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**LOST iN**

English edition

# Lisbon Lisbon Lisbon



African beats in a revamped quarter, flaming sausages at a low-key fado house, art in a sprawling garden, surfing on a hidden beach, creative cuisine from the chef's spoon...  
Get lost in the city of sweet sadness



Joana Astolfi  
& Fernando Nobre  
Joana is a designer, architect,  
artist, scenographer and  
vintage collector. She lived  
abroad for more than  
ten years before deciding her  
hometown Lisbon was the  
place to open her studio.  
Fernando is a musician, per-  
former, stage director and  
actor. He was born in  
Mozambique and despite  
coming to Lisbon aged nine,  
feels his soul remains African.  
Their life changed with  
the arrival of baby girl Duna

Joana Astolfi & Fernando Nobre, Artist & Musician

# City of Light

Lisbon's magic is in its light, its infinite horizon and the vantage points to be found on almost every corner. Passionate about their chosen home, Joana and Fernando discuss where to find good music, theatre and vintage, debate the merits of taverns, and glow about the city's unique charms

**Feira da Ladra**  
Alfama

**Cantinho do Vintage**  
Beato

**Muito Muito**  
at Lx Factory  
Estrela

**Möbler**  
Estrela

**Belcanto**  
Baixa

**Park**  
Estrela

**Luvária Ulisses**  
Baixa

*Joana, how much of Lisbon's energy influences your work?*

Joana: I was born in Lisbon and my father was born in Rio de Janeiro—he travelled the world and had many foreign friends. My house was always full of artists and architects. At 18, I left Portugal and lived away for 12 years in Munich, London, Los Angeles and Venice. After that, I wanted to go back to Lisbon to set up my studio. Why? Because Lisbon is the best city in the world, it's where I want to have my base and I prefer to work from inside out than the other way round. I cannot imagine living anywhere else, because of the pace of the city, the light, the food, the people, the endless views. All this is my motivation, my inspiration. There is one thing I really like to do, and it helps me relax—spending hours in vintage shops looking for objects with history I can add to my collection and use in my work.

*What are your favourite places to look for vintage objects?*

Fernando: The first time I met Joana was at the *Feira da Ladra*. I saw a beautiful woman walking there, with a glazed look, almost in a trance. And only six years later did we meet on the promenade of Largo Camões. A Cuban woman we both knew introduced us, and we've never let go of each other since.

Joana: Yes, wandering around the flea market—at Graça on Tuesdays and Saturdays—is one way for me to be alone. I hate to go there with people, I need to be focused in order to browse the stands. One of the places Fernando and I visit the most, however, is the *Cantinho do Vintage*, a large warehouse at Poço do Bispo. But there's more: the *Muito Muito* at Lx Factory in Alcantara, and for restored furniture, *Möbler* at Praça das Flores. Lisbon is a city with

lots of history and I work a lot with history.

*Where can we find some of your works?*

Joana: Some of my installations are in the restaurants of chef José Avelaz, like *Belcanto*. I also transformed two old 1950s Carris buses for the co-working project "Village Underground" at the Carris Museum. One bus is a coffee shop and the other a conference room. *Park*, a rooftop bar on the sixth floor of a car park, was made by me from scratch, from the garden to the wood.

*You tend to focus on the 1940s–1960s. Is it possible to find remnants of that time in the city?*

Joana: Very few, but there are still some shops that maintain traces. That's the case with *Luvária Ulisses*, on Rua do Carmo, which is really worth a visit.

*Joana, one of your famous creations are the iShells, headphones with seashells for earphones. Where is the best seaside place to wear them?*

Joana: I need to reload my energies near the sea. I grew up in Cascais and so I go to the seaside at Guincho or Azenhas do Mar. But the iShells are actually a critique of the iGeneration who can't put down their devices. The idea is to use them in the midst of the hubbub of the city, so they can replace the calm feeling the sea imparts when you can't be near it.

*Fernando, you were born in Mozambique and your parents are from Cape Verde. Where in Lisbon can we experience that cultural heritage?*

Fernando: Lisbon is the capital of a more African Europe. When walking around, the cars that pass you at high speed with loud music are listening to kizomba or kuduro. You can feel Africa and be happy



Lisbon's fresh fish makes for excellent sushi, as you can discover at Japanese restaurant Tasca Kome

**B.leza**  
São Paulo

**Casa Independente**  
Intendente

**Tasca Kome**  
Baixa

**MusicBox**  
São Paulo

**LuxFragil**  
Alfama

**Azenhas do Mar**  
Odemira

**Restaurante Adraga**  
Colares

**Taberna da Rua das Flores**  
Bairro Alto

at B.leza, a bar/nightclub in Cais do Sodré, where many Angolans go to dance. The aforementioned Park, on a car park in Calçada do Combro, plays massive hip hop with African influences. Also at *Casa Independente*—a place we go to a lot—there is music of African origin. For example the resident band Fogo-Fogo play Cape Verdean music. What's interesting to note is that colonisation, which for me was traumatic, seems to be extinct in the capital, which already accepts Africans today—although there is still some "eye rolling". In my various musical projects, I go for funk and soul, but what I do in my solo project is to sing in creole and Portuguese.

*If you had to take a tourist friend to three must-go places, which would they be?*

Fernando: For dinner? *Tasca Kome*. To have a drink? Park. To dance? *MusicBox*, *LuxFragil* or B.leza.

Joana: *Tasca Kome*? I don't agree. We wouldn't take someone to a Japanese restaurant. I'd take him to a fish and seafood restaurant by the sea, like *Azenhas do Mar* or *Restaurante Adraga*. I wouldn't go to Ramiro like everyone else, I also wouldn't go to Gambrinus to eat a "prego" (steak sandwich).

Fernando: Joana doesn't like going to "tascas" (taverns). Joana: That's true, but I like *Taberna da Rua das Flores* where you can eat good Portuguese food. I take people there. I also show them the *Calouste Gulbenkian Museum*. I love the building, I love the gardens. I want to be buried there.



Calouste Gulbenkian Museum & Gardens  
Avenidas Novas

Casa da Índia  
Baixa

Lisbon Oceanarium  
Parque das Nações

Museu Coleção Berardo  
Belém

Botanical Garden  
Belém

In Bocca al Lupo  
Príncipe Real

Culturgest  
Areiro

Primeiros Sintomas  
São Paulo

Rua das Gaivotas 6  
São Paulo

Chapitô  
Alfama

Tokyo  
São Paulo

So Fernando, you do like *tascas*. What's your favourite and what should be eaten there?

Fried baby horse mackerel with tomato rice or cockle rice at Casa da Índia in Chiado.

Joana: I wouldn't go there if they paid me. The only *tasca* for me is Das Flores.

Regarding child-friendly places, where would you go with your baby girl Duna?

Joana: Again, the Gulbenkian gardens, we go there constantly because Duna loves to feed the ducks. She also goes to Príncipe Real almost every day, sometimes to the Oceanarium or the Museu Coleção Berardo.

Fernando: the Botanical Garden is also great because of the butterflies.

Joana: Now she's almost two, she's beginning to be good company for dinner. We often go to the organic pizzeria In Bocca al Lupo.

Fernando, as a drama teacher, actor and director, which are the best theatres to visit?

I'm not just connected to the theatre, but also the performance. Therefore I think the Culturgest is always a good option because it brings the best theatre companies in a low-budget version. With regard to national theatres, I like the Teatro Nacional D. Maria II, which has undergone a revolution with the new director, and always has interesting events programmes. At Cais do Sodré there's the Primeiros Sintomas, a theatre group putting on new versions of classical plays, and a bit further on, on Rua da Boavista, there is the Rua das Gaivotas 6, with a theatre company made up of exclusively African actors. I have to mention Chapitô, where I teach, which has done some fantastic

social work, giving new opportunities to people with troubled lives.

And what about music?

There aren't many live music venues, but you can still see some bands in Tokyo and Musicbox, where my band Cais do Sodré Funk Connection were residents for a long time. LuxFragil, the main nightclub in Lisbon, has a more mainstream offering—it's more concerned with the style and concept. Lisbon greatly influences the music I make—funk, for example, is more like dance with jazz origins, which can only succeed in a place where different cultures intersect, like here. Funk is dirty, it's sinful, it's life—and Lisbon is buzzing with all that. It makes sense to play outdoors with the sun and the heat, and party at an event like "Out Jazz", for example, where I've played. During summer these happen every weekend in various parts of the city.

What does Lisbon have that you can't find anywhere else in the world?

Fernando: It's a village, the light is fantastic and the food is wonderful.

Joana: The light, yes. And the immensity of the coast. It's unique and changes from kilometre to kilometre.

Fernando: You can go around Lisbon from one end to the other for only 10 euros by taxi. And eat well for five.

Joana: Human warmth. We are great hosts.

Fernando: The party lasts until sunrise.

Joana: No. It's the light. You have to experience it, it's inexplicable.



Founded by a visionary entrepreneur in 1925, Luvária Ulisses is Portugal's last store totally dedicated to gloves