



Federation Focus June

International Naturist Federation Newsletter

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June 2016



„4th Meco Beach International Naturist League“

Portugal, Meco Beach - 24th September 2016

This event is organised in Portugal by a non-naturist runner, José Sousa, in association with:

FPN - Portuguese Naturist Federations;
CNC - Clube Naturista do Centro;
Lebres do Sado (a textile runners club).
Link: lebresdosado.pt

INF-FNI members will get a discount, they will pay only 5 Euro and registration to the event will start on 1st July.

Every runner or walker will receive an event T-shirt and a woodcraft gift to remember his/her participation.

Distance will be about 5 km.
Last year this event had more than 60 registrations and this year the organisation will expect to reach 100.

90% of the runners are non-naturist, so this event always has a great impact on runner's community, press and social networks.

Facebook event:
<https://www.facebook.com/events/170012816712939/>

Meco is an Official naturist beach nearby Sesimbra since 1995
www.fpn.pt/pt/praias/oficial/meco.php

All additional information and photo gallery can be found here:
www.fpn.pt/pt/actividades/legua/legua.php

Best Regards
Paulo

4th Meco Beach International Nudist League

24th September 2016

10:00 a.m

Go running as you came into the world

Regulations and Information

Légua Nudista
Registration at
legua.nudista@gmail.com

Organization Partner



Sponsored by



„Golfing in the nude at Denmark“

Golf course “Mensalgaard” is ready for naturists on 07.08.2016

Danish Naturists (Danske Naturister) is pleased to welcome you to participate in the opening of the second golf course in Europe for naked players. The event takes place on the 7th of August this year from 2 pm till 8 pm.

So why not combine a naturist vacation in Denmark with this new and nude outdoor activity?

The name of the golf course is Mensalgaard. It is situated in the most beautiful region of Zealand, Denmark, called Odsherred. Mensalgaard facilitates a 9 holes course and a par-3 course for beginners. The green-fee is 200 kroner (Euro 30) which gives access to the courses and includes an optional golf lesson guided by two skilled instructors.

You can bring your own clubs, or you can rent clubs on the spot. Renting clubs at Mensalgaard will cost you 50 kroner (Euro 7) extra.

Address for Mensalgaard:
Mensalgaard Pay-and-Play,
Strandvej 25, DK-4574, Højby Sj.
For further information and general views please consult:
www.mensalgaardgolfklub.dk

In case you want to spend your holidays the naturist style, we can recommend the naturist camp Solbakken, Solbakkevej 4, Kyndeløse Sydmark,

4070 Kirke Hyllinge, Denmark,
located only 50 km from Mensalgaard:
www.solbakken-camping.dk

Looking for other possibilities concerning accommodation, consult the site : www.infonaturist.dk

Golfing in the nude implies good weather. If the forecast, however, predicts bad weather for the period, we will have to postpone the event. In that case the alternative date will be issued on [facebook.com/naturistgolf](https://www.facebook.com/naturistgolf) on the 4th of August the latest.

Feel free to contact Torben Larsen: tal@naturister.dk if you have any questions concerning the event.





„Linz - a city introduces itself“

Some information about our INF-FNI Office location

Linz is the “Landeshauptstadt” (capital of the Land) of “Oberösterreich” (Upper Austria) and with 200’841 inhabitants (status 1st January 2016) the third largest city of Austria, after Vienna and Graz, and with 765’589 persons the centre of the second largest conurbation of the Alpine Republic.

The city on the Danube has an area of 96,048 sq.km and is the centre of the “Upper Austrian” central space. As “Statutarstadt” (City with own Statute) it is a community as well as a political district, with head-office of the neighbouring District Administration of the Land of Linz and the Urfahr Area.

After the end of World War II, in 1945, Linz had for long time the reputation as the dusty steel city, which it owed to the largest employer, the steelworks of “Voestalpine AG”. But by a better environment protection and multiple cultural initiatives, e.g. events like the “Linzer Klangwolke”, the Brucknerfest, the Pflasterspektakel and the “Prix Ars Electronica”, respectively the Ars-Electronica-Festival, the city is successively gaining a new image. Since 2004 the annual film festival “Crossing Europe” takes place. Linz was able – most recently with the new “Musiktheater am Volksgarten”, a national theatre - opened in 2013, to position itself as a Cultural City, although the structures of the old industrial city as well as rural lifestyles are still visible. The city also gave the name for the “Linzer Torte” (Cake of Linz), this recipe is considered being the oldest known cake recipe in the world.

Capital of Culture 2009 and Creative City of UNESCO

Linz has been chosen, together with the Lithuanian capital Vilnius, as European Capital of Culture for 2009. Since 1st December 2014 Linz, as the City of Media Arts, is member of the Creative Cities Networks (UCCN) der UNESCO . This title is granted to cities, which enrich urban life through the promotion and successful integration of the New Media Art and include the civil society in these electronic art forms.

On the occasion of the appointment of Linz to the “City of Media Arts”, the exhibition “Innovators Playground” took place at the Tobacco Factory (Linz), from 27th November till 18th December 2014, which had been organised by the Creative Region Linz & Upper Austria. In this context innovative projects and creative industry were presented.

GEOGRAPHY

Linz is located in the eastern part of Upper Austria, extending on both sides of the Danube. The extension north-south is 18,6 km, the extension east-west is 12,3 km. The city lies in the Linz basin and borders in the west by the Kürnberger Wald as well as the fertile Eferdinger basin. In the north of the Danube, in the district of Urfahr, Linz is limited by the Pöstlingberg (539m), the Lichtenberg (927m) and the hills, respectively mountains of the Mühlviertel. The eastern city limit is marked by the Danube, which first crosses, then flows around the city area by a northeast-southeast semicircle. At 7 km southeast of the city centre the Traun flows into the Danube and marks the inner city boundary to the largest city area of Ebelsberg. At the south of the city the Alpine foreland begins.

THE AGGLOMERATION OF LINZ

The Taubenmarkt, situated in the city centre and boarding the shopping mile of Landstraße, is one of the most frequented places of Austria.

Events June

- 05. June: World Naturist Day (Northern Hemisphere)
- 06. June: Alexandria Bay Carnival (Queensland, Australia)
- 09. -12. June: PASHUT FESTIVAL ISRAEL
- 10. -12. June: NATCON 2016
- 20. -26. June: Art Camp / Sziki meet Art & artists

Events July

- 05. -11. July: BRITISH NUDEFEST 2016
- 09. July: Cooking Competition / Campfire
- 11. - 17. July: XVII. Young Naturist’s Meeting
- 21. July - 03. August: ENY Summer Meeting
- 22. -31. July: Mee(h)r erleben 2016
- 23. July: Friends meet Friends / Welcome Party for our Dutch Friends
- 25. - 31. July: XXVIII. International Naturists Sportsweek
- 30. July: DFK-Naturist Run 2016



Photo: Stadt Linz

HÖRSCHING AIRPORT

The first location for aviation was the site near the southern railway station in the centre of Linz, where the airship Estaric I took off on 30th October 1909. Air traffic between Linz and Vienna started in 1925. As of 1934 the air traffic was handled in the district of Linz-Katzenau (today an industrial zone), but after 1938 was dissolved by the NSDAP due to the establishment of Chemie Linz. Then the move to the present airport in Hörsching took place.

Regular passenger air traffic takes place since 1956. As of 1972 a separate passenger terminal was built on the northern part of the site, which went into operation in 1976. Since 1985 the runway of the Airport Linz is equipped with an Instrument Landing System of Category IIIb. The adaptation and enlargement of the existing passenger terminal was carried out from 1998 till 2003. In 2005 a new Instrument Landing System (ILS) went into operation on the runway 08/26.

There are daily flights since 1996 to Frankfurt/Main; in addition, the current timetable includes connections to Düsseldorf, London (with Ryanair), and Vienna. There is also a charter program of flights to the holiday destinations. Since May 2006 Niki serves Palma de Mallorca during the summer season, plus 6 times a week other holidays destinations. In April 2014 Etihad Regional started scheduled flights to Zurich, but stopped it again on 1st February 2015. Since the opening of direct railway con-

nections from Linz to the airport Wien-Schwechat on 14th December 2014 a further supplement to Linz airport is offered. Due to high losses Austrian stopped the majority of the flights between Vienna and Linz with the summer timetable 2015, so that there are only six flights per week left.

Till 1989 the supersonic aircraft Concorde could be welcomed. Since mid 90ies a few cargo flights with the oversize transport aircraft Antonov An-124 Ruslan had been handled, 2003 was the first landing in Austria of the world's largest cargo carrier, the Antonov An-225. On 2nd June 2010 the landing of the Airbus A380-800 "Frankfurt am Main" of Lufthansa took place, the world's largest civil airliner, as part of the scheduled flights training. At 15.34 the A380 landed at the Airport Linz, coming from Vienna, at 16.40 the aircraft took off again for Munich.

Since 1978 Linz is the second largest freighter airport in Austria, after Wien-Schwechat, where the major part of the freight is handled by trucks. By passenger traffic the airport Linz-Hörsching is the fifth largest of the six civil airports in Austria, after Vienna, Salzburg, Innsbruck and Graz.

Info Focus August

Deadline to remit articles: 20. July 2016
Release of Focus latest: 05. August 2016

Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet. Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in the Park Mandria

Sights: Venaria Royal Palace and Park, St. Michele Abbey, Rivoli Castle, Mole Antonelliana, Egyptian Museum, Piazza S. Carlo, Basilica of Superga.

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„Benefits Of Naturism“

Some benefits of naturism briefly summarized

In today's society where sex and nudity are used to sell products, casual nakedness is frowned upon, and in most cases, you can even be prosecuted. It is therefore no wonder that naturism is perceived differently in the society, and not in a way that is positive. However, contrary to what most people think, nudism is anything but a sexual lifestyle, and most people who engage in this lifestyle do it to feel free.

Being naked socially also offers an alternative solution to most of the problems that people face in their day-to-day lives, and it brings with it a myriad of benefits.

Let's take a look at some of the benefits of naturism:

1. EXPOSURE TO SUNLIGHT HELPS TO IMPROVE THE HEALTH OF THE BODY

One of the main benefits of naturism is that it exposes your body to the sun, which brings about a lot of health benefits. Exposure to the sun helps to boost the production of vitamin D in the body, which has been shown to be beneficial in preventing diseases such as rickets, arthritis, diabetes, osteoporosis, cardiovascular disease and some forms of cancer.

In addition to improving the physical health of the body, exposure to sunlight also helps to improve mental health; sunbathing naked helps to promote an overall feeling of well-being in your body, which can help to lift your moods.

2. NATURISM ACTS AS A THERAPY

Naturism has been shown to have therapeutic benefits, which can help soothe most of the problems you face in your day-to-day life. The lifestyle is very sensual and it creates a feeling of well-being,

which helps to invigorate your body. The feeling of euphoria that comes with being totally naked also helps in the treatment of mental health issues such as stress, anxiety, and depression. In addition, naturism acts as a form of massage where the skin is stimulated, which helps detoxify the lymphatic system and improve the circulation of blood in the body.

3. IT HELPS PEOPLE ACCEPT THEIR BODIES

Most people live with the constant fear that their body is not good enough. This is especially the case with women, who are made to feel inferior if their bodies do not match the ideal body images shown in fashion magazines. For example, most women will feel inferior if they perceive that their breasts are too small or too large, or if their bodies are too thin or too large. As a result, people are always under pressure to live up to the mythical ideal image, and use clothes as a way of hiding their feelings of inferiority.

Naturism helps to avoid this, by helping people to understand that their self-perceived body imperfections are nothing more than a confirmation of the diversity of human bodies. This helps people to accept their bodies, and respect those of the others.

4. IT HELPS TO IMPROVE SELF-ESTEEM

Clothes are used by the society as an indicator of social status, which can lead to feelings of superiority and inferiority. In a naturism lifestyle, once people remove their clothes, everyone is considered an equal and very little attention is paid to the social status. In addition, the feeling of euphoria that comes with exposing your body to nature helps to boost your confidence, which is a major boost to your self-esteem.



5. IT HELPS TO PROMOTE TOLERANT VIEWS

Due to the diversity that exists in most societies today, intolerance is a major issue. People who are viewed as different are thus subjected to prejudices by the society. Naturism advocates for self-respect and respect for others, which helps to promote tolerance in the society. This can be supported by a study conducted by the University of Central Florida, which showed that students who were supported nudist lifestyle showed more tolerance to people of gays, lesbians and people of different religious groups. The participants of the study also showed less prejudice to people of different ethnicity.

6. FINANCIAL AND TIME BENEFITS

Clothes are a huge expense, and people all over the world spend billions of dollars annually on them. In addition to the financial cost, people spend hours while shopping, doing laundry, and a lot of time wondering what to wear in order to fit the "ideal" body image conveyed in the media. Naturism helps to lift this burden, and people who engage in it can divert the money and time spent on clothing for other more useful purposes.

7. FREEDOM

Naturism is a liberating lifestyle that gives you a great sense of freedom when you remove your clothes and expose yourself to nature. Being naked is more comfortable, and it allows you to enjoy activities such as sunbathing and swimming more. Being naked also removes the restrictions placed on your body by the clothing, which makes it easier and more enjoyable when moving around and performing various activities.

In addition to giving your body freedom, nudism also gives you freedom from the various entrapments that exist in the society. According to Paul Ableman, naturism symbolizes the "taking off" of civilization and the various constraints that it comes with.

8. IT ALLOWS YOU TO SOCIALIZE WITH OTHER LIKE-MINDED PEOPLE

In addition to the health benefits of naturism, the lifestyle provides a safe and free environment where people can socialize with other like-minded people. There are several naturist clubs where with facilities such as accommodation, spas, saunas and swimming pools where people can relax and socialize with each other. Naturism is thus a lifestyle where people who share the same ideologies can relax, and engage in several activities together.

9. IT CAN PROMOTE HEALTHY RELATIONSHIPS BETWEEN COUPLES

According to a recent survey that was conducted on naturism, most people joined the lifestyle because their partner was interested in. The lifestyle helps people to accept their bodies, and it has been shown to promote healthier sexuality, which can help to strengthen the relationship between couples. It also provides a safe place where couples can spend quality time together and share their thoughts, feelings and desires. The acceptance of one's body also helps to boost confidence, self-esteem, as well as break down various barriers that can hinder fulfilment in a relationship. In addition, naturism promotes honest communication based on trust, which can promote healthy relationships.

10. IT HELPS PEOPLE CONNECT WITH NATURE

Naturism is a lifestyle that promotes living in harmony with nature and respect for the environment. As a result, most people who engage in the lifestyle feel more connected to the nature while naked. For example, sunbathing or swimming is more enjoyable when swimming (double) being naked than when you are wearing clothes. The euphoric feeling that you get when the wind blows on your naked body or when walking about on barefoot is very invigorating, and it helps you enjoy your surroundings more.

11. RECREATION AND ENJOYMENT

Naturism is not only a lifestyle; it provides a great source of recreation and enjoyment. Naturists who are sports minded can enjoy playing sports such as volleyball, tennis, table tennis, pool, darts, or even compete in annual naturist sports competition. In addition to sports, naturists have clubs where people can relax and engage in activities such as swimming. Naturists also hold social events, where they participate in events such nude cycling, tramping, car rallies, meal gathering, and dining experiences. These social events are a great source of enjoyment, and they also provide an excellent opportunity for socializing, where you can meet up with old acquaintances and make new friends.

12. IT PROMOTES PSYCHOLOGICAL GROWTH

According to Dr. Robert Henley Woody, the fear of being naked is a defense mechanism of the body. A lot of people develop this mechanism to help protect themselves from feeling inferior due to their self-perceived imperfections. This can lead to a compulsion to be always clothed, even when it is not socially required to do so, or even when it is uncomfortable for your body. While this compulsion can help to protect you from feeling inferior,

it can also hinder the growth of new behaviours that can help you to grow psychologically. Naturism can help you to avoid this by freeing your body, mind, and spirit, and helping to improve your mental health.

13. IT HELPS TO PROMOTE MATURE SEXUALITY

Contrary to what most people believe, clothing focuses attention on sexuality. In today's society, partial clothing is considered very sexually stimulating, and it is used to sell products. The current trends in the fashion industries are also aimed at eroticizing different parts of the body, for example, the breasts, hips or buttocks. This has led to increase of immature forms of sexuality in the society, leading to immorality. Naturism on the other hand, focuses the attention on the acceptance of the body and its imperfection. Shedding of all clothes makes people become familiar with a nakedness, which helps to reduce curiosity and enchantment that is common with partial clothing. This helps people who engage in naturism lifestyle to become more mature sexually.

14. IT HELPS TO LESSEN THE ANXIETY ABOUT NATURAL BODY PROCESSES

From an early age, people are taught that clothing is something that should be worn all the time and that they are not supposed to expose their bodies. This tends to cultivate shame in one's body, making people view their genitals as "dirty parts" rather than parts of the body that have important functions. This creates a mystery and ignorance about the natural processes of the body, such as adolescence, pregnancy and ageing, which can be a source of anxiety and concern in most people. Naturist people are able to go through these natural body processes without the feeling of shame, and thus experience less anxiety about them.

15. INCREASED FEELING OF RELAXATION

According to naturists, one of the main benefits of naturism is that it provides an incredible feeling of relaxation. As a naturist, you can be able to enjoy your surroundings without caring about various societal entrapments such as status and fear of being inferior. In addition, naturism provides an environment where people view each other as equal and accept each other for their true self. Therefore, you can be able to shed all the defense mechanisms you have adopted so as to protect yourself. This allows you to enjoy your life more, which can be more relaxing than in the textile world.

16. IT PROMOTES VARIOUS FUNCTIONS OF THE BODY

Clothing hinders functions of the skin, the largest organ of the body that is involved in the excretion of toxins and cooling of the body. Clothes tend to cover a large part of the skin, which slows down these processes. By-products such as makeup and oils, which are applied on the skin as accessories for clothing, also invade the microbes of the skin, hindering its functions. Naturism completely exposes the skin to the environment, which enhances excretion of toxins and the cooling down of the body. Nudism also helps the skin to utilize its developed system of keeping the body warm, instead of relying on clothes.

17. INCREASES MORALITY

According to studies, countries that support naturism have a lower rate of teenage pregnancy and abortion. This is due to the fact that naturism promotes the understanding of sexuality by reducing the moral disapproval that comes with trying to seek such knowledge. This reduces the curiosity that is common with most teens, who experiment with early sex without being completely aware of what it entails.

18. REDUCES PATRIARCHY

Clothing promotes a patriarchal society where women are expected to dress according to certain requirements. Those who do not follow these requirements are frowned upon by the society, and often exposed to prejudices. Clothing also helps to promote the sexualisation of women's bodies, which leads to sexual deviant behaviours such as pornography and sexual harassment. Naturism on the other hand, advocates for the acceptance of other people as equals and helps people to respect their bodies. This helps to eliminate male oriented expectations that are repressive to women.

CONCLUSION

Nudism is a lifestyle that is frowned upon by some people in the society, often as a result of fear and misunderstanding of what the lifestyle is all about. However, as it is evident from the above benefits of naturism, social nakedness is a holistic lifestyle that brings about a lot of physical, mental and societal benefits. With this lifestyle, you can be able to accept your body, enjoy yourself without pressure from societal expectations, and be able to lead a healthy and happy life.

This entry was posted in:

„Naturist Articles“ and tagged „Benefits Of Naturism“ by Vritomartis.



„HarNa - Spring News 2016 “

When you as naturist have the desire to live independently, autonomously and non-alienated, and then also without clothes, you quickly encounter your limits in Germany.

In a small scale such a lifestyle is certainly possible and simple, for example at a naturist run farm or in a club. But here some limits are given and only few people can really unfold here.

At the beginning of the 20th century, in the years between 1900 and 1920, there was the hill "Monte Verità" (Hill of Truth), near Ascona; here Henri Oedenkoven acquired a large property and within a short time, the Monte Verità developed into a very important place of communication and inspiration, and became a centre of attraction for reformers and dropouts.

August Bebel (social democrat), Isadora Duncan and Mary Wigman (dancers), Walter Gropius (architect) Thomas Mann and Hermann Hesse (authors), Lenin and Leo Trotsky (communists), Rudolf von Laban (dancer), Gustav Stresemann (politician), and, and, and. The list of visitors at Monte Verità was very long indeed.

Well – "Monte Verità" is now 100 years ago but with the knowledge of those days and the knowledge of today, HarNa (Harzer Naturistenverein - Naturist Club of the 'Harz') would like to build a bridge again between the natural and modern life style in the Eastern Harz.

Of course, at such a project questions arise.

In point of view economics, the focus will be on a naturist driven health establishment. To which an ecological agriculture will be added, mainly for self-support and guest care. Events and seminars allow additional revenues. Self-sufficient energy systems will help for savings.

The start of the nature health establishment as an economic pillar for the community is well underway and the community association will be partner to the "GmbH" (company with limited liability).

But we will take all the time for this project the members will periodically meet for the team set-up. A location is not in sight yet.

But as this is another business start-up, we approach it step by step. No hurry!



As the flyer already mentions:

„First do the necessary, then the possible and suddenly you will manage to do the impossible“

Francis of Assisi



Dear friends, supporters and interested people, the year has started, is even fully underway, and so is our project HarNa. .

After our successful and well-visited information meeting I was at the Town Council of Gernrode yesterday, have presented the idea and asked whether the local population could positively react to such an idea. My intention of the meeting was to slowly grope for the city and to provide respect to its residents, by showing how important their opinion is to me. At the end, it will be important to keep the regional regular visitors of the restaurant as customers. I received many helpful hints how it would be best to approach the people in the area with this somehow unusual idea.

After a conversation with the owner of the "Sternhaus" (Star House) in December 2015, during which he still talked about "his House" and about the history with a lot of enthusiasm, he unfortunately passed away, following the Star, exactly on the day of the Three Magi. We would be delighted if the Star would also accompany us to continue his life-work.

On 21st February we will create the association. The Statutes of the association can already be read on our website: (german only) www.harna.de

After our first key meeting on 7th December 2015 and the first information meeting on 16th January 2016 we will meet again with the key group on the weekend 27th February 2016, to elaborate the visions more in detail and to already perform first group strengthening exercises. On Saturday evening 27th February we will have a small party for the creation of the association. Whoever would like to participate as guest is heartily welcome.

A further key meeting will take place from 18th till 20th March. Bernd L. has already written a well worthy reading report about our last information meeting, which is available on our website www.harna.de.

We warmly invite you also to the "Dance into the May" on 30th April. During the day, from 10 till 18 o'clock, a further information meeting will take place, the party during evening, and on 1st May we will have the great nude hike on the "Naturistenstieg" in Wippra, the first official trail for naturists in Germany. As we are in the Harz region, the party will be held under the motto "Walpurgis". Please send your registrations to the party and/or the information meeting well on time to harznaturisten@gmx.de !

I will try to find an inexpensive venue and I estimate the costs being about Euro 15,00 per person. A donation will be asked for the information meeting. With the assistance by the filmmaker Sebastian Both a presentation video has already been made for our crowd funding campaign. We will keep you informed as soon as the crowd funding page is ready.

In addition we have received a good possibility to promote our project, as the MDR (Mitteldeutscher Rundfunk-Central German Broadcasting) had called us recently to invite us for a TV cast. This will be transmitted on 11th March 2016. When I asked where the reporter had heard about us, she replied: " My son recently has taken you along hitchhiking and had given me your Flyer."

What a positive surprise! So hitchhiking is also a kind of PR Management. But the question remains whether with this discovery I can eliminate the fear of my family about my hitching actions?!

In addition we are pleased to inform you that the jury at the "Start2grow Competition" at Dortmund elected us among the 20 best. On 24th February 2016 we will have the opportunity to defend our concept once more, and then maybe win the com-

petition. You may share out excitement and keep fingers crossed.

The practical part would be the publicity and the attractiveness for sponsors, who might join us through such a competition. We do not know yet how we will dress at the presentation. Fully authentic according to our idea, i.e. naked? Or maybe better, fully dressed? Or perhaps only partially clothed? When recently I talked about my nude business consultant Horst J. to one of my friends, my friend replied: "Nude consultant? How should I imagine him? Here I think about a nude man, but with a tie." And indeed, during the nude bowling event in Munich, by pure chance, Horst presented himself exactly in this dressing. Could that perhaps be an idea as team dressing for our presentation?

So far the comment by the jury regarding our concept is encouraging. For nearly all the criteria we reached 75% - 100% and, for example, regarding the item "Implementation Plan", the comment was: " The answer can only be 100%, as the founder supports the idea by more than 100%."

The last comment was: "Nothing is missing!"

So ahoy, a successful presentation to the jury and a good persuasion with our naked facts!

And now we just have to trust the words of Fuchur, the "Dragon of Luck of the Never-ending Story": "As long as you do not abandon, but believe in yourself, luck will bear you!"

With kind regards
Alice Moustier



Photo: annettebohn.com