

MAY 2014 #48

Together

magazine

*Cooking
in class*

RIDING
A ROADSTER

FASHION
THE APPEARANCE

WWW.TOGETHERMAG.EU

**RELOOK
YOURSELF**

**PERSONAL
DEVELOPMENT**
ACHIEVING YOUR DREAMS

Angelina Jolie
INTERVIEW

THREE TIME ZONES AT A GLANCE



CARL F. BUCHERER

FINE SWISS WATCHMAKING



PATRAVI TRAVELTEC

The Patravi TravelTec makes an impression with its distinctive style and refined functionality. With sophisticated interplay between case and movement, it displays three time zones at once. And the hour display can be set in precise hour-intervals independently of the movement – so the exact time is conserved throughout the operation. A chronograph with personality, that stands out from the run-of-the-mill time-zone watches.

BOUND TO TRADITION – DRIVEN BY INNOVATION

BIJOUTERIE DE WITTE
PETITE RUE AU BEURRE 17, 1000 BRUXELLES
TEL.: +322/512.75.97, WWW.PDEWITTE.BE

De Witte
1932



Be ready for summer

Aspria, be the best you can be

Whether your goal is to lose weight, improve your posture, relax, get your shape back, take some time for yourself... Aspria places sports and well-being experts at your disposal to give you the best possible chance of achieving your objective before summer.

Contact us on 02 508 08 08 | www.aspria.be

Unique members' clubs for culture, business, sport & well-being

ASPRIA
Be More

injoy

SUPPORT FOR 2014

SUPPORT YOUR FAVORITE TEAM LIKE NO ONE ELSE. WEAR YOUR COLORS PROUD WITH THE **J&JOY POLOS** AND **HOODIES**, SPECIALLY DESIGNED FOR THE EVENT OF THE YEAR ! THESE EXCLUSIVE OUTFITS ARE THE ESSENTIAL ELEMENTS OF THE **BRAZILIAN MUNDIAL**.



AVAILABLE IN STORES AND ON WWW.JN-JOY.COM



RAISE YOUR COLORS.

WE ARE IN BRAZIL.



FINEST BELGIAN CLOTHING



So Jennie : le luxe et l'élégance

Naturelle et sans alcool: levez votre coupe en toute liberté!

'So Jennie' est le fruit d'une recette issue d'un savoir-faire de vignerons traditionnels: pour créer ce nectar, Jennie Kergoat-Ruelland fondatrice du Manoir des Sacres, a été accompagnée dans sa recherche par un professeur d'œnologie et d'industrie alimentaire: plus d'un an de travail a été nécessaire pour finaliser cette première série de Luxury Bubbles Alcohol Free à son nom.

Le choix méticuleux des raisins blancs et rouges dans des cépages comme le Gamay, le Chardonnay, le Muscat, apporte subtilité à ce mélange et donne cette délicate couleur 'rosé'. En bouche, une extrême fraîcheur et une explosion de mousse fine pour ce nectar à la robe rosé pâle aux reflets argentés.

Nos Luxury Bubbles 0% alcool accompagnent tous les moments festifs de votre vie.

ENCHANTEMENT DES SENS

PASSION DU NATUREL

ESPRIT RESPONSABLE

TELLES SONT LES VALEURS VÉHICULÉES PAR 'SO JENNIE'.

So Jennie

The New Bubble Attitude



0%
ALCOOL
25 calories par flute

www.sojennie.be

PARIS • CANNES • MONTE-CARLO • LONDON • BRUSSELS • LUXEMBOURG • DOHA • DUBAI • TOKYO



PLAYFUL COLORS. UNIQUE PLEASURE.



NEW
inissia...

Step into the world of Nespresso coffee pleasure thanks to the new colorful Inissia machine and 22 incomparable Grands Crus.

NESPRESSO®
What else?

SMELL THE COFFEE

Editor's LETTER

*Together:
Inspiring you
to reach your dreams...*

ON THE COVER



Photo © s_bukley

Angelina Jolie talks about joining the Disney family

There has been an explosion of new professional mentors over the last couple of decades. It's no longer the protected realm of the golf and tennis pro, or indeed the family doctor and the pricey psychiatrist. It goes without saying that you need to check the credentials of anyone offering life-changing advice – referrals from friends, colleagues and family can make the choice easier before you entrust your inner-most feelings to a complete stranger.

These coaches can get you out and about to jog the streets, or send you indoors to salsa classes that encourage you to shimmy your way through the night. They can improve your performance at work and after work as you learn extra socializing skills out there in the big bad world of work. They can even help you reach deep inside yourself to find seams of talent you thought you never had.

There's an expression "it takes a village to raise a child", and these dedicated individuals can be an important cog in your personal development. However, remember that village? It's just as important to surround yourself with friends and family and colleagues whose opinions you hold dear: they are the foundation that you can always return to.

With a balance of that traditional bedrock and these new gurus, you can find both inner peace and the energy required to cope with a world that appears to be spinning faster than is astronomically and physically impossible.

Gautama Buddha – surely the original guru - once sat under a pipal tree and vowed never to arise until he had found the truth. Buddha means 'awakened one', and sometimes the simplest advice is the best - although there is no hard evidence that he ever said "awake and smell the coffee".

Paul Morris
EDITOR





75 Travel:
The thrills
of the roadster



50 The Appearance:
Our latest
fashion shoot

Contents

MAY 2014

Contents

11 Editor's letter

12 Contents

16 Starring in Belgium

PERSONAL DEVELOPMENT

21 Fitness: The joys of urban cycling

25 Self-help: Getting comfortable with discomfort

29 Health: Pressure v Stress

33 Money: Global economy

37 Politics: Russian crisis

39 Charity: Relay for Life

RELOOK YOURSELF

42 Dr. Dombard: Master of aesthetics

46 Beauty News: The art of remodeling

48 Fashion shoot: The Appearance

59 Shopping: Mother's Day

LIFE OF LEISURE

66 Interview: Angelina Jolie

73 Travel: Roadster-riding

79 Travel: Seine-et-Marne

83 Spa Cinq Mondes

84 Dining: Chatelain cooking

87 Dining: Circuit and Madzebu

88 Dining: Rob's delicacies

91 What's On in Belgium

94 What's On Cinema

97 What's On International

98 Cartoon: Le Chat by Philippe Geluck

Together magazine

PUBLISHER
David Mc Gowan
david@togethermedia.eu

KEY ACCOUNT DIRECTOR
Renaud Philippart
renaud@togethermedia.eu
+32 (0) 494 64 67 93

ACCOUNT MANAGER
Caroline Dierckx
caroline@togethermedia.eu
+32 (0) 479 47 47 77

EDITOR
Paul Morris
paul@togethermedia.eu

ART DIRECTOR
Xavier Bostem
carafe.xavier@gmail.com

CONTRIBUTORS
Martin Banks; Julia Bush
Dave Deruytter; Caroline Dierckx
James Drew; Paul Morris
Gemma Rose; Delphine Stefens
Anna van Densky; Anco Wijbinga

STYLIST
Nicholas Sirot

ONLINE EDITOR
Paul Morris
paul@togethermedia.eu

FOUNDER
Jérôme Stéfanski

Together Media
Boulevard St Michel, 47
B-1040 Brussels
+32 (0)2 400 00 24
info@togethermedia.eu
www.togethermag.eu

For advertising sales rates please consult
www.togethermag.eu

Together magazine France
LMedia - 201/203, rue de Vaugirard 75015
Paris - www.lmedia.fr

Director:
Jean-Baptiste Leprince
jbl@lmedia.fr
Business development director:
Damien Delachaux
damien.delachaux@lmedia.fr

Nothing in this magazine may be reproduced in whole or in part without the written permission of the publisher. The publisher cannot be held responsible for the views and opinions expressed in this magazine by contributors. Together is neither responsible for nor endorses the content of published advertisements, nor can the magazine be held responsible for any errors or inaccuracies in the same.



FORGET DIPLOMACY. IT'S ALL ABOUT FUN.



MINI DIPLOMATIC SALES.

As a member of a European Institution, the Corps Diplomatique or an international organization, you know that life can be quite different from one country to another. One thing is for sure, if you want to have fun in life, MINI is your international friend. That is why your MINI Diplomatic Sales Advisor helps you with all required administrative information to get excited in your MINI in no time. Furthermore, we can deliver your personalized car anywhere in the world respecting local specifications. And in addition, we offer you our particularly attractive sales conditions.

The New MINI: 89 – 136 g/km 3,4 – 5,8 l/100km

Environmental information: MINI.be GIVE WAY TO SAFETY.

MINI
BRUSSELS STORE SOUTH
MEMBER OF GINION GROUP
Chaussée de Waterloo 861 - 865
1180 Uccle
Tél.: 02 337 37 37
info@brusselsstoresouth.net.MINI.be
www.MINI-brusselsstoresouth.be

MINI
BRUSSELS STORE EAST
BY JEAN-MICHEL MARTIN
Leuvensesteenweg 313
1932 Sint-Stevens-Woluwe (Zaventem)
Tél.: 02 721 64 64
info@bee.net.MINI.be
www.MINI-brusselsstoreeast.be

MINI
VANNESTE MOTORS
Zoning de Cuesmes
7033 Cuesmes (Mons)
info@novautomons.net.MINI.be
www.novautomons.MINI.be

MINI
DAVO
Maastrichtersteenweg 529
3700 Tongeren
Tél.: 012 23 71 55
info@davo.net.MINI.be
www.MINI-davo.be

MINI
PHILIPPE EMOND
Route de Bastogne 394
6700 Arlon
Tél.: 063 23 05 60
info@emondarlon.net.MINI.be
www.MINI-emond.be

Together online



1/ Obama fever grips the Belgian capital

American President's whirlwind visit to Belgium could not have been more timely as the Crimea crisis rumbles on...

2/ Maurice Lacroix: Making time for authenticity

The world of luxury watchmaking is, by necessity, dominated by the microscopic work of craftsmen and women...



3/ Mauritius, then heaven: Soaking up the Shandrani Resort and Spa

Mauritius, part of the Mascarene Islands, lies in the Indian Ocean about 2,000 kilometres off the southeast coast of the Africa...

4/ The state of health

Annually, the World Health Organization (WHO) celebrates World Health Day on 7 April...

5/ Cirque du Soleil: Singing and dreaming

It's back and promises to be better than ever. Yes, Quidam, the latest Cirque du Soleil creation is set to hit town...



ing.be

ING

Have you just moved, or are you about to move, to Belgium?

In that case expert advice and support can be useful. That is precisely what ING can offer you for all your banking and insurance needs, even before you arrive. With ING you can benefit from a contact who

speaks your language and a dedicated Call Center. What better welcome could you wish for? Have a try by calling one of our staff on +32 (0)2 464 66 64 or by surfing to ing.be/expat

ING Belgium SA/NV –Bank/Lender –Registered office: avenue Marnix 24, B-1000 Brussels –Brussels RPM/RPR –VAT: BE 0403.200.393 –BIC: BBRUBEBB –IBAN: BE45 3109 1560 2789 - Publisher: Inge Ampe –Cours Saint-Michel 60, B-1040 Brussels.

ING

Starring in Belgium



History of The Eagles live in concert

The Eagles – Glenn Frey, Don Henley, Joe Walsh and Timothy B. Schmit – are back on stage with their classics, some of which have never been played live. The show is inspired by the remarkable documentary *History of The Eagles*. Sportpaleis, Antwerp. **25 May**. Tickets from €59

Paul Weller

Paul Weller was the founder and figurehead of The Jam and The Style Council, legendary groups that have marked the history of rock music. He has built his popularity on music with many influences (often political), producing unforgettable tracks such as *Going Underground*, *A Town Called Malice*, *Start* and *That's Entertainment*. Ancienne Belgique. **9 June**. Tickets from €36 www.abconcerts.be



Photo ©Marcelo Costa



Liz Green

Mancunian Green is a winner of the 'Glastonbury Festival Emerging Talent' prize. Her first album *O Devotion* was extremely well received, and her new collection is called *Haul Away*. This visit to Huis 23 will be solo, but the result will be "eccentric and magical", according to *The Guardian*. Huis 23, Brussels. **2 June**. Admission is free of charge but seats are limited. reservationshuis23@abconcerts.be (with 'Green' in the subject title) www.abconcerts.be

Jeff Beck

Beck is back with a new CD. With his idiosyncratic, infallible guitar work, he played alongside Jimmy Page and Eric Clapton, and more recently Joss Stone and Morrissey. "I play the way I do because it allows me to come up with the sickest sounds possible." Expect an eccentric mix, from *Somewhere Over The Rainbow* to



Photo ©Ross Halpin

A Day In The Life. Ancienne Belgique. **26 May**. Tickets: €30 www.abconcerts.be



BMW
Diplomatic Sales



Sheer
Driving Pleasure

JOY KNOWS NO BORDERS.

As a member of the Corps Diplomatique, a European institution or an international organization, you know that things can be quite different from one country to another. One thing we want to keep unchanged, is your joy of driving a BMW. Our dedicated team perfectly understands the constraints of your mission and is used to finding the best solutions in the shortest lapse of time and providing you with a full service. This includes delivery of your personalized car anywhere in the world while respecting local specifications. And in addition, we offer you particularly attractive sales conditions. Because we just love to push back frontiers.

BMW DIPLOMATIC SALES.

BMW EfficientDynamics

Less consumption. More driving pleasure.

BMW Brussels Evere Meiser - Branch of BMW Belux

Avenue L. Mommaerts 2 - 1140 Brussels - Tel. 02 730 49 11 - marc.moncousin@bmwbrussels.be - www.bmwbrussels.be

Jean-Michel Martin East

Rue François Desmedt 96 - 1150 Brussels - Tel. 02 772 08 20 - jean-francois.monteiro@jmmartin.net.bmw.be - www.jmmartin.bmw.be

Ginion Overijse

Brusselsesteenweg 403 - 3090 Overijse - Tel. 02 687 91 40 - yves.diant@giniongroup.be - www.ginion.bmw.be

Davo nv

Maastrichtersteenweg 529 - Exit 32 - E313 - 3700 Tongeren - Tel. 012 23 71 55 - peter.weekers@davo.net.bmw.be - www.davo.bmw.be

Philippe Emond s.a.

Route de Bastogne 394 - 6700 Arlon - Tel. 063 23 05 60 - yannick.rosenbaum@emondarlon.net.bmw.be - www.emond.bmw.be

Vanneste Mons

Rue des Sandrinettes 48 - 7033 Mons-Cuesmes - Tel. 065 40 02 00 - olivier.noel@novautomons.net.bmw.be - www.novautomons.bmw.be



PERSONAL DEVELOPMENT

It's like I've unlocked the secret to the Universe





Entraînez-vous à domicile
en parcourant le monde entier avec
Run on Earth



Map View

Préparez chez vous l'épreuve à laquelle vous participerez dans 2 mois à 500 km de chez vous...



Street View

Terminez des épreuves mythiques (la montée du Galibier ou du Tourmalet, final du marathon de New-York, etc)



Satellite View

Faites du tourisme (sillonnez la célèbre Route 66, ou les rues de Rome, Barcelone, New-York, Tokyo ou Sydney, etc)

Run on Earth est une application compatible avec les appareils **i.Concept by BH** et qui vous permettra de réaliser des entraînements **100% MOTIVANTS** et **RÉALISTES**.

Voir la vidéo
Run on Earth



Modèles BH compatibles



www.bhfitness.com

i.Concept, compatible avec :



The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Exercycle, S.L. is under license. Other trademarks and trade names are those of their respective owners.
Android is a trademark of Google Inc.
The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License.
iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.
"Made for iPod", "Made for iPhone", and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

The joys of urban cycling

Anco Wijbinga, well-being manager at Aspria, offers up tips on cycling around town

Towns are becoming more and more congested with cars, but cycling offers a relatively cheap and practical alternative.

Cycling in town often gets you where you want to be faster than driving. You won't be held up by traffic jams, and finding parking space is no longer a burning issue. Cycling is also an ecological alternative to the car. You don't burn gas or fuel, instead you burn calories, which will help you maintain or improve your physical fitness.

Choose your bike

The type of bike you choose depends on the use you want to make of it, the distance you have to ride, whether you have to transport luggage etc. If you are a serious rider you may want to invest in a good bike. If you want to use it only for commuting a second hand bike may be all you need.

A **racing bike** is suitable if you have to do a fairly long distance - if the average road conditions are good and if you want to cycle fast. The gears on a racing bike allow you to take on hilly roads as well as flat ones. A racing bike, however, is not built to be comfortable. Although you sit up high on your bike, the 'racing' position may not give you the best view of traffic. The narrow handlebars give you less control during slower manoeuvres.



An **all-terrain bike** (ATB) has a larger handle bar, allows a slightly more upright position and may give you a better position to ride in the city traffic. It normally has more gears than on a racing bike and will allow you to climb even steep roads more easily. Full all-terrain tyres are not needed if you use your bike mainly for road use. Tyres with a mixed profile and slicks (no profile at all) can significantly improve the ride on the road.

A **hybrid bike** offers the best of both worlds, boasting the wheel size of a racing bike and slightly fatter tyres, usually with a road-adapted profile, allowing you to ride somewhat faster than on an ATB. On the other hand, the riding position is high like the racing bike, but somewhat more upright, making it more comfortable and allowing you a better view of the road. The handle bars are comparable to an ATB, large and allowing a lot of control, even at lower speeds. Also, the gears are comparable to an all-terrain bike, allowing you to climb the steeper roads more easily.

On all three types of bikes it is possible to mount fenders (to protect you against water and mud), luggage racks and lights.

A **'fixie'** (fixed-gear bicycle) is a trendy vehicle, associated with the urban cycling in -crowd, but it is probably not the best choice if you want a versatile bike. This type of bike is suitable for experienced cyclists only. A fixie is based on a track racing bike, has a fixed rear chain wheel (like on a spinning bike, hence the name fixie), only one gear and only an emergency front brake. Fixies are often built from exotic bike parts and are usually custom-made (though recently several manufacturers offer new, great looking fixies). A fixie requires leg power (no gears), control (no brakes) and excellent anticipation in traffic. Fenders and luggage possibilities are not taken into account.

The **single speed bike** is also a very trendy, but safer alternative to the fixie. These bikes are similar to fixies. It has only one gear but boasts freewheel and brakes, requiring leg power and cycling skills – those brakes and freewheel make it less of a specialist bike than the fixie.



“TAKE YOUR BIKE WITH YOU ON TRAMS AND METROS”



Photo © ProIDEH

Ride safely

Take care of your bike and make sure it is in a good working condition. The brakes have to function well, and wheels need to be well fixed, undamaged and mounted with the right tyres. Inflate your tyres at the correct pressure. Be visible by wearing a fluorescent vest over your normal clothes, and if you carry a rucksack, put a fluorescent cover over it.

Fluorescent arm and ankle straps increase your visibility, too. It's true that you may sometimes look like a Christmas tree, but better that than being struck by a car.

When you ride when it is dark and/or in conditions with only limited visibility such as rain or fog, make sure that lights on your bike are working properly.

Remember that you are not surrounded by a protective cage, so respect the traffic rules and be aware of what happens around you.

Protective gear

Wear a crash helmet. Bike helmets have evolved enormously. Nowadays, they are light, well vented and often easy to adapt to the size of your head.

Glasses protect your eyes from sunlight, dust and insects. Specific glasses for cycling (and other sports) surround your face and usually sit slightly above eyebrow level, protecting your eyes when you are slightly bent over. The lenses of sports glasses are often interchangeable, useful when you ride in foggy conditions.

Protect your bike

Make sure if you have a good bike that you can keep it indoors, and, even then, make sure to put a good lock on it. It's best to pass the chain or lock through the front wheel and frame and then attach it to something (traffic sign, tree etc). Avoid cheap cable locks and number code locks, since they are easy to break. The best locks are U locks, or big solid chains with a good lock. It will add weight to your bike, but that's better than having a weightless bike because it was stolen.

Traffic behaviour

Claim your place in the traffic. Don't ride too close to the sidewalks – be where car drivers are able to see you. Also, keep a safe distance from parked cars in order not to be surprised by doors that are suddenly opened by careless drivers.

When you are on a bicycle path, make sure car drivers have noticed you when they take a turn. They may not have seen you if many parked cars are placed between the driving lane and the cycle path. If you are sufficiently confident, it may sometimes be a better idea not to take to the cycle path, but ride visibly on the main road. When you take a turn, look behind you, indicate with your arm which direction you go, look behind again and then turn.

To sum up: If you have the right material and adopt the correct behaviour on the road, you will find that cycling is a very good option for commuting in town. Brussels is not particularly flat, so for those who want to start easily or simply hate cycling uphill, take your bike with you in trams and metros at certain hours and cycle only on the flat and downhill. But, whatever the bike or wherever you ride, enjoy! ①

“A HYBRID BIKE OFFERS THE BEST OF BOTH WORLDS”

Getting comfortable with discomfort

Gemma Rose finds that encountering discomfort when expanding our comfort zone is part of living the good life

Empire State building © Daniel Schwen

I am a bit of a self-help junkie. I read books on personal development, well-being, job hunting and dating. Titles such as *The Antidote: Happiness for People Who Can't Stand Positive Thinking*, *Feel the Fear and Do It Anyway*, *The Jane Austen Guide to Dating*, *What Colour is Your Parachute* and *F**k It: The Ultimate Spiritual Way* fill my bookshelves.

I get very involved in these books. I attack the exercises in them with gusto. I've identified the petals of *The Flower*: a picture of my dream job; I've set my ten standards for the ideal

relationship; I am an Elizabeth Bennett suitable to a number of Mr Darcys, Mr Bingleys or Henry Tilneys; I repeat mantras such as "ships are safe in the harbour but that is not what ships are made for" and most of the time I just say "f**k it".

These books have helped or continue to help me get out of my comfort zone, to start conversations with strangers, to say, "Yes", to ask more questions, to let go of the cares, to accept insecurity and to (hopefully) tell the difference between a man who is a keeper and



Discover our
Wonderful World of Wellness
at www.thermae.com



one who isn't. The first flush of improving oneself is exciting. My adrenaline is pumping, I feel invincible. It's like I've unlocked the secret to the Universe.

And then rolls in the discomfort. What I've noticed is that I'm good at the getting out of my comfort zone bit for a while, but I am less good at staying there. We are constantly bombarded with messages to "try new things", "meet new people", "go on adventures", "change our lives", but I tend to find the follow-up is not so effective. These messages don't really tell us how to navigate the waters of conflicts, failure and vulnerability. Even if you change your life, you will always face discomfort.

Moving out of a flat share into my own apartment was probably my ultimate getting out of my comfort zone example. It was euphoric to think that I could live in complete freedom. But then I had to live with the discomfort of poor insulation and disrupted sleep as a result of the noise from my upstairs neighbours. Meeting new people rejuvenated my social life, but then I found myself attracted to people whose belief systems strongly opposed mine, or being disappointed by rejection. Exploring a foreign city on my own satisfied my thirst for something new but then came the sadness of doing it alone.

The discomfort that comes with life not going as planned is part of living the life that we desire. It's easy to try new things, but it's hard to sustain them especially when we reach an impasse. We can't bear the noise anymore, we find ourselves angered by another person's point of view, or we are on top of the Empire State building, alone. We instinctively think that the safer option is better for us: move out of the apartment; stop engaging in the conversation; vow never to go on holiday on our own again.

Buddhism believes in the idea that we are all one; that there is no separation between us as individuals and us and the Earth. The 'I' is just an illusion. Perhaps appreciating that we are connected in some way forces us to try harder with one another, our environment and with ourselves. When we are confronted with

discomfort, we need to use the virtues of tolerance, compromise, empathy and civility to cushion our journey through it. But we must go through it. And, most importantly, we have to recognize that this discomfort is part of living the good life. The vegan and the meat-eater can have a valuable and sustainable exchange of views; neighbours can respect each other's privacy, space and lifestyle; the lonely traveller can feel proud that she is pursuing her dream.

One book that also sits on my bookshelf is A.C. Grayling's *The Meaning of Things: Applying Philosophy to Life*. When it comes to perseverance, he writes: "All goes swimmingly; then suddenly one seems to regress, to lose what advance has been made. At this point most people give up. But if they were to persist they would find that each dip is followed by a higher rise, and the overall pattern is upward and onward, making true the Latin motto, *Per ardua ad astra*."

It's natural to feel uncomfortable when trying something new or having to deal with the unexpected. Even if we cannot get comfortable with it, we can at least keep going and let it pass through us. We will end up somewhere new, and possibly with the stars. 🌟

**"IT'S NATURAL
TO FEEL
UNCOMFORTABLE
WHEN TRYING
SOMETHING
NEW"**


Ice
watch
CHANGE. YOU CAN.



Ice - SUNSHINE

Connect to the world.
Connect with Mauritius.

Le Morne Mountain

London
Paris
Johannesburg
Cape Town
Durban
Nairobi
Mumbai
Delhi
Chennai
Bangalore
Kuala Lumpur
Singapore
Hong Kong
Shanghai
Beijing
Perth
Madagascar
Saint Denis Reunion
Pierrefonds Reunion
Rodrigues

Air Mauritius connects you to 64 destinations with 20 flights

Air Mauritius gives you the world: London, Paris, Johannesburg, Kuala Lumpur, Mumbai, Hong Kong, Shanghai, Beijing, Perth, and so much more. Each time you step on board you experience something wonderful and unique. It's the natural calm and friendliness of our island in the skies. Experience it on your way across the world.

www.airmauritius.com



Contact : AIR MAURITIUS – Paris
Tel (Reservation): +33 890 710 315
Email: mkparis@airmauritius.com Email (Reservation): reservations_mru@airmauritius.com

PERSONAL
DEVELOPMENT

Health

Health: Pressure versus stress

Tom Meyers seeks out the differences between pressure and stress

**“INSUFFICIENT
PRESSURE, ON
THE OTHER
HAND, ISN’T
WITHOUT
CONSEQUENCE,
EITHER”**

Pressure and stress are words that are often used interchangeably, but what is the difference?

Pressure is the feeling of urgency caused by the necessity of doing or achieving something, especially when there is a limited time frame such as a deadline. Pressure can also be a force that you or others apply, motivating you to achieve your goals, pass exams or help you to perform better. We're hard-wired for pressure as it encourages us to continually grow and push our boundaries. Sometimes the term 'positive stress' is used to describe pressure.

However, pressure doesn't always lead to a positive outcome. Some forms of pressure can have the opposite effect of what was intended – they can demotivate, making you weak when you need to be strong or decreasing your performance. For example, you can feel the negative side of pressure when you unexpectedly have to give a presentation but you really don't like speaking in front of an audience. Another example could be when you're asked to perform a certain task but you don't have the skills or knowledge or just not enough time in which to do it.



This type of oppressive pressure, as well as too much unwavering pressure without time to recover, leads to stress and sometimes disease: flu-like symptoms, muscle pain, stomach ulcers, difficulty concentrating, memory loss, depression and burnout. Insufficient pressure on the other hand isn't without consequence either. Lack of pressure or challenges at work can lead to 'boreout' and not because the person is lazy.

Boreout is when there is not enough stimulus – there's not enough pressure, leading to lack of drive, inability to enjoy life, fatigue, underperformance and also stress.


On the other hand, when used to describe a subjective feeling, we experience stress when the demands put on us outweigh our ability to cope with them. Stress is regulated on a biological level by the stress response. Stress is often described as the 'fight and flight' mode, an adaptation response inherited from our prehistoric ancestors who had to protect themselves from physical threats. It is associated with an increase in the sympathetic nervous systems and the adrenaline and cortisol hormones.

In other words, when it comes to pressure versus stress, pressure is a stressor that can act as a motivator. However, when pressure gets out of hand or isn't kept under control, it leads to stress that in turn becomes harmful for your health.

People's abilities to cope with pressure are different and depend on gender, age, genetics, previous experience, skills, knowledge, specific situation, etc. It is possible, though, to increase your resilience.

Tips to ease the pressure:

- Take a few minutes to identify a stressor in your life and find ways to reduce it.
- Organize yourself and your time better
- Take more time to relax
- Follow stress management courses
- Implement stress management with relaxation and exercise
- Stay positive and keep things in perspective
- Take slow deep breaths
- Seek professional help

For more health and wellness tips tune-in to the feature Health Matters on www.radiolx.eu or visit www.tommeyers.be 

| VOYAGES SUR MESURE |

ON VOUS EMMÈNE AILLEURS

VOYAGES SUR MESURE

Il est des voyages dont on garde la saveur très longtemps. Parce que tout est unique et parfaitement adapté aux désirs de chacun. C'est là notre marque de fabrique, notre vision du voyage : faire de chaque départ, un morceau choisi, une partition composée exclusivement pour vous. Présents sur les cinq continents, nous faisons rimer exigence et excellence.

Dans notre maison de Bruxelles, nous vous accueillons pour préparer votre voyage. Discuter, écouter, proposer... un interlocuteur spécialisé est là pour vous guider dans l'élaboration de votre projet, la sélection de vos étapes, votre envie de partir en solo, à deux ou en groupe, sur terre ou sur mer, lors d'une fête ou d'un festival, pour découvrir les incontournables ou ajouter des touches d'insolite... Pour donner à votre voyage, le parfum de l'exclusivité.

 **CONTINENTS
INSOLITES**

LA MAISON À BRUXELLES

rue César Franckstraat 44 a | 1050 Brussels Belgique
Tél. +32 (0)2 218 24 84 | bruxelles@insolites.com

2014: The year of living dangerously?

Dave Deruytter offers his latest overview of the world's financial state of health

A lot has happened since the onset of the worldwide financial and economic crisis in 2007.

After a false start by letting Lehman Brothers go bankrupt, an impressive set of measures were taken by governments around the globe to stabilize the financial markets.

The results are positive. The US is seeing economic growth and has high hopes for a shale gas-led re-industrialization. In Europe, southern countries seem to be turning the corner. China is continuing its high-speed economic growth, but no longer at double digit growth rates. Japan has copied the quantitative easing model of the US and stock markets are up.

On the downside, fundamental changes to the financial and economic structure of the global economy seem to come slower or are less ambitious than anticipated a few years ago. Unemployment is at staggering heights in Europe and improving very slowly. Rock-bottom low interest rates are fuelling the stock markets and improve or sustain the real estate markets in many countries. China has an impressive stock of empty private apartments, held by speculators gambling on even higher real estate prices.

The hoped for inflation is not being seen where it is most needed: in the real economy. If there

is one place where inflation is very strong, it is sadly to be found in the debt levels of countries and central banks. The US Federal Reserve may well have lowered its threshold of purchases of debt under its quantitative easing program, but the total amount of several thousands of billions of dollars is still growing by tens of billions of dollars every month. It only adds to the already very high overall debt level of the country.

Having said that, optimism has returned to companies and consumers in certain countries, such as Germany. Its economy still relies heavily on exports to China, but consumer spending, helped by the introduction of a minimum wage, is on the mend.

At the same time, political stability is fragile in quite a few regions: North Africa, Syria, Thailand and Ukraine. China and Japan are at odds over a group of rocky islands. North and South Korea keep their long-lasting dispute.

Where should we look for structural improvement to the world economy?

Since debt levels are already unsustainably high, it will have to come from the private sector – the real economy. Currently, we see concerted efforts by many countries, led by the Organisation for Economic Co-operation and Development (OECD), to make sure that

YOUR TIME IS NOW.
MAKE A STATEMENT WITH EVERY SECOND.

For more information visit www.MauriceLacroix.com or call +32 2 456 81 40

Pontos S Driver

MAURICE LACROIX
Manufacture Horlogère Suisse

Empty space in New South China Mall



particularly large multinational companies pay a certain amount of tax and in the countries where they are active. At the same time over-generous social systems are coming under strain, particularly in France, Italy and southern Europe.

A pair of other solutions could come from the internet.

Although the internet is the most magnificent revolution in the last hundred years, it has flaws that need to be mended. One of the most important of these is the fact that added value is freely available on the web, instead of paying for it. This is a contradiction in a capitalist system and should be tackled. Another flaw is related to the fact that surfers disclose their private details too cheaply on the web, unaware of what will be done with them and without fully understanding the possibly ever-lasting consequences.

The practical implementation of those solutions may be easier than it looks at first sight.

The first issue can be solved by taxing the added value that these currently free internet

services produce (VAT). The result will be that those services will no longer be completely free. The privacy issue on the other hand can be solved by charging a privacy levy to companies asking for the disclosure of private details from their private clients. This will encourage these companies to give private users two options: a paying option for the service without disclosing their private details and an almost free option when they disclose their personal data. A governing body should to be created to keep privacy in check on the internet.

If one considers the huge number of surfers and internet services, the VAT and privacy levy need not to be high to have an important effect, and thus they should not deter surfers from continuing their active use of the World Wide Web.

Whatever solution or combination of solutions is chosen, there is no time for complacency since the total debt levels of most countries are far too high. The other option is a debt haircut for all. But even that would not last without structural measures to reform the real economy. Time to act. **1**

A NEW 30,000 M² DEALERSHIP IN SEPTEMBER.



A victim of its ongoing success, BMW simply had to expand! Stefan De Smet, General Manager of BMW Brussels, talks us through the totally new dealership that BMW Brussels will open in September 2014 - a dealership with an innovative structure and concepts.

THE BRAND NEW BMW BRUSSELS

BMW Brussels was created in Evere, a district of Brussels in 1987. At the time, it was the only subsidiary in the country. In 1988, a second subsidiary opened in Ixelles. This eventually moved to the Brand Store on the Boulevard de Waterloo in 2007, bringing BMW greater visibility in the European capital. Since then, the installations in Evere have been handling BMW's service for the growing clientele.

To meet this constant growth, BMW is developing an ambitious project on the Chaussée de Louvain in Evere, beside our second-hand sales centre.

This new 30,000 m² dealership has been developed according to a new philosophy. Firstly, the showroom is large enough to present all the new BMW models, as well as the motorbikes (such as the electric

scooter and the new range of BMW i electric cars). But our clients will also receive a welcome worthy of a hotel.

140 vehicles can now be serviced per day on the 39 repair ramps in the new workshops.

Meanwhile, clients can enjoy the Business lounge or Lifestyle space, working in tranquillity or enjoying a light meal worthy of the premium world of BMW.

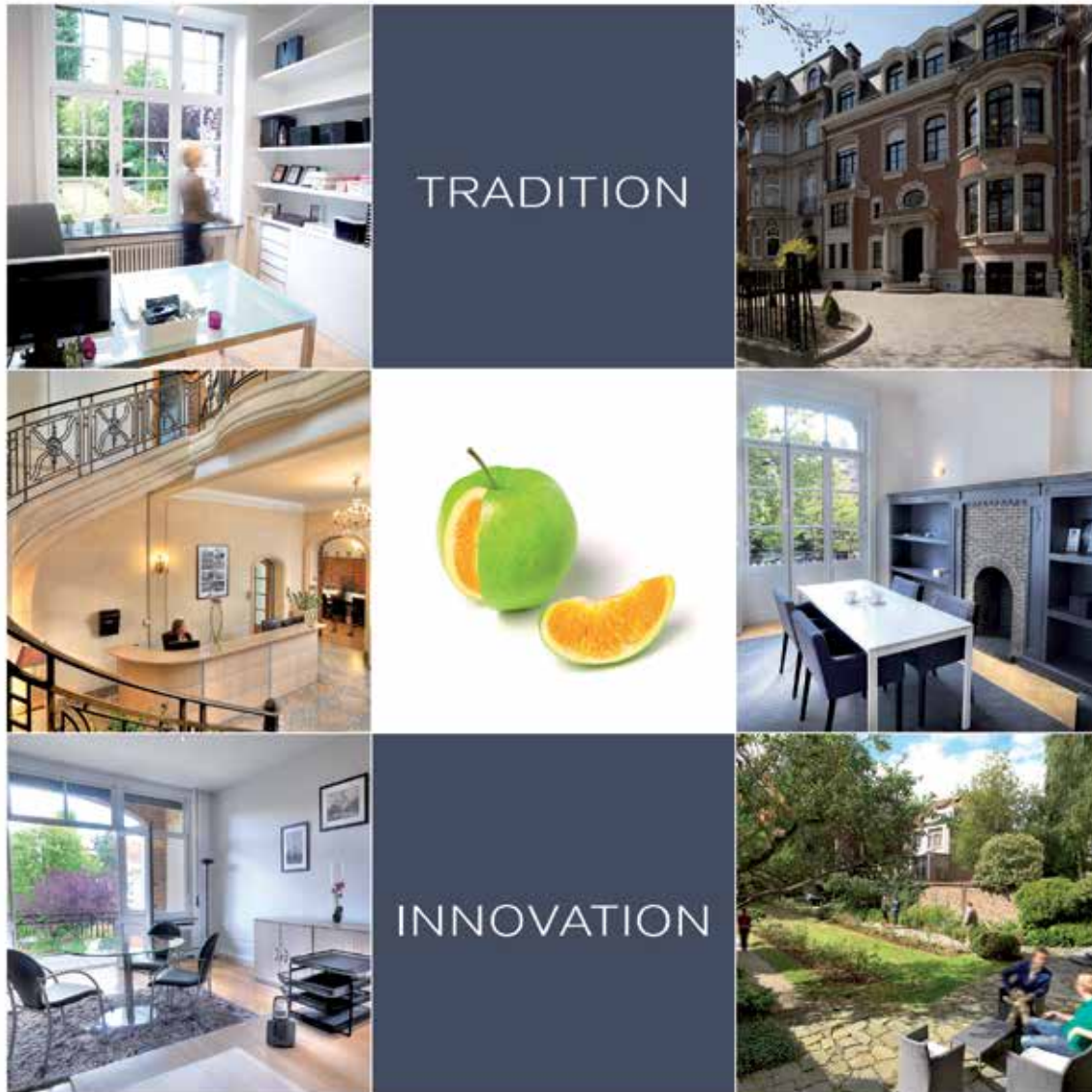
Put simply, the new dealership will not only welcome BMW owners and provide optimal technical services, it will also do so in a friendly atmosphere with personalized service that is both pleasant and efficient.



THE BEST OF BOTH WORLDS

BY VIPOFFICES

THE BEST OF BOTH WORLDS: a situation or setting in which the advantages of two very different things are combined to gain on all levels.



WITH PRICES STARTING FROM 199€/MONTH, A VISIT IS WORTH YOUR TIME.

BUSINESS ADDRESS • VIRTUAL OFFICES • TAILORMADE OFFICES • APPLE EQUIPPED MEETING ROOMS • CORPORATE, CULTURAL & PRIVATE EVENTS • VIDEOCONFERENCING • PRIVATE 250m² GARDEN • ALLIANCE MEMBER [OFFICES IN NEW YORK, LONDON, PARIS, ABU DAHBI, ...]

VIPOFFICES.com • Boulevard St Michel 47 • 1040 Brussels • Belgium • welcome@vipoffices.com
T +32[0]2 400 00 00 | F +32[0]2 400 00 32 | www.vipoffices.com | www.47connect.com

POLITICS

Europe: Missing the target

EU Reporter's **Anna van Densky** assesses what the EU can now do to bridge its widening schism with Russia

The suspension of Russia's voting rights and representation in the leading bodies of the Parliamentary Assembly of the Council of Europe (PACE) as a reaction to Crimea's annexation marked a definite schism between Kremlin and the West, when in response the head of delegation Alexei Pushkov demonstrated scepticism about Russia remaining a member.

PACE's decision in Strasbourg did not push the Russians to change their minds, neither has it brought détente to mounting tensions on the ground as the Russian flag continues to fly over the south-east – Donetsk, Lugansk, Kharkiv and Odessa, industrial cities that are up in arms – this is a bad omen for the integrity of Ukraine. While the EU flag in Kiev signified a wishful vector for integration, the Russian flag in the south-east is not a 'wannabe' claim, but an identity indicator: 'we want to be with the EU' versus 'we are Russians'. Not an easy dilemma to resolve.

It is even more complicated to explain to the coal-miners the European logic of 'good' revolutionaries at Kiev's Maidan Square and 'bad' ones in Donbass (Donetsk). Political inconsistency has led the activists of the self proclaimed Donbass Republic to consider themselves as victims of double standards. The longer Europe wrestles with Russia and neglects the grim economic realities of Ukraine,

the more the people of South-East will want to keep the key of their future in their own hands. The European opposition to an idea of Ukraine as a federal state does not attract sympathy there either. If Germany, the largest European state, is federal, why is Ukraine not allowed to choose the same path? It will take more than the PACE resolution to explain to the coal miners in Donbass why Europe denies them the very rights it flaunts.

The PACE decision to alienate Russia might have consequences beyond Ukraine – for decades Russian membership also meant obligations in the Strasbourg Court of Human Rights, a last resort for many victims of abuse by the Russian judiciary system. By preventing Russia's participation in the Council of Europe, the EU offers up an opportunity for the Kremlin to remove its title as top human rights violator, with an overwhelming 129 lawsuits in 2013.

So the biggest loser of the PACE move might be Russian civil society – they would be deprived of an effective instrument of influence on the Kremlin in their struggle against Putin's authoritarian rule. Aiming at Putin and blinded by their passion to promote democratic values, Europeans are hitting their faithful Russian allies hardest.

www.eureporter.co ●



Inspiration printanière by

Fleurs de ma Passion

Chaussée de Bruxelles 107 à 1410 Waterloo • 02 354 67 65 • fleursdemapassion@waterloo.eu

www.fleursdemapassion.be

CHARITY

Relay for Life

Kaisa Ventä-Roisin encourages us to join Relay for Life

Relay for Life began in 1985 with one person running around a track for 24 hours to raise money for cancer research. Some 25 years later it is now held in over 20 countries, with millions of volunteers coming together for the same purpose. As it says on their website: "Relay for Life are life-changing events that bring communities together and help them honour those who have battled cancer, remember loved ones lost and fight back against the disease."

In short, Relay for Life is a 24-hour walk-a-thon where at least one member of the team is moving around a track or course continually for the entire 24 hours. In addition to walking, team members also contribute by raising money, either through individual donations, sponsorship, fund-raising parties, or by bringing whatever talents they have to bear. All funds raised from Relay for Life go to the Foundation against Cancer. This money is used to support scientific research, provide social care to people affected by cancer, along with their families, and to promote prevention and healthier lifestyles.

that are necessary to support just three core activities in the fight against cancer:
Scientific cancer research:

- An average cost for a laboratory technician: €240 per day
- The investment in a fluorescent microscope is €50,000

Social care to patients, along with their families:

- While treatment is continued, participation for one child in a children's holiday camp for one week €1,000
- One consultation for psychological treatment: €37
- CancerPhone: €35 per hour

Promotion of a healthy lifestyle:

- One prevention kit for schools: €60
- One package 'wise sunbathing' for schools: €60

How you can become part of this:


You can join the

Together For Life team and participate in the walk/run:

www.relayforlife.be/teams/together-life

Or you can make a donation to Relay for Life by sponsoring someone in the team:

www.relayforlife.be/teams/together-life

Please note that donations are tax deductible in Belgium. 

RELOOK YOURSELF

Often, happiness comes from feeling comfortable with yourself



Dr. Dombard: Master of aesthetics

Julia Bush met up with a man whose job is to make people happy

When Dr. Louis-Philippe Dombard talks about aesthetic surgery, he leans forward earnestly. With his elbows on his knees and his hands gesturing right and left, it's as if he can't speak fast enough to express everything he wants to say. He rocks back and forth and tells story after story. His passion spills out with every word — it's clear he has limitless dedication to perfecting his craft.

Dr. Dombard's obsession with being the best started early, when he went to Germany to continue his medical studies. He read about Professor Ivo Pitanguy, a successful plastic surgeon and professor in Brazil, and knew he needed to pack his bags.

Dr. Dombard said: "I didn't know him, but I said, 'I will work with this man'".

He flew to Brazil and went straight to the clinic. Pitanguy wasn't there. Dr. Dombard checked into a hotel and waited there for the weekend. When he went back on Monday, Pitanguy, who usually selects five surgeons from the 100 who apply to work with him each year, sent Dr. Dombard packing. "Learn Portuguese, get recommendation letters and take a placement test," he told Dr. Dombard. Then try again.

Two years later, Dr. Dombard was back in Brazil. This time, he was ready — he knew the language, took the test and was accepted into Pitanguy's program. For three years, he lived in Brazil and learned from the best.

Now, as the owner of his own 20-year-old private clinic in Brussels, Dr. Dombard credits Pitanguy not just with teaching him the technicalities of surgery, but with helping him understand the spiritual and philosophical side of being a surgeon. He learned the importance of the relationship between the patient and the surgeon — a surgeon must choose the patient just as the patient chooses the surgeon. "We make the choice together," he said. For Dr. Dombard, it's not about the money — it's about doing good, clean surgery and making patients happy.

Often, happiness comes from feeling comfortable with yourself. Lots of patients feel a loss of femininity or masculinity, Dr. Dombard said, and aesthetic surgery can help them gain or regain that part of themselves. A few years ago, a young man came into Dr. Dombard's clinic dejected and upset over his feminine nose and chin. He was unhappy, and it was affecting his schoolwork and personal life. Two

"A SURGEON MUST CHOOSE THE PATIENT JUST AS THE PATIENT CHOOSES THE SURGEON"



© Luc Viatour

years later, with more masculine features, he came back into the clinic beaming. Dr. Dombard said the young man told him, "I am so happy. I feel so powerful — I have so much energy." He finished his degrees in law and economics and was thrilled to finally feel like himself.

Dr. Dombard has a slew of stories of patients like this one, people who have turned their lives around because of his surgery.

Julia Bush sat down with Dr. Dombard in his clinic — which is connected to his home and feels like a cosy living room full of flowers, coffee tables and rugs — to talk about his unique practice.

Julia Bush : What are the most important lessons you learned from Dr. Pitanguy while you were in Brazil?

Dr. Dombard: First, you do it because you love it. It's dedication. You have to dedicate your life to what you do. Second, you don't think about money. You think about doing your work really well. He said to me: "Don't try to be the best surgeon. Try not to have complications." I'll see a patient and they'll say: "I need a facelift". If I just wanted the money, I'd say sure right away. But I have to tell them about



© Luc Viatour

“IT’S ABOUT DOING GOOD, CLEAN SURGERY AND MAKING PATIENTS HAPPY”



Clinique chirurgie esthétique
Gemslaan 42b- 3090 Overijse
+32 (0)2 687 22 85
Email: contact@chirurgiedombard.com

complications, take blood tests to see if they're in good health to do the surgery. I must feel I can help them.

J.B.: So you don't agree to do surgery for anyone who says they need it.

Dr. Dombard: If you want to do the operation, I ask you to go to a psychologist and understand what has happened. This is the most important thing. The problem is not to do it – it's to understand why you do it. Sometimes I do very difficult surgery because the patient says: “I want this and this is why”. The change must bring happiness.

J.B.: When a patient decides they want surgery, how does the process work?

Dr. Dombard: There are three stages to aesthetic surgery. First, there's a consultation. We meet each other and look to see if it's possible. It's very important after this first consultation to take time — take two or three months or a year. Then, when you decide to do the surgery, wait two or three months. Then you're thinking responsibly. Second, there's the material surgery. Third, the post-surgery is to care for the patient. I need to do it for free because it's my surgery. Every complication is my responsibility.



© Luc Viatour

J.B.: What is the key to your success?

Dr. Dombard: First, you love what you do and because you like it you respect yourself. You give the maximum to achieve your success. It's not complicated. It's the same everywhere. I treat the patient like my mother or my sister – people are a big family. If I couldn't operate on my sister, then I couldn't do it all.

J.B.: What kinds of positive outcomes have you seen in your patients?

Dr. Dombard: Happiness, happiness, happiness. When they come back to see me later, they sit down and smile. They are happy.

ESSENTIAL TIPS

For people considering surgery, Dr. Dombard has a few tips:

1. Know why: Make sure you know why you want surgery. Open discussion of your goals and expectations is the beginning of a healthy relationship with your surgeon.

2. Consult several surgeons: Visit as many clinics as you think you need to. You can have multiple consultations – make sure you're choosing the right surgeon for you, and once you've chosen, take responsibility for your decision.

3. Never go alone: Always bring family members, friends or a significant other to your consultation to make sure you don't miss anything the doctor says. It's easy to get caught up in the exciting possibilities and mishear or glaze over details. Having someone with you to remind you what was said relieves some of the pressure to ask every single important question and memorize every detail of the process.

4. Understand the price: Dr. Dombard takes full responsibility for any possible complications after surgery, but many surgeons do not. If the initial price is low, it could be a marketing scam – it's possible that the surgeon will continue to charge for further surgeries to adjust or fix the initial procedure. 📌

The art of remodeling

Our beauty expert **Delphine Stefens** points us all in the right direction when it comes to reshaping our figures

Martine de Richeville – or one of her trained masseuses – plays your curves like a piano. Forte. And one that needs tuning. With a firm and precise grip, big and small fat rolls are lifted, drained, oxygenized and eventually reshaped. And while it's a full body treatment (€130 for 50 minutes and €1,100 for ten treatments), special attention is given to specific areas of concern, usually around the waistband for men and anything cellulite (to name the beast) for the fairer sex. The treatment may or may not hurt. Knots you didn't even know you had are relieved, while your blood and lymphatic circulation is improved and the energy gets flowing. While it's so strenuous it's impossible to doze off, it's very relaxing. This is a key aspect according to Ms de Richeville, who initially studied psychology and is also a trained acupuncturist – she firmly believes it's essential to let go in order to feel good, both mentally and physically.

To beat cellulite, she says: "You need a healthy lifestyle and physical activity, obviously, but I believe you also need to regulate your energies. So we work on that too. Cellulitis is linked to saturation of the metabolism but also to a malfunctioning of the energetic system." And while she argues that slimming creams won't do the job for you by making cellulite disappear, she does think they may be of assistance. "They may actually improve the quality of the skin and reduce the appearance of dimples by facilitating the drainage of fat tissues. But, more importantly, since you need to make them penetrate your skin through massage, they allow a greater awareness, a moment to reconnect with yourself and your body."



The next time you apply your slimming cream avoid the feeling that it's a drag. Together has picked out the nicest newcomers for you – all of them are sure bets.

Get started

Cellu Destok Serum Flash by Vichy (€32/125ML)

Body-Slim Express Body-Contouring Program by Lierac (€38/100ML)

Celluli Attack by Phytomer (€68/100ML)

Keep up the good work

Body Sculpt by Biotherm (€40/200ML)

Contour Body Treatment Oil by Clarins (€50.50/100ML)

Botanical Slimming Key Serum by Yves Rocher (€16.95/150ML)

Treat yourself

Body Shaping Bath Powder by Maria Galland (€34/5x30G)

Martine de Richeville
Avenue Louise 129A
1050 Brussels
Tel. 02/534 51 11.
www.martinederichville.com

Get started



Keep up the good work



Treat yourself

The Appearance

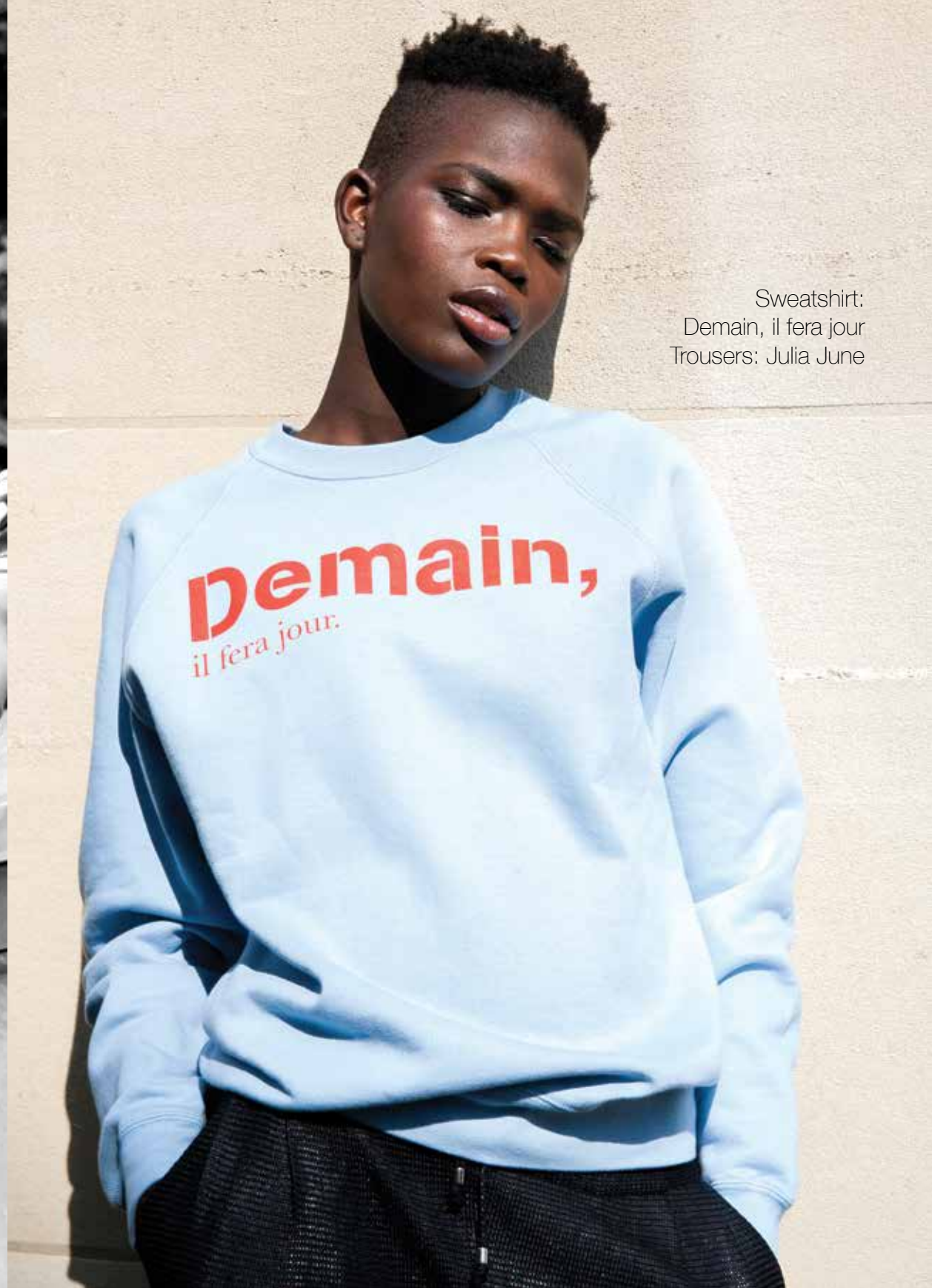
Photographer: Ayelen Torres
Stylist: Nicholas Sirot
Make up artist: Noel Inocencio @ Make Up For Ever
Model: Nadège @ IMM

Suit: Princesse tam-tam
Shirt: Fred Perry
Shoes: Robert Clergerie
Hat: E D C by Esprit





Shirt: Esprit
T-shirt: «Mickey» twin-set
Glasses: G-star



Sweatshirt:
Demain, il fera jour
Trousers: Julia June



T-shirt & Dress: Lacoste live
Shoes: Robert clergerie
Glasses: g-star
Coat: H&M



Shirt: Lacoste live
Coat: Fred Perry



Top: Black WE
Shirt: Gérard Darel
Trousers:
Princesse tam-tam



Grey sweatshirt: P.N.Q
Shirt: Esprit
Trousers: Julia June

Top: rue Blanche
Shirt: Adidas
Shorts: Jean-Paul Knott



**HD Blush
Second Skin
Cream Blush :**

This new creamy blush melts on the skin for an extremely natural flush of colour with a long lasting result. Its blendable, second skin texture allows for easy, controlled application: **€30.20**



**Glossy Full
Natural:**

This colourless gloss gives an ultrashiny vinyl effect to the lips. The collagen stimulator Maxi Lip replumps and reshapes the lips, which are rejuvenated and smoothed: **€24.30**

**Aqua Smoky Lash
Extra Black Mascara,
also in waterproof:**

This is waterproof version of Smoky Lash, a mascara that provides volume, length and instant curl to the lashes: **€24**



**Diamond
Eye Shadow:**

Ultra Shimmering Diamond Eye Shadow. The Diamond Eye Shadow range includes 12 shades of Eye Shadows with innovative and spectacular effects: **€23.50**

Shop Make Up For Ever
Kunstberg 19
1000 Brussels
(close to Central Station)
info@makeupforever.be
www.makeupforever.be
Tel. +32 (0)2 512.10.80
Fax +32 (0)2 266.86.89

Shop Make Up For Ever
Zuidstraat 62
1000 Brussels
info@makeupforever.be
www.makeupforever.be
Tel. +32 (0)2 512.33.40
Fax +32 (0)2 266.86.89

NEW! Shop Make Up For Ever Luik
Lulay-des-Fébvresstraat 1B,
4000 Luik
(Opening 17/04/2014)
info@makeupforever.be
www.makeupforever.be
Tel. +32 (0)4 222.19.00
Fax +32 (0)2 266.86.89

Academy Make Up For Ever
Brussels
Kunstberg 18
1000 Brussel
education@makeupforever.be
www.makeupforever.be
Tel. +32 (0)2 512.10.80
Fax +32 (0)2 266.86.89


MAKE UP FOR EVER
PROFESSIONAL – PARIS

Stanhope Hotel, luxury in simplicity

Assistance – Flexible team - Service

Flexibility is not an extra service for us. Our staff is dedicated to meet your requirements, going the extra mile from beginning to end. Let's tailor make your conference or event together.

Conference – Banquet - Adaptability

From smaller boardrooms to theatre set up for 300 guests... our meeting rooms can host any type of event. The natural daylight and particular character creates a unique atmosphere. A wedding, an international conference or a gala dinner, your requirements are our challenge.



Private events – Exclusive - VIP

Private events are our specialty. Choose between our roof terrace, our royal suite or one of our cosy boudoirs for your most exclusive events. Savour the moment, we will provide the extra touch.

Gastronomic - Artistic flair- Elegance

Wind down and be pampered while our Chef dazzles you with his artistic flair. Professional pride and respect for the natural flavours are combined with the very best of fresh seasonal ingredients to capture your pallets. Do not be afraid to challenge us with your special or dietary requests.

Central location – Easy access – EU quarter

The Stanhope hotel is conveniently located in the heart of the European quarter and with public transportation just around the corner. Fancy a walk? Shopping in Avenue Louise, the serene district of Sablon and the flourishing Grand Place, it is all within walking distance.

Character - Rich heritage – Unique rooms

Looking for the Classical touch or perhaps something new and refreshing? With 125 unique rooms the charming boutique hotel opens its doors for you. Even the smallest detail enhances luxury and elegance. Experience an unforgettable moment, let us make your dreams come true.

Always find our best available rates on
www.thonhotels.com/stanhope



Rue du Commerce 9
B-1000 Brussels
Tel.: +32 2 506 91 11
Fax: +32 2 512 1708
conference@stanhope.be



RELOOK
YOURSELF

Mother's Day

Saying thanks to mothers

One in five women will buy gifts for their mother-in-law this Mother's Day

A study by gift website www.findmeagift.co.uk has revealed that one in five women will buy gifts for their mother-in-law this Mother's Day. The most common reason given is to make sure their mother-in-law receives a gift, as their partner usually forgets. Almost a third of the men in question never know what present their own mother receives.

Twenty percent of married women admit they'll be buying their mother-in-law a gift this Mother's Day. Despite the stereotypical image of wives feuding with the in-laws, the survey has revealed that 75% of the women in question are happy to shop on their partners' behalf for their mother-in-law.

The most common reason for taking on the shopping responsibility (43%) is a forgetful partner who may miss the occasion altogether. 27% of women believed they had a better judgment than their partners in choosing the right gift and 17% stated their partner was too lazy to shop themselves. Whatever the reason, we suspect these wives are experts at keeping the peace and ensuring sons stay out of the doghouse with their mothers.

Although 20% of wives offer their husband a helping hand with the present shopping, the survey uncovered that almost a third of the men in question (29%) never find out what gift their own mum receives.

Fine Me A Gift's Emma Law commented on the survey: "Although Mother's Day is the perfect time to demonstrate how much you care for your mum, it's clear that some men trust their partners to make better decisions than themselves when it comes to finding a gift. It's nice that they want their mum to receive a gift they truly love, but if they're just dodging their responsibilities we think they should put some real effort in!" - www.findmeagift.co.uk

Nuxe

Limited edition 2014
Huile Prodigieuse
Gold 100ml: €39.50
www.nuxe.com



Thea

Designer Emilie Duchêne's 'mother ring' in black diamonds: price upon request
www.thea-jewelry.com

RELOOK YOURSELF

Mother's Day



Lilu

Belgian handmade brown Steffi bag: **€295**
www.lilu.be



Beluga

Black candle set, small: **€55**, medium: **€119**, large: **€195**



Thomas Sabo

New specially designed karma beads for Mother's Day, in Sterling Silver, Glam & Soul and Rebel at heart collections: **€79**
www.thomassabo.com



Nova Collection at Joailliers Tallet

Bracelets adorned with blue sapphire and sparkling diamonds (white gold): **€1260 - €1990**
www.tallet.com



Cartier

'Unlock your wish' necklace. Yellow Gold, diamonds
3 cabochon onyx, black lacquer, gold chain and yellow diamonds.
www.cartier.com
© Cartier



Dodo

Palm tree and boat charms earrings: **earrings €205, palm tree €490, boat €245**
www.dodo.it

RELOOK YOURSELF

Mother's Day



FREYWILLE

This new FREYWILLE jewellery watch HELENA, decorated with fine enamel and 24kt gold powder, is named after the beautiful Helena of ancient Greek myths. Exclusively available in FREYWILLE Brussels boutiques: 6 Place Louise and 45 Grote Zavel. **€1,935**
www.freywille.com

Ice-Watch

Ice-Glow comes in small and unisex. Four candy colors: Blue, Pink, Green, Yellow, with silicone bracelet: **€79**
www.ice-watch.com



Shopping



Clinch

100% georgette silk made in Italy
Monkey Power Blue: €99
www.clinchcollection.com

Les Interchangeables

Elastic bracelets from French designer
Audrey Bot. Made in Paris. From €45
www.lesinterchangeables.com



Olivier Strelli

Among Belgian fashion designer
Strelli's clients are Rolling Stones,
Brigitte Bardot and Stevie Wonder.
Allure timepiece: €199
www.strelli.be

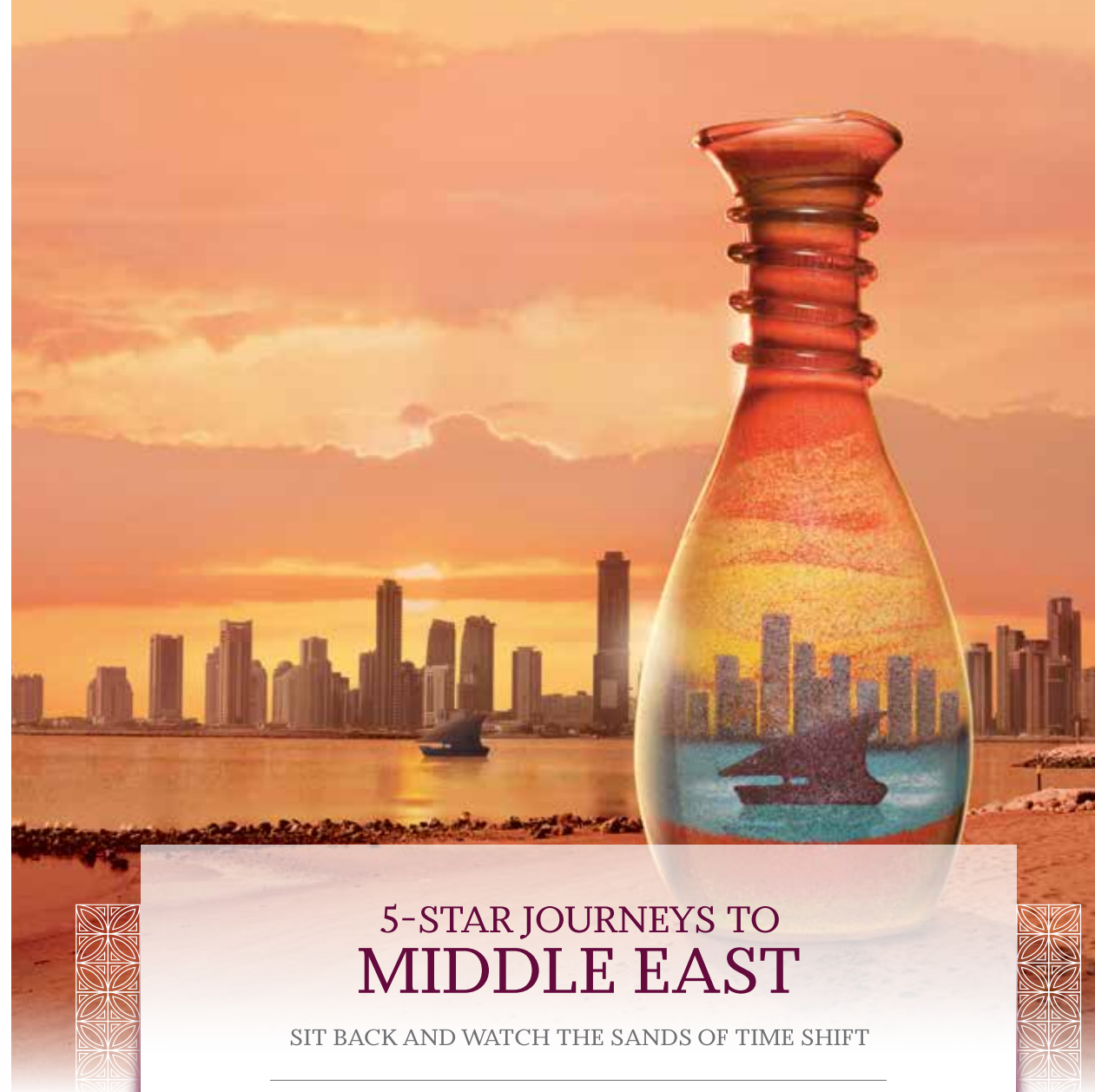


Jacob Cohën

Clutch bag: price upon request
www.jacobcohen.it



Cartier:
Déclaration
l'Eau Brand-new
from the house of
Cartier, this is a
bold, fresh eau de
toilette, spicy and
citrusy at the same
time. **50ML €53,**
100ML €76.50
www.cartier.com © Cartier



5-STAR JOURNEYS TO MIDDLE EAST

SIT BACK AND WATCH THE SANDS OF TIME SHIFT

Fly to Middle East with us on our growing network of over 130 destinations

Abu Dhabi • Al Maktoum International Airport • Amman • Baghdad
Bahrain • Basra • Beirut • Dammam • Dubai • Erbil • Jeddah
Kuwait • Mashhad • Medina • Muscat • Najaf • Riyadh • Salalah
Sana'a • Sharjah • Shiraz • Sulaymaniyah • Taif • Tehran

qatarairways.com

World's 5-star airline.





LIFE OF LEISURE

I felt as if the Can-Am roadster had given me wings...

Angelina Jolie: Harnessing the human spirit

Together meets a remarkable actress who has risen to the very top of her profession



She may be preparing to take a step back from her acting duties, but Angelina Jolie is about to enjoy the greatest success of her career with her new film, *Maleficent*. Playing the title role of the icy Queen who places a curse on the young Princess Aurora (Elle Fanning), Jolie is realising a long-standing dream to be part of the Disney universe. The \$200 million fairy tale blockbuster is expected to be one of the biggest films of the year, and will doubtless give the 38-year-old Jolie millions of new young fans.

"I've long dreamed about playing a great Disney character like *Maleficent*," Jolie says. "She has fascinated me ever since I was a little girl. I was both drawn to her and terrified by her at the same time, and our challenge was to show what led her to becoming evil and cruel and understand her anger. It's the first time that a Disney film has really been centred around a villain, and I'm so happy to become part of the Disney world. I've always loved their films, and mothers can trust Disney movies not to be offensive or inappropriate for children. They understand how to create this wonderful universe for children and families."



In the meantime, Jolie recently finished directing her second feature film in Australia, *Unbroken*, a story of an American 1,500-metres runner who competed at the 1936 Olympics where he met Adolf Hitler only to become a POW during WWII while fighting the Japanese in the Pacific.

Scheduled for release late this year, the film could well mark Jolie's transition to full-time directing, having expressed her desire to spend more time with her famous fiancé Brad Pitt and their six children. "I find it hard to uproot the children or spend several months away shooting a film," she explains.

Angelina and Brad both feel that they have achieved most of their goals as actors, and Pitt, who recently won his first Oscar as producer of *12 Years a Slave*, is particularly fond of developing projects like last year's zombie epic, *World War Z*.

Jolie and Pitt divide their time between a home in L.A. and their sprawling mansion, Chateau Miraval, in the south of France.

Together: Angelina, do you think children will be scared of *Maleficent*?

She's the kind of character who is very compelling because she has this icy and charismatic demeanour. There's a mystery to her. *Maleficent* is someone who can be frightening but also seductive and alluring in different ways. She's a powerful woman.

Together: How did you approach the role? Did you work on your dark side?

(Laughs) It took me a while to find the right voice. I spent a lot of time at home working on her voice, trying out different variations of a British accent and also lowering my voice to make her seem more sinister. I would practice and see how my kids reacted and when they started to smile or pay very close attention then I knew I was on the right track.

Together: Your daughter Vivienne has a small part in the film, doesn't she?

Yes. She plays Princess Aurora as a young girl, and she had so much fun being on the set. Vivienne (5) was the only child on the set who wasn't frightened of me and the outfit and horns I wear. I guess she knows that it's mommy and I wear.



not some scary character! (Laughs)

Together: Is it fun to be able to watch your children grow up and work with you on your films?

It's so beautiful to see how they look at the world and experience so many things for the first time. Children have this incredible way of seeing things, and they make you also see things differently. They just have to smile and laugh and you feel overwhelmed by their ability to enjoy things in such a pure and uncomplicated way.

But Brad and I don't want to make a habit of having our children work on our films. We want them to study hard and have as normal a life as we can give them. We would rather they learn everything they can about the world before getting involved in our profession. When they're older they can make that decision.

Together: As your children grow older, how does this impact your decisions when it comes to your work?

It gets harder for me to spend any length of time away from them and that's why I enjoyed having Vivienne and Knox (her five-year-old twins) on the set. It's not an ideal situation though when your other kids are in school and then you usually don't get back home for dinner. Brad is so good about taking over when I'm working so I don't worry that much, but I would rather be home for dinner and read my children stories at bedtime. That's one of the most beautiful times any mother can have.

Brad and I are trying to balance our lives so that we can raise them without too many distractions and without their parents' strange profession getting in the way of their leading normal lives. They don't pay much attention to photographers but it's still an odd thing to be photographed all the time when you're just trying to take a walk or stop for lunch somewhere.

Together: Do the paparazzi ever become particularly bothersome?

We don't allow it to interfere with the way we live. I'm happy to have the recognition that enables me to promote humanitarian causes and my work (for the United Nations) for children. So I've never seen all the media focus as a real obstacle to what I do.

I have a big, wonderful family and I get to travel and be creative with my films and that's tremendously rewarding and satisfying. I've always loved being an actor and the ability to tell stories and express emotions and making a connection with audiences... I'm so used to them being around that I don't pay any attention to what they're doing.

Together: Do you feel that you and Brad have met all your expectations when it comes to creating the kind of family life you were looking for?

I don't know what our expectations were. We didn't have a clear idea about how we were going to manage as our family grew larger until we figured out a way to organize everyone and make sure that we would spend time with all the children.

Some of the kids feel closer to Brad and bond with him in a special way and some have a closer relationship with me. But it's always changing and what's beautiful about kids is how you just watch them grow and evolve as they learn more about themselves and the world.

Brad has always been such a wonderful and loving father that it's made me feel so much happier as a mother where you know your partner will always be as devoted and loving as you are.

Together: Does that give you an added sense of security when it comes to your relationship with Brad?

Yes. It's such a beautiful and sexy quality in a man when he takes his responsibilities as a father very seriously and has so much love to give the children. I still get very emotional when I watch Brad play with the children and how

they all admire him and love him so much. It makes you appreciate how children look up to their parents and are so inspired and happy when a father like Brad is so naturally devoted and joyful around them. It's a beautiful thing to see.

Together: How have you evolved into your role as a mother?

It's been one of the great surprises in my life. When I was younger I never imagined being a mother and then those maternal feelings really evolved and deepened once I began adopting and started living with Brad which made me want to have children of our own.

My children give me a sense of peace and fulfilment when I see how happy and healthy they are. I feel truly at ease when I know I've helped give them a safe and hopeful life. A big family can generate a lot of chaos, but it's also a source of inner peace. At the end of the day it's the best feeling in the world.

Together: Do you feel you have greater serenity as a mother?

There's a sense of purpose to your life when you're raising your children and feeling so much love and joy in being around them.

It's changed me in so many ways. I try to treat them the way my own mother treated me. She was so caring and giving that I don't know if I can ever live up to her standard. My mother set a very good example for me to follow.

When you wake up and see they're healthy and happy, you know that that's the most important thing, so you have that peace of mind. They also come with a lot of chaos, but we're all searching for it. It's part of the human journey.

We all have moments of inner peace and we lose it and we look for it again. But really it's in knowing the people you love are safe and healthy. That's the best.

Together: Has it been important for you and Brad to have spent a lot of time living in France where you can feel more secluded?



Europe offers a different kind of lifestyle for us. We don't feel as stressed over there, and we've grown used to taking long lunches and late dinners which we can't really have in the U.S. Over there we can live more freely and openly and do things like walking and exploring cities or small towns. We feel more relaxed. But in terms of schooling it's been more practical for us to stay in Los Angeles. The kids are happy wherever they are, and we just try to make sure that nothing interferes with that.

Together: You've now directed your second film. What was it about the story of Louis Zamperini that drew you to it?

I'd been looking for a good and compelling story, and when I came across his story I knew I had what I was looking for. I love and admire his incredible will-power and determination to survive. I'm very drawn to people who can stand up to difficult situations and not give up. The human spirit is an incredible thing. 📌

**“THE HUMAN
SPIRIT IS AN
INCREDIBLE
THING”**

MASTER OF SURPRISE



MASERATI QUATTROPORTE DIESEL.

Maserati has a long history of surprising the automotive world with technological innovations, unconventional thinking, and breaks with tradition; introducing its state-of-the-art V6 diesel engine into the Quattroporte is just the latest example. As one would expect, this 275 HP unit produces the kind of performance that befits the company's flagship (0-100 kph in 6.4 seconds and a top speed of 250 kph) whilst clever engineering has managed to reproduce the distinctive and much loved Maserati exhaust note. And the other surprise? Quattroporte Diesel prices start at just € 96.000.

ENGINE: V6 60° 2987 CC - MAX POWER: 275 HP AT 4000 RPM - MAX TORQUE: 600 NM AT 2600 RPM
MAX SPEED: 250 KM/H - 0-100 KM/H ACCELERATION: 6.4 SECS - FUEL CONSUMPTION: (COMBINED CYCLE)
6.2 L/100 KM - (URBAN CYCLE) 7.8 L/100 KM - (EXTRA URBAN CYCLE) 5.2 L/100 KM - CO₂ EMISSIONS:
(COMBINED CYCLE) 163 G/KM - (URBAN CYCLE) 206 G/KM - (EXTRA URBAN CYCLE) 137 G/KM



ACG Maserati NV
IJZERWEGLAAN 101, 9000 GENT

F.M.A.
ERTRUGGESTRAAT 108 C, 2110 WIJNEGEM

Francorchamps Motors Brussels
CHAUSSEE DE BRUXELLES 54, 1410 WATERLOO

THE NEW F-TYPE COUPÉ IT'S GOOD TO BE BAD*.

A pulse quickening performance, superior design, monocoque body frame in aluminium... The new F-TYPE Coupé is a sports car as only Jaguar can build it. With its super powerful engines and precise agile handling, you will master the road in a way that is hard to imagine. Prepare for a unique experience: ultimate power. It's good to be bad!

JAGUAR.BE



HOW ALIVE ARE YOU?



8.8-11.1 L/100 KM. CO2: 205-259 G/KM.

* Reveal your wicked side. Supercharged engines: 3.0 V6 (340 or 380 bhp) and 5.0 V8 (550 bhp). From € 68,800 VAT included. Environmental information (Royal Decree of 19 March 2004): www.jaguar.be. Give priority to safety. Model shown is equipped with options.

LIFE OF
LEISURE

Travel

A mind-blowing trip

Caroline Dierckx took on the thrilling
challenge of riding a roadster



**“IT ALLOWS
YOU TO HAVE
FUN IN TIGHT
CORNERS”**

In Portugal, in the heart of the Algarve, I had an appointment with the CAN-AM Spyder Roadster for a unique outdoor experience. I was in for a fascinating ride, with no little thanks due to advanced technology.

There are some ways of discovering the open road that, for the most part, are reserved only for athletes and pros. When I got the opportunity to discover this, I found it difficult to think outside the box, no doubt due to apprehension of the dangers involved or the fear of not being up to the task of driving anything other than my own comfortable car.

So, out there between earth and sky, it was not without some trepidation that I prepared to ride a Spyder RT Roadster – the experience was simply too tempting. New to this, I took my first outing as a passenger. Comfortably installed, I enjoyed the breathtaking landscapes. I love new sensations, especially the combination of driving at speed and in the open air. It was like discovering a previously unfound meteor. I was bowled over.

When it was my turn to take command of the vehicle, it took me half an hour to tame my Spyder RT. Only then was I ready for the ride. As I took to the highways, I felt



“IT MUST BE SAID THAT THE SPYDER IS VERY EASY TO DRIVE”

totally confident. It must be said that the Spyder is very easy to drive. Here the B license is sufficient, and there is no need to have ridden on two wheelers to drive three-wheeled bikes. A ride on the Spyder is safe, stable and comfortable.

I felt as if the Can-Am roadster had given me wings, and I enjoyed every moment because it provided the confidence and assurance that I needed. Seven automotive technologies have come together to create it: antilock braking system, anti-slip acceleration, stability control, semi-automatic transmission, power steering, reverse and cruise control, making it optimized for control, comfort and performance. It was a pleasure sensing the CAN-AM Spyder sticking to the road.

Having experience the ride as passenger and driver, I found that the seating is equally comfortable for both. The Spyder boasts plenty of storage space, an electric windshield, power steering, fuel efficiency (count on refuelling every 406km with an average of 100km/hour), a high torque powerful engine using Advanced Combustion Efficiency (ACETM) and a six-speed gearbox for a smoother ride and better efficiency. With an ultra-chic, luxurious look, you will never go unnoticed on any terrain. This is escapism in its purest form.



“IT WAS A PLEASURE SENSING THE CAN-AM SPYDER STICKING TO THE ROAD”

I was delighted with this combination of performance, comfort and style. It allows you to have fun in tight corners and also wander off for relaxing, longer trips. Recently the design panel has been redesigned to facilitate better air circulation. To complete the experience, equip yourself with the range of CAN-AM Spyder Roadster garments and customize your bike with equipment and accessories designed by the brand. And, of course, you can choose your colour.

To enjoy this little gem, it will cost you between €21,000 and €30,000. There are dealers all over Belgium: www.brp.com

BRP's vehicles span more than 60 sports, including SEA-DOO watercraft, SPARK SKI -DOO snowmobiles and CAN- AM quads.


Events such as the one I experienced take place organized all over Europe. Mmm... which one will I try next?

Getting there: TAP Airlines (Portuguese scheduled airline) www.flytap.com

Accommodation: Algarve- CONRAD

Reservations:

conradalgarve.reservations@conradhotels.com

www.conradalgarve.com - www.brpevents.com 

ASSISTANCE ANNUELLE

L'assistance médicale indispensable pour tous vos voyages à l'étranger et en Belgique.

Plus besoin de vous soucier de la protection de vos escapades. Contractez l'assistance annuelle et partez en voyage toute l'année, seul ou accompagné, en toute tranquillité.

Pourquoi souscrire une assistance voyage ?

Dès que vous quittez la Belgique, les habitudes et les cultures changent : que ce soit le fonctionnement des services de soins, les hôpitaux, les médecins, les autorités ou encore même la langue... Les démarches administratives ne sont souvent pas les mêmes, sans parler de l'organisation d'une assistance dans un pays étranger.

Lors d'un accident ou d'une maladie les conséquences sont alors généralement plus graves et plus coûteuses et vous ne pouvez pas toujours compter sur vos proches, votre famille ou vos amis restés en Belgique. Si vous voyagez accompagné, il faudra également prévoir une solution de logement et/ou de rapatriement pour vous et vos accompagnants. Avec une assistance voyage, vous passez un coup de fil et tout est réglé. Vous serez pris en charge en cas d'incident à l'étranger ou en cas de panne de votre véhicule, même en Belgique.

La formule annuelle: une tranquillité d'esprit totale et un plus financier !

La formule annuelle c'est une assistance médicale complète qui protège toute l'année l'ensemble de vos séjours à l'étranger (vacances, citytrip, voyages,...). Elle comprend l'assistance à la personne victime d'une maladie ou d'un acci-

dent, le remboursement des frais médicaux, le rapatriement, l'organisation et la prise en charge des accompagnants, la reconnexion avec vos proches restés en Belgique, l'assistance à votre domicile en Belgique et une aide administrative et logistique.

Les plus de l'assistance annuelle : parce qu'on est jamais trop prudent !

L'assistance annuelle vous permet de vous évader à l'étranger en toute sérénité. En plus de sa formule déjà complète, l'assistance annuelle vous propose des petits plus pour optimiser le principe d'assistance à l'étranger. Vous pouvez contracter une assistance annuelle avec voiture vous assurant une assistance médicale complète pour toute l'année ainsi qu'un dépannage efficace en Belgique et à l'étranger.

La combinaison idéale pour voyager en toute tranquillité

Pour réserver vos vacances et partir en toute sérénité, nous proposons l'assistance annuelle combinée à l'annulation NoGo qui vous protège sur le plan médical mais aussi contre toute perte financière due à une annulation pour cause d'imprévu pouvant survenir avant votre départ.



Parfois vous préférez qu'on vous abandonne sur place

**A partir de
20 euros**

Ainsi vous profitez de vos vacances en famille ou entre amis jusqu'au bout.

Parfois, suite à un accident ou une maladie à l'étranger, il est important de vous rapatrier le plus vite possible. Mais parfois vous préférez attendre la fin de vos vacances pour rentrer chez vous et profiter encore du soleil en famille, ou entre amis. Car un bras cassé ne signifie pas toujours des vacances complètement gâchées. Chez Europ Assistance, vous bénéficiez d'une solution personnalisée, non pas parfois mais toujours. Nous vous assistons 24 heures sur 24. Contactez-nous au **02/541.90.00** ou sur www.europ-assistance.be

Europ Assistance. Personne ne vous aidera mieux.

Be the first to rent the new Opel Cascada

europcar.be



Roaming the Seine-et-Marne

Martin Banks discovers a French region that has more to offer than Disneyland



Tourist offices and museums across Belgium and northern France are busy organising a host of events to commemorate the centenary of WW1.

Much of the focus this year will be on places such as Ypres and around the Somme, the areas usually associated with that awful conflict.

It is a little known fact, though, that the Battle of the Marne in 1914 was one of the opening campaigns in World War I – it was fought in the countryside around Meaux, in north-east France.

For those visiting the area this year for WW1 events, one must-see attraction is the exceptional Museum of the First World War at Meaux, which opened just over two years ago.

It features an outstanding, 50,000-strong collection of WW1 artefacts, all assembled by Jean-Pierre Verney, a self-taught private collector. Amazingly, this is only 15% of his entire collection. Exhibits include 250 uniforms from the 35 countries that took part in the 'war to end all wars' and a documentation centre.

The museum, located in a bunker-shaped building, attracted 200,000 visitors last year, but only 10% were non-French and – much like the region itself – it is hoping to raise its profile among people from abroad, including Belgians.

Of course, everyone knows about Disneyland, but some may not know that this iconic attraction is actually located in the Seine-et-Marne region. If you're as unfamiliar with the area as I was, that's a shame because there's an awful lot going for this land of art and country houses.



Disneyland, which opened in 1992, continues to be a huge success, pulling in 16m visitors last year, nearly as many as the Eiffel Tower and the Louvre combined.

In July, Disneyland welcomes a brand new attraction based on the hit movie *Ratatouille*. It takes guests into the world of the Oscar winning film, which tells the tale of Remy – a talented young rat who dreams of becoming a renowned French chef. Disney story-telling and state-of-the-art technology will come together in this romantic, larger-than-life, Parisian experience.

Euro Disney Chairman Philippe Gas said: "The *Ratatouille* attraction symbolizes all of the creativity, innovation and emotion that guests associate with Disneyland Paris."

Disneyland aside, this is a region full of very pleasant surprises, and several wonderful visitor attractions await close to the theme park.

For instance, located just five minutes from Disneyland in the heart of the commercial centre Val d'Europe, is SEA LIFE aquarium. It now features a brand new exhibition, called CLAWS, featuring some stunning species of crabs from the amazing Tasmanian king crab (which can reach a mass of 13 kg) to the humble blue lobster. Built like miniature armoured tanks, these powerful, crusty creatures of the deep are natural warriors, and guests can inspect them at close quarters in a themed area featuring quirky displays designed to resemble giant crabs. You can discover thousands of sea creatures from seahorses to rare Green Sea turtles, 13 species of stunning sharks and baby stingrays in the Amazonia area.

If you journey a little into the heartland of Seine-et-Marne you'll find Europe's largest big cat park, which attracted some 280,000 people last year.

If you like big cats you'll love this place. With 150 cats representing 36 different species, from the best known (tigers and lions) to the rarest (clouded leopards), this 170-acre park offers its



**"EXHIBITS INCLUDE
250 UNIFORMS
FROM THE 35
COUNTRIES THAT
TOOK PART"**

PEUGEOT CRÉE LA SENSATION

NOUVELLE PEUGEOT 308 VOITURE DE L'ANNÉE



NEW PEUGEOT 308

MOTION & EMOTION



PEUGEOT

3,1 À 5,8 L/100 KM 82 À 134 G/KM

Informations environnementales [AR 19/03/2004]: www.peugeot.be

PEUGEOT MEISER

Av. J. Georgin, 15-19
B-1030 Schaebeek
Tél.: 02/702.62.11
<http://meiserfr.reseau.peugeot.be>

PEUGEOT UCCLE/DROGENBOS

Rue de Stalle 290
B-1180 Uccle
Tél.: 02/333. 33.33
<http://uccle.reseau.peugeot.be>

animals a natural environment to ensure their well-being and reproduction. Included in the admission price is a visit to the charming Lemur's Island, home to 60 of the bushy-tailed little creatures.

Deputy Director and zoologist Gregory Breton says the large enclosures mean Les Parc Des Felins cannot remotely be compared to a traditional zoo. Over €1m is spent annually on the 5,000 chickens, 500 rabbits, 150 sheep and 300 cows needed to feed the park's residents – new for 2014 is a 4D movie and mini-train tour.

If felines aren't your thing, try the delightful Vaux le Vicomte, arguably France's most beautiful private chateau and location of Leonard DiCaprio's 1998 adventure The Man in the Iron Mask.

After expanding so much energy you'll have worked up an appetite and C.Comme Ca in nearby Meaux is the ideal place to satisfy it. Boasting a particularly relaxed atmosphere and nicely situated in the market square in the shadow of the city's cathedral, it serves some terrific traditional brasserie cuisine but also fine gastronomic dishes too. Don't leave without tasting brie and mustard, the two local specialities.

For overnighters, the Vienna International-owned Magic Circus and Dream Castle hotels, both located near Disneyland and with themed rooms, make for a great base. The delightful 4-star Dream Castle, for example, provides numerous services such as a free shuttle for the parks and even a Disney shop. The restaurant staff wear period costumes and, if a day out at Disneyland proves a bit too much, the hotel also boasts a spa and wellness centre. Both hotels offer a reasonably priced range of pleasant international and French cuisine.

This delightful region, only about three hours' drive from Brussels, has moved on apace since those dark days of WW1 and makes for an excellent long weekend, irrespective of the time of year.

Further information is available at www.tourisme77.fr 



“THERE'S AN AWFUL LOT GOING FOR THIS LAND OF ART AND COUNTRY HOUSES”



Spa Cinq Mondes: Five years on

There's nowhere better than the middle of the forest to enjoy a well-earned break

Five years ago, the Dolce La Hulpe Hotel, nestled in the heart of Brussels' Sonian Forest, welcomed the Spa Cinq Mondes, offering the perfect natural environment for relaxation of body and mind.

Spa Cinq Mondes was created by Jean-Louis Poiroux, a disciple of massages, aromatherapy and cosmetics. He spent 10 years traveling the world to discover ancestral rites, care and massage practices in the new cultures he came in contact with, in far-flung places such as Bali, India, Brazil, Japan and Polynesia. He opened his first spa in Paris in 2001 and launched a line of natural cosmetics products, based on unique hypoallergenic plants.

With his wife, Nathalie Bouchon, training and quality manager, Jean-Louis Poiroux opened Spa Cinq Mondes in dynamic urban places and other interesting locations. Places of calm and serenity, the Cinq Mondes Spas are currently present in 20 countries and offer a variety of treatments and massages based on traditions and rituals.

To celebrate its 5th anniversary, The Spa Cinq Mondes at Dolce La Hulpe Brussels is offering relaxation and pleasure stays, an opportunity to experience the joy of nature combined with physical and mental wellbeing.

The Anniversary Spa package includes:

- One night in a double room
 - Buffet breakfast
 - A 1:30hr programme at the Spa
 - A traditional Hammam Aromas and Colors®
 - A relaxing back massage
 - A "Ritual Flowers of Bali®" face massage
 - Unlimited access to health and wellness centre (indoor pool with relaxation area and terrace, sauna, steam bath, multi-jet showers, cardio-fitness)
 - Bathrobes and slippers available in room
 - Late check out until 15h00
 - Free parking and wifi
- From 185 per person in double superior room

www.dolcelahulpe.com 

Cooking up a storm

Together discovered a chef that takes you to market, helps you select the food, cook it and, of course, eat it

5-star Le Châtelain Boutique Hotel is renowned for its excellence in gastronomy. They now allow amateurs to cross the kitchen for their very popular cooking classes. The concept takes advantage of its location near the Châtelain food market, which takes place every Wednesday. Accompanied by the chef, eager participants head for the market to choose their ingredients. They return to the hotel to cook with him and finally taste their own work. It's a very friendly environment and is accessible to everyone. Foodies will be delighted to be accepted into such a professional kitchen and to get to use top-of-the-line kitchen equipment when rustling up their dishes. Appetizers and wine are served during the workshop. A dinner room is set aside where they can join their fellow conspirators and enjoy the fruit of their labour.

The kitchen can cater for 10 to 50 willing chefs, every Wednesday for lunch or dinner. Various formulas and themes are offered to cook with friends, family or colleagues, and the size of a group can vary. The number of staff changes depending on the size of the group in order to ensure a perfect level of quality and service in a friendly atmosphere. Cooking classes are open to everyone – clients, visitors, beginners or qualified cooks.



Creative cuisine at La Maison du Châtelain

The chef organizing the cooking classes and in charge of the restaurant La Maison du Châtelain is Nicolas Gadowski, who hails from the north of France. He's been the Executive Chef of Le Châtelain Boutique Hotel for over two years now. His cuisine highlights the authentic taste of the quality products he is working with, particularly vegetables, herbs and flowers that bring a variety of flavours and colours. He revisits the standards of French and Belgian gastronomies by adding some creativity and a touch of whimsy. He revels in creating surprises, and his dishes are a feast for the eyes, such as his foie gras in candyfloss or his salmon tartar.



General Information

Wednesday only, food market day in Place du Châtelain

Package for lunch or for dinner from 18h00

Groups of 10 to 50 persons

Price per person: €79 all-inclusive.

The offer includes:

- Welcome drink and briefing by the General Manager about the planning of the cooking class
- Shopping at the place du Châtelain market, depending on the recipes (by groups of three or four persons)
- Pictures of the group during the entire workshop
- Explanation and supervision by the Chef
- Appetizers, snacks and drinks served during the Cooking Class
- Table service of all the dishes by the hotel staff
- Three-course meal homemade by the group and enjoyed by all
- Presentation and tasting of wines that suit the menu
- Souvenir photos and detailed recipes of the day given to all the participants

Booking

02 643 93 72 – 0471 83 45 67

events@le-chatelain.com

Le Châtelain Boutique Hôtel

17 Rue du Châtelain, 1000 Bruxelles

www.le-chatelain.com





LES PLUS BEAUX PLATEAUX DE FRUITS DE MER À EMPORTER.
VIVIER TOUTE L'ANNÉE : HOMARDS BRETONS, LANGOUSTES, OURSINS, ETC.
MAIS AUSSI VIANDES D'IRLANDE ET D'ARGENTINE ET QUELQUES PÂTES FINES



MadZebu

Louvain la Neuve is arguably best known for its huge Catholic university, one of the country's biggest, which totally dominates the place. But there is another very good reason to visit this bustling town in Brabant Walloon – Resto/Bar MadZebu is that reason.

The restaurant was opened in October 2009 and aims to celebrate the best of the country's seasonal cuisine, using the freshest and best local ingredients. Whether it's traditional brasserie fare you favour or a touch of the gastronomic, this place will surely not disappoint.

Starters include delicious carpaccio de thon rouge and cassiolette de scampi, while the mains list features a particularly tasty Saint Jacques poeées, mouth watering Irish Angus beef and brochette d'agneau. All is carefully and lovingly overseen by Jerome, the chef. It doesn't matter if you're dining alone, with the family or in a large group... you are guaranteed a very hospitable welcome. Boasting an outdoor terrace, it has been totally refurbished with the interior refreshed in a delightfully contemporary way. Their philosophy is 'eat and drink well', and their cuisine is worthy of the best of anything you might find in Brussels.

Place de l'Université 15, Louvain-la-Neuve 1348
www.madzebu.be



The Circuit

The sun is out, so what better reason to venture slightly outside Brussels for a night out and a visit to this restaurant, opened six months ago? Be assured, it will not disappoint. The Circuit is so called because it is situated on what, back in the 1970s, was Belgium's Formula One track before it moved to its current home at Spa.

You sit reminded of its F1 memories, including a replica race track on the ceiling, videos pumping out F1 footage and photos galore of past and present racing stars such as James Hunt and Niki Lauda. But, of course, it is the food that really matters, and here you are promised some real 'turbo-charged' cuisine – all at incredibly reasonable prices.

The menu ranges from traditional brasserie dishes such as boulettes sauce tomate, frites, salade, priced at a mere €12.50 to slightly more refined (but still very affordable) items such as foie gras cuit au torchon and confiture d'oignons, plus rognon de veau. There are also some terrific steaks on the menu and for those visiting with children a small selection of items, priced from just €8.

It's next to a thriving business park and also offers a well-priced business lunch. As you sit overlooking the old race paddock, your mind will wander to the halcyon days of motor racing. One thing's for sure though: The Circuit gets the chequered flag for top-notch food.

Av Robert Schuman 1, Nivelles
www.thecircuit.be

Spring flavours

Rob's The Gourmets Market has stepped into Spring to bring a collection of flavours that fit the season

**"A DELICIOUS DRY
CURED HAM
REFINED FOR 18
MONTHS ACCORDING
TO A TRADITIONAL
METHOD"**



Rob's April Gourmet Days offered up two days of pure, unadulterated pleasure as customers tasted seasonal produce, new products and high-quality specialties. These delicacies make the mouth water - specialties from the French and Spanish Basque Country, such as the famous Rosara roasted piquillos, gourmet tinned fish from Jean de Luz, the PDO cheese Ossau Iraty and a delicious dry cured ham refined for 18 months according to a traditional method.

And as if to further announce the change of season, the shop has lent its rooftop to the bees. The splendid St Ermin's Hotel in London is one of many establishments to do likewise, producing its own honey – and that's exactly what Rob plans for the future. But in the meantime you can delve into a selection of 70 honeys, each with its own authentic flavour. Looking further ahead, you can discover the secrets of caviar at a special tasting workshop on 16 May. There is something divine about caviar. It is venerated for its perfume, grain size, transparency, colour, the delicate quality of the skin of the grain, texture, oil content and, of course, taste. Appreciate the subtleties of caviar by participating in a special caviar workshop in the company of fine connoisseurs.

Another product to look for is the excellent olive oil from le Chateau d'Estoublon in the vallée des Baux de Provence.

www.rob-brussels.be



■ BRASSERIE ■



■ SUR MER ■



SERVICE VOITURIER 7 / 7 MIDI ET SOIR | COMMANDES EN LIGNE, SERVICE TRAITEUR (EMPORTER & LIVRAISONS) AUX 2 ADRESSES

SALLE PRIVATIVE POUR TOUTES VOS RÉCEPTIONS PRIVÉES & PROFESSIONNELLES | [FACEBOOK.COM/RESTAURANTTOUCAN](https://facebook.com/restauranttoucan)

TOUCAN BRASSERIE : +32 2 345 30 17 | TOUCAN SUR MER : +32 2 340 07 40

WWW.TOUCANBRASSERIE.COM

Mais qui est donc cette FERNANDE, bon sang ?!



C'est sur la **place du Grand Sablon 15-16**, en plein Coeur de Bruxelles, que notre bonne Fernande de Bruxelles vous attend.

Une équipe d'hôtes chaleureux vous y accueillent dans un endroit original et vintage.

Chez Fernande, vous mangez ce que vous voulez et quand vous voulez ! Craquez sur les pâtisseries home made, le fameux Cheese Burger et ses frites maison, le Fish and Chips London style. Pour manger plus léger, dégustez nos délicieuses tartines ou salades fraîches. Des plats belges traditionnels sont aussi à la carte : le stoemp saucisse, les ribs ou l'américain préparé...

Fernande de Bruxelles, c'est l'endroit cosy pour petit-déjeuner, luncher, prendre l'apéro entre amis, dîner ou boire un verre.

Prenez place sur la terrasse douillette avec chaufferettes, peaux de moutons et couvertures pour les frileux où vous boirez un bon café dans une tasse aux dessins vintage.

Deux espaces privés disponibles pour vos réceptions
Menus complet de groupe (anniversaire – entreprise – walking dinner) à partir de 30€ par personne - Lunch du jour : 10€

LIFE OF
LEISURE

What's On

What's on in Belgium

Des gestes de la pensée

La Verrière is adorned with shagreen (rawhide) and polystyrene for an original installation by French artist Hubert Duprat, within his cycle Gestures of Thought. This new solo exhibition is built around a subtle play of textures, between the natural and the artificial. With Elias Crespin, Marcel Duchamp, Hubert Duprat, Hans-Peter Feldmann, Michel François, Ann Veronica Janssens, Irene Kopelman, Corey McCorkle, Benoît Maire, Anna Maria Maiolino, Francisco Tropa. Verrière Hermès. **Until 13 July**. Free www.fondationdentreprisehermes.org

Hans-Peter Feldmann, Handprint from Charlotte Wolff (Marcel Duchamp) courtesy Hans-Peter Feldmann and Galerie Martine Aboucaya



Fidelio (in concert) Ludwig van Beethoven

"Love inspires my endeavours, true love fears nothing." Leonora dresses up as a man and under the name of Fidelio, finds work in the prison where her husband Florestan is being held as a political dissident. Fidelio, Beethoven's only opera, is not only a musical miracle but also a superb humanist manifesto on love, on man in all his facets and depths, on liberation and self-realization, and on ethics and human duties. Philosopher Ernest Bloch has labelled it "a utopian opera". www.lamonnaie.be





Philippe GRAMMATICOPOULOS - *The Bellies*, 2009, 3D animation, Courtesy the Artist

No Country for Young Men: Contemporary Greek Art in Times of Crisis

This exhibition brings together work by more than 30 leading contemporary Greek artists whose work addresses the impact of the economic crisis on their country. Their work transcends the everyday coverage of political and economic developments and offers an insightful look at what is going on in Greece today. The focus, however, is not only restricted to the negative effects: the exhibition also looks at the opportunities the crisis offers for a reinvention of the country. www.bozar.be



Wunderkammer

In this exquisite cabaret of the senses, a diva melts into a rope, balloons and bubble wrap discover their artistic souls while bodies twist and fly. Seven performers of unbelievable ability bend the very fabric of reality. Sexy, funny and explosive, Circa presents a breathless cocktail of new circus, cabaret and vaudeville. Control and abandon, skill and humour, lyricism and anarchy all meld into a sinuous fugue of profound beauty. W:Hall, Woluwe. **22 May**. Tickets from €20 www.whall.be



Hamlet v Hamlet

Guy Cassiers and Tom Lanoye continue their successful collaboration. Following *Mefisto for ever*, *Atropa en Bloed & rozen*, they are now focusing on 'the play of all plays': Shakespeare's *Hamlet*.

For his adaptation of *Hamlet*, Tom Lanoye delves into the psychology of adolescence. *Hamlet* and *Ophelia* are on the threshold of adulthood. Unlike characters such as *Romeo* and *Juliet*, who are still young teenagers, *Hamlet* is old enough to detect the Machiavellian machinations going on around him. But he still cherishes the youthful desire for purity. Cassiers directs this adaptation with actors from Toneelhuis and Toneelgroep Amsterdam. This is the first of four collaborative projects by the two companies, which are planned for between 2014 and 2016. 28-31 May. €20/16/8 www.kaaitheater.be

Together offer

- A glass of Champagne
- 2 course-dinner
- 20€ Casino chips/slots credits
- Introduction to games

45€
P.P. (min.2)



Take advantage of your visit to discover the Namur heritage!
More informations on www.casinodenamur.be

CASINO
Namur

Cinema

Picturenose.com's
James Drew offers up
his film choices for this
month



Robocop

So, is this remake going to be any good then? Well, 27 years on from Paul Verhoeven's subversive, sly and hilarious original, Brazilian director José Padilha (Elite Squad (2007)) has managed to cast Joel Kinnaman as Alex Murphy, a police detective who is injured in an explosion and transformed into the cyborg RoboCop, with Gary Oldman, Michael Keaton and Samuel L. Jackson along for the ride. My guess is the social satire will likely take a back seat this time around, but it's worth seeing just to say you have, right? 118 mins.

Godzilla

And, while we're in remake zone, there is no way that this can be anywhere near as bad as the last version of Toho's towering titan, made by Roland Emmerich back in 1998. This time around it would appear that British director Gareth Edwards has returned to the roots of the fictional daikaiju that first appeared in Ishiro Honda's 1954 film Godzilla, as a terrifying, absolutely MASSIVE force of nature. Likely to be fun – again, you're fooling no-one when you say you're not going to see it. 98 mins.

Deux jours, une nuit

The two-time Palme d'Or-winning frères Dardennes return with Marion Cottillard in the lead as Sandra, a young woman who has only one weekend to convince her colleagues to give up their bonuses so that she can keep her job. Likely to be very good and win loads of awards. 90 mins.

Maleficent

Disney revisits one of its scariest ever monsters, namely the Mistress of All Evil from Sleeping Beauty (1959) who, after not being invited to a royal christening, curses the infant Princess Aurora to "prick her finger on the spindle of a spinning wheel and die" before the sun sets on her sixteenth birthday. Angeline Jolie stars as evil personified, and it marks the directorial debut of production designer Robert Stromberg. 135 mins.

www.picturenose.com



TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



SPEAK THE LANGUAGE

Dutch courses, workshops for children,
practice opportunities



MEET THE PEOPLE

Clubs and activities for children and adults



DISCOVER THE REGION

Randkrant and local information

www.derand.be



Check out our English, French and German pages
or pay a visite to our centres

'de Rand', Kaasmart 75, 1780 Wemmel T. 02 456 97 80 - info@derand.be



London, here we come ... with Eurostar!

- ✓ From € 44 (single journey)
- ✓ In 2 hours⁽¹⁾
- ✓ Up to 11 trains a day
- ✓ Departure from Lille-Europe possible
- ✓ Arrival in the centre of London
- ✓ Buy your tickets for local transport in advance at your train station⁽²⁾ or online
- ✓ Buy your tickets for tourist attractions online and in advance



So much more than train tickets



Info and reservation

-  www.sncb-europe.com
-  Mobile application
m.sncb-europe.com
-  Contact Center SNCB Europe⁽³⁾
> 070 79 79 79 (€ 0,30/min)
-  SNCB stations with international ticket sales⁽³⁾
-  SNCB Europe approved travel agencies

⁽³⁾ These points of sale charge a fee that varies according to the product type purchased.

What's on International



70,000 Years Just Like One Day

Currently, Alexander Kluge is dealing with the history of human civilization. The title of his work in progress is 70,000 Years Just Like One Day. He has held numerous conversations with paleobiologists, behavioral scientists, linguists, bioacoustic researchers- in other words with experts who trace the history of humankind. It's an enterprise similar to the stories in 1001 (Arabian) Nights, packed with suspense, driven by scientific curiosity, colourfully told and determined by the accuracy of facts and phenomenal theories that open new doors onto the world. Deutsche Kinemathek Museum, Berlin. **Until 27 July 2014** - www.deutsche-kinemathek.de

La Pedrera: Nits d'Estiu (Summer Nights)

A visit to Casa Milà, popularly known as 'La Pedrera' (the stone quarry), gives us a better understanding and appreciation of architecture and take us to the period when Antoni Gaudí lived. The programme 'La Pedrera by day' includes a visit to the most important parts of the building: the Roof-Terrace, the Espai Gaudí (the attic), The Courtyards, and the Exhibition Hall. La Pedrera, Barcelona. See website for dates: €16.50 www.lapedrera.com



Photo © Jbotella



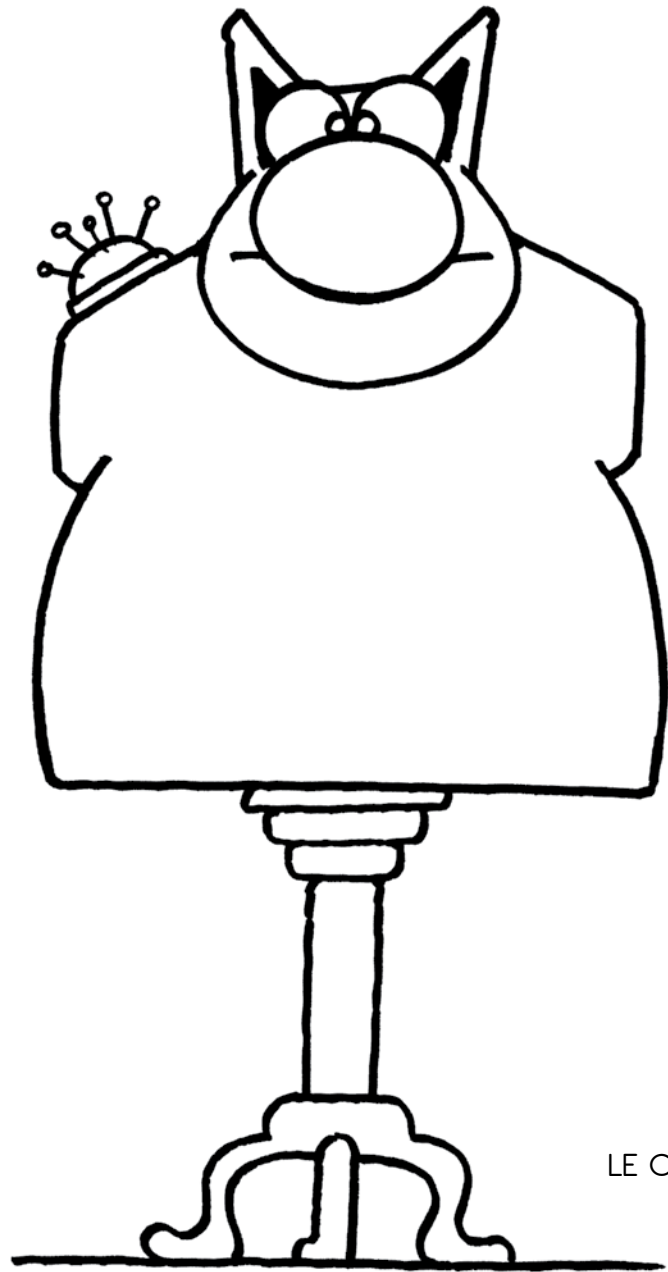
Palace of Miracles

The Palace of Miracles is a unique, interactive exhibition in the House of Future Centre. The Palace offers new thematic exhibitions a couple of times a year. The concept is to invite children to make experiments and to get to know the world in a playful but scientific environment. **All year round.** Family tickets from €17 www.csopa.hu

Edinburgh International Film Festival

For 12 days in June, the EIFF turns moviegoers from passive consumers into active participants in a great art form. "Our festival strives to connect our audiences in numerous ways with the world of cinema," says artistic director Chris Fujiwara. "Participating in cinema is not just an act of consumption but it's also a richly fulfilling process of creation." The programme offers 146 feature films and 172 shorts. **18-29 June** - www.edinburghfestivals.co.uk

Tailor-made...



LE CHAT by Philippe Geluck

LUXEMBOURG Grand-Rue 83 +35 2 27 47 80 24
BRUSSELS Place Louise 6 +32 2 537 09 19 • Place du Grand Sablon 45 +32 2 502 35 20

FREYWILLE.COM | VIENNA



18kt Gold & Diamonds

HOMMAGE À ALPHONSE MUCHA



 **FREYWILLE**
PURE ART



Cartier

LA PANTHÈRE

Le nouveau parfum féminin

