

## FRANCE

## From festivals to the FIFA Women's World Cup, DJ and semi-professional footballer Monki shares her jet-set schedule

'Summer means festivals, Ibiza, pre-season friendlies. Most of my travelling will be dictated by music – Europe, possibly Australia, America. I'm most excited about going back to Croatia for Defected in August. It's an amazing little festival, everyone is super-friendly and because the beautiful Tisno site is quite small, there's no backstage. My standout sets have been at Sónar, a festival in Barcelona I've played at a couple of times. I play a wide variety of 4/4 music – house, disco and techno. Each set is different and it's all about reading the crowd.

'If I stay the night somewhere abroad and I have the day, I'll explore or watch sport. Once when I landed in Tempe, Arizona, I heard a local college football game on my cab's radio. It was their homecoming game, 10 minutes away, so I bought tickets on StubHub and watched it. The most interesting place to explore is a toss-up between Korea and the Philippines. I'm half Phili and it's a fucking amazing place.

'I'll put up most things on Instagram because I like to show people what I'm doing. I have to have a riser on my rider because I'm too small for the decks. I also ask for gin and tonic, which my friends usually drink [I can't drink if I have a match the next day], Berocca to drink during my set, plus tea, fruit, veg and hummus. I'm going to add "football shirt from the local team" when I'm out of the UK.

'I fly with only hand luggage as I Kondo'ed that shit and everything fits in my The North Face duffle bag – headphones, laptop, trainers, underwear, hats, T-shirts, jeans, and makeup bag. I travel light – I play off USB sticks – and I never travel without an extension lead, so you only need one adapter and because hotel sockets are always so far away. I always have my chain, a St Christopher [pendant], the patron saint of travelling. I used to keep wristbands and AAA lanyards from my shows but I don't now because I've got so many. I collect fridge magnets instead – cheesy ones are the best.

'When I'm not travelling and playing, I'm also an A&R and run my own record label, &Friends. Right now, I rate this kid called

Rebuke from Ireland. He's quite new on the scene, his music and production are really fresh and everyone's playing his tunes.

'Before DJing, I was going to do football. I got into it when I was five, playing in the playground like most London kids. My dad's family are big Arsenal fans and so am I. I played in the academy for Fulham and Chelsea but realised that football couldn't be a career because women weren't getting paid.

'Even though I didn't play an instrument, music came when I was about 16 and discovered clubbing. I couldn't get into clubs, so I'd go to festivals and first heard dance music on pirate radio. I found this underground scene where I could be myself and DJ. Playing on decks, you just need to learn how to mix.

'When I was on BBC Radio 1, I came back to football in my early 20s, after a six-year break, because I missed it. My team is AFC Phoenix and it keeps me super-disciplined. My management have my football calendar and sometimes I travel with a tour manager if I need to get back for a game. They'll pick me up, I'll sleep all the way there, play my set, sleep all the way back, kip for a couple of hours, and then go and play out on the right wing. It's disrupted but it's the best way to get eight hours' sleep.

'My cup final is on the May [Day] bank holiday weekend, the worst time. I've got two gigs on the Saturday night and then I have to play on Sunday. I've blocked out most of the FIFA Women's World Cup in my schedule. I've also got my mate's hen. I'm a bridesmaid, so I've got to go. My girlfriend and I are planning a road trip around France – Lyon, Paris, Nice – with friends and teammates. Last year we drove to northern Italy and watched World Cup games in France and Germany, which was cool.

'My girlfriend's American, I'm supporting England, and we play football

together, so our household is going to be incredible. England's Lucy Bronze will do well, I hope. I can't wait to do more football content. It's a nice break from DJing to do something I'm equally, if not more, passionate about... I'm buzzing.' @monkidj



**I SLEEP ON THE WAY, DO MY SET, SLEEP AGAIN, THEN I PLAY FOOTBALL**