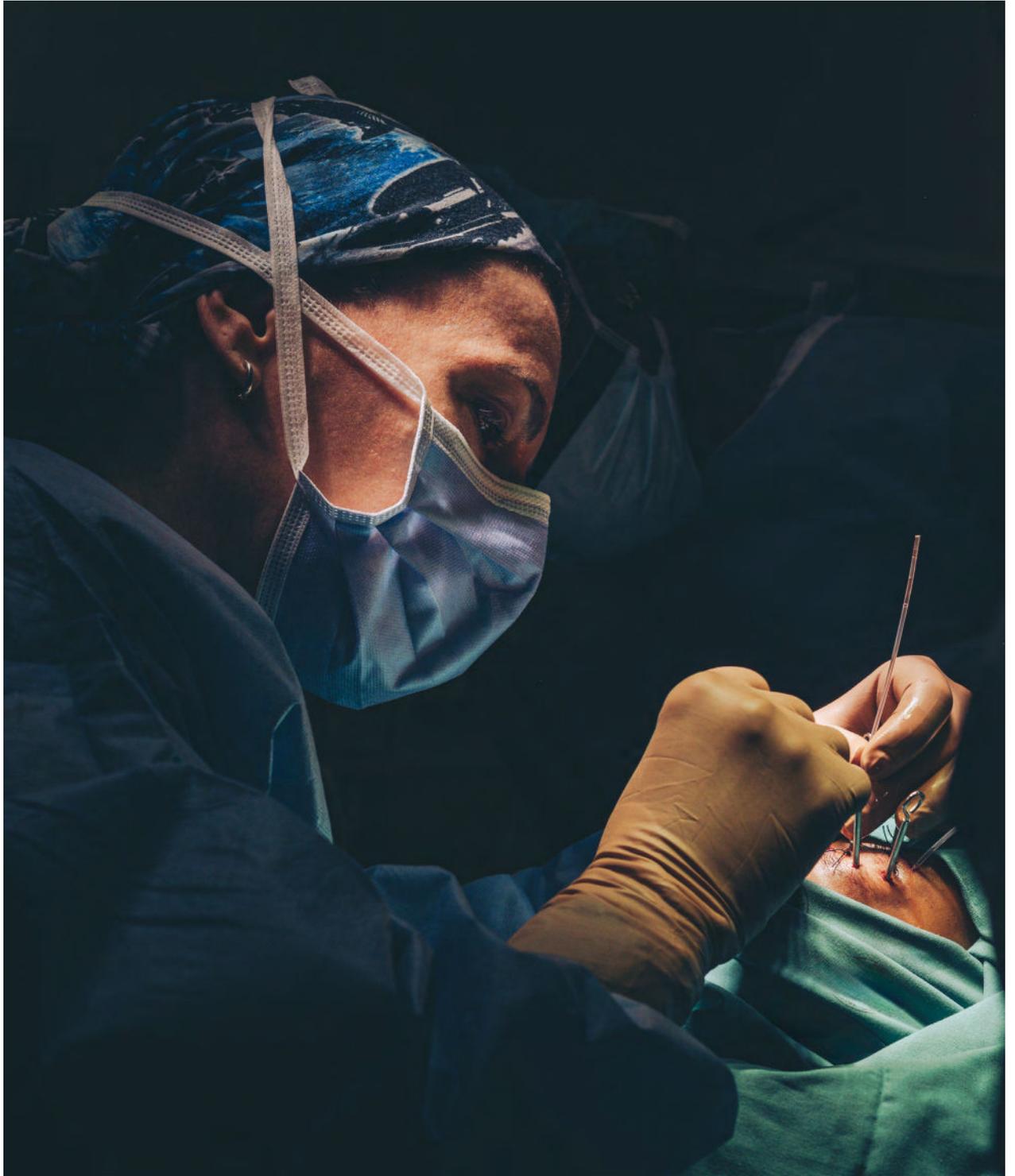
Through the AHC initiative, the WHO advocates an end to violence against healthcare workers and facilities;<sup>6</sup> it convenes high-level events, uses media/social outreach to bring attention to the issue, and builds partnerships with other global health actors.<sup>7</sup> At a local level, the initiative focuses on

raising awareness, facilitating access to care for both civilians and combatants, and providing support to local actors responding to the conflict. (This includes local governmental bodies, international organizations such as ICRC, health systems, and even grassroots civilian movements.) Additionally, WHO has invested in research that studies the short- and long-term impact of these attacks<sup>8</sup>, which helps develop strategies to protect health workers.

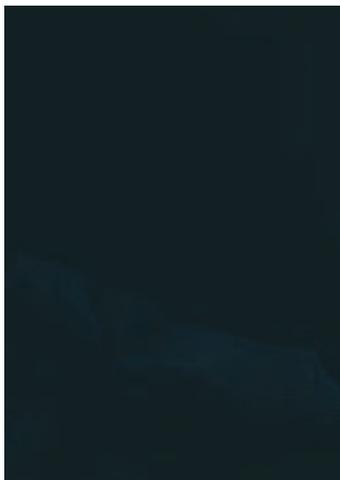
These efforts align closely with the international obligations laid out in UN Security Council Resolution 2286, adopted in 2016, which sends a clear message: attacks on medical personnel, facilities, and transport in conflict are unacceptable and violate international humanitarian law.<sup>9</sup> This resolution is legally binding on all UN member states and has led to advocacy and monitoring initiatives. However, its practical effect has been limited by non-compliance and the lack of enforcement measures available to the Council.

In spite of these global mechanisms, violence against healthcare workers and health infrastructure continues, a devastating example of which can be seen in Sudan. Between the onset of the armed conflict in April 2023, and September 2024, WHO recorded over 100 attacks on healthcare facilities, making it one of the most dangerous places on the planet for healthcare workers.<sup>10</sup> Hospitals were repeatedly shelled, raided, and occupied.<sup>11</sup> Prior to the crisis, Sudan had an estimated 6,500 primary healthcare facilities and 300 public hospitals. The WHO has estimated that 70-80% of the facilities in areas most affected (Al Jazirah, Kordofan, Darfur, and Khartoum) are now barely operational or closed.<sup>12</sup>

In response, the WHO condemned all attacks on healthcare infrastructure and personnel in Sudan.<sup>13</sup> The SSA has systematically collected and verified evidence, producing essential data that inform advocacy and helps build accountability. Advocacy campaigns can complement these documentation efforts, helping to shape policy and further protect those on the frontlines of global healthcare.<sup>14</sup>



Protecting Care Under Fire:  
Health Workers on the Frontlines  
of Conflict.



It is important to note, however, that such verification efforts do not attribute responsibility or conclude if incidents are violations of international humanitarian law (there is limited operational capacity to investigate, and other UN mechanisms do this).<sup>15</sup> Also, while research is key, political actors are ultimately responsible for accountability mechanisms.

Supporting and strengthening this work is not only a matter of international responsibility but also a moral imperative – it speaks to the fundamental principles underpinning humanitarian action and global public health operations. Principled, non-political actions, such as those being carried out by WHO and its partners, are crucial in helping to protect the current, and future, generation of global health professionals who provide essential care in violent contexts. //

- 1 "Attacks on Healthcare in War Zones in 2024 Reach 'New Levels of Horror' - Report." *The Guardian*, May 19, 2025. <https://www.theguardian.com/global-development/2025/may/19/attacks-on-healthcare-in-war-zones-in-2024-reach-new-levels-of-horror-report>.
- 2 *Ibid.*
- 3 World Health Organization. "Stopping Attacks on Health Care." Accessed August 11, 2025. <https://www.who.int/activities/stopping-attacks-on-health-care>.; World Health Organization. *Surveillance System for Attacks on Health Care (SSA): Methodology, Version 1.0*. April 19, 2019. <https://iris.who.int/bitstream/handle/10665/312330/9789241515207-eng.pdf?sequence=1>.
- 4 WHA Resolution 65.20 urges WHO Member States to protect health workers, facilities, and patients in conflicts and emergencies, and asks the Director General to provide technical guidance and collect data on attacks. Though non-binding, it carries political weight. Its impact has been mixed: it spurred the creation of the SSA, but struggles with internal challenges and limited capacity.
- 5 World Health Organization. *Surveillance System for Attacks on Health Care (SSA): Methodology, Version 1.0*. April 19, 2019. <https://iris.who.int/bitstream/handle/10665/312330/9789241515207-eng.pdf?sequence=1>.
- 6 World Health Organization. "Attacks on Health Care Initiative." July 22, 2020. <https://www.who.int/news-room/questions-and-answers/item/attacks-on-health-care-initiative>.
- 7 World Health Organization. "Preventing and Protecting against Attacks." Accessed August 11, 2025. <https://www.who.int/news-room/questions-and-answers/item/preventing-protecting-against-attacks>.
- 8 Short-term effects include severely limited access to care for the injured or ill, with routine services such as childbirth and vaccinations halted due to hospital destruction. This can trigger disease outbreaks. Long-term effects impact those with chronic illnesses like diabetes, where disrupted care can be life-threatening.
- 9 International Peace Institute. *Strengthening Data to Protect Healthcare in Conflict Zones*. November 2022. [https://www.ipinst.org/wp-content/uploads/2022/11/1120\\_Strengthening-Data-on-Attacks-on-Healthcare.pdf](https://www.ipinst.org/wp-content/uploads/2022/11/1120_Strengthening-Data-on-Attacks-on-Healthcare.pdf).
- 10 World Health Organization, Regional Office for the Eastern Mediterranean. "In Sudan, There Have Been More than 100 Attacks on Health Care since the Armed Conflict Began." September 2024. <https://www.emro.who.int/media/news/in-sudan-there-have-been-more-than-100-attacks-on-health-care-since-the-armed-conflict-began.html>.
- 11 Human Rights Watch. "Sudan: One Year of Atrocities Requires New Global Approach." April 12, 2024. <https://www.hrw.org/news/2024/04/13/sudan-one-year-atrocities-requires-new-global-approach>.
- 12 World Health Organization, Regional Office for the Eastern Mediterranean. "In Sudan, There Have Been More than 100 Attacks on Health Care since the Armed Conflict Began." September 2024. <https://www.emro.who.int/media/news/in-sudan-there-have-been-more-than-100-attacks-on-health-care-since-the-armed-conflict-began.html>.
- 13 World Health Organization, Regional Office for the Eastern Mediterranean. "WHO Condemns the Increasing Attacks on Health Care amid Sudan's War." July 29, 2024. <https://www.emro.who.int/sdn/sudan-news/who-condemns-the-increasing-attacks-on-health-care-amid-sudans-war.html>.
- 14 International Peace Institute. *Strengthening Data to Protect Healthcare in Conflict Zones*. November 2022. [https://www.ipinst.org/wp-content/uploads/2022/11/1120\\_Strengthening-Data-on-Attacks-on-Healthcare.pdf](https://www.ipinst.org/wp-content/uploads/2022/11/1120_Strengthening-Data-on-Attacks-on-Healthcare.pdf).
- 15 Nathanson, V., A. Bilak, M. Bredenkamp, L. Pagnucco, K. Rosborough, M. Robinson, S. Sami, et al. 2024. "Typology and Implications of Verified Attacks on Health Care in Ukraine in the First 18 Months of War." *Conflict & Health* 18 (1): 66. <https://doi.org/10.1186/s13031-024-00599-4>.

V O L V O



 VOLVO SWISS PREMIUM®

FREE SERVICE FOR 10 YEARS/150,000 KM,  
FULL WARRANTY FOR 5 YEARS/150,000 KM.

## VOLVO XC60

Dynamic SUV in Plug-in Hybrid version.

Take advantage of the Autobritt Volvo Diplomat program and benefit from a 27%\* discount. Special deals for diplomats, international organizations and all type of legitimate cardholders.

[sales\\_aasa@autobritt.ch](mailto:sales_aasa@autobritt.ch)

\*Discounts for electric vehicles start from 12%, see conditions in agency

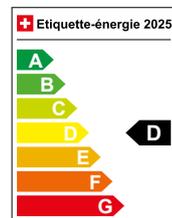
Volvo XC60, T6 AWD Plug-in Hybrid, 253+145 ch/186+107 kW. Fuel consumption in l/100 km: 0.9–1.4 l. Electricity consumption in kWh/100 km: 18.0–20.9 kWh. CO<sub>2</sub> emissions: 22–32 g/km. Energy efficiency category: D–E. «Volvo Swiss Premium» with free service for 10 years/150,000 kilometers, manufacturer's warranty for 5 years/150,000 kilometers and repairs due to manufacturing defects for 4 years/150,000 kilometers (4 years for plug-in hybrid/ electric vehicles, 3 years for ICE/PHEV vehicles) under the applicable terms.

 **AUTOBRITT**  
THE GARAGE SINCE 1968

**Autobritt Automobiles SA**  
Rue Viguet 1  
1227 Les Acacias

**Autobritt Grand-Pré SA**  
Rue du Grand-Pré 2  
1202 Genève

**Tel +41 22 308 58 00**  
[www.autobritt.ch](http://www.autobritt.ch)



# The Life of the Other Ones

## EMPREINTES DE VIES OUBLIÉES

TEXT & PHOTOS  
STÉPHANE LANOUX,  
HUMANIST PHOTOGRAPHER

**Stéphane Lanoux, a citizen of the world and professional photographer based in Paris, is a passionate observer of the human soul. Through his lens, he tells the story of lives lived in extreme conditions, across the globe: from remote areas of Asia and the Middle East to the margins of Europe, from Africa to the desert landscapes of North America.**

His passion began in childhood with street photography and still lives on film. Over the years, this evolved into a deep search for meaning and a visual exploration of humanity. Since 2010, travels to South Africa and the Middle East have revealed the scope of his vocation: to capture fragments of history often hidden - fragile lives, sometimes oppressed, but always marked by incredible resilience.

In 2017, he entered a red zone in Myanmar to meet the Rohingya people, a persecuted and displaced community. This experience, like his reporting in India during Holi and the Kumbh Mela, demonstrates his commitment to documenting not only moments of beauty but also the dignity and endurance of communities on the margins.

Lanoux is also drawn to collective rituals of joy and belonging. His work at Burning Man (Europe and the U.S.) and Mexico's Día de los Muertos festival highlights his fascination with gatherings that celebrate life in a fragmented world.

His exhibition *"Life of the Other Ones - empreintes de vies oubliées"* (Espace Kugler Gallery, Geneva, 17-28 September 2025) presents this vision. Through images taken in Asia, the Middle East, and South Africa, the exhibition blends aesthetic strength with emotional depth. Each photograph is a mark of life, resistance, and belonging.

*"Showing this work in Geneva, city of international institutions and human rights, carries particular resonance. It's a way to remind us that forgetting is not inevitable,"* notes curator Stéphanie Prizreni.

From the puppet artists of Kathputli Colony in New Delhi, to blind children at Andh Vidyalaya, to Rohingya villages in Rakhine State, to Dubai's labor camps, to the resilience of South African townships - his images remind us to see what we forget, to feel what we ignore, and to question what we take for granted.



Portrait of Stéphane Lanoux,  
Espace Kugler Gallery

Lanoux's work is exhibited worldwide and supported by various organizations. More than photography, it is a visual testimony: challenging, questioning, and urging us to reflect on our place in this complex and ever-changing world. //

### CONTACT / SOCIAL MEDIA

lanoux@gmail.com  
stephanelanoux.com  
instagram.com/slanoux  
facebook.com/slanoux

Lives Suspended Between Art and Survival, Kathputli Colony, New Delhi, India.  
Being a Rohingya, Rakhine State, Myanmar.  
Between Walls and Whispers, Palestine.  
The Friday of Others, Sonapur, Dubai, UAE.



# The Old Man and the Sea

## BOOK REVIEW



TEXT SEBASTIAN ZIELINSKI

**Common themes run through the novels written by Ernest Hemingway: war, bullfighting, living in Paris, and fishing. These were things he experienced, things he loved. Below, Sebastian Zielinski presents a book review of Ernest Hemingway's classic "The Old Man and the Sea" and teases out some of the language and philosophy that still charms to this day.**

Before we begin this book review, it feels pertinent to give some background of the author. Hemingway was 52 and had lived through two world wars. He drove an ambulance and was seriously injured in Italy during WWI, reported on atrocities during the Greco-Turkish war, had an exciting life as a journalist and writer in Paris during the swinging 20s, caught marlin in the Caribbean, hunted in Kenya, narrowly escaped from Spain during the Civil War, rented a farm in Cuba, had a car crash in London during WWII that required 57 stitches to his head, accompanied troops during the Normandy Day landings, moved from battle to battle, and was hospitalized with pneumonia.

After the war he suffered from depression, partly due to friends who had passed away, and was diagnosed with schizophrenia and prescribed 18 sessions of electroconvulsive therapy. He had severe headaches, high blood pressure, weight problems, and eventually diabetes - not helped by years of heavy drinking. When he was 49, he travelled to Venice where he fell in love with a 19 year old and wrote *Across the River and into the Trees*. Received negatively, he furiously wrote another novel, *The Old Man and the Sea*, in 6 weeks, published in 1952, rekindling his celebrity status and winning him the Pulitzer Prize the following year. Not forgetting to mention, he also married four times and had three children.

That gives some background to Hemingway. Turning to the book, it's about a thin, gaunt, old fisherman living on his own and who had an air of permanent defeat, falling to catch any fish. A man resigned to his fate who no longer dreams of "storms, nor of women, nor of great occurrences, nor of great fish, nor fights, nor contests of strength, nor of his wife."

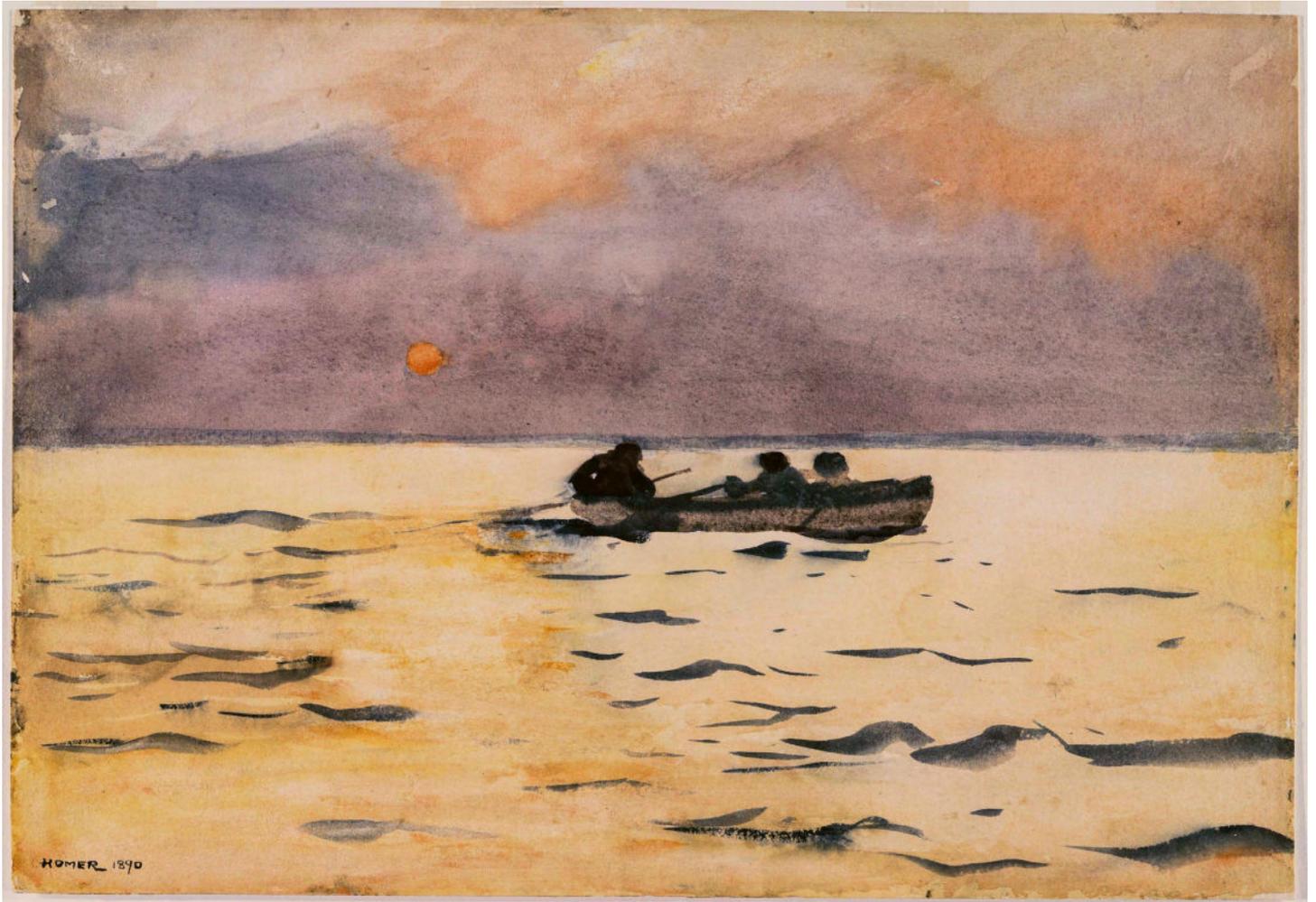
It's written in Hemingway's usual powerful style and you can see why he received the Pulitzer with a host of lovely sentences. He describes the wrinkles on the old man's hands as "*erosions in a fishless desert*". He portrays him tenderly as he sleeps: shoulders slouched, head fallen forward, wearing a patched shirt, and the boy who accompanies him on some of his fishing trips, covering him gently with an old blanket. Hemingway's love of baseball also comes through in tangential passages.

As he rows out he beautifully writes how the "*sun rose thinly from the sea*" and the water "*was a dark blue now, so dark that it was almost purple*". He looks down into the "*great deep prisms in the blue water*".

He also interjects the text with philosophizing. He says "*I would rather be exact. Then when luck comes you are ready*". He describes how a turtle's heart will beat for hours after the turtle has been cut up with the old man stating that "*I have such a heart too and my feet and hands are like theirs*". Life can be cruel, people can kill, but the heart, the memories, will not be taken.

The old man reflects "*I could just drift*": drift across the sea, limitless, timeless, and boundless. In blissful, drowsy contentment, the boat is pulled by the fish and "*moved into the tunnel of clouds*". The fisherman is being pulled uncontrollably and with an element of foreboding. There are also hints of Hemingway's mental state where you are not sure if these are the old man's thoughts or Hemingway's. The old man ponders "*No one should be alone in their old age*". When he catches the fish, he reflects "*is he just as desperate as I am?*". A poor fisherman desperate for a catch to have purpose, satisfaction and success, or a writer trying to have success?

You also have Hemingway's love for the sea "*no man was ever alone on the sea*". There is also a repetitive theme of the old man dreaming of lions on a beach in Africa. It's a vivid impression, and perhaps Hemingway dreamed of this as well. After the book Hemingway departed on a rather disastrous trip to Africa perhaps to find those lions on the beach.



For me the book could have finished half way through. From the middle of the book to the end there is an endless struggle to bring the fish back to shore and the 'thrill of the kill' not something we relate to in this day and age. However, the idea that a valiant fight deserves respect is something we inject into our films: the good guy can't win without a close fight. There also develops a dialogue where the old man talks to himself and later makes hypothetical regrets, which can be rambling.

He also says when aiming his harpoon "*I mustn't try for the head. I must get the heart.*". I think Hemingway saw that people are also more easily captured by arguments of the heart than intellectual gambits. Hemingway describes how the fish was when it died "*The fish was silvery and still and floated with the waves.*". This feels like Hemingway's philosophy of death in practice: that the body moves to the normal rules of physics.

He also says of the old man "*when he was feeling so badly toward the end, he had thought perhaps it was a dream.*". Perhaps these are Hemingway's thoughts on how sadness and depression can make life seem like a dream. That dreams blur reality. Two things keep the old man going: fishing and the love of the boy. This can be seen as Heming-

way's belief that work and people who care about you are what keep you going. But the old man also gives up hope and appears a very fragile character, quick to become depressed. Hemingway considers luck as something out of his hands that decides his fate and happiness. And relying on luck a recipe for disaster. As he sees the lights of the town the old man reflects "*I hope I do not have to fight again*". A wish that is setting himself up for failure and sadness.

The old man catches the fish, but it is eaten by sharks on the way back and as he nears the shore, the bones float to the sandy bottom. Back in his shack, the old man collapses to sleep in exhaustion, while the boy cries at his failure. Does Hemingway hope that if he fails (or dies) someone will cry for him? The old man also asks if they searched for him wanting to know if people really cared (which they had done).

So what's the moral of the story? Perhaps Hemingway sees being an author as similar to the story of *The Old Man and the Sea* - long waits, then the fish is caught (the book is written) but then it can end in failure (the carcass of the book drift to the bottom of the sea). Or perhaps life? A struggle, with brief successes. Or himself, as an old man who's been through a lot, resigned to his fate. //

# UEFA's Development Goals

## THE SOCIAL BENEFITS OF FOOTBALL



TEXT: JUAN CRUZ CARLSON, GEORGE WASHINGTON UNIVERSITY  
(SOPHOMORE IN ECONOMICS AND INTERNATIONAL AFFAIRS)  
PHOTO: ISTOCK

**The Union of European Football Associations (UEFA) is famous for hosting world football's most prestigious club competitions, most notably - the Champions League. But UEFA is not just about promoting sport but also social change.**

UEFA comprises 55 football associations, which, in the 2023/2024 season, accounted for 221 million in-person spectators.<sup>1</sup> Perhaps unexpectedly for many of these fans, UEFA uses football as a tool to promote development.

Back in 2021, UEFA launched Ambition 2030, a programme aimed at transforming European football. The programme is based on five pillars of growth: Keeping Football for All; Acting Sustainably; Fostering Competitiveness; Providing Leadership & Working Together; and Driving Growth for Reinvestment. Ambition 2030 has a real focus on diversity, and this includes expanding the scope of the beautiful game to persons with disabilities, growing the field of women's football, providing mental health assistance, and engaging in the fight for human rights.

What is interesting here is that - even though UEFA's activities are football-centred - they are in some ways aligned with the United Nations' Sustainable Development Goals (SDGs). For instance, under their pillar Acting Sustainably, UEFA is committed to Race to Zero<sup>2</sup>, a UN-supported global campaign which strives for a Zero carbon world; this meshes with SDG 17, "Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development".<sup>3</sup>

For me, at a personal level, the most fascinating area of UEFA's activities is grassroots development. This is where social ties and community-building are at the forefront. Growing up, I played football at my local club, and I witnessed how the game - and everything around it - strengthens community engagement. From carpooling for practices, to cheering at games, to sourcing equipment, to participating in post-match barbecues, not only the players, but also parents, neighbours, equipment managers, and local shop-owners felt as if they were part of one team.

For some people, this sense of belonging can be hard to come by. This included me, at nine years old, who had just moved continents (from Santiago de Chile to Geneva); I did not know the culture, and I did not speak French. But I loved playing football.

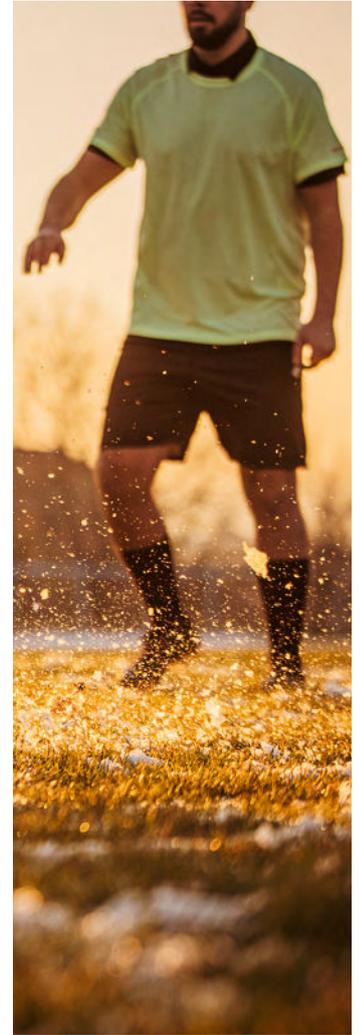
My passion for the game was shared by my new teammates, and it helped elevate me from isolation to inclusion. Equally important to me was football's grounding in equality and respect (based on UEFA's principles). You play as a team, represent the same badge, and you play your heart out - and it does not matter what your accent or socio-economic background or skin colour is.

For anyone involved in football, you experience the community-building. But can you actually measure it? Well, that is exactly what UEFA is doing.

UEFA uses the Social Return on Investment model (SROI). This is a tool that economically quantifies the positive social impacts produced by the European footballing system. (Even though UEFA uses it in Europe, because the approach is data-driven, it can be applied to any context.) SROI is informed by statistics that focus on the likelihood of an outcome occurring with football players and non-football players. The model covers issues, such as education attainment, crime prevention, and health.

As Matthew Campelli writes, "Where we know the monetary cost of the negative outcome, the monetary cost savings of that individual avoiding the negative outcome (i.e. doesn't turn to crime, become obese, or fall out of education) can be calculated."<sup>4</sup>

Let's take the example of health. We know that, by regularly playing football, the likelihood of developing certain cardiovascular diseases decreases. Using the SROI model, statisticians take the specific probability of this decrease; then they calculate the cost if those healthy football players had been affected by cardiovascular diseases and *had been treated* through local healthcare systems. So, they can actually put a price tag on the physical benefits of football. Furthermore, as playing football also improves mental health, the model can calculate these benefits, too.



Thus, involving people in football can be seen as an investment in public health. It can also be seen as an investment in education and safety, because playing football also has a positive relationship with staying in school and lowering criminality.

But to maximize the benefits of football's social spinoffs, government investment is needed. Historically, football associations in Europe have struggled for funding, at the continental, national and private level. Fundraising can be even more challenging in the current context, when economies are suffering worldwide.

Nevertheless, UEFA's cost-benefit analysis is helping to make the case that football is a driver for inclusion and change - and this is attracting investment. For example, in Poland, in 2019, it was calculated that football produced a positive social impact of 2.2 billion złoty. Thanks to these data, the Polish Football Association secured 35 million złoty in funding for a youth programme that helped increase the quality of football programmes nation-wide. Its goal was to include one million participants (which was expected to generate 4.5 billion złoty in social impact).<sup>5</sup>

The hope is that other football clubs in Europe, and around the world, also start harnessing the power of the SROI model.

Through its "pillars of growth" framework, UEFA is doing its part to reduce inequalities. Beyond the intangible passion for the game - the cheering of the crowd, the elation when your team scores, and the feeling of belonging to your club - we can calculate the concrete social benefits of football through a quantifiable model. So, thanks to UEFA, we can make the case that good sport contributes to the Good Society. //

- 1 UEFA, *European Club Talent and Competition Landscape 2024 (editorial PDF)*, 7.
- 2 UEFA *Commits to Ambitious Climate Targets and Joins Race to Zero Campaign*, UEFA.com, January 27, 2022.
- 3 United Nations, *SDG Goal 17: Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development*, UN SDG Knowledge Platform.
- 4 Matthew Campelli, "Quantifying the economic and social impact of football," *The Sustainability Report*, January 28, 2021.
- 5 *The Polish Football Association Has Been Certifying Grassroots Clubs in Its Country for a Year Now*, PZPN.pl, June 4, 2020.

Development in football: the beautiful game is also a tool for social investment.

# Why Empires Fail

A TIMELY REVIEW OF A BOOK BY PETER HEATHER & JOHN RAPLEY

TEXT PHILLIPPA BIGGS, ITU

**This intriguing book sought to compare the decline of the modern Western “Empire” (understood broadly to mean Western civilization and its social and economic governance) with the fall of the ancient Roman Empire shortly after 400 A.D.**

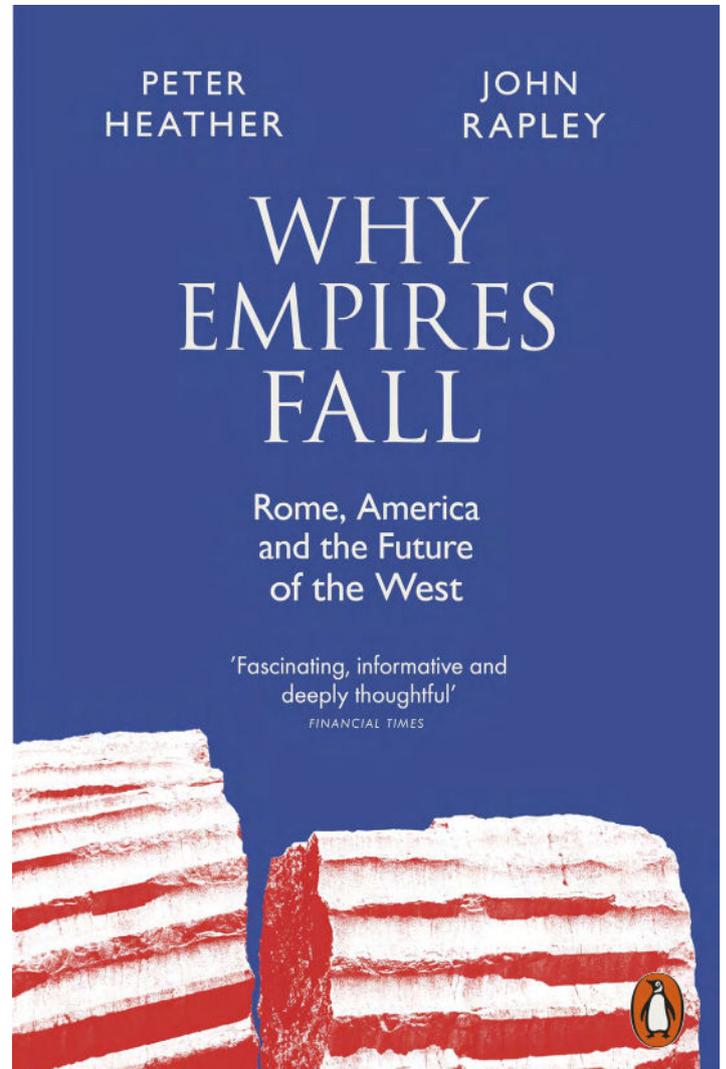
The compare-and-contrast method adopted by the authors is not entirely convincing, as the two ‘Empires’ are over one thousand years apart, leaving parallels somewhat loose at best. The book’s central premise that “*Rome’s decline provides important lessons for the West’s present situation*” is thus a little overstretched. Nevertheless, the book’s historical and economic insights are fascinating.

Firstly, the title. Empires generally only “fail” overtly, following a spectacular military defeat(s). Many Empires tend to give way economically, culturally or ideologically to succeeding civilizations built on the foundations of the previous ones. In this way, Ancient Greece influenced the Roman Empire significantly in its elections, religion and laws, while Roman civilization survived on for nearly another thousand years in the eastern Byzantine Empire. The Roman Empire continues to exert influence over us to this day, in our architecture, electoral, legal and judicial systems, especially in Europe and the United States.

## THE BOOK CITES SEVERAL MAIN CAUSES OF DECLINE IN IMPERIAL SYSTEMS

- An exogenous shock (the mass migration of the Huns and Goths for Rome, versus COVID-19 for the modern West).
- The erosion of ruling elites, internal divisions and growing internal political stress.
- A restless and assertive inner periphery;
- “*Peer superpower competition*” or the rise of an external adversary (the Sasanian Persian Empire, in the case of Rome; China’s economic rise in the case of the modern West).

There is an obvious logic to this interpretation of internal factors, external factors and a zone in-between (what the authors call “*the periphery*”). However, challenges arise in identifying the relevant factors for any Empire’s decline.



For Ancient Rome, historians have to rely on a tiny subset of surviving archaeological and documentary evidence (we know that only a tiny proportion of books by ancient Greek and Roman authors have survived and come down to us, often through a large dose of good luck). This leads to biased interpretations on the basis of scant archaeological evidence e.g. Peter Heather makes some general projections about the wealth of the late Roman Empire, based on the survival of a relatively isolated group of prosperous peasant farmers in northern Syria (pages 14-17).

A thought-provoking exploration of the rise and fall of empires - ancient and modern - and the lessons they hold for our uncertain future.



WHERE  
**COMPANIES**  
BECOME  
**BRANDS**



It is exceedingly difficult to interpret the present situation of the West – indeed the world – because we are caught up in it. Where is the global economy headed? To what extent might tariffs impact trade? How will the growing indebtedness of Western countries undermine their power and influence? We currently have only tentative answers to these questions at best, and the full repercussions of today's decisions may take years or even decades more to play out.

The book also glosses over the very different nature of Empires. Today's perception of the Roman Empire as one based on military might ignores the lives of ordinary people trying to survive, grow food, work, raise and feed children, despite Roman armies on the march and all their military victories and defeats.

Peter Heather makes some fascinating observations about Rome's agrarian economy as a steady-state "zero sum-game", in which "for political winners to emerge, there also had to be political losers" (page 81). The economy was essentially limited by the speed with which messengers could travel on horseback and goods could travel by cart, or around 25 miles a day (page 71). He explains the Roman production of olive oil and wine from southern Europe's light soils dominated as these soils could be easily exploited in antiquity without machinery, whereas more effective exploitation of Northern Europe's richer but heavier soils and marine resources had to await the invention of machinery (page 83).

John Rapley picks up the baton to describe the rise of colonialism for European maritime countries with navies leading to the development of the global economic system dominated by the West. He describes the birth of modern international institutions such as the GATT (General Agreement on Trade and Tariffs), International Monetary Fund (IMF), World Bank and UN (pages 70-74). He briefly considers globalization, labour issues and migration, before observing that outright confrontation with a superpower competitor is counterproductive.

Indeed, John Rapley concludes that "the West cannot make itself great again in the old terms. The tectonic plates of economic organization on which [the West's] political structures rested have shifted decisively, and nothing will move them back. Western politicians need to tell their citizens the truth about this, and get on with constructing the new world order which would defend their (and everyone else's) interests more effectively" (page 137). Despite the speed and rapidity with which the authors put forward their arguments, this book was an engaging read, with some useful historical economic insights. It is difficult to discern at present where Western civilization is headed, but this book nevertheless offered some interesting insights into how we got here, and where we might be headed. //

**L'AVANT**  
**SOIRÉE RACLETTE**

**ALIGRO**

Les petites et grandes occasions débutent ici.

**ALIGRO YOUR CASH&CARRY OPEN TO EVERYONE**  
IN 14 CITIES IN SWITZERLAND, INCLUDING GENEVA AND ZURICH



# Second world summit for Social Development

PART 2 OF A 3-PART ESSAY  
4 TO 6 NOVEMBER 2025, DOHA, QATAR



**Part I of this essay introduced the forthcoming Second World Summit for Social Development to be held in Doha, Qatar, from 4 to 6 November, if the world has not blown itself up before that. As many scholars like Professors John Mearsheimer (Chicago) and Jaffrey Sachs (Columbia) have warned, the doomsday clock is ticking, and our politicians have chosen confrontation over diplomacy. In this kind of atmosphere, it is unlikely that the WSSD2 could make any significant progress. The international disorder prevalent today is far worse than it was in 1995 during the first Summit in Copenhagen.**

Worse than that, the permanent members of the Security Council still enjoy institutionalized impunity. Draft Decisions and Resolutions of the Security Council are systematically frustrated by the abuse of the obsolete veto power contained in article 27(3) of the Charter. Judgments and Advisory Opinions of the International Court of Justice are being flouted with impunity. Arrests warrants of the International Criminal Court are not enforced. We are facing not only an implementation gap, but a serious loss of trust in the institutions that were created to uphold our rights.

The UN Charter and civilization itself are under mortal attack by what I would call an open *rebellion* against international law and morals. Provocations, aggressions, escalations, wars culminating in crimes against humanity and genocide as defined in the 1948 Genocide Convention<sup>1</sup> are destroying the fabric of the domestic and international legal order that humanity had wisely woven and interwoven over the centuries. WSSD2 cannot afford to ignore these facts. It must address them and see how good faith – that fundamental general principle of law – is vindicated.

## SUMMIT OF THE FUTURE

In September 2024 Secretary General Antonio Guterres hosted the “Summit of the Future”, which adopted a “Pact for the Future”. More important than that would have been to hold a “Summit of

*the Present*” to solve the enormous challenges pressing on us today. The UN Pact is, alas, a collection of pledges without concrete mechanisms of implementation.

## SIXTEENTH BRICS SUMMIT AND KAZAN DECLARATION

WSSD2 would do well to study the proceedings of the 16th BRICS Summit and the Kazan Declaration of 23 October 2024<sup>2</sup>. It would seem that the BRICS countries have more political will to do something about sustainable development than the United Nations.

The 16th BRICS Summit<sup>3</sup> was hosted by Russia in the city of Kazan on the Volga river from 22 to 24 October and attended by 36 countries<sup>4</sup>. There was hope in the air, a certain optimism that humanity can gradually change the paradigm, marshal the world disorder, move away from bloc-mentality, abandon confrontational politics, phase out dependence on the US-dollar, and craft a coherent policy to enhance trade, social and cultural exchange in tandem with the Purposes and Principles of the UN Charter and in the spirit of the UNESCO Constitution<sup>5</sup>.

The Kazan Declaration gives impulses for multilateralism and international cooperation with a view to achieve social development. Paragraph 6 of the declaration stipulates, *inter alia*, “We note the emergence of new centres of power, policy decision-making and economic growth, which can pave the way for a more equitable, just, democratic and balanced multipolar world order. Multipolarity can expand opportunities for [developing countries] to unlock their constructive potential and enjoy universally beneficial, inclusive and equitable economic globalization and cooperation. Bearing in mind the need to adapt the current architecture of international relations to better reflect the contemporary realities, we reaffirm our commitment to multilateralism and upholding international law, including the Purposes and Principles enshrined in the Charter of the United Nations as its indispensable cornerstone, and the central role of the UN in the international system, in which sovereign

*states cooperate to maintain international peace and security, advance sustainable development, ensure the promotion and protection of democracy, human rights and fundamental freedoms for all as well as cooperation based on solidarity, mutual respect, justice and equality.”*

Paragraph 7 notes “... As a positive step in this direction, we acknowledge the G20 Call to Action on Global Governance Reform launched by Brazil during its G20 presidency. We also acknowledge dialogues and partnerships which strengthen cooperation with the African continent like Summit of the Forum on China-Africa Cooperation, India-Africa Forum Summit, Russia-Africa Summit and Ministerial Conference.”

Paragraph 8 recognizes the 2023 Johannesburg II Declaration and reaffirms “... support for a comprehensive reform of the United Nations, including its Security Council, with a view to making it more democratic, representative, effective and efficient, and to increase the representation of developing countries in the Council’s memberships so that it can adequately respond to prevailing global challenges...”

## SEVENTEENTH BRICS SUMMIT AND RIO DECLARATION<sup>6</sup>

The 17<sup>th</sup> BRICS Summit<sup>7</sup> was held on July 6 and July 7 2025 in Rio de Janeiro, hosted by Brazilian President Luiz Inácio Lula da Silva. The key outcomes of the summit are contained in the *Rio de Janeiro Declaration* of 126 commitments, which members endorsed across six pillars: Promotion of Peace, Security and International Stability, Strengthening Multilateralism and Reforming Global Governance, Deepening International Economic, Trade and Financial Cooperation, Combating Climate Change, and Promoting Sustainable, Fair and Inclusive Development and Partnerships for the Promotion of Human, Social and Cultural Development.

Three other documents reflecting the priorities of the Brazilian presidency were approved: the BRICS Leaders’ Framework Declaration on Cli-

mate Finance, the BRICS Leaders’ Declaration on Global Governance of Artificial Intelligence, and the BRICS Partnership for the Elimination of Socially Determined Diseases.

In his opening remarks President Lula da Silva focused on peace and security and urged all BRICS members to prioritise the budget of their nations towards UN Agenda 2030 and the Sustainable Development Goals and to reduce military expenditures.

Bearing in mind that the Global South is the major contributor to the global economy, it must increase its representation in key global institutions. Institutional reforms are necessary, particularly in the UN Security Council, the IMF, the World Bank and the WTO. Such reforms must reflect the contemporary realities. Economic and technological initiatives are being discussed with an aim to make the Global South more resilient and facilitate smooth intra-BRICS trade. The Summit also made commitments regarding digital economy, sustainable use of AI, and coordinated financing through the New Development Bank to shore up transport, energy and climate-resilient projects.

The WSSD2 would be well advised to take BRICS developments into account so as to maximize social development through Global South coordination.

## UNITED NATIONS DECLARATION ON THE RIGHT TO DEVELOPMENT<sup>8</sup>

The Declaration on the Right to Development was adopted on 4 December 1986 pursuant to General Assembly Resolution 41/128. The Human Rights Council, in its resolution 33/13 of 29 September 2016, established the mandate of the Special Rapporteur on the right to development, who has produced many useful reports. WSSD2 should integrate the recommendations of these reports into its deliberations and conclusions.

Article 1 of the Declaration stipulates: “*The right to development is an inalienable human right by virtue of which every human person and all peo-*

ples are entitled to participate in, contribute to, and enjoy economic, social, cultural and political development, in which all human rights and fundamental freedoms can be fully realized. The human right to development also implies the full realization of the right of peoples to self-determination, which includes, subject to the relevant provisions of both International Covenants on Human Rights, the exercise of their inalienable right to full sovereignty over all their natural wealth and resources.”

Article 2 stipulates: “The human person is the central subject of development and should be the active participant and beneficiary of the right to development.

All human beings have a responsibility for development, individually and collectively, taking into account the need for full respect for their human rights and fundamental freedoms as well as their duties to the community, which alone can ensure the free and complete fulfilment of the human being, and they should therefore promote and protect an appropriate political, social and economic order for development.

States have the right and the duty to formulate appropriate national development policies that aim at the constant improvement of the well-being of the entire population and of all individuals, on the basis of their active, free and meaningful participation in development and in the fair distribution of the benefits resulting therefrom.”

WSSD2 should propose that the Declaration be further elaborated into a treaty that would be legally binding.

## UN DECLARATION ON THE RIGHT TO INTERNATIONAL SOLIDARITY<sup>9</sup>

WSSD2 should endorse the revised Declaration on the Right to International Solidarity of 2018, the Annex of report A/HRC/35/35 of the Independent Expert on human rights and international solidarity, Virginia Dandan. WSSD2 should pro-actively urge the General Assembly to adopt the revised version in the very near future and order its elaboration into a treaty. The Draft Declaration highlights in its preambular paragraphs the importance of sustainable development, in particular the promotion of social justice and social development:

“Inspired by the principle of international solidarity to enable the full realization of human rights through a democratic and equitable international order characterized by cooperation to overcome global challenges and promote sustainable development...”

Operative article 3 stipulates in part: “The general objectives of international solidarity are to create an enabling environment for: 1. Promoting the realization and enjoyment of all human rights and fundamental freedoms; 2. Engendering trust and mutual respect to foster peace and security, promote early response and prevention of conflict, provide humanitarian assistance and engage in peace-building; 3. Preventing and reducing asymmetries and inequities between and within States in realizing sustainable development, with particular attention paid to structural obstacles, such as systemic discrimination, that generate and perpetuate poverty and inequality worldwide and the concerns of the least developed countries and small island developing States...” //

- 1 <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-prevention-and-punishment-crime-genocide>
- 2 <https://www.counterpunch.org/2024/10/31/the-brics-summit-in-kazan-a-manifesto-for-a-rational-world-order/>
- 3 <http://static.kremlin.ru/media/events/files/en/RosOySvLzGaJtmx2wYFv0LN4NSPZploG.pdf>
- 4 <https://www.peoplesworld.org/article/brics-summit-in-kazan-is-evidence-of-the-fast-emerging-multipolar-world/>
- 5 <https://www.unesco.org/en/legal-affairs/constitution>
- 6 <https://brics.br/en/news/brics-summit-signs-historic-commitment-in-rio-for-more-inclusive-and-sustainable-governance>
- 7 <https://diplomacybeyond.com/the-17th-brics-summit-2025/>
- 8 <https://www.ohchr.org/en/instruments-mechanisms/instruments/declaration-right-development>
- 9 <https://www.ohchr.org/sites/default/files/documents/issues/solidarity/reviseddraftdeclarationrightInternationalsolidarity.pdf>



Procure  
Systems

**SPECIALIST IN TREATMENT AND PROTECTION  
OF CARPETS AND FURNITURE**

**TEXTILE FIBERS**  
TREATMENT & PROTECTION

**LEATHER FURNITURE**  
RENOVATION & COLORING



# Call for Applications Appel à candidatures

DEADLINE EXTENDED - DATE LIMITE PROLONGÉE

COMITÉ ÉDITORIAL DU MAGAZINE *NEWSPECIAL*  
NEWSPECIAL MAGAZINE EDITORIAL COMMITTEE



The *newSpecial* magazine builds on over 75 years of history of its predecessor publication – the UN Special magazine. Since 2019, *newSpecial* has continued to be a strong voice for civil servants working at international organizations in Geneva.

This call is for members of the Editorial Committee of the magazine, including:

1. **Eight (8)** contributing members who will cover at least two of the areas of the magazine and contribute to at least 10 articles per year). Magazine areas are:

- International Agencies in Geneva
- International Geneva
- Civil servants and staff issues
- Photo and visual essays
- Leisure and hiking
- Health and well-being
- Art and culture
- WHO and related work

2. **Two (2)** copy editors who will edit the content of 10 issues per year in English and French plus have a command of another UN language to occasionally edit articles in another UN language).

This is voluntary engagement and is open **only** to current staff members of international organizations in Geneva. All members selected will serve for a two-year term starting in November 2025.

Please send a short note (a couple of paragraphs), indicating which position you are interested in and the experience you will bring to the editorial board. Please include a short CV.

Your letter should be addressed to Dr Garry Aslanyan, Editor-in-Chief, *newSpecial* magazine and emailed to [info@newspecial.org](mailto:info@newspecial.org), no later than **30 November 2025**.

*newSpecial* est le magazine qui, en 2019, a hérité des plus de 75 ans d'Histoire de son prédécesseur UN Special. *newSpecial* reste une voix entendue au sein de la communauté internationale à Genève.

Cet appel à candidatures a pour objet de trouver de nouveaux volontaires qui seraient intéressés à rejoindre notre équipe et contribueront :

1. **Huit (8)** membres contributeurs qui couvriront au moins deux des domaines du magazine et contribueront à au moins 10 articles par an). Les thématiques du magazine abordent :

- Agences internationales à Genève
- Genève Internationale
- Fonctionnaires et problème de personnel
- Essais photographiques et visuels
- Loisirs et randonnées
- Santé et bien être
- Art et culture
- Travail de l'OMS et lié

2. **Deux (2)** relecteurs-correcteurs éditeront le contenu de 10 numéros par an, en anglais et en français et maîtriseront une autre langue de l'ONU. Ils pourront, de manière occasionnelle, éditer des articles dans une autre langue de l'ONU.

Ce travail est bénévole et est ouvert **uniquement** aux membres du personnel actuels des organisations internationales à Genève. Les membres sélectionnés exerceront un mandat de deux ans à compter de novembre 2025.

Merci de bien vouloir envoyer une courte note (quelques paragraphes), indiquant le poste qui vous intéresse, l'expérience que vous comptez apporter au comité de rédaction et d'inclure un court CV.

Votre lettre devra être adressée par courrier électronique au Dr Garry Aslanyan, rédacteur en chef du magazine et envoyée au plus tard le **30 novembre 2025** à l'adresse suivante : [info@newspecial.org](mailto:info@newspecial.org).

# hymne

Toute la **force de la nature**  
dans un flacon.



# N°1 Hercule

**RYTHME VOS JOURNÉES**

Des soins par la mycothérapie sous forme liquide.  
Formulation exclusive à base de champignons adaptogènes.  
Produit 100% naturel, élaboré en Suisse.

[HYMNE.CO](https://hymne.co)

# Le col de la Givrine

## COLS ROUTIERS DE SUISSE (20)

TEXTE & PHOTOS  
CARLA EDELENBOS, UN SOCIETY OF WRITERS

**Qui à Genève ne connaît pas le col de la Givrine? Nous sommes tous et toutes passés par ce col à 1228 mètres d'altitude qui relie Nyon aux Rousses, en passant par Saint-Cergue. C'est une destination populaire en été pour des randonnées pédestres ou VTT, et en hiver pour le ski de fond ou des sorties en raquettes.**

Peu d'entre nous se sont rendu compte que ce col a fonctionné au Moyen Âge comme un lien important entre le bassin lémanique et la Bourgogne et ainsi l'Est de la France. Il semble qu'à l'époque la route passant par le col de la Faucille était moins bien aménagée et donc la plupart du trafic passait par le col de la Givrine, aussi appelé col de Saint-Cergue. L'essentiel des marchandises était le bois jurassien ou français destiné à Genève, dont le commerce faisait la richesse de Nyon. Beaucoup d'habitants de Saint-Cergue étaient engagés dans le transport, et le commerce de bois était si répandu qu'au début du 18<sup>e</sup> siècle la région était presque dépourvue d'arbres, qui étaient tous coupés. Difficile à s'imaginer quand on y monte maintenant!

L'existence du village que nous connaissons sous le nom de Saint-Cergue fut mentionné pour la première fois sur une charte datant de 1110, dans laquelle l'évêque Gui de Genève confirmait que l'église paroissiale, ecclesiam Sancti-Cyrici, appartenait à l'abbaye bénédictine de Saint-Oyen de Joux dans le Jura (aujourd'hui St. Claude). Il paraît donc que l'église était dédiée à St. Cyrice et que le nom de Saint-Cergue en est une altération.

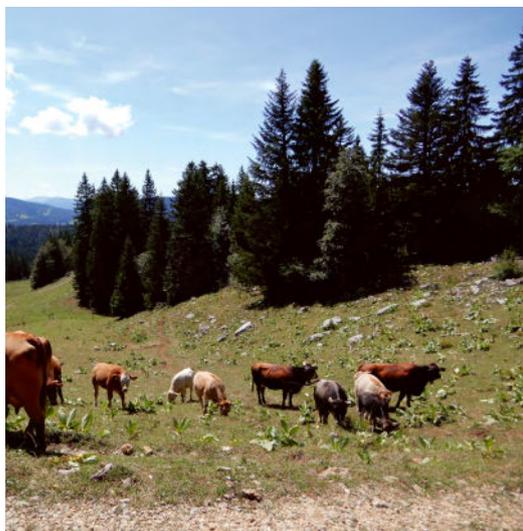
Comme le village et le col étaient très fréquentés, l'abbaye de Saint-Oyen avait intérêt à y exercer sa souveraineté. En 1299, l'abbaye demande à Humbert de Thoire-Villars, un noble dont la lignée était originaire de Bugey et affiliée à l'abbaye, de construire un château pour protéger Saint-Cergue et son col, surtout pour défendre le passage stratégique contre la convoitise de la maison de Savoie, qui possédait une grande partie du canton de Vaud. Ce fut une stratégie réussie, jusqu'à l'année 1412, quand la Savoie prit brièvement possession du château. Mais suite aux négociations, les Savoyards renoncèrent au château quelques mois plus tard. Malheureusement, il fut détruit pendant les guerres de Bourgogne (1474-1477), quand les troupes des confédérés suisses (à l'époque formés par 8 cantons) s'aventurèrent dans les alentours de Saint-Cergue en poursuite des Bourguignons dirigées par Charles le Téméraire, et de leurs alliés, les Savoyards. Les confédérés ne réussirent pas, à ce moment-là, à prendre possession de Saint-Cergue.

Entre janvier et mars 1536, Berne conquiert le pays de Vaud sur les Savoyards. Ensuite les Bernois prétendirent que cela incluait les alentours de Saint-Cergue qui étaient plutôt considérés comme faisant partie de la Franche Comté. L'Espagne, qui possédait à l'époque la Franche Comté, contestait bien sûr cette prétention, ce qui généra de nombreuses années de conflits entre les deux pouvoirs, jusqu'à ce que la région soit attribuée à Berne en 1607.

Petite parenthèse intéressante: dans les années 1550-1570, le col fut fréquenté par des foules de pèlerins après la découverte d'une source supposément miraculeuse, dont l'eau guérissait des maladies de toute sorte et qui attirait des gens de loin, même des protestants de Genève!

Au milieu du 18<sup>e</sup> siècle, la route passant par le col de la Faucille fut rendue carrossable et devint une vraie menace pour le col de la Givrine. En réaction, dans les années 1760 Berne reconstruisit la route du col de la Givrine et la rendit moins raide. Cette route fut de nouveau remplacée par un nouveau tracé entre 1828 et 1852, qu'on utilise toujours. Malgré le fait que la route du col de la Givrine a des avantages, comme une moindre altitude et une pente plus douce, elle est beaucoup plus longue pour rejoindre Genève, à cause du détour par Nyon. Actuellement elle présente essentiellement un attrait touristique et surtout en hiver, la circulation peut y être dense.

Des vaches  
dans les pâturages.





La cabane du Carroz.

Heureusement, une alternative à la voiture existe. Depuis 1916, un chemin de fer relie Nyon à la Cure (et la frontière avec la France) par le col de la Givrine. Entre 1921 et 1958, la ligne ferroviaire continuait même jusqu'à Morez en France. Elle fut abandonnée pour faire place à l'élargissement de la route. Mais au col, le petit train rouge fait toujours le bonheur des touristes et des promeneurs. À côté de la gare de la Givrine, se trouve le restaurant dont le chalet a été créé pour l'exposition Nationale de 1896 à Genève, à la même époque que la Tour Eiffel à Paris mais dans un style très classique. En hiver, on peut y louer des luges, des raquettes à neige et des skis de fond pour profiter des pistes tracées.

Au col se trouve aussi un chalet d'alpage, où en été vous pouvez assister à la fabrication du fromage. L'alpage fait partie d'une cinquantaine d'alpages en Suisse qui produisent du Gruyère d'alpage AOC: une surprise, d'ailleurs, de découvrir qu'une bonne partie du gruyère d'alpage est produit dans le canton de Vaud, plutôt que dans le canton de Fribourg, où se trouve le célèbre village! À la ferme, vous pouvez aussi acheter du beurre, de la raclette et du sérac, produit sur place. Les vaches se trouvent dans les pâturages alentour, jusqu'à la désalpe en septembre. Un autre alpage, celui des Fruitières de Nyon, se trouve plus loin, en direction de la cabane de Rochefort.

La Givrine est le point de départ de beaucoup de randonnées, été comme hiver. En hiver, le chalet d'alpage de la Génolière vous accueille à côté de la piste de ski de fond qui relie la Givrine au col de Marchairuz. La buvette sert des plats classiques, comme la fondue ou la croûte aux champignons.

À une bonne heure de marche depuis la gare se trouve la belle cabane du Carroz, construite en 1928 et gérée par la section genevoise du Club Alpin Suisse. La cabane est ouverte toute l'année les samedis et dimanches et possède 18 places en dortoir. C'est une cabane chaleureuse, on peut y acheter à boire, mais pour le reste on y mange son propre pique-nique, et en hiver on peut acheter un bol de soupe faite maison par les bénévoles qui gardent la cabane. L'endroit est populaire aussi parmi des amateurs de fondue. Si vous montez avec le pain et les ingrédients, vous pouvez y louer pour une somme modeste le caquelon et le réchaud. Avec une belle vue sur le lac Léman et les cimes enneigées ou à l'intérieur, à côté du feu, votre fondue est ainsi la meilleure que vous avez jamais goûtée! //

## SAVOIR +

Suisse Terroir



Buvette de la Génolière



Cabane du Carroz



# Cambodge

## AU FIL DU MÉKONG 2/3

### SAVOIR +

Altaï Travel



**Rares sont les pays aussi authentiques que le Cambodge. Moins visité que ses voisins la Thaïlande ou le Vietnam, il connaît aujourd'hui un véritable épanouissement après le sombre épisode des Khmers rouges. Ce sont ses paysages à la beauté brute, ses rizières mouchetées de palmiers à sucre, les vestiges majestueux de son histoire et l'incroyable gentillesse de ses habitants qui font le sel du pays.**

Fluide depuis la frontière avec le Laos et la ville de Kampong Cham (voir le précédent numéro du *NewSpecial*), la circulation se fait nettement plus dense à l'approche de la capitale cambodgienne et bien vite nous allons retrouver les joies des embouteillages. Située au confluent de la rivière Tonlé Sap et du Mékong, Phnom Penh est devenue capitale du Royaume du Cambodge à l'époque de l'Indochine française. Fondée en 1434, la ville - surnommée la « Perle de l'Asie » dans les années 1920 - s'est lancée depuis une vingtaine d'années dans une course à la modernité, comme pour oublier les années noires du XX<sup>e</sup> siècle qui en avaient fait une coquille vide. Bruyante, en proie à la frénésie de trafic et à l'urbanisme parfois anarchique des capitales du Sud-Est asiatique, la ville grignote peu à peu sur les rizières environnantes. Elle conserve toutefois des quartiers préservés où l'on respire comme un parfum d'Indochine et qui méritent que l'on s'y attarde pour en apprécier toute leur authenticité.

### GUERRE CIVILE ET TERREUR

L'histoire de Phnom Penh sera marquée par une succession d'événements dramatiques dès la fin de la guerre civile cambodgienne qui verra les Khmers rouges victorieux face au gouvernement républicain. Le 17 avril 1975, la capitale sera enclavée, puis assiégée et bombardée. Elle sera le théâtre de l'un des épisodes les plus sombres du passé du Cambodge : dirigés par le tristement célèbre Pol Pot, les Khmers rouges prenaient le pouvoir et perpétraient un sanglant génocide. Expulsés par la force, les résidents durent partir travailler dans des fermes rurales dans des conditions proches de l'esclavage. Phnom Penh fut ainsi vidée de la quasi-totalité de ses 2 millions d'habitants et laissée à l'abandon pendant presque 4 ans. Ce n'est qu'à partir de 1979 que les gens commencèrent à pouvoir retourner en ville après que les Vietnamiens soient intervenus pour chasser les envahisseurs.

Des centaines de milliers de personnes étaient décédées à la suite des privations consécutives à leur déportation, aux exécutions et aux tortures. Les infrastructures de la ville étaient gravement endommagées et la reconstruction ne débuta réellement qu'à partir de 1991, après les accords de Paris, aidée par la stabilité du gouvernement, attirant ainsi des investissements étrangers.

Cette période tragique a laissé des cicatrices profondes dont témoigne aujourd'hui le musée Tuol Sleng. Installé dans une ancienne école transformée par les forces de Pol Pot en prison et en centre de torture nommée « S-21 », c'est désormais un mémorial dédié à ceux qui périrent durant ces événements. Tout opposant au régime, y compris de très jeunes enfants, était enfermé dans ces murs. On estime entre 14000 et 20000 le nombre de personnes ayant été détenues et torturées dans cette prison entre 1975 et 1979, avant d'être exécutées ici même.

### PHNOM PENH, LA CAPITALE

Visite incontournable dans la capitale cambodgienne, le palais royal forme un superbe ensemble d'inspiration traditionnelle khmère avec ses magnifiques bâtiments aux toitures étagées recouvertes de tuiles vernissées, ses pagodes aux toits dorés ponctués de flèches effilées, ses pavillons aux frontons sculptés, ses balcons et colonnes, ses jardins fleuris et ses longues galeries décorées de fresques. Édifié sur les ruines d'une citadelle bâtie par le roi Ang Chan II en 1813, le palais royal de Phnom Penh a été inauguré en 1870 et la cour royale s'y installa de manière permanente l'année suivante. A deux pas de ce qui est aujourd'hui la résidence principale du roi Norodom Sihamoni se niche la pagode de Wat Ounalom. Édifiée en 1443 sur les rives de la rivière Tonlé Sap, c'est l'une des cinq pagodes emblématiques de la ville. Considérée comme le cœur du bouddhisme au Cambodge, c'est un haut lieu de spiritualité et de méditation, et les moines qui y résident jouent un rôle clé dans la préservation et la transmission des enseignements bouddhistes. Autre édifice religieux à découvrir, le majestueux Wat Phnom qui incarne un incontournable symbole historique et spirituel. Dominant la capitale cambodgienne depuis sa colline haute d'une trentaine de mètres, ce temple bouddhiste à l'architecture remarquable offre aux visiteurs un mélange fascinant de légendes, de culture et de sérénité.

Dans la province de Kampong Chhnang, de nombreuses familles vivent de la pêche, de la riziculture, mais également de la poterie.



Plusieurs communautés, principalement vietnamiennes, habitent dans des maisons flottantes construites sur la rivière Tonlé Sap.



Après la fin de la guerre, le Cambodge a dû reconstruire son système éducatif et toute une génération d'enfants a grandi dans l'analphabétisme.

## LE GRENIER À RIZ DU CAMBODGE

Direction plein nord pour rejoindre Battambang, seconde ville du Pays, centre commercial principal des provinces occidentales peuplées d'un panachage d'ethnies thaïes, laotiennes, chinoises et khmères. La route nationale 5 serpente au travers des rizières qui scintillent sous la lumière du soleil. Récoltes terminées, elles ont été mises en eau en vue des prochaines plantations. Les paysages sont de toute beauté dans ces provinces de Pursat et de Kampong Chhnang que nous traversons. Cette dernière vit, en plus de la riziculture pratiquée à grande échelle, de la pêche et des poteries fabriquées dans la campagne (« chhnang » signifie pot de terre). Jarres, vases, brûleurs d'encens, braseros... se trouvent devant presque toutes les maisons aux abords de la montagne Phnom Krang Dei Meas, une région riche en argile rouge. Sur les tours de potier, ce sont généralement des femmes qui s'appliquent à confectionner ces ustensiles destinés aussi bien à l'usage local qu'aux touristes de passage.

Fondée au XI<sup>e</sup> siècle sous l'Empire khmer, la ville de Battambang a depuis toujours été un haut lieu du commerce. Considérée comme le grenier à riz du Cambodge, la province dont elle est la capitale fut pendant plus de 100 ans sous domination siamoise (1795-1907). Le centre-ville a conservé quelques vestiges de l'architecture coloniale et du type art-déco, avec notamment plusieurs belles pagodes.

Notre périple au fil du Mékong a pris fin à Phnom Penh et c'est au long de la rivière Tonlé Sap qu'il reprend. Le régime d'écoulement alternatif de cet affluent du Mékong - long de 112 km - est celui d'un cours d'eau dépourvu de source hydrographique, curiosité très rare dans le monde. De mai à novembre, pendant la saison de la fonte des neiges himalayennes et des pluies de mousson, le Mékong est en crue. La rivière Tonlé Sap devient alors un exutoire de cette élévation des eaux qu'elle déverse dans le lac Tonlé Sap. Durant le reste de l'année, lors de la saison sèche, le sens de son cours s'inverse et provoque l'abaissement de ce lac dont les eaux vont alors retourner au Mékong. Du début à la fin de l'année, le niveau du lac fluctue ainsi de 8 mètres et sa superficie peut être multipliée par 6 pour atteindre jusqu'à 16 000 km<sup>2</sup>. Désignée Réserve de Biosphère par l'UNESCO, cette petite mer intérieure est la plus grande étendue d'eau douce en Asie du Sud-Est. Le lac Tonlé Sap constitue une ressource commerciale importante et plus de 3 millions de personnes habitent sur ses rives dans des maisons sur pilotis, ou dessus, dans des villages flottants.

Suite de l'aventure à vivre dans le prochain numéro du *NewSpecial*. //

# From Emotional Scars to Emotional Intelligence

## MY JOURNEY WITH ADHD

### LEARN +

Sobre  
J. Franklin



**Many adults with Attention Deficit Hyperactivity Disorder (ADHD) carry emotional scars from years of being misunderstood, shamed, or labeled as “lazy” or “difficult”. Over time, these experiences shape one’s self-image and coping mechanisms. And, as you might guess, that was my story.**

### MY STORY COULD BE YOURS

Receiving a diagnosis at 38 brought a complex mix of relief and confusion. Relief, because I finally had a name for the whirlwind of thoughts, forgotten appointments, and emotional highs and lows that I had been experiencing my entire life. Confusion, because even with a label, managing ADHD often feels less like treating a condition and more like navigating a complex inner world.

According to the World Health Organization, ADHD affects around 5% of children and 3% of adults globally. That means I’m far from alone, and if you’re reading this, you might be part of this journey too.

### EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to manage our own feelings and understand the feelings of others. For someone with ADHD, developing this skill isn’t just helpful, it’s essential, because people don’t all process emotional trauma in the same way – and by trauma, I mean a psychological response to deeply distressing or disturbing experiences. ADHD often magnifies these responses, which can manifest as anxiety, shame, fear, anger, irritability, obsession, depression, guilt, and more.

Constant comparisons with others can lead to self-rejection, frustration, and intense mood swings. In my case, shame and guilt were my long-time companions.

It wasn’t until I began to understand the patterns of ADHD (something I didn’t even know existed for much of my life) that I stopped judging myself so harshly. That shift gave me clarity. And more importantly, it brought me to a powerful realization: when you begin to understand how your emotional patterns were formed and start gently unwinding them, you take your first real step toward Emotional Intelligence.

### THE SEARCH FOR HAPPINESS

Let me quote Aristotle: *“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”* That phrase struck a deep chord in me and eventually became my personal mission statement. It led me to an important conclusion: our search for happiness (no matter how subjective) is just as vital as building Emotional Intelligence. It’s not about feeling happy 24/7 (which is impossible!), but about building a healthy relationship with ourselves.

So how does someone with ADHD foster that relationship, when impulsivity, distraction, and emotional flooding are daily realities?

### HERE ARE THREE GUIDING PRINCIPLES THAT HAVE HELPED ME

- **Positive Relationships**  
Studies, including those from the World Health Organization, show that positive relationships have a direct impact on our well-being. They stimulate the brain and may help prevent cognitive decline, including dementia and Alzheimer’s. Positive social connections release oxytocin (the “love hormone”) and lower cortisol (the “stress hormone”). In other words: more love, less stress. Strong relationships protect our emotional health and, by extension, our physical well-being. If we want to live healthier, longer lives, improving our relationships might be the most powerful medicine of all.
- **Body, Mind, and Soul**  
I often refer to these three as my personal Holy Trinity. When in harmony, they unlock our full potential, enhancing creativity, productivity, and resilience. A disturbed mind impacts the soul, which in turn affects the body. While the body responds to exercise and diet, the mind thrives on learning, and the soul is nourished by passion and purpose. We are, after all, what we consume: what we read, watch, and listen to. That is why I emphasize the importance of feeding the spirit with uplifting books, especially those focused on personal growth and spirituality.

- **Gratitude**

Looking to overcome stress or depression? The answer may be surprisingly simple: practice daily gratitude. It can shift your perspective, even when everything seems to be falling apart. Japanese researcher Masaru Emoto became famous for his studies on water and how it reacts to human emotions. He claimed that water molecules could change their structure in response to positive or negative thoughts and words. While some of his findings remain scientifically controversial, imagine if words can influence water, what effect might they have on us: on our blood, cells, neurons, organs, and every part of our being? Speaking words of gratitude, toward ourselves and others, can reshape our self-image and heal emotional wounds. Gratitude fills us up from within.

## NEVER STOP LEARNING

The beauty of our modern world is the sheer accessibility of valuable information, often instant, often free. From medical insights and creativity tools to mindful eating guidance and tips for healthier living, we now have an incredible wealth of knowledge right at our fingertips. I, for example, was very pleased to successfully complete an online degree in Emotional Intelligence and Mindfulness, in 2023, a course I couldn't make in person. Not so long ago, much of this knowledge was difficult to access, locked away in textbooks, research papers, or shared only among specialists. Today, it's available to anyone with curiosity and an internet connection. So why not make the most of it?

## ONE LAST THOUGHT

I often say there is no greater gift than simply understanding yourself. This simple truth can even be the key to overcoming many struggles.

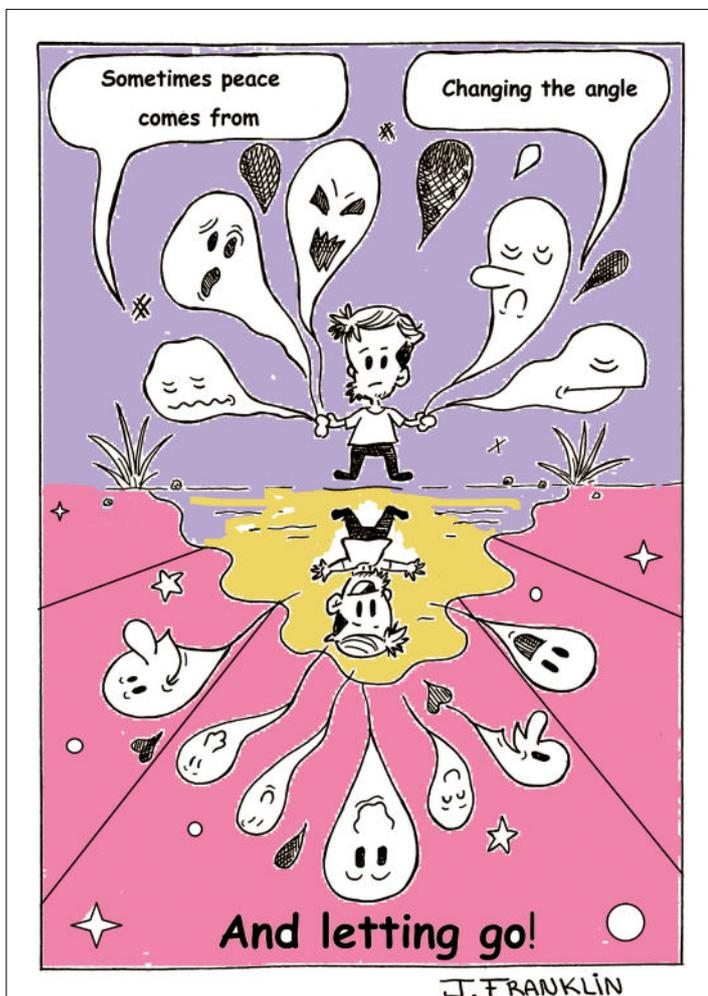
ADHD isn't a flaw to be hidden. It's a different operating system, one that doesn't come with a standard user manual. But that doesn't mean I'm lost. In fact, it means I'm wired for a unique kind of brilliance. The key is self-awareness.

From that awareness comes Emotional Intelligence. From Emotional Intelligence comes healing. And from healing comes the ability to build a life guided by intentional happiness.

Many people, whether or not they have ADHD, struggle to find their rhythm or finally dance to their own beat (that's simply part of being human!). The truth is: every step forward matters.

So, start where you are. Give yourself the grace to learn and unlearn. Surround yourself with people who see your worth, even on the days you don't. Practice gratitude, feed your soul, train your body, keep your mind busy; and remember to always honor your emotions.

Your story, like mine, is still unfolding. And the next chapter might just be the one where everything begins to make sense. //



# Gothic Gardens

## HIGHGATE CEMETERY IN LONDON

**For an encounter with the glories of a bygone age, a contemplative walk through London's Highgate cemetery will bring you alongside the graves of the great, the good, and the infamous, all set within an overgrown parkland of Gothic chaos. It is also a haven for wildlife and a truly unique slice of the city's past.**

In the first fifty years of the 19<sup>th</sup> century, the population of London more than doubled from 1 million to 2.3 million people as the city emerged as a centre of world trade and industry. This placed an enormous strain on the city's services, not least those of burial and the disposal of human remains.

Traditionally the dead were buried within the crypts and churchyards of the city's places of worship, but space in such parish graveyards became critically limited. There were ghoulish stories of bodies buried on top of each other, of the smell of decay threatening public health, and of pollution of the water supply and an explosion of the number of rats as London struggled to deal with the number of dead.

In 1832 the British Parliament stepped in and passed an Act allowing the establishment of private cemeteries in the suburbs of the city, inspired by the success of the Père Lachaise cemetery in Paris.

This act paved the way for private companies to enter the graveyard business and over the next twelve years seven large new cemeteries were opened around the outskirts of the city. Today these are known as the "Magnificent Seven" since, from the outset, the entrepreneurs behind their creation planned them as both places of burial and sumptuous parklands that would draw daytrippers from the industrial capital. They invested in creating spaces that would be attractions in their own right - with ornate chapels, magnificent sepulchre set in manicured gardens, and resting places that could command high burial fees.

The most famous of the seven today is Highgate Cemetery, a short walk uphill from Archway tube station in North London and perhaps best known as the resting place of Karl Marx whose large monument features an enormous bust and is surrounded by the graves of many other communists.

Walking through Highgate is like a roll call of the famous names of the Victorian era onwards. In addition to Marx, there are the graves of politi-

cians, scientists, actors, painters, philosophers, pugilists, circus performers, and writers. Michael Faraday, the family of Charles Dickens, the writer George Eliot and the Rossettis are found here.

The graveyard is still in use however and more recent internments include Douglas Adams (author of *The Hitchhiker's Guide to the Galaxy*), and the actors Bob Hoskins and Ian Holm. The founder of the Cruft dog show, the architect of Buckingham Palace, the grandson of Sigmund Freud, the manager of the Sex Pistols, and the singer George Michael - the cemetery commemorates some 170,000 people buried in 53,000 graves.

The Victorian attitude and tastes around death and mortality led to the creation of some spectacular monuments and features within Highgate. There is an Egyptian Avenue, a covered space echoing the tombs of antiquity and reflecting the passion and interests of the time for the near East. There is the Circle of Lebanon with mausoleums arranged in a sombre ring backed by catacombs. There are tombs bearing sleeping angels, faithful dogs, and even a life size lion. Stone pianos, soaring obelisks and broken columns reflect the tastes and fashions of their time or the lives of the people who rest there.

The success of Highgate led to a second adjoining area added in 1854 as the newer East Cemetery.

Ultimately however the London Cemetery Company that ran the site became bankrupt in 1960 and for a period it was neglected and left unmaintained. The cemetery became completely overgrown and a haven for wildlife (there is a thriving population of foxes) and it was eventually taken on by a charitable organisation (the Friends of Highgate Cemetery Trust) that today charges £10 for a day ticket to help upkeep the space. The overgrown woodland and the chaos of ruined graves, some half sunk, has been preserved however and this more than anything else gives the places its distinctive atmosphere, charm, and appeal.

Walking through Highgate today, whether on a guided tour or self-guiding with the map of famous burials provided, is a unique experience. The sight of once spectacular monuments overgrown with ivy or half hidden in the dense woodland is an appropriate reflection on the beauty and transience of life that the Victorians commemorated here would surely have appreciated. //

# Monaco

## UNE PRINCIPAUTÉ TOURNÉE VERS LA MER 1/2

**A mi-chemin entre la ville de Nice et l'Italie, perché sur un rocher surplombant la Méditerranée, se niche un lieu incontournable et insolite qui s'affirme comme l'un des plus extravagants qu'il puisse exister. Ce tout petit pays qui s'étend sur seulement 2 km<sup>2</sup> - le deuxième plus petit de la planète - mais mondialement connu pour ses paysages sublimes, son climat généreux et son goût pour le luxe, la mode, la culture et le sport, c'est la Principauté de Monaco.**

Accompagné de son épouse Charlène, de leurs enfants Jacques et Gabriella, de ses sœurs Caroline et Stéphanie, de l'ensemble de la famille princière et des Monégasques, Son Altesse Sérénissime le Prince Albert II de Monaco vient de fêter ses 20 ans de règne. Fils du Prince Rainier III décédé en 2005, il est le descendant de la dynastie Grimaldi - originaire de la ville italienne de Gênes, capitale de la région de Ligurie - qui gouverne la Principauté depuis 1297.

Monaco ne s'est pas faite en un jour ! De la préhistoire à nos jours, la Principauté a connu bien des péripéties pour arriver à conserver son indépendance. Car Monaco, qui a perdu une grande partie de son territoire au fil du temps, a toujours fait l'objet de convoitise de la part de ses voisins la France et l'Italie.

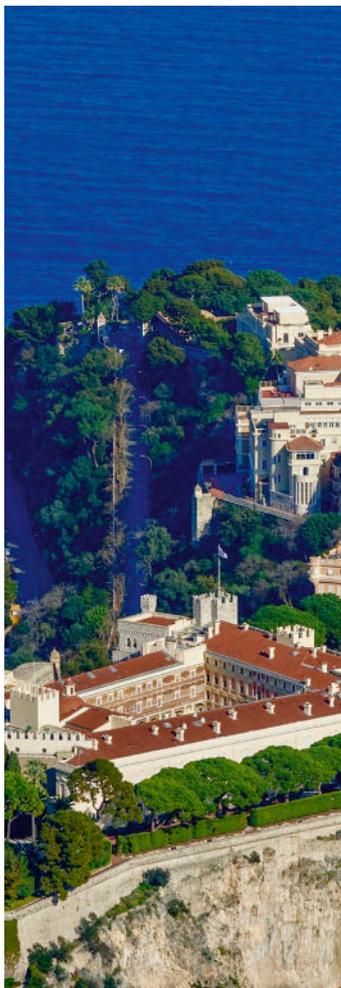
De par sa situation et la protection qu'il apporte, le rocher de Monaco a servi d'abri aux populations primitives à partir de la fin du paléolithique, environ 300 000 ans avant notre ère. Attirées, de nombreuses peuplades s'y sont installées ; Ligures, Phéniciens, Grecs, Romains puis Sarrasins. Des vestiges - ossements, gravures, sculptures, sépultures funéraires - de cette occupation ont notamment été mis au jour dans une caverne des jardins de Saint-Martin situés à Monaco-Ville ainsi que dans la grotte de l'Observatoire, au Jardin Exotique.

Monaco est restée sous domination romaine jusqu'à l'effondrement de l'Empire romain d'Occident en 476. L'endroit a ensuite été occupé et ravagé par les Sarrasins et diverses tribus barbares. Alors que Monaco était pratiquement dépeuplée, les Sarrasins en furent expulsés en 975 et, au XI<sup>e</sup> siècle, la ville est devenue à nouveau la possession des Ligures, les premiers habitants des lieux qui avaient émigrés depuis Gênes.

### MONACO, UN ROCHER CONVOITÉ

Le 10 juin 1215 marque la naissance de la future principauté : ce jour-là, un détachement de Gibelins - faction qui soutenait l'empereur du Saint-Empire romain - dirigé par Fulco del Cassello, entreprit la construction d'une forteresse sur le rocher de Monaco, dans le but d'en faire une position stratégique militaire et de contrôler la région. Sur les bases de cette place forte s'élève aujourd'hui le Palais princier. Soutenu par l'Empereur Henri VI, Fulco del Cassello avait obtenu la souveraineté de l'ensemble des terres entourant le rocher de Monaco et, pour attirer des habitants, il accorda aux nouveaux arrivants de précieux avantages tels que la concession de terres et des exemptions de taxes. A partir de cette date, le rocher devint l'objet d'une lutte acharnée entre les deux parties se disputant le pouvoir dans la République de Gênes, les Gibelins et les Guelfes, fidèles du Pape. En 1269, ces derniers et leurs alliés, les Grimaldi, sont expulsés de Gênes et trouvent refuge en Provence avec toutes leurs forces armées. Conduit par François Grimaldi déguisé en moine franciscain, les Guelfes s'emparent de la forteresse le 8 janvier 1297, date de la première prise de possession de Monaco par les Grimaldi. Ce souvenir en est resté marqué dans leur blason dont les tenants représentent deux moines armés d'une épée. Dès 1301, les Grimaldi perdent le contrôle de Monaco mais trente ans plus tard, à la faveur d'un regain d'influence du parti guelfe, Charles Grimaldi reconquiert le rocher. Beaucoup le considèrent comme le véritable fondateur de la Principauté dont il constitua le domaine en achetant les seigneuries de Menton et de Roquebrune. En 1489, le Roi de France, Charles VIII et le Duc de Savoie reconnaissent la souveraineté de Monaco et en 1512, Louis VI confirme par lettres patentes l'indépendance de Monaco, alliance perpétuelle avec le Roi de France. Mais 13 ans plus tard, suite à un grave désaccord avec les autorités françaises, Augustin Grimaldi - régent de la seigneurie de Monaco - entame avec Charles-Quint des négociations qui aboutissent à placer Monaco sous protectorat espagnol. Ce fut là un acte dont les conséquences pesèrent lourdement pendant plus d'un siècle sur la situation financière du pays. En 1612, Honoré II prend le titre de Prince et Seigneur de Monaco, fonction reconnue par la Cour d'Espagne et qui passa à ses successeurs. Avec ce règne commence la période la plus brillante de l'histoire de la Principauté.

Dans un environnement de gratte-ciels, la plage du Larvotto est l'une des plus attrayantes de la Côte d'Azur.



Le « rocher de Monaco » avec le Palais princier au premier plan, le Musée océanographique au fond ainsi que la cathédrale à droite.



D'une capacité d'amarrage d'environ 700 bateaux de plaisance, le port Hercule est le plus grand de la Principauté qui en compte trois.

Dès qu'il eut pris possession du pouvoir, le jeune souverain orienta sa politique vers l'alliance avec la France et en 1641, après 10 ans de négociations et grâce à l'appui de Richelieu, Honoré II et Louis XIII signent le traité de Péronne. Celui-ci reconnaît le droit souverain de Monaco et accorde au Prince et à ses descendants une égalité de rang avec la plus haute noblesse française. Le Royaume de France assure une amitié protectrice à la Principauté de Monaco.

### LA DYNASTIE GRIMALDI

Les troupes espagnoles sont expulsées de la forteresse, remplacées par une garnison française placée sous l'autorité directe du Prince qui en assume le commandement. Lors de l'invasion de la Provence en 1707 par le Duc de Savoie, la Principauté, malgré sa neutralité, redoute d'être envahie. D'importants travaux de fortification seront exécutés avec notamment la tour dite de l'Oreillon. Mais à l'intérieur même de Monaco, deux partis s'affrontent, l'un partisan du maintien de la souveraineté, l'autre, la Société Populaire, voulant donner au peuple et à ses représentants le gouvernement du pays : c'est cette dernière qui triomphera. Le 15 février 1793, la Convention décida la réunion de la Principauté à la France sous le nom de Fort Hercule. Les richesses du Palais furent dispersées et pendant toute la durée de la Révolution Française, la famille princière connut de terribles instants. La situation changea complètement après l'abdication de Napoléon

le 30 mai 1814. Le premier Traité de Paris rend Monaco au Prince et, après la chute définitive de l'empire, le second Traité de Paris plaça la Principauté sous la protection du roi de Sardaigne. Au résultat, la situation pour le pays était beaucoup moins avantageuse : état des finances des plus précaires, ressources très diminuées, accumulation de dettes. En 1848, la situation s'aggrava encore lorsque Menton et Roquebrune se proclamèrent villes libres et indépendantes, faisant perdre ainsi à Monaco 80% de son territoire. Pour compenser la perte des deux villes, une indemnité de 4 millions sera accordée au Prince Charles III de Monaco, lui assurant la totale indépendance de sa ville sous sa seule autorité, débarrassé de tout lien quelconque avec un État protecteur. Une nouvelle ère commence alors dès 1863 pour la Principauté : pour parer au manque de ressources économiques, la construction d'un casino à destination des touristes venus de France – où les jeux d'argent sont interdits – est lancée. La Société des Bains de Mer voit le jour et des travaux de grande ampleur sont réalisés : Hôtel de Paris, Opéra, Musées océanographique et d'anthropologie préhistorique, Jardin Exotique. La Principauté est devenue tellement attractive qu'en 50 ans, la population est passée de 1000 à 20000 habitants et, de nos jours, 38820 personnes y résident, ce qui fait de Monaco le pays le plus densément peuplé au monde.

La Principauté de Monaco d'aujourd'hui à découvrir dans le prochain numéro du *NewSpecial*. //

# Rénover!

COMME TOUT OBJET, UN BÂTIMENT SE DÉTÉRIORE AVEC LE TEMPS. AU MOMENT VENU, UN DIAGNOSTIC EST NÉCESSAIRE ; LA RÉNOVATION EST UN DES OUTILS DU BILAN DE SANTÉ DE LA CONSTRUCTION.

**Rénover vient des mots latins *renovare* (renouveler) et de *novus* (nouveau). Et c'est bien là tout le paradoxe de la rénovation : faire du neuf avec de l'ancien, envisager le vieux comme socle au nouveau. Réutiliser plutôt que jeter, restaurer plutôt que détruire, penser le bâti comme un moyen de trouver des solutions durables et non comme un problème à supprimer est l'essence même de la rénovation.**

Ce n'est pas un fait nouveau. Dès le XIX<sup>e</sup> siècle, le développement du Romantisme, l'attrait pour l'ancien et la naissance de l'archéologie notamment en Angleterre posent toutes les questions liées à la rénovation. L'attrait pour la ruine grandit en Europe. On se rend dès lors compte qu'il existe un passé construit avant soi et qu'il est de bon ton de porter un regard dessus.

Dans ses *Sept Lampes de l'Architecture* paru en 1849, John Ruskin propose de rénover non pas le bâtiment mais l'architecture en lui inculquant une série de règles strictes. Il prône alors le refus de toucher au bâti, concevant ce dernier avec une vie propre et donc une mort à accepter en tant que telle. Son contemporain, l'architecte français Viollet-le-Duc a une vision opposée. Il est alors en charge de la restauration d'édifices médiévaux dans toute la France mais aussi par exemple la cathédrale de Lausanne. Pour lui, l'intervention se justifie totalement et n'est que dans la lignée de la vie du bâtiment.

La rénovation est donc un effet de mode ancré fortement dans son époque. C'est plus récemment devenu un besoin en milieu urbain, car l'étalement ne peut indéfiniment se poursuivre.

Rénover peut permettre une réduction de la consommation d'énergie qui dans le bâtiment représente aujourd'hui encore la moitié de la consommation globale en Suisse.

Emballer la construction, l'isoler par l'extérieur sur toutes ses faces règle les pertes thermiques. Mais jusqu'à quel point est-ce possible et jusqu'à quel point l'intervention peut-elle impacter l'aspect d'origine ? La vraie question est de savoir s'il faut garder cet aspect, soit pour traiter l'isolation par l'intérieur soit accepter de gonfler le gabarit

du bâtiment si cela est permis d'un point de vue légal. On n'envisagerait pas d'emblée d'isoler une église ni par l'extérieur ni par l'intérieur simplement déjà parce que le bâtiment n'est peut-être pas ou peu chauffé et pas habité. Dans tous les cas, comment traiter les embrasures de vitraux, les modénatures etc. ? La notion d'économie d'énergie passe peut-être de manière plus optimale par l'utilisation raisonnée du chauffage que des produits isolants ultra-performants mais également ultra-énergivores lors de leur fabrication. Dans le cas d'une église, un nouveau crépi par exemple peut sensiblement améliorer la passoire thermique des murs, sans oublier qu'ils conserveront leur respiration sans être rendus imperméables.

Il y a difficulté à ne pas faire du bâtiment un produit de consommation comme les autres. Qu'est-ce que rénover signifie aujourd'hui pour l'architecte ? Il existe une notion forte de respect du bâtiment, de sa vie propre et de ses usagers. L'architecte se retrouve devant le construit d'un autre, ou bien d'un autre temps ou bien les deux. Les constructions sont érigées pour des centaines d'années. La question de l'humilité est importante, sans devoir tomber dans l'extrême inverse qui voudrait que l'on conserve les traces de tout. Faut-il conserver la trace d'un passé dévastateur ? Séisme, incendie, destruction, guerre, lieu d'activités illicites... Un bel exemple à voir est le quartier du Chiado à Lisbonne, rénové par l'architecte Alvaro Siza à la suite d'un incendie en 1988. Il redonne son rôle à l'espace public et à ses façades partiellement détruites.

Rénover de manière fine et subtile peut vouloir dire accepter une part de mystère et de dégradation naturelle car devoir tout dévoiler et tout rénover n'est probablement pas possible et probablement pas souhaitable.

On pourrait dès lors envisager de travailler le bâtiment existant à la manière d'un dessin : la gomme de la rénovation peut atténuer une trace sans la supprimer complètement. Par conséquent, on peut en jouer : effacer certaines parties pour mettre en valeur celles qui restent et même aller jusqu'à en proposer une nouvelle lecture. Ou bien gommer dans l'idée que l'on va masquer ce qui a été écrit auparavant pour proposer une nouvelle histoire par-dessus.

D'un autre point de vue, rénover signifie se servir d'un élément pour en faire quelque chose d'autre. Le travail ne démarre pas devant une page blanche et cela oblige à faire des choix sous contraintes, d'où une méthode de travail enrichie. En fonction d'une série de critères, on pourrait penser une grille avec des degrés d'intervention, par exemple:

- **Degré 1:** rénovation sporadique synonyme de maintien du bâti avec simple entretien / réparation.
- **Degré 2:** rénovation légère synonyme d'amélioration du confort (visuel, thermique, sonore, écologique).
- **Degré 3:** rénovation importante synonyme de changement d'affectation avec possible démolition partielle.
- **Degré 4:** rénovation complète de tous les aspects du bâtiment et modifiant ce dernier de manière structurelle (assistance et/ou modification du système porteur actuel).
- **Degré 5:** rénovation impossible car trop risquée ou trop coûteuse, amener le débat vers une solution de démolition / reconstruction.

## RÉNOVER ET/OU RECYCLER ?

Utiliser les matières locales pour construire oui, mais autant entrevoir la possibilité de les employer même de manière détournée : bottes de paille, laines de chanvre, de mouton etc.

Plusieurs associations ont à cœur de donner à voir ce qui peut être remis en état et en fonction : la communauté d'Emmaüs permet une (ré)insertion par la remise en état et revente d'objets de seconde main, faisant appel à un savoir-faire et redonnant un rôle concret aux personnes en difficulté, ou encore l'association Matériuum en Suisse Romande qui réinjecte des éléments provenant des chantiers.

Pourquoi ne pas envisager la mise en place systématique d'une telle boucle pour tous les chantiers de rénovation où la quantité de matériaux jetés est gigantesque ? Il s'agirait de faire revivre des objets ou des restes d'objets pour les montrer en tant que tels : les ballots de papier compressé des usines sont si denses qu'ils ne peuvent pas prendre feu, tout comme les bottes de paille ou encore la terre crue.

Ce ne sont ni les idées qui manquent ni les acteurs mais peut-être le fait d'oser passer le palier suivant qui serait d'inclure ces initiatives dans un cadre légal et obligatoire. Oser faire les choses même à une échelle privée, accepter enfin que le cycle de l'objet neuf quel qu'il soit est saturé tant dans la construction que dans la consommation. Les notions de réversibilité et de recyclage sont à promouvoir grâce à la rénovation.

Rénover, c'est faire un choix. C'est donc précisément le rôle de l'architecte. //



Chapelle Saint Jacques et Saint Antoine Ermite, XV<sup>e</sup> siècle, forêt de Marlioz, Haute-Savoie, France, restaurée en 2012.

# Protecting the sources of life

HOW WE MAY MAKE IT OUR COLLECTIVE RESPONSIBILITY TO PROTECT THE SOURCES OF LIFE, BY CONNECTING WITH THE SPIRIT OF EVERY FLOWER, TREE, RIVER, LAKE, MOUNTAIN, CLOUD, AND STONE.

**In 2002, I moved to an isolated house on the plateau du Retord. Living in isolation for the long winter months gave me the opportunity to contemplate. Frozen trees, wind, and snow became my closest friends. I learned to listen.**

During this period, I discovered that I belonged to a long tradition of mad poets who spoke the language of birds and trees...

Humanity has always nurtured a breed of wild women and men who live on the fringes of society, enchanters, who are maintaining the connection between the Wild and the Civilised.

I started seeking out places that are propitious for the creation of a powerful connection with a living entity, such as a river. A close friend suggested I pay a visit to the glacier, at the source of the Rhône, right under the "Col de la Furka" in Switzerland.

The first of several visits to the source of the Rhône included my son. We drove from Geneva, along Lake Lehman, and up the windy mountain road leading to the "Col de la Furka". Upon arrival, we discovered that in order to gain access to the glacier, we needed to go through a gift shop and purchase tickets. We paid, passed the turnstile, and marched to the glacier along a slippery and rocky path.

After a short walk, we discovered an entrance that had been carved to allow visitors to step deep inside the glacier. The sensation is eerie and the pale blue light affects the spirit in a soothing manner. Then we trekked to the place where a pool formed by the melting glacier gives birth to the Rhône. This short hike is a lot more soliciting, no path, slippery slopes along large slabs of stone...

Here the setting is majestic and the power of the elemental forces of nature overwhelmed my soul. The little pool gives birth to a short, rambunctious stream, which immediately jumps off the side of the mountain turning into a powerful waterfall. This cascade is about 30 meters high, but when you are standing there looking right over the edge, it feels a lot higher. The air is fresh and

vivifying, charged with raw energy. The view of the surrounding mountains levitates the Spirit. Time is suspended...

We decided to prolong our visit and stay at the hotel Belvédère, located in hair pin turn at an altitude of 2429 meters on the road leading to the "Col de la Furka". The hôtel has a "charme désuet" and the food is very rich.

Collecting impressions: the charming young lady serving the dinner, dressed in a style from another time, mattresses set upon steel nets, the scruffy hand towels, the creaky floors, the smells... Once at home, these impressions took effect upon my psyche. I wrote a long poem, to be uttered as an incantation meant to purify the soul.

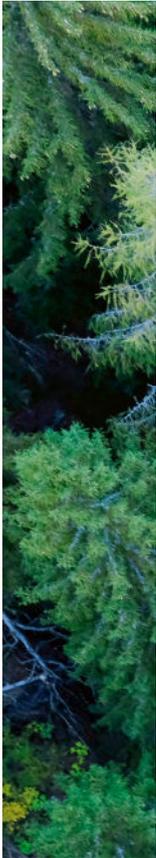
We need to protect the sources of life but we do the opposite, out of indifference. How shall we break the barrier of indifference. I strive to find a satisfying answer.

This poem triggered a series of "geopoetic" visits to the source of the Rhône spanning over a decade.

Two of these adventures stand out in my mind. The first one involved a group of students visiting from the Netherlands. These young people studied media arts: video, sound... My goal was to experiment the "power of the word" with these very urban types. We had three opportunities to practice what I was preaching: our need to communicate with the elemental forces of nature.

First we travelled to the source of the Rhône and stood at the cascade reciting the poem I had translated into English. It was freezing there, the wind was blowing. Many had not heeded my instructions and wore the wrong shoes, had no gloves... Nevertheless we stood our ground, courageously ignored the rattling of our teeth and held our ceremony...

Our second group experience took place at the "Plage de Chambésy", located in the middle of "Lac Léhman". The Rhône and the lake do not mingle their waters. The Rhône continues to travel in the form of a powerful gyre, distinct from the lake. I instructed the group to use their imagination



Pont suspendu au-dessus  
du Rhône Lac.

to make contact with the Rhône within the lake, while we performed our incantation. Our third ritual took place at a place called “*La Jonction*”, in Geneva. This spot is the confluence of the Rhône with the smaller Arve river. We stood on an elevated spot, observing how the Blue Rhône and the Brown Arve blend. Again, we performed our incantation this time with the support of drummers.

When all was done, we had a moment to exchange impressions on what we had experienced. Much to my surprise, most of the young people had been deeply moved and expressed themselves in a very emotional manner. During the process itself, there had been many forms of reluctance, resistance, complaints, mishaps...

At a later time in my life, after I had moved from the Retord to Berlin, I returned with an artist friend to experience the majestic presence of the Rhône once more. Collective indifference to the destruction of the sources of life was very much on our mind.

Nadine, my visual artist friend, made a suggestion. She had been reading scientific articles about the Blues that people feel when contemplating the destruction of the sources of life, a Blues that is almost completely suppressed.

Nadine suggested I write the “*Earth Blues*”. We travelled back to the source of the Rhône from Geneva, gathering impressions, photos, and videos along the way.

Once again, we visited the glacier “*who*” had now receded dramatically. Tarps had been placed over the entrance to protect the melting glacier. We carefully found our way down to the pool and the cascade. My heart sank; the pool had become a small lake. The small torrent and the cascade roared more powerfully. I stood right at the outlet of the pool, and travelled mentally the length of the Rhône, first cascade, then growing torrent, river traversing the lake, past the confluence with the Saône in Lyon, and all the way to the embouchure, while singing the Blues of the river. I poured my presence into the river, merging with her; the acuity of the experience stunned me. Nadine filmed the moment and captured various aspects of the river. She later made a video with the “*Earth Blues as the soundtrack*”.

Very recently, we were recollecting our impressions of this experience, reminiscing ... Nadine made a comment that struck a sensitive chord: “*sometimes I look at documents showing how fast the glaciers are receding. But I never look at the pictures of the Rhône glacier. This is now my glacier: I am afraid to experience the 'inévitabile' heartbreak...*”

Regarding the matter of our indifference in the face of the destruction of the sources of life: we must make this a personal matter. Find a river and make it our river, choose a forest and make it our forest, choose an ocean and make it our ocean, choose a planet and make it our planet... //

# Poems from WHO Poetry Garden



## WHERE DO WE GO FROM HERE

As we face some of the most challenging times currently, we are confronted with inevitable and difficult decisions. Navigating these changes is anything but easy and the paths we choose may profoundly alter our lives, as well as the lives of those who depend on us. In the midst of this stormy weather - hovering like a black cloud above our heads, it is my hope that this reflective poem will bring some diversion to the mind - even if only a little. Till the weather comes around...

In a long narrow river,  
I see a small boat carrying two people;  
they move with the drift, calm and steady.  
The river led them to the open channel.

Where will they go from here?

Two best friends walked on a muddy jungle trail;  
they headed uphill in the dense forest.  
Along the way the birds joined in.

Where will they go from here?

As I pen down my thoughts,  
I wonder what my future would be like.  
Should I hold on to the familiar or kickstart  
a journey out of my element?

Where will I go from here?

I do know that choices are aplenty.  
If I took the muddy path uphill in the forest,  
the view on top would steal my breath away  
but not without getting dirt on my shoes.

If I went to the open channel,  
the endless sea would take me to foreign lands  
but not without getting hit by the harsh  
storms and scorching sun.

If I stayed on,  
I would be cozy in my familiar world,  
my haven - but will I miss out on what  
I could have been?

Where will you go from here?

## OUR SOULS IN THE STORM

Even though storms are considered severe attacks on nature, they also serve as effective cleaners for anything that doesn't have the strength to survive. This poem is a tribute to those who are experiencing significant changes and challenges in life, and to motivate them to remain strong, calm, and determined towards their goals in life. The rainbow, with hope and new opportunities, may be just around the corner. So, keep watching the sky and never give up on your ambitions and dreams.

Our souls  
gathered in the storm  
of misunderstandings  
in the middle of the crowd  
of colorful speeches, singing and dancing  
with no desire  
for listening, thinking and understanding,  
those willing to share thoughts and feelings.

But nobody knows  
how magnificent rainbows  
dance on the sky  
after the rain  
on the wings of the wind  
whispering the poem  
that no one will ever sing  
but our hearts will recognize  
the voice of the surviving three  
blooming in front of you and me  
reminding us to remain  
calm, open-hearted and friendly  
when someone is sharing the poem  
sincerely and gladly.

Our souls  
gathered in the storm,  
with a regard of doe lost in the city,  
singing and smiling,  
for a new opportunity striving,  
wiser than ever before,  
our souls raised together  
in the storm.

## YOU BETTER FLY, BUTTERFLY

This poem is talking about change that we may be destined for. When embarking on a newer road - it's good to think that it may be leading to more grace, better dignity and ample exuberance. Maybe this change will remain a cornerstone for a better life!

The initial pupa opens into a crawl  
 The crawl defines an ugly being winding  
     through the under leaves  
     Or the barks of long pines  
 Or even better - weaving through  
     the nettles and bush  
 Of roses or the purple bougainvillea  
 Who cares if it is a fluorescent green or brown?  
 Coated with small fur or millions of spiny dots  
 If it doesn't even dare to meet our gazes:  
 When we wonder what lovely moments  
     will be unfolding  
 Little we know about the wonders  
     of a colorful existence  
 Or the embarkment of the flight  
     that will soon ensue  
 Hovering a little from the brown  
     spiny feathery creature  
 Slowly moving towards the vibrant flight  
     Into the dazzling moments  
     Of a great journey  
 Moving with speed and uncaring  
     love for freedom  
 Into the skies and the flowers yet to bloom  
     Alighting on the mistletoes or  
     The Musandas  
 Or that bougainvillea once more  
 But now with a different passion  
     A different color  
     A different perspective  
 A different trajectory altogether  
 For it is not crawling any more  
     It flies and keeps on flying  
     Attracting the colors and odors  
 Floating around the scented breeze  
     Affecting our dreams  
     Of sunlight  
     Of success  
     Of hope  
 Of an effervescent existence  
 Of a slow emancipative joy

That crawling helps moving forward  
 Towards the brighter moments  
 Moments of rejuvenation and  
     Eager lightheartedness  
 The Wings and the flights  
     Spreading Hope  
     Spanning Ambitions  
     Spewing success  
     Overcoming odds and  
 That ever-overpowering sense of anxiety  
     and spiraling depressive darkness  
  
 So let us crawl for the moment  
 because this is certainly changing  
     the future flights into  
 The success and gleaming streak  
     of a powerful existence  
 When all these days will be counted  
     as blessings in disguise  
     Shaping us  
 Steering our moments of crumpled  
 spirit into an everlasting era of peace  
     and success!





## HONOURING OUR COLLEAGUES IN TIMES OF CHANGE

As the World Health Organization navigates profound transitions, we take a moment to recognize and honour the remarkable individuals whose longstanding service concludes not by choice, but by circumstance.

These valued colleagues – many of whom have dedicated years, even decades, to the cause of global health – are departing due to recent reduction of fundings.

Their contributions have shaped the lives of countless people across the globe. While they may be stepping away from their roles, their impact will remain embedded in the fabric of our work. This poem is dedicated to them – with respect, gratitude, and deep appreciation.

## IN THE SILENCE OF DEPARTURE

In quiet halls where purpose grew,  
You walked with hope, with mission true.  
Through storm and strain,  
through night and day,  
You held the line, you lit the way.

Years of toil, of minds aligned,  
Of healing hands and hearts combined  
Now echoes fill the work once shared,  
And empty desks say we once cared.

Not for lack of passion burned,  
Nor for lessons bravely learned,  
A stroke of pen, the end declared,  
A page turned fast, though none prepared.

Yet though we part, this truth we trust:  
The seeds you sowed defy the dust.  
Each child saved, each illness fought,  
Each policy your wisdom brought.

They live beyond a budget line,  
We bid farewell not in sorrow, but with pride.  
And though today we say goodbye  
Your legacy is deeply sown  
In every life your work has known.

## SANTÉ MENTALE

Le poème *La Santé Mentale* met en lumière la souffrance silencieuse liée à la santé mentale et souligne l'importance de l'écoute, du soutien et de la parole pour guérir. Il rappelle que demander de l'aide n'est pas une faiblesse, mais un acte de courage et d'espoir.

Dans le silence d'un cœur fatigué,  
Un cri se cache, tout replié.  
Un cri sans mot, un cri sans bruit,  
Qui vit en moi, quand tout s'enfuit.

Mes pensées tournent comme le vent,  
Elles me bousculent, elles me mentent.  
Je cherche la paix, je cherche un port,  
Mais souvent, je me sens si fort.

Puis soudain, je sombre un matin,  
Un poids énorme serre mes mains.  
Je ris dehors, je pleure dedans,  
Invisible douleur, à chaque instant.

Les nuits sont longues, sans lumière,  
Mes rêves s'effacent dans la poussière.  
L'angoisse s'invite sans prévenir,  
Et tout devient dur à tenir.

Je me sens seul, même entouré,  
Comme une ombre, comme oublié.  
Je porte un masque, je fais semblant,  
Mais en moi, tout est différent.

Un mot gentil, un regard doux,  
Peuvent me sauver, même un peu,  
c'est beaucoup.  
Une main tendue, un pas vers moi,  
Et je retrouve un peu de foi.

Car dans ce monde qui va trop vite,  
Où l'on cache ce qui nous habite,  
Il faut oser dire: «*Je vais mal*»,  
Sans honte, sans peur, sans signal.

La santé mentale, c'est précieux,  
Elle se soigne comme les yeux.  
Comme un bras cassé, comme une plaie,  
Un cœur blessé aussi à ses secrets.

Ce n'est pas faiblesse de pleurer,  
C'est force de se relever.  
Ce n'est pas honte que d'avoir mal,  
C'est humain, c'est normal.

Il faut parler, ne pas garder,  
Ce qui nous ronge, ce qui nous fait tomber.  
Car les mots, quand on les partage,  
Ont le pouvoir de briser la cage.

Et dans l'écoute, dans l'amitié,  
Naît un chemin pour avancer.  
Même un simple «*Je suis là pour toi*»  
Peut rallumer la foi.

Alors oui, il y a des jours noirs,  
Mais il y a aussi de l'espoir.  
La vie n'est pas toujours facile,  
Mais l'amour rend tout moins fragile.

À toi qui lis, à toi qui souffres,  
Ta lumière n'est pas dans l'ombre.  
Tu es précieux, tu as ta place,  
Et même la douleur passe.

N'abandonne pas, prends ton temps,  
Marche doucement, mais va de l'avant.  
Un pas après l'autre, main dans la main,  
On peut tous se tendre la main.

La santé du cœur, la santé de l'âme,  
Est aussi importante que celle de nos larmes.  
Alors parlons, aimons, écoutons,  
Et tous ensemble, guérissons.

## MENTAL HEALTH

The poem *Mental Health* highlights the silent struggle of mental health and the importance of speaking up, being heard, and receiving support. It reminds us that asking for help is not a weakness, but a courageous and hopeful step toward healing.

In the silence of a weary heart,  
A hidden cry plays its part.  
A cry with no word, a cry with no sound,  
Living within when no one's around.

My thoughts spin like the restless wind,  
They shake me up, deceive my mind.  
I seek some peace, a quiet shore,  
But at times, I still feel strong once.

Then suddenly, I sink one day,  
A heavy weight won't go away.  
I laugh outside, but cry inside,  
Invisible pain I cannot hide.

The nights are long, without a spark,  
My dreams dissolve into the dark.  
Anxiety sneaks in, unannounced,  
And every burden feels pronounced.

I feel alone, though I'm surrounded,  
Like a shadow, lost and grounded.  
I wear a mask, I play the role,  
But inside me, it takes its toll.

A kind word, a gentle glance,  
Can save me more than just by chance.  
An outstretched hand, a step toward me,  
Restores a bit of hope, you see.

For in this world that moves too fast,  
We hide the truths we fear to cast.  
But we must dare to say: "I'm not okay",  
With no more fear, no shame to weigh.

Mental health is worth our care,  
Like vision lost or wounds laid bare.  
Like broken arms or cuts that bleed,  
A wounded heart has silent need.

It's not weakness to shed a tear,  
But strength to rise despite the fear.  
It's no disgrace to feel the pain  
It's human, real, and not in vain.

We must speak up, not keep inside  
What eats away and breaks our stride.  
For words, when shared without disguise,  
Have power strong enough to rise.

And in true listening, in a friend's embrace,  
We find a path, a safer place.  
Even a simple "I'm here for you"  
Can spark belief, can help renew.

Yes, there are days so dark and grim,  
But even then, hope's light won't dim.  
Life isn't always smooth or kind,  
But love can help us realign.

To you who read, to you in pain,  
Your light is not a loss in vain.  
You are worthy, you belong,  
And even sorrow won't last long.

Don't give up - just take your time,  
Move gently forward, climb by climb.  
Step by step, hand in hand,  
Together we can learn to stand.

The health of heart, the health of soul,  
Is just as vital, just as whole.  
So let's speak, love, and truly hear  
And heal together, year by year.

**Rédacteur en chef**  
**Editor-in-Chief**  
 Garry Aslanyan, WHO

**Comité de rédaction**  
**Editorial Committee**  
 Marko Stanovic, UNCTAD  
 Ling Jiang, WHO  
 Yulia Lemenez  
 Ivana Knezevic, WHO  
 Phillippa Biggs, ITU  
 Kevin Crampton, WHO  
 Eric Carlson, ILO  
 Samantha Pegoraro, WHO

**Régie publicitaire**  
**Advertising agency**  
 BuxumLunic SA  
 +41 79 560 48 28  
 v.mani@buxumlunic.ch

**Conception**  
**Design**  
 buxumlunic.ch

**Tirage**  
**Printing**  
 5000 exemplaires/copies

## MESSAGE DU COMITÉ DE RÉDACTION

Aimeriez-vous partager votre opinion avec nous au sujet de newSpecial et de son contenu? Nous serons toujours ravis de lire vos réactions. Les réponses intéressantes, parfois même ingénieuses et constructives seront publiées dans le magazine. Souhaitez-vous soumettre un article, un sujet? Vous pouvez nous contacter quand vous le souhaitez.

Adressez vos commentaires à:  
 Garry Aslanyan - newSpecial  
 OMS, 20 av. Appia  
 CH-1202 Genève  
 Suisse  
 info@newspecial.org

### **Au service du personnel des organisations internationales de Genève depuis 1949.**

Le magazine newSpecial est publié par l'Association du personnel du siège de l'Organisation mondiale de la santé (OMS). Les opinions exprimées dans newSpecial sont celles des auteurs, et non forcément celles de l'ONU, de l'OMS ou de ses agences spécialisées. La parution de ce magazine dépend uniquement du support financier de la publicité prise en charge par une régie.

## MESSAGE FROM THE EDITORIAL COMMITTEE

Would you like to share your opinion about newSpecial and its contents? We will be glad to hear from you. The most interesting, relevant, or even ingenious responses will be published in the magazine. Should you wish to submit an article or a subject, please do not hesitate to contact us at any time.

Send your thoughts to:  
 Garry Aslanyan - newSpecial  
 WHO, 20, av Appia  
 CH-1202 Geneva  
 Switzerland  
 info@newspecial.org

### **Serving the people of international organizations in Geneva since 1949.**

The newSpecial magazine is published by the Headquarters Staff Association of the World Health Organization (WHO). The opinions in newSpecial are those of the authors, not necessarily those of the United Nations, the WHO or its specialized agencies. The publication of this magazine relies solely on the financial support of its advertisers.

# EVERNESS

hotel & resort

**Alliez sport et détente dans un cadre exceptionnel à deux pas de Genève**

Découvrez le Padel à Everness sur nos trois courts accessibles à tous. Que vous soyez novice ou joueur confirmé, nous avons l'offre parfaite pour vous. Cours collectifs, leçons privées, stages intensifs ou simplement entre amis.

Vous êtes une entreprise ? Offrez à vos équipes une activité sportive fédératrice et fun avec nos formules Team Building. Retrouvez toutes nos offres sur [www.everness.ch/fr/padel](https://www.everness.ch/fr/padel).

Après le sport, offrez-vous une pause gourmande au restaurant Everness. Profitez de notre terrasse panoramique avec une vue imprenable sur le lac. Un moment de détente idéal après l'effort.

Réservation en ligne sur <https://padel.everness.ch/>

## PLUS D'INFORMATIONS

+41 22 960 81 81, [info@everness.ch](mailto:info@everness.ch)

[www.everness.ch](http://www.everness.ch)

Ch des Champs-Blancs 70B, 1279 Chavannes-de-Bogis



**PARKING GRATUIT, CENTRE DE CONFÉRENCES, ESPACE WELLNESS, PISCINE EXTÉRIEURE CHAUFFÉE**



JLR GLOBAL DIPLOMATIC SALES

DEFENDER



Our Global Diplomatic Programme offers accredited diplomats exclusive tax-free pricing, access to all market vehicle specifications, and worldwide delivery. Qualifying individuals must be diplomats or representatives of an international organisation purchasing a vehicle for official use. Experience the luxury, capability, and bespoke service tailored to your diplomatic needs.

JLR Global Diplomatic Sales

20 Line Wall Road, Gibraltar, GX11 1AA

+350 200 72598

[landroverdiplomatic.com](http://landroverdiplomatic.com)

Vehicle shown is [25.5]MY Land Rover Defender with optional features. Specifications, options and availability may vary between markets and should be verified with your local Retailer. Official Fuel Consumption Figures in mpg (l/100km): Combined 32.2 (8.8). CO<sub>2</sub> Emissions 231 g/km. The figures provided are as a result of official manufacturer's tests in accordance with EU legislation. For comparison purposes only. Real-world figures may differ. CO<sub>2</sub>, fuel economy and energy consumption figures may vary according to factors such as driving styles, environmental conditions, load, wheel fitment accessories fitted, and actual route. Figures shown are for European EU6 markets. Other market fuel economy certifications and figures are available upon request.

