

JUNE 2014 #49

Together

magazine

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CHARITY BEGINS AWAY

Editor's LETTER

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

ON THE COVER



Hugh Jackman has reprised his role as Wolverine in the new X-Men movie

There's an age-old expression "charity begins at home". Like many phrases concocted many moons ago (think old wives' tales) there is an element of truth in it, but it's not the whole truth and nothing but the truth, so help me. The jet age changed all that – we can go to the aid of a stricken village in a matter of hours, rescuing, feeding or sheltering. If we have the will. And the finance. There's no such thing as a free rescue.

Much of the aid offered has no strings attached because we are mostly generous as a species. But we're surprised when we hear of countries "refusing aid". Aid is a very healthy business, thank you very much. If the clean-up cannot be done by the bare hands or the shovels and picks of locals, it costs. Bosnia recently refused aid from individual European countries because of the invoices that would inevitably follow, including the offer of specialized helicopters. At €9,000 per hour. That's worse than a Brussels taxi.

Back to the point I hear you cry. Nowadays, charity or aid needs serious funds because we want to achieve more than we could ever have done in the past. That's one of the benefits of progress, right? But I find it a bit unsettling to watch these telethons such as Children in Need raising seriously impressive funds, rather having to raise impressive funds.

Recently, many big companies have reacted to consumer pressure and share a percentage of the price of a product with a favoured charity, which is certainly to be encouraged. Maybe it's time to write it into the constitution (if you're lucky enough to have one where you are) that children should never be in need. Not next door, not in the next village, not in a country you share a border with. Not anywhere.

Paul Morris

EDITOR



/togethmagazine



@together_Mag



P30

Passion for work



P91

Tantalizing Tunisia

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1 Cannes 2014

On a sunny morning, Jane Campion, the president of the jury of the prestigious festival, unveiled her story with generosity and simplicity. Edited by *Les Cahiers du cinéma*, the book *Jane Campion By Jane Campion* offers a unique vision of the creative process of one of the greatest contemporary directors.

2 Cannes 2014

Hervé Chigioni: The man who designed the poster for the 67th festival, with Marcello Mastroianni taking centre-stage.



3 Cannes 2014

Wheeling Around the World, The Belgium foundation that provides wings for the disabled.



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Starring in Belgium



The Bootleg Beatles

This British Beatles tribute band has existed since 1980 and has performed their versions of classics like *I Want To Hold Your Hand*, *Get Back* and *I Feel Fine* to perfection almost 5,000 times. With a little help from images of the past, The Bootleg Beatles take the audience on a trip through the Fab Four's history. A multimedia extravaganza that starts in the smoky pubs of Liverpool and ends with the legendary mini concert on the rooftop of their Apple record label in London in 1969. Ancienne Belgique. **26 September**. Tickets: €23 www.abconcerts.be

UB40

A group of young friends from Birmingham transcended their working-class origins to become the world's most successful reggae band, and they're back in Belgium with oldies plus material from their new album *Getting Over The Storm*. Ancienne Belgique. **24 September**. Tickets: €32 www.abconcerts.be



Les Ardentes 2014

The annual musical gathering in the city of Liège includes Massive Attack, Placebo, Giorgio Moroder, Shaka Ponk and Mark Lanegan. Halles des Foires, Liège. **10-13 July**. Tickets: 1 Day Ticket €60, 4 Day Pass €120, 4 Day Pass + Camping €120 + €10 www.lesardentes.be

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**PERSONAL
DEVELOPMENT**

Fitness

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Stretch 1. Hip flexors. Grab the two handles in your right hand, step forward with your left foot and gently drive your left knee forwards and backwards in small subtle movement, until you feel the stretch in your right hip, for 30-40 seconds, and change to the other side. Hip flexors tend to get tight when spending a lot of time seated and can result in lower back pain.



Stretch 2. Foam rolling of the upper back. A great way to release myofascial tension or trigger points. Place the roller across your upper back, give support by holding your head. Slowly roll up and down. 40 seconds or longer if needed.



Stretch 3. Chest and arm mobilizer. Grab one handle in each hand and walk forward until you feel a pleasant stretch in the chest and/or arms, place your feet in a little wider stance and slowly sway from side to side for about 40 seconds.

PERSONAL DEVELOPMENT

Fitness



Exercise 1. TRX lunge: stand on left leg, inhale and bend left knee as you counterbalance with right arm. Exhale as you return to starting position. Repeat 10 times and change leg.



Exercise 2. TRX Back row: Extend arms and keep body aligned. Inhale as you pull your chest to handles, squeezing your shoulder blades together at end range. Repeat 10 times.

Exercise 3. TRX Chest press: keep your body aligned, inhale and lower your body as you would for a push-up, until arms are at a 90° angle. Exhale and press up until arms are extended. Repeat 10 times.



Exercise 4. TRX core. Suspend feet and place your hands underneath your shoulders, as you would for the plank position. Inhale and tuck one knee in towards chest, maintaining spinal alignment, exhale and extend leg, repeat with other leg. Repeat 10 times.



Rest for two minutes and restart the four exercises, repeating the entire circuit three times and cool down.

The beauty of TRX is that it can be used anywhere, gives a great body awareness and strengthens the core. ①

Marie Nilsson
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Mind your body.

Tom Meyers seeks out the differences between pressure and stress

That the mind has a powerful influence on your health is widely known and accepted. This influence can be positive when you uphold a positive mindset and are compassionate. Meditation and mindfulness are examples of practices that are based on this interaction between mind and body.

The mind can also have a negative effect on your health. For example, excessive worrying, anger and hatred can lead to cardiovascular problems and chronic stress, due to increased levels of adrenalin and cortisol.

Having said that, have you ever heard of 'matter over mind'? The fact is that it is far more influential than you think.

Mind over matter is when the neocortex, the outermost part of your brain that is responsible for consciousness and logical thinking influences the deeper lying structures of your brain, the limbic system (emotions and memory) and the reptilian brain (instinct).

Matter over mind is when instinct and emotions influence your behaviour and way of thinking.

A few examples: when you have a fever, how do you feel, what behavioural changes take place and how well can you concentrate in that

moment? How well can you reduce fear by a rational command?

Chronic stress on the other hand is associated with memory loss, reduced solution-based thinking and reduced creativity. In times of stress you also become short-tempered and reactive instead of thinking rationally. Stress also leads to structural changes in your brain due to the interaction of the hormone cortisol. Two areas of your brain shrink: the hippocampus, which is related to memory; and the prefrontal cortex, the region dealing with cognitive behaviour, personality, decision making and social behaviour. On the other hand, the amygdalae, which are related to emotional reactions, fear conditioning and anxiety, enlarge. When the brain structure alters, it changes its functioning and with it your thoughts, behaviour and personality.



The autonomic nervous system (ANS) is the interface between body and mind. The ANS has two antagonistic components. The first is the sympathetic nervous system (SNS), also referred to as the 'fight or flight' or survival response. The second is the parasympathetic nervous system (PSNS), which is all about relaxation, recuperation and regeneration. The two parts can be compared to the gas pedal (SNS) and the brake (PSNS) of a car.

“INSTINCT AND EMOTIONS INFLUENCE YOUR BEHAVIOUR AND WAY OF THINKING”

With hectic schedules and never-ending to-do lists and where doing nothing is not acceptable, the gas pedal is constantly floored, resulting in an overactive SNS, which in turn leads to physical, psychological and social health problems.

You don't have direct access to the ANS with your conscious mind and can't shift the balance from SNS to PSNS by simple thinking or willing it.


However, conscious, focused breathing exercises in combination with a positive feeling do work. When practiced on a regular basis specific breathing exercises can lead to a balance in the ANS, which in turn regulates heart rate, blood pressure and hormone levels or in other words the 'inner coherence'. This leads to improved memory, clarity of vision,

creativity, a calm and positive outlook, resilience and many more health benefits for the body and mind.

The only variable is taking the time to practice and that is solely up to you.

Exercise

1. Take time out.
2. Breathe in for +/- five seconds and breathe out for five seconds.
3. When you're comfortable with step 2 induce a positive feeling (for example the feeling you have when you enjoy a moment in the sun) and you let it spread through your body when exhaling.
4. Repeat for three minutes, three times a day.

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

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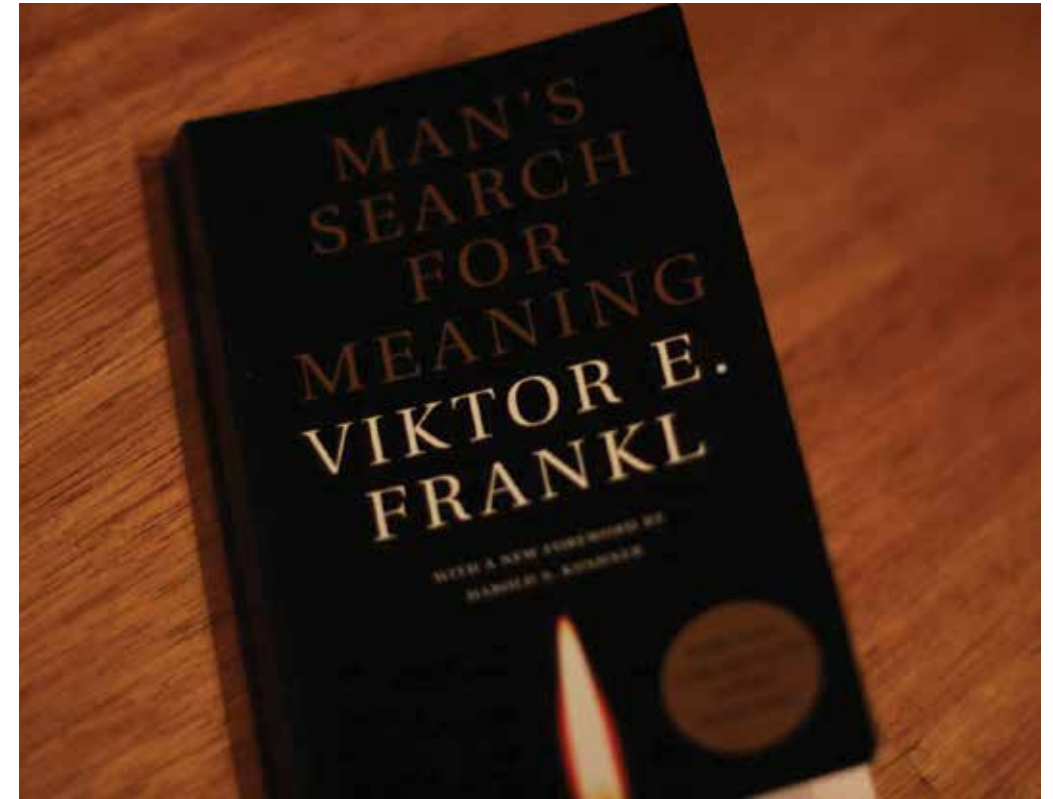
Should we really do what we love?

Gemma Rose
ponders whether
such advice is as
helpful as it appears

**“SEEK A JOB
THAT MAKES
A DIFFERENCE
TO THE LIVES
OF OTHERS”**

Better to have a short life that is full of what you like doing than a long life spent in a miserable way.” The plummy voice of Alan Watts (the English author and speaker best remembered for bringing Eastern philosophy to the West) does haunt me. This line in the video ‘What if money was no object?’ sent me into a bit of a tizzy when I first watched it a year ago. It made me call into question what I really desired from life.

One can be easily moved by inspirational messages such as his, or that of Steve Jobs’ Stanford commencement speech. Steve Jobs pleads that we do not settle in our working life: “Have the courage to follow your heart and your intuition. They somehow already know what you truly want to become.” My other favourite “do what you love” speech is from Professor Larry Smith in his TED Talk, *Why you will fail to have a great career*. His accusatory, glaring eyes fixating on the audience, his face expressing a mix of darkness and humour and his fervent demands instil such fear in me that he leaves me with no choice but to find my passion: “Passion is



your greatest love. Passion is the thing that will help you create the highest expression of your talent.”

During my own periods of uncertainty in figuring out my passions, I referred to the book that is considered the pinnacle of job hunting guides since the 70s, *What Color is Your Parachute?* by Richard N. Bolles. This book talks about the importance of passions, finding our mission in life and doing what we love. Most career advice posits this idea. I’ve followed and have given this advice too.

I have begun to wonder whether this is really the right advice to follow. What if our passions are harmful or at least not very useful to society? One may love cultivating illegal drugs, for example, or directing pornographic films. Or, one could find oneself loving a “bullshit job” (a term coined by Professor David Graeber, which is a job that wouldn’t be missed if it were made

redundant – have a go at guessing which type of job this could be). Jeremy Bentham, the founder of the greatest happiness principle, would probably argue that these jobs would not bring the greatest good to the greatest number. Aristotle holds that living the good life involves active participation in community and citizenship. He probably wouldn’t encourage pursuing those jobs either.

There are also other questions at stake: what if we are not actually that good at what we are passionate about? Could one realistically make a living out of a passion? Or the scariest question of them all: what if we don’t have any passions? According to the British career guidance charity 80,000 Hours, “Most people aren’t passionate about anything, at least anything that can get you a job”. The charity looks extensively at research in psychology to support their findings. Far better, it says, to seek a job that makes a difference to the lives of



Photo © Alison Cassidy

others, because making other people happy makes us happy.

Besides, what we are passionate about can change and often we are not very good at figuring out what makes us happy. This is because we tend to overestimate the positive or negative impact of future scenarios, and we let past associations or events predict our future. For example, my childhood dream was to perform in musicals. I even had slight regrets about not making a proper go at musical theatre in my adolescence. Finally, when I got the chance to perform in a musical last year, I realised a) I didn't enjoy it as much as I expected to and b) I wasn't as talented as I imagined.

Does this mean forgoing the dream and sticking to the day job? Not always. 80,000 Hours agrees that being happy in a job does make you more productive. However, more satisfaction (and in turn happiness) comes from doing work that makes a difference. What appears to provide overall job satisfaction is mentally challenging work. Based on the Job Characteristics

“HAPPINESS CANNOT BE PURSUED”

Model, the five components that make one's job challenging and fulfilling are: independence, variety, sense of completion, feedback and contribution.

Perhaps the best advice is not to solely focus on what we love doing, but also to consider what provides meaning to our lives. In *Man's Search for Meaning*, the Austrian psychiatrist and Holocaust survivor Viktor Frankl writes: "Happiness cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself."

Gemma Rose writes
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POLITICS

EU Reporter
looks into how
the European
film industry is
faring

European film in the digital era

European films represent nearly two thirds of releases in the EU but account for only one third of ticket sales. While the number of films produced in Europe increased from around 1,100 in 2008 to 1,300 in 2012, most European films are shown only in the country where they were made and are rarely distributed across borders. A new EU strategy on 'European film in the digital era', launched by the European Commission, seeks to address this challenge by highlighting the need to make the most of new methods of distribution to enhance cultural diversity and competitiveness.

"Improving the international distribution of European films is crucial, not just economically but also in terms of diversity," said Education, Culture, Youth and Multilingualism Commissioner Androulla Vassiliou. "This is one of the objectives of our Creative Europe MEDIA programme and an area where we add real value at European level. But it is clear that more needs to be done to increase the audience for European-made films and to improve cross-border cooperation."

The Commission's strategy paper suggests that public funding should focus more on expanding the audience for European films and increasing support for development, promotion and international distribution. At present nearly 70% of national public funding is devoted to producing films rather than maximizing audience potential. More flexibility and experimentation regarding how and when films are screened is also recommended, given the increasing popularity of video-on-demand and downloading.

The strategy will encourage a new process of dialogue – the so-called European Film Forum – to encourage an exchange of ideas on how national, regional and EU audiovisual policies

can better complement each other and respond to challenges such as digitization and the difficulties many film companies face in trying to obtain funding.

Key figures

- €2.1 billion is provided annually in support of the European audiovisual industry by European film funds (source: European Audiovisual Observatory, Public Funding for Film and Audiovisual Works in Europe). This includes around €110 million a year from the Creative Europe MEDIA programme.
- In 2012, around 1,300 films were produced in the EU compared to just over 800 in the United States.
- Only 8% of European films are released in a cinema in a country outside the EU.
- In 2012, more than 60% of all films released in the EU were European, but only one third of tickets sold were for a European film. By comparison, US productions accounted for 20% of releases and 65% of admissions in the EU.
- Less than 10% of a film's budget is typically spent on distribution.
- The average EU production budget ranges from nearly €11 million in the UK to €5 million in Germany and France to €300 000 in Hungary and Estonia. The average budget for US-produced films is \$15 million (€11 million).

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Record turnover

Brussels is preparing to welcome a new influx of workers engaged in employment in the European Parliament following the 2014 elections. Historically, turnover of staff has hovered between 20% and 30%, but the projected figure this time around is around the 50% mark. Welcome to Brussels, newcomers!

Money: Getting personal

Dave Deruytter offers personal financial advice following a three-year bull run on the stock markets

Personal financial advice is all about you. You should take it very personally. No surprise that bankers or financial advisors ask you many questions before talking about the financial products to invest your money in.

Who are you as a financial investor? Do you know about the financial markets and types of investments? What is your time horizon? What stage of life are you in and what are your projects? These are things that you would only tell your best friend or a family member. So it is important to choose a trustworthy party to engage with, unless you want to do it all by yourself, studying the subject in books or online and following the financial news on a regular basis.

It may be wise to start with what the investment portfolio theory says: the more you diversify your investments, the less risk you run and the higher return you have over the longer term. Then there is the all too obvious 'adagio' of the stock markets: buy a stock when it is cheap, sell it when it is high. That is perfect if you had a crystal ball.

Timing is important when doing individual stock picking – it is much less so when you build a diversified portfolio over a certain period of time. But even then the content of the investment portfolio should be benchmarked regularly with the market situation and expectations. Just as much as it needs to be checked with your life

stage, projects and investment horizon.

If we look at the financial markets today we see stock markets that have had a three-year 'bull run' after the crash in the wake of the worldwide financial and economic crisis that started in 2007. Companies have good profits and interest rates are very low, something not seen for many decades. Just like in the year 2000, we have multi-billion dollar takeover deals of companies we had never heard of a few years ago. One can wonder how they will make enough profit for the acquirer to warrant those high purchase prices. On the other hand, interest rates on savings accounts are very low. Not any easy situation to make much money without taking risks. But you should only take as much risk as your investor profile warrants you to do. If not, what is the difference between this and gambling? And gambling you may only do with a small amount of your savings, but you



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“THIS SHOULD MAKE THE PLANNER UNBIASED”

should never bet the house.

Another matter of importance when investing is liquidity. Your investment portfolio should be in line with your lifestyle, the monthly expenses you make as well as with your projects, such as building that dream house in three years' time. All too often people are told to put money in an illiquid mutual fund or insurance product with a long time horizon, at a very remote retirement age. Later they find out that when money is needed to buy a house, it takes weeks or months to get out of the scheme and at a high cost.

Financial advice is a skill – either you do it on your own or you pay a professional to do it for you. The ideal financial advisor should be a trained and experienced professional who charges you for the advice he or she is giving you, not by taking commissions on the financial products you buy from or via him or her. This should make the planner unbiased and entirely focused on your interests. As a result, employees of banks are typically not independent financial advisors since they are often tied to the products of their employer, the bank. Nevertheless, these days some banks have a large variety of products on offer, including savings accounts. And a few of them even propose third-party funds. Still they are not as independent as a true financial advisor, but substantially better than those 'advisors' who basically only offer a few financial products they are commissioned on. All in all, it is not an easy choice. Still doing it yourself requires a lot of studying and experience. You are not an architect or a builder overnight either. That is why most people hire an outside expert rather than doing it themselves.

There is one group of investors that are special. It is the business owners. Since they obviously believe in their own business and their personal capabilities to make handsome profits, they invest all their money there. That is very understandable, but business owners should be aware that they invest in an illiquid investment, that they have no diversification and a very long term horizon. It is one thing to build the business into a success, it is another one to sell it at a good price. Still wouldn't we all like to replicate Marc Zuckerberg's almost instant success with Facebook? Yes, but most of us will not succeed and should take more prudent and diversified investment options.

Know yourself and invest accordingly. ❶

“YOU ARE NOT AN ARCHITECT OR A BUILDER OVERNIGHT EITHER”

Beauty firms aiding breast cancer battle



For the past three years, Belgian company Planet Parfum has persuaded several of its brands (OPI, Estée Lauder, Sisley & Escada) to help out in the new challenge to overcome one of the worst scourges that affects women: breast cancer.

25 years ago, the first breast clinic in Belgium opened at the Jules Bordet Institute, which is still the only autonomous hospital in Belgium totally dedicated to cancer, calling on radiologists, oncologists, physiotherapists, etc. Oncological practice at the Bordet Institute is based upon a truly multidisciplinary, therapeutic approach, re-enforced by a single patient file that is used by all physicians regardless of their specialty. This file is present at all consultations and hospitalizations and collects all medical information on the patient. After establishment of the diagnosis, decisions about treatment are taken by common agreement among surgeons,

radiologists and internists, based upon the most modern therapeutic techniques. It's worth recalling that one in eight women develop breast cancer in their lifetimes. Ariane Cambier is Secretary General of the Friends of the Bordet Institute. She outlined some of the issues for us.

"The cost of researching breast cancer is enormous. The Friends of the Bordet Institute association is the institute's largest private donor. We have been funding research programs for over 40 years, and in recent years the average was more than €2 million per annum."

She went on to explain that there is room for optimism. "Substantial progress has been made in the last ten years, particularly with the advent of molecular biology. This year, the researchers recorded enormous advances, including a better understanding of how a tumour functions and the appearance of metastases. It also looked at very serious cases of breast cancer that occur during pregnancy, and it was discovered that their progression is different."

And what of companies who have decided to get it involved? "Action by companies such as Planet Parfum gives a very high visibility to this issue and brings the disease out of the shadows. It is important to talk about it."

www.amis-bordet.be



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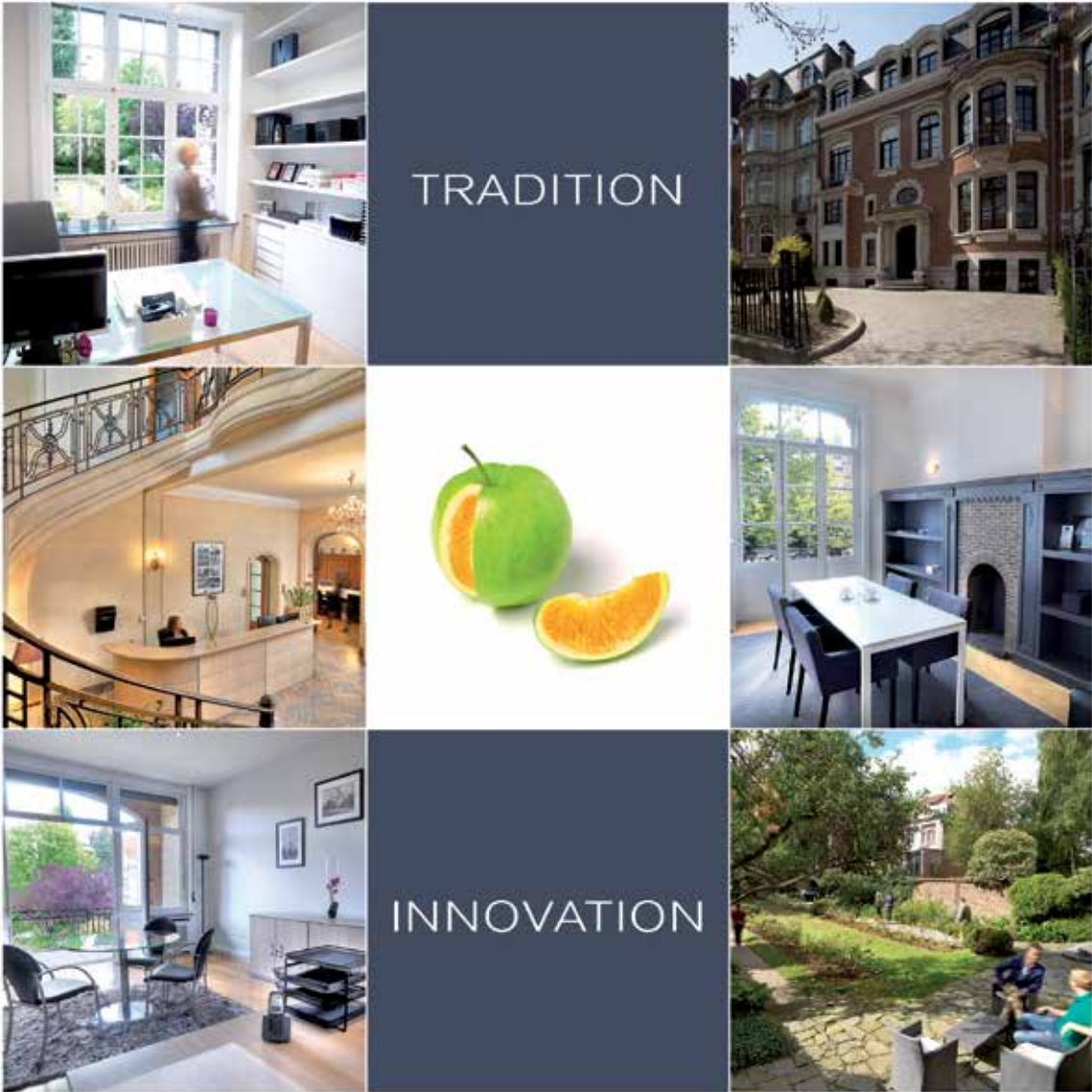
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of my sport and fashion was not as
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FASHION
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Beauty

Here comes the sun

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Prepare, protect, prolong... You know the drill. And it's a bore, I know. So indulge in delicious summery flavours, go for practical dry touch sprays and non-sticky oils and make it fun, or at the very least enjoyable. Your skin will thank you for it.

For, need it be said, unprotected sun exposure does harm your skin and makes it age faster. UVB rays tend to damage the upper surface of the skin or epidermis and cause reddening or sunburn, while UVA rays, which can penetrate glass, also penetrate the skin more deeply, which means the dermis is also affected. Both types are harmful and only a broad spectrum protection will give you coverage for UVA as well as UVB rays. To protect your eyes and avoid many ailments, including premature cataracts, invest in a good pair of sunglasses that effectively block UVA and UVB light and go for polarized lenses to avoid glare.

On the brighter side, sun exposure, besides triggering Vitamin D and lifting your spirits, also appears to have a beneficial effect on blood pressure and so reduces the risk of a heart attack or stroke. Having said that, as with most enjoyable things in life, moderation is key.



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FASHION & SHOPPING

Beauty



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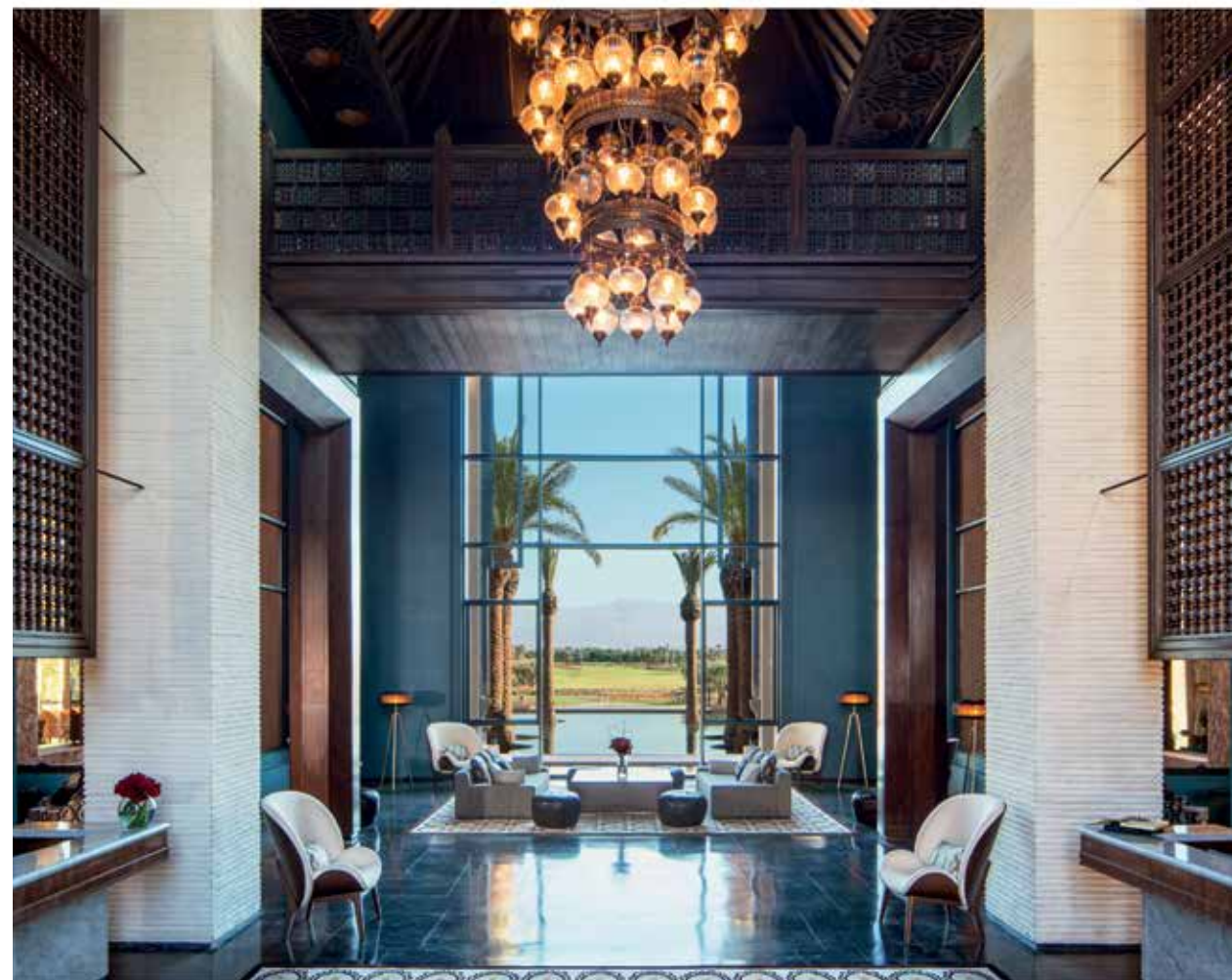
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Stylist: Nicholas Sirot

Make up artist: Noel Inocencio @ Make Up For Ever

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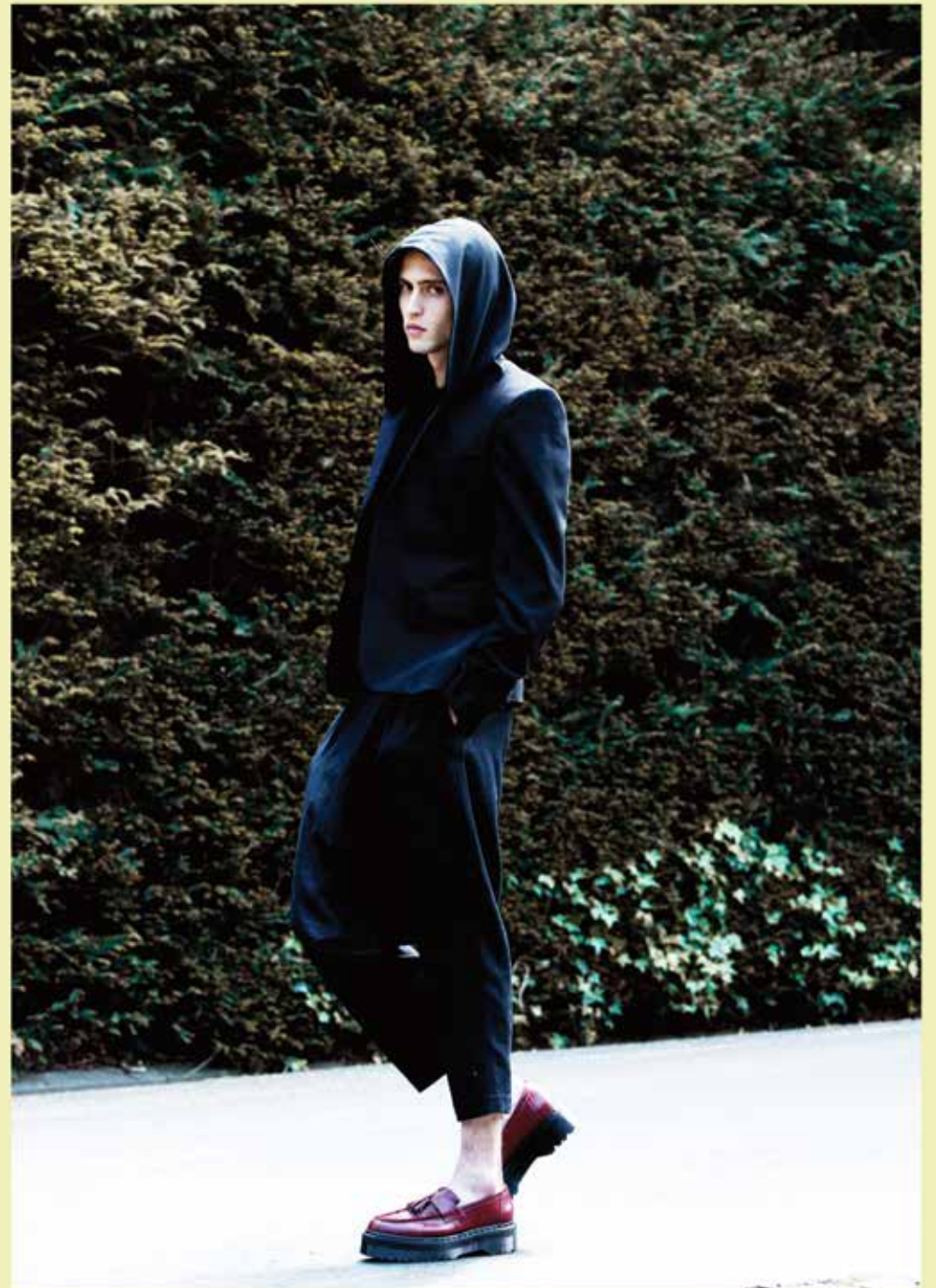


Shirt: Givenchy @ Francis Ferent

Coat: plectrum by Ben Sherman



Total look:
KAO capsule collection



Total look: Jean-Paul Knott
Shoes: Dr. Martens



Parfum Mont Blanc Legend special edition
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Vest perfecto: Balmain @ Francis Ferent
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Total look:
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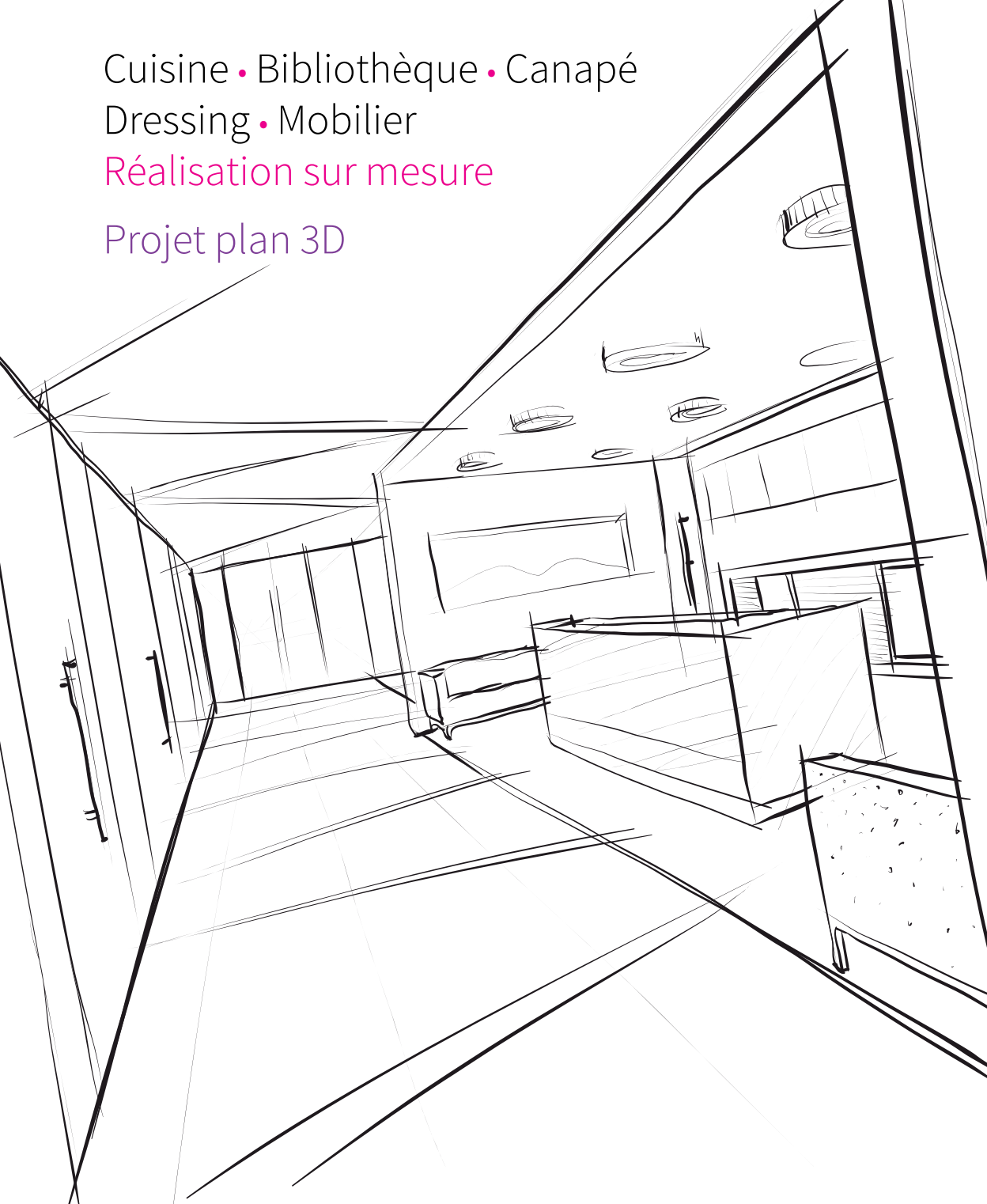
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Bulgari: Save the Children

With the addition of this new silver and ceramic Save the Children pendant to its collections, Bulgari aims to save 50,000 newborn children and their mothers through life-saving healthcare services in poor, conflict-affected countries and in emergency situations. The company has so far raised \$27m for the cause. **€420** (€75 goes to the charity)

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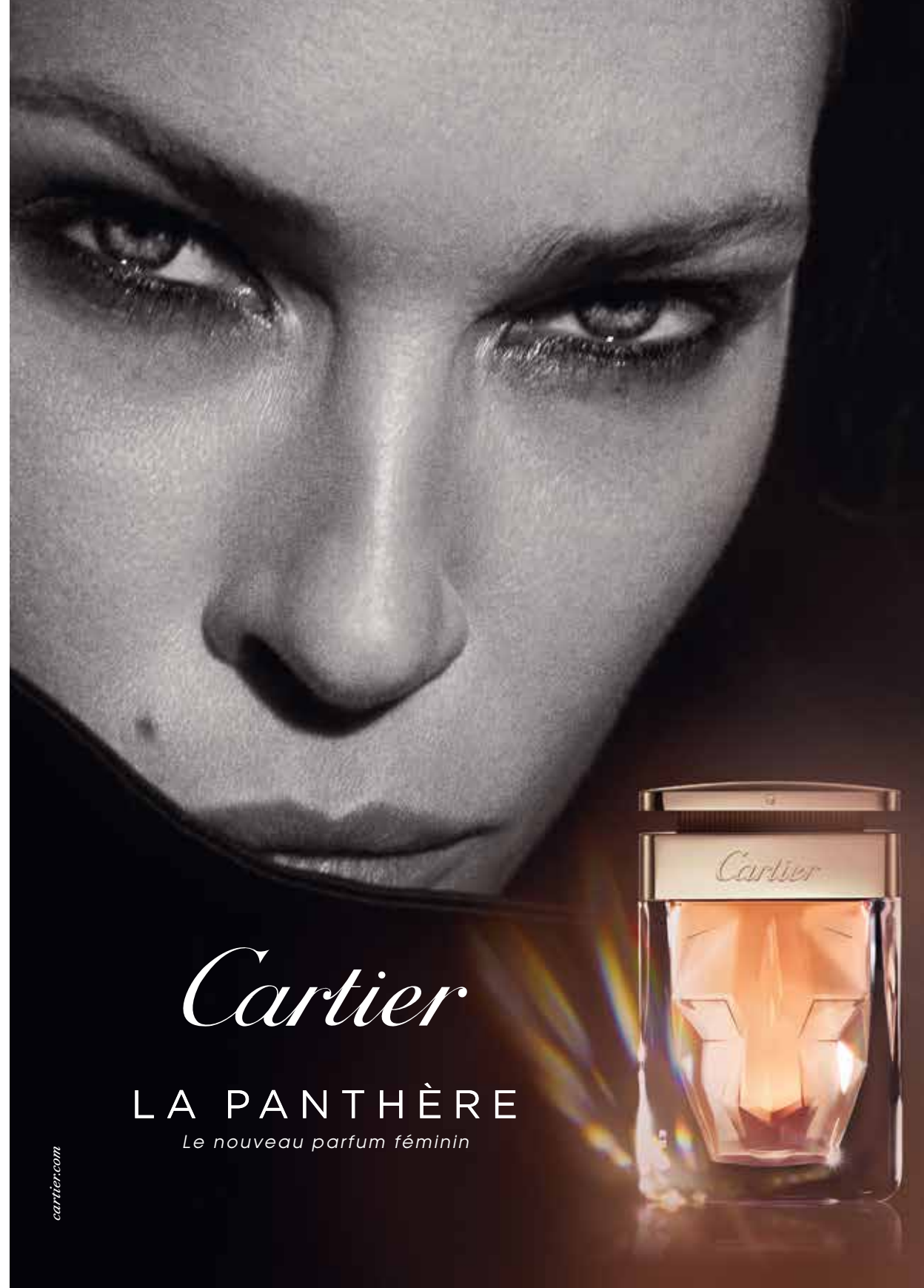
Rodania

From the Red Devils collection as World Cup fever builds in the land of the Belgians. €69 www.rodania.com



Strellson Bianchi

Strellson, the international fashion and lifestyle company from Switzerland continues its successful collaboration with the cycle manufacturer Bianchi in summer 2014 with a highly promising third joint project: the 'Bianchi for Strellson Urban Mobility' Edition. €799. www.strellson.com



Cartier

LA PANTHÈRE

Le nouveau parfum féminin



Surreal shopping

Maasmechelen Village celebrates Magritte and the world of surrealism

Photo © ADAGP-Paris 2014

From 6 May to 15 August 2014, Maasmechelen will not be a Chic Outlet Shopping® Village like any other in Europe. As part of the Chic Outlet Shopping® summer campaign 'Day Trip to Chic', inspired by the best of Belgium, Maasmechelen Village boldly celebrates surrealism.

Seeking to reinterpret iconic works by René Magritte, Maasmechelen Village presents *Golconda*, *The Curse*, *The False Mirror* and *The Son of Man*. And, as the apple never falls far from the tree, the Village will be giving the phrase made famous by the work *The Treachery of Images* centre stage in the celebrations.

In addition to surreal art, you will find surprises scattered throughout the Village, including a unique pop-up shop offering a wide range of Magritte objects, an apple so big you can live inside, and the bronze sculpture *Souvenir de Voyage* will be on display for the first time. At Maasmechelen Village you can treat yourself to fashion must-haves while you discover René Magritte – it's a unique way to combine pleasure, culture and style... with a perfectly surreal edge!

Discover the world through the eyes of René Magritte. Treat yourself to a wonderful day out



and see *Souvenir de Voyage*, the bronze sculpture inspired by the work of Magritte and created by Philippe Moreno, the only artist allowed to reproduce Magritte's work. This exclusive 2.6-metre high work of art is one of only eight copies. It will be exhibited in the United States and Japan after its premiere at Maasmechelen Village.

Extend this surreal experience with a visit to the Magritte Museum in Brussels. Dive into this amazing world and discover the many facets of the life, the thoughts and the work of René Magritte and discover an exclusive Surreal package including a two-day experience! Find out more on www.maasmechelenvillage.com

Maasmechelen Village, a lot closer than you think. It's almost surreal! ●

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FASHION
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Advertorial

Galerie Bouccara: End of a great story

The leading Oriental rug boutique in the heart of Brussels is opening its doors for the last time!

Unique collections

For all lovers of Oriental rugs, Galerie Bouccara in the heart of Brussels is peerless. Over the years, Mr. Hornbostel has created a benchmark for Oriental rugs. Much travelled, he has inspired trust not only with his suppliers but also with his very loyal clientele.

For 60 years, Bouccara has offered a superb range of rugs from all over Iran (Isfahan, Tabriz...) and other rug-producing countries. Unique, rare and hand-knotted, in pure silk or wool, these are genuine works of art!

Changing market

In recent years, the rug market has changed. It has become very difficult to acquire an Oriental rug at a reasonable price. Increases in workers' wages and equipment costs are responsible for the increase in price, making Oriental rugs an important investment. Now aged over 80 years, Mr. Hornbostel and his wife Golbanu have decided to close this business and say goodbye to Galerie Bouccara, as they feel it is time for them to enjoy their remaining life with their family.

Do not miss your last chance!

The Gallery is offering a complete stock clearance before it finally closes, so it's your last opportunity to acquire a prestigious piece at a great price! Mr. Hornbostel will be happy to advise you on your choice. The sale will take place ONLY in Galerie Bouccara, Avenue Louise 461 (next to the Portes des Indes) in Brussels 1050. For information call 02 648 9230



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Franck Mesnel: Getting motivated

Martin Banks
meets up with former
French rugby star
Franck Mesnel at his
new store in Waterloo

One of Europe's top clothing brands is branching out in Belgium and the goal for its founder, former French rugby star Franck Mesnel, is clear. Franck, the only player from his country to play in three World Cups, has just opened a branch of his highly-successful Eden Park clothing firm in Waterloo.

Those familiar with the brand will not be disappointed – it features a range of classy but informal fashion gear, reflecting a mixture of different influences.

When I met Franck at the opening, he was immaculately dressed in a brown suede jacket, silk scarf and trendy Italian shoes – the epitome of French chic.

Eden Park already has 15 branches in Belgium and has a presence in three Inno department stores. He said he chose Waterloo for his latest venture largely because of its location, declaring: "It is a nice town with what I would call the target audience. It is all about being in the right place at the right time, and I think we are doing that with the latest addition to our portfolio."

The new outlet joins an ever-expanding 'Eden park family'. It is present in no less than 36 countries, including mainland China, a market Franck is particularly keen to develop with the aim being of having 45 shops there in the next four years.

Such ambition fits in perfectly with the business model he has cultivated since launching Eden



Park in 1987. It is named after the stadium in New Zealand where, that year, France lost the first rugby union World Cup, a game he played in.

He explained

how the pink-bow logo design of Eden Park, still evident on the clothing in his new shop, harks back to the days when he was part of a team backline at Racing Club de Paris, known as 'le showbizz' for their high-profile stunts. They would take to the field in fancy dress, sometimes wearing pink bow ties for big matches.

Fast forward to 1995 and a playoff game between France and England for third place in that year's World Cup, which heralded his retirement from his international rugby playing days, and he realized it also provided what he described as a "wake up and work" moment.

He said: "The guys I played with back then were really the last of the amateur generation. I realized that, while I could play rugby at the

weekend, I had to wake up on a Monday morning and either do my studies or go to work."

Despite there not being much obvious overlap between the blood and thunder of international rugby union and chic French clothing, he insists there are sport lessons for his business. "There are many similarities between rugby and business - you need motivation in both," he observed.

Franck, who played for France 56 times in a nine-year international career, said: "I have to be under pressure in my business life; I am built like that, and sport gave me that feeling. Even back then, I (and quite a few other rugby players) were quite fashion conscious. I was always conscious of my appearance so, for me, the link between the rough world of my sport and fashion was not as distant as you might think. I love colour and design and wanted to do something that involved this."

So, knowing all about rugby jerseys, he and his colleagues realized they had hit upon what they wanted to do with their new bow-tied fame. "We made the jerseys of just the right quality, stitching and weight - of 340g I remember," he said. "Our mascot was the Pink Panther, so we chose this pink colour for our bow-tie logo."

In 1998, the firm was chosen as the official supplier of the French team's formal wear.

The first shop was opened in Beirut. "Ironical that, given that it is a long, long way from Paris and has no rugby traditions," reflected Franck.

Since then, the firm has expanded beyond its French and rugby roots into other parts of the globe and into other leisure clothing and accessories areas. It has not been all plain sailing and Franck readily admits to "some failures", notably the store he opened in central London which, perhaps surprisingly, did not take off.

Even so, Eden Park now boasts a global turnover of some €59m with around 200 'points of sale', 80% of them franchises (as is the case with the new branch in Waterloo).

Years ago, Franck found himself with a career choice to make between becoming a pilot or an architect. He plumped for architecture and this led to him going on to fashion and a hugely successful life away from rugby. To this day the 51-year-old retains a passion for flying (helicopters) and is hoping the new Eden Park in Waterloo will be the same soar-away success as the rest of his career. ❶



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LIFE OF
LEISURE

Cinema

Hugh Jackman: A leap of faith

Together sits down with an Australian superstar who is as comfortable in a musical as he is in *X-Men*



Hugh Jackman is one of those exceptional human beings whose personality is endlessly good-natured and gracious. Though he admits to having been an angry young man during his teens, he found a way to channel his darker sides into his work. He even admits to having a temper, although he only shows it when his children drive him to distraction on occasion. But when he plays Wolverine, as he does for the seventh time in the upcoming *X-Men: Days of Future Past*, there is no need for Hugh to put on a happy face.

"Wolverine is very determined and visceral – it's not just anger that drives him although he obviously uses anger to his advantage," Jackman says. "I don't get very angry while playing him; I get more annoyed in the months leading up to the start of filming and having to go on this insane diet and training regimen in order to put on 25lbs and bulk up. You'd be angry too if you were eating 6,000 calories a day and bench-pressing 350 lbs. (Smiles)"

Jackman returns to the big screen as Logan/ Wolverine in *X-Men: Days of Future Past*,

**"I HAVE A BETTER UNDERSTANDING
OF WHAT I NEED TO DO JUSTICE
TO THE CHARACTER"**



**“I WILL ALWAYS
REMEMBER THAT
WOLVERINE WAS
MY FIRST BIG
ROLE IN
AMERICA”**

directed by Bryan Singer and co-starring Michael Fassbender as Eric Lehnsherr (the young Magneto) and James McAvoy as the young Charles Xavier. The film is the highly anticipated follow-up to the 2011 film, *X-Men: First Class*, which first introduced audiences to the younger versions of the future X-Men selves. The star-studded cast includes Jennifer Lawrence, Patrick Stewart, Ian McKellen, Halle Berry, Nicholas Hoult, Ellen Page, Shawn Ashmore, Peter Dinklage and Omar Sy.

The 45-year-old Jackman lives most of the year in New York with his wife and fellow Aussie, former actress Deborra-Lee Furness, and their two adopted children, Oscar, 13, and Ava, 8.

In person, Jackman is the most amiable man alive. Though he claims to “hate chicken” because of his usual high-protein diet of five chicken breast per day, Hugh still likes to get up at dawn each day to do 45-minute workout sessions that help him maintain his fabulous physique. For our chat in a downtown Toronto hotel, Hugh was wearing a bright blue linen shirt and black pants and looking slightly bleary-eyed.

Together: This will be your seventh time around as Wolverine. Is it time to hang up the steel claws?

Jackman: I have the feeling that there isn't much more left to explore with Wolverine and that he's had a good run. But it's a character

I've loved coming back to, and if there's a good story left to be told, I'd be willing to step back into the role again. Some people might think that you get tired of playing the same character, but I honestly enjoy playing Wolverine more now than I first did because I feel I have a better understanding of what I need to do justice to the character and that's been very satisfying to me.

Is it enjoyable to get to revisit your friendships with the other X-Men actors?

That's one of the best feelings you can have as an actor when you get to work with people you've developed friendships with in the past. It feels like a wonderful reunion the first few weeks you're back on the set with the other

actors, and we had a very good time shooting this film. I'm immensely grateful to have the chance to be part of these films, and I will always remember that Wolverine was my first big role in America.

What can we expect from this latest installment of the X-Men?

The stakes are much higher now and probably as high as they can get. This is the greatest threat that all the X-Men are facing, and it's a truly epic tale. What makes things more interesting is being able to combine both X-Men worlds, and audiences will be fascinated by that as well as by the overall scope of the story.

Does playing Wolverine take any toll on you psychologically?

No, I don't go back to my hotel at night looking for a fight or anything like that. (Laughs) *Prisoners*, for example, was much more stressful for me because my character in that film was functioning at such a high level of tension and rage that it would wear me down. I'm very comfortable playing Wolverine although my body is pretty beaten up by the end of the shoot. That's why I don't know how long I can carry on in the role.

You've admitted to having accomplished a lot of your acting goals after playing in *Les Misérables*. What worlds do you have left to conquer?

Oh, quite a few I hope. I'm looking to push myself further in the coming years. I feel much more confident about my work now than I did ten or even five years ago, and I want to play many different kinds of characters. I'm ready to challenge myself in ways that I wasn't prepared or willing to do before and that's kind of exciting for me. My wife thinks I have a strange fixation on wanting to keep inventing some sort of new mountain to climb, and I have to keep assuring her that it's just healthy ambition!

Where do you think your drive and ambition come from?

My father. When I look back and think about how he was able to look after my brothers and I after our mum left. It's staggering to imagine how he dealt with having a very important job



and then being able to have the energy and willingness to be there for us. Whatever strength of character and determination I have in life I get from Chris (Jackman calls his father by his first name).

He wasn't the most giving man, emotionally, although that was his nature more than anything else, and he also probably needed to be as quietly strong as he could in order to handle the stress. I come close to losing my temper with my own kids for a lot less trouble than my brothers and I caused in the house. My father had to basically look after five kids on his own for several years (until he remarried - ED).

When I think about all that, it's given me an even greater sense of admiration and respect for my father. I could never have coped the way he did, and every day I spend with my wife Deb at home makes me feel very grateful that I have a beautiful and caring wife with whom I can share the parenting duties. I'm a much better father simply because I have Deb alongside me.

So many marriages, especially celebrity marriages, seem to break down over

time. Are you surprised at how well your marriage has evolved over the years?

I think when you have a good feeling about someone and then everything that happens after that meets or even exceeds what you expected, then you never look back. We have this very beautiful and natural way of being together that has made it very easy for us to be together and enjoy our lives together. I can't imagine my life without Deb. I would never have come this far either emotionally or creatively.

Your wife was already a big star when you got a part and started working together (in 1995) on the Australian TV series *Corelli*. What was your first meeting like?

We met in the car that was driving us to set that day. We lived nearby and so she was already sitting in the front seat, with her sunglasses on and looking very, very good, when the car came by my place to pick me up. At one point she turned around and got up on her knees, pulled down her sunglasses, and said, "Hi, I'm Deborra-Lee. Nice to meet you." I remember thinking how cool that was. I loved the way she did that. I loved the sunglasses, all that.

So it was love at first sight?

(Laughs) We were very attracted to each other

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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.

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6.2 L/100 KM - (URBAN CYCLE) 7.8 L/100 KM - (EXTRA URBAN CYCLE) 5.2 L/100 KM - CO₂ EMISSIONS:
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from the start. It was a situation where it seemed so ridiculous and clichéd and embarrassing and infantile, the whole thing where this was my first big acting job and here I am falling in love with the leading lady.

A year later we were married and later we made the move to New York when I was getting offers to work in the U.S. and it's been an incredible adventure for us and our children.

Has it been hard to insulate your children from the kind of fame and fortune that you enjoy as an actor?

I've tried to teach my children to have respect for people and to be aware that the privileges they enjoy and security they have is something they should be very grateful for. I've been very lucky as an actor to have enjoyed the kind of success that I've had and that our family has been blessed to have material security and not have to worry about paying bills. My kids have been taught to appreciate those things and they understand the importance of studying hard and learning to stand on their own feet.

You seem to be eternally good-natured. Do you ever get down on yourself?



I can't say I've ever been depressed. I did go through one week of stage fright in the middle of performing *The Boy from Oz* (his one-man show about the life of Aussie singer-dancer Peter Allen) in 2004 where it crept up on me one night. My voice had cracked on one note and then the next night it really cracked. And for the next week I was very anxious whenever that moment in the show would arrive and I cracked every night on the same note and it became more and more terrifying.

I was resigned that I was going to have to go to therapy about it, but then, all of a sudden, on the very last show, I remembered the 101 principle of acting: "It's not about you!"

I was singing a song about Judy Garland and all of a sudden I was freed up, and I felt my breath returning and all that anxiety began to disappear. I was literally on stage crying. It was the most inappropriate moment to cry, but it was like this release of fear. It was one week of my life, but about as bad as it could have gotten.

Does marriage signify something more important to you than what people who don't have strong faith or principles

might believe?

I can't speak for other people. Marriage is a leap of faith you take, but it's also an incredible experience because you're going to learn so much more about yourself and about life by being with one person and sharing your life that way. And having kids extends that process because you need to be so open and honest with your children. They see who you really are, and so you learn to enjoy being completely natural and at ease with them. Your children force you to be absolutely real and present.

What do you enjoy most about being a father?

I love making pancakes for them on Sundays. When I'm at home, I love taking my kids to school for lunch, I love meeting them for lunch sometimes, and I also love being able to pick them up after school.

I also help them with their homework, things like that. We play monopoly, football – it's so much fun for me to be able to have that kind of closeness to my kids. Even though kids can be hard work at times, there's nothing more beautiful than being part of their lives and seeing that they're happy. 🍷



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The F-TYPE Coupé provides its driver with a unique sports car experience. It combines seductive design with cutting-edge technology and performance which is truly breathtaking. Engaging, precise, intuitive and alive – it is the definitive sports Coupé." Those are the words of Phil Popham, Group Marketing Director, Jaguar Land Rover.



The latest in the Jaguar series certainly created a buzz when it was launched at an exclusive media and consumer event on the eve of the Los Angeles Motor Show.

What impressed the gathering of stars and motor enthusiasts was what the company calls "the most dynamically capable, performance-focused sports car that Jaguar has ever produced". It comes in three versions: F-TYPE R, F-TYPE S and the F-TYPE.

The range-topping F-TYPE R Coupé is powered by Jaguar's 5.0-litre supercharged V8 engine in 550PS/680Nm tune, delivering acceleration to 60mph in 4.0-seconds, and a top speed of 186mph (electronically limited).

The F-TYPE S Coupé and F-TYPE Coupé are powered by Jaguar's 3.0-litre V6 supercharged petrol engines in 380PS/460Nm and 340PS/450Nm forms respectively, giving 0-60mph in 4.8/5.1-seconds and top speeds of 171/161mph.

The F-TYPE Coupé embodies the uncompromised design vision of the Jaguar C-X16 concept sports coupé that debuted at

the 2011 Frankfurt Motor Show, its dramatic cabin-rearward stance being defined by three heartlines. The first two heartlines – shared with the F-TYPE Convertible – form the muscular front and rear wings, the third heartline being the sweeping Coupé roof profile, which provides an unbroken silhouette while emphasising the visual drama of the tapered cabin sitting between powerful rear haunches.

The company's Vehicle Line Director, Ian Hoban was inspired by the challenge and delighted with the result. "With F-TYPE Coupé, the Jaguar engineering team has exceeded our considerable target of building a car that delivers even more driver reward than the acclaimed F-TYPE Convertible. Engineering an exceptionally rigid, all-aluminium Coupé body structure was the key to achieving this, as it's the fundamental basis for enhanced dynamic attributes."

Jaguar's expertise in aluminium technology has enabled the design vision for the F-TYPE Coupé to be delivered in a lightweight yet extremely strong bodyshell. Torsional rigidity for all F-TYPE Coupé variants is 33,000 Nm/degree – greater than in any previous

production Jaguar – this rigidity providing the basis for excellent dynamic attributes.

The F-TYPE Coupé's body side is made from a single piece aluminium pressing, probably the most extreme cold-formed aluminium body side in the automotive industry, eliminating the requirement for multiple panels and cosmetic joints. The roof panel itself is available in either aluminium or panoramic glass form. A deployable rear spoiler sits within the tapered shut-line of the F-TYPE Coupé, while slim, wrap-around LED lamps flank a beautifully engineered tailgate, with optional powered open/close functionality.

To deliver assured, progressive handling in line with its 550PS output, the range-topping F-TYPE R Coupé features a bespoke suspension set-up and new dynamic technologies. These include a second-generation Electronic Active Differential (EAD) and – for the first time on a Jaguar – Torque Vectoring by braking, these systems working in parallel to provide immediacy of response and exploitable handling. The EAD system automatically redistributes engine torque between the rear wheels to ensure excellent



on-the-limit control, while Torque Vectoring by braking intelligently applies precisely metered braking force to the inner wheels as necessary during cornering to enhance agility. Sports suspension with Adaptive Dynamics damping and Configurable Dynamic Mode further enhance the F-TYPE R's immediacy of response, providing an exhilarating and involving driving experience.

Visual appeal is fundamental to Jaguar and, as such, the F-TYPE Coupé is immediately recognisable, building on the design of the stunning C-X16 concept sports Coupé and the F-TYPE Convertible – winner of the 2013 'World Car Design of the Year' award. Another happy is Ian Callum, Director of Design. "Creating a sports Coupé is the purest of design tasks, and also the most challenging; get it right and aesthetically the result will be as dynamic as the car should be rewarding to drive. In F-TYPE Coupé, I believe we've got it right. The purity of the C-X16 concept has been retained without compromise; the F-TYPE Coupé's long bonnet, low roofline and tapering cabin inspire me every time I see it."

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Travel

Colombia: Out of the ordinary

A South American country that offers a rich variety of landscape and cultural diversity



Photo © Philippe Berkenbaum

Despite constant scaremongering in the media, Colombia is a country that is officially well and truly open for tourism. It is a destination that sums up South America's natural wonders, with varied and surprising landscapes and towns and villages draped in colonial architecture, tranquil coffee plantations, mysterious archaeological sites and Cartagena's sublime, sophisticated beach life.

Nature

Bordered by the Pacific Ocean and the Caribbean Sea to the west, the country offers the complete range of all that South America has to offer :

- The Caribbean coastline stretches for

1,600km, with an impressive variety of landscapes – you'll find Guarija desert rubbing shoulders with mountain, tropical jungle, pristine beach and coral island.

- In the Andes three mountain ranges criss-cross the country from north to south, where your journey will take you to the Western Central and Eastern Cordillera, with volcanoes and glaciers (up to 5000m) and into eje de cafetero, the heart of the coffee region.

- The Pacific rainforest is alive with mangroves, pristine beaches and a surprising biodiversity. From June to September whales gather to put on a very impressive show.



Photo © V. Nouaille

- The Amazon and the Llanos, the vast Orinoco plains, are shared equally with neighbouring Venezuela.

Biodiversity and natural parks

Colombia is second only to Brazil when it comes to richness in plant and animal species, boasting no less than 10% of global biodiversity. The Colombian government has decided to protect this unique biodiversity through the creation of 38 national nature parks. Our particular favourites are the Sierra Nevada Park, home to the highest mountain coastline in the world, the Tayrona Park, the Rosario islands in the Caribbean and Los Nevados Park in the Cordillera Central.

Culture

Colombia represents the intersection of pre-Columbian civilization, Spanish colonization and heritage left by the British:

- Colonial British cities steeped in myth include Bogota (especially when you visit La Candelaria district and the Gold Museum), Villa de Leyva,

Mompox and, of course, Cartagena, the gleaming jewel in the country's crown.

- Retrace the footsteps of pre-Columbian civilization in the profound and mysterious Lost City, and Tayrona, Tierradentro and San Agustin in the south are worth a visit.

Meeting the locals

The melting pot that makes up the Colombian people brings a great wealth of cultural diversity, which manifests itself in music, dance, crafts and cooking. They are warm, passionate people who find it easy to welcome visitors.

'Insolite' is an intriguing word in French which means 'unusual' or perhaps 'out of the ordinary' – when it comes to travel it means that Continents Insolites destinations are carefully chosen and are somewhat 'off the beaten track', places you may see only once in your travelling lifetime. Go there with us...

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your next trip

Whether you're a hardened air warrior, travelling thousands of kilometres on your platinum airline cards, or someone who just likes to get away from wherever you are as often as possible, you've probably got a few travel gadgets you wouldn't leave home without. Got room for a couple more? Read on.

Keep the noise down! Travel can be a joy if you have a good book and enough snacks and hydration to get where you want to be. The big problem is usually noise. Noise-cancelling ear buds are a good idea to help filter out the idiot playing dance music at full tilt with the sound all coming back out through his ears, the kid playing Nintendo DS games at high volume or simply the incessant hiss of a plane when you're trying to sleep. Ear buds are often better for travel, as their small form factor makes them easy to tuck into a pocket. Expect to pay a premium for noise-cancelling, with most reputable headsets costing around a few hundred euros. **Bose** seem to lead the field at the moment but if you're a real audiophile, the 'shape' of the sound is not adjustable and may not be to your liking. As the Americans say, your mileage may vary.

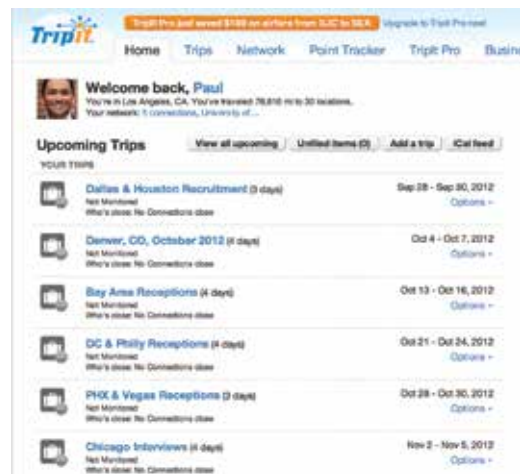
I hear you knocking. If you're a back-packer or a business pro, you'll have encountered doors that are far from secure. If you're of a nervous disposition, or if you just really want to keep your belongings, a portable door lock

could be the thing for you. **Howsar** make a simple, lightweight plastic gadget that will secure any door, whether it already has a lock or not. Weighing in at 30g, it's small enough to fit anywhere and will not set off any alarms at customs. Just the thing, too, for those hotel cleaning staff who don't understand the concept of 'do not disturb'.

What have the Swiss ever done for us? A really useful travel gadget is the good old-fashioned Swiss Army Knife. **Victorinox** and **Wenger** as usual have the market pretty well



saturated, but they do have some excellent pieces. Forget the old days when you used to wonder if you'd ever use the attachment for ridding horses of uncomfortable stones in their shoes, today's knives are right up-to-date with all the fittings you could think of and some more besides. Many knives can now be bought with USB storage and MP3 players in addition to the more traditional blades, scissors, magnifying glasses and all the others you'd expect to find.



It's surprising how often a simple blade comes in handy, too. Just remember not to put it in your hand luggage.

Have an appy trip. Practically everyone in the Western world has a smartphone of some kind, so there's always a useful app or two to make your trip go that little bit better. **TripIt** is the darling of the travel apps world right now. Send it your hotel, flight, restaurant or conference confirmations, and it'll pull out all the confirmation codes and present them in a nice easy-to-read format, as well as creating an itinerary for sharing with others. Of course, there is a 'pro' version, which will track your air miles and give you real-time gate changes as well as providing a flight finder and prompting you with the best seat options. If you think that's worth nearly 50 euros, go for it.

Another app making a big noise is **Entrain**, chiefly because it claims to reduce or eliminate jet lag. If you've ever experienced the joys of laying wide awake at four in the morning, you'd probably pay good money for this. The good news is, it's free. Developed between researchers at the universities of Michigan and Yale, this is no pretty app

with an outrageous claim. By monitoring what are known as the body's circadian rhythms. Simply, these rhythms are interrupted by how much or little light you get and the app tries to strike a balance by getting you to go to bed at the correct times. It's already a top ten travel app in the App Store; it couldn't hurt to give it a try.

Freebies to consider include **Google Translate** (a must have), **XE Currency** and **SkyScanner**, a cheap flight finder that has the fantastic option of anywhere. Tell it when you want to go and it'll tell you where. All apps mentioned above should be available for Apple and Android devices, except Entrain for which an Android version is "coming soon".

None of the new-fangled nonsense.

You've got the lot, from a portable nuclear bunker to an electric giraffe washer but did you stop to think about the basics? The humble power bar can be an amazing use of space. Hotels never have enough sockets, so a four-way power bar with a specially shortened cable to save space is a must. They can be bought extremely cheaply in Ikea. How about a torch? An LED version can be only a few euros but can be useful if the power goes out somewhere, or if you need to find whatever has rolled under the bed. All the high tech stuff is fun but don't forget the simple stuff either. ❶



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My blue (and white) heaven

James Drew is dazzled by
the beauty of Tunisia

Do you remember that feeling, the feeling we've all had when we were small, of visiting another country for the first time?

Do you remember how bright the colours seemed, how people's faces had, well, just another 'feel' to them, and how the air seemed redolent with spice and alive with the rattle of unusual sounds and the rhythms of an unfamiliar language?

I went to Marrakesh in 2009 and experienced all of the above again there. Just recently, I went to Tunisia for the first time, and the joy was comparable.

It's only a two-hour forty minute flight from Brussels to what seems like the other side of the world (it's not, it is in fact the northern-most country in Africa and, at almost 165,000 square kilometres in area, the smallest country in the Maghreb region), and the feeling of being on a 'proper' holiday began early, with the customs official actually stamping my passport, just imagine. Then, I was greeted by my trip hostess, Amel Kallel, of the Tunisian National

Tourism Office, and my journey had truly begun.

And the theme? It was all about discovering the 'chambre d'hôte', Tunisia style. For those who may not have heard of it, the chambre d'hôte is a truly intimate, familiar and family-oriented way to stay abroad. The concept originated in France and has been a part of holidaymaking there for generations - chambre d'hôte means 'the host's bedroom' and specifically entails that you will be sharing accommodation, with exclusive use of a bedroom, naturally, and normally exclusive use of a (frequently ensuite bathroom) in the house of the person or family you're staying with.

Essentially, it is the same basic concept as a UK 'B&B', but it has only just arrived in Tunisia, and the new recruits are making very sure, as I was to discover, that the experience is about so much more than bed and board.

More of that later. My first port of call for accommodation was in fact the 'Hotel de Charme' La Villa Bleue, and its colour and epithet were well chosen. Driving through ancient streets, in which cars appear

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anachronistic, in the picturesque town-village of Sidi Bou Said, one is struck by the near-uniform (and beautiful) blue and white colouring of the hamlet. Over the centuries, the town has become renowned as an artists' Mecca, and that's not difficult to understand either. The truly charming La Villa Bleue is perched on a hill an ocean with an ever-changing hue.

Commercial Director Dhia Eddine Yacoubi explained that extensive renovation had been completed towards the end of 2013. I was ushered into one of the most ornate bedrooms I have ever had the pleasure in which to stay; although La Villa Bleue has a more traditional hotel-style approach, the look and feel of the rooms still retain the intimacy of a beautiful family home, with traditional tiling, wonderfully crisp bed linen and a lovely terrace from which to enjoy the view of the beach and beyond.

The hotel also offers traditional hammam massages and body care, as well as two open-air swimming pools, one of which is heated to 27°C and comes complete with Jacuzzi.

And the food? Excellent Mediterranean cuisine, à la carte.

Awakening refreshed the next day, I began exploring the chambre d'hôtes of Dar Fatma and Dar Marsa cubes, both of which are family-owned and offer perfect venues from which to explore the region's historical beauty.

For the second evening, the theme was very much on high-class night life, and the Sindbad Resto Lounge and Bungalow certainly offered that - the Sindbad, for kicking, shouting and dancing to your heart's content (there were some serious movers), and the Bungalow for a chilled-out environment over three floors, you really couldn't do much better for kicking back.

Our accommodation was the Radisson Blu Resort & Thalasso, at which I had enjoyed my first-ever hammam earlier - an exercise in relaxation that is second to none, in a hotel that was hyper-clean and hyper Zen.

The next, and sadly last, day of the visit came all too quickly but, thankfully, I was given the chance to try out my golf swing at the remarkable 45-hole resort of Golf CITRUS Hammamet - previously, I had only played a full round of golf once in my life, so I was grateful to simply be given the opportunity (after an excellent lunch at the resort's restaurant) to swing a driver many times and enjoy the improving 'ping' of contact with the golf balls as they sped into the wide blue yonder. No, really, they did, and I'll prove it at *Together's golf* tournament this year.

Too much to see, too much to share in one go - I will be back just as soon as I can for much more.

La Villa Bleue

www.lavillableuesidibousaid.com

Hôtel Dar Said

www.darsaid.com.tn

Dar Fatma Chambre d'Hôtes

www.darfatma.com

Dar Marsa cubes

www.dar-marsa-cubes.com

Radisson Blu Resort & Thalasso

www.radissonblu.com/resort-hammamet

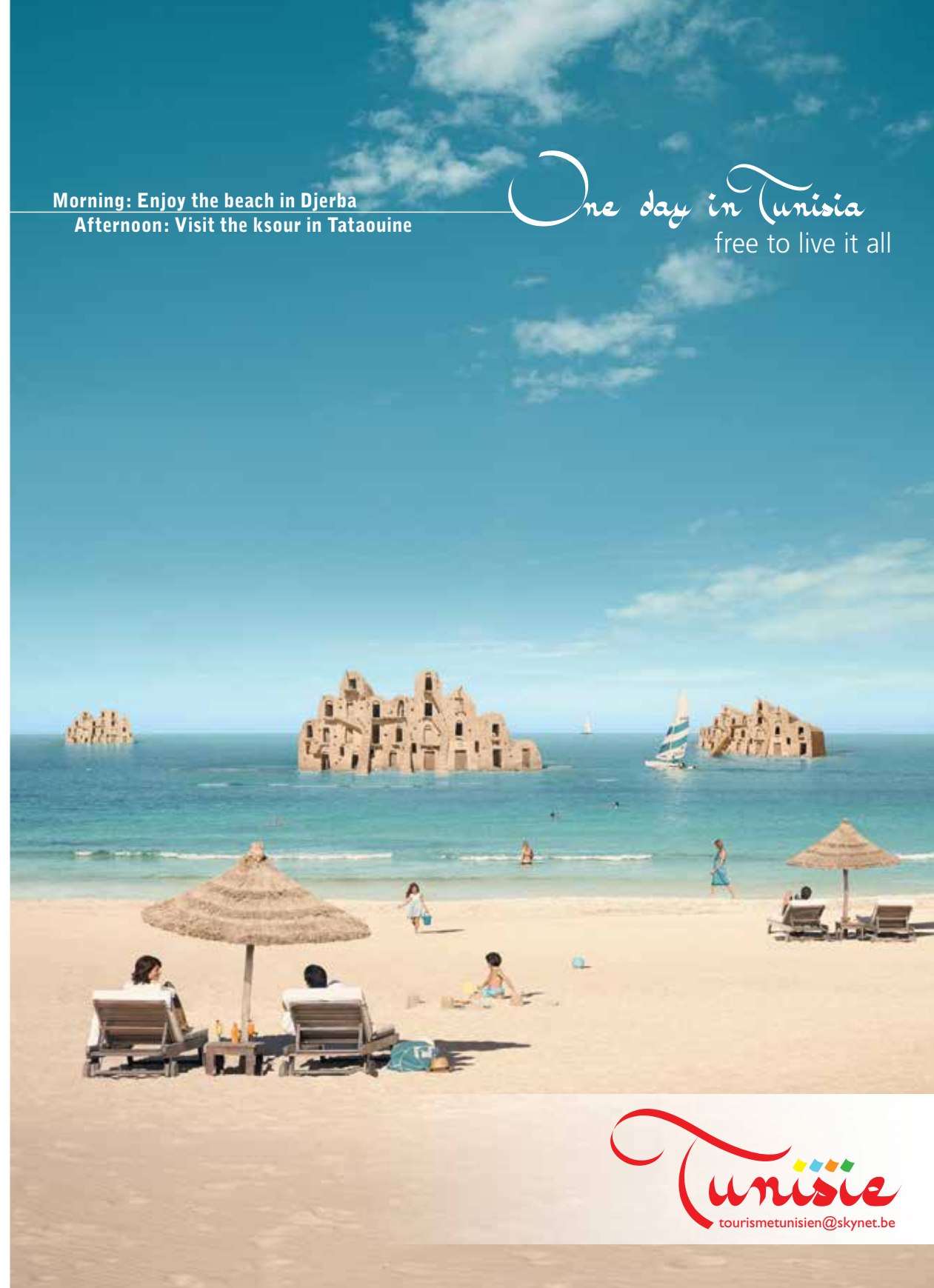
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Corsica: The Island of Beauty

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Travel

Together discovers an island brimming with mountains, lakes and streams

Corsica is an island that is full of contrasts and surprises. Birthplace of one Napoleon Bonaparte, it is separated from the continental mainland by the Ligurian Sea. Here are some of the island's highlights.



Bastia has retained a charm comparable to the old Tuscan cities with its colourful facades and tall elegant houses with wrought iron balconies. It is rich in chapels, convents and churches housing beautifully preserved, sumptuous Baroque decorations. **Cap Corse** is a rocky spine covered with scrub oak forests and vineyards.

The main tourist town of Balagne is **Calvi**, which offers one of the most beautiful panoramas in all Corsica. In the foreground a huge bay of white sand, lined with pine trees, a lively harbour and marina below a citadel erected on a promontory above the sea – beyond, green valleys rise gently towards the highest peaks of the island. In the mountains around Balagne, hilltop villages offer spectacular views, such as **Pigna**, **Aregno** and **Sant'Antonino**.

The interior of the island is brimming with majestic mountains carved over the centuries, and lakes, gorges and mountain streams. Ranked a national heritage site, the **Restonica** valley, dominated by Monte Rotondo, is carved out of deep gorges and rock pools.

Head for UNESCO World Heritage sites the **Gulf of Porto** and the **Calanques de Piana**,

or inland to small villages that have kept their authenticity and extraordinary charm, such as the village of **Evisa** on the edge of the vast Aitone forest.

The 'imperial city' of **Ajaccio** owes its fame and splendour to its prodigal son, Napoleon. **Les Iles Sanguinaires** glowing at sunset makes the bay one of the most beautiful in the Mediterranean.

Porto Vecchio, Corsica's most popular tourist destination, boasts a succession of bays with white sand and crystal blue waters lined with pine trees. It's a hip town, a must in the summer season with its small marina lined with restaurants and cafes and the old stone town with trendy boutiques and shaded terraces. It's not for nothing that it's called l'Ile de Beauté.

Corsica Travel are the local experts on Corsica.
www.corsicatravel.be
Brussels Airlines has regular flights to Ajaccio Napoleon Bonaparte airport.
www.brusselsairlines.com

Antwerp

Martin Banks

traces the history of Antwerp's long love affair with water



It is a landlocked city, but water is and always has been the red (or should that be blue) line running through Antwerp.

Indeed, it is hard to imagine Antwerp without the River Scheldt – the city boasts a long and proud maritime history.

Though arguably better known today as being the diamond centre of Europe, Antwerp actually has a maritime academy, a university where officers of the Merchant Navy and Belgian Navy are educated.

Marine officers have, in fact, been trained in Antwerp as far back as the 14th century when Napoleon's plan was to make the city a base of operations against England, "a gun pointed at the heart of England".

There is still a bracing, business-like air to this historic port city, roped to the broad estuary of the Schelde. Today, the modern commercial docks are away to the north, occupying an

expansive 13,500 hectares. But central Antwerp still retains a maritime flavour, with the old docks and warehouses now imaginatively transformed into galleries, hotels, museums and restaurants.

It's a place where things happen – where Rubens excelled in Baroque painting, where the Antwerp Six thrust Belgian fashion design onto the international market.

But the maritime dimension remains the one consistent thread in its history. The romantic Victorian images of cruise ships, ladies with parasols and gentlemen in top hat and tails disembarking onto cobbled streets from cruise liners has never really left the Port of Antwerp.

The saying goes, "The Scheldt River owes its existence to God, Antwerp owes its existence to the Scheldt River", and this has never rung more true than today.

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Photo © Stad Antwerpen



The river has always brought economic prosperity with it, starting in the 15th century when it was the economic heart of Europe. Thanks to the Scheldt waterway, Antwerp is now the 2nd largest harbour in Europe and the 4th in the world.

The Port of Antwerp handles 167 million tonnes of cargo per year. With its recent investment in the cruise ships infrastructure, such as the restructuring of the Scheldekaai, the purchase of a world-class automatic gangway and the construction of the cruise terminal and coach parking, the city and the port have achieved their vision as a harbour for tourism.

The expanding port of Antwerp unfortunately led to the demise of various polder villages, but the beauty of the Scheldt polders continues to draw in those who know the area.

To the north of Antwerp, the Scheldt meanders through a green and expansive polder landscape, ideally suited to cycling and walking tours.

For example, you can go to Lillo by bike and use the free ferry service departing from Doel (between Easter and end September, regularly on Saturdays, Sundays and national holidays). Another refreshing walk is through the 'verdrongen land van Saeftinghe' (the nature reserve of the drowned land of Saeftinghe), or

3,580 hectares of schorren (marshes with brackish water).

Antwerp is never one to stand still and the world's biggest lock is being built at the Deurganck dock. There's even a new comic strip to mark the achievement. De Havengeest (The Port Ghost) takes readers back to the 5th century, to the very beginnings of what has become one of the world's leading ports. Construction is on schedule with the opening planned for September 2015.

Much of Antwerp's story is told at the new Red Star Line Museum, which has already become a cultural and heritage landmark with 200,000 visitors expected each year.

Though the city's economic prosperity has ebbed and flowed over the years, the mighty Scheldt has always given Antwerp a bit of an international feel and for anyone wanting to take a dip into the city's rich maritime traditions, there are plenty of guided tours available, including the following:

"Following emigrants" (3 hours) – You follow in the footsteps of emigrants from their arrival at Central Station to the Red Star Line buildings located in the Eilandje quarter.

"Looking for the Red Star Line" (2 hours) – This walk traces the legendary shipping company in

“THE RIVER HAS ALWAYS BROUGHT ECONOMIC PROSPERITY”

Photo © Eilandje, Delva Landscape



the Eilandje quarter and its role in the development of the port.

“Bank and embankment recreated” (3 hours) – It tells the fascinating tale of the origin and growth of the historic city centre. Step by step you learn how the river bank, dunes and canals were transformed throughout the centuries. Hidden parts of the city walls, strange place names, vaulted canals – known as ‘ruien’ – and historic facades reveal its fascinating past.

“Touring around, and in Mas” (2 hours) – Just north of the red light district the old port district of the Eilandje is getting a second chance. Port operations are making way for water tourism and a spectacular urban renewal process. Between the Scheldt, the picturesque old docks and the new ‘Park Spoor Noord’ landscape park, the town council and developers are building an attractive neighbourhood.

You can also take a two-hour tour of the port, one of the largest industrial areas in the Benelux. You learn more about the revolutionary world of the container and the port’s operations.

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Another must do is a visit to Zuiderterras, a pier that leads out into the River Schelde to an exhilarating modern building with unparalleled views of the estuary.

A few hundred metres from the city centre, dozens of sea cruise ships and hundreds of river cruise ships moor every year, bringing tens of thousands of tourists to Antwerp’s city centre. Most larger cruise ships dock at Wandelteras Zuid, a five-minute walk from the city centre while smaller vessels stop at Kattendijkkook or Willemdok, around 15 minutes from central Antwerp.

Antwerp Tourism & Convention has information on how to make the most of Antwerp’s millennial port history. If you do find yourself navigating the city’s fascinating maritime past, you should also not forget to splash out a little on the regional delicacy: eel in green sauce.

Like Antwerp itself, the dish is well worth the effort.

www.antwerpen.be ❶

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Try the brunch on Sundays from 11am until 3pm.

This year, La Terrasse will of course not be ignoring a large international event taking place in Brazil as the Red Devils play in the World Cup - and you're all invited to the party!

Lunch or dinner is available every day at the Vittel restaurant – to book a table simply email vittel@la-terrasse.be or call 0470 866210 for a reservation. BBQs are by special reservation and only for groups of a minimum 20 people.

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What's On in Belgium



Golf day

Together Magazine's 6th annual Golf Tournament is set once more for a great day out at the beautiful Golf de Pierpont, located just 30 minutes south of Brussels city centre. There are watches, golf clubs and champagne to be won. Golf initiation is always very popular with beginners. For *Together* readers there is a special price of €50. If you are interested send an email to david@togethermedia.eu. **Saturday 5 July**

Ommegang Procession
This moving, colourful event takes place on not one date but two! On 1 and 3 July, you get the chance to relive the procession that was organized in 1549 for Charles V and his son Philip II. Over 1,400 extras will join forces to bring a historical era back to life: musicians, singers, dancers, knights, horsemen, uniformed guards, flag-bearers, and people in medieval costumes, all of them contributing to the Renaissance atmosphere. The carriage of Charles V leaves from Place Royale at 20h00. After passing the Sablon, the Emperor and his son will join the court on the Grand' Place. The rest of the procession will then also join them on the Grand' Place, where the show will start at 21h00 and finish at around 23h00. **Tuesday 1 July and Thursday 3 July 2014.** Free procession through the streets of Brussels. Tickets: www.ommegang.be



MAJIDA KHATTARI *Les Parisiennes* (2008-2009) C-type print © Majida Khattari



Summer of Photography

The Centre for Fine Arts is gearing up for the 5th edition of the Summer of Photography biennale, which this year looks at gender relations. The central exhibition, *WOMAN*, contains 450 photographs by the feminist avant-garde of the 1970s, including work by Cindy Sherman, Lili Dujourie, Renate Bertlmann, Valie Export, and Birgit Jürgenssen, among others. The second major photographic exhibition, *WHERE WE'RE AT!*, shows how female photographers and video artists from Africa and the diaspora see things. **BOZAR. Throughout July and August** www.bozar.be

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What's on in Antwerp



Birds of Paradise - Plumes & Feathers in Fashion

The exhibition is an ode to the elegance and refinement of the application of plumes and feathers in fashion and haute couture. Through a mixture of 19th-, 20th- and 21st-century accessories, garments and couture dresses, the different characteristics of the various plumes and feathers are highlighted: sophistication, femininity, lightness, wealth, luxury, but also lost innocence and dark romance. Plume embroidery is typically used in haute couture and evening wear owing to the costliness of the feathers, their strikingly elegant form and the technical refinement of feather embroidery. In collaboration with Maison Lemarié of Paris, the exhibition sheds light on the craft of the plumassier and the diverse techniques of feather embroidery. In addition, the immense variety of feather motifs will be covered featuring Chanel, Cristóbal Balenciaga, Givenchy, Alexander McQueen, Christian Dior, Nina Ricci, Luis Vuitton, Thierry Mugler, Giambattista Valli, Yves Saint Laurent en Ann Demeulemeester. MOMU, Fashion Museum. **Until 8 August.** www.momu.be

Beer Passion Weekend

40 breweries will offer up more than 200 speciality beers to taste. It is an event for both beer aficionados and beer professionals. The main purpose of this event is to offer a cultural and educational approach to beer – it's a complex drink, aromatic, sensual, natural, and the art of brewing it dates back to antiquity. This impressive gathering of Belgian beer styles in all their variety and idiosyncrasy will take place in a magnificent setting: the famous Groenplaats, where the beers can be tasted and enjoyed in an exclusive village, accompanied by live brass band concerts and Dixieland jazz bands. Groenplaats, Antwerp. **27 June - 29 June 2014.** Free entry. www.stadantwerpen.be



Photo © Dana Robinson, flickr.com

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Cinema

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



Oculus

Discerning horror fans, look no further - Mike Flanagan's supernatural dread-fest stars Karen Gillan as a young woman who is convinced that an antique mirror is responsible for the death and misfortune that her family has suffered. Guess what? She might have a point... 103 mins.

Jersey Boys

Ol' Clint (Eastwood) tells the story of The Four Seasons, in this adaptation of the Tony Award-winning musical of the same name. Starring John Lloyd Young, Erich Bergen, Michael Lamenda, Vincent Piazza and Christopher Walken, Brussels is getting this at the same

time as its worldwide release, thank your lucky stars. 135 mins.

The Railway Man

Jonathan Teplitzky's much-vaunted drama finally arrives in Belgium - set initially during World War II, it tells the story of Eric Lomax (Jeremy Irvine), who is a British officer captured by the Japanese and sent to a POW camp, where he is forced to work on the Thai-Burma Railway north of the Peninsula of Malaysia. During his time in the camp, Lomax is tortured - many years later, in an attempt "to let go of a lifetime of hate and bitterness", the older Lomax (Colin Firth) decides to track down and confront one of his torturers, Japanese officer Takashi Nagase (Hiroyuki Sanada). But maybe, you should never go back... 116 mins.

Under the Skin

Jonathan Glazer gets *really* disturbing with this tale of an alien masquerading as a beautiful woman (Scarlett Johansson), who preys on men in Scotland, luring them with the promise of guess what before harvesting their very flesh. It's about rape culture, apparently? You decide. 108 mins.



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What's On International



The Resurrection - Jaber Al Azmeh

In his latest black and white photography series, Al Azmeh portrays an intimate setting where a diverse network of Syrians, including journalists, poets, artists and actors, voice their opinions on the current situation in Syria, and what they hope to be the "Syria" they believe in. Green Art Gallery, Dubai.

Until 26 June

www.gagallery.com

Nicolas de Staël: Northern Lights, Southern Lights

To mark the centenary of de Staël's birth (he was born in Saint Petersburg in 1914 and died in Antibes in 1955),

MuMa is holding the first exhibition focusing on the landscapes by this major figure in mid-twentieth-century art, comprising over 130 works (80 paintings and 50 drawings) produced between 1951 and 1955. A quarter of them have either never been exhibited or never been exhibited in Europe. MuMa, Le Havre.

Until 9 November www.muma-lehavre.fr

In the wake of Rubens, Erasmus Quellinus

A pupil and close collaborator of Rubens, Erasmus Quellinus (Antwerp, 1607-1678) contributed to Antwerp's artistic reputation through his prolific output and polished style. His curiosity, taste for philosophy and openness

to all art forms, sculpture in particular, made him an atypical artist; an erudite painter whose works bear witness to his wide-ranging interests. Musée départemental de Flandre, Cassel, France.

Until 7 September

www.museedeflandre.lenord.fr

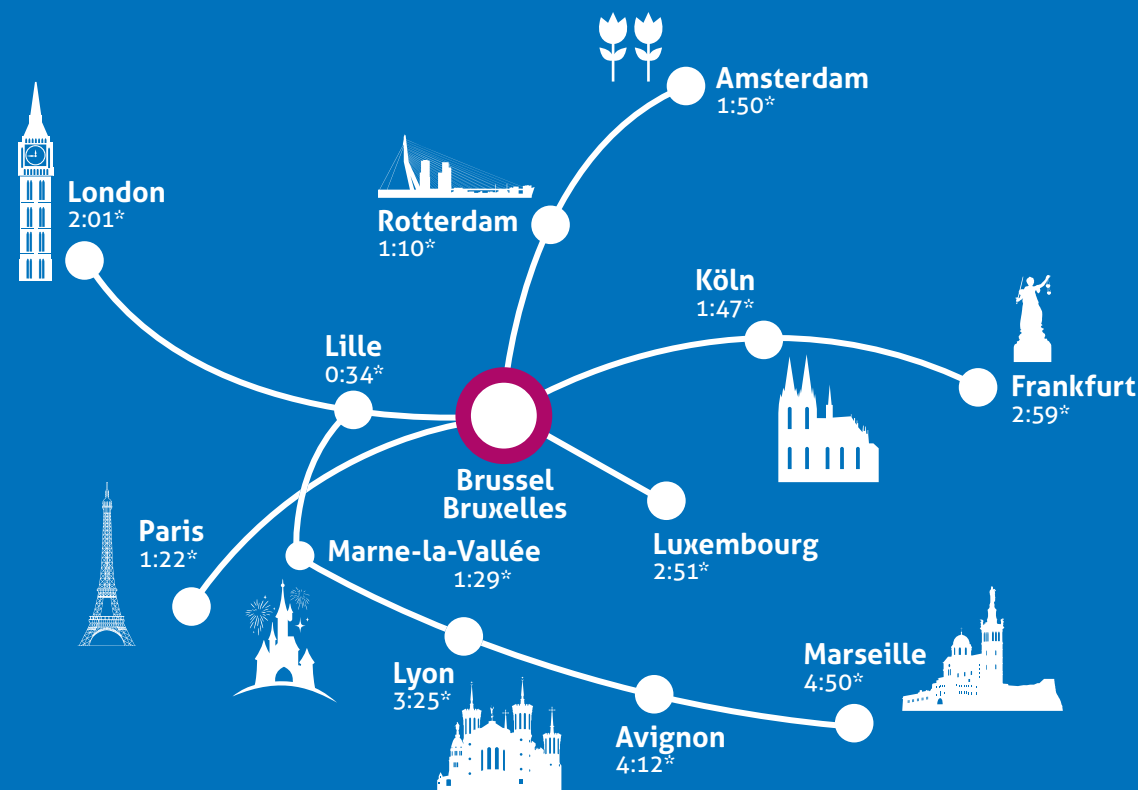


Érasme Quellin, Le Triomphe de Galathée (détail), huile sur bois, collection privée © Jean-Louis Torsin



Nicolas de Staël, Paysage (Remparts, Paysage Honfleur), 1952, huile sur toile, 65 x 81cm, Milwaukee Art Museum, Gift of Mrs Harry Lynde Bradley, 1959 © cliché Efraim Lev-er © Adagp, Paris, 2014

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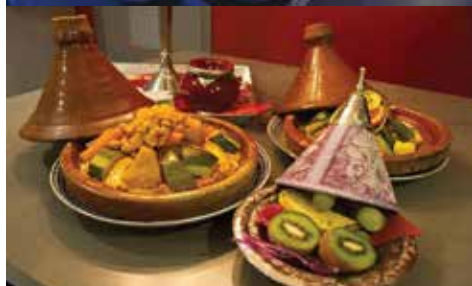
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Aquastelle



Events are supposed to be enjoyable, but there are few things more stressful than all the planning that comes before them. You have to find a venue, and then you need to decorate it. And what about food, lighting and music? And is everyone really having fun? If you're like me, you're so wrapped up in everyone else that you forget to eat and don't get a second to enjoy yourself.

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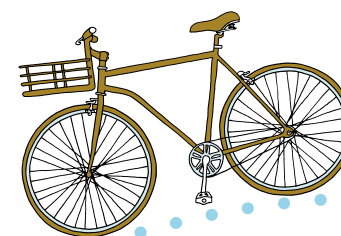
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