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SEAWEED: THE PLANET'S SUPERPOWER

REFRAMING ANIMAL RESCUE STRATEGIES

#851 JULY-AUGUST | JUILLET-AOÛT 2025

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JULY-AUGUST | JUILLET-AOÛT 2025

When people think of Switzerland, cities like Bern — the political capital, Zurich — the financial hub, or Geneva — the diplomatic center — often come to mind. Yet what's often overlooked are the many hidden gems spread across Switzerland's three main cultural regions: the French-speaking Romandie, the German-speaking part, and the Italian-speaking Ticino.



With the recent political and security developments around the world, many travelers are rethinking their summer plans and some are even choosing to stay home. The Swiss are no exception. So why not take this opportunity to explore the beauty and richness of Switzerland itself?

This summer issue of the magazine invites you on a local journey that's just as enriching as any trip abroad. We begin in the vineyards of Romandie, where excellent wines are waiting to be discovered and appreciated. From there, we head to Lake Lucerne, a natural treasure full of charming places to explore. We also stop at the iconic Bürgenstock Hotel, a shining example of Swiss hospitality and luxury.

And for those in search of cooler temperatures and snow-covered landscapes—even in the middle of summer—the Jungfrau region is the perfect destination. Majestic peaks and fresh alpine air offer an unforgettable escape.

Traveling in Switzerland means rediscovering a country full of diversity—natural beauty, culinary delights, cultural depth, and warm hospitality. A summer that is 100% Swiss and 100% unforgettable…

Quand on pense à la Suisse, on pense souvent à des villes comme Berne, la capitale politique, Zurich, la capitale financière, ou encore Genève, la capitale diplomatique. Mais on oublie parfois que la Suisse regorge de véritables trésors touristiques, répartis dans ses trois grandes régions culturelles : la Suisse romande, la Suisse alémanique et la Suisse italienne.

Avec les récents développements politiques et sécuritaires à travers le monde, de nombreux vacanciers reconsidèrent leurs destinations estivales et envisagent même de rester chez eux. Les Suisses ne font pas exception. Alors pourquoi ne pas profiter de cette occasion pour redécouvrir la richesse et la beauté de la Suisse ?

Ce numéro d'été du magazine vous invite à un voyage local, mais tout aussi dépaysant. Nous commencerons par explorer les vignobles de Suisse romande, dont les vins méritent amplement d'être dégustés et reconnus. Ensuite, direction le lac de Lucerne, un joyau naturel offrant une multitude de recoins à découvrir. Nous y faisons escale à l'hôtel Bürgenstock, établissement emblématique de l'excellence hôtelière suisse.

Et pour ceux en quête de fraîcheur et de paysages enneigés, même en plein été, cap sur la région du Jungfrau. Là-bas, sommets majestueux et air pur vous attendent pour une expérience hors du temps.

Voyager en Suisse, c'est redécouvrir un pays aux mille facettes, entre nature, gastronomie, culture et hospitalité. Un été 100 % suisse… et 100 % inoubliable…

Prisca Chaoui

EDITOR-IN-CHIEF
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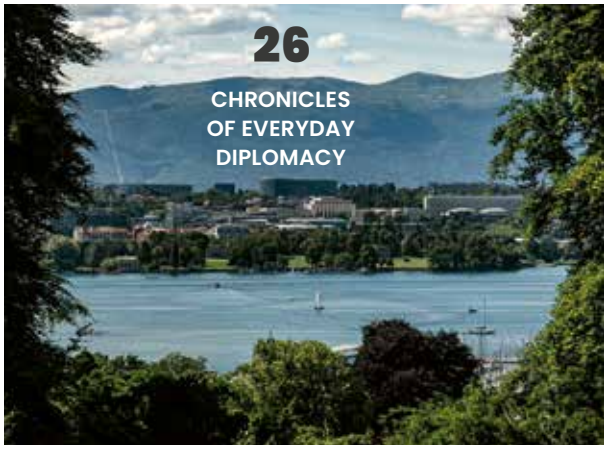


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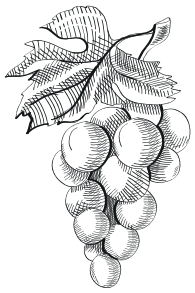
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Vignobles de Lavaux surplombant le Léman

À la découverte des vignobles romands



La Suisse romande, avec ses paysages variés et ses traditions viticoles séculaires, offre une richesse œnologique exceptionnelle

MICHAEL **COCHET** *

Entre lacs scintillants, coteaux ensoleillés et villages pittoresques, les cantons de Genève, Vaud et Valais invitent à des escapades gourmandes et culturelles. L'équipe de la promotion culturelle du Centre d'Accueil de la Genève Internationale (CAGI) et ses kiosques culturels à l'ONU Genève et au CERN sont ravies de vous guider à travers ce parcours viticole. Nous vous proposons ici une sélection d'activités et de lieux à découvrir, mêlant histoire, patrimoine, paysages et plaisirs des sens au cœur des plus belles régions viticoles romandes.

GENÈVE : VIGNOBLES ET TRADITIONS AUX PORTES DE LA VILLE

On connaît Genève pour ses institutions internationales, son horlogerie de précision ou encore son jet d'eau emblématique. Mais saviez-vous qu'à moins de 20 minutes du Palais des Nations, s'étendent des collines verdoyantes où s'épanouissent plus de 70 cépages ? Genève est la troisième région viticole de Suisse, avec près de 1 400 hectares répartis sur trois terroirs : entre Arve et Rhône, la rive droite et la rive gauche. Ici, la culture du vin remonte à l'époque romaine. Aujourd'hui, une nouvelle génération de vigneronnes et vignerons perpétue ce savoir-faire tout en innovant, notamment dans l'agriculture biologique et la vinification naturelle. En été, les vignes deviennent le théâtre d'expériences conviviales, mêlant nature, patrimoine et dégustation.

VISITE GUIDÉE “HÉRITAGE ET VIN” À TRAVERS LA VIEILLE-VILLE DE GENÈVE

Proposée par Genève Tourisme et testée par le CAGI, cette visite thématique vous plonge dans l’histoire viticole de la cité en parcourant les ruelles pavées de la Vieille-Ville, l’un des plus beaux centres historiques de Suisse. Guidés par un expert passionné, les participants découvrent au fil des étapes des anecdotes savoureuses sur les bâtisses emblématiques, les figures historiques du vin genevois et les traditions liées à la vigne en milieu urbain.

Le parcours est ponctué de dégustations de cépages typiques comme le Chasselas, le Gamay ou encore le Garanoir, souvent dans des lieux patrimoniaux insolites ou en terrasse avec vue. Une manière originale de mêler culture, architecture et plaisir des sens, tout en découvrant l’âme gourmande de Genève. bit.ly/4k28rYk

© CAGI



© WELO



BALADE ŒNOLOGIQUE EN TUKTUK ÉLECTRIQUE AVEC WELO

Envie d’explorer les vignobles genevois autrement ? Montez à bord d’un TukTuk électrique pour une escapade aussi ludique qu’écoresponsable à travers les routes viticoles de Dardagny, Satigny ou Russin. Ce mode de transport original et silencieux permet de profiter pleinement des paysages tout en respectant l’environnement.

Le parcours est conçu sur mesure selon vos envies : panoramas spectaculaires, visites de domaines familiaux, rencontres avec les vignerons et dégustations commentées en petit comité. Certains circuits incluent même un apéritif dans les vignes au coucher du soleil. Idéal pour une sortie entre amis, en couple ou lors d’un événement privé. bit.ly/4dnNV1T

DOMAINE CHÂTEAU DU CREST : TRADITION ET HOSPITALITÉ

À Jussy, sur la rive gauche du canton, se dresse le Château du Crest, seul château genevois encore en activité viticole. Ce domaine historique, fondé au Moyen Âge, allie élégance architecturale et terroir vivant, avec une production réputée de vins blancs, rouges et rosés, régulièrement primés. La visite du domaine vous plonge dans l’histoire des lieux, des anciens celliers voûtés aux installations modernes de vinification. Vous y découvrirez les coulisses de l’exploitation, le travail de la vigne en bio et l’art de l’assemblage selon les cépages cultivés sur place : Chardonnay, Aligoté, Gamay, Merlot, entre autres. La dégustation est un moment fort : entre 8 et 12 vins vous sont proposés, accompagnés de charcuterie artisanale, fromages locaux et parfois même de produits de la ferme attenante. Un moment de convivialité dans un cadre bucolique, à deux pas de la ville. bit.ly/3F7YXvD

© MONTREUX_RIVIERA



VAUD : ENTRE TERRASSES, LAC ET TRADITIONS VIVANTES

Le canton de Vaud abrite l'un des plus anciens et emblématiques vignobles de Suisse. Berceau du Chasselas, cépage blanc typique de la région, Vaud est une terre de traditions, où les vignerons façonnent le paysage depuis des siècles. Divisé en huit AOC et quatre grandes régions viticoles (La Côte, Lavaux, Chablais, Côtes de l'Orbe et Bonvillars), le canton offre une grande variété de vins, allant des blancs frais aux rouges fruités et équilibrés.

L'un des joyaux du canton est sans doute la région de Lavaux, inscrite au patrimoine mondial de l'UNESCO depuis 2007. Ses vignes en terrasses, suspendues entre lac et montagne, forment un décor à couper le souffle. Dans les caves, dans les musées ou à bord d'un petit train touristique, le vin vaudois se découvre toujours dans un esprit chaleureux et généreux.

LAVAUX VINORAMA

Situé à Rivaz, au cœur du vignoble de Lavaux, le Vinorama est un centre œnotouristique incontournable pour celles et ceux qui souhaitent explorer les richesses viticoles de cette région en terrasses. Dans un bâtiment moderne en pierre et verre, intégré dans le paysage, vous trouverez un espace de dégustation proposant plus de 280 crus de Lavaux, tous issus de domaines locaux. L'occasion de découvrir la diversité des terroirs, du Chasselas emblématique aux assemblages plus confidentiels, en passant par des cuvées élevées en barrique.

© LAURENT KACZOR



Le lieu offre également une exposition pédagogique sur la viticulture régionale, les cépages et les pratiques de vinification. Un point fort de la visite est la projection d'un film immersif, intitulé "Une année au cœur des vignes", qui suit le travail d'un vigneron pendant quatre saisons. Diffusé en 8 langues, ce film permet de vivre pleinement le rythme de la vigne et la beauté du métier. bit.ly/4jfy7Q9

LE TRAIN DES VIGNES

Pour découvrir le vignoble en terrasses de Lavaux, le Train des Vignes est un point de départ idéal. Cette ligne régionale relie Vevey à Puidoux–Chexbres en une quinzaine de minutes, offrant un panorama spectaculaire sur les vignes, le lac Léman et les Alpes. Depuis la gare de Chexbres-Village, plusieurs sentiers balisés permettent de parcourir le vignoble à pied. Un chemin didactique raconte l'histoire de Lavaux et de ses cépages. Il est aussi possible de monter à bord du Lavaux-Panoramic, un train touristique sur roues qui sillonne les hauteurs viticoles avec commentaires audio. Tout au long du parcours, des caveaux accueillent les visiteurs pour des dégustations conviviales dans un décor naturel époustouflant. bit.ly/3YQ61nI

© ALPES VAUDOISES



CHÂTEAU D'AIGLE ET MUSÉE DE LA VIGNE ET DU VIN

Au pied des Alpes vaudoises, entouré de vignes et dominant les paysages du Chablais, le Château d'Aigle semble tout droit sorti d'un conte. Ce joyau médiéval du XIIe siècle abrite aujourd'hui un musée unique en Suisse, entièrement dédié à la vigne, au vin et à l'art de la table. À travers des expositions interactives, des objets anciens, des affiches, des outils viticoles, des installations sensorielles et même des jeux pour enfants, le musée raconte l'histoire du vin sous toutes ses facettes : culture, religion, économie, convivialité… Le parcours est riche, accessible à tous et résolument immersif.

En été, le château s'anime : des événements thématiques, des dégustations sur les terrasses et parfois même des concerts dans la cour intérieure complètent l'expérience. Une visite incontournable pour tous les amateurs de vin, d'histoire et de patrimoine. bit.ly/4krrII5

VALAIS : UN TERROIR D'EXCEPTION AU CŒUR DES ALPES

Le Valais est la première région viticole de Suisse, couvrant près d'un tiers de la production nationale. Le long du Rhône, sur plus de 100 kilomètres, les vignes s'étendent en terrasses spectaculaires entre 270 et 1 100 mètres d'altitude. Ce paysage unique, sculpté par des siècles de culture viticole, est aussi marqué par une incroyable diversité de cépages — on en compte plus de 50 ! Parmi eux, des variétés autochtones comme la Petite Arvine, l'Amigne ou encore le Cornalin, qui font la renommée du Valais bien au-delà de ses frontières.

© VALAIS.CH



Avec ses sols rocailleux, son climat sec et ensoleillé, et une tradition viticole solidement ancrée, le Valais séduit les amateurs de vins puissants, expressifs et authentiques. De nombreuses caves familiales, perchées dans les villages ou nichées au cœur des coteaux, accueillent les visiteurs pour partager leur passion et leur savoir-faire.

SENTIER VITICOLE DE VISPERTERMINEN
Dans le Haut-Valais, le village de Visperterminen abrite le vignoble le plus élevé d'Europe, culminant à plus de 1 150 mètres d'altitude. Ce sentier thématique, qui serpente entre les murs en pierres sèches et les ceps de Heida, offre une randonnée spectaculaire au cœur d'un patrimoine naturel et culturel unique. La randonnée est accessible à tous et peut être prolongée par une visite de cave ou une dégustation dans l'un des domaines viticoles du village. C'est une expérience rare, où l'effort de la marche est récompensé par la beauté du lieu et la découverte d'un patrimoine viticole unique en Europe. bit.ly/434gdLr

CAVE MARIE-THÉRÈSE CHAPPAZ
À Fully, Marie-Thérèse Chappaz incarne l'âme du vin valaisan. Elle cultive ses vignes en biodynamie depuis plus de 20 ans. Ses vins, empreints de finesse et de caractère, sont aujourd'hui considérés comme des références. Les vins de Marie-Thérèse Chappaz sont régulièrement salués par la critique internationale, les sommeliers et les chefs étoilés. En 2016, elle est sacrée "Icône du vin suisse" par le guide Gault & Millau. En 2022, son vin doux Grain par Grain Petite Arvine Domaine des Claives atteint la note parfaite de 100 points par le guide Robert Parker, une première historique pour un vin suisse. Une visite de la cave est bien plus qu'une dégustation : c'est une immersion dans un univers de rigueur, de poésie, et d'engagement total pour la terre et les sens. bit.ly/44EMzxx

© THOMAS CRAUWELS



BALADE ŒNOLOGIQUE À SION
La capitale du Valais, Sion, est bien connue pour ses emblématiques châteaux de Valère et Tourbillon et ses ruelles médiévales pleines de charme. Mais elle est aussi un point de départ idéal pour s'initier à l'univers viticole valaisan. Au fil des siècles, les vignes se sont inscrites dans le paysage et dans l'histoire de la ville, faisant du vin une composante essentielle de son identité.

Plusieurs parcours œnologiques guidés invitent les visiteurs à découvrir cette dimension cachée de Sion. Ces balades mêlent histoire, architecture et dégustation. On y traverse le centre historique, on grimpe aux fortifications, on longe des vignobles en terrasse accrochés aux collines et on s'arrête dans des domaines viticoles familiaux pour goûter des crus typiques, comme la Petite Arvine, le Fendant ou la Dôle.

Certains circuits incluent des pique-niques dans les vignes, des pauses panoramiques avec vue sur le Rhône, ou encore des accords mets-vins avec des spécialités valaisannes. Idéal pour une sortie culturelle et gourmande, accessible à tous les publics. bit.ly/452Tnp1

DES VINS À VIVRE, DES PAYSAGES À SAVOURER SANS MODÉRATION…

Qu'il s'agisse des vignobles perchés du Valais, des terrasses baignées de lumière du Lavaux ou des domaines bucoliques genevois, chaque région viticole romande raconte une histoire. Celle d'un savoir-faire transmis de génération en génération, d'une passion pour la terre et pour le goût, mais aussi d'un art de vivre profondément ancré dans les paysages. Au-delà de la simple dégustation, les activités œnotouristiques proposées tout au long de l'année permettent de créer un lien direct entre le visiteur, le territoire et ceux qui le cultivent. Entre amis, en couple ou en famille, ces découvertes sont autant d'occasions de lever le pied, d'apprendre, de contempler… et de trinquer à la beauté de nos régions.

Et si vous hésitez encore, un dernier argument pourrait vous convaincre : ces crus sont rares à l'étranger et souvent réservés aux tables helvétiques. Déguster un vin suisse, c'est vivre une expérience précieuse, que l'on ne retrouve presque nulle part ailleurs.

Loin d'être exhaustive, cette sélection proposée par les Kiosques Culturels du CAGI vous invite à planifier vos prochaines découvertes estivales ou enrichir un séjour viticole déjà prévu. Nous vous souhaitons un bel été, placé sous le signe de la curiosité, du plaisir… et du bon vin ! ■

AGENDA DES ÉVÉNEMENTS VITICOLES : ÉTÉ & AUTOMNE 2025

29–30 AOÛT
« La Nuit des Capites » : Lavaux by Night (Vaud) bit.ly/43imXEg

6–7 SEPTEMBRE
Caves ouvertes automnales : Château de Crans (Vaud) bit.ly/431Y010

7 SEPTEMBRE
Balade des Capites à Cully (Vaud) bit.ly/3H2b11Z

20–21 SEPTEMBRE
Fête des Vendanges de Russin (Genève) bit.ly/452TvF1

26 SEPTEMBRE
« Soirée Truites et Petite Arvine » : Cave des Bernunes (Valais) bit.ly/4jcUd5T

25–26 OCTOBRE
« Gigusto » : Salon des vins suisses et plaisirs de la table (Vaud) bit.ly/3YQ9AK6


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* **Michael Cochet** est le responsable de la communication et de la promotion culturelle ainsi que du Delegates Information Desk au CAGI.

Lake-hopping in the heart of Switzerland

Dive in and recharge your batteries in Lake Lucerne: whether you're looking for adventure, relaxation, or a refreshing dip

HEIDI **ULRICH** *

"THIS REGION OFFERS ENDLESS OPPORTUNITIES FOR AN UNFORGETTABLE WATER ADVENTURE

Crystal-clear waters, gentle waves, and a fresh summer breeze — the Lucerne-Lake Lucerne Region is a true paradise for anyone who loves water. With stunning views, sparkling lakes, and idyllic surroundings, this region offers endless opportunities for an unforgettable water adventure.

From luxurious boat trips to thrilling open-water adventures, there are a variety of unforgettable ways to create the perfect summer experience. The best part? You don't have to choose — your next water adventure is always just a stone's throw away. Immerse yourself in these refreshing lakes and feel your worries drift away. Whether you're an adrenaline junkie, a relaxation seeker, or an explorer, you'll find your perfect water escape here.

© NICOLE SCHAFER | SWITZERLAND TOURISM



View of the beautiful Lake Lucerne

For the adventurous: water sports action

The Lucerne-Lake Lucerne Region is the ultimate playground for those in search of an adrenaline rush. Here, breathtaking nature meets pure excitement. Whether it's kitesurfing in the strong winds, wakeboarding on the crystal-clear waters of Lake Lucerne, or canyoning through wild gorges and cascading waterfalls – thrilling and unforgettable experiences await at every turn.

If you're looking to push the thrill even further, challenge yourself by climbing the dramatic rock faces along Lake Lucerne, with turquoise waters beneath you and a panoramic view of the Swiss Alps that will leave you speechless. Or how about an expedition into the mysterious depths of the lake? Step aboard a submarine and embark on a unique underwater adventure, where ancient shipwrecks and hidden secrets of the lake's past are waiting to be uncovered.

For peace-seekers: rest and relaxation by the water

If you're looking to relax and unwind, then this is your personal paradise. The picturesque bathing beaches of the region's various lakes are the perfect place to enjoy the day in peace and quiet. The soft lapping of the water and the clean, refreshing air set the perfect backdrop for a moment of calm. For those who want to experience the water up close, relaxed stand-up paddling is the perfect option. You glide silently over the reflective surface, surrounded by untouched nature, while only the gentle splashing beneath your board breaks the silence.

© NICOLE SCHAFER | SWITZERLAND TOURISM



For those seeking a truly unique and intimate experience, the "Legends of Lake Lucerne" offers an exclusive retreat. Step aboard a historic steamboat for a luxurious cruise across the sparkling lake, complete with a delicious five course meal and panoramic views. It is the ideal opportunity to immerse yourself in the serene beauty of Lake Lucerne in a tranquil setting, far removed from the usual crowds.

If you want even more relaxation, there are spas with outdoor pools. Lean back in the warm water and take in the majestic mountains and sparkling blue of the lake. And if you want to enjoy the evening in a memorable and cozy atmosphere, visit one of the charming restaurants along the lakes. End the day with a refreshing drink in hand, while the soft glow of the setting sun paints the sky in shades of gold.

© NICOLE SCHAFER | SWITZERLAND TOURISM



For explorers: local insider tips

Beyond well-known swimming spots, there's so much more to discover around Lake Lucerne and its smaller, hidden neighbors. Paddle a canoe to secluded coves or explore the lake's picturesque landscape by water bike. A standout experience is the BBQ boat on Lake Lucerne – what could be better than enjoying a summer barbecue right on the water?

A real insider tip is Lake Sempach, where you can not only swim in its calm, crystal-clear waters, but also soak in the incredible tranquility of nature. Equally enchanting is Lake Lungern, a hidden gem for those seeking seclusion and a peaceful retreat. But it's not just the idyllic waters – the charming villages surrounding the lakes have plenty to offer. Whether you try the regional cuisine in a small inn or are inspired by a local artist, there are always new corners to discover.

From Lake to Lake with the Tell-Pass

This ticket gives you unlimited access to the region's most beautiful lakes – whether by train, bus, boat, or various mountain railways. Explore the hidden gems surrounding Lake Lucerne and beyond with ease and let your journey unfold effortlessly, one stunning shoreline at a time. ■

* **Heidi Ulrich** is five-time Speed Surfing World Record Holder.

^ Discover refreshing lakes - lake hopping in the Lucerne-Lake Lucerne Region

For more information, please visit:
www.luzern.com/hopping

< The lakeside resort in Lucerne invites you to take a relaxing break

© JUNGFRAUBAHNEN 2019



Jungfraujoch: top of Europe is a once-in-a-lifetime experience

Experience the breathtaking beauty of this UNESCO World Heritage site that overlooks the longest glacier in the Alps

JUNGFRAU **RAILWAYS** *

Jungfrau Railways promises an adventure beyond your imagination

Feel the icy wind on your face and hear the crunch of snow beneath your feet as you arrive at Jungfraujoch – the highest railway station in Europe. Surrounded by majestic alpine peaks, this breathtaking location sits in the heart of the Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site.

At 3,454 meters above sea level, the Jungfraujoch offers a truly otherworldly experience. A multimedia tour introduces you to the fascinating history of the Jungfrau Railway and the development of this high alpine wonderland.

There's plenty to explore at the Top of Europe. You can take in the most spectacular view of the Swiss Alps from the Sphinx Observatory. At the Snow Fun Park, you'll soar over the Aletsch

Glacier – the longest in the Alps – on the Tyrolienne zipline. In the Ice Palace, wander through tunnels carved in ice and admire intricate sculptures. The Alpine Sensation multimedia experience brings over 100 years of Jungfrau Railway history to life.

Getting there is faster than ever with the state-of-the-art Eiger Express, the world's most modern tricable gondola. It reduces travel time by 47 minutes and offers stunning views of the Eiger North Face. From there, the classic Jungfrau Railway takes you the rest of the way, just as it has since 1912.

If you're seeking adventure, take the gondola to Grindelwald-First – Top of Adventure – in just 25 minutes. There, you can brave the heights on the First Cliff Walk by Tissot and enjoy the panoramic views from First View. For an adrenaline rush, try the Flying Fox experience with the First Flyer and First Glider. Race down winding mountain trails on a Mountain Cart and then return to Grindelwald by First Scooter Bike. Grindelwald-First also offers a true hiking paradise, from short panoramic walks to high-altitude trails like the hike up to the Schwarzhorn.

© JUNGFRAUBAHNEN 2019



The Schynige Platte – Top of Swiss Tradition offers a rich blend of heritage and natural beauty. You'll ride a nostalgic cogwheel train that's been operating for over 125 years. Once there, you'll find breathtaking views, scenic hiking routes for all levels, daily alphorn concerts, and a charming Belle Époque mountain hotel. The Alpine Garden showcases around 800 species of alpine flowers, and little ones will enjoy being accompanied by Lily the cow, the mascot of the mountain. The area also features the new Skywalk, a viewing platform with sweeping views across Lake Thun and the surrounding peaks. The panoramic trail from Schynige Platte to First offers a spectacular hiking experience that's hard to match.

At Harder Kulm – Top of Interlaken – you'll enjoy a unique vantage point from 1,322 meters above sea level, where Lake Brienz and Lake Thun stretch out below you and the iconic trio of Eiger, Mönch, and Jungfrau towers in the distance. The Harder Kulm Panorama Restaurant combines incredible views with delicious food. From June to September, you can enjoy daily alphorn concerts at 6:30 p.m. – and even try playing the alphorn yourself. In the evenings, the Harder funicular takes visitors up in time for sunset and returns them to Interlaken within ten minutes.

To make the most of your trip, travel stress-free with the Jungfrau Travel Pass, which gives you unlimited access to transportation throughout one of Switzerland's most beautiful mountain regions. You can choose between three to eight days of unlimited travel, letting you explore the Jungfrau Region at your own pace. ■

* **Jungfrau Railways** is Europe's leading mountain railway company, with world-famous destinations such as the Jungfraujoch or Grindelwald-First.

MORE INFO

For more information about the travel pass, visit our website here: **jungfrau.ch/en-gb/jungfrau-travel-pass/**

< Swiss Alps Jungfrau-Aletsch UNESCO World Heritage Site

"IN THE MIDDLE OF THE SWISS ALPS JUNGFRAU-ALETSCH UNESCO WORLD HERITAGE SITE

A stylish Swiss escape

Travel between three charming Swiss cities: Lausanne, Bern and Lucerne, staying in grand style

VALÉRIE **COUTAREL** *

This triple Swiss escape with the Bürgenstock Collection takes you from Lake Geneva to the Swiss capital and up to a spectacular mountainside above Lake Lucerne.

Any guesses which city was crowned 'Best small city in the world'? Time and again, Lausanne claims the title, seamlessly blending breathtaking nature, rich culture, and a cosmopolitan spirit. Gaze out over the shimmering expanse of Lake Geneva, framed by majestic mountains, before diving into the Olympic Museum, an interactive treasure trove of sporting history.

> "ANY GUESSES WHICH CITY WAS CROWNED 'BEST SMALL CITY IN THE WORLD'?

Lausanne, known as the 'Olympic Capital,' is home to the IOC, which unveiled its striking new headquarters in 2019 – a dynamic, flowing structure designed to embody the graceful movement of an athlete.

Nearby Lausanne are the Lavaux vineyards, a UNESCO World Heritage site. Swiss wines are an elite production and rarely found outside of the country, but guests of the Royal Savoy Hotel & Spa enjoy exclusive access, so you can let the concierge team arrange a private sommelier-led tour and tasting. The Royal Savoy's fairy-tale turrets date to 1906, blending historic grandeur with modern elegance. Picture yourself savoring brunch in the lush gardens or sipping cocktails on the panoramic Sky Terrace. In Lausanne, there is no setting quite as regal.

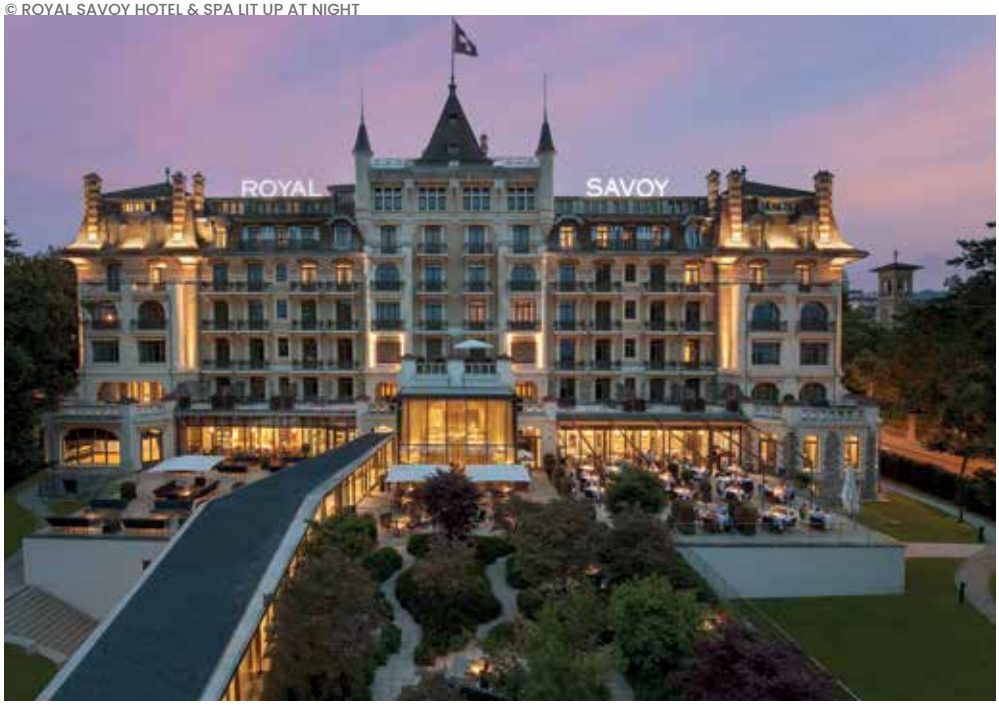
Where to begin in Bern? You could go back 800 years to when the Zytglogge (Clock Tower) first chimed, then travel in time to the avantgarde Zentrum Paul Klee. The gallery with its undulating architecture by Renzo Piano is a masterpiece. Switzerland's capital is a relaxed hub of creativity. Meander through arcades lined with artisans and independent boutiques.

© BÜRGENSTOCK HOTELS AG



Bürgenstock Resort Lake Lucerne

© ROYAL SAVOY HOTEL & SPA LIT UP AT NIGHT



Royal Savoy Hotel & Spa in all its glory

The River Aare snakes around the historic old town, an amusing pastime is to float down 'the loop' with the current. Just outside the city lies Gurten, Bern's local mountain with stunning views, hiking trails, and a summer toboggan run. Guests staying at the Hotel Schweizerhof Bern & Spa are offered complimentary funicular passes to the peak, while more energetic guests can take advantage of a fleet of e-bikes. This classic hotel has hosted the likes of Liz Taylor, Christina Onassis, Maradona, and many Prime Ministers. Now it's your turn to write your own name into the guest book.

Hold your breath for the view from your suite. The Bürgenstock Resort above Lake Lucerne is a legend. Carved out of a 500-meter-high mountain ridge, you can reach it by boat and vintage funicular. It proved the ideal location for the Summit on Peace in Ukraine, hosting 57 heads of state. Everything you want for an exclusive Swiss escape is up here: golf, tennis, a private cinema, and one of the biggest hotel spas in the world. Their rotation of masterclasses tasting cigars, chocolates, and fine wines are an inspiration.
The views can only be topped by a ride to the peak on the Hammetschwand Lift. This icon of Swiss engineering is the highest outdoor elevator ever built.

© SCHWEIZERHOF BERN & SPA HOTEL



Hotel Schweizerhof Bern & Spa

Lucerne is a cultured and historic city. The ancient Chapel Bridge is charming, its covered timber structure and a cycle of paintings in the gables date from 1611.

This Bürgenstock Collection Swiss escape can easily be made by car or rail, either way it's not much more than an hour between Lausanne, Bern and Lucerne. Happy traveling! ■

> HOLD YOUR BREATH FOR THE VIEW FROM YOUR SUITE

* **Valerie Coutarel** is Chief of the French Interpretation Section at UNHQ.

Il revient aux faiseurs de paix de faire entendre leur voix

À force de refuser la réalité et de rejeter la vérité, celles des droits humains, nous sombrons inexorablement vers des jours funestes

NICOLAS **SAVIOLI** *

L'ONU est un miroir grossissant de l'opinion internationale. S'y reflètent, jusqu'à l'excès, les espoirs et les angoisses des États et des peuples.» Cette citation datée de 1994 de Boutros Boutros-Ghali est aujourd'hui d'une grande justesse. Force est de constater que depuis le Covid-19 l'instabilité de l'Occident n'a jamais été aussi évidente. Dès lors, chaque année, au sein de nos organisations internationales, nous vivons des crises financières de plus ou moins grande ampleur. L'explication réside certainement dans la conjonction de trois facteurs majeurs : le premier est le déclin économique, politique, culturel et spirituel de l'Occident; le second la montée en puissance du «Sud global»; le troisième la raréfaction des ressources énergétiques et autres terres rares. Ce troisième facteur est à l'origine de la quasi-totalité des conflits armés actuels et à venir. Alors face aux évidences environnementales et géopolitiques, des faiseurs de paix doivent naître et faire entendre leur voix dans les chancelleries, les assemblées et les parlements. Mais qui osera porter cette parole ?

Le respect et l'attention sont au premier plan de la mission mondiale de protection de la planète

© NICOLAS VILLAUME



À l'heure des flux continus d'informations et d'images, plus que jamais, notre monde a besoin de dialogues ouverts et sincères, de vraies rencontres, de relations humaines, de diplomatie, de consensus, de pleine conscience, mais plus que tout de vérité. Oui, de vérité. Les peuples ont soif de vérité, car les mensonges individuels, virtuels, institutionnels, médiatiques… érodent la confiance et le respect, et donc meurtrissent les cœurs, les âmes et les esprits. Ils génèrent incompréhensions, divisions, frustrations, colères. L'un rabaisse, diminue et blesse ; l'autre éveille, grandit et apaise. Même si des vérités dérangent et des mensonges rassurent, «Ceux qui ne peuvent se souvenir du

> “EN EFFET, LA VIOLENCE N'APPORTE QUE SOUFFRANCE, CHAOS ET DÉSOLATION

passé sont condamnés à le répéter et à commettre les mêmes erreurs. », nous dit le philosophe George Santayana.

Heureusement, sur l'ensemble du globe, à travers des démarches individuelles et des initiatives solidaires et citoyennes, des femmes et des hommes, créent, informent, soignent, innovent, luttent, inventent, proposent, protègent… Car nous le savons — oui, nous le savons ! —, les ressources énergétiques terrestres s'amenuisent de jour en jour pour satisfaire les besoins exponentiels de la consommation et de la croissance mondiale. Même si une multitude de solutions, de projets et d'approches existent, le vieux monde et ses puissants lobbies restent figés sur ces paradigmes. Hélas, l'individu n'agit que sous la contrainte extérieure et une nécessité intérieure, et les États font de même.

Dans ce contexte, aujourd'hui, pour lutter pour sa survie, l'Europe, ce vieux continent, avec la volonté de pays européens, opte pour la guerre et le réarmement. Partout, les forces de destruction, de division, de concurrence, de rivalité entre États et entre superpuissances sont à l'œuvre. En 2001, devant l'Assemblée générale de l'ONU, Kofi Annan dans son allocution énonce : « Rejetons la voie de la violence, qui est le produit du nihilisme et du désespoir. » En effet, la violence n'apporte que souffrance, chaos et désolation. L'Europe, elle, malgré son histoire, cultive l'ambiguïté sur son propre avenir. Son projet fédérateur : la guerre. Elle souhaiterait dépenser 800 milliards d'euros dans la course aux armements. 800 milliards. De toute part, les aides et les budgets militaires explosent, des centaines de milliards de dollars se déversent dans cette industrie.

En parallèle, dans tous les pays européens, la paupérisation des classes moyennes s'aggrave. Dire que cette manne financière investie aurait pu et pourrait servir les liens de la paix, nourrir des projets sociaux et culturels, favoriser et développer des progrès économiques durables, enrichir des coopérations techniques et des échanges d'idées, développer l'éducation, apporter une bouée financière aux foyers européens ou aux secteurs d'activité en péril, nourrir une autre vision du monde et des relations internationales créatrices de richesses et de paix.

© NICOLAS VILLAUME



Pour réparer la planète, il faut se défaire des vieilles habitudes

Mais fédérer un monde en paix, c'est d'abord cultiver la paix en soi, au sein de son foyer, de sa famille, dans son école, dans sa société, derrière ses écrans… Indéniablement, nous avançons tels des somnambules et nous nous étonnons des chocs sociétaux et civilisationnels qui nous heurtent de plus en plus directement. Si nous ne changeons pas de cap, notre civilisation court à sa propre perte. Car nous générons nos propres frictions et tensions en nous, à travers nos frustrations, nos paradoxes, nos contradictions, notre anxiété, notre colère, notre ennui ainsi que notre surconsommation, qui se répercutent invariablement autour de nous et sur l'ensemble de la planète. Sergio Vieira de Mello a écrit : « Je crois, me fondant sur mon expérience, que le respect des droits humains est la seule base solide pour que la paix soit durable et pour permettre le développement. » À force de refuser la réalité et de rejeter la vérité, celles des droits humains, nous sombrons inexorablement vers des jours funestes. ■

> MAIS FÉDÉRER UN MONDE EN PAIX, C'EST D'ABORD CULTIVER LA PAIX EN SOI

* **Nicolas Savioli** travaille pour le HCDH.

Under the waterline: global threats to our freshwater ecosystems

On 26 August, World Lake Day reminds us that these highly sensitive ecosystems are subject to extreme levels of degradation and loss

STEVEN **COOKE** AND JOHN **SMOL** *

Freshwater ecosystems serve as the source of our drinking water, the receiving waters for our wastes, and as essential resources for agriculture and industrial processes. Inland waters also support diverse plant and animal communities that benefit people in countless ways, as well as being highly valued destinations for recreation and tourism. Lakes and rivers provide nutrition for some of the world's most food-insecure regions, and the cultural practices of Indigenous peoples are often centered on these areas. Furthermore, we are only now beginning to learn about many of the potential benefits to humanity that freshwaters can provide, such as novel cancer treatments from amphibian skin extracts.

> "INTERNATIONAL BODIES NEED TO PUT FRESHWATER ECOSYSTEMS ON THE AGENDA

Despite their unmistakable importance, freshwater ecosystems are also subject to extreme levels of degradation and loss. Wetlands have been infilled, rivers have been diverted and dammed, lakes have been polluted and biological and aggregate resources have been overexploited. In addition, invasive species have been widely introduced. Of critical importance are the effects of recent climate change —the big threat multiplier— often amplifying other environmental issues and affecting not only the distribution (quantity) of water, but also the quality of freshwater supplies.

Alarmingly, the recent WWF Living Planet Index reports that, since 1970, biodiversity losses for freshwater ecosystems are approaching 90% and greatly surpass the losses in marine and terrestrial ecosystems. For example, amphibians are the most imperiled vertebrates on the planet and freshwater molluscs are among the most threatened invertebrates. What is particularly alarming is that species declines are not stopping. Oddly, this freshwater biodiversity loss is rarely mentioned in the media, especially when compared to other ecosystems.

Without water there can be no life, so one must wonder how this dire situation came to be? One likely reason is that it is easy to ignore what happens and lives "under the waterline" because, in many cases, underwater life is not readily observable. Alarms are only raised when, for example, dead fish are seen floating in the water or algal blooms choke our waterways, but stressors have many less obvious impacts that happen incrementally and cumulatively, often occurring out of view and slowly over time.

It is not too late to reverse course. Doing so will require the efforts of many, but the first step is to recognize and better communicate the problems, while also showing that they can be fixed. Grassroots efforts, including local stewardship and restoration activities that focus on the connections between healthy freshwater ecosystems

© JOHN SMOL



and healthy people and communities, are desperately needed.

Similarly, international bodies need to put freshwater ecosystems on the agenda. Recall that the UN Sustainable Development Goal 14 (life below water) is entirely marine in focus, whereas freshwater is considered solely for its roles in drinking water and sanitation (Goal 6). Freshwater ecosystems clearly deserve bespoke protections and conservation efforts. Their value was finally recognized in the 2022 Kunming-Montreal Biodiversity Framework outcomes where, for the first time, freshwater "lakes, rivers and wetlands" were mentioned alongside oceans and terrestrial systems. Freshwater restoration success stories are growing in number and, central to almost all of them, is a strong collaboration among scientists, community members, politicians, industry, and NGOs that work towards common goals.

The toolbox used to protect and restore freshwater ecosystems is expanding rapidly and evidence shows that we can implement meaningful actions and interventions. For example, we know how to design stormwater conveyance systems that not only mitigate urban flooding, but also create spaces for people to connect with nature and for wildlife to thrive. We also know how to better design fish passage facilities for dams and how to release water in ways that emulate natural flow regimes.

Another protection method we can use is to control nutrient inputs from wastewater and agriculture to prevent eutrophication and harmful algal blooms. Whilst these are all good steps to take, there is often a disconnect between knowledge and action, including learning from past successes and failures, such that these interventions are rarely applied in a meaningful and systematic way. To overcome these issues, it is fundamental that both public and political motivations join forces to take action. From acid rain to ozone depletion to the impacts of DDT on aquatic birds, we have shown that we can come together to address complex problems when there is a will to do so. The costs of the freshwater biodiversity crisis are becoming unmistakable and acting now is a moral imperative for our planet and for our collective future. ■

Steven Cooke is a Canada Research Professor at Carleton U. and **John Smol** is a Distinguished University Professor at Queen's U.

^ Lakes are home to an abundance of life, vital to our ecosystems

"BIODIVERSITY LOSSES FOR FRESHWATERS ARE APPROACHING 90%



© JANE WYNYARD / SAVE THE ELEPHANTS

Elephants at the crossroads

This World Elephant Day on 12 August, specialists reveal how elephants' journeys reflect our planet's urgent challenges

FESTUS **IHWAGI** *

The Royals, led by Arden (wearing a tracking collar), recently made an extraordinary crossing in northern Kenya

On a hot afternoon in northern Kenya, Purity Milgo, a research and tracking officer at Save the Elephants' (STE) camp in Samburu National Reserve, studies a computer screen dotted with colorful elephant icons and lines. It may look playful, but this is no game — each icon represents a real elephant in the wild, fitted with a GPS tracking collar and monitored in real time via EarthRanger, a protected area management system spanning Africa.

A satellite 'ping' has arrived from Arden — a collared elephant from a herd named the Royals — who is making her way across Samburu's arid plains with her family. She's returning to the reserve after an epic journey out west to Oldonyiro — 150 kilometers away. Purity logs Arden's arrival and alerts the long-term monitoring team, who will locate the family in the field to ensure all members are accounted for and in good health.

Analyzing movement data like this is a vital part of our mission to safeguard elephants in a fast-changing world. Arden's journey, however, is more than just a data point — it's a bigger story of survival and the increasingly complex relationship between elephants and people in modern Africa.

For decades, African elephants have been under pressure from poaching, shrinking habitats, and, increasingly, conflict with people. As human populations grow and expanding infrastructure cuts off their ancient migration routes — fueling further tension — there is an urgent need to rethink development in a way that allows both humans and wildlife to coexist and thrive.

Elephants as ecosystem engineers

Elephants shape landscapes in ways that support biodiversity. Their movements create migration corridors which link between ecosystems to disperse seeds, and maintain healthy ecosystems. A world without elephants could have profound ecological consequences, from declining biodiversity to worsening impacts driven by climate change.

Expanding infrastructure like roads, major highways, towns and railways is fragmenting habitats, making human-elephant conflict an increasing challenge. For example in Oldonyiro, where Arden recently traveled, a key corridor linking Samburu to Laikipia has been nearly severed by the town's growth. Elephants here tend to travel at night, walking faster to avoid people, and face perilous crossings through deep erosion gullies. These routes can be fatal, particularly for calves.

Science and innovation

Save the Elephants, a science-driven conservation organisation based in Kenya, has been at the forefront of elephant research and protection for over 30 years. Using tracking collars and cutting-edge technology including AI, high-end drones, the STE WildTracks app and EarthRanger software, we have become a voice for elephants, collecting data on elephant movement which helps identify critical habitats, migratory corridors, and conflict hotspots. This data is shared with governments, development planners, and local communities to inform land-use planning decisions.

STE's research feeds directly into national planning, from advising Kenya's National Highways Authority on where to build wildlife underpasses, to providing critical insights for mega-projects, such as the proposed six lane Nairobi-Mombasa expressway.

We want elephants to be part of the conversation when new roads or major developments are planned. Since they can't be at the table, the data we collect serves as a powerful and factual voice.

Data-driven conservation

Understanding how and why elephants move requires long-term, accurate data — and tracking them is just the beginning.

To safeguard elephant corridors, we teamed up with the Wyss Academy for Nature and local communities. Together, we're working to keep crucial corridors like the Oldonyiro passageway open in northern Kenya and ensure safe passage for the hundreds of elephants that traverse these wild spaces each year.

Together we've invested in specialized research, jointly funding MSc and postdoctoral researchers to examine the effectiveness of community-led corridor protection in northern Kenya, global conservation strategies, and the long-term impact of climate change on elephant habitats in the next 100 years.

STE has directly engaged more than a thousand community members in northern Kenya to help protect the corridors. Eight key corridors are on track for being protected under Kenyan law. Seven out of the targeted ten corridors are now

> “THERE IS AN URGENT NEED TO RETHINK DEVELOPMENT THAT ALLOWS HUMANS AND WILDLIFE TO COEXIST

The data collected by Save the Elephants on elephant movement helps identify critical habitats, migratory corridors, and conflict hotspots

© JANE WYNYARD / SAVE THE ELEPHANTS



© TSAVO TRUST



A bull elephant walks through the Mtito SGR underpass in Tsavo, Kenya

demarcated with 164 visible markers. The corridors are closely monitored by the Mama Tembos – women chosen by their communities and supported by Save the Elephants to patrol and defend both wildlife and livestock routes.

Further south, in partnership with the Wildlife Research and Training Institute and Kenya Wildlife Service, we have employed a dedicated monitoring team to analyze how elephants and other wildlife respond to the Nairobi-Mombasa railway which cuts through the heart of the Tsavo ecosystem. This data is an important addition to the GPS tracking of select elephants in Tsavo, shedding light on how these intelligent animals are learning to navigate underpasses and crossings.

Kenya, having established itself as a pioneer in the fight against poaching and the ivory trade, now has a unique opportunity to pursue development without sacrificing its natural heritage. Protecting key habitats — and ensuring they remain connected through intact wildlife corridors — is essential to achieving that balance.

To learn more or support Save the Elephants' work, visit:

www.savetheelephants.org

Partnerships for the planet

Elephants don't recognize national borders. That's why we collaborate with partners across the continent through our Elephant Crisis Fund (ECF), a joint venture between STE and the Wildlife Conservation Network. Since 2013, the ECF has granted more than $3.5M to 30 different grantees in 44 countries, addressing ivory trafficking, habitat loss, and the protection of elephant populations.

The situation for elephants across Africa varies greatly from ecosystem to ecosystem. Through the Elephant Crisis Fund, Save the Elephants has helped elephants in the forests and savannas across the continent. From anti-poaching to landscape planning, the ECF's partners are creating a sustainable future for elephants. In some areas the elephants have been brought back from the very brink of extinction to a point where they now have the potential to repopulate huge, wild landscapes.

To help map and understand elephant movements, STE's WildTracks app — a specialized tool built from decades of tracking wild African elephants — is currently used by 22 conservation partners across Africa. The app reveals their daily and seasonal patterns and helps guide continental-wide conservation strategies.

A call to action

The fate of elephants is a powerful barometer for the health of Africa's ecosystems and the sustainability of its development. Their protection requires global cooperation, funding, and policy integration at every level — from local governments to international regulatory bodies.

For elephants like Arden, collaboration isn't optional — it's essential. Their journeys reflect more than survival; they echo the choices we face as a planet. Their corridors – sometimes blocked, sometimes open – mirror the crossroads we now face. The decisions we make today about infrastructure development, conservation, and coexistence will determine whether elephants continue to walk these lands for generations to come. ■

* **Festus Ihwagi** is Senior Scientist and Research Policy Lead at Save the Elephants.

Nature, savours and adventure in St-Cergue

Come together and make your way to St-Cergue, only 30 minutes from Geneva, and immerse yourself in the vast beauty of the Jura Vaudois park.



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The place to be for hiking enthusiasts!

Boucle de la Givrine

La ballade à Béatrix

Les Fruitères de Nyon

La Dôle

Download our free app to get some more ideas: Nyon Guide



St-George

Another hidden gem.

A charming village offering a variety of activities in the heart of nature and it is accessible by public transports.

Parc Aventure St-George
An accrobranche activity accessible for the whole family
parc-aventure-vd.ch

Jura Vaud Bike
Have an organised outing or rent an ebike from St-George
jura-vaud-bike.ch

There are plenty of family walks here, with accessible, signposted trails all the way to the summit of La Dôle. Between enchanted forests, ancestral pastures and placid chewing cows. Marvel at the different viewpoints, let your gaze fly over Lake Geneva and Mont Blanc from St-Cergue and the Col de la Givrine.

Set off on a **rando raclette** from the St-Cergue tourist office. There are several hikes to choose from. A visit to the fruitières de Nyon or La Givrine cheese dairies will also help children understand where the cheese they are tasting comes from. Between alpine chalets, melting cheese and local produce, breaks become tasty moments in the various restaurants.

Mountain bikers can take up the challenge of the Barillette (Swissmobile 997), while families with younger children can enjoy the Bike parc in St-Cergue. The Basseruche leisure area offers family activities, with a football pitch, 3D archery course and Tyroliennes suitable for all ages.

basseruche.ch

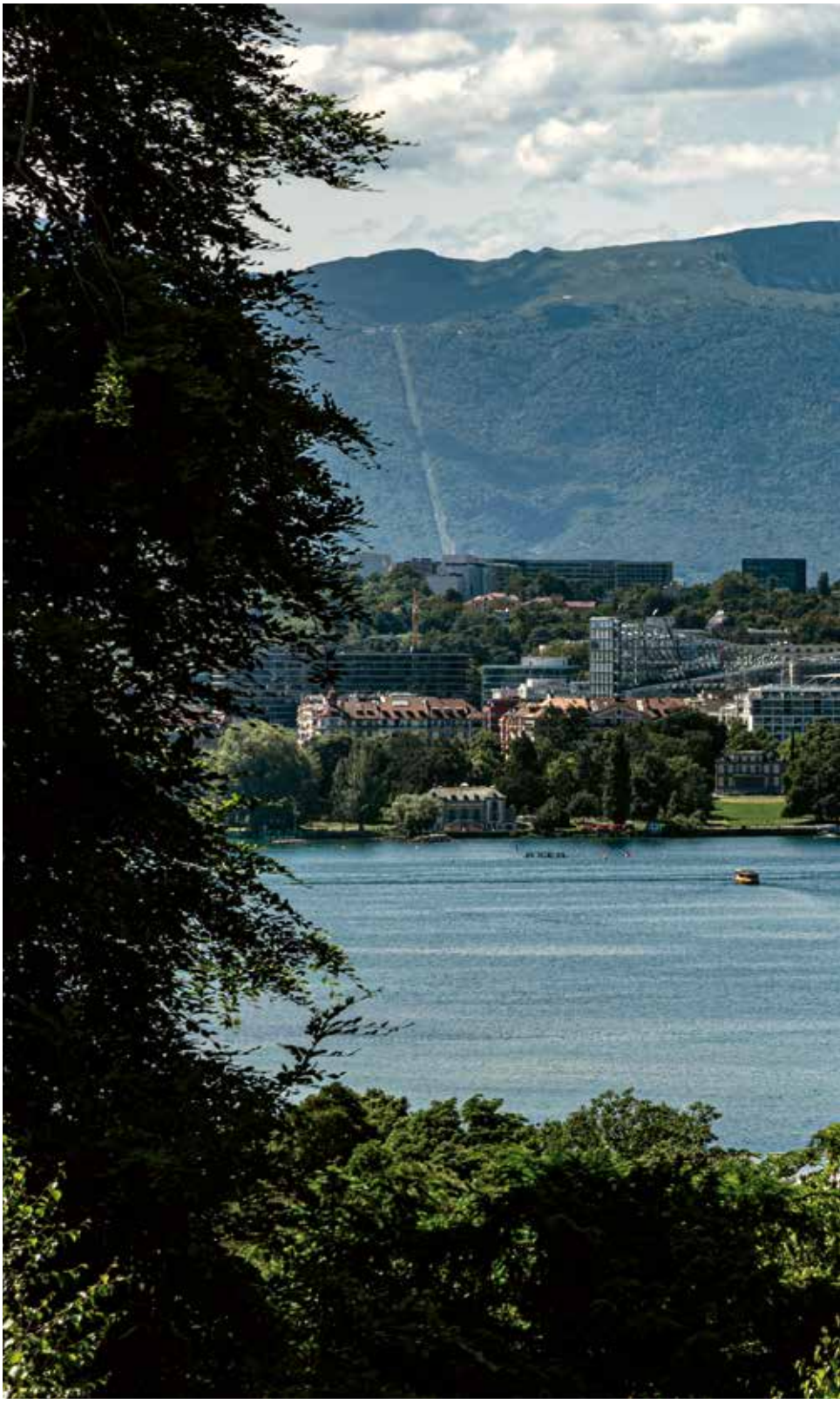
For a unique experience, go for a ride with **a local guide**. **Monvtt** organises mountain bike and ebike introductions and outings. Call on our mountain guides for tailor-made tours. An original way to explore the region in complete safety while learning about its rich cultural and natural heritage.

Take the public transport with the **NStCM** train from Nyon for a relaxing ascent and a breathtaking panorama. It's free with an overnight stay in the Nyon region with the carte Explore.

A trip to St-Cergue means: immersive nature experiences, culinary activities and stunning panorama.

Office du tourisme de St-Cergue
Pl. Sy-Vieuxville 3, 1264 St-Cergue, P. +41 22 360 13 14, **lacote-tourisme.ch**

La Côte
JURA · VIGNOBLE · LEMAN
NYON RÉGION



Chronicles of Everyday Diplomacy

ANTOINE **TARDY** *

"From the cushy right bank of the lake, Geneva's Nations quarters may look just as serene and harmonious. Although from the outside, little can one see the dramatic changes which are taking place inside those historical buildings.

After a turbulent first half of the year for international Geneva, the summer might offer a temporary respite from the stormy days that still lie ahead." ■

PHOTO
ANTOINE TARDY



✱ **Antoine Tardy** is a freelance photographer based in Geneva. **Web:** antoinetardy.com **Instagram:** @antoinetardyphoto

Going with the flow

Yoga-teaching sensation Adriene Mishler reveals how she built her online empire

MOLLIE **FRASER-ANDREWS** *

Adriene Mishler is an American yoga teacher, actress, and entrepreneur, best known as the creator and host of the YouTube channel Yoga With Adriene. In 2012, she partnered with producer Chris Sharpe to launch Yoga With Adriene, aiming to make yoga accessible to people of all backgrounds. She now has over 13 million subscribers on her YouTube channel and co-founded Find What Feels Good, a subscription-based yoga platform offering an extensive library of yoga materials. She is a constant inspiration to many in their quest to take advantage of the many physical and mental benefits of yoga.

© ADRIENE MISHLER



> Adriene Mishler, Founder of Yoga with Adriene

1. How did you start your own journey with yoga which has lead to such a large following online?

My journey with yoga began while growing up in Austin, Texas, amongst a community of artists who were all using elements of yoga in some way to support them physically, mentally, and spiritually. I was led to the physical practice of yoga asana first, while trying to build and maintain strength and stamina as a young aspiring professional stage actor. This was when I was 17, when I began going to classes regularly while simultaneously taking a Kundalini course in college. I soon enrolled in teacher training, which is where I received the great honor and privilege of learning yoga beyond just what westerners were doing in the studio. I still study today. It is my intention that my devotion to the whole practice of yoga, beyond just asana and pranayama, and my dedication to continued learning shows up in the various ways I choose to share the practice, including what I share online.

2. What is your vision for growing and nurturing the Yoga With Adriene community?

My vision for the evolution and expansion of Yoga With Adriene is to continue to nurture the mission of providing high-quality and free yoga to as many people as possible. Through the Yoga With Adriene (YWA) YouTube channel we have aimed to reach not just one type of person, but all types of people. In fact, the channel is built for accessibility, and for those people who might need yoga the most… but typically get it the least. I want the YWA space to remain a loyal library to return to, like a good friend, for many, and I want to continue to create practices for the people we are and the world we live in today.

© SHUTTERSTOCK



There are many different levels you can practice yoga at

For those who wish to go a little deeper in their yoga studies, which many do after a little regular home practice, we continue to nurture and develop Find What Feels Good space, which is a subscription app that provides a virtual practice and community space for members to practice, train, and learn more about the philosophy, history, and principles of yoga. Through interdisciplinary practice and a compassionate community, this space really does serve a unique opportunity for one to have both meaningful connection and continued learning that feels like it can be practically applied to everyday life.

3. For someone intrigued about the practice of yoga and starting out as a beginner, what would you say?

© FREEPIK



Reconnecting the mind, soul and body through yoga

For the intrigued beginner, I would say you are in the perfect spot to begin yoga. A beginner's mind offers so much of what the practice as a whole has to offer, which is often centered around the concept of doing less and observing more. Only by practicing self-awareness are we able to proceed in finding use of the myriad tools yoga has to offer. Many often think they have to be good at yoga to do yoga. They feel they have to be flexible, thin, focused. It is not true. Yoga, quite beautifully, asks you to be you. And to not cheat on that. To show up and pay attention to your senses. These experiences can evolve into more exercises both on and off the mat - but the truth is to really practice yoga, all you have to do is show up. ■

"I WANT TO CONTINUE TO CREATE PRACTICES FOR THE PEOPLE WE ARE

* **Mollie Fraser-Andrews** is the Editorial Coordinator of UN Today.



© FABIÁN RUBIOLO

WMO makes history in the UNESCO Memory of the World Register

In an exclusive interview, Andrew Martrich reflects on his role as the focal point for the WMO's 'IMO Legacy Collection' success in the history books

GEMMA **CAPELLAS-ESPUNY**
AND ELIZABETH **AMBROSE** *

Sample maps from the IMO Legacy Collection

In 2023, Andrew Martrich, Associate Documentation Control Officer in the Linguistic Services and Publishing (LSP) section at the World Meteorological Organization (WMO), proposed floating the Organization's 'IMO Legacy Collection' as a candidate for the UNESCO Memory of the World Register.

The International Meteorological Organization (IMO) (founded in 1873 and the predecessor to WMO) was the first global organization to facilitate the exchange of weather-related information and data across nations. The IMO Legacy Collection consists of the WMO collection of historic IMO publications. Much of the material that IMO collected and disseminated over its nearly 80 years of operation was subsequently published. Today, the IMO's historical significance continues under WMO, which is preserving

and digitizing the historic IMO publications that make up the IMO Legacy Collection.

The proposal was accepted, and Andrew Martrich set about assembling and submitting the application, serving as the project focal point. At the end of 2024, the application succeeded the first round of acceptance, and on 17 April 2025 the IMO Legacy Collection was inscribed on the Register, publicly affirming the significance of the documentary heritage. Its place on the Register raises the profile of the collection and allows for greater access to it, thereby facilitating research, education, entertainment and preservation over time.

On the occasion of the 79th session of the WMO Executive Council, in the year that commemorates the 75th anniversary of the Organization, Andrew Martrich explains his motivation and expectations for having the IMO Legacy Collection inscribed on the UNESCO Memory of the World Register.

How did you come across the idea of submitting the IMO legacy to the Register?

When I came to WMO in 2023, I immediately took an interest in the Organization's historical archives. I was fresh from leading the pre- and post-digitization teams of a large-scale digitization project at the United Nations Office at Geneva (known as the LONTAD project), which digitized, preserved and made available the archives of the League of Nations, so naturally I was curious if a similar (albeit smaller) project could be done at WMO. It seems the stars were aligned, as LSP happened to be in the process of finalizing its new WMO e-Library, a platform established to make WMO publications freely available to the public. I proposed an accompanying digitization project targeting the WMO historical publications. As part of that proposal, I recommended submitting the IMO Legacy Collection – a subcollection consisting of the publications of WMO's predecessor (the International Meteorological Organization) – for inscription on the UNESCO Memory of the World Register, in honor of WMO's 75th anniversary (this year!) and for the purpose of showcasing WMO's unique history and collections. In addition, the team agreed that, if nominated, it would benefit the new WMO e-Library by raising visibility and bringing in new researchers.

In today's highly technological world, what prompted you to facilitate the preservation of WMO's past documentary heritage?

I'm a bit of an enthusiast when it comes to archival conservation and preservation. I've had the unique opportunity of working with a variety of historical collections and archives at other United Nations agencies over the last decade. Wherever I go, I'm not only on the lookout for interesting libraries and archives, but also for opportunities to celebrate their beauty, provenance and importance. Too often, collections are neglected, swept under the rug and forgotten. This, of course, can be due to a lack of resources, but it's also a sentiment spurred on by assumptions regarding technological change. It's important to stress that scanning and putting something online doesn't guarantee long-term preservation by any means. Digital collections are just as vulnerable as physical ones, if not more so. Regardless of the type, healthy archives are dynamic and alive, and like any living thing, they require attention and care to thrive. Without that, they can disappear very easily.

> “TOO OFTEN COLLECTIONS ARE NEGLECTED, SWEPT UNDER THE RUG, FORGOTTEN

Documentary heritage is a legacy of humankind, through which we can look back into the past. Can you explain what drove you to choose the IMO publications for the Register?

As soon as I came across the IMO Legacy Collection, I knew it would be a good candidate for the Memory of the World Register. The Collection consists of some of the oldest materials in the WMO archives. Founded in the late nineteenth century, IMO was the first forum for meteorological cooperation, the first to facilitate the exchange of weather-related information and data across nations. Consequently, IMO prompted developments in meteorology and related subjects such as cloud studies,

© FABIÁN RUBIOLO



Reports of the first IMO sessions in different languages

climate, storm warnings, terrestrial magnetism, atmospheric science (the list goes on), that may not have happened otherwise. WMO carries on this legacy as IMO's successor, and I thought the nomination would be a unique way to celebrate this shared history on WMO's 75th anniversary, a testament to the Organization's storied journey.

This prestigious award will lead to future interest in the IMO Legacy Collection. What is the preservation and access management plan?

"THE IMO LEGACY COLLECTION CONSISTS OF SOME OF THE OLDEST MATERIALS IN THE WMO ARCHIVES

The IMO Legacy Collection is a hybrid collection (meaning that it consists of both digital and paper materials), so preservation occurs in different streams. The physical collection will undergo conservation treatments as required, and remain in the WMO secure archives facility. At the same time, we are systematically digitizing the collection and making it accessible via the WMO e-Library, a platform that employs digital preservation measures via i2S. The digitized portion of the collection is already available from the e-Library, and I highly recommend checking out some of the lovely publications we have there, some of which are being made accessible to the public for the first time ever. My personal favorite is a first edition of the International Cloud Atlas, published in 1896, a title that WMO continues to update and issue to this day.

It is exceptional for WMO to be part of the UNESCO Memory of the World Register and to encompass the vision that the world's documentary heritage belongs to all. This recognition will ensure that the collection will be permanently preserved and protected, accessible to all without hindrance.

I also want to take this opportunity to thank the present and past members of the LSP Digitization Team, who have been working with the IMO Legacy Collection in different capacities. ■

*

Gemma Capellas-Espuny is Head, Linguistic Production at WMO and **Elizabeth Ambrose** is Scientific Editor at WMO.

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Recognizing the efforts for gender equality

Backlash unfiltered: pushing equality forwards

Discover how the Backlash podcast exposes the machine behind these dynamics and the strategies to push-forward

UNRISD GENDER JUSTICE AND DEVELOPMENT PROGRAMME *

In recent decades, we have seen significant progress in achieving gender equality and advancing human rights. However, this progress has sparked a coordinated and growing backlash that threatens to undermine the hard-won gains made by women. Anti-gender movements are mobilizing to restrict the rights of women, LGBTQIA+ communities, and other marginalized groups. This backlash appears in various forms, such as attacks on reproductive rights and attempts to undermine democratic governance and civil liberties. Alarmingly, these movements are gaining traction and a veneer of legitimacy at an increasing rate.

> "THE BACKLASH IS REAL—BUT SO IS THE MOMENTUM FOR EQUALITY

But this is not the full story.

Across the globe, movements for equality are rising with equal determination. Feminist networks, LGBTQIA+ advocates, youth coalitions, progressive policymakers, and grassroots organizers are pushing back, creating alliances, defending rights, and reimagining a more inclusive future. Their work reminds us that progress is not linear but persistent.

Backlash Unfiltered: a podcast pushing forward rights and equality

This is a podcast series by the United Nations Research Institute for Social Development (UNRISD), launched as part of our ongoing commitment to gender justice and inclusive development.

As an autonomous UN research institute since 1963, UNRISD focuses on the social dimensions of development—examining power, politics, and equity through interdisciplinary research and global partnerships. Our mission is to support transformative change by placing inclusion and justice at the heart of sustainable development.

Through grounded, in-depth conversations with leading scholars, activists, and policymakers, this series explores the rise of anti-gender movements, the historical and geopolitical forces behind them, and how they are reshaping institutions and public discourse, with significant global repercussions on social development.

More importantly, this series is not just about understanding the backlash—it is about resilience, reimagining a more just future, and inspiring new strategies for coalition-building and progressive action.

Launched on 8 March 2025, International Women's Day, the podcast releases new episodes monthly. The first three episodes reveal how these movements operate, adapt, gain influence, and that now advocates are pushing forward for a more just and inclusive future.

Pulling back the curtain

Episode 1: Networks of Power

Dr Ayesha Khan, Senior Research Fellow at ODI Global, traces how once-marginal conservative actors have coalesced into transnational coalitions with media platforms, legal tools, and international influence. These are not fringe actors—they're shaping policies from within. What she describes as an "unholy alliance" of evangelical leaders, autocratic regimes, and political entrepreneurs that now operates with cohesion, funding, and strategic intent.

Episode 2: Language as a Strategy

Researcher Haley McEwen describes how anti-gender movements have refined their messaging—replacing overtly religious rhetoric with what she calls "secular-sounding arguments." They frame exclusion through the language of science, health, and education to mask discrimination as reasoned policy. Gender studies are painted as ideological extremism. Diversity becomes a threat. Freedom is weaponized against the most vulnerable. Their tactics are not just subtle—they're deliberate co-optations of the very vocabulary of justice and equality.

Episode 3: Following the Money

Neil Datta, Executive Director of the European Parliamentary Forum for Sexual and Reproductive Rights, reveals the financial landscape behind anti-gender movements. His research reveals that, over a single decade, hundreds of millions of dollars were funneled into anti-gender campaigns across Europe alone. The estimate he shares — "at least 700 million dollars" — is striking. These are not isolated efforts—they are highly organized, transnational campaigns that draft laws, amend constitutions, and redefine democratic norms. They are reshaping the debate on gender as a threat to traditional values, national identity, and social order. In short, it's being reframed as dangerous.

Inside the system

What makes this backlash especially dangerous is that it is no longer operating from the sidelines. As Khan explains, many of its leading actors now hold positions of institutional power—crafting policies, reshaping laws, and influencing global declarations. Declarations like the Geneva Consensus, endorsed by 40 states that oppose access to abortion, demonstrate

LISTEN TO THE PODCAST:

unrisd.org/backlash-unfiltered

Backlash Unfiltered: A podcast pushing forward rights and equality

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Highlights from our first three episodes with Dr Ayesha Khan, Dr Haley McEwen and Neil Datta

how language around health, dignity, and family can be repurposed to restrict reproductive rights and undermine justice.

Around the world, resistance is vibrant and on the rise. Civil society organizations are actively monitoring these changes. Journalists are uncovering disinformation, and feminist movements are reclaiming their space and language. Women in the Global South, who have long faced structural challenges, are leading with their experience, creativity, and courage.

A key takeaway from this podcast series is that gender should be treated as a central concern in public policy. This approach should be grounded in evidence, responsive to inequality, and integrated into institutional design. This means we must defend not only the principles but also the procedures that uphold them. The task ahead is not just to raise our voices but to act more strategically. We need to harness our collective power and set aside our siloed approaches. It's essential to bolster solidarity and develop a coordinated strategy for advocacy and action.

> BACKLASH UNFILTERED KEEPS US ALERT TO WHAT'S AT STAKE—AND WHAT WE CAN STILL ACHIEVE

What Backlash Unfiltered brings to the conversation

What Backlash Unfiltered provides is more than just analysis; it offers clarity:

• It educates by exploring the historical and strategic roots of the backlash, showing how it is not random, solely religiously motivated, or fragmented. It is deliberate, politically and economically driven, and alarmingly coherent.

• It analyzes the consequences by tracing the actors, following the money and how these regressive movements are reshaping the meaning of rights, democracy, and justice, affecting social development and civic space.

• It is inspiring by listening and amplifying the voices of those who have been sounding the alarm for decades—researchers, advocates, feminist networks, LGBTQIA+ leaders, and grassroots organizers, particularly from the Global South. Their history, characterized by endurance, solidarity, and political insight, is more essential than ever.

This involves more than just identifying threats. It's about developing collective responses—not reactive but proactive. Not symbolic, but strategic. Not temporary, but sustained.

In a world where rights are being unraveled, not through loud proclamations, but quiet policies and carefully chosen words, Backlash Unfiltered helps us stay alert — not only to what's at stake, but also to what we still have the power to achieve.

A call to action

The backlash is real, but so is the momentum for equality.

Listen to Backlash Unfiltered. Share it with your community. Use it in classrooms, workshops, and policy discussions. Support those on the front lines. Challenge disinformation. Elevate diverse voices. Reclaim the narrative.

Because in the end, defending human rights is not about holding the line, it's about redrawing it, together. ■

* **The Gender Justice and Development Programme at UNRISD** researches the most pressing social issues and transforming policies to advance gender justice.

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A view of Astana, Kazakhstan's capital city

Kazakhstan's expanding global role

Yerlan Alimbayev, Permanent Representative of Kazakhstan to the United Nations Office in Geneva shares insights into the country's priorities

MOLLIE **FRASER-ANDREWS** *

Before his appointment in Geneva, Mr. Alimbayev served as Kazakhstan's Deputy Minister of Foreign Affairs and Ambassador to India. He previously held diplomatic posts at Kazakhstan's Permanent Mission in Geneva, as well as at embassies in South Korea and India. Within the Ministry of Foreign Affairs, he held various senior roles, including Ambassador-at-large, national coordinator for the Shanghai Cooperation Organization, and leadership positions in departments focused on Asia, Africa, and bilateral cooperation. In this interview, he reveals how the Permanent Mission of Kazakhstan to the United Nations Office and other international organizations in Geneva remains actively engaged across a broad range of multilateral initiatives, reflecting the country's enduring commitment to peace, sustainable development, and international cooperation.

Kazakhstan is set to host the UN Regional Centre for Sustainable Development Goals in Almaty. How is the country preparing for this important initiative?

Sustainable development is deeply embedded in Kazakhstan's national strategies, with strong involvement from local authorities, civil society, academia, and the private sector. Last year, we established a special parliamentary commission to coordinate and monitor SDG implementation across the country. We're also preparing to submit our second Voluntary National Review to the UN in New York this summer.

Hosting the UN Regional Centre for SDGs in Almaty is both an honor and a natural next step in our commitment to the 2030 Agenda. We are providing robust financial and operational support and integrating the Centre into the International Organizations building in Almaty, where 18 other UN agencies are already present. This will ensure close collaboration and resource efficiency.

Our aim is for the Centre to become a dynamic platform for regional cooperation — one that enables the sharing of best practices and implements cross-border projects that address Central Asia's unique challenges, from climate adaptation to economic diversification. The unanimous support this initiative received at the UN General Assembly speaks volumes about the trust placed in Kazakhstan's leadership.

Kazakhstan has long championed primary health care. What does the new Global Coalition on Primary Health Care aim to achieve?

Our commitment to primary health care dates back to the historic Alma-Ata Declaration in 1978 and was reaffirmed in the 2018 Astana Declaration. With the Global Coalition on Primary Health Care (PHC), we seek to build a global platform for political advocacy, policy coordination, and knowledge sharing — all centered around PHC as the foundation of universal health coverage.

We envision health systems that are more accessible, people-centered, and resilient. The Coalition offers a space for countries to align strategic priorities and share innovations that empower communities and reduce health disparities.

We're proud to host the WHO European Centre for PHC in Almaty, and we also organized a side event on accelerating PHC implementation at the 78th World Health Assembly back in May, co-sponsored by partners such as Brazil, Canada, Ethiopia, France, and Hungary. This underscored the growing international momentum behind primary health care reforms.

Biological safety has become a global priority. How does Kazakhstan view international cooperation in this area?

Kazakhstan has recognized the importance of biological safety for many years. In response to the COVID-19 pandemic, we proposed the creation of an International Agency for Biological Security (IABS). This initiative seeks to bolster global biosecurity by promoting peaceful uses of biotechnology, enhancing transparency, and supporting the implementation of the Biological and Toxin Weapons Convention (BTWC) — which, notably, still lacks a formal implementation mechanism.

> “WE ARE COMMITTED TO PRACTICAL ACTION, INCLUSIVE PARTNERSHIPS, AND INTERNATIONAL LAW

We believe international cooperation in this field must be inclusive and science-driven. Kazakhstan has engaged with a wide range of stakeholders, including the Non-Aligned Movement, the Organization of Islamic Cooperation, and the G7 Global Partnership, as well as scientific communities.

Our goal is to build consensus around a cost-effective and accessible framework that strengthens global resilience against biological threats. We are committed to transparent dialogue and practical collaboration as we advance this proposal with other BTWC States Parties.

With global conflict on the rise, what is Kazakhstan's objective behind the new international initiative on humanitarian law?

Our initiative on International Humanitarian Law (IHL) is a call to refocus international attention on the fundamental principles that protect civilians and uphold human dignity in armed conflict. In today's tense geopolitical climate, IHL remains a unifying legal and moral framework that all states have pledged to respect.

We aim to elevate the political priority of IHL, reinforce its relevance, and encourage its full implementation. Kazakhstan sees this initiative as a chance to build consensus around the Geneva Conventions and the humanitarian norms that underpin them.

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Yerlan Alimbayev at an event on 'Human Rights and Nuclear Disarmament' on the sidelines of the 58th session of the UN Human Rights Council, March 2025

By promoting inclusive dialogue and constructive diplomacy, we hope to strengthen the global commitment to IHL — not only in legal terms but also as a shared human value in a time of increasing polarization.

In a divided world, what role does the Congress of Leaders of World and Traditional Religions play in promoting intercultural dialogue?

Dialogue among cultures and religions is more important than ever. The Congress of Leaders of World and Traditional Religions, initiated by Kazakhstan, provides a truly unique and inclusive platform. It's not limited to religious leaders — we also bring in international organizations, scholars, and civil society voices to foster mutual understanding and trust.

> "DIALOGUE AMONG CULTURES AND RELIGIONS IS MORE IMPORTANT THAN EVER

The Congress helps prevent conflict and promote peace by encouraging concrete cooperation and policy recommendations. It goes beyond symbolic gestures, offering actionable initiatives in support of human rights, humanitarian law, and education based on respect and humanism.

We're currently preparing for the 8th Congress, which will take place in Astana on 17–18 September 2025 under the theme: "Religious Dialogue — Synergy for the Future." It will once again serve as a bridge between cultures and a reaffirmation that dialogue is essential for global peace and cooperation.

Kazakhstan will host a regional climate summit in 2026. What are your main priorities for this event?

Environmental protection and climate action are at the heart of Kazakhstan's development agenda. In 2023, we adopted a Carbon Neutrality Strategy to 2060 and are finalizing a national implementation plan that focuses on renewables, electric vehicles, sustainable agriculture, and a gradual transition to natural gas.

We are working closely with our regional neighbors — particularly Azerbaijan and Uzbekistan — to sustain the momentum from COP-29 in Baku and the regional climate forum in Samarkand. In 2026, Kazakhstan will host a UN Regional Climate Summit, coordinated by our Ministry of Ecology and Natural Resources.

This summit will tackle regional priorities including climate adaptation, finance, mitigation, and food security. It will also serve as a catalyst for coordinated action and innovation across Central Asia. We believe regional collaboration is key to confronting the climate crisis effectively.

Finally, how would you summarize Kazakhstan's broader vision for multilateral engagement through its work in Geneva?

Kazakhstan believes that multilateralism is the most effective path toward a safer, fairer, and more sustainable world. Whether through regional cooperation, global health initiatives, interfaith dialogue, or climate diplomacy, our Mission in Geneva reflects that enduring belief.

We are committed to practical action, inclusive partnerships, and international law. In today's interconnected world, we all share responsibility for building peace, promoting development, and protecting human dignity — and Kazakhstan is proud to contribute constructively to that shared mission. ■

* **Mollie Fraser-Andrews** is the Editorial Coordinator of UN Today.

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The threat of non-communicable diseases

We need to act now to prevent millions of deaths as the 21st century's deadliest killers remain prevalent

SAKSHI **RAMLUGON** *

Every two seconds, someone under the age of 70 dies from a non-communicable disease (NCD). Yet most of these deaths are preventable. Non-communicable diseases are chronic medical conditions that are not transmitted from person to person. They typically develop over a long period and are often influenced by genetic, physiological, environmental and behavioral factors. Major types of NCDs include mental health, cardiovascular diseases, cancers, chronic respiratory diseases and diabetes. NCDs cannot be spread through pathogens but are instead linked to lifestyle choices such as poor diet, physical inactivity, excessive alcohol consumption and biological risk factors such as age and genetics.



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Gene X medical laboratory offering free blood tests as part of its commitment to early detection and prevention of NCDs

Global trends and statistics

Non-communicable diseases remain the leading cause of mortality worldwide, responsible for over 43 million deaths in 2021, representing approximately 75% of all non-pandemic-related deaths. Among the ten leading causes of death globally, seven are attributable to NCDs, including ischaemic heart disease, stroke, chronic obstructive pulmonary disease, lung cancer, dementia, diabetes, and chronic kidney disease. Although the global probability of premature death from the four major NCDs—cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes—declined from 23% in 2000 to 18% in 2019, the pace of progress has slowed considerably since 2015. In 2021 alone, cardiovascular diseases accounted for 19 million deaths, cancer for ten million, and chronic respiratory diseases and diabetes for millions more. Furthermore, mental health conditions and NCDs together accounted for four out of every five years lived with disability.

How do NCDs develop?

NCDs tend to develop gradually, often beginning with minor physiological changes that may go unnoticed. These conditions arise from a complex interaction of genetic factors, environmental influences, metabolic imbalances, and modifiable lifestyle choices. In the early stages, signs like elevated blood pressure, insulin resistance, or low-grade inflammation may occur without noticeable symptoms, progressively contributing to the onset of disease. Lifestyle-related risk factors such

as unhealthy diets, physical inactivity, tobacco use, excessive alcohol intake, and chronic stress are primary contributors. These behaviors can lead to intermediate health problems like obesity, high blood pressure, and elevated cholesterol levels, which significantly increase the likelihood of more severe conditions including cardiovascular disease, type 2 diabetes, and certain forms of cancer. While genetics can predispose some individuals, the majority of NCDs are preventable through healthy lifestyle choices. For example, consuming high-fat, high-sugar foods combined with a sedentary lifestyle can lead to harmful metabolic changes. Similarly, tobacco smoke exposure harms respiratory tissues and diminishes lung function, elevating the risk for diseases like chronic obstructive pulmonary disease (COPD) and cancers. Mental health conditions often develop over time due to a blend of biological and psychosocial influences, including persistent stress and insufficient social support.

Effective prevention strategies

Globally, more than 130 regions have introduced taxes on sugar-sweetened beverages (SSBs), with significant results seen in places like Mexico, the United Kingdom and South Africa, Berkeley, and Philadelphia. In Mexico, for instance, SSB consumption dropped by 37%. The UK responded with product reformulations that led to the annual elimination of 45 million kilograms of sugar. These actions are projected to yield long-term health improvements, including reductions in obesity and diabetes prevalence. Similarly, increased taxes on tobacco and alcohol have proven successful in lowering use. Examples include Ghana's transition to a hybrid excise tax model, Australia's 15% tobacco levy, and Estonia's annual 5% tax hikes. Chile's 2016 food policy, which featured clear packaging labels, bans on marketing to children, and restrictions on in-school sales, resulted in a 73% decrease in children's exposure to junk food advertising and a 10.2% drop in household sugar consumption. These examples illustrate the high return on investment of well-designed public health interventions.

© SAKSHI RAMLUGON



Jaydev Madub registered as a stem cell donor offering a lifeline to patients with chronic illnesses like blood cancers, part of the growing burden of NCDs worldwide

Integrated solutions and the way forward

Despite progress in NCD prevention and management, major challenges persist. Strengthening healthcare infrastructure, especially in low- and middle-income countries, is crucial for enhancing prevention, early diagnosis, and treatment. Urban environments should be designed to encourage active lifestyles by including parks, bike paths, and pedestrian-friendly areas. Mental health services need to be embedded into broader NCD strategies, as conditions like depression can exacerbate chronic physical illnesses. Increased funding for research and international collaboration is essential to develop innovative treatments. Digital health solutions like mobile apps and wearable devices can offer individuals greater control over their health. Expanding health education in schools and communities can help promote better lifestyle choices, while governments should regulate marketing of harmful products and support healthier alternatives through subsidies. Ensuring food security and improving access to nutritious foods are also key strategies in addressing poor diets. By adopting a holistic and multi-sectoral approach, the global burden of NCDs can be significantly reduced, paving the way for a healthier future. ■

> EVERY TWO SECONDS, SOMEONE UNDER THE AGE OF 70 DIES FROM A NON-COMMUNICABLE DISEASE

Sakshi Ramlugon is a biological sciences major Student at the University of Calgary.

The 'Mirror Effect': how leadership practices affect culture

An organization's culture isn't shaped by policies alone: it mirrors the daily behaviors, mindset, and decisions of its leaders

VALENTINA **KORDI** *

In a constantly evolving business landscape, leaders face the challenge of cultivating a high-performing organizational culture. Many companies invest in policies, training programs, and values written as statements on the workplace walls to improve culture, but often, the core issue remains unaddressed; the leadership mindset.

In my latest book *The Mirror Effect: What You See Is How You Lead,* I introduce the concept that organizational culture is not an abstract entity but a direct reflection of a leader's mindset, behaviors, and decisions. If leaders want to create a thriving, engaged workplace, they must first look in the mirror.

Strong leadership practices foster an environment of productivity and growth



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Leaders often assume that culture is built through mission statements and corporate values. However, culture is shaped by what employees observe daily—the leader's mindset and behavior. A leader, who promotes innovation but resists change him—or herself, will create a risk-averse team. A leader who emphasizes teamwork, yet fosters competition among employees, will see division rather than collaboration.

The 'Mirror Effect' suggests that leadership is not just about the instructions given, but also about the unspoken cues leaders provide through their reactions, priorities, and attitudes. Employees mirror their leaders, consciously or unconsciously adopting the same behaviors and mindset.

To help leaders foster a high-performing culture, the book presents ten core leadership practices based on cognitive science, behavioral psychology, and real-world application.

1. Perception and emotional intelligence

Leaders' emotional intelligence affects the entire workplace environment. Emotionally intelligent leaders are self-aware, regulate their emotions, and understand their impact on others. When leaders lack emotional intelligence, they risk creating disengaged teams and fostering miscommunication.

2. Visionary thinking

Short-term thinking often limits a company's growth. Leaders must embrace a visionary mindset, seeing beyond daily

tasks to the future impact of their decisions. A clear and compelling vision inspires teams, aligns efforts, and fuels innovation.

3. Transparency and open communication

Trust is the foundation of strong workplace relationships. Leaders who communicate openly, admit mistakes, and share challenges foster a culture of honesty and accountability. In contrast, secrecy breeds rumors, fear, and disengagement.

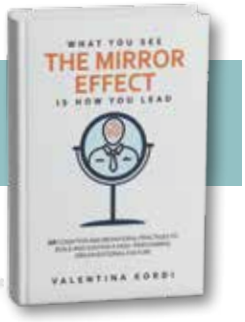
4. Inclusivity and diversity appreciation

Diverse teams outperform homogeneous ones, but diversity alone is not enough. Leaders must actively create an inclusive culture where every voice is valued. Inclusive leadership builds stronger collaboration, creativity, and problem-solving.

5. Resilience and adaptability

Change is inevitable, but how leaders respond to it sets the tone for their teams. Resilient leaders embrace setbacks as learning opportunities and inspire their teams to adopt a similar mindset. Adaptability leads to long-term success.

Valentina Kordi's book contains nine simple steps to success.



6. Accountability and integrity

Leaders who take responsibility for their actions create a culture of accountability. Employees follow their example, leading to higher performance and ethical decision-making. Integrity-driven leadership builds trust and credibility.

7. Empowerment and trust

Micromanagement kills motivation, while trust empowers employees to take initiative. Leaders who empower their teams create a culture of

> TRUST GIVEN IS TRUST REFLECTED— LEADERS SET THE TONE FOR A CULTURE OF CONFIDENCE AND GROWTH

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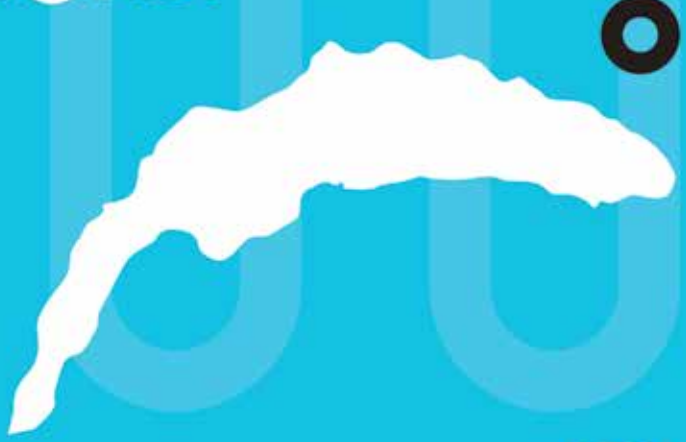
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Valentina Kordi's programs are centered around two essential pillars for success: mindset and habitual behaviors

confidence, creativity, and ownership of responsibilities.

8. Commitment to continuous learning

The best leaders are lifelong learners. Organizations that prioritize learning encourage employees to evolve, innovate, and stay ahead of industry changes. Leaders must set the example by constantly developing themselves.

9. Recognition and appreciation

Acknowledging contributions fosters engagement and loyalty. Leaders who regularly recognize their teams' efforts create a positive and motivated work culture. Neglecting appreciation leads to low morale and high turnover.

> RECOGNITION FUELS MOTIVATION —WHAT GETS ACKNOWLEDGED, GETS REPEATED AND STRENGTHENED

10. Collaboration and team orientation

A high-performing culture is not built on individual achievement, but on collective success. Leaders must encourage teamwork, remove silos, and foster environments where employees support each other to reach common goals.

Neuroscientific research supports the 'Mirror Effect.' Studies on mirror neurons show that humans unconsciously mimic behaviors and emotions they observe. This means that if a leader exhibits stress, negativity, or resistance to change, their team is likely to mirror these behaviors. Conversely, leaders who demonstrate optimism, resilience, and trust create psychologically safe environments where employees thrive.

Additionally, emotional intelligence has been linked to increased oxytocin levels, the hormone responsible for trust and social bonding. When leaders engage empathetically, it triggers a biological response that enhances collaboration and engagement in their teams.

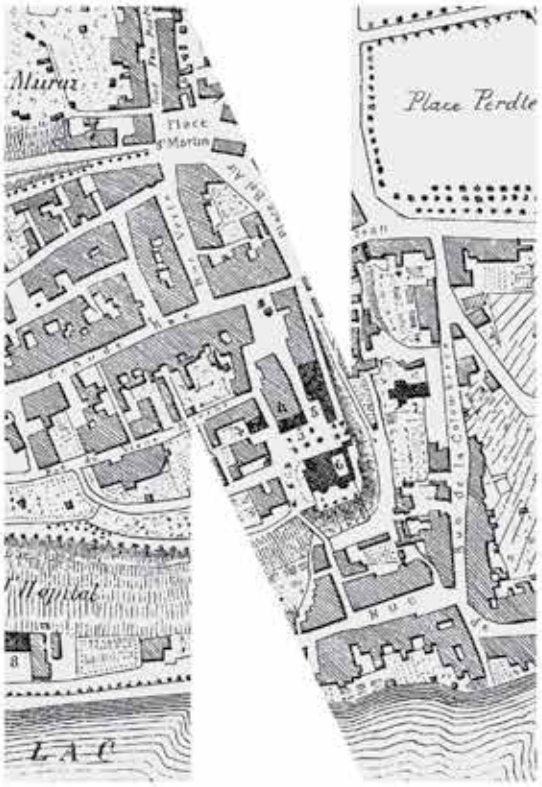
Leaders seeking to improve their organizational culture must first work on themselves. A structured approach to leadership transformation includes:

- **Self-reflection:** Assessing one's mindset, behaviors, and leadership impact.
- **Feedback:** Seeking honest input from teams to identify blind spots.
- **Mindset shifts:** Challenging limiting beliefs and adopting a growth-oriented outlook.
- **Consistent practice:** Implementing new leadership behaviors until they become habits.
- **Measuring cultural impact:** Evaluating changes in employee engagement, retention, and overall team dynamics.

Organizations don't change—leaders do. The 'Mirror Effect' serves as a guide for leaders willing to take responsibility for the culture they create. By embracing self-awareness and making intentional changes, leaders can build thriving workplaces where employees feel valued, motivated, and aligned with the organization's mission.

The question every leader should ask is simple: If my team mirrors me, what kind of culture am I creating? The answer lies in their reflection. ■

* **Valentina Kordi** is a Mindset and High-Performance Organizational Consultant for Leaders and Teams.









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Giant seaweed: the powerhouse of the sea

Seaweed's super-power to save the planet

Growing and eating more seaweed could stop climate change in its tracks

THOMAS **KOSTIGEN** *

It's a simple solution that I came upon when I began researching, *Cool Food: Erasing Your Carbon Footprint One Bite at a Time*, the bestselling book that I co-authored with Academy Award-winning actor Robert Downey, Jr., and it's a weird fact that has stuck with me as one of the most impactful individual climate actions we each can take.

> WE ALREADY KNOW THAT MOST OF THE PLANET'S CARBON (93%) IS LOCKED UP IN VARIOUS FORMS IN OUR OCEAN SYSTEMS

Seaweed is 20 times more effective than land-based plants and trees for keeping the leading greenhouse gas, carbon dioxide, from floating in the air and warming global temperatures. Airborne CO_2 attracts, captures and holds the sun's energy; heat. Trap it or bury it, and temperatures cool.

Growing more seaweed would keep more CO_2 buried in the oceans, Earth's largest carbon storage facility. We can encourage this by increasing our consumption, prompting higher demand that urges more supply. The result is a massive environmental benefit. It is estimated that if we grew nine percent more seaweed in the ocean by covering an area of the sea that size, all of the CO_2 produced annually by us humans could be taken out of the atmosphere and held beneath the sea surface.

To be sure, that's no small feat. But every incremental step toward that goal is a huge leap for the planet. We need these kinds of moonshots if we are to mitigate climate change in any formidable way. Governments and public-private sector partnerships can and should encourage this.

We already know that most of the planet's carbon (93%) is locked up in various forms in our ocean systems. Oceans are our biggest facilitator of photosynthesis, the process that gives us the oxygen we breathe. When carbon dioxide is gobbled up by plants, they filter it through their cells along with water and sunlight, converting the mix into glucose, or sugar, that is used so they can survive and grow, and respire oxygen—to our benefit.

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Integrating seaweed into our diet is a delicious way to benefit from its many health properties

The marine plant environment is so good at this natural process that more than half of all the Earth's oxygen is made this way. In other words, every other breath we take is oxygen brought to us by ocean photosynthesis. Seaweed, in its various forms, is the main engine for making this happen. Which is why we need to build more demand around the globe for, let's call them, vegetables of the sea.

There are thousands of types of edible seaweed that are largely put into three categories: red seaweeds, brown seaweeds, and green seaweeds.



Bestselling author Thomas Kostigen

Darker-colored seaweeds are found deeper in the ocean and capture and store the most carbon dioxide, while lighter-colored seaweeds contain the least CO_2 and float closer to the surface.

Red and brown seaweeds are consumed most as food. Think the purplish Nori wrapped around the rice for your sushi, or the brownish Wakame in your miso soup, or the blackish Hijiki in your stir-fry.

No matter what the color or kind, the West hasn't had much appetite for seaweeds. In Asia, seaweeds are a food staple and account for as much as 20% of people's daily meals. Conversely, in the United States, seaweed isn't even listed among common food ingredients. And it's no wonder: only 57% of all Americans have even tried eating seaweed once. That said, more people seem to be open to having it.

Whole Foods, the grocer with stores in the U.S. and Europe, lists seaweed as one of its top trending food items, and independent researchers estimate sales will grow into the next decade as more people become aware of it as an option for plant-based meals. Note, like many climate solutions, a comprehensive awareness and education mission is duly needed to get more people onboard with eating seaweed. To that end, I have created a communications program to pique interest.

Asia produces 98% of edible seaweed for the world. Meanwhile, North America and the North Atlantic have some of the most ideal conditions to grow more seaweed. There's ample opportunity for seaweed farms to prosper. And, while a few have, they aren't at any kind of scale. Seaweed farms off the coasts of North America, for example, account for less than one percent of worldwide seaweed production.

Seaweed isn't just for our mouths either. Incorporating it into cattle feed can lessen the methane gas cows produce. Methane is another greenhouse gas harmful to the climate. And in the agricultural industry, cattle produce it most with their burps.

But before seaweed can really take off as a food trend, it really needs a new name. The word 'weed' doesn't exactly suggest tastiness.

Kelp has a nice ring to it. Even though it's a particular kind of seaweed, there's a case to be made for turning kelp into an umbrella term. After all, seaweed in any form is technically algae, and that sounds even worse than something with the word 'weed' in it.

Kelp could be the ocean version of kale. And we all know how popular kale has gotten.

We all eat. We can turn that simple and necessary act into a superpower to do well and good for ourselves as well as the planet. Ain't that cool. ■

* **Thomas Kostigen** is a multiple New York Times bestselling Author and award-winning Writer.
Find out more at thomaskostigen.com



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AU-DELÀ DU SHOPPING

What being in the public eye taught me on mental health

How my audience's unexpected engagement in my mental health advocacy led to impact pop culture, media, policy and institutional collaborations

MEREDITH **O'CONNOR** *

Before fame entered my life, I walked the runways of New York as a teenage model. And before that, I was a child navigating the isolating sting of bullying—a crucible that convinced me my differences were flaws. Traits I'd later cherish, like creativity, neurodivergence, and even my height, were once sources of shame, overshadowed by disapproval.

That perspective first shifted when I stepped into modeling and heard my appearance praised rather than ridiculed. Soon after, a chance to work with a music group propelled my debut single to success, upending my world. The transition was jarring: one moment I was dodging taunts; the next, I was fielding award-show invitations and posing for photos with strangers. My creativity and neurodivergence, once targets of childhood criticism, fueled that first hit. I hadn't imagined qualities I'd resented could become assets, let alone drivers of commercial triumph.

I once thought my journey of self-doubt and isolation was mine alone. Bullying, by its nature, isolates, but the absence of relatable role models in pop music deepened that solitude. When my 2013 YouTube single went viral, reaching millions as a high school senior, I saw a chance to become the advocate I'd longed



Meredith O'Connor, activist supporting the United Nations and communities globally. Tour dates for Meredith's world tour


© ERIKA BAKER

for—a voice celebrating differences rather than concealing them. The spotlight felt like a rare gift, one I couldn't squander. I resolved to use it to promote emotional resilience, combat bullying, and champion mental health—challenges that echo across cultures.

Colleagues met my ambitions with skepticism. Untested ideas breed uncertainty, and few could predict the resonance of mental health advocacy in pop culture. Undeterred, I released "The Game," an anti-bullying anthem, with a lean team willing to take the risk. To the surprise of many, myself included, I was met with hundreds of thousands of messages, comments, and letters given at meet-and-greets that spoke volumes. This outpouring redirected my path. I worked with stars from Degrassi and Teen Beach Movie, partnered with the National Alliance on Mental Illness, addressed the United Nations multiple times, embarked on world tours, and shaped mental health campaigns with record labels, school districts, and Fortune 500 companies. This momentum illuminated the media's power to uplift young people facing adversity—a potential I discussed in Forbes, on panels for Hollywood & Mind with other artists like Demi Lovato, and at Google with Digital4Good and Cooley Law, advocating for policy in the digital space.

On a personal level, my view of 'differences' evolved. Engaging with industry peers, diplomats, and other high-achieving professionals across cultures revealed a pattern: traits that fuel extraordinary careers—creativity, intellect, neurodivergence—often invite childhood marginalization. Systemic gaps, like curricula overlooking neurodivergent strengths, exacerbate this. Yet, these qualities can later define success. Some of the most prominent artists from South Korea, India, Brazil, Romania, Lebanon, and elsewhere joined my song and campaign "You Are Not Alone" to demonstrate the important role that their differences played in their success.

This insight sparked my pursuit of psychology and the creation of a mental health center. A pivotal moment came when Former Senior Vice President of Commercial Branding at Columbia Records/Sony Music, proposed a partnership. Together, we launched the You Are Not Alone program with the New York City Department of Education, including District 75, offering students access to mental health services as well as mentorship from senior executives at Columbia Records and other industry leaders—individuals whose own journeys demonstrate how distinctive qualities can lead to remarkable achievement. Through this initiative, we seek to recast perceived 'differences' as foundations for professional success, connecting untapped potential to mentorship and tangible resources—a vision that reflects the United Nations' enduring commitment to inclusion and empowerment.

For the UN community, this journey highlights a universal principle: qualities that distinguish us, when nurtured, can reshape culture, influence policy, and forge partnerships that uplift the marginalized. From New York to global stages, advocacy rooted in lived experience can align with international efforts to foster resilient, equitable societies. ■



© MEREDITH O'CONNOR

In action: Meredith O'Connor addressing the United Nations

> ONE MOMENT I WAS DODGING TAUNTS; THE NEXT, I WAS POSING FOR PHOTOS WITH STRANGERS

* **Meredith O'Connor** is an American Singer, Businesswoman and Mental Health Activist.

Beyond borders: rescuing animals in times of crisis

When disaster strikes, saving animals not only preserves livelihoods but also rebuilds community bonds and restores hope where it's needed most

SYLVIE **JETZER** *

In 2017, amid the sounds of gunfire and the constant danger of snipers, Dr. Amir Khalil, veterinarian and Director of the Reveal and Rescue Response unit at global animal welfare organization FOUR PAWS, together with a skilled expert team, embarked on a mission marked by extraordinary circumstances. In the devastated city of Mosul, Iraq, they undertook what seemed an impossible task: rescuing the last two surviving animals from a zoo destroyed by conflict.

For FOUR PAWS, safety and diligent preparation are paramount principles that guide every operation. Yet, despite its prior experiences in crisis zones, this mission proved to be by far the most difficult. The team spent two weeks navigating administrative hurdles on site, an exhausting game of patience. At first, the soldiers and officers on the ground were skeptical. Why go to such lengths to save just two animals? Yet slowly, attitudes began to shift. Members of the military started bringing food for the animals. For Dr. Khalil, these small, compassionate gestures were deeply symbolic. In the middle of chaos and destruction, they revealed that kindness towards animals can be a quiet but powerful expression of humanity: "When people care for animals in the darkest times, it's a reminder that humanity still exists."

© FOUR PAWS | HRISTO VLADEV



In 2024, Dr. Khalil led a critical mission in Sudan, reinforcing FOUR PAWS' expertise in crisis zones

The organization's sole focus on animal welfare helps build bridges across divides, even in regions fractured by conflicts. This is where FOUR PAWS' principle of neutrality becomes one of its most powerful tools. Animals, innocent collateral victims, can create common ground, opening doors and softening attitudes in places where dialogue is otherwise impossible.

Laying the groundwork for emergency animal relief

When FOUR PAWS began operating in conflict and disaster zones in 2003, it soon became clear that to conduct such difficult missions, the organization needed to develop a clear strategy. It also needed to build a team of veterinarians,

© FOUR PAWS | ARDILES RANTE



FOUR PAWS has conducted numerous rescue missions around the world over the past 30 years, including in the aftermath of the 2018 earthquake in Lombok, Indonesia

wildlife experts, rescue workers, and crisis managers, trained to work worldwide in challenging situations.

On behalf of FOUR PAWS, Dr. Khalil and his team have led several high-risk missions, strengthening the organization's reputation to navigate complex political and security landscapes. The skilled expert unit was involved in the rescue of animals during the Arab Spring in Tripoli and Cairo in 2011 and carried out multiple operations in the Gaza Strip between 2014 and 2015. In 2017, after the evacuation of the zoo in Mosul, they coordinated the rescue of animals from an abandoned park near Aleppo, Syria. In 2022 and 2024, they oversaw two major interventions in Sudan. Everywhere the team went, they witnessed how the presence of animals could change the mood of the soldiers, and bring joy to displaced children.

Safety first: navigating chaos with care

Conducting animal rescues in disaster-stricken or conflict zones demands not only compassion, but also rigorous preparation and a sharp understanding of the risks involved. Dr. Khalil describes the reality on the ground: "When a natural disaster strikes, nothing works anymore. Government agencies are overwhelmed or non-functional, communication networks collapse, roads are destroyed, and people are in survival mode."

In such environments, the dangers are numerous. FOUR PAWS teams often operate in unpredictable environments, facing harsh weather conditions, health risks, and unstable terrain. Even a minor incident, like a snakebite, can become a serious operational challenge, requiring constant vigilance and flexibility. FOUR PAWS teams must be entirely self-sufficient, bringing in all essential supplies: from medical equipment and food to shelter materials such as tents and sleeping bags, as well as protective gear and insect repellents. Each mission begins long before the team arrives on site, through extensive coordination, trust-building, and close collaboration with local authorities and humanitarian partners already active in the region. As information is often limited and conditions can change quickly, adaptability is essential.

In active conflict zones, the challenges are even more acute. All team members receive specialized training to operate in hostile environments, including courses in first aid, risk assessment, and even kidnap prevention. Operational strategies are designed to minimize risk at every stage. During such missions, the team is in regular exchange with external security experts and continues to monitor any developments that might affect their work and safety on-site. FOUR PAWS takes the safety and wellbeing of its staff very seriously and will take all

> "ANIMALS CAN CREATE COMMON GROUND AND EASE TENSIONS WHERE DIALOGUE IS OTHERWISE IMPOSSIBLE


© FOUR PAWS | HRISTO VLADEV

In 2020, FOUR PAWS flew elephant Kaavan on a heavy mission from Pakistan to a wildlife sanctuary in Cambodia

measures to ensure their physical and mental health before, during and after the rescue missions.

Animals at the heart of community survival

In times of conflict or natural disasters, rural communities often face devastating losses, including their homes and livestock. Dr. Khalil explains: "Consider the plight of a farmer who loses both his house and cattle, how will he sustain his family? Animals are not just assets; they are essential for the survival of entire communities. Amidst such hardships, I have witnessed countless acts of kindness towards animals worldwide. Neighbors come together to support each other and their animals, showcasing the best of humanity." Human existence is deeply intertwined with that of animals; people often refuse to evacuate without them. Dr. Khalil remembers that while on a mission in Türkiye after the earthquake of 2023, the team helped a woman who waited six days by the rubble to save her cow.

> "KINDNESS TOWARDS ANIMALS IS A QUIET YET POWERFUL EXPRESSION OF HUMANITY

The need for global cooperation

On behalf of FOUR PAWS, Dr. Khalil was recently in Geneva to take part in the Humanitarian Networks and Partnerships Weeks and shared the organization's unique perspective in a session entitled 'Beyond human health: A holistic approach to disaster response and recovery.' Experts from many organizations met to discuss the need for enhanced cooperation among entities. Addressing merely the symptoms of crises is insufficient. In Geneva, stakeholders were convening to foster this cooperation proactively before crises escalate. Dr. Khalil explains: "Key strategies include raising awareness within local communities to promote prevention, solidarity and preparedness, adopting a One Health approach that emphasizes the interconnectedness of human, animal, and environmental health, tackling the root causes of complex challenges. Collaboration, and leveraging scientific advancements such as telecommunications and drone technology for efficient information management and resource distribution are also essential."

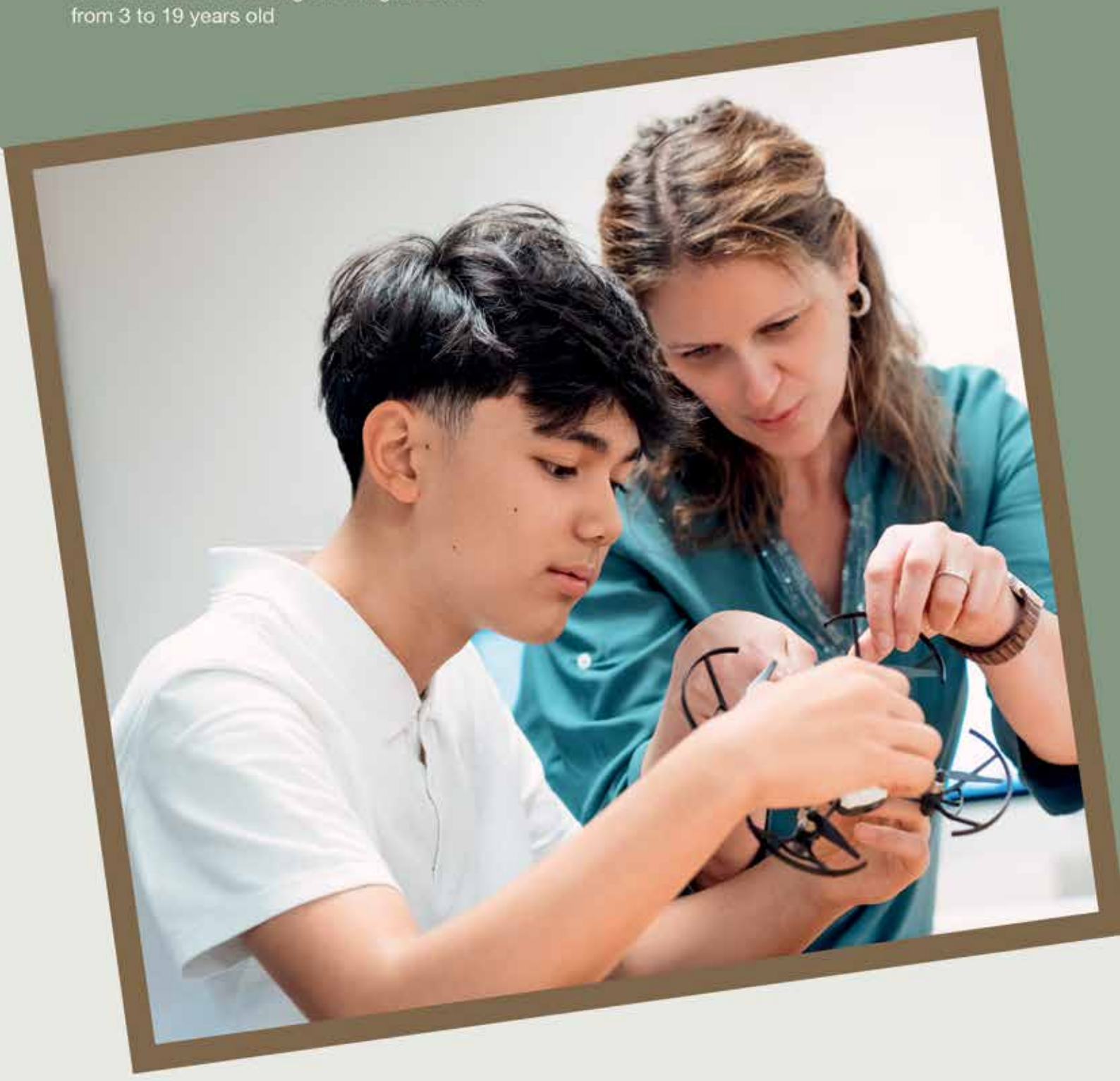
From reaction to prevention: reframing animal rescue strategies

In the face of growing challenges posed by conflicts and climate-related disasters, organizations like FOUR PAWS are at the forefront of animal rescue and welfare efforts. Their mission goes beyond alleviating immediate suffering; it must also address structural vulnerabilities that can contribute to the emergence of future crises. The recent adoption of the Pandemic Agreement at the World Health Assembly in Geneva marks a turning point. For the first time, the One Health approach is now anchored in an international, legally binding instrument, thereby recognizing the importance of animal welfare for disease prevention. This recognition reinforces what organizations like FOUR PAWS have long advocated: that protecting animals is vital for preventing future pandemics and building a safer, more sustainable world. And by integrating their needs into prevention and humanitarian response plans, we do more than save lives, we safeguard the very fabric of the environment that sustains us all. ■

* **Sylvie Jetzer** is Press Officer at FOUR PAWS Switzerland.

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