


THE FILE




 **Rites of Passage**
RANDOM CUSTOMS, RITUALS,
FESTIVALS AND SUPERSTITIONS
SAUNA WORLD CHAMPIONSHIPS
7-8 AUGUST, HEINOLA, FINLAND

There is a condition identified by scientists who study neuroses called "hypercompetitiveness". The word is pretty self-explanatory, and could perhaps be applied to the participants in this bizarre sport. Not content with the relaxing nature of sitting in a sauna, the Finns have decided to shift it up a gear and make it something to beat others at.

The rules are simple: sit as still as possible for as long as possible in a sauna set at 110°C. In addition, there are strict clothing rules: swimming trunk leg length must be under 20cm. Last year, Bjarne Hermansson won the prestigious event with a time of 18 minutes 15 seconds. Pretty impressive seeing as you can pretty much get a pizza done in that amount of time in an oven at about the same heat.

 WWW.SAUNAHEINOLA.COM

 FLY TO **TAMPERE** FROM **SIX** DESTINATIONS, INCLUDING **BREMEN, DUBLIN, FRANKFURT (HAHN), LONDON (STANSTED), MILAN (BERGAMO) AND RIGA.** VISIT WWW.RYANAIR.COM

The Numbers

IMPRESS YOUR TRAVELLING COMPANIONS

670
Number in billions of base pairs in the genome of the *Amoeba dubia*.

3.2
Number in billions of base pairs in the genome of *Homo sapiens*.

1,000 | Number of people who actually attended that gig.

People who claim to have attended the Sex Pistols gig at the Lesser Free Trade Hall in Manchester on 4 June, 1976.

50

300
Number of stops on the Paris Metro.

270
Number of stops on the London Underground.

595
Words per minute spoken by world record speed speaker Steve Woodmore.

25,000
Approximate words read per minute by world record speed reader Howard Stephen Berg.

SOURCES: WWW.WIKIPEDIA.ORG, WWW.OWLED.COM, WWW.ROCKMINE.COM, WWW.TFL.GOV.UK/TUBE, WWW.GEOCITIES.COM/ATHENS/DELPHI/2464/PAGE9.HTML



Your Shout

IBIZA, SPAIN

This month, we asked:

What do you love most about island life?



"Organic asparagus in Jan and figs in Sept!"
LARAH DAVIS 32,
WELLBEING CONSULTANT.



"Vintage clothes at San Jordi Saturday market."
SARAH WEIRICH 31,
RESTAURANT MANAGER.



"Enjoying the landscape from horseback."
KATJA PASCHMANN 48,
RETREAT ORGANISER.

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