

The M Man.

Vol. 1 Issue 3
Free edition

Living one day at a time



Helsinki

The sustainable capital of
Finland

Vendredi Sur Mer

Je t'aime

Jean-Michel Basquiat 

Shine bright
like a diamond in 2020



The M Man.

CONTENTS

pg.5

WORLD

Helsinki

pg.19

ART

Jean Michel Basquiat

pg.27

TECH

DUOLINGO

pg.14

MUSIC

Vendredi Sur Mer

pg.23

MINDFULNESS

Shine bright like a diamond in 2020

The M Man.



Editor's Note

Music has been a big inspiration during my life. Thanks to music I have had the opportunity to meet really cool people who love music too.

In this edition of The M Man you'll have the chance to meet a new singer who makes 'dreamy and classy' music. Her name is Charline Mignot, better known as Vendredi Sur Mer.

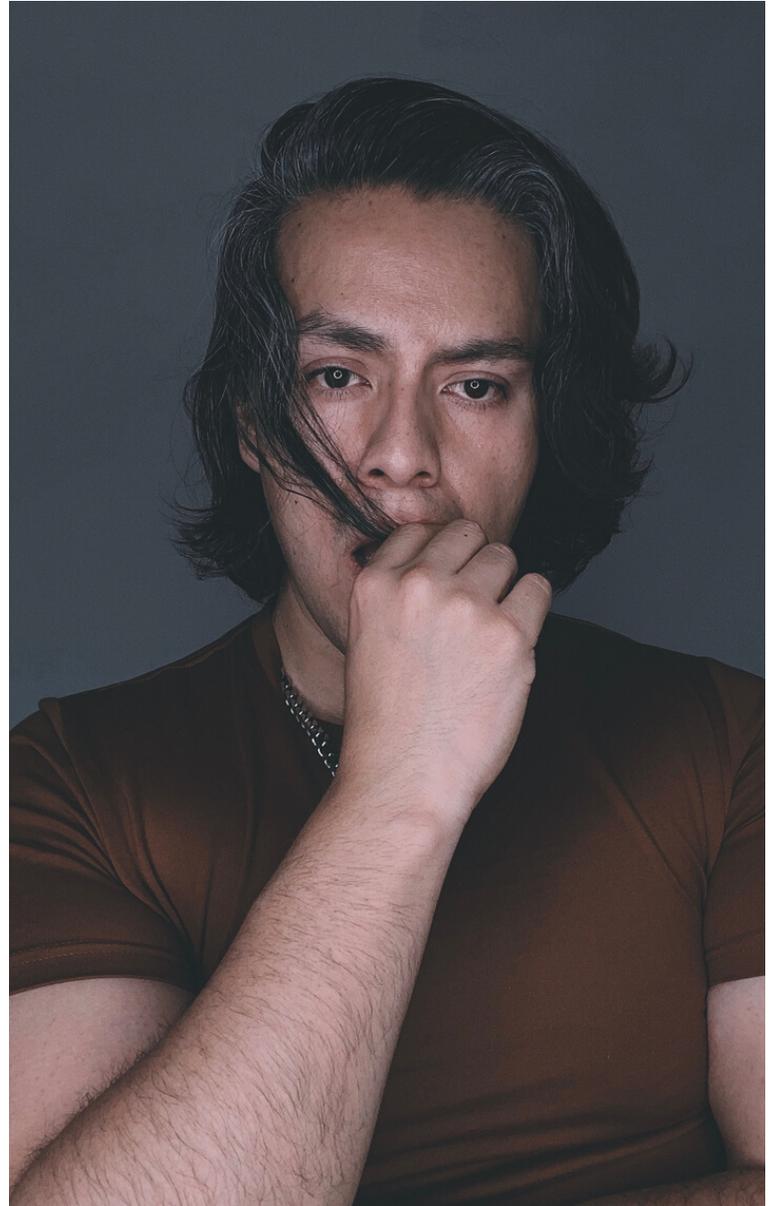
During these crazy times I've decided to talk about one of my favorite artist Jean-Michel Basquiat. His amazing art and legacy persist till these days.

In the far south of the Finland lies Helsinki, an incredible and sophisticated city that has an amazing mix of cultures, art, design and food.

When I was in Helsinki, I had the need to learn a new language. Duolingo really helped me to have a better experience while I was in Finland, now I speak a little of Finnish and i'm sure that this app will help you to learn any language that you want.

Oletko valmis?

Ricardo Teco Adame
Editor-in-chief



 [mr.teco](https://www.instagram.com/mr.teco)



Photo by Ricardo Teco Adame

Helsinki

The sustainable capital of Finland

Finland is one of the world's most northern and geographically remote countries. Nearly two-thirds of Finland is blanketed by thick woodlands, making it the most densely forested country in Europe. Finland also forms a symbolic northern border between western and eastern Europe: dense wilderness and Russia to the east, the Gulf of Bothnia and Sweden to the west.

The capital of Finland is Helsinki, but in the past it wasn't like that. Turku used to be the capital of Finland.

After the plague of 1710 killed the greater part of the inhabitants of Helsinki, Russian Emperor Alexander I of Russia moved the Finnish capital from Turku to Helsinki in 1812 to reduce Swedish influence in Finland, and to bring the capital closer to Saint Petersburg.

After the plague of 1710 the Russian Emperor Alexander I of Russia moved the Finnish capital from Turku to Helsinki in 1812

Helsinki is the largest city in Finland, the metropolitan area is the home of 1.4 million people.

The rhythm of Helsinki is laid-back and the city is easily approachable, literally. The public transportation system is one of the best in the world – with that one beautiful metro line – and it is also easy to walk and bike everywhere.

If you don't want to use the public transportation, you can walk around the city without problem. The city has many public parks where you can spend time while you're taking pictures or eating food at the park.





Photo by Ricardo Tecu Adame

Helsinki has a really nice mix of cultures. It used to be part of Sweden and then it used to be part of Russia.

When you're walking around the city you can feel a unique vibe, it's like you're in a really modern city but at the same time it's like you're in really old place.

When you're walking around the city you can feel a unique vibe. It's like you're in a really modern city but at the same time it's like you're in really old place.

Most of the top destinations for design lovers can be found in the Design District, which spreads across Southern Helsinki near the main town centre, meaning most places are in close proximity to each other and can be reached on foot. Just by walking around the area, you can take in the shops, fashion, and studios and visit the upper-class malls and galleries.

One essential stop should be the Design Museum, which displays examples of Finnish art and design throughout different eras, and is itself housed in a beautiful historic building. Both the rotating exhibits and permanent collection explore and tell the history of Finnish design.







Photo by Ricardo Tecu Adame

Helsinki has some of the finest examples of both classic and modern architecture that Finland has to offer.

The city has many architecture sights, including the Cathedral, Finlandia Hall, the National Museum, the Opera House, and the Olympic Stadium.

The Cathedral, by Carl Ludvig Engel, rising on the northern side of the Senate Square is the stage of national and academic festive services and one of the most popular tourist sights. The church is part of Helsinki's Empire era centre and a landmark for those arriving by sea. It has become the symbol of the whole of Helsinki.

For me, this is the most beautiful church that i have ever seen. It's really spectacular, during the afternoon the sun light makes it even more beautiful.

Helsinki has another cathedral; the Uspenski Cathedral is the main cathedral of the Orthodox Parish of Helsinki and the Diocese of Helsinki their center of worship.

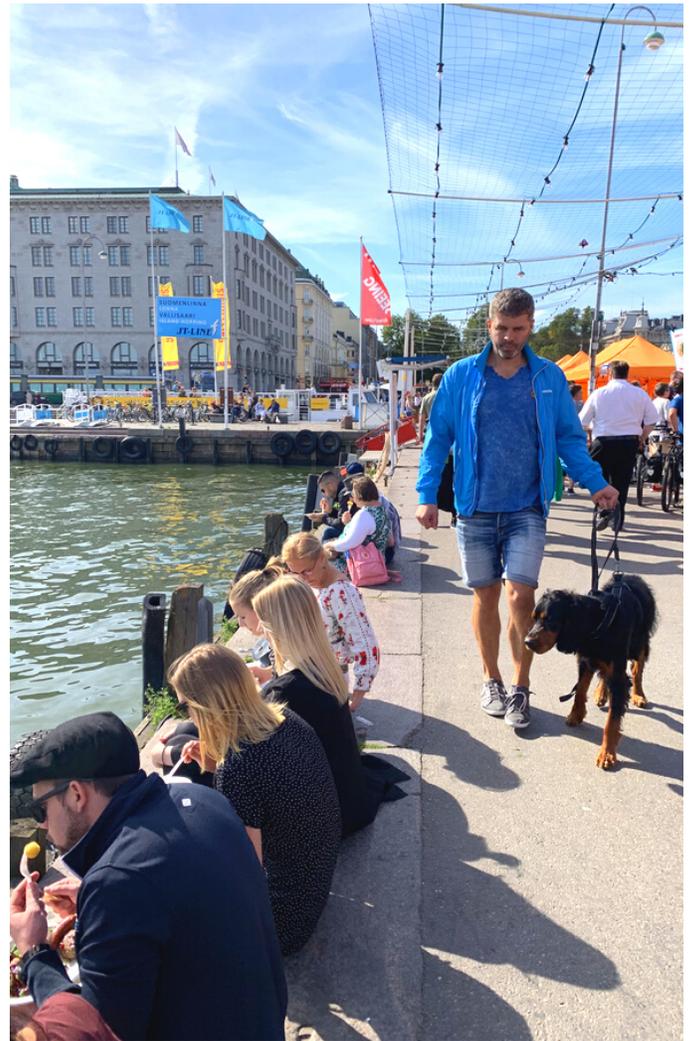
The cathedral was designed by the Russian church architect Aleksei M. Gornostajev. The Uspenski Cathedral was consecrated on October 25th, 1868.

As i said before, Helsinki has a rich mix of culture and traditions from Sweden and Russia.

Finnish people are quiet en general, but once you start to speak to them you find that most of them are really open people.

Finnish is the official language in Finland, but many people speak Swedish and most of the people speak English, so it's really easy to speak to others when you're visiting Finland.





FOOD

The food in Helsinki is really good, the most popular food is "salmon soup".

Near the pier you can find a street market where you can order really cheap food.

You can find many options to eat, from salmon to fried chicken.

For only 10 Euros you can enjoy a really nice meal.

Most of the people use to buy the food to eat it on the floor (literally) while they enjoy the pier.

Just be careful with the seagulls, they will try to steal your food!

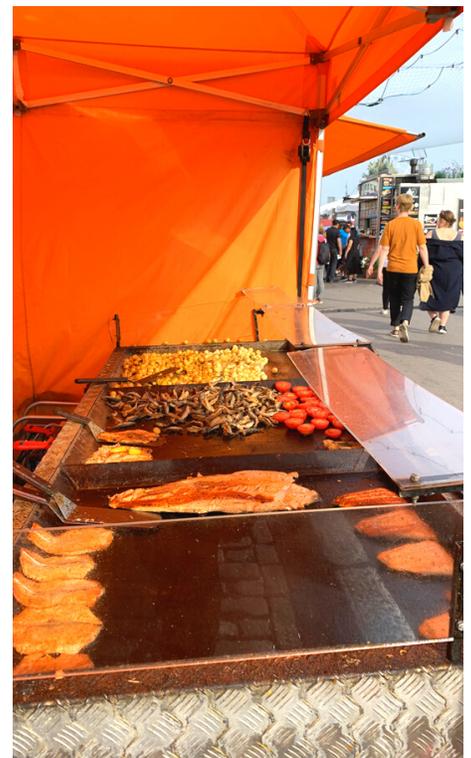
One thing that I really love about Finland is their culture where they really enjoy their personal time.

They have a strict culture where they have balance between work and their personal life.

After 4 or 5 pm, most of the stores close just to let their employees to enjoy the day.

It's really common to see Finnish people reading books in the park, drinking wine near the pier and doing what they really love...SAUNA!

Sauna is really popular in Finland; all the houses have a sauna and there's also a taxi with a sauna!





Above
Suomenlinna

SUOMENLINNA

The fortress of Suomenlinna is one of Finland's most popular sights. It is only a very short ferry crossing away from Helsinki.

This base for the archipelago fleet was originally built midway through the 18th century, when Finland was part of the Swedish kingdom. In 1991, Suomenlinna was designated as a UNESCO World Heritage Site.

Escaping the bustle of the city to a park-like environment with an ocean view can be accomplished in less than 15-minutes. Ferries run regularly throughout the year and the crossing costs just over two euros. Your picnic can be planned or can go about it spontaneously, buying your lunch at the Market Square while waiting for your ferry to depart. There are also several cafés and restaurants on Suomenlinna.

There are many people who live in Suomenlinna and I think they're really lucky.

There are around 800 persons that live in the fortress, surrounded by the ocean and the beautiful city of Helsinki.

Finland was one of the first countries where women could vote. Same-sex marriage has been legal since 2017, which is quite a bit later than some others, but it shouldn't be disregarded. The couple and singles enjoy the same benefits and recognition in society.

I found happiness in a far far away land, where people are happy and society works together for a better future.

Finland was one of the first countries where women could vote. Same-sex marriage has been legal since 2017.





Photos: Instagram.

VENDREDI SUR MER

JE T'AIME

France is really well known for its delicious food, wine and good music.

Vendredi Sur Mer is a clear example of how France can influence to create extraordinary music.

Her name is Charline Mignot; she was born in Switzerland, but was France the place where she found inspiration to make music.

Vendredi Sur Mer is something really different to the current music scene.

Inspired by the Gainsbourg murky pop heritage and the 80s French synthpop/coldwave golden age, Charline Mignot travels the listener into a deep, sensual and oneiric dream.

In 2017, Vendredi Sur Mer released her first six-track EP, *Marée Basse*, an electric blend of emotional depth and lurid pop-rap.

"Melody can evoke a memory for me. It is very special"

**"Langoureuse et sensuelle aux accents de vanille
Elle t'emmènera au septième ciel, là où chaque étoile brille**





Above
Vendredi Sur Mer.

In 2017, Vendredi Sur Mer released her first six-track EP, *Marée Basse*, an electric blend of emotional depth and lurid pop-rap, with the talented Lewis Of Man providing the production, like he does in her first official album, *Premiers Émois*, which was released in March 2019.

I can describe the album as Dreamy synth-pop music from beginning to end.

She describes her music as " a short biography; every song is a story. They all happened to me, and I think they finally talk to everyone because we all experience the same feelings."

Thanks to her father, she grew up in a musical environment. Her father used to listen to a lot of music when she was young — tango, rap, classical, African songs. She used to listen to many different things.

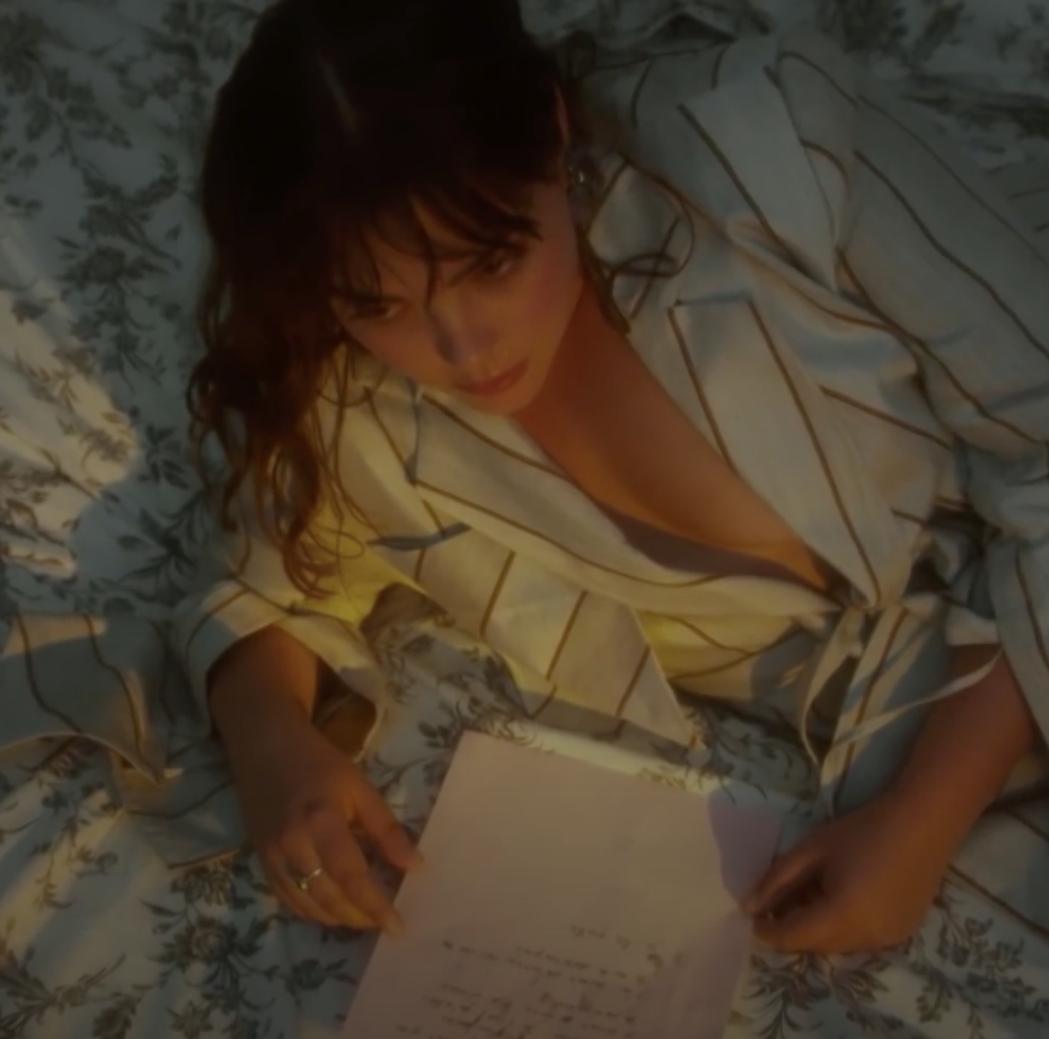
For example when she wrote 'Marée Basse', she listened to Gainsbourg, but also rap.

Her writing process is different, really different. She writes all the time; it doesn't matter if she's happy or sad.

In her words "melody can evoke a memory for me. It is very special." She's also a photographer, that's the reason why all her videos and promotional photos are unique.

"Visuals make the songs and the project stronger. They're inseparable, I think. It's a way of consolidating the basics."

"A short biography; every song is a story. They all happened to me, and I think they finally talk to everyone because we all experience the same feelings"



"Visuals make the songs and the project stronger. They're inseparable, I think. It's a way of consolidating the basics"

Charline is so talented that she directed the video "Deux heures avec toi", featuring her song "Larme à gauche" to promote her vinyl.

Her culture of aesthetics of her photographic work brought her closer to the world of fashion, and her appetite for pushing her limits lead her to write the lyrics of a song, which she wanted to use as the music for one of her photoshoots; thus the track «Est-ce que tu t'en souviens» was created.



The brand Sonia Rykiel used this song for the soundtrack to their iconic Spring/Summer 2017 which acted as a tribute show to the fashion house's creator.

As I said before 'Premiers émois' is a piece of art from beginning to end.

"Ecoute Cherie", 'Chewing-Gum' and 'Larme à gauche' are my favorite songs from the album.

In a world where all the music sound the same, it's really refreshing to listen to Vendredi Sur Mer, not only for the amazing music, but also for the lyrics and the visual projects that Charline made for her fans.

Follow

Vendredi Sur Mer

on Social Media



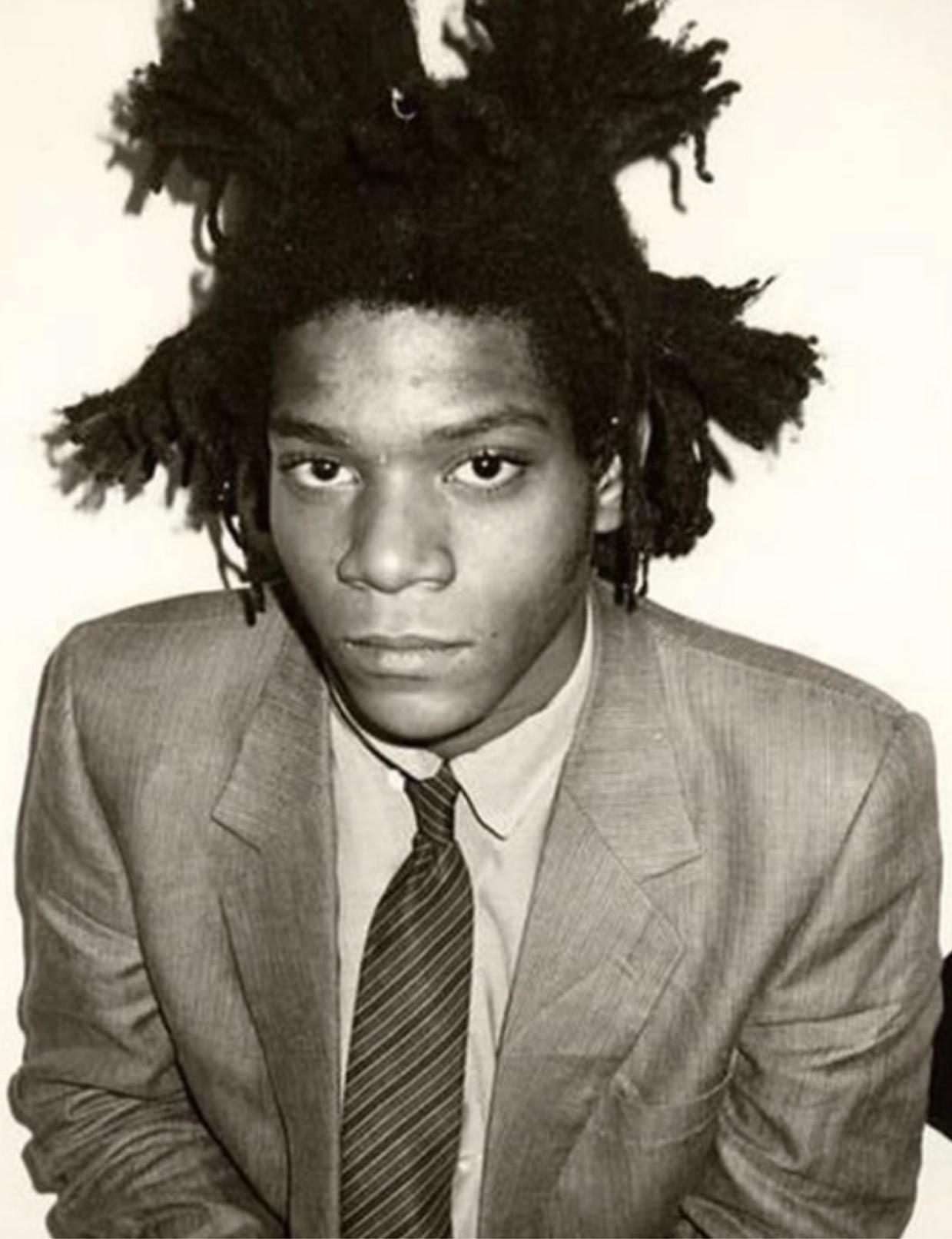
<https://www.instagram.com/vendredisurmer/>



<https://www.facebook.com/vendredisurmer/>



<https://www.youtube.com/channel/UCA1go17dVwo-roqpZJi3Q94g>



Photos: Instagram.

Jean-Michel Basquiat

In the late 1970s, brief, cryptic messages began to appear on the streets of Manhattan, all signed SAMO.

"Playing Art with Daddy's Money," "9 to 5 Clone," and "Plush Safe...He Think," piqued the curiosity of viewers around New York.



The works of SAMO, a tag calling up associations like “Sambo,” “Samson,” or “Same Old Shit,” eventually became known as the poetic defacements of Jean-Michel Basquiat, with partner Al Diaz.

Jean-Michel Basquiat was born on 22 December 1960, in Brooklyn, New York. His father, Gérard, was born in Port au Prince, Haiti, and his mother Matilde was a New York-native of Puerto Rican descent. In this multicultural home, the artist grew up speaking Spanish, French and English.

He was hit by a car while playing in the street and suffered a broken arm and severe internal injuries when he was 8 years old.

While he was recuperating, his mother brought him a copy of the foundational medical textbook Gray’s Anatomy.

The volume’s detailed anatomical drawings were eye opening to the young artist. Years later Basquiat named his industrial art noise band Gray (which counted actor Vincent Gallo as a member) in homage to this early influence.

Around 1980, Basquiat’s work began to attract attention from the art world, particularly after a group of artists from the punk and graffiti underground held the Times Square Show in an abandoned massage parlor.

Around 1980, Basquiat’s work began to attract attention from the art world.



Many of Basquiat's paintings are in some way autobiographical and *Untitled*, 1981 is largely considered a form of self-portraiture. The skull here exists somewhere between life and death. The eyes are listless, the face is sunken in, and the head looks lobotomized and subdued.

The Crown

The crown, Basquiat's signature artistic motif, both acknowledged and challenged the history of Western art.

By adorning black male figures, including athletes, musicians and writers, with the crown, Basquiat raised these historically disenfranchised artists to royal even saintly stature.

"Jean-Michel's crown has three peaks, for his three royal lineages: **the poet, the musician, the great boxing champion,**"

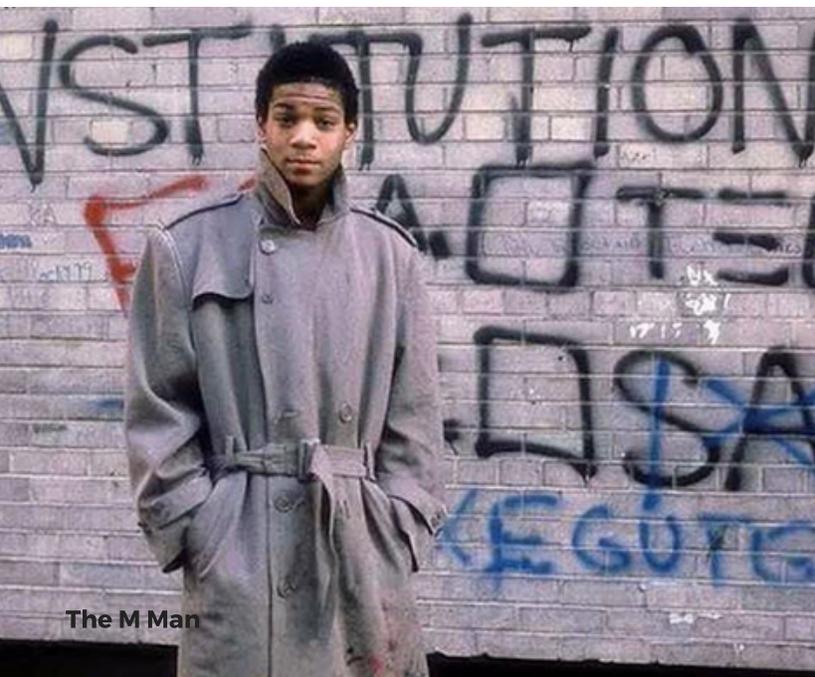
Lacking any formal training, Basquiat created highly expressionistic work that mixed graffiti and signs with the gestural and intuitive approach of Abstract Expressionist painting.

Although much of his work addressed his personal angst in highly stylized self-portraits, he also alluded to African American historical figures, including jazz musicians, sports personalities and writers.

He appropriated and freely mixed motifs from African, Caribbean, Aztec, and Hispanic cultures and mixed "high art" references with images from popular culture, especially cartoons.

Three years of struggle gave way to fame in 1980, when Basquiat's work was featured in a group show. His work and style received critical acclaim for the fusion of words, symbols, stick figures, and animals. Soon, his paintings came to be adored by an art loving public that had no problem paying as much as \$50,000 for a Basquiat original. His rise coincided with the emergence of a new art movement, Neo-Expressionism, ushering in a wave of new, young and experimental artists that included Julian Schnabel and Susan Rothenberg.

"Jean-Michel's crown has three peaks, for his three royal lineages: the poet, the musician, the great boxing champion"



In 1982, at the age of 21, he became the youngest artist to ever exhibit at Documenta in Kassel, Germany, when nearly 60 of his paintings were featured at the esteemed exhibition.

He joined the Annina Nosei gallery in 1982 and had his first American one-man show in the spring of that same year. By 1984, Basquiat had left Annina Nosei for 1980s art-world powerhouse Mary Boone.

Andy Warhol

Basquiat met his lifelong friend and mentor Andy Warhol in 1981 at late-night hotspot Mr. Chow's. Swiss dealer Bruno Bischofberger later suggested the two collaborate on a series of paintings, and between 1983 and 1985 the pair made works that layered Basquiat's virtuosic graffiti scrawl over Warhol's bright Pop imagery.

Not so much people know but Basquiat and Madonna were a couple. Both met in the underground scene of NYC.

There are many photos of Madonna and Basquiat in his apartment.

Madonna one time said **"I remember getting up in the middle of the night, and he wouldn't be in bed lying next to me; he'd be standing, painting, at four in the morning, this close to the canvas, in a trance. I was blown away by that, that he worked when he felt moved."**

Sadly Basquiat died of an accidental drug overdose on August 12, 1988, at his Great Jones Street studio. He was 27 years old.

"I'm not a real person. I'm a legend," Basquiat once claimed. His name and unique personal style have become frequent reference points in popular culture.

Yet his legacy is still strong among today's contemporary artists, who continue to admire his creative spontaneity, his intelligence and the raw beauty of his paintings.

"I'm not a real person. I'm a legend,"





Shine bright like a diamond in 2020

BY THE M MAN

Most of the people will agree that 2020 has been a really challenging year for all of us. But like someone said, 'Look for the opportunities in the crisis'.

One thing for sure is that we need to stand out and do what we really want to do, it's now or never.

It can be complicated to think about standing out while we heard so many bad stories about the current situation of the world.

But as I said in another issue of the magazine, 'we need to turn off the tv and the news' and we have to make our own path to make it through the 2020.

To dominate 2020, we have to become 'remarkable'. We have to become a better version of ourselves.

There are some concepts that maybe you've heard before, and some we'll be new for you.

It doesn't matter, you just need to be open to new ideas, to be open to new ways of working, to be open to a new way of live or lives.

Less than 1% of the population is truly remarkable. Being remarkable isn't easy, but it is doable.

Shinning bright like a Diamond



#1. Work better than others

Set your priorities and don't stop until you make it. It's not easy, but it will lead you to achieve what you want.



#3. Be persistent

People give up too soon because they have wrong expectations of themselves and the outcome.

They expect the way to be easy, and they are surprised when they find the reality to be the opposite. You will be blown away by what you can achieve if you don't lose hope in yourself. Einstein persisted and stayed with problems longer to make sure he found exactly what he was looking for. He once said "It's not that I'm so smart, it's just that I stay with problems longer."



#2. Surround yourself with the right people

The people we surround ourselves with are the biggest influence on our behavior, attitudes and results.

Choose wisely, hang out with people that have positive energy, people who are always moving, people who are always thinking about projects.

Remember that the people you spend the most time with shape who you are. They determine what conversations dominate your attention. They affect to which attitudes and behaviors you are regularly exposed. Eventually, you start to think like they think and behave like they behave.

Shinning bright like a Diamond



#4. Be relentless

In the film *The Pursuit of Happiness*, Chris Gardner played by Will Smith announces to his son during a moment of despair: "Hey. Don't ever let anybody tell you... You can't do something. Not even me. All right?" "You got a dream... You gotta protect it. People can't do something themselves, they want to tell you you can't do it. If you want something', go get it. Period."



#6. Say NO

It's ok to say NO to bad opportunities, bad ideas, bad deals and bad people.

So don't be shy and express yourself!



#5. Say YES

Remember that you deserve the best in life, so say YES to the good opportunities.

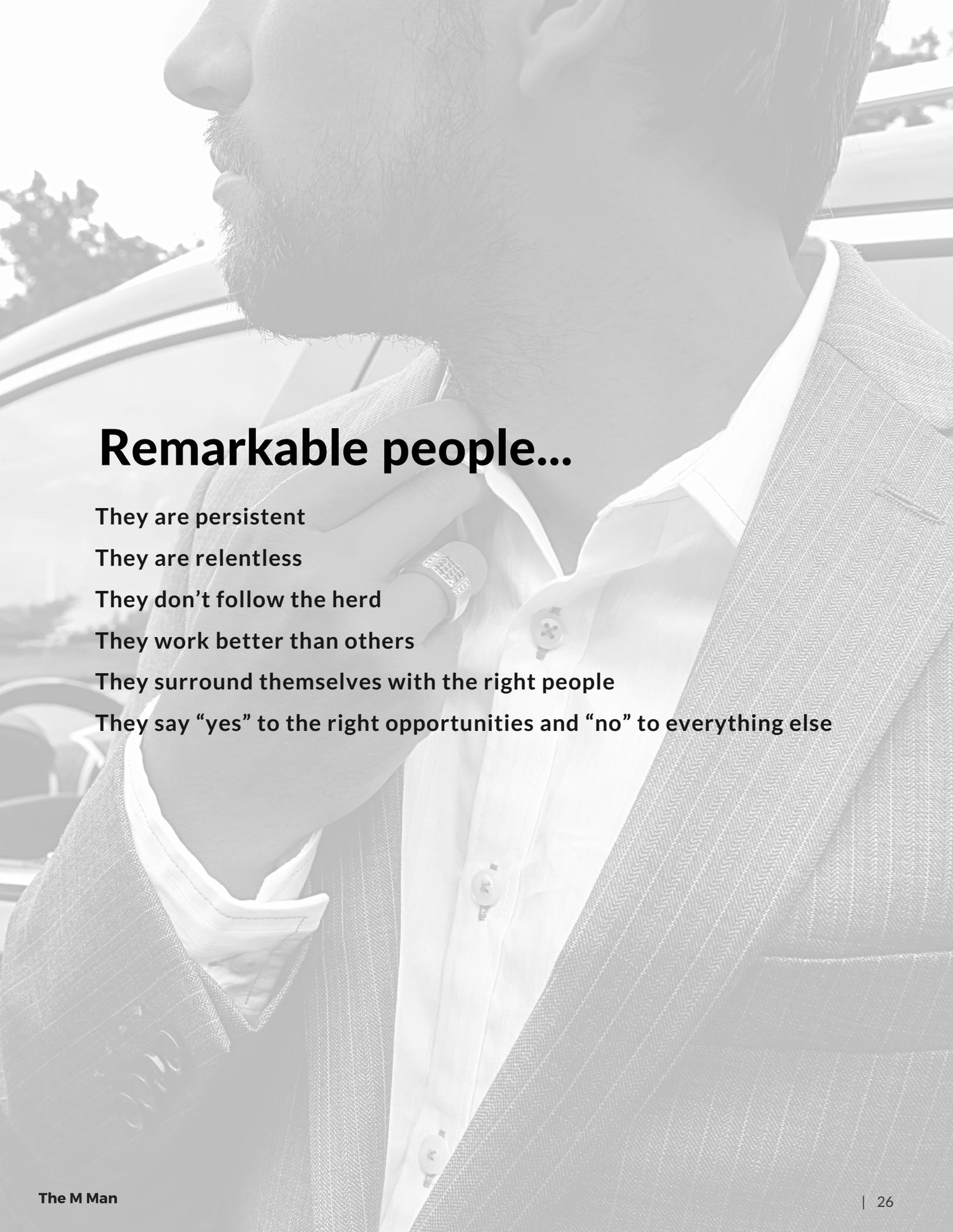
Don't be afraid, just do it and trust in yourself.



#7. Don't follow the herd

The wealthiest, most successful people have remarkable work ethic and tend to put in more hours, continually step outside of their comfort zone, and are willing to wake up well before the sun.

Dare to give that extra every time!



Remarkable people...

They are persistent

They are relentless

They don't follow the herd

They work better than others

They surround themselves with the right people

They say "yes" to the right opportunities and "no" to everything else



Lost in translation?

Duolingo

Thanks to online courses and apps, it's really easy to learn new things in 2020.

I wanted to learn Swedish and Danish, but it was difficult for me to find a good teacher. After a little research I found a really nice app where I can learn many languages without leaving my house.

Duolingo is one of the most popular apps to learn different languages. It's a really friendly app that helps you to communicate with others even if they speak Danish.

Duolingo is addictive. It pulled me right in, helping me set daily goals and then launching into simple phrases. Sometimes it demanded that I spoke a Danish phrase or sentence.

Duolingo offers a skill tree of lessons that use listening exercises, flashcards and multiple-choice questions to drill you on new words, phrases and sentences.

The service also has community features that let you connect with other people who are learning the same language you are.

One really cool thing about Duolingo is that this app praised me constantly: for responding correctly several times in a row, for completing a chunk of the day's lesson, for learning from my sloppy mistakes.

Finishing a lesson was a full-out digital celebration featuring treasure chests with flapping lids.

Duolingo is essentially a product of crowdsourcing; volunteers build much of the teaching content, and the in-app behavior of its 27.5 million active monthly users is continuously analyzed to determine which exercises, sentences, and techniques lead to better adherence and faster learning.

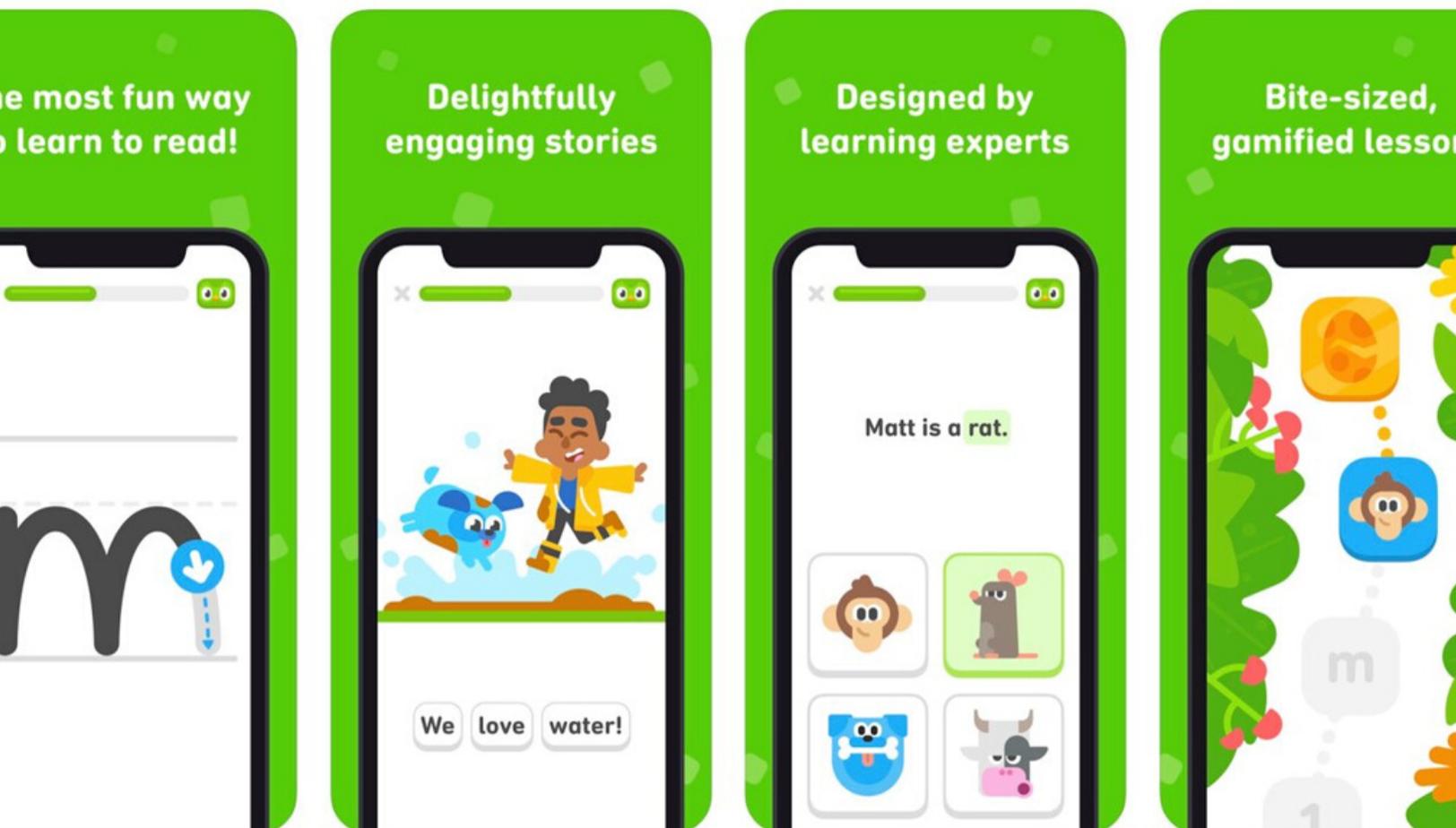
Luis von Ahn, the creator of Duolingo, says that making the lessons more difficult reliably speeds up learning—but also increases dropout rates. “We prefer to be more on the addictive side than the fast-learning side,” he explained. “If someone drops out, their rate of learning is zero.”

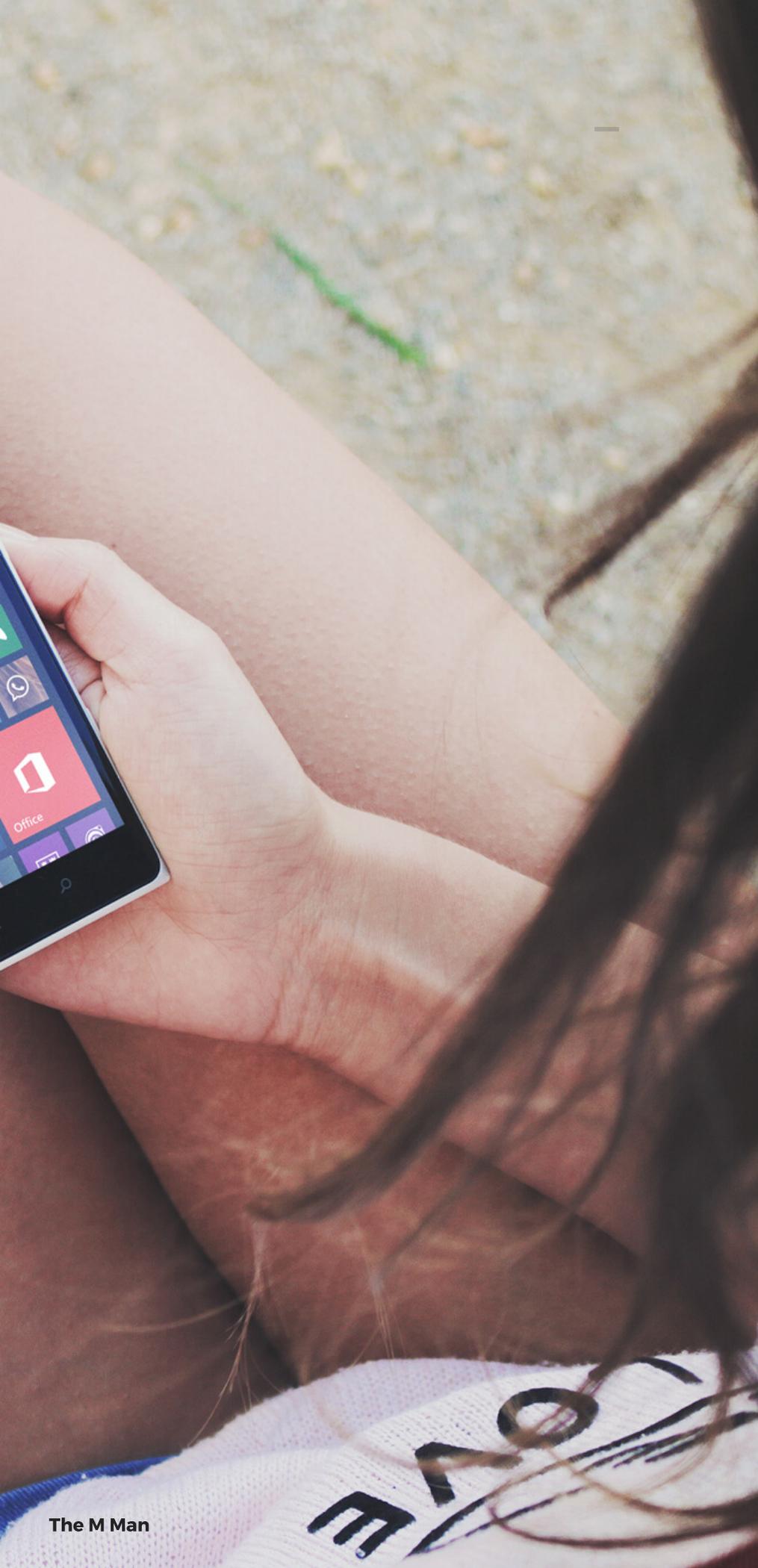
If you're ready to learn a new language, you just need to download the app and set up an account. After that you can just choose the language that you want to learn and that's it.

The app has a 'Plus' service where you can learn in a faster way.

The cost of the 'Plus' service is different in each country, I recommend to check Apple Store or Google Play for prices.

Duolingo dictates the order in which you need to complete the different modules, with new modules becoming active only once you've completed the previous one. This is also the case with individual lessons within each module. You need to complete lesson 1 to be able to progress to lesson 2, and so on. That said, Duolingo allows you to 'test out of' individual modules as well as groups of modules.





Pressing the 'test out' button lets you take a shortcut if you want to avoid going through the individual lessons or modules that cover material that you're already familiar with.

You need to pass the test to do that, however, because there are no shortcuts in language learning!

The option to 'test out' also applies when you begin a new language. You can start with the basics, or you can take an 'entry test' and let the app determine your fluency level.

Once you've finished all of the lessons in a module, an additional screen appears.

It shows your 'weakest words' that the app identified while you worked through the module.

Duolingo also gives you the option to redo all of your lessons, even if you got everything right first time round.

Once you've completed a module, the bar underneath that module's icon shows an estimate of how well you'll remember what you've learned.

Naturally, if you've only just taken the lesson, the bar will be full. Its strength will decrease as days go by, unless you revise.

I have to say that it's not so easy to learn a new language, in my case i started to learn Danish because i love Denmark and i had to work with people from Copenhagen.

To be honest, after I had tried many other apps, Duolingo became my favorite app to learn a new language.



[Download Duolingo](#)

THE MINIMALIST MAN

OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>

 **MUSIC**

 **TIDAL**

 **Spotify**

Photo by Ricardo Teco Adame
Location Brooklyn

www.theminimalistm.com

The M Man.

Living one day at a time