NOVEMBER 2014 #53

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INTERVIEW 1

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RUNNING TO STAND STILL

Editor's LETTER

Together: Inspiring you to reach your dreams...

ON THE COVER



Brad Pitt is currently starring in Fury

Our interviewee this month. Brad Pitt, talks about wanting to do more producing and less acting so that he doesn't have to be away from his children so much. He can work at home and be close to them, take them to school and back and tuck them in at night to the sounds of a good book.

You may well cry: "That's alright for a Hollywood movie-star!" But Brad got where he is now by taking a courageous decision at a critical point in his life by leaving university and heading west with 300 bucks in his jeans - he wanted to see if he could become an actor. He deserves all he has now because he took the risk.

I wonder if we are running to stand still these days with an emphasis on non-stop work for both parents in many households. There is still a long way to go for shared caring of the children. A survey in *USA Today* said men spend around ten hours per week more than women in paid work, and women spend about six hours more in household work and an additional three hours more in child care. Among the parents, 33% say they don't have enough time with their children.

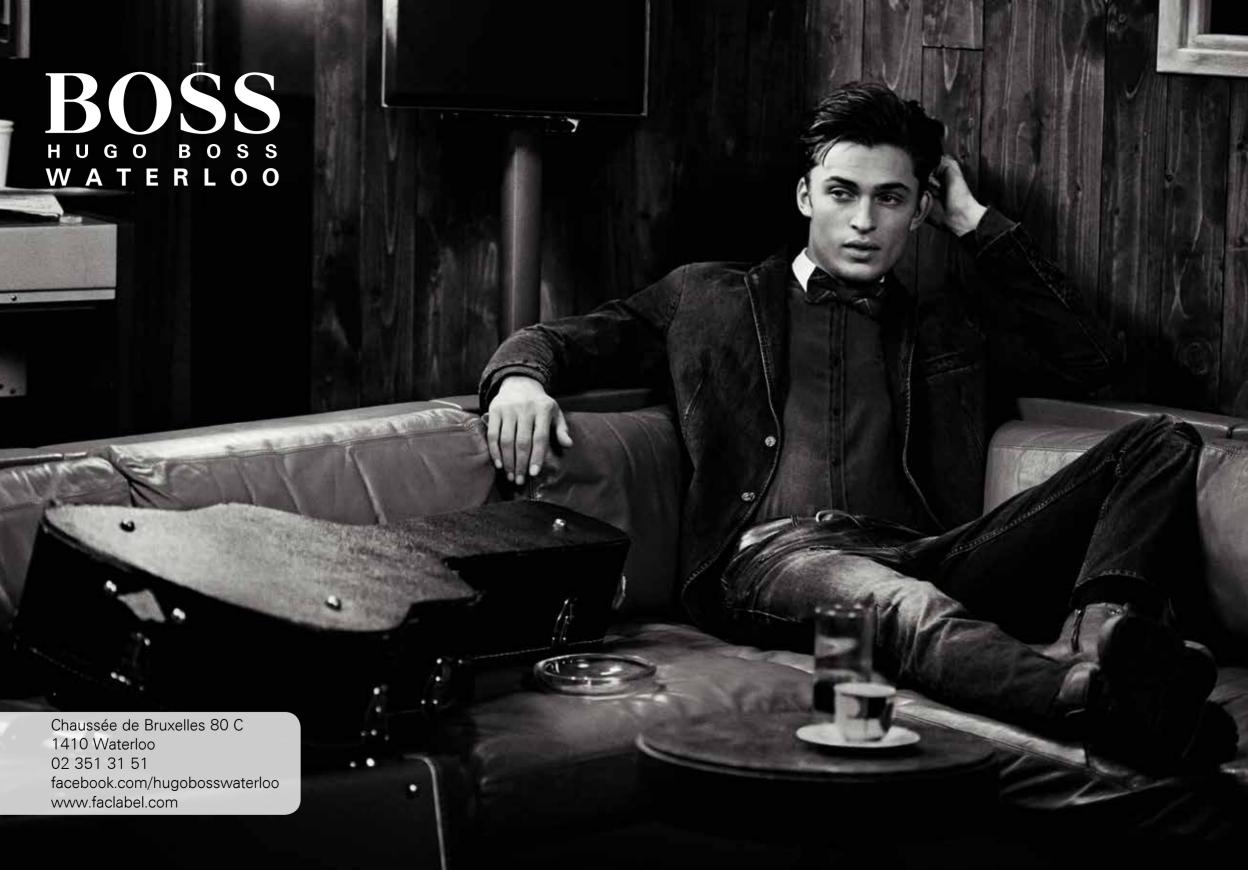
The material benefits of both parents working are evident but a mother or a father picking a kid up from school rather than a stranger and one or other in a relatively stress-free mood opening up the pages of The Cat In The Hat on a wild, wintry night still seems to me to be a utopian childhood for all worth aiming for. There will be plenty of time for the children to find out if they want to head west one day to be the next Brad or Angelina.

Paul Morris EDITOR















Wine
Macon Fuissé 2013
p103

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Together online



The art of conversation

Gemma Rose suggests that conversation should be treated as an end in itself



Technology. Boss thanks his workers with an extra month's salary It's not all doom and gloom...



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in Belgium and the Netherlands



Compagnie du Ponant: Sailing into legend Together caught up with a company that is expanding... on the ocean waves



Fashion
Brussels fashion:
Not a fashion week but a fashion month



What's On
Jacques Tardi and The Great War



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Starring in Belgium



A very stylish and refined six-piece band from the quaintly named Baraboo, Wisconsin. The AB places them "Americana indie pop, somewhere between jazzy chanson and country rock". 2 December. Ancienne Belgique. Tickets: €41 - www.abconcerts.be

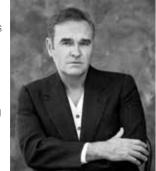
Morrissey and Anna Calvi

Morrissey returns with a stunning new album, a comeback covered in superlatives by critics and the public. With World Peace Is None Of Your Business the English icon adds a tenth studio

album to his impressive discography. He is joined by English singer-songwriter and guitarist Anna Calvi.

26 November. Stadsschouwburg Antwerp. Tickets:

€56 & €70 www.livenation.be



Jack White

Ultimate reference of the international rock scene, Jack White has left his footprint on the history of music. The kid from Detroit is one of the most prolific and award-winning artists of the past twenty years. His second solo album *Lazaretto* has just been released. **16 November**. Forest National. Tickets: **€41** - www.livenation.be



Zara McFarlane

This promising British jazz talent has received a remarkable amount of attention with the two albums to her name – *Until Tomorrow* in 2011 and the recent *If You Knew Her*, with a sound that recalls spiritual jazz, but with the influences of dub and reggae. **10 December**. Ancienne Belgique. Tickets: **€19** - *www.abconcerts.be*









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Anco Wijbinga looks at the importance of sleep and how to improve sleep quality

leep is a primary need, just like eating and drinking. Too little, too much and/or poor quality sleep has a direct impact on our health. When we sleep, breathing and heart rhythms slow down. muscles relax, consciousness decreases and the brain isolates us from exterior stimulation.

During sleep, several recovery and building processes take place in both body and mind. Sleep is made up of five cycles, each of about 90 minutes. Each cycle is made up of five phases.

The phases are differentiated by brain activity and eve movement: in four out of the five phases, there is very little eve movement.

Phase 1: Light sleep, when you start falling asleep, brain activity slows, eye movements are slow. For a night with five cycles this represents 2-5% of total sleep.

" MOST PEOPLE DON'T SLEEP **ENOUGH OUT OF**

CHOICE "

Phase 2: The start of real sleep, but still light. Sounds no longer wake you but if someone wakes you up, you don't feel rested. For a night with five cycles this represents 45-55% of total sleep.

Phase 3: Passing to deep sleep, breathing slows and becomes completely regular, heart rhythm slows and muscles fully relax. Phase 3 represents 3-8% of a full

PERSONAL DEVELOPMENT

Fitness

night with five cycles.

Phase 4: Real deep sleep. If woken now, you feel disoriented and need time to work out where you are. This phase is essential for physical recovery and represents 15-20% of a total of five cycles.

The deep sleep phases (3 & 4) are of key importance for physical and mental recovery.

Phase 5: Characterized by Rapid Eye Movement and therefore known as REM sleep. REM sleep is considered dream sleep, when the brain is active. Breathing and heart rhythm are irregular and this phase takes energy. REM sleep represents 20-25% in a full five cycle night.

After phase 5 you normally wake up briefly (often unconsciously) and a new cycle starts.

Our natural sleep rhythm is based on the daily light/dark cycle. The total amount of sleep needed varies from person to person; on average an adult needs about 7-8 hours of sleep per day.

Lack of sleep occurs when numerous cycles aren't achieved.

In its early stages, lack of sleep is associated with reduced productivity, poor concentration and increased irritability, and it compromises recovery after training. Lack of sleep is cumulative: the more nights with insufficient sleep, the more likely that negative effects will occur.

Chronic lack of sleep may lead to reduced immunity, weight gain and increased risk of developing type 2 diabetes and heart disease and is considered a serious health risk.

Though sleep deprivation is often associated with work and/or other stress levels, most people don't sleep enough out of choice – watching TV, browsing the internet, or going out with friends. If we were to remove artificial stimulation and excessive work/life demands, most humans would sleep around eight hours

"THE DEEP SLEEP PHASES ARE OF KEY IMPORTANCE"

per night, based on the natural sleep/wake cycle of the brain.

What can we do to improve our sleep quality?

- Keep a relatively consistent bed and wake time
- Make sure you keep your bedroom as dark and quiet as possible
- Keep your bedroom at a slightly cool temperature and well ventilated
- Empty your head, write a to-do list for the next day before you go to bed
- Avoid drinking alcohol before going to bed: it may help you sleep in, but compromises the quality of your other sleep
- Do not eat a big meal shortly before going to sleep
- Avoid caffeinated drinks or other stimulants in the evening
- Take a warm shower or bath just before going to bed
- Do something relaxing before you go to sleep: read a few pages, drink some warm milk
- Do not watch TV or work on a computer or tablet for at least half an hour before going to sleep: screens are light sources and put your brain into wake mode
- Exercise will tire you physically, but do high intensity exercise during the day or at least a couple of hours before going to bed
- Taking a little walk or doing relaxation exercises just before going to bed is an excellent idea

Anco Wijbinga, Well-being Manager at Aspria Royal La Rasante •





" TODAY IS THE DAY THAT YOU CAN CHANGE YOUR LIFE" ersonal development is the conscious pursuit of self-realization by expanding your self-awareness and by nourishing and honing your innate potential. In other words, personal development is reaching out for your heart's desire, to become who you were born to be.

king can dream Versailles

> Tom Meyers looks at the starting point on the road to self-

> > fulfilment

PERSONAL DEVELOPMENT

But what does your heart truly desire? Your heart, not your mind. What does your heart beat for? Who were you born to be? When you're on a path of personal development finding the answers to these kinds of questions is a very good start and makes a sound basis for truly finding happiness and fulfilment.

I would even go a step further: it is essential and the best present you'll ever give yourself.

I'd like to show why I think this is so by illustrating it with the metaphor 'Only a king can dream Versailles' from the book *The School for Gods* by Professor Stefano d'Anna.

If you're not born into a royal family then the likelihood you'll ever become a king is very slim and Versailles or any other kingdom is very far

PERSONAL **DEVELOPMENT**

Self-help

off. You don't hear me

say that becoming a king or having a kingdom is impossible but highly unlikely. And let's say you managed against all odds and with enormous sacrifices vou've become a kina. then the auestion remains will you be living a meaningful and happy life or always live in fear of losina it?

On the journey of self-realization, finding out your innate aifts - vour potential - is the

best starting point for setting your aims in life so that you can live the dream. AIM is an anagram for LAM... who am I?

It's important to remember that you are not alone. You are part of a society that is part of the earth that is part of the galaxy that is part of the Universe. Your reason for being is associated with a contribution to a collective. You are like a single cell with a specific role and function that together with all the other cells makes up your body – something bigger than the sum of its parts. When does a body function well? When all the parts are playing their role.

When you start nourishing and nurturing your soul's purpose and start playing your part you will see miracles happen, you will be happier. healthier and live a more fulfilled life. There will be a continuous quality to life that you've only experienced on occasions.

Today is the day that you can change your life. When you feel unhappy, uneasy and sense that something isn't adding up... accept it. Observe what isn't going well, what you'd like to change. Then decide to take the time to work on yourself. The next question is where you want to start your quest.



When finding out your innate potential and who you were born to be, there are a few questions that can help you:

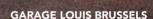
- 1. What do you admire in others?
- 2. What do others admire in you?
- 3. What have you done that truly made you happy?

Answers should be short and precise, just like kev words.

Use the answers to these questions as a mirror to your soul. Question 1 is the mirror of your unconscious and the potential waiting to be developed. Question 2 and 3 are mirrors of expressed potential but that something that will need honing and given direction.

Enjoy the journey and remember: "The amplitude of one's own being sets the limit of what a man can ask from life and the culmination of his every desire. At the same time it is also the limit of all that a man can receive and possess," (The Dreamer, The School for Gods)

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



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PERSONAL DEVELOPMENT

Alain De Botton

Self-help



et's admit it, this summer was an aestas horribilis: the downing of the Malaysia Airlines flight MH17; the civil war in Ukraine; the ISIS ethnic and religious cleansing, beheadings and rapes; the ongoing Israel-Palestine conflict; the spread of the Ebola virus. And it never stopped raining in August.

It's after such a horrible summer that I seriously consider going on a news fast, eliminating the newspaper, news sites or news programmes from my life for a while. I become completely oblivious to the sheer horror and tragedy that seem to happen every minute in this glorious. expansive, yet seemingly small and terribly interconnected world. For a couple of days it feels good - I feel like I'm sort of returning to normality, focusing on me and staying present. But then I feel the tug of the news again.

I often wonder what my role is in confronting the news. I mostly feel helpless, and usually quilty. I say to myself: "I was raised Muslim, why aren't I out on the street condemning ISIS as a force of evil and wholly contrary to the principles of Islam?" Or: "I'm European, why aren't I out on the street denouncing Russian foreign policy and demanding more from Europe?"

The truth is, I'm either pretty darn cowardly, or I feel pretty darn powerless. I'm not alone in feeling this way. I recently asked friends the question, "How do you feel about the scary things that are happening in this world?" The most common response: fear and anxiety, coupled with helplessness. We are scared about the depths of depravity we can inflict on one another and yet we are unsure as to how to

PERSONAL DEVELOPMENT

Self-help

stop it.

How do we balance processing the bad news, which is normally happening in far-away lands. with getting on with our lives right here, right now? On the one hand, it seems a massive drain on our emotional resources to be

consumed by the destruction and devastation of our world. Yet on the other, it seems selfish to live in blissful ignorance. My friends' replies were: we elect politicians to protect and promote our freedoms and

prevent further suffering in the world; we donate to charities that provide humanitarian relief in conflict zones. Even if we don't mobilize ourselves on the streets, they say, we can make a stand in our own living room, signing petitions via Change.org, Avaaz.org or #Making a Stand. Talking about the news to one another was the most common response. When we share our concerns, not only are we informing ourselves and each other, we feel less alone in our anxiety.

It is perhaps this shared anxiety that fulfils one of the purposes of news. In the article 'Why isn't the news more cheerful?' by the Philosophers' Mail (a news organization run and staffed by philosophers), it is held that we need to hear about certain types of bad news (disasters, plane crashes, wars) because it is evidence that life is bleak, it is unfair and all of humanity suffers.

The Philosophers' Mail states that the reporting of news must be helpful to enable us to live the good life. The problem however lies with the powerful influence of the media. In the short film



A number of experimental treatments are being studied to treat people who are infected with Fbola.

"WE FEEL LESS ALONE IN **OUR ANXIETY** "

The last point de Botton makes is that we have to learn when to switch off the news and deal

can constantly anger or terrify

us because it needs to keep

What is the point

philosopher Alain

of news? the

contends that

critical of the

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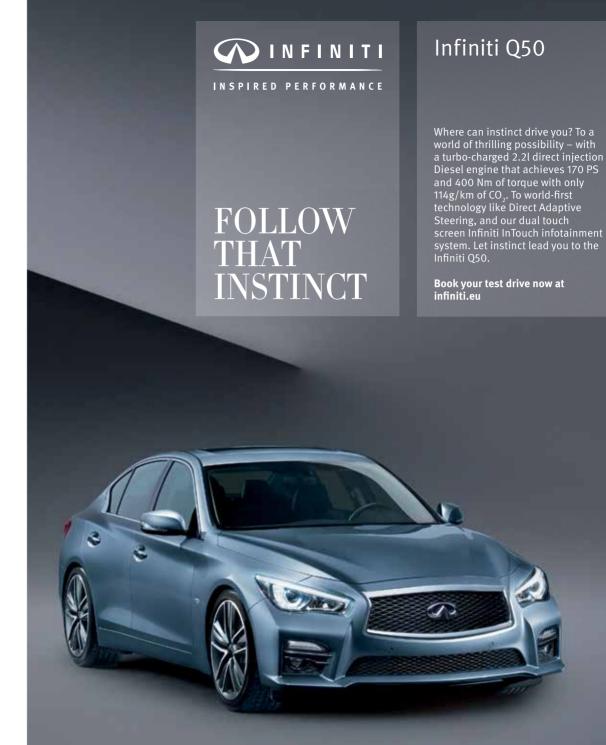
instead with our own anxieties and hopes. I would go one further: that the balance between switching on and off lies in knowing what we can and can't do within our sphere of influence. I know I can't broker a peace deal in the Middle East or find a cure for Ebola; but I can sign that petition, share that campaign and inform myself of that virus.

itself employed.

Lastly, I can hope: hope that things will get better, that the light prevails over the darkness. As the author E. B. White replied in his letter to someone who had lost their faith in humanity: "As long as there is one upright man, as long as there is one compassionate woman, the contagion may spread and the scene is not desolate. Hope is the thing that is left to us, in a bad time."

E. B. White then signs off with this indelible reminder: "Hang on to your hat. Hang on to your hope. And wind the clock, for tomorrow is another day."

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London calling

Gerry Callaghan sums up the UK's stance on European integrity



n the immediate aftermath of one of the biggest challenges to United Kingdom sovereignty, the recent vote on Scottish independence, the country now faces another constitutional battle, this time on the supranational front. Prime Minister David Cameron faces the prospect of losing

Cameron faces the prospect of losing parliamentary seats to the anti-EU right wing United Kingdom Independence Party (UKIP) and therefore must soften Brussels' influence in UK affairs to ensure a second term for his party.

UKIP aims to realize two main goals. Firstly, getting the UK to withdraw from the EU, and secondly introducing strict procedures to curb immigration. The recent surge in support for the party, now standing at 14%, has put pressure on the ruling Tory party to pander to their isolationist rhetoric in an attempt to stave off competition for parliamentary seats in next year's general election.

Cameron has promised a referendum on EU membership if his party wins the next election. However, he has said he wants to return powers to London from Europe before a

referendum takes place. Cautioning the EU, the UK leader stated that if he does not get the results he wants from Brussels he will have no reservations in campaigning for an EU exit.

The European Court of Human Rights (ECtHR) has been the target of recent Tory disapproval. Under a proposal announced at the end of September, the Conservatives would draw up a British Bill of Rights that would set out the application of human rights law in the UK. The right-wing media in the UK and numerous MPs have voiced their anger over several rulings by the ECtHR that went against the UK government's wishes, mainly involving the deportation of suspected terrorists. The proposed changes would mean ECtHR rulings would no longer be legally binding over the UK Supreme Court, turning the court in Strasbourg merely into an 'advisory body'.

A withdrawal from the convention would mean that Britain would abandon the Europe-wide

"UK LEADER

WILL HAVE NO

CAMPAIGNING

FOR AN EU EXIT"

system of enforcing human rights, which is meant to be observed also by Russia. Ukraine and the former Yugoslav republics. This could raise questions about Britain's EU membership if there were doubts about its membership of the Council of Europe, a prerequisite for EU entry. Pulling out of the convention could also place Britain in breach of its international obligations under the 1998 Good Friday agreement, which helped to bring peace to Northern Ireland. The agreement said the two communities in Northern Ireland would be protected by safeguards that include "the European convention on human rights and any Bill of Rights for Northern Ireland supplementing it, which neither the Assembly nor public bodies can infringe".

However, UK Justice Secretary Chris Grayling told BBC radio: "We don't think those things should be decided in a European court. We think if they are to be addressed they should be discussed in this country, in our courts and in our parliament." If Britain could not reach such a deal and his party

gain an overall majority, the UK would pull out of the human rights convention, he said.

On top of this year's European election success, UKIP recently won a by-election in Clacton in Essex after a Tory MP defected to their party. However, party strategists believe their biggest problem at present is to counter the Tory slogan 'Vote UKIP - Get Labour', which implies that former Tory voters who switch to UKIP will allow for a Labour majority in the 2015 general election. Despite being on the fringes. the anti-EU and anti-migrant rhetoric has spilled over into mainstream politics with Labour and Conservatives now believing that a tougher stance on immigration is the best way to halt UKIP.

Labour MP Jack Straw said his party required a stronger message on immigration to address the surge in support for UKIP. He said: "But

there are lessons in this by-election result. We were right to concentrate on the NHS. We've also, however, got to be stronger about our messages on immigration as well."

Despite European immigrants, taken as a whole, contributing £25bn net to the UK economy, they have been targeted as being a burden on the UK state, in terms of benefit, health and education costs. The Centre for Research and Analysis on Migration tracked EU immigrants arriving in the UK since early 2000 and their impact upon public services, both in terms of contributions made through tax and the costs associated with providing them access to welfare and services. Overall, the team found that "the net fiscal balance of overall immigration to the UK between 2001 and 2011

amounts... to a positive net contribution of about £25bn".

Nevertheless, David RESERVATIONS IN Cameron said action is needed to limit EU immigration and pledged to have "one last go" at negotiating a better deal for the UK in Europe. Speaking in Kent, where

there is a by-election in November, he said. "We need further action to make sure we have more effective control of migration."

It is uncertain whether it would be possible for the EU's freedom of movement rules, seen as a fundamental part of the union, to be changed. European Commission spokesperson Chantal Hughes said: "Free movement of workers is a fundamental principle in the EU. It's enshrined in the treaty. It constitutes also an essential part of the single market. All we've seen are vaque reports... were we to receive such details, concrete measures, from the UK government, of course we would assess them to ensure their full compliance with European rules." She added that a series of bilateral deals between the UK and other EU members could infringe free movement and "would obviously not be acceptable". •



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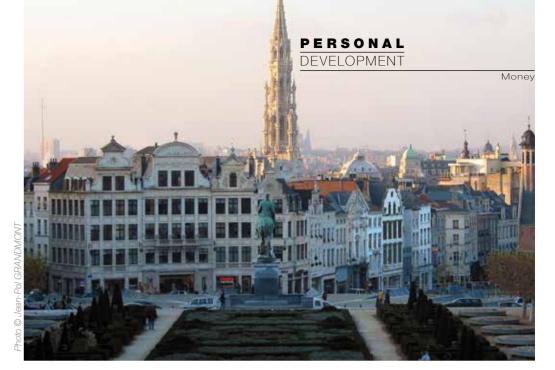


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The winds of change

Dave Deruytter summarizes the new tax and labour laws on the way in Belgium

elgium finally has new governments, both federal and regional, and it also has a sixth state reform.

Many changes are on the way. What are the key ones?

The federal government claims to have the intention to reduce the tax on labour, both for employees and for companies. There are plans for a reduction in the taxation on wages to be compensated by an increase in VAT and taxes on diesel. Companies should see their tax and social security charges streamlined with the aim of reducing them.

On the pension side, those of you under 55 this calendar year will typically have to work longer, up to the age of 66 or 67. A working life of 42 years will now be required for the right to early retirement. For people with a Master's diploma this often will mean no early retirement before they are 65. It will no longer be possible to retire before the age of 60 even when your company

is in restructuring, although this measure will only come into effect in a few years' time, and there are exceptions foreseen for manual labour.

The conditions for employees wanting to take a career pause whilst keeping on building up their social and pension rights will become more stringent. To take care of a sick child or an ailing parent will still be OK, but not if you are just keen on travelling the world for a year at a young age.

For the second pillar pension the disadvantage of taking up that pension in annuities should disappear as compared to taking it up in a lump sum; and people should be allowed to add money to that pension scheme, on top of what their employer puts in.

Concerning the third pillar pension, the socalled 'fiscally facilitated private pension', things will become slightly more fiscally friendly too.

PERSONAL

DEVELOPMENT

Money

For people enjoying their pension after 65 years of age today, they will be allowed to earn as much money extra as they want without taxation.

Disadvantages due to a mixed 'employee - selfemployed' career should disappear. And in case of divorce the pension rights will be more fairly distributed between the parting parties.

For those rightfully on social security income today nothing much will change except that it will become more attractive for them to take on a job when they find one. The 'unemployment trap', the difference between the net income when working and when on social security income, will 'disappear' without decreasing the social security income itself.

In general, fraud on the fiscal and social side will be better controlled and punished. We still need to see how that will happen and how successful the administration involved will be at carrying it out.

On the mobility side companies will maintain an incentive to give a 'mobility budget' to their employees, and there will be an extra incentive for 'green mobility' because of the abolishment of the minimum taxable advantage on cars.

What about the taxation of financial income and wealth?

Belgium will still not have a wealth tax, but the tax shelters sometimes used by the very wealthy people will be attacked based on the 'look through' principle. Furthermore, a financial transaction tax may be coming our way, just like in some 10 other countries. The €1,900 tax free budget per person per year on interest from savings accounts should now allow for other financial income too.

There are more measures planned than the above, but most of them still need to be written in law and that will take some more time.

Not only does Belgium have new governments, and with it plans for new legislation including new taxes, it also has a sixth state reform. From

" IT WILL NO LONGER BE POSSIBLE TO RETIRE BEFORE THE AGE OF 60"

2015, responsibility for the tax advantages on mortgage loans, for example, will no longer be a federal matter, but a regional one. And the regions have already hinted at changes that they would want to implement, leading to less generous tax advantages. After all, the regions are having issues with balancing their budgets. In Flanders there is already a rush to buy property now because of the fear that as from 2015 fiscal advantages on new mortgage loans will decrease.

For the happy few among the expats in Belgium who have the Special Tax Status of Foreign Executives, this matter has also been regionalized. The scheme will stay in place but control over the application of conditions will be, and has already been, sharpened. It has become more difficult to keep on benefitting from the scheme after living more than eight years in Belgium, and it is ever more important to keep the balance in favour of the links with one's country of origin as compared to Belgium. So, pay attention for example when buying property here.

All in all, there are many changes, but not in a dramatic way, and the aim is to reduce the cost of labour and the cost of doing business in Belgium. There are areas where Belgium had lost competitive advantage compared to neighbouring countries in recent years. Yes, we will have to work longer before retiring, but doesn't one always need an interesting occupation whatever one's age? And in Belgium you still have many days of holiday to compensate, plus various options for part-time work. Work is indeed also a kind of therapy as long as it is adapted to one's capabilities and when there is room to learn. Furthermore, I have rarely seen a person happy with just sitting on his or her money. Spend it wisely on added value to you.



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Charity

Together focuses on a foundation that is changing the face of men's health

Movember: It's Mo Bros and Mo Sistas time again

he Movember Foundation challenges men to grow moustaches during Movember (formerly known as November) to spark conversations about men's health and raise vital funds for its men's health programs. By using the moustache as a catalyst. Movember wants to bring about change and give men the opportunity and confidence to learn and talk about their health more openly and access health care services when needed. Those conversations – each Mo Bro communicates with approx. 250 people about Movember during the campaign - lead to awareness and understanding of the health risks men face and to men taking action to stay healthy.

The Movember community has grown 4 million moustaches and raised approximately €409 million to date and funded over 800 programs in 21 countries.

The Foundation recently announced that it will be investing over €800,000 in support of testicular cancer. Working with the European Organisation for Treatment and Research in Cancer (EORTC), funds raised by the Movember community will go towards the testicular cancer trial, TIGER. This trial is part of the Movember Foundation's Global Action Plan (GAP). In the spirit of the Movember Foundation's unique global approach to research, the project is designed to foster global collaboration, harness existing strengths in participating countries and accelerate outcomes.

You can help by signing up to change the face of men's health, as a moustache-growing Mo



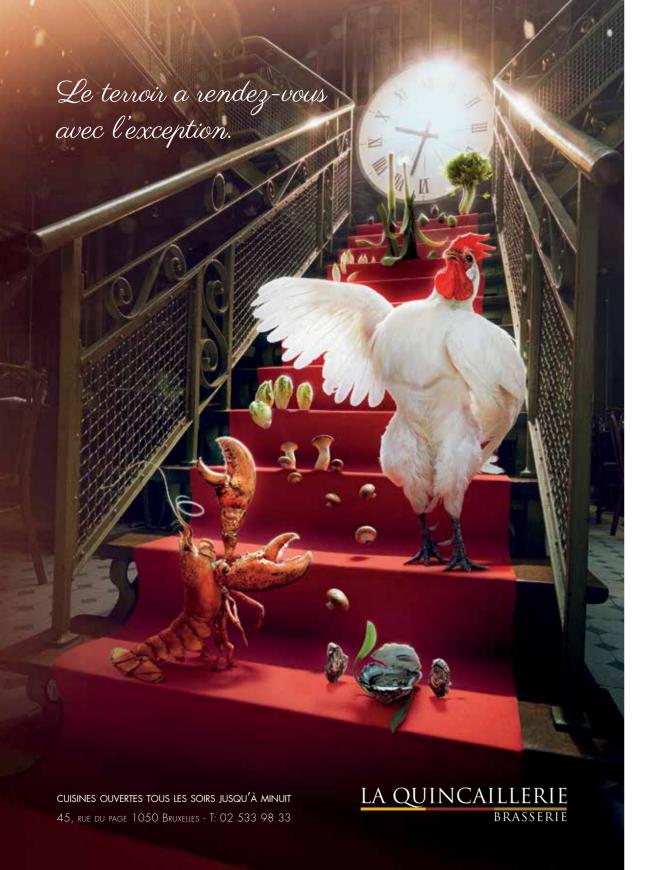
Bro or by championing men's health as a Mo Sista.

With the support of Maurice Lacroix, Together is doing its bit to raise awareness, including all our distributors sporting a moustache (false or otherwise) on dsitribution day for this issue. Maurice Lacroix spoke to Movember CEO and co-founder Adam Garone (who sports a fine moustache all year round) and asked him: "How do you define success?"

He replied: "I believe your success is defined by your significance. I believe that being successful is a journey to realize your greatest potential and a necessary steppingstone to becoming significant. Significance comes when you use your success and influence to serve a greater purpose that makes this world a better place. Success lasts a lifetime whereas significance can survive time."

If you want to get involved with the Movember movement go to the local Belgian official website.

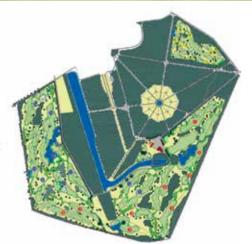
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GOLF CLUB ENGHIEN

Interview

Time for a PAUZzzz

Jeanie Keogh runs the rule over a place where you pay to have a nap

" IT'S NOT A WEAKNESS TO BE TIRED, IT'S NATURAL"

hile 'la sieste' has long been a part of Belgian culture, a bar where you go take a public nap is not. The idea is so new, in fact, that the PAUZzzz nap bar, which is slated to open at the beginning of November in up-and-coming Place Jean Rey, is the first of its kind in Brussels

Professionals can leave the swarming bureaucratic hive of the European headquarters to take a 15 or 30-minute nap (or 45 minutes if they feel so inclined), listen to calming music, soak up a bit of light therapy and/or have a massage. The idea is that during the span of a lunch break a busy person has the time to have a sandwich, a power nap and then go back to the office in fine form and ready to work, said Najat Oversacq, co-owner with her husband Gaetan.

"We're providing a service to people who are in the working world. Young parents who, when they go back to work, their children get in the way of sleep so here it's perfect for them. For example, if your children don't sleep well because they are teething but you have a meeting that day and you need to perform well."

Essentially, the spa-like centre acts as a human recharging station. Customers walk in, take off their shoes, sit or lie down, pick a relaxation

programme, and then conk out. No appointment necessary. The basic premise is that you no longer need to set aside the length of time that a traditional massage takes. You can pay by the minute and the price works out to more or less the same as what you would pay for an hour-long massage.

"It is better to do 20 minutes three times a week than going once a week and for the same price and you're relaxed many times," Oversacq said.

Clients can have massages while fully clothed, saving them the extra few minutes it takes to remove their clothes and put them back on again.

The sessions are also made to measure: light therapy for international business people coming off red-eye flights and heading to important meetings; a quick leg or back massage for pregnant women who sit too long at their desks; specially-composed music for people who have stress-related insomnia or who need help disconnecting from the wired world. Customers come in and say how they feel and a program is suggested to them.

"Either you tell me 'I didn't really sleep very well but I don't really want to be massaged' then we propose a light therapy session where you can

togethermag.eu I 49



relax in a chair. Or you say 'I didn't really sleep very well but I want to pull myself out of it' then we suggest a light massage that doesn't make you groggy but rather invigorates. Something that corresponds with a timing that is in accordance with the schedule you have ahead of you."

However counter-intuitive it might seem to pay to sleep when you can sleep for free, remember that the notion of paying for bottled water twenty years ago was similarly absurd.

For those who think the idea of having a scheduled, midday cat nap in the city centre is too similar to nursery school to be taken seriously, napping is not obligatory, it is the relaxation that counts.

Oversacq was initially worried that the idea might be a flop, but their confidence was restored when they saw that the concept was taking off in France and of course in Japan where the trend started with airport sleep hubs. It was after hearing about people who, during the work day, were sneaking down to the parking garage to catch some shut-eye or ducking into the emergency exit stairwell so as not to be caught sleeping on the job, the alarm went off that there was a business to be had in making napping normal rather than something

for lazy teenagers, the retired, the hung-over and people under five.

"We push ourselves until we realize that we need nap bars. We need to legitimize the fact that we are tired. It's not a weakness to be tired, it's natural. It's a way of saying to people: 'You're doing a great job and it's natural that sometimes you have low periods."

Oversacq said that they are not just in the business of making money. The aim was to create a place where people could unwind and chill out.

"We are opening a nap bar not just for commercial reasons, but also to show people that they need to rest because just working is not good and it won't work. Your body will tell you to stop at a certain point."

Oversacq went on to describe the ideal nap length for optimal intellectual performance (5 to 25 minutes) and to extol the benefits of napping (better cardiovascular health, weight loss, combating depression) but I had to let her go as I was late for an incredibly important meeting with my couch.

www.pauz.be •



Innovation

In our second innovations article, **Colin Moors** goes off the rails

To Infinity and Beyond



Maglev train available... © in SimCity SimCity

n the previous issue, I looked at things you could show off to your friends in under five years' time. This time, we're heading into the slightly more distant future with a look at things coming in perhaps 10 years or more. Or perhaps even next week. Who am I to say?

Mag? Neato!

Maglev is possibly not a word you're familiar with. If it is, it's almost certainly because of the possibilities of virtually friction-free trains that sit a few centimetres above the rail thanks to the power of magnets. Magnetic levitation is where maglev comes from and it's set to revolutionize rail travel in particular. The minimal friction means the trains use much less energy, making the per-kilometre costs very much lower. However, we all know how good rail companies are at passing on those savings, don't we? Oh,

and the best part is the speed. Tests have yielded speeds of around 550 km/h. You could book a ticket from Brussels to Barcelona at breakfast and be there in time to enjoy a spot of shopping before lunch. Provided, of course, the drivers aren't on strike.

Trains are all very well but to anyone other than the hardened trainspotter, they can be pretty dull and difficult to show off to your friends. How about a *Blade Runner*-esque charger for your mobile? Contactless charging is already here but a combination of charging without wires and a maglev charger, above which your pride and joy floats like a very expensive executive toy? Now we're talking. There's even talk of The Massachusetts Institute of Technology (MIT) working on a system whereby a simple voice command could make your phone sit up.









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LIFESTYLE

Innovation

switch on and await your every instruction, all while floating in the air. Form an orderly queue.

Small is beautiful

Every year, we see a new trend in design. This year, big phones are in. Next year, they'll be the size of a pen. One thing you can't make smaller is an atom. Well, technically, you can but that still requires some expensive equipment. Nanotechnology is the science of manipulating matter at an atomic level. If you need some perspective, a sheet of newspaper is 100,000 nanometres thick.

The benefits of this technology may not be

immediately apparent but new applications are being found every day. Apart from the important and pioneering work being done in the fields of medicine and engineering, nanotech, as it's familiarly known, can be adapted to improve our everyday lives in some unexpected ways.

Nano-engineered batteries and circuits could minimize the size of portable devices even further, while improving battery life and resistance to scratching, even to the point where

glass and casings could self-heal. Your tablet could look like the day you bought it, however many times you used it as a placemat. In the food industry, tech is being developed that will detect salmonella and botulism in packaged food, alerting the consumer if that yoghurt that's two days past its sell-by is actually OK or not.

The future of power is also heavily reliant on nanotech, with practical applications of the science envisaged to become the saviour of the Earth, minimizing power consumption and maximizing power generation. Wafer-thin, flexible materials could be produced that would not only store power but generate it from heat, light and motion. These new 'fabrics' could be woven into clothing, making wearable tech a

much more promising prospect.

The potential downsides to this mucking around with things at an atomic level vary according to opinion. The more optimistic reckon we could create more issues than we solve. The really pessimistic, such as nanotech pioneer Eric Drexler, envisage a different scenario, in which self-replicating nanomachines harvest all the world's carbon to copy themselves, converting all known life into what he called a "grey goo". Still, you can't make an omelette without breaking a few eggs.

This year's model

" MAGNETIC

LEVITATION IS

WHERE MAGLEV

COMES FROM

AND IT'S SET TO

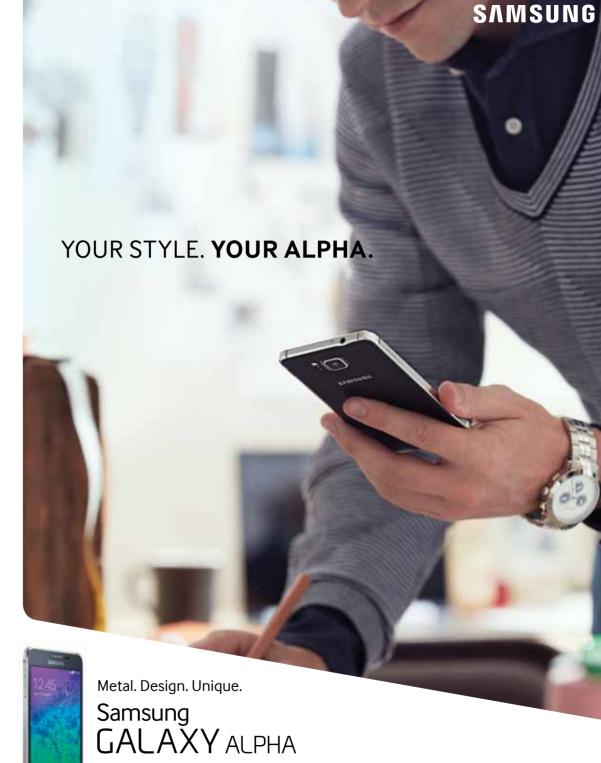
REVOLUTIONIZE

RAIL TRAVEL"

Speaking of wearable tech. you probably think your fitness band or smart watch are the cutting edge. And vou'd be largely correct. As cool as these things undoubtedly are for the geeks among us (I proudly include myself in that category), the next generations of wearable tech will be so subtle that you could sport the latest technology without looking as frankly stupid as you would wearing Google Glass. Motorola's new Moto 360 smart watch sold out in two hours, primarily

because it looked like a watch.

In years to come, you'll put your smart device in your pocket, presuming we're still doing mobile phones then. From that moment it'll interface with the nanotech in the jacket or trousers, charging for free and feeding information to what look like regulation Ray Ban glasses. The small device attached to your ear like an earing would convey sound while monitoring your blood pressure and other vital signs. Your jacket will be one big aerial, so you can talk with no microphone. Sure, it'll mean there are more people shouting things like "no, I haven't seen your stupid keys" at apparently nobody. Still, it's better than the grey goo option, isn't it? Isn't it?



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Stylist: Nicholas Sirot

Makeup artist: Noel Inocencio for Mac

Models: Merijn & Lidian @ Rebel Model Management

Special thanks to Claire Baillet's team @ Maasmechelen Village















Shopping

De Greef Kiss Collection Day & Night ring in pearl and onyx on 18ct white gold with 0.31ct brilliant cut diamonds. €3,800 www.degreef1848.be







€17.200.

www.montblanc.com



For the 2014 edition of Watches & Wonders, Cartier once again showcased the liveliness of its renowned watchmaking in a collection of sixty-eight pieces including sixteen new creations, two new movements and four unique pieces of High Jewellery. www.cartier.com

Wonders



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LIFESTYLE

Shopping



FREYWILLE

FREYWILLE has recreated Claude Monet's painting 'The Water Lilies' hanging in the Musée de l'Orangerie in Paris. The pattern on the Orangerie bracelet gives an impression of illusion, faithful to the painter's style. €990 www.freywille.com

Celine D'Aoust

Bangle with two Polki cut slice diamonds. Traditionally used in India, the Polki cut is a slice of a rough diamond, generally +/- 1mm of thickness. Set in gold, under the diamond, there is a small silver cap to reflect the light of the diamond. €1,245







Petits Hauts

The brand is 14 years old and has finally opened its first boutique in Brussels. Here you will find the finest light materials, especially the small tops that will make you look more beautiful.

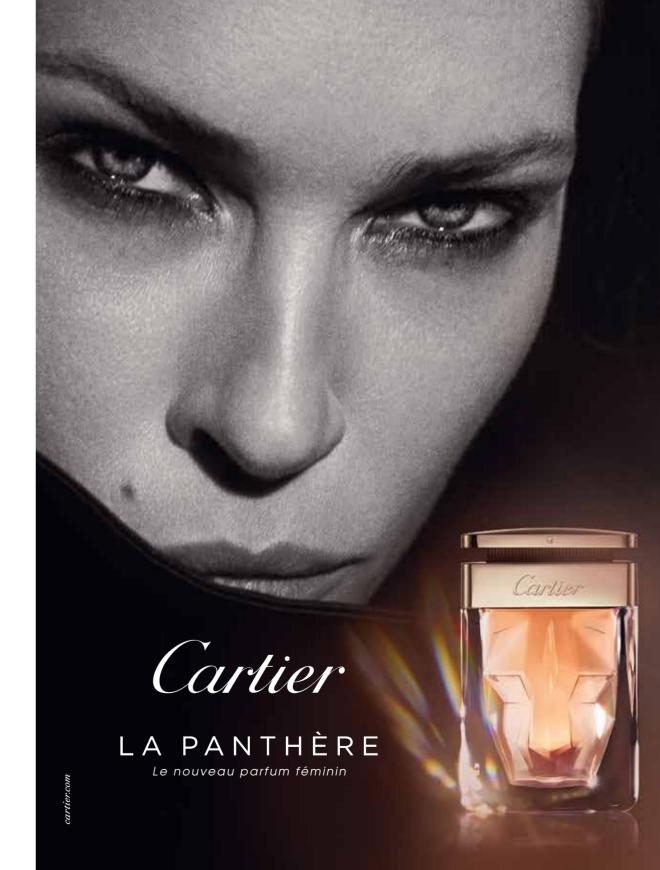
60 rue du Marché au Charbon, Brussels 1000. Open Monday to Saturday from 11h00 to 19h00 Sundays and public holidays from 14h00 to 19h00 Tel: 02 511 1105



Didden

We thought we would whet your appetite in advance of the festive season. Didden is celebrating 90 years in the food trade. The Belgian company produces a wide range of tasty products such as mayonnaise, cooking sauces and Italian dressings and confit.

www.diddenfood.com

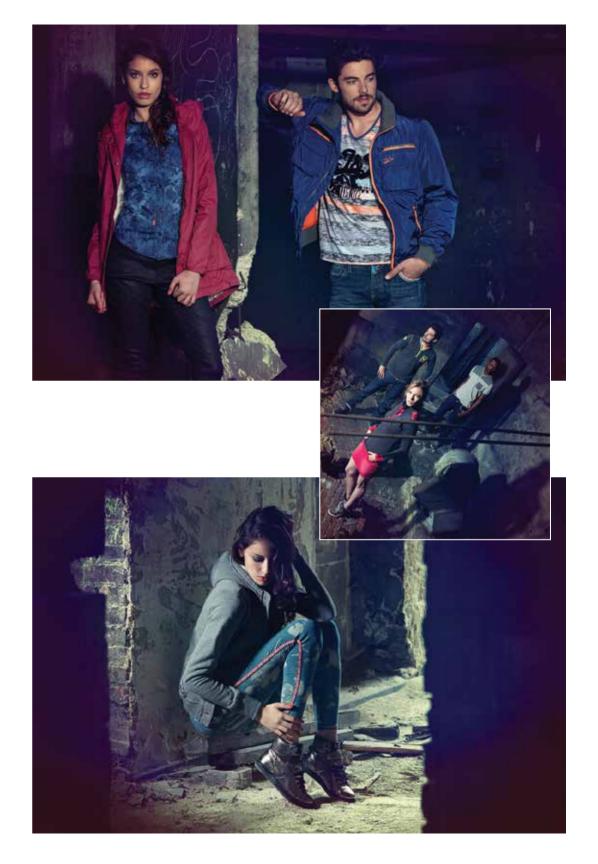


Tan Joy's Hander of the second of the second

Spreading the joy

The Belgian brand J&JOY was created by young Belgian entrepreneur Pierre Hamblenne in 2006 and has since spread successfully throughout Europe. It is a very distinctive fashion statement, full of splashes of colour. In their own words: "Sometimes a bit provocative, sometimes sober, for the entire garment or only for some smart details. It is a way of seeing life from the good side of it and to show it."





Housing





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Hunting down a home

Martin Banks meets a Brussels-based estate agency with a difference

"OUR CLIENTS ARE PEOPLE WHO EITHER DON'T HAVE TIME TO HUNT FOR THEMSELVES OR WHO DON'T KNOW THE MARKET"

ost of us have been there - you need to find a place to live but have ittle or no time for the endless searching. Trying to navigate the minefield that is property hunting can be a thankless task at the best of times.

Armed with what it calls its "big address book", the Brussels-based company Property Hunter aims to make the job of finding a new des res that much easier while ensuring you don't end up with any nasty surprises after you've moved

Be aware: Property Hunter is decidedly not your traditional estate agency, where you stand on the street gawping at window displays of apartments and houses.

Rather, it deals with the different stages of the buying process: searching, visiting and selecting properties as well as assisting clients in negotiating the right price before both parties sign on the dotted line.

Along with Marc-Olivier Van Bellinghen and

James Goffin, Julien Dessauny is one of three managing partners.

Julien explained: "Our hunters will pre-visit properties on behalf of a client, drawing up a shortlist. This ensures that the customer sees only the finest properties on the market.

"On average, we visit 25 properties per month corresponding to the requirement of a customer. But that means that the client will only see the best properties."

Founded in April 2008, the company, which has offices in Brugmann and Schuman as well as a franchise in Luxembourg, can also handle all those other, often tedious, administrative steps linked to a flat or house move: registration at the local town hall, school enrolment for the children, organization of the national or international removal. The service even extends to establishing contacts with ironing and cleaning service providers.

It also takes care of all paperwork, including end of rental inspections, verification of rental

LIFESTYLE

Housing

payments and distribution of charges.

The two things that make it different from an ordinary estate agent is that it offers a made-to-measure service exclusively aimed at buyers or tenants and is able to search the entire market. It works with individual clients and also with 700 professional partners in the property market. Its research allows it to find 30% of properties outside the market before they have even been advertised.

As Julien says, "We don't have a portfolio of properties. We have information, and a very big address book."

They also handle other matters, including rental payments, annual rent review, validation of charges and lease renewals.

He adds: "With our knowledge and professional experience we do our best to satisfy our client's needs. Ours is a personalized service that helps and guides a property hunter, step by step, through the process of settling down in Brussels and the surrounding area."

"We help them buy at a fair price – we are experts in the property market so we know how to estimate the value of a property. And we know how to negotiate, too."

Once you have decided on a place to rent or buy, Property Hunter will take care of compiling an administrative file, checking the lease and ensuring that everything is in place to welcome you optimally before you move in.

It takes a 3.63% commission (VAT included) on the buying price and its big selling point is the access it has to properties, many of them not yet on the market. Eighty per cent of its workload is made up of properties for sale, with a price range of €200,000 - €600,000.



On average, a consultant will show a client three to eight properties.

"Before that," adds Julien, "we would have visited between 10 and 40, according to the nature and the difficulty of the search.

"Our clients are people who either don't have time to hunt for themselves or who don't know the market – or people who are not in a position to search for a property because they live abroad. There are nine of us working together, and each of us only works on three to four dossiers at a time, which means that we are devoting at least 25% of our time to each dossier. We are offering quality, not quantity."

Over the last six years, the company can boast a success rate of nine out of 10, with an average time of just six weeks to find the property. It can also proudly say it has been elected the best property hunter in Belgium for four years running.

Anyone with a flat or house to sell can also get in touch with Property Hunter to offer a property – which might be just what one of its clients is seeking.

www.propertyhunter.be





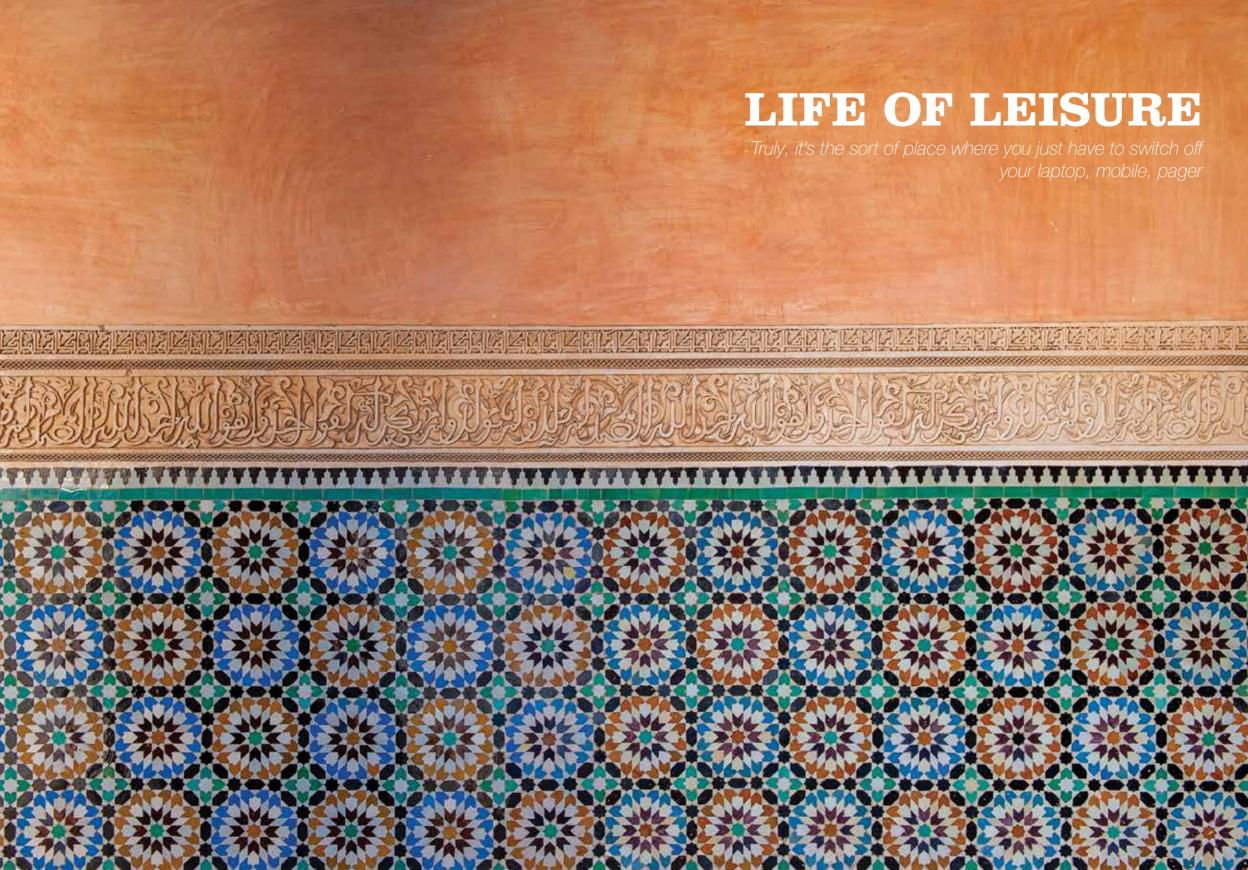
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Interview

Pitt the Elder

Together hooks up with a Hollywood family man with an impressive list of movies under his belt

"THERE'S SOMETHING VERY COMPELLING ABOUT FILMS WHERE YOU'RE FORCED TO THE BRINK"

s Fury the movie that will finally earn Brad Pitt the Oscar for best actor? Although he collected the Best Picture Oscar earlier this year as producer of 12 Years a Slave, he would dearly love to be recognized for his regular job. Though he intends to wind down his acting career over the coming years in favour of developing and producing films, Pitt still enjoys throwing himself into great stories.

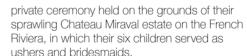
Fury is a gritty WWII drama that stars Pitt as Wardaddy, a veteran tank commander determined to bring his tank crew home alive while they storm through Germany in the waning stages of the war. It's the kind of film that Pitt hopes will stand the test of time.

"The key for me is to do stories that I find personally interesting and meaningful and which make me feel that I'm going to leave something behind which will make me proud

and make my children proud," Pitt says. "I would like to show some of my films to my children and which I can point to and say, 'Your daddy made this!' I need to throw myself into projects that are personal and have something to say about the world in a lasting way."

Shot in the UK, Fury is directed and written by David Ayer (End of Watch) and draws inspiration from the true story of an American tank unit that took part in the final assault on Nazi Germany. Co-starring Shia LaBeouf, Scott Eastwood (Clint's son), Jason Isaacs and Michael Peña, the film follows Pitt and his men over the course of one harrowing day of combat.

Pitt, who turned 50 last December, spent several months working on the film last autumn while his long-time partner Angelina Jolie was directing her second feature film, *Unbroken*. The celebrity couple were recently married in a



They have six children together, including three they adopted: 13-year-old Maddox, from Cambodia; 10-year-old Pax, from Vietnam; and nine-year-old Zahara, from Ethiopia. The couple's three biological children are eight-year-old Shiloh, and Knox and Vivienne, six-year-old twins. This is the second marriage for Pitt, who wed Jennifer Aniston in 2000. They divorced in 2005.

It was recently announced that Pitt and Jolie would be starring in *By The Sea*, a relationship drama which Jolie is both writing and directing. They recently scouted locations on the island of Gozo near Malta in preparation for the production which will mark their first joint screen

appearance since *Mr* and *Mrs Smith*, the 2005 film which marked the beginning of their relationship.

Together: Brad, you've chosen to do several war or war-related films of late with *Inglourious Basterds*, *World War Z*, and now *Fury*. Why do those stories strike so close to the heart?

Brad Pitt: They're all very unique stories but there's something very compelling about films where you're forced to the brink and dealing with killing and death on a daily basis. You learn a lot about human nature when you're dealing with issues of basic survival and trying to protect people close to you.

What drives you as a producer as compared to your work as an actor?

Being a producer means you can look for stories that are meaningful to you and be part



LIFE OF

Interview

of their evolution from day one until the day the film is finished. I've spent a lot of my life on a film set and I've learnt a lot about how this business works and what kinds of elements enable you to make good films as opposed to bad ones. I've been able to produce a lot of films lately and each time out it's a learning experience where I'm able to take that knowledge and put it to good use on the next project.

I still enjoy acting but I like spending more time at home with our family and that's something you can't always do if you're spending three or four months away on a film set. As a producer, I get to work out of my home – I get to make the kids their breakfast, drive them to school, and be there for dinner.

Is acting no longer as meaningful to you today as it was at the beginning of your career?

It's different. I'm very happy with the projects I've been involved with lately. I still have a great passion for storytelling that has been part of my life ever since I was a kid when my parents would take us to drive-in movies. As an actor, I love being able to explore all the complex aspects of human nature and how we're constantly in various stages of conflict with each other. But it's not as consuming as it used to be because my family is my priority and I'd rather spend more time with my kids.

You and Angelina seem to have found a balance between work and family. How do you think your kids are managing as children of very famous parents?

Angie and I do everything we can to carve out some semblance of normalcy for them. It's not unusual for the kids to be covered in paint. We have mud fights. It's chaos from morning until the lights go out, and sometimes after that I love playing around at night with the older ones or sitting down and reading books with Mad. It's the most satisfying feeling in the world.

How do you and your partner Angelina keep your kids from the invasive aspects of celebrity?

We have elaborate strategies for leaving the house or hotel or wherever we happen to be

staying. The kids are used to being very mobile and travelling light. They think of it as a constant adventure even though it takes a lot of advance planning to avoid the paparazzi and crowds.

Does the constant travel ever become exhausting?

Being a parent of several children is exhausting no matter what, I'm lucky that Angle has so much energy and never gets down or complains. The only time I've ever seen her really tired is after the twins were born and that proved very demanding and made it difficult for her to spend as much time with the other children as she did before. But now that the twins are older, it's becoming a lot easier for all of us. I mean. when you have a big family, you learn to develop good logistical training and then it's just like a machine that keeps moving forward. (Laughs)

Do you and your kids watch a lot of movies at home together?

Yes. But they're all children's films and I've had the pleasure of seeing each one of them about ten times. That's the extent of my film vocabulary lately. (Smiles)

Where do you spend most of the year, L.A. or the south of France?

We move around a lot although our base camp is L.A. We're like nomads. It's easier in (southern France) because we have much more privacy and the people who live in the area are incredibly respectful of us and we can move around pretty freely in the villages.

The best thing about our home there is that the children enjoy a much more normal

" LEAVING
UNIVERSITY
JUST A FEW
WEEKS BEFORE
GRADUATING WAS
A BIG DECISION"

environment, and we don't have to hide as much or strategize as much to move around. Even for me and Angie, it's a lot more relaxed. I haven't seen the lobby of a hotel in years because I enter and leave via the back door and in France we feel like a much more normal family and we don't deal with as many distractions.

How do you feel about turning 50?

There's a sense of liberation to turning 50. You feel freed to focus only on meaningful things because you become much more aware of time. You've gone through different stages and cleared away the stuff that slows you down. As a father, I also have a sense of responsibility to my children and wanting to give them a beautiful life. Things are much clearer.



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Interview



Have you changed your thinking about how you want to live your life from here on in?

I have many other interests now and it's easier to be less single-minded than I used to be about my career. That's the kind of freedom that comes from having a family – you're part of this bigger project. Children are a dominant value in my life now, and they weren't before. They were always something I thought I'd get around to having when the time was right.

(Now) I'm in a place where I've become much more generous and loving and your focus is on making your family happy and secure. I wanted this kind of life for a long time.

When you look back at your life, can you point to any great turning point?

Leaving university just a few weeks before graduating was a big decision. You never forget that kind of a moment in your life where you decide to change directions and follow your instincts. I was thinking that the life I thought I wanted for myself was all wrong. I didn't want to look for a job at some newspaper or find something just to pass the time. I knew I had to get out and do something different with my life. I had this idea to go to try acting and see where that would take me.

So I loaded up the car and headed for Los Angeles. I had \$300 to get me there and somehow get started. It was just something I needed to do for myself.

What kind of adventures compare to that feeling now?

Everything's different. As a father, things like taking my kids to a museum or showing them incredible works of architecture are just as important as anything else I do in life. Your entire world is different when you're looking at things from the perspective of a parent. Getting the kids to bed is an adventure just as waking up when they're jumping on your bed is one of the most beautiful things that can happen to you even if you don't always think so at the time! (Laughs)



Boutiques Montblanc

Smart: Small is still beautiful

Our motoring correspondent **Bob Monard** runs the rule over the latest Smart cars



ity and cars with a compact form go very well together, and for some ne now the Smart car has been showing the way.

Appearing in 1998 and brought up to date eight years later, the Smart is the smallest car sold in Belgium. With seating strictly for two, it is lively and reliable, excelling in narrow streets where it can twist and turn before parking wherever you like. Because no space, no matter how small, is inaccessible.

During the summer this nifty city car had a makeover.

Still unimposing but looking great, the new Smart (2.69 m X 1.66 m) is ideally positioned for optimized driving and parking in urban areas. Identifiable by its enhanced bonnet, its solid honeycomb radiator and its diamond headlights, it is powered by a 3-cylinder 999 cm3 (60, 71 and 91 hp) engine, developed in conjunction Renault, and is positioned behind and flanked by either a manual 5-speed or an automatic with double clutch. Functionality and design have been revised, including a tailgate in two parts with a 190-260 dm3 boot, offering even more convenience without sacrificing the look. Frankly it's a success. Add to this the



"THIS STUNNING **SLICKER BOASTS** Mercedes promotes intelligent mobility and I must SPACIOUSNESS. MANOEUVRABILITY two-tone in the €11,000 - €12,000 range. AND STABILITY " out the electric version.



multifunction steering wheel and a multimedia system controlled from a smart phone. But the most fabulous thing about it is a turning circle of 6.95 m - it rotates on itself! Acclaimed in Madrid. Berlin, Rome, Moscow, New York, Paris and Brussels, it should reach sales of 280,000 units.

This stunning micro city slicker boasts spaciousness, manoeuvrability and stability - it goes from 0 to 100 km/h in 10.7 seconds and cruises at 155 km/h while using up just over four litres of eurosuper per hundred kilometres.

The Smart family remains ambitious. The new ForFour has a length of 3.49 metres, a turning circle of 8.65 metres and a rear trunk of 185-730 dm3. To facilitate access to the rear seats, the doors open to 85 degrees! And compass windows.

MICRO CITY The four passengers on board will delight in these new practical and technological innovations.

> say I agree. Luckily, this commendable approach does not necessarily mean that vehicles will be left with a soulless curve. The New Smart proves the point. This stylish urban mobility is available in Remarkably homogeneous, Smart will shortly roll

> There's a place in Brussels where you can see the Smart at its very best; Mercedes Europa, This luxurious and brand new Smart centre will host an open house on 22 and 23 November. Dedicated to Smart, a friendly and talented team - composed of Florence, Sebastian and Mohamed - will reveal the many new features of the ForTwo and ForFour. And, of course, very attractive terms still apply for diplomats.

The Smart Fortwo and Forfour prove that small is beautiful - not once but twice...

Mercedes Europa 1150 Chaussée de Louvain Brussels 1200 02 730 6611 www.mercedeseuropa.be

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A BRUSSELS WAFFLE AND MACARON HYBRID WITH QUINCE JELLY AND WHITE CHOCOLATE CREAM



INGREDIENTS:

1.5 kg quinces
1 kg granulated sugar (S2)
1 vanilla pod
Juice of 1 lemon
75 gr white chocolate
200 ml cream (40% fat)
Brussels waffles (8 to 10 waffles)

Quince jelly

Wash the quinces. Remove the heart and the seeds and put them in a muslin or tea bag. Cut the quinces into quarters without peeling.

Put 1 litre of water to boil. Once the water has come to the boil, add the pieces of quince, the bag (with seeds + cores) and leave to simmer for 20-25 minutes until the preparation stews and the fruit is tender.

Drain the fruit, remove the bag with the cores and mix the quinces finely. Mix the stewed quinces with the sugar. Place this mixture in a pan, add a pod of vanilla, split in half and the lemon juice and cook over low heat, stirring occasionally, until the edges of the preparation detach easily from the pan (remember not to dip your fingers in the boiling hot mixture). This will take about 15 to 20 minutes. Roll out the jelly on sheets of parchment paper on one or more trays.

White chocolate cream

The day before, heat the cream with the chocolate, stirring occasionally until the chocolate is completely melted and smooth. Keep in the fridge.

When the cream is cold, beat as you would whipped cream.

Assembly & Tips

Cut your waffles with a round cookie cutter with a diameter of */- 7 cm, warm them a few minutes in the oven at 180 °C or in the toaster.

Place a slice of quince jelly in the centre of a waffle and cover with the 2nd piece of waffle. Using a spatula, coat the entire contour with the chocolate cream. Decorate at will!



Advent in Zagreb

Together highlights a city that pulls out all the stops for the festive season

"THE BEAUTIFUL ZRINJEVAC PARK WILL ATTRACT VISITORS FROM LATE NOVEMBER UNTIL THE FIRST DAY OF JANUARY"

he festive season is coming up fast and we look ahead to share the plans of one city in Europe that knows how to throw a Christmas party: the Croatian capital Zagreb.

Fill your hearts with the spirit of Advent as the Zagreb streets, squares and parks are adorned with Christmassy delights. Visit the traditional

Christmas markets that sell a wide range of Christmas gifts and enjoy the performances of choirs, drama ensembles and dance groups, all whilst nibbling on delicious treats and sipping mulled wine.

The city has coined the month-long celebration 'Advent in Zagreb', which consists of an array of events that attract an increasing number of

foreign as well as Croatian guests to the Croatian capital in December. Each year, the number of events increases, so visitors of all generations, musical tastes and gastronomic affinities will find food, drinks and entertainment galore in the city streets, squares and parks.

The main events, beginning in late November and ending with the New Year's celebrations, will take place on the main square of Ban Josip Jelačić, as well as the nearby romantic Zrinjevac Park. Between 29 November and 24 December, the main city square will feature concerts of various types of music, while the nearby Flower Square will be the venue for classical and jazz music performances. The



Travel

beautiful Zrinjevac Park will attract visitors from late November until the first day of January. Romantic in its own right, it will be even more so thanks to the dance rhythms of waltzes, evergreens and classics.

Visitors will have plenty of opportunities to find those perfect holiday decorations and gifts, while the gastronomic offer will feature traditional Croatian dishes including štrukli and pasta with stewed cabbage among others, as well as a diverse range of wine, spirits and hot-chocolate.

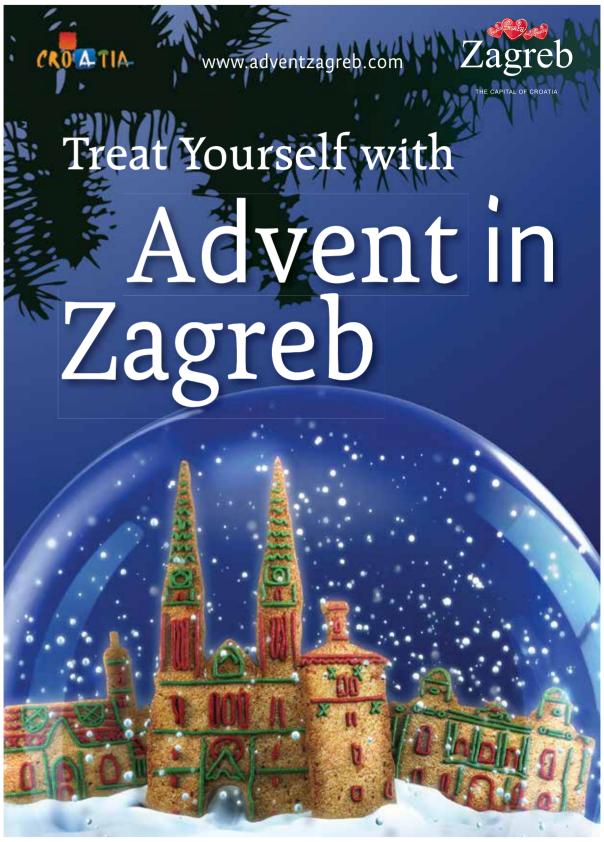
In Tomićeva Street, which connects the longest street in Zagreb with the funicular (the fastest link with the Upper Town), visitors will be able to feel the relaxed atmosphere and enjoy both traditional and modern merchandise, food and drinks. Between 14 December and 24 December, the nearby Square of the Victims of Fascism, whose landmark is the beautiful Meštrović Pavilion, built in 1938 by architect

Ivan Meštrović, which is now the Home of Croatian Artists, will feature the Fair of Unconventional Artefacts, titled Artomat, where visitors will be able to buy objets d'art and also learn how to make their own.

Many other city streets and squares will feature differently themed holiday programmes, all with the same intention: to offer excellent entertainment, great shopping opportunities and perfect refreshments to be enjoyed in pleasant company. Also, special sightseeing bus tours have been arranged – passengers will hear stories and learn of the customs directly or indirectly tied to this most beautiful time of the year.

This is just a sample of what's happening and new events are being added all the time. All news and other relevant information can be found online at www.adventzagreb.com in Croatian, English, German, Italian and Spanish languages. ●





Travel

Corsica in autumn

The Island of Beauty offers the perfect elements for a relaxing, romantic break

rom wandering beaches to hiking in the mountains to strolling in the towns and villages, Corsica boasts an unrivalled variety – all within easy reach.

In the Bastia region head for the Cap Corse and its deserted creeks, or the hanging gardens of the Musée de Bastia with an unbeatable view of the port.

On the Côte Orientale the wellness centre Riva Bella Thalasso & Spa provides a romantic getaway. It is ideally placed for exploring the ruins of the ancient site of Aleria.

Head south to Bonifacio, a stunning fortress perched high above the sea – the city will charm you with its narrow streets and small shops. The forest of Laricciu Pines with its autumnal colours will add a romantic flavour to your stroll around the lake at l'Ospedale.

In the Ajaccio region take a trip along the route to the Sanguinaire Islands and discover numerous beaches like the one at Marinella, where you can shelter from the breeze and gaze out at the setting sun in the Pointe de la Parata.

In the centre of the island enjoy a leisurely stroll through the alleys of the city or set off in the direction of the Restonica Valley or take a walk in the beautiful forest of Vizzavona.

In the Porto region make time to climb up to the village of Evisa and stroll through the forest of Aitone.

The Propriano region boasts Filitosa, a prehistoric site, with sign-posted walking routes.



And, of course, Corsica's soil offers up numerous delicacies, as the aroma of chestnuts blends with those of citrus fruits, as well as the salty sweetness of the charcuterie, wonderful cheeses, wines and liqueurs.

The chestnut is the iconic fruit of the island – a popular local dish is stufatu di pernice cu castagne (partridge stew with chestnuts). From October to December try the delicious marron glacés (chestnut candied in sugar syrup and glazed).

Other favourites are chestnut flour gingerbread and citron confit, clementine mousse, Zia Assunta's hazelnut tart and Corsican honey purses made with maquis d'automne (autumn honey, which comes primarily from arbutus blossom).

Certain wild boar dishes are imbued with the extraordinary flavours of the flowers of the maquis. Finish off your meal with Corsican cheeses such as casgiu and brocciu.

Getting there from Brussels: Brussels Airlines has direct flights all year round through Corsica Travel.

www.corsicatravel.be

Découvrez l'Île de Beauté

Proche et si dépaysante!

La **Corse**, montagne sauvage dominant les flots bleus de la Méditerranée, rassemble à elle seule les merveilles de tous les continents: montagnes, vallées verdoyantes, forêts, maquis, plages de **sable fin**, petites criques rocheuses, mer cristalline, sites culturels et historiques, spécialités gastronomiques et **cuisine** de terroir...

La Corse a su préserver son caractère sauvage et naturel, ses traditions et son patrimoine tout en développant un tourisme équitable, respectueux de l'environnement et de la culture. Bénéficiant d'un **climat privilégié** d'avril à octobre, vous vous laisserez porter par la douceur de vivre qui y règne.

Que vous soyez sportifs, gastronomes ou adeptes du farniente, de nombreuses formules de **voyages** sont possibles : séjour plage, en chambres d'hôtes, croisières, circuits en autocar, circuits en voiture, balades en montagne...

Et tout cela à seulement **1h50 de vol** de Bruxelles...

Pour se rendre en Corse:

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Marrakech: Made for discoveries

James Drew returns to beautiful, haunting Marrakech



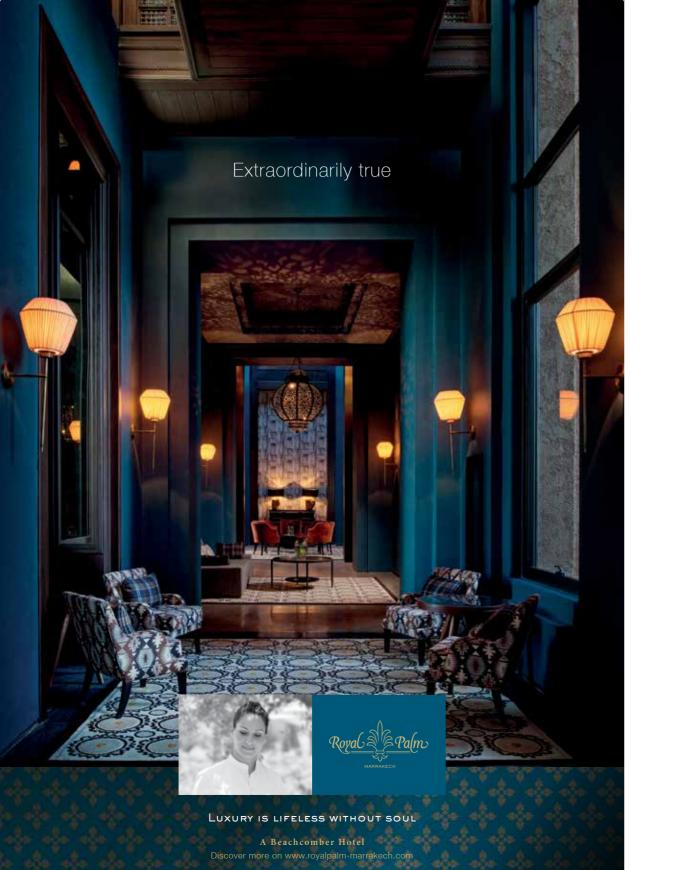
nd so, it was off to Marrakech, for only the second time in my life – my expectations had been greatly elevated by my first visit, back in 2009, so it was with no little excitement that I boarded my Ryanair flight. However, that was mixed in with more than a little trepidation – I was going in June which, while not August, was nevertheless threatening to be hot, damned hot.

And so it turned out to be, but more of that later – the centre of the Medina, or central square, in the heart of the town was to be my first port of call, more specifically, the recently renovated Talaa 12 ryad (guest house). Subtle, calm and contemporary and, perhaps most importantly, wonderfully air conditioned – the refined colours create a serene, relaxing atmosphere, with a courtyard of orange and palm trees, in an

aromatic garden with a fountain at its heart.

For those who have never been to Marrakech before, it is best to describe it as being like a return to childhood – the sense that you are entering a world untouched by the centuries, even by the millennia, where the colours, sounds, sights and smells take on an intensity unseen in Europe since the days of the silk traders. And so it felt, when I once again stepped on to the Medina, early doors during the second day of my visit.

Breakfast had been excellent – wonderful native fruits, breads, coffee and yoghurts, served on the Talaa 12's terrace, which provided a full landscape view of the Medina and its menzeh (high tower), overlooking the museum of Marrakech, the Ben Youssef Medersa and the



LIFE OF

Travel

souks, with the Atlas mountains as a stunning backdrop.

And the Medina – wow. Be warned, you need to keep your wits about you; two ladies in our party were talked into having elaborate body painting done which, while very attractive, was certainly not worth the exorbitant sum that the artist started demanding after declaring that it "would all be for free". I cheered myself up with a delicious, freshly squeezed orange and lemon juice, which managed to take the edge of the heat, but only a little – 45° C in the shade, I kid you not.

The day passed – a riot of colour, a cacophony of noisy traders, a final abundance of cool, calm sleep, when our party finally staggered back to Talaa 12. The next part of our visit was set to offer a very different ambience, however...

Palais Paysan, peasant's palace, is aptly named – not because it is fit for peasants, far from it, but because it is to be found probably just about as far away from 'civilization' as you would expect any holiday resort to be. And it's very much the better for that.

Located in the heart of the desert, only to be reached by a considerable amount of off-road driving, it is nevertheless one of the most beautiful, haunting holiday locations that I have ever visited.

The stuff of dreams – there is a calm beside the beautiful outdoor pool that captures your very soul, wonderful individual villas that allow you to either while away the time or venture into the great unknown that surrounds the location, and better food and drink than you could wish for in a lifetime. The restaurant is anchored to the seasons and anchored in Morocco, with scintillating briouats, fragrant salads and local tagines, and just a few borrowings from Mediterranean cuisine. And, at the pool's edge, the resthouse offers grilled meats, salads, club sandwiches and burgers.

Truly, it's the sort of place where you just have to switch off your laptop, mobile, pager, every damn remnant of Western society (even though



there is excellent WiFi), and breathe, just breathe.

And, when you're done, why not enjoy the golf course, the horse riding or wonderful adventures in the desert? Or walk a little, jump into the long, deep pool, look at the sky, or simply take the sun with a drink on a lounger? It's waiting for you – what are you waiting for?

Talaa 12
12 talaa ben youssef
40000 Marrakech - Medina
T. + 212 524 42 90 45
www.talaa12.com

Le Palais Paysan
T. +212 (0) 529 801 638
Mob: +212 (0) 608 848 404
Douar Akrich – Km 20
Route d'Amizmiz
Marrakech
www.lepalaispaysan.com



The New Year's celebration with colleagues should be a tradition. Discover the banquet possibilities and the delicious menus Thon Hotels offers you in Brussels.

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L'assistance Habitation

La solution à vos problèmes domestiques «Se sentir bien chez soi, c'est avoir l'esprit tranquille...»

On n'ose imaginer tous les problèmes qui peuvent faire irruption dans une habitation. Les conséquences sont souvent très désagréables pour les habitants. Songez tout simplement à une canalisation bouchée, une panne de chauffage, une panne de courant, une fuite d'eau, des clés égarées, une vitre cassée, une porte de garage bloquée, un arbre qui menace de tomber sur votre maison,...

Comme toujours ce type de problème survient souvent au plus mauvais moment et presque toujours à l'improviste. Tout se complique lorsque vous devez trouver un corps de métier pour intervenir rapidement, surtout le weekend ou les jour fériés. Vous ne savez pas à qui faire appel, votre chauffagiste, plombier, installateur... n'est pas immédiatement disponible ou est en vacances... La panne et les dégâts semblent être plus graves que prévus, obligeant votre famille de trouver une solution d'urgence afin de ne pas devoir passer plusieurs nuits dans le froid ou dans une maison inondée. Encore plus ennuyeux pour vous, vous êtes en vacances ou séjourner à l'étranger au moment où surviennent les problèmes domestiques. Qui appeler? Où trouver un corps de métier fiable? Il faudra également tenir compte de la durée d'attente pour avoir un réparateur qui est généralement en moyenne de 5 jours. Face à ce constat, Europ Assistance a imaginé une solution efficace pour vous aider à résoudre rapidement ces inconforts du quotidien: l'assistance habitation House Assist. House Assist, c'est un réseau de professionnels disponible 24h/24 7jours/7 pour vous dépanner ou effectuer une réparation provisoire, sans oublier la prise en charge des habitants ainsi que l'organisation des petits travaux et le service information et conseils.

Une disponibilité 24h/24 pour vos urgences domestiques

Chaudière en panne, canalisation bouchée, vitre cassée, porte de garage bloquée, problèmes d'humidité, panne de courant,... Europ Assistance intervient 24h/24 − 7 jours sur 7 pour vous dépanner ou effectuer une réparation provisoire. Europ Assistance prend en charge et paye directement au réparateur les frais de déplacement, de main d'œuvre et les pièces de remplacement à concurrence de 400€ TTC dont 50€ pour les pièces de rechanges.

Une prise en charge personnalisée des habitants

Un incident imprévu s'est produit à votre habitation et vous vous trouvez ailleurs ou à l'étranger? Une situation délicate à gérer, sauf avec House Assist, qui vous aide à faire face aux conséquences pratiques d'un incident à votre habitation. Une panne à votre chaudière ou à votre installation électrique qui ne peut être réparée en 24h? Europ Assistance vous fournit une solution d'appoint ou vous reloge à l'hôtel. Votre domicile est inhabitable suite à un sinistre? Europ Assistance vous assiste pour vous reloger, surveiller votre domicile, transporter votre mobilier ou faire garder vos enfants. Votre porte de garage est bloquée et vous ne savez donc



pas sortir avec votre véhicule? Nous mettons une voiture de remplacement à votre disposition. Vous avez perdu votre clef de votre domicile, votre enfant s'est enfermé dans sa chambre? Nous vous envoyons un serrurier.

L'organisation de petits travaux et services à la demande

Qui n'a jamais dû faire face à de petits travaux de réparation ou de rénovation chez lui à la maison? Pour tous les petits travaux domestiques et réparations occasionnelles, Europ Assistance met à votre disposition son réseau de professionnels car ce n'est pas toujours évident de trouver rapidement un corps de métier disponible. Avec House Assist fini d'éplucher les annuaires ou internet, un coup de téléphone et tout sera réglé. De plus vous pourrez compter sur une équipe qui se tient à votre disposition pour vous informer sur les démarches administratives et juridiques liées à votre habitation (sinistre, déménagement, achat,...).

House Assist est une solution simple et efficace au quotidien, qui prévoit aussi bien des solutions d'urgence pour votre habitation que pour ses habitants. Idéal pour avoir l'esprit tranquille et profitez de son chez-soi.

EN PRATIQUE

Avec **House Assist** nous nous envoyons dans l'urgence un spécialiste vous dépanner. Les frais de déplacement, de main d'œuvre et les pièces de rechange sont pris en charge à concurrence de 400€ ttc, dont 50€ pour les pièces de rechange.

House Assist est une formule annuelle à 109€ par an www.europ-assistance.be Plus d'infos : 02/541.99.99



The Hotel Baume: Art deco In Paris

Jerome Stéfanski pushes open the doors of a new Parisian hotel where charm, style and elegance meet



ocated less than one hour and thirty minutes from Brussels on the Thalys, Paris remains the favourite shopping destination for many people living in Brussels. With the approaching holiday season, the City of Light will sparkle, bedecked in stunning Christmas decorations. It is the ideal time to go there with friends or family and dream in front of the gorgeous animated window displays of department stores on Boulevard Hausmann. Not far away, on the other side of the Seine, a new hotel offers a Roaring Twenties atmosphere.

Four styles in one spot

The Hotel Baume is a new chic 4-star art deco hotel, ideally located on the Left Bank in the very fashionable district of Saint-Germain des Prés. Open since July 2014, this intimate hotel offers 25 rooms and 10 suites and junior suites, all renovated with considerable taste.

The Baume is a comfortable, stylish hotel, absolutely seeped in the 1930s revisited – you'll find examples of the decor that so indelibly marked the decade: Macassar wood veneer, shagreen, satin, moire, bronze. Through four key themes of this heady era (jewellery, cinema, fashion and architecture & club), the rooms have been developed into unique environments where precious materials contrast one another. The level of detail, refinement and quality of the decor echoes the modernity, momentum and positivism of the period.

The layout of the room 'Architecture & Design' is particularly successful. Here, Art Deco evolves and finds a new lease in the United States. The walls are dressed with wallpaper that evokes the tip of the Chrysler Building, the seats are adorned with leather, the furniture



coffee house - wine bar - fine food

La carte du restaurant vous propose une cuisine internationale et de nombreuses spécialités portugaises.

Happy Hour sur les alcools et cocktails tous les jours de 17h30 à 18h30.

Soirée Salsa le vendredi et de nombreuses activités.

7, rue Archimède 1000 Bruxelles - www.tiagos.be - 02 230 00 07 Ouvert tous les jours de 12h00 à minuit et le weekend à partir de 17h00





and fixtures are designed by designers who have made their mark on history, and the curtains draw the eye to them with their geometry and taut lines.

Left Bank style

In the neighbourhood there is a genuine, friendly atmosphere and you feel as if you have always lived here. The main attractions are so close there is no need to hail a taxi – stroll to the Jardin du Luxembourg, discover the Pantheon or mingle with the Impressionists in the Musée d'Orsav.

During the day, the Saint-Germain offers one of the best selections of designer boutiques, jewelers and art and antique galleries. In the evening, many prestigious restaurants swing open their doors and invite you to relive the history of 'le Grand Paris': le Café de Flore, Les Deux Magots, la Brasserie Lipp, Le Petit Journal, l'Alcazar, le Comptoir Camdeborde and La Tour d'Argent.

Culturally, you can enjoy the shows at the Theatre de l'Odéon, soak up the student atmosphere at the University of the Sorbonne or get lost in the neighbourhood's many libraries such la Hune or Shakespeare & Co.

Hotel Baume 7 rue Casimir Delavigne 75006 Paris www.baume-hotel-paris.com

Priotos © Interior Pici

Take a Break in Style

The Right Bank of the Seine has always been synonymous with luxury shopping areas. In the heart of Paris, just steps from the Arc de Triomphe, sits a brand new palace hotel: The Peninsula. Six years in the making, some of France's finest artisans were hand-picked to undertake its stunning restoration. The Lobby is a fine restaurant located in the former grand dining room that has been meticulously restored to reflect the alory of the Belle Epoque era. It is the perfect setting to experience The Peninsula's famed Afternoon Tea, accompanied by the soothing notes of a jazz trio. With Chef Laurent Poitevin at the helm, the restaurant offers an all-day international menu, ideal for a break and a bite to eat.

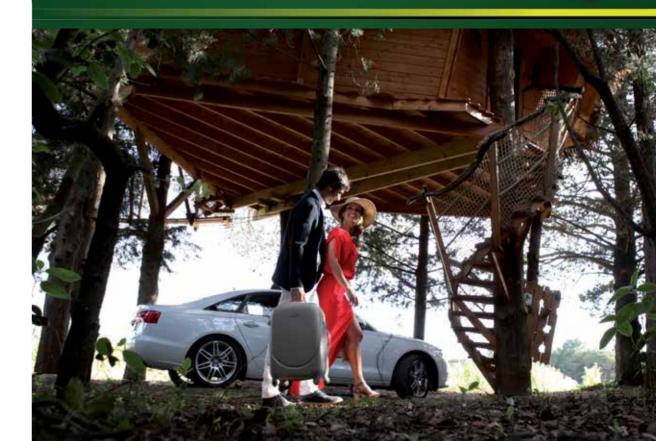
The Lobby at Peninsula Hotel Paris 19 Avenue Kléber, 75116 Paris www.paris.peninsula.com



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Au Repos des Chasseurs

Menu Gastronomíque « Chasse » 41 □ - 5 services multi-choix Menu « Chasse » 24,50 □ - 3 services multi-choix Nombreuses suggestions Faisan, râble de lièvre, gigue de chevreuil, perdreau, canard sauvage, ... « SALLE DE SÉMINAIRE ET BANQUET DE 20P À 150P » AVENUE CHARLE ALBERT 11 • 1170 WATERMAEL-BOITSFORT

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Wine of the month: Macon Fuissé 2013

The region: Fuissé

In the southern part of Burgundy you will find one of its most prestigious maconnais villages, Fuissé, located 10 km west of Macon. The renowned vineyard sits at the bottom of the famous rock of Solutré.

It offers some wonderful white wines such as the Pouilly Fuissé. This world famous cru has a little brother in the region: The Macon Fuissé. Macon Fuissé is an excellent appellation that is not yet known for its potential and lives in the shadow of the more illustrious member of the family. Both soils are very similar, made up of clay, marl and limestone.

The Macon Fuisse appellation is a derivation from the appellation Macon, applied to wines made from grapes originating from the soils of Fuissé.

The wines: Macon Fuissé

The Macon Fuissé proposes white wines made from 100% Chardonnay grape. Compared to a Pouilly Fuissé, the Macon Fuissé is said to have a more rounded taste and less minerality.

Since this appellation is not as well-known as Pouilly Fuissé, you can find some very affordable wines with an excellent price-quality ratio. They are also mostly vinified without going through oak barrels, leaving all the space for the fruit and the pure taste of the wine. The general identity of a Macon Fuissé is a white wine with a golden yellow colour and a nose of citrus, lemon grass and white flowers. The palate is round, bold, fruity and quite powerful.

Macon Fuissé combines perfectly with poultry in a creamy sauce as well as asparagus or goat's cheese. These wines are made to be drunk within five years. Drinking temperature is 10-12°.

Geoffroy van Lede of vin du mois highlights a family-owned vineyard in Fuissé



The wine of the month: Macon Fuissé 2013 by J. Curveux

Our selection for this month is a 2013 Macon Fuissé from Joël Curveux. The Curveux Family has operated this vineyard since 1890 and are now in the 4th generation of Curveux in Fuissé.

Joel Curveux runs the vineyard, helped by his two children, William and Charlène. The seven-hectare vineyard spans three prestigious communes (Fuissé, Chaintre and Solutré-Pouilly) west of Macon. The vines, aged from ten to 60 years, are planted on clay-limestone soil giving a nice touch of minerality to its wines.

Did you know?

The Solutré Rock is famous because François Mitterrand used to climb a bit of it every year during Pentecost, a tradition from his resistance group.

You can find the Macon Fuissé and many other fine wines on our web shop: www.le-vin-du-mois.be ●

What's on Belgium

Photographic exhibition: **Strangers In The Night**

In the padded Art Deco universe of Hotel Le Berger photographer Bart Ramakers brings artists from the Neo Retro Agency together to tell stories around the theme 'Strangers in the Night'. The world of burlesque, the sensual and the boudoir combined. Until November 26. Hotel Le Berger, Rue du Berger 24, 1050 Brussels. Check the Galerie Emilie Dujat for more info: www.galeriemiliedujat.com







Focus On Italy

Italy is a cradle of culture that continues to be a source of inspiration. This autumn take the opportunity to meet the artists on the roads of migration, transformation and social commitment, with Gothic paintings from Siena, contemporary visual art, concerts, theatre, dance, literature and architecture lectures. BOZAR. It includes a performance by diva Cecilia Bartoli on 13 November. Autumn 2014, until 5 December. www.bozar.be



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LEISURE

What's On

Le Poivre Rose

In this springtime fresco with buckets and spades, rusticity and coquetry entangle. The young ladies are beautiful and harsh, the males bite and dance. Between sincerity and superficiality, instincts and ideals, humanity goes acrobatic. Performed by circus acrobat Compagnie du Poivre Rose. 26 & 27 November.Les Halles de Schaerbeek. Tickets **€12.50** and **€16**



Photo © Wonge Bergmann



Partita 2

Drugs kept me alive

In Drugs kept me alive Jan Fabre describes a mortal, a life that is teetering on the edge of death. The closer to death, the more pills, sachets and drinks are needed to undershore this life. This is the condition of the protagonist in this monologue: he has looked death in the face and he has decided that he's up for a game of poker with the disease in his body. Performed in English by Tony Rizzi. 20 November. Kaaitheater. Brussels. Tickets €8 - €16 - www.kaaitheater.be

Photo © Herman Sorgeloos

Two dancers' bodies and a violinist enclosed in a space designed by the visual artist Michel François. Amandine Beyer plays Bach's Partita no. 2 for solo violin on the stage. Anne Teresa De Keersmaeker and Boris Charmatz seek to reinvent their dance in the instant: in between the labyrinthine lines of the living architecture of the music. 19- 21 December. Kaaitheater/La Monnaie. Brussels. Tickets from €18 www.lamonnaie.be







Program Nocturnes 27 • 30 November 2014





Thursday 27.11: FOR music

Mawizz - Piano jazz **The Planes** - Cover band 21 h > 22 h 30

The Mercedes House

Friday 28.11: FOR fashion

> **Gioia Seghers** - Fashion show **Sarah Esther** - Jewelry exposition **Watch Collector** - Watchmaker exposition Sylvain Daelemans - Concert piano

Saturday 29.11: FOR art

Barbara Abel, Paul Colize, Nadine Monfils & Pieter Aspe Signing session of Belgian writers of crime stories **Thomas Gunzig** - Pictures exhibition about Brussels

Frederik Lebeer - Piano jazz

FOR family

Ixhor Jazz - Walt Disney classics Fairytale teller, make up, balloons

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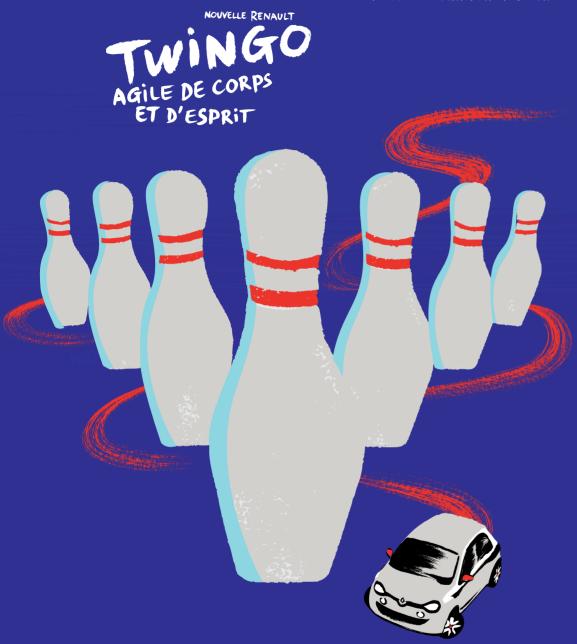
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What's On



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Informations environnementales [A.R. 19.03.2004] sur www.renault.be. Odnnons priorité à la sécurité.





Charitic Angels Christmas Shopping Days Charitic Angels is celebrating its 10th anniversary

Charitic Angels is celebrating its 10th anniversary! Charitic Angels is a non-profit organization created by Sonia Henrion, which raises money through events that are useful, artistic, sporting and festive in favour of different associations each year. And once more it has organized a Christmas shopping event, running for three days at the end of November.

40 brands and exhibiting artists will gather in place du Chatelain. You can get all your Christmas gifts under one roof – chocolates, clothes, comics, decor, accessories, cosmetics, jewelry, etc. 30% of all sales will be distributed between two Belgian charities, Escalpade and Les Enfants de Salus Sanguinis. Hangar 18, 18 place du Chatelain. 27, 28 and 29 November, 11h00-18h00.

Join them and toast the imminent arrival of Christmas at the Nocturne cocktail night on 27 November at the same venue, from 20h00 to midnight. €20 www.chariticangels.com

Based close to Brussels, Escalpade provides invaluable education and support for children with motor-neurological deficiencies. www.escalpade.be















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What's on

Cinema



The Captive

Atom Egoyan, one of the finest directors to emerge during the 1990s (see The Sweet Hereafter (1997), for example), brings his typically nuanced, sensitive approach to this study of just how devastating a kidnapping can be on those affected. When a driver pulls off the highway for ice-cream from a diner, he returns to his car to find his young daughter, whom he assumed was safe in the back seat, missing. And thus, the stage is set for a riveting psychological thriller. *140 mins*.

Love is Strange

Ira Sachs (Forty Shades of Blue (2005)) brings a tale of Ben (John Lithgow) and George (Alfred Molina), a same-sex couple from Manhattan, who decide to get married after 39 years together. But George is a Catholic school music teacher, and when word of the marriage reaches the archdiocese, he is fired. Without his salary, the couple can no longer afford their New York apartment and are forced to ask their friends and family for shelter, resulting in their separation. There may be trouble ahead... 94 mins.

[Rec] 4: Apocalypse

The marvellous Jaume Balagueró brings the fourth and final instalment of his truly terrifying POV horror to the screen, which takes up the action directly after the events of part two, in which Ángela Vidal, the young television reporter who first entered the building and world of horror along with her cameraman, manages to make it out alive and with no apparent recollection of the events that transpired. But what the soldiers don't know is that she carries the seed of the strange, potentially apocalyptic infection... 96 mins.

Waste Land

Pieter Van Hees's film deals with the grim underbelly of Brussels, in which taciturn homicide detective Leo Woeste (Jérémie Renier) lives with his wife Kathleen (Natali Broods) and their five-year-old son. But his convictions start to crumble when Kathleen unexpectedly becomes pregnant. His very last homicide case, involving a death-obsessed dealer in Congolese cult statues, slowly drags him deeper into the wasteland, far away from his wife and his role as a father. 97 mins.

www.picturenose.com



What's on international

... and Action! How are Films and **Television Made?**

Whether it's movies, television, a computer or a smartphone, moving images permanently surround us. Moreover, it is now relatively easy for each of us to make our own video clips and also to share them with friends. But how do the pros work? How is a film made for the movie theatres or a television series created? And what happens in a studio newsroom? Divided into seven sections, the exhibition provides insights into the professional production of film and television. For children from four to 14 years old. Until 26 April 2015. Deutsche Kinemathek -Museum für Film und Fernsehen. Tickets from €2 - www.deutsche-kinemathek.de



Cité des Enfants

Split into two distinct exhibitions (2-7 years and 5-12 years), Cité des Enfants is an adventure playground designed to awaken children's curiosity, letting them explore a variety of rich and diverse situations. There are lots of activities centred around games, actions and experiments, helping children to happily prepare for further learning. Exhibition in three languages: French, English, Spanish. Tickets: €9 www.cite-sciences.fr



One of London's longest-running shows, The Lion King, an adaptation of the hit Disney film of 1994, has smashed box office records for fifteen years.

Featuring songs composed for the film by Elton John and Tim Rice, The Lion King soundtrack includes the Academy Award-winning hit Can You Feel the Love Tonight, as well as Circle of Life, Hakuna Matata and a number of original songs written for the stage production. Lyceum Theatre, London. Tickets from £50 www.lyceumtheatrelondon.org









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MAURICE LACROIX RENEWS PARTNERSHIP WITH MOVEMBER

For the second consecutive year, the progressive Swiss luxury watchmaker Maurice Lacroix will support leading men's health charity, Movember. Recognized for its innovative and forward thinking campaigns, the brand will create an extensive network of Mo'rice Lacroix teams all around the world with its ambassadors leading the way and spreading the good word.

To mark this exciting partnership Maurice Lacroix have created two limited editions of the Pontos S Diver of 14 units each. The first 14 pieces will feature an orange Movember 'stache on the dial and will reward the greatest fundraisers of each national Mo'rice Lacroix team. The second series of 14 timepieces will feature a white 'stache on the dial and will be sold exclusively on www.mauricelacroix.com. Maurice Lacroix will donate all benefits of the sale to the Movember Foundation

