

Lockdown diaries: Paula, Condé Nast Traveler editor, Vermutería Pop-up founder & new mom

People will want to travel more than ever once they're able to safely leave their homes.

Although the travel industry is on hold right now, it looks like everything will bounce back once this is all over, says Paula Móvil, a journalist and food expert who's originally from Guatemala and has been living in Madrid for the past 17 years. Paula is currently working as the lifestyle editor for Condé Nast Traveler Spain and is also the co-founder of [La Vermutería Pop-up](#), a traveling bar that supports local vermouth brands by throwing *aperitivo* events around the city. Follow them because they've got big plans in store...

What was your life like just before the lockdown vs. today?

For me, things have gotten even more weird with the lockdown. I was about to finish my maternity leave after 5 months of staying home with my baby. So I was very excited about going back to work and getting my "normal life" back. Lockdown has made me stay home for an extra month, although now I'm *teletrabajando*. The good thing is that Lorca, my son, sees me 24/7, instead of the 3-4 hours he would have been awake with me once I got back from work.

How has the lockdown impacted your industry?

I work for the Condé Nast Traveler magazine. So with all of the hotels, airports and restaurants being closed, we're rewiring all of our content to focus on ways to travel without actually traveling. Things are very much on hold now in our industry but it all points to the fact that, once this is all over, everything will get back on track and with very much strength. After all, people will want to travel (more than ever) once they're able to safely leave their homes.

Also, our April issue is available for a free download in [our webpage](#), something we had never done before. This is something Condé Nast Spain came up with to support the lockdown and bring the magazine directly to our readers' homes. Kiosks will not be harmed by this, though. CN has offered to pay the same amount as in the sales of our March issue to show them our appreciation for the support they give the company month after month.

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Have you noticed any acts of kindness or uplifting things recently?

I've noticed that little by little we're all worrying much more about others. We're all much more aware of the people around us and thinking of ways we can help – be it supporting our favorite restaurants or stores by purchasing their products online, or even just buying bread from our local bakery instead of the supermarket. People whom I hardly hear of have also written to check on me and today I even got a surprise food delivery from a very dear friend.

What are your top 5 bars you can't wait to go back to?

- [Casa Camacho](#): one of those Madrid staples that should not disappear. Having a vermouth with gin here is a must once this is all over.
- [Viva Madrid](#): Punt e Mes vermouth with an olive skewer from Bombas, Cohetes y Lagartos de Vallecas. Couldn't ask for anything more.
- [Bodegas Rosell](#): haven't been here in ages... and I miss it.
- [Tipos Infames](#): not quite a vermouth bar, but they sell some great brands by the bottle (Casa Mariol). Plus, I have a list of books that I need to get my hands on once this is over.
- [La Gloria](#): can't wait to indulge in Sol's *flamenquines* and a cold vermouth.

What goals are you hoping to achieve as our time

in lockdown continues?

Try to keep myself in a good mood and don't stress about being overly "productive." Just be able to do everything I need to one step at a time, one day at a time.



How are you coping?

The baby leaves me no time whatsoever to read, cook or watch TV shows, which is kind of tough, because I think all these things would help me take my mind off the whole situation. But I cope by thinking that lockdown does have an end date. I think of this as something that will end soon and that we just have to make the most out of each day by enjoying work, enjoying our kids and enjoying the fact that we are OK.

Have there been any comical moments in this unprecedented time?

I've had to come up with new and funnier ways of entertaining my son at home, so yes, sometimes I just find myself laughing and screaming or making weird faces/jokes at home so he gets to laugh and enjoy the day. Oh, and seeing myself in my sweatpants and with weird hairstyles is actually very comical!

Who are you in quarantine with? Any advice for people in your similar situation?

With my husband and 6-month-old son. In the case of children, try to think of new activities for them to do at home but don't sweat it if they get bored at some point. Also, don't try to make every activity educational, it's fine and more than OK to just have fun. In the case of my husband and I, we try to avoid conversations about COVID. There is so much we can hear on the news about it that we allow ourselves to avoid overthinking about it or sharing "data" we've read about it that day. It helps a lot to keep us sane.

What's the first thing you'll do once this lockdown is over?

Go to my downstairs bar and drink a cold *caña*!

Do you have any tips for how we can help those in need?

Yes, post a note in your apartment building and let your neighbors (those with a higher risk of infection) know that you can gladly help them with their groceries or pharmacy shopping.

If you could tell the government one thing right now, what would it be?

Can we please go have a walk in the Retiro?

What's going on in your hometown and would you like to send them a message?

Guatemala still has very few cases but everyone has, little by little, started to stay at home.



Stay tuned for [La Vermutería Popup](#)'s upcoming events because they plan to make it BIG

Check out all [Madrid lockdown stories](#)