

Proust Questionnaire

Please answer the following questions with short responses.

Name: Vincent Carriou

Age: 34

Hometown: Messac, Bretagne (France)

Current City: Paris (France)

Current Employer: Gide Loyrette Nouel

Education: BA Politics and International Relations at University of Kent, LLB in law at Université Paris-1 Panthéon Sorbonne, Master's degree in International Trade and Finance at Sciences Po Lille, Master's degree in Arbitration and International Trade Law at Université Paris-1 Panthéon Sorbonne.

How did you get involved in international arbitration? By chance, during my first internship with a lawfirm, after earning my LLB, I was offered to help on an ICC construction arbitration and loved it. I then decided to focus on that area of the law.

What is your favourite virtue? Wisdom.

What are your favourite qualities in another person? Clarity of mind and communication, empathy and a sense of humor.

What is your chief characteristic? Diligent.

What is your main fault? Strong-minded.

What is your favourite occupation? Watching, playing and reading about sport.

What is your idea of happiness? Spending time with my wife, my son and my daughter.

What is your idea of misery? Boredom and repetition.

If not yourself, who would you be? A tennis player in the 70s/80s (preferably Jimmy Connors).

Where would you like to live? Where my family is — that matters more than any particular geography. If I had to choose, somewhere near Hampstead Heath in London. I spent three formative years there, and it's where my daughter was born. It holds personal meaning, a sense of balance between city life and nature, and the kind of quiet perspective that's rare in a city like London.

Who is your favourite prose author? Dostoevsky.

Who is your favourite hero/heroine in fiction? Someone who combines moral courage with intelligence, such as Atticus Finch (*To Kill a Mockingbird*).

Who is your hero in real life? My wife, for her strength, wisdom, and unwavering support.

What historical person do you most dislike? Anyone who has perpetuated crimes against humanity.

What is your favourite name? Léon / Madeleine, my kids' names.

What do you hate the most? Entitlement.

What is your natural talent? Cooking.

What is your favourite arbitration-related decision? I have particularly enjoyed following the Ruschemalliance saga before the English courts.

Who is your favourite arbitrator? I have been impressed by several arbitrators, especially those who are well prepared and take charge of the proceedings when it is necessary (Carole Malinvaud, Rupert Reece, Maxi Scherer, Salim Moollan KC).

Who is your mentor? I am indebted to many people, starting with the arbitration partners at Gide who onboarded me straight out of law school and have been a constant source of inspiration. I also owe a great deal to the Young-ICCA Mentoring Programme, which allowed me to connect with James Castello. He is one of the most inspiring individuals I have met in the field of arbitration, and his guidance has been invaluable to my professional growth.

What is your motto? Be yourself, everyone else is already taken. It applies as much to personal life as it does to professional practice.

What do you hope to contribute to Young ICCA as Co-Director of Mentoring?

- Support younger practitioners in arbitration — through sharing practical insights from working in multiple jurisdictions, showing how to develop the craft of arbitration from the counsel or tribunal secretary perspective.
- Promote cross-cultural understanding: many young arbitrators / counsel come from different legal traditions; helping them navigate those differences, learn best practices.
- Increase access: providing guidance, feedback, encouragement to those from under-represented jurisdictions.
- Contribute to building a community of mentors and mentees that is supportive, responsive and curious.